

# ALASKA POST

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FREE



Trumpet player, Spc. John Lacombe, and the rest of Polar Vortex educate and entertain the children of Ladd Elementary on March 24 during Music In Our Schools Month. (Photo by Brian Schlumbohm, Fort Wainwright PAO)

## 9th Army Band brings music to local schools

**Teresa White**  
Fort Wainwright PAO

Fort Wainwright's 9th Army Band wraps up annual Music In Our Schools Month (MIOSM) this week. MIOSM is the National Association for Music Educator's March celebration that demonstrates and promotes the benefits of music education programs in schools to music educators, students and communities around the country.

Representing U.S. Army Alaska in support of this endeavor, the 9th Army Band provided 15 educational concerts to more than 5,900 local students this year. The theme was "Music Makes Me..."

"The number one objective for these performances was education," said Sgt. 1st Class Laleña Maria, senior instrumentalist and Music In Our Schools Month show outline and script creator. "We want these kids

to be touched and inspired by music. We hope that our shows encourage them to pick up an instrument and see music as a way to express themselves."

The shows were performed by the band's two ensembles, Polar Vortex and Vernal Equinox. Staff Sgt. Donald Gordon, euphonium player and unit "Jack of all Trades" said this year the concerts were perfectly tailored toward specific age groups.

"Our popular music ensemble, Vernal Equinox, played billboard hits for middle and high school audiences with the goal of getting them to appreciate the intricacies that go into making their favorite songs, and encourage them to continue their music education throughout grade school and beyond," he said. "Polar Vortex is the ceremonial ensemble that took on the extraordinary task of entertaining and educating elementary school audiences through

dynamic narration, instrument demos, comical skits and interactive activities like sing-alongs."

In addition to traditional pieces, the special performances showcased songs from Disney/Pixar, Taylor Swift, Katy Perry and more.

"Music in Our Schools Month is one of the highlights of our year," said Maria. "It's a refreshing change of pace for the band and it's a great reminder of why we do what we do."

Both Maria and Gordon started playing instruments as children. Maria's introduction to music was through her parents who both played string instruments.

"One day, a friend of my dad's gave him a clarinet in exchange for some auto work," she said. "It was a crappy, old clarinet, but it was mine. I loved it, joined

See BAND on page 2

## Alaska students recognized for Army skills

**Ryan Englert**  
Cadet, UAF

The University of Alaska ROTC Ranger Challenge team placed second in the 8th Brigade Ranger Challenge Finalists Competition at Joint Base Lewis-McChord, Feb. 27 and 28.

The UA ROTC team previously competed at Camp Rilea, Oregon in October 2014 against nine other teams, ultimately winning first place. The team went on to represent Alaska at the final round before attending the final competition known as the Sandhurst Military Skills Competition. The final competition — often referred to simply as Sandhurst — began in 1967 with the presentation of a British officer's sword to the U.S. Corps of Cadets at West Point, New York. The sword was a prize for a new mili-

tary skills competition to "...promote military excellence in the Corps of Cadets," according to the Department of Military Instruction — Sandhurst Competition. Sandhurst has continued to grow since its inception. Today it includes 36 U.S. Army ROTC teams with additional teams from foreign countries, including Britain, Australia, Canada and Afghanistan.

The other two teams at the finalist competition were Boise State University, which placed first, and the University of California Santa Barbara, which placed third. What makes the University of Alaska ROTC Ranger Challenge Team truly different from its peers is the fact that it evenly represents cadets from UAA and UAF, with five representatives from each school. This also

makes it the only team that is separated by more than 350 miles. This unique training challenge did not stop the team from becoming a cohesive unit and performing at the highest level. Dominick Marriutto, UAF cadet said, "Even though it was very challenging, it pushed us to work as a team and not individuals. That's what we are about — teamwork".

Another unique aspect of the team is the fact that six of the 10 team members are prior service members, with some completing their degree through the green-to-gold active duty option and others on ROTC scholarships. Some of the events the cadets were evaluated on include a hand-grenade assault course, a medical treatment and

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Members of the University of Alaska ROTC Ranger team construct a rope bridge during the 8th Brigade Ranger Challenge Finalists Competition at Joint Base Lewis-McChord, Feb. 27 and 28. (Courtesy photo)

Flight medic Staff Sgt. Eric Joseph Emmons monitors a patient in flight from Homer to Soldotna as part of Exercise Rock and a Hard Place. The exercise scenario called for state and federal resources to respond and assist the community of Homer and the Kenai Borough following a significant mudslide that damaged the South Peninsula Hospital and severed road and communications lines.

The mass casualty-causing event required the rapid medical response of the state's Health and Social Services emergency response capabilities and the movement of patients from the damaged hospital to the Central Peninsula Hospital in Soldotna.

(Photo by John Pennell, USARAK PAO)



## ALCOM, USARAK play in Exercise Rock and a Hard Place

**Tech. Sgt. John Gordinier**  
Alaskan Command Public Affairs

Alaskan Command, U.S. Army Alaska, along with other federal and state entities participated in Exercise Rock and a Hard Place in Homer, March 19 through 22.

Exercise Rock and a Hard Place is a scenario where state and federal resources respond to assist the community of Homer and the Kenai Borough following a significant mudslide that damages the South Peninsula Hospital and severs road and communications lines, said Army Lt. Col. William Kays, Alaskan Command Medical Operations and Plans. The mass casualty-causing event requires the rapid medical re-

sponse of the state's Health and Social Services emergency response capabilities and the movement of patients from the damaged hospital to the Central Peninsula Hospital in Soldotna.

The state's Department of Health and Social Services, through partnership with Alaskan Command, provided an opportunity for Title 10 (active-duty Department of Defense) resources to participate in this hospital drill, Kays said.

When Title 10 forces provide assistance in natural disaster crisis such as this, it is called defense support of civil authorities (DSCA).

See EXERCISE on page 3

### WEEKEND WEATHER



**Friday**  
Mostly cloudy.  
Highs in the 40s to mid 50s. Light winds.



**Saturday**  
Partly sunny.  
Highs in the 40s.



**Sunday**  
Mostly cloudy.  
Highs in the 40s. Lows around 20.

### BRIEF

#### Gold Star Weekend

Discounted ski lift and tubing hill passes are available to Gold Star Families today. Enjoy front-of-the-line convenience and your own VIP section in the Lodge. Then Sunday, March 29, Gold Stars are invited to Vietnam Veteran's Day at Randy Smith Middle School Gymnasium from 1 to 3 p.m. The remembrance event will feature guest speakers and offer light refreshments. Stop by to see your Survivor Outreach Services Support Coordinator, Rhonda Carlson, on how to get your Gold Star Next of Kin lapel pin. For more information about these events, call 353-4004.



# Eat your way to a slimmer waistline: Part One

**Teresa White**  
Fort Wainwright PAO

Various books, drugs and surgeries make up an annual multi-billion dollar weight-loss industry in the United States. The more than 100 million Americans currently on a diet will, on average, make four or five attempts at weight-loss this year alone.

This series explores the different weight-loss support services and other resources Soldiers, DoD civilians and Family members have at their fingertips to meet success. The first article addressed an increasingly overweight Army and general public, and outlined the benefits of the Army Wellness Center. This article focuses on the Registered Dietitians at Bassett Army Community Hospital.

"Look at the Performance Triad, 'Eat, Sleep, Move,' as a three-legged stool," said CPT Andrew Otto, registered dietitian

and chief of the Nutrition Care Division. "All three legs are required for optimal wellness and healthy, sustainable weight-loss. But look at eating as the thickest leg. Diet is 75 percent of weight maintenance."

Registered Dietician Meagen Sassman agrees that you cannot out-exercise a bad diet. "Incorporating exercise into your day is important and can absolutely help an individual get fit and burn more calories overall, but increasing physical activity by itself is not a long-term solution to effective weight management. If an active individual is not also making good food choices, he or she could experience weight gain when activity levels drop slightly."

Otto and Sassman are concerned about yo-yo dieters. "Yo-yo dieting, like trying to lose weight right before PT tests or tapings, then going back to old habits and regaining the weight, is

actually lowering your metabolism," said Otto. "You'll realize as you continue this cycle that your body won't respond the way you want it to. It's better, in the long-run, to make small changes to your lifestyle now and drop the weight for good. It'll mean less stress in the future and a healthier for you."

When asked what other habit the dietitians would like to see the public change, they responded, "Stop skipping meals." Like adding logs to a fire to keep it burning, both dietitians encourage people to eat a minimum of five mini-meals per day, all balanced in the three macronutrients – protein, carbohydrates and fat. Eating approximately once every three to five hours and stopping two to three hours before bed will keep your metabolism "stoked" throughout the day. They explained that when there's no food in your system (think of it as fuel for the

body) metabolism naturally lowers into conservation mode.

"A lot of people think that eating more frequently throughout the day is counter-intuitive to weight-loss," said Sassman. "It's really one of the best things you could do as long as you're eating correct portion-sizes and stay within your daily caloric allowance."

This includes not skipping breakfast, which Otto and Sassman said should be consumed within 30-minutes of waking to kick-start your metabolism out of sleep mode. Though they say the number of people who skip breakfast is a large one, they were particularly focused on Soldiers.

"Too many Soldiers roll out of bed with just enough time to make it to PT," said Otto. "Many would rather catch that extra five minutes of rest, while others report just not being hungry that early in the morn-

ing. Still, I recommend something small and low-fiber like a banana or yogurt."

Sassman adds, "A yogurt would be ideal – it's the perfect combination of protein, carbs and fat. But nutrient-packed carbs like an apple or a banana would be fine, grab-and-go options, too." As for not being hungry in the morning, Sassman says, "If your metabolism is running where we want it to be, you should wake up pretty ravenous. However, if you've gotten your body used to skipping breakfast, it may have actually stopped sending you hunger signals."

Training yourself to eat every morning within 30-minutes of waking and to eat those five mini-meals per day will help get your body's signals back on track, sustain energy-levels and give you a clearer mind. You have to look at metabolism like you do weight-training; yes, some things are genet-

ic, but a lot is trainable, too."

Otto said we've gotten away from listening to our bodies. "It can take up to 20 minutes for our brains to register that we're satiated. Unfortunately, by that time, we've usually consumed more calories than we need and we're beyond satiated – we're full." He said, "Eat more slowly. Don't wait for the full feeling to signal your stop. You just want to eat until you're no longer hungry. The food isn't going anywhere; if you're hungry again in an hour or two, eat a little more."

For additional tips, keep an eye out for part two of this article in next week's Alaska Post that will include information on fad diets, supplements, empty calories and more. To make an appointment with Nutrition Care, call 361-5276. Other helpful resources can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov) and [www.supersuper-tracker.usda.gov](http://www.supersuper-tracker.usda.gov).

## Remembering the fallen, honoring the heroes: Vietnam Veteran's Day

**Allen Shaw**  
Fort Wainwright PAO

Soldiers haven't always returned from combat to a warm welcome home. After the Vietnam War, troops were not thanked for their service. No one offered to buy them dinner or a cup of coffee. There were no standing ovations as they entered or exited an airplane. In some cases, they were spat upon, called war mongers and even baby killers. Patriotism wilted and the nation was scarred. It was an ugly time for America.

Since then, things have changed. The country has been knocked down, hit hard and has battled back with a vengeance. The wounds of the past are deep, but time heals and sometimes we even learn from our mistakes.

March 29 is Vietnam Veteran's Day and it marks the 42nd anniversary of the day when the last of our Military left South Vietnam.

The community will be honoring Vietnam Veterans Sunday at Randy Smith Middle School from 1 to 3 p.m. There will be a remembrance ceremony, guest speaker and Veteran Discussion Panel.

The public is invited to attend and



In 1965, President Lyndon B. Johnson began sending U.S. ground troops to stave off the defeat of the South Vietnamese Army. At first, Army combat units played a defensive role, protecting Saigon, the South Vietnamese capital, and other important cities and bases. The president authorized the Army to send 20,000 support troops to establish a supply network that had to be built from the ground up. (Photo courtesy U.S. Army)

refreshments will be served following the event. For more information, call the Fairbanks Veteran Center at 456-4238.

## Band: Music in schools

Continued from page 1

the school band and even pursued music in college. Now, here I am 20 years later."

Gordon grew up around a musical dad and uncle who were both in the U.S. Marine Corps. His uncle was in the Marine Corps Band and was the Percussion Instructor at the Military School of Music.

"Music was practically my whole childhood. I was always going to concerts and exploring backstage," he said. "One of the things I love about it is that it never gets old. There is always somewhere new to go and something new to play. Music is everywhere. And it's in almost everything."

When asked about their favorite Army band memories, they had several, but two stuck out for the musicians.

"I love playing for kids and special occasions, like during the

holiday season. Nothing makes you feel more like a rock star than loud, enthusiastic applause," said Maria. "But the memory that really stands out for me was when I was deployed to Afghanistan. The band was asked to play as coffins of our brave Fallen were loaded onto a plane for home. Though I can't call it a 'favorite' memory, there was no greater honor than to be there and do that for them."

Gordon's fondest memories are also deployment related.

"I like playing troop returns," said Gordon. "I love the energy of the Families who anxiously await their Soldiers, and the ceremony around the Sol-

diers marching in and reuniting with their loved ones."

Whether performing at official Army or community events, or ramping up for entertainment-oriented gigs, the 9th Army Band is always on the move. Band groupies, or those just interested in catching a performance or two (or more), should visit the 9th Army Band Facebook page, for more information.

Music In Our Schools Month began as a single state advocacy event for school music in New York in 1973. It grew over the years to become a month-long, nationwide celebration by 1985. For more information about Music In Our Schools Month, visit [www.nafme.org](http://www.nafme.org).

## MEDDAC Minute

### 26 Week Health Challenge

Enhance health with sleep, activity and nutrition by taking the Performance Triad 26 Week Challenge. Think about what motivates you to live a healthier lifestyle.

### Week 21:

**Sleep** – Keep your sleep area dark and quiet. Cover windows with darkening drapes/shades or wear a sleep mask to block light.

**Activity** – Don't feel like getting to a gym or leaving home? Pop in an exercise DVD or find a quick in-home workout.

**Nutrition** – Use spices like garlic, lemon juice and herbs to flavor food.

### Save the Date

Bassett ACH is hosting the 3rd Annual Easter Jamboree from 9 a.m. to 1 p.m. April 4. Open to all military beneficiaries, the event will offer pictures with the Easter bunny, fire truck displays, an egg hunt, face painting, door prizes and more.

### Handling Food?

Anyone serving food on post, including bake sales, must have a valid food handler's card. The card, valid for one year, can be obtained

from Preventive Medicine at building 4077 adjacent to Bassett ACH. The Food Handler's course slides can be found and studied on our website at [http://www.alaska.amedd.army.mil/Preventive\\_Med/Preventive\\_Medicine.htm](http://www.alaska.amedd.army.mil/Preventive_Med/Preventive_Medicine.htm). After reviewing the slides, a proctored test must be taken and passed with a 70 percent or better. Call 361-5182 for test times and more information.

### 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](http://www.usajobs.gov).

### Animals Need Love Too

The Fort Wainwright Veterinary Treatment Facility is available for wellness visits and basic sick call visits 8:30 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment, or for more information on services, call 361-3013.

### Patients Only Please

For safety reasons, only patients requiring lab work and radiology services will be permitted in the exam area. Patients under the age of 18, however, may be accompanied by a guardian.

## Skills

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evacuation lane, the team's ability to build and cross a one-rope bridge, marksmanship, a forced march, and a modified physical fitness test involving flipping a tire 270 times and carrying water

jugs while sprinting. The team will compete again next year to secure their place at Sandhurst.

If you are interested in becoming an officer in the U.S. Army and want to learn about scholarships, or entering the Green to Gold Program here at the University of Alaska, call 474-7501 or visit their webpage at [www.uaf.edu/ROTC/](http://www.uaf.edu/ROTC/).

# ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

**Garrison Commander**

*Col. S.C. Zemp*

**Fort Wainwright Acting PAO**

*Brian Schlumbohm*

**Community-Media Relations Officer/Editor**

*Allen Shaw*

**Staff writer/Assistant Editor**

*Teresa White*

**Photojournalist**

*Sherman Hogue*

**Contributors**

*Brandy Ostanik, MEDDAC-AK PAO*

*Ryan Englert, Cadet, UAF*

*Tech. Sgt. John Gordinier, Alaskan Command PAO*

*Kris Fister, Denali National Park and Preserve PAO*

*Senior Airman Peter Reft, 354th Fighter Wing PAO*

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The ALASKA POST – Home of the Arctic Warriors

**Fairbanks Community Food Bank**

United Way of the Tanana Valley Member Agency

"20 Years of Miracles"

725 26th Avenue

452-7761

# 51st Anniversary: Whole lot of shaking going on

## Part I

**Allen Shaw**  
Fort Wainwright PAO

It started as an indescribable rumble, then a vibration that tickled my feet. Soon it turned into a violent shaking that had us staggering back and forth, struggling to maintain footing. I remember everything. I remember it as if it was yesterday, but it was 51 years ago today.

I was an 8-year-old boy living at 21-121-B Jasmine Avenue on Elmendorf Air Force Base. It was a Friday. My mother and two-year-old brother had returned from shopping for Easter goodies downtown and picked me up from Carl Ben Eielson Elementary School. We went home in our shiny brown, 1963 Key Biscayne station wagon anticipating chocolate bunnies and decorated eggs over the weekend. Early spring was hitting the Matanuska-Susitna Valley where the clear, warm days were melting



Army National Guard Soldiers stand guard in front of the J.C. Penney store, March 24, 1964, where my family had been shopping a few hours earlier. Anchorage sustained an enormous amount of damage as the ground opened and shifted, causing buildings to collapse. The quake which measured magnitude 9.2 by seismograph readings made it the second largest in recorded history. (Courtesy photo)

the snow and the cool, cloudy evenings kept what we knew as winter hanging on.

For me, it was cartoons as soon as I hit the door. My good friends Underdog, Huckleberry Hound and, appropriately, Fractured Fairy Tales had my attention. Mom was preparing dinner while my dad was getting ready for work.

Although he was a Master Sergeant in the Air Force, he was a club manager. He previously worked in officer clubs, but had been recently assigned as the NCOIC to the Alaskan Chateau, a VIP Club for dignitaries on Elmendorf. He rarely wore a uniform but often worked during special functions at night, especially a Fri-

day night. He was in the bathroom shaving as burgers sizzled on the stove and brother and I were glued to Mr. Peabody and Sherman on the tube.

All of a sudden, time seemed to stand still. I was lost in the animated adventures on the screen. Everything stopped for a split second as a slow, steady rumble crept in. It was a crazy thing because the floor started quivering like somebody put a quarter in the magic-fingers vibrating-bed somewhere. It quickly went from a trembling vibration, to a shake, to a more violent shake and it continued. I glanced away from the television to see my mother grab my brother and tell me to get under the table. The set I was watching rocked precariously on the shelf above me.

Curiosity got the best of me and I crawled toward the window where I stood, held onto the sill and watched my Dad, with no shirt and half-shaven face, make his way to us from

down the hall. Dad was a stout, athletic man, standing 5'10", 200 plus pounds with broad shoulders. I remember the house rocking so violently that he was tossed side-to-side like a rag doll, bouncing off the narrow hallway walls as he made his way to the living area. Furniture was sliding, things were falling off shelves and I had no idea what was going on.

Between the rumbling and the crashing of pots, pans and glasses, it was difficult to hear my dad shout, "Get out of the house." Amidst the chaos and still holding on for balance, I looked out the window and watched the ground roll like a wave, as if there was something underneath pushing its way through.

By then, dad had made it to the front door; my mom and brother nearly there. I could see dad gesture for me to follow. I looked past him and saw our car bouncing up and down as if it was a possessed low-rider with

air-shocks on steroids. I made my way across the room to the wavering porch, down the steps and into the yard.

Many of our neighbors were also standing outside, not necessarily dressed for conditions since it was one of those cooler, cloudy days. I remember dad still had no shirt on and a light snow had even begun to fall. Moments later, the violent rocking returned to a steady quiver and I could hear the adults say, "earthquake."

It all began at 5:36 p.m. March 27, 1964. It was Good Friday and we all had just experienced four minutes of one the most powerful earthquakes ever recorded in U.S. and North American history. One-hundred-thirty-one lives were lost and an estimated \$310 million (more than \$2.12 billion in current U.S. dollars) of damage incurred.

**Editor's Note:** To find out the rest of the story, check out next week's Alaska Post.

## Exercise: Homer

Continued from page 1

"DSCA remains an important ALCOM mission whereas Title 10 forces could be requested by the state to prevent the loss of life, mitigate suffering and mitigate the loss of property," Kays explained. "This drill allowed us to work with local and state responders, improve our interoperability and exercise an element of the federal Alaska disaster response playbook; specifically, the patient movement courses of action on the Kenai Peninsula."

U.S. Army Alaska provided patient movement DSCA assistance with two medevac Black Hawk helicopters operated by crews from C Company, 1st Battalion, 52nd Aviation Regiment who are part of the USARAK Aviation Task Force based at Fort Wainwright.

"The MEDEVAC aircraft will deploy and become tactical control to the Alaska Army Guard Aviation Task Force during the exercise," Kays said. "Following years of back-to-back deployments, the involvement of Title 10 MEDEVAC aircraft in support of response efforts in Alaska will renew collaborative relationships."

Alaskan Command provided an emergency response vehicle for DSCA support during the exercise, said Tim Woodall, ALCOM's J6 division chief, DoD area frequency coordinator/joint frequency management office Alaska, and expeditionary communications. The ERV provides initial 72-hour emergency communi-

*"This drill allowed us to work with local and state responders, improve our interoperability and exercise an element of the federal Alaska disaster response playbook ..."*

cations, including land mobile radio, phone and internet. For this exercise, those services were provided to the emergency operations center, triage and State Aero Medical Staging Facility. The ERV was flown in a C-17 aircraft from Joint Base Elmendorf-Richardson to Homer along with the ERV operators, Air Force Senior Master Sgt. John Jennings Jr. and Army Staff Sgt. Lacey Steward.

"Our involvement in the exercise was a success," said Steward who is ALCOM's J6 deployable communications NCO in charge. "Despite never setting up our equipment in Homer, we were able to set the Rapid Response Kit up, which provided connectivity for phones and wireless data. We had 15 phones in the EOC and one in the Triage as well as wireless internet to both locations. This gateway provided the ability to track in- and out-bound patients. In a disaster scenario, the ERV ensures information technology services to improve disaster response."

"The ERV efforts met the requirements of the customer," said Jennings who is ALCOM's J6 Plans and Future Operations superintendent. "We were able to successfully demonstrate the air worthiness of the

ERV. We identified a generator limiting factor and identified several processes improvements that will enhance our efficiency and effectiveness when called upon. It's very important to exercise our capabilities with our partners. Seeing that team come together and be successful increases confidence with our partners and the community."

"The state conducts medical response exercises a few times annually, but many do not lend to a Title 10 response," Kays added. "This exact scenario would not likely require a Title 10 immediate response, but the exercise provided an opportunity for us to cross-train with our partners, improve interoperability, and validate elements of the federal and state disaster response playbook. ALCOM is committed to continued collaboration with the state and will continue to look for opportunities to train with our partners."

## Denali Park begins spring road opening

**Kris Fister**  
Denali National Park and Preserve  
Public Affairs Office

The National Park Service spring road opening crew has begun the annual operations to clear and prepare the Denali Park Road for vehicle access. They expect to encounter less than usual amounts of snow and more overflow ice, due to the lack of insulating snow cover. The remote weather stations at Toklat and Kantishna are reporting approximately 3 and 24 inches of snow, respectively.

In addition to removing the winter accumulation of snow and ice, the road crew personnel must steam open ice-clogged culverts to prevent road damage caused by runoff from melting snow and ice. They will also repair any damage that occurred over the winter before opening the road for use by the public. Visitors should expect to encounter snow removal equipment on any portion of the road during working hours. Please stay 50 feet or more from any heavy equipment on the road and make certain the equipment operator is aware of your presence before attempting to pass.

Updates and pictures of the spring road opening operation will be posted regularly on the park website at [www.nps.gov/dena](http://www.nps.gov/dena).

The Denali Park Road is currently open as far as the Mountain Vista Rest Area at Mile 12, which provides access for snowshoeing, mushing, cross-country skiing, and other seasonal recreational activities. The rest area has vault toilets and picnic shelters. Park facilities further west, including the Savage River Campground, remain closed until later in the spring.

Depending on weather and road conditions, the park road could open

for travel to the Savage River (Mile 15) by early April. The road could be open for travel to the Teklanika River Rest Area (Mile 30) by mid to late April. Visitors are advised to contact the park before their trip for updates on the tentative opening dates.

The Murie Science and Learning Center (MSLC) at Mile 1.3 is open from 9:00 am to 4:30 pm daily as the winter visitor center, providing information and backcountry permits. The Bear Loop of the Riley Creek Campground at Mile 0.2 is open, but water and sewer services will not be available until later in the spring. A vault toilet is provided for campers, and water can be obtained at the MSLC.

Denali National Park and Preserve collects an entrance fee year-round. The entrance fee of \$10 per person (for visitors age 16 and older) is good for seven days. The majority of the money collected remains in the park to be used for projects to improve visitor services and facilities. Interagency Federal Recreation Passes such as the Annual, Senior, and Access Pass, and the Denali Annual Pass are valid for entry into the park and are available at the MSLC. The free annual U.S. Military Pass, which is for U.S. military members in the Army, Navy, Air Force, Marines, Coast Guard, and Reserve and National Guard (and their dependents), is also available. Please have a Common Access Card (CAC) or Military ID (Form 1173).

Additional park information can be obtained by calling (907) 683-9532 from 9:00 a.m. to 4:30 p.m. daily or on the web at [www.nps.gov/dena](http://www.nps.gov/dena). Stay connected with "DenaliNPS" on Twitter, Facebook, YouTube, Flickr, and iTunes; links to these social media sites are also available at [www.nps.gov/dena](http://www.nps.gov/dena).



Above, U.S. Airmen shoot simulated targets on an engagement skills trainer at the Combat Arms Training and Maintenance facility Feb. 12, Eielson Air Force Base. Airmen attended an M4 requalification course. At left, U.S. Air Force Staff Sgt. Justin Friedli, the 354th Civil Engineer Squadron operations manager, checks his target for hits at the Combat Arms Training and Maintenance outdoor range Feb. 12, Eielson Air Force Base. Friedli attended an M4 requalification course. (Photos by Senior Airman Ashley Taylor, 354th Fighter Wing PAO)

## Steady shooting prepares Airmen for contingencies

**Senior Airman Peter Reft**  
354th Fighter Wing  
Public Affairs

While Icemen from a wide array of career fields specialize in unique jobs around the base, they must all eventually set foot in one building to complete a segment of training required by all service members.

Combat Arms Training and Maintenance instructors train Airmen to fire live weapons before they deploy. Before live fire, however, shooters have access to an Engagement Skills Trainer, which allows personnel to test their skills in a computer-simulated scenario.

"The EST helps

shooters work out all the 'kinks' before live firing," said Staff Sgt. Chanson Johnson, a 354th Security Forces Squadron combat arms instructor. "It gives them hands-on training without spending too much time and ammo."

Staff Sgt. Justin Friedli, a 354th Civil Engineer Squadron operations manager, recently participated in an M4 carbine requalification and said the EST is a useful tool to help service members familiarize themselves with handling and firing weapons.

"The simulator was extremely easy to use and is safer for Airmen to become familiarized with the weapon be-

fore actually handling a live one," said Friedli. "It eases fears of young Airmen and those in career fields that don't fire weapons on a frequent basis."

Alaska's winters, which can reach 60 below zero, expose Airmen to sometimes life-threatening environments, but with the EST climate-controlled indoor training space, shooters can concentrate on their firing skills instead of risking frostbite.

"It's a controlled environment with air-conditioning in the summer and heat in the winter, and it cuts down the time spent outside when we're practicing loading, shooting, and reloading," said John-

son. The EST helps save time spent outside by easing nervousness, which could cause Airmen to either rush or take longer due to procedure hesitation, Friedli added.

CATM instructors at the firing range serve a key role in preparing and enabling Icemen for deployment and the EST ensures they have the means to quickly and efficiently train Airmen to safely handle weapons.

"It helps us keep everybody deployment ready at any given moment; Airmen can come in here to maintain their proficiency so when the time comes, they're ready for live fire," said Johnson.

## Fort Wainwright

### Friday - 27th

MARCH MADNESS, noon to 7:30 p.m., Birch hill ski, building 1172. Call 353-1998.

MARCH MADNESS ALL YOU CAN BOWL \$10 SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

POLAR CARE, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Call 353-1994.

FAME GROUP EXERCISE, 9:15 to 10:15 a.m., Melaven Fitness Center, building 3452. Call 353-1994.

WIN A GAME, 11 a.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

PARENT ADVISORY BOARD (PAB) MEETING, 11:30 a.m. to 12:30 p.m. Youth Center, building 4109. Call 361-5437

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

### Saturday - 28th

MARCH MADNESS, noon to 7:30 p.m., Birch hill ski, building 1172. Call 353-1998.

SUPER SATURDAY, 9 a.m. to 2 p.m., CDC I, building 4024. Call 361-4190.

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

ZUMBA, 11:15 a.m. to 12:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

### Sunday - 29th

MARCH MADNESS, noon to 7:30 p.m., Birch

hill ski, building 1172. Call 353-1998.

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

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

### Monday - 30th

REGISTRATION OPENS FOR BASEBALL, TRACK AND FIELD AND DEVELOPMENTAL BASEBALL, 8 a.m. to 9 a.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

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

INDOOR ROCK CLIMBING, 6 to 7 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

ZUMBA, 6 to 7 p.m., Physical Fitness Center, building 3709. Call 353-7223.

### Tuesday - 31th

GROUP CYCLING, 6:30 to 7:30 a.m. and 9:15 to 10:15 a.m., Physical Fitness Center, building 3709. Call 353-7223.

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

HOUR OF POWER: GROUP STRENGTH CLASS, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

ZUMBA, 6 to 7 p.m., Physical Fitness Center, building 3709. Call 353-7223.

### Wednesday - 1st (Watch out for April Fools)

8 FOR 8 LEAGUE SIGN-UP, Nugget Lanes Bowl-

ing Center, building 3702. Call 353-2654.

MONTH OF THE MILITARY CHILD SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

SAC PREVENTION OF CHILD ABUSE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

PERSONAL FINANCIAL READINESS CLASS, 9 a.m. to 4:30 p.m., Education Center, building 4391. Call 353-7438.

PRESCHOOL STORY TIME, 11 to 11:45 a.m., post library, building 3700. Call 353-2642.

### Thursday - 2nd

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

GROUP CYCLING, 6:30 to 7:30 a.m. and 9:15 to 10:15 a.m., Physical Fitness Center, building 3709. Call 353-7223.

SAC CELEBRATES MONTH OF THE MILITARY CHILD, 7 to 8 a.m., School Age Center, building 4166. Call 361-7394.

SAC PREVENTION OF CHILD ABUSE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

BABY SIGNS: SIGN SING AND PLAY, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

LEVY BRIEF, 9 to 11 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

## IN BRIEF

### FUN FOR ALL ON BIRCH HILL

March Madness starts today at the Birch Hill Ski and Snowboard Area with Military Appreciation Day and a military vehicle-themed sled race. March 28 is Family Fun Day and March 29 is Craziiness Day. Friday through Sunday all events are noon to 7:30 p.m. There will be sled races, a bonfire with s' mores, rail jams, pool hop and the polar plunge. For more information, call 353-1998.

### 2015 YUKON QUEST WINNER TO VISIT NORTH HAVEN

Musher Brent Sass and his team were first to cross the finish line in Fairbanks, winning the 2015 Yukon Quest by completing the 1,000-mile race in just 9 days, 12 hours and 49 minutes. Now, Families will have a great opportunity to meet Sass and his team at North Haven's annual Mush Madness event on March 28 from noon

to 5 p.m. at North Haven's community center located at 4268 Neely Rd. Sass, who has been running dogs for nearly a decade, will share his knowledge about the sport and stories from the trail. Dog sled rides are scheduled between 1 and 4 p.m. There will also be fun crafts and door prizes. For more information, call North Haven at 356-7165.

### EARTH DAY COUNTDOWN

Help protect the planet while having a little fun on Earth Day, April 22. Start by participating in the post-wide "Lights Out" from 11:30 a.m. to 1 p.m., then head over to the Physical Fitness Center where you can assist Green Star with their goal of collecting and recycling 100 tons of electronics this year by bringing your e-waste to their truck. Next, head inside for the Trashion Show. Get ready to see recycled fashion (clothes made from recycled items) at its best. Don't forget to grab a piece of cake and stroll through the various information booths to see how you can make an even greater positive environmental impact. For information on how to

participate in the Trashion show, call 356-7165.

### WEIGHTS AND RACQUETBALL

The Physical Fitness Center's contractor work is done for now and the Physical Fitness Center's weight room and one racquetball court is open for use. Melaven Gym and the Physical Fitness Center have begun normal Winter operating hours once again.

### BECOME A SPECIAL AGENT

Soldiers are invited to attend a Criminal Investigation Division Special Agent recruitment brief at the Fort Wainwright Education Center April 10 from 1:30 to 3 p.m. For more information, visit [http://www.cid.army.mil/join\\_CID.html](http://www.cid.army.mil/join_CID.html)

### RETIREE APPRECIATION

The Retirement Services Program at Fort Wainwright will host the annual Retiree Appreciation Day Saturday, May 9th at the Last Frontier Community Activity Center from 8:30 a.m. to 2 p.m. Retirees within the local communities are invited. For more information, call 353-2095.

## Eielson

### Friday - 27th

EIELSON LIBRARY STORY TIME, 10 to 11 a.m., Eielson Community Center, building 3310 Eielson AFB, Call 377-3174.

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

THUNDER ALLEY, 9 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

### Saturday - 28th

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson Community Center, building 3310 Eielson AFB,

Call 377-2642.

TAKEN 3 (R), 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.

### Sunday - 29th

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

THE HOBBIT: THE BATTLE OF THE FIVE ARMIES (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

TOSS A BALL CHALLENGE, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

## IN BRIEF

### LEAVE USE/LOSE 2015 UPDATE

This serves as a reminder that Air Force members are now authorized to carry a balance of 60 days of leave. For information, call 353-9405.

### LUNCH AND BOWL

Bowl a game for only \$3 while enjoying your favorite daily lunch special. Lunch and bowl takes place at Lane 21 Snack Bar, Monday through Friday, 11 a.m. to 2 p.m. For more information, call 377-1129.