

# ALASKA POST

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an edition of the  
Fairbanks  
Daily News-Miner

Home of the Arctic Warriors

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Vol. 6, No. 35

Fort Wainwright, Alaska

September 4, 2015

## AtAGlance

Reporting an emergency

Changes to Tricare  
Pharmacy Benefit

Calendars/News Briefs

...and more...

## BRIEFS

### Living Patterns Survey

The Living Patterns Survey is live at [www.defensetravel.dod.mil/site/lps-alaska.cfm](http://www.defensetravel.dod.mil/site/lps-alaska.cfm). The data collected will assist in the determination of Cost of Living Allowance (COLA). Maximum response is encouraged so that the data will be representative of our area. Incomplete surveys cannot be used as this might result in inaccurate analysis of shopping behavior. Estimated time to complete the survey is 40-50 minutes. The goal is to get 100 percent by Sept. 15. Remember, it was low participation and inaccurate reporting that led to the recent COLA decrease. Depending on results, this could have a positive effect on COLA as early as mid-November.

### Welcome to Winter

Be prepared! The W2W brief educates Soldiers, Family members and new employees on how to survive and thrive during Alaskan winters. The brief includes preparing your vehicle for winter, winter driving techniques, emergency winter kits, proper clothing and caring for your pets in the cold. Join us Sept. 10 or Sept. 24 from 6 p.m. to 8 p.m. at the Last Frontier Community Activity Center, bldg. 1044. For more information, please call 353-4227.

## ONLINE

Check [www.facebook.com/FortWainwright-PAO](http://www.facebook.com/FortWainwright-PAO) for the latest information.

## WEEKEND WEATHER



Friday

Partly cloudy. Isolated rain showers. Highs in the lower 60s.



Saturday

Partly cloudy. Highs around 60. Lows around 40.



Sunday

Partly cloudy. Highs around 60. Lows around 40.

# Garrison Commander's Holiday Safety Message

Many of you will view this Labor Day weekend as the final opportunity to take advantage of the many local recreational areas while others will choose to stay close to home. Whatever your plans, remember to put safety first and make the right decisions to be safe!

I strongly encourage all commanders and leaders to get involved with their personnel. Conduct pre-holiday briefings to educate Soldiers and civilian employees on basic safety rules that will minimize the probability of an ac-

cident. Discuss the increased risks associated with holiday travel, recreational activities, and the consequences of over consumption of alcohol.

If you travel, even for a short trip, take into account increased traffic and other risk factors. Make sure your vehicle is in good working order. Wear seatbelts and watch your speed. When operating a motorcycle, wear your safety gear. Avoid anything that impairs your ability to drive safely—texting, drinking, lack of sleep. Always let someone know where you are going

and when you will be back.

If your weekend plans include boating or swimming, make sure everyone wears a Personal Floatation Device (PFD) or life jacket. The water is still very cold and the first few seconds upon entering the water are critical. The PFD just might save your life or someone you care about. Remember, "Kids Don't Float."

Each and every one of you are valuable members of the Fort Wainwright community and I want you all to return safely from any and all ac-



Fort Wainwright Garrison Commander Col. Sean C. Williams

activities. Take care and have a safe and enjoyable Labor Day weekend.

**Sean C. Williams**  
COL, SF  
Commanding



## Ski installation in time for winter

Soldiers from the 3rd Battalion, 159th Aviation Regiment install skis on AH-64Ds. The skis and master trainer are from Airglas, Inc. out of Anchorage. To ensure safety, it is USARAK policy for all Army Rotary wing aircraft to fly with skis due to the severity of unknown landing conditions in Alaska. Whether it's landing on glaciers, snow or even a spring time unimproved surface area, all helicopters are susceptible to a lateral rolling motion known as a dynamic rollover. These skis act like a snowshoe so the weight is evenly distributed to the surface of an area making it much less likely for landing gear or a tire to penetrate the surface, get stuck and/or rollover. (Photo by 1st Sgt. Michael B. Isom, D/3-159 ARB)

## Stryker Soldiers depart for Japan, Korea

Staff report  
USARAK PAO

A task force of about 450 Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division will depart Alaska this week for training exercises in Japan and Korea.

Task Force Blackhawk, composed of Soldiers from 5th Squadron, 1st Cavalry Regiment and other elements of the 1-25th, will deploy with 25 Stryker vehicles and a host of other vehicles and equipment as part of the Army's Pacif-

See **SOLDIERS**  
on page 3

# Moose season opens on military training lands

Staff report  
USARAK PAO

Interior Alaska military lands became available for moose hunting this week with a variety of popular areas available for hunters.

U.S. Army Alaska and Fort Wainwright published maps (available at <http://usartrak.isportsman.net>) to detail accessible and restricted military lands through Sept. 30.

Most, but not all, popular hunting areas will be available for the entire duration. Some locations will be restricted on designated days due to military training requirements. All recreational users must exit training areas no later than 11:59 p.m. on the date prior to closure.

Highlights of moose hunting access during this timeframe include:

### Donnelly Training Area

Training area on the west side of the Delta River will now be open on Sept. 1.

Meadows Road, Windy Ridge Road and Dome Road and adjacent training areas, and Old Richardson Highway



(File photo)

are closed Sept. 8 through 25.

33 Mile Loop will be closed Sept. 15 through 21 from the intersection of 33 Mile Loop and Richardson Highway to the intersection of 33 Mile Loop and Fleet Street. This closes 33 Mile Loop through TA 501 and 502. Fleet Street will remain open to through traffic.

12 Mile Crossing is open to through traffic.

### Yukon Training Area

TA 307 and 310 will be closed Sept. 23 through 24.

TA 309, 312, 313 and 315 will be closed Sept. 28 through 30.

### Tanana Flats Training Area

TA 201 will be closed Sept. 1 through 3.

Information, recreational access permits, and detailed, downloadable maps highlighting available lands and road closures are posted on the USARTRAK iSportsman web page, <http://usartrak.isportsman.net>

See **MOOSE** on page 3

## September is National Suicide Prevention Month

Staff report  
Fort Wainwright  
Suicide Prevention  
Program

Suicide Prevention continues to be a work in progress to reduce the loss of life and consequent devastation to Soldiers' Families. Since 2009, the U.S. Army has waged war on suicide with educational presentations, command involvement and intervention awareness training. Early in the campaign to educate all personnel of the warning signs of a suicide, the primary intervening authorities were Chaplains, Command Teams or Medical personnel. A major impact of that awareness elevation has been the rank of Soldiers directly involved

See **SUICIDE**  
on page 3

# How to Report an Emergency

## Staff report

Fort Wainwright Fire and Emergency Services

Emergencies are a part of life; it is how we react during these emergencies that can save lives.

Reporting an emergency may seem simple enough, until you have to do it. During an emergency, nerves take over and some people can't even remember their name. It is a good practice to write your address close to your phone in the event this happens to you.

If you are having an emergency, take a deep breath and remember these instructions. If you are the person discovering a fire, regardless of the size, make every attempt to notify all occupants by shouting "FIRE." Pull the nearest fire alarm pull station on your way out of the building, if one is available. Dial 9-1-1 to notify the Fire Department. If you are calling from any prefix other than 353 or 361, you will go to City of Fairbanks Fire Dispatch, let them know you are on Fort Wainwright.



(Photo by Teresa White, Fort Wainwright PAO)

## Information to be reported

### to 9-1-1 Fire Dispatch:

- If known, describe what is on fire.
- Report the building number, apartment number, or other location nearest the fire.
- Name of person reporting the fire and the telephone

number from which they are calling.

- If not personally in danger, stay on the line until released by the emergency operator.

- Report other pertinent information, such as physically challenged individuals that need assistance, suspicious

events, and exact location in the building.

Fires are not the only emergency to be reported by dialing 9-1-1. Other examples of emergencies to be reported via 9-1-1 include traffic accidents, oil/gasoline spills, release of hazardous material,

natural gas leaks, discovery of unexploded ordnances, confined space rescues, bomb threats, and infants locked in a vehicle or home. Keys locked in a vehicle do not constitute an emergency unless the vehicle is running.

Remember, all fires, regardless of how minor in na-

ture, and fires which have been extinguished, must be reported to the Fire Department immediately.

For all non-emergencies, dial Fire Dispatch at 353-9170.

For any questions, please contact the Fire Prevention Office at 353-9140.

## Changes coming to Tricare pharmacy benefit

### Staff report

MEDDAC

Starting Oct. 1, a new law requires all Tricare beneficiaries, except active duty service members, to get select brand name maintenance drugs through either Tricare Pharmacy Home Delivery or from a military pharmacy. Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost.

Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law does not apply to drugs you take for a short time, like antibiotics or generic drugs. Beneficiaries living overseas, or with other prescription drug

coverage, are not affected.

The Tricare pharmacy contractor, Express Scripts, will soon send a letter to beneficiaries taking an affected drug, explaining their options. Beneficiaries can contact Express Scripts at (877) 363-1303 to see if they are affected.

In September, affected beneficiaries will receive a letter from Express Scripts notifying them of the need to switch their drug. After Oct. 1, beneficiaries still filling an affected drug at a retail pharmacy will receive another letter informing them of the change to the benefit.

After that, beneficiaries have one final "courtesy" fill at a retail pharmacy. If they fill at a retail pharmacy again,

they have to pay 100 percent of the cost of their medication.

Tricare Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. You can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy. You save up to \$176 a year for every brand name drug you switch to Home Delivery. Military pharmacies offer up to a 90-day supply of drugs at zero copay, but not all drugs are available. You can check with your local military pharmacy to see if they carry your prescription.

For more information about this change to Tricare's pharmacy benefit, visit [www.tricare.mil/RxNewRules](http://www.tricare.mil/RxNewRules).

## Mobile-ready 'ArmyFit' now tracks data, has experts on tap

### David Vergun

Army News Service

ArmyFit, a comprehensive, online resource site at [armyfit.army.mil](http://armyfit.army.mil), just added three "new and exciting features," Capt. Kristin Saboe said.

ArmyFit, which now synchs to personal readiness devices, is accessible by smartphones and has experts standing by to answer health and fitness questions, Saboe said.

Saboe oversees content for ArmyFit. She has a doctorate degree in organizational psychology and also serves as the program manager for the Army Global Assessment Tool, or GAT.

### Ask the experts

The "Ask the Experts" feature is just a click away on the site, Saboe said. Simply choose a category, write in a question, and a subject-matter expert will respond. Experts are available to respond to an entire range of topics, including physical fitness, sports medicine, nutrition and sleep. Experts can also answer questions dealing with relationships, environmental concerns, and spiritual, mental and emotional health.

These experts are researchers who specialize in their field and offer research-based advice to Soldiers and their Families as well as Army civilians. All interactions with the experts are confidential, she added.

The experts are from the Human Performance Resource Center, which

is part of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences in Bethesda, Md.

### Mobile-ready

ArmyFit and GAT are now both mobile-ready, so they can be accessed from anywhere using a smartphone or computer, Saboe said. No common access card is needed, she said. Soldiers can log in using their AKO username and password.

The GAT is an annual requirement for Soldiers. Participation by Families and Army civilians is encouraged. The GAT is also a prerequisite to accessing the content in ArmyFit. Users can now complete the GAT via any mobile device. Data from GAT is also kept confidential.

### Synching ArmyFit

Users can also synch personal readiness devices, such as Fitbit and Jawbone, to ArmyFit, Saboe said. The ability to synch Withings and Garmin will also soon be available, she said.

ArmyFit will store, track and integrate data from those devices, and provide real-time feedback so users can track such things as running, steps taken, nutrition and even sleep.

"Tracking all of those behaviors increases awareness, increases mindfulness and also can prompt behavioral change, such as being more aware of what you're eating and how much

See ARMYFIT on page 3

## MEDDAC Minute

### Important Phone Numbers

**Emergency:** 911  
**24-Hour Nurse Advice Line:** (800) 874-2273, Opt. 1  
**Appointment Line:** 361-4000  
**Behavioral Health:** 361-6059  
**Benefits Advisor:** 361-5656  
**Immunizations:** 361-5456  
**Information Desk:** 361-5172  
**Patient Advocate:** 361-5291  
**Pharmacy Refills:** 361-5803  
**Tricare Online:**  
[www.tricareonline.com](http://www.tricareonline.com)  
**United Health Care:**  
[uhemilitarywest.com](http://uhemilitarywest.com),  
 (877) 988-9378

**Performance Triad Tip** – Research shows that well-rested teenagers tend to make more healthful food choices than their sleep-deprived peers. Teens that sleep less than seven hours per night are more likely to eat fast food two or more times per week and eat less fruits and vegetables. Teens that lack adequate sleep tend to eat more junk food overall; habits that are not good for long term health.

**Pharmacy Changes** – It's time to make the switch! Most beneficiaries will soon be required to use Tricare Pharmacy Home Delivery or a

military pharmacy to get their brand name maintenance drugs. However, you don't have to move your prescriptions right away. After Oct. 1, you'll still have two chances to fill your affected prescriptions at retail. Call (877) 363-1303, for more information.

**Patient Travel Closure** – In an effort to better service our patients, the Patient Travel Office will be closed beginning Sept. 9 through 11 for staff training.

**Anonymous or Not** – Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms (ICE) leaving contact information helps us to better serve our beneficiaries. Many times the issue is something we can easily fix, but without contact information we are unable to remedy the situation. Giving us a name and number allows us to contact the beneficiary and correct the problem on the spot.

**Stay in the Know** – For health tips, information on changes to operations and hospital information, follow us on Twitter @MEDDACAlaska or like us on Facebook at [www.facebook.com/BassettACH](http://www.facebook.com/BassettACH).

## ALASKA POST

Home of the Arctic Warriors

### EDITORIAL STAFF

**Garrison Commander**

Sean C. Williams

**Fort Wainwright PAO**

Mel Slater

**Command Information**

Brian Schlumbohm

**Community-Media Relations**

Allen Shaw

**Editor**

Teresa White

**Contributors**

USARAK PAO

Fort Wainwright Suicide Prevention Program

Fort Wainwright Fire and Emergency Services

Brandy Ostanik, MEDDAC PAO

L. Amber Phillippe, Landscape Historian,

DPW Environmental Division

Airman 1st Class Cassandra Whitman,

354th Fighter Wing PAO

David Vergun, Army News Service

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The ALASKA POST – Home of the Arctic Warriors



(Photo by Teresa White, Fort Wainwright PAO)

## In the blink of an eye...

Thank you for your service and best wishes, retirees!

Staff Sgt. Arturo Nino is a native of Tijuana, Mexico. He entered the Army National Guard in March 1992, graduated AIT as a Fuel and Electric Troubleshooter, and was assigned to the unit that was activated to safeguard the state of California from the Los Angeles riots.

Staff Sgt. Nino joined the Active Army in August 1995 and graduated again from AIT, this time as an All Wheel Vehicle Mechanic. Staff Sgt. Nino served in several leadership positions throughout his career, including but not limited to Senior Wheel Vehicle Mechanic, Platoon Sergeant, Section Sergeant, Shop Foreman and Maintenance NCOIC. In his long career, he has been assigned to Fort Bragg, N.C.; Schofield Barracks, Hawaii; Fort Campbell, Ky.; Aberdeen Proving Grounds/Edgewood, Md.; Fort Lee, Va.; and Fort Wainwright, Alaska.

Staff Sgt. Nino deployed three times in support of Operation Iraqi Freedom and Operation Enduring Freedom. His military and civilian education includes but is not limited to the Primary Leadership Development course, Wheeled Vehicle Mechanic Advance Leaders Course, Intensive Marksmanship Program and Advance Combat techniques (IMPACT), Unit Movement Planners Course, and an associate's degree in general studies from the University of Alaska Fairbanks where he is pursuing a bachelor of science in civil engineering.

His military awards and decorations are many and they include but are not limited to the Bronze Star Medal, Army Commendation Medal (5th OLC), The Army Achievement Medal (3rd OLC), Joint Meritorious Unit Award, Meritorious Unit

Commendation (2 OLC), Army Good Conduct Medal (6th Award), National Defense Service Medal (2nd award), Iraq Campaign Medal/Campaign Star, Global war on Terrorism Expeditionary Medal, Humanitarian Service Medal, NCO Professional Development Ribbon (Numeral 2) and Military Outstanding Volunteer Service Medal.

SSG Nino has three children. Sgt. Taylor is from Sparta, Wis. She joined the Wisconsin Army National Guard in April 2007, and, after basic, graduated as the Honor Graduate of her 68E Dental Specialist Course at AIT.

She enlisted in the active duty component in January 2009. Her assignments included Grafenwoehr, Germany; Fort Hood, Texas; and Fort Wainwright, Alaska. Sgt. Taylor's military and civilian education includes but is not limited to the Warrior Leader Course, Preventive Dentistry Course, and an associate's degree in general studies from the University of Alaska Fairbanks where she is currently pursuing a bachelor's degree in business administration.

Sgt. Taylor was selected as Soldier of the Year for Fort Hood Dental Activity in 2011. Her military awards and decorations include but are not limited to the Army Commendation Medal (1st oak leaf cluster), Army Achievement Medal (6th OLC), Good Conduct Medal (2nd award), and NCO Professional Development Ribbon.

Sgt. Taylor is married to Staff Sgt. Jack Taylor of Nixa, Mo. They have three children.

## Soldiers: Deploy

Continued from page 1

ic Pathways program of engagement with friendly nations in the region.

In Japan, the Soldiers will take part in exercise Orient Shield — U.S. Army Japan's annual exercise with the Japan Ground Self-Defense Force — which will take place in and around Sendai. In Korea, the Task Force will join in the 2nd Infantry Division's Warfighter exercise, where the unit will maneuver for 10 days in the Wonju area, east of Seoul.

Pacific Pathways is an innovative approach employed by U.S. Army Pacific that links a series of security cooperation exercises with allied and partner militaries into an operation and deploys a unit that is task organized to conduct this operation. The "pathway" is the link between these bilateral and multi-lateral exercises, and the unit is mission-tailored and task-organized for the series of exercises in its entirety.

Pacific Pathways enhances the unit's readiness, training and

leader development as the unit deploys into the region to conduct the exercises. Through the employment of regionally assigned and aligned forces for extended expeditionary military engagements, Soldiers and leaders gain familiarity with diverse operating environments, develop greater respect for host nation culture and capabilities, build partner capacity and interoperability, and foster and strengthen professional relationships.

## Cold Nose Boys

L. Amber Phillippe  
Landscape Historian,  
DPW Environmental  
Division

The "Cold Nose Boys," as the Cold Weather Test Detachment was known, tested aircraft, clothing, supplies and equipment at Ladd Field and elsewhere in Alaska. The diverse landscape provided the ideal proving ground for a wide variety of aircraft, gear and even food rations to be thoroughly tested in a variety of situations.



CWTD, "Moose" Holland performing a ration test, Ladd Field, Alaska 1948. (Courtesy photo)

## Moose: Public access

Continued from page 1  
man.net.

The public will have online access to view which military lands are open to recreation, to include hunting. The online system will also enable users to check in online prior to beginning their recreational activity.

The public will still be required to have a Fort Wainwright recreation access permit in their possession prior to entering Fort Wainwright lands, regardless of the activity.

All sportsmen 16 and older choosing to recreate on military lands must register for a free recreational access permit, which can be obtained online or at one of three kiosk locations:

Fort Wainwright Visitors Center, Fort Greely Visitors Center, and the Fort Wainwright Natural Resource Office.

Hunters wishing to use the Tanana River Bridge to access hunting areas must obtain a Bridge Access Permit from the Alaska Railroad Corporation along with an Army Recreational Access Permit. Access will be permitted only during daylight hours from Sept. 1 to 30. To get an AKRR Tanana River Bridge Access Permit, call (907) 265-2682.

To ensure the safety of both sportsmen and Army personnel, Fort Wainwright Law Enforcement in partnership with Alaska Wildlife Troopers and Bureau of Land Man-

agement Rangers will significantly increase active patrolling and enforcement of hunting regulations on military lands.

Sportsmen will need to be extra vigilant to ensure they are accessing only those lands available to public recreation. Violations could result in a trespass citation and a fine of up to \$500.

For more information, contact the Fort Wainwright Natural Resource Office at (907) 361-9686 during normal business hours from 7:30 a.m. to 4:30 p.m. If no one is available to take your call, please leave a message and they will return your call.

## ArmyFit: Resource

Continued from page 2

you're working out. That alone can lead to change and increase resilience," she said.

"Soldiers have a personal responsibility to manage and maintain their

overall health and resilience," Saboe said. "ArmyFit is a platform to help Soldiers do that. Army civilians and Families are key to the Army as well, so making sure they have access to the same kind of information helps us all be a more ready and resilient Army."

## Suicide: Awareness

Continued from page 1

in reporting or intervening in a potential suicidal incident due to the increased trainings. Over the past few years, while scanning "the serious incident reports," it was noted that most often now, we see interventions and reporting by mid-level and peer level Soldiers who recognize the warning signs of an impending suicide of a peer, and also have the information about where to get help. This success story is the rationale behind continuing suicide prevention outreach to all Soldiers, spouses, and Family members with the knowledge to recognize warning signs.

The U.S. Army is once again promoting this awareness in September. At Fort Wainwright, we have events planned through Sept. 30. There will be ongoing PSAs via radio, TV, the AK Post, and the Fairbanks Daily News-Miner to bring this to our attention over the next two months and make us aware of its importance.

On Sept. 10, an information table will be set

up at the Post Exchange and various other public sites around Fort Wainwright. Literature and giveaways will be available.

On Sept. 16, a specialized two-hour training session will be provided for Commanders, Sergeants Major, and First Sergeants on suicide prevention for our Army Soldiers. This training is available on a quarterly schedule. The training sessions are open to Fort Wainwright, Fort Greely, Eielson Air Force Base, and Clear military personnel.

September 10 is the mandated Stand Down Day.

The Suicide Prevention Program Manager in coordination with the library will install a permanent display of Suicide Prevention reading material at the Fort Wainwright Library.

ACE-SI Train-the-Trainer classes are offered on a monthly basis (the first Thursday of every month) as well as ASIST classes upon request by the Suicide Prevention Program Manager, Linda Sheridan.

The culmination

of Suicide Prevention Month, "The Year of the Military Family," will be the message that "one is too many" and that the Army Values of family and "leave no Soldier behind" will be evident in our celebration of Army Strong protective factors. Protective factors are family, socializing, collegial interactions and leadership involvement, just to name a few. The finale will be a post wide Trivia Night/Pot Luck Dinner at the Last Frontier Club on Oct. 2. Lauren Hatty will be the MC of her acclaimed Video Production Trivia Night. There will be every kind of trivia, including some about Fort Wainwright and the Army.

For more information and/or to register for Trivia Night, call Sheridan at 361-7776.

# Home run: Fort Wainwright Yankees win championship

**Teresa White**  
Fort Wainwright PAO

Our own Fort Wainwright Yankees won the 2015 Interior Baseball League 11 to 12-year-old championship. Not only was this a new Fort Wainwright team playing its first season, but it marked the first time in more than a decade that a Fort Wainwright team was fully integrated into the Fairbanks league.

"We knew that there were a lot of youth interested in baseball," said Lt. Col. William Prayner, one of the coaches and founders of the Fort Wainwright Yankees. "But there weren't enough to maintain a competitive league on post through MWR [Morale, Welfare, and Recreation], so Kayla Schumacher, the MWR youth sports director, assisted us in getting connected with and accepted into the Fairbanks league."

The buzz of a new team forming passed from house to house and friend to friend.

"Military kids have played in the downtown league for years, but they always got kind of sprinkled around the various teams," said Prayner. "This was an opportunity to bring together a team of military kids – kids who live and go to school together. Their closeness added to the team's strength."

The 11 players of vary-



Good natured and committed – The Yankees' road to championship included numerous volunteer hours raking, shoveling dirt and pulling weeds to help maintain the fields played on. (Courtesy photo)

ing experience levels began the season with indoor practices on Eielson Air Force Base in early March and concluded with back-to-back wins this summer against the most dominate North Pole teams in the league. According to one of the head coaches, 1st Sgt. Randall Johnson, hard work, dedication, and team work were instrumental in all that these exceptional players achieved this year. This hard work

included numerous volunteer hours raking, shoveling dirt and pulling weeds to help maintain the fields played on. The Yankees even got kids from other teams to help, bolstering community pride and team building off the installation.

"Our team was not the biggest or the best at any one particular position, but they really cared about each other, were resilient through ups and downs and played as if they had always been together," said Johnson.

Wyatt Woodell, 12, was one of the Yankees' pitchers and first basemen. "We had a good team. We proved that we can hold our own." Woodell, one of the more experienced players on the team, hopes to play in a 13 to 14-year-old league next season and, one day, for his favorite college team, the Louisiana State University Tigers. When asked to share one of his fondest memories from this season (besides the championship win, of course), he responded, "Picking weeds; it was fun."

Talk to Prayner and Johnson and they give many thanks and credit to Schumacher and the Interior Baseball League Board President Mario Gato. However, one other group has been cred-



Fort Wainwright Yankees – Ricardo Lopez, Brenten Garrett, Wyatt Woodell, Connor Tribby, Jacob Johnson, Alex Prayner, Nick Prayner, Steven Tolbert, Bradley James, Hunter Poole and Chris Redmon. (Courtesy photo)

ited with having a huge hand in the team's success – the parents.

"We would not have gotten as far as we did without the tremendous support of our player's parents," said Johnson. "They gave up many Saturdays for early morning practices. It really meant a lot to the boys to have such passionate, like-minded supporters around them."

Prayner added that coaching takes place both on and off the field. "This time, this bonding,

with our kids cannot be replaced; it's so valuable. We are incredibly grateful to be able to do this for and with our kids."

What's next for the Fort Wainwright Yankees? Tryouts for next season in the coming months.

"Sports play a critical role in the lives of our youth," said Prayner. "They teach resiliency; they teach you to pick yourself up and keep going. They teach teamwork and demonstrate

how hard work pays off. We're going to keep this team going. Depending on interest, maybe have more than one team in the future."

For more information about the Yankees or other sports on post, call the MWR CYSS youth sports and fitness office at 353-7482. And remember, all games are open to the public.

# Iceman in Action: Airman 1st Class Jeremy Hnatiuk

**Airman 1st Class  
Cassandra Whitman**  
354th Fighter Wing PAO

**Rank and Name:**  
Airman 1st Class Jeremy  
P. Hnatiuk

**Duty Title:** Shift  
Leader, 354th Force  
Support Squadron

**Hometown:** Staf-  
ford Springs, Conn.

**Why is serving in  
the Air Force import-  
ant to you?** Serving in  
the Air Force is import-  
ant to me because I feel  
like serving in the mili-  
tary sets a standard ev-  
eryone should follow in  
life. Also, I feel like the  
Air Force gives people a  
chance to see the world  
in ways not everyone  
can.

**What moment or  
accomplishment as  
a member of the Ice-  
man Team are you  
most proud of and  
why?** When I became  
shift leader at the Two



U.S. Air Force Airman 1st Class Jeremy P. Hnatiuk, a 354th Force Support Squadron shift leader, prepares chicken to be cooked in the Two Seasons Dining Facility, Aug. 27, at Eielson Air Force Base. Hnatiuk prepares food on a daily basis to serve to Airmen for breakfast, lunch and dinner. (Photo by Airman 1st Class Cassandra Whitman)

Seasons Dining Facility,  
it made me feel like I was  
personally responsible  
for almost 200 Airmen  
getting to eat on a daily  
basis. I also felt like I was  
doing bigger things for

Red Flag-Alaska because  
I was responsible for the  
food everyone was eat-  
ing.

**What is your favor-  
ite part of your job?**  
Even before I joined the

Air Force I always loved  
to cook. Now, I just  
cook on a much bigger  
scale. I never would have  
thought that I would be  
cooking the things I do  
now. Some of the items

I cook now I had never  
even heard of before I  
joined. I fell in love with  
cooking so much that  
one day I would actually  
want to make cooking a  
career and hopefully own  
my own restaurant.

**Who inspires you  
and why?** When I go to  
work or when I do any-  
thing military related, I  
like to think I learned the  
best of those values from  
Tech. Sgt. Shawn McCa-  
hon. He is the most pro-  
fessional person I have  
ever met and following  
the "rulebook" to him is  
something he takes seri-  
ously. As a leader and  
a mentor, Tech. Sgt.

McCahon was, and still  
is, a great role model for  
old and new Airmen.

**What's your favor-  
ite part about being  
in Alaska?** Believe it or  
not, the winter in general  
is my favorite part about  
Alaska. I have always  
loved cold weather and  
snow. The darkness in  
the winter isn't the best  
thing, but it is a really  
weird and "cool" experi-  
ence to wake up at 9 a.m.  
on an off day and the sun  
is just starting to rise.

EIELSON AIR FORCE BASE

# OPEN HOUSE

SEPT. 19, 10 A.M. - 5 P.M.






SEE THE F-16 FIGHTING FALCON,  
KC-135 STRATOTANKER, F-22  
RAPTOR, C-17 GLOBEMASTER III,  
HH-60 PAVE HAWK, WWII AIRCRAFT,  
ARMY HELICOPTERS, ARMORED  
VEHICLES AND VARIOUS GROUND  
DEMONSTRATIONS!

MEET THE AIRMEN OF THE  
354TH FIGHTER WING AND  
THE 168TH AIR REFUELING  
WING!

VISIT [WWW.EIELSON.AF.MIL](http://WWW.EIELSON.AF.MIL) FOR MORE INFORMATION  
ALL MOTORISTS ARRIVING AT EIELSON MUST BE ABLE TO PROVIDE A VALID DRIVER'S LICENSE, CURRENT VEHICLE  
REGISTRATION AND PROOF OF INSURANCE. ALL VISITORS ARE SUBJECT TO SEARCH.

## IN BRIEF

**MILITARY CAREGIVER PEER FORUM**

If you're a spouse, friend, family member or loved one who assists a wounded, ill, injured or recovering Service Member in any activity of daily living, you are a Military Caregiver. Connect and join in a conversation with your peers (i.e. provide support, share resources and best practices) the second Tuesday of every month from 2 to 3:30 p.m. at 3414 Rhineland Ave., Fort Wainwright. The forums, facilitated by a Military Family Life Counselor, offer a space of inclusiveness and empowerment that comes from direct interaction with peers in similar situations. For more information, call 699-2828 or 699-2553 or email [mflcwainwright@gmail.com](mailto:mflcwainwright@gmail.com).

**SCHOLARSHIP OPPORTUNITY**

Students who go above and beyond in making a difference in their community could reap a handsome reward for their service in the Army & Air Force Exchange Service Unilever Rewards of Caring Scholarship contest. To enter, authorized students in grades six through 12 with a 2.5 or higher grade-point average can submit an essay in English of 500 words or less explaining their involvement in community service projects and why their community is important to them. Four winners worldwide will each be awarded a \$5,000 scholarship. Essays are due by Oct. 1 and should be mailed to:

Exchange Rewards of Caring  
Scholarship Contest  
P.O. Box 7837  
Melville, NY 11775-7837  
Winners will be chosen by Nov. 10.

**ACE TRAIN THE TRAINER WORKSHOP**

Fort Wainwright offers monthly ACE train the trainer workshops on the first Thursday of every month from 8 a.m. to 4:30 p.m. at bldg. 4055. ACE is an educational training on Suicide Awareness designed to help inform individuals on possible signs and symptoms of a person at risk for suicide and the resources available to that person. Brigade suicide prevention managers, frontline supervisors and gatekeepers are encouraged to attend. For questions or to register, call Linda Sheridan at 361-7776.

**FITNESS PRIZE AT EXCHANGE**

Military shoppers can exercise their right to win with the Army & Air Force Exchange Service's \$11K Get Fit Giveaway. The giveaway is part of the Exchange's Because of You program, a yearlong effort to recognize and reward service members for their sacrifice and dedication to America. With the giveaway, six winners will take home a fitness prize package valued at nearly \$2,000 each. Each prize package includes a \$500 GNC gift card, a GNC duffel bag stocked with GNC Total Lean products, a Nautilus Schwinn 170 upright bike, an Xbox 360 gaming system, a Schwinn 1.0 700c hybrid bicycle, a Fitbit Charge wristband and Champion athletic wear. Authorized shoppers 18 and older can enter the \$11K Get Fit Giveaway at [www.shopmyexchange.com/BecauseOfYou](http://www.shopmyexchange.com/BecauseOfYou) Sept. 1 through Sept. 30. Winners will be chosen at random and notified no later than Oct. 19. No purchase is necessary to enter or win.

**Friday – 4th  
Training Holiday**

WINTER LEAGUES SIGN-UP, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

DOLLAR CLIMB, 10 a.m. to 6 p.m., Outdoor Recreation, building 4050. Call 361-6349.

ACTIVE DUTY MILITARY OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

TRAINING HOLIDAY LASER TAG, 1 to 3 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

FRIDAY FAMILY FUN NIGHT: ARCHERY, 5:30 to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

**Saturday – 5th**

REINDEER HILLS OVERNIGHT FLOAT, Outdoor Recreation, building 4050. Call 361-6349.

WINTER LEAGUES SIGN-UP, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

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

ACTIVE DUTY MILITARY OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**Sunday – 6th**

BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.

REINDEER HILLS OVERNIGHT FLOAT, 9 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.

ACTIVE DUTY MILITARY OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

**Monday – 7th  
LABOR DAY FEDERAL HOLIDAY**

ACTIVE DUTY MILITARY OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

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

**Tuesday – 8th**

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

TUMMY TIME, 9:30 to 10:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

NUTRITION AND GOOD SNACKS! 6 to 7 p.m., CDC I, building 4024. Call 361-4190.

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

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

**Wednesday – 9th**

POST NEWCOMERS, 9 a.m. to 2 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m. and 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

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

SURVIVOR OUTREACH SERVICES SURVIVOR CONNECTION, 6 to 8 p.m., Varies. Call 353-4004 for location.

ZUMBA, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**Thursday – 10th**

WINTER LEAGUES SIGN-UP, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

STRESS MANAGEMENT, 1:30 to 2:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

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

INTRO TO BELAY, 5:30 to 6:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.

## IN BRIEF

**COLA SURVEY**

The out-of-cycle COLA survey is live! Your participation in this survey could help raise the cost of living allowance within the state of Alaska. For more information, please visit [www.jber.af.mil/alcom/cola.asp](http://www.jber.af.mil/alcom/cola.asp).

**AIR FORCE BALL**

Still looking for a chance to attend the Air Force Ball this Sept. 11 at the Carlson Center?

Individual prices are:

\$20 E-4 and below  
\$30 E-5 and E-6/ O-1-O-3  
\$40 E-7 and up/O-4 and up/Civilian Employees

Spouses of deployed members get in free! Contact your unit representative, for more information.

## Eielson Air Force Base

**Friday – 4th  
PACAF FAMILY DAY**

DEPLOYED FAMILY CAMP AT BIRCH LAKE, Outdoor Recreation, Call 377-1232

TEEN BREAK, 7 to 10:45 p.m., Youth Center, building 5313 Eielson AFB, Call 377-3194.

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

MAD MAX: FURY ROAD (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

**Saturday – 5th**

DEPLOYED FAMILY CAMP AT BIRCH LAKE, Out-

door Recreation, Call 377-1232

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

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

**Sunday – 6th**

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

**Monday – 7th**

LABOR DAY

**Tuesday – 8th**

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

GREAT EXPECTATIONS, Noon to 4 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

**Wednesday – 9th**

RIGHT START, 8 a.m. to 12 p.m., Yukon Club, building 2225 Eielson AFB, Call 377-2736.

DIGGING OUT OF DEBT, 11 a.m. to 12:30 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

TOBACCO CESSATION, Noon to 1 p.m., Fitness Center Health Promotions Class, building 3343 Eielson AFB, Call 377-9355.

ANGER MANAGEMENT, 2 to 4 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

**Thursday – 10th**

BETTER BODY, BETTER LIFE, 11 a.m. - 12:30 p.m., Baker Field House, building 3343 Eielson AFB, Call 377-9355.

BIRDHOUSE KIDS' CRAFT, 12 to 1 p.m., Arts and Crafts Center, building 3335 Eielson AFB, Call 377-4880.

PRE-DEPLOYMENT BRIEFINGS, 1 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.