

ALASKA POST

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Fort Wainwright, Alaska

March 11, 2016

New IMCOM Commander visits Korea

Franklin Fisher
Red Cloud

The three-star general in charge of running U.S. Army installations worldwide visited Korea last week to tour bases, meet commanders and gauge how to best support their forces on the peninsula.

The tour of bases by Lt. Gen. Kenneth R. Dahl, Commander of U.S. Army Installation Management Command, ran five days, from Feb. 22 through 26, and was his first Korea visit since assuming command of IMCOM last November.

Dahl said he'd made the visit for an up-to-date look at how IMCOM's installations can best support the commanders of U.S. Forces Korea and Eighth Army.

"If we're going to know how to best support them, then we need to know what it is we're supporting,"

said Dahl.

Dahl made the trip at a time when the U.S. military in Korea is in the early stages of a carefully orchestrated repositioning of forces that will see units gradually consolidated into two regional hubs. One hub is at Camp Humphreys in Pyeongtaek, the other in the Daegu area. The U.S. military in Korea calls the process "transformation."

"So many things are dynamic, fluid, and changing in Korea, that I realized I need to come and see it for myself," Dahl said. "I haven't been here since I left as a captain in 1989, so I had a lot of refreshing to do."

IMCOM garrisons see to the day-to-day operation of Army posts and ensure that key facilities and services are up and running.

That includes such day-to-day basics as keeping

See Korea on page 5



Lt. Gen. Kenneth R. Dahl, commander of U.S. Army Installation Management Command visited U.S. military installations in Korea over a 5-day Feb. visit. (Photo courtesy, Red Cloud)



Combat engineers with Company B, 91st Brigade Engineer Battalion, 1st Brigade Combat Team, 1st Cavalry Division detonate a mine clearing line charge during a combined arms live fire exercise at Grafenwoehr Army Base, Germany. (Photo by Capt. John Farmer, U.S. Army)

First women having 'blast' as combat engineers

C. Todd Lopez
Army News Service

In June of last year, the Army opened the 12B combat engineer position to female Soldiers. Today, women are going through the school house at Fort Leonard Wood, Missouri, and joining units around the Army.

Pvts. Brianna Moore, Chrisslene Tialavea, and Lashonda Ivy are all recent graduates of the 12B course. All three enlisted last year around the time the MOS was opened to female Soldiers, and they are among the first women to be admitted to the 12B military occupational specialty.

Among other things, combat engineers construct fighting positions, fixed or floating bridges, obstacles and defensive positions; they place and detonate explosives; they conduct operations that include route clearance of obstacles and rivers; they prepare and install firing

systems for demolition and explosives; and they detect mines visually or with mine detectors.

From Merrillville, Indiana, 18-year-old Ivy joined the Army, she said, for a lot of reasons -- though she cited educational opportunities and financial stability as leading the pack. At her recruiter's office last year, she didn't know that the 12B MOS was opening to female Soldiers, and possibly didn't know the MOS had ever even been closed to women. But her recruiter, she said, offered up an Army option to her that she said sounded enticing.

"My recruiter asked me if I wanted to blow stuff up," Ivy said. "I thought that would be pretty cool -- so I picked that MOS."

Now, Ivy serves as a combat engineer with 43rd Combat Engineer Company, Regimental Engineer Squadron "Pioneer", 3rd Cavalry Regiment, at Fort Hood, Texas.

Moore, from Tulsa,

Oklahoma, now serves as a combat engineer with Company A, 3rd Engineer Battalion "Beaver," 3rd Armored Brigade Combat Team, also at Fort Hood. Like Ivy, she said the educational opportunities in the Army appealed to her.

She enlisted in July of 2015. When she first approached the Army for a job, she said 12B wasn't yet open to women. But when the career field did open, she dove in.

"When it opened up, that's when I went for it," she said. "I looked at the MOS and I thought it was pretty cool," Moore said. "I figured if I was going to join the Army, I was going to do something that was kind of out there. We use explosives ... for everything."

Tialavea, originally from Queens, New York, now serves a combat engineer with Com-

See Blast on page 7

Commander of Alaska Air National Guard receives general's star

Capt. John Callahan
176th Wing Public Affairs

Karen Mansfield, who as assistant adjutant general for air serves as commander of the Alaska Air National Guard, was promoted from colonel to brigadier general at a ceremony at the Arctic Warrior Events Center here March 6, 2016. She became the third female member of the Alaska Air National Guard to receive a general's star.

"I'm honored," Mansfield said. "But this promotion, it's not for me; I don't view it that way. It's for the Airmen. It will give me the ability to more for the organization."

As the commander, Mansfield ensures the training and equipping of more than 2,000 Alaska citizen Airmen here, at Eielson Air Force Base and at Clear Air Force Station, both near Fairbanks.

"General Mansfield is, first of all, scary smart," said Brig. General Laurie Hummel, Alaska adjutant general. "She is a forceful advocate for the men and women under her command, and for the mission of the Alaska Air National Guard. She questions assumptions and speaks her mind. She is truly the right person at the right time for the Alaska Air Guard."

"I am excited about moving forward," Mansfield said, "We will continue to follow General Hummel's vector and continue to build on the foundation we established over the last year."

Mansfield's April 2015 assumption of command of the Alaska Air National Guard represented a coming home of sorts. From 2000 to 2010 she served in the Guard's An-

See Star on page 6



Brig. Gen. Laurie Hummel (left), adjutant general of the state of Alaska, administers the Uniformed Services Oath of Office to newly-minted Brig. Gen. Karen Mansfield, commander of the Alaska Air National Guard, in a ceremony at the Arctic Warrior Events Center March 6. Mansfield became the third female general officer in the history of the Alaska Air National Guard. (Photo by Capt. John Callahan, 176th Wing PAO)

WEEKEND WEATHER



Friday
Partly sunny.
Highs in the upper 20s. Light winds.



Saturday
Mostly cloudy in the morning then becoming mostly sunny. Highs in the mid 20s.



Sunday
Partly cloudy.
Lows around 5 above. Highs in the mid 20s.

BRIEFS

North Haven Military day at the Ice Park

Anyone with a military ID can get a \$5 discount coupon to enjoy the Ice Sculptures at the George Horner Ice Park in Fairbanks, March 12. To pick up a coupon visit the North Haven offices at 4268 Neely Road, 1420 Dogwood Road, Unit 5 or the Leasing Office located in the Welcome Center at 3401 Santiago Avenue, Room 10. A North Haven representative will also be available at the main entrance of the Ice Park from 10 a.m. to 2 p.m. Saturday to provide discount coupons. For more information contact Mary at mary.burnham@nhcalaska.com, visit www.nhcalaska.com or call 356-7165.

RSo

Religious Support Operations
Fort Wainwright, Alaska
Arctic Strong!

Beneath the Surface

Chaplain (Maj.) James Peak

Last year I took a boater safety course which began with classroom instruction and culminated with a practical, on-water test of each student's boating skills. Although I had some prior boating experience, I quickly realized that operating watercraft in the Alaska interior waterways presents some unique challenges.

The silt and debris in the rivers of this region make it difficult to see many obstacles just below the water's surface. Many types of watercraft utilize marine jet propulsion, which can allow the boat to negotiate areas of very shallow water, even just a few inches. However, these specialized boats can suffer catastrophic outcomes if the boat abruptly encounters a rock, stump, or other object. People die each year in boating accidents due to unnoticed hazards just beneath the water's surface.

The water depth can be three inches or twenty feet but look the same on the surface, and the seemingly tranquil flow can hide turbulent undercurrents below. The boater safety class therefore focused on how to 'read the river' - looking for subtle clues on the water's surface which reveal potential hazards below. The instructors educated us on some of the common indicators that reveal the presence of submerged logs, gravel bars, strong undercurrent, and other hazards. Although it is impossible to identify all hazards, many dangerous situations can be avoided by recognizing subtle indicators of trouble below.

The human condition can be like the waterways which I just described. Every person strug-

gles with obstacles and difficulties that cause inner turmoil at some point in life. Sometimes this can be easily noticeable through a person's words, expressions, and actions. At other times, however, the indications may be much more difficult to recognize. It is possible for a person to appear relatively calm and tranquil on the outside while simultaneously experiencing tremendous stress and confusion inside.

As a Catholic Priest and Army Chaplain, I often encounter people who missed the subtle external indicators that signaled trouble within their marriage or relationship. Sadly, I have also encountered this many times following a suicide. It is sometimes only after a death that family, friends, or coworkers recognize how a seemingly insignificant word or action masked a person's cry for help.

Like the practice of reading a river while in a boat, it is possible to recognize subtle signs in a person which may indicate inner turmoil - a loss of appetite, a sense of sadness, emotional withdrawal from family or friends, a change in behavior - these are just a few signs of trouble beneath the surface. It is not necessary for a person to have a degree in psychology or counseling to recognize something which may indicate deeper problems. In fact, family and friends are often better able to recognize these slight signals because they know the person's normal disposition. But unlike reading a river (which is used to avoid trouble beneath the surface), recognizing subtle indicators of a person's inner turmoil can alert us to a need for help.

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273, Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare On-Line:
www.traicareonline.com
United Health Care:
www.uhcilitarywest.com, 1-877-988-9378

Performance Triad Tip - If you sit for more than one hour at a time, select an adjustable chair. Ensure the backrest cradles the inside slope of your back and supports your arms and legs.

Billing Questions - The Uniform Business Office located at Bassett Army Community Hospital is here to assist you with any billing questions you may have. UBO bills patients and insurance accompanies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct in DEERS and submit your insurance information at your next appointment. For questions regarding billing call 361-5343.

Over the Counter Medicatio -

Arctic Health Link provides a self-care class for beneficiaries. Upon completion of this quick, online class, beneficiaries may obtain a select group of non-prescription medicines from the pharmacy free of charge. The class can be found online, at www.alaska.amedd.army.mil/OTC_Selfcare/Slide_1.htm

Stay in the Know - For health tips, information on changes to operations and hospital information follow us on Twitter @MEDDAC-ALaska or like us on Facebook, at <https://www.facebook.com/BassettACH>

Patient Travel Vouchers - Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window please contact the Patient Administration Department at 361-5001.

Let Us Know You're Here - For quick and efficient service, beneficiaries arriving to Fort Wainwright should change enrollment from their previous medical treatment facility to Bassett Army Community Hospital. The change is quick and easy. Call 1-877-988-9378 or log onto www.uhcilitarywest.com.

Fire Safety in Single Soldier Barracks

Darren N. Amos
Assistant Chief Fire Prevention

With the popularity of electronic cigarettes (aka e-cigarettes) rising, the Directorate of Emergency Services, specifically the Fort Wainwright Fire Department has experienced a significant increase in false fire alarm activations and emergency responses to single Soldier barracks buildings.

Electronic cigarettes and traditional cigarettes both cause the smoke detectors in barracks rooms to activate and the tampering with fire alarm systems or smoke detectors are a violation of U. S. Army Garrison Fort Wainwright 420-1 regulation and is punishable under the Uniform Code of Military Justice.

The alarming concern is because of the frequency of false

fire alarm activations, caused by e-cigarettes, Soldiers will become complacent and not evacuate the facility when the fire alarm sounds. Additionally, false fire alarms, caused by smoking e-cigarettes, places a higher risk to firefighters who risk their lives conducting search and rescue for occupants that failed to evacuate during an actual fire.

Garrison Policy #15, strictly prohibits the use of tobacco products, to include e-cigarettes, in all soldier barracks. For the health and safety of everyone, the Fort Wainwright Fire Department asks all commanders and unit leaders to reinforce Garrison Policy #15. Please remember, that smoking is not only bad for your health, but also the leading cause of fire deaths in the home.

Any questions may be directed to Fire Prevention Office 353-9164/9166.

Community volunteer opportunities

Staff report
Fort Wainwright
PAO

John Binder, Directorate of Family and Morale, Welfare and Recreation, Fort Wainwright Outdoor Recreation shares stories about the difference between sprint and long-distance sled dogs during an FMWR event. (File photo)



The Nordic Ski Club of Fairbanks is hosting the 29th annual Sonat Kkaazoot cross-country ski race March 26 from 9:30 a.m. to 3:30 p.m.

Historically, the race starts downtown, goes along the Chena River and through the Birch Hill Recreation Ski Area if weather permits. As with many upcoming community events, it takes a team to support the race and they are in need of volunteers.

Anyone interested in helping out the Nordic Ski Club can call Robert Hannon at 687-9861 or 474-0071, or send him an email at rhannon54@yahoo.com.

Another community volunteer opportunity is helping the Alaska Dog Musher's Association with the Open North American Championship Sled Dog Race. It is the longest continuous running sled dog race in the world. These are the sprint dogs, which are different than Speed racers will compete March 18, 19 and 20. After the race on March 19 there will be a carnival atmosphere for everyone.

The group is currently looking for Soldiers, Family members and DoD Civilians to participate in a snowshoe softball game. Anyone interested can call Paula Ciniero at paula.ciniero@catg.org or call 378-6409.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST - The Interior Military News Connection

Birch Hill Ski and Snowboard Area

MARCH MADNESS

*MARCH 18-20 NOON - 7:30PM

Daily Competitions for Prizes and Bragging Rights:

RailJam Session, Slopestyle and Big Air

Family friendly activities for all ages

Polar Plunge

Pond Skip

Bonfire

Live Entertainment with DJ Boom



Call 353-1998 for more information.
<http://wainwright.armymwr.com/>



F&MWR is offering multiple opportunities for you and your family to get out of the house over Spring Break, from March Madness, to Laser Tag to Ice Skating at the PFC Ice Rink.

For more information on all events during Spring Break, visit the F&MWR website at www.ftwainwrightfmwr.com

Spring Break Laser Tag

March 14-18

The Laser Tag Arena will be open all week of Spring Break!

Monday - Thursday 3-7pm and Friday 3-8pm

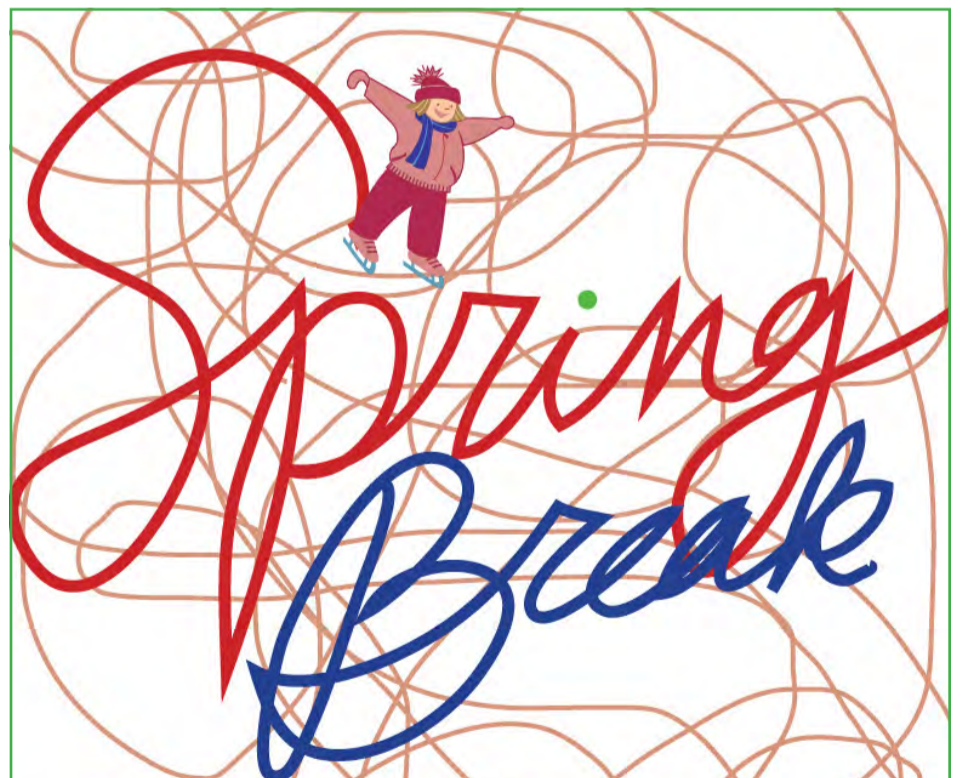
\$5 per person per game

\$4 per person in a group of 4 or more paid in one transaction.

\$45 punch card with 15 punches (1 punch = 1 person).



Open to all DoD Card holders 18 + older only.
LFCAC, Bldg. 1044
For more information call 353-7755



Open Ice Skating

1330-1600 Daily

March 12-20

Physical Fitness Center

No lunch hour skating during Spring Break.
For more information, call 353-7223.



Army combats alcohol abuse with aggressive testing, education

Sam Friedman

Fairbanks News-Miner

Between the trauma of war and the cold and darkness associated with living in Alaska, Fort Wainwright soldiers have a special predisposition to drink.

As members of the military and as Alaska residents, the more than 6,500 soldiers stationed at the far north military post are simultaneously part of two populations with histories of high alcohol consumption.

But under both national and local military leadership that's gotten less tolerant of heavy drinking, Fort Wainwright soldiers face tough consequences if their alcohol use interferes with their duties or lands them in jail.

Military leaders in Alaska have tools to systematically fight alcohol abuse that aren't available to civilian government leaders, things like compulsory drug and alcohol tests and the power to discharge soldiers with repeated substance abuse problems. These tools were previously focused primarily on illegal drugs, but a cultural shift in the military in the last 20 years has increasingly made alcohol abuse a priority.

Identifying the problem

At Fort Wainwright, alcohol is the drug for which soldiers most frequently seek counseling, followed by prescription opiate drugs and marijuana, according to Ron Huffman, the director of the Army Substance Abuse Program on post. At the clinic, just inside Fort Wainwright's main gate, 68 percent of the soldiers seen by the post's substance abuse counselors in 2015 came primarily because of alcohol problems, he said.

Huffman's job exists because his superiors realized drug-dependent soldiers are bad for the Army, he said.

"When these soldiers are in Afghanistan or in Iraq or wherever, and they've got their buddies standing behind them, they deserve to be able to know and understand that the soldier is fully functional, fully capable of doing their job," he said. "Alcohol and drug dependence degrades that capability."

The Army is methodical about how it studies substance abuse. Huffman studies 21 substance abuse risk factors for the soldiers in every unit on base. They include alcohol crimes such as driving under the influence as well as issues that correlate with drug abuse, like financial problems, traffic tickets and cases of soldiers being absent without leave.

Huffman looks for clusters of problems in each of Fort Wainwright's units. Once each quarter, leaders of each unit with problem clusters get a meeting with Huffman and the base's top mental health officer to plan how to improve the unit's performance.

Signs of success

Despite the wealth of data, it's hard to know whether the base's problems with drugs and alcohol have improved, Huffman said.

Rates of alcohol incidents show the scale of the problem, but they change with enforcement rates and other external factors. For example, Fort Wainwright had a rate of 3.99 "alcohol incidents" per 1,000 soldiers in the fourth quarter of 2015, Huffman said. The Army-wide average is 2.58. In Fairbanks, the alcohol incident rates usually increase in the winter and decrease in the summer, he said.

Nonetheless, Huffman believes things have improved. He points to a change in one statistic he thinks is especially telling: the rate of soldiers who seek drug or alcohol counseling before they get in trouble.

In the last quarter, just more than half of the soldiers who got counseling at Fort Wainwright's Army Substance Abuse Program were required to go because of an incident such as an arrest or a drug-related medical problem. The other half were ordered to go by commanders or referred themselves to the clinic.

That's changed since he started five years ago, when 85 percent to 90 percent of the clinic's clients were forced to come because of drug or alcohol incidents.

"That tells you that the entire community, including the soldiers, know that there's a place that they can go and that they can refer themselves without anything hanging over their head," Huffman said. "Fifty percent self-referrals is really high, even for the Army."

A changing culture

The military hasn't always devoted so much energy to alcohol and drugs. A requirement for drug testing is a Vietnam War-era policy intended to combat marijuana and heroin use among troops deployed in Southeast Asia.

The military crackdown on alcohol abuse is newer. In the Pacific region the military began ordering breath-alcohol tests in conjunction with urine tests because of a 2005 U.S. Army, Pacific order.

"Pacific command recognized that in Alaska and in Hawaii there was a high incidence of alcohol incidents and this was a way to deter," Huffman said.

Unlike the urine test for illegal drugs, the alcohol breath test doesn't flag soldiers who abuse alcohol when they're off duty, but it can catch heavy users who report to duty with alcohol still in their system. An on-duty breath-alcohol content of 0.05 or greater opens up a soldier to criminal prosecution. That's lower than the driving under the influence standard of 0.08 used by both the military and civilian authorities in Alaska.

Huffman and the drug and alcohol program's other civilian leader, John Timmins, are both military veterans from an era when hard drinking was a more accepted part of the institution.



John Timmins, the Substance Abuse Prevention Coordinator, explains a white board showing all the drug and alcohol trainings held on Fort Wainwright over the past few months in the Army Substance Abuse Program building on Fort Wainwright on Wednesday, Jan. 27. (Photo by Erin Corneliusen, News-Miner)

Past military leaders tolerated heavy drinking because of the belief that it built camaraderie and relieved the stress of a dangerous job.

Timmins served in the Army in the late 1970s and early 1980s. Drinking on duty was so accepted in his experience that as a non-commissioned officer, he was expected to keep a bottle of liquor in his desk so he could offer a drink to officers, he said.

Timmins remembers a training exercise at Fort Benning, Georgia, when in an act of alcohol-fueled bravado, he dove under a moving tank to get in a position to toss a dummy explosive inside.

"When I did that, I realized that I've never checked to see if there's really enough clearance under a tank. I saw that in a movie," Timmins said.

He wasn't crushed because he got lucky and the tank happened to have enough clearance for him to fit underneath.

Today, he tells the story as a warning about the risks that go with drinking on duty.

"Half of us were drunk because at the time we carried two canteens to the field. Only one had to have water. The other could have whatever you wanted," he said.

"It was a culture and the culture has changed," he said. "You've got a responsibility to set an example for these troops that you're leading that we don't tolerate that. You have to have personal responsibility."

An event that catalyzed changing the acceptance of alcohol was the 1991 Tailhook scandal, he said. The drunken debauchery at a Navy aviators conference in Las Vegas led to the resignation of the secretary of the Navy and two admirals.

Today, a Fort Wainwright soldier who gets two DUI convictions over the course of a career can be discharged. It's even stricter among Army aviation units, where one such conviction is grounds for discharge.

Barracks prohibition

Not all the alcohol abuse solutions the Army has tried worked. In February 2013, Alaska's statewide Army leadership experimented with prohibiting alcohol in the barracks at both Fort Wainwright and Joint Base Elmendorf-Richardson in Anchorage. The policy was in place for less than two years.

Maj. Gen. Michael Garrett — then the U.S. Army Alaska Commander and now a lieutenant general — instituted the policy following a series of alcohol-related problems, including the fatal 2012 shooting of Pfc. Grant Wise in an Anchorage barracks room.

"When I receive a report of an incident in the barracks, one of my first questions is whether or not alcohol was involved," Garrett wrote in an open letter to soldiers. "Many times, the answer is yes. I don't believe alcohol is to blame for every case of indiscipline that occurs in the barracks, but alcohol is often a major contributing factor."

Garrett's successor, Maj. Gen. Michael Shields, removed the alcohol restriction in 2014 after studying the policy for about a year.

Shields rescinded the ban on alcohol in the barracks because it hadn't caused a significant reduction in alcohol problems and because it was causing new problems, said U.S. Army Alaska spokesman Lt. Col. Alan Brown when asked about the policy earlier this year.

"Incidents did not change dramatically, and there were concerns, particularly from commanders, that rather than stay in the relatively safe environment of the barracks — where you at least have your fellow soldiers and leaders in proximity — that soldiers were choosing to go off post more routinely," Brown said.

Today, while there's no ban on alcohol in the barracks, soldiers are restricted by how much they can have in a barracks room. A soldier who's older than 21 can have alcohol in his barracks room, but no more than a 12-pack of beer, two bottles of wine or a fifth of a bottle of liquor.

Increased testing and education

Soldiers at Fort Wainwright take more drug and alcohol tests and spend more hours in alcohol and drug training than soldiers in the Army

at large.

On average, four times each year, each Fort Wainwright soldier must pee into a cup and blow into a breath-test tube. The rate of 4.22 drug tests per soldiers per year — last year's average — is more than twice the Army average, Huffman said.

The higher testing rate is by design. To incentivize testing, the Fort Wainwright ASAP office pays for the urine and breath test equipment. Usually unit leaders have to pay for the tests out of their own budget. Fort Wainwright has had higher-than average testing rates since before Huffman started five years ago.

"That's not saying the Army's doing anything wrong. We know we have a more high-risk population here," he said. "The attitude is Alaska is just a high-risk attitude, and with high risk comes high stress and with high stress comes self-medication."

Fort Wainwright is also about twice the average for time spent in alcohol and drug education. The Army requires each soldier to attend four hours of drug and alcohol training each year. Unlike most Army posts, they meet that standard at Fort Wainwright, said Timmins, who keeps a big board in the hallway of the ASAP office with dates each unit received training.

The ASAP office is decorated with tri-fold posters on some of the subjects taught in classes, including synthetic marijuana, fetal alcohol syndrome and celebrities who have died from drug overdoses.

A popular mass-produced poster that's available for any unit to take illustrates the actual alcohol content of mixed drinks to correct the common and problem-causing misconception that a mixed drink from a bar equals one serving of alcohol. There's also a set of tricycles that soldiers can pedal while wearing goggles that simulate visual distortions from being drunk.

The training is done by unit prevention leaders, soldiers in each company-sized unit who do drug and alcohol testing and education in addition to their other duties.

On a Wednesday afternoon last month, a class of 16 officers and non-commissioned officers were in the ASAP office practicing the science of sealing and recording urine sample bottles to forensic standards. Each bottle is sealed with a thin red tape and shipped to a laboratory in Hawaii. The new unit prevention leaders learned tricks past soldiers have used to evade drug tests. For example, the students heard about a white soldier who was famously caught trying to fool a drug test using a dark-skinned prosthetic penis.

The students spent a week training to become unit prevention leaders.

One of their teachers was Staff Sgt. Matthew Crawford, a former infantry soldier who works full-time in the ASAP office as a senior unit prevention leader. Being a unit prevention leader is an under-appreciated duty in the Army, he said.

"A lot of people put it as one of those small additional duties," he said. "A good (unit prevention leader) is always working."

The end result of the thorough testing regime is a culture in which people don't think they can get away with using drugs because of the constant randomized tests, Crawford said.

"At the end of the day, we're not playing gotcha," he said. "Aggressive testing will deter. If you know that I'm testing weekly — you may not know what day or time it's coming — you're less likely to go through the hassle of trying to dilute your system and you're probably not going to do drugs. Because you know it's coming."

Contact outdoors editor Sam Friedman at 459-7545. Follow him on Twitter: @FDNMoutdoors. Reporting for the Daily News-Miner's expanded coverage of efforts to reduce alcohol abuse in Alaska is supported financially by the Recover Alaska Media Project fund at the Alaska Community Foundation. Contributors to the fund are the Alaska Mental Health Trust Authority, Mat-Su Health Foundation, Southcentral Foundation, Rasmuson Foundation, Providence Health & Services Alaska, and Doyon, Limited. The News-Miner has sole responsibility for the selection and execution of the stories produced for this project.

Sky's the limit after breaking aviation ceilings

Gary Sheftick
U.S. Army

Not many Army second lieutenants in 1989 were flying fixed-wing aircraft, let alone serving as a pilot for the Army chief of engineers.

That year 2nd Lt. Angelia Farnell was also the first woman to serve in the aviation support unit at Fort Leonard Wood, Missouri, after the U.S. Army Engineer School and Center moved there.

"That was interesting ... to show up at a unit that didn't have female pilots," Farnell said, adding that all of the pilots were seasoned chief warrant officers, except for the commander who was a lieutenant colonel.

"The warrant officers gave me so much grief, because in their minds a second lieutenant should not have been flying airplanes."

She stood her ground, however, and proved her mettle flying UH-1H Hueys and the U-21 "Queen Air" fixed-wing aircraft. Soon she was asked to pilot the commanding general.

"I've never been one to back down from a challenge," Farnell said. "It's just not in my nature."

MENTORING AVIATORS

Now Col. Farnell is the senior female African-American aviator in the active Army, even though she's not flying in her current assignment. She still mentors other female aviators, and gives advice to those who may someday take her place at the pinnacle of their career field.

"As a leader, as a mentor-coach, I'm always trying to develop my replacement," she said.

Currently, female officers make up about 10 percent of the active Army Aviation Branch. There are about 3,314 male Army aviators and 329 female pilots in the Army, but only a handful of African-American female aviators, Farnell said.

Maj. Gen. Gregg Potter, commanding general of the Intelligence School and Center, noted during his remarks when Farnell relinquished brigade command there. "Always the mentor, Angie has sought every opportunity to give back to our future generations," he said.

Farnell commanded the 111th MI Brigade at Fort Huachuca, Arizona, from July 2010 to July 2012. She was the first female African-American aviator to command a Military Intelligence brigade.

"I've always been one to finish whatever I start; I see it through the end and do my very best," she said. "And so far whatever I've set out to do, I've been very successful in achieving it."

INTEL TO PAO

After her first assignment at Fort Leonard Wood, Farnell attended the Military Intelligence Advanced Course at Fort Huachuca and there learned to fly RC-12 Guardrail aircraft.

She went on to fly aerial reconnaissance missions over the demilitarized zone in Korea during three tours there as well as imminent danger area missions in Bosnia/Kosovo. .

"I strive to be the best at whatever I do," she said, "and also in doing that, I try to open doors or keep doors open for those coming behind me."

Farnell was the first Army officer at the Stimson Center in Washington, D.C., during her last assignment as part of the Army Chief of Staff Senior Fellows program. She participated in the East Asia studies program as well as the Budgeting for Foreign Affairs and Defense program, and conducted research on the connection between K-12 education standards and the military.

She also has served tours on the Army Staff and in the Office of the Secretary of Defense, working personnel and readiness policy.

"I make the best of every assignment," she said. Now she is serving as the chief of staff for Army Public Affairs in the Pentagon.

"I've learned a lot," she said about her first assignment in Public Affairs. She has gained an appreciation for the role of journalists, she said and added with a smile that she's mastering the Associated Press style. "There's never a dull moment or a dull day," she said about the fast pace of the news business.



(Graphic by, Peggy Frierson Defense Media Activity)

GIVING BACK

In her time off, Farnell volunteers with her sorority, Alpha Kappa Alpha Sorority, Inc., working with New Hope Housing to help the homeless as well as the sorority's "Stop Hunger Now" initiative to provide healthy snacks for school-age children in Fairfax county. She especially likes to help underprivileged children and young adults.

She keeps in contact with her roots and tries to go back to her hometown in Louisiana at least twice a year. She grew up in Pleasant Hill, Louisiana, and graduated from Southern University A&M College in Baton Rouge, Louisiana.

Her mother is still in Louisiana and although she's proud of her daughter, Farnell said mom never wanted her to become a pilot. She thought it was too dangerous.

But her parents always told her "whatever you choose to be in life, you be the best that you can be, and never let anyone tell you that you can't do something."

Farnell said she took that to heart.

"I've been referred to as a duck sometimes," she said, explaining she's been told by others "You just let (stuff) roll off your back and never stress out!"

Farnell said no one should worry too much about the opinions of oth-

ers. "Believe in yourself," she said. "Don't let anyone define who you are. You define yourself."

Farnell credits her success to the senior noncommissioned officers that molded her over the years and taught her about leadership. She still keeps in touch with many of them. She says there's no greater feeling of accomplishment as a leader than to have your previous Soldiers still stay in touch with you seeking mentorship after they are no longer under your command and tell you the positive impact you made on their life and their success.

"To me, that is the true test that you were a good leader," she said.

"Set your goals high and remember the three C's in life: Challenges, choices and consequences. With every challenge comes a choice. With every choice comes a consequence. And the circle continues," she said.

"The sky is the limit." (Editor's note: Women's History Month runs March 1-31. Women in today's Army serve as commanders, doctors, lawyers, engineers, mechanics, aviators, special operators, technologists and combat troops. In fact, all combat military occupational specialties are in the process of opening to women. More than 69,000 women currently serve as Soldiers -- exceeding 14 percent of the active force.)

Korea

Continued from page 1

roads in good repair, providing electricity, heat and hot water, as well as upkeep of barracks, dining halls, motor pools, offices, medical clinics and other structures. They also operate recreational and other facilities that include physical fitness centers, eateries, libraries, bowling alleys and movie theaters.

Among those accompanying Dahl was IMCOM's senior enlisted leader, Command Sgt. Maj. Jeffrey S. Hartless, Dr. Christine Altendorf, Region Director of IMCOM-Pacific, and IMCOM-Pacific's senior enlisted leader, Command Sgt. Maj. Timothy D. Hockenberry.

IMCOM's four Korea garrisons are numbered in north-south regional order: Area I, Area II, Area III and Area IV.

Garrison officials in each area briefed Dahl on how transformation is progressing in their respective regions.

And in the course of the week's visits he held separate meetings with several senior military leaders, among them: Lt. Gen. Thomas S. Vandal, Commanding General of Eighth Army; Maj. Gen. James T. "Jim" Walton, Director of Restationing with U.S. Forces Korea and Maj. Gen. David W. Puster, Eighth Army Deputy Commanding General-Sustainment; Maj. Gen. Theodore D. "Ted" Martin, Commanding General of the 2nd Infantry Division/ROK-U.S. Combined Division; the Combined division's Deputy Commanding General for Support, Brig. Gen. John R. Evans Jr.; and Brig. Gen. John P. Sullivan, Commanding General of the 19th Expeditionary Sustainment Command.

Also in each area, Dahl attended luncheons with key garrison staff and fielded their questions, which were mainly on IMCOM and other policies that affect the Korea garrisons.

Dahl began his garrison visits Feb. 22 on Yongsan Garrison in Seoul. The post serves as headquarters of U.S. Forces Korea, the senior U.S. military command in the country, as well as Eighth Army, the top U.S. Army component in Korea.

Dahl met with Col. Maria P. Eoff, Commander, U.S. Army Garrison Yongsan, which manages installations in Area II that include Yongsan and also K-16, a U.S. compound inside Seoul Air Base, a South Korean Air Force installation.

Among other activities at Yongsan, Dahl was given a windshield tour of the post, and, at K-16, toured a construction site and the post's Community Activity Center.

The second day of his tour, Feb. 23, took him north to Area I in the northwest of South Korea. There he was met by Col. Jack Haefner, Commander, U.S. Army Garrison Red

Cloud and Area I.

Area I, also known as Warrior Country, is where the Combined Division is headquartered and where the bulk of the Army's ground combat forces are currently stationed. The division is also known as the Warrior Division.

The garrison manages installations widely dispersed across Area I, a region that sprawls from near the Demilitarized Zone south to Uijeongbu, a city about an hour north of Seoul, South Korea's capital.

During his Area I visit, Dahl toured facilities at the Rodriguez Live Fire Complex, a training range near the Demilitarized Zone. He got a look at barracks, a medical aid station, chapel, kitchen facility, gym, a laundry, and a food court.

At Camp Casey in Dongducheon, Dahl saw barracks, a railroad, fire station, and motor pool. At Camp Stanley in Uijeongbu he saw an aircraft hangar, warehouse, and then boarded a van for a windshield tour of the post, before heading to Camp Red Cloud, also in Uijeongbu, where Dahl met with top leadership of the Warrior Division.

On Feb. 24 Dahl visited Daegu, in Area IV, where U.S. Army Garrison Daegu manages installations that form the U.S. military's key logistical hub in the country. The garrison is headquartered on Camp Henry in Daegu, as is the 19th Expeditionary Sustainment Command, a major logistical headquarters.

In Daegu Dahl met with Col. Ted Stephens, Commander, USAG Daegu, and was shown family housing on Camp George, school facilities on Camp George and Camp Walker, and an Aquatics Center on Camp Walker.

On Feb. 25, still in Daegu, Dahl visited Camp Carroll in Waegwan, where he was shown the post's pre-positioned stocks of combat equipment, ammunition and supplies.

Later that day Dahl went to Camp Humphreys in Pyeongtaek, where the single largest construction effort in the history of the Department of Defense is underway -- a \$10.4 billion project that will triple the post's acreage and

make it the eventual home of most U.S. ground forces in Korea.

At Camp Humphreys, Dahl met with Col. Joseph C. Holland, Commander, U.S. Army Garrison Humphreys, which covers Area III.

Dahl also went up by helicopter for an aerial overview of construction underway on the post.

After the flight, Dahl was taken to the post's newest Army Family Housing unit, and later toured a structure called the Morning Calm Center, which, when completed, will house a restaurant, food court, Casino and spaces that can be used for entertainment functions or conferences.

His second day at Camp Humphreys, Feb. 26, included a tour of a building called "One-Stop," which will serve as a consolidated processing station for Soldiers reporting to or departing Area III, and will also serve as a central location for key community services.

In addition he toured a newly opened railroad, a vehicle maintenance facility, and hangars of an Apache attack helicopter squadron, part of the Combined Division's 2nd Combat Aviation Brigade, which is headquartered at Camp Humphreys.

Also while at Camp Humphreys, Dahl spoke to a group of Soldiers from Task Force Ready, an engineer battalion drawn from bases in Texas, Louisiana, and Hawaii, and serving a nine-month rotation in Korea. Dahl took occasion to underline the importance of their rotational service.

"I would trade places with any one of you," he told them. "You all joined the Army to be of service and do something meaningful. Serving here," said Dahl, they were making a distinct contribution to the strength of U.S. forces in Korea. IMCOM is headquartered in San Antonio, Texas.

Cope North 16 Pacific partners sharpen air combat skills

Staff Sgt. Alexander Riedel
Headquarters Pacific Air Forces PAO

Pilots from the U.S. Air Force, U.S. Navy, Japan Air Self-Defense Force and Royal Australian Air Force conducted a large force employment here Feb. 18-26 as part of exercise Cope North 16.

The exercise began with humanitarian assistance and disaster relief training Feb. 14, followed by an LFE exercise that shifted the focus to air-combat tactics. The LFE portion challenged large numbers of aviators, from fighter aircraft to command and control platforms, to interact effectively in realistic combat scenarios, while employing offensive and defensive counter air techniques to either gain or protect area and assets.

“(The LFE) is a great opportunity to provide a controlled environment to simulate the stressors of the first-time combat missions,” said Col. Brian Toth, CN 16’s U.S. exercise director. “We aim to present (aircrews) with more difficult problems than they may really encounter in normal operations, so they are prepared, ready and can anticipate the type of events that may occur should they ever find themselves in combat operations.”

The training scenarios start by pitting blue, or defensive forces, against red aggressors with small formations of aircraft of each participating nation working against each other in iterations of basic fighter maneuvers, or dogfight-type aerial engagements, in a dynamic exchange of techniques and procedures. Later, however, the go-to enemy, who during the exercise were the F-16 Fighting Falcons of the 18th Aggressor Squadron at Eielson Air Force Base, Alaska, provided a realistic threat and replicated adversaries coalition pilots may face when working together.

“(During this exercise,) we integrate advanced capabilities into a realistic threat environment with a large number of adversary and friendly aircraft to really test our integration capability and be able to work as a large team effectively,” said Royal Australian Air Force Group Capt. Glen Braz, CN 16’s RAAF exercise director. “The LFE is critical in maintaining regional stability and security. We build trust and relationships within the partner nations, but we also set an example of a capable force that is prepared to respond within the region.”

Pilots and crews also performed formation flights, bombing campaigns on a target locations at the Farallon de Medinilla Range and conducted a successful personnel recovery search and rescue mission to introduce another layer of complicating realism.

The combat airspace located northeast of Guam measures approximately 140 by 240 nau-



An 18th Aggressor Squadron F-16C Fighting Falcon pulls away from a 909th Air Refueling Squadron KC-135 Stratotanker after aerial refueling during the large force employment of exercise Cope North 16, Feb. 24, 2016, at Andersen Air Force Base, Guam. Through training exercises such as CN16, the U.S., Japan and Australian air forces develop combat capabilities, enhancing air superiority, electronic warfare, air interdiction, tactical airlift and aerial refueling. (Photo by Staff Sgt. Matthew B. Fredericks)

tical miles, which offers plentiful training area over safe, open water.

“It’s great training because we are able to experience realistic, real-time operations in a large airspace,” said JASDF Capt. Kenichi Kuwauchi, CN 16 F-2 pilot, who has been selected as one of CN 16’s top performers. “We have different tactics between JASDF and U.S. Air Force, so we get to experience different ideas and learn from each other. It has been very rewarding.”

As the exercise progressed, scenarios increasingly intensified to include larger aircraft formations in the air at one time, working on the same complex scenario. In total, the pilots are expected to fly more than 750 sorties in the seven-day period.

“This has been the biggest CN ever conducted in terms of aircraft, flying units, personnel and sorties flown,” said Lt. Col. Jason Mooney, the CN 16 LFE lead planner. “There are many different aircraft and many different airmen flying based on different tactics, so you get an idea on what it may be like to fight an adversary. There is a certain level of unpredictability there.

“It’s about refining skillsets, about getting better and better at what you do every day,” Mooney continued. “It’s been a lot of work and many people have worked very hard behind the scenes to

make this happen.”

In addition to the traditional air combat scenarios, a JASDF C-130 Hercules mobility aircrew joined a U.S. Air Force C-130 in a low-cost, low-altitude formation airdrop over Tinian Island, near Guam, which tested the teams’ ability to deliver supplies in hostile areas.

“It’s good that the U.S. Air Force and JASDF get to know each other’s capabilities,” Kuwauchi said. “In real contingency scenarios, we must have an understanding and knowledge of each other’s abilities and procedures. It is important to have this kind of exercise as often as possible so we can develop, build and increase our capabilities. There are language barriers for everybody, of course, but Cope North is a great environment to overcome those barriers.”

Now in its 87th iteration, the long-standing multilateral training exercise is designed to improve combat readiness and multinational interoperability among participating militaries. The event was held in Japan up to four times per year until 1999 but has since been hosted as an annual event at Andersen Air Force Base.

“We have seen long-standing military relationships between the partner nations and continue to expand those today,” Braz said. “We all have advanced capabilities and when we work together, we always enhance those capabilities for the greater good. We each have our strengths and weaknesses, but together, we’re a force that is difficult to stand up to.”

Star:

Continued from
page 1

chorage-based 176th Wing before departing to serve in a variety of staff positions with the Washington Air National Guard. She returned to take command of the Alaska Air National Guard at Brig. General Hummel’s request.

Mansfield was commissioned as a distinguished graduate from Officer Training School in 1989. Her

first operational assignment was as a weapons controller with the 601st Tactical Control Squadron, Zweibrücken Air Base, Germany, where she deployed in support of Desert Shield and Desert Storm. She was then assigned to the 962nd AWACS, Elmendorf Air Force Base, Alaska executing airborne counter-drug missions and participating in operations throughout the Pacific theater. During this tour she attended the USAF Fighter Weapons School, which established her as a tactics officer, a role she then performed at the Southeast Air Defense Sector, Tyndall Air Force Base, Florida and as an instructor at the USAF Weapons School Command and Control Division, Nellis Air Force Base, Nevada.

In 2000, she transitioned from Active Duty to the Alaska Air National Guard as the 176th Maintenance Group Executive Officer and shortly thereafter gained a full-time position as the Transition Team Chief for the 176th Air Control Squadron. Colonel Mansfield moved from there to 176th Wing Plans, first as an operational planner then as the Chief of Plans before being selected as the 176th Force Support Flight commander, where she was responsible for personnel, training and services functions for the Wing.

In 2010, she transitioned to the Washington Air National Guard, eventually being named that organization’s director of staff. In that capacity she provided leadership for a wide assortment of programs including logistics, financial, manpower and personnel, public affairs, information systems, recruiting and retention, civil engineering, medical, and state emergency responses. Her duties include oversight of special ANG programs such as diversity, family support, employer support, and international state partnership programs.

Her service has earned her numerous awards and distinctions, including the Meritorious Service Medal with four devices.

Previous female Alaska Air Guard members to be promoted to brigadier general include Deborah McManus, who like Mansfield served as assistant adjutant general for air; and Sharon Dieffenderfer, who served as chief of joint staff for the Alaska National Guard.

Both are now retired.



New Brig. Gen. Karen Mansfield, commander of the Alaska Air National Guard, receives her general’s stars from family members in a ceremony at the Arctic Warrior Events Center, March 6. Mansfield became the third female general officer in the history of the Alaska Air National Guard. (Photo by Capt. John Callahan, 176th Wing PAO)

Spark in the dark

Photos by Staff Sgt. Shawn Nickel, 354th Fighter Wing



Airman 1st Class Joshua Sprinkles, a 354th Civil Engineer Squadron electrical technician, takes a break from installing electrical metallic conduit and wires in Amber Hall on March 3, 2016, at Eielson Air Force Base. Preparing for an influx of Airmen in anticipation of the future basing of the F-35 Lightning II at Eielson, the 354th CES and contractors are remodeling offices to support future missions.

Airman 1st Class Sprinkles is shadowed by work lights while he roughs in wires during a remodel in Amber Hall on March 3, at Eielson Air Force Base, Alaska. With the lights off deep in the basement, the wiring is the ground work that will power office space to support missions across the U.S. Pacific.



Electrical metallic conduit installed by Airman 1st Class Joshua Sprinkles, a 354th Civil Engineer Squadron electrical technician, leads to a junction box where wires are roughed in awaiting future construction in Amber Hall on March 3, at Eielson Air Force Base, Alaska. Preparing for an influx of Airmen in anticipation of the proposed future basing of the F-35 Lightning II at Eielson, the 354th CES and contractors are remodeling offices to support missions across the U.S. Pacific Air Forces area of responsibility.

Blast:

Continued from page 1

pany B, 3rd Engineer Battalion "Beaver," 3rd Armored Brigade Combat Team -- right alongside Moore. Similiat to Moore, she was interested in getting paid to work with explosives.

Tialavea and Ivy actually went through engineer school together -- along with about 30 other female Soldiers. Moore, on the other hand, went through the 12B schoolhouse with nothing but guys. She said that wasn't a problem, however -- everyone, she said, acted like pros.

"We all worked together," Moore said. "It was Soldiers working with Soldiers."

Actually, Moore, Ivy and Tialavea all say that despite being among the first female Soldiers to go through the combat engineer course, they have seen nothing but support from their male counterparts who are already on the job.

"I love my platoon and my company," Moore said. "They all accept me and we continue to work together without any problems."

During a National Training Center rotation last year, Ivy said, the other Soldiers in her unit made sure she knew what to do. "My platoon was really supportive. They helped me," she said. "I just got to my unit five days before I left for NTC. It was good bonding with them."

Tialavea said she did get some pushback on her choice to be a 12B -- from her family and friends.

"They didn't really like the idea of me doing 12B, but I did it anyway," she said. "I told them -- look at me, I made it. All it took, honestly, was a lot of motivation and stamina and willpower."

And from her unit, Tialavea said -- they've been on board with her since she came on board.

"So far I've been getting along with everybody in my platoon, and

they are very supporting and accepting," she said.

Moore has also been out to the NTC to train with her unit, where she said she served mostly in a support role. "We got to do a little bit of demolition and movement and formations and stuff, but we didn't get to go 'all out,'" she said. "We did our MOS, but we didn't get to do it to the extreme."

Ivy's unit is now getting ready for the real thing in Afghanistan this September.

"We're deploying soon," she said. "We have the Route Reconnaissance and Clearance Course in about two to three weeks."

After that, she said, it's off to Afghanistan. She's never left the United States before, she said, and her family is "really scared" for her. But she's not worried, or at least not willing to admit it. "I'm ready," she said.

Tialavea hasn't yet gone to train with her unit at the NTC -- though they are getting ready to go in September, and she is preparing alongside them for the event with a "whole lot of training." Right now, she said, they are in the field "making sure we perform dismount training, driver training, and all kinds of training. Then we go to gunnery, and then we head to NTC."

When not deployed, or at the NTC, Moore says as part of Company A, "we keep up on maintenance and take care of our vehicles

that we drive, and we have specific times we go and train in the field -- we keep it moving," she said.

For the future, Moore wants to get an education and "make something out of whatever it is I pursue," she said. She said she hopes to go into architectural and civil engineering in the future.

Tialavea says she plans to re-enlist at least once, and looks forward to one day being a staff sergeant. "That's one of my goals," she said. Another is to pursue a master's degree in psychology.

Ivy said she wants to go to the Sapper School or to Ranger School -- once she has attained the rank to allow her to do so.

Moore says that she can see herself, later in her Army career, serving as a mentor to other female soldiers who come into the Army -- but now, she said, she's focused on "learning my job, and being able to perform to the expectations."

Tialavea said right now for her, "my job is driving and operating a Bradley and I find that to be really fun, a cool experience," she said. "To me, this is a regular job -- there is nothing special, I guess. But I can see myself serving as a role model for the women that do plan on being a 12B in the future, by doing the right thing and setting an example for them, and when it's my time to become a leader, to just give them the mentorship."

Feeling Lucky R Ya?
Strength Kicks In When Luck Runs Out!
Test Your Strength For The Pot Of Gold!!



Saint Patty's Day Shamrock Throwdown

Saturday, March 19th, 2016
Melaven Fitness Center 11 AM

Log Clean & Press 1 Rep Max
Keg & Sled Medley
Axle Deadlift 1 Rep Max,
Farmer's & Sandbag Carry Medley
Atlas Stone Over Bar For Reps



Participant Meeting:
March 17th, 2016, 1400hrs at Physical Fitness Center

Registration: Registration will be Online at Active.com Search Saint Patty's Day Strongman Throwdown Fort Wainwright. \$10

Divisions: LW Men - 175lbs and under, MW Men - 175-200lbs, HW Men - 200-230lbs, SHW Men - 231lbs and up LW Women - 140lbs and under, MW Women - 140lbs and up
*Will combine classes if under 3 Strongman Comp.

Eligibility: Tournament is open to all companies, batteries or battalions assigned or attached to Fort Wainwright, Alaska that includes active duty personnel and their family members, retired military and their family members and DoD civilian personnel. All participants must possess a valid DOD (Army) or AAFES I.D. card and work or reside on post. I.D. cards will be checked.

Registration and more information call: 353-7294 or (7223)

Fort Wainwright

Friday — 11th

3-2-1 March Madness, 11 a.m. to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Did You Know...Information Fair, 11 a.m. to 1 p.m., The Exchange (AAFES). Call 353-4227.

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

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Friday Night Family Ski and Hot Chocolate, 5:30 to 8 p.m., Outdoor Recreation, building 4050. Call 361-6349.

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

Saturday — 12th

George Lake Overnight, Outdoor Recreation, building 4050. Call 361-6349.

End of the Season for Indoor Soccer and Volleyball, 8 a.m. to 3 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

White Mountains XC Ski Day, 9 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.

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

Chili Competition, 1 to 3 p.m., Last Frontier Community Activity Center-Ballroom, building 1044. Call 353-7755.

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

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

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

Sunday — 13th

Daylight Saving Time Begins. Board Game Night, Warrior Zone, building 3205. Call 353-1087.

Family Fun Time, 11 a.m. to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

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

Monday — 14th

Auto Skills Center Orientation class-Two classes offered, noon and 6 p.m., Auto Skills, building 3730. Call 353-7436.

SAC 4-H Club Photo Exhibits (All week), 6 a.m. to 5:30 p.m., School Age Center, building 4166. Call 361-7394.

SAC Spring Camp "School is Out!" (All week), 6 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

SAC Recognizes "Women's History Month" (All week), 7 a.m. to 5:30 p.m., School Age Center, building 4166. Call 361-7394.

SAC Recognizes Irish-American Heritage Month (All week), 7 a.m. to 5:30 p.m., School Age Center, building 4166. Call 361-7394.

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

Lunch Time Recreational Ice Skating, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Monday Movie Marathon, 5 to 11 p.m., Warrior Zone, building 3205. Call 353-1087.

Tuesday — 15th

Group Cycling, 6:30 to 7:30 a.m., 9:30 to 10:30 a.m. and 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

VMIS for FRGs, 10:30 a.m. to noon, Education Center, building 4391. Call 353-7438.

Lunch Time Recreational Stick Hockey, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Basic Strength & Conditioning Orientation, 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Trivia Tuesday, 7 p.m., Warrior Zone, building 3205. Call 353-1087.

Wednesday — 16th

Sign Ups for Spring League-Starts March 16th, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

3-2-1 March Madness, 11 a.m. to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

Lunch Time Recreational Ice Skating, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

Key Caller Training, noon to 2 p.m., North Haven Community Center (South Post) Multi-Purpose Room. Call 353-4332.

Anger Management, "Letting FLO Drive:" 1:30 to 2:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

Basic Personal and Family Financial Readiness, 2 to 4:30 p.m., Army Community Service, Welcome Center. Call 353-4369.

Dodgeball Coaches Meeting, 2 to 2:30 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Thursday — 17th
St. Patrick's Day.

Auto Skills Center Orientation class-Two classes offered, noon and 6 p.m., Auto Skills, building 3730. Call 353-7436.

Group Cycling, 6:30 to 7:30 a.m., 9:30 to 10:30 a.m. and 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Lunch Time Recreational Stick Hockey, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

Strength & Conditioning Orientation, noon to 1 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

Let's All Wear Green Bowling! 5 to 9 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Intro to Belay, 5:30 to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

Friday — 18th

3-2-1 March Madness, 11 a.m. to 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

Basic Strength & Conditioning, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

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

Saturday — 19th

Stiles Creek Snowmachine Trip, Outdoor Recreation, building 4050. Call 361-6349.

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

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

The Great Big Beach Bowl Party, 8 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call

IN BRIEF

CHENA BEND CLUBHOUSE

The Chena Bend Clubhouse is open for business. The Pro Shop and golf simulators are currently open Friday through Sunday from 11 a.m. to 8 p.m. Equipment rental and league sign-up is already underway! Fronterra at Chena Bend is open Friday through Sunday from 11 a.m. to 8 p.m. with tasty items ranging from burgers to prime rib specials. Looking for a place to wind down after a long day? The Clubhouse also boasts a full bar that's open from 5 to 8 p.m. Friday through Sunday. For more information, call 353-6223.

ALMOST LAST CALL FOR WINTER FUN ON BIRCH HILL

A reminder that with spring and our annual March Madness event right around the corner to get out and enjoy Birch Hill Ski, Snowboard and Tubing Area while you still can!

TAX ASSISTANCE CENTER

Fort Wainwright's Tax Assistance Center is open and ready to serve active-duty and military retirees from all branches and their Family members with their 2015 personal income tax returns. Before heading to the Tax Assistance Center, don't forget to bring all necessary tax information, including but not limited to your Social Security Card or Tax ID, military ID, banking information such as routing and account numbers, W2 Forms and all other income records for 2015. Please note that the center can only process simple tax returns. The Tax Assistance Center is located in building 1051, Suite 9, near the law center on the north side of Fort Wainwright. Walk-in hours of operation are: Monday through Wednesday, 9 a.m. to noon and 1 to 5 p.m., Thursday noon to 7 p.m., and Friday 9 a.m. to noon and 1 to

4 p.m. For more information, call 353-2613.

HELP NEEDED AT CHAPEL

Fort Wainwright Chapel Tithes and Offerings Fund (CTOF) is looking for qualified contractor(s) position(s) to provide watch-care services. For more information on these contract(s), please contact Staff Sgt. Jeremy Gawf at 353-9880 or Jeremy.a.gauf@mail.mil.

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.

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 ON FORT WAINWRIGHT

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

MASS NOTIFICATION TESTING

The Fort Wainwright Alarm Shop will be testing fire alarm systems in the following buildings. Building 3718 in the morning today; building 3414, March 16 in the afternoon and building 3716 March 17 in the morning and building 3719 March 17 in the afternoon. This routine check should be a silent test, however it may be heard by those nearby, any questions or concerns, call 353-6094.

ICE ALASKA PARK IS OPEN

The World Ice Art Championships are an international ice sculpture competition held annually in Fairbanks, Alaska and sponsored by Ice Alaska, a non-profit corporation formed in 1990. An annual event has been held in Fairbanks, Alaska each March since 1988. The event is run almost exclusively by volunteers, some traveling from as far away as Australia. Since 1988, there has been participation by sculptors from more than thirty countries and typically there are about 100 sculptors participating in the event.

There are interactive sculptures that are available for play for children in the Kids Park, 50 sites for the single block sculptures and 20 sites for the large multi-block sculptures. Come out and experience ice in a way you never have before. Open through March 27 (weather permitting) at the George Horner Ice Park, located at the end of Phillips Field Road off of Peger Rd. Call 451-8250 for more information.

ARCTIC SERGEANTS MAJOR ASSOCIATION SCHOLARSHIP

It is open season for the Arctic Sergeants Major Association Scholarship program. These scholarships are awarded on the basis of academic achievement, citizenship and personal merit. This year the ASMA will award two \$500 scholarships. The ASMA is a nonprofit organization with the objective of supporting Soldiers, government and civilian organizations, Fort Wainwright and surrounding community. Selection is based on an essay, school and community involvement, volunteer and work accomplishments, and a personal recommendation letter. Applications may be obtained by emailing a request to asmascholar@gmail.com or contacting one of the Active Duty CSM/SGMs stationed at Fort Wainwright or Fort Greely. Applications will be submitted through email NLT May 31, 2016. All applications must be signed.

PRESCRIBED BURNS IN DONNELLY TRAINING AREA

The United States Army Alaska, with the assistance of the Bureau of Land Management Alaska Fire Service, will conduct multiple prescribed burns in the Donnelly Training Area East, approximately five miles south of Delta Junction. Ignition on the Wills Small Arms Range Complex, Jarvis Creek Complex, and Bolio Lake Complex is scheduled to begin as early as Saturday, March 12 and may continue through Sunday, June 5 as weather conditions permit. Please visit the AICC Situation Report for daily updates at <http://fire.ak.blm.gov/content/aicc/sitreport/current.pdf>. If you have questions or concerns, please contact UYT Dispatch at the Alaska Fire Service at (907) 356-5554.

Commentary: PACAF projects power throughout the Pacific

Gen. Lori Robinson
Pacific Air Forces Commander

Airpower's greatest strategic strength lies in its speed, range, flexibility, precision and lethality. Airmen exploit the third dimension, and no one else can ensure rapid power projection at a time and place of our nation's choosing like the U.S. Air Force.

As tensions escalate across this vast region, due in large part to China's continued militarization of the South China Sea, the need to demonstrate credible combat power while leveraging our network of like-minded partner nations has only increased. PACAF airpower plays a crucial role in ensuring our nation continues to exercise the freedom to fly and sail in the international airspace and waters of this region so we don't risk losing it.

With the vast array of challenges that come with planning and executing air operations across 52 percent of the globe, it can be difficult to take stock of the impact PACAF Airmen are having in the Indo-Asia-Pacific region. If you look, however, at the range of simultaneous operations we've conducted over the first two months of 2016, our contributions as U.S. Pacific Command's air component become very clear.

On Jan. 6, our Airmen were called to action after North Korea conducted its fourth underground nuclear test in clear defiance of UN Security Council resolutions. A few short days later, in a demonstration of the steadfast commitment to the U.S.-Republic of Korea alliance, a B-52H Stratofortress from Andersen Air Force Base, Guam, conducted a low-level flight with a Republic of Korea Air Force F-15K Slam Eagle and a U.S. F-16C Fighting Falcon Jan. 10 in the vicinity of Osan Air Base, South Korea. This extended deterrence mission highlighted our ability to mobilize strategic bombers throughout the region in support of our allies.

At the same time, more than 200 Airmen with the 112th Fighter Squadron from Toledo Air National Guard Base, Ohio, deployed to Andersen AFB as the 112th Expeditionary Fighter Squadron in support of the U.S. PACOM's Theater Security Package mission. This routine deployment greatly strengthens our capability to project power throughout the Indo-Asia-Pacific region.

A few days later, PACAF airpower was on the move again; this time, 14 F-22A Raptors and approximately 200 personnel from Joint Base Elmendorf Richardson, Alaska and 12 F-16Cs and nearly 150 personnel from Eielson AFB, Alaska spent several days training at Yokota Air Base, Japan, before flying to Kadena Air Base, Japan, to participate in our winter training cycle.

Rotating these Alaskan forces through Japan provides invaluable combined training opportunities with the Japanese Air Self Defense Forces and demonstrates our flexible capability to mobilize the most advanced fighter in our fleet throughout the region. Additionally, maintaining credible combat power is about having the right capabilities in the region, including the F-22's fifth-generation capabilities. It is our F-22s and the F-35 Lightning II we will bring to the region in the coming years that will help to maintain security and stability by giving us an edge over potential adversaries.

As we made our way into February, PACAF



Gen. Lori J. Robinson, Pacific Air Forces commander, addresses U.S. and Singapore Airmen in front of an F-22A Raptor during the Singapore International Airshow, at Changi International Airport Singapore, Feb. 17, 2016. Robinson said that the Raptor's presence at the show showcases the U.S. Air Force's unique capability to rapidly mobilize fifth generation fighters throughout the Indo-Asia-Pacific region. (Photo by Capt. Raymond Geoffroy, U.S. Air Force)

Airmen continued to demonstrate their presence and build partnerships throughout the region. On Feb. 9th, a B-52 arrived in Darwin, Australia, to conduct training with the Royal Australian Air Force, advancing interoperability between our allied Airmen.

Meanwhile, the U.S. along with the JASDF, RAAF, Philippine Air Force, ROKAF and the Royal New Zealand Air Force kicked off exercise Cope North 2016 at Andersen AFB, Guam, on Feb. 10.

This exercise featured more than 900 U.S. Airmen and Sailors training alongside approximately 1,000 service members from partner nations. More than 100 aircraft participated in the exercise, which included both humanitarian assistance and disaster relief training and large-force employment training.

Concurrently, more than 150 joint personnel, eight U.S. airframes, and two PACAF demonstration teams showcased their capabilities at the Singapore International Airshow from Feb. 16-21. Included among them was the debut of the F-22 in Singapore, which not only highlighted U.S. Air Force fifth-generation capability to crowds of thousands, but demonstrated our enduring commitment to ensuring regional stability.

Of course, this was not the only location where F-22s operated that week. In response to continued North Korean provocations, a fourship of F-22s from those rotating through Japan, joined ROKAF F-15s and U.S. F-16s in yet another formation of solidarity on Feb. 17, in the vicinity of Osan Air Base, South Korea, further

demonstrating our ironclad commitment to regional stability.

Within mere days of this show of force, the Airmen providing our continuous bomber presence and flexible deterrence executed a B-52 mission flying through the South China Sea from Andersen AFB to conduct a fly-by during the final day of the Singapore International Airshow, afterwards conducting an exercise mission during Cope North.

As all of these missions were underway, PACAF also oversaw airlift operations in support of Operation DEEP FREEZE, the Department of Defense's support of the U.S. Antarctic Program and the National Science Foundation, which runs every year from September through March.

This list merely captures the wave tops of everything our PACAF Airmen have done in the last eight weeks. Behind the headlines are the tireless efforts of thousands of Total Force Airmen who, along with a network of like-minded allies and partners, work to ensure airpower is delivered whenever and wherever it is needed.

The past two months have demonstrated the regional demand for PACAF's unique blend of speed, range, precision, and flexibility. We live and work in a dynamic and increasingly tense region that is absolutely vital to our national interests and to the interests of our allies and partners in the Indo-Asia-Pacific region. The scale and scope of the challenges we face are tremendous, but I have full faith that our Airmen will continue to deliver and make it all look easy.

Chaplain survives aftermath of son's suicide, spreads awareness

Airman 1st Class Jordyn Fetter
35th Fighter Wing PAO

While enjoying a drive through the rolling Tennessee countryside with his wife, the shrill ring of his cell phone pierced through the tranquility of the moment. Maj. William D. Logan's daughter, Blair, managed to utter, "Zac has done something really bad."

Dread and confusion seeped in as she explained what had happened.

The now 35th Fighter Wing deputy wing chaplain's son had done the irreversible--he ended his life. An ordinary day had come crashing down in mere seconds. Nothing would be the same. After an argument with his girlfriend, Zac shot himself.

Despite the doctors' efforts to save him, Zac died before Logan reached the hospital.

"He called me one night to tell me he was going to enlist in the Air Force," said Logan as he recalled their conversation. "Things were going well. There was no indication [of suicide] and none of the classic signs. It was just an impulsive action."

Zac was one of two children Logan had from a previous marriage. Logan described him as smart, charming, social, funny and artistic. On the other hand, he wasn't known for making the best decisions.

"People would say Zac didn't have good friends or bad friends, just friends," said Logan. "He was also in a very volatile relationship with a young woman that drove me nuts. I told him several times to

run."

Despite worrying about the company his son kept, Logan watched as Zac steadily worked toward his future. He had just moved closer to his mother in Montana and finished a year of college.

"It was a time of great hope for me," said Logan. "My wife, Beth, and I were expecting our first child and permanently changing station to Hawaii in 2003. Life was good."

So when Logan received news of Zac's death, the good times in his life became enveloped in darkness.

Then the questions came. Why did it happen? What could he have done better? Who was at fault?

"I felt tremendous loss and guilt," Logan revealed. "I saw disturbing images and had bad dreams so real I thought I'd wake up and see [Zac]."

Following the initial shock came secondary traumatization. Logan found few people contacted him in the aftermath due to the stigma associated with suicide.

"People don't know what to do with you," Logan said. "It's like something is wrong with you and you're contagious."

On top of that, Logan recalled most people who reached out to him tried to fix what had happened.

"Sometimes we're critical of each other's grieving process," he recognized. "If you're down and suffering a loss, people try and get you to come up. But if you're doing better, people question why you're happy when something bad has just happened."

Logan believes it's more healing

for an individual who has gone through a loss to be in whatever emotional state they're in and not to pressure them to feel one way or another.

"It's not something you get over or forget," he said fervently. "I never want to forget my son. I want his memory to be lodged in my heart until I die and beyond."

During the recovery process, surviving the suicide of a loved one ultimately becomes part of who you are--Logan pulled from a number of different facets of his life to endure the healing process.

"I was mad at God," he admitted. "It'd be crazy not to be. But believing in something bigger than yourself and that there's a plan in use, was one thing that got me through."

Logan's wife, Beth Logan, said he never lost sight of the bigger picture. Even when faced with tragedy, he was thankful to have known Zac as long as he did.

Having the support from his wife, family and close friends, also carried him through this time of great adversity and brought him to where he is today.

"[Supporting someone] is about being there for them unconditionally," Beth said. "It's important to let them lead the grieving process and not judge whether they are crying enough. Instead, feel their pain, however it is expressed. Grieving people need to feel loved and supported--not abandoned."

In addition to his loved one's support, Logan expressed feeling blessed by the birth of his two newborn sons.

"[My sons] don't replace Zac, but they provided hope and a new start," he said.

Many people in emotional pain have lost hope, an aspect of life Logan highlighted as being especially important.

"Hope is a future vision, or a dream," he said. "It empowers you and when that hope is taken away, that power is gone in the present."

Logan found the courage to carry on after his son's death, and 18 months later, he became a trainer for a program called Applied Suicide Intervention Skills Training.

He has since talked with more than 400 people in the last decade.

"If you have a loss and get broken, doing something for someone else is extremely redemptive and empowering," Logan recommended. "I'd trade most of that wisdom to have Zac back, but I wouldn't have gotten any of it had I not lost him."

Logan learned it's important to forfeit preconceived notions about who is and who isn't at risk for suicide and instead take the time to listen and understand each other more clearly.

By showing someone they're loved and cared for, they can achieve the courage needed to overcome any hardship, especially the death of a loved one.

"Someone once said, 'the test of sailors isn't when the sea is calm, but how well he does when there's a storm,'" Logan said. "It's the storms of life that give you the opportunity to be strong."

Eielson Air Force Base

Friday – 11th

END OF QUARTER BOWLING SPECIAL, 12 to 5 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

FRIDAY NIGHT CHENA HOT SPRINGS TRIP, 5 p.m. TO 12 a.m., Community Center, building 3310 Eielson AFB, Call 377-2642.

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

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

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

Saturday – 12th

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

SPOTLIGHT (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Sunday – 13th

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

BRATWURST FUN SHOOT, 12 to 5 p.m., Outdoor Recreation, building 76392 Eielson AFB, Call 377-1232.

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

ALVIN AND THE CHIPMUNKS: THE ROAD CHIP (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Monday – 14th

SPRING BREAK BOWLING TOURNAMENT, 8 a.m. to 4 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

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

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

Tuesday – 15th

SPRING BREAK BOWLING TOURNAMENT, 8 a.m. to 4 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

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

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

Wednesday – 16th

SPRING BREAK BOWLING TOURNAMENT, 8 a.m. to 4 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

ANGER MANAGEMENT, 10 a.m. to 12 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

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

Thursday – 17th

ST. PATRICK'S DAY BOWLING, 8 a.m. to 3 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

SPRING BREAK BOWLING TOURNAMENT, 8 a.m. to 4 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

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

Friday – 18th

SPRING BREAK BOWLING TOURNAMENT, 8 a.m. to 4 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

FRIDAY NIGHT CHENA HOT SPRINGS TRIP, 5 p.m. TO 12 a.m., Community Center, building 3310 Eielson AFB, Call 377-2642.

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

NORM OF THE NORTH (PG), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

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

Saturday – 19th

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

ST. PATRICK'S DAY KIDS' CRAFT HOURS, 12 to 1 p.m., Arts & Crafts Center, building 3310 Eielson AFB, Call 377-4880.

THE REVENANT (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Sunday – 20th

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

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

THE 5TH WAVE (PG-13), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

IN BRIEF

ICEMAN BIGGEST LOSER MELTDOWN

Do you want to shed some holiday weight? Then participate in our Iceman Biggest Loser Melt Down starting January 1 till February 26. A prize will be awarded to the 1st place winner. Call 377-1925 for full event details!

THE GREAT ALASKAN CHALLENGE

Need an Alaskan Sized Challenge? Compete in one of our six challenges to earn a t-shirt and bragging rights by figuratively swimming the Yukon, walking the pipeline, lifting a F-16 and more. Log your progress in our book located on the Fitness & Sports Center. For more information please call 377-1925.

24-HOUR GYM ACCESS

Baker Field House will now allow 24-Hour Fitness Access to DoD CAC card holders, dependents over 18 years old and military retirees. All those who wish to utilize the designated area in the facility after hours will be required to register their CAC/Fitness Access Card and sign a Statement of Understanding/Assumption of Risk Form. Dependents and retirees will be required to obtain a Fitness Access Card from the Baker Field House in order to gain access through the designated entrance. Program registration and Fitness Access Cards will be available through the Baker Field House beginning

in July. For more information please contact the Baker Field House at 377-1925.

EIELSON PHARMACY RECEIVES MEDSAFE

The 354th Medical Group pharmacy has a new way to dispose of expired and unused medications. MedSafe, a blue receptacle near the pharmacy pick up window is a collection point that is secure and meets the requirements of the newly updated DEA Controlled Substance Act. During business hours you can dispose controlled and non-controlled medications in the MedSafe. Removal of patient information is not required. Please try to keep medication in its original container and place liquids in a plastic bag. Illegal drugs, liquids over 4 ounces, sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices and hazardous chemicals are unauthorized to drop-off. Any questions may be directed to the pharmacy at 377-1462.

NOW PLAYING AT THE ERNIE WALKER THEATER

The Ernie Walker Theater is now open and playing movies every Friday, Saturday and Sunday. Movies are free to all DoD ID holders! So stop by, grab some popcorn and enjoy a night at the movies, courtesy of the Eielson Force Support Squadron. For more information, call 377-2269.

EIELSON CHAPEL SERVICES

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

Catholic Community:

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

Protestant Community:

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

FINANCE TIP

Did you know that when you are TDY and authorized a rental car, it has to be a compact car unless otherwise stated on your orders? Only the Approving Official can approve upgrades to rental cars.

NUTRITIONAL TIP

Diversify your children's eating habits. Teach them how to prepare dishes from various traditions.

WARRIOR ZONE EVENTS ARE FREE.

MUST BE AT LEAST 18 YEARS OLD AND A DOD CARD HOLDER
PHONE: 353-1087 BLDG 3205 SANTIAGO AVE

<p>MONTHLY POOL TOURNAMENT</p> <p style="font-weight: bold; font-size: 1.1em;">MARCH 4 & 19, 2016</p> <p style="font-weight: bold;">7 PM</p>	<p>MONTHLY TEXAS HOLD'EM TOURNAMENT</p> <p style="font-weight: bold;">SATURDAY MARCH 12, 2016</p> <p style="font-weight: bold;">7 PM</p>	<p>MONTHLY TABLE TENNIS TOURNAMENT</p> <p style="font-weight: bold;">SATURDAY, MARCH 26, 2016</p> <p style="font-weight: bold;">7 PM</p>
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EVERY MONDAY MOVIE MARATHON

THE MOVIES OF THE WEEK WILL BE POSTED IN THE GAME ROOM 5 PM, 7 PM AND 9 PM

BOARD GAME NIGHT

EVERY SUNDAY 12-9 PM BOARD GAMES WITH FRIENDS.

EVERY TUESDAY TRIVIA!

7 PM COMPETE WITH OTHER TEAMS FOR PRIZES. THREE ROUNDS OF TEN QUESTIONS. MAXIMUM TEAMS OF 5.

SPRING BREAK IN ICE

19 MARCH 2016

What: Military Family Fun Event
Where: Iceman Falls
When: 10:00-12:00 Ice Carving Lessons
Registration is required for Ice Carving Lessons
Age: 7-17 with accompanying parent or Single Airman*
Limited Spaces Available (10)

When: 1:00-4:00 pm
What: Family Fun Time! Connect during play with your children! Games, snow painting, scavenger hunt, Fairbanks Children Museum, craft, hot chocolate/cider, popcorn and cotton candy! Information tables! Bring your skates and try out the ice rink!

To register: Contact Dana Baugh; ECSNak@gmail.com
377-9355

DODGEBALL TOURNAMENT

Coaches Meeting March 16th, 2016, 1400hrs
Physical Fitness Center Tournament Format, Entry, Rules, Schedule will be discussed
Tournament Dates March 26th, 2016

INTRAMURAL WIFFLE BALL

Coaches Meeting March 2nd, 2016, 1400hrs
Physical Fitness Center League Information, Entry, Rules and Schedule will be Discussed
Season Dates April - June, 2016

Eligibility: Open to all companies, batteries or battalions assigned or attached to Fort Wainwright, Alaska that includes active duty personnel and their family members, retired military and their family members and DoD civilian personnel. All participants must possess a valid DOD (Army) or AAFES I.D. card and work or reside on post. I. D. cards will be checked.

Registration and more information contact the PFC: 353-7294 or (7223)