

ALASKA POST

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Home of the Arctic Warriors

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Fort Wainwright, Alaska

December 20, 2013

Soldier dies unexpectedly

Staff report,
MEDDAC-AK PAO

A Medical Department Activity-Alaska Soldier home on leave in West Virginia was found unresponsive Monday morning by his sister.

Emergency services were called to the scene where Lt. Col. Gregory V. Shumate, 43, was pronounced dead. An autopsy is being conducted to determine the cause of death.

Shumate, who was born in Ravencliff, W. Va., entered active duty service in June 1988 as a cannon crew member and most recently served as a family nurse practitioner in the family practice clinic at Bassett Army Community Hospital here.

Shumate deployed to Saudi Arabia for eight months in 1991 and to Iraq for 16 months in 2008.

His awards and decorations include the Bronze Star, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Air Force Achievement Medal, National Defense Service Medal, Southwest Asia Service Medal, Iraq Campaign Medals, Global War on Terrorism Medal, Army Service Ribbon, Overseas Service Ribbon, Saudi Liberation Medal and Kuwait Liberation Medal.

A memorial service for Shumate will be held at Northern Lights Chapel on Fort Wainwright Monday at 11:30 a.m.

Editor's note: The Soldier was promoted posthumously. His photo was unavailable at press time.

Spartan paratroopers jump in arctic gear

Sgt. 1st Class Jason Epperson,
JBER PAO

For the first time since returning from Afghanistan last year, U.S. Army Alaska's 4th Infantry Brigade Combat Team, 25th Infantry Division, conducted an arctic airborne operation Dec. 12 from a C-130 aircraft onto Joint Base Elmendorf-Richardson's Malamute Drop Zone.

Paratroopers conducted a unique "tailgate" jump, donning the complete arctic over-white winter uniform with ski equipment and the arctic sustenance packing list as a rehearsal for upcoming airborne operations in northern Alaska next year.

The purpose for conducting arctic airborne training events is to maintain mission readiness for operating in arctic conditions, whether in conflict, humanitarian support or military support to civil authorities mission sets.

Staff Sgt. Bruce Henderson, an infantry paratrooper assigned to Charlie Troop, 1st Squadron, 40th Cavalry Regiment, said the Soldiers are getting a feel for jumping with the equipment.

"We are testing out jumping with the skis and the capabilities to



Staff Sgt. Bruce Henderson, an infantryman assigned to Charlie Troop, 1st Squadron, 40th Cavalry Regiment, 4th Infantry Brigade Combat Team, 25th Infantry Division, uses crossed ski poles to steady his aim Dec. 12 at the Malamute Drop Zone at Joint Base Elmendorf-Richardson. Henderson and his unit exited a C-130 Hercules Alaska Air National Guard aircraft from the tailgate with a full arctic combat load, demonstrating their unique ability to rapidly deploy troops into arctic environments in response to a variety of contingencies. **See more photos - page 5.** (Photo by Staff Sgt. Jeffrey Smith/JBER PAO)

see if we can start implementing it in our training," Henderson, a native of Keystone Heights, Fla., said. "The skis would give us a lot more mobility on the battlefield."

Once on the ground, the jumpers de-rigged their equipment and skied to the rally point on the drop zone. Squadron Commander Lt.

Col. Richard M. Scott said this jump would give his paratroopers a new experience and prepare them for future arctic training events.

"We need to have the arctic equipment that includes our skis and poles," Scott said. "We are evaluating and rehearsing how we fight in our skis and how we move in them."

Despite the weather, no one was feeling it, according to Scott.

"This just validates to all of our paratroopers that you can give any challenge or task to a paratrooper and we can come out here and do it and get the job done in these types of conditions," Scott said.

Thousands lay wreaths at Arlington gravesites



Alaska Army National Guardsman Maj. Mark Melson and U.S. Army Alaska Commander Maj. Gen. Michael H. Shields salute after laying a wreath on the headstone of Spc. Jacob E. Melson while Rachel Melson of Wasilla and her children, Cale and Corwin, look on during the Wreaths Across America Ceremony at Fort Richardson National Cemetery on Joint Base Elmendorf-Richardson Dec. 14. Spc. Melson was one of eight Soldiers who died when their UH-60 Black Hawk helicopter crashed Jan. 7, 2006, in Tal Afar, Iraq, during Operation Iraqi Freedom. (Photo by Mary M. Rall/USARAK PAO)

C. Todd Lopez,
Army News

More than 143,000 wreaths were placed on gravesites Dec. 14 as part of the 22nd annual "Wreaths Across America" event at Arlington National Cemetery in northern Virginia.

For more than two decades now, volunteers have gathered to place wreaths on gravesites in the cemetery. The wreaths are manufactured by the Worcester Wreath Company, of Harrington, Maine, and come to the cemetery by truck over the week in advance of the event. Wreaths are paid for by both donors and the Worcester Wreath Company.

Before thousands of volunteers who had gathered at the cemetery to place wreaths, founder of the event, and company owner, Morrill Worcester, said that over the last 22 years interest in the project has grown steadily, and he feels now his participation has grown to something more.

"About five years ago, things really started to take off," he said. "I really think that it became our responsibility at that point to do what we do. Today I really think

it's our obligation to be here."

Morrill's wife, Karen, reminded event participants of the people, and lives, being commemorated during the event.

"These are not gravestones, these are lives," she said. "These represent lives that were lost and laid down so we can be free."

Out of the backs of several tractor trailer trucks, volunteers passed the wreaths -- Maine balsam with a hand-tied red bow -- to the thousands of civilians, service members, adults and children who would take them out to a single stone and place them there in advance of the holiday season.

"I said let's come down early and actually volunteer and put some wreaths on," said Bob Taylor of Redline, Pa.

Taylor and 10 others of his family drove more than two hours to participate in the event.

"What really impressed me was how many served in multiple wars," he said, after reading inscriptions on some of the headstones. "You see individuals who served in three and four wars. It's really incredible, the dedication and commitment

See WREATHS on page 7

WEEKEND WEATHER



Friday

Mostly cloudy; a chance of snow in the morning
Highs zero to -10
Lows -8 to -18; light winds



Saturday

Mostly cloudy
Highs around zero
Lows around -10
Night mostly cloudy



Sunday

Cloudy with a chance of snow
Highs around 5
Lows around -10

BRIEFS

Save the date

The 2014 installation observance in honor of Dr. Martin Luther King, Jr. is set for Jan. 15 from 3 to 4:30 p.m. in the Physical Fitness Center building 3709. For details, contact the host unit: 1st Stryker Brigade Combat Team, 25th Infantry Division or the Equal Opportunity Office

Holiday break

The Alaska Post publisher is on a 2-week hiatus. We'll return Jan. 10. The calendar of events on pages 6 and 7 includes events through the New Year. Additional information, updates and photos are posted on Fort Wainwright Garrison's official Facebook page - www.facebook.com/FortWainwrightPAO.

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SN/ BIRCHWOOD HOMES

Army Family Action Plan 2013: Conference aims to improve quality of life

Staff report,
Fort Wainwright PAO

The Army Family Action Plan is one of the Army's principle programs to ensure that standards of living in the Army keep pace with changing times. It gives Soldiers, Families, retirees and civilian employees the opportunity to influence their own standards of living at the local as well as at the "Big" Army level.

Army Community Service hosted the annual conference Dec. 9 and 10 at the Soldier and Family Assistance Center. ACS, a division of the Family and Morale, Welfare and Recreation Directorate, established an AFAP brain trust of two workgroups comprised of 16 delegates. Active duty and retired Soldiers, Family members and civilian employees were among the primary group. Youth delegates focused on child and youth issues in the second group.

Ten subject matter experts assisted the workgroups in developing and prioritizing the issues. A team of four conference staff guided the group through the process; five ACS staff members coordinated and assisted with the conference. Six observers visited throughout the conference. See "It takes a village" for more information about the role-players critical to a successful AFAP conference.

The Army Family Action Plan is an opportunity for the community to make suggestions on how to improve the quality of life.

The conference this year was a two-day event. Department of the Army has restructured the AFAP process this year. Issues that cannot be resolved at the local Garrison level are now sent directly to Army HQ for resolution. In the past, issues were sent to the major command (such as Pacific Region for Alaska's installations) for a mid-level conference and then issues that were prioritized were forwarded to HQDA. Mid-level (Region) conferences have been eliminated.

The purpose of the AFAP conference is to identify and develop specific, clearly articulated issues that will improve soldier, family and civilian standards of living.

The delegates prioritized is-



Rose Wentland, resource management chief of Manpower and Agreements, participated in the Army Family Action Plan conference as a subject matter expert. Wentland provided information about garrison staffing levels and answered delegates' questions about the installation's manning and personnel strength. "It was a good experience," Wentland said, "I think the delegates understood and they're willing to help. One of the delegates, a 20-year Army spouse, who was new to the AFAP conference process, appreciated that Family members "have a voice in the AFAP process." For 30 years, Soldiers, Families and civilians have had a voice in the AFAP process; working with local, U.S. Army and Department of Defense leaders to improve quality of life standards. (Courtesy photo/ Fort Wainwright FMWR)

sues and selected the top three:

1. Updating the Welcome Center building to provide a welcoming, handicap-accessible building that's easier to navigate and create a positive atmosphere;

2. A crosswalk installation between the Soldier and Family Assistance Center and the parking lot across the street at Rhineland Avenue;

3. Staff shortages across the Garrison cause increased tasks and duties taken on by remaining staff to support Soldiers and Families, reduce effectiveness of remaining staff and increase stress on staff, which can be transferred to Soldiers and Families. Recommendations were to hire more staff, reduce programs or requirements and provide new stress-relief sessions by professionals.

Now that the AFAP conference is over, issues that can be resolved at the local level are worked through the AFAP Steering Committee that meets quarterly. Validations, cost effectiveness and required actions to

resolve issues are developed by proponent agencies and progress toward resolution is noted.

Proponent agencies present issues to the garrison commander for review and decision.

Some of the issues are local issues and we will work to resolve those over time.

Issues that cannot be resolved at the local level are sent to Army HQ level for resolution.

Fairbanks businesses partnered with FMWR to support the AFAP conference. Birchwood Homes, Bruegger's Bagels, Fairbanks Orthodontics Group, Kendall Subaru of Fairbanks and MAC Federal Credit Union came through as event sponsors. "It's a positive environment and it's great to have positive support from the local community," said commercial sponsorship coordinator Eric Knox.

"We are truly thankful to have so many sponsors interested in supporting our Army community through a wide variety of Family and MWR commercial sponsorship opportunities,"

Knox said. "Fort Wainwright's annual AFAP conference brings together representatives of the entire community to identify, develop, and prioritize issues that many believe are important to maintain a good standard of living."

The AFAP process does not end or begin with the conference; it is a year-round process.

For those who missed the conference, there is a way to contribute ideas or suggestions. Issues can be submitted year-round online at www.myarmyonresource.com in the "Family Programs and Services" drop-down menu section under "Army Family Action Plan Issue Management System". Issues can be submitted on the MWR Webpage under the Army Community Service section or sent via email to rhonda.w.carlson.civ@mail.mil. Issues can also be dropped off at the front desk at ACS which is located in the Welcome Center, building 3401. Issues and suggestions are always welcome and appreciated.

AFAP - it takes village

Delegates
Delegates, representative of community demographics and the Army Family, identify and develop specific, clearly articulated issues. They discuss implications and ramifications with the group and recommend end products that will resolve these issues. Delegates brief issues prioritized by their work groups at the out-brief.

Conference staff
The facilitator's job is to manage the work group so that it achieves its goals. As the neutral steward of the group, the facilitator directs the group's activity and discussion

Recorders-transcribers
The recorder is responsible for capturing the group's basic ideas on paper in full view of the group.

Issue support person
The issue support person monitors the group's development of the issues and ensures that appropriate development standards are followed. The issue support person researches issues to assure that the issue has not already been sent up to Army HQ to be worked.

Subject matter expert
Subject matter experts are responsible for helping the group make informed decisions. SMEs are the information experts; not meant to influence.

Observers
The observers observe proceedings. They remain neutral and are required to remain in the background as independent observers.

North Haven gets into hockey, holidays



Army Families and Soldiers will get a chance to see the Fairbanks Ice Dogs, a local hockey team, as they did here Nov. 26 when the team dropped by the ice rink open house at the Physical Fitness Center. North Haven Communities, the Army's housing partner, is giving away tickets to an Ice Dogs game slated for Jan. 9 at 7 p.m. when the Ice Dogs team takes on the Minnesota Magicians; both Tier II Junior A hockey teams with the North American Hockey League. For details and to RSVP for tickets, go online to <http://www.nhcalaska.com/go/IceDogs> or call North Haven at 356-7117. (Courtesy photo/USARAK PAO)

Staff report,
Fort Wainwright PAO

Soldiers and Army Families are invited to join North Haven Communities for an Ice Dogs hockey game Jan. 9 at 7 p.m. at the Big Dipper Ice Arena when the Fairbanks Ice Dogs take on the Minnesota Magicians. North Haven is giving away free tickets to post residents. One family will win a V.I.P. guest package in a random drawing. The winning family will meet and greet hockey players, get a great photo opportunity and receive prizes. Limited tickets are available online; advance sign up is recommended by Jan. 3. To sign up for tickets, go to www.nhcalaska.com/go/IceDogs or call 356-7117.

It may not be viewable from space,

but the visual evidence is on nearly every street - Fort Wainwright residents are decorating for the holidays. North Haven management encourages residents to nominate your home or your neighbor's home as the Yard of the Month for the holiday season and a chance to win a \$50 gift card. Email the home's address to marketing@nhcalaska.com or call or stop by a North Haven community center office. Nominations are due Dec. 26 at 5 p.m. Judging will take place Dec. 27; winners will be announced Dec. 30.

For more information on upcoming events taking place throughout North Haven communities, log on to www.nhcalaska.com and check out the Community Calendar or stop by a North Haven community center.

COURT MARTIAL

Soldier guilty of sexual assault

Staff report,
USARAK PAO

A general court-martial convened at Fort Wainwright Nov. 22. A staff sergeant was charged with four specifications of Article 120 (two specifications of aggravated sexual assault, and two specifica-

tions of abusive sexual contact). The staff sergeant was found guilty of the charge and its specifications.

The case was tried before military judge alone who sentenced the staff sergeant to confinement for six years, and to be discharged with a dishonorable discharge.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

The well of fortitude

Col. Pete Andrysiak,
2d Engineer Brigade
commander

Last month I had the opportunity to speak to my Soldiers about resilience and the importance of constantly replenishing their personal 'wells of fortitude.' The term was articulated by author and Army psychologist Lt. Col. Dave Grossman, who described the well as "a private reservoir of inner strength and fortitude." When we experience stress by enduring life's trials, our wells are depleted accordingly. These personal trials can be physical, emotional, spiritual or intellectual. People who draw too deeply from their wells will eventually be in seri-

ous trouble because they won't have the resilience to continue on. When good things happen, when we live healthy lifestyles and when we do things we enjoy, our wells are replenished.

The key to being resilient is consistently finding sources of replenishment. Every person is different and not everyone's sources for replenishment are the same, but there are a few that are almost universal.

One that I highly recommend is regular and vigorous physical activity. Exercise strengthens your body and helps you to cope with stress. I'm a firm believer that good physical training in the morning can set the tone for the rest of the

day. That is why I expect units under my command to have well-planned and resourced PT every duty day and that every Soldier participates. If the Trailblazers are pushing hard and experiencing intense, physically-demanding exercise every morning, then I know my Soldiers have a regular source of replenishment and the level of resilience across the ranks will remain high.

For most people, the holidays can also serve as a source of support. Spending time with family and friends, time off of work and the spirit of the season can do wonders for invigorating the human soul. But the military is a demanding lifestyle and thousands of your fellow

service members will be away from their loved ones this holiday season. For them and others, the holidays can be a huge draw on their well. The personal commitment and concern of a dedicated leader is a huge source for replenishing a Soldier's well. Leaders must know how each of their subordinates intends to spend the holidays. Talk to them about their plans, make recommendations and even consider if there is room at your table to invite them for a meal over the holidays.

Leaders who know their troops will be able to identify factors impacting those they are responsible for. Being away from family (especially for the first time),

spending the holidays alone, abusing alcohol and other substances, a broken relationship and financial burdens can all be major draws from a person's well. Be aware of the trials and stresses in your troops' lives and find ways to help them identify sources of replenishment.

One of the most powerful sources I have found is spiritual replenishment through service to others. When you do something nice and unexpected for someone else, it becomes a source not only for yourself, but also for the person you've served. If you're feeling like your well is running low, find an opportunity to do something nice for someone else. You may be surprised at how



Col. Peter B. Andrysiak

much better you will feel by making a difference in someone else's life.

My wife Casey and I hope you will make the most of this special time of year. Do everything you can to replenish your personal well of fortitude while looking for opportunities to serve others. Happy holidays.

Arctic Trailblazers
- Put 'em Across!

Special hours of operation for the holidays

Staff report, Fort Wainwright PAO

AAFES holiday hours

Main Store:
Christmas Eve 8 a.m. to 6 p.m.
Christmas Day closed
New Year's Eve 9 a.m. to 8 p.m.
New Year's Day 11 a.m. to 6 p.m.

Express (Main Shoppette, Gas and Class VI)
Christmas Eve and Christmas Day open 24 hours
New Year's Eve and New Years Day open 24 hours

Military Clothing Sales (building 3703)
Christmas Eve 10 a.m. to 4 p.m.
Closed Christmas Day
New Year's Eve 10 a.m. to 7 p.m.
Closed New Year's Day

Last Frontier Express (building 1044)
Christmas Eve 8 a.m. to 4 p.m.
Christmas Day closed
New Year's Eve 7 a.m. to 6 p.m.
New Year's Day 10 a.m. to 4 p.m.

Hospital Express (building 4076)
Christmas Eve 11 a.m. to 4 p.m.

Christmas Day closed
New Year's Eve 8 a.m. to 4 p.m.
New Year's Day closed

Furniture Store (building 3701)
Christmas Eve 10 a.m. to 4 p.m.
Christmas Day closed
New Year's Eve 10 a.m. to 6 p.m.
New Year's Day closed

Burger King (building 3408)
Christmas Eve 6:30 a.m. to 5 p.m.
Christmas Day closed
New Year's Eve 6:30 a.m. to 8 p.m.
New Year's Day 11 a.m. to 6 p.m.

For the food court, vendors, concessionaires and additional information go online to www.shopmyexchange.com

Commissary holiday hours
Christmas Eve 7 a.m. to 4 p.m.;
Christmas Day closed
New Year's Eve 10 a.m. to 7 p.m.
New Year's Day closed

Consolidated Legal Office
The legal offices will close for the federal holidays, Dec. 26 and Dec. 31.

Family and Morale, Welfare

and Recreation
Fort Wainwright Family and Morale, Welfare and Recreation facilities will be closed Christmas Day and New Year's Day.

Some FMWR facilities will observe special hours of operation during the holiday season.

Army Community Service will close Dec. 24, Dec. 26 and Dec. 31;
Automotive Skills Center will close Dec. 24, Dec. 26 and Dec. 31;
CDC I and Family Child Care will have limited hours for verified duty;
Fischer Skeet Range will close Dec. 24, Dec. 26 and Dec. 31;
School Age Center will open 6 a.m. to 6 p.m. Dec. 24 and for verified duty.

The following FMWR facili-

ties will open Dec. 24:
CYSS Parent Central Services 7:30 a.m. to 5 p.m.
Last Frontier Community Activity Center 8 a.m. to 5 p.m.
Library 10 a.m. to 6 p.m.
Outdoor Recreation Center 11 a.m. to 5 p.m.
Family Child Care 6 a.m. to 6 p.m.
School Age Center 6 a.m. to 6 p.m.

The following FMWR facilities are open Dec. 26:
Birch Hill Ski & Snowboard Area noon to 8 p.m.
CDC I open for verified duty only
Family Child Care open for verified duty only
Family and MWR Administration 8 a.m. to 5 p.m. Closed

Last Frontier Community Activity Center 8 a.m. to 9 p.m.
The library 10 a.m. to 6 p.m.
Melaven PFC and pool 11

a.m. to 7 p.m.
Nugget Lanes Bowl 11 a.m. to 10 p.m.
Outdoor Recreation Center 11 a.m. to 7 p.m.
PFC 5:30 a.m. to 6 p.m.
PFC Ice Rink 1:30 to 4 p.m.
Youth Center 1 to 6 p.m.
Youth Sports & Fitness 9 a.m. to 6 p.m.
The Warrior Zone 4 to 11 p.m.

New Year's Eve Dec 31
Library 1 to 6 p.m.
Melaven PFC and Swimming Pool 11 a.m. to 7 p.m.
Nugget Lanes Bowling 4 p.m. to 3 a.m.
Outdoor Recreation Center 11 a.m. to 7 p.m.
Physical Fitness Center 8 a.m. to 8 p.m.
School Age Center 10 a.m. to 6 p.m.
Youth Center 1 to 6 p.m.
The Warrior Zone 4 to 11 p.m.

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Olympic-hopeful Soldiers dominate World Cup bobsled competition

Tim Hipps,
U.S. Army Installation
Management Command

U.S. Army World Class Athlete Program Soldiers defended home snow as if Olympic dreams depended upon their performances at the International Bobsled & Skeleton Federation's 2013 World Cup stop Dec. 6 and 7 at Utah Olympic Park.

Capt. Chris Fogt, Sgt. Nick Cunningham, Sgt. Dallas Robinson and Olympic gold medalist Sgt. Justin Olsen all solidified their chances of being selected for the U.S. Olympic bobsled team that will compete at the 2014 Olympic Winter Games, scheduled for Feb. 6-24 in Sochi, Russia.

Led by former WCAP bobsled driver and hometown hero Steven Holcomb, the reigning Olympic and five-time World champion, Soldiers past and present occupied the top four spots on the two-man bobsled podium. Holcomb and Fogt won the event with a two-run cumulative time of 1 minute, 35.51 seconds.

Cunningham and Robinson earned their first career World Cup two-man medals by finishing second in 1:35.76. The WCAP duo powered the sled off the starting block in 4.86 seconds, and Cunningham drove them into second place among 25 sleds with a first run of 47.84 seconds. Despite a few mistakes in the second heat, they managed to claim the silver medal.

"You can tell the depth and drive of this team," said Cunningham, of Monterey, Calif. "Our results really do show that we are here, we know it is the Olympic season, and we all have to work a little harder. We all have to work as a team to get these kinds of results. I think we did all come together this week. The sled techs have been

working around the clock. They have really showed why we are one of the best teams in the world. We have great coaching, support staff, sled builders, mechanics. It has really shown that we have the tools to win."

"I'm really fortunate to have this opportunity to represent the United States and serve the United States through the Army World Class Athlete Program," Robinson said. "As a Soldier-athlete, I couldn't be more proud. This is Cunningham's first podium finish, my first podium finish, and we're going into an Olympic year. I'm just blessed beyond recognition."

"It is a great day for the United States, finishing 1-2-4," Holcomb added. "It is the right time to have everyone doing well, and seeing everyone click is really good. My guys are motivated and pumped up in seeing our success today. I think it is going to motivate them even more tomorrow. We've worked really hard on these sleds since October and we are starting to see them really come around."

On day 2, Holcomb drove his Night Train 2 team of Curt Tomasevicz, Steve Langton and Fogt to his fourth consecutive victory of this young World Cup season with a two-run cumulative time of 1:34.76 in the four-man event. Holcomb's squads also won both the two and four-man races at the season opener in Calgary, Canada.

"Overall, it was a really good race," Holcomb said. "It is nice to come home and show that my home track is still my track. We have to keep our momentum going. At this point, it is real easy to get complacent. The second we ease up the rest of the field will jump up and stop us. It is only going to get harder and harder the rest of the season."

"My brakemen were



Team USA's gold and silver medalist two-man bobsled athletes - former U.S. Army World Class Athlete Program driver Steven Holcomb, Sgt. Chris Fogt, Sgt. Nick Cunningham, Sgt. Dallas Robinson - U.S. bobsled head coach Brian Shimer and crew members pose for photos following their flower ceremony at the International Bobsled & Skeleton Federation's 2013 World Cup stop at Utah Olympic Park Dec. 6 in Park City, Utah. (Photos by Tim Hipps, IMCOM Public Affairs)

great," Holcomb said. "To push a 4.78 in snow is great. In good weather my push crew would be hunting down the track record. I cleaned up my second run. The push crew did their job. I did my job, and we came away with the victory."

"The guys gave me a good push in the first run, but I made a few crucial driving errors and the time showed," Cunningham said. "You never want to fall back in the second run, especially after we were already at the back of the pack."

Team USA plans to announce its Olympic bobsled roster Jan. 19.



Bobsled driver Sgt. Nick Cunningham of the U.S. Army World Class Athlete Program and WCAP teammate Sgt. Dallas Robinson slide to second place in the two-man bobsled event Dec. 6 at the International Bobsled & Skeleton Federation's 2013 World Cup stop at Utah Olympic Park in Park City, Utah.



Former U.S. Army World Class Athlete Program bobsled driver Steven Holcomb (right) teams with Curtis Tomasevicz, Steven Langton and WCAP brakeman Capt. Christopher Fogt to win the four-man bobsled event at the International Bobsled & Skeleton Federation's 2013 World Cup stop. Holcomb, the reigning Olympic four-man champion driver who spent seven years in the U.S. Army World Class Athlete Program, is 4-0 this World Cup season with two-man and four-man victories.



Sergeants Nick Cunningham and Dallas Robinson of the U.S. Army World Class Athlete Program speed through Turn 6 en route to a second-place finish behind former WCAP driver Steven Holcomb and WCAP brakeman Capt. Chris Fogt in the two-man event at the International Bobsled & Skeleton Federation's 2013 World Cup stop Dec. 6 at Utah Olympic Park in Park City, Utah.

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Have a Plan,
Call Someone.

Paratroopers demonstrate unique abilities in the Arctic



Paratroopers with the 4th Infantry Brigade Combat Team, 25th Infantry Division, leap from the tailgate of a C-130 Hercules Alaska Air National Guard aircraft Dec. 12 at the Malemute Drop Zone at Joint Base Elmendorf-Richardson. The paratroopers exited the aircraft with a full arctic combat load, demonstrating their unique ability to rapidly deploy troops into arctic environments in response to a variety of contingencies. **See story - page 1.** (Photo by Sgt. 1st Class Jason Epperson/JBER PAO)



Army Staff Sgt. Bruce Henderson, a native of Keystone Heights, Fla., assigned to the 1st Squadron, 40th Cavalry Regiment, 4th Infantry Brigade Combat Team, 25th Infantry Division, part of U.S. Army Alaska, takes aim with his M-4 carbine on Malemute drop zone at Joint Base Elmendorf-Richardson Dec. 12. This is the first arctic airborne operation for the brigade since its redeployment from Afghanistan last year, and the purpose of this training event is to further validate the unit's rapid insertion capability into arctic conditions. (Photo by Justin Connaher/JBER PAO)



A paratrooper assigned the 1st Squadron, 40th Cavalry Regiment, 4th Infantry Brigade Combat Team, 25th Infantry Division, part of U.S. Army Alaska, is seen after exiting a C-130 Hercules aircraft during an arctic airborne operation in the complete over-white uniform on Malemute drop zone at Joint Base Elmendorf-Richardson Dec. 12. This is the first arctic airborne operation for the brigade since its redeployment from Afghanistan last year, and the purpose of this training event is to further validate the unit's rapid insertion capability into arctic conditions. (Photo by Justin Connaher/JBER PAO)



First Lt. David Pearson with the 1st Squadron, 40th Cavalry Regiment, 4th Infantry Brigade Combat Team, 25th Infantry Division, takes a knee as he waits for another paratrooper to secure his equipment after successfully exiting a C-130 Hercules Alaska Air National Guard aircraft Dec. 12 at the Malemute Drop Zone at Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Jeffrey Smith/JBER PAO)



Lt. Col. Richard M. Scott, commander of the 1st Squadron, 40th Cavalry Regiment, 4th Infantry Brigade Combat Team, 25th Infantry Division, works to secure his T-11 parachute after successfully exiting a C-130 Hercules Alaska Air National Guard aircraft Dec. 12 at the Malemute Drop Zone at Joint Base Elmendorf-Richardson. Scott and his unit exited the aircraft from the tailgate with a full arctic combat load. (Photo by Staff Sgt. Jeffrey Smith/JBER PAO)

Friday – 20th

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

STORY HOUR AND CRAFTS: KWANZAA, 4 p.m., library, building 3700. No cost. Call 353-2642.

OPEN RECREATIONAL SKATING, 5:30 to 7:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137

THIRD ANNUAL REOPENING PARTY, 8 p.m. to 1 a.m., The Warrior Zone, building 3205. Call 353-1087.

Saturday – 21st

HALF-DAY SNOWMACHINE TRIP, 9 a.m. and 1 p.m., Outdoor Recreation Center, building 4050. Cost is \$25 per operator, passengers are free. Passengers must be 8 or older; 18 for operators. Call 361-6349.

SUPER SATURDAY CARE, 9 a.m. to 1p.m., Must preregister by Dec 13. CDC I, building 4166. Call 353-7713.

SANTA SCORCHER, 10 a.m. to noon Physical Fitness Center, building 3709. Call 353-7223.

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

ZUMBA, 11 a.m. to noon Physical Fitness Center ice rink, building 3709. Call 353-7223.

YOUTH SPONSORSHIP MEET AND GREET, 1 p.m., Youth Center, building 4109. Call 353-9377.

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

SKI AND RIDE WITH SANTA, 3:30 to 7 p.m., Birch Hill Ski and Snowboard Area, building 1172. Call 353-1998.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

BOSS 3-on-3 BASKETBALL, For more information call Better Opportunities for Single Soldiers, 353-7648.

Sunday – 22nd

WINTER BOGO, all day, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

BOSS BIRCH LAKE ICE FISHING TRIP, Call BOSS at 353-7648 for more information.

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

WINTERIZATION CLINIC, 3 to 6 p.m., Auto Skill Center, building 3730. Call 353-7436.

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

Youth Leadership Awards

Fort Wainwright youth were honored during the annual Youth Leadership Awards Dec. 13 at the youth center on post. Twelve youth, four from each category (sixth, seventh and eighth and ninth through 12th grades) were selected for their outstanding contributions to Child Youth and School Services programs, commitment to community and personal accountability. The high school honorees will compete for the Boys and Girls Clubs of America Youth of the Year. Posing with their certificates: Samuel Archer, Sarah McKenzie, Serinaty Slater (front row, from left); Darren McKenzie, and Phillip Gutierrez (middle row from left) Sydney Jamison, Isaiah Bennett, and Yasser Ortiz; Roscoe Archer (back row). Award recipients not pictured: Giorgie Michel, Alicia Bloodworth and Kevin Bloodworth. (Courtesy photo/Fort Wainwright FMWR)

Monday – 23rd

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

AUTO SAFETY CLASS, 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

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

Tuesday - 24th

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 9:15 to 10:15 a.m., 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

LUNCH HOUR STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223

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

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

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

CHRISTMAS SERVICES**Dec. 24**

Protestant service is set for 6 p.m.; Caroling begins at 11 p.m. followed by Midnight Mass.

Dec. 25

Christmas Mass takes place at 11 a.m. Services take place in the Northern Lights Chapel, building 3430. For more information call, 353-9825/9826.

Wednesday - 25th**CHRISTMAS**, Federal holiday**Thursday - 26th**

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

BABY SIGNS: SIGN, SING, AND PLAY CLASSES, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH HOUR STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223

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

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

Friday – 27th

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FAMILY SNOWMACHINE FUN, 1 to 3 p.m., Outdoor Recreation Center, building 4050., Cost is \$45. Call 361-6349.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

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Saturday – 28th

BIRCH LAKE ICE FISHING, 8 a.m. to 5 p.m., Outdoor Recreation Center, building 4050., Cost is \$45. Call 361-6349.

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

ZUMBA, 11 a.m. to noon Physical Fitness Center ice rink, building 3709. Call 353-7223.

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

BOSS CALL OF DUTY GHOSTS TOURNAMENT, The Warrior Zone, building 3205. Call 353-7648 for more information.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137

Sunday – 29th

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

WINTERIZATION CLINIC, 3 to 6 p.m., Auto Skill Center, building 3730. Call 353-7436.

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

Monday – 30th

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

Wreaths: Arlington event

Continued from page 1

that they showed for our country. It's a profound sense of gratitude, to see how fortunate we are to live the life that we live, in part because of what these people have sacrificed."

Marine Corps Maj. Daniel Smith works at the Pentagon and lives in the Washington, D.C., area. He said he knew some who are buried in the cemetery -- men he had served with in two theaters of war, over the last 10 years.

"Several folks we've served with are here, in different areas," he said. "We have been in conflict now for 10-plus years. You're going to lose people. It's an amazing feeling to know that so many people not only contributed monetarily, but are here."

Smith's daughter, Kara Anne, said she was glad to have come to the event with her father.

"These people have died in some of the most important wars," she said. "They did good -- so we honor them."

Vietnam and Army veteran Gerald Reed, of nearby Columbia, Md.,

attended the event for the first time this year with his wife, Kathy. Reed was drafted at 25, and served in Phu Bai, Vietnam in 1971 as a radar technician. He'd been a radar technician as a civilian when he was drafted.

"I really lucked out," Reed said. "Normally when you are drafted they put you in the infantry. They had a need for radar repairmen, and that's what I did. They didn't even have to train me."

While Reed said he doesn't know anybody buried in the cemetery, he did say a high school classmate of his was the first from his county to be killed in the Vietnam War. And Reed's older brother was killed in World War II in Normandy. He said he never met his brother.

"My oldest brother Clifford, who died in [World War II], died before I was born," he said. "My mother was pregnant with me when they got word that my brother was killed."

Reed says he has six brothers and four sisters. While one of his brothers died at an early age -- just three years old -- he and the rest of his brothers

all served in the military. All but one served in the Army. His four brothers-in-law also served, he said.

"I think it's absolutely inspirational," said his wife, Kathy, of the event. "I love the fact that maybe there is a little pendulum that is swinging back a little more toward respect, appreciation, remembrance, recollection and giving honor -- that kind of thing. This is an amazing way to do that. There is a lot of distraction in the world. This is a very humbling experience."

Kathy also reflected on the words of Karen Worcester, about how each stone represents a life lost.

"Every one of them had a hope, a dream, a family, someone who mourns their loss," Kathy said. "This is a small gesture of gratitude."

Volunteers from the Anchorage area honored service members by laying more than 300 wreaths on headstones at Fort Richardson National Cemetery in support of the annual Wreaths Across America ceremony on Joint Base Elmendorf-Richardson the same day.

Hockey tryouts

An Army versus Air Force game built esprit de corps and fueled a dozen-year spirited rivalry for the commander's cup in this 2010 file photo. U.S. Army hockey team tryouts are slated for 8 a.m. Jan. 11 at the Physical Fitness Center. An informational meeting and initial assessment will take place. Bring a pen and paper, skates, stick and helmet. A follow-up to tryouts is set for 6 a.m. Jan. 13 for a final assessment and team selection; bring your gear. Goalies should bring all gear both days. Tryouts are for U.S. Army Soldiers. The team will compete for the Commander's Cup against Eielson Air Force Base Feb. 28 at the Carlson Center during a free, exhibition game. For more information call Joshua Miller at 888-5490 or send an email via Fort Wainwright Global. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

AUTO SAFETY CLASS, 6 p.m., Auto Skill Center, building 3730. Call 353-7436.

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

Tues. – 31st New Year's Eve

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 9:15 to 10:15 a.m., 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

LUNCH HOUR STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223

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

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

INTRO BELAY/CLIMBING CLASS, 5:30 to 7 p.m., Outdoor Recreation Center, building 4050. No fee. Call 361-6349.

NEW YEAR'S ROCK AND BOWL, 8 p.m. to 2 a.m., Nugget Lanes Bowling Center, building 3702. Reservations recommended. Call 353-2654.

Wednesday- Jan 1st

Happy New Year! All FMWR facilities are closed. See more facility hours on page 3.

Thursday - 2nd

LEVY BRIEFING, 9 to 11 a.m., Last Frontier Community Activity Center, building 1044.

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

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

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

VETERANS' BENEFITS, 1 p.m., building 3414. Call 353-4335.

Wednesday – 8th

NEWCOMERS' ORIENTATION, 8:30 a.m. to 4 p.m. For Soldiers, Family members and employees new to the U.S. Army or Alaska. Last Frontier Community Activity Center, Bldg. 1044. Call 353-7908.

HAPPY NEW YEAR! The Alaska Post news will return with a new issue Jan. 10.

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Volunteers from throughout the Anchorage area honored service members by laying more than 300 wreaths on headstones at Fort Richardson National Cemetery in support of the annual Wreaths Across America ceremony on Joint Base Elmendorf-Richardson Dec. 14. (Photo by Mary M. Rall/USARAK PAO)



(File photo/ U.S. Army)

New Year's Eve fireworks on display

The long hours of daylight in July in Fairbanks make it hard to enjoy fireworks displays seen in many Lower-48 cities.

Fort Wainwright residents can choose between two fireworks shows on New Year's Eve.

The New Year's Eve Sparktacular takes place at 8 p.m. on the West Ridge of the University of Alaska Fairbanks. Load the Family in the car and stop by the University of Alaska Museum for free hot chocolate and cookies before finding your parking spot for the show. The fireworks display is free.

Christmas in Ice at North Pole's ice park next to Santa Claus House will present a fireworks display at midnight Dec. 31. It is preceded by a Snowflake Drop – North Pole's version of the Big Apple – at 11 p.m. You can watch from the parking lot for free, or go into the park and see the ice carvings. Admission to the park is \$8 for adults, \$5 for youth. There is no charge for children age 5 and under. Admission to the park after 11 p.m. is free.

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