

# ALASKA POST

Home of the Arctic Warriors

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## Important information for civilians

Over the next two weeks all Garrison employees need to ensure their information in MyBiz is accurate. MyBiz contains a summary of information maintained in the Defense Civilian Personnel Data System (DCPDS). This summary does not reflect everything contained in your Official Personnel Folder (OPF). If you submitted changes previously that have not been incorporated, contact your Civilian Personnel Advisory Center (CPAC) for guidance. Data will not normally be updated unless it is documented in the OPF.

Important information for you to review: Service Computation Date (SCD) for Reduction in Force, or RIF (it may be different than your SCD for Leave), Tenure, Performance Appraisal history (review the last five years) and your Veteran's Preference for RIF. If these items are in question, supporting documentation must be submitted to CPAC for review and update. Instructions on how to get into MyBiz is available online at [www.cpmis.osd.mil/hrbits/selfservice/selfservice\\_userguide.aspx](http://www.cpmis.osd.mil/hrbits/selfservice/selfservice_userguide.aspx). Submit your supporting documentation to Ann Miller in building 1045 room 7. If you have questions call 353-7208.

To learn more about civilian workforce management programs, visit the Voluntary Separation Incentive Pay program webpage at [www.opm.gov/employ/html/vsi.htm](http://www.opm.gov/employ/html/vsi.htm)

Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay website: [www.opm.gov/employ/vera/vera01.asp](http://www.opm.gov/employ/vera/vera01.asp)

**SOLDIERS AGAINST DRUNK DRIVING**

**HAVE A PLAN**

**HAVE SOMEONE TO CALL**

**353-6610**

The next issue of the Alaska Post will be published Jan. 6, 2012.

Happy holidays from Fort Wainwright's Public Affairs Office to you and yours.

## Garrison commander holds town hall meetings to discuss possible cuts

Staff Report, Fort Wainwright PAO

The United States Army Alaska announced last week that due to a Department of Defense mandate to reduce the budget, Fort Wainwright may incur a possible loss of 61 authorized civilian positions. In several planned town hall discussions around post this week, Col. Ronald M. Johnson, Garrison Commander, addressed the civilian workforce by offering insight into the situation, and ended the session with an open question and answer forum. Johnson was joined by subject-matter experts from the Office of the Staff Judge Advocate and Public Affairs Office, as well as representatives from employee human resources and the employee bargaining unit who assisted with answering questions posed by the attendees.

Johnson talked about what is known right now, things that aren't known, the strategy he is using to work through this situation and the process and tools available to do so. "Our basic strategy is simple, take care of Team Wainwright first," he said, "Everything we do will be tempered in that. We will be open and transparent throughout this entire process and our focus is on taking care of our people," he said. "There is a lot we don't know right now, if we don't have facts, we won't guess, we will find out the right answer. The



Col. Ronald M. Johnson, garrison commander, addressed questions from an audience of civilian employees Tuesday on current situations dealing with potential losses of civilian positions on Fort Wainwright. Johnson was joined by a group of subject-matter experts, responding to questions and concerns. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

one thing we do know, and all of our employees need to understand, is that these reductions aren't about just numbers, they are about people, our people, and we take that extremely personal and seriously."

See TOWN HALL on page 3

## Training Center Dedication



The Sergeant Clarkson Training Support Center will be dedicated Jan. 5 at 2 p.m. The training support center, located at Building 3441 Ile De France Avenue, is being named after Sgt. Joel David Clarkson, a native of Fairbanks. Clarkson was injured March 13 by small arms fire during a patrol in Farah Province, Afghanistan. He died March 16 of those wounds. Clarkson's unselfishness was exemplified as an organ donor. Following his death, seven recipients were given a second chance in life. Clarkson served with the 2nd Battalion, 75th Ranger Regiment.

## Taking on the challenge: Command Sgt. Maj. Harry "Wayne" Jeffries

Trish Muntean, Fort Wainwright PAO

In the weeks since he took over the job, the new garrison command sergeant major, Command Sgt. Maj. Harry "Wayne" Jeffries, is taking on new challenges, keeping busy with meetings and getting to know the Soldiers, Families and civilian employees of Fort Wainwright.

Jeffries has an important mission here as the garrison command sergeant major as the senior enlisted advisor to the commander with an additional responsibility of taking care of Soldiers, their Families and civilian employees as well.

See CHALLENGE on page 5



The new Fort Wainwright garrison command sergeant major, Command Sgt. Maj. Harry "Wayne" Jeffries, is ready for his new mission. (File photo)

## Combat steakhouse: Not your typical mom and pop restaurant

Sgt. Thomas Duval, 1-25th SBCT PAO



Cookies' steakhouse, is a dining facility for deployed Soldiers at Forward Operating Base Edgerton in the Dand District of Kandahar Afghanistan. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

When most people think of a steakhouse, images of an old-West-themed dining room filled with steaks and garnished bake potatoes are sure to follow.

Tucked in a small corner of southern Kandahar province, Afghanistan, Cookie's Steakhouse is changing the way deployed Soldiers view fine dining.

Its wood sides, aged and weathered, are complimented by matching picnic tables. The Soldiers' fine china often consists of cardboard disposable trays and plastic utensils.

Unlike most food joints, the kitchen is located under a green tent separated from the actual dining hall and lacks much of the necessities like stoves and deep fryers. The lack of equipment often leaves the cooking and preparing of food up to the imagination of the chef, owner and server: Spc. William Kennedy.

"The biggest challenge is keeping everyone happy with limited resources," said Kennedy, a cook assigned to the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

For Kennedy, a Cleveland, Ohio, native, keeping everyone happy means working long hours.

On average, the Ohioan spends more than 12 hours preparing and cooking food three times a day.

In addition to working long hours he said the key to being a successful cook is to add variety and of course, 'cook as much steak as possible.'

Because steak is a rare treat, much of the daily menu is left up to supply and the creativity of Kennedy and it's not rare to see something as simple as a tuna sandwich as the daily special.

See STEAKHOUSE on page 4

# The ethics of gifting

Staff Report, Staff Judge Advocate

The holiday season is traditionally a time of parties, receptions and exchanging gifts. However, even during the holiday season, the Standards of Conduct apply. To ensure you do not unwittingly violate the standards, a summary of the applicable rules is set out below. If you have any questions, please contact your local ethics counselor.

As a general gift rule, DoD personnel may not accept gifts offered because of their official positions or offered by a "prohibited source," unless an exception applies.

A prohibited source is anyone who: Seeks official action by DoD; Does business or seeks to do business with DoD; Has interests that may be substantially affected by the employee's performance of duty; or is an organization composed of members described above.

When attending parties, open-houses and receptions, DoD personnel may attend events where an exclusion or exceptions applies.

Gifts from Prohibited Source including DoD Contractors: DoD personnel may not accept gifts, including attendance at parties, open-houses and receptions from contractors and contractor personnel unless one of the following applies:

1. Deminimus Gift: DoD personnel may accept gifts (other than cash) not exceeding \$20, as long as the total amount of gifts that the personnel accepts from that source does not exceed \$50 for the year.

2. Personal Gift: DoD personnel may accept gifts, even from a contractor employee that are based on a bona fide personal relationship. (Such personal gifts are actually paid for by the contractor employee rather than the contractor.)

3. Widely-Attended Gathering: DoD personnel may generally attend an open-house or reception and accept any gift of refreshments if it is a widely-attended gathering and the employee's supervisor determines that it is in the agency's interest that the employee attend.

4. Open to the Public: DoD personnel may accept invitations (even from contractors) that are open to the public, all government employees or all military personnel.

5. Gifts unrelated to DoD employment: DoD personnel may accept invitations offered to a group or class that is not related to government employment (for example, if the building owner where your office is located throws a reception for all of the tenants of the building).

6. Modest Items of Food and Refreshments: DoD personnel may accept food items consisting of soft drinks, coffee, pastries or similar refreshments not constituting a meal since they are not considered to be a gift.

7. Gifts based on Outside Business or Employment Relationships: DoD personnel may accept attendance at events which are solely based on outside business or other employment relationships.

For example, a DoD employee's spouse works for a defense contractor. The DoD employee may accompany the spouse to the contractor's holiday party since the invitation is to the spouse as an employee and not to the DoD employee because of his or her position.

Between DoD Employees: DoD personnel may accept gifts, including attendance at parties, open-houses and receptions from other DoD

personnel if one of the following applies:

1. Invitation from a subordinate (who makes less): DoD personnel may accept personal hospitality at the residence of a subordinate that is customarily provided on the occasion.

2. Invitations from a supervisor or a co-worker: No restrictions. Enjoy!

Gifts and Gift Exchanges that include contractor personnel:

1. Gifts from contractors, even during the holidays, may not exceed \$20.

2. Gifts to contractors: Check with the contractor about their restrictions on gift acceptance.

Between DoD personnel: Supervisors may not accept gifts from subordinates or DoD personnel who receive less pay, unless one of the following exceptions applies:

1. During holidays, which occur on an occasional basis, supervisors may accept gifts (other than cash) of \$10 or less from a subordinate.

2. Supervisors may accept food and refreshments shared in the office and may share in the expenses of an office party.

3. If a subordinate is invited to a social event at the supervisor's residence, the subordinate may give the supervisor a hospitality gift of the type and value customarily given on such an occasion.

Please note, there are no legal restrictions on gifts given to peers or subordinates, however, common sense (and good taste) should apply.

Other important information:

1. You may not solicit outside sources for contributions for your party. This includes funds, food and items.

2. Generally office parties are unofficial events and you may not use appropriated funds to pay for them.

3. Beware that door prizes or drawings could involve gambling, which would require compliance with state statutes and Federal regulations. DoD regulations prohibit gambling in the Pentagon and on federal property or while in a duty status. GSA regulations ban gambling in GSA-owned or controlled buildings.

4. You may not use appropriated funds to purchase and send greeting cards.

5. As a general rule, participation at holiday social events is personal, not official, and therefore use of government vehicles to or from such events would not be authorized. However, there may be very limited circumstances in which a senior official or officer is invited to attend because of his official position and where he will be performing official functions at the event as opposed to being invited because he or she is an important person. In these situations, use of a government vehicle may be authorized, subject to normal "home-to-work" transportation restrictions. Note, however, that it would be difficult, if not impossible, to justify the use of a government vehicle when a function involves one's immediate staff/office or events comprised of personal friends. All requests for use of a government vehicle to attend

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



# Holiday stress

The following has been put out by Medical Department Activity-Alaska in prior years and I cannot take credit for the content, but I think that the advice about how to cope with holiday stress and depression is still good and worth the read.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. You find yourself facing demands from all directions. You can minimize the stress and depression, however, by following some simple tips. It is important to try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

Acknowledge your feelings. Recognize that it's normal to feel sadness and grief when you can't be with loved ones or you have recently gone through a traumatic experience.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering is also a great way to lift your spirits and broaden your friendships.

Be realistic. All holidays don't have to be perfect. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Set aside differences. Try to accept friends and family as they are. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. That'll help prevent last-minute scrambling and feelings of being rushed.

Learn to say no. People will understand if you can't participate in every project or activity.

Don't abandon healthy habits. Don't let the holidays become a free-for-all.

Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional. Just remember the professionals at MEDDAC-AK are here if you ever have any questions.

holiday social events should be reviewed on a case-by-case basis.

There are specific rules which apply to contractor employees. Many contractors have rules of ethics or business practices that are similar to the federal rules. Take these rules into consideration before offering contractor employees gifts or opportunities that they may not be able to accept. Some examples would be:

1. Office party (non-duty time): Your office is having a holiday party during the non-duty lunch hour or after work and asks each person attending to pay \$5 to cover refreshments and to bring a pot luck dish or dessert. Contractor employees may attend, pay \$5 and bring food because these contributions are not considered to be gifts, but a fair share contribution to the refreshments. Remember, contributions must be voluntary, so soliciting must be done with care to ensure there is no pressure. Also, ensure this is non-duty time for the contractor employees as well.

2. Office party (duty time): What about a party that cuts into duty hours? The government usually may not reimburse a contractor for its employees' morale and welfare expenses. The contractor has to decide whether to let its employees attend and forego payment for their time or insist that they continue to work. If contractor employees are allowed to attend, the contractor must also decide whether it would pay its employees for that time, even though the government would not reimburse it. The contractor does not have to pay its employees for that time. Consult the contracting officer and ethics counselor before inviting contractor employees to a function during their duty hours.

3. Gift to supervisor: Your office wants to give the office supervisor a gift. However, you can't solicit other employees for contributions to a group gift. (Group gifts are permitted only for special, infrequent events such as retirements.) As for

contractor employees, you can't ask them to contribute anything, as it is considered soliciting a gift from a prohibited source. Even if contractor employees volunteer to contribute cash, it may not be accepted because the \$20 exception does not apply to cash.

4. Exchange of gifts: Your office, including the contractor employees, wants to exchange gifts at the party. Because it is difficult to have truly anonymous gift exchanges, you will want to restrict the value of such "random or exchanged" gifts to the authorized \$10 or less if personnel receiving different pay levels are involved. Gift exchanges in which employees purchase gifts for other employees whose names they drew at random are more troublesome. Where contractor personnel are involved, a \$20 per contractor company limit applies. Where an employee may buy a gift for a superior, the \$10 limit is prudent. Some organizations consider such a gift exchange to be exchanges of items of equivalent value, and that everyone participating is paying market value for the items, so no one is receiving a gift. Only in that case would the suggested monetary limits not apply. The best practice is to limit gifts to \$10 or less when involving more than a very small group of equivalently paid co-workers.

5. Private parties (federal personnel): One of your government co-workers is having a party at his house and has invited office personnel, including the contractor employees. A gift of food and refreshments to a contractor employee does not violate government ethics rules. The contractor employees may want to check with their contractor's rules before accepting (since many contractors have similar ethics rules). If the contractor employee brings a hospitality gift, it may not exceed \$20. If such a gift is edible, even if it exceeds \$20, the host may accept it on behalf of all the guests and share it with them.

See GIFTING on page 5

# ALASKA POST

Home of the Arctic Warriors

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## Holiday cheers lead to holiday tears

Commentary by **Allen Shaw**, Fort Wainwright PAO

It was just like any other Christmas season. The house glowed with twinkling lights on the outside, an ornament-covered tree garnished the inside and cards from friends and family were taped to the front door in no particular order. Many call it their favorite time of the year. It's when festive lights and decorations make the entire neighborhood glow with anticipation for a time when over-indulgence is the norm. It is Christmas break from school, people gather together to exchange gifts and celebrate in whatever way they choose according to their values and religious beliefs.

There is often food shared at the workplace and an occasionally

an after-hours celebration at someone's house, a restaurant or a bar. It truly is a time to party. It's a time when we enjoy Christmas one weekend and a New Year celebration the following.

Last year was no different for my friends. John was an electrician and Pam worked for an accounting firm in town. Their son attended one of the local middle schools.

Like everyone else on the block, John went all out – decorating their home like Clark Griswold from the “Christmas Vacation” movie.

After work, Pam put on her best Martha Stewart and baked cookies for all of their co-workers.

**See HOLIDAY on page 4**

## TOWN HALL: Meetings discuss possible cuts

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The Army announced a planned reduction of approximately 8,700 civilian employees nationwide by Sept. 30, 2012. Johnson reiterated that cuts in response to the decreased funding levels reflected in the President's Fiscal Year 2012 Budget does not actually mean people will be let go. “The number of authorized positions may be decreased,” he said, “but an authorization reduction doesn't equate to people losing jobs. Our authorized strength is quite a bit less than what our on-board strength is. Just because the position authorization goes away, doesn't mean people are going to go away. Essentially, the only way civilian employees would go away (even if an authorized position goes away) involuntarily is through the RIF process and that has not been approved by the Secretary of the Army.”

The responsibility of shaping the garrison workforce is the responsibility of local commanders and they have been authorized to use all personnel management tools and options to achieve reduction objectives.

Some of the tools available to meet the goals have already been implemented. A hiring freeze has been in place for several months, there have been natural attrition through temporary and term positions ending and normal permanent changes of station (PCS). Additionally, Voluntary Early Retirement (VERA) and Voluntary Separation Incentive Programs (VSIP) are tools that will be used. In a United States Army Alaska news release Dec. 8, Col. Gary A. Agron, USARAK Chief of Staff, said, “Wherever possible, the Army will rely on voluntary separation incentives to ease the burden of affected employees.” The garrison will take full advantage of all of these tools in order to mitigate the impact on all employees.

Another tool Johnson plans to use is a mock Reduction-in-Force. “A mock RIF is a tool that helps us, both the leadership and the employees, to plan and make informed decisions. It will give us some measure of how individual employees will be affected and gives me some insight into the scope to which we should apply this tool across the workforce.” Johnson added that, “the employees' union and human resource personnel are working together with leadership to ensure every decision is made with the employees' best interests in mind.”

There are several other programs that are available to the civilian employees at FT Wainwright and the Army Support Activity at Joint Base Elmendorf Richardson. The Installation Management Command Enterprise Placement Portal is one such program. This portal allows all IMCOM civilian employees to see all the vacant authorized positions throughout the Army and enables them to compete for those positions.

Johnson concluded with, “I can't stress enough how important this is to me personally and the leadership here at Fort Wainwright. These are not just numbers, these are people and every single person matters.” He equated this situation to his Special Forces experiences. “There are no acceptable losses. As leaders, we plan as absolutely as hard as we can to minimize risk to the maximum extent possible. Every loss is personal and every one important. It is especially important if you are the one who is the casualty or the one who loses their job. If you are the leader responsible for that person, it is personal and it hurts. That is exactly how I, and everyone who works for me, is approaching this situation. It is personal and it is important. We will do our absolute best, you deserve nothing less and we will deliver nothing less.”

All DoD civilian employees are encouraged to update resumes and review personnel files. Johnson said as more information becomes available or if the situation changes it will be shared with to the widest extent possible and as soon as possible. Additional questions can be submitted through the employee's chain of command, their union representatives, or anonymously via the Interactive Customer Evaluation comments to the Public Affairs Office at [www.wainwright.army.mil/pao/](http://www.wainwright.army.mil/pao/). Updates will be shared on employment portals and will be posted on the Fort Wainwright website and PAO Facebook page at [www.facebook.com/fortwainwright](http://www.facebook.com/fortwainwright).

Department of the Army IMCOM employees may view a listing of open positions online at the IMCOM Enterprise Placement Program - [www.us.army.mil/suite/page/662838](http://www.us.army.mil/suite/page/662838). The list will be updated on a regular basis.

# HOLIDAY: When cheers lead to tears

Continued from page 3

They were excited about having a few days off during the holidays to enjoy at home. After all, Donny was growing fast and they wouldn't have too many more years before he was off to college, meeting a nice girl and starting his own family. Although John and Pam secretly cherished the idea of grandchildren, they didn't want it to happen too soon.

Beside the time off, good food and gifts, the family was looking forward to Friday night – the night of the big office holiday bash. John and Pam were excited because it was going to be a fancy catered affair when everyone dressed in their holiday finest and mingled while enjoying great food and good times. It was alright with Don that he wasn't going; he got to have a friend over, play video games and eat pizza while the parents partied.

Pam put on a beautiful red satin dress. John wore black slacks, a white shirt and a tie with Santa face on it. It was one of those with the mini-batteries and lights that blinked off and on. John thought it was cool, Pam thought it was very John.

Pam wore the beautiful dangly earrings she got last Christmas and John noticed. It was going to be a good night. They were dressed to the hilt and ready to rock around the Christmas tree.

They arrived fashionably late, along with several other couples. As they stepped inside, people were conversing, laughing, shaking hands and hugging. There was definitely holiday cheer in the air and drinks were flowing freely from the bar. The food was great and the drinks were tasty. They ate, drank, danced, exchanged gifts and swapped stories of Christmas past. They talked about how it used to be and how it will be different when they have grandchildren. It was a wonderful evening, they were even feeling a little tipsy, but they were fine.

Pam had two of those hot-buttered rum drinks and John just had a few beers. He had eaten plenty and was wishing he had worn his stretchy pants. As activities wound down and it was time for Pam and John to head home, she

asked him if he was alright to drive. He assured her it was no problem, he felt a little buzzed and they only lived a few miles away.

They jumped into their vehicle and began heading home. They stopped at the first intersection – no problem, but as John was picking up speed heading through another four-way stop, the light turned yellow. He had to make a split-second decision to either hit the brakes or step on the gas.

When John woke up he was in an unfamiliar place surrounded by police officers and nurses. It looked like a hospital, but there were bars on the windows. He then remembered what had happened.

John's decision making ability had been impaired by the alcohol. He decided he could make it through the light before it turned red, but he didn't. He never saw the sedan creep into the intersection. A young mother was behind the wheel and a three year-old girl was in the backseat. They were both buckled but at the speed John was traveling the mom didn't have a chance. She was killed on impact. The little girl was pinned inside. She lived, but lost both legs below the knee.

Pam did not survive the crash either. The front passenger side of their truck took most of the brunt. The police officers told John emergency personnel tried to save her, but she died at the hospital.

As John opened his eyes, he saw Donny crying and distraught outside the room. John's blood-alcohol content was over the legal limit, he was driving while intoxicated and he was going to jail. The love of his life was gone, his son's future questionable. A family lost their daughter, wife and mother and a little innocent girl who was so looking forward to opening presents on the holidays will be changed for the rest of her life. In an instant, Christmas cheers turned into Christmas tears.

Every bit of this story is made up. As I wrote this fictional piece to prove a point and draw attention to a serious issue, I began to realize that it might somehow be a true story somewhere. People party, they think they are fine and drive buzzed all the time. I just don't

want it to be you. December has been designated National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs. There were 51 cases of drinking under the influence on post in 2010. Eleven of them occurred between Thanksgiving and New Year's Day. Driving impaired is one of the stupidest things someone can do, it is against the law and it kills innocent people. It is said more than a hundred people die every day in vehicle accidents; one every 13-minutes. This proves that attempting to operate a vehicle under the influence of alcohol or drugs is the ultimate in ignorance. The victims are countless and the sorrow caused is unimaginable.

December is a time of sharing joy and as we transition into holiday spirit there will undoubtedly be parties involving some overindulging in food and beverage. It happens and if you drink alcohol – DON'T DRIVE.

Have a plan in place way before the merriment begins. Have someone in the group or at the party assigned designated driver. If that plan falls through have someone you can call. If that isn't possible call Soldiers Against Drunk Driving at 353-6610 and always have some extra cash – taking a cab will be money well spent.

"The Fort Wainwright Police will be adding extra patrols during the holidays whose primary focus will be the detection of impaired drivers," said Ken Greenleaf, Fort Wainwright chief of police. "The Fort Wainwright police have a responsibility to our community to ensure that our roads are safe and free of those that would consume alcohol and then choose to operate a motor vehicle. We will be out in force," he said.

Remember to have a plan and options if you or someone you know needs a ride. S.A.D.D. will provide rides and are offering special incentives to anyone who volunteers to be a designated driver. You have an opportunity to be even more of a hero than you already are. For more information call Sgt. Michael Abata at (805) 878-4971.

## STEAKHOUSE: Not your typical mom and pop restaurant

Continued from page 1

"It's one of those things you learn as you go," he said. "You just have to learn how to use your spices, even if it's something simple."

For example, on one particular day, Kennedy used Parmesan cheese packets to spice up a box of tasteless potatoes. Although simple, it made a world of difference to the Soldiers who have become accustomed to flavorless meals-ready-to-eat.

Kennedy said cooking back home for his wife and son inspires his creativity in the kitchen in Afghanistan and added that although there may not be the most high-tech appliances, there is enough between his skills and imagination to feed any force.



U.S. Army Spc. William Kennedy, a cook and Cleveland, Ohio, native, with the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, prepares dinner for a team of hungry infantryman at Forward Operating Base Lagman, Nov. 17. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

"He works really hard and is always trying something new," said Staff Sgt. Harry Space, an infantryman assigned to the Security Assistance Forces Team with the 1-5th Inf. "He's always in the kitchen."

On average, Cookie's feeds 75 to 100 hungry Soldiers and offers three meals a day.

Sarcastically named after a former cook, Cookie's doesn't offer many of the same amenities as traditional establishments but Kennedy said it offers one thing many Soldiers don't have the privilege of getting and that's a warm meal.

"When you come back from mission and you haven't eaten anything, it's nice to have a cooked meal waiting on you," Space said.

## Soldier's career stolen by drunk and distracted driver

Trish Muntean, Fort Wainwright PAO

Some Soldiers play video games to unwind. Sgt. Adam Strom used to go out and drive to relax. Not anymore. Now he won't drive at night and avoids Phillips Field Road as much as he can.

Just after midnight on Jan. 23, Strom, Warrior Transition Battalion, was driving down Phillips Field Road when he noticed a vehicle being driven erratically. He thought the driver had lost control on the icy roads or had fallen asleep. He flashed his lights, honked his horn and then took evasive action in an attempt to avoid impact, which failed.

Right before impact he noticed that the driver had his face down and it was illuminated. He recalls the sound of the first crunch and then the airbag deployed. He lost consciousness. When he came to, he was backed into the opposite lane of traffic, into a snow bank.

He saw smoke and tried to turn off his truck, but the ignition wouldn't turn. He could not get out because his leg was pinned under the steering wheel. His remote assistance program did not work and his cell phone was not within his reach to call for help.

He estimates that it was 10 to 15 minutes before help arrived, in the form of good Samaritans who kept him warm and awake. The police, fire department and an ambulance arrived shortly thereafter. Getting him out of the vehicle proved to be challenging, causing further damage to his leg.

The police did a breathalyzer on the other driver at the scene, who registered a .097. Due to his injuries, Strom was unable to do a breathalyzer on scene but blood was drawn at the hospital, which showed a blood alcohol content of 000.

Without taking a single drink that night, a Soldier's career was ruined by a drunk and distracted driver. In addition to drinking, the driver was also texting while driving.

It wasn't just Strom's career that was stolen from him. At the time of the accident he was driving a three-day-old truck with a value of \$46,000. Insurance paid only \$37,000. Fortunately he had gap insurance, but he still came up \$1,000 short.

Strom doesn't remember much between being picked up by the ambulance at the scene of the accident and being medically evacuated to Madigan Army Medical Center for advanced care a few days later.

He recalls waking up there and seeing



Adam Strom used to go out and drive to relax. He has not been able to do so since a drunk and distracted driver hit him Jan. 23. Now he won't drive at night and avoids the road where he had the accident as much as he can. (Courtesy photo)

Mount Rainier. He said to his wife, "Wow, McKinley is really out today." She laughed and said, "That's not McKinley," and he said "Then where the hell am I at?"

Strom still lives with pain on a daily basis, frequently missing morning formations due to the pain and the fact that he can't get moving in the morning. He started physical therapy in March, going from three days a week to five days a week in June. He takes morphine, Vicodin and other medications to manage his pain.

He has seven years in the Army and had planned to make it a career. Now he has to start his life all over.

"I can no longer stay in the military due to my physical state," he said. "I can't carry anything over 15 pounds. I can't walk without a cane or walking device. I can't sit for more than 20 minutes at a time. I can't stand for more than 15 at a time. The pain..."



Adam Strom had picked up his brand new Chevy Avalanche just three days before a drunk and distracted driver hit him Jan. 23. While the truck was valued at \$46,000, insurance paid only \$37,000. Fortunately he had gap insurance, but still came up \$1000 short. (Courtesy photo)

Strom has a message for his fellow Soldiers during National Drunk and Drugged Driving Prevention month. "Drunk driving is dangerous and stupid. It could have killed me if it hadn't been for those good Samaritans that had stopped," Strom said.

## CHALLENGE: Command Sgt. Maj. Harry "Wayne" Jeffries stands ready to serve

Continued from page 1

"Although, I am not directly in a unit that deploys I am still responsible to facilitate them receiving world-class support to prepare to accomplish their mission," he said. "That means that if a unit on Fort Wainwright is training (or) preparing for deployment or just training to stay at a high state of readiness, it falls under my realm of responsibility to make sure they have all resources that they need to accomplish that training."

He sees his job as basically the same as when he was serving as a battalion-level command sergeant major, but now with the additional responsibility of leading and taking care of civilian employees as well.

He realizes the importance of their contribution to the mission and is trying to learn the skills necessary to work with them (i.e., communication skills) as opposed to working just with Soldiers.

He said these skills will take time to learn, but it can be done, with a little patience.

Jeffries was congratulated on being selected for his job before ever getting official notice that he was even being considered.

He flew back from Iraq on the 15th of June, arriving after midnight. One of his peers at Fort Stewart approached him and said "I understand you are being considered for assignment in Alaska." This was the first he had heard about it. The rear detachment sergeant major had gotten an email saying he was being considered for a position, but no one could tell him what it

was.

He went home, went to sleep, woke up about 9 a.m. and Command Sgt. Maj. Todd Wentland, former Fort Wainwright command sergeant major, had sent him an email saying "Congratulations on your selection as the garrison sergeant major for Fort Wainwright." He sent him an email in return saying "First off, who are you? Second, no one has officially told me anything. Thank you for congratulating me, I am going to have to look into this." This is how he found out he was coming to Alaska.

Having enough of the heat (his daughter Meagan was complaining about it just the night before when he returned from his deployment) his family was excited about moving to Alaska. He is also excited and plans to take advantage of many of the recreational opportunities it offers such as hunting and fishing. He said he may even learn to ride a snowmachine.

He considers it part of his mission that all Soldiers, Family members and civilian employees have access to activities that will challenge their sense of adventure, broaden their minds and make their assignment at Fort Wainwright enjoyable through DFMWR facilities.

Jeffries, a native of Opossum Creek, W. Va., has been in the Army for 29 years and assumed duties as a command sergeant major in December 2005. He is married to the former Michelle M. Richardson of Boiling Springs, N.C., and they have five children: Chip, Meagan, Trinity, Caleb and Madison.



Command Sgt. Maj. Harry "Wayne" Jeffries, (left) the new garrison command sergeant major, considers taking care of Soldiers and their Families one of his major responsibilities and he doesn't take a break for holidays. Here he is shown serving Thanksgiving dinner at the dining facility with Sgt. 1st Class Jason Wideman, (middle) and 1st Sgt. Tornado Hall, (right). Both Hall and Wideman are assigned to the Garrison Headquarters and Headquarters Company Replacement Detachment. Hall is the first sergeant and Wideman is the platoon sergeant. (Courtesy photo)

## Quick response saves life, that's heroism



Christopher York, (left) Burger King associate, received an AAFES Humanitarian Award from Burger King district manager Michael Whisler (not pictured) and a commander's coin Dec. 8 from Col. Ronald M. Johnson, commander, United States Army Garrison Fort Wainwright (also not pictured), for performing the Heimlich maneuver on Margaret McLean (right) Fort Wainwright Burger King assistant manager, Nov. 6. McLean was doing paperwork and eating lunch when York asked her for some keys. McLean said, "I took a bite of a sandwich, bent over to get the keys out of the safe and it (a piece of food) got lodged in my throat. There was no breathing, nothing," she said, "so I just looked at Chris and mouthed - can't breathe." York immediately began performing the technique he had learned in health class in high school, he said. "He did it 3 or 4 times," McLean said, "and the chicken came flying out of my mouth. She said he stayed with her until he knew she was all right and went back to work. McLean said, "I thanked him and he just said you're welcome, like he had just opened the door for me. He's so humble, I just love him to death." (Photo by Allen Shaw/ Fort Wainwright PAO)

## Admission for open recreational ice skating at the Physical Fitness Center



### Individual daily fees

4 years and younger, free  
Ages 5 to 17, \$2.50  
Adults, \$3.50  
Family of four or more, \$8

Skate rental, \$1.50

For more information call 353-7294.

## GIFTING: The ethics of giving and getting

Continued from page 2

6. Private Parties (Contractor Employee): If a contractor employee is having a personal party and invites government personnel, normally government personnel must decline since the food, drink and entertainment is a gift from a prohibited source. Several exceptions may permit attendance, however. Under the \$20 rule, if the average cost per guest does not exceed \$20, government personnel may accept. However, if the cost per guest is \$40, the "I won't eat more than \$20 worth of food" defense will not work. Also, government personnel may accept if the invitation is based on a bona

fide personal relationship with the contractor employee. Finally, if the party qualifies as a widely-attended gathering (involving a large number of persons representing a diversity of views) and the employee's supervisor determines that it is in the agency's interest for the employee to attend, the employee may enjoy the food, drink and entertainment. Government personnel who desire to take a gift to show their appreciation for the hospitality should consult with the contractor employee to determine if he or she may accept such a gift in accordance with the contractor's rules of ethics.

7. Private parties (contractor-sponsored): If the contractor is sponsoring an employees' party or open house, and you are invited by the contractor (or an employee of the contractor), you may not attend unless one of the exceptions in paragraph the above, apply.

Have a wonderful holiday season. Please remember that this guidance only highlights common questions, and does not cover every situation. If you are unsure, contact your ethics counselor. Fort Wainwright Soldiers and Department of the Army civilians may contact the legal office for more information, contact Gary Kluka, Fort Wainwright attorney, 353-6554.

what is it?  
when is it?  
where is it?

find it here!

### Friday – 16th

**BETTER OPPORTUNITIES FOR SINGLE Soldiers WHITE OUT PARTY**, 7 p.m., The Warrior Zone, Building 3205. Dress attire: white. Open to all DoD card holders 18 and older. Call 353-7648. 25 participants maximum. Call 353-7648.

**BOSTON TEA PARTY STORY HOUR AND CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**ARMY FAMILY TEAM BUILDING BIRTHDAY**, 11:30 a.m. to 12:30 p.m., Army Community Service, Building 3401, room 7. Call 353-2382.

### Saturday – 17th

**CHESS CLUB**, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**OVERNIGHT CABIN CROSS COUNTRY SKI**, Dec. 17-18, departs at 8 a.m., Outdoor Recreation Center, Building 4050. Cost, \$45 per person. Days and events are subject to change dependent on weather. Call 361-6349 or 361-6350.

**ICE FISHING**, 8 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Cost, \$25 per person. Alaska state fishing license is required. Days and events are subject to change dependent on weather. Call 361-6349 or 361-6350.

**BOSTON TEA PARTY STORY HOUR AND CRAFTS**, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

**KID CRAFTING**, 10:30 a.m. to noon, Arts and Crafts Center, Building 3727. Open to children 8 to 11, cost \$5 per person. Call 353-7520.

**HOLIDAY BREAK OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223.

**PARENT'S DAY OUT-SUPER SATURDAY**, three sessions, Child Development Center I, Building 4024. Register and pay by Dec. 17. 9 a.m. to 1 p.m., Cost, \$16; 1 to 5 p.m., Cost \$16; 9 a.m. to 5 p.m., Cost \$32. Call 361-7713.

**TERRIBLE TWOS**, 10 a.m. to noon, Child Development Center, Building 4024. For parents with children birth to 3 months. This workshop is a partnership with Child, Youth and School Services and Army Community Service. Call 353-7713 or 353-7826.

### Sunday – 18th

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad for prices.)

### Monday – 19th

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713 and 353-7856.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Tuesday – 20th

**FAMILY MOVIE NIGHT**, 5:30 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Wednesday – 21st

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709.

**WELCOME TO WINTER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7908.

### Thursday – 22nd

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713 or 353-7856.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Friday – 23rd

**BETTER OPPORTUNITIES FOR SINGLE Soldiers, MOVIE NIGHT**, 8 p.m. to 1 a.m., The Warrior Zone, Building 3205. Open to DoD card holders 18 and older. Call 353-7648.

**WINTER SCHOOL BREAK**, noon to 8 p.m., Dec. 23 through Jan. 8, 2012. Birch Hill Ski and Snowboard Area, Building 1172. Standard rates apply. Days and events are subject to change dependent on weather. Weather info line: 353-7053. Call 353-1998.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Saturday – 24th

**BETTER OPPORTUNITIES FOR SINGLE Soldiers, CHENA HOT SPRINGS TRIP**, 4 to 8 p.m. Call 353-7648.

**CHRISTMAS EVE SKIING**, noon to 4 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Standard rates apply. Days and events are subject to change dependent on weather. Weather info line: 353-7053. Call 353-1998.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Christmas Eve free skate rental. Call 353-7223. (See ad on page 5 for prices.)

### Sunday – 25th

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Monday – 26th

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713 and 353-7856.

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

### Tuesday – 27th

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

**BABYSITTER'S COURSE**, Dec. 27-30, 2 to 4:30 p.m., Youth Center, Building 4109. Successful completion of the course offers participants the option of being added to the Child, Youth and School Services Babysitter's List. Call 353-7713 or 353-7826.

### Wednesday – 28th

**GLOW STICK NIGHT**, 6 to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Standard costs apply. Days and events are subject to change dependent on weather. Weather info line: 353-7053. Call 353-1998.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Thursday – 29th

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713 and 353-7856.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Friday – 30th

**THE JUNGLE BOOK STORY HOUR AND CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. (See ad on page 5 for prices.)

### Saturday – 31st

**NEW YEAR'S EVE SKIING**, noon to 4 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Standard costs apply. Days and events are subject to change dependent on weather. Weather info line: 353-7053. Call 353-1998.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. New Years Eve free skate rental. Call 353-7223.

**WHITE MOUNTAINS SNOWMACHINE TRIP**, 8 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Cost \$50 per driver, \$10 additional passenger. Open to participants 18 and older and must have taken the snow machine safety course through the ORC. Days and events are subject to change dependent on weather. Call 361-6349 or 361-6350.

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

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**HOLIDAY HOURS**

The Fort Wainwright Law Center will close at 11 a.m. today for an official function. For more information, call 353-6500.

Military Personnel Division and Army Career Alumni Program will be closed Dec. 22, from noon to 4:30 p.m. for a holiday celebration.

The commissary will close early for Christmas Eve, 4 p.m. Dec. 24, and is closed for the holidays, Dec. 25 and Jan. 1.

**HOLIDAYS AT THE CHAPELS****Southern Lights Chapel**

Family mass, Dec. 24 at 5 p.m. and midnight.  
Christmas Day mass, Dec. 25, at 11 a.m.  
New Year's Eve mass, Dec. 31, at 6 p.m.

Mass takes place Sundays at 11 a.m.  
Daily mass offered Tuesday through Friday at noon in the Bassett Army Community Hospital chapel.

**Northern Lights Chapel**

Christmas Eve candle-lighting and service, Dec. 24, 11:30 p.m.  
Christmas Day service, Dec. 25, 11 a.m.

Sundays, 10 a.m. Sunday school, 11 a.m. Sunday Protestant worship  
Thursdays, 9:30 a.m., Protestant Women of the Chapel, childcare provided  
Every second Saturday, starting at 7 and again at 8 a.m., Protestant Men of the Chapel.

**TREE RECYCLING**

North Haven Communities will offer pick up of cut Christmas trees during regular curbside pickup dates between Dec. 27 and Jan. 5. All Fort Wainwright Soldiers, Families and civilians who live or work on post may take their cut - not artificial - trees to the recycling point behind the AAFES furniture store near the post hotel by Jan. 5.

**LEGAL NOTICE**

Anyone having claims against or who is indebted to the estate of Pfc. Matthew C. Colin of 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact CW3 Karl Griffith, Headquarters and Headquarters Company, 1-25th SBCT, 1-25th Brigade Support Battalion, Fort Wainwright Alaska, 99703 or phone (931) 980-6141.

**FAIRBANKS EVENTS****Theater and Film**

Free films on Alaska history, nature and more shown at the Morris Thompson Cultural Center.

Week of December 18-24:

9 a.m., Monty Moose: Tundra Tales, 10 a.m., The Lorax, Noon, Alaska at War, 2 p.m., Journey of Discovery and at 4 p.m., The Wolf Pack

Week of December 26- 31:

9 a.m., Caribou of Northern Canada, 10 a.m., Bugs Don't Bug Us!, Noon, Yukon Quest: Challenge of the North, 2 p.m., Deadly Ascent and at 4 p.m., City of Gold.

For more information call 459-3700 or see film schedules at [www.morristhompsoncenter.org/daily-film-schedule](http://www.morristhompsoncenter.org/daily-film-schedule).

**Music**

The 9th Army Band will perform at the Fairbanks Veterans Center, today, 11:30 a.m. to 2:30 p.m. The public is invited to attend. There will be caroling and lunch will be provided. For more information, call 456-4328. The Vet Center is located at 540 4th Ave. Suite 100 in Fairbanks.

The 9th Army Band will also play a holiday concert at Hering Auditorium, Tuesday at 7 p.m., thanks to the sponsorship of North Haven Communities and Army and Air Force Exchange Service. Under the direction of Chief Warrant Officer 2 Jeff Price, holiday music will range from classic favorites to contemporary pieces. The public is invited to help U.S. Army Alaska and U.S. Army Garrison celebrate the season. Admission is free.

**Events**

Saturday is Military Appreciation Day at the North Pole Ice Park. Soldiers, their Families and retirees get in free by showing their military identification card. After seeing Frosty, warm up with some free hot chocolate. For more information call 490-0555.

**SPORTS**

Nordic skiing and race series at the Birch Hill Recreation Area through December. See website [www.nscfairbanks.org](http://www.nscfairbanks.org).

Fairbanks Ice Dogs discount hockey tickets for the Fairbanks Ice Dogs are available at the Fort Wainwright Armed Services YMCA office. Department of Defense card holders pay \$9 for 12 and older, \$4.50 for children age 5 to 11; children 4 and younger. Visit the Ice Dogs website for more details and a complete schedule.

**VOLUNTEERS: HELP PREVENT DUIS**

The all-volunteer designated driver program, Soldiers Against Drunk Drivers needs volunteers to drive during the holidays. Soldiers who volunteer will be recommended for a four-day pass. Civilians may also volunteer. For more information call SADD program manager, Sgt. Michael Abata, (805) 878-4971 or email [mj.abata@us.army.mil](mailto:mj.abata@us.army.mil).

**AUTO RESCUE OR SELF-HELP**

Whether locked out or the vehicle needs towing, the Automotive Skills Center is at your service 24-hours a day. For towing and lock-out service, call 590-1716.

For assistance with do-it-yourself auto care and winterization, drop by or call 353-7436.

**HOLIDAY ETHICS**

Active duty and Army civilian personnel wondering about appropriate values for gift-giving, donation requests and other holiday topics, the law office staff is available to provide holiday ethics briefings to groups and individual consultations. For more information, call 353-6534. (see article on page 2)

**DOLLAR RIDE SERVICE CHANGE**

The Armed Services YMCA 'Y on Wheels' \$1 shuttle service on Fort Wainwright will operate under reduced hours for the next few weeks. Hours are temporarily changed to 11 a.m. to 6 p.m., Monday through Friday. To schedule a \$1 (each way) shuttle ride on post, please call 353-3733. During road conditions of RED or worse, the shuttle will not be available. For questions concerning this and other services of the ASYMCA, call 353-5962.

"Serving Those Who Serve America"

**BUILDING RESILIENCE**

Don't deal with a problem alone. In case of emergency, dial 911. To speak with someone in the local area, call Careline Crisis Intervention, 452-4357.

After duty hours chaplain, 353-4182 or 353-4180; Fort Wainwright Bassett Army Community Hospital Emergency Room, 361-5491; Police desk, 353-7710; Toll-free Careline Crisis Intervention (877) 266-4357; Military OneSource, (800) 342-9647 or the National Suicide Prevention Lifeline (800) 273-8255 or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

## 'Tis the season to be Tebow - That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

### Week 15 in the Alaska Post football series - picks span next three game weeks

 <p><b>Bear</b> 142 Wins / 66 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL CIN SEA @ CHI CHI TEN @ IND TEN WAS @ NYG NYG NO @ MIN NO MIA @ BUF MIA GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN NE NYJ @ PHI PHI BAL @ SD BAL PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF BUF OAK @ KC OAK NYG @ NYJ NYJ JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI PHI PIT @ CLE PIT TEN @ HOU HOU IND @ JAC JAC DET @ GB GB BAL @ CIN BAL NYJ @ MIA NYJ CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN CHI DAL @ NYG NYG KC @ DEN DEN SEA @ ARI SEA SD @ OAK OAK</p>	 <p><b>Brain</b> 135 Wins / 72 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL CIN SEA @ CHI CHI TEN @ IND TEN WAS @ NYG NYG NO @ MIN NO MIA @ BUF BUF GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN NE NYJ @ PHI NYJ BAL @ SD SD PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF BUF OAK @ KC OAK NYG @ NYJ NYJ JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI PHI PIT @ CLE PIT TEN @ HOU HOU IND @ JAC JAC DET @ GB GB BAL @ CIN BAL NYJ @ MIA NYJ CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN CHI DAL @ NYG NYG KC @ DEN DEN SEA @ ARI ARI SD @ OAK SD</p>	 <p><b>A - Team</b> 133 Wins / 75 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL STL SEA @ CHI SEA TEN @ IND IND WAS @ NYG NYG NO @ MIN NO MIA @ BUF BUF GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN DEN NYJ @ PHI NYJ BAL @ SD BAL PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN ARI DEN @ BUF BUF OAK @ KC OAK NYG @ NYJ NYG JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI PHI PIT @ CLE CLE TEN @ HOU HOU IND @ JAC JAC DET @ GB DET BAL @ CIN BAL NYJ @ MIA NYJ CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN CHI DAL @ NYG NYG KC @ DEN DEN SEA @ ARI ARI SD @ OAK OAK</p>	 <p><b>BrowBrose Salsa</b> 131 Wins / 77 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL CIN SEA @ CHI SEA TEN @ IND TEN WAS @ NYG NYG NO @ MIN NO MIA @ BUF MIA GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN NE NYJ @ PHI NYJ BAL @ SD BAL PIT @ SF PIT</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS MIN CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF BUF OAK @ KC OAK NYG @ NYJ NYJ JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SEA CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI WAS PIT @ CLE PIT TEN @ HOU TEN IND @ JAC JAC DET @ GB GB BAL @ CIN CIN NYJ @ MIA MIA CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE BUF CHI @ MIN CHI DAL @ NYG DAL KC @ DEN DEN SEA @ ARI SEA SD @ OAK SD</p>	 <p><b>Steve Tate</b> 131 Wins / 77 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL CIN SEA @ CHI SEA TEN @ IND IND WAS @ NYG NYG NO @ MIN NO MIA @ BUF MIA GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN NE NYJ @ PHI PHI BAL @ SD BAL PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF DEN OAK @ KC OAK NYG @ NYJ NYG JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI PHI PIT @ CLE PIT TEN @ HOU HOU IND @ JAC JAC DET @ GB GB BAL @ CIN BAL NYJ @ MIA MIA CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN MIN DAL @ NYG NYG KC @ DEN DEN SEA @ ARI SEA SD @ OAK OAK</p>	 <p><b>Jones Bros</b> 131 Wins / 77 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB TB CIN @ STL CIN SEA @ CHI SEA TEN @ IND TEN WAS @ NYG NYG NO @ MIN NO MIA @ BUF MIA GB @ KC GB CAR @ HOU CAR DET @ OAK DET CLE @ ARI ARI NE @ DEN DEN NYJ @ PHI NYJ BAL @ SD BAL PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND IND MIA @ NE NE TB @ CAR TB STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF DEN OAK @ KC OAK NYG @ NYJ NYG JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI WAS PIT @ CLE PIT TEN @ HOU HOU IND @ JAC IND DET @ GB GB BAL @ CIN BAL NYJ @ MIA NYJ CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN CHI DAL @ NYG NYG KC @ DEN DEN SEA @ ARI ARI SD @ OAK OAK</p>	 <p><b>Ed Urbi</b> 126 Wins / 82 Losses</p> <p>WEEK 15</p> <p>JAC @ ATL ATL DAL @ TB DAL CIN @ STL CIN SEA @ CHI CHI TEN @ IND TEN WAS @ NYG NYG NO @ MIN NO MIA @ BUF BUF GB @ KC GB CAR @ HOU HOU DET @ OAK OAK CLE @ ARI ARI NE @ DEN NE NYJ @ PHI NYJ BAL @ SD BAL PIT @ SF SF</p> <p>WEEK 16</p> <p>HOU @ IND HOU MIA @ NE NE TB @ CAR CAR STL @ PIT PIT MIN @ WAS WAS CLE @ BAL BAL ARI @ CIN CIN DEN @ BUF DET OAK @ KC OAK NYG @ NYJ NYJ JAC @ TEN TEN SD @ DET DET PHI @ DAL DAL SF @ SEA SF CHI @ GB GB ATL @ NO NO</p> <p>WEEK 17</p> <p>WAS @ PHI PHI PIT @ CLE PIT TEN @ HOU HOU IND @ JAC JAC DET @ GB GB BAL @ CIN BAL NYJ @ MIA NYJ CAR @ NO NO TB @ ATL ATL SF @ STL SF BUF @ NE NE CHI @ MIN CHI DAL @ NYG NYG KC @ DEN DEN SEA @ ARI SEA SD @ OAK OAK</p>
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According to Santa Claus, someone in Denver has been a very good boy and that person is Tim Tebow. The quarterback led the Broncos to another comeback victory as kicker Matt Prater booted a 51-yarder against the Chicago Bears 13-10 in overtime. It was Denver's sixth straight win. Three of those wins have come in overtime since Tebow earned the starting position. Of course the

young QB had a little help from his friends, including Bear running back Marion Barber who fumbled the ball during an overtime drive, which gave Denver the opportunity for the win. It's already Christmas in Denver.

In other games around the National Football League, Pittsburgh beat the Browns 14-3, Baltimore defeated the winless Colts 24-10 and Atlanta won against Carolina 31-23.

The Houston Texans edged the Bengals 20-19, Detroit beat Minnesota 34-28 and the Jacksonville Jaguars lowered the boom on the Buccaneers 41-14. Philadelphia beat Miami 26-10 and Dolphin head coach Tony Sparano was fired Monday. The New York Jets beat the Chiefs 37-10 and Kansas City head coach Todd Haley was fired Monday. The New Orleans Saints beat Tennessee 22-17, New England

defeated Washington 34-27 and Arizona handed San Francisco a 21-19 loss and as far as we know nobody was fired. The undefeated Green Bay Packers stomped the Raiders 46-16 and San Diego beat Buffalo 37-10. The New York Giants ended a four-game losing streak against the Cowboys 37-34, blocking a possible game-tying field goal as time ran out. The teams will meet again in the season finale on New Year's Day. In the Monday night matchup Seattle beat the Rams 30-13.

It's a tight race for the Fort Wainwright

pickers. Everyone hit double-digit wins this week and a few teams changed their position on the board, but with three weeks left in the season anything can happen.

Since this is the last Alaska Post of 2011 all prognosticators were asked to predict the future. We will just have to see how the cookies crumble in 2012. Although the paper will be back on the stands Jan. 6, you won't hear from me until Jan. 13. Until then enjoy your sports, have a Merry Christmas, stay safe and a Happy New Year - that's what I'm talking about.

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