

Soldiers travel to Healy Lake to honor World War II veteran

Trish Muntean,
Fort Wainwright PAO

An icon of the Alaska trapping community and Interior, an adventurer and a man highly respected by family and friends at a memorial ceremony at the village of Healy Lake, population 13, Aug. 18.

Twelve Soldiers from the Brigade Troops Battalion, 1/25 Stryker Brigade Combat Team and one from the 9th Army Band traveled by Army helicopter to Healy Lake to honor Paul Kirsteatter, a World War II veteran with a very unique story.

Kirsteatter not only served in North Africa and Alaska during the war, he had the unique experience of being captured by German forces while supporting the French resistance and was subsequently rescued by French Partisan forces and smuggled back to North Africa through Spain.

Following his discharge from the Army in 1945, Kirsteatter decided to make Alaska his home.

Kirsteatter was born Aug. 17, 1922, in Illinois and spent his early years helping his father drive cattle from New Mexico across the border into Mexico. He enlisted in the Army upon the start of World War II and was discharged in 1945.

During WWII Kirsteatter, a member of an Anti-Armor company, was stationed in Algiers, attached

to British forces. Not happy being assigned to support British forces, Paul took advantage of time spent at an abandoned French Foreign Legion airstrip to volunteer to work with U.S. forces. Every few days a U.S. cargo aircraft would fly out of the airfield. One day he and his friend were asked if they wanted to volunteer for a secret mission. Because of the sensitive nature of the mission, Paul and his friend were given no details about what exactly they would be doing or where they would be doing it. They were also not introduced to the flight crew so they didn't even know who they were on the mission with. All they were told was that they would ride in the back of a cargo airplane and when the green light came on by the door, they were to push crates of supplies out the door. Easy mission; they would be back by the next day.

They agreed and off they went. As it turns out, the mission was a resupply mission in support of the French Underground. Unfortunately for Paul and the crew, the mission was compromised by German forces on the ground. The Germans captured the resistance forces at the drop zone and made them give the "all-clear" drop signal, at which time Paul's plane made their drop run and was subsequently shot down. As far as Kirsteatter



Sgt. 1st Class Justin Carter, the noncommissioned officer in charge of the memorial service for World War II veteran Paul Kirsteatter, presented the flag to his daughter Dorothy Kirsteatter. Beside her is Kirsteatter's niece, Sarah Gorrod, who he also raised. (Photo by Trish Muntean/Fort Wainwright PAO)

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The Family of Sgt. Joel D. Clarkson pays tribute to their son, husband and father during the dedication of the Sergeant Clarkson Training Support Center on Fort Wainwright, January 2012. Sunday is Gold Star Mother's Day and mothers of the fallen will be honored during a Protestant service at the Northern Lights and Catholic service at the Southern Lights Chapels on post at 11 a.m. For more information contact Survivor Outreach Services at 353-4243. (File photo)

Gold Star Mothers recognized for sacrifice, strength

Gold Star Mothers will be recognized during Sunday services at 11 a.m. Sept. 30. The Protestant service takes place at the Northern Lights Chapel (Building 3430) and Catholic mass takes place at the Southern Lights Chapel (Building 4107). Gold Star Mothers and Families are welcome to attend. Potluck lunches are slated to follow the services.

Mothers of fallen service members began calling themselves "Gold Star Mothers" during World War I, but the sorrowful bond they share reaches back to every woman who has lost a son or daughter in uniform since our na-

tion's revolution. The Army cherishes the mothers of its Soldiers as bedrocks of support and comfort, and honors the mothers of its fallen as resilient legacies of their children's service.

The United States began observing Gold Star Mothers Day on the last Sunday of September in 1936. This year, the Army joins the nation on Sept. 30 in recognizing the sacrifice and strength of its Gold Star Mothers.

For more information call Survivor Outreach Services at 353-4243 or visit the Website, <http://www.army.mil/gold-starmothers/>.

WEEKEND WEATHER



Friday
Mostly cloudy
Highs: 40s/50s
Lows around 30
Light winds



Saturday
Cloudy, chance of rain and snow
Highs: mid-40s
Lows: mid-20s



Sunday
Cloudy, chance of rain and snow
Highs: mid-40s
Lows: mid-20s

BRIEFS

Vote Tuesday

Fort Wainwright's polling place, the Last Frontier Community Activity Center, Building 1044 Apple Street, will be open from 7 a.m. to 8 p.m. For more information about the Fairbanks North Star Borough's municipal elections, visit the website <http://co.fairbanks.ak.us> and click on "Municipal Election" or call 456-3021.

Detour

Gaffney Road is closed at Freeman Road at the west end of Murphy Hall to the intersection with Marks Road just east of Murphy Hall Building 1045, due to a culvert failure under the road, until further notice, Directorate of Public Works officials announced. Detour signs are in place. Please watch for pedestrians in housing areas during physical training and school hours.

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SN/ BIRCHWOOD HOMES

Patients can connect with providers, pharmacy via email

Brandy Ostanik,
MEDDAC-AK PAO

By the end of September, patients who use Bassett Army Community Hospital or Kamish Clinic will find it much easier to communicate with their healthcare team.

RelayHealth, a commercial, off-the-shelf software suite being implemented Army-wide, provides patients with a secure messaging system where they can safely send a message to their healthcare

team any time of day from anywhere there is an Internet connection.

With the new system, patients at Bassett and Kamish will no longer need to call their healthcare team for non-urgent matters. Patients will be able to get guidance from their medical team, receive test and laboratory results as well as request prescription renewals by using the email system.

"This system will be very convenient for our patients," said Maj. Jerry Mayers, the of-

ficer in charge of the Clinical Services Division for Medical Department Activity - Alaska. "They won't have to wait until a clinic opens to call and talk to someone, nor will they have to worry that a message they left didn't get to the right person. Instead, they can send an email any time of day or night and know that someone from their healthcare team received the message."

As of now, when a patient leaves a phone message, the clinic has 72 hours to return

the call. With RelayHealth, the healthcare team still has 72 hours to get back with the patient, but it is expected for the wait time to actually lessen once everyone gets familiar with the system, said Mayers.

Getting familiar with the RelayHealth system is exactly what the staff is currently doing. With a small group of patients as a test group, providers and nurses are working out the kinks by ensuring the system is set up correctly and procedures are in place

to make certain that when the program is fully launched, there are minimal issues.

"The RelayHealth system is really user friendly and doesn't require a Common Access Card or an intricate password," said Mayers. "We believe patients will experience an increased level of access to their healthcare team, which will benefit everyone."

To sign up for the program, patients can go through their clinic at either Bassett or Kamish.

Top shot



Gen. Michael X. Garrett, U.S. Army Alaska commanding general (second from left) and Command Sgt. Maj. Bernard L. Knight, USARAK command sergeant major, get their flu shots from Staff Sgt. Jairo Ocampo-Arenas (left), noncommissioned officer in charge of immunizations and Lt. Col. Randall J. Freeman, officer in charge of Preventive Medicine. USARAK personnel are encouraged to get their flu shots or mists in an effort to be proactive for the upcoming flu season. Each year over 200,000 Americans are hospitalized due to flu complications. MEDDAC-AK will be offering flu vaccinations for beneficiaries at Bassett Army Community Hospital between the hours of 7 a.m. and 4 p.m. Saturday and Monday through Oct. 5 and Oct. 9 through 12. (Brandy Ostanik/MEDDAC-AK PAO)

National Preparedness Month

Sarah Chapman,
Fire Prevention Office

This September marks the ninth annual National Preparedness Month. This year's theme is "Pledge to Prepare - Awareness to Action." Federal Emergency Management Agency is asking the public -- individuals, businesses, and organizations -- to take specific action steps by doing at least one of the following:

1. Learn about emergency hazards - including home fires - and their appropriate responses
2. Make a communications plan
3. Build an emergency kit
4. Get involved in preparedness in their community

Being prepared for a fire emergency can greatly reduce your chance of becoming a fire casualty. It takes less than 30 seconds for a small fire to become completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick black smoke and become engulfed in flames. Take these steps now to be prepared in the event a fire occurs in your home.

- Install smoke alarms on every level of your home, including the basement. For extra safety, install smoke alarms both inside and outside sleeping areas.

Test your smoke alarms once a month and change the batteries at least once a year.

- Replace smoke alarms every 8-10 years or as the manufacturer guidelines recommend.

● Plan your escape from fire. The best plans have two ways to get out of each room.

- Practice fire escape plans several times a year. Practice feeling your way out of the house in the dark or with your eyes closed.

● Purchase only collapsible escape ladders evaluated by a nationally recognized laboratory such as Underwriters Laboratory.

- Check that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened.

● Make sure everyone in your family understands and practices how to properly operate and open locked doors and windows.

- Consider installing residential fire sprinklers in your home.

The Fort Wainwright Fire Prevention Office offers free Project Safeguard home inspections. To schedule an inspection, or for any questions about fire safety, please contact the Fire Prevention Office at 353-9140. Remember to dial 9-1-1 in the event of an emergency.

A Soldier's suicide changes Family forever

Krista Greenleaf, Fort Wainwright

Editor's note: September is Suicide Awareness and Prevention Month. Army Reservist Krista Greenleaf shared her very personal story with the Alaska Post, hoping it might help someone avoid the enduring pain, suffering and loss suicide inflicts on our Soldiers and Army Family members.

In 2009, 162 active duty Army members committed suicide. One of those members was a recruiter from Pennsylvania. His name was Eric Paul. Staff Sgt. Paul was not only a recruiter; he was also a father, a husband, a brother and a son. He was my brother. Around 5 a.m. on June 12, 2009, my life and many others would be changed forever. It was on that Friday morning I heard the words I never wanted to hear: "Eric passed away."

This was a call I was afraid I would someday hear, but wished it would never happen. It was about a year earlier when things started going bad.

Eric was only 13 months older than I was, so growing up people usually thought we were twins, with the same blonde hair. We were like any other siblings growing up, fighting, yelling, blaming each other when things got broken. All I would have to yell is "Mom!" and from somewhere in the house you would hear, "Eric, stop hitting your sister!"

As we got older, more mature, we became closer. We both joined the Army. He enlisted while I chose the officer route. We both deployed, him twice to Afghanistan, me once to Iraq and once to Afghanistan, and we both were stationed at Fort Drum, N.Y. In fact we were deployed to Afghanistan only months apart. We were lucky to be able to spend time together at Bagram, and the part of my battalion stationed at FOB Salerno knew him by name. Having a lot in common created a bond between us that most people probably didn't understand outside the military.

We would talk in acronyms at the dinner table, we would joke about each other's rank and MOSs (I was military police, he was chemical) and unknowingly we would always call our mom within hours of each other. He was the one to pin on my 1st Lieutenant rank at my promotion ceremony and even walk me down the aisle at my wedding. This is how much he meant to me.

It wasn't until 2008 that I noticed a change in Eric. He got picked up to be a recruiter and shortly after school he left for his duty station in Pennsylvania. I also left Fort Drum and headed to Alaska. As I was talking to him one day he just casually mentioned wrecking his Mustang, his other baby, his prized possession. I couldn't help but think this wasn't like Eric. I ended up calling him back and asking what was going on. It was in that conversation that he opened up to me. Eric self-admitted himself to Walter Reed a few months later because he had thoughts of harming himself. Even there his sense of humor was not lost; he joked about being able to wear pajamas all day. Even though these thoughts were going on for years, he was afraid of what his commanders would think, he didn't want to be thought any less of a Soldier if he sought help. He kept his secret hidden so well for years that even I was fooled, and I lived with him for two years at Fort Drum!

Over the next couple months, he seemed withdrawn and almost defeated. He wasn't sure about his future in the Army, he wasn't sure if he wasn't to still be a recruiter. The doctors were trying different medications, but instead of helping they seemed to make him live in a fog. He was admitted to the hospital again, he said as a precaution, because he told his commander about the number of sleeping pills he took.

About a month before that devastating call, Eric seemed to be doing better. He was excited about doing his job



Capt. Krista Greenleaf and her brother, Staff Sgt. Eric Paul were born 13 months apart and often mistaken for twins. Close in many ways, both chose the Army as a career. Staff Sgt. Eric Paul took his life three years ago. Greenleaf, an Army Reserve officer and civilian employee at the garrison, took on the lead role for the garrison's Suicide Prevention and Awareness month and the Army's Stand Down day here, sharing the Army's resources and training guidance with thousands of Soldiers and Family members. Greenleaf shared her own story with Alaska Post readers with hope that in the future no one need endure the pain and loss of suicide in the future. (Courtesy photo)

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

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The courage to do what's right

Command Sgt. Maj. Bernie L. Knight
U.S. Army Alaska Command Sergeant Major

No matter where I am or who I am with, if I see a piece of trash on the ground, I stop and pick it up. I pick up soda cans, plastic forks, cigarette packs and whatever else is in my path. Sometimes I even go back to pick up something that someone else just stepped over. Needless to say, that can be uncomfortable for the other person, but I have a personal standard that I will not compromise.

One of the reasons I clean up trash is because if I do it, then others will start doing it, too. If the command sergeant major can pick up a candy wrapper, then everybody else in the command can as well. If enough of us do the right thing and refuse to walk past trash, then there will be nothing left for me to pick up. Alaska would have the cleanest installations in the Army. That would be a wonderful achievement that I expect us to collectively strive to attain.

The philosophy doesn't just apply to litter on the ground.

I look for opportunities everywhere I go to fix what is broken and correct deficiencies. I do this because I believe we, at the lowest level, can make a difference. We can change the Army from one foxhole. PT, weight control, preparing and conducting training, and our daily duties must be done with a mindset that we will change the Army by personal example and great leadership. If our team has high standards in all the above areas then other teams, compa-

nies, battalions, and brigades will take notice and want the same success. This will create a chain of events that is unstoppable and nothing but success will follow. We must create a favorable impression in our carriage, appearance, personal conduct and military bearing at all times.

Too often when I make corrections, the response from the Soldier being corrected is "I didn't know." They didn't know that smoking in unit areas and unit-level sports are not permitted during PT hours, or that it is wrong to address their subordinates as "brother," "buddy," "guy," etc. In most cases I believe the Soldier when they say this, but I still correct them and I do it in no uncertain terms.

I believe them because when I ask their supervisors, they often didn't know either. So how was the Soldier supposed to know if their squad leader didn't know to tell them? This is something that must be addressed by our senior leaders and pushed from the top down. Leaders must know the standard and be the ones to set the example.

Noncommissioned officers: How often do your troops go to parade rest when you are speaking to them? If the answer isn't every time, then why is that? It's because that is the standard you have chosen to enforce. It's because Soldiers not going to parade rest for NCOs is your standard, Sergeant.

I hope that all of you will embrace my philosophy of cleaning up trash. I look forward to the day when each of us is dedicated to picking up litter, enforcing



U.S. Army Alaska's Command Sgt. Maj. Bernie Knight welcomes Soldiers to USARAK during a Newcomer's Brief at the Joint Base Elmendorf-Richardson library Sept. 20. Leaders do, be and live Army standards and values, demonstrating what right looks like.

grooming and uniform standards, and absolutely refuses to accept anything but excellence in ourselves or any other Arctic Warrior.

We all know what the right answer is. We must decide as professionals to do the things we know we should. We owe our best to our Soldiers, our Army, and to everyone who has fought and died wearing this uniform.

I give you my very best every day and

expect nothing less from each of you. I take great joy in leading you and am extremely proud to be your command sergeant major. I know how hard you work and am grateful for your contributions to the success of our team. Together, we can make U.S. Army Alaska the best command in the U.S. Army, and we'll do it one squad, one platoon and one company at a time.

Arctic Warriors! Arctic Tough!

Army participates in sixth World Rabies Day

Capt. Noel Kubat and Capt. Nadine Schwegel,
Veterinary Services

Editor's note: After the death of a Soldier from rabies last year, Army public health officials are reiterating the need for Soldiers to stay vigilant and protect themselves from the deadly disease. They warn Army personnel to be aware of the risk of rabies during travel

or deployments to less developed countries, and to seek prompt medical treatment if they have a bite or scratch from an animal while deployed.

September 28, 2012 marks the sixth World Rabies Day. The mission of the World Rabies Day effort is to raise global awareness about the impact of human and animal rabies, how easy it is to prevent, and how to eliminate the sources of infection. WRD is sponsored by international, national, and local public health, animal health, and educational agencies. Currently, the effort is providing rabies prevention messages to 200 countries and territories through partnerships with a variety of private and public organizations.

Rabies is a zoonotic disease (a disease that is transmitted to humans from animals) that is caused by a virus. The disease infects domestic and wild animals, and is spread to people through close contact with infected saliva via bites or scratches. The rabies virus infects the central nervous system, ultimately causing disease in the brain and death. Seeking medical care after possible exposure to rabies is not any emergency, but urgency must be exercised. Once clinical symptoms develop, rabies is nearly 100 percent fatal. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

Rabies vaccinations have significantly decreased the number and source of human rabies exposure in the United States. More than 90 percent of all animal cases reported annually in the U.S. now occur in wildlife to include bats, skunks, raccoons, and/or skunks. The number of rabies-related human deaths in the United States has declined from more than 100 annually at the turn of the century to one or two per year in the 1990's. Despite advances in the US, worldwide, more than 55,000 people die of rabies every year. 40 percent of people who are bitten by suspect rabid animals are children under 15 years of age, and dogs are the source of 99 percent of human rabies deaths. Most deaths from rabies occur in countries with inadequate public health resources and limited access to preventive treatment. These countries also have few diagnostic facilities and almost no rabies surveillance.

In addition to vaccination, education on bite prevention is key to preventing rabies infection. Children are often at greatest risk from rabies. They are more likely to be bitten by dogs, and are also more likely to be severely exposed through multiple bites in high-risk sites on the body. Education is key in preventing children from getting bitten. The interest children have in animals is practically universal. Most children are naturally curious and may be quite bold in approaching unknown animals. Emphasizing to your child early on how to behave around both unfamiliar and familiar animals will help decrease the likelihood of injury.

- Some basic safety practices to teach to children:
- Do not approach unfamiliar animals.
 - Avoid loud noises and screaming around dogs and other animals.
 - Do not run from a dog.
 - Remain motionless if approached by a strange dog "Be still like a tree!"
 - If knocked over by a dog, roll into a ball and lie still "Be still like a log!"
 - Do not play with animals unless supervised by an adult.
 - Let an adult know immediately if stray animals are around.
 - Do not look into a dog's eyes.
 - Do not bother or pet dogs or cats that are sleeping, eating, or caring for puppies or kittens.

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These Army Family members, Nora Kubat and Will, get along famously. Children are often at greatest risk from rabies. They are more likely to be bitten by dogs, and are also more likely to be severely exposed through multiple bites in high-risk sites on the body. Education is key in preventing children from getting bitten. Most children are naturally curious and may be quite bold in approaching unknown animals. Emphasizing to your child early on how to behave around both unfamiliar and familiar animals will help decrease the likelihood of injury. Education is key in preventing children from getting bitten. (Courtesy photo)

11396559
BABULA, DR.
AK POST/AK POST
2 x 3.0

17402985
FAIRBANKS CURLING
CLUB
AK POST/OPEN HOUSE
2 x 4.0

11400472
SEOUL GATE RESTAU-
RANT
AK POST/AK POST
2 x 7.0

Veteran: Interior Alaskan lived legendary life

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knew, he and his buddy were the only survivors. As a result, Paul had no idea what country they were in or who the people on the ground were. He soon found out they were German Soldiers and he was taken prisoner. After his capture, Paul was held in a farmhouse in France where he was chained to the floor in a blacked-out room for some number of days, he doesn't know exactly how many.

During this time he was repeatedly interrogated and roughed up; the Germans would not believe that he had absolutely no knowledge of the mission he was on or who the other crew members were. As a result, they believed Paul was resisting interrogation so they tried hard to convince him to change his mind. While chained to the floor, Paul heard gunfire and explosions inside the house. The door to his room was kicked open and it was then that he learned he was in France. French resistance fighters had raided the house, killed the Germans and liberated Paul. He was subsequently smuggled out of France through the French Underground to Spain, where he was returned to North Africa. Because Paul had been a prisoner of war in the European Theater and had escaped through the French Underground network, Army policy dictated he had to be sent to another theater of operation. As it turned out, Paul was reassigned to Alaska.

After being transferred to Alaska, Kirsteatter was assigned to a search and rescue/recovery team, where he learned about sled-dog operations. When aircraft went down in the bush, Kirsteatter and a pilot would fly about looking for it. If they found the wreckage, Kirsteatter was dropped off to recover the downed pilots with his sled-dog teams.

Upon discharge he worked as a trapper and market hunter in support of work crews on proj-

ects such as the Taylor Highway. His job at the remote campsites along the highway was to shoot game (such as caribou, Dall sheep or whatever he could get) to feed the work crews as well as to protect the workers from bears, an especially challenging chore during mealtimes.

Another job on the Little Gerstle River Bridge changed his life. It was there he met Margaret, a member of the Healy Lake-Joseph band of Tanana Athabascans from the village of Healy Lake, located about 29 miles east of Delta Junction and not accessible by road.

Although she spoke very little English, they married and raised five children together (three of theirs, her daughter Josephine and a niece on her side, Sarah Gossod in a tiny, one-room cabin built by Kirsteatter with logs brought in on dog sled. They heated and cooked on a wood stove and Kirsteatter had no running water until long after his wife's death and the children were grown and gone. Margaret and her brother taught Kirsteatter to trap the Native way and from that point on he lived a true subsistence lifestyle. The family ate wild game and fish. While he was away trapping, Margaret would fish and hunt and do whatever else was required to keep the home fires burning.

"A lot of folks don't know that he once got 17 wolves in one snare (gang) set! Paul really knew how to think like a wolf and he knew that Goodpaster/40Mile country as well as any one," said Pete in Fairbanks on the blog at www.trapperman.com.

He raised some of the wolf pups to see how they would fare as dog teams for his long days and many miles on the trapline in the vast 40 Mile Country. He trapped wolves, beaver and lynx. Kirsteatter wouldn't tell anyone how long he was going to be gone because he didn't want anyone to



Paul Kirsteatter brought in logs by dog sled to build this cabin, which is located in the old village location of Joseph on the 40 Mile River. It was built around 1917 and all of his children were born there. Paul Kirsteatter decided to make Alaska his home following his discharge from the military in 1945. His wife, Margaret, a member of the Healy Lake-Joseph band of Tanana Athabascans, taught him how to trap the Native way. Kirsteatter became known throughout Alaska for his skills. (Photo courtesy of Col. Ron Johnson)

worry if he was delayed returning.

His friend Gary Nance said they walked all over the Interior looking for wolf dens and come spring they would collect them for a bounty.

Photos of Kirsteatter show a fit elderly man, slight - he stood about 5'9" tall and weighed about 150-160, said Col. Ronald M. Johnson, Fort Wainwright garrison commander, who met Kirsteatter through a mutual friend during his last tour here. Kirsteatter's photo shows bushy white eyebrows, white hair peeking out from his hat and a smile on his face. Even at 90 years old, his conversations taped by Nance indicate a sharp mind and good memory. The stories are peppered with colorful language as he related anecdotes about his days trapping and hunting

and about old friends.

His daughter Dorothy Kirsteatter said she would always treasure the last days she got to spend with him. "He was a good provider" she said "and took good care of us."

"We will miss him, especially his sense of humor," said his niece, Sarah Gorrod.

Mary Healy said that she "will miss his smile and the twinkle in his eyes. He was a wonderful, wonderful man," she said. "He was Healy Lake to us."

Sen. Lisa Murkowski said she had known Kirsteatter since the late 70s or early 80s. Her family had been coming out to Healy Lake since she was in high school.

"Paul was not only the patriarch of the lake," she said "He was the guardian, he was the guide, he was really the man who held everything together."

"The old story been there, done that - well, Paul had done it all," said his friend Randy Zarnke.

Johnson spent time with Paul out on his trapline near where the Native village of Joseph was once located (in the 40 Mile River country) and at his cabin at Healy Lake. "Paul was a national and a state treasure. He truly embraced the Alaskan lifestyle and was probably one of the last survivors of the era of true Interior bushman," Johnson said. "It was an honor to get to know a man like that and to be able to call him friend. Besides the personal loss of his passing, his passing is sad because it marks the end of an era. I think he was one of the last old-time Alaskans who lived a true Interior Alaskan lifestyle.

"What was amazing about Paul," Johnson

said, "was that he was one of the last of those legendary Interior guys: Hard as nails, completely self-reliant, cut from a different cloth. An original Alaskan pioneer. Even in his late 80s and 90s he could work a young man into the ground. He lived out on the trapline, survived, did all those things that people don't have the opportunity or ability to do anymore, and he did it with his wife and children at the cabin in Joseph and at Healy Lake."

Author's note: Gary Nance, a friend of Kirsteatter's, spent many hours interviewing him about his life and shared the transcriptions of the recordings for this article. The information about his time in the Army and about his early years in Alaska came from Nance and Johnson and were related by others as well.

2x2
Late Ad

2x5
Late Ad
RED

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Eric: Family deals with pain caused by suicide

Continued from page 1

again, he was excited about almost everything. He was back to his old self. I told him I was pregnant and he was looking forward to meeting his niece or nephew. He never found out if it was a boy or a girl. He was gone before I was able to tell him. His funeral was the worst day of my life. I will never forget the image of him in his coffin, with his Class A uniform, looking perfect, looking like he was just sleeping. The emotions I felt were so overwhelming and so abundant that I couldn't describe them. I felt anger because he was gone, I felt selfish because I wanted him back, guilt because there should have been more I could have done, sadness because I just lost the closest family I had, and probably about 10 other emotions. Those emotions didn't lessen as time went on. I was in denial for the longest time about his cause of death, even though it was on his death certificate. I didn't want to think someone in my family, that I was so close to, would want to commit suicide. Unfortunately the autopsy results don't lie.

I could barely mention Eric's name without crying for the next year. I would find myself just crying at certain TV shows, certain songs on the radio, it seemed everything reminded

me of him. I tried to tell myself that Eric was finally at peace and he put his demons to rest, but I was selfish and still wanted him back here. I wanted to call him to talk to him about his new nephew, or even just about the things we were doing on a weekend. I still have his number in my phone because it makes me feel like a part of him is still with me. Logically I know that the number is not his anymore, but with grief, sometimes things aren't logical.

It has been three years since we lost Eric and not a day goes by that I don't think of him. I am able to talk about him and even write about him without crying now. The wound of losing someone is so deep it won't ever heal. As time goes by it will get easier, but it won't go away. I get through it by taking it one day at a time, by enjoying my life because I know that is what Eric would want. My family is now a part of a club, a club that no one wants to join, a club that in 2009, 162 other families joined, and unfortunately that number grows by the hundreds every year.

The military is finally putting emphasis on suicide prevention, counseling and letting Soldiers know that it isn't a weakness to get help. Unfortunately for Staff Sgt. Eric Paul, that emphasis and help came too late.

Mistakes can be costly: That's what I'm talking about

Allen Shaw,
Fort Wainwright PAO

The National Football League and the NFL Referees Association met last weekend hoping to resolve an ongoing labor dispute. No such luck. Although the union reportedly offered concessions on pension and compensation issues, the two sides remain split. After some extremely sloppy officiating, blown calls and escalating tempers, returning to the bargaining table seems imperative.

Unfortunately the replacement refs were a major bone of contention in several games around the league, making obvious blunders, sparking controversy and irritating a few coaches who crossed the line. Getting mad at the refs is part of the game, but such behavior can be costly, even when everyone agrees it's wrong and that's what I'm talking about.

After a physical slobberknocker between the Baltimore Ravens and New England

Patriots Sunday night, where the birds plucked a 31-30 victory on a last-second field goal, Patriot coach Bill Belichick reportedly grabbed at an official hoping to get an explanation. Laying your hands on a referee, replacement or otherwise, is a no-no. On Sept. 20 several senior NFL officials supposedly made phone calls to owners, general managers and coaches in an effort to rein in on-field behavior. NFL vice president Ray Anderson said, "We're not going to tolerate it. And we expect that everyone we talked to pass the word on to everyone involved on the sideline that we expect there to be respect for what's going on." Apparently everyone didn't get the memo. Although officials admitted to making mistakes and questionable calls that could have affected the outcome of some games, poor judgment and bad manners by coaches or players is damaging to the game and can't be tolerated.

As for the game, it was a

barn-burner. Patriot quarterback Tom Brady threw for 335 yards and one touchdown, while Raven QB, Joe Flacco connected for three TDs and a total of 382 yards.

Eli Manning led the New York Giants to a 36-7 win over the Carolina Panthers, Sept. 20. New York running back Andre Brown rushed for a career-high, 113 yards and scored two touchdowns.

The Chicago Bears mauled the St. Louis Rams, 23-6.

The Buffalo Bills lost league-leading rusher C.J. Spiller to a shoulder injury, but won against the Cleveland Browns, 24-14.

The Dallas Cowboys galloped over the Tampa Bay Buccaneers, 16-10 and the Jacksonville Jaguars shot past the Indianapolis Colts 22-17. Jaguar QB Blain Gabbert connected with Cecil Shorts III on an 80-yard pass with 45 seconds left in the game.

Jets kicker Nick Folk got a second chance in overtime, after his first attempt was blocked, but annulled by a timeout. He

was successful on his second try, knocking one through the uprights for a 23-20 victory over the Miami Dolphins.

In other overtime game-winners, the Kansas City Chiefs edged the New Orleans Saints 27-24 and the Tennessee Titans pulled out a 44-41 victory over the Detroit Lions. Titan kicker Rob Bironas popped a 26-yarder in OT, while the defense halted Lion backup QB Shaun Hill on a fourth-and-one.

The Minnesota Vikings forged a 24-13 win over the San Francisco Forty-niners and the Cincinnati Bengals took a bite out of the Washington Redskins, 38-31. Bengal QB Andy Dalton completed 19 of 27 passes, for 328 yards and three touchdowns.

Feathers flew in Arizona as the Cardinals soared above the Philadelphia Eagles 27-6, while the Atlanta Falcons went to San Diego and picked apart the Chargers, 27-3.

Houston QB Matt Schaub saddled up the Texans and bust-

ed the Broncos in Denver, 31-25.

Oakland Raider kicker, Sebastian Janikowski booted a game-winning field goal on the last play of the contest to secure a 43-31 victory over the Pittsburgh Steelers. In what turned out to be a losing effort, Pittsburgh quarterback Ben Roethlisberger threw for 384 yards and four touchdowns.

On Monday, the Seattle Seahawks beat the Green Bay Packers, 14-12 on one of the most controversial calls I've ever seen. But I didn't sweat it too much because I picked Seattle to win.

As for the weekly prognostications, A-Team always loves it when a plan comes together. Snatching a "w" and claiming the lead spot is what I'm talking about. I'm just hoping it doesn't come back to bite me.

Browbrose and Bear took a serious nose-dive picking five winners and 11 losers. Tate and Jones Bros went 6 and 10, Brain held steady with eight-and-eight, while Urbi got back in the race with nine-and-seven.

Prognosticators – football predictions for fun and braggin' rights



A-Team

29W-19L

CLE @ BAL	BAL
SD @ KC	KC
SEA @ STL	SEA
CAR @ ATL	ATL
MIN @ DET	DET
NE @ BUF	NE
TEN @ HOU	HOU
CIN @ JAC	JAC
MIA @ AZ	AZ
OAK @ DEN	DEN
WAS @ TB	WAS
NO @ GB	NO
NYG @ PHI	NYG
CHI @ DAL	DAL



Brain

27W-21L

CLE @ BAL	BAL
SD @ KC	SD
SEA @ STL	SEA
CAR @ ATL	ATL
MIN @ DET	MIN
NE @ BUF	NE
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	AZ
OAK @ DEN	DEN
WAS @ TB	WAS
NO @ GB	GB
NYG @ PHI	NYG
CHI @ DAL	CHI



Browbrose Salsa

25W-23L

CLE @ BAL	BAL
SD @ KC	KC
SEA @ STL	SEA
CAR @ ATL	ATL
MIN @ DET	DET
NE @ BUF	BUF
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	AZ
OAK @ DEN	DEN
WAS @ TB	WAS
NO @ GB	GB
NYG @ PHI	NYG
CHI @ DAL	DAL



Bear

24W-24L

CLE @ BAL	BAL
SD @ KC	SD
SEA @ STL	SEA
CAR @ ATL	ATL
MIN @ DET	DET
NE @ BUF	BUF
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	AZ
OAK @ DEN	DEN
WAS @ TB	WAS
NO @ GB	GB
NYG @ PHI	NYG
CHI @ DAL	CHI



Urbi

25W-23L

CLE @ BAL	BAL
SD @ KC	SD
SEA @ STL	SEA
CAR @ ATL	ATL
MIN @ DET	MIN
NE @ BUF	BUF
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	AZ
OAK @ DEN	OAK
WAS @ TB	TB
NO @ GB	GB
NYG @ PHI	PHI
CHI @ DAL	DAL



Jones Bros

27W-21L

CLE @ BAL	BAL
SD @ KC	SD
SEA @ STL	STL
CAR @ ATL	ATL
MIN @ DET	DET
NE @ BUF	NE
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	MIA
OAK @ DEN	DEN
WAS @ TB	TB
NO @ GB	GB
NYG @ PHI	NYG
CHI @ DAL	CHI



Tate

25W-23L

CLE @ BAL	BAL
SD @ KC	SD
SEA @ STL	STL
CAR @ ATL	ATL
MIN @ DET	DET
NE @ BUF	NE
TEN @ HOU	HOU
CIN @ JAC	CIN
MIA @ AZ	AZ
OAK @ DEN	DEN
WAS @ TB	TB
NO @ GB	GB
NYG @ PHI	PHI
CHI @ DAL	DAL7

Leadership learns about tools available to help Soldiers achieve resiliency

Allen Shaw, Fort Wainwright PAO

Army Strong was evident on post Wednesday when more than 5,000 United States Army Alaska Soldiers and Department of Defense civilians gathered on the chilly, dimly-lit landscape of Ladd Army Airfield for a 5-mile Resiliency Run, demonstrating esprit de corps and focusing on suicide awareness.

As part of Army Suicide Prevention Month, members of Team Wainwright reiterated that a healthy force is a ready force by starting the day united for a cause. "Being Arctic Tough includes having mental, emotional, physical and spiritual strength," said Maj. Gen. Michael X. Garrett, commanding general, USARAK, "I believe spirituality allows Soldiers to look outside them for a sense of purpose and provides resiliency when overcoming challenges."

Thursday, company and platoon-level leaders from various units participated in a terrain walk, taking them to different locations and service providers on the installation. Leadership learned who offers assistance to Soldiers, Family members or DoD civilians who may experience certain circumstances in their lives that could contribute to thoughts of suicide.

Attention was focused on the Family Life Center, Department of Behavioral Health, the Army Substance Abuse Program and Army Community Services. Col. Ronald M. Johnson, commander, United States Army Garrison, Fort Wainwright said, "It's a way to show young leaders the resources available. This is valuable information

that will allow the command to connect the dots."

Behavioral Health provides comprehensive services to the military community. "Our licensed providers deliver the highest quality individual, marital, family and group counseling to address a wide range of problems from depression and anxiety to post-traumatic stress syndrome, to family and parenting stress," said Lindsay Teplesky, outreach program coordinator, Child and Family Assistance Center. "We are also one of the first Army installations to house a dedicated Child and Family Assistance Center providing therapeutic counseling and medication management services to spouses and children with no referral required."

A crucial and difficult component of the treatment process is balancing regulatory requirements with action. Although the programs are in place to help whoever may be struggling, communication between caregivers and leadership is often restricted by confidentiality requirements.

"There needs to be interaction whenever possible and leadership at all levels needs to be proactive," Johnson said.

The Army-wide theme that a healthy force is a ready force was echoed by Command Sgt. Maj. Alexis Shelton, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

"Suicide prevention is a shared responsibility of commanders, leaders, Soldiers, Army civilians at all levels and their Family members. Suicide is a very serious problem across the Army," Shel-



Maj. Gen. Michael X. Garrett, commander of U.S. Army Alaska motivates a formation of nearly 5,000 Soldiers before leading them on a five mile run around Ladd Airfield, on post. The run was a way for USARAK and subordinate units to come together and build awareness for the Army's Suicide Prevention month. Prior to the run, Garrett called the entire formation to attention and followed it with front-leaning rest position (push up). Move! About 5,000 Soldiers joined the commander. (Photo illustration/Sgt. Thomas Duval, 1-25th SBCT PAO)

ton said. "We have made a promise to the American people to care for every Soldier in our formation and they deserve our best effort. Participating in the terrain walk and learning what resources are available is a step in the right direction."

Comprehensive treatment is the goal and the Army is committed to raising the awareness of tools and resources available to prevent suicide and increase resiliency.

One of the stops along the way was the Chaplain Family Life Center. "The staff here provides both faith-based counseling as well as religion-free counseling," said Chaplain (Maj) Dwight Broedel. "Think of us as trail guides along life's journey. We

work to protect an individual's dignity. Being private and discreet is valued."

The Family Life Center and unit chaplains are part of a great Army team that employs a holistic, multi-disciplinary approach to emotional health, treatment of psychological issues and increased resiliency. "Many suicides, if not all, are preventable if the at-risk Soldier's buddies, leaders and Family members are vigilant and involved," Garrett said.

Broedel left the visiting Soldiers with a quote from Gen. George Patton. Patton said, "Wars may be fought with weapons, but they are won by men. It is the spirit of the men who follow and the man who leads that gain the victory."

Friday – 28th

CHANGE OF COMMAND, Capt. Lesia M. Murray will accept command from Capt. Timothy T. Hall of Fort Wainwright Garrison Headquarters and Headquarters Company outgoing commander during a ceremony 10:30 a.m. in the Northern Lights Chapel, Building 3430.

BANNED BOOK WEEK STORY HOUR & CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

OPERATION RISING STAR, 7 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday- 29th

FINALS: OPERATION RISING STAR, 7 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 30th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third-floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday – 1st

CLEAN UP WEEK, for all Soldiers, civilians and Families, free. Grab a trash bag and help get the installation cleaned up before the snow flies at home, at work and road-side (be safe, wear proper clothing and watch for traffic). Call 353-6594.

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

AUTO SKILLS SAFETY, 6 p.m., Auto Skills Building 3730. The class is required to use Auto Skills for self-help. Call 353-7436.

Tuesday – 2nd

VOTE! Fairbanks municipal election polls are open from 7 a.m. to 8 p.m. at the Last Frontier Community Activity Center, Building 1044 Apple Street. Call (888) 383-8683.

PARENTS' NIGHT OUT, Registration deadline is Tuesday for Oct. 9 Parents' Night Out from 5:45 to 8:45 p.m. at CDC 1, Building 4024. Cost is \$12 per child. Call 353-7413.

OPEN HOUSE LEAPS FOR LEARNING, 10:30 a.m., Murphy Hall basement, Building 1045. Call 353-7372.

HOME SCHOOL ROUND-UP, 1 p.m., Youth Center, Building 4109. Call 361-9377.

NEW: YOGA FOR ATHLETES, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday – 3rd

PERSONAL FINANCIAL READINESS, 9 a.m. to 4 p.m. in the post library classroom. Wide range of topics covered by Personal Financial Readiness Program, Army Community Service. Registration is required, call 353-7438.

Thursday – 4th

LEVY BRIEFING, Permanent Change of Station Transition Training, 9 to 11 a.m. in the Welcome Center, Building 3401, basement. The briefing is mandatory for first-term Soldiers and highly recommended for all Soldiers and Family members who want to have a smooth move. Call 353-7908.

ROMP AND STOMP, 9:30 to 11:30 a.m. at the Last Frontier Community Activity Center, Building 1044 Apple Street. Parents bond with their children while learning developmental play activities. Transportation from the post hotel is available. Call 353-7713.

FAMILY MOVIE NIGHT, 5:30 p.m. in the Last Frontier Community Activity Center, Building 1044 Apple Street. Family-rated movies, G or PG. Call 353-7755.

Friday - Oct. 5th

GULKANA GLACIER HIKE, 7 a.m. to 7 p.m. Journey south to the Alaska Range with Outdoor Recreation. Call 361-2652.

GI Jane: Army spouses experience infantry training

Spc. Jacob Penergist, an Infantryman with the 1st Battalion, 5th Infantry, 1st Stryker Brigade Combat Team, 25th Infantry Division shows Venessa Nolan, wife of Staff Sgt. Je Nolan, how to properly fire the 9mm. The live fire exercise was held at Fort Wainwright's Known Distance Range Sept 20, and was part of the 1-5th's second annual G.I. Jane Day event. (U.S. Army Photo By: Sgt. Thomas Duval, 1/25 SBCT Public Affairs)

Sgt. Thomas Duval,
1-25th SBCT PAO

Thick fog and a rain storm just beyond the snowcapped mountaintops surrounding Fort Wainwright wasn't enough to scare the wives of the 1st Battalion, 5th Infantry Regiment 'Bobcats', 1st Stryker Brigade Combat Team, 25th Infantry Division, from spending a day in their husbands' boots.

Nearly 70 Army spouses donned uniforms for the 2nd Annual 1-5th G.I. Jane Day here Sept. 20.

G.I. Jane Day has become a common event across the Army that allows Army spouses to live a day in the life of their Soldiers.

"The spouses really enjoy seeing what their Soldiers do and one of the firm beliefs of this battalion is that strong Soldiers need strong Families," 1-5th operations officer, Maj. Jason Dye, said. "We brought the wives out here to let them see some of what their Soldiers do and to help strengthen the bond between husband and wife."

To start the event, participants were broken down into two groups and then sent out to accomplish a

wide range of events such as the obstacle course, firing range and shoot house.

"When the guys were deployed we were all wondering what are they doing, what's it like over there and this gives us the feel of what they go through," Debra Smith said.

During the firing range, each participant, with the help of her Soldier, fired the M4 Carbine and the 9 mm pistol.

From there the women warriors moved to the shoot house, where their tactical expertise clashed with the lessons learned from their husbands' embellished combat stories during an intense firefight with each other. Each participant was equipped with MILES gear, which allows the spouses to know when they have been hit by an opposing forces laser and offers a more realistic feel to the training.

"I know this (G.I. Jane Day) isn't exactly what it's like to be a Soldier, it would probably be a lot scarier if there were live bullets, but it's really fun and it lets us know kind of what they go through," said Smith, whose husband, Spc. Donovan Smith, is an infantryman with the 1-5th.

After being tactically tested, the wives traveled by Stryker to the obstacle course, where they took on events like the confidence climb, barbed wire low crawl and tire run.

The teams were rewarded for their efforts with a certificate from Lt. Col. Jason Wesbrock, 1-5th commander, and left with a renewed sense of what it means to be an Army spouse.

"I'm really glad I got to come out and interact with the different people, it was an awesome experience," Smith said.

For photos of the event please visit: http://www.flickr.com/photos/1-25_sbct/sets/72157631585138389/.



Spc. Donovan Smith, an infantryman with the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, and his wife Debra proudly pose for a photo beside their paper target at Fort Wainwright's Small Arms Range Complex Sept 20. Firing the M4 Carbine and 9mm was part of the 1-5th's second annual G.I. Jane Day. The event allows spouses to participate in Army-related events such as firing weapons, the shoot house and navigating through an obstacle course.

Rabies Day: Raise awareness

Continued from page 3

- Do not encourage kittens or cats to chase or paw at fingers.
- Do not pet a dog without allowing the dog to see and sniff you first.
- Be gentle when petting any animal.
- If bitten by any animal, immediately let an adult know.

Some good tips for current owners or soon to be owners of pets:

- Research the breed you are interested in to make sure they are recommended around children. A good resource for this is your veterinarian, as well as responsible breeders and breed organizations.
- Speak candidly with the previous owner of the pet or stray facility/shelter personnel to see if the pet has a history of aggression. Do not bring an animal with a previous history of aggression or bites into a home with children.
- Spend time with the pet before deciding to adopt/purchase to evaluate the animal's personality and temperament. Does the animal seem easily frightened? Does the animal appear nervous? Does the animal show teeth, growl, or try to bite when approached or touched on feet, ears, belly, etc.?
- Be cautious of bringing a new pet into a home with an infant or a toddler. If your child shows fear or nervousness around animals, it is better to wait until the child is older before adopting an animal into your home.
- If you decide to bring an animal into your home, spay or neuter your pet. This often decreases current or future aggression in the animal.
- Always carefully supervise any interaction between children and pets. Never leave infants or small children alone with an animal.
- Properly socialize and train the pet. Consider obedience classes and encourage the entire household to participate in these classes. Encourage and reward submissive behaviors in your pet (i.e. rolling over to expose abdomen, etc.)
- Avoid aggressive games such as wrestling with your pet.
- Seek professional advice from a veterinarian or behaviorist if the pet begins to develop undesirable behaviors.

For more information on rabies and how to prevent the disease, visit:

U.S. Army Public Health Command, <http://phc.amedd.army.mil/topics/diseases/aid/Pages/Rabies.aspx>

Centers for Disease Control and Prevention, www.cdc.gov/rabies

Fort Wainwright veterinary clinic, Wounded Soldier and Family Hotline, (800) 984-8523.

INFORMATION PLEASE

How do you like to receive news, notifications? What social media sites do you like for news and information? Send us your preferences by filling out the brief, online survey at www.surveymonkey.com/s/RN-PQKTJ. The results of this survey will help us improve how we communicate with and inform the Fort Wainwright community. For more information, call Customer Management Services, 353-9721.

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to "888777" without quotation marks and enter Fort Wainwright's zip code "99703" to register. Subscriptions are available at www.nixle.com. By registering via the webpage, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at www.nixle.com.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Questions? Call 353-7223. Rates are posted at www.ftwainwrightfmwr.com.

COLUMBUS DAY MEAL

A luncheon in observance of Columbus Day will be served at the dining facility Oct. 8 from 11:30 a.m. to 1 p.m. The cost is \$4.55 and includes choice of soups, salads and beverage. Look for Old- to New World entrees like pot roast, chicken, fish and eggplant parmesan. Options of lighter fare, the short order line and a double cheeseburger are also available. Desserts include German chocolate cake, coconut cake and Amaretto mousse pie. The Arctic Knights Inn is located in Building 3728 Neely Road.

HEALTH RESOURCES

Arctic Health Link has moved to Building 4077, across the parking lot from the Bassett Army Community Hospital. AHL works to educate and promote healthy behaviors by encouraging beneficiaries to take an active role in maintaining the health and well being of themselves and their family. For more information call 361-4148.

COMMANDERS LEAD NANOOKS

Two Fort Wainwright commanding officers will 'face off' as guest hockey coaches for the UAF Nanooks during the 2012 Fan Fest, Saturday. Watch sticks clash and the puck fly during the Blue vs. Gold Game with Coach Ronald M. Johnson (Col.), commander of Fort Wainwright Garrison versus Coach Brian Reed, (Col.), commander of 1st Stryker Brigade, 25th Infantry Division. The puck drops at 7:05 p.m. at the UAF Patty Center.

TAKE BACK DRUGS

Fort Wainwright's Prescription Take Back Day events are slated for Saturday from 10 a.m. to 2 p.m. at the Main Exchange. Everyone is encouraged to bring expired or unwanted prescription medications, unneeded over-the-counter medications, medications that didn't work, medications that are no longer used or needed and unknown tablets and capsules. Leave all medications in the original containers if possible and remove or mark over label information. Please do not bring needles or injector devices. The program is anonymous; no questions asked. For more information call the Army Substance Abuse Program, 361-1381.

JOB TRAINING

Applications for the 2013 American Red Cross Dental Assistant Training program are due to the Fort Wainwright Red Cross office today. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at www.mymyonesource.com. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year's Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

SCI-KIDS

University of Alaska Fairbanks, the UAF Museum of the North and Child Youth and School Services have teamed up to bring a Discover Science Expo for Kids to the Youth Center, Building 4109 Saturday at 1 p.m. Everyone is welcome to explore the world of science with UAF professors and students alike. Parents should accompany their children. Activities include: Robotics, marine invertebrates touch tank, hands-on paleontology, crafts with geology, fun with Alaska Native wildlife; crazy chemistry experiments and computer graphic design. Questions? Email Danielle at djdavis4@alaska.edu or call 474-7585.

FAMILY FLU CLINICS

The Bassett Army Community Hospital's Family Walk-In Flu Clinic will be open for vaccinations Saturday from 7 a.m. to 4 p.m. and Monday through 5 from 7 a.m. to 4 p.m.; Oct. 9 through 12, 7 a.m. to 4 p.m. For more information call preventive medicine at 361-5182.

IF I WERE THE GENERAL

U.S. Army Alaska Soldiers, Families and civilian employees at Fort Wainwright are encouraged to take the USARAK Command Environment (5 minute) Survey. Input will contribute to the commanding general's decisions on policy, standards and quality-of-life issues. The survey will be available until Oct. 21 online www.usarak.army.mil/main/survey-ca.cfm. The USARAK inspector general's office is conducting the survey as part of an inspection of the command environment. For more information call 384-3933.

EDUCATION PLANS

Parents interested in developing an Individual Education Plan for their child may attend a workshop at Access Alaska, 526 Gaffney Road. Educators and professionals with expertise in education, healthcare, military student transition, attention deficit, mental health, learning disabilities and traumatic brain injury will be present 9:30 a.m. to 1 p.m. Oct. 13. For more information, call the Youth in Transition Program Coordinator at Access Alaska, 479-7940 extension 2103.

JOB FAIR

Army Career and Alumni Program will host a job fair Oct. 18 from 9 a.m. to 3 p.m. at the Last Frontier Community Activity Center. For more information call ACAP, 353-2113.

BAZAAR TIME

Mark your calendars for one of the first holiday bazaars of the season with wall-to-wall handmade gifts, fleece and furnishings. The Holly Days Bazaar is slated for Oct. 19 from 4 to 8 p.m. and Oct. 20 from 10 a.m. to 5 p.m. in the Physical Fitness Center. The public is invited to attend. The registration form for vendors is online at www.wainwrightcsc.org or on Facebook; look for the 30th annual Holly Days Bazaar. For more information about the bazaar, email 30thhollydaysbazaar@gmail.com.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors,

spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update your address and/or phone number on your DEERS record by signing in, choosing "My Profile Information" and clicking "Update Address". Scroll to the bottom and click "Submit" to add or update any of your contact information.

LIBRARY NEWS

English papers don't write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

THRIFT STORE

For children's clothes, coats, boots, uniforms, sports and recreational equipment, check the Thrift Store. The Thrift Store is located on the corner of Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians assembly in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.mymyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news and events can be found at www.facebook.com/FortWainwrightPAO.

ALASKA POST SUBMISSIONS

Submit a photo, place a post event or class on the calendar, send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week.

National Preparedness Month

Strengthening the security, safety, and resilience of our nation by encouraging individuals, families, and organizations, as a whole, to take significant action toward making themselves and their communities fully prepared for unexpected situations. Find out more at <http://www.acsim.army.mil/readyarmy/>.



SOLDIERS AGAINST DRUNK DRIVING
353-6610
Have a Plan, Call Someone.

13401284
VIP CLEANERS
AK POST/STV
FREE-AK
1 x 3.0

16401293
ELFS DEN, THE
AK POST/STV
FREE
1 x 4.5

13401291
GALLO'S MEXICAN RESTAURAN
AK POST/STV FREE
2 x 1.5

11400474
LOOSE MOOSE CAFE
AK POST/AK POST
2 x 3.0

6x21
Late Ad
Full Page
Color