

ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

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Tank Farm, installation fence projects designed to separate people from health hazards

Allen Shaw,
Fort Wainwright PAO

Health and safety issues, encroachment and federal mandates have prompted Fort Wainwright officials to enforce the installation's boundaries.

As a good neighbor to the community, the Army must take measures to ensure people are not able to easily access unsafe areas within the installation boundaries. Because of the potential chemical and physical dangers that exist in the area known as the Tank Farm on Birch Hill, a fence will be installed to preclude access.

Security at the Tank Farm has been repeatedly breached. Joe Malen, Environmental Restoration Program manager, said there is evidence that people have cut the fence and used other means to access the area, exposing themselves to contaminants in the soil

and on the tanks. "As soon as these surfaces are disturbed by all-terrain vehicles, shoveling or just boots shuffling down dirt paths, trespassers have potentially exposed themselves to harmful chemicals, including toluene, xylenes and lead," Malen said. The dangerous material is then carried away from the containment area on tires, shoes, clothing and skin.

"In some cases," Malen said, "there is evidence that off-road vehicles were barreling down one of the dirt roads or utility easements, obviously lost control and crashed through the fence, proving that in some areas, standard six-foot security fencing just isn't enough," he said. In other areas, trespassers have cut the fence and attempted to drag it off with vehicles.

Some of the trespassers have climbed up the

See SAFETY on page 8



Trespassers have breached fences to enter an area designated as the Tank Farm. The 50-year-old tanks formerly held petroleum-based products. Officials are concerned the stairs and tops of the tanks may collapse, putting violators at risk of serious injury. (Photo by Allen Shaw/Fort Wainwright PAO)

Medic training



Medics from the 1st Stryker Brigade Combat Team, 25th Infantry Division practice their field medical skills at the Pvt. Joseph P. Martinez Combined Arms Collective Training Facility Oct. 11 on post. This training was done to prepare the brigade's Soldiers to compete for the Expert Field Medical Badge. (U.S. Army photo by Sgt. Michael Blalack/1-25th SBCT PAO)

Army offers early retirement opportunity for Soldiers

David Vergun
Army News Service

WASHINGTON -- Soldiers with at least 15 but less than 20 years of service may be eligible for early retirement.

According to Army Directive 281/2012, titled "Temporary Early Retirement Authority," or TERA, officers and warrant officers who have twice failed selection for promotion to the next grade and noncommissioned officers denied continued service as a result of an approved qualitative service program centralized selection board are eligible for the program.

"Soldiers who elect to retire under TERA and are approved, will receive full retirement benefits at a slightly reduced annuity," said Gerald Purcell, the enlisted personnel policy integrator with Army G-1. He emphasized that TERA is

not an entitlement.

The TERA is one of the tools the Army is using to reduce the force in the coming years, said Purcell. He said the reduction affects active-status Soldiers serving in the active and reserve components.

The Army's plan is to reduce the active component from about 570,000 Soldiers to about 490,000 Soldiers by the end of fiscal year 2017.

The Army has reduced the force before. But the force drawdown in the 1990s, for instance, was much different than the most current effort, said Albert Eggerton, the deputy chief of the officer division with Army G-1.

"Now, the Army is making the call on who stays and the programs are different," Eggerton said.

Purcell said a priority with the latest drawdown is precision,

See RETIREMENT on page 8

Life after the Army – ACAP can help

Trish Muntean,
Fort Wainwright PAO

The Army would not deploy a Soldier without training, and no matter why a Soldier may be leaving the military, the Army offers training to prepare them for civilian life as well, through the Army Career and Alumni Program.

All Soldiers, no matter what the reason they are separating, must go through the congressionally mandated and funded ACAP, said Kalah Gilbreath, ACAP contract manager.

An information sheet provided by the Army said that during transition studies started in 2009, it was determined there was a need to improve its ability to prepare Soldiers in all

components for educational and credentialing requirements, and to enhance opportunities to link Soldiers with private industry.

It was for that reason the Secretary of the Army signed the Transition Policy Memorandum. The Transition Policy Initiative includes establishing ACAP as a commander's program—ensuring that every Soldier begins mandatory transition counseling and planning no less than 12 months before separating or demobilizing; mandating the Individual Transition Plan aligning and integrating education/employment services and functions under a single proponent; as well as expanding

See ACAP on page 8

WEEKEND WEATHER



Friday
Cloudy, chance of snow
Highs in the mid-20s
Lows around 5 above
Light winds



Saturday
Partly cloudy
Highs around 20
Lows around 5
Evening cloudy



Sunday
Mostly clear
Highs around 20
Lows 5 to 10
above

BRIEFS



Mrs. International

A Fort Wainwright Family member was recently crowned Mrs. Alaska International and will continue in the competition for the title of Mrs. International in July 2013. Read more inside page 4.

How bazaar!

Arguably among the most popular of holiday bazaars, the CSC Holly Days Bazaar takes place at the Physical Fitness Center today from 4 to 8 p.m. and Saturday from 10 a.m. to 5 p.m. The PFC will close at fitness operations 1 p.m. Friday, resuming Sunday.

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SN/ BIRCHWOOD HOMES

6 awesome foods to lower cholesterol—naturally

Shari Lopatin
Triwest Healthcare Alliance

About one out of every six U.S. adults has high cholesterol, so what can you do—naturally—to lower yours?

Cholesterol is a waxy, fat-like substance produced by your liver and found in many foods. While cholesterol is necessary for certain bodily functions, such as helping hormones, too much can become dangerous.

High blood cholesterol can put you at risk for heart disease, the leading cause of death in the U.S.

You can learn what your cholesterol numbers are through a simple blood test. If your total cholesterol is more than 200mg/dL, this is considered high. However, you can lower it! And here's the best part: just eating certain foods can help you do it naturally.

Here are six fantastic foods to help

lower your cholesterol:

- **Oats:** Try eating a bowl of oatmeal or an oat-based cereal for breakfast each morning. That will give you one to two grams of soluble fiber, which helps lower cholesterol.
- **Beans:** Very rich in soluble fiber, beans take a while for your body to digest. This means you'll feel fuller for longer, something that's especially helpful if you're trying to lose weight.
- **Apples, grapes, strawberries and citrus fruits:** These fruits are packed full of pectin, a type of soluble fiber that helps lower bad cholesterol, called LDL (you also have "good" cholesterol, called HDL).
- **Fatty fish:** Think salmon or tilapia ... or even tuna. The omega-3 fats in fish not only lower cholesterol, but reduce triglycerides and protect your heart. Aim to eat fish two to three times a week.
- **Barley and other whole grains:** Seeing a pattern yet? These foods contain a lot

of soluble fiber, one of the key ingredients to lowering cholesterol.

- **Eggplant:** Can we say, eggplant parmesan? Eggplant is a low-calorie vegetable that also serves as a good source of soluble fiber.

Depending on how high your cholesterol is, your doctor may want to start you on medication. Sometimes, a combination of medication and diet is needed to lower cholesterol to safe levels. Remember, always talk to your doctor about medical conditions or concerns, such as high cholesterol.

For more health living tips, visit Triwest.com's health and wellness resources. Arctic Health Link offers a cholesterol class. A two-hour session teaches participants about nutritional and physical fitness methods for reducing or improving cholesterol levels and overall health. Call AHL on post for more information, 361-4148.



Ready or not, winter is here

Trish Muntean,
Fort Wainwright PAO

It may not be Dec. 21 on the calendar, but with the first snow fall on the ground it is definitely winter at Fort Wainwright. And you had better be prepared, because things will only become more challenging as time goes on, said Greg Sanches, installation senior safety specialist.

Not having your vehicles, self, family and pets prepared for winter can and will cost you not just money but time and aggravation as well and it may put you and those you love in danger.

The first step is to make sure that your family has the proper clothing for an Alaskan winter, which are extremely cold. Freezing temperatures and cold winds can cause frostbite and can even cause death. Hypothermia is a real possibility if a person isn't properly dressed.

According to Sanches, there are three things you should do to keep warm when it is cold: Cover all parts of their body, dress in layers, keep dry.

Wear a hood, hat, scarf or face mask on the head. Over 50 percent of the body's heat loss is at the head. Cover your head to keep warm and wear a scarf around the neck. Wear a coat or snowsuit. Put mittens or gloves on (and secure them to children's hands) Wear two pairs when it is very cold. Wear warm boots or waterproof boots over shoes.

Two or three layers of clothing give more warmth than just one thick garment. Air is trapped between the layers. Air is a very good insulator.

Choose warm underclothes for your child's first layer. Choose thermal knit shirts and vests with

long sleeves. Long underwear, thermal pants, or tights can go under jeans, pants, or trousers. If you don't have long underwear, have the child wear an extra pair of pants or pajamas. Be sure the fit is not too snug.

Choose warm daytime clothes. Daytime clothes are the second layer. They should have warm features such as: High necklines or collars that button up, long sleeves - knit or button cuffs. Button, or zip up styles in sweaters. Fabrics that are thick and fuzzy, i.e., denim, corduroy, knit or flannel, rather than slick and thin. Long pants - slim, straight leg styles are warmer than wide ones. Get pants big enough to fit over long underwear. Choose heavy socks and shoes with closed toes and heels.

When looking for outdoor wear look for coats that have: hoods to cover the head, thick, puffy fabric, such as quilted fiberfill and linings of fake fur or flannel. Coats should be warm enough to cover the torso.

Clothing worn as outdoor is especially important. Choose waterproof boots.

Choose outerwear that sheds moisture. Cotton or polyester poplin, or nylon fabrics shed water well. Look for mittens that have a warm lining with a water repellent outer fabric of nylon or vinyl. Although waterproof footwear is better, water repellent clothes are usually more comfortable than waterproof ones. Waterproof fabrics keep out all rain and snow but they may cause perspiration wetness, since they do not breathe or let air transfer among layers.

Children may be even more at risk than adults for cold weather injuries and many are seen at the Bassett Army Community

Hospital each year.

Most of us love our four legged furry friends almost as much as we do our family. Sanches said that to keep them healthy and happy in the winter months requires some extra efforts. They will need "boots" to protect their paws from cold and chemicals, coats, water (make sure it doesn't freeze over), extra calories, and supervised walks or outside time. Be sure to inspect their tails, ears, and feet every time they have been exposed to the cold for injuries.

Keep in mind that a pet kept waiting in a car can get cold fast. Or suffer from carbon monoxide poisoning. The older the pet, the faster they tend to feel the cold.

Anti-freeze is very attractive to pets. And very deadly. Keep it out of pets (and children's) reach. If either should get into it, contact poison control and get medical attention immediately.

Is your vehicle ready? Are there good tires on it? Is there a good battery in it? How about a battery blanket, oil pan pad, block heater? Is the oil "winter weight" and the anti-freeze full and suitable for temperatures of 50 below? There is this and so much more to take into consideration before driving this season. If there is any chance your vehicle is not ready for winter, now is the time to schedule an appointment, not after it leaves you stranded.

Are you ready if it leaves you stranded? There should be an emergency kit in all vehicles containing warm blankets, a minimum of three flares, jumper cables, water, a tow strap, and tea lite candles. There also needs to be a shovel, waterproof matches, chemical hand warmers and kitty litter for traction.

Commercial kits are also available. Or you can put together a "coffee can survival kit" rather inexpensively. Find more information by contacting the installation safety office or doing an online search to see which best suits your needs.

Sanches advise that just because your car is mechanically sound and you have what you need in case of a delay or breakdown doesn't mean you're ready to get on the road. Be sure to clear off all of the snow from the top of your car, and all the ice from the front and back. Don't just leave "peep holes" Clean off all the mirrors. This needs to be done before you leave your house or office.

Once you're on the road, maintain an increased distance and slow down. Watch the forecast and road conditions and leave yourself extra time to get to your destination.

Most people have never been exposed to something called "ice fog" which is quite dangerous and safety experts advise that you not go out unless you have to. It comes from vehicle emissions, exhaust from home and business furnaces when the temperature is less than 30 below for a period of time. If you must drive in it: reduce Speed, drive with your lights on low beam, be patient, do not pass line of traffic and do not stop alongside the road for any reason.

If you live outside of town you might consider adding extra driving lights. Be considerate of oncoming drivers and dim them when you approach.

For more information on how to get through the winter safely, plan to attend the garrison safety office's "Welcome to Winter" class or call Sanches at 353-7079.. The next one will be on Nov. 14.

Winter safety observed by installation and Alaska

Governor Sean Parnell declared this week as a week for Winter Weather Preparedness and those of us living in Alaska should take the time to prepare for a cold weather emergency at home or on the road.

It's here to stay - winter. So that Soldiers, Families and civilians are better prepared for winter, all community members are encouraged to stop by the "Safe-N-Sane" Safety Day Last Frontier Community Activity Center Oct. 30 from 10 a.m. to 4 p.m. for information on how to stay and remain sane, sponsored by the garrison safety office.

Look for these activities, demonstrations and participants:

Iditarod Champion Jeff King
Alaska Northern Lights Tour Co.
& dance demonstration
Army Community Service
Army Substance Abuse Program
Auto Craft Shop
Bassett Army Community Hospital
Behavioral Health
Flu vaccines
Preventive Medicine
Charcoal Supply Company
Child and Family Assistance Center
Child Safety Seat inspection
Community Spouses Club
Directorate of Plans, Training, Mobilization and Security
Fairbanks Concert Association
Fairbanks Symphony Association
Fairbanks Visitors Bureau
Family and Morale Welfare and Recreation
Fort Wainwright American Red Cross
Fort Wainwright Fire Department
Fort Wainwright Police Department
Friends of Creamer's Field
Husky Homestead
Iditarod Champion Jeff King
Military Family Life Consultants
North Haven Communities
Occupational Health
Outdoor Recreation
Plans, Analysis and Integration Office
Red Cross
Safety Office
Sirius Sled Dogs
UAF Athletics Department



The Fairbanks-North Star Borough recommends owners start "plugging in" their vehicles at about 20-above zero. Most people begin to plug in at headbolts when the temperatures get to zero, according to the Installation Safety Office. During Welcome to Winter briefings, ISO staff recommends using a timer to cycle equipment on and off to save money and energy. Battery blankets, oil pan heaters, and engine block heaters can be added to vehicles for about \$100 if you're willing to "do-it-yourself," otherwise be prepared to spend about \$500 to have a professional do the work. (File photo by Brian Schlumbohm/ Fort Wainwright PAO)

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Maintaining Arctic Warrior standards

Bernie L. Knight,
U.S. Army Alaska command
sergeant major

As I visit the various units and organizations here in Alaska, I'm truly impressed by the quality of our Soldiers and the work they're accomplishing.

Meeting with the young men and women who serve in the Last Frontier gives me great confidence in our Army and reminds me of why it is the greatest in the world – it's because of our standards and the leaders who enforce those standards.

You'll often hear me say that we are a standards-based organization. I believe that with every fiber in my body. Without a doubt, most of our Soldiers here feel the same way, but we must commit ourselves daily to ensuring that we all are living up to this statement.

Soldiers stationed in Alaska,

from private to command sergeant major, from second lieutenant to major general, have a copy of the Arctic Warrior Standards handbook (USARAK Pamphlet 600-2) and they carry it with them every day.

Not only does this handbook tell the history of the Army in Alaska, it will give you the azimuth for what right looks like. The strength of the book, however, comes from those who carry it. The Arctic Warrior Standard handbook only works if leaders are engaged.

I need leaders at every level to enforce the standards. Don't wait for the first sergeant to tell you that one of your Soldiers needs a haircut; don't wait for your platoon sergeant to tell you that your Soldier needs a vehicle inspection before a four-day pass; don't wait for your squad leader to tell you that your battle buddy has a uniform discrep-

ancy. Never walk by something that is wrong without making a correction. Chances are the Soldier who is not meeting the standard simply isn't aware. Take action and be a part of fixing problems rather than complaining about them.

When we get this mindset of engaged leadership that enforces standards in all we do down to the most junior Soldier, we will become an even stronger organization.

We must take pride in our standards and our leaders must take pride in enforcing our standards.

The Arctic Warrior Standards handbook can be found online on the USARAK homepage at: www.usarak.army.mil/documents/arctic_warrior_standards.pdf.

Continue to take care of yourselves and your Soldiers. Thank you for your support.

Arctic Warriors! Arctic Tough!



Command Sgt. Maj. Bernie Knight, the senior enlisted member of U.S. Army Alaska, spoke today before the Sitka Rotary Club. Knight - along with a contingent of 1st Stryker Brigade, 25th Infantry Division Soldiers and members of the 9th Army "Arctic Warrior" Band - visited Sitka to join in the annual Alaska Day Festival which commemorates America's purchase of Alaska, Oct. 18, 1867. (Photo by Mary Rall/USARAK PAO)

Fort Wainwright, Interior communities join diversity celebration



Col. Brian Reed, commander, 1st Stryker Brigade, 25th Infantry Division and James Fraijo cut the cake during the annual Hispanic American Heritage observance Oct. 10 at the Physical Fitness Center. The featured guest speaker, Command Sgt. Maj. (retired) Fraijo, former Arctic Wolves command sergeant major, said his Army training prepared him well for his new career in the civilian sector. Both the military and civilian sectors place an emphasis on cultural awareness and sensitivity, Fraijo said, "we just use different words, like diversity training." Fraijo continued, "To understand someone's culture you have to understand yourself first; understand where you came from so you know where you're going to." (Photo courtesy MSgt. Paul Wayfield/USARAK Equal Opportunity)

Staff report,
Fort Wainwright PAO

Fort Wainwright Soldiers, civilians and leaders from on post and the Fairbanks and North Pole communities came together for the installation's annual Hispanic American Heritage observance Oct. 10 at the Physical Fitness Center. The observance was organized by the U.S. Army Alaska Equal Opportunity office staff and host unit, 1st Stryker Brigade, 25th Infantry Division.

Guest speaker, James Fraijo, retired 1-25th SBCT command sergeant major, spoke to Fort Wainwright's Soldiers about the importance of understanding different cultures. Perhaps not surprising, Fraijo said the strength in understanding begins with the individual.

"To understand someone's culture you have to understand yourself first; understand where you came from so you know where you're going to," Fraijo said in an interview

with the Alaska Post.

Many cultures have struggles and it helps to understand the struggles of other people. Fraijo said, "It's deeply important to be more attuned to other cultures as well as themselves."

As sure as there are differences among cultures, there are also similarities. Being culturally sensitive can help people find common ground, Fraijo said. "Diversity training or Equal Opportunity training, whatever you call it, is another powerful tool in a leader's kit bag."

This year's national theme is "Diversity United, Building America's Future Today." The theme refers to the vital role Hispanics play in the moments that shape our country, and during Hispanic American Heritage Month the U.S. Army recognizes the achievements and contributions of these individuals. America's diversity is a source of strength, and Hispanic

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BABULA, DR.
AK POST/AK POST
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11402471
LOOSE MOOSE CAFE
AK POST/BUCKS AK
2 x 3.0

17403020
FAIRBANKS NORTH STAR
BORO
AK POST/SPOOKY TRAIN
2 x 3.0

13403165
ULTIMATE EYE WEAR
AK POST/AK POST
6 x 4.0

Fort Wainwright partners with UAF to support Nanooks

Allen Shaw,
Fort Wainwright PAO

Beginning this weekend and continuing into November there will be a multitude of opportunities for Soldiers and Family members of the Fort Wainwright community to interact with college athletes attending the University of Alaska Fairbanks.

"This is an excellent opportunity for the Fort Wainwright Community and University of Alaska Fairbanks to show support for each other and help strengthen the bonds of community partnership by a fun-filled two weeks of meeting our local college athletes and promoting good family fun during the events," said Megan Brown, events and promotions coordinator, Family and Morale, Welfare and Recreation.

Members of the UAF women's swim team will be at the Warrior Zone at 1 p.m. Sunday to meet with Soldiers and Family members have photos taken and sign autographs. The women's volleyball team will be at the Warrior Transition Battalion, 2:30 p.m. Oct. 24, to meet and thank wounded veterans, Family members and other Soldiers.

The Nanook men's basketball team will be at the Physical Fitness Center Nov. 4 at 10 a.m. for a shoot-around. The team will also be available for photos and autographs.

The will be a mini cheer camp at the Youth Center Gym, Nov. 4 at 1 p.m., the women's basketball team will host a shoot-around at the PFC Nov. 7 at 5:30 p.m. and the UAF rifle team will visit the Birch Hill Ski and Snowboard Area Nov. 8 at 4 p.m.. The team will give instruction on competition shooting and be available for photos and autographs.

The Nanook Nordic ski team will have a meet and greet, and ski-around at the Birch Hill Cross Country Ski Center on the Fairbanks North Star Borough Parks and Recreation Department side of the hill at Nov. 10 at 1 p.m. and the hockey team will hit the PFC Ice Rink at 6 p.m. for a skate-around, and meet-n-greet.

Brown said starting Nov. 9 through Nov. 18 UAF will be honoring the military at each game and or sporting event. The events will host the 9th Army Band, have military recognitions and occasionally a Soldier or Family member singing the National Anthem. All the events held at the Patty Center are free of charge to military ID cardholders.

Admission to Nanook hockey games at the Carlson Center Nov. 16 and 17 will be \$9 for military ID cardholders.

For more information call FMWR special events at 353-6043 or the UAF athletics department at 474-6830.



The University of Alaska Nanooks swim team will be at the Warrior Zone Sunday at 1 p.m. to meet with Soldiers and Family members. Fort Wainwright Family and MWR is partnering with UAF to show mutual support and appreciation. Seen here, Margot Adam was the top individual swimmer in the Blue-Gold Pentathlon, Oct. 11. (Photo courtesy UAF)



The UAF women's volleyball team will be at the Warrior Transition Battalion Oct. 24 at 2:30 p.m. to meet and thank wounded veterans, Family members and Soldiers. The next game for the Lady Nanooks is Saturday at noon. All the University sporting events held at the UAF Patty Center are free of charge to military ID cardholders. (Photo courtesy UAF)



Mrs. Alaska International, Raquel "Rocky" Harrigan enjoys Alaskan adventures with husband, Lt. Patrick Harrigan, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. Harrigan will represent Alaska at the Mrs. International Pageant in July 2013. (Courtesy photo)

Army strong spouse, business woman named Mrs. Alaska International

Allen Shaw,
Fort Wainwright PAO

A successful realtor, an active community volunteer, a cheer-leading coach and wife of Lt. Patrick Harrigan, executive officer, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, has been crowned Mrs. Alaska International.

Raquel "Rocky" Harrigan will now compete for the title of Mrs. International 2013 during the final competition July 16 through 20, 2013 in Chicago.

Harrigan moved to Alaska in April 2010 after marrying her husband, who was then a recent West Point graduate beginning a six-year commitment with the United States Army. "My initial decision to marry into the military," she said, "was not an easy one." After graduating from college herself, Harrigan said she was on the "fast-track" program at a Fortune 500 company, "on her way up the corporate ladder." "There was no corporate office for me in Fairbanks, so I decided to try my best to flourish and be successful in the community God planted me." That's when she became an independent contractor with a local real estate firm.

"The flexible schedule allows me to also successfully fulfill my role as a military spouse and volunteer," Harrigan said. In addition

to her job and the Alaskan adventures with her husband, she has logged more than 1,600 hours of community service on behalf of the Fort Wainwright Family Readiness Group.

While her husband was deployed to Afghanistan last year in support of Operation Enduring Freedom, Harrigan launched the "While He Serves" organization that encourages community service. "With my new role, I plan to expand the reach of "While He Serves" to include a web site with resources for military Families and initiate a global campaign to promote the positive image of military spouses," she said.

Harrigan embraces the Army Strong philosophy. "Strength keeps us going through year-long deployments, encourages resilience through change and prepares us to act lovingly during times of despair."

The Mrs. International Pageant is owned and operated by International Pageants, Inc., and is reportedly the only platform-based pageant system dedicated to highlighting women's accomplishments through community support. Mrs. International showcases married women 21-to-56-years old and features three categories of competition, including interview, evening gown and fitness wear.

For more information on the Mrs. Alaska International pageant, visit www.mrsinternational.com.

The excitement of a close game: That's what I'm talking about

Allen Shaw,
Fort Wainwright PAO

Half the National Football League games this week were won by three points or less in either the closing minutes or seconds of the game, or in overtime. Like the great baseball player Yogi Berra said, "The game isn't over until it's over." That's what I'm talking about.

In the game played Oct. 11, the Tennessee Titans mounted a thunderous comeback to beat the Pittsburgh Steelers, 26-23. Titans kicker Rob Bironas hammered his fourth field goal, a 40-yarder as time expired.

Matt Bryant of the Atlanta Falcons booted his second game-winner in three weeks, blasting a 55-yarder through the wickets with one second left on the clock, to take the treasure from

the Oakland Raiders.

Cowboys kicker Dan Bailey had an opportunity to take one from the Ravens, but missed a 51-yard field goal with six-seconds left to play. Baltimore beat Dallas, 31-29.

The Rams had a chance to sink the Dolphins, but with 30 seconds left, St. Louis coach Jeff Fisher pulled his rookie kicker out of the tackle box hoping to net a win with a 66-yard field goal. Greg Zuerlein hooked it to the left and Miami won, 17-14. The one that got away, that's what I'm talking about.

In another squeaker the Seattle Seahawks rallied back with 14 points in the last half of the fourth quarter, to beat the New England Patriots, 24-23. Still trailing with a minute-18 left in the game, Hawks QB Russell Wilson tossed a 46-yard

touchdown pass to Sidney Rice. Wilson threw for 293 yards and three TDs, while Patriot QB Tom Brady passed for 395 yards and two touchdowns.

The Detroit Lions came back from a 10-point deficit in the fourth quarter to tie the Philadelphia Eagles, allowing Lions kicker Jason Hanson to win the game with a 45-yarder in overtime. In the other overtime matchup, the Buffalo Bills beat the Arizona Cardinals, 19-16. The loss ended Arizona's eight-game home winning streak.

There were also games that weren't close, as the Cleveland Browns stopped an 11-game losing streak that dated back to last season by beating the Cincinnati Bengals 34-24 and the New York Jets brought some serious heat on the ground to defeat the Indianapolis Colts,

35-9. Jets running back Shonn Greene had a career-high, 161 yards and three touchdowns. The Tampa Bay Buccaneers plundered and pillaged the Kansas City Chiefs 38-10. Bucs QB Josh Freeman tore it up with 328 passing yards and three touchdowns.

In what most people didn't expect after the previous week's offensive show, the San Francisco Forty-niners got stomped by the New York Giants, 26-3. Niners QB Alex Smith was picked off three times. The Giant's defense was monstrous.

The Washington Redskins beat the Minnesota Vikings, 38-26 and the Green Bay Packers downed the Houston Texans, 42-24 as Packers quarterback Aaron Rodgers set a career high, and tied a franchise record with six touch-

down passes.

On Monday, Broncos QB Peyton Manning helped his team overcome a 24-0 halftime deficit and threw three touchdown passes in the second half to lead Denver past the San Diego Chargers, 35-24. Manning was 24-for-30, for 309 yards and had the three TDs.

It was not a good week for the prognosticators. Brain and A-Team did the best with eight wins, six losses each, followed by Bear who went .500 with seven-and-seven. BrowBrose Salsa had six wins and eight losses, Jones Bros were five-and-nine, while Tate took a nose dive with three wins, 11 losses. Urbi posted an all-time low picking only two winners and 12 losers.

It's truly on any given day in the NFL and that's what I'm talking about.

Prognosticators – football predictions for fun and braggin' rights

						
A-Team (54W-37L)	Brain (58W-34L)	Browbrose Salsa (51W-40L)	Bear (52W-39L)	Urbi (45W-46L)	Jones Bros (54W-37L)	Tate (50W-41L)
SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI	SEA @ SF AZ @ MIN DAL @ CAR NO @ TB GB @ STL WAS @ NYG BAL @ HOU TEN @ BUF CLE @ IND NYJ @ NE JAC @ OAK PIT @ CIN DET @ CHI

Minnesota miracle: Let me tell you about my team

Maj. Joel B. Anderson

EDITOR'S NOTE: The Alaska Post is the community newspaper for Fort Wainwright Soldiers, Family members and DoD civilians. We are always interested in contributions – photos and stories. Go ahead; tell us about your team.



While vacationing in Minneapolis, the City of Lakes, I was fortunate enough to witness nothing short of a miracle.

A much-unexpected, hard-fought and long sought-after at-home, in-the-dome, win against perennial powerhouse, the San Francisco Forty-niners.

I hadn't been to a game since Thanksgiving 2010, when a less-than-stellar Minnesota Vikings squad under the leadership of revered veteran QB, Brett Favre, squeaked

out a win over the Washington Redskins.

It's a whole new ballgame now. Chicago Bears' legend and former 49er Head Coach, Mike Singletary has found a spot in the coaching lineup as Vikings linebacker coach; not to say this could have been a contributing factor to their success, but possibly a little insider information never hurts. Another irony of the Sept. 27 game was the return of

Randy Moss. Return as in returning to the scene of the crime. As many football fans remember, Moss played his first seven years in the league in Viking purple before being traded in 2005 to the Oakland Raiders.

During his second tour of duty with the Vikes, Moss eventually disparaged then-head coach Brad Childress so badly during a press conference following a Minnesota Vikings loss to the New England Patriots that Vikings owner Zygi Wilf chose to fire him. The decision is questioned to this day by many Vikings-faithful who still think Wilf fired the wrong man. In my opinion, Childress should have been the one sent packing.

In stark contrast to Favre's gunslinger style of commanding the field it was amazing to witness the graceful breath of fresh air

that new-found standout, Christian Ponder brought to the offense.

You can watch your favorite team all you want on the small screen, but until you are right there in the stadium, it's just not the same - there's just nothing like seeing it live.

Watching the composure with which Ponder would roll out of the pocket, protected by our linemen who provided just enough time to target an eligible receiver and then fire...was amazing.

For the first time in a long time, I can't help but say or at least hope that the future of the Norsemen is at least (or at last?) looking up.

Not only do Ponder's moves have me flashing back to the good 'ol days of the legendary quarterbacks Tommy Kramer or Fran Tarkenton, we also have more depth of field than perhaps ever before.

Rising star, Adrian Peterson has also lived up to, if not exceeded expectations, especially in terms of his discipline during off-season rehab following major surgery for a torn ligament in the season's final game on Christmas Eve 2011. Also back to continue endeavoring himself to fans is wide-out Percy Harvin. A couple of "Percy for President" signs even showed up in the stands during the game.

Although the future, as well as the present, looks bright for my team, we can't rest on our laurels. Frazier in his second full season and his whole staff, including Singletary, is off to a good start, but the season is still young and so is much of the talent.

One of the best things fans of the Vikings nation can hope for is for the current line-up; es-

pecially the offensive trio of Ponder, Percy and A-d remain injury-free.

The defensive powerhouse Jared Allen continues to hold his own against any and all opponents. With continued tweaks using Singletary's expertise and the talent they have, they should continue to show the signs of the minor adjustments needed to be successful.

Bottom-line, anyone who has the chance to get to a game to watch their favorite NFL teams in action will not be disappointed, especially now that the regular refs are back in the game.

Hopefully, Vikings fans will continue to have more cause for celebration this season.

Tell us about your team online at www.facebook.com/FortWainwrightPAO or send us an email, paofwa@us.army.mil

ARMED FORCES ENTERTAINMENT PRESENTS

NY ALLSTAR COMEDY TOUR

October 27, 8 p.m.
The Warrior Zone, Bldg. 3205

There is no cost to attend. Open to DoD card holders ages 18+. For more information, call 353-6043.

COMING TO A THEATER NEAR YOU
For more information visit armedforcesentertainment.com

ROAD CONDITIONS – VEHICLE RESTRICTIONS

Condition	Obstruction	Restrictions	Approval Authority
Green	No Obstructions	None	None
Amber	3 or Less Inches of Snow/Water; Icy Patches; Visibility 200 Meters Winds 15-20 MPH	Motorcycle Operation is Prohibited (Military and Civilian)	None
Red	3 to 6 Inches of Snow/Water; Visibility 50 to 200 Meters Winds: 20-30 MPH	Mission Essential Use of GSA/ Govt Vehicles	O-5/Division Chief
Black	6 Inches or Greater of Snow/Water Sheet Ice Visibility 0 to 50 Meters Winds exceeding 30 MPH	Emergency Use of GSA/ Govt Vehicles	Brigade/Garrison Commander

Road Conditions and Reporting Status changes will be available on the 353-INFO recording & Garrison's official social media: www.facebook.com/FortWainwrightPAO & www.twitter.com/paofwa.
Subscriber to updates via Text message - "99703" Wainwright's zip code, no quote marks to 888777 &/or at www.nixle.com for email alerts. For Installation Command policy, see Severe Weather Policy Letter #31 at www.wainwright.army.mil

Friday – 19th

CPR AND FIRST AID CLASS, 9 a.m., Youth Center, Building 4109. Call 353-7413.

SOLAR SYSTEM STORY HOUR & CRAFTS, 4 p.m., Post Library, Building 3700. Call 353-2642.

HOLLY DAYS BAZAAR, 4 to 8 p.m., Physical Fitness Center, Building 3709. \$3 for adults, children 12 and younger. Free admission. The PFC will be closed. For more information, email bazaar@wainwrightcsc.org.

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

Saturday-20th

ALASKA RANGE HIKE AND SNOWSHOE, 7 a.m., Outdoor Recreation Center Building 4050. Cost is \$20. Call 361-6349.

YOGA FOR ATHLETES, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

SWEETEST DAY CELEBRATION, All day, Nugget Lanes Bowling Center, Building 3702. Buy One, Get One bowling and complimentary chocolate for couples. Call 353-2654.

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

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

Sunday - 21st

PRO FOOTBALL, 9 a.m., The Warrior Zone, Building 3205. NFL games on every TV screen. Open to DoD cardholders 18 and older. Call 353-1087.

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 – 22nd

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

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

ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

SEASON PASSES GO ON SALE, 10 a.m. to 1 p.m., weekdays, Birch Hill Ski & Snowboard Area, Building 1172. Call 353-1998.

Tuesday – 23rd

GROUP CYCLING CLASS, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

HOUR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

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

GROUP CYCLING CLASS, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday - 24th

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

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

PARENT-YOUTH MEETING, 11 a.m., SAC Building 4166. Call 353-7413.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 25th

GROUP CYCLING CLASS, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES, 9:30 to 11:30 a.m., Last Frontier community activity center, Building 1044. Call 353-7372.

HOUR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 4 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

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

TERRIBLE TWOS, 6:30 p.m., CDC I, Building 4024. Call 353-7413.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Friday – 26th

GREEK STORY HOUR AND CRAFTS, 4 p.m., Post Library, Building 3700. Call 353-2642.

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

Saturday- 27th

YOGA FOR ATHLETES, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

CHENA HOT SPRINGS LUNCH & SOAK, 10 a.m., Outdoor Recreation Center, Building 4050. Cost is \$50. Call 361-6349. Must be at least 18 years of age to enter the rock pool.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOUTH SPONSORSHIP, 1 p.m., Youth Center, Building 4109. Call 361-5437.

WINTER ADVENTURE CLINIC, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

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

DARTS TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

SPOOKTACULAR, 8 p.m. to 12 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

YOUTH HALLOWEEN LOCK-IN PARTY, 9 p.m., Youth Center, Building 4109. Call 361-5437.

Sunday - 28th

PRO FOOTBALL, 9 a.m., The Warrior Zone, Building 3205. NFL games on every TV screen. Open to DoD cardholders 18 and older. Call 353-1087.

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.

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MELAVEN FITNESS FACILITY HOURS

The Melaven Fitness Center will reopen Nov. 5. Hours of operation will be Monday through Friday 5:30 a.m. to 8 p.m. Please use back entrance along Santiago Ave. The Melaven Swim Center will close Oct. 26 for renovations and will remain closed until the end of March 2013. All individuals who have a permanent locker in the Men's Pool Locker Room must remove their contents no later than close of business today and the Women's Pool Locker Room no later than close of business Thursday. For more information, call 353-1994.

MILITARY DISCOUNTS

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

EMPLOYEE INSURANCE

A Health Fair is today at the Last Frontier Community Activity Center Quiet Room, Building 1044, Apple Street. Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season, Nov. 12 through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. Stop by the health fair or contact the Civilian Personnel Advisory Center for more information.

Meet the athletes from the University of Alaska

MEET AND GREET ALASKA'S ATHLETES

Fairbanks women's swim and volleyball teams this month. Stop by to get photos and signed autographs. On Oct. 21, meet the UAF women's swim team at The Warrior Zone Building 3205, 1 p.m. The event is open to all DoD cardholders 18 and older. On Oct. 24, meet the Nanook women's volleyball team at the Warriors in Transition Battalion at 2:30 p.m. For more information, call 353-6043.

THE NY ALL-STAR COMEDY TOUR

The NY All-Star Comedy Tour featuring Carole Montgomery, Felicia Michaels, Mark Beard and Jim Mendrinos will be at The Warrior Zone, Building 3205, Oct. 27 starting at 8 p.m. The Armed Forces Entertainment show is open to all DoD cardholders 18 and older.

VOLUNTEER TRAINING

Army Community Service is offering training for facilitators, recorders, transcribers and issue support personnel, (FRTI - pronounced 'Furtee') who will work on the next Army Family Action Plan Conference. Training is set for Nov. 23 and 24 on post. To register or for more information, call 353-2382.

SCHOOL BAZAAR

A holiday bazaar is slated for Dec. 1 at Ticasuk Brown Elementary School. More than 30 national and

local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

VOTER ASSISTANCE

The installation voter assistance office serves as a Voter Registration Agency under the NVRA (National Voter Registration Act) and provides the following voting related services: Assistance to all military members and their families; Registration assistance to civilians who have access to and visit the office; Written information on voter procedures and; Collecting and reporting of voting activity metrics. Office hours are 8 a.m. to 4 p.m., in Building 1049, apartment 11. For more information call 353-7624 or email vote.wainwright@us.army.mil.

YOUTH HOCKEY

Parents are invited to register their 4 to 14-year-old children for the Fairbanks youth hockey program. From beginner to advanced, all skill levels are welcome. More information is available online at www.fahaonline.com. Call 322-7633 for fees and details.

SOCIAL MEDIA SURVEY

How do you like to receive news, notifications? What social media sites do you prefer? Share your preferences by filling out the brief, online survey at www.surveymonkey.com/s/RNPQKTJ. 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 Web, 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. Calls 353-7223 for more information, rates are posted at www.ftwainwrightfmwr.com.

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.

COMMAND SURVEY

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.

HOLLY DAYS

The 30th annual Holly Days Bazaar is set for today Oct. 19 from 4 to 8 p.m. and Saturday Oct. 20 from 10 a.m. to 5 p.m. in the Physical Fitness Center. The Community Spouses Club will host dozens of crafters and artisans. 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 into, 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.

WINTER GEAR

For heavy boots or ice skates check with the Thrift Store, their stock changes daily. The store is located in 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 and a designated assembly area for 100 percent accountability of personnel. To answer questions, contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

Fort Wainwright
Post's official info:
[www.wainwright.
army.mil](http://www.wainwright.army.mil)

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Retirement: TERA an option

Continued from page 1

care and compassion.

"Our goal to do this in a compassionate, caring way, and ensure Soldiers and their Families are taken care of during the transition," Purcell said.

The qualitative selection board is tasked with identifying NCOs, by military occupational specialties and pay grade, who are excess to the future force structure mission requirements of the Army, Purcell said.

"We (then) tell the selection board to rank the Soldiers (with their peers) based on potential future contributions," Purcell said. "Those identified would be quality Soldiers we'd otherwise retain, but because their grades and skills are excess to the Army's needs, we have to let them go."

Purcell said Soldiers will know when they have been selected for involuntary

separation and that they have about a year to request TERA.

"TERA is a good thing for Soldiers to take if they have already been identified for involuntary separation," he said, explaining that the involuntary separation bonus would not have the value of early retirement in terms of pay and benefits.

The officer and warrant officer draw-down decisions are similarly based on the Army's mission requirement needs by skill and grade, Eggerton said. He said some officers with mission-essential critical skills would be allowed to stay in the Army despite not being selected for a higher grade.

Eggerton and Purcell agreed that TERA is good news for Soldiers who otherwise would receive less under involuntary separation.

For more information on TERA, see MILPER message 12-329.

ACAP: Need time to re-acclimate

Continued from page 1

virtual services for career and education counseling before, during and after deployment.

The Veterans Opportunity to Work, VOW to Hire Heroes Act was signed into law Nov. 21, 2011, mandating pre-separation counseling, a Veteran's Affairs benefits briefing, and a Department of Labor employment workshop for all Soldiers who are transitioning. VOW is scheduled for implementation Nov. 21, 2012.

After that, every portion of ACAP will be mandatory, not voluntary.

Once they have completed the program, Soldiers will have functional resumes, they will have attended financial planning classes, learned interview skills, etc.

Fort Wainwright ACAP sees about 30 people a week. Most are there for the mandatory pre-separation brief and initial counseling. After those are complete and depending on status and amount of time the Soldier has remaining in the Army, a plan is developed to meet the needs of that Soldier.

The staff also sees between five and 20 Family members, 20 Soldiers being chaptered out and about 10 retirees each month. Only those Family members whose service members are eligible to use ACAP can use the service themselves. Retirees and their Family members can use ACAP two years out; all other individuals can start 18 months out.

Gilbreath said that the process is a time consuming one, so the sooner it is started, the better. She asks that as soon as a de-

cision to chapter someone has been made, rather than when the completed paperwork is sent to the legal office, the chain of command send the Soldier to ACAP. Soldiers exiting the Army because of medical boards should also visit ACAP as soon as possible.

"Soldiers can't just come into ACAP and think they are going to leave with a resume. It doesn't work that way," Gilbreath said. "These are programs that require adequate time to re-acclimate back to civilian time."

"To complete a complete cycle through takes a minimum of a year," she said. Starting early will ensure that you get the help you want or need.

Some of the chain of command does not understand this is a congressionally mandated program and when your service member is in class; their priority should be the class. It defeats the purpose of the program for the Soldier not to complete the program or to be pulled out in the middle of a workshop, said Gilbreath.

It is for that reason a Soldier should not have duty 24 hours before, or 12 hours after a class.

"This person is going to separate, so please allow them adequate time to transition," she said. We have got a lot of them that say 'my unit is not allowing me to do this, so you know, when I get out, I am just going to collect unemployment' which defeats the purpose. Attending all these, what we call transitory programs, helps them to be prepared for post-active-duty life."

Transition Assistance Program class takes

about two and one-half days. The class presented by the Veteran's Administration is another one-half day. Disabled Transition Assistance Program is another couple hours. ACAP also offers resume-writing, which is another three hours. If someone tried to do it all in a short amount of time, there is just no way anyone could process that amount of information so quickly, she said.

They also discuss a presence on social media, health care, budgeting, educational benefits, what to wear to work and more.

While you're in the Army, everything has been laid out for you, in the civilian world it is up to you, she said.

ACAP is becoming a commander's program according to Gilbreath.

We are in the process of developing what we call a service member's transition council. That is where each unit where have a representative that tracks their Soldiers that are getting out to make sure they get to ACAP in a timely manner, she said.

When ACAP becomes a "commander's program," they will then be held accountable for where the Soldier is. So when ACAP gets a no-show, the unit then has to provide an answer as to where the Soldier was, why he or she did not get that training.

While ACAP cannot guarantee a job, they will teach people how to market themselves and provide them with the best possible resumes and other tools to get the job done.

The ACAP team cares about Soldiers, Gilbreath said, we care, "about you, and want you to have a successful life outside the Army."

Diversity: Annual Hispanic American Heritage observance

Continued from page 3

Americans have not hesitated to defend and show their allegiance to this nation in many ways, but especially through military service.

Originally a week-long celebration approved by President Lyndon B. Johnson, National Hispanic Heritage Month (Sept. 15 to Oct. 15) was enacted into law in 1988. The celebration heightens our attention to diversity and the many contributions Hispanics have made to enrich the United States.

Buildings are sometimes named in memoriam of Hispanics such as the Pvt. Joseph P. Martinez.

During World War II, Martinez fought in the Battle of Attu, to retake the occupied island in Alaska's Aleutians.

Originally planned to last three days, the fighting was fierce in the area dubbed the Fish Hook May 26, 1943, 15 days after the initial invasion, and the advance of K Company, 32nd Infantry, had stalled near the top of the pass.

"In the face of severe hostile machinegun, rifle, and mortar fire, Pvt. Martinez, an automatic rifleman, rose to his feet and resumed his advance. Occasionally he stopped to urge his comrades on. His example inspired others to follow. After a most difficult climb, Pvt. Martinez eliminated resistance from part of the enemy position by BAR fire and hand grenades, thus assisting the advance of other attacking

elements. This success only partially completed the action.

A young Hispanic Soldier from Colorado, Pvt. Joseph P. Martinez, broke the stalemate.

The citation for his Medal of Honor reads in part:

"The main Holtz-Chichagof Pass rose about 150 feet higher, flanked by steep rocky ridges and reached by a snow-filled defile. Passage was barred by enemy fire from either flank and from tiers of snow trenches in front. Despite these obstacles, and knowing of their existence, Pvt. Martinez again led the troops on and up, personally silencing several trenches with BAR fire and ultimately reaching the pass itself. Here, just below the knifelike rim of the pass, Pvt. Martinez encountered a final enemy-occupied trench and as he was engaged in firing into it he was mortally wounded. The pass, however, was taken, and its capture was an important preliminary to the end of organized hostile resistance on the island."

The Pvt. Joseph P. Martinez Combined Arms Collective Training Facility at Fort Wainwright is named in his honor.

For years, the Army has forged relationships with Hispanic associations, and will continue to support and sponsor professional development forums. Through these relationships, the Army further increases awareness among key Hispanic audiences of the educational and career opportunities available in the Army.

Safety: Encroachment onto military land is not acceptable

Continued from page 1

stairs to the tops of the old fuel storage tanks to paint graffiti. The 50-year-old tanks have deteriorated and officials are concerned the stairs and/or the tops of the tanks people on them at risk of serious injury. Because of the gravity of the danger and the previous indications of people entering the area, the Army will install a sturdy chain-link fabric fence with barbed wire along the top.

The current fencing project is a continuation of a project that has been an ongoing effort spanning several years. Perimeter fences have already been installed along Badger Road and on the Richardson Highway boundary.

Other areas of the perimeter fence that require repositioning and repairs are near the Shannon Park and Hamilton Acres subdivisions. In some cases, landowners encroached onto military lands and have moved their personal property, such as sheds, trampolines, vehicles, wood piles etc onto the Army land, essentially

exceeding their own legal property boundaries and converting military land to private use.

"This is a measure that has been made necessary due to health and safety concerns, encroachment issues and security requirements" said Col. Ronald M. Johnson, garrison commander, United States Army Garrison Fort Wainwright. "It is our responsibility to ensure we prevent access to these unsafe and potentially dangerous areas as well as protect the property the government has entrusted to us for training and other uses for our Soldiers and Families."

Johnson went on to say that, "while I understand that some of the residents of Shannon Park and Hamilton Acres may find the fence unattractive and restrictive, it is our mandate from the Department of Defense to enforce the integrity of our installation boundaries. The fundamental point is that encroachment onto military land is not acceptable."

Fort Wainwright officials welcome recreational activity on the installation - on approved sites. For more information on recreation on Army land and recreational access permits, visit <http://www.wainwright.army.mil/env/RecAccess.html>.



Chain link fence around the perimeter of the Tank Farm is reportedly cut and breached on a daily basis, and trespassers are leaving evidence of graffiti-vandalism and other illegal activities. Additional measures are being taken to protect everyone from potential hazards. In addition to security fencing, detailed signage and concrete barriers, officials plan to install security cameras and increase patrols. (Photo by Allen Shaw/Fort Wainwright PAO)

18401894
ALASKA FUN CENTER
SALES
AK POST/AK POST
2 x 5.0
RED

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

13401283
VIP CLEANERS
AK POST/STV
FREE M
1 x 3.0

18400578
ESTHER BARBER
& STYLES
AK POST/AK
POST
1 x 2.0

13401291
GALLO'S MEXICAN RES-
TAURAN
AK POST/STV FREE
2 x 1.5

Fort Wainwright
PAO
website:
www.wainwright.mil

