

# ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

October 26, 2012

## Army Ten-Miler brings out Soldiers' best



The 47 Missing Parts in Action and Wheelchair competitors take off from the 2012 Army Ten-Miler starting line Oct. 21 at the Pentagon in Washington, D.C. Also participating in the event this year were 50 wounded warriors from the Army, Marine Corps and Navy. (Photo by Mary Rall/U.S. Army Alaska PAO)

**Mary M. Rall**  
U.S. Army Alaska Public Affairs Office

The win for the 2012 Army Ten-Miler in Washington, D.C., may have gone to Tesfaye Senedeku-Alemyehu of Ethiopia with a time of 47 minutes and 48 seconds, but the event was ripe with personal victories for a majority of the 11 Soldiers representing U.S. Army Alaska at the

event Oct. 21, seven of whom achieved personal best times.

The Soldiers participated in qualifiers at Fort Wainwright and Joint Base Elmendorf-Richardson May 6, and began formal training for the Ten-Miler as soon as the 14 fastest times from the combined results were determined.

That training for a men's and a mixed team to represent the command at the 27th annual event in Washington,

D.C., paired with U.S. Army Alaska Commanding General Maj. Gen Michael X. Garrett's requirement for a second qualifier on Oct. 3 to ensure the most competitive representation possible kept the Soldiers training hard and may have contributed to significant improvements in their times.

"I like to win," Garrett said, adding, "If we're going to fill a team, we're going to fill the best team we can."

The performance improvement was evident for Fort Wainwright's Spc. Christian Powell with Headquarters and Headquarters Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, who hacked 7 minutes and 19 seconds off his initial qualifier time and more than 3 minutes off his second.

Powell said he noticed how well he was doing at the four-

mile mark and thought the clock must have been wrong. When he hit mile eight and saw the times gelled, he realized he was exceeding his personal race performance expectations.

"I was hoping to get 1:05, and was thinking I'd get 1:06," Powell said, who completed the race in 1:01:25, an achievement he celebrated by hugging his teammates.

**See TEN-MILER on page 4**

## Safety precautions prevent ghosts and goblins from going bump in the night

**Trish Muntean,**  
Fort Wainwright PAO

Halloween is exciting, with sweets and treats and both children and adults getting to do some role play wearing costumes, but there are many ways it can be dangerous as well if the proper precautions are not practiced.

The Centers for Disease Control and Prevention estimates the number of deaths among young pedestrians between ages 5 and 14 are four times higher on Halloween evening when compared with the same period during all other evenings of the year.

This is due to a couple of reasons. First is that there are more children out on the streets that night than any other of the year. Secondly is because there will be an ex-

tremely high amount of traffic in housing areas. Due to the cold weather, many parents would prefer to drive their kids from house to house instead of letting them walk.

"Residents of Fort Wainwright should use extreme caution when travelling through our housing areas, said Kendall Greenleaf, chief of police. "In addition, there will be an increase in patrol presence in the housing areas conducting speed enforcement and ensuring the safety of our trick-or-treaters."

Those are not the only reasons children are at risk of harm on Halloween. To ensure the safety of trick-or-treaters, the Fort Wainwright Safety Office offers these tips:

Keep the lights on - both inside and out - to welcome

and protect trick-or-treaters.

Be friendly, but don't invite trick-or-treaters inside - you wouldn't want your children going into a stranger's home.

Get creative - create a costume using makeup instead of a mask. If you do use a mask, make sure the eyeholes are large to allow full vision.

Costumes should be light-colored and/or decorated with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light-colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.

Costumes, masks, beards and wigs should be made of flame resistant fabrics such

**See SAFETY on page 2**

## The Lending Closet assists transitioning Soldiers, Families

**Allen Shaw,**  
Fort Wainwright PAO

During a transition period, whether it's coming or going, Soldiers and Families often spend a period of time without the comforts of home. The Army Community Service Relocation Readiness Program at Fort Wainwright is available to assist with the changeover.

Besides a number of assistance programs, ACS stocks a Lending Closet with a variety of household items. "This could save a Soldier and his Family a ton of money and help alleviate that feeling of being stuck somewhere in between," said James Askew, Relocation Readiness Program manager for ACS.

He said the items can be loaned out for up to 30 days and the time period can often be extended if necessary. "We have quality items that include dishes, pots and pans, air mattresses, vacuum cleaners, coffee pots, microwave ovens and

televisions," Askew said. Many of the items on the shelves appear to be brand new and are expected to be returned in the same condition. "We will not accept items that aren't returned clean and in working order. We have some pretty nice things."

The service is available to Family members transitioning in and out of Fort Wainwright, who have not cleared ACS. ID cards and orders are required.

Askew said, "It's a great program and we're hoping that folks who are just arriving to Fort Wainwright take advantage of the items available, especially if they have arrived before their household goods. We have just about everything a transitioning Family needs, including pack-n-plays (play pens) and three-piece meal sets for youngsters."

For more information on the Lending Closet, call Askew at 353-7908 or the ACS Office at 353-4227.

### WEEKEND WEATHER



**Friday**  
Mostly cloudy  
Highs in the 20s  
Lows around 5  
Light winds



**Saturday**  
Partly cloudy  
Highs: mid-20s  
Lows around 20  
Night: mostly cloudy



**Sunday**  
Partly cloudy  
Highs: mid-20s  
Lows 5 to 10  
above

### Comedy Saturday

NY All-Stars, a free comedy show with 4 comedians from New York and other haunts 8 p.m. Warrior Zone, free to DoD ID cardholders 18 and older



### BRIEFS

#### Safety is going to the dogs

Not only will McGruff the Crime Dog and Sparky the Fire Dog be in attendance at the Safe-n-Sane Winter Safety Day there will also be puppies available for petting and learning about sled dogs and Alaska's sport - mushing. Meet celebrity musher, 4-time Iditarod champion, Jeff King. Safety day takes place Tuesday, 10 a.m. to 4 p.m. in the Last Frontier Community Activity Center. Learn how to stay safe and remain active even as the temperatures plunge and darkness falls. See details page 6.

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SN/ BIRCHWOOD HOMES

# Army standards: Maintenance Discipline

**Maj. Gen. Michael X. Garrett,**  
U.S. Army Alaska commanding general

There are many great opportunities I enjoy as your commander, but among my favorites is getting out to see troops and training. We have within our organization an amazing diversity of people, equipment, skill sets and abilities. From what I've seen, it is obvious our team can accomplish any required mission. Our junior leaders have combat experience that rivals any generation in American history.

However, we do occasionally need to take a step back to reassess our Soldiers and the methods we use to accomplish our assigned missions, both in garrison and in combat.

Over the past decade, the Army has focused on deploying, resetting at home and then deploying again. Before the high operational tempo of the wars in Iraq and Afghanistan, a unit's readiness was measured in whether they could deploy on short notice with their organic equipment. It is my intent that

we meet this standard again.

Senior Army leaders are engaging commanders at all levels in an effort to focus on fundamentals. This means going back to the way the Army did business before Sept. 11, 2001. We will focus on fundamental skills such as Soldier discipline, training management and maintenance.

We will no longer expect to have mission critical equipment provided to us when we deploy. The years of contractors maintaining our gear with nearly unlimited funds are over. We as an organization must shift our thinking and realize that what we have in garrison will be what we have in combat. We must keep our weapons, equipment and Soldiers at the highest state of readiness. What we have at home may be all we have when it comes time to close with, engage and destroy the enemy.

Command maintenance programs are essential to achieving the high level of readiness I expect from our organization. Many of our leaders and Soldiers have never had the training necessary to carry on a



**Maj. Gen. Michael X. Garrett**

truly exceptional maintenance program. We must assess our current programs, develop short and long-term improvement goals and make adjustments to the way we plan and execute command maintenance. We must all instill pride in ourselves for the ownership of our unit's equipment.

A quality command maintenance program requires planning, preparation, training and aggressive execution. As lead-

ers become trained and certified, they will be a valuable resource for training Soldiers and enforcing standards. This builds confidence, competence and readiness within our units.

A disciplined command maintenance day must include an operations order or a written standard that lays out priorities, responsibilities and tasks that will be accomplished. Remember to include weapons, communications and NBC equipment and low-density equipment in your plan. Leaders must be trained and certified beforehand so there is an understood common standard for that day's focus. Soldiers will use Technical Manuals every time they maintenance equipment. If they are not on hand then they can be downloaded for free. Your supply NCO can help you find them.

It is critical that leaders are on-site during command maintenance and are involved in managing the process so they know first-hand the status of their equipment. I expect an After Action Review to be conducted after every training

event, including maintenance training. This will go a long way to continually improving programs and will provide insight into your progress.

Leaders with a successful command maintenance program will know if their Soldiers are properly licensed on their equipment and whether they know how to conduct proper maintenance. Every Soldier responsible for equipment must know the status of their gear and whether it is mission capable or not. First-line leaders must know how to manage the maintenance process for any piece of equipment to get from non to fully mission capable.

We must continue to emphasize the importance of mastering our fundamental skills, including a good command maintenance program. I know how hard you work and I appreciate your contributions to the success of our team. Together, we will continue to make U.S. Army Alaska the best command in the U.S. Army.

Arctic Warriors! Arctic Tough!

## Alaska Day Festival Memorial Ceremony



Col. Brian Reed, 1st Stryker Brigade Combat Team, 25th Infantry Division commander and Col. Hunt Kerrigan, 38th Troop Command commander, render a salute after laying a wreath at the headstone of Medal of Honor Recipient Marine Col. Archie Van Winkle Oct. 18 during the Alaska Day Festival Memorial Ceremony at Sitka National Cemetery in Sitka, Alaska. Van Winkle received the Medal of Honor as a staff sergeant during the Korean War when he made it possible for an outnumbered platoon to fend off an enemy attack, even though he had sustained a gunshot wound to his arm and a hand grenade injury to his chest. (Photo by Mary Rall/U.S. Army Alaska PAO)

## Voting assistance officer responsibilities

**Maj. Chris Bye and Sgt. 1st Class Angel Santiagogarica,**  
USARAK Inspector General's office

*Editor's note: The polling place for the Fort Wainwright precinct is the Last Frontier Community Activity Center, Building 1044 Apple Street. Polls for the Nov. 6 general election are slated to open from 7 a.m. to 8 p.m.*

Voting Assistance Officers, or VAOs, ensure that citizens covered by the Uniformed and Overseas Citizens Absentee Voting Act understand their voting rights and how to register and vote absentee and provide accurate non-partisan voting information and assistance. VAOs may be members of the Uniformed Services, civilians, or members of a overseas U.S. citizens organizations.

Commanders' guidance from the office of the Inspector General:

Unit voting assistance officers (VAOs) will not engage in or support any activities that could be interpreted as associating the Department of the Army with any political causes or candidates.

Commanders will appoint, in writing, unit VAOs (in the grades of first lieutenant/sergeant first class or above) in all units with five or more permanently assigned members. (Appoint an additional VAO for each 50 unit members above the 25-member base). Commanders will provide Soldiers the maximum opportunity to vote.

- Train all Soldiers on the absentee registration and voting procedures during Federal Election years.
- Establish evaluation criteria for UVAOs performance and ensure that evaluation reports reflect how well they executed their duties.
- UVAOs attend an FVAP voting assistance workshop during years with elections for Federal offices.
- UVAOs ensure in-hand delivery of Federal Post Card Application (FPCA) to all uniformed absentee voters and their eligible voting family members not later than 15 January of each year.
- UVAOs inform the voter that, under the law, the local election official must receive the Federal Write-in Absentee Ballot no later than the deadline for receipt of regular absentee ballots.
- UVAOs can access the FVAP web site [www.fvap.gov](http://www.fvap.gov) for all voting materials and information.

For more information, see Army Regulation 608-20 Paragraphs 2-14 and 2-15 available online at [http://www.apd.army.mil/pdf/afiles/r608\\_20.pdf](http://www.apd.army.mil/pdf/afiles/r608_20.pdf) or call the Fort Wainwright Inspector General's office, 353-6200.

## Safety: Guidelines keep Halloween fun, safe

Continued from page 1

as nylon or polyester. Look for the label "Flame Resistant."

Flame resistant fabrics will resist burning and should extinguish quickly.

Costumes should be well-fitted. Little ghosts and goblins can trip and fall if their costumes drag on the ground.

Decorate, decorate, decorate ... but keep candles, luminaries and Jack-o'-lanterns away from landings and doorsteps where costumes could brush against the flame.

Always accompany your young munchkins on their trick-or-treating route. Consider throwing a bash for your munchkins and their friends,

complete with Halloween-decorated treats.

If your older trick-or-treaters go out without an adult, they should always be in a group and you should know their route.

Make sure the treats you offer are wrapped and sealed, and carefully inspect your children's treats before letting them dig into their riches.

Remind your children of everyday safety ... don't go in strangers' cars, don't go in strangers' houses and abide by all traffic laws - go on green, stop on red and look left, right and left again before crossing.

Keep the whole neighborhood safe by reporting any suspicious activity to the police by dialing 9-1-1.

"I would also remind

parents to not allow their children to consume candy until they have inspected the candy in a lit indoor area in order to identify any candy products that appear to have been pre-opened or tampered with," Greenleaf said.

Due to budget issues, the police departments will not be participating in Operation Glow this year, said Maurice Fischer, the director of Emergency Services.

Trick-or-treat hours are 6 to 8 p.m. on post Tuesday. Military Families are invited to visit the Exchange-commissary complex for the Halloween Fest from 5 to 7 p.m. For more information about Halloween activities, see the Halloween Happenings article in this week's Alaska Post.

# ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

# Fort Wainwright Halloween happenings

**Trish Muntean,**  
Fort Wainwright Public Affairs

Bassett Army Community Hospital says "Boo to the Flu" with some indoor trick-or-treating and a haunted house from 4:30 to 6 p.m. Wednesday. Over a dozen different departments within MEDDAC-AK will be participating to offer candy. Beneficiaries can also take advantage of the walk-in vaccination clinic during this time to get their annual flu shots.

The Youth Center in Bldg 4109 will host a Halloween

lock-in party Saturday starting at 9 p.m. The party will continue until 8 a.m. the next day and will feature costume contests, music, food and games throughout the night. The party is open to registered middle and high school students with signed parental permission slips.

Nugget Lanes will transform the bowling center, turning down the lights and turning up the fun for Spooktacular Saturday from 8 p.m. to midnight. There will be live entertainment, a costume contest, com-

plimentary finger foods, door prizes and all-you-can-bowl for \$15 per person. Call 353-2654 for more information.

Join AAFES, North Haven Communities and the Directorate of Family and Morale, Welfare and Recreation Wednesday for a spooky good time from 5 to 7 p.m. at the post exchange. This event is not to be missed, with face painting, spray-in hair color at the beauty salon, discount pizza and games.

Haunted house: Zombie Apocalypse

The 539th Transportation

Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and the 472nd Military Police have joined forces to triumph over evil at Zombie Apocalypse 2012.

Come out tonight to help them complete their mission at Building 2955. The cost of admission is \$5 and the fun starts at 6 p.m.

Haunted house: 5-1 Cav

Zombie Containment Zone  
5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division will attempt to hold

the walking dead in the Zombie Containment Zone.

Come out and see if you can escape the zombies starting tonight thru Oct. 31, weekdays from 7 to 10 p.m. and Fridays and Saturdays from 7 p.m. to midnight.

The containment zone will be located at 3485 Luzon Avenue, the motor pool for 5-1 Cav.

The cost of admission is \$10 for adults and \$5 for children, although it is not recommended that children attend. Those under the age of 16 must be accompanied by an adult.

## Disabilities not always obvious

**Linda Douglass**  
Fort Wainwright Public Affairs

Stop what you are doing and look at the people near you. If there are five or more people in your immediate area, chances are at least one of them has a disability. According to the U.S. Department of Commerce, Bureau of the Census, one in every five people has some kind of disability.

The Census Bureau's website at [www.census.gov/pprod](http://www.census.gov/pprod) describes a disabled person as someone who has trouble performing certain functions, such as seeing, hearing, walking, climbing stairs or who cannot perform specific expected functions like homework for children or a job or housework for adults. Furthermore, a person who cannot perform one or more functions, who needs a mobility aid to get around or needs help from someone else to do basic activities is considered severely disabled.

Disabilities do not discriminate. Although the majority of disabled persons are older Americans, five percent of children ages 5 to 17 are disabled. Men and woman of all races and beliefs fall into the disabled category.

The census tells us 10.2 million people have a hearing difficulty; 6.5 million have vision problems; 13.5 million have trouble concentrating, remembering or making decisions and 19.4 mil-

lion age 5 or older have trouble walking or climbing stairs.

The Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1999 guarantee certain things to those who are disabled. Under the law, a disability is defined as "a physical or mental impairment that substantially limits a major life activity," and these two laws make it illegal for employers to discriminate against people with those impairments. Whether or not a particular condition is considered a disability is determined on a case-by-case basis.

In accordance with current EEOC guidelines, employers may not discriminate against qualified applicants, or in managing qualified employees, based on disabilities, said Rey Torres, former Fort Wainwright Equal Employment Opportunity manager. A qualified applicant or employee has the skills and education to do the job, and can perform the essential functions of the job with or without rea-

sonable accommodation.

"Reasonable accommodation means adapting the job site or job functions for a qualified person with a disability to enable that person to perform his duties," Torres said. "It does not mean lowering the work standards or changing the job requirements."

Reasonable accommodation may include making facilities accessible; acquiring or modifying equipment; providing assistive devices such as a trackball instead of a mouse; flexible leave schedule; part-time or modified work schedule or redesign of work space or assigning the employee different tasks.

I've seen the reasonable accommodation work. After shoulder surgery, I returned to work with my right arm held snugly against my body by an immobilizer. As the shoulder healed, I slowly moved back to normal tasks. But I couldn't type easily and any movement of my arm resulted in pain. A special program through EEO provided

me a track ball, ergonomic keyboard and a copy of "Dragon Naturally Speaking." It cost my office nothing. The new additions to my computer did not set me apart from others, but rather they allowed me to do my job well, despite my injury. The trackball replaces a mouse and allows me to use my computer with less stress on the arm and shoulder than a mouse. An added extra is the fact that the trackball reduces the risk of carpal tunnel syndrome, as stress on the wrist is also reduced.

The employee requesting reasonable accommodation may be required to provide medical documentation of the condi-

tion before the changes are made, Torres said.

He added there is a difference between a civilian employee with disabilities and a disabled veteran. The criteria set forth by the ADA is not the same as the Veterans' Administration's criteria.

Things have changed drastically in the past 25 years. I've seen changes in the way we see and describe people with disabilities and huge changes in the way we now welcome them and their expertise to our workplaces.

Once, not so long ago, people with disabilities were expected to collect disability compensation and not work. They were a segment of society that

wasn't really recognized. They were the targets of sidelong glances and, in some cases, pity. Now, though, they are valued employees throughout all levels of commercial and government enterprises.

With understanding leaders and a willingness to adapt to their limitations, disabled employees can remain productive on the job and continue to be tremendous assets to the Army.

The EEO manager position at Fort Wainwright is currently vacant. For more information on the ADA or any of the programs available to help employees with disabilities, contact the Pacific Region EEO at 808-438-1457 or DSN 315-438-1457.

**ARE YOU A VICTIM  
OR WITNESS TO  
ABUSE?  
CALL 388-2260  
(no name required)**

13403247  
AJIMI  
AP/AP-SAKE NIGHT  
3 x 3.5

18401674  
CARLSON CENTER  
AK POST/AK POST-JERR  
3 x 8.0

40402514  
BR&ASSOC/AK MARINE HWY  
AK POST/AK POST-#208  
3 x 7.0

# ATM: 11 represent U.S. Army Alaska at Ten-Miler

Continued from page 1

2nd Lt. Aaron Demro with Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, also achieved his personal best at the event, earning the fastest USARAK time of 55:05, 1:35 faster than what he ran in October and 2:32 faster than in May.

Demro said he trained hard for the event and set himself up for success by staying with a pack of runners with whom he knew he could remain competitive in an effort to finish strong, a tactic that worked out well for the JBER Soldier.

"I like competition. I like to kind of get myself out there—seeing how much I can push myself," Demro said, noting he enjoys the psychological and physical challenges of such an event. "It's a real mental game. I like that."

Thirty-nine-year-old Master Sgt. Paul Wayfield with Fort Wainwright's Headquarters and Headquarters Detachment, U.S.

Army Alaska, was the oldest Soldier to compete for the command at the event, yet age didn't inhibit him from outrunning the majority of his junior teammates with a personal best time of 59:16, more than 9 minutes less than his initial qualifier and 35 seconds less than his second.

Wayfield, who has been running competitively for seven years, said the Army Ten-Miler stands out due to the quality of the participants.

"In your average race, you have a small percentage [of competitors] in the upper tier, but here you're constantly surrounded by higher-caliber athletes," he said, to include his fellow team members. "It was just a great experience overall—great camaraderie. I'm honored to be among such great Americans."

Several of USARAK's 2012 Army Ten-Miler team members said they plan on participating in the 2013 qualifier in an effort to beat their newly minted personal best times.

Garrett is strategizing for the 2013 event as well and is deter-

mined to identify the best possible USARAK candidates for the 28th Army Ten-Miler. He said the endeavor will be aided by having a larger pool of command competitors to choose from, because neither JBER's 4-25th ABCT nor Fort Wainwright's 1-25th SBCT will be deployed.

"We'll start earlier next year to get an idea of who the best folks are," Garrett said, stressing that the 2012 command teams did a tremendous job. "I'm very, very proud of our teams. They represented U.S. Army Alaska well."

**Men's team scores** – 1. Aaron Demro, Fort Wainwright, Alaska, 55:05; 2. David Vasquez, FWA, 56:59; 3. Sterling Yazzie, FWA, 57:31; 4. Ivaylo Benov, FWA, 58:57; 5. Paul Wayfield, FWA, 59:16; 6. Jordan Thomas, Joint Base Elmendorf-Richardson, 1:01:23.

**Mixed team scores** – 1. Christian Powell, FWA, 1:01:25; 2. Adan Gandaria, FWA, 1:09:12; 3. Bridgette Wilson, JBER, 1:13:33; 4. Vanessa Cardenas, FWA, 1:13:44; 5. Brian Landis, JBER, 1:19:33.



Staff Sgt. Sterling Yazzie with Fort Wainwright's 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, crosses the finish line of the Army Ten-Miler at the Pentagon in Washington, D.C., Oct. 21 with a time of 57:31. (Photo by Mary Rall/U.S. Army Alaska PAO)



U.S. Army Alaska Commanding General Maj. Gen. Michael X. Garret and USARAK Command Sgt. Maj. Bernie Knight take advantage of a photo opportunity with the USARAK Army Ten-Miler teams Oct. 20 at the command's Hooah Tent at the Pentagon in Washington, D.C. Seven Soldiers from Fort Wainwright and four from Joint Base Elmendorf-Richardson comprised one mens and one womens team. (Photo by Mary Rall/U.S. Army Alaska PAO)



Master Sgt. Paul Wayfield with Headquarters and Headquarters Detachment, U.S. Army Alaska, confidently begins his second Army Ten-Miler Oct. 21 in Washington, D.C. Wayfield competed as a part of the USARAK mens team, one of 700 teams to participate in the event. (Photo by Laura Wayfield/Fort Wainwright Contracting)



Capt. David Vasquez with 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, focuses on the race ahead during the initial minutes of the Army Ten-Miler Oct. 21 in Washington, D.C. The race featured 30,000 competitors, 8,000 more than participated in 2012. (Photo by Laura Wayfield/Fort Wainwright Contracting)

## The Alaska Post spotlight is on Terri Crowson

Northern Warfare Training Center employee retires after 28 years

Staff Sgt. Trish McMurphy  
U.S. Army Alaska PAO

After 28 years of dedicated service to the military as a civilian employee, Terri Crowson was showered with gifts and good wishes during a retirement ceremony Oct. 4 in Fairbanks.

Crowson, a Fairbanks native, started her civil service career in 1966 as a typist and central files clerk at the post headquarters on Fort Greely, just south of Delta Junction.

She met her husband, Wayne, an instructor for the Northern Warfare Training Center, a short time later and briefly left Alaska.

"(Wayne) was the first instructor I ever loved and he tenderized my heart towards the NWTC," Crowson said.

Even though Crowson left Alaska in 1967, she found her way back a few years later and in 1984 she became attached to the NWTC once more when she reentered civil service as the school's administrative assistant.

Crowson said she had seen many changes in



Terri Crowson, longtime Northern Warfare Training Center employee, began her civil service career in 1966, receives gifts, well-wishes, congratulations and a certificate and Meritorious Civilian Service Award during a ceremony marking her retirement after 28 years of civil service, Oct. 4 in Fairbanks. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK PAO)

the school since she began her career some 28 years ago, but one thing she said hasn't changed is the quality of Soldiers the NWTC keeps in its ranks.

"They are always the cream of the crop," Crowson said. "I loved being a part of NWTC."

At the end of the ceremony, after much praise for Crowson, NWTC members, both past and present, gathered in front of the room and

one at a time hugged Crowson as she fought back tears of joy and sadness.

She gave a short speech and thanked everyone for all that they had done to make her feel part of the NWTC family and said she would miss them all.

Crowson and her husband plan to remain in Delta. Although she will not see the men and women she has come to love at the school on a daily basis, she will always be close by.



**October is Domestic Violence Awareness Month**

If you or someone you know is being abused, call the National Domestic Violence Hotline at 800-799-SAFE (7233) or 800-787-3224 (TTY).

If you are interested in information, referrals, or funding opportunities related to domestic violence, visit OVAW's Web site at [www.usdoj.gov/ovw](http://www.usdoj.gov/ovw).

**Working Together to End the Violence**

Nearly 25% of surveyed women and 8% of surveyed men said they were raped and/or physically assaulted by a current or former spouse, cohabiting partner, or date at some time in their lives. Domestic violence is wrong. It affects not only the direct victims, but their children and families as well. Working together, men and women can change attitudes and perceptions about domestic violence.

For more information, contact the Department of Justice's Office on Violence Against Women at 202-307-6026, or visit our Web site at [www.usdoj.gov/ovw](http://www.usdoj.gov/ovw).

Office on Violence Against Women



## The best time of the year to be a sports fan: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

This is the time of year when true sport fanatics around the country need to pace themselves, stretch, hydrate and focus. It is crucial to have plenty of nutritious snacks and beverages close at hand and by all means fresh batteries in the television remote controls.

Although we are zeroed in on our National Football League games each week, late October also brings us championship Major League Baseball, the World Series and the return of the NBA. The thumb has got to be limber and ready to hit the channel-changer during commercials, unless you're lucky enough to have a bank of monitors at your disposal; that's what I'm talking about.

In the NFL, the San Francisco 49ers rebounded from an embarrassing game against the New York Giants Oct. 14 to beat the Seattle Seahawks 13-6 in the Thursday night game Oct. 18. Although there wasn't a lot of action in the air, Frank Gore, 49er running back, carried 16 times for 131 yards, while 'hawk RB Marshawn Lynch packed the pumpkin 19 times for 103 yards.

There was a tight one in upstate New York as Tennessee Titan quarterback Matt Hasselbeck hit Nate Washington for a 15-yard TD -pass with a minute-three left to beat the Buffalo Bills 35-34.

The Dallas Cowboys beat the Carolina Panthers, 19-14; the Indianapolis Colts defeated the Cleveland Browns 17-13 and the Houston Texans pretty much barbecued the birds in Baltimore, roasting the Ravens 43-13. Texan sharpshooter Matt Schaub threw for 256 yards and two touchdowns while the stallion, Arian Foster, galloped for 98-yards and two TDs.

The Minnesota Vikings held on to snatch an ugly win from the Arizona Cardinals 21-14; the New York Giants won a seesaw battle against the Washington Redskins 27-23 and the Green Bay Packers handed the St. Louis Rams a 30-20 loss at home. It was the first home loss for the Rams this season. Packers QB Aaron Rodgers threw for 342 yards and three touchdowns.

The New Orleans Saints quarterback Drew Brees threw for 377 yards and four touchdowns in a come-from-behind victory over the Tampa Bay Buccaneers 35-28. In a losing effort, TB QB Josh Freeman passed for 420 yards and three TDs.

In overtime wins, the "skis" sealed the deal. In New England, Patriot kicker Stephen Gostkowski booted a 48-yarder to beat the New York Jets 29-26 and on the left coast, in Oakland, Sebastian Janikowski hammered a 40-yard field goal to rally the Raiders over the Jacksonville Jaguars 26-23.

The Chicago Bears beat the Detroit Lions Monday night 13-7, while in Major League Baseball the San Francisco Giants used a five-run third inning to soundly defeat the St. Louis Cardinals 9-0 in game seven to capture the pennant and move on the World Series. They played the first game against the Detroit Tigers Wednesday and that's what I'll be talking about next week.

## Job Fair 2012



Paul Brunelle (left), underground general foreman, Pogo Mine, provides employment information to Staff Sgt. Paul Barboza, Warrior Transition Battalion, Medical Department Activity - Alaska during a Job Fair hosted by Army Community Service and the Army Career and Alumni Program at the Last Frontier Community Activity Center on post, Oct. 18. The Army partnered with several organizations and local businesses to highlight employment opportunities for transitioning Soldiers, as well as Family members, retirees and veterans. Brunelle said, "This is a great audience for our company. We are looking for people with built-in leadership skills who know how to work in a structured system." (Photo by Allen Shaw/Fort Wainwright PAO)

As for the Alaska Post prognosticators, there was a major improvement from the previous week. Browbrose Salsa advanced up the ladder posting 12 wins and only one loss, while Jones Bros, Bear and Tate all went 11-and-two. Brain and A-Team went 10-and-three, and Urbi had eight wins, 5 losses. As for the overall, Brain has a three-game lead over Jones Bros with A-Team only one game behind them. Bear and Browbrose are prowling in that same neck of the woods, while Tate remains in contention just seven games off the lead. But don't count out Urbi. Although he has the least wins with 53, some bold picking can easily put him back in the hunt and that's what I'm talking about.



## Prognosticators – football predictions for fun and braggin' rights

						
<b>A-Team</b> (64W-40L)	<b>Brain</b> (68W-37L)	<b>Browbrose Salsa</b> (63W-41L)	<b>Bear</b> (63W-41L)	<b>Urbi</b> (53W-51L)	<b>Jones Bros</b> (65W-39L)	<b>Tate</b> (61W-43L)
TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ	TB @ MIN MIA @ NYJ SD @ CLE IND @ TEN CAR @ GB ATL @ PHI WAS @ PIT SEA @ DET CAR @ CHI OAK @ KC NYG @ DAL NE @ STL NO @ DEN SF @ AZ

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FAIRBANKS ICE DOGS/ARCTIC

**Friday – 26th**

**GREEK “OCHI DAY” 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 18 or older to enter the rock pool.

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

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**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 DoD cardholders 18 and older. 353-1087.

**NY ALL-STAR COMEDY TOUR**, 8 p.m., at the Warrior Zone, Bldg 3205. Call 353-6043.

**SPOOKTACULAR**, 8 p.m. to 12 a.m., Nugget Lanes Bowling Center, Building 3702. Bowl all evening for \$15, with a reservation. There will be complimentary snacks and a costume contest. Miller girls will be special guests. Call 353-2654.

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

**Sunday - 28th**

**NFL SATELLITE FOOTBALL**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 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 – 29th**

**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.

**Tuesday – 30th**

**WINTER SAFETY DAY**, 10 a.m. to 4 p.m. Last Frontier Community Activity Center, with Safety information fair, dance demonstrations, sessions with McGruff and Sparky, sled dog puppy petting and Jeff King, 4-time Iditarod champion musher. Call 353-7085.

**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 - 31st**

**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.

**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.

**HALLOWEEN FUN FEST**, 5-7 P.M., Main Exchange food court. Join the Fort Wainwright Fire Department, North Haven Communities, AAFES and the Commissary for food, fun, giveaways.

**TRICK-OR-TREAT**, 6 to 8 p.m., post housing neighborhoods. Drivers, please proceed with caution, young super heroes may not look both ways before crossing the street.

**Thursday – 1st**

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

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

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

**YOGA FOR BEGINNERS**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**BEER TASTINGS**, 5 to 7 p.m., Nugget Lanes, Bldg 3702. Call 353-2654.

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

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

**Friday - 2nd**

**STORY HOUR: DAY OF THE DEAD**, 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 - 3rd**

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

**FAMILY ARCHERY**, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$3. Call 361-6349.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

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

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

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

**Sunday – 4th**

**DAYLIGHT SAVING TIME, DST** ends at 2 a.m. Tip: Turn clocks back Saturday evening before going to bed.

**NFL VIA SATELLITE**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 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.

**NANOOKS MINI CHEER CAMP**, 1 p.m. at the Youth Center, Building 4109. Call 353-6043 or 361-5437.

**Thrive this winter – embrace the arctic during safety fair**

**Robert Tanner**,  
Installation safety office

Not accustomed to snow and cold? New to the area? Not sure what to do, where to go or how to take advantage of the Alaskan winter? Find the answers to making it through Safe and Sane at the Installation Safety Office's third Annual Safe-N-Sane safety day.

Events take place 10 a.m. to 4 p.m. Tuesday at the Last Frontier Community Activity Center, Building 1044. There you can learn what you need to do in order to make it through the long, cold Alaska winter. From winter barbecue tips, to where to go to see a symphony in Fairbanks, Safe-N-Sane 2012 will have it.

There will be a multitude of organizations providing information on where to go, what

to do and how to keep safe and busy throughout this winter. The Fairbanks Convention and Visitors Bureau have sponsored various organizations to inform and educate on what Interior Alaska has to offer in spite of the cold.

On behalf of the Fairbanks Convention and Visitors Bureau there will be dance demonstrations at 11:30 a.m., 1:30 p.m. and 3:30 p.m. and an authentic dog sled from Sirius Sled Dogs. The University of Alaska Fairbanks Athletic Department will present information on different sporting events taking place during the winter.

Representatives from Fairbanks Concert Association, Fairbanks Symphony Association and Friends of Creamers Field will be on site to discuss winter events.

Fort Wainwright organiza-

tions include North Haven, to answer questions about on-post Housing.

The Fort Wainwright American Red Cross will present a Hypothermia demonstration and CPR demo with practice equipment.

Ergonomics and lifting techniques will be demonstrated by Occupational Health and Industrial Hygiene.

For those beneficiaries who haven't gotten their flu shot yet, Bassett Army Community Hospital be there to provide flu shots on-site.

The Fort Wainwright Fire Prevention Office will have a vast array of information available and Sparky the Fire Dog will make appearances at 11:30 a.m., 1:30 p.m., and 3:30 p.m.

The Fort Wainwright Police Department will have the Conservation Trailer, Child ID kits

and fingerprinting available and McGruff the Crime Dog will make appearances at 10:30 a.m., 12:30 p.m. and 2:30 p.m.

Family and Morale, Welfare and Recreation will present the services they have to offer to the community showcasing Outdoor Recreation, the Auto Craft Shop and the Birch Hill Ski and Snowboard Area.

FMWR Family Child Care will discuss opportunities to become an in-home child care provider as well as information on child care through the Child Development Centers.

Presentations will be made by the Community Spouses Club, Military Family Life Consultants, Army Substance Abuse and the Plans, Analysis and Integration Office.

The Directorate of Emergency Services will present infor-

mation on emergency preparedness, and anti-terrorism. DES will also provide child safety seat inspections.

Installation Safety Office will have general safety information for the community.

Dan Gilson of The Charcoal Supply Company will present information and demonstration of proper procedures to barbecue in the winter safely.

Last, but not least, four-time winner of the 1,049 mile Iditarod Jeff King will be onsite from noon to 3 p.m. for a meet and greet. Stop by to have your picture taken with the "Winningest Musher in the World." Learn about his adventures, ask questions and see some of his future sled dog team pups.

Visit his website for more information: <http://www.husky-homestead.com/>.

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LOOSE MOOSE CAFE  
AK POST/BUCKS AK  
2 x 3.0

17403681

CUSTODY SOLUTIONS,  
LLC  
AK POST/AP/CHILD CUS  
2 x 3.0

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BABULA, DR.  
AK POST/AK POST  
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**MELAVEN FITNESS FACILITY HOURS**

The Melaven Fitness Center will reopen Nov. 5. The center will be open weekdays, 5:30 a.m. to 8 p.m. - please use back entrance along Santiago Avenue. The pool will be closed starting today for renovations and will remain closed until the end of March 2013.

**NEW YORK ALL-STAR COMEDY TOUR**

A night of comedy with Family and Morale, Welfare and Recreation and Armed Forces Entertainment the NY All-Star Comedy Tour featuring Carole Montgomery, Felicia Michaels, Mark Beard and Jim Mendrinis. All four will be at The Warrior Zone, Building 3205 Saturday. Show starts at 8 p.m., no cost to attend and open to all DoD cardholders 18 and older.

**MILITARY DISCOUNTS**

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

**EMPLOYEE INSURANCE**

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. Contact the Civilian Personnel Advisory Center for more information.

**AUTOMOTIVE SKILLS CENTER**

A Safety Orientation class is available Mondays at 6 p.m. in Building 3730. Join the Automotive Skills staff as they give an orientation of the facilities. Participants will gain knowledge of what is offered and how to complete do-it-yourself projects with staff available to assist as needed. This class is required to use the facility. Upon class completion, attendees will receive a safety card stating their approval to use the facility. Call 353-7436 for more information.

**SPORTS IN THE INTERIOR**

Sports such as swimming, hockey, volleyball, basketball and more are going on in Fairbanks, see what's happening. Visit <http://www.alaskanlooks.com/calendar.aspx?vtype=list&tab=compositeschedule>.

**VOLUNTEER TRAINING**

Army Community Service is offering training for facilitators, recorders, transcribers and issue - FRTI - volunteers 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.

**HELP FOR FAMILIES**

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.myarmyonesource.com](http://www.myarmyonesource.com).

**SCHOOL BAZAAR**

A holiday bazaar will take place at Ticasuk Brown Elementary School Dec. 1. More than 30 national and local vendors will offer their wares at the bazaar slated for 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 as well as collecting and reporting of voting activity metrics. The Fort Wainwright VAO is open 8 a.m. to 4 p.m., in Building 1049-11. For more information call 353-7624 or email [vote.wainwright@us.army.mil](mailto:vote.wainwright@us.army.mil).

**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](http://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](http://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](http://www.nixle.com).

**SKATES ON ICE**

The indoor ice rink offers all-ages, open sessions 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](http://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. Call 361-4148.

**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.

**HOMEWORK HELP**

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.

**ARCTIC THREADS**

The Thrift Store's winter hours are in effect: 9 a.m. to 4 p.m. Tuesday through Saturday. The next \$5 Bag Day Sale is slated for Oct. 31. No restrictions, all Soldiers and Army Families are welcome. 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, installation 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.

**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](http://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](mailto:pao.fwa@us.army.mil) no later than close of business Monday prior to the print week. Please include the name of the event or class, date, time, location and a contact phone number or email. For display advertising contact the Fairbanks Daily News-Miner at 459-7548.

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

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

13403234  
VIP CLEANERS  
AK POST/AK  
POST-STV  
1 x 3.0

11402545  
JUNG KOREAN RESTAU-  
RANT  
AK POST/AK POST-GRAN  
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12403737  
QUOTA CLUB INTERNA-  
TIONAL  
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11402185  
FAIRBANKS SKI PATROL  
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2 x 4.0

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## Yukon Quest winner and four-time Iditarod champ to visit

Staff report, FWA PAO

Four-time Iditarod champion, Jeff King will pay a visit to Soldiers, Families and civilians during the Safe-n-Sane Winter Safety Day, Tuesday at the Last Frontier Community Activity Center.

The opportunity to meet King fulfills one of the tenets of the event – to educate Soldiers and Army Families about winter activities and the safe way to do them. It doesn't hurt that there will be sled dogs to meet and puppies for petting, either.

Arguably more important than winning is how you take care of and honor your teammates. King clearly makes care of his dogs a priority; he's twice received the prestigious Leonhard Seppala Humanitarian Award for exemplary care of his dog team.

King holds four championship titles for the 1,049-mile Iditarod Trail Sled Dog Race from Anchorage to Nome in 1993, 1996, 1998, and 2006. He took first place in the 1,000-mile Yukon Quest in 1989. Participating in races across Alaska and other places in North America he earned 24 additional first place titles.

King was inducted into the Iditarod Hall of Fame in 1999 and at age 50, during the 2006 Iditarod, he became the oldest musher to ever win the race.

From his scientific methods of feeding and training dogs, to his calculating trail strategies and innovative sled designs, King has been the one to watch, year after year, according to his biography.

"For years, the inventive King has cut his own mushing path with notable success...he has trained his dogs by having them swim during the summer to build stamina, he's tinkered endlessly with nutrition..." says the Anchorage Daily News.

Lee Larsen, president of the Iditarod Trail Committee, calls King a "champion in many, many ways."

A resident of Alaska since 1975, King enjoys living just outside of Alaska's Denali National Park and sharing his life with his sled dogs. In the summer months, Husky Homestead welcomes visitors from around the world to watch his sled dogs in action, hear stories of adventure, learn about Alaskan Huskies, the tradition of dog mushing and the life and spirit of Alaska, the Last Frontier.

King shares his lifetime



Jeff King, champion musher, and some of his furry, four-legged teammates, will stop by the Last Frontier Community Activity Center Tuesday to meet Soldiers, Family members and civilians, Tuesday during the Safe-N-Sane 2012 safety awareness event focusing on winter safety and activities for the season. King holds four championship titles for the 1,049-mile Iditarod Trail Sled Dog Race from Anchorage to Nome in 1993, 1996, 1998, and 2006. He took first place in the 1,000-mile Yukon Quest in 1989. King will be available to sign autographs, show a video and answer questions. See schedule on Facebook at /FortWainwrightPAO. (Courtesy photo by Husky Homestead)

of adventure stories in public speaking engagements and in his book, "Cold Hands Warm Heart." In the fall of 2011, He produced a newly expanded edition with additional stories and

photographs and a deeper look into a life well-lived.

Members of the Fort Wainwright community will have the opportunity to meet King and some of his dogs when he visits

the Installation Safety Office's Winter Safety Day. Safety Day begins at 10 a.m. King will be available at noon. For more information see the story on page 6 or call 353-7085.

## Community snapshots



Carrie, six-month-old Cora and Capt. Cody Grimm, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, visit with Santa's Helper, Spc. James Starkey, 1-5th, during the Community Spouses Club Holly Days Bazaar. The photo booth was a fundraiser for their unit's Family readiness group Saturday. (Photo by Trish Muntean/Fort Wainwright PAO)



Swim teammates, Katie Oldencamp and Lauren Bailey shoot pool with Pvt. Kyle Waldmann, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade (Alaska). The University of Alaska Fairbanks Nanooks swim team visited Fort Wainwright Sunday to spend time with Soldiers, sign autographs and pose for pictures. Approximately three dozen Soldiers attended the event sponsored by Family and Morale, Welfare and Recreation and the Better Opportunity for Single Soldiers program. Boss president, Spc. Ivan Delgado said the visit was motivating for Soldiers. "It shows that the community cares and motivates BOSS to give back to the community and head in the direction they want to go in," he said. BOSS is looking forward to attending UAF Nanooks games and supporting those events too, Delgado said. (Photo by Trish Muntean/Fort Wainwright PAO)

## NY ALL-STAR COMEDY TOUR Quiz

Laugh along with the funny foursome during the Armed Forces Entertainment comedy show Saturday at 8 p.m. in the Warrior Zone, free to DoD cardholders 18 and older.

Can you guess who's who?

1. An emotional hiker, group mining enthusiast and 60 minute conversationalist, instigator of literature, loves areas of large, crowded buildings.
2. A past Army Brat, gave up flaxen-silly high heels for witty intellectual pumps and tries to carry at least \$ 41 dollars at all times when traveling.
3. Enjoys music, small puppets and travel, habitual story teller and dare taker.
4. Respected veteran among peers; has fulfilled multiple expeditions into places such as Iraq, Haiti, Kuwait, Diego Garcia, Honduras and El Salvador...and even 10 years behind lines in Las Vegas.



Answers: 1 Jim Mendrinos; 2 Felicia Michaels; 3. Mark Riccadonna 4. Carole Montgomery

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