

# ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

December 7, 2012

## Flying Dragons on target at UH-60 gunnery



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

Steady position, aiming, controlled breathing and trigger squeeze are the four fundamentals of marksmanship every Soldier in the Army learns.

But what if a Soldier can't get a steady position? What if that Soldier is on a moving platform, like a helicopter?

Soldiers with the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) "Flying Dragons" learned to fire weapons in just those conditions Nov. 12 during the unit's gunnery just south of Eielson Air Base.

Despite the frigid Interior Alaska temperatures (the area's high temperature was 1 degree Fahrenheit according to *accuweather.com*), members of A Company, 1-52nd engaged targets from UH-60 Black Hawk helicopters.

Spc. Korye Belangia, a Point Harbor, N.C., native and crew chief with A/1-52nd said the unit conducts ranges several times a year, both here and at the National Training Center on Fort Irwin, Calif.

"It's mostly cold when we do them here," Belangia said.

"The targets are good for practice," he said, "we have truck mock-up, hangar and jets."

"I put a whole can (of ammo) in one of the

Soldiers fire on mock tanks, trucks and other simulated targets during the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) aerial gunnery Nov. 12 in the Yukon Training Area south of Fairbanks. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

See **FLYING DRAGONS** on page 4

## Tune in Sunday -- vote for Fort Wainwright's own Rising Star

**Allen Shaw,**  
Fort Wainwright PAO

It is time to tune in, cast your vote and make a difference. The finals for the eighth season of Operation Rising Star begin Sunday and the Fort Wainwright contest winner is one of the top 12 finalists.

Calvin Snead, former Soldier, Army reservist, alumnus of the 2010 Army Soldier Show and husband of Staff Sgt. Ka-Mesha Snead, Dental-Activity Alaska, is in Texas preparing to take the stage at the Fort Sam Houston Theatre.

Operation Rising Star, a military singing competition based on the FOX television show "American Idol," has celebrity judges and recording artists, and will be televised by the Pentagon Channel. Shows are scheduled to air at 2 a.m., 10 a.m. and 4 p.m. Sunday, Tuesday and Thursday with finale shows Dec. 15 and 16.

Those who don't have access to the Pentagon Channel can stream the program live on <http://www.armymwr.com/recleisure/promotions/contestants.aspx>. Voting will be open for two hours after each broadcast.

Snead, who flew south



Calvin Snead has served in the U.S. Army for the past nine years, deploying to Iraq and the Sinai Peninsula of Egypt. During his time in Egypt, he felt the spirit of the Lord upon him more powerful than ever before; calling him to minister through more ways than just song. In April 2006, he accepted the calling on his life and immediately began to minister the word of God. As a devoted man of the cloth, his goal is to spread the Word of God to as many as possible and "leave no one behind."

Saturday, got started rehearsing for the show early Monday. He said, "I am having a blast." Before he left he said, "One of the greatest opportunities is working with famous vocal coach Debra Byrd, who has been the main vocal coach on American Idol."

Snead impressed the judges and wowed the crowd during the local competition, a video of his

See **RISING STAR** on page 3

## Ladies' Luau held at Bassett Army Community Hospital

**Trish Muntean,**  
Fort Wainwright PAO

Visitors to Bassett Army Community Hospital Nov. 29 may have thought they were visiting a resort with yoga and Zumba classes, massages, aromatherapy and refreshments including tropical drinks with fancy little paper umbrellas. But no, it was actually Ladies' Luau, a healthcare event for women which also featured medical exams, vouchers for mammograms, nutrition education, blood pressure screening and more.

"We want to really educate people and remind them that it is an important health thing that they need to do and they need to take care of and people tend to want to take care of these things if there is some fun attached to it," said Cindy Henley, nurse educator

for Arctic Health Link. "We all know that these things that we are talking about are not all that fun, but we wanted to make it something special for ladies."

And the ladies were certainly enjoying it. Friends Kim Gomez, wife of Spc. Eric Gomez, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, and Crystal Jacoby, wife of Staff Sgt. Justin Jacoby, came out just to have a good time, spend time with friends and have a ladies' night out.

It wasn't all fun however. It was about prevention and education as well.

"The Army right now is trying to transition from a healthcare system to a system of health," said Brandy Ostank, Medical Department Activity-

See **LADIES' LUAU** on page 4



Cindy Mace of the Breast Cancer Detection Center of Alaska attended to educate women about the different types of breast cancer, self exams, preventive care and to schedule available appointments. (Trish Muntean/Fort Wainwright PAO)

### WEEKEND WEATHER



**Friday**  
Partly cloudy  
Highs around -25  
Lows around -30  
Light winds



**Saturday**  
Mostly cloudy  
Highs around -10  
Lows between -25 to -30



**Sunday**  
Cloudy with a chance of snow  
Highs around -5  
Lows around -25

### BRIEFS

#### Home for the Holidays - Saturday

1 to 3 p.m. in the Southern Lights Chapel. This free community event is provided by the post housing partner, North Haven Communities. Meet Santa, decorate cookies and make ornaments. The 9th Army "Arctic Warrior" Band will perform holiday music.



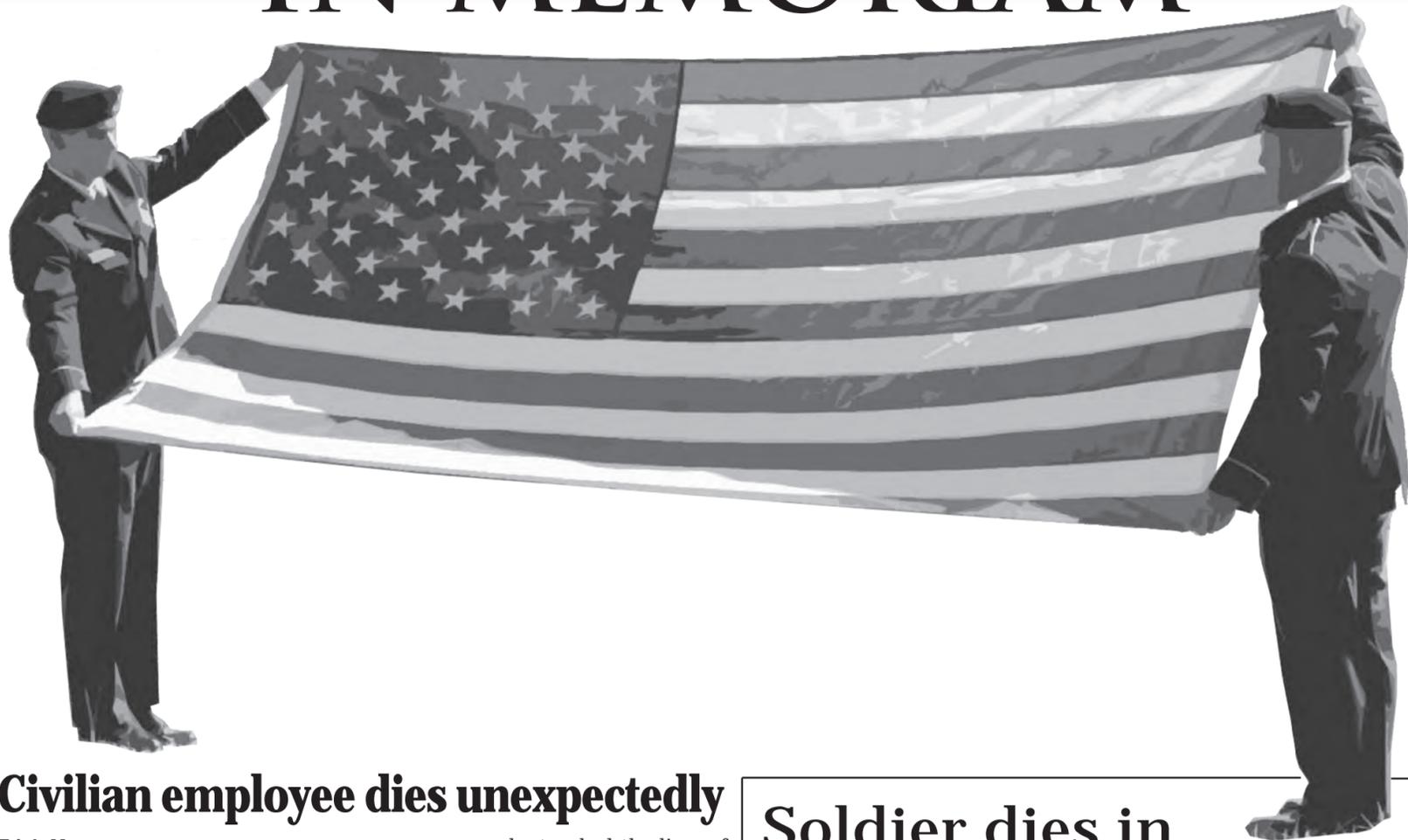
#### Newcomers Orientation - Wednesday

9 a.m. in the Last Frontier Community Activity Center. Mandatory for Soldiers and open to Family and civilian employees. Providing vital information for all newcomers. Coordinated by Relocation Services, Army Community Service, Family and Morale, Welfare and Recreation.

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# IN MEMORIAM



(Photo illustration by Brian Schlumbohm/Fort Wainwright PAO)

## Civilian employee dies unexpectedly

Trish Muntean,  
Fort Wainwright PAO

Former Soldier and longtime Fort Wainwright civilian employee Robert Garbett died unexpectedly Nov. 24. A memorial service was held Nov. 30 at the Northern Lights Chapel.

Garbett was born Aug. 7, 1966, in Richman, Va. He enlisted in the Army at the age of 17, where he was trained as a military personnel specialist. In 1989, while stationed in Vicenza, Italy, he met and married his wife Ruth. The couple had two children: Stacey Lynn and Cindy Lou (who was stillborn).

After eight years of service he was honorably discharged so he could pursue a college degree. He earned an Associate of Arts in Business Administration from El Paso Community College in 1998 and went on to get his Bachelor's Degree in Business Administration from the University of Texas in El Paso in May 2000.

His wife and daughter were his pride and joy. His friend Dan Gilson said "Rob loved his family and showed it through his support of Ruth and Stacey. His proudest accomplishment was Stacey. You could see him beaming with pride every time he talked about her and all that she has accomplished."

"Rob loved the ladies in his life," Gilson said.

In July 2004 Garbett and his family moved to Fairbanks because of his wife's military assignment and Garbett obtained employment with the Army on Fort Wainwright.

Richard Mauer, former deputy to the garrison commander, spoke at the memorial service. He said he had hired Garbett three times as he (Garbett) was ever searching for that position where he could better serve our customers – that he was a customer service perfectionist. Mauer said Garbett finally located the right position with the Warrior Transition Unit where he could provide the quality of service he felt they required and that he could provide.

He also said those at the service gathered for two purposes: ... "to remember Rob and the loss of a father, husband and comrade who was a gracious gentlemen; two, to celebrate what he was and is to us because in

some manner he touched the lives of all of us present today."

It was in Garbett's job with the Warriors in Transition that he found a job he was happy in, being able to give direct care and attention to the wounded Soldiers of this company, and he became close friends with many of them.

When he was not with his family or working, he was spending time with friends enjoying the outdoors. His friend Andy McDonough tells a story about when he and Garbett went out in McDonough's brand new boat. While he was getting his tackle ready, McDonough told Garbett to "throw the anchor out." Garbett did so and when McDonough dropped his line in the water he commented on the strength of the current and how it was odd to have current this strong in a lake. Unbeknownst to McDonough, Garbett forgot to attach the anchor to the line and they were drifting. This is how Rob became known as Anchorman.

Gilson said while Garbett loved and took advantage of every opportunity to hunt and fish, he didn't always have the best of luck. "As much time as he spent in my boat, you think he would have learned to hang on to his hat when he stood up. He lost a hat pretty much every trip we took," Gilson said. "He often compared his hunting prowess to that of Elmer Fudd, doing his best impression when he spoke of it. I'll never forget how happy Rob was when he got a black bear on the Teklanika River. It may not have been a big bear but Rob sure was proud of it."

Garbett was also known for his sense of humor and timing with jokes. According to Gilson, one was great; the other needed a little polishing. He would tell a joke that under certain circumstances would have been hilarious but due to the timing, would fall flat. Those of us who spent time with Rob would refer to these poorly timed or cheesy jokes as being "Rob'bed."

All who knew him said he was a loving father, a devoted husband and trustworthy friend to all and that he has left a void in our hearts that cannot be filled. Memorial donations in Robert's name may be made to Wounded Warriors Project at <https://support.woundedwarriorproject.org/>.

## Soldier dies in traffic accident

Staff report,  
U.S. Army Alaska PAO

Spc. Shawn Dugan, 25, a heavy vehicle driver with the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division died Friday in a motor vehicle accident near Ester.

The incident is under investigation by Alaska State Troopers. Alcohol was not a factor in the accident according to troopers.

The 25th BSB will hold a memorial ceremony. U.S. Army Alaska officials will release the details.

The next of kin have been notified.

## Hays was a Soldier's Soldier

Trish Muntean,  
Fort Wainwright PAO

Sgt. 1st Class Bryan H. Hays, Medical Department Activity – Alaska, died unexpectedly Nov. 26 at Fairbanks Memorial Hospital.

Hays was born in Bossier, La., entered active-duty service in May 1999 as a combat medic and most recently served as the noncommissioned officer in charge of emergency services at Bassett Army Community Hospital.

Staff Sgt. Manuel Beza, the noncommissioned officer-in-charge, said "He was a leader among men. A friendly face in the crowd of unknowns. A Soldier who will always be remembered and missed and whose boots will be nearly impossible to fill."

"Sgt. 1st Class Hays was a Soldier's Soldier and an outstanding NCO, but it was his ability to be a true professional at all times and yet still act like a big kid that I will remember and cherish most," said Capt. Tyler Mark, MEDDAC company commander.

"Whether it was training Soldiers, treating patients, or raising a family, Sgt 1st Class Hays always knew the perfect mixture of tough love, patience and encouragement. We miss him immensely," he said.

Hays deployed to Iraq in 2004 for 12 months and in 2006 for 15 months.

His awards and decorations include the Meritorious Service Medal, three Army Commendation Medals, three Army Achievement Medals, a Joint Meritorious Unit Award, 2 Iraqi Campaign Medals, a Global War on Terrorism Expeditionary Medal, a Global War on Terrorism Service Medal, one Army Service Ribbon, four Overseas Service Ribbons, the Expert Field Medical Badge and the Combat Medical Badge.

A memorial service for Hays was held at Southern Lights Chapel Nov. 30.



Sgt. 1st Class Bryan H. Hays



Former Soldier and longtime Fort Wainwright civilian employee Robert Garbett died unexpectedly Nov. 24. (Courtesy photo)

# ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

# Living ethically by the Army Values

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

According to a 2011 Gallup poll, 78 percent of the American people have a "great deal or quite a lot" of confidence in the U.S. military, more than in any other of the polled national institutions; which included organized religion, public schools, newspapers and Congress. Undoubtedly, if this poll had been limited to just Alaska, that percentage would have been considerably higher. It is an honor to live in this great state and to serve in such patriotic communities. With this honor comes a moral responsibility to conduct ourselves in a manner worthy of their confidence.

Though the vast majority of service members behave themselves ethically and in accordance with our Army Values, there have been Soldiers in the news over the past few years whose actions don't meet the standards we collectively strive to uphold. These actions, though committed by the few, can reflect negatively on the rest of us.

The U.S. Army is among the most diverse organizations in the world. We welcome people from every race, ethnicity, creed and social class to serve in our ranks. With such a wide variety of backgrounds and upbringings, it is vital to emphasize key ideals that every Soldier can emulate and be expected to live by. The Army Values aren't just noble principles; they are the common standards that unite us as professional Soldiers.

As such we must always be physically, mentally, emotionally and ethically prepared to carry out whatever mission our nation assigns us. It is equally important for us to be in top physical condition as it is for us to maintain the highest ethical standards, and it takes

*"The principle 'I will never leave a fallen comrade' applies just as much in the barracks as it does on the battlefield. If you know one of our own is in trouble then integrity demands you do something to help."*

- Maj. Gen. Michael X. Garrett

just as much personal resolve and effort. Regular exercise is crucial to keeping our bodies primed for combat, just as constant reflection on our decisions is necessary to living honorably. Any and every choice we make is an opportunity to train ourselves to better live the Army Values. If you have already decided to respect others, regardless of the situation, it will be easier to do the right thing and treat them as they should be treated.

Because we are members of a profession with superior ideals, principles and values, we must hold ourselves to a higher standard than many of our fellow countrymen. We are Soldiers every moment of every day for as long as we choose to serve. We don't take off our morals with our boots at the end of the duty day. Whether you are in the field, at the club or at home on leave, I expect you to always do the right thing by behaving honorably, ethically and in accordance with the Army Values.

Soldiers who have made integrity a matter of daily living are those who strive to always do the right thing, especially when it seems nobody is watching. They have learned to take appropriate actions in the absence of orders and apply the ideology of the Warrior

Ethos in every other aspect of life. The principle "I will never leave a fallen comrade" applies just as much in the barracks as it does on the battlefield. If you know one of our own is in trouble then integrity demands you do something to help.

Service in our Army is a public trust. We must place our obligations to the Constitution, our fellow Soldiers and the Army Values above any opportunity for personal gain. We must abstain from decisions and circumstances that even bear the appearance of violating our ethics. We will protect and conserve the resources entrusted to us by the American people and not use them for inappropriate purposes. I will not tolerate anyone in this command having nefarious financial interests that conflict with their obligation to the nation or use government information, property or their position to advance any private interests. This includes accepting inappropriate gifts.

It is the responsibility of leaders to know, live and enforce these standards. Those who don't lead by example can't effectively inspire their subordinates to live ethically. Actions speak louder than words. Leaders who don't live what they preach lose all credibility with



Maj. Gen. Michael X. Garrett

those they lead and anyone else who witnesses their lack of morals. When I pray each night, one of the things I ask God for is that I will have the strength to not be a hypocrite. When we choose to live the Army Values, our actions will instruct those we lead more than our words ever could.

I am grateful for the opportunity to serve as your commander. I have been in the Army longer than most Soldiers and I've seen units and commands all around the world. What we have here in Alaska is truly unique and I hope you all recognize what a privilege it is to be stationed here. I am immensely proud of each of you and the work you do for our nation every day. You truly are the finest America has to offer.

Arctic Warrior!  
Arctic Tough!

## December is National Safe Toys and Gifts Month

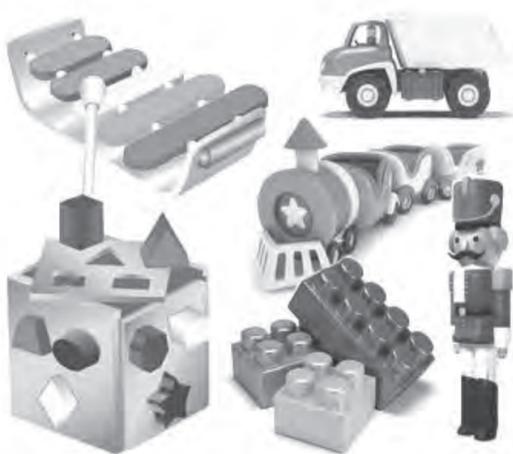
Amy Cowell,  
program evaluator  
U.S. Army Public Health  
Command

The holiday season is upon us and for some it means the stress and anxiety of battling last-minute crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal.

But not you, you are a holiday planning superstar, and your perfectly planned holiday checklist has been finished for weeks. Your halls are decked, your stockings are hung by the chimney with care and all of

your gifts follow the U.S. Consumer Product Safety Commission's recommendations for safe toys and gifts.

Wait, you haven't done the last one? Maybe you're not the holiday planning superstar you think you are, or maybe you aren't aware of the serious risks involved in giving unsafe holiday toys and gifts. In 2007, the CPSC reported 18 toy-related deaths and an estimated 170,100 hospital emergency-room treated injuries to children under 15. Although these consequences are real, prevention is as simple as following a few safety guidelines when



shopping for the perfect holiday gift.

The CPSC recommends the following toy safety shopping tips:

other parts.

- Avoid toys that have sharp edges and points.

### Ages 3 to 5

- Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

- Look for household art materials, including crayons and paint sets, marked with the designation "ASTM D-4236." This means the product has been reviewed for chronic health hazards and, if necessary, the product has been labeled with cautionary information.

- Teach older children to keep their toys away from their younger brothers and sisters.

### Ages 6-12

- For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.

- If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

- If you buy a bicycle for any age child, buy a helmet too, and make

sure the child wears it.

- Teach all children to put toys away when they're finished playing so they don't trip over them or fall on them.

... And always READ THE LABEL

The CPSC requires toy manufacturers to meet stringent safety standards and to label certain toys that could be a hazard for younger children. Look for labels that give age recommendations and use that information as a guide. Labels on toys that state "not recommended for children under 3 ... contains small parts," are labeled that way because they may pose a choking hazard to children under 3. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child.

The CPSC oversees the safety of toys and many other consumer products. For more information about purchasing safe toys and gifts, go to: U.S. Consumer Product Safety Commission toll-free hotline, (800) 638-2772, U.S. Consumer Product Safety Commission, [www.cpsc.gov](http://www.cpsc.gov).

## Rising Star: Snead

Continued from page 1

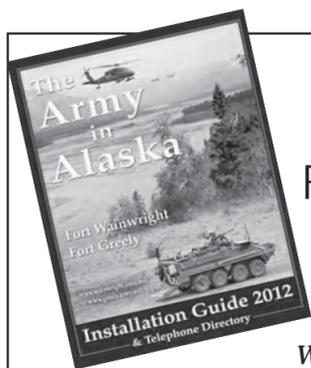
performance was then sent to the Installation Management Command and FMWR Entertainment, where an expert panel of judges narrowed it down from 34 installations around the world.

Snead is hoping that members of the Fort Wainwright, Fairbanks and other Alaska communities tune in and support him through the voting process. He said, "I promise to make everyone proud. Music has allowed me to travel the world and meet, network and have experiences that only music can create.

Snead had to choose 10 songs

from a long list. "Although I'm a gospel artist," he said, "I think I've chosen a nice variety of music that should showcase my vocal range." Although he didn't reveal the entire list of songs chosen, he said he was leaning toward music made famous by John Legend and John Mayer. "You also might hear me sing some Lady Gaga or Kelly Clarkson," Snead said.

For more information on Operation Rising Star and how you can support Snead, call Family and MWR at 353-6043, PAO at 353-6700 or look for Calvin Snead, Fairbanks, Alaska on Facebook.



The Fort Wainwright,  
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# Officer evaluation changes coming next year

## HRC commander briefs USARAK officers on new OERs

Staff Report,  
U.S. Army Alaska PAO

The Army is changing the way officers are evaluated, the commanding general of U.S. Army Human Resources Command, told leaders at a briefing Dec. 3 on Fort Wainwright.

The changes aim to align the Army Officer Evaluation System with current Army leadership doctrine, identify top performers and instill rater accountability, according to Maj. Gen. Richard P. Mustion, HRC commander.

"[It's] is not reflective of our current leadership doctrine or the current environment," Mustion said of the current officer evaluation report form, "that's the driving force behind the transitioning."

There will be three versions of the new OER for specific "grade plates," or groups of officer ranks: one for captains and below, another for field grade officers and chief warrant officers in the three highest grades and a third for colonels and brigadier generals, dubbed "strategic leaders" under the new system.

On the new form, raters

will only be able to check the top block on less than 50 percent of the officers they rate. The online form will not allow raters to exceed that percentage.

Developing rater profiles and a limit on top blocks will call on raters to be judicious about identifying officers as top performers, according to HRC. Under the current system, raters can give all of their subordinates top blocks if they choose. Only senior raters have a profile and are limited to a percentage of top blocks.

"We need to increase accountability to identify our best officers, as well as those with the greatest potential," Mustion said.

The form will also eliminate what Mustion described as the current form's "Rubik's Cube of box checks" for attributes, skills and actions. Instead raters will be required to write specific statements about an officer's attributes and leadership.

Under the new system, OER support forms will still be mandatory for captains and below, but will be optional for field grade officers and above. OER counseling will still



The Commanding General of U.S. Army Human Resources Command, Maj. Gen. Richard P. Mustion, speaks with officers on Fort Wainwright Dec. 3 about upcoming changes to the Officer Evaluation Report system. A new OER form is slated for the end of 2013. (Photo by Staff Sgt. Trish McMurphy / U.S. Army Alaska PAO)

be required for all officers.

Raters will be asked to recommend not only specific operational assignments for officers, according to HRC, but also must list appropriate broadening assignments such as fellowships, interagency and

intergovernmental positions.

The new OER is planned for implementation by the end of 2013; but not until the form design is complete, regulations are updated and training on the new system is in place, according to HRC.

The current OER form - DA Form 67-9, has been in effect since 1997.

(Editor's note: Master Sgt. Eric Reinhardt and Staff Sgt. Trish McMurphy contributed to this report.)

## Flying Dragons: Fun despite cold

Continued from page 1

hangars," Belangia said with a grin.

The Soldiers took turns firing the M-240H machine gun. Each Soldier was given several cans of ammo to get familiar with the weapon. They loaded their own ammo and called out their targets to the pilots.

The M-240H has a butterfly trigger on top, so, unlike most shoulder-fired weapons, the shooter uses the barrel and tracer rounds instead of sights to close in on targets.

The experience was the first aerial gunnery in Alaska for A Co. Crew Chief Spc. Adam Davis. Despite the cold, he said it was a good experience.

"I am loving it," said the Mebane, N.C., native who spent his first year and a half in the maintenance company.

"It was fun," Davis said. "The wind and just holding onto the gun made it difficult to fire at first, but there are good people here to help and I'm still learning."

## Ladies' luau: Encouraging preventative care

Continued from page 1

Alaska. "So what that means is that it is going from reactionary medicine, where you only come to us when you are sick, to us trying to meet you and do preventative care. Getting women in for their annual exams, getting men in for their colonoscopies, doing diabetes checks so we can catch things before they happen, so that we just have a healthier community, a healthier population altogether."

"Col. (Dennis) LeMaster, the hospital commander is very big on women's health especially," she said. "He thinks it is an important thing."

All military treatment facilities have to track Health Care Effectiveness Data and at the present time BACH is not getting women in for their annual exams. Ostanik said it is not because the appointments are not available, patients are being contacted, but she said they are just so busy with their lives, both personal and professional and they just don't make time to take care of themselves.

"So we are trying to just reach out to them," she said. "Rather than trying to come in for a half-hour appointment in the middle of the day, we are trying to get them in for these



Zumba instruction was one of the more popular activities at the luau with a side benefit of working off the calories of the provided snacks. (Trish Muntean/Fort Wainwright PAO)

types of events so we can get them scheduled then."

One of the healthcare services women could schedule was mammograms at the

Breast Cancer Detection Center of Alaska said Cindy Mace, office assistant, who was at the event trying to fill up empty spots for the weekend.

She was also out there for the purpose of educating those in attendance as well.

"We want to make sure no woman is left behind," she said.

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## Four regular season weeks to go, it's neck-and-neck: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

There were a few close games in the National Football League last weekend and we could see some surprises throughout the playoffs. That's what I'm talking about.

In the Thursday game Nov. 29 the Atlanta Falcons ended New Orleans Saints quarterback Drew Brees' uninterrupted touchdown streak at 54. Previously he had thrown for a touchdown in that many consecutive games. Thursday Brees passed for 341 yards, although it was mainly to the Falcons, who racked up five interceptions.

The Buffalo Bills beat the Jacksonville Jaguars 34-18, the Seattle Seahawks hung on in

overtime to grab a 23-17 victory over the Chicago Bears and the Indianapolis Colts claimed a dramatic 35-33 win over the Detroit Lions. Colts QB Andrew Luck threw a lucky 14-yard pass to Donnie Avery with no time left on the clock to seal the deal.

The Green Bay Packers beat the Minnesota Vikings 23-14 and the emotional Kansas City Chiefs rallied to defeat the Carolina Panthers 27-21. The win came on the day after linebacker Jovan Belcher shot his girlfriend multiple times at a residence near Arrowhead Stadium then reportedly drove to the team's practice facility and turned the gun on himself as general manager Scott Pioli and coach Romeo Crennel looked on.

The New England Patriots clinched the American Football Conference East title with a 23-16 win over the Miami Dolphins, the New York Jets edged the Arizona Cardinals 7-6 and the St. Louis Rams surprised the San Francisco Forty-niners with a 54-yard field goal in overtime, giving the Rams a 16-13 victory.

The Houston Texans continue their winning ways and clinched a second consecutive playoff berth with a 24-10 win over the Tennessee Titans.

Peyton Manning threw three touchdown passes that helped the Denver Broncos defeat the Tampa Bay Buccaneers 31-23. Manning now has 29 passes on the season, moving him past Jake Plummer and John Elway for most by a

Denver quarterback in a single year. Can you say MVP? That's what I'm talking about.

The Pittsburgh Steelers rebounded to stun the rival Baltimore Ravens 23-20. The Cleveland Browns defeated the Oakland Raiders 20-17 and the Cincinnati Bengals won 20-13 over the San Diego Chargers.

Dallasquarterback Tony Romo managed to keep the Cowboys' playoff hopes alive, throwing for 303 yards and three touchdowns. The three TDs broke Troy Aikman's career franchise record and they beat the Philadelphia Eagles 38-33.

It was a tight match Monday night as the Washington Redskins tightened the NFC East race with a 17-16 victory over the New York Giants.

With so many close contests,

it was a mediocre week for the Fort Wainwright prognosticators. Tate and Jones Bros were the only ones to tout double-digit wins with 10, Bear and BrowBrose Salsa bagged nine, Urbi and Brain went eight-and-eight, while A-Team only got seven games right. This really makes things interesting going down the home stretch. Every game counts.

Overall, A-Team is barely hanging on to a one-game lead over Bear and Brain, and the Jones Bros are only one game behind B and B. BrowBrose Salsa is only five games off the lead and Tate isn't far behind them. Although Urbi is slowly creeping back into the race, he said, "I have nowhere else to go but up." That's what I'm talking about.

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

						
<b>A-Team</b>	<b>Brain</b>	<b>Browbrose Salsa</b>	<b>Bear</b>	<b>Urbi</b>	<b>Jones Bros</b>	<b>Tate</b>
(127W-64L-1T)	(126W-65L-1T)	(122W-69L-1T)	(126W-69L-1T)	(103W-87L-1T)	(125W-66L-1T)	(118W-72L-1T)
DEN @ OAK DEN BAL @ WAS WAS DAL @ CIN DAL STL @ BUF STL PHI @ TB TB ATL @ CAR ATL KC @ CLE CLE SD @ PIT PIT TEN @ IND IND NYJ @ JAC JAC CHI @ MIN MIN MIA @ SF SF AZ @ SEA SEA NO @ NYG NYG DET @ GB GB HOU @ NE HOU	DEN @ OAK DEN BAL @ WAS BAL DAL @ CIN CIN STL @ BUF BUF PHI @ TB TB ATL @ CAR ATL KC @ CLE CLE SD @ PIT SD TEN @ IND TEN NYJ @ JAC NYJ CHI @ MIN CHI MIA @ SF SF AZ @ SEA SEA NO @ NYG NO DET @ GB GB HOU @ NE NE	DEN @ OAK DEN BAL @ WAS BAL DAL @ CIN DAL STL @ BUF BUF PHI @ TB TB ATL @ CAR ATL KC @ CLE CLE SD @ PIT PIT TEN @ IND IND NYJ @ JAC JAC CHI @ MIN MIN MIA @ SF SF AZ @ SEA SEA NO @ NYG NO DET @ GB GB HOU @ NE HOU	DEN @ OAK DEN BAL @ WAS BAL DAL @ CIN CIN STL @ BUF BUF PHI @ TB TB ATL @ CAR ATL KC @ CLE KC SD @ PIT PIT TEN @ IND IND NYJ @ JAC JAC CHI @ MIN CHI MIA @ SF SF AZ @ SEA SEA NO @ NYG NYG DET @ GB GB HOU @ NE HOU	DEN @ OAK OAK BAL @ WAS BAL DAL @ CIN CIN STL @ BUF BUF PHI @ TB TB ATL @ CAR ATL KC @ CLE CLE SD @ PIT PIT TEN @ IND IND NYJ @ JAC NYJ CHI @ MIN CHI MIA @ SF SF AZ @ SEA SEA NO @ NYG NYG DET @ GB GB HOU @ NE HOU	DEN @ OAK DEN BAL @ WAS WAS DAL @ CIN CIN STL @ BUF STL PHI @ TB TB ATL @ CAR ATL KC @ CLE KC SD @ PIT SD TEN @ IND IND NYJ @ JAC JAC CHI @ MIN MON MIA @ SF SF AZ @ SEA SEA NO @ NYG NYG DET @ GB GB HOU @ NE NE	DEN @ OAK DEN BAL @ WAS WAS DAL @ CIN CIN STL @ BUF STL PHI @ TB TB ATL @ CAR ATL KC @ CLE KC SD @ PIT SD TEN @ IND IND NYJ @ JAC JAC CHI @ MIN CHI MIA @ SF SF AZ @ SEA SEA NO @ NYG NYG DET @ GB GB HOU @ NE HOU

## A rivalry for the ages: Army and Navy clash on the gridiron

Allen Shaw, Fort Wainwright PAO

For more than a century they've been at it. The Black Knights against the Midshipmen – Army vs. Navy – some call it the greatest rivalry in sports, especially in college football.

As it sits, the two teams have met 112 times. The series record is Navy 56, Army 49 and they've tied seven times. Navy won the first game 24-0 in 1890, won in 2011, 27-21 and currently enjoys a 10-game winning streak in the last decade.

This year the Black Knights battled

hard and although they have a record of two wins, nine losses, some of the games were very close. The victories came against Air Force, 41-21 and Boston College, 34 -31. San Diego State beat Army in the first game of the season, 42-7, but the Knights bounced back the following week barely losing to

Northern Illinois, 41-40. They then lost the next two against Stony Brook 23-3 and Wake Forest, 49-37 before claiming their first victory over the BC Golden Eagles. Army then lost to Kent State 31-17, Eastern Michigan 48-38 and Ball State 30-22 before beating Air Force. The Black Knights also lost their last two 28-7 against Rutgers and Temple, 63-32.

Navy boasts a slightly better season record with seven wins, four losses. The Midshipmen lost the opener to Notre Dame 50-10 and the following week to Penn State, 34-7. They beat VMI 41-3, but the n lost to San Jose State 12-0. They bounced back the next week beating Air Force 28-21 in overtime, then Central Michigan 31-13. Navy continued their winning ways squeaking past Indiana 31-30 and then hitting East Carolina with a 56-28 loss. Navy also beat Florida Atlantic 42-17 before posting a 41-31 loss against Troy. They recently won against Texas State 21-10 and seem poised to take on Army.

Pride is not the only thing at stake this year. It will be the first time since 2005 the Commander-in-Chief's Trophy – given to the winner of the round robin tournament played out among the nation's service academies – will be handed to the team that wins.

"I think we're both grateful that we have the opportunity to play for it," Navy coach Ken Niumatalolo said. "We're both fortunate to have beaten Air Force. " Throw out all the regular season records, throw out anything that's happened in the past and this is a fight.

Army coach Rich Ellerson said, "We haven't won a lot, but we've done enough to keep this on the table." It will be a heck of a football game.

The game is at 11 a.m. Saturday on CBS. Go Army - beat Navy!



Senior quarterback Trent Steelman passes for 100 yards and rushes for another 101 to beat Air Force 41-21, Nov. 3. He and junior running back Raymond Maples go into Saturday's game against Navy each with more than 1,000 rushing yards under their belt this year. (File photo by West Point PAO)

Late Ad  
 Farmer's Market  
 6 x 1.0 GREEN

**Friday – 7th**

**PRE-RETIREMENT BRIEF**, 8:30 a.m. to 12:30 p.m., Welcome Center basement, Building 3401. Army Career and Alumni Program staff provide information for Soldiers planning to retire within two years. Call 353-2113.

**BOSS CHENA HOT SPRINGS SNOWMACHINE TRIP**, 9 a.m., Open to all BOSS members. Call 353-7648.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**LUNCH**, 11 a.m. to 7 p.m. DW Grill is open at the Birch Hill Ski and Snowboard area. Call 353-2706.

**EMOTION COACHING**, 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**ACS TREE TRIMMING**, 1 p.m., Army Community Service Building 3401. Call 353-4227.

**STORY HOUR AND CRAFTS: NATIONAL MINER'S DAY**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**PARENT APPRECIATION DINNER**, 6 to 8 p.m., Youth Center, Building 4109. Call 361-5437.

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

**Saturday – 8th**

**SNOWMACHINE SAFETY COURSE**, 9 a.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**WOMEN IN THE WILDERNESS SNOWSHOE AND SOAK**, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$20 per person. Call 361-6349.

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

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

**ARMY VS NAVY FOOTBALL GAME**, 11 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**LUNCH**, 11 a.m. to 7 p.m. DW Grill is open at the Birch Hill Ski and Snowboard area. Call 353-2706.

**BOSS BIRCH HILL SKI/SNOWBOARDING TRIP**, noon, Open to all BOSS members. Call 353-7648.

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

**SNOWMACHINE SAFETY COURSE**, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**BOSS WINTER BLOCK PARTY**, 3 p.m., Open to all BOSS members. Call 353-7648.

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

**GINGERBREAD HOUSE COMPETITION**, 5 p.m., Youth Center, Building 4109. Call 361-5437.

**TEXAS HOLD'EM TOURNAMENT**, Registration starts at 6 p.m. and play begins at 7 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 – 9th**

**PRO FOOTBALL**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

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

**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.

**Monday – 10th**

**CORE TRAINING**, 5:30 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.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

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

**BOUNCY HUT NIGHT**, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Ages 4 to 12. Call 353-7755.

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

**Tuesday – 11th**

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

**LEAPS FOR LEARNING**, 10:30 a.m., Murphy Hall Basement, Building 1045. Call 353-7713.

**FIT MAMA PREGNANCY GROUP**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

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

**PARENT'S NIGHT OUT**, 5:45 p.m., Child Development Center I, Building 4024. Call 353-7713. Register by Tuesday, Dec. 4.

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

**Wednesday - 12th**

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

**NEWCOMERS ORIENTATION**, 9 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**DISABLED TRANSITION ASSISTANCE PROGRAM**, 10 a.m. to noon, Welcome Center basement, building 3401. DTAP briefing about eligibility, application procedures and benefits presented by the Vocational Rehabilitation and Employment Services Officer from the Department of Veterans Affairs. Soldiers and veterans who have, or suspect they have a service-connected disability, or an injury or illness aggravated by service should attend.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**EXPLORE LOCAL SKI TRAILS**, 11 a.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost \$5 per person.

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

**TURBO KICK**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**SOLDIER BOWLING**, 5 0 9 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Thursday – 13th**

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

**HOOR OF POWER GROUP STRENGTH CLASS**, 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.

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

**Friday – 14th**

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137

**EMOTION COACHING**, 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**AFTB BIRTHDAY**, 11 a.m. to 1 p.m., Army Family Team Building program's birthday at the Exchange food court. Call 353-4227.

**STORY HOUR THEMES: SO MANY HOLIDAYS**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**TOWN HALL MEETING**, 6:30 p.m., Youth Center, Building 4109. Call 361-5437.

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

**Saturday – 15th**

**STILES CREEK SNOWMACHINE TRIP**, 8 a.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost is \$75 per person.

**PARENT'S DAY OUT**, 9 a.m., Child Development Center I, Building 4024. Call 353-7713. Register by Dec. 7.

**CHENA RIVER SKI**, 10 a.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost is \$10 per person.

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

**HOMEMADE BABY FOOD CLASS**, 10 a.m., CDC I Building 4024. Call 353-7713.

**YOGA FOR ATHLETES**, 11 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.

**FAMILY TUBING DAY**, 1 – 7 p.m., Birch Hill Ski Area, Building 1172, Call 353-6795

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

**BIRTHDAY AND HOLIDAY PARTY**, 8 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

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

**Sunday – 16th**

**PRO FOOTBALL**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

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

**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.

**FAMILY DAY SNOWSHOE**, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost is Cost \$5.

**FAMILY SNOWMACHINE RUN**, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349. Cost is \$25 per person.

**Motorcycle safety survey**

Defense Department officials are asking for feedback on three public service announcements developed by the Defense Safety Oversight Council, Private Motor Vehicle Accident Reduction Task Force. Feedback on these safe-riding videos is important in improving DoD motorcycle safety and training and helps build a stronger motor-

cycle-riding community. Motorcycle fatalities are trending in the wrong direction and measuring the effectiveness of programs is important to developing tools that can make a difference.

Please take this opportunity to review the three public service announcements and complete a short online survey before Dec. 31.

The three Motorcycle Rider PSAs are located at the following links:

- 1) <http://www.dvidshub.net/video/136925/not-racetrack-military-rider>
- 2) <http://www.dvidshub.net/video/136926/ready-ride-military-rider>
- 3) <http://www.dvidshub.net/video/136928/right-attitude-military-rider>

After reviewing the short videos, please fill out an anonymous online survey at: [https://www.surveymonkey.com/s/motorcycle\\_PSAs](https://www.surveymonkey.com/s/motorcycle_PSAs)  
Thank you for your assistance in keeping our motorcycle riders safe.

**LEGAL NOTICE**

Anyone having claims against or who is indebted to the estate of Sgt. 1st Class Bryan H. Hays of Medical Department Activity-Alaska, may contact Capt. Hamilton H. Harris, MEDDAC, Fort Wainwright, Alaska 99703, phone (907) 750-3966.

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**BUCK-A-RIDE**

The Armed Services YMCA Y on Wheels shuttle service provides rides anywhere on post for \$1. Schedule your ride Monday through Friday from 7 a.m. to 8 p.m., with last pickup at 7:30 p.m. Door-to-door pick-up and delivery. Children 5 and younger ride free. All children must be accompanied by an adult. Call 353-3733.

**OFFICE CLOSURE**

North Haven offices will be closed today for transition to the community center. Should you have a maintenance emergency or are locked out during this time, call the Maintenance Department at (907) 356-700 (press 2, follow prompts). Regular hours will resume Monday at 8 a.m.

**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 through Monday. 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 Civilian Personnel Advisory Center or call 353-7208 for more information.

**APPLY FOR FEDERAL JOBS**

The Army Career and Alumni Program staff will share information about how to apply for federal jobs with the Department of the Army and with other agencies, completing applications and how to use the U.S. Office of Personnel Management website to search for federal positions at [www.usajobs.gov](http://www.usajobs.gov).

**BIRCH HILL SKI AND SNOWBOARD AREA**

The Birch Hill Ski and Snowboard Area is open. The lift will close when temperatures are 20-below zero or colder for safety reasons. Regular rates: family pass, \$525; adult pass 18 and older \$250 and youth pass, 17 and younger, \$195. More information can be found on their Facebook page, search *BirchHillFtWW*.

**PROTESTANT WOMEN OF THE CHAPEL**

Calling all ladies: the Protestant Women of the Chapel's fall semester is in full swing. PWOC meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, Building 3430. Join Fort Wainwright community ladies for great food and fellowship. Child-care and a home-school room is available. PWOC also meets for an evening Bible study Wednesdays along with a spaghetti dinner starting at 5:30 p.m. at Northern Lights Chapel. For more information go to Facebook and search 'PWOC Fort Wainwright' or email at [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

**FREE CONCERT**

The 9th Army "Arctic Warrior" Band's annual holiday concert is slated for 7 p.m. Dec. 18 at the Hering Auditorium. From old standards to children's songs and new, chart-topping hits, the band can perform it all. This concert is free and open to the public.

**HOME FOR THE HOLIDAYS**

North Haven's Home for the Holidays community event takes place Saturday, from 1 to 3 p.m. at the Southern Lights Chapel, Building 4107. Visit with

Santa, write a letter to Santa (and receive a personalized letter back) Decorate a cookie, play games, win prizes and more. Sled dog rides were canceled due to weather and for safety. For more information, call North Haven, 356-7165.

**HOLIDAY HOME DECORATING CONTEST**

North Haven Communities Fourth Annual Holiday Home Decorating Contest judging will take place Dec. 20 from 3 to 5 p.m. All North Haven residents are eligible to win, just have lights on from 3 to 5 p.m. while judging takes place. For more information, call 356-7165.

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

**HOUSING ALERT**

Are you on the waiting list for post housing? If your phone number, email address or lease end date changes, contact North Haven Communities at (907) 356-700 (press 3, then 1) to update your status.

**WINTER GEAR**

The Armed Services YMCA Thrift Store 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.

**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.

**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).

**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).

**FLU SHOTS**

For more information on vaccinations call preventive medicine at 361-5182.

**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.

**PREVENT ABUSE AND NEGLECT**

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

**MILITARY CHILD, FAMILY THERAPY**

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

**PRE-RETIREMENT BRIEFING**

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

**COMMUNITY NEWS**

Receive a weekly calendar of events offered in Fairbanks, North Pole and other towns via email. Using subject line: Subscribe, send an email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil).

**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. Call 353-6779 for the news tip line.

**ALASKA POST HOME DELIVERY**

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) or call 353-6780.

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**Fort Wainwright  
website:**  
[www.wainwright.  
army.mil](http://www.wainwright.army.mil)

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# Safety tips for the holidays and cold weather



The halls were decked for the season at this North Post home, glowing by the moonlight and holiday lights, Tuesday. Army Families have the option of decorating their homes for the season and North Haven Communities will continue their traditions with the Fourth Annual Holiday Home Decorating Contest. NHC asks that residents turn their lights on if they wish to participate during contest judging from 3 to 5 p.m. Dec. 20. (Photo by Connie Storch/Fort Wainwright PAO)

**Lynette Leasure,**  
Service to the Armed Forces manager,  
American Red Cross of Alaska

The holiday season is upon us, and the Alaska winter along with it. The American Red Cross of Alaska offers some safety tips to prepare you and your family for a safe and enjoyable holiday season.

Exposure to cold can cause injury or serious illness, including frostbite and hypothermia. The likelihood of injury or illness depends on such factors as physical activity, clothing, wind, humidity, working and living conditions and a person's age and general state of health. But we can all be a bit safer with some forethought.

Follow these tips to stay safe in cold weather and enjoy your holiday season:

- Holiday traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.

- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first-aid supplies.

- Designate a driver. When attending a party, always designate a non-drinking driver. If you are the host of a holiday gathering, be sure there are non-alcoholic beverages available for guests who are driving.

- Buckle up. During the holiday months, people travel more than ever. Wearing a seat belt is the easiest and best way to prevent injury in a motor vehicle collision. Ensure that all passengers are also wearing safety belts.

- Always be careful with holiday candles. Avoid using candles during parties. Take special care when burning candles and make sure they are never left unattended. Be sure they are kept away from decorations and other combustible materials. Don't leave children unattended in a room with lit candles, and always keep candles, as well as matches and lighters, out of the reach of children. Never display lighted candles in windows or near exits.

- Decorate only with flame-retardant or non-combustible materials. If guests will be smoking, provide them with large, deep ashtrays and check them frequently. After the party, check inside and under upholstery and in trash cans for cigarette butts that may be smoldering. If you plan to hang stockings on your fireplace, do not use the fireplace for fires.

- Keep Christmas trees fresh. Choose a fresh Christmas tree and secure it in a sturdy stand. Place the tree away from heat sources and exits, and water it daily. If you purchase an artificial tree, be sure it is labeled as fire-retardant.

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in multiple thin layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.

- Enroll in a First Aid and CPR course.

Although these tips can help prevent an emergency, it is also important to be prepared should an emergency situation arise.

The American Red Cross and the Humane Society of the United States have teamed up to help people help their pets. Pet First Aid is an important reference guide for anyone with a cat or dog, and be prepared for a medical emergency with a Red Cross Pet first-aid kit. Contact the Alaska Red Cross office nearest you or at (888) 345-4376 to learn more.

Giving the gift of preparedness is a great way to show you care. Purchasing or putting together a 3-day disaster supply kit is a wonderful way to help the friend or family member who 'knows they should' but never quite gets around to creating one for themselves.

Please visit [www.alaska.redcross.org](http://www.alaska.redcross.org) for more information and guides on winter storm survival.

Happy holidays from the volunteers and staff of your American Red Cross of Alaska.

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