

ALASKA POST

Home of the Arctic Warriors



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Soldier slated for Medal of Honor award



On patrol - Staff Sgt. Clinton Romesha, seen on duty in Afghanistan. Romesha, a Minot, N.D. resident, will be awarded the Medal of Honor in a ceremony at the White House Feb. 11 for his actions at Combat Outpost Keating, Kamdesh District, Nuristan Province, Afghanistan, Oct. 3, 2009. (Photo courtesy of Romesha Family).

Staff report,
U.S. Army Reserve PAO

President Barack Obama announced Jan. 11 that former Army Staff Sgt. Clinton L. Romesha will receive the Medal of Honor Feb. 11 for his actions in Afghanistan.

Romesha will be the fourth living recipient to be awarded the Medal of Honor for actions in Iraq or Afghanistan. He and his family will join the president at the White House for the award.

The staff sergeant helped repel an enemy attack of some 300 fighters who outnumbered the defenders of Combat Outpost Keating in Nuristan Province, Afghanistan. The Soldiers awoke Oct. 3, 2009, to find the enemy occupying the high ground surrounding their combat outpost.

Romesha braved intense enemy fire to mobilize a five-man team, according to sources who were there. He reportedly took out an enemy machine-gun team and while engaging a second, the generator he was us-

ing for cover was struck by a rocket-propelled grenade, inflicting him with shrapnel wounds. Yet he continued to fight.

He directed air support that destroyed more than 30 Taliban fighters and personally took out several other enemy positions, according to reports. He provided covering fire and helped three of his wounded comrades to reach the aid station. He also braved fire to recover several fallen comrades.

Romesha's efforts enabled Bravo Troop, 3d Squadron, 61st Cavalry Regiment, to regroup and fight off a force that greatly outnumbered them, according to reports. At the time he was a section leader with Bravo Troop, which was part of the 4th Brigade Combat Team, 4th Infantry Division, in Afghanistan.

Romesha separated from the Army April 4, 2011. He and his family currently live in Minot,

See MEDAL OF HONOR on page 8

Unseasonable rain causes dangerous conditions

Allen Shaw,
Fort Wainwright PAO

The Interior experienced unseasonably warm weather Monday as a mixture of rain and wet snow glazed roads, causing treacherous conditions. Officials from the Fairbanks North Star Borough School District cancelled school Tuesday and Col. Ronald M. Johnson, commander, United States Army Garrison Fort Wainwright de-

clared installation road conditions "black."

Black means that the road surface, air temperature and visibility conditions are very poor and government vehicles will only be driven for emergency situations. The dispatch record for emergency use vehicles is a decision made only by the brigade and garrison commanders.

In addition to downgrading the on-post road conditions,

Johnson released civilian employees early and allowed for delayed reporting times Tuesday.

Maj. Gen. Michael X. Garrett, commander, United States Army Alaska, was also concerned about road conditions and everyone descending on post at the same time. Garrett cancelled morning physical training, allowing Fort Wainwright and brigade-level commanders to determine the

"work-call" formation time within their respective units.

In another effort to alleviate heavy traffic on post during the early morning hours, all appointments scheduled before 10 a.m. at Bassett Army Community Hospital were cancelled. Patients were asked to reschedule at a later date.

It was reported that only one-tenth of an inch of rain had fallen at Fairbanks International Airport as of 3 p.m.

Monday, but it was enough to transform roads, parking lots and walkways into something that resembled a skating rink.

Due to some snowfall, a drop in temperature and diligent efforts by road maintenance crews, who cut grooves in the ice and spread gravel, road conditions improved dramatically overnight.

Meadow Bailey, spokes-

See RAIN on page 4

Scream-free living comes to Fort Wainwright

Trish Muntean,
Fort Wainwright PAO

There are many books that say they teach parents and caregivers how to change their children's behavior. But as a parent, have you ever thought it may be your behavior that needs changing and by making a few simple changes (including not screaming at your children every time they don't do things your way) life may be better for everyone?

Have you also considered that changing some of your habits may improve your relationship with your significant other as well?

Families can learn new skills from Hal Edward Runkel, a licensed marriage and family therapist, author of the Scream Free Living book series and founder of The Scream Free Institute to teach "Scream Free Parenting: Five Truths Every Parent Needs to Know," and "The Six Principles for a Scream Free Marriage."

For the past few years, Runkel and his team have traveled to different military installations to train Family Advocacy Program personnel, chaplains and family readiness organizations to teach the Scream Free Parenting course. They will be at Fort Wainwright with the "Scream Free Parenting" class Jan. 29 at the Last Frontier Community Action Center from 7:30 to 9:30 p.m. and the "Scream Free Marriage" class Jan. 30, also at the Last Frontier Community Action Center from 7:30 to 9:30 p.m.

"I think both sessions will provide another great tool in how to interact with children and spouses in a more appropriate way," said Betty McCain, the Family Advocacy Program Manager for Army Community Service. "Scream-free Parenting and Scream-free Marriage is another way to communicate with our loved ones in a positive, loving way."

For more information, or to register call 353-7317.



A happy reunion - An Army Family surrounds their Soldier after a yearlong deployment in the Middle East. Outside military Families, what happens after the happy reunion is rarely seen - periods of adjustment and unique challenges - frequent moves, job changes, separations during training, deployments, remote assignments and joint assignments to far-flung locations. Scream Free training can provide communication skills to help couples and Families thrive, there's strength in togetherness and communication skills can help build and maintain those familial relationships. Call 353-7317 for more information about the Army Community Service communication training for couples and Families. (File photo by Connie Storch/Fort Wainwright PAO)

WEEKEND WEATHER



Friday
Partly cloudy
Highs around -17
Lows around -20
Light winds



Saturday
Mostly cloudy
Highs around 0
Lows 5 to 15
below



Sunday
Mostly cloudy
Highs in the
mid-teens
Lows -5 to 5



BRIEFS

Tax Center opens

Join Col. Ronald M. Johnson, Fort Wainwright garrison commander for a ribbon cutting ceremony 10 a.m. Wednesday at 1051 Gaffney Road, Suite 9. Tax Center is freely available for use by Soldiers, their Families and military retirees.

Comedy - Sinbad's tomorrow

A free comedy show Saturday at 8 p.m. in the Warrior Zone, building 3205, hosted by Family and Morale Welfare and Recreation.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Provide feedback by filling out the APLSS survey

Col. Dennis LeMaster
MEDDAC-AK commander

When I first arrived here at MEDDAC-AK, I asked you, our customers, to let us know what you think and to give us ideas how to make things better. Whether they are big issues or small suggestions, we know they can make a big difference for you as beneficiaries; your feedback is important to us.

One of the best ways to make a positive difference with your feedback is to fill out the Army Provider Level Satisfaction Survey, or APLSS. Not only do these surveys give us the chance to hear what we are doing well or what we need to improve on, but there

is the opportunity for us to earn up to \$500 for each survey returned with a 'completely satisfied' response. This additional funding can be used to add additional services or equipment which benefits the community we serve.

The APLSS program, which is administered by the Office of the U.S. Army Surgeon General, randomly selects patients seen at Army medical treatment facilities each day.

These patients are then sent a letter asking them to complete a brief questionnaire regarding their care. The surveys are processed, tabulated and trended to provide patient feedback to MTF leadership.

All survey responses are kept confidential.

The survey information is crucial to the executive leadership of MEDDAC-AK in setting priorities and identifying areas of need, as well as areas doing great things everyday. This information is shared throughout the organization down to the individual healthcare providers. The responses are often the only way we know what you experience and we highly encourage you to take a few minutes and complete the survey. More responses provides us with a better picture of how well we are meeting your healthcare needs and how we can improve services. Currently, MEDDAC-AK only receives about 10

percent of these surveys back each month. With each survey that is not returned we miss the opportunity to improve through your feedback as well as the monetary rewards from the Office of the Surgeon General.

There are three ways to respond to the survey. One is a short-form survey of nine questions using a toll-free number and a voice response system. Second is through a two-page written survey. The third method is a Web survey where you log in with a username and password, which is provided in the letter.

The survey includes two types of questions. One set of questions focuses on the provider-patient interaction. This

includes how carefully the provider listened, understood the problem, showed courtesy and respect and helped with the problem. The second set of questions relate to the overall MTF experience and asks about access to care, courtesy of support staff, coordination of care, facility comfort and cleanliness and services such as lab, pharmacy and X-ray.

MEDDAC-AK uses APLSS survey data to recognize staff sections that consistently exceeded patient expectations. Similarly, APLSS survey feedback has been used to identify staff areas that needed additional customer service training and provided feedback which helped lead



Col. Dennis LeMaster
MEDDAC-AK commander

to changes to our appointment system.

So the next time you get an APLSS survey in the mail – don't throw it away. Please fill it out and provide MEDDAC-AK your feedback, both positive and negative. It is part of the absolutely critical role you play in our healthcare partnership and helps us meet our goal of providing you the best possible healthcare with outstanding customer service.

Deployments and subsequent high risk behaviors

Ron Huffman,
Army Substance Abuse Program

Lessons learned to this point from past deployments compared to the redeployment of the Fort Wainwright Brigades have provided an opportunity to make educated guesses regarding future high-risk behaviors.

Prior to any deployment, we experience a surge in domestic violence, after the redeployment and with school starting last September, we experienced a surge in child abuse cases. These are exterior influences which are obvious to the casual observer. Also inherently obvious is that the most DUIs and alcohol incidents occur between Thursday to Sunday and between the hours of 10 p.m. to 2 a.m. Although these facts seem obvious to anyone who has ever participated in cruising in the bars and partying with friends, Fort Wainwright Soldiers, and occasionally spouses, continue to be apprehended for driving under the influence, both on and off post.

From Oct. 1, 2012 through Jan. 8, 2013, both the post blotters and the Fairbanks blotters record 40 driving under the influence apprehensions. October saw nine Soldiers receive DUIs, November with 10, December with 14, and as of Jan. 10, seven. During this same period, we have recorded 30 other alcohol incidents resulting in charges against Soldiers, including drunk on duty, underage drinking and assaults. If you take into account that many Soldiers were on block leave during this period, and the increasing spike in alcohol misconducts, apprehensions in the future three months threaten to continue the trend.

The blood alcohol concentration (BAC) limit for DUI in Alaska is .08. The average BAC of the 40 Soldiers charged since Oct. 1 is .14, almost twice the legal limit. An interesting fact is that the level has escalated with the numbers, October averaging a BAC of .11, November .128, December .130 and so far in January, .150. So not only are numbers increasing, the level of intoxication is elevating with the numbers.

The blotter entries often record the statements of a Soldier apprehended for a DUI as "I only had a couple of beers". A 170-pound Soldier who registers .15 BAC will have consumed nine drinks over a period of four hours. At this level, gross motor impairment occurs - blurred vision, loss of balance and an increase in anxiety. Better known as the "Sloppy Drunk," hardly "a couple of beers".

Domestic violence, child abuse, drunk on duty, assaults, crimes against persons or property, negligent discharges of firearms, firearms incidents and accidents are all negatively influenced by this same trend of alcohol abuse. Even more frightening to our spouses and children of Soldiers is the high rate of suicides and attempts that have spiked Army-wide, with 179-active duty Sol-

diers taking their lives over the past calendar year.

Nearly 70 percent of all suicides involve guns and a large portion involve substance abuse, primarily alcohol.

A Substance Abuse and Mental Health Services Administration (SAMHSA) white paper states: "a growing body of evidence suggests that alcohol and drug abuse are second only to depression and other mood disorders when it comes to risk factors for suicide. In one study, for example, alcohol and drug abuse disorders were associated with a six-fold increase in the risk of suicide attempts." And substance abuse and mental disorders often go hand-in-hand, the paper emphasizes.

In the Army Substance Abuse Program, we have had a unique perspective observing, counseling and intervening in substance-abuse issues with Soldiers who have redeployed. We have also considered that the Soldiers who remained in garrison during the deployments and the newcomers who arrived during the brigades' absences were subjected to some factors in garrison that also affected the redeploying personnel, i.e., battle rhythm, training, cold weather, dark, distance from Family members. The solutions to the above issues are both complex and in some cases, obvious, involving all levels of supervision, helping agencies and most importantly, the Soldiers who are the abusers and users of alcohol.

Self-referral to ASAP is not a get-out-of-jail-free card for Soldiers with substance-abuse issues. But it is a means for the Soldier to get help with addiction or misuse issues without the consequences of being referred for a DUI or other offense. Any Soldier can self-refer to ASAP by calling the Clinical Appointment number at 361-6277 or 361-5975.

ASAP is located in Bldg 4055 Gaffney Road at the corner of Tamarack and is open from 7:30 a.m. to 4:30 p.m. daily.



CORRECTION

North Haven Ribbon cutting

Last week the ribbon cutting ceremony for North Haven's neighborhood community center was featured in the Alaska Post, ceremony participants were incorrectly identified.



Ribbon cutters shown from left, Maj. Gen Michael X. Garrett, commander, United States Army Alaska, Cynthia Larson, chief, Residential Communities Initiative, Keith Scruggs, North Haven project manager and Col. Ronald M. Johnson, commander, United States Army Garrison Fort Wainwright collectively cut the ceremonial ribbon Wednesday at the grand opening of the North Haven Community Center. The brand new addition to the Installation has a great room, with a large gas fireplace, a 47-seat theater, a full-service kitchen, play room, business center and a 70" flat screen television with wireless Internet and Skype capabilities. (Photo by Allen Shaw, Fort Wainwright PAO)

ALASKA POST

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The ALASKA POST – Home of the Arctic Warriors

Combating alcohol and substance abuse

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

Our Soldiers face unique challenges here in Alaska and on deployment – In order to meet those challenges they need to be fit, resilient and ready.

High-risk choices with alcohol and drugs compromise the readiness of our Soldiers and also affect their ability to live healthy, well-balanced lives.

Over the past few years, we've seen too many tragic incidents in which alcohol or drug abuse was a key factor. Domestic violence, child abuse, assaults, crimes against persons or property, negligent discharges of firearms, firearms incidents and accidents all tend to follow trends of alcohol abuse.

It has also been a factor in the majority of the 179 suicides the Army has suffered in the past calendar year. "The majority of suicides have two things in common, guns and alcohol, that's just the way it is," said Gen. Peter Chiarelli, former Army vice chief of staff, in an interview just before he retired in January 2012.

In this time of force reductions and smaller budgets,

alcohol-related incidents will end your military career more surely than ever. Soldiers involved in just two alcohol-related incidents in one calendar year will be processed for separation, according to current Army policy.

Getting help

A struggle with substance abuse doesn't have to end your career; however, you must recognize the problem and seek help. There are effective programs in U.S. Army Alaska – at JBER and Fort Wainwright – to combat drug and alcohol abuse.

The Confidential Alcohol Treatment and Education Program, or CATEP, at JBER, is designed to reduce the stigma associated with Soldiers of all ranks, from Private to General, asking for help with alcohol-related issues.

The program is only open to those who have not been command-referred for alcohol abuse, and who have not been involved in an alcohol or drug-related incident in the past 12 months.

CATEP offers counseling, group and individual, treatment, education and support during off-duty hours, on weekends and at locations separate from the regular command-directed ASAP. You can reach a

CATEP counselor at 384-7368 or 384-7370; or visit them in Bldg. 1108, on the corners of Fawn and Tomahawk Streets.

Soldiers can also self-refer to the Army Substance Abuse Program, which has facilities at Fort Wainwright and JBER. This involves asking your chain of command to assist in referral to the clinical side of ASAP. Remember that having the courage to seek help is a sign of strength, not a sign of weakness.

At Fort Wainwright, any Soldier can self refer to ASAP by calling the clinical appointment number at 361-6277 or 361-5975.

Fort Wainwright ASAP is located in building 4055 Gaffney Road at the corner of Tamarack and is open from 7:30 a.m. to 4:30 p.m. weekdays.

At JBER you can reach ASAP at 384-7368 or 384-7370. The JBER ASAP facility is in building 1108, at the corner of Fawn and Tomahawk Streets and is open from 7:30 a.m. to 4:30 p.m. Monday through Friday.

Keep in mind that it is far better to voluntarily seek help than to be command-referred to ASAP through these means: - Commander/Supervisor Iden-

tification – Command becomes aware or suspects that a Soldier has a problem with substance abuse and makes the referral.

- Biochemical Identification – Soldier receives a positive result from a urinalysis or a breath/blood alcohol test. (Automatic referral to the ASAP clinic)

- Medical Identification – Physician or health care provider detects substance abuse upon an examination. Medical personnel will notify the Soldier's commander.

- Investigation/Apprehension – Soldiers that are identified by military or civilian law enforcement as being involved in an alcohol and/or drug related incident will be referred to ASAP for counseling with 72 hours of the incident by the Soldiers' unit commander.

'Don't leave a Soldier behind'

Leaders at all levels – you play a crucial role in identifying alcohol and substance abuse problems among your Soldiers. It takes engaged leadership – knowing your Soldiers and knowing how they live. Visit your troops in the barracks – not when it's convenient, but at night, when they're most likely to be involved in high-



Command Sgt. Maj. Bernie L. Knight

risk behavior.

If you recognize the signs of alcohol or drug abuse in your buddy, talk to him or her about getting help. If that doesn't work – let your chain of command know. As difficult as it might sound, your action could save that Soldier's career – or life.

Battle buddies at every level – junior Soldiers, noncommissioned officers and officers – should not "leave a Soldier behind."

We can't afford to lose even one Soldier to an alcohol- or drug-related incident.

Arctic Warrior! Arctic Tough!

World Religions series continues, classes open to entire Fort Wainwright community

Trish Muntean, Fort Wainwright PAO

The Fort Wainwright chaplains will continue their World Religions series with a study of the Hindu religion starting Jan. 25, following a 12-week study and discussion group about Buddhism which concluded last week. Sessions run 11 a.m. to 1 p.m. at the Last Frontier Community Activity Center.

The chaplains also plan to explore, "People of The Book" (Judaism, Christianity and Islam) in the spring and summer.

The classes are open to the entire Fort Wainwright community, including Soldiers, Families and civilian employees, not just personnel practicing a particular religion. Classes will take place during lunch Fridays at the Last Frontier Community Activity Center and will last approximately 60 minutes.

There are several reasons people attend these classes, said Family Life Chaplain (Maj.) Dwight Broedel.

"Some search for meaning and purpose," Broedel said. "Some search out

of curiosity. Some search for faith. Some search for knowledge. Some search to strengthen what they hold sacred by learning about others. Some search for knowledge regarding global areas of interest either for military action or future commercial enterprises."

He said even those who are of the opinion there is no God still have a religion-a set of beliefs and practices used to explain the human experience.

"Although there are many ways to respond to the human experience, in time

each of us will need to address a spiritual dimension," Broedel said. "Throughout our specie's history, every culture all across the planet, humans have developed religious practices to answer the "big questions" that plagued us. Therefore regardless of how one answers the "big questions," the "big questions" must be answered."

To find more information or to sign up for the next class call Broedel at 353-6112 or via email at dwight.a.broedel.mil@mail.mil.

Late Ad
6 x 10.5

Tax center to open on post

Capt. James Berreth, Law Center

More than \$2.7 million was recovered for Soldiers, military retirees and their Families in 2012 with the help of the Fort Wainwright tax center. The center will open for the season Jan. 23.

Last year the tax center filed more than 880 tax returns and saved Soldiers, military retirees and their Families more than \$171,000 of tax preparation fees and helped them recover nearly \$2,789,452 in tax refunds.

“Our main goal is to help our fellow Soldiers,” said Sgt. 1st Class Hugo Munoz, the incoming noncommissioned officer of the tax center. “Each tax preparer receives online training from the Internal Revenue Service and then must attend a school in person. Soldiers are taught and trained by tax preparers with decades of experience. When Fort Wainwright tax Soldiers prepare a return, all returns are meticulously checked and a quality review is done by a second preparer, unlike many private tax-preparation services off post.”

Also unique to Fort Wainwright, each tax return is checked by a post legal assistance attorney prior to filing. Jim Wherry, the chief of Legal Assistance, has

been preparing taxes with the military for more than 10 years, both overseas and in the United States. As a result of all of this hard work, the Fort Wainwright tax center has consistently had one of the highest quality return rates as assessed by the Internal Revenue

Service’s Volunteer Income Tax Assistance program.

The tax center assists Soldiers with complicated tax filing, including income from rental properties, the sale of stocks and bonds and taxation on the Alaska Permanent Fund dividend. The tax center can also assist with preparing back taxes for those service members who missed previous years due to deployment. Taxpayers who fail to file will lose any refunds they might have had after three years, so it pays to file taxes. It’s a headache you can let someone else help with.

The tax service is free and open to service members of all branches, military retirees and their dependent family members. Others eligible for services may receive help off post at one of the many VITA sites being set up by the IRS across Fairbanks.

The tax center is co-located with the Trial Center on North Post, building 1051 Gaffney Road, Suite 9.



The center will be open Monday through Wednesday from 9 a.m. to 5 p.m., Thursday from noon to 8 p.m., and Friday from 9 a.m. to noon. Service members can also get help online to prepare taxes by going to www.militaryonesource.com. A free program for tax preparation and filing is posted there.

For more information call, 353-2613 or 353-6534.

Plug in to save – vehicles, fuel and air quality

Carrie McEnteer,
Environmental Division, Public Works

By now, even if this is your first winter in Alaska, you’ve winterized your vehicle. You have installed an engine-

block heater, a battery heater or blanket and an oil pan heater. All three have been joined to a single outlet that protrudes from the front of your vehicle. But have you made the extra effort to regularly plug in your vehicle? Did

you know that when it is colder than 20 degrees above zero, plugging in your car not only benefits your vehicle, but helps to reduce local air pollution?

Emissions from vehicle cold-starts are a problem in Fairbanks during the winter, contributing an estimated 45 percent to total motor-vehicle emissions. According to state and local air quality officials, plugging in your vehicle several hours prior to starting it can reduce emissions of carbon monoxide (CO) and other combustion-related air pollutants, like fine particulate matter (PM2.5), by as much as 70 percent, compared to cold-starting your vehicle. Exposure to these pollutants may produce adverse health effects, including increased risk of heart attack, stroke and asthma. Our local population can benefit from the reduction of combustion-related air pollutants.

Reducing emissions from vehicle cold-starts within our community is relatively simple because we all have access to an outdoor plug-in, also known as a head-bolt outlet or HBO. The HBOs preheat the engine coolant or lubricant in parked motor vehicles. Plugging in reduces the amount of time an engine takes to warm up, reduces fuel consumption and reduces the length of time needed for the engine catalyst to become fully operational. Engine preheating can substantially reduce air pollution created during the cold-start phase of engine operations, as well as warming the vehicle’s interior more quickly. HBOs are conve-

niently located in most parking lots on Fort Wainwright.

“When” you need to plug in is important too. For plug-ins to be effective for CO and PM2.5 control, drivers must make the effort to plug in when outdoor temperatures reach 20 above. The local governmental entity, the Fairbanks North Star Borough, requires that electricity be supplied to HBOs on days when temperatures fall below 21 degrees so that vehicles can be plugged in. Fort Wainwright complies with this code through utilization of programmable parking lot plug-in controllers. These devices automatically control the amount of electricity supplied based on ambient air temperature and the wind chill factor. A built-in timer cycles the controller between “on” and “off” every 4.5 minutes. The controllers keep the electricity “on” constantly at temperatures of 13 below or colder. These controllers offer a means to conserve energy at Fort Wainwright, while helping to reduce cold-engine starts and the production of air pollutants.

Fairbanks air quality issues are unique, and are made worse by meteorological conditions that result in a stagnant layer of air at ground level, where we live. Plugging in your vehicle at temperatures colder than 21-above is one simple thing you can do to help. A commitment to regular use of these outlets will improve Fairbanks’ wintertime air quality and the health of the entire community. Please use one of Fort Wainwright’s many HBOs.

Plug It In!



+20F Degrees and Colder

A large portion of the Fairbanks North Star Borough (FNSB) was designated a “nonattainment” area for PM2.5 by the EPA because on several days each year there is more fine particulate matter (PM2.5) in the air than is healthy to breathe. Excessive levels of PM2.5 are produced through the inefficient combustion of fuels, such as wood, coal, home heating fuel, gas, and diesel. To save energy and money, and to help improve air quality in our community:

Plug in your vehicle when its **20 above or colder** for at least one hour before starting the engine. This can reduce emissions, including fine particulates and carbon monoxide, by up to 70% and minimizes vehicle wear and tear. Electric timers are inexpensive and can be set to turn on automatically an hour or two before the time you usually leave the house to further minimize the amount of energy used.

Idle vehicles for **less than 10 minutes** to avoid wasting gas and polluting the air. A vehicle in motion warms up faster and more completely.

Rain: Slow down with hazardous conditions

Continued from page 1

person for the Alaska Department of Transportation in Fairbanks said, “While we were prepared, it was fortunate that we had snow and cool temperatures immediately following the

rain. The snow created more of a crunchy surface that provided good traction.” DOT had all available staff and equipment working yesterday, “When one shift ended we had people ready to jump right back in the equipment and go back

to work, that maximized the ground we were able to cover.”

On Fort Wainwright, road conditions were upgraded to “amber” by 9 a.m. Tuesday.

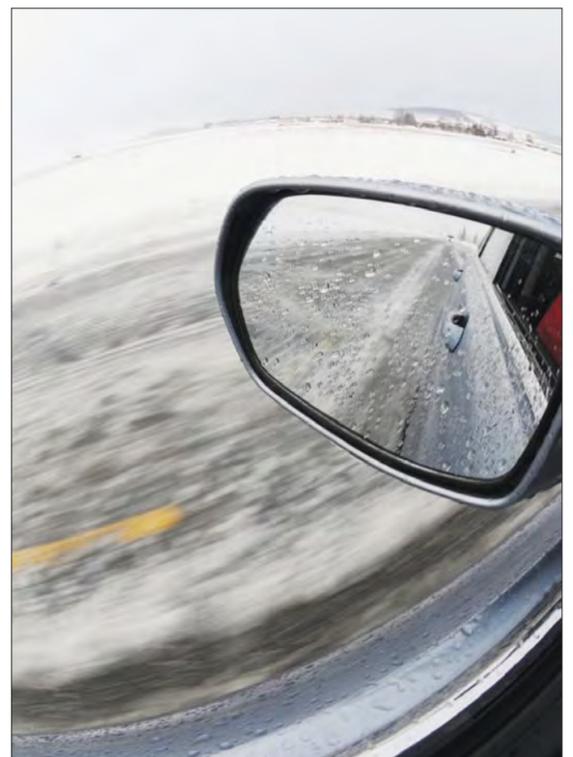
Amber indicates that hazardous road conditions remain and drivers should allow more time to travel from point-a, to point-b, but government vehicles can be dispatched. Road conditions and driver experience is considered before approval of a dispatch request, and the request must be authorized by commanders or primary staff.

Although the road condition status is a guide for government-owned vehicles, it can also be a guide for personal vehicles. It also means that there is still snow or ice on the

roads. Drivers should evaluate their speed according to conditions, exercise extreme caution and watch for icy spots, especially at intersections.

The garrison Public Affairs Office disseminated the necessary information through email, Facebook, Twitter and the 353-INFO line, and will continue to do so as it becomes available.

According to the National Weather Service, Monday’s rain was the result of a storm in the North Pacific that sent warm, moist air into the Interior. They originally predicted a light freezing rain overnight Sunday but the rain started later and lasted longer than expected. It is said to be the greatest January rainfall in Fairbanks since 1963.



When roads are covered in ice, snow or slick with rain, as they were Tuesday, increase following distance, slow down and allow extra travel time. Alaska Department of Transportation maintains an online map indicating areas where there are traffic accidents and maintenance crews. Weather can impact road surfaces very quickly, making driving a challenge. When Garrison Command orders a change to Road Conditions on post, the settings – green, amber, red and black – are for government vehicles. Call 353-4636, also known as 353-INFO for current road conditions. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

61407185
ALASKA FUN CENTER
SALES
AK POST/AK POST
2 x 5.0
RED

2x2.0 COLOR
Late Ad

Joint operation helps drilling rig

Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

KODIAK, Alaska – The Royal Dutch Shell Arctic drilling rig Kulluk Salvage was hit with a storm New Years Eve that ran it onto an Alaska island and caused a power outage. The Kulluk is a circular drill barge that does not have propulsion and needed heavy equipment to restore operational power. The U.S. Army 1st Battalion, 52nd Aviation Regiment, out of Fort Wainwright was able to support the civilian operations as well as military.

“We came out to assist however possible,” said Army Chief Warrant Officer 3 Tommi Webber, maintenance test pilot for the “Sugar Bears,” 1-52nd Avn Regiment. “That turned out to be moving some pretty heavy loads onto the Kulluk Salvage so they could get power restored.”

Fort Wainwright gained 12 new CH-47F model Chinook helicopters October 2012 after training with them for several months. The Chinooks have a sling-load capacity of 26,000 pounds center hook, 17,000 pounds forward and aft hook, and 25,000 pound tandem, more than most civilian helicopters and any other Army helicopter. Even with that capacity, enough power is needed to sustain the flight. It was during the pre-flight checks when a weight problem was discovered.

“One of our biggest setbacks was the weight of the loads that we were taking out,” the maintenance test pilot said. “The mighty CH-47F can carry



Two CH-47 Chinook helicopters from the 16th Combat Aviation Brigade (Alaska), 1st Battalion, 52nd Aviation Regiment, depart for Air Station Kodiak Jan. 6 to assist with the lift and transportation of heavy equipment to the stranded oil rig, Kulluk. (Photo by Petty Officer 3rd Class Jonathan Klingenberg/U.S. Coast Guard).

quite a bit, but when that load is 16,000 pounds we just have to do some mitigation to make sure we have enough power to get it on. I know that the aviation portion to help the Kulluk is contracted out, they just didn't have a helicopter with enough lift capacity to take that equipment out and that's where we came in. We were glad we could help.”

The decision was made after they tested it; they had to lose some weight.

The external fuel tank was one of the items they had to leave behind.

“We actually had to plan fuel down to the last 10 pounds that we had just enough to pick up that load, get out there and drop it off, and have enough to get back,” said Webber, who is from Dansville, New York. “When you pick up loads like that, you want to power-margin...we didn't have anything extra to spare.”

By dropping off the extra weight and stripping down the aircraft of unnecessary equipment, they found a comfortable power margin that would get it done.

The weight wasn't the only metaphorical speed bump they encountered.

“As most people in Kodiak know, the weather is totally unpredictable here,” said Army Capt. Matt Mraz, platoon leader with 1-52nd Avn., and native of Clarion, Iowa. “It is constantly snowing, and then raining.

“The weather played the biggest part, and then distance was also a huge contributing factor to the complications that we saw. Due to the size of the loads and the distance we were carrying them, we just didn't have enough fuel to get the loads to the Kulluk, so we had to come up with some pretty interesting ways to fix that problem. We were definitely thinking outside of the box on this one.

“It worked out very well,” he continued. “I'd just like to thank the Coast Guard and especially the guys out at the Kodiak Rocket Test facility that loaned their help when we asked if we could use their facility. Everyone that we asked for support throughout this entire operation was more than happy to bend over backwards for us, especially the Coast Guard in providing our birds a hangar for four days; that was crucial.”

Performing the real-world mission gave the team a feeling that training falls short on.

“This is one of our first real-world missions with these new aircraft,” said Sgt. Michael Cummings, C-47 flight engineer with 1-52nd.

Webber said the Army unit was proud to help.

“In the end, we got both the generator and the compressor onto the Kulluk, with no one hurt, and both aircraft back here, so I'm very happy with that,” she said. “I'm really glad our Sugar Bears were given the chance to help out our home state of Alaska.”



Army Staff Sgt. Evan Sutton checks for clearance on the side of the aircraft before takeoff Jan.5. Sutton is a crew member on one of the two CH-47F Chinook helicopters from B Company, 1st Battalion, 52nd Aviation Regiment that flew to Kodiak on a mission to help the grounded oil rig Kulluk by hauling equipment to and from the rig. (Photo by Air Force Staff Sgt. Aaron M. Johnson/Joint Base Elmendorf-Richardson)

Smoking marijuana impacts brain functioning

According to the National Institute of Drug Addiction (NIDA.gov), tetrahydrocannabinol (THC), the major component in marijuana, interferes with learning and memory – that is because the hippocampus – a part of the brain with a funny name and a big job—plays a critical role in certain types of learning. Disrupting its normal functioning can lead to problems studying, learning new things and recalling recent events. The difficulty can be a lot more serious than forgetting if you took out the trash this morning, which happens to everyone once in a while.

These THC effects can cause

disaster on the road. Research shows that drivers on marijuana have slower reaction times, impaired judgment and problems responding to signals and sounds. Studies conducted in a number of localities have found that approximately 4 to 14 percent of drivers who sustained injury or death in traffic accidents tested positive for THC.

The cerebellum is the section of our brain that controls balance and coordination. When THC affects the cerebellum's function, it makes scoring a goal in soccer or hitting a home run pretty tough. THC also affects the basal ganglia, another part of the brain that's

involved in movement control.

In fact, people who use marijuana over the long term report less life satisfaction, poorer education and job achievement and more interpersonal problems compared to people who do not use marijuana.

Marijuana also may affect your mental health. Studies show that early marijuana use may increase your risk of developing psychosis if you have a genetic vulnerability to the disease. Psychosis is a severe mental disorder in which there is a loss of contact with reality, including false ideas about what is happening (delusions) and seeing or hearing things that aren't there (hal-

lucinations). Marijuana also has been associated with depression and anxiety.

A person who uses marijuana is more likely to be exposed to and urged to try other drugs. The effects of marijuana on the brains of adolescents –still a work in progress—may also affect their likelihood of using other drugs as they get older.

The risk of using cocaine is much greater for those who have tried marijuana than for those who have never tried it. Using marijuana puts children and teens in contact with people who use and sell other drugs.

Resource: National Institute of Drug Addiction NIDA.gov

The Adolescent Substance Abuse Counseling Services Program (ASACS) serves adolescents between the ages of 12-18 years old. This free service is provided through the Army Center for Substance Abuse Programs serving military families and communities. Ms. Janie Gennaro provides prevention and intervention services on Fort Wainwright and at Lathrop High School, Tanana Middle School and North Pole High and Middle Schools. For additional information regarding program services, please call or email: Janie Gennaro, LMFT, CAS @ Ft. Wainwright 361-1382 or jgennaro@saic.com.

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FAIRBANKS ICE DOGS/ARCTIC

Friday – 18th

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.

STORY HOUR & CRAFTS: KID'S INVENTION DAY, 4 p.m., library, building 3700. No Cost. Call 353-2642

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

ICE CLIMBING, 7 a.m. to 6 p.m., Outdoor Recreation Center, building 4050. Cost is \$25. Call 361-6349.

BASKETBALL TOURNAMENT, 6 to 10 p.m., Youth Center, building 4109. No Cost. Call 353-5437.

Saturday - 19th

SINBAD COMEDY SHOW, 8 p.m., Warrior Zone, building 3205. No cost. Call 353-1087.

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.

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.

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

YOUTH SKI DAYS, begin Jan. 19, continuing for three days, Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

ANGEL CREEK OVERNIGHT TRIP, 8 a.m., Outdoor Recreation Center, building 4050. Cost is \$160. Call 361-6349.

Sunday – 20th

NFL CONFERENCE CHAMPIONHIPS, 9 a.m., Warrior Zone, building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

CATHOLIC SERVICES, A second mass has been added, services are 8 and 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, building 4107. Call 353-9825.

GOSPEL SERVICES, 1 p.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.

YOUTH SKI DAYS, three days (19-21), Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

FAMILY HALF-DAY SKI, 1 to 3 p.m., Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

Monday – 21st

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

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No Cost. 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.

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

YOUTH SKI DAYS, three days (19-21), Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

Tuesday – 22nd

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

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

HOOR OF POWER GROUP STRENGTH CLASS, 12 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

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

BOUNCY HUT NIGHT, 5 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

Wednesday – 23rd

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

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.

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

MOMMY & ME BOWLING, special hours: noon to 3 p.m., Nugget Lanes Bowling Center, building 3702. Cost is 2.50 per game, kid's bowl at no cost. Call 353-2654.

PYAC MEETING, 11:30 a.m. to 12:30 p.m., School Age Center, building 4166. Call 353-7713.

SCREAM FREE PARENTING WORKSHOP: FIVE TRUTHS EVERY PARENT NEEDS TO KNOW, 6:30 to 8:30 p.m., Child Development Center I, building 4024. No Cost. Call 353-7713.

Thursday – 24th

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

HOOR OF POWER GROUP STRENGTH CLASS, 12 p.m., 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.

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No Cost. Call 353-7372.

Friday – 25th

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

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

ALYESKA SKI/SNOWBOARD ADVENTURE, three days, Outdoor Recreation Center, building 4050. Cost is \$200. Call 361-6349.

STORY HOUR & CRAFTS: THOMAS CRAPPER'S REENACTMENT, 4 p.m., library, building 3700. No Cost. Call 353-2642.

EXCEPTIONAL FAMILY MEMBER PROGRAM – INDOOR ROCK CLIMBING, 6 p.m., Melaven PFC, building 3452. Cost is \$3. Call 353-4243.

Saturday - 26th

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.

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.

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

ANGEL CREEK OVERNIGHT TRIP, 8 a.m., Outdoor Recreation Center, building 4050. Cost is \$160. Call 361-6349.

Sunday – 27th

CATHOLIC SERVICES, 8 and 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, building 4107. Call 353-9825.

GOSPEL SERVICES, 1 p.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.

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ARMED FORCES ENTERTAINMENT PRESENTS

SINBAD



Saturday, Jan. 19
at 8 p.m.
The Warrior Zone, Bldg. 3205

Open to DoD cardholders 18 and older
For more information, call 353-1087.

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MLK HOLIDAY CLOSURES

Army Community Services is closed today and Monday. The Automotive skills Center is open today from 11:30 a.m. to 8:30 p.m. and closed Monday. Depending on the weather, the Birch Hill Ski and Snowboard Area is open today and Monday from noon to 8 p.m.

CYSS central registration is closed today and Monday. CDC 1 and School Age Center is open today for verified duty only and closed Monday, as is CDC 2, Family Child Care, SKIES Unlimited and EDGE programs. The Youth Center is open today from 1 p.m. to midnight, but is closed Monday.

FMWR administration is open today from 8 a.m. to 5 p.m. and will be closed Monday. The Last Frontier Community Activity Center is open today from 8 a.m. to 9 p.m., but will also be closed Monday. Melaven Gym is open today from 11 a.m. to 7 p.m., Outdoor Recreation is open 11 a.m. to 6 p.m., Nugget Lanes Bowling Center is open from 11 a.m. to 1 a.m., and the library is open 10 a.m. to 7 p.m. All of these facilities will be closed Monday.

The PFC will be open both days from 8 a.m. to 10 p.m., the ice rink will be open from 1:30 p.m. to 7 p.m. and the Warrior Zone will be open today from 4 p.m. to 1 a.m. Saturday, regular operating hours Sunday and 4 to 11 p.m. Monday.

TAX CENTER

A ribbon cutting ceremony marks the official opening of the Fort Wainwright Tax Center at 10 a.m. Wednesday. Active-duty, military retirees from all branches and their Family members who have simple personal income tax returns are eligible for tax assistance service. Returns may be filed electronically whether you are getting a refund or you owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center. The Tax Assistance Center is located in building 1051-9 near the law center on the north side of Fort Wainwright. Walk-in customers are welcome, but customers with appointments take priority. For more information or to schedule an appointment call 353-6534.

SHARE THE LOVE

If you are interested in submitting a photo and a Valentine Day message (10 words or less) to your sweetheart to be printed in the Feb. 15 issue of the Alaska Post; deadline for submissions is Feb. 4. Send photos and appropriate messages to allen.l.shaw6.civ@mail.mil. The Alaska Post has the right to refuse and choose depending on space limitations.

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.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news - like changes to road conditions and reporting status - and events can be found at www.facebook.com/FortWainwrightPAO. It is also a great place to ask questions and get answers.

SCREAM-FREE RELATIONSHIPS

Army Community Service will bring two highly acclaimed seminars to post, for couples and for Military Families with children. ScreamFree Parenting will take place Jan. 29 and ScreamFree Marriage takes place Jan. 30. The separate sessions take place from 5:30 to 7:30 p.m. A free dinner will be served and free childcare will be available during the presentations. Both are principle-based approaches using humor and inspiring couples and parents to truly revolutionize their Families. Moving beyond many of the child-centered, technique-based approaches, the ScreamFree way compels the individual to focus on growing up and calming down. Rather than reacting out of fear, staying both calm and connected helps marital and parent-child relationships grow out of the highest principles, revolutionizing relationships in the process, according to the literature by speaker Hal Edward Runkel, the creator of the ScreamFree Marriage program. Callers who register in advance will receive free books or DVDs while supplies last. Register with ACS by calling the Family Advocacy Program manager at 353-7317.

FUNDRAISERS

All fundraisers on Fort Wainwright require the approval of the garrison commander. Fundraisers need to be submitted a minimum of two weeks before the planned event. Fundraiser requests are to be submitted to Shenicia Askew at shenicia.askew.naf@mail.mil and a copy furnished to Cindy Blum at cynthia.blum.civ@mail.mil. For additional information please contact Blum via e-mail or at 353-7633.

LEGAL NOTICES

Anyone having claims against or who is indebted to the estate of Pfc. Grant W. Wise of B Company, 3rd Battalion, 509th Parachute Infantry Regiment, may contact 1st Lt. Jeffrey Russell, B Co., 3-509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska 99505, phone (907) 887-1306.

DECA SCHOLARSHIPS

The Defense Commissary Agency Scholarships for Military Children Program is offering scholarships to qualified applicants. Scholarship awards will be based on available funds; however individual awards of at least \$1,500 are anticipated by DECA leaders. If there are no eligible applicants, the funds allotted will be forwarded to another installation. Applications are available through the local commissary or online at www.militaryscholar.org or www.commissaries.com. Application deadline is Feb. 22. For more information call Loriann McDonald at 353-7310.

REMOVE ICE, SNOW

The Fort Wainwright Fire Department would like to remind everyone to please keep fire hydrants visible and accessible during the winter months. Soldiers, Families and civilian employees can help by keeping snow cleared at least three feet around fire hydrants. Please also keep a path clear from the hydrant to the road. This can help firefighters quickly find and use the fire hydrant to fight a fire, which can save precious time to save lives and property. Keep the sidewalks and entries clear of excess snow. All exit doors, mechanical room doors, sprinkler and standpipe connections should be kept free of snow and ice. Continued diligence will improve the fire department's access to the building and fire suppression systems in the event of a fire or medical emergency. Thank you for your assistance. If you have an emergency - police, fire or medical - remember to dial 911. Have a warm and safe winter.

ABUSE HOTLINE NUMBER

The Victim Advocate Program is available 24/7. Domestic violence reports may be made anonymously or by name anytime, call 799-9770. In case of emergency, dial 911. The Family Advocacy Program manager at Army Community Service, building 3401, is available to answer questions about the Victim Advocate Program. For the FAP, call 353-7317.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Army Community Service is offering train-the-trainer classes so unit sponsor trainers can take the information back to their organization and teach their Soldiers. Unit requests may be made by calling the Relocation Program manager at 353-7908.

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.

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 Mondays and Wednesdays from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Special hours and programs are planned during student break. Call 353-7223 for more information. Rates are posted at www.ftwainwright-fmwr.com.

FOR YOUR HEALTH CLASSES

Arctic Health Link offers monthly classes on diabetes, cholesterol, tobacco cessation and hypertension. For more information or to sign up for a class, call 361-4148.

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.

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.

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.

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.

BIRCH HILL SKI AND SNOWBOARD AREA

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

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.

PROTESTANT WOMEN OF THE CHAPEL

The Protestant Women of the Chapel meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, building 3430. Join PWOC ladies for food and fellowship. Childcare 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.

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) 356-7000 (press 3, then 1) to update your status.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center that allows sponsors, spouses and their adult children to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. Update addresses, phone numbers on 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 at the DMDC site: <https://www.dmdc.osd.mil/milconnect>.

FREE TUTORING

English and math students needing assistance can make an appointment for tutoring at the Post Library, building 3700. For more information, call 353-4137.

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.

SOLDIERS AGAINST DRUNK DRIVING
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Roller coaster of emotions: That's what I'm talking about

Allen Shaw,
Fort Wainwright PAO

I don't care who you are, who you cheer for or who your favorite team may be, if you weren't thoroughly entertained by the National Football League division championship games last weekend, you better check your pulse.

If you happened to be away from the television, incapacitated, on another planet or even worse – not a football fan, here's what went down in the American Football Conference Saturday. Bottom-line: The Denver Broncos made a couple huge mistakes and the Baltimore Ravens capitalized on them. The Ravens, who were behind, connected on a 70-yard touchdown pass with

31 seconds to play, forcing the contest into overtime.

Late in the first overtime, Broncos quarterback Peyton Manning threw an interception which led to a 47-yard, game-winning field goal by Ravens rookie kicker Justin Tucker.

Baltimore and all-pro linebacker Ray Lewis, who announced his retirement after this season, will travel to New England Sunday for the conference championship game.

The New England Patriots beat the Houston Texans 41-28 Sunday to move on. Patriot QB Tom Brady set a record for the quarterback with the most post-season wins ever, throwing three touchdowns for 344 yards. Although the Texans put up a fight, they were unable to match the fire power of

top-seeded New England.

In the National Football Conference the Seattle Seahawks made it interesting against the 14-and-3 Atlanta Falcons. After blowing a 20-point lead in the fourth quarter allowing the Hawks to take the lead late in the game, Falcons kicker Matt Bryant pounded a 49-yard field goal with eight seconds left on the clock for Atlanta to claim a 30-28 victory. Seattle rookie quarterback Russell Wilson threw for 385 yards and two touchdowns in a valiant effort to rally his team. This will be the third time the Falcons played in a conference championship game in franchise history. They will take on the visiting San Francisco 49ers, Sunday.

San Francisco earned their

championship opportunity by defeating the Green Bay Packers 45-31. Forty-niners quarterback Colin Kaepernick ran for a play-off record of 181 yards and two touchdowns and threw for 263 yards and two more touchdowns. Kaepernick's performance on the ground eclipsed a previous record of 119 yards for a QB, set by Michael Vick.

Reigning NFL MVP Aaron Rodgers and the Packers were never able to get on track.

It was a good weekend for the Harbaugh brothers. Jim is the head coach for the San Francisco 49ers and John is the head coach for the Baltimore Ravens. Depending on what happens this weekend, they could face off in Super Bowl XLVII. That's what I'm

talking about. Let me know who you think will be in the big dance. Drop a note to allen.l.shaw6.civ@mail.mil.

As for the picks from Fort Wainwright's prognosticators, A-Team, Bear and Jones Bros batted 500, getting two right and two wrong. Brain, BrowBrose Salsa only picked one winner, but Tate and Urbi upped their overall with three wins and only one loss. Unless something drastic happens, Jones Bros have a solid lock on second place, with Brain and Bear dueling for third. BrowBrose and Tate are next with a straight-up tie and Urbi, although he has been inching up, will end last. A-Team currently holds the top spot. I love it when a plan comes together.

Prognosticators – football predictions for fun and braggin' rights

						
A-Team (167W-80L-1T)	Brain (161W-86L-1T)	Browbrose Salsa (156W-91L-1T)	Bear (160W-87L-1T)	Urbi (136W-111L-1T)	Jones Bros (162W-83L-1T)	Tate (156W-91L-1T)
BAL @ NE SF @ ATL	NE ATL	NE ATL				

Medal of Honor: Romesha awarded

Continued from page 1

N.D. He is married to Tamara Romesha and they have three children; Desi, Gwen, and Colin.

Romesha enlisted in the Army in September 1999 as an M1 armor crewman. After completion of training at Fort Knox, Ky., he was assigned as a tank gunner with B Company, 1-63rd Armor, Camp Vilseck, Germany. His tour there included an operational deployment to Kosovo.

After Germany, he was assigned as a gunner, as-

sistant tank commander with A Company, 2-72nd Armor, Camp Casey, Korea. Following Korea, which included a combat tour to Iraq, he was assigned as a section leader with 3-61st Cavalry, Fort Carson, Colo. There he completed the Long Range Reconnaissance Course, Advanced Leader Course, and Air Assault Training.

His military decorations include: the Afghanistan Campaign Medal with Campaign Star, Iraq Campaign Medal with three Campaign Stars, Bronze

Star Medal, three Army Commendation Medals, Purple Heart, five Army Achievement Medals, Valorous Unit Award, Army Good Conduct Medal, National Defense Service Medal, Global War on Terrorism Service Medal, Kosovo Campaign Medal, Korean Defense Service Medal, Non Commissioned Officer Professional Development Ribbon with Numeral 2, Army Service Ribbon, Overseas Service Ribbon with Numeral 5, NATO Medal with Bronze Service Star, and the Combat Action Badge.

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