

ALASKA POST

RECYCLED
Recycled material
is used in the
making of our
newsprint

Home of the Arctic Warriors

an edition of the
DAILY NEWS-MINER

Vol. 4, No. 5

Fort Wainwright, Alaska

February 1, 2013

Soldiers, pilots team up for MEDEVAC training

Sgt. Michael Blalack, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs

Soldiers from the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division teamed up with the 1st Battalion, 52nd Aviation Regiment to conduct air medical evacuation training at Fort Wainwright's Combined

Arms Collective Training Facility Jan. 14-16.

About 120 Soldiers from the 1-5th were trained on MEDEVAC procedures and received hands-on experience with the help of pilots from the 1-52nd.

2nd Lt. Christopher Dubois, assistant operations officer for the 1-5th, coordinated and oversaw the training.

"There was the classroom portion where the

Soldiers practiced sending up a nine-line MEDEVAC request, packaging the casualty and loading procedures," he said.

After rehearsing in the classroom the students went outside and put their newly acquired skills to work loading a "casualty" (actually a medical-grade training dummy) onto the MEDEVAC helicopters.

"This is some great training," Sgt. Ramondo Walker, a team leader in B Company, 1-5th said. "A lot of these guys have never done this before and getting the experience - especially in the arctic conditions we're practicing in - is a great opportunity."

"This will prepare these Soldiers for the possibility that they'll do this in combat, 1st Lt. Bryce Roman, a section leader in 1-52nd Aviation Regiment, said. "They will have already worked with aviation and understand how the process works, why things work and why they're done the way they're done."

The training was as valuable for the pilots of the 1-52nd Aviation Regiment as it was for the Soldiers of the 1-5th, according to Roman.

"We get to practice getting the call," he said. "I've never done this before, so I get the practice of experiencing the operation from the pilot's perspective. It's important that we all get this procedure down before it's a life or death situation."

"This is a good refresher of the basic procedures for those of us who have done this before and essential training for the newer Soldiers," Walker said.

Ultimately, it will be the medics and their patients who benefit most from every Soldier available being experienced in the MEDEVAC process, according to Spc. Lucas Weaver, senior evacuation medic for A Company, 1-5th.

"Getting these guys proficient in the operation of a casualty evacuation and understanding how it works will really help us out," he said. "When they can take over and handle the other tasks it lets us focus on treating the patient."



Soldiers from 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, teamed up with the 1st Battalion, 52nd Aviation Regiment to conduct medical evacuation training at Fort Wainwright, Alaska, Jan 15. (Photo by Sgt. Michael Blalack/1-25th SBCT Public Affairs)

Perseverance, determination, guts earn platoon leader's Ranger Tab

Staff report
1-25th SBCT Public Affairs

First Lt. Ross Nolan said not passing Ranger School on the first attempt was the only thing he ever truly felt like he'd failed at in his life.

"It was just this huge cloud hanging over my head," he said. "It was like, 'you failed at this.'"

Now, roughly a year later, with experience gained from leading the 3rd Platoon, Charger Company of the 1st Battalion, 5th Infantry Regiment "Bobcats" in combat during their recent tour in Kandahar Province, Afghanistan, the 30-year-old native of Fortuna, Calif., smiles while sporting a small three-inch Ranger Tab.

For most infantry officers, the tab signifies the completion of one of the most challenging experiences of their lives.

Nolan spent 63 days back in the Ranger course, and returned home to the Bobcats and his platoon recently with the pride that comes from having overcome a daunting obstacle.

A former enlisted Marine communications specialist, Nolan admits when he first transferred to the Army and was commissioned as a second lieutenant in the infantry, he did not truly appreciate what the Ranger Tab meant in Army culture.

"All of my IBOLC [Infantry Basic Officer Leader Course] classmates had branched infantry long before going into Ranger School, so they knew it was coming," he said. "For me, I really didn't understand the significance of the tab until right before I got into the school."

Nolan failed to get past the first day of the school during the notori-

ously stringent push-up component of the Ranger Physical Fitness Test and was immediately removed from training and sent to join his unit in Afghanistan.

He served as a platoon leader in combat for four months before returning to Fort Wainwright.

As soon as he got back, he said, his thoughts turned to returning to Ranger School, and he succeeded in securing a class date for October 2012.

His second attempt presented no difficulties and Nolan returned to the Bobcats two months later — albeit substantially thinner — having gone straight through the course.

Reflecting on his experience, Nolan admits his Army experiences, particularly his combat experiences, contributed to his success.

"My [platoon leader] time probably gave me an edge in that I knew what to do," he said. "A lot of the guys in Ranger School are coming straight out of commissioning, going to IBOLC, and then on to Ranger, and have not had any real experience in leading a platoon-sized formation continuously under really stressful circumstances. They're not used to always being tired, always being hungry, and still being in charge."

That said, Nolan also admits he wishes he'd received Ranger training before becoming a platoon leader himself.

"This is graduate school for the infantry," he said. "The constant focus on perfection, and the threat of not passing if you fail to execute everything to perfection, make it obvious to me why the Army wants its platoon leaders to have a tab."

Nolan's own experiences of having attempted, failed, and then successfully completed Ranger School



First Lt. Ross Nolan, points to his ranger tab. (Courtesy photo/1-25th SBCT PAO)

have formed his opinion about the importance and desirability of an officer completing the course.

Asked what he would say to a fellow officer who claimed he didn't need to go to Ranger School, Nolan's response is direct: "Yes, you do," he said. "It's OK to try and fail, but I think all infantry guys should at least aspire to go to the course, because it is so demanding, because of the level of intensity of the small-unit tactics. It definitely made me a better leader."

"I think I did well as an untabbed PL," he adds, "but by the same token, most of the guys who do well as platoon leaders without their tabs also tend to be the guys who are chomping at the bit to go to the school again."

Nolan said that the most important factor for anyone considering Ranger School is determination.

"If you don't actually want it, don't go. You have to want it bad," he said with emphasis. "The next most important thing would be for you to get past the Ranger Assessment Period [a series of tests conducted over three days to assess a candidate's suitability for Ranger training] and then simply not quit."

"Do not overestimate the physical aspect of the school," Nolan said. "You can do so much more than you think you can, even at 30 years old. Even at my age, I probably learned more about myself through Ranger School than through anything I'd previously done."

WEEKEND WEATHER



Friday
Partly cloudy
Highs around 8
Lows: -2 to -9
Light winds



Saturday
Mostly cloudy with a
chance of snow
Highs around 10
Lows around zero



Sunday
Mostly cloudy
Highs 5 to 10
Lows around
zero

BRIEFS

Super Bowl activities

As part of the Family and Morale, Welfare and Recreation Super Bowl activities, National Football League players, cheerleaders and team mascots will be visiting the Warrior Zone for photos and autographs, Sunday. Doors open 1 p.m. Sunday; for DoD cardholders 18 and older. Details - page 5.

National Children's Dental Health Month

In honor of National Children's Dental Health Month military Families can bring their children ages one to 12 for no-cost dental exams every Saturday during the month of February. These exams will be available at the Troop Dental Clinic, building 3406, next to Burger King. For more information call Capt. Hardy or Sgt. Guinn at 353-2917.

17407803

SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Increased access to care a team effort

Col. Dennis LeMaster,
MEDDAC-AK
commander

This summer I asked our beneficiaries to be patient with us here at Bassett Army Community Hospital when trying to make appointments, especially in our Patient-Centered Medical Home. While we continued to offer high-quality, safe care, the accessibility of appointments was a challenge for all of us.

This challenge was due to the unanticipated departure of several civilian providers, along with the cyclical PCS season and deployments

of so many of our military staff.

I am pleased to report that our PCMH does not currently have a shortage of available appointments. PCMH is now near its full complement of providers and our active duty primary care providers and nurses are exempt from future deployments to ensure continuity of your provider team.

Since August, when we were at the lowest point in available providers, the availability of appointments has increased by 40 percent. Additionally, by being almost fully staffed, we have

increased continuity of care by being able to fully implement PCMH.

By having more staff available for appointments, we have increased the number of daily appointments available and instituted an extended-hours clinic open until 7 p.m. on Thursdays to continue to enhance access. These efforts have ensured that more than 65 percent of your appointments are with your primary care provider and more than 95 percent of your appointments are with your medical home team. This is significantly increased from 43 percent provider continuity

in July of this year.

As a result of these additional appointments, our patients are generally receiving a primary care appointment within 24 hours of their request.

As an added effort to increase the number of available appointments, BACH has a walk-in clinic for patients with a group of symptoms or concerns that are easily addressed. The clinic can be used from 8 to 11 a.m. and 1 to 3 p.m. for the following: strep throat symptoms, pregnancy tests, urinary tract infection symptoms, blood pressure checks, wart freezing, birth control

shots, B12 shots and testosterone shots.

By using the walk-in clinic, more appointments become available for more complex patient needs.

However, those at MEDDAC-AK were not the only ones responsible for us meeting our healthcare mission during those challenging months. Our patients have taken an active role in contributing to this success. I thank everyone who took time to cancel their appointments. With this support, our average no show rate has dropped from 12 percent to seven percent.



Col. Dennis LeMaster
MEDDAC-AK commander

Cancelling appointments well in advance allows other to be seen and ensures we optimize our resources for the entire community.

Thank you for your continued support. The MEDDAC-AK staff and I are honored to serve this great community and are ready to assist you with your medical needs.

Tip of the week

Boost your money power

Monica Teel

Financial Management Program

Want a quick tip to bump up your savings? Many of you are preparing to file for your 2012 tax returns. This is an excellent opportunity to bump up your emergency fund to \$1,000. If you're expecting more, consider bumping up your savings for up-front Permanent Change of Station (PCS) expenses. It's highly encouraged for you to save \$3,000 to \$6,000 to avoid going into debt during your move. A reminder, the Voluntary Income Tax Assistance (VITA) office on post will be opening soon and military members can file their tax returns for free. Also, avoiding refund anticipation loans, means more money in your pocket. A little patience will pay off in real money. So, don't let this opportunity to get a little or a lot more financially resilient pass you by: Savings is critical for financial resiliency!

Military Saves week is Feb. 25 through March 2. Get more tips at www.militarysaves.org. For assistance with financial planning, call

**"Set a Goal,
Make a Plan, Save
Automatically!"**

New patient queuing system at Bassett

Brandy Ostanik

Medical Department Activity-Alaska PAO

Bassett Army Community Hospital pharmacy launched a new patient queuing system last week in order to expedite the more than 14,000 prescriptions filled each month.

The new system, Q-Flow, is designed to direct, track and organize the flow of patients, allowing BACH staff to keep track of data in real-time and project the busiest times and days.

As with the previous system, patients will visit a ticket kiosk to receive a number. However, patients will now find a self-service kiosk located at the rear of the pharmacy which allows them to choose from several different categories to assist in prioritizing service.

There are six different categories which patients can select from:

- Active Duty in Uniform – New Prescriptions
- Post Surgical/Discharging from Hospital Stay – New Prescriptions
- Sick Children Under 12 – New

Prescriptions

- Refill/Drop-Box Pick-Up
- Questions/Prescription Transfers
- All Others – New Prescriptions

When using the kiosk, patients should select the option that best applies to them and wait for their number to be called and displayed on the television monitors in the pharmacy lobby.

Signs explaining each of the six categories will be on display next to the kiosk in order to assist patients in choosing the correct category.

"With the previous system patients grabbed a number and were helped in the order they arrived at the pharmacy," said Sgt. 1st Class Israel Orozco, the noncommissioned officer in charge of the Pharmacy.

"With the new system we will be able to prioritize patients and get them out the door faster," said Orozco.

The new system will also eliminate the need for the "refill line" at BACH pharmacy. Patients picking up refills will still receive expedited service, but will now take a number too.

Tax Center

The Fort Wainwright
Tax Center is open.

Building 1051, Apt 9, Gaffney Rd.

Hours: Monday to Wednesday: 0900-1700

Thursday: 1200-2000

Friday: 0900-1200

For more information call 353-2613

2013 MILITARY SAVES WEEK

A PROCLAMATION

WHEREAS, personal and household savings is fundamental to America's stability and vitality; and

WHEREAS, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

WHEREAS, personal financial security of Service Members is a crucial aspect of military readiness; and

WHEREAS, Military Saves is a national marketing campaign to persuade, encourage, and motivate Service Members and their families to take financial action in building wealth through saving money and reducing debt;

WHEREAS, Fort Wainwright is a partner in the Military Saves campaign and is committed to helping its Army Family, including Soldiers, Family Members, retirees, and civil servants, take immediate financial action to build wealth, not debt;

NOW, THEREFORE, I, Colonel Ronald M. Johnson, Garrison Commander, do hereby proclaim the week of February 25 through March 2, 2013 as:

MILITARY SAVES WEEK

I HEREBY call upon all members of our Fort Wainwright Community Family to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during MILITARY SAVES WEEK, and pledge to sustain that action during the following year.

IN WITNESS WHEREOF, I have hereunto set my hand this 1st day of February, 2013.

RONALD M. JOHNSON
COL. SF
Commanding

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Ronald M. Johnson

U.S. Army Garrison Fort Wainwright
PAO

Linda Douglass

Command Information Chief

Connie Storch

Editor

Trish Munter

Staff writers

Brian Schlumbohm

Allen Shaw

Contributors

Sgt. Danikka Guinn, DENTAC-AK

Brandy Ostanik, MEDDAC-AK

Sgt. Michael Blalack, 1-25th SBCT PAO

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil

The ALASKA POST – Home of the Arctic Warriors

A change in culture: Policy changes needed to reduce discipline issues, alcohol related incidents

Maj. Gen. Michael X. Garrett, U.S. Army Alaska Commanding General



Maj. Gen. Michael X. Garrett,
U.S. Army Alaska
Commanding General

The opportunity to command is both a blessing and an immense responsibility. I have been challenged by every command ever entrusted to me. A commander's responsibilities include preparing their unit to accomplish any assigned mission, ensuring the needs of Soldiers and Families are being met and maintaining good order and discipline in their formation.

Arctic Warriors, we have a problem with good order and discipline in our barracks and it's our responsibility to fix it. I was notified on Christmas morning that there had been a death in the barracks. Finding out that one of your Soldiers died is never easy, but this death weighs particularly heavy on me. The incident is still under investigation, but there are two major contributors that are not in

question. There was a privately owned firearm in the barracks, which is in violation of USARAK policy, and alcohol was involved.

This occurrence, though the most severe, isn't the only alcohol-related incident we've had since I took command. When I receive a report of an incident in the barracks, one of my first questions is whether or not alcohol was involved. Many times, the answer is yes.

I don't believe alcohol is to blame for every case of indiscipline that occurs in the barracks, but alcohol is often a major contributing factor.

Over the last few months, I have had discussions with subordinate commanders about how we can reduce the number of disciplinary issues and alcohol related incidents. Based on these conversations and my own experiences as a brigade commander here during my previous assignment to Alaska, I have decided that our command requires a cultural shift away from behaviors and situations that commonly result in alcohol related incidents.

Changing the culture of an organization is never easy and is an endeavor that should not be entered into lightly. I have directed a few changes to be implemented this month and will reassess our progress regularly to make sure

we are on the right track. For these policies to succeed, every leader from the team level up must be fully engaged by complying with and enforcing the new standard.

The most significant change was the hardest to decide upon, but I believe it will ultimately do the most good towards reducing the number of alcohol related incidents in the barracks. Effective February 15, all alcohol is banned from the barracks and the common areas around them. That means there will be no drinking in or near the barracks, no exceptions. Though this may not be a popular policy, I expect every Soldier to comply with it and every leader to enforce it. I am distributing a separate policy letter with the details of this change to your commanders.

I also want to ensure that leadership is present in the barracks. We are going to initiate a stan-

dardized staff duty officer program across USARAK. Each day, we will have a field grade officer represent the command and conduct a variety of spot checks, both at Fort Wainwright and JBER. This senior leader will support and monitor staff duty officers across the subordinate commands. Every echelon of command will have an Arctic Tough Leader checking the barracks, unit areas and motor pools at night and on the weekend to ensure our equipment is secure and our Soldiers are safe.

Responsibility for the actions of our Soldiers' behavior doesn't stop at the gate. We will also increase the use of NCO-led courtesy patrols. Each night, these courtesy patrols will report to the field grade officer of the day and will frequent hotspots in the local communities to increase leader presence and help maintain the discipline of our Soldiers. The courtesy

patrols are simply Soldiers looking out for Soldiers; something we should all be doing.

I know there will be a lot of rumors and questions regarding these policy changes and I hope reading this will help answer some of your concerns. None of these measures are intended to be punishments and I hope they aren't perceived as such. These actions will hopefully reverse some of the current trends.

I am grateful for the opportunity to lead this great organization and know that together we can make this command the finest in our Army. Everywhere I go I tell people I meet how amazing our Soldiers are and how proud I am of each of you. I ask that you continue to give your best to your fellow Soldiers and our Army every single day and I promise I will do the same.

Arctic Warrior!
Arctic Tough!

February is National Children's Dental Health Month: Are you prepared for a dental emergency?

byline 1
byline 2

Thousands of dental emergencies - from injuries to a painful, abscessed tooth - take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next

day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near

the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

TOOTHACHE Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn

gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

KNOCKED-OUT (avulsed) TOOTH Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so stay calm. Hold the tooth by



the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the

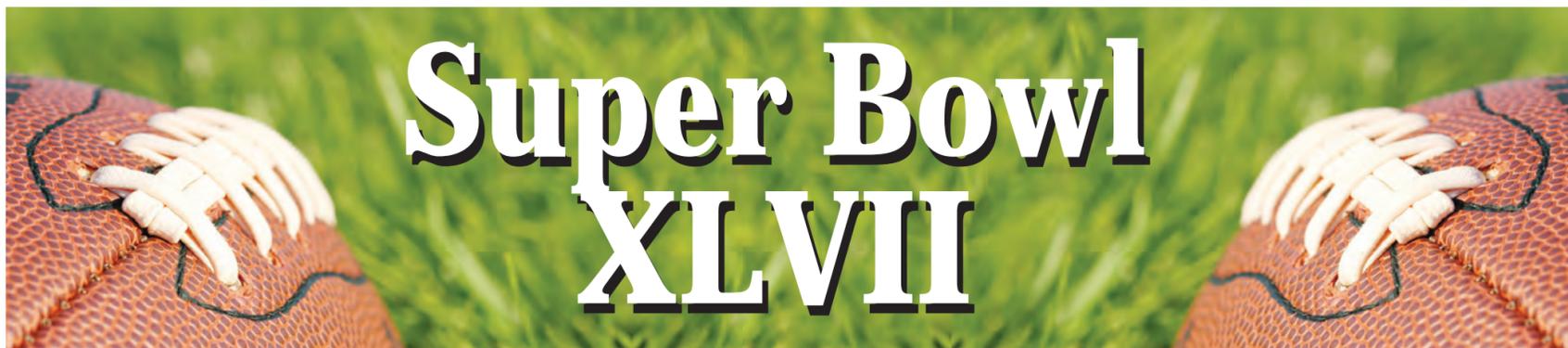
tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

BROKEN TOOTH Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

21406675

FAIRBANKS PUBLISHING
AK POST/AKPOST-MILIT

6 x 10.5



Baltimore Ravens or San Francisco 49ers: That's what I'm talking about



Dan Gilson

49ers – I'm a Patriots fan; I can't cheer for the team that beat my team.



Felicia Jackson

I want the 49ers to win but don't want them to be tied with my Steelers for Super Bowl victories.

Allen Shaw, Fort Wainwright PAO

The most common question asked on Fort Wainwright this past week has been – how cold is it out there? The most frequent answers were often not appropriate for publication, due to the expletive nature of the adverb.

The second most asked question is actually the most recurrent question everywhere else on the planet: Will it be the San Francisco 49ers or the Baltimore Ravens?

That answer will be determined Sunday as the American Football Conference champion Baltimore Ravens faceoff against the National Football Conference champion San Francisco 49ers in Super Bowl XLVII. It's the first time in history the opposing head coaches are brothers and the winning team will be crowned world champions of the 2013 National Football League. Sibling rivalry at its finest – that's what I'm talking about.

The regular season started Sept. 5, 2012, when 32 teams had a shot at the final. The Ravens won their first game against the Cincinnati Bengals 44-13 and San Francisco beat the Green Bay Packers 30-22. Although both teams were pretty solid throughout the season, they each faced their own adversity, winning a few close ones and losing a few. The Ravens, who fought through key injuries, finished the regular season with 10 wins and six losses, which landed them a wild card spot in the play-offs against the Indianapolis Colts. A 24-9 victory gave them a shot at the Denver Broncos for the divisional title. Going into Mile-High stadium as an underdog, the Ravens



A miniature long-haired dachshund Misha and avid 49er fan is sticking by her team to win the Super Bowl. The photo was submitted by Fort Wainwright Facebook friend Master Sgt. Allison Weeks of Eielson Air Force Base. (Courtesy photo)

battled back from a deficit to claim an epic win in overtime. Baltimore then took their game on the road to New England to face the league-leading Patriots. A decisive 28-13 win landed the Ravens in the Super Bowl.

With an 11-4 record in the NFC West, the 49ers rested over wild-card weekend and waited for the Minnesota Vikings or Green Bay Packers. Green Bay beat Minnesota 24-10 then traveled to the Bay, where they lost to 49ers 45-31.

That win gave San Francisco the opportunity to battle the Atlanta Falcons for the American Conference Championship. After being down by 17 points at the half, running back Frank Gore and upstart QB Colin Kaepernick rallied the

Niners to a 28-24 win.

Now here we are: Two brothers, two similar teams, two very different paths, who meet in New Orleans for the ultimate prize in professional football. That's what I'm talking about.

The hype is great and the game should be exciting. There is the sentimental story of a true gladiator who inspires his team and leaves nothing behind when he hits the field. Ray Lewis is a man who lives and breathes football, plays with a brace protecting a torn triiceps muscle and will suit up for his last game ever. On the other side is a young man who also plays with reckless abandon and is touted as the new generation of quarterback; adept at not only throwing, but also running the ball, and then there is the Harbaugh family. Mom and Dad, sons, daughters and wives have to watch one win and one lose, and as fans we get to go along for the ride. That's what I'm talking about.

Friends and family will gather to celebrate this day accompanied by food and beverage, cheers and jeers, dreams and disappointments. New television commercials will be debuted and an estimated \$11 billion will be spent on Super Bowl-related items.

Fans on Fort Wainwright and around the world are split on who they think will win. San Francisco has a statistical edge but the Ravens are fueled by emotion.

Both teams have earned this and no matter what happens, the game should be classic and the story will be legendary. May the best team win and may a Harbaugh brother claim victory.



Sgt. Michael Carlisle

I like Baltimore – I want to see Ray Lewis' last game be a win.



Megan Ficklin

I don't want the 49ers to win – I'm an AFC fan – I have to pick Baltimore.



Maj. Justino Lopez

I like Ray Lewis and would like to see him retire with a Super Bowl win.



Maurice Fischer

Baltimore – I think it will come down to defense and the Ravens have a better one.

Prognosticators – football predictions for fun and braggin' rights



A-Team

Baltimore – I've been on board and am now driving the "Ray Lewis Retirement Tour Bus" right to the end.



Brain

All the numbers point to the Ravens. I must stick to the logarithms to hold back what the chaos theory has been doing to my computations. I'm staying away from the number 49 and going to the birds.



Browbrose Salsa

Niners, baby!



Bear

My prediction is the Niners.



Stephanie Jilek

The Packers aren't in it, so I don't care.



Urbi

I'm going for the 49ers. They are the neighbors across the Bay from my losing Raiders.



Jones Bros

We'd like to see the 49ers win, but have to choose Baltimore because Ray Lewis is a beast.



Tate

Ravens - I'd like to see Ray Lewis go out in style.



Russ Ackerman

I will predict that a Harbaugh brother will win and one will lose.

Parental involvement is as easy as 1,2,3 and A,B,Cs!

Georgia Sandgren,
Fairbanks North Star Borough School District and Lynda Goodwin, Family and MWR

For parents, parental involvement is one of the most important things you can do for your child/teen. One of the Fairbanks North Star Borough School District's Performance Goals is to raise student achievement as well as engage parents. Research shows that if parents want their child/teen to have better grades, better attendance, better self-esteem and less drug/alcohol use, then they need to be involved in their child's/teen's education.

Ways to show parental involvement:
- provide your child/teen a regular,

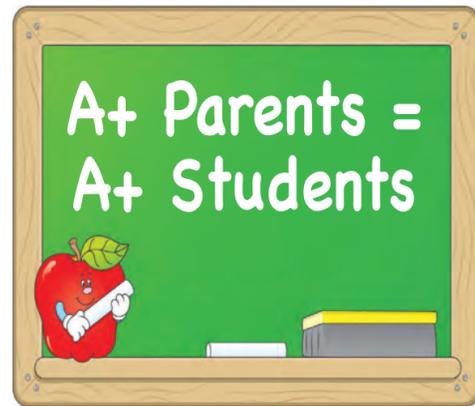
daily routine: a time and place to study, household chores and responsibilities, sitting down to family dinners, getting to bed on time and getting a good nights sleep
- keeping an eye on your child's/teen's after-school activities
- set realistic, but high goals and standards for your child/teen
- encourage the learning process by showing interest in your child's/teen's school work, helping with homework, and staying in touch with teachers
- going to the school regularly, so your child/teen will view home and school as being connected and will view school as an important part of the family's life

An A+ Parent and Student event is slated for Feb. 8, at 2 p.m. at the

Assembly Building 3439. Fort Wainwright and the North Star Borough School District are partnering to provide an A+ Parents = A+ Students event. Parents will have access to Command Sgt. Maj. Harry Wayne Jeffries, FNSBSD Superintendent Pete Lewis, 10 school principals, a PowerSchool representative, Fort Wainwright school liaison officer and your Military Student Transition Consultant Georgia Sandgren.

You are invited to attend this informative and resourceful event on promoting parental involvement and increasing your child's/teen's student achievement!

(Sources: *The Military Child Education Coalition, The National PTA and the MI Dept. of Education*)



An A+ Parent and Student event is slated for Feb. 8, at 2 p.m. at the Assembly Building 3439.

Government claims: Questions and answers

Lavonne Taylor
Staff Judge Advocate

What is an Affirmative Claim?

An affirmative claim is a claim asserted by the United States against negligent third parties for damage to U.S. government property or injury to military personnel, family members and retirees.

Types of Affirmative Claims

1. Property damage claims

States is seeking to recover its costs for repair or replacement of government property (e.g. government-owned vehicle, fence, sign) that has been damaged or destroyed by a third party. Most of these claims arise from motor vehicle accidents. They are asserted directly against the insurance company of the person at fault for the accident.

- b. Funds collected for damage to real property are returned to the installation responsible for maintaining that property.

Repair-in-kind or replacement-in-kind is authorized in lieu of monetary payment.

2. Medical care claims:

- a. When the negligent or wrongful act of a third party causes injury to U.S. service members, Family members, and/or retirees, the United States may recover the reasonable value of medical care provided at government expense. Almost all medical care recovery claims result from motor vehicle accidents. Medical care recovery

claims are asserted directly against the insurance company of the person at fault.

- b. Funds recovered for medical care at military medical treatment facilities are returned directly to the facility rendering the care.

- c. In addition to the cost of medical treatment, the U.S. can recover the cost of a Soldier's wages for the period of time he/she was unable to work due to the injury. Money recovered for lost wages is returned to the

installation or unit to which the Soldier is assigned.

What You Should Do?

Contact the claims office if you know of or become aware of situations in which third parties damaged U.S. government property or caused injury to a U.S. Soldier, Family member or military retiree. This will permit the U.S. government to seek reimbursement for its loss. Fort Wainwright Claims Office: 353-6155. Fort Richardson Claims Office: 384-0330.

ARMED FORCES ENTERTAINMENT PRESENTS



CHRISTINA



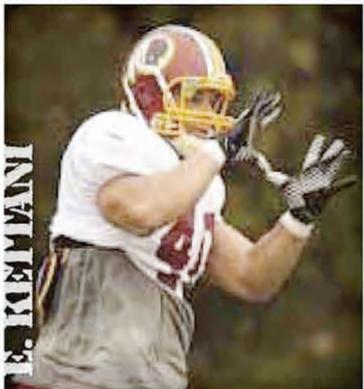
SARAH



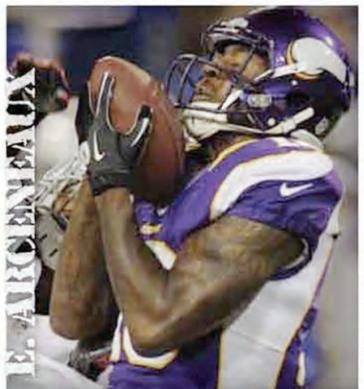
TIFFANY



SAMANTHA



ERIC KETTANI



EMMANUEL ARCEAUX



BLITZ



RAMPAGE

Cheerleaders: Christina—Chiefs; Sarah—Bengals; Tiffany—Titans; Samantha—Broncos
Players/Mascots: Eric Kettani—Redskins; Emmanuel Arceneaux—Jets; Blitz—Seahawks; Rampage—Rains

February 2: Cheerleading and Football Clinic at the PFC at 2:30 p.m.
February 3: Super Bowl with the Alaska Tour Team! Featuring guest NFL football players, cheerleaders, and mascots at the Warrior Zone starting at 1 p.m. *Open to DoD card holders ages 18+.







12406576
SILVER GULCH BREWING
AK POST/AKPOST-OYSTE
2 x 2.0
RED

17407815
CUSTODY SOLUTIONS,
LLC
AK POST/AK POST-CHIL
2 x 3.0

Late Ad
2 x 5.0
once upon a
child

Late Ad
2 x 5.0
COLOR

Friday – 1st

FAME FITNESS SESSIONS, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

FAME CHILD CARE SESSIONS, 9 to 10:30 a.m., 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Cost is \$35 per month, per child, per session. Pre-registration begins the 20th of the month for the next month's sessions. Call 353-9137.

LUNCHTIME HEAD PIN BOWLING, 11 a.m. to 2 p.m., Nugget Lanes Bowling Center building 3702. Call 353-2654.

STORY HOUR & CRAFTS: THE NEA's READ ACROSS ALASKA BEGINS TODAY, 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.

Saturday – 2nd

SNOWMACHINE SAFETY COURSE, 9 a.m. and 1 p.m., Outdoor Recreation Center, building 4050. Call 361-6349.

GROUP CYCLING CLASS, 10 to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

YOGA FOR ATHLETES, 11 a.m. to noon, Physical Fitness Center, building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 to 2 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7294.

SUPERBOWL NFL FOOTBALL AND CHEERLEADING CLINIC, 2:30 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

WINTER SERIES OF POKER, 6 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 – 3rd

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.

SUPER BOWL WITH THE ALASKA TOUR TEAM, 1 p.m., the Warrior Zone, building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

SUPER BOWL, 11 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Monday – 4th

PARENT'S NIGHT OUT REGISTRATION DEADLINE, Parent's Night Out is Feb. 12, 5:45 to 8:45 p.m., CDC I, building 4024. Cost is \$15 per child. Must register and pay by Feb. 4. Call 353-7713.

CORE TRAINING, 5:30 to 6:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 to 7 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7223.

TURBO KICK, 5 to 6 p.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 to 10:15 a.m., 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

FAME CHILD CARE SESSIONS, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Cost is \$35 per month, per child, per session. Pre-registration begins the 20th of the month for the next month's sessions. Call 353-9137.

Tuesday – 5th

LEAPS FOR LEARNING, 10:30 a.m. to noon, Murphy Hall, building 1045. Cost is \$50 per month. Open to registered participants ages 2 to 5. Call 353-7713.

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

PREGNANCY FITNESS, 11 a.m. to noon, Physical Fitness Center, building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

YOGA FOR ATHLETES, 6 to 7 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Wednesday – 6th

CORE TRAINING, 5:30 to 6:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

FAME FITNESS SESSIONS, 9:15 to 10:15 a.m. to 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

FAME CHILD CARE SESSIONS, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Cost is \$35 per month, per child, per session. Pre-registration begins the 20th of the month for the next month's sessions. Call 353-9137.

FAMILY CHILD CARE PROVIDER ORIENTATION, 11 a.m. to noon, Family Child Care, building 1049, Suite 1. Call, 353-6266 or 353-9544.

BUDDY BOWL, 11 a.m. to 10 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCHTIME HEAD PIN BOWLING, 11 a.m. to 2 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

TURBO KICK, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Thursday – 7th

BABY SIGNS: SIGN, SING, and PLAY CLASSES, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

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

LUNCHTIME HEAD PIN BOWLING, 11 a.m. to 2 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH, SKI AND SOUP, noon to 1 p.m., Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

NIGHT SKIING, 4 to 8 p.m., Birch Hill Ski and Snowboard Area, building 1172. Call 353-6795.

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

YOGA FOR BEGINNERS, 6 to 7 p.m., Physical Fitness Center, building 3709. Call 353-7223.

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

Friday – 8th

FAME FITNESS SESSIONS, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

FAME CHILD CARE SESSIONS, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Cost is \$35 per month, per child, per session. Pre-registration begins the 20th of the month for the next month's sessions. Call 353-9137.

LUNCHTIME HEAD PIN BOWLING, 11 a.m. to 2 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH BOX LESSONS- TESTING 1, 2, 3 LEARNING BY EXPLORING, 11:30 a.m. to 12:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

A+ PARENTS, A+ STUDENTS, 4 to 6 p.m., Assembly building 3439. Call 361-9897.

STORY HOUR & CRAFTS: NATIONAL PANCAKE WEEK, 4 to 5 p.m., Post Library, building 3700. No cost. Call 353-2642.

PARENT AND YOUTH FAMILY DINNER AND CRAFT NIGHT, 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 – 9th

GLACIER CAVE EXPLORATION, 7 a.m. to 8 p.m., Outdoor Recreation Center, building 4050. Cost is \$75. Open to participants 18 and older. Call 361-6349.

18407263
JORDAN, KEN
AK POST/AK POST-SUPE

11407452
FAIRBANKS ORTHODONTIC GROUP
AK POST/AK POST
2 x 3.0

12406570
FAIRBANKS LIGHT OPERA
AK POST/AK POST-COWG
2 x 3.0

13406126
AMERICAN TIRE WRHSE
AK POST/AK POST
2 x 8.0

12406388
UNIVERSITY OF ALASKA
AK POST/AP-SCIENCE R
2 x 4.0

12406564
TURTLE CLUB THE
AK POST/AK POST-VALE
2 x 4.0

OFF LIMITS

At the direction of the commanding officers of Eielson Air Force Base and Fort Wainwright, the following locations are declared off-limits to military personnel assigned or attached to Eielson Air Force Base and Fort Wainwright:

The Smoke Shop, 334 Old Steese Highway
The Scentz, 1616 Cushman Street
Mr. Rock and Roll, 1452 Cushman Street
Mr. Rock and Roll II, 2016 College Road
Still Smoking Tobacco and Gifts, 516 Old Steese

The Smoke Shop and The Scentz are off limits to military personnel immediately per the Armed Forces Disciplinary Control Board and are being recommended to be placed permanently off limits to U.S. Army Alaska Command and Eielson's commander. The other establishments remain permanently off limits to Air Force and Army personnel.

SHARE THE LOVE

If you are interested in submitting a photo and a Valentine's 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 Monday. 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.

FIRST FRIDAY POETRY SLAM

A PG-13 poetry slam competition with Michael Shaeffer is scheduled from 6 to 8 p.m. tonight at Gulliver's Books, 3525 College Road in Fairbanks. For more information visit www.shopgulliversboks.com or call, 474-9574.

OPEN JAM SESSION

Clarence Pate and friends are hosting an open jam session, 6 to 8:30 p.m. tonight at the River City Café and Espresso. For more information call 456-6242.

U.S. CITIZENSHIP

The United States Citizenship and Immigration Services will offer a naturalization information session, Wednesday at the University of Alaska, Rasmuson Library media classroom from 6 to 7 p.m. This free session is for legal permanent residents and interested naturalization applicants. For more information, contact claires.davis@dhs.gov or call 474-4781.

RETIREE COUNCIL

The next meeting of the Military Retiree Council will be Thursday at the Last Frontier Community Activity Center. The meeting will start at 6:30 p.m. For more information about the agenda or the council call 353-2130.

SEWARD RESORT

Family, Morale and Welfare and Recreation at the Seward Resort offers something fun for everyone. Snowshoeing, cross-country skiing, ice fishing and snowmobiling (weather permitting). A murder mystery, "Kate and Scott tie the knot" will be featured Feb. 8 and 9. This show is more suitable for couples than Families and those in attendance are encouraged to dress as if they were attending a wedding. For more information call 907-224-5559, then choose the option for the operator who can provide information on everything they offer.

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.a.blum.civ@mail.mil. For additional information please contact Blum via e-mail or at 353-7633.

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. Tuesdays 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-fmw.com.

TAX CENTER

The Tax Center is open. 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 353-2613.

HOCKEY WEEK IN FAIRBANKS

One of the favorite events for sports-minded Fairbanks will return in mid-February. Hockey Week in Fairbanks is scheduled for Feb. 15 through 24 and is coordinated by the Fairbanks Hockey Hall of Fame. Hall of Fame president Randy Zarnke said, "We're really excited about the way the event is coming together. There is always something for everyone. We invite the entire community to get involved and join the fun." For more info, contact Zarnke at itrap2@gci.net or call 452-6857.

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.

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.

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.

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.

**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.

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.

A+Parents
=
A+Students



An A+ Parent and Student event is slated for **Feb. 8, at 2 p.m.** at the **Assembly Building 3439**. Fort Wainwright and the North Star Borough School District are partnering to provide an A+ Parents = A+ Students event.

Parents will have access to Command Sgt. Maj. Harry Wayne Jeffries, FNSBSD Superintendent Pete Lewis, 10 School Principals, a PowerSchool Representative, Fort Wainwright School Liaison Officer and your Military Student Transition Consultant Georgia Sandgren.

40407473
NATIONAL VISION ASSOC
AK POST/BUYONE,GET 1
3 x 10.5

Female paratroopers talk about DOD policy change

Staff Sgt. Jeffrey Smith, Joint Base Elmendorf-Richardson

The U.S. Secretary of Defense, Leon E. Panetta, in collaboration with the Joint Chiefs of Staff, rescinded the 1994 Direct Ground Combat Definition and Assignment Rule, which precluded females from holding direct combat positions within the U.S. military.

Rescinding the rule will expand career opportunities for women and provide a larger pool of qualified members to the services.

Hundreds of women with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, recently returned from serving a combat tour in Afghanistan. Among these women is Master Sgt. Araceli Nava, the 4-25th's senior brigade career counselor, who remarked on the upcoming increase in combat roles for women.

"We shouldn't overshadow the importance of potential and quality based on gender," she said. "I think everybody would like to take advantage of any opportunity; just kind of push yourself; not only personally but also professionally."

Spc. Brittany McGee, a field artillery surveyor for the 4-25th, said she is looking forward to the changes.

"I actually wouldn't mind going to a more combat-based job," McGee said. "I don't feel like a desk job is my kind of

thing, and I know a few females who feel the same way as I do."

Sgt. Shawnte L. Rollins, who is also a field artillery surveyor for the 4-25th, said about half of the female Soldiers she knows express interest in combat arms.

Rollins said there should be a selection process for females who want to serve in combat arms roles.

"I think there should be an extensive assessment on the ban being lifted on certain MOSs (military occupational specialties)," Rollins said. "A lot of combat MOSs have a real physical barrier to them. You just want to make sure that, whether it is gender-related or not, you have the best Soldiers who can perform and stay alive."

Rollins said her biggest concern is the physical rigors of lifting and carrying weight.

"Infantry units go out on foot patrols for days on end sometimes, so they have to carry the equipment they need to sustain themselves for those days," Rollins said.

Rollins and McGee were both members of the 4-25th's Female Engagement Teams, or FET, during their recent deployment to Afghanistan. The FETs were set up to travel with light infantry units on mounted and foot patrols.

A primary mission of female engagement teams is to connect with local national women in order to promote a sense



Sgt. Shawnte Rollins (right), a field artillery surveyor for the 4th Brigade Combat Team (Airborne), 25th Infantry Division, and a member of the brigade's female engagement team, along with Afghan National Security troops, collects information from motorists passing through checkpoint March 30, 2012, at the Chenigai Pass in Bak District, Afghanistan. (Photo by Sgt. 1st Class Jason Epperson /425th Airborne Brigade Combat Team)

of trust and to establish communication lines with Afghan women.

Rollins, who is 5 foot 3 inches tall and 117 pounds, said being a member of the FET was physically demanding.

"There were times I went out for like five or six days, and I had to carry enough stuff like water and food to last me for those days. Those rucks (military backpacks) got heavy climbing up mountains with

all of that weight. It was hard, but you know, I did not want to be a liability, so if I saw guys doing it then I was going to truck it and do it too," Rollins said. "I wanted to go out and create a good example to show them that there are female Soldiers out there who can keep up."

McGee said she had the same packing list as the male Soldiers on the patrols. She is proud of herself for meeting the

same standard in combat as her male counterparts.

"I just went out there and did it," McGee said. "I did the same thing they did. I got up in the morning the same time. I was in tower guard. I was in the turret. I carried the same weight."

"It's all about what is in your mind," she said. "Do you have the confidence? Do you have the drive? How bad do you want it? If you want

to succeed, you can do anything you put your mind to."

The Department of Defense's goal is to open about 237,000 previously closed positions to women. The plan is to be implemented over the next couple of years, but no later than Jan. 1, 2016.

Each military service will submit its detailed plans for implementation to the Secretary of Defense by May 15, 2013.

13406078
GALLO'S MEXICAN RESTAURAN
AK POST/AK POST
5 x 10.5

Fort Wainwright PAO website:
www.wainwright.mil



**ARE YOU A VICTIM OF
OR WITNESS TO ABUSE?
CALL 799-9770**
(no name required)
Help is available 24/7

18407242
**ESTHER BARBER
& STYLES**
**AK POST/AK
POST**
1 x 2.0

40406634
**TRUE NORTH
FEDERAL CREDIT**
**AK POST/AK
POST**
1 x 2.0

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