

ALASKA POST

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Home of the Arctic Warriors

Fort Wainwright, Alaska

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HERSCHEL WALKER



Former NFL football player Herschel Walker will visit Fort Wainwright. (Courtesy photo)

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WEEKEND WEATHER

Friday

Cloudy.

Low -26 High -7

Saturday

Cloudy. Some snow.

Low -34 High -15

Sunday

Snow.

Low -36 High -15

Unrestricted visibility
NE winds 5 -10 mph

Forecast courtesy of
Det 3, 1st Weather Squadron,
Fort Wainwright, AK

Stryker Brigade goes to NTC



Pvt. Josh Bean, an infantryman, and Pvt. Andrew Klunk, a cavalry scout, both assigned to 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, perform a systems check on the Long Range Advance Scout Surveillance System (LRAS 3) attached to a Stryker vehicle Feb. 6. The LRAS is a long-range multi-sensor system that allows U.S. Army scouts to detect, recognize, identify and geo-locate distant targets. Bean, Klunk and the rest of the 1-25th are currently deployed to the U.S. Army's National Training Center in Fort Irwin, Calif. (Photo by Spc. Thomas Duval, 1-25th SBCT PAO)



Sgt. Cedric Reyes, a cavalry scout assigned to 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, performs a systems check on the Long Range Advance Scout Surveillance System attached to a Stryker vehicle Feb. 6. The LRAS is a long-range multi-sensor system that allows U.S. Army scouts to detect, recognize, identify and geo-locate distant targets. Reyes and the rest of the 1-25th are currently deployed to the U.S. Army's National Training Center in Fort Irwin, Calif. (Photo by Spc. Thomas Duval, 1-25th SBCT PAO)



Net Zero: Seeking a balance

Lt. Gen. Rick Lynch,
Installation
Management
Command

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Please see **ZERO**,
Page 3

Military Saves:

Program offers Soldiers, families savings pledge

Sheryl Nix, Fort Wainwright PAO

Military Saves, a Defense Department and nationwide effort to encourage saving among military families, is coming to Fort Wainwright this month. While saving money and getting out of debt is something military families can always work toward, Military Saves Week, Feb. 22-26 here, highlights the importance of this issue and will encourage Soldiers and families to make a pledge and work toward building an emergency fund and nest egg, said Monica Teel, Army Community Service Financial Readiness program manager.

"The purpose is to improve quality of life for Soldiers and families," she explained. "To reduce our credit and loans and to promote saving more for smaller emergencies and larger purchases."

The program encourages Soldiers and family members, including teens, to make pledges this month to become savers. A Military Saves booth will be at the PX mall Feb. 22-26, 11 a.m. to 2 p.m. and 4 to 6 p.m. with information and pledge cards. Online pledges are also an option for Soldiers and families at www.militarysaves.org.

Locally, MAC Federal Credit Union on post has joined the program's efforts offering incentives including a donation of \$1000 to the company family readiness group fund with the most pledge forms submitted to ACS between Feb. 15 and March 31. Soldiers and families can participate by visiting the Military Saves booth this month and completing a pledge form or by completing an online form and bringing it in to ACS.

With numerous corporate sponsors like the famed Dave Ramsey and Financial Peace University, Military Saves provides the resources and influence to reach every installation with the message that saving money will improve the quality of life for Soldiers and families.

There are some obstacles to their mission, however, Teel said. One of the problems is that many Americans have developed a "debt culture mentality" that states, "I've always been in debt. I can't change it and the only way to get out of debt is to make more money."

There is a better way, she said. "People don't have to live with

debt. It's a hard sell when people are living paycheck to paycheck, but if they recognize that they can look at how much money they make now and make a plan with what they have, they can make changes," Teel said.

From emotional spending before, during and after a deployment to not properly planning for a PCS move, Teel said there are a variety of life events that can trip up military families on their road to financial freedom.

"A PCS move from Alaska can be a significant financial event for families," she said. "While the major move expenses are typically covered by the government, many families don't plan for the sight-seeing and family visits along the way. And if they put all of those extra expenses on a credit card, it's not uncommon to accumulate \$3000 to \$6000 in debt."

Add in the loss of COLA, BAH and even a spouse's income lost due to a move and this can spell real trouble for a military family, Teel said.

"Studies show that most payday loans happen within the \$500 to \$1000 range," she said. "As Americans continue to spend more than we make, just coming up with that amount can be a financial burden."

This is why only working to pay off debt alone is not enough; families need an emergency fund and need to save for expenses in their lives or they can often end up right back in debt even after working diligently to get out from under it, she explained.

Please see **SAVE**, Page 3

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Commander's column

Col. Timothy A. Jones, Garrison commander

Net Zero: reduction, re-purpose, recycling, composting, energy recovery, disposal



Not so long ago, Americans didn't worry too much about energy consumption. Gasoline cost less than \$1 a gallon (I can remember seeing 35 cents!). It didn't cost much to light and heat our homes. It seemed our supply of natural resources was endless.

As anyone who's bought gas or paid a utility bill recently knows, that is no longer the case, and certainly not in Alaska. The price of gasoline, heating oil and electricity continues to rise, cutting into our budgets both at home and within the garrison.

We must all act responsibly to make the best use of our resources; to retrain ourselves and our families about how best to use water, electricity and other resources.

At the garrison level, we are trying to do our part in several ways.

We have implemented a robust recycling program. We entered into a partnership with K & K Recycling and North Haven Communities, our housing partner, to dispose of paper, plastics, glass and metal. Since we started our recycling efforts late last summer, we have collected more than 385,000 pounds of materials. Fort Wainwright realizes a profit on some of the items we recycle, and we avoid landfill fees on all the waste we divert; by the end of this month we will have more than \$130,000 that we can spend on installation programs to improve your quality of life. Additionally, North Haven is working with K & K Recycling to begin recycling waste building materials such as sheetrock, metals, concrete, wood, packaging, cardboard and plastic.

North Haven partnered with our recycling program, K & K and Mainscape to sponsor the first sustainable "Natural Christmas Tree Recycling Event" in the Interior of Alaska, offering Fort Wainwright residents the opportunity to recycle their real Christmas trees.

Last summer we installed headbolt outlets that cycle on and off so vehicles are not pulling electricity all day long when they are plugged in during the winter months while still protecting our vehicles. Our Directorate of Public Works estimates the outlets could save Fort Wainwright up to \$420,000 a year in electricity costs.

We are working with the Fairbanks North Star Borough to determine whether a bus route to Fort Wainwright is a feasible project. If successful, the bus could contribute to a decrease in traffic leaving and entering post and could add to improved air quality in the area.

The renovations of 112 Southern Cross homes at North Haven during the past 18 months have produced a number of used appliances that were in good condition and available for reuse. North Haven donated 203 appliances to

the Interior Regional Housing Authority, which were distributed to low-income Alaska Natives in Fairbanks, North Pole, Tanana and other Interior villages. And the renovated and newly constructed home are much more energy efficient.

The Army has given us a vision and a goal our leaders call Net Zero – that of managing our resources in a sustainable manner. The premise behind Net Zero is that our use of resources and our production of resources will equal each other.

Army leadership calls it a "holistic approach to addressing energy, water and waste."

The Net Zero approach is comprised of five interrelated steps: reduction, re-purpose, recycling and composting, energy recovery, and disposal. Whether you live on or off post, you can help our national conservation goals. If you live in quarters on post, live as if you are paying the utility bills yourself, because ultimately you are.

Don't waste the resources by using them when they're not needed. Turn off lights when you leave a room. Fix leaky faucets. Turn the thermostat down in winter and open windows instead of using the air conditioner in summer. Combine errands and shopping into one trip, carpool or use public transportation. Use the collection points both on and off post for used paper, plastics and metal so they can be recycled rather than take up space in the landfill.

Our sustainability officer, Capt. Timothy Hall, is working diligently to educate everyone on post about the benefits of reducing energy consumption and of recycling. Lt. Gen. Rick Lynch, commanding general of Installation Management Command, has noticed our energy efforts and included us, along with other installations, as an example of locations moving in the right direction toward Net Zero.

For more information on our energy conservation and recycling programs, call Capt. Hall at 353-7500.

Our Environmental Office has information on methods of conserving energy and resources. Contact Eric Dick at 361-3006.

If you live on post, contact North Haven Communities at 356-7120. For problems like leaky faucets and tips on conserving resources. Off-post residents can contact their local utilities for resource-saving tips.

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at linda.douglass@us.army.mil.

Recycling bins are popping up all over post: use them



Staff report, Fort Wainwright PAO

The **aluminum recycling** bin is for crushable aluminum cans.

Do not drop off batteries, aerosol cans or any cans under pressure, solvent cans, paint cans, hangers, medical wastes or needles, or oil filters.

The **glass recycling** bin is for glass bottles.

Do not drop off ceramics, drinking glasses, window glass, mirrors, light bulbs or windscreen glass. This bin is not meant for heat-treated glass like Pyrex, Corning Ware and Vision

Ware. It is not for white opaque bottles, laboratory or medical glass, broken crockery, ovenproof glass or lab ware, crystal ware any porcelain, pottery or florescent bulbs.

The **mixed paper recycling** bin is for cardboard, frozen food boxes, office paper, and envelopes, adding machine paper, unusable file folders, phone books, newspapers, magazines, post-it notes, paper board boxes and index cards. All boxes must be broken down.

Do not drop off food-contaminated

paper, fireworks, waxed paper, laminated paper, tissue paper, paper towels, paper cups, plastic envelopes or any plastic and non-paper items.

The **plastic recycling** bin is for containers that have the numbers 1 through 7 only and plastic bags.

Do not drop off containers from products that are poisonous, like weed or bug killer. No containers from products that would cause a chemical-burn, like drain cleaner. No containers from products with

an oil base, like lamp oil or motor oil. No oil-based products like cooking oil.

The **tin recycling** bin is for food product cans. Please remove all labels.

Do not drop off batteries, aerosol cans or any cans under pressure, solvent cans, paint cans, hangers, medical waste or needles, or oil filters.

Together we can make recycling work.

Army-strong spouses make Valentine's their own sweet holiday

Commentary by Trish Muntean, Fort Wainwright PAO

So you're spending another holiday alone, courtesy of the U.S. Army.

Valentine's Day is a holiday for lovers; a painful reminder that you're on your own. Having spent 20 years as a military spouse, I speak from experience. Experience has also taught me that I can't change the situation, but I am in control of how I spend my holiday.

As far as I am concerned the best way to deal with Valentine's Day is just to ignore it, but society makes it difficult, bombarding us with advertising for jewelry, chocolate in heart-shaped boxes and flowers.

Most of us have seen the TV commercial. Violins play. Prince Charming presents his lady love a dream gift over a candlelight dinner along with the greeting card that says "just the right thing."

It's enough to make a girl want to stay home, eat mint chocolate chip ice cream and watch sappy movies.

That's one option.

But there are other choices. Ignore commercial and fairy tale messages and instead write your own scenario for Feb. 14. Script the saint's day as a solo event, celebrate with friends or create a special message for your love.

If Valentine's Day is all about love, this would be a good time to show your love for yourself. Make an appointment for a massage. Take a bubble bath surrounded by candles with soft music in the background. Order a fancy dinner for takeout and pick it up on your way home, then using your finest crystal and china, eat it by candlelight. Or make a dinner date with your best friend at your favorite restaurant. Buy that book or CD you have been wanting, and enjoy.

Although Valentine's Day is traditionally known for romantic love, it is also a good time to express your love and appreciation for others in your life as well. Call that elderly aunt you have been thinking about. Reach out to the shut-in in your neighborhood with a small gift and one of those silly little cards you used to hand out in school. Take the rest of them to work and leave them lying on people's desks before they arrive. It is sure to brighten their day.

It is not unusual for people to volunteer at a food bank or homeless shelter during the Thanksgiving and Christmas holiday season, but someone who managed one once told me that she would appreciate having volunteers come in for Valentine's Day so

those who use the services don't feel so alone and unloved.

If you really want to go all out, throw a party. Invite friends in the same situation over and tell them to bring munchies to share. Avoid the pity party, make it a celebration.

Play cards and board games. Get down on the floor and play some kids games like jacks and Twister. No one can get on the floor and play without laughing. Don't forget to have lots of chocolate on hand, which doctors prescribed in the 1800s as a somewhat unusual cure for a broken heart.

Sometimes, no matter how hard you try, you just can't get past missing your Soldier to do anything else. That is the perfect time to write that love letter for your Soldier carry while you two are separated. You can't hug an email.

Old-fashioned letter-writing seems to be a thing of the past in the days when we do most of our communicating by email, text message or online. Over the years I have learned how much old-fashioned letters are appreciated and what made them special. Here are a few of the things I have learned, either from my experience or that of someone who shared it with me.

Take the time to find the right paper and pen. Using a piece of notebook paper will work, but it won't look like a lot of thought went into this letter. You don't have to use fancy parchment. Try several different pens to see which looks best with the paper you have chosen. Don't use a felt tip.

Write on only one side of the paper so creases from it being folded and refolded won't make it difficult to read the words on the other side.

Be sure to hand-write this letter; don't print it off your computer. Your handwriting will be one of the things that make it special, no matter how bad your writing is. Plus hand-writing it will make the paper smell like you when it is opened. You carry a scent even when you don't wear a perfume.

Get in the right mood. Put his picture where you can see it, light a few candles, and play "our" song.

Organize your thoughts. You might want to make a list.

How did you meet? When did you realize you were in love? Have you ever told him about that moment? A love letter is a great way to relive those shared memories.

Tell him what makes him so special. Tell him about the future you want to have with him.

Who is Snookums?

Personalize the greetings, but don't use terms of endearment you wouldn't usually use with your Soldier.

Be sure to put a date on your letter so when your sweetheart – or offspring – will have that point-of-reference and appreciate it more years later.

Now, take that list of everything you wanted to say and put it on paper. No need for fancy words, just tell him how you feel. But don't make it too long, your love may lose interest. Instead, leave 'em wanting more.

How to end your correspondence? Some spray their stationery with perfume and seal it with a kiss. If this is something you think your loved one would appreciate, by all means, go for it, but don't feel like you have to. This love letter will be treasured with or without those extra steps.

ALASKA POST

Home of the Arctic Warriors

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Ask the MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander



QUESTION: Why do I have to keep updating my address with the hospital?

ANSWER: All Army medical databases pull information from the Defense Enrollment Eligibility Reporting System. This information overwrites any locally made changes on a regular schedule. Correct information is the key to receiving timely and effective Tricare benefits and medical services through military treatment facilities. This data not only defines your medical benefits, but enables the hospital to contact you in an emergency, with results or updates to your appointments. You or a family member could lose medical benefits if you do not update your information in the DEERS system.

DEERS is a worldwide, computerized database of uniformed service members, their family members, and others who are eligible for military benefits, including TRICARE and health benefits. All service members are automatically registered in DEERS. However, the service member must register eligible family members. After family members are registered, they can update personal information such as addresses and phone numbers.

Medical computer systems automatically pull information from the DEERS system to update patient eligibility and contact information. Address and other changes made at the hospital are only stored temporarily and are overwritten once a DEERS pull occurs.

When an eligible family member receives a military ID card, that information is deposited in DEERS. However, it is highly recommended that

you ensure the information is correct. If you marry or re-marry, move, have a new baby, or have a child that becomes an adult, please make sure that DEERS data reflect those changes. For example, if you marry but neglect to register your spouse in DEERS, that person is not eligible for medical benefits until you update the information. If you move but don't submit the current address of each family member to DEERS, your family may not receive essential messages regarding medical benefits. If you forget to register a newborn in DEERS, after 365 days the child is not eligible for medical benefits. In addition, newborns can lose eligibility for TRICARE Prime medical coverage after 120 days.

Making changes to DEERS is easy to do. You can make changes through your military support office, the same office that assists you with your ID card. If you are making changes, it's a good idea to take documentation with you, such as a marriage or birth certificate. You can also make address changes and verify data online or by phone. Log on to the Defense Manpower Data Center website at www.dmdc.osd.mil/appj/address/login/SelectLogin.do or call the Defense Manpower Data Center Support Office Telephone Center at (800) 538-9552. The best time to call is between 8 a.m. to 2 p.m. Wednesday through Friday to avoid delays.

The bottom line is that DEERS is very important and your medical benefits are defined by the information there. Please ensure that it is correct so that we can make sure you get the best medical care possible with the least inconvenience for you and your family.

ZERO: The Army plan is for installations to reduce, reuse and recover

Continued from Page 1

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery, and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount

of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps—great strides in some cases—to manage our resources more efficiently. Look at the water projects at Forts Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the

business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, Civilian and Family member, has a role to play in managing our resources. Maybe it seems like a smaller role—turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important—our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

SAVE: Financial Readiness

Continued from Page 1

"It's never too late to start a new pattern for savings," Teel said. A deployment is a good time to evaluate spending and savings plans and make new goals. "Extra money during a deployment, income tax returns and the PFD are all excellent opportunities to set new savings goals," she said. "If they even consider saving part of those for an emergency or PCS fund and then using the other part, there really are so many things they can do. The first step is to talk about saving and planning for changes. We can help them implement the plan to accomplish their goals."

Teel said that the Financial Readiness program has resources and can provide one-on-one assistance, briefings for FRGs and other groups and answer questions Soldiers and families might have. She can also evaluate current budgets and plans and provide guidance about how to save more, pay off debt and help Soldiers and families work toward financial freedom.

"Having a savings and no debt helps create peace and means less stress and worry," she said. "This will mean you can enjoy your Army life a little more and take advantage of the amazing opportunities available here in Alaska or wherever you're stationed."

For more information about the Military Saves program, making a savings pledge or for information about the Financial Readiness program, call Teel at 353-7438.

Great American Spit-Out: Combating smokeless tobacco

Wendy LaRoche, Health Educator, U.S. Army Public Health Command

The Great American Spit-Out occurs in February of each year as a means to raise awareness of the dangers associated with smokeless tobacco. This year, the Great American Spit-Out will occur Feb. 24.

Unfortunately, myths concerning smokeless tobacco still exist, giving tobacco users a false hope that smokeless tobacco is a safe alternative to smoking tobacco. In reality, smokeless tobacco increases the risk of oral cancer, which includes lip, tongue, cheeks, gums and the roof of the mouth. Constant exposure to the tobacco juices causes cancer of the esophagus, pharynx, larynx, stomach, bladder and pancreas. Gum recession, disease and tooth decay have also been associated with smokeless tobacco use.

Smokeless tobacco contains 28 carcinogens (cancer-causing agents). Although many smokeless tobacco users know there are cancer-causing affects, they just can't stop. Why? The nicotine in these products causes them to become addicted. Nicotine absorption in smokeless tobacco products is three to four times that of smoking tobacco products. Nicotine

is as addictive as heroin or cocaine, so it may take smokeless tobacco users many attempts before they are able to fully kick the habit. The key is to continue trying, as this will bring you one step closer to a healthier you.

To combat smokeless tobacco use, several organizations to include the American Academy of Otolaryngologists has developed similar campaigns such as "Through with Chew" in conjunction with the Great American Spit-Out. Through with Chew, a one week smokeless awareness campaign, also occurs in February; it has a Web site that provides a variety of additional tools that help with putting a stop to smokeless tobacco use.

If you or someone you know uses smokeless tobacco, here are a few steps to take either on the Great American Spit-Out or as part of the quit plan:

- Let your healthcare provider know of your decision to quit. There are medications that can help, if necessary.
- Chew sugarless gum or have sugarless candy on hand for when you have an urge. Other munch items include

raw carrots, celery and nuts.

- Drink plenty of water and use a straw to help with the need to chew.
- Create your personalized "to-do lists" for each day in advance or simply keep busy when you have an urge.
- Consider relaxation walks as part of your lunch or work breaks.
- Have an emergency support plan in place. "Make Everyone Proud," also known as UCANQUIT2, has counselors available via telephone with supporting resources online.
- Call a friend that will support your efforts of being tobacco-free.

Plan to use the Great American Spit-Out as the day that you say "no" to tobacco and "yes" to a healthier you.

Helpful resources:

Arctic Health Link at Bassett Army Community Hospital, 361-5048. We can help you quit tobacco! Call for class availability.

Through with Chew, www.throughwithchew.com/
UCANQUIT2, www.ucanquit2.org/facts/gaspo/Default.aspx

Maintaining healthy relationships worth the effort

Lt. Col. Scott Weichl, Chaplain, U.S. Army Public Health Command

Anyone in a romantic relationship (yes, that includes those of you who are married) knows that creating and maintaining a healthy relationship takes hard work. In the military, such factors as long hours at work and deployments and separations can take their toll on a relationship. Often, when service members return home after an absence, they discover that some roles have changed. Feelings of anger, isolation, betrayal and fear may be experienced by many people in these circumstances. A variety of stressors can challenge even the best relationships.

So, what can you do to improve and keep your relationship healthy?

Good habits like physical exercise and healthy nutrition keep our bodies and minds strong. So it is with healthy relationships! To improve and maintain a healthy relationship start practicing these three good habits:

First, work on improving your communication. You can begin now, and reap the benefits immediately by using these techniques:

- Active listening—Really listen to what your partner is saying when he or she is talking. Eliminate distractions such as television, an iPod or video games! Tune in to your partner's words and hear what is

being said behind the words. Benefit: Your partner will feel valued and important.

- Reflection—When your partner finishes speaking, repeat what your partner said, so he or she knows you are listening. This practice ensures you really understand what is being communicated. Your partner then has a chance to clarify if you didn't quite understand. Benefit: Your partner will know you really want to know what he or she is trying to say.

- Effective expression of emotions—If you are upset and feeling angry, slamming doors and shouting will not address the issue. If you are really out of control, take a timeout—go for a walk, or leave the situation — but not before telling your partner you want to talk about your feelings after you've had time to cool off. Benefit: You and your partner will exercise control over the situation rather than allowing the situation to control you.

Second, be thankful and appreciative. Take time to think about why your relationship is important to you, and the many benefits reaped from sharing life with your partner. Telling your partner that he or she is important can shift the emotional energy from conflict to contentment. Rather than being fixated on what is wrong, focus on the positive aspects of your relationship.

Many times this reflection helps to put the issue in perspective.

Third, have FUN! Remember when you were a teenager and dating? You might not be teenagers anymore, but re-dating your partner can jump-start a stalled relationship and steer you from a rocky, difficult time. Consider going to a movie together, trying a new activity such as bicycling or a pottery class or just taking a walk together.

Building and maintaining healthy relationships is hard work, but putting forth the effort can improve your mental and physical health. Arguments often cause blood pressure increases, hasty, impulsive decisions, a bad mood for the rest of the day, etc. Healthy relationships don't happen overnight, but making little changes in your behavior and thoughts can result in improved happiness and better overall health.

Visit After Deployment, a military site for help with a variety of life issues including program and information sheets for improving relationships at www.afterdeployment.org.

Remember, the staff at Bassett Army Community Hospital are here to offer assistance or referral. Contact your healthcare provider.

Longest-serving Sgt. Major of the Army says goodbye

Jacqueline M. Hames, Soldiers magazine

The longest-serving sergeant major of the Army emphasized the importance of maintaining an adaptable force during a farewell interview Monday at the Pentagon.

Sgt. Maj. of the Army Kenneth O. Preston has served as the top enlisted advisor for seven years, from January 2004 until next month. He faced several key challenges when he first arrived, but said he feels the Army has advanced through properly manning, equipping and training the force.

"If you look at the Army at that time, we were in Iraq and Afghanistan at that time, we were tied up with fighting two wars," Preston explained. "It was pretty significant to have large numbers of Soldiers forward-deployed in both Iraq and Afghanistan. That was the first piece, just the size and the demand on the Army."

"The focus coming in here was manning, training, and equipping and making sure our Soldiers had the best equipment, the best training, and had the right skill sets and had the right number of people in their units and organizations for the mission they were being asked to do," Preston said.

Preston feels that the Army has achieved those initial goals and gone beyond to greater successes.

The Army has grown in size and transformed to a modular force.

"The whole transformation of the Army, in my mind, has been the biggest accomplishment that's really taken place since 2004," he said.

The manning of the Army has grown by about 100,000 Soldiers over the course of Preston's career, and equipping has advanced greatly - the SMA compared the uniforms and equipment from 2004 to today's and said it's like looking at pictures of the modern Soldier compared with Soldiers from the Korean War. Training has also been made more relevant by incorporating lessons-learned and providing professional military education geared at supporting an Army at war, he said.

"We've taken an Army that was the best Army in the world and taken it to a whole new level."

Preston joined the Army just out of high school, hoping for the opportunity to get away from his small hometown in western Maryland. He served as a cavalry scout and tank commander during his 35-year career and as the command sergeant major for the Combined Joint Force Task Force 7 in Baghdad, Iraq, before taking the position as SMA.

He advised his successor, Command Sgt. Maj. Raymond F. Chandler III, to command and

learn the Army from an historical perspective. Once in the position of SMA, there is a plethora of information and historical files to help understand the decision-making processes that led the Army to where it is today in terms of manning, equipping and training the force, Preston said.

Understanding the historical information will be essential to keep the Army from making the same mistakes twice, he added.

"Learn where we were in 2004, learn how, and why we evolved to where we are today, because this will really help in understanding not only where we've been and where we are today, but where we want to continue to strive for the future," Preston said.

Preston also encouraged NCOs to be the subject-matter experts in their field, and advised them to take and use every opportunity to teach.

"The most valuable contribution that any senior non-commissioned officer can give back to his or her Soldiers is to be a teacher," he said.

"I like to joke around with a lot of the young Soldiers: 'I don't know what I'm going to do when I grow up,'" Preston said.

He plans to return home to Maryland, "back to the farm," to determine what the next chapter in his life will be.



Sgt. Maj. of the Army Kenneth O. Preston discusses his career as the top enlisted advisor, emphasizing the importance of properly manning, equipping and training the Army. Preston is the longest-serving SMA at seven years in the position. (U.S. Army photo)

Wainwright celebrates NCO of the Quarter



Sgt. Scott W. Gonzalez from the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, was selected as Fort Wainwright's noncommissioned officer of the 2nd quarter, 2011. Military and local area civilian guests arrived at the Northern Lights Chapel for the U.S. Army Alaska Soldier and noncommissioned officer of the quarter recognition luncheon Feb. 2.

"We [the competitors] put a lot of hard work in getting here," Gonzalez said. Many hours reading the Army Study Guide, the physical fitness test, a written exam and then meeting a board, he said he was surprised he'd made it. The day of the competition started at 6 a.m. with a physical fitness test followed by a written exam at 8:30 a.m. and then at 11:30 the meeting of the boards started. "The PT test was the hardest event for me" Gonzalez said coming from Texas he wasn't used to the cold and after doing the inside testing portion, Soldiers were sent outside to do the two-mile run. "I don't know how to explain it," Gonzalez said, "I'd never been in cold like that before." Gonzalez said, the first mile was tough, but "You just have to dig deep and keep going...it's what the Army is all about." (Photo by Brian Schlumbohm /Fort Wainwright PAO)

Academy commandant to be next Sgt. Major of the Army

C. Todd Lopez, Army News Service



Command Sgt. Maj. Raymond F. Chandler III will serve as the 14th sergeant major of the Army. (U.S. Army photo)

Army senior leadership announced Monday that Command Sgt. Maj. Raymond F. Chandler III will serve as the 14th sergeant major of the Army.

Chandler currently serves as the 19th commandant of the Army Sergeants Major Academy at Fort Bliss, Texas. He enlisted in the Army in 1981 as a 19E armor crewman. He will replace Sgt. Maj. of the Army Kenneth O. Preston as the Army's senior enlisted advisor and spokesman of the enlisted corps.

Chandler will be sworn into the new position March 1 in a ceremony at the Pentagon.

"We have the utmost confidence in Command Sgt. Maj. Chandler and look forward to having him join our leadership team," said Secretary of the Army John McHugh. "He has the right qualities and credentials to assume this vitally important duty that Sgt. Maj. of the Army Preston has skillfully and adeptly performed for the last seven years."

During his nearly 30-year career, Chandler has served in tank crewman positions and has had multiple tours as a troop, squadron and regimental master gunner.

"It's huge shoes that I have to fill, following Sergeant Major of the Army Preston," Chandler said. "But I am humbled and excited about the opportunity. And we'll see what the future holds, and what Soldiers and families tell me we need to look at -- and I'll work that with Army leadership to try and make those changes that that best support

difficult and long war the Army has been in, and we have some work to do to help it reconstitute as we build dwell time over the next couple of years," he said.

The new SMA is also impressed with efforts the Army is making at building resiliency into the force -- in particular with the Comprehensive Soldier Fitness program.

"Programs like CSF and the new Master Resilience Training that we are developing for the Army and producing for the Army, along with the Army Family Covenant, is going to help us build a more resilient force for the long term," he said. "We are in a period of persistent conflict and this is not going to go away anytime soon -- so we have got to build a more resilient force that can see us through the challenging times."

Chandler also said he's fortunate to have participated in developing at the Sergeants Major Academy some of the concepts driving noncommissioned officer development today -- including the advancement of structured self development.

"One of the things I've been fortunate to partake in while here at the Sergeants Major Academy is to really understand SMA Preston's vision for the NCO Corps," Chandler said. "Structured Self Development ... (was) built here at the Sergeants Major Academy, and I have been intimately familiar with that process and where we are trying to go.

them."

Chandler said he knows some of the challenges he'll help the Army face while serving as SMA are the same the Army is working on now: maintaining the force, reconstituting the force, and building resiliency in the force.

"We have got to maintain the combat-seasoned force that we have been so successful at sustaining over the past nine years," Chandler said. "We have an Army that is unparalleled in its lethality and its willingness and ability to conduct operations around the world. So I think that is the first thing, to maintain the combat-seasoned force."

Chandler also said he knows it's important for Soldiers to have more dwell time with their families.

"This has been a very difficult and long war the Army has been in, and we have some work to do to help it reconstitute as we build dwell time over the next couple of years," he said.

From my perspective, I will continue to sustain and move forward those initiatives that have started with SMA Preston."

While Chandler said he's familiar with some of what he'll be working on as the next sergeant major of the Army, he also said that he is not bringing his own agenda to the job -- and that he serves at the discretion of the chief of staff.

"I have no priorities at this point, except to provide predictability for Soldiers and their families," Chandler said. "I do not come into this position with some set agenda or group of things that I personally want to fix or look into. I serve at the whim of the CSA and he is going to tell me what he wants me to focus on, and from there I move forward."

Chandler will likely serve the bulk of his time as sergeant major of the Army alongside Gen. Martin E. Dempsey, currently the commander of the Army's Training and Doctrine Command. Dempsey was nominated to be the next chief of staff of the Army.

Chandler and Dempsey share a working relationship today -- Chandler's position as commandant of the USASMA falls under Dempsey's TRADOC. The two have also worked together as part of the Third Armored Cavalry Regiment. There, Dempsey was Chandler's regimental commander, while Chandler served as a first sergeant in the regiment.

Chandler was chosen as the next sergeant major of the Army by Chief of Staff of the Army Gen. George W. Casey Jr. That selection is something Chandler said he never considered during his career.

"I never thought in my wildest dreams I would ever even be in a position to be considered for the SMA," Chandler said. "So, I never dreamed about being SMA, or thought about it. For me, I was a squadron command sergeant major in combat. And that is what I aspired to do. Since that time I have had a series of other assignments that have challenged me and helped me to grow as an NCO and as a person."

When serving as sergeant major of the Army, Chandler will spend time on Capitol Hill, discussing Army needs and concerns before both the Senate and the House. He will also likely meet with the President of the United States, and will spend much time traveling alone and with the chief of staff of the Army to visit Soldiers and their families throughout the Army.

Chandler said the new role for him will not distract him from what he is at his core.

"I am a Soldier -- and I happen to be a sergeant major," Chandler said. "But that doesn't change the fact that I came from the same rank and the same position that those young privates and sergeants and first sergeants are in today. And that's the tie that binds us together -- those shared experiences. There is a responsibility to represent the Army at various events and engagements. But at the end of the day, my place is with the Soldiers and their families in the Army and that's where I intend to be."

SWEETHEARTS

ALASKA POST

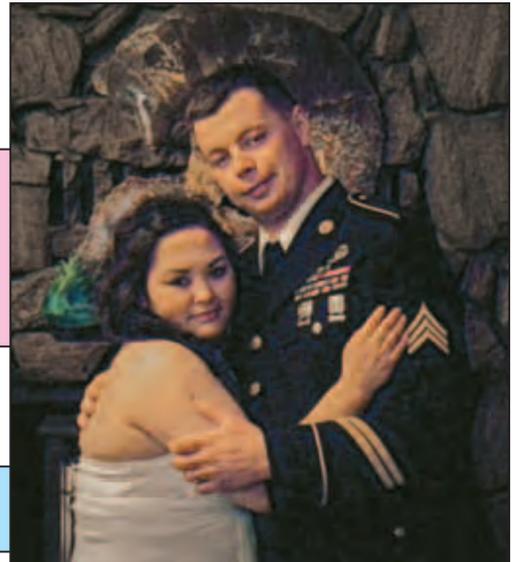
February 11, 2011



Courtesy photos



You can't buy love on ebay, but you can find it on MySpace. Robert, I love you dearly. You are my rock.



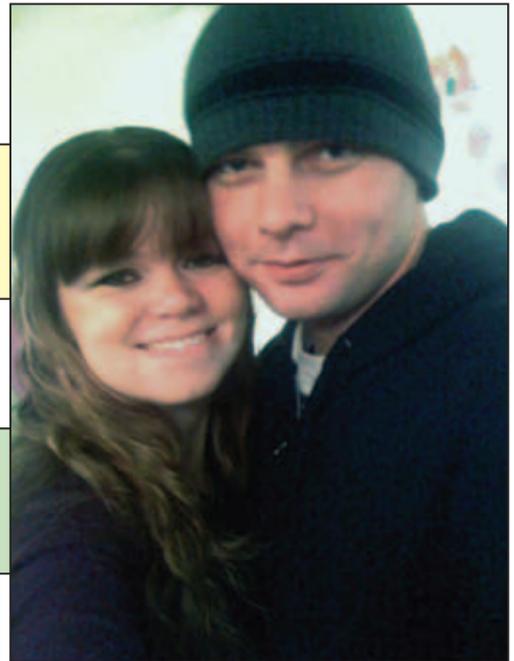
Sgt. Bruce and wife Ebba Bruce Happy Valentine's Day my love. I love and miss you. I wish we were together but you are in my heart forever and always.



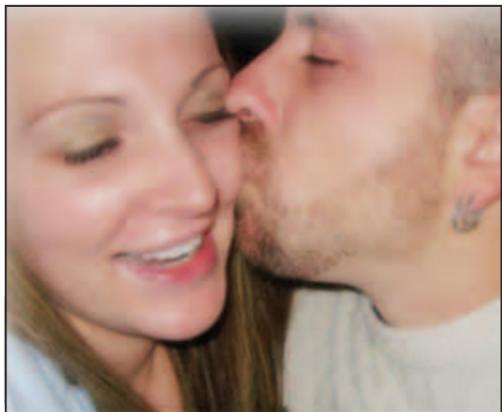
Snuggie-ing up with Lt. Goodwin makes me happy on Valentine's Day



Sgt. Josseck Seale. Thinking of you on this special day while you are away making us proud. We love and miss you. Love always, your three pretty girls.

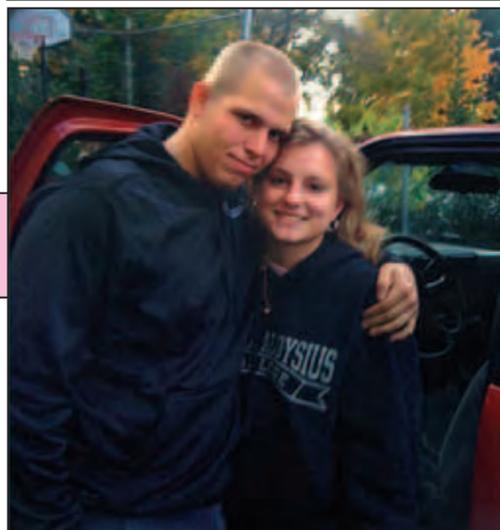


To the love of my life, my best friend, the father of my children and my hero. I love you with all of my heart Randall Lewis. Love your wife,

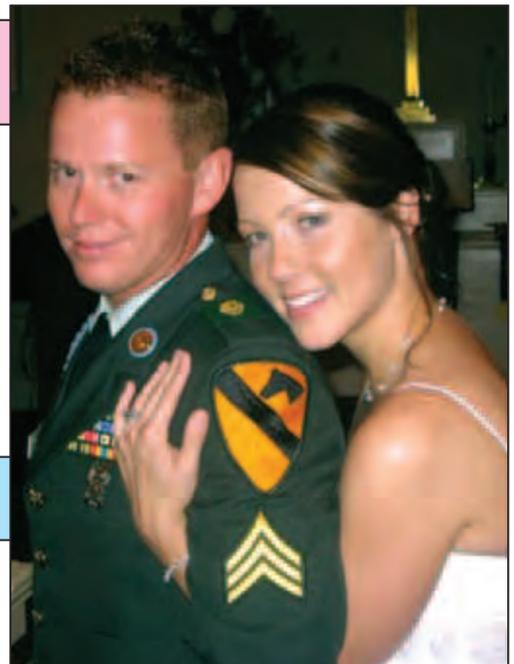


In my wildest dreams, you always play the hero. In my darkest hour of night, you rescue me, you save my life. I love you so much Baby.

Eddie,
You are the most wonderful husband, father and best friend. We are so thankful you are in our lives.
Love Sheila & Alyssa



Hey Babe, I just wanted to say Happy Valentine's Day. I love you with all my heart. You mean the world to me. ILY.



To my husband, Sgt. Bradley Jones, I love you so very much. Happy Valentine's Day. - Brittney



I love you. Nothing else matters. - Jeannette



Happy Valentine's Day Babe. I love you tons and I am so proud of you. You are the best husband a girl could ask for. Can't wait for you to come home.

Puppy love 



Happy Valentine's Day, Daddy. We love you. Come home soon. Lil' Logues

Happy Valentine's Day and anniversary Brian. I love you so much and I am so happy to spend another Valentine's Day together. I am very lucky to have you in my life and look forward to many more years together. I love you more than words can describe.
Tori



Even at my worst, my Valentine, Lt. Goodwin, 5-1st Cav still loves me. XOXO, Pavel the dog



Hey Mom, Happy Valentine's Day. I only have eyes for you. Love Scooter 'Fat Boy' McGrooter.


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 Sat., Feb. 12, 7:30 p.m.
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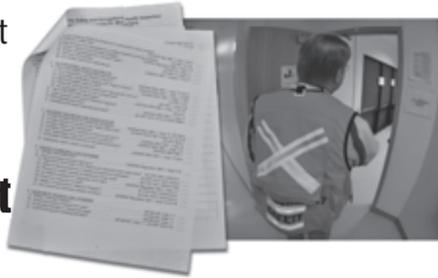
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The way I see it



Safety: changing the culture of intent

Brian Schlumbohm, Fort Wainwright PAO

Starting this February and continuing on throughout the summer and fall of 2011, the Fort Wainwright Garrison Safety Office will be busy conducting an Army safety and occupational health inspection of all directorates and agencies assigned to the Fort Wainwright garrison. These inspections come about by federal law, the Department of Defense and the Department of the Army whose directives mandate a safe and healthful work environment for Soldiers and civilians alike.

The Garrison Safety Office's role in this process is not only to provide all directorates and agencies with methods, education and checklists to maintain a relevant safety program, but also to provide the inspections that gauge the effectiveness of the individual programs being used. Most collateral duty safety officers and directors should feel some sense of relief that their trainers are also their evaluators. These close relationships that safety offices have with their customers are one of many reasons why safety reporting is as effective as it is.

What many people may not understand is that the safety program belongs to the garrison and its directorates, says Safety and Occupational Health Specialist, Robert Tanner. "It's their safety program, it belongs to them...we assist them with their program." The Safety Office monitors the effectiveness of their

programs, collects information, educates and briefs them in order to meet their needs and the up-and-coming inspections are designed to do just that.

Education and awareness is the path to building a safety-minded culture and as new technology and requirements evolve, the work environments, processes and techniques change, causing safety issues to change. The monitoring and educating doesn't stop, but keeps pace with all of these changes. The Safety Office measures its progress by the numbers. Findings recorded from past inspections allow the safety officers to see trends and make suggestions to collateral duty safety officers and directorates on areas of concern and potential risk.

"The number of findings, on average, I find in places has gone way down...people are being more aware of what right is and doing it." Tanner said. "In just the two and a half years I've been here, I used to walk through on inspections and having a laundry list of findings; now we find very few issues." Education is paying off. Jerry Russell, Safety Office manager, points to the fact that the Safety Office has grown in the past three years from two to five employees, leading to more inspections, face-time with employees and educational opportunities in the form of classes and briefings.

The intent is to change the way culture views safety in the work place. "Our primary role is safety of the installation." Tanner said, "This is not about getting people in trouble, it's about making a safe workplace and I think we've done a good job of changing people's minds." As seen on the Commander's Intent graphic chart, safety is an encircling concept that touches every aspect of the sustainable Army Community of Excellence.

Building a safe community and workplace for Soldiers, their families, civilians and all installation assets is important. Creating a culture of understanding of why it is important makes a world of difference.

Friday - 11th

TAX CENTER OPEN, 9 a.m. to 5 p.m. Call 353-2613 for appointment.

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

VALENTINE'S DAY DANCE, 7:30 to 10:30 p.m., Youth Center, Building 4109. For youth in grades 6-12. Call 361-5437.

Saturday - 12th

HOMEMADE BABY FOOD WORKSHOP, 10 a.m. to noon, Development Center I, Building 4024. Call 361-7713.

WINTER ICE FISHING, 8 a.m. to 5 p.m., Meet at Outdoor Recreation Center, Building 4050. \$65 per person. Alaska state fishing license is required. Call 361-4089.

Sunday - 13th

DOG SLED RIDES, noon to 2 p.m., Birch Hill, Building 1172, \$5. Call 353-9131.

Monday - 14th

TAX CENTER OPEN 9 a.m. to 5 p.m. Call 353-2613 for appointment.

ZUMBA FITNESS CLASS, 6 p.m. PFC, Building 3709, \$7. Call 353-7223.

AUTO SHOP SAFETY ORIENTATION CLASS, 6 p.m. Building 3730. Call 353-7436.

ROMP AND STOMP, 10 a.m. to noon, School Age Services, Building 4391, call 361-7372.

Tuesday - 15th

TAX CENTER OPEN for walk-ins 9 a.m. to 5 p.m. Call 353-2613.

TOASTMASTERS MEETS, noon at the Last Frontier Community Activity Center. Call 353-9156.

DIABETES CLASS, 2 to 4 p.m. Bassett Army Community Hospital, upstairs in medical library. Call 361-4148 for appointment.

PARENTING COUNTS WORKSHOP, noon to 12:30 p.m., Northern Lights Inn, Building 3402, in the conference room. Call, 353-4227.

Wednesday - 16th

TAX CENTER OPEN, 9 a.m. to 5 p.m. Call 353-2613 for appointment.

ACAP EMPLOYER DAY, 9:30 to 11:30 a.m., Northern Lights Inn. Call 353-2113.

STORY HOUR WITH BABY AND ME, 1 to 2:30 p.m., Post Library, Building 3700. Call 353-2642.

CARDIO SCULPT: STRENGTH AND CARDIO, 5 to 6 p.m., PFC Building 3709. Call 353-7274.

HOURLY OF POWER: GROUP STRENGTH, noon to 12:45 p.m., PFC, Building 3709. Call 353-7274.

Thursday - 17th

ZUMBA FITNESS CLASS, 6 p.m., PFC, Building 3709, \$7. Call 353-7274.

SEVEN HABITS OF HIGHLY SUCCESSFUL ARMY FAMILIES, 11 a.m. to noon, Northern Lights Inn conference room, Building 3402. Call 353-4223.

PROTESTANT WOMEN OF THE CHAPEL, 9 to 11:30 a.m., Northern Lights Chapel. Call 356-9484.

BLACK HISTORY MONTH OBSERVANCE, PFC at 1 p.m. Call 353-9264.

TAX CENTER OPEN, noon to 7 p.m.. Call 353-2613 for appointment.

GROUP CYCLING CLASS, 6:30 a.m. and noon, PFC, Building 3709. No cost. Call 353-7223.

MONGOLIAN BARBEQUE, 11:30 a.m. to 1 p.m. dining facility.

Alaska Post

To submit a photo, place an event or class on the calendar send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week.

UPCOMING events



Fri, Feb 11 • 10 pm
Cover \$5



Fri, Feb 18 • 5:30 & 8 pm



Sat, Feb 14 • 5:30 & 8 pm



Thu, Feb 17 • 8 pm
Tickets \$15 Advance



Sat Mar 5 9 pm
Cover TBA



Fri, Mar 11 • 10 pm
Tickets \$10 Advance



Sat, Mar 12 • 10 pm
Tickets \$35 Reg, \$60 VIP



Fri, Mar 25 • 9 pm
Tickets \$30 Advance

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For your information

BLACK HISTORY OBSERVANCE

The Fort Wainwright Equal Opportunity Office and the 1st Stryker Brigade Combat Team, 25th Infantry Division will host the post's observance of Black History Month Feb. 17 at 1 p.m. at the Physical Fitness Center.

Retired Chief Warrant Officer, Rev. Cleveland Bartley of True Victory Baptist Church will be guest speaker.

The theme of this year's observance is African Americans and the Civil War. "Soldiers, regardless of background, race, religion, gender, ethnicity or beliefs, have defended and died for this country. This is an opportunity to pay tribute to that sacrifice," said Sgt. 1st Class Elliot Hardee, Fort Wainwright Equal Opportunity Advisor.

The public is invited to attend. Visitors entering Fort Wainwright without a Department of Defense identification card are required to obtain a post pass from the visitors' center (located just before the front gate) prior to entering the post.

For more information call Hardee at 353-9264.

HOCKEY WEEK IN FAIRBANKS

It's Hockey Week in Fairbanks. Don't let the name fool you, though, the celebration will continue through Feb. 20. The Fairbanks Ice Dogs anchor the first weekend with games against the Kenai River Brown Bears tonight and tomorrow at the Fairbanks Big Dipper Ice Arena, 1920 Lathrop Street. The puck drops at 7:30 p.m. each night. Discount tickets for the games are available here at the Armed Services YMCA. Call 353-5962.

Hockey Week activities include youth tournaments, collegiate hockey with the Nanooks next weekend, a backyard ice rink contest, 3-on-3 youth tournaments and free skate sharpening.

As part of Hockey Week, a blood drive is set for Saturday, 9:30 a.m. to 2:30 p.m. at the Big Dipper Ice Arena.

ARMED SERVICES YMCA

Plans are underway for the ASYMCA Father-Daughter Ball slated for April at the Westmark Hotel. If you can help plan the event, please call Kelly at 353-5962.

The ASYMCA offers free movie tickets which can be picked up at Building 1047-4, Nysteen Road.

Operation Snack Attack is underway and the ASYMCA needs volunteers to make it happen. If you can help contact Kelly at 353-5962.

Teddy's Child Care Watch can help you become a healthier parent. Free childcare is available for military families with an appointment at Bassett Army Community Hospital. For more information call Abigail at 361-5612.

The Armed Services YMCA of Alaska is offering services to make the long winter months a bit more comfortable for the Soldiers of Fort Wainwright.

Every Soldier arriving at Fort Wainwright should have a place to relax when they get here. Volunteers are needed to work in the lounge. Large groups such

as FRGs who can cover a month at a time would be preferred. If interested please call 353-5962.

ASYMCA has discounted Ice Dog tickets. Stop by the office at 1047-4 Nysteen Road Monday through Friday between 10 a.m. and 2 p.m. to pick these up.

There is no need to walk in the freezing cold. Call the Y on Wheels. You can catch a ride anywhere on post Monday to Friday 8 a.m. to 7 p.m. for just \$1 each trip. Call 353-3733.

For more information on any of these programs call 353-5962.

HERSCHEL WALKER VISITS

Former NFL football player Herschel Walker will visit Fort Wainwright. Walker is currently a spokesman for The Freedom Care Program, a specialized mental health and addiction treatment program for service members. On behalf of Freedom Care, Herschel has visited 23 military installations sharing his story of hope to over 6000 troops.

Walker will speak about his life and mental illness during his visit on Feb. 24. Walker may sign autographs, take pictures, and sign memorabilia as long as they're provided, but usually has a two-autograph limit so that all can spend time with him.

For more information contact Cheryl Adamson at 353-1381.

ARMY FAMILY ACTION PLAN

Army Community Service will host the Army Family Action Plan conference March 30 and 31 at the Last Frontier Community Activity Center.

AFAP provides a way for Soldiers and family members to let Army leadership know what works, what doesn't and what they think will fix it. It remains the primary means for Commanders at all levels to learn of and seek solutions to the concerns of the Army Community.

Since 1983, AFAP has brought about 123 legislative changes, 172 policy or regulation revisions, and improvements to 192 programs and services at the Department of the Army level.

Community members who have an issue with broad impact are invited to submit issues for discussion at the conference. AFAP issue forms can be picked up at Army Community Service in Building 3401.

For more information contact Charles Lyons 353-2382.

DINING FACILITY OPEN TO CIVILIANS

The North Star Dining Facility located in Building 3416 is open to anyone working on Fort Wainwright, including contractors, during work hours.

Lunch is served from 11:30 a.m. to 1 p.m. and the cost for persons not holding a meal card is \$4.25

The dining facility will serve specialty meals on Thursday.

For more information call 353-2060.

SPECIAL OLYMPICS NEEDS SCARVES

The 2011 Alaska Special Olympics is looking for knitters to make scarves for coaches, volunteers and supporters.

The Special Olympics is scheduled for March 11 to 13 and scarves must arrive before March 4.

For more information, visit www.specialolympicalaska.org and click on the scarf project link.

MYPAY PIN NUMBER RESET

The Fort Wainwright finance office has the ability to reset myPay PINs.

Customers needing a new PIN must show up in person and present a valid CAC or DoD ID card Monday to Friday from 8:30 to 4:30.

Questions can be directed to William French at 353-1318.

TIRED IRON SNOWMACHINES

The Tired Iron, celebrates the snowmachine (the older the better), recognizes the many different makes and models, and has come up with ingenious categories for these amazing, restored machines to compete in.

Downtown Fairbanks will be filled with a wide variety of snowmachine competitions and activities Feb. 27 and 28. Those with vintage snowmachines who would like to enter the race visit the website for forms and more information at www.fairbankstirediron.org.

BRRR B Q

Calling all grills and guys. The Alaska Barbeque Association is seeking barbecue teams to enter their third annual, "BrrrBQ" competition Feb. 27. Teams can compete in chicken and ribs categories, providing six pieces for the judging. The entry fee is \$20. Other rules apply.

Judging, tasting and awards take place at the Tired Iron races in downtown Fairbanks.

For more information call 322-7683.

AT YOUR SERVICE

Save the number for the Automotive Skills Center to your phone to have it handy whenever you need a tow or vehicle lock-out assistance. Towing services are available 24 hours a day.

For more information, call 590-1716.

BIRTH ANNOUNCEMENTS

Feb. 1

A son, Hunter Ray, was born to Chelcea Gavette and Spc. Douglas Wilson, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Claire Lynn Bunselmeier, was born to Donald Bunselmeier and Spc. Rebecca Walker, 1984th Detachment, U.S. Army Hospital.

Feb. 2

A son, Johnathan William Patrick, was born to Melissa Lee and Spc. Gary Chessa, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, McKenzie Lynn, was born to Kaitlin and Pfc. William Johnston, D Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade.

Legal Notice

Important information about the \$3.4 billion Indian Trust Settlement

For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar*, a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, and
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, or
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A \$1.5 billion fund to pay those included in the Classes.
- A \$1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to \$60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get \$1,000.
- Trust Administration Class Members will get at least \$500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of \$99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of \$223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more information:

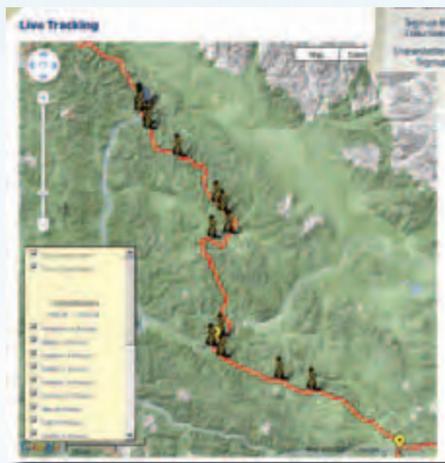
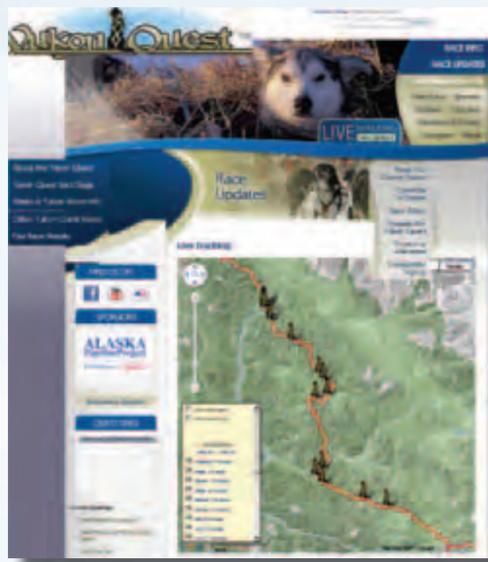
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Live tracking of the Yukon Quest sled dog teams allows online spectators to track everything from teams' almost real-time positions to their current finishing place and location check-in times. Viewers can also see a topographical map detailing the types of terrain mushers and their teams are moving through. The website also provides race history, musher and dog team information and other information about the Yukon Quest. Log onto the race website, www.yukonquest.com and click on "live tracking" to follow the race. (Images used by permission, Marti Steury, Yukon Quest Fairbanks executive director.)

Yukon Quest: Soldiers, families can be there via live tracking

Sheryl Nix, Fort Wainwright PAO



During last year's Yukon Quest, Normand Casavant, a veteran musher from Whitehorse, waves back to bundled-up spectators on Fort Wainwright's frozen Chena River. This year racers are expected to trek through Fort Wainwright starting Monday. (File Photo)

It is difficult to imagine that it all began 28 years ago in a saloon in Fairbanks, but it did. Four mushers walked into a bar and left with a plan to make the dream of a 1,000 mile sled dog race from Fairbanks to Whitehorse, Yukon, a reality.

Every year since then the Yukon Quest International Sled Dog Race has drawn participants, spectators, volunteers and fans from around the world.

The grueling race allows a maximum of 50 mushers and their teams to compete for a grand prize of \$35,000 and the claim of Yukon Quest champion. Every musher who completes the race receives \$1,000.

The Yukon Quest is more than a race to organizers, participants and volunteers. "The 1,000 miles is fairly evenly split between Alaska and the Yukon Territory," said Marti Steury, Yukon Quest Fairbanks executive director. "So we have a way to celebrate our northern lifestyle regardless of international boundaries. We can continue to live the history that the North is made of."

Since the start and finish lines alternate between the host towns of Fairbanks and Whitehorse, Fort Wainwright community members have the opportunity to view portions of the race at differing stages. Last year, Soldiers and families were able to get up close and personal on the frozen Chena River with mushers as they began the race and this year they will have the opportunity to see the teams as they finish.

The race began Feb. 5 and early finishers could begin crossing the Chena River between Monday and Tuesday if everything continues to go smoothly, Steury said.

Soldiers and families have a better option than waiting on the icy river all day in hopes of catching a glimpse of the early finishers. For the second year in a row, live tracking of sled dog teams is available off of the Yukon Quest website.

Mushers are equipped with GPS devices allowing online spectators to track everything from their almost real-time positions to their current finishing place and location check-in times. Viewers can also see a topographical map detailing the types of terrain mushers and their teams are moving through. Last year there were approximately 1.4 million hits on the race website in 20 days and based on current projections, the tracking software company expects that number to double this year, Steury said.

The race Facebook page has also been very popular, already more than tripling the number of fans from last year. "People are just going nuts because they feel like they're there," she said.

Organizers hope the live tracking will also encourage people to come out and see finishers come into Fairbanks since they will have a good idea of when they will come in. "It will put a lump in your throat and bring a tear to your eyes to see a team go by. I guarantee it," Steury said.

To track the sled dog teams or for more race information, log onto the race website, www.yukonquest.com or the race Facebook page, www.facebook.com/

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