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Sgt. Joshua Jackson, a Department of the Army security guard with the Directorate of Emergency Services uses a handheld scan gun to read ID cards at the front gate of Fort Wainwright. The mobile device is a handheld computer that interfaces with data systems, checking the status of individuals and alerting the guards to potential threats. (Photo by Brian Schlumbohm, Fort Wainwright PAO)
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ARMY NEWS

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ARMY SERVICES

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WEEKEND WEATHER

Friday

Cloudy. Snow possible.
Low -15 High 12

Saturday

Mostly cloudy.
Low -23 High 1

Sunday

Cloudy. Snow possible.
Low -10 High 1

Unrestricted visibility
NE winds 5 -10 mph

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

Arctic Wolves begin intense deployment training cycle

Spc. Thomas Duval, 1-25th SBCT PAO

Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division entered the final stages of preparation for their deployment to Afghanistan as they began training this week at the U.S. Army's National Training Center, Fort

Irwin, Calif.

After arriving on a number of flights over the past month the 1-25th began conducting reception, staging, onward movement, and integration, or RSOI.

The Soldiers worked around the

clock to unload their equipment, set up individual tactical operations centers, and readied their equipment for the intense two-week exercise.

"RSOI sets the stage for [the brigade]. It sets the conditions for everything that follows and if we don't get this right everything that went wrong will have a snowball effect and it will impact our rotation later on," Lt. Col. Jeff Stewart, 1st Battalion, 24th Infantry Division, 1-25th commander said. "It's been going very well so far. Every day our Soldiers are out there making things happen."

Daily classes at the Army Center of Excellence on Fort Irwin provided many Soldiers an opportunity to hone specialized skills before entering the scenario-based training. Soldiers learned, through hands-on training, escalation of force, command post of the future, counter-improvised explosive systems, unmanned aircraft systems and robotics along with a large number of other job specific training.

According to Stewart the level of training the Soldiers receive at the Army Center of Excellence is unmatched.

For Pvt. Nick Kindel, a fire support specialist with Brigade Troops Battalion, 1-25th, the training was key to his understanding of combat operations.

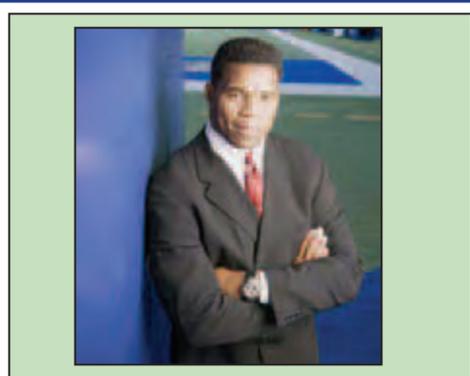
"[The training] is more realistic than trying to read what to do out of a book," Kindel said. "I have a better understanding of what to do when we enter the box."

Although the Soldiers received a wide variety of training, aimed at improving their overall Soldiering abilities during the RSOI phase, they weren't the only ones getting "high speed" improvements.

Please see TRAINING, Page 3



Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division, use the iRobot 510 PackBot to identify and disarm a simulated improvised explosive device at the robotics lane located at the U.S. Army's National Training Center in Fort Irwin, Calif. The 510 PackBot is used by infantry Soldiers to identify roadside bombs and other IEDs. For the Soldiers on the front lines, the robot allows them to assess potential explosives from a safe distance. The Soldiers from the 1/25th SBCT are currently conducting a wide variety of training at NTC in preparation for their deployment to Afghanistan this Spring. (Photo by Spc. Thomas Duval, 1-25th SBCT PAO)



Herschel Walker visits

Staff report, Fort Wainwright PAO

Former National Football League player Herschel Walker is coming to Fort Wainwright Thursday.

Walker is best known for his performance on the football field, setting numerous records during his 14-year professional career which he finished with a total of 8,225 yards and 61 rushing touchdowns. He also caught 512 passes for 4,859 yards and 21 scores.

Walker's football career is not the reason for his visit though, said Cheryl Adamson, Employee Assistance Program coordinator Army Substance Abuse Program. He will present a talk on his life and mental illness during his visit. "It's important to Herschel that his audience understand mental health awareness and that an anti-stigma message is the focus of his visit," Adamson said.

Since leaving professional football Walker has worked with numerous charitable and educational organizations.

In 2008, Touchstone Hardcover Books a division of Simon & Schuster published Walker's memoir, "Breaking Free: My Life with Dissociative Identity Disorder."

Also in 2008, Walker became the spokesman for The Freedom Care program, a specialized mental health and addiction treatment program for service members. On behalf of Freedom Care, Walker has visited 23 military installations sharing his story of hope to over 6,000 troops.

Walker will be at Bassett Army Community Hospital third floor conference center at 8 a.m. to meet with Soldiers of the Warrior Transition Battalion and their families. From 8:30 to 9:30 a.m. Walker will be at Bassett Army Community Hospital. Any military identification cardholder who wants to attend is welcome. From 10 a.m. to noon Walker will be at the Physical Fitness Center to meet Soldiers, Fort Wainwright employees and their families.

Adamson said that Walker is usually willing to sign provided items for autograph, but generally limits it to two per person so everyone can spend time with him.

Wainwright teens make a difference, earn national community service award

Sheryl Nix, Fort Wainwright PAO

Fort Wainwright teens know about service. And now, thanks to the Boys and Girls Clubs of America TeenNick Halo award, the rest of the country knows about their service.

Fort Wainwright's Youth Services program was recently named one of the eight Army sites to receive the prestigious award that merges the resources and influence of both BGCA and TeenNick (Nickelodeon) TV network.

Recognizing teens and clubs excelling in community service and leadership during 2010 and BGCA's Year of Service initiative, the award caps a year of intentional service and programming and acknowledges the teens' desire to make a difference in their community, said Megan Brown, former Wainwright Youth Services facility director and current Directorate of Family and Morale, Welfare and Recreation special events coordinator.

"The award recognizes the club as one that has participated in a variety of programs and events," she said. "We

met the criteria BGCA set out, but we went a step above and exceeded the expectations of what we should do."

In addition to structured, curriculum-driven leadership and character-building programs like the Torch and Keystone Clubs, Youth Center teens participated in service learning projects including volunteer service at the Fairbanks Rescue Mission, Fairbanks Community Food Bank, Army Community Service events, a local cancer center and outreach to deployed Soldiers. Teens also participated in Special events like Nickelodeon's Worldwide Day of Play during which teens "unplugged" for an entire day with no electronic devices and went "old school" with games and activities.

They also cleaned the Youth Center during the installation's Beautification Week and participated in the MLK, Jr. Remembrance basketball tournament

Please see TEENS, Page 5



Megan Brown (left), Directorate of Family and Morale, Welfare and Recreation special events coordinator and former Youth Center facility director with Child, Youth and School Services, laughs with Kaylen Watts, 12, son of Spc. Jesse Watts, Medical Department Activity-Alaska, and David Smith (right), 16, son of Sherie and Chief Warrant Officer 2 Mikel Smith, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade, as they make blankets for "hero packs." Youth and teens gathered at the Youth Center last year to make blankets and decorate pillow cases to go with candy, cereal, movies and personal hygiene products in boxes, or "hero packs," for Soldiers from 472nd Military Police Company who were deployed to Iraq. This was just one example of the community service projects Wainwright teens did to earn the Boys and Girls Clubs of America's Teen Nick Halo Award during the BGCA's Year of Service program. (File photo)

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Commander's column

Col. Timothy A. Jones, Garrison commander

Survey to help set the course of transportation options



We're taking a survey and need your opinion. We want to know what you think about the transportation options for Fort Wainwright. Please consider what you'd like to have available to you, and more importantly, what means of transportation you would use if new options become available. Next, take the survey. It's refreshingly brief and available on our public website at www.wainwright.army.mil.

Innovative commuter and public transportation options can go a long way toward improving air quality via reduced emissions from less fuel use and reducing traffic congestion and related idling time.

Some may ask, what's in it for me? Also known as the WIIFM.

The short answer is money. Commuters who carpool, vanpool or take public transportation can save a ton of money on owning and maintaining a vehicle, fuel, insurance, etc.

The survey will explore two options. First, should the Fairbanks North Star Borough add a Fort Wainwright stop and if so, where? Area bus transportation is operated by the FNSB Metropolitan Area Commuter System. MACS has stops near Fort Wainwright gates but not on post. Long-time residents will tell you on-post bus service has been tried in the past but it wasn't used much. That's why we're taking this survey. Our aim is to make better use of resources, not waste them.

If bus transportation is something you'd use more frequently if MACS buses stopped on post, let us know by answering the survey. We want to know where you'd like the bus to pick you up and drop you off. If you wouldn't ride the bus under

any circumstances, we need to know that, too.

Currently, MACS offers discounts for military and their families. Standard bus fare is \$1.50 and a monthly pass is \$36. See transportation information online at www.co.fairbanks.ak.us. Seniors and children also receive discounts on bus fares. Borough bus lines run to North Pole, too.

In addition to looking at increasing bus service to Fort Wainwright, the survey will also ask you about the vanpool program. Public transportation options and commuter solutions are somewhat challenging here in Alaska. Given our far-flung, sparse population, distances between neighborhoods and one of the highest fuel costs in the nation, affordable transportation is challenging to say the least. Vanpool is one solution.

Soldiers and civilians who commute daily to Fort Wainwright come from as far away as Fox and Delta Junction.

Similar to a co-op, vanpool participants pool their money to pay fuel costs for a single van to take them to and from work each day.

More and more organizations are adopting vanpool including personnel from Joint Base Elmendorf-Richardson. Last fall, the FNSB bought several vans and currently offer their own vanpool program. Federal employees may also qualify to receive federal funds to help with commuting costs.

The Transportation Subsidy Program provides financial incentives to encourage employees to use mass transit for commuting to and from work, an incentive valued as much as \$230 per month.

In addition to the financial savings mass-transit, carpool and vanpool users also have the potential to enhance their quality of life. Commuters can read, catch up on correspondence and enjoy music during their commute instead of driving to and from work each day.

Another potential benefit is that time spent traveling with neighbors and fellow coworkers can shore up relationships and improve esprit de corps.

A day without driving can also be a day without a driver's headaches like parking, plugging in, warming up the vehicle and a whole host of other considerations necessary when you drive your own vehicle to work.

We're no strangers to innovative transportation ideas here. Many of us already take advantage of an on-post transportation option unique to Fort Wainwright – the Armed Services YMCA shuttle ride program. The shuttle was initially an Army Family Action Plan issue and costs riders just \$1 each way from your door to your Fort Wainwright destination. To schedule a ride, call 353-3733.

For more information about transit programs or the survey, call my sustainment officer, Capt. Timothy Hall, at 353-7500.

Remember, whether or not you would change your form of transportation to and from work, we encourage you to complete the transit survey at www.wainwright.army.mil.

If you have a topic you'd like to share for a future commander's column, send an email to linda.douglass@us.army.mil.

Ask the MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

QUESTION: Why is the hospital calling me and why should I care?

ANSWER: This is our appointment reminder system and please don't hang up on it.

In a continued effort to reduce the number of unused appointments, and making more appointments for the community, Medical Department Activity-Alaska utilizes an automated system, called AudioCare. This phone call lets the hospital know that patients are coming to their appointment, but also allows patients to cancel or request to reschedule their appointments. Knowing this ahead of time allows us to open cancelled appointments to other patients improving overall access for everyone.

AudioCare calls each patient one to three days before the appointment, using the beneficiary's phone number from the Defense Enrollment Eligibility Reporting System database. This phone call offers a variety of options to the person called, while still protecting Health Insurance Portability and Accountability Act rights.

The initial announcement introduces the call as being from the AudioCare system. The recorded voice says it has information on an appointment for a patient and asks that the patient verify it has contacted the correct person. Patients are asked to take the time to confirm all information is correct. These prompts ask patients to request the system call back at a more convenient time, confirm the appointment, request the appointment be cancelled or request the appointment be rescheduled.

In order for the system to work properly, the patient must have an updated phone number in the DEERS system. The easiest way to check or update your information is by using the DEERS Web site at www.dmdc.osd.mil/appj/address/selectAuthenticate.jsp.

You can also update the information by contacting their local Tricare Service Center or your local DEERS office, (usually the installation ID Card Section).

As part of our healthcare partnership, we ask your help in utilizing this valuable tool to help ensure appointments are available for those who need them.



Responsible, respectful hunters obey laws

Connie Storch, Fort Wainwright PAO

Criminal charges were filed in Fairbanks court against two Fort Wainwright Soldiers last month. The Soldiers were charged with illegally killing or wanton waste of a moose, caribou and two swans during a September hunting trip according to an article in the Fairbanks Daily News Miner.

No one was convicted as of Alaska Post press time.

The same news article noted that both the moose and caribou carcasses were abandoned. Wildlife law enforcement officers expect federal charges will be filed too. The investigation continues.

Such acts are despicable, inexcusable and in direct opposition to the Department of the Army's stated determination to be a good steward of the natural resources which have been placed in the Army's trust.

It's difficult to imagine a single good reason for not using legal, appropriate hunting procedures in Alaska. Information and education resources are nearly as bountiful as Alaska itself.

Soldiers and civilians new to the land, or with a budding interest in hunting, fishing or trapping, need not go far at all to begin learning proper recreational procedures for the legal taking of Alaska game and fish.

Soldiers, family members and civilians can look to Fort Wainwright's Native liaison, Elizabeth Cook, for tips on being a responsible, good neighbor while recreating in Alaska.

Cook wrote:

Respect for the land is an important value to the Native culture. Before you go, you should be sure you have done adequate research on the resources, lands, weather, and people you may be interacting with on your trip.

If going out, be sure to use the land

intelligently.

Don't trespass —study maps and know who owns the land and water you will travel on.

Hunt for only the fish or game that you can use.

Never litter or pollute—pack in, pack out.

Learn how to take care of yourself while respecting others' rights and property.

Know and follow boating, fishing, and hunting regulations.

Learn from an experienced hunter or fisherman.

Keneth Steinnerd, recreation specialist here, can assist anyone interested in recreating on Army lands, with permits, information and maps.

Before accessing military training lands, recreational users must have an access pass, which may be acquired at the visitor's center at military installations. Valid identification and a hunter safety education card are required.

Steinnerd also recommends those interested in getting out in the wild contact the Alaska Department of Fish and Game.

Basic Hunter Education courses are provided by ADFG.

Basic hunter education courses provide training in firearms safety and wildlife conservation as well as respect for our natural resources, landowners and other hunters. Graduates receive lifetime certification recognized by all states, Canadian provinces and Mexico. Since originating around 1950, nearly 30 million students have completed the Basic Hunter Education training in the United States. Conclusive evidence shows that the HE course has dramatically reduced hunting related firearms accidents — up to 75 percent in some states — and has brought

about positive change in hunter skills, attitudes and behavior, according to the Alaska Department of Fish and Game website.

For information about hunting, fishing, land ownership or camping, please visit:

Alaska Department of Fish and Game www.adfg.state.ak.us

ADFG Wildlife Conservation www.wildlife.alaska.gov

Alaska Department of Natural Resources www.dnr.state.ak.us

Bureau of Land Management www.blm.gov/ak/st/en.html

U.S. Fish and Wildlife Service www.fws.gov

The Native liaison can be reached at 361-6323. To reach the recreation specialist at the environmental office call, 361-6490. Both offices are located on Fort Wainwright at 3023 Neely Road. Visit the Alaska Department of Fish and Game at 1300 College Road or call 459-7206.



This moose visited post housing Sunday. The photo was submitted by Elizabeth Gonzalez, wife of Master Sgt. Harold Gonzalez, Headquarters and Headquarters Company, US Army-Alaska. (Courtesy photo)

ALASKA POST

Home of the Arctic Warriors

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Service secretaries receive 'Don't Ask' repeal plan

Karen Parrish, American Forces Press Service

On Feb. 11, Pentagon officials sent the Defense Department's implementation plan for repeal of the law commonly known as "Don't Ask, Don't Tell" to the service secretaries with a March 1 deadline for their first progress update.

Clifford L. Stanley, undersecretary of defense for personnel and readiness, issued the plan, which outlines the stages of action, including those actions that must be completed before the department reverses the policy barring people who are gay, lesbian, or bisexual from serving openly in the military.

During a Jan. 28 news conference on the implementation plan's progress, Stanley stressed that Defense Department officials had coordinated closely with the Army, Navy, Air Force, Marine Corps and Coast Guard to craft a plan designed to ensure the continued smooth operation of the services during repeal.

"We are fundamentally focused right now on our leadership, professionalism, discipline and respect," he said.

The plan issued today closely follows previously released guidance on implementing repeal. The plan does not give dates for the implementation phases; defense officials repeatedly have said the process will be "conditions-based" and will go forward based on the services' progress, including the training of their people and updating policies.

Defense Secretary Robert M. Gates' initial guidance stressed the importance of "strong, engaged and informed leadership" at every level to implement the repeal, which he said should take place "properly, effectively, and in a deliberate and careful manner."

"This is not, however, a change that should be done incrementally," the secretary's guidance said. "The steps leading to certification and the actual repeal must be accomplished across the entire department at the same time."

The pre-repeal phase of the plan released today, now under way, focuses on training the force and setting up channels for services to report progress to the Pentagon and the White House. The Defense Department distributed training tool kits to the services Feb. 4.

Defense officials said all of the services participated in developing the training, and each can adapt the basic package. Training materials are designed to be usable in low bandwidth and nontraditional training settings, and include presentation slides with narration, scripts, frequently asked questions, vignettes, DoD policy guidance, Supplemental Plan for Implementation and Service specific material. Training is centered around the themes of Leadership, Professionalism, Discipline and Respect.

The plan directs the services to submit reports every two weeks, beginning March 1, on units and

people trained and regulations updated.

Preparation for certification will begin when, in addition to other objective and subjective criteria, all policies are updated and the first two tiers of servicemember training are complete. The first tier includes policy makers, chaplains, lawyers and counselors, and the second covers commanding officers, senior noncommissioned officers and senior civilians. The plan also stipulates that prior to certification tier three training for all remaining servicemembers must be under way, with a preparation in place for training completion.

Certification will culminate in the secretary of defense and chairman of the Joint Chiefs of Staff certifying to the president, as commander in chief, that the department is ready to implement the repeal. By law, when the president, secretary and chairman have all certified the services are ready for the policy change, a further 60 days must elapse before the new policy takes place.

During implementation, the services will continue tier three training, begin sustainment training, and monitor the effects of implementation. The services and Defense Department also will continue to prepare progress reports.

The plan outlines ongoing sustainment to begin after repeal, during which policy reviews, training programs and monitoring assessments will continue and be refined as needed.

TRAINING: Fort Wainwright Soldiers are challenged at the Army National Training Center

Continued from Page 1

Throughout the weeklong RSOI phase, more than 300 of the brigade's vehicles were equipped with a counter-improvised explosive device trainer called the Counter Radio Electronic Warfare 2 training system. Once attached to a vehicle, the CREW 2 can be used by Soldiers to jam frequencies typically used to detonate roadside bombs and other IEDs, which continue to threaten the lives of Soldiers in Iraq and Afghanistan.

"The Improvised Explosive Device is the weapon of choice by the insurgents, it's cheap it's easy and it's the thing causing the most damage to our Soldiers and the Afghan population," Stewart said. "Our mission is to protect the population, therefore we have to counter the threat."

After being fully equipped with the most up-to-date technology, the Soldiers and their vehicles are now

ready for "the box": a realistic force-on-force training scenario that challenges the Soldiers both mentally and physically over a two-week period.

Although "the box" is typically dreaded because of its level of intensity, Stewart said he's confident his Soldiers will accomplish the mission.

"We are all ready to go to 'the box' and start doing our mission. Our Soldiers are doing great," said Stewart. "We are getting this mission accomplished."

Stewart stressed the importance the rotation plays in the overall success of the 1-25th as it prepares to enter "the box" later in the training.

"NTC is the closest thing we have to actually being there conducting combat operations," Stewart said. "This is our graduation exercise that will prepare us for our deployment."

American Heart Month: Improving Cardiovascular Health

Danielle Martin, Program Evaluator, U.S. Army Public Health Command

Cardiovascular disease is the No. 1 killer of both men and women in the United States. Almost 2,300 Americans die every day from cardiovascular diseases—that's one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, approximately 785,000 Americans have their first heart attack. Another 470,000 Americans who have already had at least one heart attack will have another one.

Because of these high statistics, Congress since 1963 has required the President to proclaim February "American Heart Month." This effort is led by the American Heart Association.

In 1999, the AHA set impact goals to reduce cardiovascular disease and risk by 25 percent by 2010. Despite the above statistics, the impact goals for 2010 were met, with a 27.8 percent decline in the cardiovascular death rate. However, statistics have also shown an increase of 27 percent in the total number of inpatient cardiovascular operations and procedures.

A new impact goal has been set for 2020. This goal is aimed at improving the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease by 20 percent.

There are many steps that you can take to increase your overall cardiovascular health.

For more information, please contact:

- Arctic Health Link at Bassett Army Community Hospital, 361-5048
- American Heart Association, www.americanheart.org
- Centers for Disease Control and Prevention, www.cdc.gov/heartdisease

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1st Stryker Brigade Combat Team, 25th Infantry Division Rear Detachment

Brian Schlumbohm, Fort Wainwright PAO

Rear Detachment Commander for the 1st Stryker Brigade Combat Team, 25th Infantry Division, Maj. Matt Hall is readying himself and the seven battalion rear detachments under him, for deployment. They're not getting ready to go; they're getting ready to stay.

About 4,000 Soldiers from the 1-25th SBCT are deployed presently to the National Training Center at Fort Irwin, Calif. conducting training in lieu of their spring deployment to Afghanistan.

Maj. Hall sees this time as a short precursor to exercise and rehearse the systems which are in place before the actual deployment occurs. The Rear Detachment's job during the upcoming deployment will not only be in taking care of equipment, facilities and Soldiers remaining here at Fort Wainwright; but also the families of those Soldiers. Hall said, "The biggest part of our job here are the basics; taking care of the families and taking care of their Soldiers."

As the brigade deploys, the seven battalions

shrink down and arrange themselves into smaller units called "echo companies". Each echo company is staffed by a company commander, noncommissioned officer and supporting staff sometimes as small as two or three Soldiers. These companies take on all the daily duties and responsibilities of the larger battalions, ranging from additional duties as safety officers and building managers to the more traditional obligations of training, security, logistics and administration. The most important of these are the actual rear detachment duties and serving as the link in communication between the deployed Soldiers and their families.

At any given time there may be 360 Soldiers within the brigade. Hall says, they may be transitioning Soldiers either coming back from a deployment, late deployers, Soldiers getting ready to leave to a permanent change of station, Soldiers meeting

medical evaluation boards or going through an end of service process. There a number of other processes Soldiers are going through at

Some may need extra help, especially those going through medical evaluations, assistance in leaving the Army or new and just coming

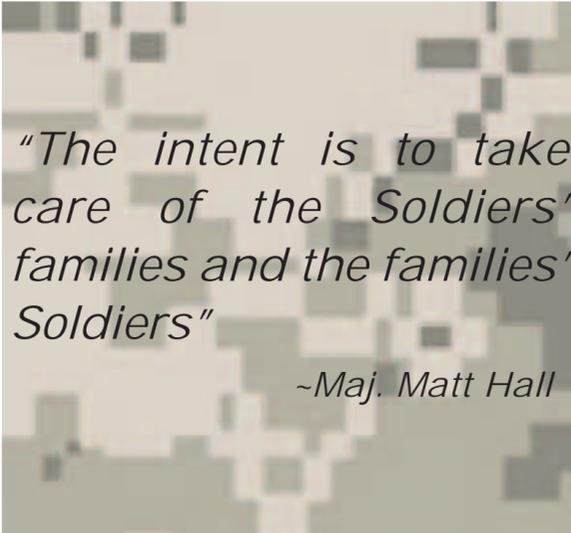
sent downrange to the brigade.

The daily mission of the battalion and the Soldier extends beyond the military members themselves. When a Soldier leaves on deployment there are effects felt by the family that may not have been fully realized beforehand. It may be hard to think in advance of everything that needs to be done that was once shared between two people. Where to pay the gas bill, financial accounting, powers of attorney; the list may be long. The rear detachment is available for the families that may need help. "If we can't take care of it ourselves there are definitely Army Community Service, the Family Readiness groups, there are many organizations that we can direct them to or work with to help them solve their problems," Hall said.

"We have probably around 1000 families that stay here. Some decide to take an extended leave or vacation away

from the area; but the majority stays; Fort Wainwright is a strong community," Hall said. Either way keeping in touch with the families both local and away are paramount for open and flowing communication. The Family Readiness Groups help in keeping families in touch with information and assist in helping when needed. "They are truly essential in everything we do." Hall said, "If those FRGs did not exist, very little of the traditional personnel actions, training and logistics that we would get done during rear detachment operations."

Family needs which occur during deployments can be immediate and with little to no notice. The rear detachment command and staff's primary role is to maintain the mission of the unit, and with the support of FRGs, provide help and guidance to the families of the deployed Soldiers. "Every day will be school," Hall said. "But the intent is to take care of the Soldiers families and the families Soldiers."



~Maj. Matt Hall

any given time within the brigade. "That number fluctuates, truly daily," Hall said. "Our responsibility is to make sure those Soldiers get to all the places they need to and all the support."

in. Whether it's making their transition to civilian life or introducing them to the unit, "Everything keeps going for the Soldiers." Hall said, even getting them trained up and ready before being

Local photographers recognized by MWR Department of the Army level

Trish Muntean, Fort Wainwright PAO

A Fort Wainwright family member was among the winners of the 2010 Army Digital photography contest.

Lilianna, the spouse of Pfc. Tommy Moon, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade, received honorable mention with her photo Classic Beauty, one of several photos she entered in the contest.

"I entered the allowed limit in every category," Moon said. "I figured my chances would be better if I submitted some of my better pictures in each division."

The photo that won honorable mention at Department of the Army level was of an old pickup truck that she says is well known in her neighborhood on South Post.

"During the warmer months, the owner parks it in the lot adjacent to Southern Lights Chapel and it's very hard to miss. On the day I took the picture, the sky was overcast and grey, which really made the truck's color stand out. It occurred to me that it was such a great contrast to the tone of the day and I positioned myself at an angle to capture the clouds in the background."

Moon said she doesn't know the owners, but the day she processed the picture she thought about giving them a copy for their collection. "I have yet to thank them for the photo opportunity."

Moon's original artistic outlet was painting, but she says it was too messy and hard to do once she had children. Her husband gave her "a point and shoot" for her first camera, which she says he had to "encourage" her to use, but once her first child was born she was "hooked". Her husband recently surprised her with a DSLR Canon Rebel, which she says she has not mastered yet.

Her favorite things to photograph are her children, closely followed by her dog. Plus "creative photography really draws my attention," Moon said. "The natural beauty of Alaska, it just begs to be photographed."

Recently, she started a 365 project, which Moon said pushed her to search for photo opportunities everywhere. "The project basically involves taking a picture a day for one year, supposedly to improve your photographic "eye" and document a year in one's life." She took it on thinking it might keep her busy during her husband's deployment.

Moon has three photos on display at the post library. "Two are pictures of my husband's "bird", the Kiowa Warrior OH-58 and the other one is a black and white which captures the first snow of the year falling on the pond in front of Northern Lights Chapel."

Moon was not the only member of the Fort Wainwright military community who submitted photos to the contest, according to Linda Ezernieks, Family and Morale, Welfare and Recreation arts program manager, who coordinated the contest at Department of the Army level.

Spc. James Masker, 176th Signal Company, 1st Stryker Brigade Combat Team, 25th Infantry Division said he was excited to find out that five of his nine entries advance to the Department of the Army level, especially since he had just taken up photography a few years ago.

Michelle, wife of Staff Sgt. Shawn Rule, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division had six entries that made it to Department of the Army Level. Most of the photos she submitted were of her two children, her favorite subject to photograph, but she also enjoys taking pictures of scenery and wildlife.

Pfc. Jennifer Gibson, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade and Spc. Scott Samson, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division both submitted three entries. One of Samson's entries, "Like a Rain Forest" made it to the final rounds at Department of the Army Level.

"The judges had a tough time," Ezernieks said, adding that it was an honor for them to make it to the final rounds with so many other excellent entries.



"Classic Beauty" taken by Lilianna, wife of Pfc. Tommy Moon, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade. (Courtesy photo)



"Dark times can find the happiest places" taken by Spc. James Masker, 176th Signal Company, 1st Stryker Brigade Combat Team, 25th Infantry Division. (Courtesy photo)

TEENS: Fort Wainwright teens receive Boys and Girls Club Nick Halo Award

Continued from Page 1

and concession stand and volunteered during last summer's Ladd Army Airfield Birthday Celebration and Open House.

"The dedication of the kids and desire to be a part of service projects and to do good things is what sets them apart," Brown explained. "We had a really good group this last year. They were very motivated to help others. They wanted to stand out and make a difference."

Brown said the teens desired to be extraordinary and then followed that desire with hard work and dedication.

"Their service shows their leadership and character," she said. "They're an example for other kids."

Besides the honor of being recognized as one of the best BGCA sites in the world in terms of community service and the signage to display that will tell all who come to the center about their service focus, the effects of winning this national award will be far-reaching. The recognition provides practical resume and college application bullets for teens but will also provide continued inspiration for those who already do service learning projects and new motivation for those who have not tried it yet.

"I think some of the teens will continue serving and it will be a challenge for others to get involved.

It's a golden opportunity for them," Brown said. "Boys and Girls Clubs of America is very recognized and this award will be great for their resumes and college applications."

Currently around 50 youth and teens go to the Youth Center each day and the number doubles during the summer.

"Our number one goal is to have a safe and fun place for our youth to be after school," said Molly Moore, assistant Youth Center director and acting director. "It's a structured environment for them to learn and participate in educational programs each day, participate in service learning projects and just to grow. These kids love to volunteer and just want to help with anything."

Teens at the Youth Center do not plan to rest on their laurels. Upcoming center events and projects include hosting next month's BGCA statewide Youth of the Year competition, launching an internet café and technology club, continuing volunteer service at the Fairbanks Community Food Bank and Fairbanks Rescue Mission and making baby blankets for spouses of deployed Soldiers who have babies during the deployments.

The numerous deployments affecting families all over Fort Wainwright will change the dynamic at the Youth Center, but not the focus on serving, Moore

said. "We want to help with the community outside the gates, but we also want to really focus on helping families who are affected by all the deployments this year. Anything teens can do to help their peers will really be meaningful to them," she said.

Moore said the focus on service is intentional and very important to the mission of the Youth Center. "They're teenagers," she said. "Just taking the focus off of themselves and putting it on others gives them good character and makes them well-rounded. Once you do this you kind of get addicted and helping others is an addiction that every teenager should have."

Although Brown no longer serves as the Youth Center director, she said she tries to stay connected with the center and teens and was thrilled to see that all of their hard work from last year is being recognized.

"I'm absolutely proud of them," she said. "I think anytime you can step outside yourself and be something more to the world is awesome. They have a lot of instability in their lives as military children and they have the opportunity to feel sad about their situations at times, but instead they're choosing to serve others in the midst of it. I'm just really proud of them."

The nature of fire: Prevention and preparation can save lives

Sarah Chapman, Fire Inspector, Fort Wainwright Fire and Emergency Services

Every day Americans experience the horror of fire. But most people don't understand fire. Only when we know the true nature of fire can we prepare ourselves and our families. Each year more than 3,500 Americans die and approximately 18,300 are injured in fires, many of which could be prevented.

In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for thick black smoke to fill a house. In minutes, a house can be engulfed in flames. Most fires occur in the home when people are asleep. If you wake up to a fire, you won't have time to grab valuables because fire spreads too quickly and the smoke is too thick. There is only time to escape.

A fire's heat alone can kill. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super hot air will scorch your lungs. This heat can melt clothes to your skin. In five minutes a room can get so hot that everything in it ignites at once; this is called flashover.

Fire starts bright, but quickly

produces black smoke and complete darkness. If you wake up to a fire you may be blinded, disoriented and unable to find your way around the home you've lived in for years.

Fire uses up the oxygen you need and produces smoke and poisonous gases that can be lethal. Breathing even small amounts of smoke and toxic gases can make you drowsy, disoriented and cause shortness of breath. The odorless, colorless fumes can lull you into a deep sleep before the flames reach your door. You may not wake up in time to escape.

Escape first, and then call 911. Develop a home fire-escape plan and designate a meeting place outside. Make sure everyone in the family knows two ways to escape from every room. Practice feeling your way out with your eyes closed. Never stand up in a fire, always crawl low under the smoke and try to keep your mouth covered. Never return to a burning building for any reason; it may cost you your life. Finally, having a working smoke alarm dramatically increases your chances of surviving a fire. And remember to practice a home escape plan frequently with your family.



This fire occurred in post housing in 2010. Fortunately there were no reported injuries. Prevention and preparation can be the keys to survival. (Courtesy photo)

Boosting missile defense with Alaska know-how

Alaska Aerospace and NANA's ASTS-Akima Logistics Services Joint Venture are proud to be part of Lockheed Martin's team for the Ground-based Midcourse Defense competition. Combined, we expand Alaska's role in GMD, adding local expertise at Fort Greely and Kodiak Launch Complex to a team that has delivered more interceptor weapon systems than any other. Affordability and experience that are good for Alaska, good for the nation.



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Department of the Army Security Guards provide protection at the frontline

Staff Sgt. Gregory Torres, a Department of the Army security guard with the Directorate of Emergency Services, Fort Wainwright, checks ID's at the main gate Feb. 15. Torres and other guards provide the first line of security to the post community, its tenants and contractors. Controlling access is the first step in keeping the post safe. Checking identification and paperwork of individuals coming onto the installation and making sure all have a valid reason for access, security guards also provide vehicle inspections, looking for anything which may be considered illegal or dangerous. The security guards provide three shifts for the three gates entering the post, continuing a 24-hour management of the main gate at the head of Gaffney Road and limited open hours for both Trainor Gate near Tanana Middle School and the Badger Gate on the east end of the post.

Fighting the cold is an important consideration with long hours of standing out in the Alaskan elements. The boots, coveralls and jackets provided by DES for the guards help with the chill; wearing gloves though does make it difficult at times to unfold passes and jumbled paperwork along with small ID cards, says Torres. The mobile heaters located nearby are used for when the temperatures are well below freezing. Torres said, "It keeps the exposed skin warm," it's very important to protect hands and face from getting frostbite as guards stand out in very cold weather. In -40 degree temperatures, such as we experience earlier this week. Standing near heaters helps keep the security guards from getting too cold and for motorists it even provides a little radiant heat when passing identification through open vehicle windows.

Being the first ones encountered when entering the post and the last ones seen when leaving, their 24-hour vigilance makes them the face of Fort Wainwright. (Photo by Brian Schlumbohm, Fort Wainwright PAO)

UPCOMING events

Snowboard Movie
Fri, Feb 18 • 5:30 & 8 pm

Jewish Film Fest
Sat, Feb 19 • 5:30 & 8 pm

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Tues, Feb 22 • 5:30 pm

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Tues, Feb 22 • 8:30 pm

Mardi Gras
Sat
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Heroes & Zeros
Fri, Mar 11 • 10 pm
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Fri, Mar 25 • 9 pm
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Friday - 18th

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

CPR AND FIRST AID FOR YOUTH, 9 a.m. to 3 p.m., School Age Services, Building 4391. Open to participants ages 14 and older. Call 361-7713.

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

WOMEN SKI AND SNOWBOARDING INSTRUCTION, Friday and Feb. 25, 11:30 a.m. both days, Birch Hill, Building 1172. Cost is \$100 and includes 90 minutes of instruction, lunch, equipment and lift pass good for the remainder of each day. Call 353-9131.

Saturday - 19th

SEUSS SATURDAYS AND MOVIES, 2 to 4 p.m., Post Library, Building 3700. Call 353-2642.

WOODSHOP SAFETY, 10 to 11 a.m., Arts and Crafts Center, Building 3727. Call 353-7520.

Sunday - 20th

FAMILY DAY AT TUBE HILL, 1 to 7 p.m., Birch Hill, Building 1172. Cost is \$20 per hour for DoD cardholder families, \$30 per hour for non DoD cardholder families. Event is subject to cancellation dependent on weather conditions. Minimum age 5; minimum height 40". Adult in a separate tube must accompany 5 and 6 year olds. Call 353-9131.

Monday - 21st

Y ON WHEELS, \$1 per ride. Service available 10 a.m to 6 p.m.

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

Tuesday - 22nd

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.

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

BULLY PREVENTION DINNER AND WORKSHOP, 6:30 to 8:30 p.m., School Age Services, Building 4391. Call 361-7713.

Wednesday - 23rd

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

ANGER MANAGEMENT, 3 to 4:30 p.m., Army Community Service, Building 3401. Call 353-4227.

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

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

PARENT AND YOUTH ADVISORY COUNCIL MEETING, 11:30 a.m. to 12:30 p.m., School Age Services, Building 4391. Call 361-7713.

Thursday - 24th

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.

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. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News-Miner at (907) 459-7548.

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For your information

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, Walker has visited 23 military installations sharing his story of hope to over 6,000 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.

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.

SCHOLARSHIPS

Scholarships through various organizations are available again this spring.

The Community Spouses Club is taking applications for its annual scholarship program. Every spring, the club awards scholarships based on academic achievement, citizenship and personal merit to spouses and family members of active duty, retired or deceased Army service members.

Applicants must be accepted to an accredited institution for the upcoming school year. Active duty sponsors must be stationed at Fort Wainwright and retired sponsors or family of deceased Soldiers must reside in the Fairbanks area.

Selection is based on academic achievement, school and community involvement, volunteer and work accomplishments, recommendation and a written essay.

Download an application at www.wainwrightcsc.org.

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants.

Applications are available through Tuesday. For information, contact commissary director Loriann McDonald at 353-7310, a school guidance counselor or visit the Scholarships for Military Children Program online at www.militaryscholar.org or www.commissaries.com.

Army Emergency Relief is accepting scholarship applications from spouses and dependent children. Information, including deadlines and an application can be found online at www.aerhq.org/education.asp.

ICE ALASKA ENTERTAINERS

Ice Alaska is looking for entertainment during their Ice Art 11, from the end of February through March. Entertainers may be civilian or military, adult or youth. For more information, call retired 1st Sgt. Daniel Schaaf at 479-7579 or 388-7502 or send an email to dan-schaaf@gci.net.

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.

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.specialolympicsalaska.org and click on the scarf project link.

ARMED SERVICES YMCA

Plans are underway for the ASYMCA Father-Daughter Ball slated for April at the Westmark Hotel.

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 a FRG 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 the hours of 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.

MYPAY PIN 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.

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

Dec. 15

A daughter, Honey Lynette, was born to Spc. Dawn Weaver (Graham) and Sgt. Antoine Graham, both of Medical Department Activity-Alaska.

Feb. 4

A daughter, Kyleigh Elizabeth, was born to Christina and Spc. Carl Grimm, 28th Military Police Detachment.

A son, Roberto Almando, was born to Pamela Jones and Staff Sgt. Robert Marcano, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Feb. 5

A daughter, Harmoni Iyana, was born to Pfc. Celine Crystal Colon, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Feb. 6

A daughter, Alison Ileen was born to Mandra and John Michael Denney, C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade.

Feb. 7

A son, Jonathan Tyler, was born to Sarah and Capt. Devlyn McCreight, Headquarters and Headquarters Company, 16th Combat Aviation Brigade.

Feb. 8

A son, Terrence D'Andre, was born to Kimberly and Sgt. Lionel DuFresne, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Feb. 9

A daughter, Ian Gabrielle Saldana, was born to Erin and Chief Warrant officer Gabriel Saldana, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade.

A son, Leo Alexander, was born to Julie Romero and Spc. Keith Huckstep, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

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.

539TH DEPLOYMENT CEREMONY

The 539th Transportation Company deployment ceremony is set for Wednesday, 2 p.m. at the Physical Fitness Center. For more information call 353-1448.

ASYMCA SHUTTLE

Even though Monday is a federal holiday, the Armed Services YMCA will continue to provide shuttle service. The shuttle will run from 10 a.m. to 6 p.m. and costs just \$1 each way, anywhere on post. Call 353-3733.

ACAP HAS MOVED

The Army Career and Alumni Program offices have relocated to modular Building RHQ 7 until further notice. For more information call 353-2113.

TAX CENTER GETS THE GREEN

The Fort Wainwright Tax Center opened January 19 and in less than two weeks amassed more than a half-million dollars in refunds for customers. A savings of \$32,000 in preparation fees was realized so far this year and more than 150 returns were prepared in January, the majority of the forms were filed electronically.

The Tax Center spokesman, Jim Wherry, said he expects the center to be busier once the 1st Stryker Brigade Combat Team, 25th Infantry Division returns from training. While the center will be open for business through the April 18 deadline, now is a good time to book an appointment at the Tax Center.

Free tax preparation and free electronic filing is available on post for military members, retirees and dependent family members. The Tax Center is located in Building 1049-2 Gaffney Road. For more information or an appointment, call 353-2613.



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Fran Ulmer, Chancellor, UAA
Member, National Commission on the BP Deepwater Horizon Oil Spill and Offshore Drilling

FEB. 15
Survivor Kasatochi: Insects After the Volcanic Eruption
Derek S. Sikes, Assistant Professor of Entomology, UAF; Curator of Insects, UAF Museum of the North

FEB. 22
Whale Tales: A Thirty Year Perspective on Humpback Whales in Alaska Waters
Jan Straley, Assistant Professor of Marine Biology, UAS

INFO: 907-474-7558 or www.scienceforalaska.com
Coordinated by the Geophysical Institute, University of Alaska Fairbanks

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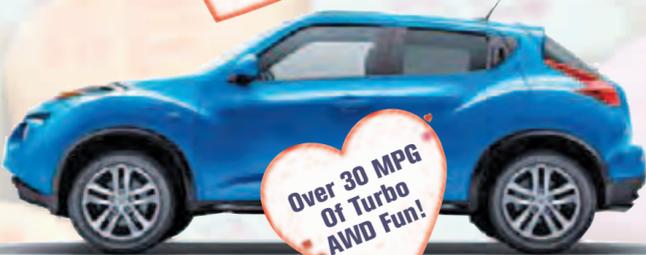
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