

ALASKA POST

Vol. 2, No. 16

Home of the Arctic Warriors

Fort Wainwright, Alaska

www.wainwright.army.mil/alaskapost

April 22, 2011

INSIDE

SECTION ALPHA

Soldier killed by bomber

Warrior Challenge

Local AFAP hits issues

Homeland alerts change

MEDDAC Q & A

Motorcycle update

GI Jane is coming

Thank you volunteers

Drug disposal

High altitude training

Warrior 100K

SECTION BRAVO

Golf course gets ready

Packed and stacked

Arctic Care 2011

Earth Day activities

Community calendar

For your information

Armed Services YMCA

AT A GLANCE

2-8TH HEAD OUT



Arctic Wolves on the move.

More on Page 5

EARTH DAY



Fort Wainwright joins the United States Army and the nation in celebrating the 41st Annual Earth Day today.

More on Page 6

ONLINE

FACEBOOK

FortWainwrightPao

TWITTER

twitter.com/PAOFWA

USARAK

usarak.army.mil

FLICKR

flickr.com/usarak

flickr.com/fortwainwright

ARMY NEWS

army.mil

ARMY SERVICES

myarmyonesource.com

DEFENSE VIDEO

dvidshub.net

WEEKEND WEATHER

Friday

Rain likely.
Low 27 High 45

Saturday

Mostly sunny.
Low 27 High 50

Sunday

Partly cloudy.
Low 27 High 49

Unrestricted visibility
NE winds 5-10 mph

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

Soldier dies in Afghanistan

Staff report, USARAK PAO

JOINT BASE ELMENDORF-RICHARDSON, Alaska, April 19 – A 3rd Maneuver Enhancement Brigade Soldier died in Afghanistan Saturday morning (Afghanistan time), Friday evening (Alaska Standard time).

Capt. Charles E. Ridgley was killed when a suicide bomber dressed as an Afghanistan National Army soldier detonated explosives at a military base in the eastern province of Nangarhar, Afghanistan.

Ridgley was assigned to the 17th Combat Sustainment Support Battalion (CSSB), 3rd Maneuver Enhancement Brigade from Joint Base Elmendorf-Richardson, Alaska.

Ridgley, 40, of Aberdeen, Md., joined the Army in November 1990, was commissioned as a Quartermaster officer in January 2007 and was assigned to the 17th CSSB in August 2009.

Next of kin have been notified.



Capt. Charles E. Ridgley

USARAK names NCO, Soldier of the Year after Warrior Challenge



Alaska-based Soldiers gathered at Joint Base Elmendorf-Richardson, April 11 through 15 to compete in the 2011 U.S. Army Alaska Warrior Challenge. (Photo by Staff Sgt. Brehl Garza/USARAK PAO)

Staff report, USARAK PAO

U.S. Army Alaska has named Sgt. Jonathan Williams of Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment its NCO of the Year; and Spc. James M. Wells of the 95th Chemical Company, 17th Combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade its Soldier of the Year.

Sixteen Soldiers and noncommissioned officers vied for the titles during the USARAK Warrior Challenge Competition April 11 through 15 on Joint Base Elmendorf-Richardson.

The competitors were measured against their peers in 16 events testing aptitude in a broad range of Army skills including accountability, physical fitness and agility, day and night land navigation, weapons familiarization,

weapons qualification, reflexive fire and written communication.

The culminating event for competitors was an appearance before a formal board in which they were individually evaluated by a panel of their superiors.

USARAK Commanding General Maj. Gen. Raymond P. Palumbo and Command Sgt. Maj. David O. Turnbull presented each of the competitors with a coin for excellence and commended them for outstanding performance and dedication before announcing the winners at the final ceremony April 15.

Williams and Wells are slotted to represent USARAK in June in the U.S. Army Pacific Soldier and NCO of the Year competition in Hawaii.

Please see CHALLENGE, Page 3



Spc. Brittney Ortega, C Company 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade holds on for the pull-up competition during the 2011 U.S. Army Alaska Warrior Challenge, Joint Base Elmendorf-Richardson, April 11 through 15. (Photo by Staff Sgt. Brehl Garza/USARAK PAO)

Soldiers and families raise issues, offer solutions

Brian Schlumbohm, Fort Wainwright PAO

The Army Family Action Plan conference was held March 30 and 31 at the Last Frontier Community Activities Center with Soldiers, family members and civilian employees coming together to discuss some of the problems in the Fort Wainwright community and suggest possible solutions.

Following the conference, delegates had the opportunity to present their top issues to U.S. Army Alaska and Fort Wainwright Garrison command staff.

Charles Lyons, Army Family Team Building coordinator, who organized the conference commented on the dedication and hard work of the delegates. "They were persistent about the issues, they would not let go," he said.

Delegates were divided into three working groups for the conference, Benefits and Entitlements, Family and Community Services with teenage delegates assigned to tackle the issues that affect them as part of the Youth and Teen Services group.

During the briefing, delegates were only allowed to present a limited number of issues due to time constraints.

The Benefits and Entitlements group chose to present issues dealing with Exceptional Family Members and one affecting deploying Soldiers and their families.

The group advised those in attendance

that certain illnesses such as Multiple Sclerosis, asthma, and dermatitis are greatly improved when treated in a controlled environment and suggested that funding be provided for air conditioning for those registered in EFMP.

The second issue they chose to present was the creation of a location for securely storing a service member's last will and testament during deployments. According to the delegates, when Soldiers deploy, oftentimes the Soldier does not have a secure location in which to store their Will. Therefore, wills are lost or damaged resulting in the misappropriation of the Soldier's belongings after death.

The next work group dealt with Family and Community Services and focused on what could be built in the community that would improve the quality of life for those who reside here.

Their first suggestion was to construct a multi-purpose center with stadium seating conducive to hosting a full range of military and entertainment events. The second idea is for construction of a new facility large enough to accommodate various sporting events and activities for all ages. The work groups view was that the extreme weather of Alaska limits the opportunity for outside activity and recreation.

The group said that having an indoor field facility and sports center accessible

to all ages throughout the year would encourage living an active and healthy lifestyle and improve the quality of life for members of the community.

Please see PLAN, Page 3



Soldiers, family members and civilian employees came together during the the Army Family Action Plan conference March 30 and 31 at the Last Frontier Community Activities Center to discuss some of the problems in the Fort Wainwright community and suggest possible solutions. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Add more life to your lifestyle.

Spacious 3, 4, and 5 bedroom rental townhomes.

Open House - Monday thru Saturday, 9am-6pm.



BIRCHWOOD HOMES
WELCOME TO THE FAMILY

356-1616

BIRCHWOOD HOMESAK.COM

Homeland Security announces implementation of new National Terrorism Advisory System

NEW YORK—Secretary of Homeland Security Janet Napolitano today will announce the implementation of the Department of Homeland Security's (DHS) National Terrorism Advisory System (NTAS)—a robust terrorism advisory system that provides timely information to the public about credible terrorist threats and replaces the former color-coded alert system.

As part of today's announcement, Secretary Napolitano will release a public guide outlining the new system to the American public, along with an example of an NTAS Alert that would be issued to the public if the government were to receive information about a specific or credible terrorist threat.

"The terrorist threat facing our country has evolved significantly over the past ten years, and in today's environment – more than ever – we know that the best security strategy is one that counts on the American public as a key partner in securing our country," said Secretary Napolitano. "The National Terrorism Advisory System, which was developed in close collaboration with our federal, state, local, tribal and private sector partners, will provide the American public with information about credible threats so that they can better protect themselves, their families, and their communities."

Under NTAS, DHS will coordinate with other federal entities to issue detailed alerts to the public when the federal government receives information about a credible terrorist threat.

NTAS alerts provide a concise summary of the potential threat including geographic region, mode of transportation, or critical infrastructure potentially affected by the threat, actions being taken to ensure public safety, as well as recommended steps that individuals, communities, business and governments can take to help prevent, mitigate or respond to a threat. NTAS Alerts will include a clear statement on the nature of the threat, which will be defined in one of two ways:

- "Elevated Threat": Warns of a credible terrorist threat against the United States
- "Imminent Threat": Warns of a credible, specific, and impending terrorist threat against the United States

Depending on the nature of the threat, alerts may be sent to law enforcement, distributed to affected areas of the private sector, or issued more broadly to the public through both official and social media channels—including a designated DHS webpage at www.dhs.gov/alerts, Facebook, and via *Twitter* @NTASAlerts. NTAS alerts and posters will also be displayed in places such as transit hubs, airports and government buildings.

NTAS threat alerts will be issued for a specific time period and will automatically expire. Alerts may be extended if new information becomes available or as a specific threat evolves.

On Jan. 27, Secretary Napolitano announced the new NTAS system during her "State of America's Homeland Security" address—kicking off the 90-day transition period with state and local governments, law enforcement, private and non-profit sector partners, airports, and other transportation hubs. In July 2009, Secretary Napolitano formed a bipartisan task force of security experts, state and local elected and law enforcement officials, and other key stakeholders to assess the effectiveness of the color-coded alert system. The results of this assessment formed the basis of NTAS.

DHS encourages citizens to follow NTAS Alerts for information about threats and take an active role in security by reporting suspicious activity to local law enforcement authorities through the "If You See Something, Say Something" public awareness campaign.

For more information on the National Terrorism Advisory System or to receive NTAS alerts, visit www.dhs.gov/alerts.

Imminent Threat Alert
Warns of a credible, specific, and impending terrorist threat against the United States.

Elevated Threat Alert
Warns of a credible terrorist threat against the United States.

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander



What can I do to help decrease my springtime allergies?

Spring means flower buds and blooming trees and if you're one of the millions of people who have springtime allergies, it also means sneezing, congestion, runny nose and other bothersome symptoms. Springtime allergies, also called hay fever and allergic rhinitis, can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep springtime allergies under control.

- Stay indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a dust mask if you do outside chores

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity

Several types of nonprescription medications can help ease allergy symptoms which include: Oral antihistamines, decongestants, and combination medications which contain both an antihistamine and decongestant. Please read the labels carefully and follow all instructions and warnings.

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available. If you have had seasonal allergies, your healthcare provider may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you. For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms.

As always, if you have any questions or concerns, please call or see your provider, or our support staff. More information on self care for allergies is available at Arctic Health Link located in the medical library at Bassett Army Community Hospital.

New rules

It must be spring because road conditions were set to 'green,' Wednesday and motorcycle riding is now permitted on post. When road conditions are elevated to higher levels motorcycles are not permitted, usually due to weather, ice or other safety hazards.

Which brings to mind a frequently asked question: Where are current road conditions posted? At each post entry point there are signs. There's a link on the home page, www.wainwright.army.mil, select "road conditions and reporting status. There's a recorded information line available to all vehicle operators and those who want to check for changes to post access; call 353-INFO or 353-4636.

Civilian motorcyclists are no longer required to have MSF certification cards to drive on post, as of Wednesday.

For more information, contact the Garrison Safety Office, 353-7083.



GI JANE: A regular voice for the military spouse, by the military spouse

Commentary by **GI Jane**, Alaska Post contributor

Well, it's official - Wainwright Soldiers are really going, or gone already. Some are going to Afghanistan; some to Iraq; and some will even go on frequent, extended TDYs to everywhere from Australia to Cambodia. So, we as military spouses now have a choice. What should this time look like? What accomplishments are possible? What fun and adventures are waiting for spouses this year? What are some goals to shoot for? How will Wainwright spouses handle the highs and lows of the coming year?

The forecast can look bleak in those first days and weeks of a deployment, but I predict abundant sunshine over the next few months for those of us who want to venture out in it.



Some spouses will complete education goals; some will achieve new fitness highs; and some will celebrate triumphant parenting achievements over the next year. This is all wonderful. But I am here to tell you that marching day by day into victory throughout the next 12 months, or however long is left in each spouse's deployment journey, will look entirely different for each person and is something everyone can do whether the accomplishment is the realization of a life-long goal or the knowledge that he or she has seen good days, made it through tough days, been a solid parent and a faithful spouse.

Spouses do not have to do this alone. Join the journey with your friends, neighbors and a new column in the Alaska Post. The GI Jane Column written by me, GI Jane, will provide a voice for military spouses facing deployment. From sharing humorous coping stories - we all have them - to passing on tried and true tips to other spouses and everything in between, this column can be a helpful resource in the military spouse deployment toolkit.

So, look for these columns twice a month. Read them. Share them with your friends and if you find something interesting, thought-provoking or helpful, respond. This is a column for military spouses, by military spouses. Get involved. Become part of making this next year better for other spouses and I guarantee that the

year will be better for you, too. How do I know? Well, I've been there. I am there. I know a few things. After all, I'm GI Jane. But then again, so are you.

Editor's note: The Alaska Post will feature the bi-weekly GI Jane column beginning in May. GI Jane is a composite character of many different military spouses and will offer a wide variety of viewpoints and perspectives. Submit column ideas and feedback to fwapao@wainwright.army.mil.

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Timothy Jones
U.S. Army Garrison Fort Wainwright PAO
Linda Douglass
Command Information Chief
Connie Storch
Editor
Allen Shaw
Staff writers
Trish Munlean
Brian Schlumbohm
Contributor
Sheryl Nix

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract.

Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated.

To advertise call (907) 459-7548

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6700 or 353-6701, or send emails to pao.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

CHALLENGE: Soldiers compete for USARAK top honors during competition

Continued from Page 1

NCO of the Year

Williams is the senior medic NCO at Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

The Raleigh, N.C., native has been in the Army six years. Williams and his wife Sahayla have one child and another due in July.

He said land navigation, in early spring conditions, was the toughest part of the competition.

"We did it in deep snow and we carried more gear than the [Expert Infantryman Badge competitors] did it in," Williams said.

A "mystery event" presented a unique and puzzling challenge, according to Williams.

"They gave us a box with a whole bunch of weapons parts mixed up in it and told us to put them back together in, like, seven minutes," Williams said. "It was all the skill level one weapons."

Soldier of the Year

Wells is a chemical operations specialist with the 95th Chemical Company, 17th Combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade.

The Falmouth, Ky., native has been in the Army for three years. He and his wife Rachel have two children.

Wells graduated from ITT Tech with an associate's degree in criminal justice in March.

He said recent field training with his unit helped prepare him for the competition.

"In my [military occupational specialty] you have to be able to do a little bit of everything," Wells said. "Shoot, move, communicate."

Wells said he had some tough competition throughout Warrior Challenge.

"Everyone gave it their all," said Wells. "Every event was challenging, five points separated me from the competition. In the end I knew I had to step it up to another level so when I went to the board I ensured that I maintained my military bearing and correctly answered my questions."



Sgt. Jonathan Williams (right), 4th Brigade Combat Team (Airborne), 25th Infantry Division and Spc. James Wells, 95th Chemical Company, 17th Combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade are presented trophies from U.S. Army Alaska Commanding General Maj. Gen. Raymond P. Palumbo, U.S. Army Alaska commanding general and USARAK Command Sgt. Maj. David Turnbull for being recognized as winners of the USARAK Warrior Challenge, at Joint Base Elmendorf-Richardson, April 15. (Photo by Staff Sgt. Brehl Garza/USARAK PAO)

Volunteers appreciated, recognized



Maj. Gen Raymond P. Palumbo, commander U.S. Army Alaska (far right) and Col. Timothy A. Jones, commander, Fort Wainwright garrison (second from the left) accept a symbolic check from the volunteer of the year awardees during the Volunteer Recognition Banquet, April 14 at the Last Frontier Community Activity Center on Fort Wainwright.

The check signifies \$1, 151, 233.89 in volunteer time contributed throughout the year. The awardees are (from left to right) Whitney Eastwood, teen-volunteer of the year and son of Chi Chi and Sgt. 1st Class Warren Eastwood, 28th Military Police Detachment, 793rd Military Police Battalion, Priscilla Delgado, civilian volunteer of the year, Inge Reyes accepting on behalf of her husband Richard Reyes as family volunteers of the year, Stephanie Hindrichs standing in for her husband Lt. Wolf-Ekkehard Hindrichs, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, active-duty volunteer of the year and Stacy Pledger, wife of Sgt. Daniel Pledger, 472nd Military Police Company, military spouse volunteer of the year. (Photo by Allen Shaw/Fort Wainwright PAO)

P.A.S.S. the Fire Extinguisher

Fort Wainwright Fire Prevention Office

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Portable fire extinguishers have limitations. A fire extinguisher is only to be used for small fires. As a rule always call 9-1-1 or have someone else call before you attempt to put out a fire. If you put out a small fire yourself, you should call the fire department to have them verify the fire is out and the area is safe.

Only a fire extinguisher after 9-1-1 has already been called. The fire should be small, no larger than a wastebasket. Identify your means of escape and make sure the fire is not between you and your escape route. Ensure you know how to operate the fire extinguisher and are comfortable doing so.

If you are not comfortable or the above conditions are not met you should not try to use a fire extinguisher. Alert other occupants, leave the building following your home escape plan, go to the agreed upon meeting place, and call the fire department from a cell phone or a neighbor's home.

To use a fire extinguisher, remember P.A.S.S.

Pull- The first step is to pull the pin, this prevents the handle from being squeezed.

Aim- The second step is to aim the spray nozzle, or if attached the hose nozzle, at the fire. Aim low at the base of the fire.

Squeeze- The third step is to squeeze the handle to spray the contents. Remember a standard fire-extinguisher has less than 30 seconds of spray time.

Sweep- The final step is to sweep back and forth as you spray the base of the fire.

A portable fire extinguisher is a great weapon against small fires, but only if it is used by a person who is ready willing and able. For any questions or to schedule hands on fire extinguisher training please call the Fire Prevention office at 361-9164 or 361-9166.

PLAN: Group raises issues, suggests improvements to quality-of-life

Continued from Page 1

The delegation of Youth and Teens tackled the issues affecting them.

They advised that they felt a need for a military teen support group on Fort Wainwright. According to their workgroup's findings, teenagers are often uncomfortable talking to counselors, teachers or parents for fear of being judged about what is shared. Their consensus would be to establish a support group facilitated by teens with the oversight of an adult advisor. The expected result would foster opportunities for teens to grow through leadership by planning and coordinating events to include indoor and outdoor social interactive activities and promote social well being and resiliency for the teens.

Their second issue, was a suggestion to create a voucher program option for military children in grades Kindergarten through 12. Their research found that many military children are not receiving the same quality of education from one state to another as a service member's family moves throughout their career, creating a unique educational challenge.

To remedy this, they suggested that Public Law 81-874 money to be

reallocated to fund a national voucher program for military children grades K-12 allowing parents to use funds for public, private or home schooling.

Since the conference these issues have been considered in two commander's steering committee meetings on Fort Wainwright and Joint Base Elmendorf Richardson. Assigned to local agencies, the issues are evaluated and action plans are determined to see whether local procedures can solve the problems.

The larger and more complex issues are sent onto U.S. Army Pacific. The Army's Pacific Region AFAP conference is scheduled for May 2 through 5, and will result in further reviews and discussions at the Commander's meeting scheduled for June 22 through 24. From this point issues will move onto the 2012 AFAP conference.

For more information on the AFAP conference, call Charles Lyons at 353-2382 or go to wainwright.army.mil and click on the AFAP link at the top right hand side of the page. Local AFAP issues are addressed in the Installation Action Council meetings.

The Perfect Party
Event and Wedding Planning
"Have Your Party at Our Place"
328-0848
theperfectpartybydebbie.com
617 Gaffney Rd. • Visit Our Store!
11 a.m.-6 p.m., Tuesday-Saturday

TOP NAILS
Professional Nail Care
Shopper's Forum Mall
Beautiful Nails in 30 Minutes!
• Sculpted Nail
• Tip Overlay
• Manicure
• Airbrush Designs
• Acrylic Nail
• Silk Wrap
• Spa Pedicure
• Gel Nail
• Waxing
• Solar Nails
10% off with this coupon
Tel: 451-0941
1255 Airport Way, #5A • Fairbanks, AK 99701
Open Mall Hours
100% Satisfaction Guaranteed
walk-ins welcome!

Fairbanks BEST Showcase
Noel Wien Library Auditorium
Thursday, April 28 from 2-6
FNSBSD Administration Building
Friday, April 29 from 11-4

District Tested Mom-Approved

- Learn more about Fairbanks BEST.
- Enroll for the 2011-12 school year.
- Explore different curriculum options.
- Participate in creative homeschool-related activities.

BEST Homeschool allows parents to choose the curriculum together with a certified education coordinator.

All BEST students are eligible to enroll in up to two classes at their local schools and participate in FNSBSD sports, activities and music programs with no deductions from the student's allotment.

For more information, call 452-2000, ext. 201 • <http://best.k12northstar.org>

Enrolling now!
Homeschool grades kindergarten through 12
Online program grades 6-12

Got drugs: Safe disposal option available to Fort Wainwright

Trish Muntean, Fort Wainwright PAO

In the past old and unused drugs were flushed away when no longer needed and it was perfectly acceptable. Now there is a better option, the National Prescription Take Back Day.

The first National Prescription Take Back Day, sponsored by the Drug Enforcement Agency was held September 2010. Americans turned in over 242,000 pounds of prescription drugs at nearly 4,100 drop off locations that day.

The 2011 National Prescription Take Back Day will be April 30 with drugs being collected locally for disposal at the Post Exchange from 10 a.m. to 2 p.m. by a representative from Bassett Army Community Hospital, a representative from Army Substance Abuse Program and a Fort Wainwright Law Enforcement Officer.

David A. Lemelin, Risk Reduction Program coordinator, said, "Medicine take-back programs for disposal are a good way to remove

expired, unwanted, or unused medicines from the home and reduce the chance that others may accidentally take the medicine."

RRP is a component of the Army Substance Abuse Program.

Capt. Sean O'Brien, a pharmacist at Bassett Army Community Hospital said that medicines should be disposed of when the medications are expired (the date should be on the bottle); if the medication is no longer needed, or if the patient has talked to their provider and they have agreed that the medication can be stopped.

Both Lemelin and O'Brien said that other options for disposal (flushing, throwing in trash) are not acceptable; in some cases a single dose of medication can be harmful if taken by someone it was not prescribed for. O'Brien also said the medications could fall in the hands of someone who may want to sell them if not disposed of properly.

The Drug Enforcement Agency website says that this initiative addresses a public safety and health concern, which may lead to accidental poisoning, overdose and abuse.

The DEA also provides these facts:

The non-medical use of prescription drugs ranks second only to marijuana as the most

prevalent category of drug abuse in the United States, according to the 2009 National Survey on Drug Use and Health.

Drug-exposed children cost society millions of dollars. The total lifetime costs associated with caring for babies that were prematurely exposed to drugs or alcohol range

from \$750,000 to \$1.4 million.

In 2009 7 million people over the age of 12 used prescription drugs for non-medical reasons during the month before being surveyed, a 13 percent increase over 2008, the 2009 NSDUH reports.

Pharmaceutical drugs, particularly controlled

substances, taken without a prescription or a doctor's supervision can be just as dangerous as taking illicit drugs.

So why take a chance of something bad happening to your loved one? Turn in expired or unwanted prescription medications, unneeded over-the-counter medications and medications that didn't work. The National Prescription Take Back Day program will accept medications for people and pets, tablets and capsules, April 30 from 10 a.m. to 2 p.m. at the PX.

Leave all medications in the original containers if possible. Please do not bring needles, drugs that can be injected, intravenous solutions or illegal drugs. These items will not be accepted.

The program is anonymous, no questions asked.

For more information, call the Risk Reduction Program coordinator at 353-1378.



(Photo by Brian Schlumbohm/Fort Wainwright PAO)

16th CAB trains for high-altitudes



Chief Warrant Officer 3 Mark Simon from 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade assists the National Park Mountaineering Rangers unloading survival equipment from a CH-47 Chinook on the Base Camp on the Lower Kahiltna Glacier. The base camp is used as a staging area for mountain climbers waiting to ascend Denali. (Photo by Staff Sgt Brehl Garza/USARAK PAO)



Lt. Col. Marc Hoffmeister, 6th Engineer Battalion, Alaskan Command, Joint Task Force Alaska, works on pullups with the help of wife, Gayle, in the couple's garage. The engineer's spouse motivated him throughout his recovery from wounds sustained in an improvised explosive device attack. He will ride with former President George W. Bush in the Warrior 100K starting Monday. (File photo)

Warrior 100K

USARAK Soldier rides with former president

Karen Travers, ABC News

Next week in Texas former President George W. Bush will host a 100 kilometer bike ride with 14 U.S. servicemen and women who were seriously wounded in Iraq and Afghanistan.

Dubbed the "Warrior 100K," the race will take place in Big Bend, TX from April 25 to 27.

"I'll be riding across the deserts of Texas with wounded warriors to show the unbelievable character of our men and women in uniform," President Bush said in a statement. "It's a 100-kilometer ride in the desert, and it's not a leisurely ride; it's a ride to herald people who were dealt a severe blow and said, 'I'm not going to let it tear me down.'"

Bush is an avid mountain bike rider who put his Secret Service detail through some grueling workouts during his White House years and rode on his Texas ranch with cycling star Lance Armstrong. The former president took up mountain biking after running proved to be too tough on his knees. Described by some who have ridden with him as "aggressive" and at times "reckless," Bush had a few biking accidents that left him with scrapes and bruises, including a fall in 2004 during a ride on his Texas ranch and a collision during a 2005 ride in Scotland that sent a Scottish police officer to the hospital.

Organizations like Challenged Athletes Foundation, Ride 2 Recovery, World T.E.A.M. Sports and the Wounded Warrior Project will be represented on the Warrior 100K ride, which is the inaugural event for the Social Enterprise initiative of the George W. Bush Presidential Center.

Taking part in the ride with President Bush will be: Sergeant Sam Cila, USA (Ret.) of Riverhead, NY; Sergeant Andy Hatcher, USMC (Ret.) of Alexandria, VA; Sergeant Major Chris Self, USA (Ret.) of Clarksville, TN; Lieutenant Colonel Patty Collins, USA of Killeen, TX; Corporal Jon Copesey, USMC (Ret.) of Vista, CA; Colonel David Haines, USA of Louisville, KY; Specialist Carlos Hernandez, USA of San Antonio, TX; Lieutenant Colonel Marc Hoffmeister, USA of Fort Richardson, AK; Staff Sergeant Scott Bilyeu, USAF (Ret.) of San Antonio, TX; Corporal Josh Davis, USMC (Ret.) of Vail, AZ; Sergeant First Class Dillon Behr, USA (Ret.) of Arlington, VA; Staff Sergeant Kenny Butler, USA (Ret.) of Barre, VT; Sergeant Bryce Cole, USA (Ret.) of Cypress, TX and Specialist Jake Lerner, USA (Ret.) of Jacksonville, FL.

Golf course preparing for the season of green

Trish Muntean, Fort Wainwright PAO

Fore!
The Chena Bend Golf Course is tentatively set to open no later than Memorial Day weekend. "But we are hoping to open it up earlier and it is all dependent on the weather," said Barry Colflesh, business manager, Chena Bend Golf Course.
"We are ready to rock and roll here pretty soon, but not quite yet," he said.
Earlier this week crews were trying to assist Mother Nature after a winter in which the area received an extreme amount of snow, Colflesh said.

After crews' snow blow the greens, tarps will be placed to create a greenhouse effect and when it is removed the ground will be fertilized and aerated, he explained.
Once the golf course is open, patrons will see many changes according to Colflesh.
"I've done some on-course improvements that I think are going to be noticeable to the guy who golfs everyday," he said. "Golfers will be surprised to see Hole 14 this year. DPW did an 800-foot bank reconstruction and it really came out nice. There will

be some alterations to the teeing grounds and there will be some ongoing repairs that they will have to look out for, but it will be a long term improvement that we will have to suffer through this year to get to grow in. After this it will be beautiful.
There will be changes on the driving range and the introduction of an E-range program.
"Basically it is a programmable, magnetic key we give to the customer that he can use at the machine. We don't have to be here and he can do it any time of the day or night as long as he has money on his key," Colflesh said. "It is a great bargain. Especially for those who like to utilize the range. It is a great program for them." Tokens and cash will still be an option. Balls can be obtained at a discount using the key.

Customers should look for improvements inside as well, he said. "I am bringing a whole selection of apparel this year. I am also bringing in some demo clubs. I will have some new putters and wedges and some prior year's product that I am going to try to sell also. We are going to have a lot of new things in the pro shop."

Golf carts, both motorized and pull, clubs and other equipment can be rented if customers decide on a round of golf at the spur of the moment.

Colflesh also wants to try a monthly special in the café and hopes even those who don't golf will drop by for lunch. He plans for the café and pro shop to open on May 2. The hours are set for 10 a.m. to 2 p.m.

Although a lot of things have changed since last season, the prices are the same as 2010. Season passes are currently on sale at Murphy Hall.

"We do promote playing 24 hours a day if you have an annual membership," Colflesh said. "If you don't, but want to come out and purchase your day pass for that night we will honor that. We would like you to start before 10 p.m. because after 10 p.m. our pro shop closes and we want to maintain control over who is out there and why they are out there in certain hours in the evening."

Colflesh warned that should anyone be tempted to play without paying, the golf course has military police doing random checks and employees that play late at night who might check if guests have paid.

"We are looking forward to this year," Colflesh said. "We are here because of our troops. If there is anything they see that we can do better, please let us know."



Luke Kline, an employee of Chena Bend Golf Course blows snow off the greens Tuesday, the first step of preparing the course for the season. After crews snow blow the greens, tarps will be placed to create a greenhouse effect and when those are removed the ground will be fertilized and aerated. (Photos by Trish Muntean/Fort Wainwright PAO)

Rucks are ready for the road



Rucksacks line the hallways of C Battery, 2nd Battalion, 8th Field Artillery headquarters building as nearly 100 Soldiers from the battery prepare to deploy from Fort Wainwright to Afghanistan in support of Operation Enduring Freedom April 11. (Photo by Maj. David Mattox/USARAK PAO)

Arctic Care 2011



Members of the Alaska National Guard drop off heavy loads of food and medical supplies in remote villages of Alaska, Monday. The supplies replenish medical teams isolated throughout northern Alaska during the Arctic Care 2011 mission. (Photo by Sgt. Craig Anderson/ 807th MDSC Public Affairs)

CHATANIKA GOLD CAMP

RESTAURANT ★ LODGING ★ SALOON

Easter Sunday Brunch Buffet • Sunday, April 24, 2011

Historic Mining Camp Bunkhouse



5550 (Mile 28) Steese Highway



\$22 for adults, \$10 for Kids 10 & under
MENU FEATURES:
At our carving table: Sliced Prime Rib au jus • Bone-in Sliced Ham
Alaskan Cod with Lemon Hollandaise
Presentation of Fresh Spring Fruits & Salads
Traditional Eggs Benedict, Biscuits & Country Gravy, Homemade
French Toast, "Banger" Sausages, Scrambled Eggs
Fresh Homemade Breads
Scrumptious Homemade Desserts, including Sugar-Free
Flowers for the Ladies, Eggs-tra treats for the kids
Call Now For Reservations at 389-2414



go your OWN WAY
THE BOMB BRUTEFORCE 750 4x4i
Kawasaki
Let's go!™

Alaska Fun Center

1817 College Rd
(907) 452-3455
1-800-478-3455
www.alaskafuncenter.com

Kawasaki
Let's go!™

NAPA AUTO PARTS

Pop-a-Deal for Discounts
Pop a balloon for discounts on your purchase at NAPA Alaska stores

Starting April 16th!

From April 16th - April 24th
Valid Saturdays and Sundays only, at participating locations.

what is it? when is it? where is it? *find it here!*

Earth Day activities



Just 41 years ago, there was no Environmental Protection Agency, no Clean Air Act, no Clean Water Act. A factory could dump poisonous waste into nearby streams or churn out black clouds of toxic smoke and it was perfectly legal. They could not be taken to court to stop it.

According to the website *earthday.org*, in the spring of 1970, Gaylord Nelson, then a Senator from Wisconsin, created Earth Day as a way to "force this issue onto the national agenda," after seeing the devastation of the massive oil spill in Santa Barbara, Calif. and in December 1970 Congress authorized a new federal agency to tackle environmental issues, the EPA.

Today is Earth Day and to mark the occasion there will be an Open House at the Last Frontier Community Activity Center from 11 a.m. to 4:30 p.m.

It is open to all Fort Wainwright military personnel, civilians and families. The event will feature special activities for children, demonstrations and giveaways including seedlings, piggy banks made from 69 percent post-consumer recycled content, Alaska friendly plants and seeds, and reusable grocery bags.

Those attending may drop off used electronics, cardboard and metal for recycling. This includes computers, TVs, VCR/DVD players, microwaves, stereos, phones, etc. Loose batteries and CD/DVD discs will also be accepted. Vacuum cleaners, exit signs, smoke alarms, VCR/cassette tapes, and light bulbs cannot be accepted. Household goods, toys and clothing may also be dropped off for reuse or recycling.

For more information on Earth Day activities, call 353-9746.

UPCOMING events

DJ COLLEEN SHANNON
Sat, Apr 23
Cover \$10

Marc Brown & The Blues Crew
Fri & Sat
April 24 & 30
9 pm

Special Opener Fri: The Skidmarks

Willie Porter
Fri, 7 pm
May 6
Tickets \$25

Special Opener: Antje Duvokot

Fri, May 6 • 10 pm

Sweating Honey
Sat, May 14 • 10 pm
Cover \$7

The Crystal Method
Thu, May 22
4 pm
Tickets \$25

Peter Rowan Bluegrass Band

**Wed, Jun 8
8 pm
Tickets \$25**

Barenaked Ladies
Fri, June 3
First Summer Show of the Season

Keller Williams
Sat
June 4
Tickets \$25

KING'S SPEECH
EXTENDED thru 4/23
Sunday Matinee 4/24 4 pm
LAST SHOW

HALL PASS
Next Week

THE ILLUSIONIST
Next Week

Blue Loon
457-LOON • Parks Hwy
TICKETS AVAILABLE ONLINE, GULLIVER'S & AT THE BLUE LOON
www.theblueloon.com

Warbelow's
Official Cessna Pilot Center Flight School

ALASKA PERFORMANCE SCHOLARSHIP (APS) PROGRAM!
Make aviation YOUR career!
High School Seniors Eligible

You can spend \$80,000 or more getting a college degree and 4 or more years of your life. Yet, many of the jobs you will qualify for will pay you only \$30,000 to \$50,000 per year! Or . . .

YOU CAN BECOME A PILOT!

At Warbelow's Air Ventures we can take you from novice to a professional pilot position in as little as 1 year. You can make \$25.00 per hour to start. Upon reaching your second year as a professional pilot you can be a First Officer on a Beech 1900C. Upon reaching your third year with us you can be making \$60,000 annually!

If you are interested in this program, or just becoming a pilot, give our Chief Instructor David Spence a call to discuss your future as a pilot
907-374-6206.

Warbelow's Air Ventures, Inc.
Official Cessna Pilot Center Flight School

Congratulations graduates

Submitted by Claire Murphy, Fort Wainwright education office

Soldiers, other military service members, civilians and family members graduated at a commencement ceremony Monday at Eielson Air Force Base. Degrees were acquired through several programs.

Central Texas College

Jose Cruz
Associates in General Studies

Frances D. Nelson
Associate of Applied Management

Wayland Baptist University

Todd Eric Wentland
Bachelor of Applied Science

Earnest James Dingus
Bachelor of Science in Occupational Education

Jerald L. Dunn Jr.
Bachelor of Science in Occupational Education

Eric L. Jones
Bachelor of Science in Occupational Education

Kimberly Canite Robinson
Bachelor of Science in Occupational Education

Philip Gene Newton
Master of Arts in Management

Amanda H. Perrizo
Master of Arts in Management

Ashford University

Kim Elaine Johnson
Bachelor of Arts in Sociology

Stephen B. Ball
Master of Arts in Organization

Park University

Christopher Lopardi
Bachelor of Science in Human Resources

University of Illinois-Chicago

Donald W. Kelly, Jr.
Master of Science in Health Informatics

University of North Texas

Laura Hare
Master of Library Information Science

University of Phoenix

Gregory A. Handy
Bachelor of Science in Management

Lenora A. Handy
Bachelor of Science in Criminal Justice

Saint Leo University

Jeanene Monroe
Associate of Arts

Trident University International

Alphonso L. Bynes
Master of Information Technology Management

Friday - 22nd

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

OPEN ICE SKATING, 5:30 to 7:30 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

SAS CARNIVAL, 2:30 to 5:30 p.m., School Age Services, Building 4391. Call 361-7394.

CELEBRATION OF THE LORDS PASSION, Stations of the Cross immediately following 7 p.m., Southern Lights Chapel

Saturday - 23rd

MOMC CARNIVAL WITH SESAME STREET, show times beginning at 10 a.m., 2 p.m. and 5 p.m. Physical Fitness Center, Building 3709. Call 361-7713.

MMA CAGE FIGHT WEIGH-IN, 6 to 9 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

WOMEN IN THE WILDERNESS GEOCACHING 101, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

STAMP-STACK CRAFT, noon to 3 p.m., Arts and Crafts Center, Building 3727. Cost is \$30. Open to all DoD cardholders 16 and older. Call 353-7520.

PASCHAL VIGIL, 10 p.m., Southern Lights Chapel

Sunday - 24th

SUNRISE SERVICE, 7 a.m., Birch Hill

Northern Lights Chapel, 10 a.m. - Sunday School, 11 a.m. - Protestant Worship, 5 p.m. - Protestant Youth of the Chapel.

Southern Lights Chapel, 9:30 a.m. - Catholic Education Classes, 11 a.m. - Roman Catholic Mass.

Bassett Army Community Hospital Chapel, 11 a.m. Gospel Bible Study.

Monday - 25th

ZUMBA FITNESS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10-class punch-card for \$70 and get an extra class free. Call 353-7274.

COPING WITH GRIEF, 2 p.m., Northern Lights Inn conference room, Building 3402. Call 353-6286 or 353-4248.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., School Age Services, Building 4391. Transportation for families is available at Northern Lights Inn at 9 a.m. Call 361-7394.

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

Tuesday - 26th

CHOLESTEROL CLASS, 2 to 4 p.m., Bassett Army Community Hospital, Call 361-4148.

GROUP CYCLING, 6:30 a.m. and 5 p.m. sessions, Physical Fitness Center, Building 3709, Call 353-7223.

STRESS MANAGEMENT, 3 to 4:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-6286 or 353-4248.

Wednesday - 27th

HYPERTENSION CLASS, 1:30 to 2:30 p.m., Bassett Army Community Hospital. Call 361-4148.

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

HOOR OF POWER: GROUP STRENGTH, noon to 12:45 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

MOTHER'S DAY IS COMING "MAKE YOUR OWN" EVENT, 4:30 to 6 p.m., Post Library, Building 3700. Call 353-4137.

ANGER MANAGEMENT, 3 to 4:30 p.m., Behavioral Health conference room, Building 4066. Call 353-6286 or 353-4248.

PARENT AND YOUTH ADVISORY COUNCIL MEETING, 11:30 a.m. to 12:30 p.m., School Age Services, Building 4391. Call 3617394.

Thursday - 28th

SINGLE PARENTING, 10:30 a.m. to noon, Northern Lights Inn Conference Room, Building 3402. Call 353-6286 or 353-4248.

TOBACCO USE CESSATION, 12:30 to 4:30 p.m., Bassett Army Community Hospital. Call 361-4148.

GROUP CYCLING, 6:30 a.m. and noon sessions, Physical Fitness Center, Building 3709, Call 353-7223.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., School Age Services, Building 4391. Transportation for families is available at Northern Lights Inn at 9 a.m. Call 361-7394.

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 459-7548.

HOT DEAL
on
newsminer.com

Monday - Friday

AT LEAST 50% OFF!

Go online and sign up now to get HOT DEALS sent directly to your in-box.



For your information

THRIFT STORE CLOSED

The ASYMCA thrift shop is closed today so that the staff can be at the Last Frontier Community Activity Center for Earth Day.

While there, the staff will be collecting items for re-use and recycling. Clean out your closet, garage and car and drop off items like clothes, shoes, toys, unused diapers your kid out grew, winter gear, sports gear and furniture.

Call 353-5962 for more information on what can and cannot be accepted.

BROWNIE BRIGADE

The ASYMCA is looking for some big-hearted women and children (men too) willing to make cookies, breads, snacks and sandwiches for Operation Snack Attack.

If you like to bake, want to make people smile and love to feel appreciated, call Katrina at 353-5962 for more information.

KINDERGARTEN REGISTRATION

Arctic Light Elementary School kindergarten registration will be May 2 and 3 at the school.

Children must be five by Sept. 1 to be enrolled. A birth certificate and Social Security card are required to complete registration.

Students will also be required to have immunizations records and proof of address like a housing letter, utility or insurance bill.

It is not necessary for the child to accompany the parent to registration.

For more information call Gena Bolton at 356-2038 extension 201.

HOLOCAUST OBSERVANCE

Medical Department Activity-Alaska and the Equal Opportunity office will host the Fort Wainwright Holocaust Observance May 5 at the Physical Fitness Center from 1:30 to 3 p.m.

The theme for this year's observance is Justice and Accountability in the face of Genocide and the guest speaker will be Rabbi (Col.) Mitchell Ackerman.

For more information, call Sgt. 1st Class Elliot Hardee at 353-9264.

HELP WANTED

If you love kids and need a job the ASYMCA may be able to help.

Teddy's Child Watch, located at Bassett Army Community Hospital needs two part time assistants to help care for children left in their care while the parents are at medical appointments.

Applicants must have experience working with children, complete CPR and First-Aid training, have a high school diploma or equivalent, be able to lift up to 25 pounds and meet additional requirements.

The starting rate for this position is \$8.50 an hour.

To apply, e-mail or fax your resume to Diana Frayne 552-4651 or email Diana.frayne@akasymca.org.

ID CARD OFFICE CLOSED

The DEERS/ID card office is closed today to relocate. It will reopen Monday in Building 3401, room 125.

To schedule an appointment for DEERS/ID Cards go online at <http://appointments.cac.navy.mil/>

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.

TOASTMASTERS

Members of the community who are interested on honing their speaking skills are invited to join Toastmasters International which now has a club at Fort Wainwright.

By learning to effectively formulate and express ideas, it opens an entirely new world of possibilities for personal growth and professional development. Club members will learn to be more persuasive and confident when giving presentations and will learn ways to improve one-on-one dealings with others.

Toastmasters meets Tuesdays, from noon to 1 p.m. at the Last Frontier Community Activity Center.

For more information on Toastmasters, contact Eileen Wallace at 353-9156 or via e-mail at eileen.j.wallace@gmail.com or Alison Boyce at 750-9223 or ahboyce@gmail.com.

Armed Services YMCA, serving those who serve America

Trish Muntean, Fort Wainwright PAO



Kia and Brandon Ahalt, daughter and son of Tracey and Spc. Fawnell Burkett, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, do an arts and crafts project at the ASYMCA's Operation Hero Program at Arctic Light Elementary School. The program curriculum is designed to help children in all aspects of their lives and includes homework assistance, discussions on topics such as responsibility, friends and family, respect, anger control and conflict resolution. The program also teaches participants how to deal appropriately with their feelings. (Photo by Trish Muntean/Fort Wainwright PAO)

From the time Soldiers land at the Fairbanks airport to the time they leave Fort Wainwright the presence of the Armed Services YMCA is obvious.

When most people think of the YMCA they think athletic programs and inexpensive hotels. The ASYMCA has a different purpose. There are no gyms or swimming pools, but they do offer a variety of programs to improve the quality-of-life for military personnel and their families.

"The mission of the Armed Services YMCA of Alaska is to serve adequately, efficiently and timely, all military members and their families," said Katrina Sczesny, program coordinator, ASYMCA of Alaska.

The ASYMCA has been serving the military since 1861. Sczesny said that in the Fairbanks area it offers programs such as Operation Snack Attack, Teddy's Child Watch, Y-on-Wheels, Food Pantry, After-5-Boutique, the Military Courtesy Lounge and Operation Hero among others.

The presence of the ASYMCA in Fairbanks is obvious as soon as a Soldier arrives. The military courtesy lounge in the Fairbanks airport provides a comfortable place to wait for a ride to post.

If a Soldier has arrived at Fort Wainwright, but his wheels have not, he might want to take advantage of the Y-on-wheels shuttle service. It provides door-to-door transportation for \$1 a person one way, anywhere on post. The shuttle is one of the Y's most used programs and it is recommended that those needing a ride call 24 hours in advance.

Operation Snack Attack is in full swing for the current deployment, Sczesny said. "What we do, is with the help of our volunteers and the help of our community with their donations of comfort items and food products, we get together, make sandwiches, put out snack cakes, granola bars, bottles of water and (soft drinks) and basic care items such as lotion, small bottles of shampoo, razors, and shoe-laces." When Soldiers get off the bus they go through the line and take the care and comfort items as they choose, with it being limited to one per person. Once everyone has been served, the Soldiers are then allowed to come back and take whatever they need.

"We are the last faces they see before they get on that plane, so we always make sure that our volunteers are full of smiles and full of ears," Sczesny said.

While Operation Snack Attack currently has enough volunteers, the ASYMCA needs boot-laces, razors, feminine hygiene products, mouth wash, dental floss, writing pads and pens for the program. These items can be dropped off between 8 a.m. and 5 p.m., Monday through Friday at the ASYMCA office which is located at 1047-4 Nysteen Road.

For a family on a budget the ASYMCA can help stretch those hard-earned dollars.

The thrift shop offers anything from household goods to clothes for kids. It also offers a place to get

rid of all those things that don't need to go when moving.

If you need a gown for a fancy function, the After-5-Boutique offers a large selection of evening wear for loan. There is no cost to borrow a dress, all that is asked is that it be dry-cleaned before being returned. If you find the perfect dress, but it is not in the right size, you can even have it altered to fit.

Anyone wanting to go to the hockey game doesn't have to pay full price for the tickets. The ASYMCA offers Ice Dog tickets at a discount. Sczesny said the ASYMCA is the only place in Fairbanks that offers military discounted Ice Dog tickets, which includes playoff tickets at the same price.

Taking a family to the movies can be an expensive venture. The ASYMCA has free tickets to the AAFES movie theater at Eielson Air Force Base. About 175 tickets are available at the beginning of each month and Sczesny said those tickets are distributed on a first come, first serve basis.

Financial problems are not the only challenges faced by military families. Sometimes children struggle academically because of the stress of military life. Operation Hero, an ASYMCA program offered at the Arctic Light Elementary School, is a 10-week after-school program to help them get back on track. Children work with a facilitator on lessons to help them learn skills to cope and to be successful, both in and out of the classroom.

Our goal is to have Operation Hero in at least five schools in the fall, Sczesny said.

For families whose kids are not yet in school, child care for a parent's medical appointment can be hard to find. No need to look any further. The Teddy's Child Watch is located at Bassett Army Community Hospital and is designed to be a safe place for parents to leave their children while they are at a doctor's appointment. Children can be dropped off by appointment at Teddy's Child Watch during hospital hours and can be left there for up to two hours. Children are entertained with cartoons and toys while mom or dad is away.

The ASYMCA recently hosted the annual Father-Daughter Ball. With over 400 people in attendance it is said to be one of the year's most successful programs.

If you have time to share, the ASYMCA can find a job for you to do. For information on how you can get involved or to find out more about ASYMCA programs call 353-5962.

Buzzed? Don't Drive
Call 353-6610

new hope
METHODIST PRESBYTERIAN CHURCH
SUNDAY SCHOOL
ALL ages at 9:30 a.m.
SUNDAY MORNING WORSHIP
at 11:00 a.m.
2371 Bradway Road in North Pole • 488-9191
www.newhopempc.com

Macs in Alaska
Training and Technical Support for Apple® products
Fast on-site service
Upgrades and installations
www.macsinalaska.com • sales@macsinalaska.com
(907) 978-2298

CLEAR VISION OPTOMETRY, INC.
Clear vision begins with healthy eyes
Call for your appointment
Dr. Matthew Riley 452-2131
Dr. Chad Personett
1867 Airport Way, #150-A Fairbanks, Alaska (next to Wendy's)

Del's Cafe
Breakfast Specials
3513 Industrial Ave.
456-7829
Saturday
• Cordon Bleu Omelet with Home Fries or Hash Browns and Toast...\$11.50
• Taco Omelet with Home Fries or Hash Brown and Toast...\$11.00
Sunday
• Chicken Fried Steak, 2 Eggs, Hash Browns or Home Fries and Toast...\$11.50
• Eggs Benedict with Hash brown or Home Fries...\$11.00
Hours: Saturday 6 a.m.-4 p.m. • Sunday 8 a.m.-4 p.m.

GREAT NORTHERN SHEDS
BUILT ALASKAN TOUGH!
Base price includes professional on-site construction
Many optional features available
Layaway available
Sheds • Garages • Utility Buildings • Greenhouses
Outhouses • Carports • Decks • Backyard Workshops
Screened-in Porches • Pole Barns • and More!
CALL TODAY! 385-0265
email: greatnorthernsheds@gci.net
Check out displays at mile marker 352 Richardson Hwy in between Fairbanks and North Pole
Photos, prices, specs at www.greatnorthernsheds.com

FISH ALASKA!
Guided Fishing (Salmon or Grayling)
Scenic Floats
Alaska Wilderness Enterprises
488-7517
Purchase by May 1 & receive
10% OFF
TRIPS DURING
2nd Week of June
3rd Week of July
WITH THIS COUPON



Deals So **HOT...** They're Burning Before They Get Here!*

2000 Dodge Ram 1500 4X4 Regular cab, #F5055 **\$7,777**
 2000 Toyota Tacoma 4X4 V6, Double cab, #F5035 **\$10,777**
 2003 Dodge Ram 1500 4X4 Hemi, Quad Cab, #F5147 **\$14,477**
 2003 GMC Yukon 4X4 Four Door, #F5049 **\$11,977**

2006 Ford Ranger 4X4 Supercab, C5026 **\$16,977**
 2006 Honda Accord Coupe, #C5105 **\$15,977**
 2007 Chevrolet Equinox LS AWD 4 Door, #F5043 **\$15,777**
 2007 Ford Expedition XLT 4X4 4 Door, #F5075 **\$25,777**
 2007 Jeep Liberty Sport 4X4 #F5082 **\$14,777**
 2007 Mitsubishi Galant 4 Door Sedan, #F5068 **\$10,977**
 2008 Chevrolet HHR 4 Door, #F5069 **\$13,577**
 2008 Chevrolet Tahoe LT 4X4 F3997 **Make Offer**

\$200 Credit On Your One-To-One Rewards Card
 For Every Vehicle Purchased April 16-30, 2011

0% FINANCING
 Most New 2011 **NISSANS** OAC

No-Commitment 5-Minute Appraisals
WE NEED CARS & TRUCKS
 Paid For Or Not!

2008 Nissan Altima S Sedan, #F4099 **\$15,777**
 2008 Nissan Altima S Sedan, #F5031 **\$16,777**
 2008 Nissan Sentra CVT 4 Door Sedan, #F5103 **\$11,977**
 2008 Nissan Titan 4X4 Crew Cab, #C5050 **\$26,977**
 2008 Nissan Versa S 5 Door Hatchback, #F5129 **\$10,977**
 2008 Nissan Versa SL 5 Door Hatchback, #F5121 **\$11,977**
 2008 Toyota Rav4 LTD 4X4 #F4055 **\$18,977**
 2008 Toyota Tundra Double Cab, F5066 **\$17,777**
 2009 Chevrolet Silverado 1500 4X4 Extended Cab, #F5059 **Make Offer**
 2009 Ford Explorer XLT 4X4 #F5104 **\$9,997**
 2009 Kia Spectra EX 4 Door Sedan, #F5110 **\$9,997**
 2009 Kia Spectra EX 4 Door Sedan, F5112 **\$9,997**

2004 Ford Mustang Coupe #F5017 **\$9,977**
 2004 Ford F-150 XLT 4X4 Supercab, #F5071 **\$16,777**
 2005 Kia Sportage 4X4 V6, Four Door, #F5114 **\$12,777**
 2006 Acura TSX FWD Sedan, #F5124 **\$18,977**
 2006 Chevrolet Aveo 5 Door Wagon, #F5100 **\$7,777**
 2006 Chevrolet Cobalt LS #F5065 **\$8,777**
 2006 Chevrolet Uplander LS Mini Van, #F048 **\$12,577**
 2006 Ford F-150 4X4 Supercab, #F5108 **\$19,777**
 2006 Ford F-150 4X4 Supercab, #5150 **\$18,377**

2008 Ford Fusion SEL AWD Sedan, #F3870 **\$17,277**
 2008 Ford Fusion SEL AWD V6, 4 Door Sedan, #F5115 **\$17,777**
 2008 Ford F-150 Super Crew, #F5149 **\$20,977**
 2008 Ford F-150 4X4 Super Crew, #F5078 **\$26,777**
 2008 Kia Sedona LWB 4 Door, #F5099 **\$17,977**
 2008 Kia Optima LX 4 Door Sedan, F5098 **\$11,377**
 2008 Kia Rondo EX Van V6, #F55145 **\$15,777**
 2008 Nissan Altima 4 Door Sedan, #F5140 **\$18,777**
 2008 Nissan Altima Sedan, #F5144 **\$18,577**

Allowances Up To \$1 000 Over NADA Trade Values

All Of Our Previously Loved Vehicles Are Safety Inspected

We Will NOT Be Undersold!

2009 Kia Spectra 4 Door Hatchback, #F5123 **\$11,977**
 2009 Kia Spectra EX Sedan, #F5120 **\$11,977**
 2009 Kia Spectra EX Sedan, #F5111 **\$11,977**

*Actual Truck Fire, Ester Hills, Destined For Stanley Nissan, FAirbanks

SHIFT, Into What Makes You Happy!

Ask About



Stanley NISSAN

www.stanleynissan.com

2610 So. Cushman • Fairbanks • 907-452-1701 • 1-866-452-1701