

ALASKA POST

Home of the Arctic Warriors

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AT A GLANCE

READY FOR SCHOOL



Safety, planning and communication
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BIKING ACROSS U.S.



Duty, Honor, America
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WEEKEND WEATHER

Friday

Mostly sunny
Low 45 High 70
Light winds

Saturday

Mostly cloudy
Low 45 High 65
Light winds

Sunday

Mostly cloudy
Low 45 High 65

Forecast courtesy of the National Oceanic and Atmospheric Administration



Soldiers' cross display set during a memorial ceremony at the Fort Wainwright Southern Lights Chapel to honor fallen Soldiers, 1st Sgt. Kenneth B. Elwell and Pfc. Tyler M. Springmann, from the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade, 25th Infantry Division, Aug. 4, 2011. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

Arctic Wolves honor, remember fallen comrades

Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO

The 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division here conducted a memorial ceremony Aug. 4, in the Southern Lights Chapel for 1st Sgt. Kenneth B. Elwell and Pfc. Tyler M. Springmann who were killed during an attack on their dismounted patrol by insurgents using an improvised explosive device July 17.

Elwell, 33, from Holland, Pa., joined the Army in October 1997 and served at Fort Riley, Kan., Korea and Fort Benning, Ga., before arriving at Fort Wainwright in March 2011. He had two previous deployments to Iraq, as well as a deployment to Bosnia.

Springmann, 19 of Hartland, Maine, joined the Army in June 2010, completed basic training at Fort Benning, Ga., and arrived at Fort Wainwright in October 2010.

The 4,000-Soldier brigade began deploying to Afghanistan in mid-April for a one-year tour in support of Operation Enduring Freedom.

School planning, a successful start

Staff Report, Fort Wainwright PAO

The new school year starts next week. Many of you are busy preparing for your kids to return to their classrooms. You have bought supplies, new clothes, new shoes, new coats and boots and mittens. You have stocked up on lunch items and after-school snacks. You have after-school child care in place. Vaccinations are current.

That's the expensive part. There are a number of other things you can do that won't cost too much and will help your children be at their level best during the day.

First, find out where your child's classroom is located. If the school has an open house, attend with your child. Meet the teacher and spend a few minutes getting acquainted. That will help put your child at ease on the first day and alleviate some of his stressful feelings. Next, get the bus schedule and make a plan that will ensure your child will not have to hurry to the bus stop.

See **SCHOOL**, page 2

16th Combat Aviation Brigade joins Joint Base Lewis-McChord



Soldiers march past a Ch-47 Chinook helicopter Aug. 1 during the 16th Combat Aviation Brigade change of command and activation ceremony at Gray Army Airfield. The aviation brigade relocated from Ft. Wainwright, Alaska to Joint Base Lewis-McChord, Wash. The 16th CAB ceremony included the activation of 46th Aviation Support Battalion and the 2nd Battalion, 158th Assault Helicopter Regiment. The 4th Squadron, 6th Air Cavalry Regiment, which was already stationed at JBLM, was redesignated and repatched as the 4th Squadron, 6th Attack Reconnaissance Regiment. Former commander of 16th CAB, Col. Robert Werthman, traveled from Alaska to relinquish the brigade to the new 16th CAB commander, Col. Robert Dickerson. (Photo by Ingrid Barrentine/Northwest Guardian)

Soldiers, Army retirees, cycle to raise awareness

Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO

With more than 15,500 miles logged and 48 states covered in over 300 days, Douglas Adams and his wife, Debra Lewis, continue their Duty, Honor America Tour in the 49th state of their journey starting at Fort Wainwright making their way down to Joint Base Elmendorf-Richardson.

The tour was to "raise awareness throughout the country by cycling 50 states in one year for America's veterans, military and their Families," Adams said. "To make sure our country remembers that we still have [service members] that are still serving, sacrificing and have committed their lives to the defense of this nation on a daily basis."

Adams and Lewis explain how the tour is their way of continuing to serve their country and how it is designed to educate and inspire Americans to pay attention to what really helps our veterans, military members and their Families.

"Both my wife and I are veterans," Adams said.

After retiring in 2,000, Adams worked a lot with the Washington State Veterans Affairs.

"We saw what [veterans] were going through, and it was

important that what they're going through was something that we as a country did not forget about," Adams said.

"The idea of cycling was a latecomer to the entire concept," Adams said. "I had just got the bike in 2009. I hadn't been riding, not a professional cyclist and two weeks later said 'I need to cycle all 50 states for our veterans and military Families.'"

"It's really about serving, whether serving your country in uniform or serving your country in your community, that's where the fulfillment comes from," Adams said.

Adams and Lewis continue to serve their country by raising awareness for veterans and their needs via a cross-country bike ride.

Adams said the military has a negative stigmatism about asking for help and because of this many veterans, military and Family members suffer needlessly and Adams wants to change that.

"It doesn't mean that you are weak when you seek help," Adams said. "And if [troops] are seeking help, it is incumbent upon us to have our arms open to them."

See **CYCLE**, page 4



Douglas Adams, Army retiree, speaks at the Fort Wainwright Youth Center about the Duty, Honor America Tour which is in its 49th state of a 50 state journey. Starting at Fort Wainwright, he and Soldiers from Fort Wainwright will bike to Joint Base Elmendorf-Richardson. The tour is to raise awareness by cycling 50 states in one year for America's veterans, military and their Families. "To make sure our country remembers that we still have [service members] that are still serving, sacrificing and have committed their lives to the defense of this nation on a daily basis," Adams said. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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It's time for school; slow down, obey the law, and watch for children



Maurice Fischer,
Directorate of Emergency Services director

It is the most wonderful time of the year - at least for parents - as schools are about to reopen. As the start of school has an educational theme, it is my goal to give drivers information of an educational value.

Over the short Alaskan summer, drivers who routinely use Neely Road, 599th or 600th Street may have forgotten that Fort Wainwright is home to Arctic Light Elementary School.

The Fort Wainwright Police will be out in force to ensure that children are able to safely reach the school grounds. The Fort Wainwright Police will have zero tolerance for speeding through school zones. Drivers observed traveling one mile per hour over the posted speed limit will be cited for the violation. In Alaska, drivers that are caught speeding through a school zone will be fined up \$300.

Drivers also need to be aware that as the schools reopen the school buses hit the streets. Therefore a refresher lesson on school bus etiquette is in order.

The important things to remember about school buses are they carry children and that when the red lights are flashing it is illegal to pass a school bus.

Essentially, drivers must stop 30 feet away from a school bus any time the vehicle is stopped and the red lights are flashing. The exception to this law is if the school bus is operating on a roadway with a separation in the lanes such as a highway. Drivers need not stop for a school bus that is stopped with flashing red lights that is traveling in the opposite direction. The law in the State of Alaska classifies this offense as a Class B Misdemeanor, which is much more severe than a traffic infraction.

Another tip for parents is that school bus drivers can and often do report the make, model and license plate number of vehicles that break this law. In these instances, if the driver is not ticketed for the violation by a law enforcement officer, a citation can be given to the vehicle owner with a fine not to exceed \$100.

Save money, save lives - drive carefully around school zones. Watch for students walking and bicycling to school. Start the year off safe for everyone.

SCHOOL: Planning a successful start

Continued from page 1

Allow enough time for any street crossings or other delays such as icy sidewalks.

Stick to that schedule starting at day one and there should be no missed buses.

Set a bedtime and enforce it. Your child should get the amount of sleep that works for him. Sleep requirements vary by age, and some kids need more than others. If you're not sure, try different bedtimes until your child is getting up easily and rested, and making it through the day with no difficulties.

You will need to get your child up with enough time to bathe, get dressed and eat breakfast before sending him off to school. Is your child a dawdler? Does she spend an hour getting dressed? Does he play with his food at breakfast? Allow for these individual traits to avoid the last-minute rush for the bus.

To keep the mornings rolling smoothly, set up a spot for your child's belongings - backpack, books, lunch or lunch money, permission slips and anything else he may need - should all be kept in the same spot every day. That way you can simply put everything in the backpack and he can grab it on his way out the door.

Always send your child to school with a hearty healthy breakfast

in his stomach and a nutritious lunch in his backpack. Give him healthy snacks after school to stave off hunger before dinner. For help, contact your primary care provider or call 361-4000 to schedule an appointment with a nutritionist.

Review safety rules with him and ensure he knows the importance of following them.

Give him time after school and on weekends to be a kid. Leisure activities, whether they be sports or indoor activities, are as important to his growth and well-being as homework. Stay attuned to your child. Notice his moods and listen to his comments. He will let you know if something is wrong.

Encourage him, praise him and empower him to do his very best. By following a few simple suggestions, you can give your child a good start to the school year, hopefully a start that will develop into a good habit. And that will make the whole year easier on the entire family.

For information on required school supplies, immunizations, lunch menus, school calendar and more, visit www.k12northstar.org/. For information on bus routes, go to www.k12northstar.org/departments/transportation/bus-routes/ or www.k12northstar.org/about/map.

Medical Department Activity - Alaska Corner

National Immunization Awareness Month

Karen Fell, Bassett Army Community Hospital

National Immunization Awareness Month occurs in August with a goal to increase awareness about immunizations across the life span to include infants, children, teens, adults and the elderly. Immunizations, or vaccines, have been one of the most significant public health achievements in the 20th century by contributing to the reduction or elimination of many childhood diseases. It is now rare for children in the United States to experience the harmful or deadly effects of these illnesses. Many of today's parents have never seen many of these diseases due to the successful immunization programs.

Vaccines offer safe and effective protection from various infectious diseases. Vaccines work by triggering a response of the body's immune system when they are given. The body will produce antibodies, proteins that recognize and target the disease-causing bacteria and viruses. These antibodies help the body get rid of the bacteria and viruses before they have a chance to cause the disease. Most vaccines are given by a shot; however, some are given orally (by mouth) or via a nasal spray.

Vaccines come in a variety of types such as live-attenuated, inactivated and toxoids. The live-attenuated vaccine contains a weakened living bacteria or virus that does not cause the actual disease in patients with a healthy immune system. If a patient's immune system is compromised, they should not be given a live-attenuated vaccine. An example of a live-attenuated vaccine is Measles, Mumps, and Rubella.

Inactivated vaccines can be safely given to patients with weakened immune systems; however, they may need an additional, or booster, dose. Examples include the Poliovirus vaccine and the Hepatitis B vaccine.

For diseases caused by bacteria-releasing poisons or toxins, a toxoid vaccine can be administered to protect an individual against the disease. The Diphtheria vaccine is an example of a toxoid.

There are several steps to consider when preparing to be immunized. Before the vaccine, be sure to review the vaccine information sheets which explain both the benefits and risks of the vaccine. Clinics are required by law to provide these information sheets. Talk to your health care provider about the risks and benefits of vaccines, as well as, the potential consequences for not vaccinating against certain diseases. Before you or your child receives a vaccine, be sure to tell your provider if you, your child, or a sibling has ever had a bad reaction to a vaccine. Ask about conditions under which you or your child should not be vaccinated including being sick or having an adverse reaction to a vaccine or its ingredients. Remember that all adverse reactions should be reported to the Vaccine Adverse Event Reporting System which is maintained by the Food and Drug Administration and the Centers for Disease Control.

As we approach the fall and winter months, it is a good time to review and catch up on any past-due immunizations. Flu season will be arriving soon, so be sure to watch for the flu immunization clinics offered through Bassett Army Community Hospital and get your vaccine before the rush. Also, remember to review your immunizations if you are planning any travel outside of the United States. Many countries require certain immunizations in order to visit.

Getting immunized is a lifelong, life-protecting effort regardless of age, sex, race, ethnic background or country of origin.

How the diabetes dilemma can affect you

Shari Lopatin, TriWest Healthcare Alliance

More than 8 percent of the entire U.S. population has diabetes, according to the American Diabetes Association (ADA).

And another 79 million Americans are in danger of becoming diabetic. That's more people than the entire country of France.

With such staggering numbers, what is causing this epidemic?

"Over the past decade, obesity has become recognized as a national health threat and a major public health challenge," say the Centers for Disease Control and Prevention (CDC) on their website. "Obese adults are at an increased risk for many serious health conditions, including ... Type 2 diabetes."

Over the past 20 years, obesity has increased dramatically throughout the U.S., according to the CDC. Thirty-three of the country's 50 states had at least a quarter of their population obese in 2009. Only Colorado and Washington D.C. kept their obesity prevalence to less than 20 percent.

The ADA identifies people who are overweight or obese, and who don't exercise regularly, at higher risk for developing diabetes. Therefore, as the country grows less active and collectively gains weight, more and more people will become diabetic.

Many other health problems can develop once a person becomes diabetic, including heart disease and stroke, high blood pressure, blindness, kidney disease and

nerve system disease.

Prevent diabetes! Eat right and exercise.

Here are some tips on preventing the onset of Type 2 diabetes, from the ADA:

Make a grocery list when shopping and buy more fruits, vegetables, and whole grains.

Purchase leaner meats—such as chicken and fish—and stick to lower-fat dairy products.

Take a brisk walk every day (such as in the morning or after dinner).

Join an exercise class, such as dance, aerobics, or weight-lifting.

Gently stretch every night before bed.

For more healthy living tips, visit TriWest's Healthy Living Portal at www.triwest.com/healthyliving.

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Want more information?

Visit www.triwest.com/DiabetesSelfMgmt.

ALASKA POST

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Getting outback with Outdoor Recreation

Connie Storch, Fort Wainwright PAO

The scenic photos taken by Family and Morale, Welfare and Recreation Venus Sun illustrate just some of the natural wonders Outdoor Recreation is determined to share with Soldiers and their Families. Outdoor Recreation offers custom trips for patrons interested in experiencing more of what Alaska has to offer.

See **OUTDOORS**, page 5



Backpacking through the Brooks Range during the Outdoor Recreation Center's June trip. (Photo by Venus Sung/ Family and Morale, Welfare and Recreation)

iWATCH: See something, say something

Allen Shaw, Fort Wainwright PAO

August is Antiterrorism Awareness Month and the Army community is reminded that anyone and everyone has the power to stop unnecessary acts of violence. The iWATCH program was developed to focus and encourage Army-wide community awareness and outreach efforts to address important topics related to protecting communities from terrorist acts.

Since Sept. 11, 2001, more than 30 terrorist plots against the United States have been thwarted by the vigilance of U.S. law enforcement and intelligence communities, according to a report on www.heritage.org. At least two of the attempts were foiled by the efforts of ordinary citizens being on guard.

The iWATCH program focuses specifically on Family awareness and includes posters and pocket cards depicting indicators of potential terrorist activity and how to report suspicious behavior. "Antiterrorism and security professionals keep the community safe by putting together pieces of a puzzle, but it is the eyes and ears of the community that provide those pieces," said Dan Gilson, Fort Wainwright garrison antiterrorism officer. "Situational awareness is everybody's responsibility," Gilson said.

There are program materials available for Family readiness groups and military Family members to reinforce personal safety, security and prevention of terrorists acts. Training and education resources include personal briefings on individual awareness, as well as videos and public service announcements highlighting antiterrorism and security.

For more information on Antiterrorism Awareness Month or the iWATCH program, call the garrison Force Protection Office at 353-6095 or visit Army OneSource at www.myarmyonesource.com.

Child, Youth and School-age Services flex to meet community needs

Allen Shaw, Fort Wainwright PAO

With another school year rapidly approaching and many Fort Wainwright Families dealing with the deployment of their Soldiers, the Directorate of Family and Morale, Welfare and Recreation's Child, Youth and School Services is adjusting to meet the needs of the community.

Beginning Oct. 1 Army Families could see an increase in their child care fees, while others will see a reduction and some will see no change.

"Fee increases are a reflection of the phase-in process of getting us to our end result in school year 2012-2013," said Heather Bauer, Fort Wainwright DFMWR program operations specialist at Child, Youth and School Services. "We are essentially in year two of the three-year process."

According to Maj. Gen. Rueben Jones, commander of the FMWR Command, the Army will ensure outstanding child and youth programs and quality of life for Soldiers and Families commensurate with their service. "Army Families," he said, "will continue to have access to some of the best child and youth programs found anywhere in the world. These programs are an important part of our military communities and will continue to be great value for our Soldiers and their Families."

Along with scheduled fee changes are adjustments in hours and locations of programs to better accommodate Fort Wainwright Families. "With our ever-changing community due to deployment, FMWR is finding that the CYSS facilities need to be flexible. During the deployment the hourly care requirement increases due to the Army Family Covenant

support the deployed Families receive," said Mary Jo Lohrenz, DFMWR director. "When Soldiers are in the community and the AFC benefits are not authorized the requests for hourly care decrease."

The Child Development Center 1 recently configured the building and spaces available based on a projected waitlist and expected needs for child care by the community. "By turning our building into a full day care only, we were able to open up another preschool classroom and offer 20 more full day slots to Families," said Betsy Sandborn, director, CDC1. "The preschool-age group historically has been one of the longest waitlists. By opening up the extra spaces we are able to almost eliminate the waitlist for preschool-aged children," she said.

The Strong Beginnings program is a kindergarten readiness program that started in 2008. Children can be enrolled in this program the fall they are expected to start kindergarten. Sandborn said, "Strong Beginnings incorporates the early learning standards within our curriculum to enhance our program and help children develop the skills and basic academics they will need for kindergarten. Strong Beginnings has been a huge success and we have received positive feedback from the kindergarten teachers of the

public schools where our former students now attend," she said.

As for the fee increases, Bauer said, "The most highly impacted is the full-day child care category 1 Families that will see a \$10 per month increase and our 5-day part-day preschool category 5 Families that will see a \$14 per month increase."

The Department of Defense recently conducted an in-depth study of the child development program fee policy. As a result, they determined current fee ranges were no longer in sync with the total Family income for a majority of the users and fees have not kept pace with the increasing costs of providing care.

"While the cost of providing child care has risen each of the past six years, the value of the programs has also increased for Soldiers, their children and the Army," said Peggy Hinson, CYSS director at FMWR.

"Our child care programs promote early learning. Most Army programs are nationally accredited and most importantly, Soldiers can concentrate on their mission, knowing their children are safe and well cared for in a fully-accredited child care system," she said.

For more information on programs available or any questions regarding Child, Youth and School Services, call 353-9505.

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CYCLE: Through Alaska, raise awareness

Continued from page 1

"[During this tour] we have also found out that sometimes Americans don't know how to help," Adams said. "We have been able to say there are a variety of ways, often times it is just a matter of taking the time."

We know that troops are busy," Adams said. "So when we have the chance to at least say 'thank you,' that's not just from us, that's from the folks we have had the chance to meet with." Nearly 20 children rode alongside Adams from Fort Wainwright's Youth Center to the main gate while six Soldiers from Fort Wainwright and JBER will ride with him throughout his entire 6-day trek between the two military installations.

Among those riding from Fort Wainwright to JBER were Lt. Col. Marc Hoffmeister, 6th Engineer Battalion commander; 2nd Lt. Daniel Frederick and 2nd Lt. Justin Smith, 23rd Engineer Company, 6th Engineer Battalion; 1st Sgt. Kelly Smith, Medical Activities Command-Alaska first sergeant; Lt. Col. Melissa Hoffman, assistant deputy commander for nursing, MEDDAC-Alaska; Sgt. 1st Class Marquis Turner, MEDDAC-Alaska, and Sgt. Michael Globoke, an unmanned aircraft systems repairer with 5th Squadron, 1st Cavalry Regiment.



Douglas Adams gives participants a safety brief in front of the Youth Center, Monday as youth join him on a bike ride to the front gate of Fort Wainwright. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Douglas Adams wears patriotic colors as he rides with more than 20 children and Soldiers from Fort Wainwright and Joint Base Elmendorf-Richardson as he starts the Alaska portion of the Duty, Honor, America Tour, riding more than 350 miles across his 49th state, Aug. 4. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

"It's so much easier for me when I have company on the ride," Adams said. "This is going to be a terrific experience for me and hopefully they will enjoy it as well."

Smith recalled how he met Lewis at his graduation from West Point last year.

"[Lewis] was telling me about this tour at my graduation," Smith said. "I just couldn't believe how much they cared about Soldiers and their Families, to ride over 16,000 miles in order to promote [the tour] and try to build some awareness."

"I just happened to get an e-mail from my battalion commander saying basically 'the Duty, Honor America Tour is here in Alaska; does anyone want to ride?' and I said I would definitely love to," Smith said.

"Having talked to thousands of people, between my wife and I, we can say that this country is firmly behind our troops, is firmly behind our veterans, wants to make sure that they're taken care of and that they know America cares for them," Adams said.

"Anybody can help another individual," Lewis said. "And usually when you help another individual... who benefits... Both benefit, and that is what we hope to accomplish here."

At the conclusion of the tour, Adams will have cycled over 18,000 miles to honor and raise awareness for the veterans and military Families of the United States military. Their message they repeat in every state and at every military installation along the way, "it is ok to ask for help, it is ok to offer help and it is what veterans really need."

Parents, it's time to learn the slanguage

Allen Shaw, Fort Wainwright PAO

It's hard to believe school starts next week. Most back-to-school articles you read will provide information parents need to give their students direction to make the educational experience rewarding.

As is many instances, communication is the key to success. So as a parent I began researching a subject called "slanguage" and found information that may help parents understand what in the heck their teen is saying. One website, www.thesource4ym.com/ teenlingo provided an excellent educational tool with a disclaimer explaining that although much of it is humorous, a good portion is offensive. As the author, Daniel White Hodge, writes, sadly, all of the phrases can be said in a PG

movie. It is up to the reader to do the additional research, but here is enough to get you started.

All-up-in-my-biznezz, all-up-in-my-grill and all-up-in-my-kool-aid means someone is trying to obtain information from an individual. It also means that someone could be interested in their belongings. So if you are trying to see if your son or daughter has all his or her necessary school supplies, or if they completed a homework assignment, you might have to interpret and appropriately respond to one or more of these phrases.

Bank, scrilla and benjamins refer to money or allowance and I was pleased to see that it was still occasionally called bread. Just be careful when you are asked for

a c-note, because that will put a serious dent in your cash flow. If you ever see them grabbing for your wallet, politely ask them to please stay out of your kool-aid or you'll be all-up-in-their grill.

Of course, chilling means to hang out with your friends with no purpose or reason. Chillaxin' is a combination of hanging out and relaxing. If you want to know what chizzilin' or marinatin' means, refer back to chilling. This isn't a bad thing, especially if you know where they are chillaxin' and who they are marinatin' with.

"How are you?" or "What's happening?" is occasionally replaced by yo, what-up, wuddup, wassup, what's crackin', what's crackalackin', what's poppin or simply sup? I believe the correct response is nuttin', just chillin' or simply yo, s'ite and s'kay.

As with many of the terms, s'ite, s'kay and a'ight (pronounced "ite") are used when you don't have the energy to say it's alright, it is okay or alright. Remember, being cool and going to school can be tiring.

Some of the easier things to remember are that your house, where they live is considered their crib. The clothes they wear have to be clean (which doesn't always mean washed), cool (which seldom had to do with temperature) and tight (which doesn't always mean with how they fit). And along with a nice shirt and trousers, they always appreciate bling (accessories) and some new kicks (shoes). This will easily tap the bankroll, make you bust out the benjamins and say "see you later" to a c-note or two.

BTW (by-the-way), if they are

cheezin' (smiling) at someone who isn't their BFF (best friend forever), it could be their Boo (boyfriend or girlfriend). If the relationship is strictly platonic and it isn't a BFF, it could be their dogg or dawg, which is an enduring title for given friends. I guess your dog could also be your dawg.

Among the most confusing conversational pieces of the puzzle are words frequently used to describe something that is ridiculously good or someone who is excellent at what they do. This is when your teen refers to something as bad, sick, ill or nasty. If it is disgusting though, it is still bad, sick, ill or nasty. You are on your own here.

As we all plunge into the school year and spend gobs of cash on school supplies, clothes and other miscellaneous stuff to give our children the best education available, let us not forget the value of communication. We can't expect them to clue us in on everything they say or always say what they mean. It is our job to also expand our vocabulary.

For now I will make sure my son stays out of my grill, buy him some new kicks, sick threads and spend redonkulous benjamins so things aren't wack around the crib. Although I will have to pass by my favorite gourmet coffee stand for awhile and drink the cheappicinos from the convenience store, everything will be poppin – that's right, as in Mary Poppins, where everything is perfect in every way. Can you dig it?

OUTDOORS: With Outdoor Recreation

Continued from page 3

Alaska has to offer. Whether it's fishing, backpacking, hiking or relaxing in a backcountry cabin, there's no need to wait until a prescheduled trip. Contact the ORC staff to learn more about what they have to offer at 361-4089 or if you're ready to make reservations, call 361-6349.

The next Dall River Pike Hunt takes place Aug. 19-21. A trip to the Dall River drainage, a remote tributary of the Yukon River brings anglers questing for northern pike up to 40 inches long. Customers bring their own breakfast, Alaska fishing license, fishing rod, tackle, small cooler, bug repellent, rain gear, sleeping bag and pad. The fee is \$110 per adult and \$99 per youth 15-17. Transportation, tents, coolers with ice, lunch and evening meals are included with the fee.

A trip to Valdez Sept. 2-4 puts anglers into the sweet spot for Silvers, salmon highly-prized for their flavor. An Alaska fishing

license is required to fish. The fee is \$219 and space is limited.

An overnight camping trip at Granite Tors Sept. 10-11 should offer scenic views, berries ripe for picking and peak fall foliage. Hike the 16-mile loop and enjoy an evening under the stars or with luck, catch a glimpse of the northern lights. The cost is just \$40 per person 14 and older (Family member teens must be with a parent).

Sweet rewards await those who choose to go berry picking with Outdoor Recreation around local hills Sept. 17. There's no fee to attend, but sign up early; space is limited.

Hit the trails during the all-terrain vehicle ride in the White Mountains at Quartz Creek scheduled for Sept. 18. Enjoy crisp, fresh air and fall foliage on this day trip. Customers bring their own lunches, snacks and beverages; goggles; gloves and over-the-ankle boots as well as a daypack and bungee cord to secure the pack to the ATV.

For information about any of these trips or a custom tour for your group or Family, call 361-4089 or visit Outdoor Recreation near the main gate in Glass Park, Building 4050.



Venus Sung, Family and Morale, Welfare and Recreation, graphic designer, stands outside camp during her Outdoor Recreation trip, experiencing the Brooks Range first-hand. (Courtesy photo)

"Good Grief" offers roadmap, hope for healing

Sheryl Nix, Alaska Post Contributor

Loss is one of those universal concepts that everyone seems to experience at some point in life. It can take many forms and according to Chaplain (Maj.) Dwight Broedel, Fort Wainwright's Family Life chaplain and acting garrison chaplain, members of the Fort Wainwright community are not alone in their grief.

"A lot of the folks I deal with are in one way or another dealing with grief," he explained. "As soon as you say the word 'grief' most people think of the loss of a loved one, which is bereavement, but the reality is that the older you get the more you lose, and anytime you lose something you love you go through grief."

Examples of other types of losses can include losing friends to PCS moves, job opportunities, pets and health. Empty nest syndrome when parents adjust to new lives without their children living at home is a form of grief. Deployments with husbands and wives coming and going also create loss for many Families, he said.

Broedel has teamed up with the Survivor Outreach Services program to offer hope to those in the Fort Wainwright community dealing with loss through a dinner and seminar entitled "Good Grief: A roadmap through a painful process," Aug. 26, 6 to 8 p.m. at the Westmark Hotel in Fairbanks.

Broedel has worked with the SOS program since its inception here and said he collaborated with Michelle Benjamin, SOS program coordinator, to create the seminar to shine light on a very big issue in the Fort Wainwright community.

"A lot of times people say they feel so alone like they are the only ones going through this," he said. "They question whether they're crazy and why they feel happy one minute and then sad the next. They think they should be over it already. The truth is that it's normal. So how do we help people understand what normal looks like? The first step is awareness. Where are you in the process because everyone is somewhere in the process, including denial."

Thanks to a special grant from the chief of chaplains, the seminar will feature a dinner plus instructional and inspirational speakers free of charge to participants. There will also be a companion program for children.

"Children go through this, too," Broedel said. "While the adults are going through their seminar we're going to have a parallel program focusing on kids with age-appropriate programming that deals with grief."

Priority was given to members of the SOS program who have experienced the loss of a military member, but registration is currently open to all military Families who have experienced loss. Seminar space and childcare slots are limited and advanced registration is required.

"I think this will be a great opportunity for all who have experienced a loss to come out and find out how to get through a very painful process," Benjamin said.

For more information about the SOS program or to register for the "Good Grief" seminar, call 353-4004.

Keep encouraging your Soldier, stay connected

GI Jane, Alaska Post Contributor

As we get further into this deployment a lot of things are starting to settle into routine. Especially as winter approaches and kids are heading back to school most of us are "getting in the groove" and have come to grips with the reality of life without our Soldier. Along with that comes the potential to forget how much Soldiers need our continued support to keep the mission going over there. I'm writing this as a fellow GI Jane because I need to be reminded of it myself.

At the onset of the deployment the packages were frequent, mostly because of requests from the front for things my husband needed -- boots, webcam, food and whatever else he forgot or wasn't able to squeeze into his already overstuffed duffel bags. Then it slowed down to every few weeks when we could collect enough kid pictures or remembered something that he likes that we could send -- preferably that wasn't chocolate so that it wouldn't melt. Honestly, now it has become more of once-a-month occurrence in our house where I'll have the kids scribble a note or draw a quick picture to stick into a box last minute as I try to sneak into the post office just before closing, or maybe just wait until the next day to send it, or the next day. You get the point.

I was recently reminded of a friend who had "Daddy Day" every Friday in her house throughout her husband's deployment. Planning a regular event like this doesn't mean that you have to send a package every week but the point is to do something each week that reminds you and the kids of something about deployed dad or mom; or if you don't have kids, something that would remind you of your Soldier. This could be going for a hike in his or her honor, making his or her favorite meal or just going out for ice cream to celebrate being one week closer to his or her return. The most important part of these special days is to let Soldiers know that their Families were thinking about them and provide them with some kind of encouragement, showing deployed moms, dads, husbands, wives, sons and daughters that their families are proud of them and can't wait for them to come home.

Even if it is sending an e-mail to let your Soldier know of the activity in his or her honor or making a short video to send in an envelope, the point is that our Soldiers need our constant encouragement and reminders that even though life goes on when they are not here, they are still needed and an important part of our lives. Especially with the hectic pace of duty in a war zone when they may not be able to respond to our letters and emails or call as frequently as we would

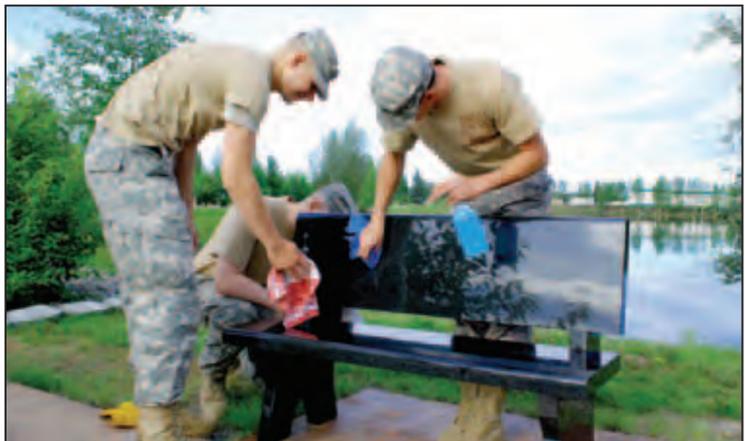
like them to, they need to know that they are remembered and appreciated. I know that it is easy for me to think, "Well he hasn't emailed me all week so I'm not going to send him anything." But chances are those are the times he needs my encouragement all the more.

So with school starting and schedules changing a bit, I'm resolving to institute "Daddy Day" in our house. It may not be something huge every week but a few of the things on my list are: send him a birthday cake in a jar with a can of frosting -- works great for anniversaries or birthdays; take the kids for a family bike ride; paint kids' hands and send their handprints so he can see how much they are growing; make a movie of us having his favorite dinner or kids playing piano for him; make a family snowman scene in the front yard; have a wrestling match with my boys; rent his favorite movie -- even if it's not mine -- and watch it then send it to him and start a blog that he can read to learn about what's going on here at home, including funny stories of things kids did, adventures we had, etc.

I'm excited, even as I write this, to get back in the habit of being more purposeful in my communication with my Soldier. It is easy to let the days go by and let those days turn into weeks without this because life is busy and demands on my time and energy levels are great. Even if most of what I do already has to do with our military life or something to do with my Soldier, I want to be more intentional about letting him know that he is missed and that we are remembering him and wishing he were here. He needs that affirmation, to know that what he's doing is important and that we are supporting him 100 percent.

So I challenge you -- have a "Daddy Day" or a "Soldier Day" once or twice a month or even every week. Feel free to send in ideas to the email address below of what you've done or are planning to do or what was a big hit with your Soldier. Most of all, have fun and let your Soldier know that he or she is your number one. You'll be glad you did come R and R and redeployment time.

Editor's Note: The Alaska Post features the GI Jane column every other week. GI Jane is a composite character of many different military spouse contributors and offers a wide variety of viewpoints and perspectives. We would like to hear from readers. Submit column ideas and feedback to pao.fwa@us.army.mil.



Community Partnership Day

Airmen from Eielson Air Force Base joined Soldiers from Fort Wainwright and members of the local community for the 11th Annual Community Partnership Day Aug. 3 at Memorial Park on Fort Wainwright. Volunteers met to spruce up Monterey Lakes Memorial Park by cleaning monuments, pillars and benches, pruning trees and installing three flower beds. The park honors service members from all branches of the armed forces.

The first monument was erected in 2007 to memorialize the 30 Soldiers from the 172nd Stryker Brigade who perished during their deployment from 2005 to 2006. Soldiers from the 172nd Stryker Brigade Combat Team, Task Force 49, now called the 16th Combat Aviation Brigade and the 1st Stryker Brigade Combat Team, 25th Infantry Division who made the ultimate sacrifice are honored with 30 black granite pillars, one for each Soldier lost in addition to the brigade's memorial. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

what is it?
when is it?
where is it?

find it here!

Friday – 12th

EFMP CRAFT NIGHT, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Call 353-4243.

DALL RIVER PIKE HUNT, Departs from the Outdoor Recreation Center at 8 a.m., Building 4050. This is a 3-day event. Cost is \$110 for adults and \$99 for children under 15. An Alaska state fishing license is required. Call 361-6349.

COPING WITH PTSD, 10 to 11:30 a.m., Army Community Service, Building 3451. Call 353-6286.

TALENT SHOW, 3:30 to 5 p.m., School Age Services, Building 4166. Call 361-7394.

TELL ME A STORY – THE REMARKABLE FARKLE MCBRIDE, 4 to 6 p.m. Last Frontier Community Activity Center, Building 1044. Call 353-7755.

TEENS 'TILL TEN, 5 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. For youth 13-17 with ID only. Call 353-2654.

Saturday – 13th

YOUTH SERVICES BACK TO SCHOOL DANCE, 5:30 to 10 p.m., Youth Center, Building 4109. Call 361-5437.

WEIRD STORY HOUR AND CRAFT, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-4137.

COMMUNITY GAME DAY, 1 to 6 p.m., Post Library, Building 3700. Call 361-4137.

ZUMBA FITNESS CLASS, 1 to 2 p.m., Physical Fitness Center, Building 3709. Class is \$7. Call 353-7223.

TEENS 'TILL TEN, 5 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. For youth ages 13-17 with ID only. Call 353-2654.

Sunday – 14th

CATHOLIC EDUCATION CLASSES, 9:30 a.m., Southern Lights Chapel

SUNDAY SCHOOL, 10 a.m., Northern Lights Chapel

ROMAN CATHOLIC MASS, 11 a.m., Southern Lights Chapel

PROTESTANT WORSHIP, 11 a.m., Northern Lights Chapel

GOSPEL BIBLE STUDY, 11 a.m., Bassett Army Community Hospital Chapel

PROTESTANT YOUTH OF THE CHAPEL, 5 p.m., Northern Lights Chapel

Monday – 15th

SCREAM FREE PARENTING, 2:30 to 4:30 p.m., Army Community Service, Building 3451. Call 353-6286.

SAFETY CLASS, 6 p.m., Auto Skills Center, Building 3730. Call 353-7436.

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

Tuesday – 16th

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

CONCEPT BLOCKS OF AFTB LEVEL 1, 9 a.m. to 3:30 p.m., Army Community Service, Building 3451. Call 353-2382.

STRESS MANAGEMENT, 3 to 4:30 p.m., Army Community Service, Building 3451. Call 353-4248.

SETTING BOUNDARIES, 6:30 to 8 p.m., Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

Wednesday – 17th

AFTB CONCEPT BLOCKS LEVEL 2, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

MANAGING CONFLICT IN MARRIAGES AND FAMILIES, 10:30 a.m. to noon, Army Community Service, Building 3451. Call 353-6286.

GROUP STRENGTH FITNESS CLASS, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ANGER MANAGEMENT, 3 to 4:30 p.m., Behavioral Health Conference Room, Building 4066. Call 353-4248.

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

Thursday – 18th

AURORA SPOUSES, noon to 1 p.m., Army Community Service, Building 3451. Call 353-4333.

CONCEPT BLOCKS OF AFTB LEVEL 3, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

ROMP AND STOMP PLAY MORNING, 9:30 to 11 a.m., Youth Center, Building 4109. Call 361-7713.

MAGIC PARENTING, 2:30 to 4 p.m., Army Community Service, Building 3451. Call 353-4248.

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-4137.

CUSTOM PICTURE FRAMING CLASS, 5:30 to 8 p.m., Arts and Crafts Center, Building 3727. Cost is \$35. Please bring a picture to frame. Open to participants 16 and older. Call 353-7520.

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

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Suicide prevention and awareness training

Coming in September, safeTALK prepares community members of all kinds to be suicide alert helpers in only a few hours. safeTALK participants are aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. They want persons with thoughts to invite their help. They know the TALK steps (Tell, Ask, Listen and KeepSafe) and can activate a suicide alert. As a part of the KeepSafe step, they connect persons with thoughts to persons trained in suicide intervention. Helpers trained in suicide intervention complete the helping process or link the person with more specialized help. A carefully crafted set of helping steps and the use of creative educational processes make it possible for up to 30 people in your community to leave safeTALK willing and able to be suicide alert helpers.

SafeTALK training is available Last Frontier Community Activities Center:

- Sept. 7, 1 p.m. - 4 p.m.
- Sept. 8, 8 a.m. - 11 a.m.

Call Fort Wainwright Army Substance Abuse Program, 353-1370 for reservations.

TERRORISM AWARENESS TIPS

Social networking awareness

Only post what you are comfortable with the whole world seeing. Most people don't realize that a post on a social-networking site is a post to the entire world. The intimacy of the medium creates a false sense of privacy when, if anything, the Internet is even more open than most public communication. You don't know who is watching your every move.

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For your information

MAIN GATE TRAFFIC

Traffic revisions begin today at the post's main gate. Contractors will renovate the guard booths and the exterior of building 4027, along with some additional site work at the main gate beginning Aug. 15. The intent is to leave two inbound lanes open for entrance to the installation during normal business hours.

The Directorate of Public Works is working with the Directorate of Emergency Services to coordinate the traffic flow patterns to ease congestion, but drivers should expect traffic revisions and possible delays when entering the post. Officials ask all drivers to drive with extra caution and watch for personnel working in the area. Work on the project is expected to last until Oct. 1.

DEFENSE TRAVEL SYSTEM

TDY travelers turning in Defense Travel System forms should attach eTicket receipts to vouchers for traveling to and from TDY destinations. The entire itinerary is not needed, only the eTicket receipt portion. Travelers using the DTS system will find the eTicket receipt when they log into www.virtuallythere.com.

The traveler will need the DTS CTO confirmation number from the itinerary to log into virtually there.

GOOD GRIEF DINNER

People with military ties who have suffered pain and loss of a loved one are invited to attend a Good Grief seminar and dinner hosted by Fort Wainwright chaplains in Fairbanks, Aug. 26.

See Good Grief story on page 5, Sign up by Aug. 19.

Call 353-4004 for reservations or questions about the Good Grief Seminar and dinner.

BUS SERVICE TO SAS

Due to rezoning by the Fairbanks North Star Borough School District, transportation to the School-Age center is limited. Currently bus service will only be available for students attending Ladd Elementary School at a cost of \$20 per child per month. For kindergarten students and anyone needing only one-way transportation to Ladd Elementary School, the cost will be \$10 per child per month.

For more information call 361-7394.

INAUGURAL MOTHER-SON OUTDOOR ADVENTURE

Armed Services YMCA presents, "Good Ol' Fashioned American Picnic," A fun-filled day with a BBQ, scavenger hunt, relay races, fly-tying lessons, plus more hands-on mother-son activities noon to 4 p.m. Aug. 20 at Pioneer Park.

Tickets are \$5 for the mother and son plus \$2 for each additional son and may be purchased at three locations: ASYMCA Welcome Center on Fort Wainwright; the Family Readiness Center at Eielson Air Force Base and 168th Wing Family Readiness Office. For information call the ASYMCA at 353-5962 or visit Facebook.com/asmcaofalaska.

LEGAL NOTICE

Anyone having claims against, or who is indebted to, the estate of Chief Warrant Officer 2 Eric C. Corl, D Company 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade, may contact Capt. Matthew Ardaiz, Headquarters and Headquarters Company, 1st Battalion, 52nd Aviation Regiment, 16th CAB, 3010 Montgomery Road, Fort Wainwright, Alaska 99703, or call 353-0151.

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ON THE LINKS AUG. 13-14

Chena Bend Golf Course will host several tournaments tomorrow and Sunday. Golfers not participating in the tournaments may find it difficult to get tee times. Chena Bend will be hosting the State Senior Amateur tournament Saturday and Sunday. The course will also host the Senior Men and Women Alaska State Qualifier Aug. 13. Open play will be available for the public starting at 2:30 p.m. both days.

For more information, call the golf course at 353-6223.

MILITARY APPRECIATION DAY

Military Appreciation Day at Pioneer Park Aug. 27, noon to 5 p.m.

Prizes & giveaways (with military ID), free food for the first 2,000 people, free carousel, train rides, mini-golf, various kids' activities, art galleries, museums and shops. For more information visit, www.fairbankschamber.org.

CUB SCOUTS PACK 6 MEETING

A Cub Scouts Pack 6 meeting will take place Aug. 30 at 6 p.m. at Birch Hill Ski lodge.

Boys 1-5 grade are welcome to attend. For more information please contact Cub Master William Romanoff at 378-9567

SAVE THE DATE: OKTOBERFEST IN AUGUST

A three-day event, Oktoberfest will feature authentic food, beverages and entertainment to Fort Wainwright's Soldiers and Families Aug. 26-28. There will be a live music all three days, a Volksmarch and activities for kids of all ages, hosted by Fort Wainwright's Family and Morale Welfare and Recreation Division.

The Oktoberfest bier tent and all activities will take place on the green by Nugget Lanes Bowling Center.

Oktoberfest opens Aug. 26, at 4 p.m. There will be a traditional keg tapping ceremony to launch the fest. There will be live music all three days of the festival. Country musician Ken Peltier, will perform Friday evening from 8 to 10 p.m. Peltier's band has performed as the opening act and sharing stages with Jessi Colter, Tim McGraw, Clint Black, Toby Keith, Trace Adkins, Mark Chesnut, Montgomery Gentry, Billy Dean and Emerson Drive. For music samples and more information, visit www.kenpeltier.com.

The bier tent, food and vendor booths will feature Family Readiness Groups and downtown restaurants for three days. Look for taste temptations such as bratwurst, schnitzel, sauerkraut and more. The Oktoberfest continues Saturday from noon to 10 p.m. leading off with the Volksmarch.

The Volksmarch is a social, walking activity, although runners are welcome too. Just show up and choose one of two routes - one is approximately 3.5 miles, the other about 5.5 miles. There's no need to sign up in advance and it's free to participate. More information will be available at the Physical Fitness Center.

Avery Wolves, winners of this year's Battle of

HUNTING SEASON

All users of Army lands are required to register for a Recreational Access

Pass, known as a RAP card, and are urged to call into the U. S. Army Alaska Recreation Tracking System for updates regarding the opening and closing of training areas for recreational use. The automated, USARTRAK RAP number is 353-3181 at Fort Wainwright; 873-3181 at Fort Greely; and 384-3181 at Joint Base Elmendorf-Richardson. Registration for RAPs can be done at the Main Gate Visitors Centers at Fort Wainwright, Fort Greely and Joint Base Elmendorf-Richardson.

Hunters on Forts Wainwright and Greely may call either number. Hunters at Joint Base Elmendorf-Richardson must use the 384 prefix.

Fort Wainwright and Fort Greely RAP holders who have problems checking in may call the Environmental Office at 361-9686 for assistance.

PWOC FALL KICKOFF

Protestant Women of the Chapel Fall Kickoff Aug. 25, 9:30 a.m. at the Northern Lights Chapel. Don't miss the beginning of the fall semester with food, fellowship, Bible study signups and free childcare. For more information, contact PWOC at wainwright@

The Bands, will perform at the tent beginning at 3 p.m. Aug. 27. Static Cycle, the Anchorage band that's receiving attention from national media and a growing fan base will perform for military members, families, civilians and retirees festival Day 2 from 8 to 10 p.m. Aug. 28. Oompah music anyone? Fort Wainwright's own 9th Army Band will perform Aug. 26 from 4 to 6 p.m. and Day 2 from 1 to 2 p.m. Sweating Honey will take the stage at 3:30 p.m. to help wrap up Day 3 of Oktoberfest. Musical influences include reggae, Latin, hip-hop, country rock, bluegrass and R and B.

While an all-ages event, the third day and close of Oktoberfest will have a family-friendly focus. Oktoberfest hours are: 4 to 10 p.m. Aug. 26; noon to 10 p.m. Aug. 27 and noon to 5 p.m. Aug. 28. There's no admission fee to join in any of the Oktoberfest activities. An update and more details will be available in next week's Alaska Post. At press time, additional entertainers continue to sign up with the FMWR special events coordinator. Individuals and groups who are interested in performing or doing a demonstration for one, two or more 30-minute sets during the festival, contact Megan Brown at 353-6043.

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Girls
3rd & 4th Grade (Minors).....10:00 a.m.
5th & 6th Grade (Majors).....11:00 a.m.
7th & 8th Grade (Jr.).....Noon

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PLUS, FREE FOR 3 MONTHS

HBO + starz + SHOWTIME + cine max

HBO GO + starz ON DEMAND + SHOWTIME ON DEMAND + max GO

NEW INCLUDED at no extra charge NFL SUNDAY TICKET™ GUARANTEED!*

2 FREE HD DVR and HD Receiver Upgrades \$298 value! Additional fees apply.

\$39.99*
For 12 Months After Rebate

The CHOICE ULTIMATE™ Package

MOVIE LOVERS' TV PACKAGE.

- OVER 225 Digital Channels
- 11 EXTRA Movie Channels Included
- FREE HD With Auto Bill Pay!*
- DIRECTV CINEMA™ Over 6,000 Shows and Movies

PLUS, FREE FOR 3 MONTHS

HBO + starz + SHOWTIME + cine max

HBO GO + starz ON DEMAND + SHOWTIME ON DEMAND + max GO

NEW INCLUDED at no extra charge NFL SUNDAY TICKET™ GUARANTEED!*

2 FREE HD DVR and HD Receiver Upgrades \$298 value! Additional fees apply.

All offers require 2-year agreement. ** Package pricing may vary in certain markets. Free HD requires Auto Bill Pay.† To the extent that there is a 2011 NFL season, customers will be automatically enrolled in 2011 NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go at no additional cost. * \$10 Demand channels require an HD DVR (\$199) and DIRECTV CINEMA Connection Kit (\$25), available separately.

PLUS With every package you get:

- NO Equipment to Buy. NO Start-Up Costs.
- FREE Professional Installation
- Higher Customer Satisfaction Ratings than Cable
Among the largest national cable and satellite TV providers.
- Local Channels Included in over 97% of the U.S.



Switch today and save! **CALL NOW!**

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Your Local Authorized DIRECTV Dealer



Offers end 10/5/11. Credit card required (except in MA & PA). New approved customers only (lease required). \$19.95 Handling & Delivery fee may apply. Applicable use tax adjustment may apply on the retail value of the installation.

***BILL CREDIT/PROGRAMMING OFFER:** IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVALING RATES. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Free SHOWTIME for 3 months, a value of \$38.97. Free HBO, Starz, SHOWTIME and Cinemax for 3 months, a value of \$135. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: CHOICE \$60.99/mo., CHOICE XTRA \$65.99/mo., CHOICE ULTIMATE \$70.99/mo. Prices include a \$26 rebate for the CHOICE Package and above for 12 months, plus an additional \$5 with valid email address. Eligibility based on ZIP code. Upon DIRECTV System activation, customer will receive rebate redemption instructions (included in customer's first DIRECTV bill, a separate mailing, or, in the state of New York, from retailer) and must comply with the terms of the instructions. In order to receive \$31 monthly credits, customer must submit rebate online (valid email address required) and consent to email alerts prior to rebate redemption. Rebate begins up to 8 weeks after receipt of rebate submission online or by phone. Duration of promotional price varies based on redemption date. **†FREE HD OFFER:** Includes access to HD channels associated with your programming package. To be eligible for Free HD you must activate and maintain the CHOICE XTRA Package or higher and enroll in Auto Bill Pay. Also requires at least one (1) HD Receiver and activation of HD Access.

****2011 NFL SUNDAY TICKET AND NFL SUNDAY TICKET TO-GO OFFER:** NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go consist of all out-of-market NFL games (based on customer's service address) broadcast on FOX and CBS. Local broadcasts are subject to blackout rules and are not included in these packages. Other conditions apply. 2011 NFL SUNDAY TICKET regular full-season retail price is \$334.95; 2011 NFL SUNDAY TICKET To-Go regular retail price is \$49.95. NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go will automatically continue each season at special renewal rates unless customer calls to cancel prior to start of season. In the event the 2011 NFL season is delayed, there will not be a substitute offer or credit for missed games. In the event the entire 2011 NFL season is cancelled, the customer will receive 2012 NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go at no additional charge and the automatic renewals will begin with the 2013 season. Subscriptions cannot be cancelled (in part or in whole) after the start of the season and subscription fees cannot be refunded. NFL SUNDAY TICKET subscription is required to order NFL SUNDAY TICKET To-Go. Only one game may be accessed from any device at any given time. Online application is only available on certain operating systems. Computer hardware, software, and Internet connection not included. Mobile phone application only available on certain providers. Additional data charges may apply. Please check with your service provider. Visit directv.com/NFL for a list of system requirements and compatible mobile devices. Account must be in "good standing" as determined by DIRECTV in its sole discretion to remain eligible for all offers. In certain markets, programming/pricing may vary.

****2-YR. LEASE AGREEMENT: EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH.** Must maintain 24 consecutive months of your DIRECTV programming package. DVR service \$7/mo. required for DVR and HD DVR lease. HD Access fee \$10/mo. required for HD Receiver and HD DVR. No lease fee for only 1 receiver. Lease fee for first 2 receivers \$6/mo., additional receiver leases \$4/mo. each. **NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS.** Advanced receiver instant rebate requires activation of the CHOICE XTRA Package or above. MAS ULTRA or above (for DVR Receiver, OPTIMO MAS Package or above); Jadeworld; or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package (valued at \$39.99/mo.). Second advanced receiver offer requires activation of an HD DVR as the first free receiver upgrade and subscription to Whole-Home DVR service (\$3/mo.). Additional advanced receiver upgrades available for a charge. **INSTALLATION:** Standard professional installation in up to 4 rooms only. Custom installation extra.

DIRECTV CINEMA/ON DEMAND: Access to available DIRECTV CINEMA programming is based on package selection. Actual number of TV shows and movies will vary. Some DIRECTV CINEMA content requires an HD DVR (HR20 or later) or DVR (R22 or later), DIRECTV CINEMA Connection Kit (\$25) and broadband Internet service with speeds of 750 kbps or higher and a network router with an available Ethernet port are required. DVR service required for DVR and HD DVR Receivers. HD Access required for HD DVR. Visit directv.com/cinema for details.

HBO GO and MAX GO: HBO GO and MAX GO included with your HBO and/or Cinemax subscriptions at no additional cost. HBO, Cinemax and related channels and service marks are the property of Home Box Office, Inc. HBO GO and MAX GO are only accessible in the U.S. where a high-speed broadband connection is available. Minimum connection of 3 Mbps required for HD viewing. Select titles not available in HD. Customer Satisfaction based on 2011 American Customer Satisfaction Index. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement; copy provided at directv.com/legal and in order confirmation. NFL, the NFL Shield design and the NFL SUNDAY TICKET name and logo are registered trademarks of the NFL and its affiliates. NFL team names and uniform designs are registered trademarks of the teams indicated. © 2011 DIRECTV, Inc. DIRECTV and the Cyclone Design Logo, DIRECTV CINEMA, CHOICE, CHOICE XTRA and CHOICE ULTIMATE are trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.