ALASKA POST

Home of the Arctic Warriors

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WEEKEND WEATHER

Friday
Partly cloudy
Low 40 High 65
Light winds

Saturday
Partly cloudy
Low 45 High 65
East winds around 10 mph

Sunday
Mostly cloudy
Low 45 High 65

Forecast courtesy of the National Oceanic and Atmospheric Administration

Pfc. Douglas Leonard Cordo

Deceased Stryker Soldier identified

Staff Report, U.S. Army Alaska PAO

The Soldier who died Friday in Afghanistan has been identified as Pfc. Douglas Leonard Cordo, 20, of Kingston, N. Y. Pfc. Cordo was killed, and two other Soldiers were wounded, by an improvised explosive device which detonated while they were on a mounted patrol in a Stryker vehicle in the village of Shah Joy, in Afghanistan's Zabul Province. Cordo was the driver of the Stryker vehicle. Cordo joined the Army in March 2010 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in July 2010 and was assigned to the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division where he served as an infantryman. His 4,000-Soldier brigade deployed to Afghanistan in mid April 2011 for a one-year tour in support of Operation Enduring Freedom. A memorial ceremony for the Family members and unit will take place Sept. 1 at 2 p.m. in the Southern Lights Chapel here. The public may attend. Seating is limited. Priority will be given to Family members and his fellow Soldiers. The next of kin have been notified.

Army 10-Miler

Staff Report, U.S. Army Alaska PAO

The Army 10-Miler is set for Oct. 9 in Washington, D.C.

US Army Alaska will sport a men's team and a mixed team. ATM runners for 2011 include Soldiers from Fort Wainwright and Joint Base Elmendorf-Richardson:

Men's Team

Team Captain: Capt. Joshua Groen, Headquarters and Headquarters Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

See ARMY 10-MILER, on page 7

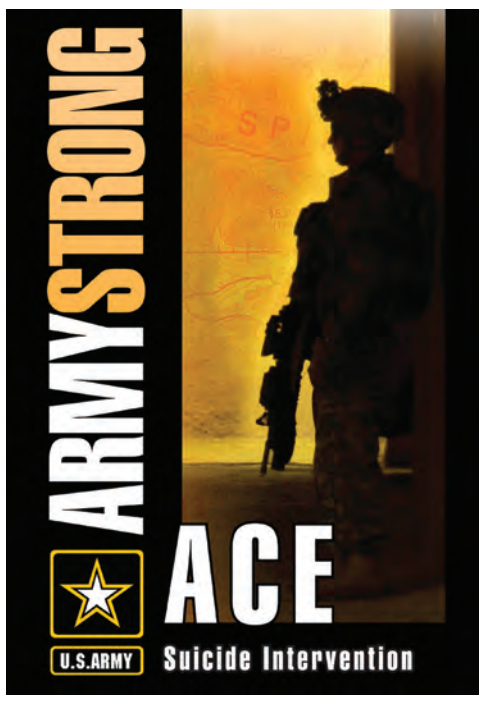
Spc. Melody Wright, 472nd Military Police Company competed to become a member of the Joint Base Elmendorf-Richardson and Fort Wainwright running teams on Fort Wainwright, May 20.(Archive photo)

TriWest mobile website and app, delivers mobile support to Soldiers and Families

Elizabeth Hillestad, TriWest Healthcare Alliance

You're 2,000 miles from home, just about to board a flight. You need to see if your doctor referral was processed and all you have is your smartphone.

See TRIWEST, on page 2



ACE was created in response to an Army leadership request to develop a Soldier-specific suicide intervention skills training support package for Army-wide distribution. Look for information on September available classes on Army Soldier, Civilian Leaders' Training and Suicide Prevention and Awareness training on page 7.

Women's Equality Day, a reason to celebrate

Commentary by **Trish Muntean**, Fort Wainwright PAO

Today, women across the United States have an anniversary and cause to celebrate. Ninety-one years ago they were given the right to vote.

I can't imagine not being allowed to vote. I was more excited about casting my first vote than I was to get my driver's license. I blame that on my mother, who was in labor with me, on the way to the hospital and stopped to vote for the first time. She gave birth to me, her first child, later that day.

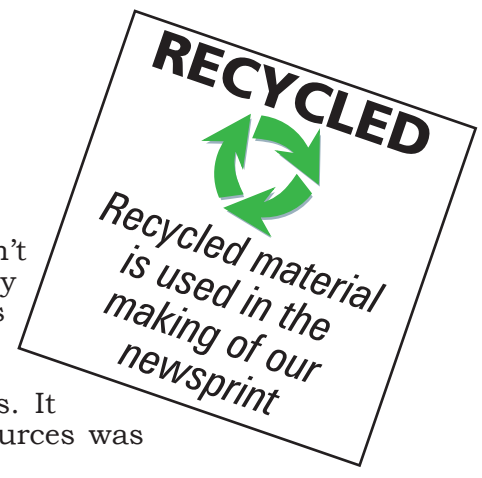
Voting is one of the basic rights guaranteed by our Constitution. It is one of our birthrites, because we are fortunate enough to be born in the United States.

See EQUALITY, on page 2

Suffrage parade, New York City, May 4, 1912. (Library of Congress Prints and Photographs Division Washington, D.C. 20540 USA)

Recycling, one of many steps towards Net Zero

Linda Douglass, Fort Wainwright PAO



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

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

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

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

We have implemented a robust recycling program. We entered into a partnership with K & K Recycling and North Haven Communities, our housing partner, to dispose of paper, plastics, glass and metal. Since we started our recycling efforts late last summer, we have collected more than 385,000 pounds of materials.

See RECYCLE, on page 3

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SN/ BIRCHWOOD HOMES

TRIWEST: Delivers mobile support to Soldiers and Families

Continued from page 1

Tap… Tap… Scroll… Tap… Got it!

TriWest Healthcare Alliance, which manages the Department of Defense's Tricare health program for 2.9 million military families in the western United States, has launched its mobile website and a mobile application, allowing Tricare West Region beneficiaries to easily tap and scroll their way to their healthcare information, right from their smartphones and mobile devices.

Military families face distinct challenges in their daily lives, routinely managing family moves, household duties and the prospects of a loved one's deployment.

Providing direct, mobile access to their healthcare information is one way TriWest hopes to reduce some of the burden on military members and Families.

"We're excited to unveil this technology to our customers, because it brings a whole new level of convenience to their busy lives," said TriWest President and CEO David J. McIntyre, Jr. "Military families can now manage their health care right from their phone, while they're traveling or at home with the kids—whenever they want or need to use it."

TriWest's mobile website at *m.TriWest.com*, allows any beneficiary with a secure TriWest.com account to use their phone to receive real-time status of healthcare authorizations and referrals, check claims and pay fees or premiums.

TriWest's Mobile App provides added features to smartphones and iPad users such as: Compare Tricare coverage plans, change plans based on life events, such as birth or adoption, create an address book for doctors and view guidelines for getting care.

The app can be downloaded for iPhones/iPads and Android devices.

Learn more about TriWest mobile capabilities, including text alerts, at *www.TriWest.com/GoMobile.*

Women and equality

Commentary by **Linda Douglass,** Fort Wainwright

My great-great grandmother Sarah faced enormous challenges in her daily life. She had nine children to feed, clothe, shelter, educate and entertain.

There was no microwave oven, television, radio or CD player. There was no automatic washer or dryer and no electric stove to make her chores easier.

She had no miracle drug to cure devastating illnesses. She buried six of her children before they reached 21 years of age.

Sarah was able to write her name, an accomplishment for women in those days.

Most women in those days did not read or write. Those skills were not considered important or necessary for women.

Sarah did not hold a job outside the home after she married. Her jobs were to rear children and take care of household chores: cooking, cleaning, hauling water, keeping the fire going, gardening and everything else that needed to be done. Some of those chores, like washing clothes or baking bread for the family, were all-day activities. And she was expected to greet her husband with a smile upon his return from a hard day at work. She received no pay for all that, save the care and protection of her husband.

Sarah had a lot of responsibilities, and a lot of talents. One thing she could not do, however, was vote.

With all she did, did Sarah have equality? Certainly not. She did what was expected of her by her husband, her parents and society.

Sarah was a good wife and mother. She was not an activist, not a person who liked to rock the boat. There were a handful of women of Sarah's generation who were determined that women should share many of the rights men enjoyed, including voting.

Today our First Lady is more than a ladylike figurehead who sets the social style for the country. She is an active participant in her husband's government. Mrs. Obama has highlighted childhood obesity and healthy eating. She started a vegetable garden on White House grounds. She has taken a special interest in military Families, raising awareness of the challenges they face.

Those women who fought for the vote so many years ago most likely had no idea of how far it would go. Today, women can not only vote, they can hold office. We have woman governors, women in Congress and women running for President.

So as we observe Women's Equality Day Aug. 26, take a few minutes to consider the women in your life, past and present. Admire them for their strength in adversity. Applaud them for their creativity in making a comfortable home on a limited income. And thank them for helping to give you the rights you have today. For it was their hardships, their fight and their love that flowed down the generations to you.

ALASKA POST
Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

Medical Department Activity - Alaska Corner

Center for Disease Control and Prevention says, take three actions to fight the flu

Flu is a serious contagious disease that can lead to hospitalization and even death.

CDC urges you to take the following actions to protect yourself and others from influenza.

Take time to get a flu vaccine.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common. The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic. Everyone 6 months of age and older should get a flu vaccine as soon as the 2011-2012 vaccines are available. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu–like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them.

Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can treat your illness.

Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Tips on what to do when you do have the flu can be found at *www.cdc.gov/flu/whattodo.htm*

EQUALITY: A reason to celebrate

Continued from page 1

According to the National Women's History Project, the call for women's right to vote was first heard in 1848 when women met in Seneca Falls, N.Y., for the world's first women's rights convention. Women fought for 72 years before the battle was won. The White House was picketed, marches were conducted and court cases were fought. Sometimes these women were the victims of violence and sometimes they went to jail.

The anti-suffrage movement was well organized and well-funded. It argued that most women did not really want the vote and they were probably not qualified to exercise it anyway.

Women used humor as a tactic to defuse the situation. One of the best known responses was titled "Why we don't want men to vote," which was written by Alice Duer Miller in 1915.

"Because man's place is in the army. Because no really manly man wants to settle any question otherwise than by fighting about it. Because if men should adopt peaceable methods women will no longer look up to them. Because men will lose their charm if they step out of their natural sphere and interest themselves in other matters than feats of arms, uniforms, and drums. Because men are too emotional to vote. Their conduct at baseball games and political conventions shows this, while their innate tendency to appeal to force renders them unfit for government."

After World War I, when women took a more active role than in previous wars, the suffrage movement took many opportunities to remind the president and congress that their war work should be rewarded with political equality. It was then that President Wilson began to support the movement.

A few years later, 35 out of the necessary 36 states had ratified the amendment and the battle came to Nashville, Tenn. Anti-suffrage and pro-suffrage groups descended on the town for the final vote, which was scheduled for Aug. 18. Harry Burn, who was 24 years old, had voted with anti-suffrage forces up until that point. But when he saw that the vote was very close and that if he voted with the anti-suffrage movement it would be tied, he decided to do what his mother had asked him to do. He voted for the amendment that gave women the right to vote.

That was not the end of the battle though. The anti-suffrage movement used parliamentary maneuvers to delay, trying to convert some of the votes to their side. Their tactics failed and notification of the ratification was sent to Washington, D.C.

In a world where girls in other countries have to be educated in secret, women have to cover themselves from head to toe before leaving their house or ask a man's permission to do just about anything, how can anyone not appreciate the gift of voting? Our voice, our vote is equal to the men in our lives. Our vote is just as important as our father's, our husband's and our brother's. Our vote is just as important as the president's. It is only one vote, but it can make a difference. But only if you use it.

To learn more about the women's suffrage movement visit these websites: *www.nwhp.org* or *www.womenshistory.about.com.*

The Voter Assistance Office can assistance Soldiers and Families with voter information, call 353.7624

Soldiers from the 49th take aim

Deborah Ward, Fort Greely PAO

Select Soldiers from the 49th Missile Defense Battalion (Ground Mid-course Defense) will test their marksmanship capabilities at the 2011 MAC Region 6 Combat Marksmanship Competition conducted by Wyoming National Guard at Camp Guernsey, Wyo. Aug. 11-14.

The Marksmanship Advisory Council hosts the annual Region 6 Combat Marksmanship Competition to enhance marksmanship proficiency and battle focus weapons training. It offers Soldiers and Airmen in the National Guard an opportunity to put their marksmanship skills to the test in a shoulder-to-shoulder competition.

After placing in the top five during the Anchorage state-level competition, Staff Sgt. Jason Martin and Sgt. Albis Gomez, both Soldiers from the Headquarters and Headquarters Battery, will team up with Sgt. Derick Butler A. Co. MP and two alternates Sgt. 1st Class Kevin McGaha and Sgt. William Velez as they head south for the mid-August regional competition.

Martin, Gomez and Butler were the top three dominating scores in their class for rifle and pistol at the state-level match and were selected to compete, based on their ranking scores, with other Regional National Guard and Air Guard members from Alaska, Idaho, Montana, North and South Dakota, Oregon, Washington and Wyoming at the regional level, "State level competitions are held to see who the top shooters are in the state, whoever wins the state competition moves on to the regional level. Then whoever wins region goes to Arkansas to compete in the All Guard Competition. The winner of the All Guard Competition is the 'Top Dog [Marksman]' for the entire United States National Guard," said Martin.

Like many other sports or competitions there's a placement scale to this event too, "There's bronze, silver and gold, but then there's also a distinguished category. In order to get distinguished you have to win the All Guard Competition consistently. If you are that good, you are presented with a distinguished medal," Martin said. Once an individual receives a distinguished medal they never have to wear a marksmanship badge on their Class A uniform again. It is a lifetime award and an enormous achievement.

There are two different classes in this competition, Open and Novice. "Butler was in the Novice Class, he had never competed before; the whole experience was new to him and he won. Staff Sgt. Martin and I had competed before so we were in the Open Class at the state competition," said Gomez. "Once you've competed then you move to the Open Class – you don't go back to Novice," Martin added.

Training for these types of events does not come easy for these Soldiers, "We were only able to train twice before the All Army Competition in March down at Fort Benning, Ga., and it encompassed everyone, all the professional shooting teams like the Army Special Forces, Delta Forces, Rangers, and the Army Marksmanship Unit were there. We weren't bad. We were in the Novice Class– we were actually ranked 150 to 175 out of 300 teams. When you add up the team's scores we'd average in between the ranked places of 150 to 175," said Martin.

"We were competing against a lot of other people that had more experience than we did. Many of us hadn't really shot before at least not with consistent training," said Gomez.

When they do get the opportunity to train, they use the Colorado Known Distance Range owned and operated by Fort Wainwright Range Control. "When we shoot at the KD range we shoot 500, 400, 300, 200 and 100 meter distances," Martin said.

Even though they do not get to train as often as they would like, the Soldiers are appreciative of the range time they do receive, "We don't get to train as much as we'd like to, but when we do Fort Wainwright Range Control goes above and beyond for us and assists us in whatever way they can within the guidelines and regulations for military-run ranges," Martin said.

During the competitions, shooting positions can vary, "We shoot while standing for the 500 and 400m range, but we have to run from the 400 to 300m range and run from 300 to 200m and again from 200 to 100m. It is all timed to include the shooting so it really gets our heart rates elevated. It is very similar to combat speed shooting," Gomez said, "For example we might have one minute and 30 seconds to run from the 400m to 300m range and shoot our target."

See MARKSMANSHIP, on page 4

RECYCLE: Moving in the right direction, Net Zero

Continued from page 1

Fort Wainwright realizes a profit on some of the items we recycle, and we avoid landfill fees on all the waste we divert; by the end of this month we will have more than $130,000 that we can spend on installation programs to improve your quality of life. Additionally, North Haven is working with K & K Recycling to begin recycling waste building materials such as sheetrock, metals, concrete, wood, packaging, cardboard and plastic.

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

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

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

The renovations of 112 Southern Cross homes at North Haven during the past 18 months have produced a number of used appliances that were in good condition and available for reuse. North Haven donated 203 appliances to the Interior Regional Housing Authority, which were distributed to low-income Alaska Natives in Fairbanks, North Pole, Tanana and other Interior villages. And the renovated and newly constructed home are much more energy efficient.

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

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

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

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

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

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

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

If you live on post, contact North Haven Communities at 356-7000 for problems like leaky faucets and tips on conserving resources. For Fort Greely housing, call 869-3032. Off-post residents can contact their local utilities for resource-saving tips.

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GI Jane battles deployment fatigue; gets some sleep

Sheryl Nix, Alaska Post Contributor

I stayed up until 5 a.m. yesterday. I know, that's completely crazy.

Do you do that during deployments, too? I wish I were not such an expert on not sleeping lately. Sleep is important and taking care of myself is essential if I am to not just survive but to thrive in these remaining deployment months. But sometimes the siren call of nighttime hours lures me in, weakening my resolve and tempting me to stay up late and abandon my plans of getting up early and working out, spending time in prayer and Bible study or doing something else that will start my day off right. In the past I have often given in, slept in, played catch-up all day and then vowed to never do it again.

Thinking about my complete lack of discipline and self-control in this area lately helped me draw a parallel to another very real problem that many GI Janes face -- deployment fatigue.

For me this is not just the physical exhaustion I feel from not getting enough sleep, but also the mental and emotional weariness that can set in after days, weeks and months of staying hyper-vigilant and on edge about all things related to my Soldier's deployment and the fact that he is in harm's way.

Deployment fatigue, just like regular fatigue, can affect everyone - both new spouses and those going through their first deployments, as well as more seasoned GI Janes. It can also sneak up on us.

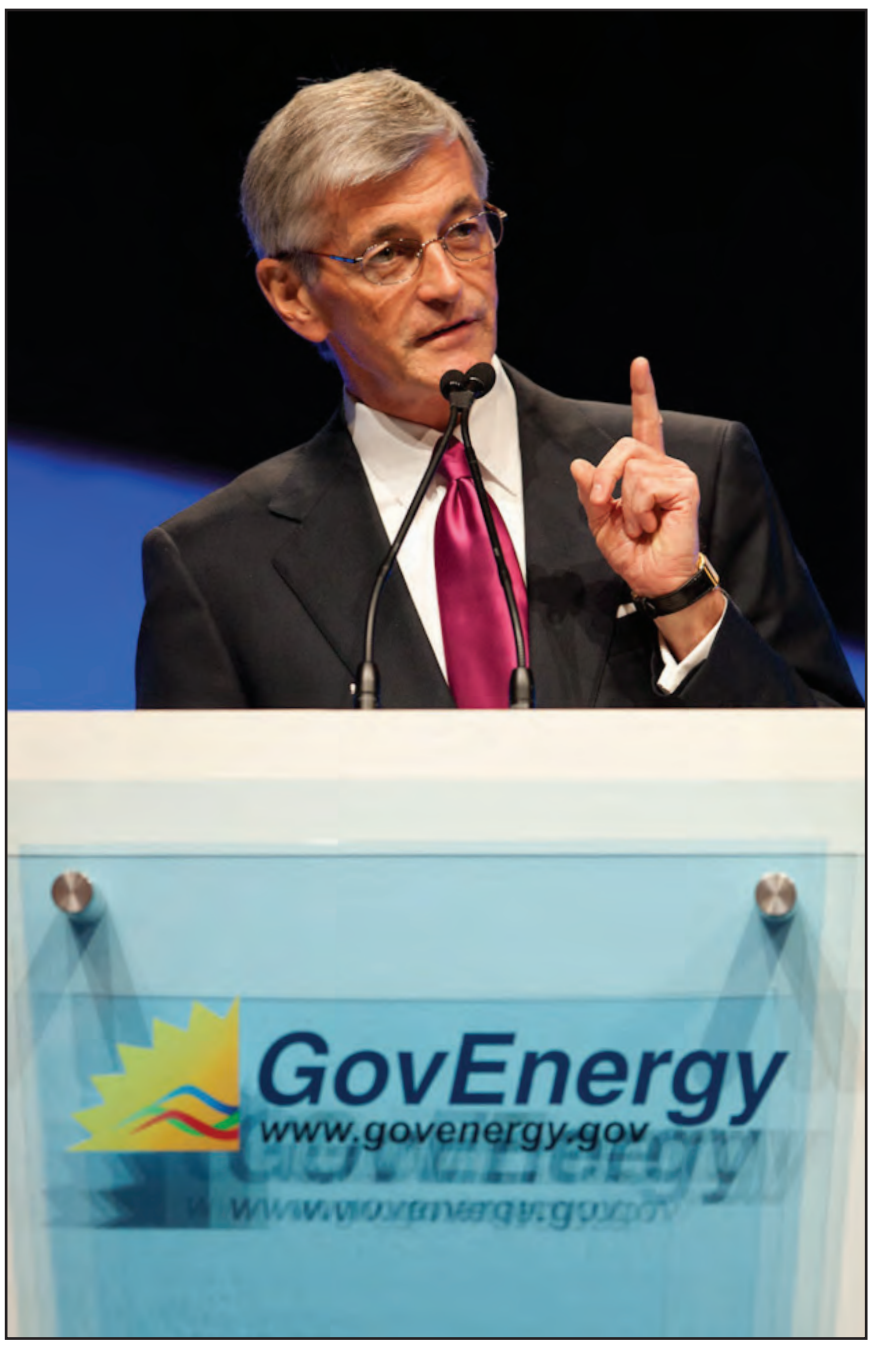
If I ever start feeling a little overwhelmed or just weary from the day-to-dayness of deployment life, I know it's time for a change of pace. Sometimes my friends even see that I need a break before I do. So, I switch gears and look forward to a fun, Netflix and takeout dinner night with a close friend or I plan some other relaxing activity and feel refreshed almost immediately. We're all different, but knowing how to recharge your batteries is essential to thriving through the deployment.

Sometimes, though, we might need more than a movie night with a friend. Asking for help is the solution if deployment fatigue starts to feel more like the norm than the exception. From the Chaplain Family Life Center to Military OneSource, military family life consultants and more, there are many resources for any of us who need extra support. We all do need extra support from time to time.

And then there's the issue of getting enough sleep. Unfortunately, this has been a long-term struggle for me but maybe this deployment will be the time to change all that.

It can begin tonight. It's almost 11 p.m. If I go to bed now I can get up early tomorrow and go for a run, walk the dogs and take some constructive steps toward having a good day. One good decision after the next is the way to go. So, I'm off to start this new trend. Everything can wait until tomorrow. Getting some sleep is exactly what I need to do with my time tonight. Now that's a relaxing idea I can get behind.

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.*



"The Energy Initiatives Office Task Force will help the Army build resilience through renewable energy while streamlining our business practices so developers can invest in and build an economically viable, large-scale renewable energy infrastructure," said McHugh at the GovEnergy Conference, Aug. 10. (Photo by Mark Bealer/GovEnergy)

U.S. Army establishes Energy Initiatives Office Task Force; for large-scale renewable energy projects

Office of the Assistant Secretary of the Army for Installations, Energy and Environment, Public Affairs

Secretary of the Army John M. McHugh announced the establishment of the Energy Initiatives Office Task Force at the GovEnergy Conference in Cincinnati, Ohio Aug. 10.

The Energy Initiatives Office, or EIO, Task Force is part of the Office of the Assistant Secretary of the Army for Installations, Energy and Environment, and will serve as the central managing office for the development of large-scale Army renewable energy projects. The EIO Task Force will be fully operational by Sept. 15, 2011.

The new EIO Task Force is integral to the Army addressing rising energy security challenges, escalating fuel prices, and stricter federal mandates.

"The Energy Initiatives Office Task Force will help the Army build resilience through renewable energy while streamlining our business practices so developers can invest in and build an economically viable, large-scale renewable energy infrastructure," said McHugh, "To meet a goal of 25 percent renewable energy by 2025, the Army must use every opportunity to be energy efficient and draw power from alternative and/or renewable energy sources."

The scale of renewable energy production the Army needs in order to provide enhanced energy security is estimated to require investment up to $7.1billion over the next 10 years. This level of investment is expected to generate 2.1 million megawatt hours of power annually for the Army.

The EIO Task Force will work within the Army to streamline existing acquisition processes and leverage industry for the execution of large-scale renewable and alternative energy projects on Army installations. Army installations currently are pursuing renewable energy infrastructure, but often lack needed expertise.

The EIO Task Force will fill this expertise gap and provide resources focused on working with the private sector to execute large-scale renewable energy projects. This is expected to result in increased interest by project developers and improved financial options for the Army.

"Addressing our energy security needs is operationally necessary, fiscally prudent and vital to mission accomplishment," McHugh said.

"The Army must leverage opportunities in renewable energy, which will enhance energy security," said Katherine Hammack, assistant secretary of the Army for installations, energy and environment.

Through the EIO Task Force, the Army is planning to conduct an aggressive outreach effort to attract and engage private industry to foster strategic and financial collaboration in support of the Army's installation energy needs.

Markmanship: Greely Soldiers compete

Contiued from page 3

Martin explained that the 500m is slow-fire, the 400 and 300m are considered rapid-fire, then when they get to the 200m range, they have to shoot from the kneeling position. 100m range is both standing and kneeling, then the 75m, 50m and 25m are all rapid-fire with a lot of quick up-and-down movement, "They are looking for combat effective readiness so things move quickly," said Gomez.

Gomez and the others will be running, kneeling, sitting, laying and shooting carrying much equipment. Kevlar helmets, web belts, suspenders, two ammunition pouches, first aid pouch, canteen with cup and carrier, protective mask, ammo magazines; 4-20 or 30-round rifle magazines and 4-15 round pistol magazines, hearing protection and eye protection will be worn or carried at a minimum.

With the competition only a few days away the anticipation builds. "We are really looking forward to this," said Martin. "The National Guard Marksmanship Training Center is down in Arkansas. They are the controlling unit for the entire marksmanship curriculum and they run the All Guard Competition. We'd like the opportunity to compete at that competition after Regional."

"We love shooting. We've invested so much time in this. We organize the training, set up the ranges, coordinate with A Co. – they work shifts so individuals like Sgt. Butler come in during their off duty time to train and assist, we set up the detail, we set up the ammo, we work the arms room and I am also the armorer for the battalion. We are very happy for the opportunity to represent Fort Greely and the 49th Missile Defense Battalion; we will do our very best to make everyone proud," said Gomez. "I used to be in an infantry unit where we did nothing but tactical shooting. I knew very little about long distance shooting – it's different and requires more technical skills. Staff Sgt. Martin taught me and Sgt. Butler everything we know about long distance shooting. He's been a great mentor and coach. We wouldn't have gotten this far without him."

Gomez and Martin both thanked the unwavering support of the 49th MDB Commander, Lt. Col. Joe Miley and HHB's First Sergeant Richard DeBilzan, Gomez summed it up nicely when he said, "We received a letter of support from Lt. Col. Miley – events that signify combat effectiveness are one of the top priorities for him so he and 1st Sgt. DeBilzan are always there asking if we have what we need to complete the mission, and if we don't, they

(Left to Right) Staff Sgt. Jason Martin, Sgt. William Velez, 1st Sgt. Richard DeBilzan and Sgt. Albis Gomez. 1st Sgt. Richard DeBilzan stands with his fellow 49th Missile Defense Battalion Headquarters and Headquarters Battery Soldiers. Staff Sgt. Jason Martin, Sgt. William Velez, Sgt. Albis Gomez and Sgt. 1st Class Kevin McGaha (not pictured) before their Regional Marksmanship Competition at Camp Guernsey, Wyo. which took place Aug. 11-14. (Photo by Deborah Ward/Fort Greely PAO)

Military Appreciation Day:
An opportunity to serve those who serve

Allen Shaw, Fort Wainwright PAO

Tomorrow is Military Appreciation Day at Pioneer Park from noon to 5 p.m. "There will be great prize giveaways for anyone with a military ID and All-American meals for the first 2,000 people," said Jason Avery, Pioneer Park manager.

The event hosted by TriWest Healthcare Alliance, the Fairbanks North Star Borough Parks and Recreation Department at Pioneer Park, the Greater Fairbanks Chamber of Commerce and the Carlson Activity Center will provide a variety of kids' activities, free train rides, carousel rides and mini-golf.

Lisa Herbert, GFCC executive director said, "It's an opportunity for the community to say thank you to our military service members and their Families for all that they sacrifice and do for our country."

Pioneer Park is a 45-acre historic theme park located at 2300 Airport Way, with playgrounds, vendors, several museums and an art gallery. "There will be non-stop live entertainment on three stages throughout the day. We are hoping people will come out, enjoy the festivities and see what we have to offer. There is something for everyone and there is no admission fee. If it's happening, it's happening here," Avery said.

For more information on Military Appreciation Day call the chamber office at 452-1105 or the park office at 459-1087. To learn more about Fairbanks visit *www.fairbankschamber.org* or check out Pioneer Park at *www.co.fairbanks.ak.us/pioneerpark.*

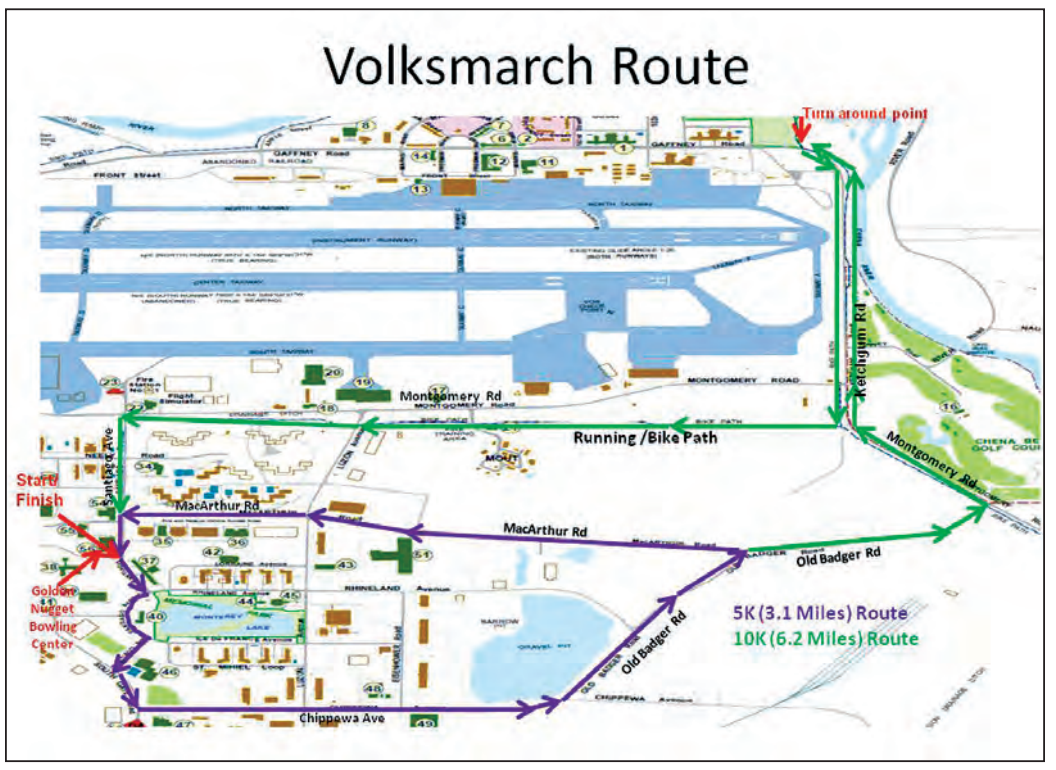
Oktoberfest schedule of events on Fort Wainwright

A three-day event, Oktoberfest will feature authentic food, beverages and entertainment to Fort Wainwright's Soldiers and Families starting today until Sunday. There will be, 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 today 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 Chesnutt, 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 tomorrow 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 routers - one is approximately 5 kilometers, the other about 10 kilometers. There's no need to sign up in advance and it's free to participate. More information is available at the Physical Fitness Center.

Avery Wolves, winners of this year's Battle of the Bands, will perform at the tent beginning at 3 p.m. tomorrow. 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.

Oompah music anyone? Fort Wainwright's own 9th Army Band will perform today from 4 to 6 p.m. and tomorrow from 1 to 2 p.m.

Sunday, Arly-Jylz, a Northern Fried, Southern Country group, will be performing from 3:30 p.m. to 4:30 p.m. To complete the Oktoberfest festivities the closing will be with "Battle of the Bands" 3rd place winner FirexNight from 4:30 p.m. to 5 p.m.

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. today; noon to 10 p.m. Saturday and noon to 5 p.m. Sunday 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.

Oktoberfest, 200 years and still going

Jennifer Morales, Alaska Post Contributor

Everyone seems to enjoy a good celebration regardless of the occasion. When Oktoberfest rolls around, we all file in line to celebrate without knowing exactly what it is or why we celebrate it. With the Fort Wainwright, three-day Oktoberfest right around the corner I decided to dive in and finally learn a little bit more about this festive occasion.

Oktoberfest is easily the most commonly known German beer festival. Looking back to its origins I found the popular excuse to celebrate with friends and indulge in various kinds of beer was actually from a more humble and even surprising beginning.

It's hard to imagine this enormous festival began as a celebration of a royal union. In 1809 Princess Theresa Saxon-Hildburghausen was on a list to be married to Napoleon, but as fate would have it she instead married Bavarian Prince Ludwig the following year. In October 1810 Oktoberfest began as a festive honoring their marriage.

All the citizens of Munich were invited to enjoy the entire five-day festival on the fields in front of the city's gates. These now famous fields are named Theresa's Meadow and stretch over 103 acres.

During the first Oktoberfest the citizens of Munich celebrated together and enjoyed various foods, beers and the main event of horse racing. The first Oktoberfest was so much fun that it became an annual event. Out of 200 years, this annual festival has only been cancelled 24 times, due to outbreaks of cholera and war.

With anniversary parties celebrated each year, the festivities quickly grew. Each year's festival surpasses the grandness of preceding years. What started as a simple five-day citywide celebration of marriage has now transitioned into a 16-day festival with 1.5 million gallons of beer and numerous events attracting more than 6 million people.

Taking a deeper look into Oktoberfest led me to some surprising facts about this event. Although Oktoberfest began in October and is seemingly named after the month, it actually begins in September and goes into October. Oktoberfest is often represented by large crowds of people gathering to celebrate and drink large amounts of beer. As negative as that sounds, Oktoberfest actually does a great deal of good for the community. Beer tents are rented out to local breweries and gross 450 million euros ($648 million USD) back into the community.

Oktoberfest serves a large variety of beer, all within the Märzen family of beer. Märzen is a darker and stronger form of beer that is laagered for at least 30 days with up to 6 percent alcohol. Beer at Oktoberfest is served in Maß, which is a one-liter mug costing eight euros ($11.45 USD) each. Before beer maids and waiters are able to work at the world-famous party, they must be able to carry ten full Maße at a time.

Although beer is what the Oktoberfest seems to be known best for, it is not the only popular attraction at this festival. Oktoberfest is also known for incredible food vendors, jaw-dropping rides, exquisite costumes, captivating shows, phenomenal parades and of course great music.

For 200 years this enormous party has remained a constant yearly celebration at Theresa's Meadow. What began as a celebration of marriage has continued on to give back to its community in multiple ways. Oktoberfest brings family and friends together to celebrate their country, the world, great food, great beer and leaves everyone with great memories to last a lifetime.

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

Friday – 26th

OKTOBERFEST, 4 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Open to the community. Call 353-6043.

STORY HOUR and CRAFT, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

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

Saturday – 27th

OKTOBERFEST, noon to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Open to the community. Call 353-6043.

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 13 to 17 with ID only. Call 353-2654

GLASS FUSING WORKSHOP, 1 to 3 p.m., Arts and Crafts, Building 3727. Cost is $35 and open to participants 16 and older. Call 353-7520.

BOATER SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. A boater safety card is issued at the completion of the course and is valid for four years. A boater safety card from the ORC is required on Ft. Wainwright prior to boat reservation. Open to participants 18 and older. Call 361-2652.

Sunday – 28th

PROTESTANT WORSHIP 11 a.m., Northern Lights Chapel. Call 353-9825.

ROMAN CATHOLIC MASS, 11 a.m., Southern Lights Chapel. Call 353-9825.

FORT WAINWRIGHT GOSPEL SERVICE, 11 a.m., Bassett Army Community Hospital, 3rd floor conference room Call 353-9825.

OKTOBERFEST, noon to 5 p.m., Nugget Lanes Bowling Center, Building 3702. Open to the community. Call 353-6043.

Monday – 29th

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

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

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

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

BULLYING PREVENTION, 4:30 to 5:30 p.m., School Age Services, Building 4391, Call 361-7394.

Tuesday – 30th

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

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

ROMAN CATHOLIC MASS, noon, Bassett Army Community Hospital Chapel. Call 353-9825.

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

Wednesday – 31st

PARENT AND YOUTH ADVISORY COUNCIL MEETING, 11:30 a.m. to 12:30 p.m., School Age Services, Building 4166. Call 361-7713.

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.

Thursday – 1st

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

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

LEVY BRIEFING, 9 to 11 a.m., Military Personnel Division basement classroom, Building 3401. Call 353-4333.

ROMAN CATHOLIC MASS, noon, Bassett Army Community Hospital Chapel. Call 353-9825.

5 LOVE LANGUAGES, 2 to 4 p.m., Army Community Services, Building 3451. Call 353-6286.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness

TERRORISM AWARENESS TIPS

Preparedness Websites

US Department of Homeland Security - *www.dhs.gov*
Ready Army - *www.ready.army.mil*
US Department of Health and Human Services - *www.hhs.gov.emergency*
Federal Bureau of Investigation - *www.fbi.gov*
Federal Emergency Management Agency - *www.fema.gov*
Centers for Disease Control and Prevention - *emergency.cdc.gov*
Bureau of Alcohol, tobacco, Firearms and Explosives - *www.atf.gov*

Putting the oink in pigskin: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

One of the nicest things about writing a column or commentary is that you can mix metaphors – like I'm extremely pleased that people are stepping up to the plate to make football predictions. I feel a bit weepy this week, but not because of the win-loss record, but because the die-hards from last year are back and some promising new players are showing interest. Although I am a bit concerned about the person who wrote, "Football,...that's the fattish, oval, brown one with pointy ends, right?" So if you're on the fence about playing, remember some of the input from Brain last year.

He once chose the Bears, because, "they are the top land predator" and went against the Bengals because "tigers are on the endangered list." One of my favorites was when he chose the Bills, because, "You can always trust a guy named Bill as in 'Hey Bill, watch my beer for me'." But I think my favorite is when he begrudgingly chose the Steelers to win over the Raiders, he said, "Although neither team should win with such non-law-abiding names."

Others who are undecided can also see how poorly Brain and I did last week and hopefully decide you can't do much worse. Granted it is pre-season and we're taking it easy. Don't want to twist an ankle or pull a hammy at this stage of the game, but I picked six winners and Brain had four.

The biggest question about this season is how much the lock-out is going to hurt or help certain teams. The veteran teams like New England, Pittsburgh, Indianapolis and Green Bay should have an edge. They all have seasoned players and coaches who have been there before. Everyone else is trying to get it together in a hurry and they've only got two more weeks of pre-season. It should be interesting to say the least. We'll just have to see how the ball bounces and that's what I'm talking about.

Allen Shaw

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GB @ **IND**
JAC @ BUF
MIA @ TB
NYJ @ **NYG**
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For your information

WOMEN'S EQUALITY DAY

Soldiers - Active, Guard and Reserve members - Families, civilian employees and military retirees of all branches are welcome to attend the Women's Equality Day observance, today from 1:30 to 3 p.m. in the Last Frontier Community Activity Center. The theme is "Celebrating Women's Right to Vote."

MILITARY APPRECIATION DAY

Military Appreciation Day at Pioneer Park, tomorrow, noon to 5 p.m. Free food for the first 2,000 people, free carousel, train rides, mini-golf, kids activities, art galleries, museums and shops will be open. For information visit, *www.fairbankschamber.org.*

FOOD - GOOD FOR THE SOUL

Home cooked meals with friends on first and third Sundays of each month at the Southern Lights Chapel during Feeding Our Outstanding Dependents, or FOOD. The next session takes place Sept. 4 from 5 to 8:30 p.m. On the menu: Meatloaf, scalloped potatoes and peas. There is no charge for the program, take-out is available and children are welcome to attend with their adult family members.

CITIZENSHIP ASSISTANCE

Active, Guard and Reserve military members and Family members who are interested in pursuing U.S. citizenship may sign up to attend a proposed Citizenship Outreach session with the US Citizenship and Immigration Service. The USCIS Anchorage office will provide the session in the local area only if minimum participation levels are met. The session may take place mid-October to early November. The final day to sign up is Thursday. The Citizen Outreach session will cover: Who may file; the naturalization process and form; how to apply for permanent residency; the interview process; followed by a question and answer session.

The session will not cover each individual filling out their form. For more information, visit *www.uscis.gov.*

To sign up or for more information, email *james.askew@us.army.mil* or call 353-4333.

ARMY WIFE NETWORK

Army Wife Network will present a seminar for Fort Wainwright spouses. Focusing on various aspects of military life and will include some fun activities as well as sessions on coping with deployments and other facets of being a military spouse.

Sessions are Sept. 15 from 5 to 9 p.m. with dinner provided, and Sept. 16 from 10 a.m. to 2 p.m. with lunch provided. Child care is available at no cost to participants. Registration is available at *www.armywifenetwork.com.* Space is limited, so register early. For more information, call Megan Brown at 353-6043.

ARMY SOLDIER, CIVILIAN LEADERS' TRAINING

What is the difference between ACE Training and ACE Suicide Intervention skills training?

ACE training for Soldiers, leaders, and civilians provide basic suicide awareness and prevention training focusing on the identification of suicide warning and danger signs, and what lifesaving actions they should take using the Ask, Care and Escort model. The target audience for ACE SI training is junior leaders or first-line supervisors. The ACE SI provides these individuals additional training in suicide intervention. Chaplains are the primary trainers for ACE SI; however, individuals who have been trained in other suicide prevention and intervention models may conduct the ACE SI training.

ACE-SI Training is available at the Battle Command Training Center on:

- Sept. 19, 1 p.m. - 5 p.m.
- Sept. 20, 8 a.m. - noon
- Sept. 20, 1 p.m. - 5 p.m.

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

ARMY 10-MILER: **USARAK represented**

Contined from page 1

Spc. Sean Gregory, Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

2nd Lt. Caleb Sheffield, Alpha Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Pvt. 1st Class Kristian Lacer, Bravo Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Spc. Dominic Bruce, Charlie Company, 84th Engineer Battalion, 17th Combat Sustainment Support Battalion (JBER)

Alternates: 1st Lt. Matthew Hickey, Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

1st Lt. Austyn Krutsinger, Alpha Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Pvt. 1st Class Josh Bowen, Alpha Company, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Mixed Team

2nd Lt. Joon Lee, Bravo Company, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Sgt. Justin Miller, Bravo Company, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division (JBER)

Spc. Marcos Munoz, 472nd Military Police Company (FWA)

Spc. Melody Wright, 472nd Military Police Company (FWA)

Capt. Crystal Ernst, Headquarters and Headquarters Detachment, 59th Signal Battalion (JBER)

Alternate: 1st Lt. Chelsea Frehulfer, 6th Engineer Battalion (JBER)

USARAK "RUN FOR YOUR LIFE" 2011

A 5K Fun Runor Walk in observance of Suicide Prevention Month begins at 7 a.m. at the Physical Fitness Center parking lot. Registration begins at 6 a.m. Sept. 13, the day of the race or register ahead of time via email at *UARAKrunforyourlife@gmail.com,* by providing: unit, rank, name, sex and T-shirt size. All DoD military, civilians and Family members are welcome. Award for top three runners in each age category.

POLICE ON THE MOVE

Fort Wainwright's police have moved operations to the temporary buildings on South Gate Road. RHQ 7 is open for vehicle decals, weapon registration and other police matters. Administrative office is located in RHQ 6. Emergency services will not be interrupted. For more information, call 353-7710.

APPLY TO WEST POINT

Soldiers and Family members interested in applying to West Point Military Academy are invited to meet Far West Regional Commander, West Point Admissions, Maj. Andy Dermanoski Monday from 10 a.m. to noon. Open to Soldiers and high school students and meet the following criteria: U.S. citizen; unmarried; not pregnant nor with legal obligation to care for a child; demonstrated strong leadership potential; physically fit; strong academic performance in high school. The meeting takes place at the Education Center Annex, Building 2107, room 106. For more information, call Maj. David Mattox at 947-1489.

POTENTIAL SCOUTS WELCOME

A Cub Scouts Pack 6 meeting will take place Tuesday at 6 p.m. at Birch Hill Ski lodge. Boys in 1st through 5th grades are welcome to attend. For more information, call William Romanoff at 378-9567.

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.

HUNTING SEASON

All users of Army lands are required to register for a recreational access pass. Individuals will use their RAP number 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.

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.

Find maps at: *www.usarak.army.mil/conservation/MooseHunting2011.htm*

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FARTHEST NORTH GIRL SCOUT
AK POST/JOIN THE FUN
1 x 4.0

13385754
DANCE THEATRE FAIRBANKS
AK POST/BACK TO SCHO
2 x 7.0

18386667
ALASKA DOLLAR PLUS
AK POST/NEW AD
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11385643
PERFECT PARTY, THE
AK POST/AK POST
1 x 2.0

11385640
IMAGE OPTICAL
AK POST/AK POST
2 x 3.0

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FARNI, KENT
AK POST/AP/ORPHANS
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LE/DTV-AK CELLULAR & SATELLITE
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