

ALASKA POST

Home of the Arctic Warriors

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Keeping children in touch with deployed Soldiers.

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Mr Thompson's 42 years of service.

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WEEKEND WEATHER

Friday

Mostly cloudy

Low 55 High 60

Southwest winds 10

to 15 mph

Saturday

Cloudy

Low 40 High 55

Southwest winds around

10 mph

Sunday

Mostly cloudy

Low 60 High 65

Forecast courtesy of the National Oceanic and Atmospheric Administration



Spc. Christophe J. Marquis

Wounded Stryker Soldier succumbs to injuries

Staff Report, U.S. Army Alaska PAO

A Soldier assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division, died Sept. 4 at Landstuhl Regional Medical Center, Landstuhl, Germany, of injuries sustained when a vehicle borne improvised explosive device exploded at the entry control point he was guarding in Kandahar Province, Afghanistan on Aug. 27. Spc. Christophe J. Marquis, 40, of Tampa, Fla., was assigned to the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright where he served as an infantryman. Spc. Marquis joined the Army in April 2010 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in February 2011. His 4,000-Soldier brigade deployed to Afghanistan in mid April 2011 for a one-year tour in support of Operation Enduring Freedom. Marquis was posthumously promoted. The next of kin have been notified.

Army Suicide Prevention Month: Watching Out for Each

Lt. Gen. Rick Lynch, Commander,
U.S. Army Installation Management COMMAND



When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do. There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?" And the Civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. And the Family member who felt desperately alone and overwhelmed during another deployment. Most of the stories have happy endings the people received the help they needed. When they didn't, it was a hard, hard loss. Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and questions of what could have been done. September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week

Sept. 4-10. Suicide prevention is an institutional Army program, focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, Civilian and Family member knows what resources are available to help those in need. The Army has developed Ask, Care, Escort (ACE) training, to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison Suicide Prevention Program, as well as the Army's Suicide Prevention website, www.armyg1.army.mil/hr/suicide/default.asp.

A number of other resources provide help with issues that can put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, and unit and garrison Chaplains.

See PREVENTION, on page 3

Be prepared for disasters: Have a survival kit, make a plan

Trish Muntean, Fort Wainwright PAO

People who live in Alaska risk earthquakes, extreme cold weather, wildland fire, floods and manmade disasters and have to be prepared for any possibility. When a disaster strikes, emergency personnel and relief workers must prioritize needs and are unable to get to everyone immediately. Victims may need to survive on their own.

This means having food, water and other supplies in sufficient quantity to last for at least three days.

See PLAN, on page 3

2011 Combined Federal Campaign begins



Cindy Blum shows a Combined Federal Campaign promotional item to trainees during a session for installation CFC volunteer representatives and key workers Wednesday. (Photo by Connie Storch/Fort Wainwright PAO)

See CFC, on page 6

September 11 remembrance

Jennifer Morales, Alaska Post Contributor



On Tuesday Sept. 11, 2001, I was expecting to wake up to obnoxious music at an early hour to prepare me for the day. Nothing could prepare me for what I was actually heard. The local DJ on the radio was frantic as he was encouraging all his listeners to rush to their televisions and watch the chaos that was unfolding. I rushed to my living room to find my father a United States Air Force lieutenant colonel seated silently on the couch.

The flashes from the news on the screen dimly lit the room. My father and I watched silently as one tower was billowing black smoke. I then stumbled for my seat on the couch as the second plane hit. My father remained silent. News reporters seemed to spit out information as it came up, but seemed just as shocked and confounded as the rest of us.

When the two towers began

crumbling, it seemed as though I could hear the cries, feel the rumbling, and all the while I couldn't breathe. No one knew what was going on, what was next or what to do. My sister and I went to school that day, only to find the school engulfed in an eerie silence.

Teachers walked around with mourning faces, and cell phones constantly beeping and buzzing with each new report. From that morning on we, as a state and as a nation, have never been the same.

There is a remembrance ceremony tonight at the Northern Lights Chapel at 8 p.m., to honor the lives of those great men and women who have bravely fought and sacrificed their lives for us.

See REMEMBRANCE, on page 2

Flu Season: Consider vaccination

Maj. Randall Freeman,
Chief of the Preventive Medicine Department

Every year around this time, public health authorities and other medical providers begin preparing for the seasonal flu (Influenza). The "Flu Season" was so named to describe the spike in numbers of people infected with flu during the season which traditionally run from the months of October through April in the northern hemisphere (although the flu can be spread throughout most of the year). The most common and effective method to preventing illness from seasonal flu is by being vaccinated with each season's updated version of the Influenza Vaccine.

There are two main forms of vaccine, the injection and the "FluMist®". The injection is a shot and is normally given to patients who cannot receive the FluMist®. FluMist® is a liquid that is administered nasally. Administration is quick, easy, and avoids the localized pain that sometimes accompanies shots. When you visit a vaccination clinic, the health care providers will be able to determine which method of vaccination is best for you.

See FLU, on page 3

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SN/ BIRCHWOOD HOMES

Initial Thoughts - Chief of Staff, U.S. Army



I am honored and humbled to be your 38th Chief of Staff.

Over the last 10 years our Army has proven itself in arguably the most difficult environment we have ever faced. Our leaders at every level have displayed unparalleled ingenuity, flexibility and adaptability. Our Soldiers have displayed mental and physical toughness and courage under fire. They have transformed the Army into the most versatile, agile, rapidly deployable and sustainable strategic land force in the world.

Our Army is the Nation's force of decisive action, extremely relevant and highly effective for a wide range of missions. Trust is the bedrock of our honored Profession - trust between each other, trust between Soldiers and Leaders, trust between Soldiers and their Families and the Army, and trust with the American people.

Today is like no other time in our history. We remain at war, and our top priority is to win the current fight. It is also a time of uncertainty and historic change. We face a multitude of security challenges, such as transnational and regional terrorism in places like Yemen, Somalia, North Africa and Pakistan's Federally Administered Tribal Areas. We have the uncertainty of the Arab Spring, the proliferation of nuclear weapons, and challenges of rising powers. All of this is underpinned by fiscal constraint.

Despite the challenges, we confront the future from a position of great strength. Our Army will continue to be the best equipped, best trained, and best led force in the world. The strength of our Nation is our Army; the strength of our Army is our Soldiers; the strength of our Soldiers is our Families. This is what makes us Army Strong.

Along with the Secretary of the Army, in the coming weeks I will share thoughts on our way forward. This includes sustaining our All-Volunteer Army, providing depth and versatility to the Joint Force, and ensuring flexibility for defense of our interests at home and abroad.

I am proud to serve in your ranks, filled by great men and women that willingly serve our country. You are courageous, confident, competent, and compassionate. You live our Army Values 24/7 in all you do. Discipline, high standards, and fitness are your watch words. You are the best our country has to offer. I look forward to seeing you as I visit your camps, posts, stations, and operating bases. Thank you for your steadfast dedication and loyal service to our Nation.

Raymond T. Odierno
Chief of Staff, U.S. Army

REMEMBRANCE: September 11

Continued from page 1

With the 10th anniversary mere days away, it seems only natural to look back at where we were on that day and remember those who gave their lives for the cause. After that sad Tuesday morning Alaskan spirit and American spirit, were renewed.

Throughout town you could see American flags proudly waving from houses and businesses signaling that we will not be defeated. I even saw a few trucks with enormous flags proudly mounted in their beds. The American spirit is not to be defeated easily. Throughout history we see many examples of Americans continuing to fight back against all odds and constantly standing up for what we believe in.

After the attacks on the towers the President solemnly addressed the country, stating, "America will never run... and we will always be grateful that liberty has found such brave defenders." We as Alaskans are proud Americans and can easily see that Alaska has no shortage of brave defenders. Since the March 20, 2003 invasion of Iraq we have lost 159 Soldiers each with lives, Families and stories all their own, but all determined and united for a cause.

As a former military child and

presently a military spouse, I am extremely grateful for Alaska's abundance of heroes. Looking at my children, ages 2 and 4, I can sleep peacefully at night knowing that I have a country that will not rest until justice is done and until wrongs are righted. Our country and our state are not limited by fear, but strengthened by duty. We are not controlled by what others may do, or have done, but what needs to be done.

I stand proudly today in a country that is still free and still strong 10 years after the worst terrorist attack on our great nation. Thank you, to all who have sacrificed and who will not hesitate to sacrifice again within a blink of an eye.

"We will not tire, we will not falter, and we will not fail."- George Bush

Medical Department Activity - Alaska Corner

FLU: *Tis the Season*

Continued from page 1

Why should you get the flu vaccine every year? The virus that causes the flu mutates and changes frequently.

According to the U.S. Centers for Disease Control and Prevention (CDC), "The influenza (flu) viruses selected for inclusion in the seasonal flu vaccines are updated each year based on which influenza virus strains are circulating, how they are spreading, and how well current vaccine strains protect against newly identified strains." Essentially, the virus strains change each year, so the vaccine changes each year also.

Catching the flu can be a miserable experience. The most common signs and symptoms include: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. These symptoms can last anywhere from a few days to a couple of weeks, depending on the strain and the infected individual's health. Some individuals will end up hospitalized, others may not survive.

The infected individual is contagious 5 to 7 days after the start of symptoms. It is primarily spread through droplets from

activities such as coughing and sneezing but scientist believe it can also be spread by touching something (like a door knob or table) that is infected then touching your mouth, eyes or nose. You cannot get the flu from the vaccine.

Besides getting vaccinated, some other ways to protect yourself from becoming infected with Influenza include, but are not limited to: 1) Avoid close contact with sick people; 2) Stay home when you are sick; 3) Cover your mouth and nose when you sneeze; 4) Clean your hands often; 5) Avoid touching your eyes, nose and mouth; 6) Practice other good health habits like getting plenty of rest, eating nutritious food, being physically active, managing your stress and drinking plenty of water.

Thankfully, we have a way to combat this deadly virus with a proven effective approach... vaccinate. Stay alert for information on Influenza Vaccination Clinics coming to Bassett Army Community Hospital in the next couple of weeks for DoD beneficiaries. You can also visit www.cdc.gov for more information on Seasonal Flu.

Flu vaccine clinics offered on Fort Wainwright

A Family Flu Vaccine Clinic will take place in the primary care clinic at Bassett Army Community Hospital Sept. 24 from 10 a.m. to 4 p.m. The clinic is open to all Tricare beneficiaries.

Weekday Flu Vaccine Clinics will be available Sept. 26 through Oct. 7, upstairs in the Bassett library, Monday through Thursday from 8 a.m. to 4 p.m. and Friday 8 a.m. to 5 p.m.

For information about the flu vaccination clinics, call Bassett Army Community Hospital's information line, 361-5172.

Language, do you lingo my idiom?

Commentary by Linda Douglass, Fort Wainwright PAO

I will be the first to admit that I'm a geek - especially when it comes to the English language. I love learning new words and learning about the origin of words. When I was in school, I did not draw little flowers and geometric shapes on the sides of my notepaper - I diagrammed sentences. The mechanics of putting words into meaningful paragraphs fascinated me.

I grew up with teachers who insisted we use proper grammar and pronunciation. Now it's painful for me to hear some of the words and phrases that are popular. I shudder as though someone just ran his fingernails down a chalkboard. And it's even worse that the national media is using them.

Every generation has its own lingo - new words coined to set the younger generation aside from their parents. The younger folks may see their parents as old-fashioned and out of touch with current trends and feelings. They want fresh ways of expressing themselves and thus a way of letting the older generation know they are separate and different.

I have no problem with this change in the use of words. In fact, I understand why young people don't want to sound like their parents. I was there once, and it truly doesn't bother me.

What does bother me, however, is shortening words, for example calling one's days off a vacay. Please! You really can't say one more syllable? The word is vacation. How hard is it to say va-ca-tion?

Or def. I've seen this online frequently. Can people simply not spell definitely? It's tricky, I know. Or are they just lazy?

Another thing I don't like is the creation of new words to make something sound more attractive, as in staycation. What!? Why not just say we're on vacation, enjoying activities near home? We can go fishing, swimming, camping, boating or to the park. Why do we have to make up a new word for it?

The dictionary defines vacation as a period of suspension of work, study, or other activity, usually used for rest, recreation or travel. It does not necessarily mean you're required to leave town for a vacation.

When I was in school, it took a long time for new words to be used widely enough to make it into the dictionary. Staycation (or stacation) has made it into the World English Dictionary, defined as "a holiday in which leisure activities are pursued while staying at one's own home." Examples cited include use of the backyard pool, visits to local parks and museums and attendance at local festivals.

Another phrase that appears to make things seem more important is "play date." Young teens look forward eagerly to their first date. It's a big event in their lives. But now it appears to me to be trivialized because we take 3-month-old babies on play dates. Really?

See LINGO, on page 5

ALASKA POST

Home of the Arctic Warriors

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PLAN: A survival kit for emergencies

Continued from page 1

In addition, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, a week or longer.

To prepare for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long-lasting. Keep a kit prepared at home, in the car, at work and a portable version for quick and easy transport. These kits will enable anyone to respond and react to an emergency quickly. The emergency kits should be useful in any shelter or during an evacuation.

The preparedness website, www.ready.army.mil, has printer-friendly lists of what to put in an emergency kit, fact sheets about several types of disasters and how to prepare for them. Here are suggestions about what to include in an emergency kit.

A basic emergency supply kit should have one gallon of water per person per day for at least three days, for drinking and sanitation. Include a three-day supply of nonperishable food with a manual can opener. Some families will need baby food or formula, diapers and possibly pet food as part of their emergency kit.

A flashlight, National Oceanic and Atmospheric Administration Weather Radio with tone alert and extra batteries for both flashlight and radio are recommended. A first-aid kit and a whistle to signal for help can be beneficial.

Some disasters put smoke or dust in the air. A dust or partial mask to help filter contaminated air, plastic sheeting, duct tape to cover windows and doors should also be kept in the kit. Keep a wrench or pliers on hand to turn off utilities.

Sanitation items such as moist towelettes, garbage bags and plastic ties will be needed.

Additional items to consider adding to a basic emergency supply kit are prescription medications and glasses, important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Cash or traveler's checks should

also be included. You can use the Emergency Financial First Aid Kit developed by Operation Hope, Federal Emergency Management Agency and Citizen Corps to help you organize your information. Emergency reference material such as a first-aid book or other pertinent information is available from www.ready.gov.

An emergency kit should include a sleeping bag or warm blanket for each person. In Alaska extra blankets are recommended as well as at least one or more complete changes of clothing for each person. Cold weather gear including coat, boots, hat and gloves should also be part of any Alaska emergency kit as well.

Other items that might be needed are a fire extinguisher, matches in a waterproof container, feminine supplies and personal hygiene items, mess kits, paper cups, plates and plastic eating utensils and paper towels.

Families with small children might want to pack books, games, puzzles or other entertaining activities.

The FEMA website suggests that it may be wise to have enough supplies in the emergency kit to last for up to two weeks. They also recommend keeping an emergency kit at the workplace and in the vehicle.

Sometimes evacuation is necessary. Should authorities direct an evacuation there may not be much time and residents need to be prepared.

Another big concern during evacuation is pets. Russ Ackerman, installation emergency manager offered guidance.

"Bring pets inside immediately and place them in a contained room," he said. "Many times pets run away or hide when they sense danger. Never leave them tied up outside and remember that pets may experience behavioral changes due to stress."

In an evacuation that includes pets, have a carrier ready to go. Take enough supplies and food to last at least three days and a toy to keep the pet occupied.

Make sure the carrier is secure and tagged with the pet's name, description and contact details.

If pets are allowed at the shelter,



Examples of items that make up emergency kits for traveling during winter in Alaska. (Archive photo)

be responsible by cleaning up after them and making sure they are not causing problems.

Many shelters do not allow pets. Pets may have to be boarded or placed in an evacuation shelter prepared for evacuated pets.

If you are told to evacuate without pets, bring animals inside. Never leave pets outside during an emergency. Leave plenty of food and water.

Place a notice on the door that pets are inside. List the type and number of animals on the property, owner's name, phone number and

the name and phone number of the pet's veterinarian.

Make arrangements for someone to visit the pet until the owner can return.

Ackerman also said residents should close and lock all doors and windows before leaving home.

Unplug nonessential electrical equipment. Leave freezers and refrigerators plugged in unless there is a risk of flooding.

Disasters can't be avoided, but preparation can increase the chance of survival.

PREVENTION: Watching Out for Each Other

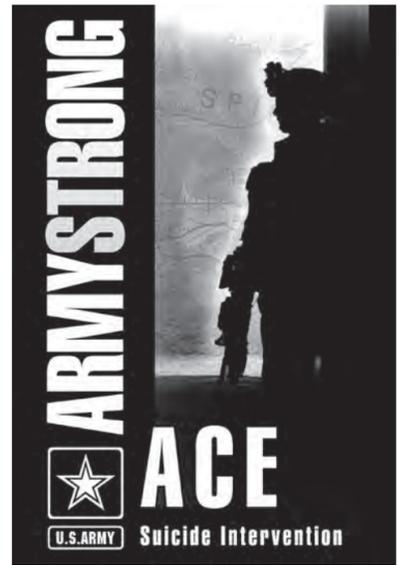
Continued from page 1

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army Family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army Family views suicide as a viable option, we still have work to do.

From the Installation Management side we are strengthening programs that provide critical support. This includes hiring more ASAP counselors and Suicide Prevention Program Managers for installations worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, Civilians and Families build stronger connections with their new communities. One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each

other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them. Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events until we have no more cause for saying it. Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.



Soldier saves friend from committing suicide

Stephenie Tatum, Fort Bragg Public Affairs

On the outside, Spc. Josh Brown looks and acts like an average 22-year-old paratrooper serving in the 82nd Airborne Division here.

Brown's dark hair is close-cropped against his skull, and he prides himself in the jump wings he'd earned. He also smiles often, revealing the sense of humor he'd often used to mask the growing, gnawing pain in his life.

Yet, no one knew what Brown, whose name is fictitious to protect his privacy, was feeling on the inside. Brown said that a multitude of things led him to want to kill himself. For the past six months, Brown said he was feeling unhappy with himself and the path his life was taking.

He suffered from family and financial issues, relationship problems, constant physical pain from a jump accident, insomnia and poor adjustment after arriving at a new duty station.

If that was not enough, Brown's 1980 Chevrolet Camaro -- his most-prized possession -- had been vandalized and the process to get it fixed through his insurance company was not going well.

See **SOLDIER**, on page 3

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FARNI, KENT
AK POST/AP/ORPHANS
2 x 2.0

18385632
PURE ESSENTIALS DAY SPA
AK POST/TUES & WED S
2 x 2.0

17386097
FAIRBANKS NORTH STAR BORO
AK POST/FAMILY FAIR
4 x 4.0

GI Jane prepares son to see daddy again

GI Jane, Alaska Post Contributor

As I approached the third hour of constructing our new entertainment center I sat back on my heels, admired my work and thought to myself, "Well, this would have been much easier if my husband were here, but awesome job, chica." It got me thinking about the various anxieties I had in the weeks leading up to my husband's departure. Could I handle the finances? Could I (or would I) drag myself out at 40 below to shovel the driveway? Could I find a way to open that stubborn jar of spaghetti sauce? While I have overcome most of those issues, the one that still remains is how to help our 10-month-old son remember and recognize his daddy during our upcoming R&R and ultimately when our Soldier redeploy.

I feel like I am doing as much as I can but that it is just not enough. Every day we watch a DVD of daddy reading a book. We look at pictures of our family, my son sleeps with his Daddy Doll and we even have a

big map of Afghanistan on the wall with a picture of daddy to talk about where he is. Our pediatrician recommended all these things to us and at our last appointment gave another suggestion. She told me to have him spend some time with a male to expose him to those manly smells and vocal vibrations.

Armed with this good advice, I left the appointment feeling positive and optimistic. As we got to the car and I buckled my son in to his car seat against screams of protest, a light bulb went off and my balloon of positivity burst. "I don't know any males here. Everyone is gone. How am I going to acclimate my son to a male presence that doesn't currently exist?" All of these thoughts began to swirl out of control as I felt a sinking feeling in my stomach. I was going to fail. I began to imagine my biggest fear coming to life: My husband comes home in December and our son will not go to him or sit on his lap or stay alone

in the room with him. It would be the ultimate heartbreak for a father who has sacrificed time away from his family in order to serve.

As I drove home singing "Baby Beluga" for the 100,000th time, my rational brain reminded me that I was probably being a bit over dramatic. Yes, it might be difficult at first. Yes, there might be snags in our daily routine as daddy tries to find where he fits. Yes, it might take a while before our son feels comfortable with a newer face in the house. But I realized that I have to have faith in myself and in my son and know that I am doing everything I can to keep daddy a part of our everyday life.

On a day when I was feeling particularly melancholy about the fact that my husband had missed seeing our son crawl for the first time, I was given a glimmer of hope. I popped in one of our daddy DVDs and when the sound of his voice rang out from the speakers our son turned



GI Jane's 10-month-old son, GI Jackson, reaches out to his deployed daddy during his daily viewing of a daddy DVD. GI Jane works to keep her son connected with her Soldier during his deployment. She knows there will be some hiccups from time to time when their young son sees his daddy again, but she has learned that everything really will be o.k. (Courtesy photo/photo illustration by Brian Schlumbohm/Fort Wainwright PAO)

and looked, dropped his toy and crawled over to the TV. He pulled himself up, turned and smiled at me then looked up into his daddy's face and placed a hand on the screen. With a lump in my throat I realized in that moment that despite the possible bumps in the road, everything was going to be ok.

That's a really good feeling and I wanted to share it. So, to all of you fellow GI Janes and mamas out there, keep

doing what you're doing. Everything really is going to be o.k.

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.

Rocking to the 80's



Keturah Blakeman (right), wife of Spc. Mark Blakeman, D Troop, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, and Sarah Billingsley, wife of Chaplain (Capt.) Drew Billingsley, 1st Battalion, 24th Infantry Regiment, 1-25th SBCT, chaplain, belt out Pat Benatar's classic 80s tune, "Hit Me with Your Best Shot," during PWOC's First Fridays event Friday at the Northern Lights Chapel. "First Friday" events always include free childcare and age appropriate activities for children, as well as a theme, activities and free dinner for adults. Next month's event will be a "Spa Night," Oct. 7. For more information about PWOC or First Fridays events contact PWOC at wainwright@pwoc.org. (Photo by Sheryl Nix/Alaska Post Contributor)

Gen. Raymond T. Odierno, the Army's 38th chief of staff



Secretary of the Army John McHugh administers the oath to Gen. Raymond T. Odierno during a change of responsibility ceremony at Joint Base Myer-Henderson Hall, Va., Wednesday, as Odierno's wife Linda looks on. Upon completion of the oath, Odierno became the Army's 38th chief of staff. Gen. Raymond T. Odierno previously served as commander, Multi-National Force-Iraq from September 2008 to December 2009 and then as commander, United States Forces-Iraq, from January 2010 to September 2010. (U.S. Army photo)



CFC: The 2011 Combined Federal Campaign

Commentary by **Cindy Blum**, Fort Wainwright CFC Campaign Coordinator

It's that time of year again. Nope, I'm not talking about moose season, nor bear hunting season, nor fishing season and not even my most favorite season of them all -- hockey season (Go UAF!). It is the Combined Federal Campaign season -- commonly known as and referred to as CFC.

Some of you are saying, wait! I'm already giving to CFC. True. But giving to the CFC is an annual event, kind of like having gorgeous petunias at your home....they are an annual and you have to plant them every year. Each fall, every federal agency, including military installations, conducts a campaign to solicit donations for authorized private organizations for the next year. So, the monies you donate to CFC in the upcoming 2011 CFC campaign are for the year 2012.

Why do we have an annual CFC? In years gone by, private organizations independently hit up federal employees for their hard-earned monies (donations). In 1965, the Office of Personnel Management (also known as OPM) decided to make it easier for those seeking donations and more importantly, for those wishing to donate, by allowing a once a year event for active solicitation by private organizations. Plus, OPM took on the responsibility of scrubbing (reviewing) the applications of all the private organizations who wished to have the opportunity to seek donations, thus ensuring that these private organizations were legitimate, above board and were going to actually use donations received for the purposes requested. Yea! In effect, OPM created a one-stop shopping for federal employees in the name of donating to charities.

Fort Wainwright's 2011 CFC dates are Sept. 12, through Oct. 21. What does this mean to you? Sometime during this six week window, you will be contacted by your assigned CFC key worker and given the opportunity to donate to your favorite charity. If you do not have a favorite charity at the moment, you may browse through the booklet provided and find a charity to donate to. Please be kind to your key worker! For the most part, they are tasked this additional duty and they are giving it their 100 percent in doing this duty. Keep in mind that key workers are required to make contact with 100 percent of the personnel assigned to their agency.

Who may donate to the CFC? All federal employees, be you active duty, GS, NAF, DeCA, AAFES, etc. and the fantastic part is: if both you and your spouse are federal employees, you both can give. Guess what? We don't want contractors and retirees (who are not currently working in a federal position) to feel left out. After all, you are part of our team. While a key worker cannot actively solicit you to donate, if you hear a key worker talking about CFC and you wish to donate, say "Hey! I want to give!" and they will supply you with a form and booklet also. Or contact me, I turn away no CFC monies. Yes, I will even take your pennies, nickels, dimes, etc (US currency only).

Federal employees: payroll deduction, cash or check. Contractors and Retirees: cash or check only. Sorry, we are not equipped to accept credit or debit cards at this time. And here's another tidbit: based on the amount of your donation, you may be eligible for one of the recognition gifts (please see your key worker for more information).

So, when your key worker appears on your door step, greet him or her with open arms. Take that donation slip. Take that booklet. Find that worthy cause. Fill out that slip. Hand it (along with your cash or check if not doing a payroll deduction) back to your key worker. You will go through the rest of the day knowing you have done your part. THANK YOU!!

If you don't know or have a key worker contact me, Cindy Blum, the Ft Wainwright CFC Campaign Coordinator at 353-7633 or cindy.blum@us.army.mil, Building 1555, room 105A, and I will square you away. Remember, I turn away no CFC monies!

LINGO: Language changes

Continued from page 2

What can they do on this “date” besides eat and burp and sleep and poop?

Baby daddy is another one. The last time I looked, by the time a man becomes a daddy he’s an adult, not a baby. Daddy (or dad, father, pop, whatever), by its very definition, indicates the man has a baby.

Not all newly minted words are bad. Texting and email, for example, work well. They are both self-explanatory. When someone says, “Don’t text while driving,” or “Email me,” we know exactly what they mean. Or Google – how did a business name become a verb? And it’s one even I use, because it’s universally understood. They are words that are not cutesy and are not an attempt to enhance or make something seem more important than it is, like staycation. They are clear and easy to understand.

And not all slang words are new. I saw someone use the word “gobsmacked” online to indicate astonishment. When I researched it, I found (in the Oxford Dictionary of World Histories) that it dates back to the 18th

Century.

My husband’s grandmother told me when she was a young woman in the 1920s, she and her friends used the word “copacetic” to describe something they really liked. In the 1960s, we used the word “cool” to express the same thing. I believe a newer crop of young adults used the word “phat.” I have no idea what word they’re using today, although those in the know say it’s “sick.”

MSN did a study of the word “cool” over the past 100 years, and found 29 ways to say it:

1910s: Ripping, jazz.

1920s: Bee’s knees, cat’s pajamas.

1930s: Bananas, gas, solid.

1940s: Hot damn, nuts, hepcat.

1950s: Keen, neato, boss.

1960s: Far-out, groovy, choice.

1970s: Gnarly, copasetic, dig it.

1980s: Awesome, tubular, rad.

1990s: Fresh, phat, all that, tight.

2000s: Crunk, beast, hot.

I see “copasetic” came back into fashion in the 1970s.

Many slang words are the fad for a while, then quietly slip away, never to be heard

again. Others stay with us, like boo boo (mistake – 1950s); gross (disgusting – 1970s); go postal (go crazy – 1980s) and meltdown (total collapse – 1980s)

Our language is constantly evolving and changing. New words are created and old ones become obsolete. Some words come back into fashion.

My research into some of these words has shown me my attitude should be more flexible. Although you will not hear me use “baby daddy,” “staycation” or “vacay,” I will try to be more tolerant of those who do use them. And I will try to learn their definitions – but it doesn’t mean I have to use them.

So go ahead and vary how you say things. Change the words up from what your parents say. Expand your vocabulary. But use words and phrases that make sense and don’t try to be cute. Above all, don’t use them in resumes or official correspondence, including emails. You will sound more professional and adult.

On behalf of English-language purists everywhere, I thank you.

Gen. David H. Petraeus retires after 37 years of service



Army Gen. David H. Petraeus reviews troops at his retirement ceremony and official farewell on Joint Base Myer-Henderson Hall, Va., Aug. 31, 2011. Petraeus retired from the military after a 37-year career to become director of the Central Intelligence Agency. (Photo by U.S. Navy Petty Officer 1st Class Chad J. McNeeley, U.S. Navy.)

9/11 Remembrance Ceremony, tonight at Northern Lights Chapel



The 10th Anniversary of 9/11 Remembrance Ceremony will be take place this evening at the Northern Lights Chapel, 8:30 p.m. Ceremonial Candle Lighting will follow at Memorial Park. Call 353-4004 for more information. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

The Alaska Post Spotlight on: Helga Polsey

Trish Muntean, Fort Wainwright PAO

When a flash mob performing the chicken dance broke out in the food court a few weeks ago, Helga Polsey, a recreation assistant with the Last Frontier Community Activity Center was front and center with a smile on her face, taking part in the fun.

That was no surprise for those who know her.

"She has an infectious positive attitude," said Shawn Johnson, manager of the LFCAC. "She's always friendly, she's always laughing, she is always joking and she has a tendency to bring people around her up. I think that is a rare trait. Not everyone can have that infectious positive attitude like Helga does."

Polsey is the wife of Perry Polsey, retired XXX, mother of two children, Patricia and Patrick. She comes from a large family (11 children) and while she was born near Stuttgart, Germany, she now considers the United States, and more specifically, Alaska, home.

After leaving Germany the first time in 1982 and traveling back and forth over the years, Polsey became a U.S. citizen in September 2009.

"After 20 years of being here, I thought it was high time," she said. "I wanted to pledge allegiance to one country. I did not want to be in the dividing gap."

She is a citizen who takes her responsibility to her new country and Alaska seriously, joining the Alaska State Defense Force in 2003.

She joined the ASDF "to defend Alaska in case of disaster," she said. "It is very important to me."

Her training for the ASDF is time consuming, with Emergency Technician training and completion of multiple Federal Emergency Management Agency courses required. Annual weapons qualification is also required.

"I love to study and learn new things," she said. "I think right now you have to be prepared for disasters anyways. It is a real good area to be studying and reading."

It was during her annual weapons qualifications that she found that she enjoyed shooting all types of weapons, including shotguns, pistols, and semi-automatics. She says she loves to spend time on the skeet range whenever she has an opportunity.

In addition to the ASDF, Polsey is active in the Fort Wainwright Community

Spouses Club, selling tee shirts and plans to help out with the upcoming bazaar.

"I support military families 100%," she said. "I've been there 20 years, I know what they are going through."

When she is not working at the LFCAC or volunteering with the ASDF, CSC or Fort Wainwright Red Cross, Polsey enjoys cooking, reading, skiing, woodcrafts, and painting.

Polsey has fans around the community, including Megan Brown, Special Events Coordinator.

"Besides being vibrant and passionate and so much fun, she is a hard worker.

She is the first one to sign up to help over and above her duties," said Brown. "She is definitely a team player. She goes above and beyond



Helga Polsey, Operations Assistant at the Last Frontier Community Activity Center, is known throughout the community for her positive, can-do attitude and friendly personality. (Photo by Trish Muntean/Fort Wainwright PAO)

what her scope of work is.

"Helga is a great employee. We are really lucky to have her," said Johnson. "I wish we could have more employees like Helga. She is independent. She is caring. She is very customer service oriented and people really enjoy working with her."

"She is always good to be around. She brings pleasant conversation and brings a really good spirit to any crowd," Brown said. "I know I am always happy to work with her. I think she is amazing. She is delightful."

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

Friday – 9th

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

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

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

SAS FRIDAY NIGHT ACTIVITY, 7 to 9 p.m., School Age Services, Building 4391. Offered for registered youth grades 3 through 6. Limited to 45 youth. Call 361-7394.

10th ANNIVERSARY OF 9-11 REMEMBRANCE CEREMONY, Northern Lights Chapel, 8:30 p.m. Ceremonial Candle Lighting will follow at Memorial Park. Call 353-4004.

Saturday – 10th

GRANITE TOURS OVERNIGHT, Saturday and Sunday. Participants will depart from the Outdoor Recreation Center, Building 4050 at 9 a.m. Cost is \$40 and open to patrons 14 and older (must be accompanied by an adult if under 16). Call 361-6349.

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

BABYSITTER TRAINING WITH CPR AND FIRST AID, 10 a.m. to 2 p.m., Youth Center, Building 4109. Participants must attend both this Saturday and Sept. 17 sessions to receive certifications. Participants should bring their lunch as there will be a short break. Call 361-7713.

Sunday – 11th

STAINED GLASS WORKSHOP, 2 to 5 p.m., Cost is \$65 and includes all materials for all 3 sessions (Sept. 11, 18, 25). Open to participants 16 and older. Call 353-7520.

Monday – 12th

SIMPLE SNACKS AND MEALS FOR TEENS, 6 to 7:30 p.m., Youth Center, Building 4109. Open to registered youth in grades 6 through 12. Call 361-7713.

GROUP CYCLING CLASS, noon to 1 p.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.

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

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

Tuesday – 13th

PRIME TIME FITNESS, 9:30 to 10:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

SELF ESTEEM, A MAJOR BUILDING BLOCK OF CONFIDENCE, 4 to 5:30 p.m., Last Frontier Community Activity Center Quiet Room, Building 1044, Call 388-2553.

AFTB LEVEL II, 9 a.m. to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

Wednesday – 14th

AFTB LEVEL II, 9 a.m. to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

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.

CONQUERING THE TERRIBLE TWOS, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Call 361-7372.

SURVIVOR SUPPORT GROUP MEETING, 6 to 8 p.m., North Haven Activity Room. Call 353-4004.

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

BABY and ME, 2 to 3 p.m., Post Library, Building 3700. Call 353-4137.

Thursday – 15th

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

AFTB LEVEL II, 9 a.m. to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

PRIME TIME FITNESS, 9:30 to 10:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING, noon to 1 p.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.

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

CUSTOM PICTURE FRAMING CLASS, 5:30 to 7:30 p.m., Arts and Crafts Center, Building 3727. Open to participants 16 and older. Cost is \$35 and includes all materials. Call 353-7520.

SOLDIER: Saving Soldiers

Continued from page 3

When Brown quit calling and making plans to socialize with his close friend, Spc. Christy Sawyer, she'd thought nothing of it and figured he just wanted to spend more time with his other friends.

Sawyer, a medic in 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, had no idea until the morning of Aug. 7 that Brown, also a medic in the 82nd Division, had been withdrawing and for the past two weeks was planning to commit suicide.

Brown said his issues caused him to become overwhelmed and feel like his world was caving in on him.

The night he decided to end his life had started out like many previous nights, Brown said.

"I went to the club and started drinking," he recalled. "Part of my plan was to take the \$100 I had, and drink as much as I could and then go wreck my car to make it look like an accident."

After leaving the club and going to another bar, Brown ran into a friend who knew something was not right with him. After some time, she persuaded him to talk.

"I have things I need to do tonight and you're not going to stop me," Brown told the friend.

The friend then contacted Sawyer, a coworker and mutual friend, for help.

The eight missed phone calls and two text messages that night from Brown, and her conversation with their mutual friend told Sawyer that something was very wrong with Brown.

"I had just got back from block leave and had forgotten my phone in the barracks when I went to pick up some friends who were having car trouble," Sawyer said. "He actually left me a message telling me goodbye. I still have not listened to it. I can't do it."

See SOLDIER, on page 7



The Fort Wainwright, Fort Greely 2011 Installation Guide now available online.

Visit the website at www.aqppublishing.com/pub_militaryGuides.html and select "The Army in Alaska Base Guide 2011."

Let the games begin, regular season football: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

The National Football League season got underway yesterday as the New Orleans Saints played the Green Bay Packers. Fans are in for six months of professional weekly contests concluding with the Super Bowl Championship Feb. 6, 2012. A lot of water needs to go under the bridge before we get there and that's what I'm talking about.

We're trying something new at the Alaska Post this year. We have assembled a solid seven pigskin prognosticating teams or individuals to determine who the best is at predicting winners each

week. Some played last year, some have accepted the challenge and Brain does it because he's curious.

Newcomer Steve Tate from the gym finished the pre-season final week with 10 wins and 6 losses while veteran-returnee Bear bumped his tally to 9 and 5. Another new team, BrowBrose Salsa tied me, the self-anointed A-Team posting 8 and 8. Another welcome addition to the cast, Ed Urbi from the fire department had 7 wins and 9 losses, while the Jones Bros, who were part of the Bison squad last year squeaked in at 6

and 10. Brain must have lost his thinking-cap, got side-tracked or miscalculated equations to claim the bottom spot with 5 wins and 11 losses. But that was preseason and I can hear him down the hall working on a new system already. The thinking cap is on and it is smoking. It's a new game and right now everyone is a winner. That's what I'm talking about.

There will be plenty to watch for this weekend during the on-field match-ups. There seems to be doubt that the Colts will be able to do anything without Peyton

Manning and although last night's game between the two previous champions was a barn-burner, the battle between the Ravens and Steelers should prove to be a down and dirty, old-fashioned slobber-knocker. Another one of those interesting tidbits will be when the Ryan brothers reunite on opposite sidelines as Cowboy defensive coordinator Rob travels to the Big Apple to take on Jets and head coach Rex. In just about every game there's a story inside a story and that's what I'm talking about.



A - Team

NO @ GB NO
PIT @ BAL PIT
ATL @ CHI CHI
CIN @ CLE CLE
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC KC
PHI @ STL STL
DET @ TB DET
CAR @ AZ AZ
MIN @ SD MIN
SEA @ SF SEA
NYG @ WAS WAS
DAL @ NYJ DAL
NE @ MIA NE
OAK @ DEN DEN



Steve Tate

NO @ GB GB
PIT @ BAL BAL
ATL @ CHI CHI
CIN @ CLE CLE
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC KC
PHI @ STL PHI
DET @ TB DET
CAR @ AZ AZ
MIN @ SD MIN
SEA @ SF SEA
NYG @ WAS NYG
DAL @ NYJ NYJ
NE @ MIA NE
OAK @ DEN DEN



Jones Bros

NO @ GB GB
PIT @ BAL PIT
ATL @ CHI CHI
CIN @ CLE CLE
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC KC
PHI @ STL STL
DET @ TB TB
CAR @ AZ AZ
MIN @ SD SD
SEA @ SF SF
NYG @ WAS NYG
DAL @ NYJ DAL
NE @ MIA NE
OAK @ DEN DEN



Brain

NO @ GB GB
PIT @ BAL BAL
ATL @ CHI CHI
CIN @ CLEA CIN
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC KC
PHI @ STL PHI
DET @ TB DET
CAR @ AZ AZ
MIN @ SD MIN
SEA @ SF SF
NYG @ WAS WAS
DAL @ NYJ DAL
NE @ MIA NE
OAK @ DEN DEN



Bear

NO @ GB GB
PIT @ BAL PIT
ATL @ CHI CHI
CIN @ CLE CLE
IND @ HOU IND
TEN @ JAC TEN
BUF @ KC BUF
PHI @ STL PHI
DET @ TB DET
CAR @ AZ AZ
MIN @ SD MINN
SEA @ SF SF
NYG @ WAS WAS
DAL @ NYJ NYJ
NE @ MIA NE
OAK @ DEN DEN



Ed Urbi

NO @ GB GB
PIT @ BAL PIT
ATL @ CHI CHI
CIN @ CLEA CLEA
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC BUF
PHI @ STL STL
DET @ TB DET
CAR @ AZ AZ
MIN @ SD SD
SEA @ SF SEA
NYG @ WAS WAS
DAL @ NYJ NYJ
NE @ MIA MIA
OAK @ DEN OAK



BrowBrose Salsa

NO @ GB GB
PIT @ BAL PIT
ATL @ CHI CHI
CIN @ CLE CLE
IND @ HOU HOU
TEN @ JAC TEN
BUF @ KC BUF
PHI @ STL PHI
DET @ TB TB
CAR @ AZ CAR
MIN @ SD SD
SEA @ SF SF
NYG @ WAS NYG
DAL @ NYJ NYJ
NE @ MIA NE
OAK @ DEN DEN

For your information

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.

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. 18 from 5 to 8:30 p.m. There is no charge for the program, take-out is available and children are welcome to attend with their adult family members.

DISABLED TRANSITION ASSISTANCE

Takes place 10 a.m. to noon, Sept. 14 in room 106 of the Education Center annex. Call ACAP 353-2113 or visit ACAP Express at <https://www.acapexpress.army.mil>

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Spc. Douglas J. Green, of Charlie Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact Capt. Donald Smith, 1st Battalion, 24th Infantry Regiment, 1-25th SBCT, Fort Wainwright, Alaska 99703, phone 353-2211.

Anyone having claims against or who is indebted to the estate of Pfc. Brandon S. Mullins, of Charlie Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact 1st Lt. Krystel Harrell, Echo Company, Brigade Troops Battalion, 1-25th SBCT, Fort Wainwright, Alaska 99703, phone (321) 960-5494.

Anyone having claims against, or who is indebted to the estate of Pfc. Douglas Cordo, of Bravo Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact 1st Lt. James Desjarlais, at Building 3409 Rhineland Avenue, 1-25th SBCT, Rear Detachment, Fort Wainwright, Alaska 99703, phone 353-2003 or 353-2007.

ACE SI TRAINING

September training will be available for Army Soldiers, leaders and civilians. Ask, Care and Escort training provides 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 ACE model. The target audience for ACE Suicide Intervention 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.

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

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.

WELCOME TO WINTER

The Fort Wainwright Safety Office will conduct a "Welcome to Winter" class September 21 from 6 to 8 p.m. at the Last Frontier Community Activity Center. This class is open to all personnel stationed at Ft Wainwright to include families and civilian employees.

The class is excellent for those facing their first winter in Alaska and also ones that have been up here a number of years and could use a refresher on prepping for winter here in Fairbanks.

The Welcome to Winter class consists of preparations you will need to stay safe and sane during the Fairbanks Winter. The training consists of vehicle preparation instruction, (the right kind of tires, adding battery and engine heaters, vehicle survival kit, and the right level of anti-freeze protection) and winter driving as well as how to prepare yourself and your family for the winter weather so that you can stay warm and avoid frostbite. Winter pet care is also discussed.

The Safety Office will also come to your location to do this briefing. Greg Sanches, Garrison Safety says that these briefings last approximately one hour and are perfect for family resource group meetings.

For more information or to schedule a briefing for your group, call 353-7079 or 353-7083.

YOUTH OF THE CHAPEL

Youth of the Chapel will be hosting a weekly High School Dinner and Discussion group at the Last Frontier Community Activity Center, Thursday nights from 6 to 7:30 p.m.. Deployment support, student driven discussions, delicious food, community, life enriching relationships and much more.

Check us out on under Facebook, "Fort Wainwright Youth of the Chapel".

For point of contact, call Robert Auker, 361-4463 or email, robert.auker1@us.army.mil.

USARAK "RUN FOR YOUR LIFE" 2011

A 5K Fun Run or 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.

ALASKA REMEMBERS SEPTEMBER 11

Please join the Fairbanks Area Fire Departments and the Tanana Valley Christian Conference for a day of Remembrance and Reflection Sunday at Pioneer Park, Alaska Centennial Center for the Arts. The event will honor the victims, emergency responders and public service personnel who perished 10 years ago in the attacks on the World Trade Center and will include both a traditional Fire Department Remembrance Ceremony, to include a reading of names, and an inspiring Interfaith Memorial Service.

9:30 to 10:45 a.m., Fire Department Remembrance Service

10:45 to 11:30 a.m., Social time with refreshments

11:30 a.m. to 12:30 p.m. Interfaith Memorial Service

This community event is free, and all are welcome to attend.

Email David Rumph with any questions at: davidr.umc@gmail.com

VENDORS AND VOLUNTEERS

Registration is open for the Community Spouses' Club 29th Annual Holly Day Bazaar set for Oct 14 and 15. The Holly Days Bazaar features only handcrafted or handmade items and is filled with artisans of every kind. If you or your friends create items that are handmade or handcrafted please visit our website to complete a vendor registration form. New vendors are always welcome. Fort Wainwright's CSC is open to new members and appreciates volunteers. Contact information is also available on the CSC website, www.wainwrightcsc.org.

ARMY SURVEY: WHAT'S IMPORTANT TO YOU?

The Army Family Covenant represents the Army's commitment to provide standardized programs and services to Army Families. This promise will be sustained through continuous review and measurement of existing programs and services. Please look through the list of Army Programs and Services and rank the 10 services you find of least value, using the tenth as the least valuable. Survey link: <https://www.surveymonkey.com/s/L2YHWPL>

Top 10 services and programs of greatest value - survey link: <https://www.surveymonkey.com/s/ZKXRJP5>

SOLDIER: Saving Soldiers

Continued from page 6

After speaking with her friend, Sawyer drove to the bar to get Brown. When she arrived, Brown was sitting in his car, distraught and unreasonable. Sawyer said she reached in and took the keys out of his ignition. They talked for a long time. Brown continued to tell her he was sticking to his plan to end his life that evening.

Sawyer said she tried to talk Brown out of taking his life.

"I tried to explain to him that I can't live with that kind of guilt," she said. "I just kept telling him, 'It's not going to happen.' I was trying to wake him up."

At one point during the evening, Brown decided to run. He threw himself over the hood of the car, but his friends caught him before he got very far. After the chase and multiple failed attempts to get Brown to calm down and listen to reason, his friends decided to contact the unit chaplain.

The 4th Brigade Combat Team chaplain called Brown's unit, which then sent staff duty personnel to get him. Sawyer met the staff duty members at an elementary school parking lot in Fayetteville near here, where Brown once again tried to run away.

After being caught a second time, Brown was taken to the barracks and placed on a 24-hour, three-day suicide watch. He was referred to Womack Army Medical Center here for mental health evaluations.

Sawyer credits her concern for Brown for taking action to save him.

"I think mostly, for me, it was the fact that I care about him so much. He is like my baby brother," she said. "There was no way I was leaving him. I would not have let him go regardless. I was ready to do whatever it took."

Sawyer said she'd applied her suicide prevention training to save her friend.

"I see [suicide] a lot differently now," she said. "I think suicide training is something Soldiers need to have and it needs to be emphasized."

Yet, Brown had attended suicide prevention training at his unit just three days before he'd threatened to kill himself.

"I understood the point of it and I saw the briefing, but I guess I just did not want anyone to stop me," Brown said. "I was not looking for help."

Brown said his turning point came the next night when the adrenaline wore off and he realized he was still alive.

"Once I got some sleep and woke up the next day, I felt depressed and empty," Brown said. "Knowing I wasn't supposed to be here felt weird. For about two days afterwards, everything felt so unnatural. I honestly didn't expect to be where I was. It was like everything just hit restart."

Today, Brown is receiving treatment as he continues to serve in the 82nd Division. Brown is thankful, he said, for the help and support he's received from his fellow Soldiers, noncommissioned officers and officers in his unit.

Sawyer said she finds herself getting upset whenever she thinks about the night Brown wanted to take his life and worries about what could have happened if she hadn't been there.

"I want him and other people who are thinking about doing this to understand what you are doing to the people in your life -- your friends, your family and your spouses and your relationships," Sawyer said. "This devastates people. I am still so upset."

18386448
LASKA REFINISHING &
UPHOLSTERY
AK POST/COUPON 10%
O
1 x 4.0

18386371
ALASKA DOLLAR PLUS
AK POST/NEW AD - AK
1 x 1.0

10385126
FAIRBANKS POLE ASSO-
CIATION
AK POST/MEETING SCHE
1 x 2.0

10385112
VIETNAMESE TEA &
COFFEE HOUSE
AK POST/NEW
1 x 2.0

11387713
PERFECT PARTY, THE
AK POST/AK POST
1 x 2.0

40384790
DIRECT TV
FF RHP/AK POST/HELP
2 x 2.0



Fall in Alaska, the foliage begins to turn to shades of red, rust and gold. (Photo by Trish Muntean/Fort Wainwright PAO)



A mosquito rests on a fireweed's blossoms as they near the end their climb up the stalk with seed pods forming close behind. (Photo taken by Connie Smith/Alaska Post Contributor)



A cow moose feeds on water plants along the Chena Hot Spring Road. (Photo taken by Connie Smith/Alaska Post Contributor)



Alaskan roads become great vantage points for fall foliage viewing. Do take the time to pull over and take photos, be safe and enjoy the scenery. . (Photo by Trish Muntean/Fort Wainwright PAO)

50386512
 ALASKA FUN CENTER SALES
 AK POST/BRUTE FORCE
 3 x 3.0
 RED

12384999
 TANANA VALLEY FARMER'S
 AK POST/END OF SEASO
 3 x 2.25