

ALASKA POST

Home of the Arctic Warriors

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WEEKEND WEATHER

Friday
Mostly cloudy
Low 25 High 40s
Light winds



Saturday
Mostly cloudy
Low 25 High 45
Light winds



Sunday
Mostly cloudy
Low 25 High 40



Columbus Day
Mostly cloudy
Low 25 High 40



Forecast courtesy of the National Oceanic and Atmospheric Administration

Fort Wainwright Soldier dies in Afghanistan

Staff Report, U.S. Army Alaska PAO

A Soldier from Fort Wainwright died early Monday evening in Kandahar Province, Afghanistan.

Pvt. Danny Chen, 19, from New York City, was an infantryman assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright.

Pvt. Chen entered the Army in January 2011 in New York, completed Basic and Advanced Individual Training at Fort Benning, Ga., and arrived at Fort Wainwright in May. He deployed to Afghanistan in August as a replacement in the 3-21st. The incident is under investigation. Next of kin have been notified.



Pvt. Danny Chen

U.S. and Afghan troops take back road held by Taliban

Sgt. Francis O'Brien, 116th Infantry Brigade Combat Team

U.S. Soldiers took part in Operation Fairbanks, a route-clearing and base-building mission, in collaboration with Afghan National Security Forces in Zabul province Sept. 17 to 21

to reclaim a road between Qalat, the provincial capital, and Mizan, the Mizan district capital, held by the Taliban for the past year.

See ROUTE CLEARING, on page 4



A 1st Battalion, 24th Infantry Regiment, Charlie Company 1st Lt. stands guard as U.S. and Afghan National Army Soldiers build the perimeter of a checkpoint along Route Chicken as part of Operation Fairbanks, Sept. 24 in Zabul province. Operation Fairbanks was a route clearing and stability operation to reclaim a major trade route between Qalat and Mizan that had been held by the Taliban for the past year. Afghan troops will be stationed at the checkpoint and provide security for the road and region. (Photo by Sgt. Francis O'Brien, 116th Infantry Brigade Combat Team)

New app to spotlight Army exhibits

Gary Sheftick, Army News Service

A new app for smartphones will allow Soldiers worldwide to visit Army exhibits and watch presentations taking place at the Washington Convention Center Oct. 10 to 12.

The Army Exhibit Mobile App will help visitors find what they're looking for at the Association of the U.S. Army's annual meeting and symposium, and allow those who can't be there to take a virtual tour.

The app will also allow users to watch Secretary of the Army John McHugh, Chief of Staff Gen. Raymond Odierno and other senior leaders discuss leading-edge issues facing the Army, such as advancing the network, cyber security, future

training, leader development and more. They will be able to hear Soldiers ask questions and get frank answers from their senior leaders.

"We want to expand the reach beyond the building and beyond the calendar," said Lt. Col. Thomas Smedley, who explained the presentations and exhibits will be available for viewing on the app not just during the three days of the conference, but for months to come.

"You can watch it during halftime at the football game," Smedley said. "You can watch it at an airport while waiting for a plane," he added.

See APP, on page 3

Army Family Covenant: The commitment endures

Lt. Gen. Rick Lynch, commander of Installation Management Command



Four years ago this month, the Army announced the Army Family Covenant, which promised to provide Soldiers and Families a quality of life commensurate with their service.

To help Soldiers and Families stressed by years of war, the Army substantially increased funding for programs in areas such as Soldier and Family services, behavioral health, housing, child care, education, and employment.

Today, headlines about defense budget cuts are prompting people to ask whether the Army is going to keep its promises.

The short answer is yes. Leaders change and situations change, but the Army's commitment to Soldiers and Families endures.

Under the AFC, the Army developed and enhanced a range of programs that build Soldier and Family strength, resilience and readiness. These programs include Survivor Outreach Services, Child, Youth and School Services, New Parent Support, the Military Spouse Employment Program, Strong Bonds, and the Wounded Warriors Sports Program.

Under the AFC, the Army has provided new and renovated housing for thousands of Families and single Soldiers, and constructed more than 150 new child care and youth centers. The Army has increased the number of Military Family Life Consultants, who provide confidential non-medical counseling for Soldiers and Families, and the number of behavioral health care providers, who provide behavioral health services before, during and after deployment.

See ARMY FAMILY, see page 2



The Army Exhibit Mobile App will spotlight Army exhibits and speeches at the AUSA annual meeting and symposium. (Photo Credit: Army Public Affairs)

Editor's Correction: In a Sept. 30 story about the Operation Rising Star competition, the Alaska Post erroneously reported the last name of the winner of the competition. Fort Wainwright's top performer is Nicole Waters, not Walters. Waters is the wife of Staff Sgt. Spencer Waters, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, who is currently deployed in Afghanistan. Waters sang the song "Killing Me Softly" by the Fugees in the final round of the competition.

Proclamation for Fire Prevention Week

During Fire Prevention Week, we reaffirm the importance of fire safety and awareness, and we pay tribute to our firefighters, volunteers and first responders who put themselves in harm's way to protect our lives, homes and communities every day.

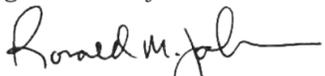
Every year throughout the United States, fires kill thousands, injure hundreds of thousands and destroy billions of dollars in property. Each of us can take a few precautions in our homes to safeguard our loved ones from the hazards of fire. Smoke alarms are vital detection devices, and properly installing and maintaining them in the home can help keep our Families safe. This year's theme, "Protect Your Family from Fire," encourages all military Families and civilians to test alarms at least once per month, and to check their batteries.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922 Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9th falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925.

Parents and caregivers should also take the time to discuss and practice emergency plans with children in the event of a fire. Additionally, around the home, it is important to ensure electronic appliances, machines, and heating units are plugged in and operated properly. With responsible use of fire indoors and outdoors—from safely disposing of matches and cigarettes to increased attention when cooking on grills or building a campfire, we can avoid untold numbers of emergencies, injuries and lives lost to fire and its consequences.

Fire Prevention Week also calls our attention to the lifesaving work our firefighters perform in our community. These courageous professionals are the first ones on scene during an emergency, fearlessly charging up smoke-filled staircases as people rush down them. Some have paid the ultimate sacrifice in the line of duty. We are profoundly grateful for the dedication and tireless efforts of our firefighters and first responders in their selfless service to our communities.

Now, therefore, I, Ronald M. Johnson, commander, U.S. Army Garrison – Fort Wainwright, do hereby proclaim Oct. 9 through 15, 2011 as Fire Prevention Week in Fort Wainwright and urge all citizens, government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make our community a safer, stronger, more caring community.



RONALD M. JOHNSON
COL, SF
Commanding

Tour De Desert: An active demonstration of Soldier support

Jennifer Morales, Alaska Post Contributor

If you have ever been separated from a loved one, you can relate to the feeling of almost desperation and willingness to do anything to be with them. During a deployment it's easy to fantasize about crossing oceans and overcoming mountains to be with the person you love. Just as that old Marvin Gaye song says, "ain't no mountain high enough, ain't no valley low enough." Some Soldiers' wives have taken this into an almost literal meaning. We are quickly approaching midway through the 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment to Afghanistan. Army Family Team Building is sponsoring "Tour De Desert," a program created to show support for Soldiers deployed from Fort Wainwright. The program allows the community members to work towards being more physically fit, reducing stress, as well as socializing. Tour De Desert is a cycling challenge that began in May 2011 and goes through April 30, 2012. It is very similar to "Walk to Iraq and Back," the challenge from the previous deployment. There are various ways that mileage can be accumulated. If you don't want to ride a bike, you can earn one mile for every 30 minutes of sustained physical activity including aerobics, elliptical, running, kick boxing, etc. You can also accrue miles from attending a class with Army Community Service (worth 25 miles) or Family and Morale, Welfare and Recreation facility (worth 10 miles) or attend a Soldier related function such as Family Readiness Group meetings (worth 5 miles).

The goal of the Tour De Desert program is to bike the distance from Fort Wainwright to Kabul, Afghanistan, and then to Baghdad, Iraq, with a total one-way distance of 5,503 miles. If your goal is to do the one-way total you need to average about 15 cumulative miles per day. The round trip is a total of 11,006 miles. If your goal is to complete the full round trip you need to average 30.2 miles per day.

See Soldier SUPPORT, on page 5

ALASKA POST

Home of the Arctic Warriors

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Medical Department Activity - Alaska Corner

Col. George Appenzeller, MEDDAC-AK commander



October is Breast Cancer Awareness Month

Hospital to host fair Saturday, Oct. 15

This month is National Breast Cancer Awareness Month. Breast cancer is a common cancer that affects thousands of women each year. This is an important issue for the entire U.S. Army Alaska Family, and Medical Department Activity-Alaska and Tricare are both committed to early detection and treatment. Please, please, please do not put off your self-exam or your mammogram and if you have any questions or need a referral, do not hesitate to call your provider.

To encourage women to get mammograms and become more aware about breast cancer, Bassett Army Community Hospital is hosting a Breast Cancer Awareness Fair Saturday, October 15 from 9 a.m. to 2 p.m.

"Women put off getting mammograms because they can be scary," says Michelle Vargas, Bassett's Health Promotions nurse. "This event is designed for woman to come with their girlfriends and get their free mammograms at the same time. This way they have a support system and can have fun at the same time."

According to the American Cancer Society, each year in the United States more than 230,000 women are diagnosed with breast cancer. When detected early, the five-year survival rate of patients diagnosed with Stage I breast cancer is 95 percent to 98 percent. Regular screening by mammogram can lead to early detection of breast cancer and improve survival, according to the National Cancer Institute. Tricare officials encourage women to conduct breast self-exams and get annual mammograms.

Tricare beneficiaries are entitled to an annual mammogram beginning at age 40 and at a doctor's discretion for women younger than 40 who are at high risk of developing breast cancer. Beneficiaries identified as being at high risk for breast cancer (due to Family history, etc.) are covered for annual mammograms beginning at age 35.

In March 2007, Tricare added breast magnetic resonance imaging (MRIs) to the battery of cancer screenings it covers. Tricare Prime beneficiaries age 30 or older and Tricare Standard beneficiaries age 35 or older, can have breast MRIs as an annual screening procedure if, according to American Cancer Society guidelines, they are considered at high risk of developing breast cancer.

After taking every preventive measure against breast cancer, a patient could still hear these four words from a doctor: "You have breast cancer."

This diagnosis can be very shocking and scary, but thanks to improvements in treatment, millions of women are cancer survivors.

Following a diagnosis, the doctor will likely give several choices for treatment. Tricare covers mastectomy, radiation therapy and chemotherapy.

It is important to discuss options in detail with a doctor.

Breast cancer can also develop in men. Each year, about 2,000 men in the U.S. learn they have the disease. Tricare offers similar treatment options for men.

Tricare beneficiaries can find information about breast cancer exams and screening at www.Tricare.mil. For more information about breast cancer, visit the NCI at www.cancer.gov/cancertopics/types/breast.

MEDDAC-AK is committed to providing the best care with quality customer service. For more information about scheduling a breast cancer exam call 361-4000 to set up an appointment. We want to thank all of you for everything you do for our nation and our community.

ARMY FAMILY: Commitment endures

Continued from page 1

Under the AFC, the Army has worked hard to reach the whole Army Family, including geographically dispersed Soldiers and Family members. Toward that end, the Army supports a number of services away from installations, such as community-based child care and Army National Guard Family Assistance Centers, and provides Army OneSource, which enables 24/7 access to information and services regardless of location.

At a time when the Army is restoring its balance, the AFC has been the catalyst for enhancing and standardizing the quality of support for Soldiers and Families. And now it is time to ensure our investment has made a difference in the lives of Soldiers and Families.

Program review has been built into the Army Family Covenant from day one. It has always been part of the AFC plan to assess program effectiveness, consolidate, and make adjustments, to ensure there is no overlap or gaps between programs.

So the current fiscal situation does not change our course but it does put more gas in our tank. It intensifies the need to streamline and make sure we continue to provide the most valuable programs.

For the programs under the AFC umbrella, the majority of which are run by Installation Management

Command, customer feedback is a critical part of our ongoing evaluation. We gather customer feedback partly by looking at which services are used most often, and partly by asking customers about their experiences, through garrison focus groups and surveys such as the Army OneSource Army Family Covenant survey, just completed Sept. 1.

We will be asking for feedback again in January, when Soldiers, Family members, Civilians and Retirees will receive a survey on their needs, usage and satisfaction with Family and Morale, Welfare and Recreation programs. I urge everyone to take this and every other opportunity to tell us about the programs and services that are valuable to you. Your feedback impacts decisions about programming.

Like every other government organization, every business, and every Family, we are taking a close look at our use of resources during this time of fiscal uncertainty. We have to determine the most efficient, most effective ways to reach out to the entire Army Family and provide support in the areas of greatest need. But we are starting from a clear, non-negotiable bottom line: the Army will keep its promise to Soldiers and Families

Alaska Pilots close FOBs for Iraq Drawdown Trading Places: 6-17 CAV on the move

Spc. Darriel Swatts,
Public Affairs, 40th Combat Aviation
Brigade



Lt. Col. Michael McCurry, commander of the 6-17th CAV, stands next to his OH-58 Kiowa Warrior on the CAV's new air strip on Camp Taji, Iraq on Sept. 29. (U.S. Army photo by Spc. Darriel Swatts/Public Affairs, 40th Combat Aviation Brigade)

Soldiers of the 6th Squadron, 17th Cavalry Regiment, an Attack-Reconnaissance Squadron consisting of OH-58 Kiowa Warriors, based out of Fort Wainwright, Alaska, took the lead as the first aviation unit in Iraq to close a Forward Operating Base.

The 6-17th, in conjunction with 4th Heavy Brigade Combat Team, 1st Armored Division, close FOB Diamondback in the northern

Iraqi city of Mosul, in October as part of the 40th Combat Aviation Brigade's reposturing of forces in

preparation for the drawdown of U.S. forces in Iraq.

"The reposturing of forces in Iraq requires large formations and thousands of man hours for each battalion or squadron to move to a new location," said Col. Mitchell Medigovich, commander of the 40th Combat Aviation Brigade.

The 6-17th is one of five aviation battalions that fall under the 40th CAB's command.

"The 6-17th's ability to maintain a positive attitude, agile mindset and a commitment to mission success allowed them to move from Mosul to Camp Taji and Kirkuk," Medigovich said. "They did so in a manner that they were able to mitigate the risk and eliminate friction and still provide first class mission support to their customers."

The 6-17th faced a momentous challenge when its Soldiers closed FOB Diamondback and moved out. The unit not only had to move its personnel, maintenance equipment, communication packages and aircraft; but also ensure there was no drop in aerial coverage to the ground force commanders and make sure everything was in order to hand off to the Iraqis.

The handover of Diamondback,

known to the Iraqis as the Mosul International Airport, had special significance due to it being an international airport, said Lt. Col. Michael McCurry, commander of the 6-17th. "We had to make sure it was secure and operational for civilian flights when we repostured the American presence and handed it over to the Iraqi Ministry of Transportation."

While the 6-17th was moving out of Mosul, it also closed a base at Tal Afar, constructed new landing pads on Camp Taji, made upgrades to its aircraft, all while maintaining and conducting missions throughout United States Division-Center and North. The unit operated, at one point, out of five locations.

"The whole move went very smoothly," said Capt. Peter Thomas, F Troop commander, 6-17th. "The Soldiers worked very hard to get everything prepared for the move. Our Soldiers are extremely flexible. They've done a great job as we repostured south. These guys have been living out of their rucksacks for the majority of the deployment because of all the changes and movements they've had to endure."

See DRAWDOWN, on page 8



Mark Edwards,
Human Resources Command Public Affairs

Postal Service sets holiday mail deadlines

The United States Postal Service and Military Postal Service Agency have released deadlines to ensure packages arrive to Military and State Department post offices overseas by Dec. 25.

Deadlines to ensure arrival by Dec. 25 are Nov. 12 for parcel post mail; Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 17 for

express mail military service.

The Military Postal Service Agency highly encourages customers to mail packages on or before the dates for the specific mail category in order to avoid unplanned transportation delays. Not all Military or State Department post offices are eligible for Express Mail Military Service therefore, customers should plan accordingly.

"Express Mail Military Service is not available for holiday packages and mail going to Iraq and Afghanistan," said Faye Slater, the deputy director of the Military Postal Service Agency.

The Military Postal Service

provides mail service around the world to Department of Defense and most Department of State locations. Mail is moved on commercial and military aircraft and commercial sealift vessels to nearly 2,000 military post offices located in over 85 countries.

The Adjutant General of the Army, located at the Human Resources Command, Fort Knox, Ky., is the Executive Director of the Military Postal Service Agency.

For information on mailing deadlines and restrictions, email the Military Postal Service at: MPSA-TRconus.army.mil.

APP: Spotlight Army exhibits, forums at AUSA

Continued from page 1

"We don't encourage watching it while driving in traffic," he joked. Smedley, military deputy for Community Relations and Outreach at Army Public Affairs, has been working on the app since May. He said it will be available for downloading next week for iPhones, Droids, and iPads and his team has also been working on a version for BlackBerrys.

The www.Army.mil/mobile site will have a link to the iTunes App Store, the Android Marketplace, and the HTML5 Blackberry site where the app can be downloaded.

Apple has already reviewed the app and sent back its technical approval, Smedley said.

The smartphone application will link to video of the 14 Institute of Land Warfare panels from the convention center. The symposium's opening ceremony Monday, featuring Secretary of the Army John McHugh will be available for viewing. So will the Eisenhower Luncheon Tuesday, featuring Army Chief of Staff Gen. Raymond Odierno.

"You can sit and watch the chief talk about the way ahead," Smedley said, adding that the presentations would also be good to play back for unit professional-development sessions, such as NCOPDs.

"It's all about avoiding that white piece of paper," he said, explaining that an interactive application and video are much more exciting than reading a handout.

The app is a partner to the Professional Development web page on www.army.mil which will have the links for viewing livestreaming and archived video on the smartphone, he said.

The four Family Forums at AUSA will be available on the app, as will presentations at the Warrior's Corner. Warrior's Corner presentations are part of the Department of the Army exhibit at booth 1775 in the center of the Convention Center's exhibit hall.

Next to Warrior's Corner will be a theater, playing two films also available on the app: "The Army Profession" and "The Squad: Foundation of the Decisive Force."

The third zone of the Army exhibit will be an interactive look back over the past 10 years of war and the communications campaigns.

"We're nested with the communications campaigns," Smedley said, explaining that one of his jobs has been to ensure that the Army's eight communication priorities resonate throughout the app and the Army's exhibit.

Those communications priorities are color-coded on the app for the convenience of users, Smedley said.

"We're pretty excited," he said. "The app is permeating with our force."

Young Soldiers are used to receiving information digitally through mobile devices, Smedley said, explaining that they read books on their iPad or Kindle and download technical manuals from the Internet. He predicted that they will be very comfortable with the new app.

"The convenience and portability is very good," he emphasized.

The app will also include feedback mechanisms, Smedley said. In-app analytics will measure usage and allow Soldiers to rate the exhibits. The app will also allow users to provide both quantitative and qualitative feedback on the communications campaigns.

And Soldiers with ideas for making the app even better are invited to submit their suggestions, Smedley said.

Help available for Families through the Child and Family Assistance Center

Trish Muntean, Fort Wainwright PAO

In the Fort Wainwright community, there are multiple options for Family members who need a helping hand to get through a rough time.

One of those places is the Child and Family Assistance Center.

Laura Reed, a licensed clinical social worker who works at the center said that its sole purpose is "to support the Families of the Soldiers, it is that simple."

"There has been a real big push recently, a realization that the Soldiers well being is more than just them as individuals. Especially for those who are married and those that have kids," she said. "This is a pretty new concept in the Army, just wanting to make sure that Family is going to get taken care of even when there is a lot of stuff going on with the Soldiers."

The Fort Wainwright facility is one of four CAFACs (the others being at Schofield Barracks, Hawaii; Joint Base Lewis McChord, Washington; and Fort Carson, Co.) The decision on where these facilities are placed is based on a "population based needs assessment," Reed said. CAFACs were established primarily where (Family members) were frequently referred off post because of the lack of (care) on post.

The Fort Wainwright CAFAC sees both adult Family members and children and requires no referral.

Another difference of the CAFAC program is that Family members will be able to continue care without interruption when the Soldiers return from deployment. Staff works exclusively with

Family members. Reed said the staff sees people with a variety of problems.

"Anything and everything," she said. "In the Army world, a lot of folks tend to get married young. I see a lot of 19, 20, 21 year-olds who are married, that this is their first post. It is the first time a lot of these young women have been away from their homes. This may have been a high school sweetheart that they decided to get married so they could stay together and then get pulled out of Florida, Alabama or Texas and into Interior Alaska which throws them for a loop."

The CAFAC staff also recognizes that having a parent deployed has its challenges for both the parent and the child. "It is really hard to deal with all this stuff," she said. "Sometimes, as parents we tend to focus on the child, not really focus on what is going on with us. Feeling like the child is the one that needs the help, needs the support when the parent may need it just as much if not more. To feel comfortable and confident as a parent sometimes the parent needs somewhere else safe to vent, get it all out say 'the child is driving me crazy.' Yes, they do that sometimes. It is ok to acknowledge that, to admit it. But do it in a safe place, where it is going to be okay, where you can collect yourself a little bit more and then go out and deal with the child when you're feeling better about it."

Reed said that military kids are not always as resilient as people think.

See ASSISTANCE, on page 5

Army commitment remains strong on Fort Wainwright

Allen Shaw, Fort Wainwright PAO

The Army Family Covenant is alive and well with the United States Army Alaska but as the nation faces fiscal challenges leadership is looking for ways to "tighten its belt", said Maj. Gen. Raymond P. Palumbo, USARAK commanding general during the Community Action Council meeting Wednesday.

The AFC promised to offer Soldiers and Families a quality of life that corresponds with the service they provide and sacrifices they endure. A substantial increase in funding for programs to build strength, resilience and readiness were made available. Over the past four years Soldiers and Families have received additional help with employment, education, behavioral health, child care and housing. Programs like Survivor Outreach Services, Strong Bonds, Adventure Quest and the Wounded Warriors Sports Program have flourished and although fiscal uncertainty has become the hot topic, local leadership is taking the steps to keep the promise.

Col. Ronald M. Johnson, garrison commander has encouraged involvement that will assist leaders in making the tough decisions ahead. He is asking everyone to complete a Prioritization and Value to the Customer of Services and Programs survey. He said, "Your responses will help illustrate to senior leaders which programs are critical and which programs we may be able to reduce." The goal is to find the most efficient and ways to reach out to the Army Family and provide the areas of greatest need in Alaska.

"The Army has not asked us for this input yet, but decisions will be made soon and we want to be prepared," said Angela Major, Plans, Analysis, Information and Operations chief. "By taking this survey," she said, "every customer has an opportunity to participate in the decision-making process."

Until programs are actually funded, local leadership is unable to predict what AFC services will continue at what level. Mary Jo Lohrenz, director of Family and Morale, Welfare and Recreation said a leisure needs survey comes out every few years. It is designed to give the Army a view of what programs are important to communities from top to bottom. "It is only valuable if the community participates," Lohrenz said.

Program managers are constantly tasked with finding ways to continue to meet customer's needs despite reduced resources. "Creating partnerships with other organizations has really helped and I expect to see more partnerships developed in the future," said Major, "By understanding what is most important to the customers will allow us to continue to meet their needs."

Soldiers, cultures meld during Hispanic American Heritage Month observance

Connie Storch, Fort Wainwright PAO

Before she became a U.S. Army Soldier, Sgt. Carolina Serrano understood about sacrifice, leaving Family behind and focusing on goals. Serrano shared the story of her journey to U.S. citizenship and the inspirational highlights of the first chapter of her military career during the post's annual observance of Hispanic American Heritage Month, Sept. 30.

Serrano, originally from Columbia, was assigned to C Company, 125th Finance Detachment here, putting her degree as a financial engineer to use, assisting in the redeployment of Fort Richardson's 4th Brigade, 25th Infantry Detachment in 2007.

Attaining fluency in

English while completing her Army training meant Serrano often had to "work harder than the Soldier to my left and my right," she said, "because of language and cultural differences. But Serrano was "determined to make a better life for myself and my Family . . . in this great country."

During Serrano's first four years in the Army, she achieved the Distinguished Honor Graduate, Commandant's Inspection and Iron Person awards in the Warrior Leaders Course in December 2008, the Financial Regimental Soldier of the Year in 2009, and received her battlefield promotion to Sergeant while serving in Iraq in September 2009.

Serrano said the day she became a noncommissioned officer was, "one of the greatest days of my life. To teach Soldiers the skills needed for growth and development fills me with great satisfaction."

The Hispanic American Heritage Month theme for 2011 is "Many Backgrounds, Many Stories, One American Spirit."

Serrano's story as a Hispanic American is a story that should



Sabor Cubano Dance Productions dancers, Anya Goropashnaya and Felix Bambyr Webbe demonstrate the salsa during the celebration and annual observance of Hispanic American Heritage Month, in the post's Last Frontier Community Activity Center, Sept. 30. (Photo by Connie Storch/Fort Wainwright PAO)



Col. George Appenzeller addressed Soldiers, Army and civilian leaders during the annual observance of Hispanic American Heritage Month, in the post's Last Frontier Community Activity Center, Friday. (Photo by Connie Storch/Fort Wainwright PAO)

be familiar to all U.S. citizens, said Col. George Appenzeller, Medical Department Activity-Alaska commander during his closing remarks at the observance.

The self-described Latina and naturalized citizen of the United States said, "the Army has provided me with a magnitude of life altering opportunities."

"In my heart I believe becoming an officer is my opportunity to give back to the Army, by using my gratitude as a motivator for an honorable career as an officer."

"The only barriers to achievement are those we set within ourselves," Serrano said. Serrano begins officer candidate school this month.

ROUTE CLEARING: U.S. and Afghan Troops take back road held by Taliban

Continued from page 1

Operation Fairbanks, five months in the planning, was led by Charlie Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division from Fort Wainwright. The mission was to clear and secure Route Chicken, the primary road between Qalat and Mizan, of any improvised explosive devices and build four checkpoints for Afghan National Army Soldiers. Once built, ANA Soldiers will be stationed at the checkpoints for a nine-month tour of duty patrolling the area and providing security.

"Our goal is not only to show the Afghan police and army that the route is open," said Capt. Jeremy S. Medaris, Charlie Company, 1-24th commander,

"but also to show the populace and the insurgents that the route is open to daily traffic."

The 1-24th has kept one platoon stationed at Mizan that was previously supplied by air drops with troops rotated in and out by helicopter. Because the road was considered too dangerous, the Mizan district governor had been flown to Qalat for governmental meetings.

"With the route open, we'll be able to do convoy resupply to our Soldiers in Mizan," said executive officer of Charlie Company, 1-24th, Capt. Joseph M. Lapointe, a Jericho, Vt. native.

"It's a big win for the GIRoA," said Sgt. Michael McAllister, vehicle commander for Stryker vehicle 65 from Joliet, Ill., who provided security for troops working on base construction,



Alaska-based 1st Battalion, 24th Infantry Regiment, Charlie Company Soldiers and Afghan National Army troops build the perimeter of a checkpoint along Route Chicken as part of Operation Fairbanks, Sept. 24, in Zabul province. Operation Fairbanks was a route clearing and stability operation to reclaim a major trade route between Qalat and Mizan that had been held by the Taliban for the past year. Afghan troops will be stationed at newly built checkpoints to provide security for the road and region. (Photo by Sgt. Francis O'Brien, 116th Infantry Brigade Combat Team)

referring to the acronym for the Government of the Islamic Republic of Afghanistan.

The reopening of the road gives the GIRoA direct access to Mizan and increases the visibility and legitimacy of the local government. Reopening the route will create economic activity in Mizan and an economic corridor between Mizan and Qalat. Route Chicken had been closed for over a year because of IED activity.

"The road hadn't been an option for the people because they were either taxed by the Taliban along the road, forced to take a Taliban-owned taxi, or just taking a risk," McAllister said.

The goal of the U.S. is to give Route Chicken the same level of security as Highway 1 - part of the main ring road that connects Zabul to Kandahar and Kabul.

Using heavy earth-moving equipment and supplies transported as part of a convoy, U.S. and ANA troops built one base every day approximately every five miles along the road.

Forward Operating Base Massoud was used as the lead support area for the mission. All supply runs, staging of vehicles and equipment, and any needed repairs were coordinated out of FOB Massoud. Assembled there were Task Force Legion and the 59th Mobility Augmentation Company.

Platoon Sgt. Ataqalla from the ANA 2nd Battalion in Zabul was responsible for five to six Humvees, providing security for the engineering vehicles, bucket loaders and bulldozers, without which Operation Fairbanks could not have happened.

"I'm happy to serve my people by making these checkpoints," said Ataqalla. "We expect many more vehicles along the road with the checkpoints up. We're very glad you guys are helping."

A formal ceremony celebrating the reopening of Route Chicken was scheduled for Sept. 27 in Mizan.



A local Afghan elder is able to walk safely along Route Chicken after a successful route clearance sweep by U.S. Soldiers as part of Operation Fairbanks, Sept. 24, in Zabul province. Operation Fairbanks was a route clearing and stability operation to reclaim a major trade route between Qalat and Mizan that had been held by the Taliban for the past year. Afghan troops will be stationed at newly built checkpoints to provide security for the road and region. (Photo by Sgt. Francis O'Brien, 116th Infantry Brigade Combat Team)

Department of Defense, Army, Family Advocacy join in combating domestic violence

Allen Shaw, Fort Wainwright PAO

October is National Domestic Violence Awareness Month and the military continues to focus attention on helping Families build and maintain healthy relationships.

The heart of the awareness campaign is prevention, intervention and highlighting services provided by the community. The mission is to recognize and eliminate domestic violence. The Family Advocacy Program has designated Tuesdays in October as Wear Purple Day to acknowledge that domestic abuse is a real problem in this country.

Kathy Robertson, program manager for Department of Defense Family Advocacy Program, said spouses with strong trust and good

communication skills can address relationship problems before they escalate. The department offers a range of resources for victims, if violence does occur, beginning with reporting options.

"Restricted reporting affords the victim the opportunity to report without involving the Soldier's chain of command or the military police," said Betty McCain, Fort Wainwright Family Advocacy Program manager. "With this type of report, a report can only be made to a healthcare worker, victim advocate, victim advocate supervisor or chaplain in order for it to be a restricted report," McCain said.

The FAP on post provides victim advocate services but also has many support resources geared toward prevention and

building or maintaining strong relationships. There are regular anger- and stress-management classes, marriage enrichment and parenting programs. McCain said, "There are marriage enrichment classes and an anger management group that addresses how to argue so the argument does not escalate out of control."

Some say the overall trend of domestic violence and sexual assault in the Army is declining as society's intolerance for such behavior increases and awareness programs evolve. During a Sexual Harassment-Awareness Response and Prevention summit in March 2011, Carolyn Collins, SHARP Program Office division chief, noted that domestic violence numbers went down 8 percent in 2010. She said, "1,689 cases were reported last year and 1,795 were reported in 2009."

The same appears to be true on Fort Wainwright. "During deployment domestic abuse cases decrease," McCain said, "however, 90 days after the Soldiers return, there is an increase in reports

of domestic violence. The best tool in combating this problem is (through) support from the chain of command." Making referrals to classes and groups that address the Soldier's problems or issues before a domestic-abuse incident occurs seems to be a component in reducing unpleasant episodes. McCain is relying on the leaders and senior noncommissioned officers to take a proactive role. The problem will not take care of itself. "If the Soldier does not suffer repercussions or they are viewed as weak if they choose to seek help when there is a problem," McCain said, "then the problem could escalate without any intervention."

The Family Advocacy Program is part of Army Community Service, a Family and Morale, Welfare and Recreation program.

For more information on programs and services through Family Advocacy and ACS, visit the office in Building 3401, the Welcome Center, call 353-7317 or visit www.ArmyOneSource.com.



GI Jane waxes poetic: Remembers previous deployment

GI Jane, Alaska Post Contributor

In this week's column, GI Jane expresses herself poetically, as she thinks of her Soldier and a previous deployment and homecoming. She has learned that just as the seasons change, coming and going, so do the different stages of deployment. She finds hope in this:

*Time seems to play tricks on us.
Slowing down at time of pain, and speeding up in time of happiness. Today I caught a rare glimpse of time pausing just long enough for me to soak in the day.
Time slowed to an almost complete stop while leaves slowly dance their way to their place on the battered path.
Dancing a slow waltz mesmerizing me. Suddenly I found that I was surrounded by shades of yellow, oranges and reds.
I slowly walk taking in the fall sights and smells; animals scurrying to prepare for the winter ahead, leaving the nature around them in a beautiful and chaotic disarray.
Each leaf seems to have its exact place on the puzzle of a pathway below me. Trees swaying, making an archway of golds and auburns with sprinkles of sunlight breaking through.*

* * *

Every year when this beautiful season arrives, I take in the moments and remember all that I am thankful for. Years ago, on a similar fall day, October 6, 2006, I said, "goodbye" to my Soldier, sending him off to war.

In my arms I held our three-week-old baby girl, wiping tears, trying to form the words and strength to say, "Goodbye."

Each day as I saw my daughter grow so did my heartache, knowing all that my husband was missing. I would write letters and wait constantly by my phone hoping to receive a call from him. With every ring I was covered in goose bumps and my heart halted as I waited.

A year of waiting went by and the beautiful season of fall in Alaska came and went again. Then just when I was beginning to feel that the deployment would never end, the snow came, giving me a glimmer of hope.

Snow has this amazing ability to transform even the ugliest things into astonishing works of art. Snow falls gracefully, putting just the right highlight on things that you normally wouldn't notice. Greens look greener and the sun shines brighter, giving everyone a preview of the beauty that renews each spring.

Winter renewed my hope and lifted me up gently, as a mother helping her young to their feet.

As the snow twirled and drifted its way to the ground outside, I sat inside creating far too many welcome home signs. I painted my daughter's small hands and placed them in strategic positions on "her" welcome home sign.

I began scurrying around my house, preparing for the new life we were about to enjoy when my Soldier returned. Even though we may have been separated geographically, love kept us together. So just as in my heart he was here with me every late night, comforting an inconsolable newborn, I was there for him through all the late nights and long shifts.

With our homecoming signs in hand, and our Sunday best on, we gathered with our Family to welcome our Soldier home.

Soldiers came marching into the gym, standing in formation. I couldn't tell you what the speaker said, or who was there. In the moment I saw my husband, life paused, sounds faded away, colors blurred, as if the whole world had halting its turning to give us a moment for all the moments it had stolen from us.

I ran to him, holding our daughter in my arms. With his embrace, all the worries of yesterday seemed to melt away, nothing was more important than that moment.

Now as fall dances around us again, I am reminded of the changes that the seasons and times bring. Through the good and the bad, life continues on.

But if you are lucky and you pay attention, life pauses every now and then, even just for a few seconds, and lets you remember. And then you can hope again.

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.

SOLDIER SUPPORT: An active demonstration

Continued from page 2

There are many different reasons to participate in the Tour de Desert program. Many participants do it for the physical exercise or a chance to bond with other military spouses, coworkers, or Family. Regardless of the reason, it's a great morale boost to our Soldiers, spouses and military members here. Recently I had the pleasure of speaking with Sonja Taylor of Customer Management Services. She mentioned that her team enjoys taking the leisurely route. Taylor says they chose Team Turtle as their title for their team, as the turtles always finish the race, even if they aren't the fastest of participants. This is a great outlook on this program. Taylor and Natalie Rhodes, take the opportunity to walk their dogs, Jasper and Tattoo, while Cindy Blum, takes the opportunity to bond with her grandson Landon. Angela Major takes a completely different approach to the program. Major participates in the program as part of her marathon training. Melissa

Fernandez does the program all out of showing support for our great men and women who sacrifice so much more for us. Currently there are five teams and 316 people registered for the Tour De Desert. It is not too late to register. You can complete the program individually or as a team. It's a great way to get into physical shape before the winter sets in. The program is an excellent way to show support for our troops and their Families. Registration is required to get credit for participating and can be done at ACS. Each participant will receive a log book at the time of registration. Tour De Desert shows great dedication and inspiration to our men and women serving overseas, as well as our members and spouses on the home front unifying those who stay behind, giving strength and encouragement. Regardless of how you accumulate your miles, or why, Tour De Desert is a great program for boosting morale both overseas and on the home front.

To find out more information on the program, including how to register please contact Charles Lyons at 353-2382.

ASSISTANCE: Available for Families

Continued from page 3

"These are kids who didn't choose this lifestyle," she said. "They didn't choose for their parents to be in the military. The adults are the ones who chose that. Working with them, helping them understand that mom or dad has to be gone for a year because of their job and it doesn't mean anything against them. They are very much loved and supported. This is just the job mom or dad has chosen to do. That is hard for kids to get sometimes. Having a safe place where they can talk is important."

Living in a military community at any time can be a challenge, but more so during a deployment, said Reed.

"Amilitary death affects everybody, you don't even have to be in the same unit," she said. "Anytime that hits the news, anybody associated with the community gets afraid. There is a knock on the door they get afraid, that is very normal. That is really what I try to tell people. That fear for your loved one and that little bit of thankfulness that is not your loved one directly, all those conflicting emotions are normal. We can't predict how we are going to react in situations like that. What we feel is what we feel and it is okay. How with you deal with it, how you process it and how you

get through the rest of your day, the rest of your week is sometimes what can become an issue."

Reed recommends that if people are having a hard time getting up every day because they constantly worry about loved ones in harm's way or because of dealing with the kids or their jobs they should schedule an appointment with CAFAC.

"If they are having a hard time getting through the day, then call us. All of us have good days and bad days. That is normal. When that becomes a pattern, when people have a really hard time just getting through the day that's when you got to say 'I've got to do something about this.'"

She also said that a major change in sleeping patterns may be reason to reach out for help. "What we usually get concerned about is any big change in sleeping pattern. Whether it is sleeping more than usual or sleeping less than usual; feeling tired all the time and just wanting to sleep. Lying down but your thoughts are just racing and you can't get them to stop. Or you wake up often during the night and your thoughts are still racing," these are times professional care may be needed.

To schedule an appointment with the Child and Family Assistance Center call 361-6059.

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

Friday – 7th

STORY HOUR AND CRAFTS: BALLOONS, 4 p.m., Library, Building 3700. Call 353-4137.

FIRST FRIDAY'S ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 2727. Call 353-7520.

OPEN ICE SKATING, 5:30 to 7:45 p.m., Physical Fitness Center-Ice Rink, Building 3709. Admission for open recreational ice skating is as follows: Individual daily fees; 4 years and under are free; 5 to 17, \$2.50; adults, \$3.50; Family of four or more, \$8 ; skate rental, \$1.50. Call 353-7294.

Saturday – 8th

GEO-CACHING, 1 to 3 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

GROUP CYCLING CLASS, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

STORY HOUR and CRAFTS, 10:30 a.m., Library, Building 3700. Call 353-4137.

KID CRAFTING, 10:30 a.m. to noon, Arts and Crafts Center, Building 2727. Cost is \$5. Open to ages 4 to 7 with parent. Call 353-7520.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

OPEN ICE SKATING, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709. Admission for open recreational ice skating is as follows: Individual daily fees; 4 years and under are free; 5 to 17, \$2.50; adults, \$3.50; Family of four or more, \$8 ; skate rental, \$1.50. Call 353-7294.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

Sunday- 9th

OPEN ICE SKATING, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709. Admission for open recreational ice skating is as follows: Individual daily fees; 4 years and under are free; 5 to 17, \$2.50; adults, \$3.50; Family of four or more, \$8 ; skate rental, \$1.50. Call 353-7294.

FIRE STATION OPEN HOUSE, noon to 4 p.m. Fire Station 3, Building 1054. Fire fighters will be available to answer questions. Call 353-9164.

Monday – 10th

COLUMBUS DAY BOGO, 11 a.m. to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7294.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday- 11th

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

PRIME TIME FITNESS CLASS (SENIORS), 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

FIRE PREVENTION WEEK DISPLAY, 11 a.m. to 2 p.m., Post Exchange Food Court. Call 353-9164

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

WII SPOUSE BOXING TOURNAMENT, 5 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

PARENT'S NIGHT OUT, 5:45 to 8:45 p.m. Register and pay by Oct. 3. Cost is \$12 per child. Call 361-7713.

CUDDLE CURE CLASS, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Call 361-7713.

FUNCTIONAL STRENGTH and CONDITIONING CLASS, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call 353-1994.

Wednesday- 12th

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

FIRE PREVENTION WEEK DISPLAY, 11 a.m. to 2 p.m., Post Exchange Food Court. Call 353-9164

HOUR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7294.

MULTI-CULTURAL STORY HOUR, 4:30 to 5:30 p.m., Library, Building 3700. Call 353-4137.

CARDIO SCULPT CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

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

Thursday- 13TH

FIRE PREVENTION WEEK DISPLAY, 11 a.m. to 2 p.m., Post Exchange Food Court. Call 353-9164.

HOW TO APPLY FOR FEDERAL JOBS CLASS, 1 to 3 p.m., Building 3401, Room 246. Sponsored by the Army Career and Alumni Program. Call 353-2113.

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

PRIME TIME FITNESS CLASS (SENIORS), 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

THOR ART THURSDAYS, 4 to 5:45 p.m., Library, Building 3700. Space is limited and registration is required. Parent participation is necessary for children under 12. No cost. Call 353-4137.

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

FUNCTIONAL STRENGTH and CONDITIONING CLASS, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call 353-1994.

The NFL partners with American Cancer Society "A Crucial Catch" – That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

It's a great sport and we have fun with it. Football can be a rough game, some even call it a battle on the gridiron, but this month the National Football League, the clubs and the players have teamed up to support the fight against breast cancer. The campaign, "A Crucial Catch" partners football with the American Cancer Society to focus attention on the importance of annual screening, especially for women 40 and older. Throughout October NFL games will feature players, coaches and refs wearing pink. The apparel worn at the games, along with special game balls and pink coins will be auctioned at www.NFL.com/auction, with the proceeds benefiting the American Cancer Society and other

team charities. Giving back, that's what I'm talking about.

After week 4 it's getting clear who is in it to win it and who is struggling. The Green Bay Packers have not missed a beat since last year's Super Bowl. Quarterback Aaron Rodgers continues to lead the cheese as they remain undefeated. Rodgers had a career-high 408 yards passing, throwing for 4 touchdowns and running for 2 as they pummeled the Broncos 49-23.

Detroit is also 4 and 0 as the Lions overcame a 20-point deficit at the half, winning 34-30 against the Cowboys in overtime. Lion QB Matthew Stafford racked up 240 yards passing and threw for 2 TDs.

The Bears beat Carolina 34-29 and

the Buffalo Bills got bounced out of the unbeaten category as Bengals kicker Mike Nugent nailed a 43-yarder as time ran out.

Tennessee beat the Browns 31-13. Titans quarterback Matt Hasselback threw for 220 yards and 3 touchdowns.

Texan running back Arian Foster got his game on rushing for 155 yards and scoring the go-ahead points beating the visiting Steelers 17-10. Houston put the pressure on Big Ben sacking him 5 times while pounding an ailing Pittsburgh offensive line.

In other games, New Orleans beat the Jaguars 23-10 the Redskins thumped the Rams 17-10 and San Francisco edged Philadelphia 24-23. KC defeated the Vikings 22-17, Atlanta won the battle of the birds

clipping Seattle 30-28 and the Giants beat the Cardinals 31-27. New England thumped the Oakland Raiders 31-19, San Diego defeated the visiting Dolphins 26-16 and the Ravens picked apart the Jets 34-17. In the Monday night contest the Buccaneers beat the winless Colts 24-17.

As for the Fort Wainwright prognosticators, everyone had double-digit wins. The Jones Bros and Browbose Salsa led the pack with 13 wins, A-Team, Bear and Brain had 11, while Urbi and Tate each had 10.

We're a quarter of the way through the season, we're facing the first bye-week and everybody is still in the hunt. That's what I'm talking about.

Bear
46 Wins / 18 Losses

BrowBrose Salsa
44 Wins / 20 Losses

Brain
41 Wins / 23 Losses

Steve Tate
39 Wins / 25 Losses

Jones Bros
39 Wins / 25 Losses

Ed Urbi
38 Wins / 26 Losses

A - Team
38 Wins / 26 Losses



A - Team

TEN @ PIT TEN
CIN @ JAC JAC
SEA @ NYG NYG
ARI @ MIN ARI
PHI @ BUF BUF
NO @ CAR NO
KC @ IND IND
OAK @ HOU HOU
TB @ SF SF
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET DET



Steve Tate

TEN @ PIT TEN
CIN @ JAC JAC
SEA @ NYG NYG
ARI @ MIN MIN
PHI @ BUF PHI
NO @ CAR NO
KC @ IND IND
OAK @ HOU HOU
TB @ SF SF
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET DET



Jones Bros

TEN @ PIT PIT
CIN @ JAC JAC
SEA @ NYG NYG
ARI @ MIN ARI
PHI @ BUF BUF
NO @ CAR NO
KC @ IND KC
OAK @ HOU HOU
TB @ SF TB
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET CHI



Brain

TEN @ PIT TEN
CIN @ JAC CIN
SEA @ NYG NYG
ARI @ MIN ARI
PHI @ BUF BUF
NO @ CAR NO
KC @ IND IND
OAK @ HOU OAK
TB @ SF SF
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET DET



Bear

TEN @ PIT PIT
CIN @ JAC CIN
SEA @ NYG NYG
ARI @ MIN MIN
PHI @ BUF BUF
NO @ CAR NO
KC @ IND IND
OAK @ HOU HOU
TB @ SF TB
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET DET



Ed Urbi

TEN @ PIT PIT
CIN @ JAC JAC
SEA @ NYG NYG
ARI @ MIN ARI
PHI @ BUF PHI
NO @ CAR NO
KC @ IND IND
OAK @ HOU OAK
TB @ SF TB
NYJ @ NE NE
SD @ DEN SD
GB @ ATL GB
CHI @ DET DET



BrowBrose Salsa

TEN @ PIT PIT
CIN @ JAC JAC
SEA @ NYG NYG
ARI @ MIN ARI
PHI @ BUF PHI
NO @ CAR NO
KC @ IND IND
OAK @ HOU HOU
TB @ SF SF
NYJ @ NE NE
SD @ DEN DEN
GB @ ATL GB
CHI @ DET CHI

For your information

BREAST CANCER DETECTION

Please join Bassett Army Community Hospital and the Breast Cancer Detection Center of Fairbanks at the Breast Cancer Awareness Fair. Oct. 15, 9 a.m. to 2 p.m., at Bassett Army Community Hospital's Primary Care Lobby, 1st floor. This is a day for the military community of Alaska to rally together in support and honor of those battling breast cancer. of those battling breast cancer.

29TH ANNUAL HOLLY DAYS BAZAAR

Community Spouses' Club 29th Annual Holly Days Bazaar is 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.

DENTAL ASSISTANT PROGRAM

Monday, at close of business, is the last day to apply for training for the American Red Cross Dental Assistant Training Program which will start January 2012 at the Kamish Dental Clinic Fort Wainwright. 650 hours of classroom and clinical training, held Monday through Friday from 7:30 a.m. to 4:30 p.m. This program will require a significant commitment on the student's part and in return, they will receive high quality dental assistant training and when graduated will have a marketable skill. Call 353-7234 or email: wetzell@usa.redcross.org.

CHILD FIND SCREENINGS

The Exceptional Family Member Program and the Alaska Early Intervention Program have partnered together to bring Child Find Screenings to Fort Wainwright. If you are concerned about your child's development and the child is up to 36 months of age, we encourage you to attend. Screenings include vision and hearing. Screenings are scheduled for Nov. 8 and March 6, 2012 at the Child Development Center I, Building 4024. Times are 8:30 a.m. to noon for appointments only and 1 p.m. to 4 p.m. for walk-ins. To schedule an appointment or for more information, call the Alaska Early Intervention Program at 456-4003, extension 0.

BUILDING RESILIENCE IN THE ARMY FAMILY

Don't deal with a problem alone. In case of emergency, dial 911. To speak with someone in the local area, call Careline Crisis Intervention, 452-4357. After Duty Hours Chaplain, 353-4182 or 353-4180; Fort Wainwright Bassett Army Community Hospital Emergency Room, 361-5491; Police Desk, 353-7710; Toll-free Careline Crisis Intervention (877) 266-4357; Military OneSource, (800) 342-9647 or the National Suicide Prevention Lifeline (800) 273-8255 or visit www.suicidepreventionlifeline.org.

FLU VACCINE

Flu vaccinations are available at Bassett Army Community Hospital, Primary Care Department. Flu clinic will continue until 5 p.m. this evening. Starting next week, vaccinations will be available at the Immunizations Clinic.

Last year, 80 percent of confirmed flu cases on Fort Wainwright occurred to persons who did not get the flu vaccine.

YOUTH OF THE CHAPEL

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.

DOMESTIC ABUSE AWARENESS MONTH

The Family Advocacy Program would like to designate Tuesdays in October as Wear Purple day in recognition of Domestic Abuse Awareness Month.

COMBINED FEDERAL CAMPAIGN

Fort Wainwright's annual Combined Federal Campaign continues through Oct. 21. CFC key workers are collecting donations from Soldiers and civilian employees. According to unit reports, contact rates are less than 50 percent with two weeks remaining in the installation campaign. Some units and offices have achieved the installation 2011 goal: 100 percent contact. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. To request a CFC Charity List and/or a CFC pledge form, please contact a key worker or Cindy Blum, 353-7633.

FAIRBANKS EVENTS

Music

Brazil Guitar Duo plays a blend of traditional and Brazilian works, tonight, 8 p.m. at Hering Auditorium, see www.fairbanksconcert.org for costs.

Sports

Readers on the Run, v. IV, Sunday, 11a.m., starts at the Ida Lane Clausen Gazebo, Ester \$10 to \$15, 5K fun run, www.esterlibrary.com/readersontherun

Morris Thompson Cultural Center Films

Free to the public, films are being shown at the Morris Thompson Cultural Center, on Alaska history, nature and more.

Showing Sunday through Oct. 15 are: Ocean Fury: Tsunamis in Alaska at 9 a.m.; Ice Age Crossings at 10 a.m.; Alaska Wildlife at noon; Living Eden: Denali, at 2 p.m. and Aurora Explained, playing at 4 p.m. For more information call 459-3700.

NON-APPROPRIATED FUNDS SALE

Family and Morale, Welfare and Recreation will hold a non-appropriated funds sale of items starting Oct. 21 from 5 to 9 p.m. and Oct. 22 from 9 a.m. to 2 p.m. at the School Age Services building, 4391 Neely Road. For more information call 361-7258

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Pvt. Danny Chen, of Charlie Company, 3rd Battalion, 21st Infantry regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment, may contact 1st Lt. James Desjarlais, Building 3409, 1-25th SCBT Rear Detachment, Fort Wainwright, Alaska 99703 or phone 353-2007.

Anyone having claims against or who is indebted to the estate of Sgt. Timothy D. Sayne of Bravo Troop, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact 1st Lt. Krystal Harrell, Echo Company, Brigade Troops Battalion, 1-25th SBCT, Fort Wainwright, Alaska, 99703. Phone contact, (321) 960-5494.

Anyone having claims against or who is indebted to the estate of Spc. Ryan Cook, of 3rd Battalion, 21st Infantry regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment, may contact Capt. Donald Smith at 361-2211. Send mail to: Capt. Donald Smith, 1st Battalion, 24th Infantry Regiment, Fort Wainwright, Alaska, 99703.

Anyone having claims against or who is indebted to the estate of Spc. James Paquette of C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade may contact Alaska Casualty Assistance Center at 384-3811.

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Finding and giving comfort in a quilt

Allen Shaw, Fort Wainwright PAO

Two Army wives on Fort Wainwright have found a special way to comfort Families of Soldiers who have either been injured or killed in battle. They are creating quilts. Not just regular quilts, they are putting their own special twist on Blue Star and Gold Star Banners.



Erin Reece, wife of 1st Lt. Luke Reece, Headquarters and Headquarters Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division is focused on being productive during her husband's deployment to Afghanistan. Reece and other Army wives create homemade service banners for members of their unit, which signifies a loved one is serving in harm's way. (Photo by Allen Shaw/Fort

Record, "The mayor of Cleveland, the Chamber of Commerce and the Governor of Ohio has adopted this service flag. The world should know of those who give so much for liberty. The dearest thing in all the world to a father and mother – their children."

Jen Bailey, wife of Capt. Charlie Bailey, Headquarters and Headquarters Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and Erin Reece, wife of 1st Lt. Luke Reece, HHC, 3-21st, 1-25th SBCT, whose Soldiers are currently deployed in Afghanistan have taken their positive energy and artistry to the sewing machine to make these banners for Families.

Bailey started quilting nine years ago but took some time off to focus on her husband a Wounded Warrior and four children. Capt. Bailey was deployed to Iraq in 2006 with the 1-25th SBCT when he was severely injured. "At the 10-month mark," she said, "a suicide car bomber ran into the Stryker vehicle he was riding in and a 2-inch piece of shrapnel entered his left eye and went into the sack of his brain." They did surgery in Iraq then he was sent to National Naval Medical Center in Bethesda, MD., for intensive care. That is where he was given the Purple Heart quilt proudly displayed on a wall in their home. The quilt was donated through the Quilts of Valor Foundation and made by a lady named Diana Rainwater from Indiana who they had never met. Bailey said, "It means so much to us. It meant so much to my husband and hopefully it will always be a part of our Family and be passed from generation to generation."

Bailey's husband spent 10-months at Walter Reed Hospital recovering and although he was designated by Army standards unfit for duty due to the loss of his left eye, he wanted to continue to serve. "Thanks to a wonderful program called the continuation of active duty," said Bailey, "he went through the process and was reassigned from Infantry to Military Intelligence. It was something he wanted to do and he was deployed again in April (2011)."

Bailey and Reece are basically passing the time during the deployment with quilting. For them it's mostly about creating the banners, but it's also about spending quality and positive time together during the deployment. "Your friends are important. They become Family because that's who we rely on for support while our spouses are gone. This is how you make the friends you'll have for a lifetime," Reece said. "It also shows our Soldiers that we are doing great and moving forward."

Although they are busy with making the banners for Families in their unit, they know



Jen Bailey, wife of Capt. Charlie Bailey, Headquarters and Headquarters Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division spends time with other Army wives creating quilts while their Soldiers are deployed in Afghanistan. One of the many projects includes making Blue Star Banners for the Families who have a Soldier in harm's way and Gold Star Banners for the Families of fallen Soldiers. (Photo by Allen Shaw/Fort Wainwright PAO)

many other Fort Wainwright Families would like to have a homemade banner to display. "Army wives don't usually just ask for things, but I'm sure (if there are quilters out there) it would be a welcomed gift for someone whose Soldier is deployed," said Reece. "We're nearly at the half-way point of this deployment and having a wonderful homemade banner to hang in front of their house would be well-received."

Making the banners and gifts for friends keeps the sewing machines humming, but the main goal for Bailey is to make a Purple Heart quilt for someone. "It's just another way to give back," she said. It's her way of keeping things right. "It's hard not to dwell on the past, but we have faith that this time when he comes home, it will be a happy homecoming."

If anyone is interested in creating the Blue Star Banners for Fort Wainwright Families contact the 1-25th SBCT Family Readiness Group at frgadvisorstrykerbde@gmail.com or contact Bailey directly at bailey0729@hotmail.com. To learn more about the Quilts of Valor visit www.govf.org and to find out more about the Blue Star Banner check out www.legion.org/troops/bluestar.

DRAWDOWN: 6-17 CAV on the move

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One important aspect of the 6-17th's move was to make sure they had areas to park their aircraft before moving to a new location. The 6-17th had to create a whole new parking area on Camp Taji's airfield, and that doesn't go without its challenges.

"It was very dusty when we first started," said Chief Warrant Officer Matthew Paddock, squadron safety officer for the 6-17th. Paddock said an OH-58 Kiowa scout helicopter came in off a mission and caused a brown out where visibility fell to nearly zero due to dust. "Now we're leveling the ground and putting down a nice layer of gravel, two to four inches deep. Then we're going to flatten it out to cut down on the dust, making a better environment for landing."

As the U.S. prepares to draw down out of Iraq, maintaining mission capability is essential for all, whether

it be air or ground units, Medigovich said.

"Consolidating forces allows us to generate more combat power. One and one equals three; that's the synergy that takes place when you combine and bring aviation forces together—the sum of those parts is greater than the whole," Medigovich said. "The 6-17th consolidation from five sites to two allows us to generate significantly more combat power, which in turn allows them to operate more safely and be in a position in which we can defeat the violent extremists that are operating in the area."

The 40th CAB, as a whole, has vacated several major posts, to include: Cobra, Sikes, Tal Afar and Mosul, has consolidated aircraft out of Joint Base Balad and Marez, and removed or handed over several Forward Arming and Refueling Points. But, missions in those areas have not ceased or decreased.

"Even though we are reposturing, our mission has not changed. We're still flying the same scout weapons team coverage as before. We're just flying out of different locations," said McCurry. "We still are able to provide aerial coverage to help maintain security for the people of Iraq."

The 40th CAB is still providing



An OH-58 Kiowa Warrior flies over the newly graded, fresh gravel air strip and prepares to park in one of the new stalls on Sept. 29, on Camp Taji, Iraq. (U.S. Army photo by Spc. Darriel Swatts/Public Affairs, 40th Combat Aviation Brigade)

air support for Soldiers on the ground and providing security for the citizens of Iraq as the drawdown of U.S. progresses.

"We're getting ready to fully hand over security to the Iraqis and transition to them while we leave the country," said McCurry. "I think

that's a really positive step and something that we need to make sure the world recognizes, because there are not too many forces around the world that do what we did and hand things back over to the parent nation with dignity and honor."