

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

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## AT A GLANCE

### ARMY FAMILY DANCES



Family participates in Friendship Day  
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### SPOOKY TRAIN



Soldiers and Families can join the fun  
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## WEEKEND WEATHER

**Friday**  
Partly cloudy  
Low 5 High 24



**Saturday**  
Cloudy  
Low 3 High 20  
Light winds



**Sunday**  
Mostly sunny  
Low 9 High 25



Forecast courtesy of the National Oceanic and Atmospheric Administration

## Fort Wainwright Family dances at Friendship Day

Trish Muntean, Fort Wainwright PAO



Ceira Moses, performed at the International Friendship Day Oct. 15 at Pioneer Park. She is the wife of Sgt. Duren Moses, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. She hopes to have more opportunities to share the Panamanian culture with the community. (Photo by Trish Muntean/Fort Wainwright PAO)

The Family of Sgt. Duren Moses, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, is dancing through his deployment. Not that it is easy being away from him, but they have been keeping busy by performing Panamanian dances at community events, including the Fairbanks International Friendship Day Oct. 15.

"I am loving the fact of showing to the world our heritage, our culture, from Panama," said Ceira Moses, Sgt. Moses' spouse. "It is about time that we show off our culture and what it is about."

Ceira Moses did not dance on her own at Friendship Day. Her children, Mark A. Rivera 15, Jasquel Moses 11, and twins Wendy and Emily Moses 5 also performed.

Her husband is a non-dancer, but she hopes to change that upon his return, making dancing a family activity.

While Moses grew up dancing in Panama, she did not really start dancing again or performing publicly as an adult until recently, when the president of the Latinos Unidos del Norte group asked her if she wanted to perform or show off her native costume, a Pollera.

**See FRIENDSHIP DAY on page 8**

## 1-25th Soldier re-enlisted by uncle in Afghanistan

Sgt. Thomas Duval, 1-25th SBCT PAO

KANDAHAR AIRFIELD, Afghanistan – When the time comes for a Soldier to re-enlist, it's often a momentous occasion that many choose to enjoy with their families.

For Soldiers deployed to Iraq and Afghanistan, however, being able to share in the moment with a family member is usually impossible.

On a sunny, breezy Saturday evening in Kandahar, Afghanistan, the impossible became possible and a wish was granted as Spc. Justin Slater renewed his oath of enlistment Oct. 15.

Next to Slater stood his uncle, Michael R. Pandol, a helicopter pilot for a government contractor and retired Army major, ready to recite the oath with his nephew.

**See RE-ENLIST on page 3**



Retired U.S. Army Maj. Michael R. Pandol administers the oath of re-enlistment to his nephew Spc. Justin Slater, a Leesburg, Fla., native and nodal network system operator with the 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, during a re-enlistment ceremony on Kandahar Airfield Oct. 15. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

## Missing in America Unclaimed veterans' remains interred at Sitka National Cemetery

Mary M. Rall, U.S. Army Alaska Public Affairs

SITKA, Alaska -- A journey that took a combined 45 years for three American service members to complete came to a close Monday when their forgotten remains were put to rest Oct. 17 at Sitka National Cemetery here.

Thanks to the commitment of volunteers with the Missing in America Project, or MIAP, the unclaimed, cremated remains of Air Force Staff Sgt. William D. Middleton and Army Tech. 4 David I. Robinson and Pfc. Harold W. Lawrence were discovered in Alaska funeral homes and were interred in the cemetery with military honors presented by U.S. Army Alaska Soldiers.

**See MISSING on page 3**



The remains of Air Force Staff Sgt. William D. Middleton and Army Tech. 4 David I. Robinson and Pfc. Harold W. Lawrence await interment with full military honors Oct. 17 Sitka National Cemetery. (Photo by Mary Rall, U.S. Army Alaska Public Affairs)

## Anniversary of Alaska Highway completion celebration

Staff Report, Fort Wainwright PAO

The National Juneteenth Observance Foundation will host a ceremony Oct. 28 to honor the African-American U.S. Army engineers who helped build the historic Alaska Highway during World War II. The observance will take place at 10 a.m. in the Last Frontier Community Activity Center ballroom.

While discussions about building a road that linked the Western United States to Alaska had been ongoing since the 1930s, there was not a strong incentive to do so until after the Japanese attack on Pearl Harbor.

During a time the American military was operating under forced segregation, three of the seven regiments tasked to build the 1500-mile highway were African-American. An article on PBS.org said those Soldiers were under particular scrutiny and pressure to work quickly and do well.

"In the minds of most senior white officers, black troops were not as capable in terms of their technical efficiency and ability to use the equipment," recounts historian Heath Twitchell in an article on the PBS website. "There was an expectation that they would do poorly."

But the black Soldiers proved to be tireless workers and made exceptional contributions to the highway's completion. "We can't afford to lose our own personal pride by slipping up," a sergeant said in the same article.

The Alaska Highway officially opened Nov. 20, 1942, less than one year after the Japanese attack on Pearl Harbor and eight months after the first engineer construction regiment arrived at Dawson Creek to start the project.

Mike Meeks, retired Army engineer lieutenant colonel and current director of Public Works at Fort Wainwright, will speak about the black engineer units and the challenges they faced building the highway at the ceremony.

## Disabilities not always obvious

Commentary by **Linda Douglass**, Fort Wainwright PAO

I am disabled. I'm not telling you this to elicit sympathy or special treatment. Truthfully, I would prefer no one knew. However, there are a few things I want to say about disabilities, and I want you to know from the very start I speak from experience.

For the most part, my disabilities are not obvious to the casual observer.

It's still a relatively new thing for me, something that crept up on me. A couple of years ago, a combination of health problems began to affect my mobility. Both asthma and spinal arthritis make it difficult for me to climb stairs and the arthritis means walking or even standing for as little as five minutes leaves me in pain. After sucking it up for several years, I decided it wasn't necessary to live with pain simply because of pride.

So I requested a disability license plate after much thought and arguing with myself. You see, I didn't want to admit I have disabilities. To me, the term "disabled" meant someone who needs a wheelchair, a cane or a service dog. It didn't mean me.

Although it was difficult to face the fact I'm not a hale and healthy 25-year-old any more, I managed to admit it, and began to research things that might make my life easier.

The Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1999 guarantee certain things to people like me. Under the law, a disability is defined as "a physical or mental impairment that substantially limits a major life activity," and these two laws make it illegal for employers to discriminate against people with those impairments. Whether or not a particular condition is considered a disability is determined on a case by case basis.

In accordance with current EEOC guidelines, employers may not discriminate against qualified applicants, or in managing qualified employees, based on disabilities, said Rey Torres, Equal Employment Opportunity manager. A qualified applicant or employee has the skills and education to do the job, and can perform the essential functions of the job with or without reasonable accommodation.

"Reasonable accommodation means adapting the job site or job functions for a qualified person with a disability to enable that person to perform his duties," Torres said. "It does not mean lowering the work standards or changing the job requirements."

Reasonable accommodation may include making facilities accessible; acquiring or modifying equipment; providing assistive devices such as a

trackball instead of a mouse; flexible leave schedule; part-time or modified work schedule or redesign of work space or assigning the employee different tasks.

I've seen the reasonable accommodation work for me. After shoulder surgery several years ago. I returned to work after four weeks off, my right arm held snugly against my body by an immobilizer. As the shoulder healed, I slowly moved back to normal tasks. But I couldn't type easily and any movement of my arm resulted in pain. A special program through EEO provided me a track ball, ergonomic keyboard and a copy of "Dragon Naturally Speaking." It cost my office nothing. The new additions to my computer did not set me apart from others, but rather they allowed me to do my job well, despite my injury. The trackball replaces a mouse and allows me to use my computer with less stress on the arm and shoulder than a mouse. An added extra is the fact that the trackball reduces the risk of carpal tunnel syndrome, as stress on the wrist is also reduced. I no longer use the software, a voice-recognition program that types words spoken by the user, eliminating the need to type.

The employee may be required to provide medical documentation of the condition before the reasonable accommodation is provided, Torres said.

He added there is a difference between a civilian employee with disabilities and a disabled veteran. The criteria set forth by the ADA is not the same as the Veterans' Administration's criteria.

Things have changed drastically in the past 25 years. I've seen changes in the way we see and describe people with disabilities and huge changes in the way we now welcome them and their expertise to our workplaces.

Once, not so long ago, people with disabilities were expected to collect disability compensation and not work. They were a segment of society that wasn't really recognized. They were the target of sidelong glances and, in some cases, pity. Now, though, they are valued employees throughout all levels of commercial and government enterprises.

Like me, many people with "hidden" disabilities don't want to admit they may need some help. However, with understanding leaders and a willingness to adapt to their limitations, they can remain productive on the job and continue to be tremendous assets to the Army.

For more information, contact Torres at 353-6917 or Eileen Wallace at 353-9156.

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



## Home Delivery Pharmacy

The snow is falling, the roads are getting icy and gas is nearing four dollars a gallon. In the dead of winter have you ever thought about how expensive and painful that long drive to the pharmacy is, not to mention the stress of waiting in line? If you are like many others, the mail order pharmacy sounds great but the copay turns you away. So, if you have ever thought it would be great to get your medications delivered to your door for free, then now is the time to sign up.

The Tricare mail order pharmacy is now known as Home Delivery and generic medications now have no copay. Home Delivery is a reliable, well developed program that now fills more than 1 million prescriptions per month and is a particularly good option for us here in the Last Frontier where distances can be great, the weather extreme and driving dangerous.

Once signed up you can receive a 90 day prescription delivered right to your mailbox. Refills may be requested by mail, phone or online. Once a prescription has been submitted it takes an average of 14 days to receive the medication in your mailbox. For this reason, it is best suited for medications taken on a regular basis for conditions such as high blood pressure, asthma and diabetes. If you need immediate relief from a pain medication or antibiotic, you should still have your prescription filled at a military pharmacy or retail network pharmacy.

By thinking ahead and being proactive, there is the potential to save time, money and the stress of getting to, and waiting in line at the pharmacy. Even better, beneficiaries who sign up for home delivery can get automatic refills, so there is no worry about running out of medications or having to remember to call in and get them filled -- a big plus for anyone taking medications for a chronic, long-term condition or who lives any distance from the hospital.

So for a quick, convenient and safe option to waiting at the pharmacy, ask your PCM to complete a new prescription for the maximum days' supply allowed (up to a 90-day supply on most medications) and start using the Tricare Home Delivery program today.

For more information about Tricare pharmacy options, new copayment rates and Home Delivery visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) or call (877) 363-1303. Patients can see if making the switch to TRICARE Pharmacy Home Delivery works for them and move their prescriptions to Home Delivery through the website at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE). There's even an "app for that" for registered users at [www.express-scripts.com/mobile](http://www.express-scripts.com/mobile) where registered users can order refills, check orders and find a network pharmacy.

## Winter roads are here

Staff Report, Fort Wainwright PAO

Winter has arrived. The ice and snow in Interior Alaska contributed to accidents off post and more than a half dozen reported accidents on post Wednesday including power outages caused by collisions with different light poles, damage to the airfield fence and a family's vehicle accident on the Bailey bridge near the golf course.

It can be severe weather that causes the garrison commander to issue road advisories.

The installation has established procedures for road advisories, specifically as they pertain to the use of government vehicles. The director of Emergency Services provides the garrison commander with a recommendation on how the roads should be classified based on their conditions.

A green classification means ideal road, visibility and temperature conditions exist. Roads are dry or not slippery and drivers can see what's happening ahead of and behind them.

See **ROAD CONDITIONS** on page 7

## Crime Prevention Month: Combating identity theft

Maurice Fischer, director of Emergency Services

Identity theft is one of the fastest growing acts of criminal behavior in the U.S. and each year millions fall victim to one of the many forms of identity theft and all of it is unwittingly. Sadly, in many of the cases it takes a long time for the victim to become aware that the crime has even occurred.

When obtaining goods and services, consumers must choose between cash, checks, credit cards or debit cards. While all are convenient, all have perils. Cash is great as your identity

is not compromised in any way shape or form; however, if you are robbed or lose your cash than the chances of recovery are not great. Checks are a dying form of payment and for good reason; checks provide identity thieves with critical personal information such as name, address, bank account number. A past practice used to be to require Soldiers and Family members to provide Social Security numbers and unit information. Suffice to say that checks can be risky.

This leads us to the credit

card vs debit card debate. While many of us are aware of the perils and pitfalls of using plastic money there are benefits.

In most cases, credit cards and debit cards are issued by financial institution such as a bank through a payments processing companies such as Visa, Master Card, etc. Credit and debit cards both offer fraud protections and the payments processing companies develop, track and monitor card activity to detect fraud. In instances where a charge is suspicious, the card can immediately be shut off to preclude further fraudulent charges. Many merchant service companies state that cardholders are not held financially responsible for fraudulent charges.

Both cards are convenient and similar but there are differences. Debit cards usually require the cardholder to input a personal identification number which offers security. Credit card transactions require the cardholder's signature and on a rare occasion a cashier may compare the card with a personal form of identification such as driver's license. The difference is that debit cards withdraw money that the cardholder has in a financial account; whereas, a credit card purchase is considered a loan.

The differences vary with each card and the financial institution that issues the card. My personal preference is to use a credit card rather than a debit card and here is why. If an Identity Thief

fraudulently uses a debit card, the cardholder has a considerable burden as the money used for the fraudulent transactions has already been deducted from the cardholder's account. In time the matter will most likely be corrected; however, during the time the matter is investigated the card holder will most likely not have access to the funds that were stolen. This has the potential to have serious secondary consequences to those that are unaware. If an identity thief fraudulently uses a credit card, the cardholder must simply refute the charges and allow the card company to investigate. Credit cards enable the card holder to have a little more freedom and security.

Consumer protection resources can be found on the Federal Trade Commission's website at [www.ftc.gov](http://www.ftc.gov). According to their website, the FTC's Bureau of Consumer Protection works for The Consumer to prevent fraud, deception, and unfair business practices in the marketplace. The Bureau:

- Enhances consumer confidence by enforcing federal laws that protect consumers
- Empowers consumers with free information to help them exercise their rights and spot and avoid fraud and deception
- Wants to hear from consumers who want to get information or file a complaint about fraud or identity theft

# ALASKA POST

Home of the Arctic Warriors

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## MISSING: Alaskan veterans honored during ceremony

Continued from page 1

According to the project's website at *www.miap.us*, volunteers with the non-profit organization

locate, identify and inter the unclaimed, cremated remains of America veterans through the joint efforts of private, state and federal organizations in an effort to provide honor and respect to individuals who have served America by securing final resting places for those who have become forgotten heroes.

National Cemetery Director and local MIAP Coordinator Virginia Walker said she has worked with area volunteers and funeral homes to identify the remains of 12 service members and six family members throughout Alaska who were eligible for internment in national cemeteries.

To date, Walker said she has worked with eight Alaska funeral homes to determine if they had any unclaimed or unidentified remains, noting there are about 21 funeral homes statewide that must be visited to ensure such remains are identified.

"I do all the searches to see if they are veterans," Walker said,

The funeral homes relinquish responsibility for the unclaimed remains to the cemetery director, according to Walker.

Once she takes possession of the remains, Walker said she repatriates

the deceased service members by "bringing them back into the light and honoring them" by interning them in a national cemetery.

Although the remains of Middleton, Robinson and Lawrence remained shelved in Alaska funeral homes since 1988, 1993 and 2007, respectively, Walker said unclaimed remains may not go unburied out of disrespect for the deceased.

"It's a touchy subject to say they've been abandoned at a funeral home," she said, explaining that anything from a miscommunication between family members, to a lack of next of kin, to a funeral home going bankrupt could result in long-term internment delays for cremated remains.

The three service members interred Monday were the first to be repatriated at Sitka National Cemetery, where they now share hallowed ground with veterans such as Medal of Honor recipient Marine Col. Archie Van Winkle and Olympian and Marine Capt. Charlie Paddock, who was immortalized in the 1981 film "Chariots of Fire."

See more MISSING on page 5

## Staying "safe and sane" in the long dark and cold of Interior Alaska

Greg Sanches, garrison safety office

The first snow of the season is on the ground, roads are icy and there are a lot of people wondering how they are going to get through their first winter in Alaska. Wonder not. Fort Wainwright's winter safety awareness fair is set for Oct. 26 from 10 a.m. to 3 p.m. at the Last Frontier Community Activity Center. The theme this year is, "Be Safe and Remain Sane," throughout the winter here in Fairbanks.

There will be presentations throughout the day which are related to the cold arctic temperatures, decreased daylight, special hazards, physical issues and precautions including associated resources to survive and thrive during the interior Alaskan winter.

Some organizations that will be presenting will be the Installation Safety Office, Army Community Service, Army Substance Abuse Program, Suicide Prevention, North Haven Communities, ASYMCA, Family and Morale, Welfare and Recreation, the American Red Cross, Outdoor Recreation, Fire Prevention and the Relocation Assistance Office.

The winter safety awareness fair is a great way to receive multiple presentations on how to keep you and your family safe all winter long as you travel in the interior and stay sane as you cope with the extreme cold and the long dark of the arctic night.

One of the topics to be discussed will be winter driving. As you have found this week, traffic accidents increase dramatically with the first snow of the season. The most common

accidents we see in Alaska are cars not being able to stop at intersections or running wide while making a turn. The majority of these accidents that occur at intersections are the result of driving too fast for the conditions.

Regardless of how long you have been in Alaska or how much experience you may have driving in snow there is a mental adjustment period the first few weeks of driving in snow. It requires time and a conscious effort to adjust to the lack of traction and the new driving style required to cope with snow and ice.

Driving in snow and ice requires an increase of three times the braking and following distances required for dry pavement. Braking should be gentle and begin well in advance of your stop or turn. Increased following distance is essential in avoiding collisions with other drivers. Driving on snow and ice also requires more gentle and deliberate inputs to the steering wheel and accelerator. Excessive input to the accelerator, brakes or steering wheel can result in loss of control.

Since a lot of driving is done in the dark during the Alaska winter there other hazards to consider. First of all, because of the increased stopping distances required by the slippery roads it is easy to overdrive your headlights. In other words, by the time a hazard appears in your headlights, you may be too close to stop or avoid the hazard. To help avoid this situation, reduce your speed to allow for longer stopping distances, and clean your lights and

windshield periodically. Headlights and tail lights quickly become dirty in the winter and may not be as noticeable as a dirty windshield. Secondly, moose are everywhere in interior Alaska and can pop up on any road. A moose at night is especially hazardous. A moose can be out of the woods and in the road in front of you with amazing speed and if you are overdriving your lights or aren't alert the poor moose won't stand a chance. Secondary roads with narrow cleared areas on the side of the road are especially hazardous because of the reduced reaction time when the moose runs out of the woods. Also, due to their coloring, moose are extremely hard to see at night which further reduces your reaction time.

With the right preparation, it's possible to enjoy winter activities around town. There will be a presentation on activities in town during the fair. If you can think of what you would like to do, you will probably find it here in Fairbanks. There are all kinds of athletic leagues for young and old alike to become involved with. You can further your education by taking classes at the university or local artisan centers. There are dance classes at Pioneer Park if you would like to show your partner you don't have two left feet while on the dance floor.

So come out and see what kind of new adventure you can create for your family at the Safe~N~Sane winter safety awareness fair.

See AGENDA on page 6

## RE-ENLIST: All in the Family

Continued from page 1

"I knew I was coming up on my re-enlistment window and I thought why not have my uncle read the oath," said Slater, a nodal network system operator with the 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division. "This is one of the greatest honors of my life."

Pandol joined the Army as an enlisted Soldier, served as a chief warrant officer, and retired as a major after 21 years of service.

"Our family has a special connection to the uniform and I couldn't be prouder of my nephew," Pandol said.

Slater said his uncle played a significant role in his original decision to join the Army in 2008, and has continued to mentor him since he deployed to southern Afghanistan earlier this year.

Pandol, 51, was somewhat of a maverick in his day. During his military service the Key West native excelled as an Apache helicopter pilot with the 229th Attack Helicopter Regiment.

Slater, 29, took a different approach and joined the Signal Corps.

According to Pandol, his nephew, Slater, is just one in a long line of family members to raise his right hand.

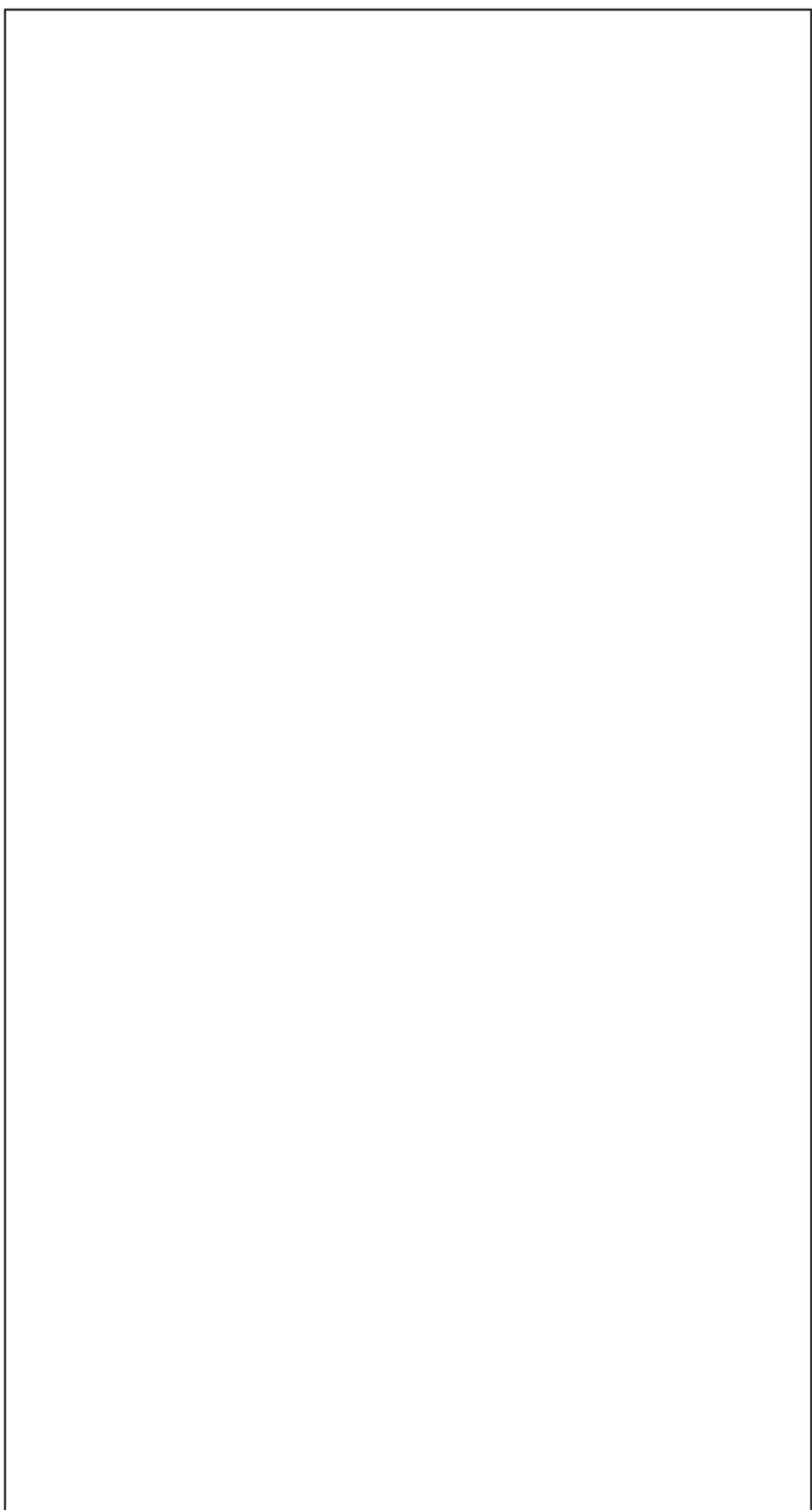
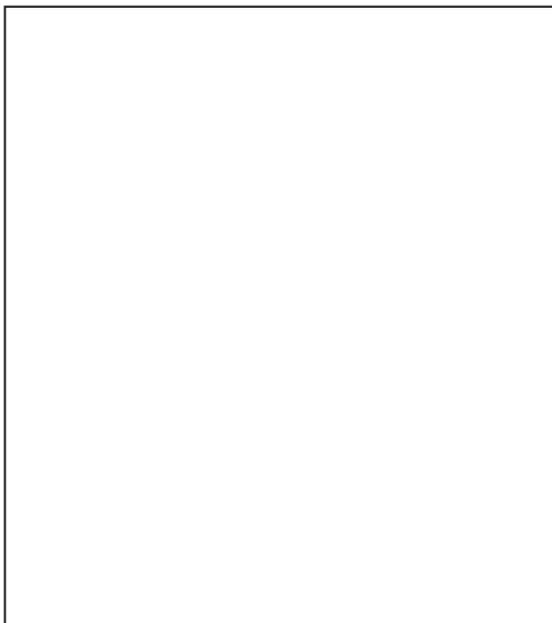
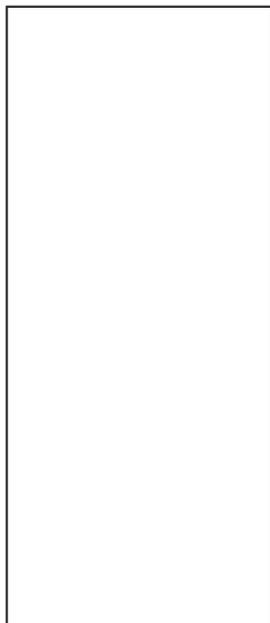
Members of the Pandol and Slater families have served in the military for more than four generations.

"I'm proud to be a part of a long family line," Slater, 29, said.

That family line currently has soldiers spread throughout Afghanistan with cousins and nephews in Qalat, Helmand and Kandahar provinces.

Pandol said he is very proud of all his nephews, cousins and his son, who is currently serving in Helmand Province, one of the most dangerous provinces in Afghanistan.

Slater said he hopes to follow in his uncle's footsteps. He said he wants to make the Army a career and wants to become a warrant officer just like his uncle.





## Red Ribbon Week

Cheryl Adamson, Employee Assistance Program Coordinator

Oct. 22 to 30, is Red Ribbon Week. The purpose of Red Ribbon Week is to bring awareness about staying drug-free to our communities and schools, including our Fort Wainwright community. Being drug-free includes not using tobacco, alcohol, illegal drugs, and misusing prescription drugs. The campaign is a week-long effort in which everyone shows their support for living drug free.

Red Ribbon Week is nationally recognized and celebrated and has become a symbol of support for the Drug Enforcement Administration's efforts to reduce demand for drugs through prevention and education programs. Red Ribbon Week generally takes place the last full week in October. By wearing a red ribbon during Red Ribbon Week, Americans demonstrate their ardent opposition to drugs.

Red Ribbon Week provides an opportunity for commanders and agency directors and chiefs to educate Soldiers and employees about the dangers of drugs. Suggestions for education may include:

- The truth about drug usage;
  - Different kinds of drugs and how they affect the body;
  - How the mind is affected by drug usage;
  - Getting caught with drugs (jail, jobs, friends, family);
  - How to deal with peer pressure;
- Communities across the United States will be participating in Red Ribbon Week activities.

The following are a few of the ways communities are showing their support:

- Asking commanders, mayors and governors to issue Red Ribbon Week proclamations
- Placing red ribbons and bows all over your community to raise awareness
- Encouraging your local media to highlight Red Ribbon Week and its purpose
- Wearing a red ribbon
- Encouraging your church to emphasize the Red Ribbon Week campaign message
- Designing a pledge to stay drug-free card or poster and encourage everyone sign it
- Wearing red all week

Red Ribbon Week offers an opportunity for individuals and communities to take a stand against drugs. Each year during the last week in October, more than 80 million young people and adults show their commitment to a healthy drug-free life by wearing or displaying the Red Ribbon. Next week we'll have an article about the origin and history of Red Ribbon Week.

## GI Jane marks milestones, differences

GI Jane, Alaska Post Contributor

Well, it's almost here. That date on the calendar that means every day after is down hill will be here for many of us before we know it. For others, that halfway point has already come and gone. It's not surprising that deployments can keep us so tied to time, dates and milestones.

The first real, lasting snow this week marked another milestone. Winter is really here. The passing of each season means that we are one step closer to welcoming our Soldiers home. Yep, milestones are very good things.

But as I check off dates and milestones throughout this deployment, I also have to remind myself to keep living in the present. The present can be a tough place to be. Hours, days and weeks of deployment living can push us into isolation or into bitterness. To make it through, we have to choose to not just exist in the present, but to live well in it. So, how do we do that?

One way to stay grounded while we celebrate milestones, like the halfway mark, is to stay united and connected with our fellow GI Janes. Unfortunately, it is too easy to allow

divisiveness and animosity creep in where compassion and understanding should live. Some may see others around them, coping differently with deployment, and assume they aren't experiencing the same depth of emotion or struggles. This is simply not true. It's just that we experience the emotions and struggles of deployment differently.

While we are all in this together, we are not all alike. And, we most definitely don't cope with things the same way. Some need to be with people as much as possible during deployments. Some need time alone to recharge. Some spouses need to travel and spend time with extended family and others need to stay close to home.

There has been so much loss during this deployment. The entire community has mourned this loss and the suffering that comes with it. Some GI Janes need to be at every memorial ceremony to pay tribute to the fallen, find a way to stay connected and cope with the loss. Others need to not attend memorial ceremonies, unless they are needed, to maintain their equilibrium and ability to cope. I have friends on both sides of

this volatile issue. They all love Soldiers and Families and they all serve them in some way. One group is not more committed or dedicated than the other.

We really are all in this together. I have seen some beautiful signs of unity and camaraderie in recent months. Now, that's a milestone I will gladly mark.

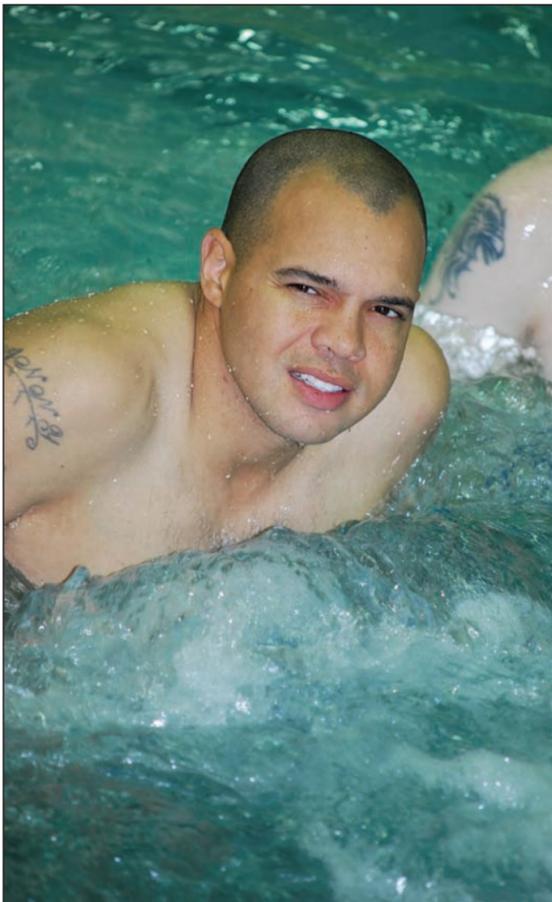
Respecting our differences and supporting each other are positive and productive ways to finish the last half of this deployment. We are leaving a legacy for the GI Janes who follow in our footsteps.

Here's wishing you some wonderful milestones in the coming weeks. And, as you prepare for the future homecoming of your Soldier, I wish you strong relationships and beautiful experiences in the present.

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](mailto:pao.fwa@us.army.mil).



## Faces of Fort Wainwright



Sgt. First Class Bryan Nelson, platoon sergeant, 1st Platoon, B Company, Warrior Transition Battalion, watches the demonstration and performs arm-strengthening exercises under water Monday at Hamme Pool in Fairbanks. The unit attended an aqua-workout session with Jarret Perry, former Paralympic and World Championship gold medalist as part of the Soldier Adaptive Reconditioning Program. The Alaska Post will provide a more in-depth story on the program in an upcoming issue. (Photo by Allen Shaw/Fort Wainwright PAO)



Firefighter Luke Butcher gave a tour of Fire Station 2 to children from the CDC during Fire Prevention week. Other highlights included static displays at the PX, an open house at Fire Station 3 and a poster contest at Arctic Light Elementary School. The winners of the poster contest are: Eva Broussard, kindergarten, first place; Austin Ziegler, second grade, first place; Valrie Wing, second grade, first place; Dilem Loraine Morales, third grade, first place; Adyan Pagan-Carmona, second grade, second place; Arawyn Goode, kindergarten, second place; Vivana Reyes, second grade, second place; Nicholas Ziegler, third grade, second place; Alexandra Bonner, second grade, second place. (Photo by Trish Muntean/Fort Wainwright PAO)



Haylee Tuttle (5), daughter of Terra and Sgt. William Tuttle, Medical Department Activity-Alaska took the wheel of a parked road grader Oct. 6 as Mrs. Stihler's Arctic Light Elementary School class visited the garage at the Directorate of Public Works. Employee of Shaw Industries and Teamster Adam Harosia joined fellow equipment operators to give the children a hands-on guided tour. Roger Marty, project manager for Shaw on Fort Wainwright said, "This is a great program we do every year. It let's the kids have fun and shows them how big this equipment really is." The program, which also emphasizes safety, featured a large loader-mounted snowblower, the road grader, a dump truck, a gravel-spreading truck and a tractor-mounted sidewalk sweeper. In addition to sitting in the seats, turning the steering wheels and honking the horns, the children were treated to a handful of candy on their way out the door. (Photo by Allen Shaw/Fort Wainwright PAO)

## Army hospital fair offers Soldiers and Families the keys to early detection during Breast Cancer Awareness Month

Brandy Ostanik, Medical Department Activity-Alaska PAO

One in eight. According to the American Cancer Society, those are the odds of a woman being diagnosed with breast cancer during her lifetime. In October 2010, Jody Ramos became one of those eight when she was diagnosed with and began treatment for mammary carcinoma. Ramos, a nurse in Family Practice at Bassett, told her story to a large group of fair attendees and supporters Saturday at the Breast Cancer Awareness Fair hosted by Bassett Army Community Hospital. "Early detection is the key," said Ramos. "It's been difficult but the support of my Family and friends have made a difference. I'm so thankful for them." Early detection and offering an environment of support was the main focus of the BCA Fair. Michelle Vargas, Bassett's Health Promotion Nurse organized the event in hopes of showing support to women who have been affected by breast cancer and to show women the importance of early detection. "Women put off getting mammograms because they can be scary Vargas said. "But The American Cancer Society tells us that when cancer is caught in its first stages the survival rate is 93 percent over five years and we need to stress the importance of early detection through breast exams and mammograms." Beneficiaries were able to get clinic breast exams (CBEs) from Bassett nurses and mammograms courtesy of the Breast Cancer Detection Center of Fairbanks' mobile unit. Approximately 20 women had a CBE and a mammogram at the event. Tracey White came to the fair

to set an example for her two daughters by getting her first mammogram. "I turned 40 this year and I thought I was going to get out of it, but the hospital actually called me to schedule, so I couldn't say no. I'm not here for me today. I have two daughters, and I'm here to set a good example and make sure I'm around for them." The American Cancer Society recommends that women begin getting mammograms at the age of 40 unless they are high risk. Patients should have an open dialogue with their physicians to determine if they fall into this category and should begin getting mammograms sooner. In addition to CBEs and mammograms, attendees were able to find information on a host of other health issues such as smoking cessation, weight management and the Arctic Health Link's Self-Care Class. One of the busiest tables of the day was filled with a display of pink ribbon cupcakes. To demonstrate the one to eight odds, attendees were able to choose from a display of cupcakes where one in eight cupcakes had a special fruit filling depicting their chances of being diagnosed with cancer. A Wall of Honor was displayed for attendees to write on and display pink ribbons with names of friends and loved ones who had been affected by the disease. Tricare beneficiaries can find information about breast cancer exams and screening at [www.tricare.mil](http://www.tricare.mil). For more information about breast cancer, visit the National Cancer Institute at [www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast).



**Early Detection** – Sara Burley, wife of Lt. Col. Mark Burley, 168th Air Refueling Safety Wing receives a clinical breast exam from the deputy commander of nursing at Bassett Army Community Hospital Col. Pearl Kreklau-Caponera, Family Nurse Practitioner. Burley was one of 20 women to receive a CBE and a mammogram at the Breast Cancer Awareness Fair Oct. 15. According to the American Cancer Society, women in their 20s and 30s should have a CBE every three years as part of a general health exam. CBEs are a tool to catch breast cancer in its earliest stages. With early detection of breast cancer, the survival rate is 93 percent over 5 years. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

## MISSING: Honor and respect

Continued from page 5

Walker said she has also assisted with the internment of nine service members and six eligible family members at Fort Richardson National Cemetery at Joint Base Elmendorf-Richardson since June 2010.

Since the MIAP project began in January 2007, volunteers throughout the country have visited 1,423 funeral homes, where they have discovered the unclaimed, cremated remains of 9,050 individuals, according to [www.miap.us](http://www.miap.us). Of those remains, 1,277 have been identified as veterans and family members who are eligible for burial in a national cemetery, 1,049 of whom have since been interred.

USARAK Soldiers who were in

Sitka in support of the Alaska Day Festival participated in the internment Monday and conducted an impromptu ceremony to provide what could be considered long-overdue military honors to Robinson, Lawrence and Middleton, who respectively served during World War II, peacetime and the Korean War.

USARAK Commanding General Maj. Gen. Raymond Palumbo presented Walker with a flag in honor of the veterans as a part of the ceremony. He said USARAK participation in the observance embodied the Soldiers Creed, which states an American Soldier will never leave a fallen comrade.

"This is exactly what it means," Palumbo said following the

observance. "These Soldiers died many years ago, and it was an honor to help them to their final resting place."

USARAK Command Chaplain (Col.) Richard Quinn presided over the ceremony, which also included a 21-gun salute by 6th Engineer Battalion Soldiers and the playing of Taps by a 9th Army Band bugler. "These three gentlemen have been sitting in America on a shelf in a funeral home waiting to come home," Quinn said during the observance, invoking the Biblical account of the more than 400-year journey from Egypt to Shechem to put Joseph's remains to rest.

The number of USARAK Soldiers participating in the ceremony outweighed the amount of Soldiers

and civilians who had gathered to honor the service members Monday, a reminder that, although Middleton, Robinson and Lawrence had no family present, they had the support of their modern brothers in arms.

"We pay them our honor and respect today," Quinn said, emphasizing the significance of USARAK participation in the ceremony, never needing to note the necessity of ensuring the same dignity be given to the unburied, forgotten or lost who have been tucked away on shelves or placed in the backs of closets in funeral homes throughout the country and have thus far been denied the opportunity to be put to rest alongside their brethren.

## Spouses' Club bazaar a success

Trish Muntean, Fort Wainwright PAO



Jessica Sasse, wife of Sgt. Jody Sasse, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and the Family Readiness Group leader for A Troop made and sold teddy bears, diaper bags, and purses made of used ACUs as a fund raiser for the FRG. Here she is shown explaining how it was made to Lih Stoll, wife of Staff Sgt. Jeffrey Stoll, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. (Photo by Trish Muntean, Fort Wainwright PAO)

You could still hear the happiness in Beth Sauer's voice a few days after the Fort Wainwright Community Spouses' Club 29th Annual Holly Days Bazaar.

"A successful bazaar always brings a smile to my face," she said.

Sauer is the 2010-2012 president of the organization.

Raydene Wolney, bazaar chairperson, was in charge of the event for the second year and played a major part in the success of the event.

"It was just so much fun," she said. "Just going out and meeting everyone. First Fridays, going to the co-op, going to the farmer's market. I took every opportunity to go out and find new vendors."

"The first year it is just a learning curve, learning how everything works, all the parts and pieces, creating the agendas for all of the meetings. Because there is a lot involved, it takes me about six months to put this all together," Wolney said.

"Between emails and phone calls, I have been on the phone constantly for the last six months. It has been ongoing," she said.

Sorrel Cooper, spouse of Maj. John Cooper, 618th Contingency Contracting Team, was one of the new vendors at the bazaar. She started her business "Army of

Stitches" about a year ago, after cross-stitching as a hobby for several years.

She makes cross-stitch kits based on Army patches. To prepare for the bazaar, she has been putting together all of her kits, mainly from the infantry divisions and larger units, which is what she started with. She now has brigade- and battalion-level patches and does custom kits as well.

Cooper said this is her first bazaar. She is hoping to get her name and product out there so people are aware of what she does and she can grow her business.

Mary Yeaple was one of the first shoppers Friday. She said she was there to "support my military" and was finding "all sorts of good stuff" at the bazaar.

While the CSC does not have final numbers for the event, rough estimates exceeded last year's figures.

Sauer said, "This is very exciting as everyone's hard work and contributions will culminate into that much more money that we will return to our community as scholarships and welfare grants."

Due to the work and dedication of all involved, it was a huge success, she said.

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

## Friday – 21st

**REOPENING CELEBRATION**, 10 a.m. to 2 p.m. DLA Document Services is back in the Welcome Center, Building 3401. Refreshments served. Call 353-1700.

**STORY HOUR and CRAFTS: FANTASY DAY**, 4 p.m., Library, Building 3700. Call 353-4137.

**OPEN ICE SKATING**, 5:30 to 7:45 p.m., Physical Fitness Center-Ice Rink, Building 3709. Call 353-7294.

**“MAKE and TAKE” FUN WITH FIBER**, 6 to 7 p.m., Arts and Crafts Center, Building 2727. Call 353-7520.

**EFMP INDOOR ROCK CLIMBING**, 6 to 7 p.m., Melaven Gym, Building 3452. Cost is \$3. Call 353-4243.

## Saturday – 22nd

**ALASKA RANGE DAY HIKE**, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$5. Call 3561-6349.

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

**STORY HOUR AND CRAFTS: FANTASY DAY**, 10:30 a.m., Library, Building 3700. Call 353-4137.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709. Call 353-7294.

## Sunday- 23rd

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709. Call 353-7294.

## Monday- 24th

**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.

**DEADLINE TO REGISTER AND PAY FOR NOVEMBER EDGE PROGRAMS**. Participants must be registered with CYSS. Call 361-4391.

## Tuesday- 25th

**TE VAKA, POLYNESIAN MUSIC, DANCE AND POTLUCK**, with additional performances by Alaska Native troupe, Pavva Inupiak and Polynesian dance team, Tupu Tafa’ifi, 6 p.m., Physical Fitness Center, Building 3709. Free and open to the public. Call 353-6780.

**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.

## Wednesday- 26th

**PARENT YOUTH ACTION COUNCIL MEETING**, 11:30 a.m. to 12:30 p.m., Youth Center, Building 4109. Call 361-7713.

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

**OUR HEROES’ TREE ORNAMENT MAKING**, 3 to 6 p.m., Library, Building 3700. Call 353-4137.

**CARDIO SCULPT 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.

## Thursday- 27th

**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.

**THINKING HEALTHY DURING THE HOLIDAYS**, 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.

## AGENDA: Continued from page 3

Safe and Sane winter safety awareness fair  
10 a.m. to 3 p.m.

Wednesday, Oct. 26

Last Frontier Community Activity Center (Building 1044)

Open to all who live, work or play on Fort Wainwright

For more information, call 353-7079 or 353-7083.

**10 a.m.** "Safe-N-Sane" Winter Safety Day open to the public

**10 a.m.** Winter Sports Safety Presentation with Tim Mayhak, Installation Safety Office, at Northern Lights Chapel

**1 to 1:45 p.m.** Winter Outdoor Safety Presentation with Greg Sanches, Installation Safety Office, at Northern Lights Chapel

**2 to 2:45 p.m.** Winter Home Safety Presentation with Robert Tanner, Installation Safety Office, at Northern Lights Chapel

## Week 7 in the Alaska Post football series



**Bear**

65 Wins / 25 Losses

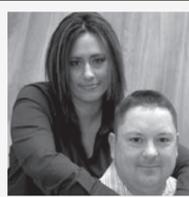
SD @ NYJ NYJ  
SEA @ CLE CLE  
ATL @ DET DET  
CHI @ TB CHI  
DEN @ MIA MIA  
WAS @ CAR CAR  
HOU @ TEN TEN  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**Brain**

59 Wins / 31 Losses

SD @ NYJ NYJ  
SEA @ CLE SEA  
ATL @ DET DET  
CHI @ TB TB  
DEN @ MIA DEN  
WAS @ CAR WAS  
HOU @ TEN TEN  
PIT @ ARI PIT  
KC @ OAK KC  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**BrowBrose Salsa**

57 Wins / 33 Losses

SD @ NYJ SD  
SEA @ CLE SEA  
ATL @ DET DET  
CHI @ TB TB  
DEN @ MIA DEN  
WAS @ CAR CAR  
HOU @ TEN HOU  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**Steve Tate**

56 Wins / 34 Losses

SD @ NYJ SD  
SEA @ CLE CLE  
ATL @ DET DET  
CHI @ TB TB  
DEN @ MIA MIA  
WAS @ CAR CAR  
HOU @ TEN TEN  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**A - Team**

55 Wins / 35 Losses

SD @ NYJ NYJ  
SEA @ CLE SEA  
ATL @ DET ATL  
CHI @ TB TB  
DEN @ MIA MIA  
WAS @ CAR CAR  
HOU @ TEN HOU  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**Jones Bros**

54 Wins / 36 Losses

SD @ NYJ SD  
SEA @ CLE CLE  
ATL @ DET ATL  
CHI @ TB CHI  
DEN @ MIA DEN  
WAS @ CAR CAR  
HOU @ TEN HOU  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL



**Ed Urbi**

50 Wins / 40 Losses

SD @ NYJ SD  
SEA @ CLE SEA  
ATL @ DET DET  
CHI @ TB TB  
DEN @ MIA DEN  
WAS @ CAR WAS  
HOU @ TEN HOU  
PIT @ ARI PIT  
KC @ OAK OAK  
GB @ MIN GB  
STL @ DAL DAL  
IND @ NO NO  
BAL @ JAC BAL

## I love it when a plan comes together – That’s what I’m talking about

**Allen Shaw**, Fort Wainwright PAO

The A-Team hasn’t had a whole lot to cheer about so far this season, but moving up a couple rungs on the ladder is definitely something to shout about. Hold on, I’m coming, that’s me in the rearview and that’s what I’m talking about.

Although Bear is still ruler of the roost posting another double-digit win this week, Tate and I joined him to move on up the food chain. The furry one is still in first place with 65 wins - 25 losses, followed by the Brain with 59 and 31. BrowBrose Salsa is hanging on to the third position with 57 and 33 but Tate is knocking on that door with 56 and 34. A-Team is next with 55 wins and 35 losses, followed by the Jones Bros who dropped due to a mediocre 7 and 6 week, giving them 54 wins and 36 losses overall. Poor Urbi went out on the limb last week

and the limb broke. He netted 5 wins and 8 losses to claim the bottom spot all alone with 50 and 40.

As for the National Football League who is still sporting pink to encourage early breast cancer detection through “A Crucial Catch” campaign, the Green Bay Packers remain on top. The Pack is now the only undefeated team in the league as the San Francisco 49er’s went into the Motor City and handed the Detroit Lions a 25-19 loss. Forty-niner QB Alex Smith’s fourth -down, six-yard pass to Delanie Walker gave San Francisco the winning TD with 1:51 left to play. The Lions had a shot to pull out the victory but fell short as the clock ran out.

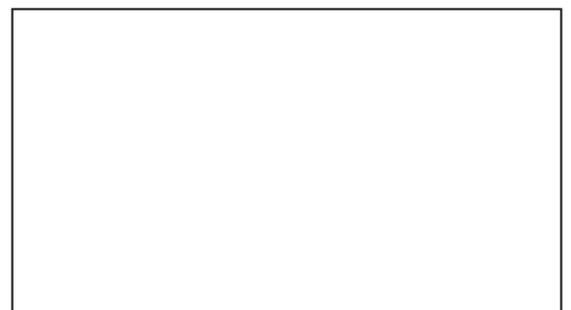
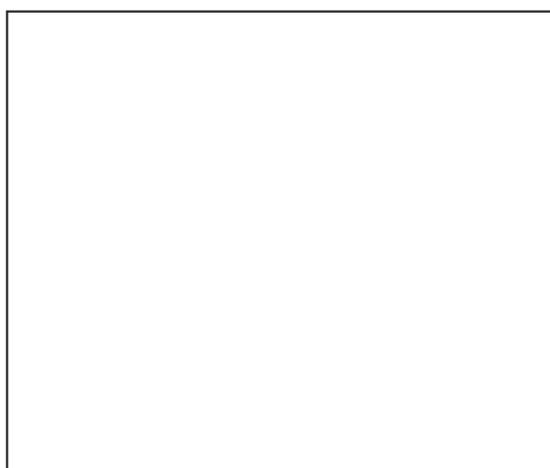
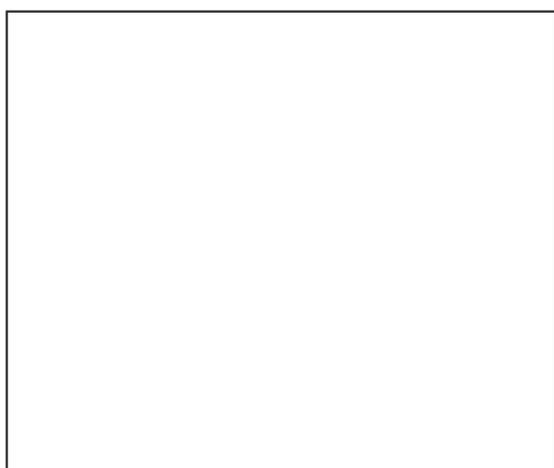
In Green Bay, quarterback Aaron Rodgers led the reigning champions to a 24-3 victory over the Rams, throwing three touchdown

passes on the day. Rodgers aired it up for 310 yards, including a career-long 93-yarder to Jordy Nelson.

In other contests Arizona beat Carolina 31-17, Cincy defeated Indy 27-17 and the Giants outlasted the Buffalo Bills 27-24. Pittsburgh edged Jacksonville 17-13, the Eagles flew past Washington 20-13 and the Baltimore Ravens picked apart the Houston Texans 29-14.

The Oakland Raiders beat Cleveland 24-17 and the New England Patriots held off the Cowboys to claim a 20-16 victory. Tampa Bay scored big at home knocking off the New Orleans Saints 26-20, the Bears mauled the Vikings 39-10 and the Jets shot down the Dolphins 24-6 Monday night.

Football is great, but it’s time to get serious...world serious. Who is going to be the 2011 Mr. October? Major League Baseball’s World Series has begun and we want to know who you think the next champion is going to be. Let us know if you are a St. Louis Cardinal fan or is it all about the Texas Rangers? That’s what I’m talking about.



## For your information

### PRESCRIPTION TAKE-BACK

Last year Fort Wainwright personnel and civilians lost 50 pounds in one day. The weight was relinquished in the form of prescription and over-the-counter drugs during National Prescription Take Back Day. This year, the event is Oct. 29 from 10 a.m. to 2 p.m. in the Exchange mall. Use the guidance provided by the ASAP office to prepare for the turn-in opportunity. Bring expired or unwanted prescription medications, unneeded over-the-counter medications, medications that didn't work for you, a family member or pet, medications that are no longer used, unknown tablets or capsules. If possible, leave all medication in the original container. Do not bring needles, injection medicine or intravenous solutions. Proper disposal keeps medicine out of reach of children and teens. A police officer will be on-site to ensure control of turned-in items. Call 353-1378.

### TE VAKA PERFORMS AT THE PFC

The band Te Vaka is performing Tuesday night at the Physical Fitness Center at 6 p.m.

Their website describes the band as a unique group of eight musicians and dancers from Tokelau, Tuvalu, Samoa, Cook Islands and New Zealand brought together under the inspired leadership of Opeteia Foa'i, one of New Zealand's finest songwriters.

British Broadcasting Corporation has named the band the "Best Pacific music group in the world."

Te Vaka has been wowing international audiences with upbeat, positive music since 1997, presenting a rich, luscious mix of Polynesia's ancient culture to the modern world.

The show starts at 6 p.m. with two local groups performing prior to the feature attraction.

The Alaskan Native group Pavva Inupiaq will welcome Te Vaka to the Fairbanks community by performing traditional dances.

The Polynesian dance group Tupu Tafa'ifa will perform Polynesian dances from the South Pacific Islands.

The event will feature a "potluck" dinner and everyone is encouraged to bring a dish to share. However, even those who do not bring a dish are welcome to attend.

### PWOC FIRST FRIDAY THEME

"Boot Scootin' Boogie," will be the theme of the Protestant Women of the Chapel's First Friday event set for Nov. 4, 6:30 p.m. at the Northern Lights Chapel. Join women in the Fort Wainwright community for a night of line dancing, country karaoke, fried chicken and all the fixins', door prizes and free childcare. The school-aged children's programming this month will include free laser tag at the Last Frontier Community Activity Center. Kindergartners and older school-age children may be dropped off at the LFCAC at 6 p.m. for this month's event; preschool and nursery programming will be on-site at the Northern Lights Chapel. For more [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

### 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.

### ROAD CONDITIONS: WINTER DRIVING

CONTINUED FROM PAGE 2

When conditions deteriorate so that they are no longer ideal, we go to the amber classification. Amber indicates hazardous road conditions. Motorcycles are prohibited from installation roads. Drivers can expect increased driving times and snow or ice on the roads.

Rules for dispatching government vehicles change when road conditions go to amber. Road conditions and driver experience will be considered before approval of a dispatch request, and the request must be authorized by commanders or primary staff.

Red conditions are such that driving is dangerous and visibility is very poor. Under red conditions, only mission-essential government vehicles will be driven on post, and the dispatches will be noted "mission essential." Authorization for driving government-owned vehicles under red conditions lies at the battalion-commander and division-chief level.

Black road conditions mean only emergency vehicles should be on the roads, authorized by brigade commanders or directors. We also recommend that privately owned vehicles not be operated under these conditions.

During periods of especially hazardous driving conditions (such as snow, ice storms or natural disasters), commanders may determine it in the best interests of the unit to curtail or cancel training or other activities.

The garrison commander and the deputy to the garrison commander may direct supervisors of civilian employees to exercise the liberal leave policy. If commuting is impractical or impossible, employees must contact their

supervisors and request leave. Annual leave, compensatory time or leave without pay will be used for this purpose.

The superintendent of the school district decides whether to close schools, delay openings or close early. For information on schools, go to <http://www.k12northstar.org/> or listen to local radio stations for updates.

After the decision to change road conditions is made, staff duty officers for the mission units and for Medical Department Activity-Alaska, as well as designated garrison leaders, are notified.

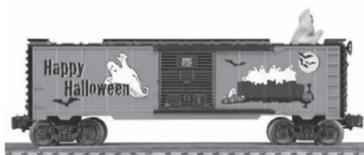
Signs indicating road status are posted at all gates and the installation's website at [www.wainwright.army.mil](http://www.wainwright.army.mil) will be updated to reflect the road conditions. The telephone information line at 353-INFO will also be updated with the latest road conditions. The Public Affairs Office will notify local media of major road changes and update the command information channel and the Facebook and Twitter pages.

The policy applies to government-owned vehicles only; you can still continue to drive your POVs. It is, however, a good guide for you to follow with your POVs. If roads are considered hazardous, slow down. Our intersections here get slick every winter. One vehicle sliding out of control can result in a chain reaction that ends up damaging two or three or more other vehicles.

Don't let the winter roads make you one of our accident statistics. Follow our guidelines for government vehicles and you should have a safe-driving experience all winter.



The Alaskan Native group Pavva Inupiaq will perform Tuesday night at the Physical Fitness Center at 6 p.m. The group will perform traditional dances to welcome the band Te Vaka to the Fairbanks community. Te Vaka will be performing at the PFC later that evening. All are welcome to attend. (Courtesy photo)



## Take a ride on the Spooky Train if you dare

Allen Shaw, Fort Wainwright PAO

It's that trick-or-treat time of year but there's something unique for Soldiers and Families at Pioneer Park in Fairbanks from noon to 4 p.m. Saturday. Those in full costume will ride the train for free.

The activity is hosted by the Friends of the Tanana Railroad and sponsored by the Fairbanks North Star Borough Parks and Recreation Department. "It's just another way of letting people know we are more than just a visitor destination," said Jason Avery, park manager, "Pioneer Park is a community gathering place for many activities and this is where things are always happening."

Pioneer Park is a 45-acre historic theme park with several museums, playgrounds, the Alaska Centennial Center for the Arts, home of the Fairbanks Arts Association and the Farthest North Dance Hall. There is no admission fee and it (the park) "has become a regular meeting place for Soldiers and Families," Avery said.

Spooky Train is an annual event where members of the military, local schools and community groups dress up in costume and perform skits along the one-mile track that goes through the park. "You'll never know what you might see around the next corner," said Avery.

The Friends of the Tanana Railroad are stewards of the Railroad Museum at Pioneer Park and operate TVRR Engine Number One. Bill Schecter, secretary for the FTVRR and event coordinator said, "It's our way of inviting the community to enjoy a safe, unique Halloween experience while learning more about the old steam engine. We only fire it up a few times each year and this has become a good time for all."

Engine Number One is the original steam engine that brought supplies to Fairbanks in 1905. It is 112 years-old and has been totally restored by the FTVRR. To learn more about the steam engine visit [www.fairmet.org](http://www.fairmet.org).

[org/agencies/tvrr/tvrr.html](http://www.fairmet.org/agencies/tvrr/tvrr.html).

The Alaska Barbeque Association will be cooking food for the event and the local Lion's Club will be accepting food donations for the Fairbanks Food Bank. "Train rides are free for everyone in full costume," Schecter said, "but be sure to get a ticket from the ticket window before getting in line." The FTVRR will provide refreshments and photographs for trick-or-treaters and "there will be a costume contest for the kids with great prizes," he said. Schecter estimated more than 750 riders last year and encouraged everyone to show up early. "It is a steam engine that burns wood and coal. It takes a while to stoke the furnace and when we shut it down it can't be started back up for another ride (like the gasoline powered Engine 67 that runs around the track daily from Memorial Day to Labor Day)." "The final run for the day will leave the station no later than 3:45 p.m.," Schecter said.

For more information on Spooky Train call 459-1087 or visit [www.co.fairbanks.ak.us/pioneerpark](http://www.co.fairbanks.ak.us/pioneerpark).

## FRIENDSHIP DAY: Family of deployed Soldier dances the time away by sharing culture with community

Continued from page 1



Wendy Moses, 5 (above) watches her mother, Ceira Moses and her brother Mark A. Rivera, 15 (left) dance El Punto at the Fairbanks International Friendship Day Oct. 15. The family of Sgt. Duren Moses, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division has been keeping busy during his deployment by sharing their Panamanian heritage at various community events. (Photo by Trish Muntean, Fort Wainwright PAO)

She said no at first, but then decided to call her family in Panama and ask if anyone one had one they wanted to pass on, a common way of getting the traditional Panamanian dress since the costumes can be quite expensive, sometimes costing thousands of dollars. These are worn with headpieces known as tembleques which are quite exquisite.

After getting her costume together, she contacted a man in charge of a dance group in Panama, who helped her fine-tune her performance, reviewing the steps and the music with her.

Moses is not the only one in the family who has been bitten by the dance bug.

"Mark is loving it. He would like to learn more. He would like to keep doing it," she said. He also is a member of the Lathrop High School Ballroom Dance Team.

Jasquel likes it so much that she wants her mother to talk to her principal about performing for Arctic Light Elementary, where she attends school.

Even twins Wendy and Emily enjoyed themselves at the annual event.

"I was surprised, actually, that they were not intimidated by the crowd," Moses said. "They were not nervous or anything like that. They just love it. They just knew what to do and they went for it."

While the Moses Family is anxiously waiting Sgt. Moses' return, they hope to have more opportunity to share their culture with the community while they wait. The children are scheduled to perform at the multi-cultural hour event at the Fort Wainwright Library Jan. 4.

"I want to bring more stuff from Panama. We have so much more. The dancing is just a little bit of it."

## Parent involvement leads to school success

Joan Smith York, Child Youth and School Services school support specialist

What parents don't want to boost their kids' performance in school? The way forward is clear: when parents get involved, students do better. This is true from elementary through high school. Active parents can even influence a school's overall performance. What may surprise you is how many ways there are to be involved. It's not just about helping with homework or joining the PTA.

A recent study found that elementary students had fewer problem behaviors and better social skills when parental involvement increased. Parents who simply made more school visits and encouraged school success at home saw their students' social and emotional well-being improve.

For middle-school students, performance got a boost when parents talked about their aspirations for the future. Adolescents still need parental guidance, even though they want to make their own decisions. Talking about the connection between school success and future career plans can make all the difference at that age.

At the high-school level, parents' direct participation in school events has a big impact on student performance. Academic achievement improves when parents show up for school programs, extracurricular activities and conferences. Students benefit when they understand that school and home

are connected.

Parents even have the power to make schools better. Parental involvement can spur schools' efforts and overall academic achievement can improve. A recent study concluded that schools would have to increase spending by over \$1,000 per student to achieve the results gained with parent involvement.

What parents do at home can make a big difference in how their kids perform at school. A key predictor of student achievement is a home environment that encourages learning. This may include having regular conversations, reading, and monitoring screen time. Parental expectations have also been shown to have a huge effect on educational outcomes.

Helping with homework may be the old standby, but there are plenty of other ways that parents can stay involved. Here are fifteen recommended activities:

1. Read to your child.
2. Have books available at home.
3. Encourage and discuss leisure reading.
4. Tell stories and share problems.
5. Write letters, lists and messages.
6. Have parent-child conversations about everyday events.
7. Have household rules.
8. Monitor and talk about TV content.
9. Provide a place to study.
10. Check up on children when parents are not home.
11. Arrange for after-school activities and supervised care.
12. Attend school functions.

13. Express expectations for achievement.
14. Discuss career options.
15. Plan for college and other post high-school pursuits.

### How to get involved with your local schools

Visit the Fairbanks school district web site at [www.k12northstar.org/](http://www.k12northstar.org/)

Make sure you are updated for this year on PowerSchool Premier on the district website. PowerSchool Premier is an information management system available to students and parents used by administrators and teachers to record attendance, activities, assignments, and grades.

Monitor student attendance and grades on PowerSchool Premier.

Receive school bulletins via email with PowerSchool registration.

Check out your school web site (accessible through district site).

Attend parent-teacher conferences Oct. 27 to 28 and Feb. 20 to 21.

Work together with school staff to address student challenges (deployment, upcoming PCS, disability or Individual Education Plan, or behavior issues, etc.).

Check out your school's parent-teacher organization.

Volunteer at your school.

Article resources and more information available online:

[www.sciencedaily.com](http://www.sciencedaily.com) - Tying Education To Future Goals May Boost Grades More than Helping With Homework, American Psychological Association; Parents' Effort Key to Child's Educational Performance, University of Leicester; Parent Involvement Continues to be Important in Elementary Years. Science Daily; Parental Involvement Strongly Impacts Student Achievement, University of New Hampshire. [www.hftp.org](http://www.hftp.org) - Parental Involvement and Student Achievement: A Meta-Analysis, Harvard Graduate School of Education. [www.sdcoe.net/tret2/family/](http://www.sdcoe.net/tret2/family/) Parent Involvement and Student Achievement Society for Research in Child Development, San Diego County Office of Education.