

# ALASKA POST

Home of the Arctic Warriors

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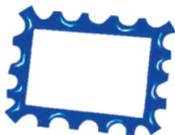
## AT A GLANCE

### TUCK RETIRES



Man of all trades retires.  
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### IRAQ POST OFFICES TO CLOSE



Starting Nov. 17  
mail not accepted.  
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### TE VAKA



Te Vaka performs for Fort Wainwright  
**More on page 8**

## WEEKEND WEATHER

**Friday**  
Mostly cloudy  
Low 5 High 25  
East winds 10 mph



**Saturday**  
Mostly cloudy  
Low 5 High 20  
East winds 10 mph



**Sunday**  
Mostly cloudy  
Low 5 High 20



Forecast courtesy of the National Oceanic and Atmospheric Administration

## Engineers partner with Afghan National Army for route clearance training

Staff Sgt. Lindsey Kibler, 1-25th SBCT PAO

Walking in a single-file line, weapons at the low-and-ready, Soldiers of Route Clearance Company, 1st Brigade, 205th Corps, Afghan National Army, maneuvered around a Stryker vehicle and began to form up in the middle of an empty courtyard at Camp Hero, south of Kandahar, Oct. 14.

There the Soldiers were greeted by familiar faces—their counterparts from 3rd Platoon, 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division; the Arctic Wolves train the RCC about once a week.

The platoon, lead by platoon sergeant Staff Sgt. Spencer Waters, not only train the RCC, but also conduct route clearing missions with them around Forward Operating Base Lindsey and the ANA's Camp Hero.

"We have been working with the Route Clearance Company since July, and they are impressive," said Waters, a Harrisburg, Penn., native. "They know their stuff."

On this particular day, Waters' Soldiers conducted battle drills with RCC Soldiers on reacting to small arms fire, reacting to an IED, reacting to small arms fire after discovering an IED, and reacting to indirect fire.

While Soldiers split into groups to rotate through training, Waters took time to discuss tactics, training and personal experiences with First Sgt. Roman Hassan, RCC first sergeant.

See **PARTNERSHIP** on page 4



U.S. Army Sgt. Gerald Barry of 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, "Arctic Wolves," prepares to bound forward and lay suppressive fire with a squad of Afghan National Army soldiers from the Route Clearance Company, 1st Kandak, 205th Corps, at Camp Hero, Oct. 14. Camp Hero is located south of Kandahar. Soldiers from 73rd Engineer Company run battle drills with the RCC and they also partner to clear roads in the area. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

## U.S. Paralympic brings an aquatic workout to Fort Wainwright Soldiers



Members of B Company, Warrior Transition Battalion get instruction from US Paralympic Swim Team Gold Medalist Jarret Perry. Perry who lost his leg at two days old due to Twin-to-Twin Transfusion Syndrome. Retired from competitive swimming in August 2011 he now works as a mentor with the US Paralympic Military Program to offer adaptive aquatics programs to Warriors in Transition. "I enjoy working with Soldiers in transition to show them they can still do whatever they want," says Perry. (Photo by Brandy Ostanik/MEDDAC-AK PAO)

Brandy Ostanik, Medical Department Activity-Alaska PAO

At first glance the splashing, laughter and games taking place at Hamme Pool last week was not unusual. Upon closer inspection though, a steady stream of "hooahs" could be heard and the pool occupants were Soldiers, not the usual youth participating in swim lessons.

Sponsored by the U.S. Paralympics' Military Program, 50 Soldiers and cadre members of B Company, Warrior Transition Battalion met with U.S. Paralympics staff to participate in an aquatic workout as part of the Soldier Adaptive Reconditioning Program. According to their website, the program isn't just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. A huge role in that process is played by mentors made up of Paralympic athletes - athletes who've gone through similar experiences by overcoming their own physical disabilities to achieve excellence.

See **WORKOUT** on page 5

## In memoriam



The symbolic display of combat boots, inverted rifle, helmet and dog tags was on display during a memorial service for Pvt. Danny Chen, Oct. 20, at the Southern Lights Chapel. Chen, 19, of New York; was assigned to 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright, Alaska; died Oct. 3 in Kandahar province, Afghanistan. During and after the ceremony, fellow Soldiers and their Family members shared memories of Chen, Infantryman. The cause of death is under investigation.

## Richard Tuck, man of all trades retires

Trish Muntean, Fort Wainwright PAO

The Last Frontier Community Activity Center won't be quite the same after today, the last day of work for Richard Tuck, who starts the leave leading to his retirement on Monday.

See **TUCK** on page 4

## Winter in Alaska, getting out in the Interior

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

When I first left my home in Pennsylvania, I chose Georgia to escape the cold and snow. So... then I ended up in Fairbanks, Alaska, and have happily remained here for the past 33 years.

Some part of the “happily” can be attributed to the fact that at least for a short while every day I leave the house and do something outdoors, regardless of the temperature.

Cabin fever is a real thing. Staying indoors can cause both physical and mental distress. The way to fight that is to get out and do something, regardless of the temperature.

Alaska offers a multitude of recreational options, many of them affordable for families who watch their spending. Soldiers and Families can participate in a large number of activities in Alaska, many of them at little or no cost.

With an eye on budget, we’ve compiled a list of things to do. No one needs to spend a great deal of money to have a good time.

You can:

- ski, snowboard or tube – Birch Hill on post has the only snow-making machine in the area, meaning it can open early even if Mother Nature is slow with the white stuff. Two civilian slopes in the area offer different terrain for skiers. Cross-country skiers can take to the trails on White Bear Loop on top of Birch Hill.

- go ice fishing – there are lakes and streams just minutes from your home. You can bag trout and Arctic char locally.

- visit Ice Art ‘12 in March – watch artists create elaborate sculptures from blocks of ice.

- watch and learn about mushing – watch sled dog races at the Musher’s Hall on Farmers Loop Road or along the routes of the Yukon Quest and other local races. The 1,000-mile Yukon Quest starts in Fairbanks Feb. 4, 2012. It should take the mushers about 10 days to arrive at the finish line in Whitehorse, Yukon Territory, Canada. The teams will drive down the Chena River

through the post. You can also check out their museum at 5th and Cushman.

- visit area museums – see the Fairbanks Convention and Visitors Bureau at the log cabin with sod roof on 1st Avenue for a list of local museums (many of them are free). There are also museums at Pioneer Park, and the University of Alaska Museum is a must-see.

- soak in a hot springs – visit Chena Hot Springs. It’s a great place to enjoy a swim in a mineral spa, or just walk around the place. Sit in the hot springs and watch the aurora borealis. And the drive is a scenic one with a good chance to see moose along the way.

- enjoy sporting activities – basketball, hockey – play or watch. There are numerous leagues both on and off post.

- photograph scenery, wildlife, people, activities – there’s always an opportunity to get some great shots.

- swim at local pools on and off-post operated by the Directorate of Family and Morale, Welfare & Recreation or the Fairbanks North Star Borough (all indoors).

- celebrate our national heritage at ceremonies and observances – Veterans’ Day is Nov. 11 – join Fairbanks in honoring our veterans.

- volunteer at local schools, churches, organizations – get involved in the local community.

- listen to music or watch a play – there are concerts and plays featuring a wide variety of music styles throughout the year.

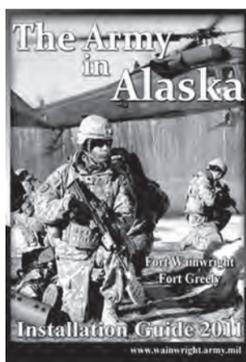
- bowl at Nugget Lanes

- play laser tag at the Last Frontier Community Center

- hang out with friends at the Zone

This is by no means a comprehensive list of things to do in Fairbanks. Only your imagination prevents you from finding something to interest you and enjoying your winter in Interior Alaska.

See **WINTER** on page 3



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

Visit Fort Wainwright website at:

[www.wainwright.army.mil/sites/local/](http://www.wainwright.army.mil/sites/local/)

and select “online” under

“Army in Alaska Installation Guide and Phone book”

# ALASKA POST

Home of the Arctic Warriors

## EDITORIAL STAFF

### Fort Wainwright Garrison Commander

Col. Ronald M. Johnson

### U.S. Army Garrison Fort Wainwright PAO

Linda Douglass

### Command Information Chief

Connie Storch

### Editor

Brian Schlumbohm

### Staff writers

Trish Muntean

Allen Shaw

### Contributors

Brian P. Smith, TriWest Healthcare Alliance

Staff Sgt. Lindsey Kibler, 1-25th SBCT PAO

Cheryl Pellerin, American Forces Press Service

Cheryl Adamson, Fort Wainwright Employee Assistance Program

Petty Officer 1st Class Farrukh Daniel, 1-25th SBCT PAO

Brandy Ostanik, Medical Department Activity-Alaska PAO

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## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander

### Cold versus flu



With the snow flying and the temperatures dropping it is that time of the year again. I wrote about this same subject last year, but walking through the ER and the clinics over the last week, it deserves mention again. Yes, it is cold and flu season and since the two illnesses share some similar symptoms it can be difficult to tell the difference. In general, the flu is worse than the common cold. Symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense with the flu. On the other hand, people with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

A second major difference between the common cold and the flu is that the flu is easily preventable. Although the flu and the common cold are both respiratory illnesses, they are caused by different viruses. Each year two or three different strains of influenza virus cause most of the flu around the world. Scientists gather global data and formulate a vaccine for the strains anticipated to be the major problems in the coming winter. While the vaccine is not a guarantee it is generally highly effective at preventing the flu and the risks of serious complications. Flu shots are available free of charge to all beneficiaries at Bassett.

Currently, there is no vaccine for the common cold. Since it can be caused by nearly 250 different viruses, it's just too difficult for scientists to prepare a vaccine that protects against all of the cold viruses. Also, there's less need for a cold vaccine. Colds are minor infections of the throat, nose and sinuses and generally come and go with no serious complications.

In either case, if you or a loved one has a cold or the flu, there are numerous actions that can be taken so you can recover. It is important to remember you do not need antibiotics for a cold or flu. Antibiotics do not work against cold or flu viruses and over-usage may lead to antibiotic resistance in bacteria. Antiviral flu medications are only required in the most severe cases or in those with serious other conditions, so are generally not prescribed.

In general, the best treatment for minor cold and flu is to drink plenty of fluids and get plenty of rest. The use of a humidifier may help, as can non-prescription cough and cold medicines which you can get free from the pharmacy at Bassett after you have completed the self-care course via Arctic Health Link at the hospital or on our hospital web site under the education tab on the left side of the screen. Please read the cautions and instructions carefully on any medication you intend to use, particularly if you are giving it to children.

Remember, we are here and ready to assist if you have any questions. Also, if your symptoms get worse, last a long time or lead to more serious problems such as difficulty breathing, chest pains or vomiting, you should immediately see a doctor. Your primary care manager is there to see you or answer questions you may have. We are committed to ensuring the health of the entire community, so do not hesitate to call or come by if you need us.

## Memorial service

A memorial service in remembrance of Terry Wayne Shamblin is set for Wednesday at 11:30 a.m. in the Southern Lights Chapel. Loved ones, friends and coworkers are welcome to attend.

Read about the long-time Fort Wainwright civilian employee at <http://memorialwebsites.legacy.com>

## Stress and you: A recipe for success

Brian P. Smith, TriWest Healthcare Alliance

Books of recipes fill row upon row in bookstores and libraries across the country. No matter what you might be cooking, there is no shortage of ingredients to try and instructions to follow.

Just like each chef works hard to build a recipe for the best sauce, cake or steak, each Family can work at developing a unique recipe for dealing with all kinds of stress.

Deployments = Missing Ingredients

You gather your ingredients and start following the steps. What happens when a loved one, a key ingredient of your Family, isn't there? From the deployment to the welcome home—and every step along the way—the military Family has no shortage of challenges and stresses.

Like a soufflé, your Family's emotional balance is delicate. Everyday stress and change can be very powerful forces, affecting Family members and straining relationships.

Don't Let it Simmer – Get Help Feeling overwhelmed? There is an entire behavioral health resource library filled with coping techniques and self-assessments. At [TriWest.com/BH](http://TriWest.com/BH), these resources are available to help online, whenever you need. From

parenting issues to relationships to anxiety and depression, you can learn more about what can cause these feelings and what you can do in these situations.

What if one-to-one help was available online, 24 hours a day? What if it were available to service members and their Families at no cost?

You can at [TriWest.com/OnlineCare](http://TriWest.com/OnlineCare). When eligible, the Tricare Assistance Program (TRIAP) is an online videoconference option for help with problems associated with day-to-day living. TRIAP video counseling is:

- private
- non-reportable
- available in the U.S.

If you find yourself in a crisis situation and need to speak with someone immediately, you can call the Behavioral Health Crisis Line at 1-866-284-3743.

Deployments, lengthy separations and the stresses of everyday life can affect how you feel. Use your resources; with the right ingredients of Family communication alongside medical and emotional care under your Tricare coverage, you can help serve up a well-balanced Family.

## WINTER: Getting out in the Interior

Continued from page 2

There's plenty to do in Fairbanks, and at least one thing to satisfy everyone's interest. Get back into a favorite activity or learn a new one. Get out and enjoy what Alaska has to offer.

Websites for local activities:

Outdoor Recreation – Fort Wainwright – has discount tickets to many activities, also offers ice-fishing, snowmachining and other recreational trips at low cost – call 361-6349 or see <http://www.ftwainwrightfmwr.com/outdoorrec.html>.

Birch Hill Ski & Snowboard Area – skiing, snowboarding and tubing on post – call 353-7053 for updated information on skiing conditions and hours or visit <http://www.ftwainwrightfmwr.com/birchhillski.html>.

Fischer Skeet Range – located next to the post's ski lodge, it's open all winter – call 353-7869 or visit <http://www.ftwainwrightfmwr.com/fischerskeet.html>.

Birch Lake Recreation Area – about 60 miles from Fairbanks on the Richardson Highway – snowmachining, ice-fishing, snowshoeing, wildlife viewing. For more information visit [www.eielsonservices.com](http://www.eielsonservices.com) or call Outdoor Recreation at Eielson AFB, 377-1232 or 377-2769.

Ice Alaska – visit Ice Park on Phillips Field Road near Peger Road and see them on the web at <http://www.icealaska.com/about.html>

Chena Lake Recreation Area – North Pole, about 15 miles from Fairbanks on the Richardson Highway – nature trail, snowmachining, cross-country skiing, ice-fishing, mushing, ski-joring – see <http://www.poa.usace.army.mil/co/chena/ch/intro.htm>

White Mountains Recreation Area – about 30 miles from Fairbanks on the Steese Highway – cross-country skiing, mushing, ski-joring, snowmachining, camping (in cabins) – see <http://www.blm.gov/ak/whitemountains/default.html>



Staff Sgt. Dan Meaux, B Company, Warrior Transition Battalion participates in a Singles Skeet shoot competition, Friday March 25, 2011 at the Birch Hill Ski and Snowboard Area's Fischer Skeet range. (File photo)

Chena Hot Springs – about 60 miles from Fairbanks on Chena Hot Springs Road – hot springs, horseback riding, mushing, snowmachining, cross-country skiing, aurora borealis viewing – see <http://www.chenahotsprings.com/>

Pioneer Park – Airport Way, Fairbanks – historic theme park, playgrounds, open year round – free admission – see them at <http://www.co.fairbanks.ak.us/Parks&Rec/PioneerPark/>

Concerts, plays, comedy nights, museums, sports and special events – see the Fairbanks Convention & Visitors Center website at <http://www.explorefairbanks.com/calendar> for the latest information on local activities.

## Civilian employees on Fort Wainwright have no excuse

Allen Shaw, Fort Wainwright PAO

The benefits of a healthy lifestyle and regular exercise are a proven fact. The President's Council on Fitness, Sports and Nutrition recommends it, the Presidential Active Lifestyle Awards add incentives to challenge ourselves and the Fort Wainwright Garrison Employee Fitness Program, Garrison Policy #40, offers employees the opportunity to do it during the work week.

The policy proposed by the Directorate of Family and Welfare and Recreation was established to promote physical fitness amongst all full-time civilian workforce employees under the purview of United States Army Garrison through voluntary participation. The program, which is not to exceed six months, allows up to three hours of duty time per week to conduct a self-paced fitness activity which must be conducted through the Physical Fitness Center.

One of the largest not-for-profit and most respected medical facilities in the country lists seven benefits of exercise. Regular exercise can help prevent excess weight gain or help maintain weight loss says [www.mayoclinic.com](http://www.mayoclinic.com). It helps combat health conditions and diseases, improves overall mood and boosts energy. Exercise promotes better sleep, can put a spark in your love-life and it can be a fun activity with family or friends in a social setting.

Information from the Small Business Wellness Initiative website states that for every \$1 spent on workplace wellness, \$3 to \$5 are saved through lowered healthcare costs, decreased absenteeism and decreased worker's compensation claims.

In future additions the Alaska Post will look further into the program offered and investigate the benefits of employee wellness. For more information contact Stephanie Jilek, Sports and Fitness Director, FMWR, 353-7274 or [stephanie.jilek@us.army.mil](mailto:stephanie.jilek@us.army.mil).



Employees of the Physical Fitness Center helps visitors check in and out, find fitness classes and also provide information on physical fitness programs and equipment. The Fort Wainwright Garrison Employee Fitness Program offers up to three hours per week of duty time to conduct a fitness activity, through the Physical Fitness Center. (File photo)

## Local educators gather at conference to learn from experts

Allen Shaw, Fort Wainwright PAO

More than 50 attendees from the Fairbanks area, including staff from the Fort Wainwright Child, Youth, and School Age Service and Army Community Service, along with Fairbanks North Star Borough School District workers, community organizations and parents shared information Oct. 18 and 19 during the Military Child Education Coalition's Professional Development Institute at the Westmark Fairbanks Hotel conference center.

"It was a huge success," said Joan York Smith, CYSS Specialist and School Liaison, "We learned about the latest research on resilience from experts like Dr. Stephen Cozza." Cozza is a professor with the Department of Psychiatry at the Uniformed Service University and serves as associate director, Center for the Study of Traumatic Stress.

Smith said two trainers were here from MCEC in Texas to lead the sessions. The MCEC Living In the New Normal Institute encourages families to ensure their children have tools to bounce back from stressful situations they may experience in life. "At the end we created a local action plan to build a community support network, which will help us all work together to support youth in need," she said.

The MCEC LINN efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be strengthened through deliberate encouragement. For more information on the Military Child Education Coalition visit [www.MilitaryChild.org](http://www.MilitaryChild.org) or call CYSS at 361-9377.

## TUCK: The man of all trades retires

Continued from page 1

"When you get to the age of 62, it is time to relax," he said. "I grew up on a tobacco farm so I worked hard all my life. I'll be 62 in December so it's time to relax a little bit and enjoy life a little bit."

Tuck, as he prefers to be called, enlisted in the Army in February 1971 and retired as a sergeant first class in July 1992 with 22 years of military service. His career field was airborne infantry and he spent about 10 years of his career serving with the 82nd Airborne.

He recalls his time in the Army with a smile and misses it in a way, the places he went and the people he met.

"We had some times," he said.

He arrived at Fort Wainwright in 1988 and made the decision to retire at 22 years when it was time to move again.

"I was tired of moving," he said. "Told my wife we needed to settle down, the kids were gone..."

Tuck started working as a civilian on Fort Wainwright in March 1994 and has had three jobs here since then, first at the Auto Craft Center as a tools and parts attendant. He was promoted to motor vehicle operator and then assigned to the LFCAC.

He calls himself "a man of all trades, master of none."

"Mr. Tuck is one of those "can do" employees that you can always count on to help get the job done," said Mary Jo Lohrenz, director of the Directorate of Family, Morale, Welfare and Recreation. "He will be impossible to replace. His customer service is top-rated."

His current supervisor, Shawn Johnson said "At the LFCAC, Mr. Tuck does it all. He takes care of every aspect from event set-up and break-down to basic maintenance of the facility. He is involved with all aspects of customer service."

"Richard has made himself the person everyone wants to talk to when they come into the facility. He is known as someone who can be relied upon to do a job well and right the first time," Johnson said.

He also makes himself available whenever he is asked and accepts any unusual duty with a smile on his face, Johnson said. "The facility is lucky to have an employee like Mr. Tuck and we are glad to have him here."

"I enjoy meeting people, I enjoy helping people, I get along with everybody," Tuck said. "I grew in the South; it is very Southern hospitality. It makes me feel



Tuck's friendly face and can-do attitude will be missed at the LFCAC when he retires. (Photo by Trish Muntean/Fort Wainwright PAO)

good when I can help someone."

"It really made me proud when I was in the military. It really made me feel proud when some of the lower-enlisted who used to work for me came along years later and said 'he taught me everything I know. He really inspired me,'" he said. "I like to share my life experience and knowledge to people I come across."

Despite the fact that he enjoys what he is doing, Tuck is looking forward to retirement.

"I'm looking forward to being 62 and just having a chance to enjoy life," he said. "Not having a commitment to do something every day. Having some flexibility with what I do and what I don't do for a while."

Plans for after retirement include traveling, fishing and spoiling the grandchildren, "not that they need it, they are already spoiled," he said.

He also needs to spend some time catching up on the list of household chores his wife Jerri has for him. He hopes she will join him in retirement but she currently plans on working at her job as the education services officer a few more years.

One of the other things Tuck wants to do with his retirement is sleep in, so don't call too early in the morning next week to congratulate him.

## Safety tips for ghosts and goblins

Trish Muntean, Fort Wainwright PAO



Halloween is exciting, but it can also be dangerous if children, parents and neighborhood drivers don't practice caution and common sense when ghosts and goblins wander the streets during trick or treat. The biggest danger children face on Halloween is the risk of being involved in an auto-versus-pedestrian incident. The Centers for Disease Control and Prevention estimates the number of deaths among young pedestrians between ages 5 and 14 are four times higher on Halloween evening when compared with the same period during all other evenings of the year.

To ensure the safety of trick-or-treaters, Douglas Harmon of the Fort Wainwright Safety Office offers these tips:

Make sure the costume fits. There are many costumes out there for various ages. Make sure your child's fits and does not pose a tripping hazard. If a mask is worn, make sure the child can see and it does not restrict breathing.

Make sure you dress your kids in layers. They will probably do a lot of running to and from houses. This can cause

overheating and a cold weather injury if they don't have the ability to adjust.

Dress your kids for visibility. Make sure they can see and be seen. Have them carry a glow stick or a flashlight.

Make sure your children don't go alone, and have adult supervision.

Instruct them not to eat any of the candy until they get back home and you have a chance to inspect it. Do not eat any fresh or homemade foods such as Rice Krispy treats or fruit.

The Fort Wainwright Police will once again be participating in Operation Glow this year according to Kendall Greenleaf, chief of police. Operation Glow is a program that provides trick-or-treaters glow sticks to make them visible to drivers on Halloween night.

Police will hand out glow sticks at the station beginning at 5 p.m. and continue until supplies run out. Officers on patrol will be handing out glow sticks as well.

There will also be a law enforcement officer stationed at the Last Frontier Community Activity Center along with McGruff the Crime Dog handing out the glow sticks beginning at 5 p.m.

## PARTNERSHIP: Arctic Wolves and Afghan National Army training in route clearance



An Afghan National Army soldier with Route Clearance Company, 1st Kandak, 205th Corps, pulls security during a battle drill, Oct. 14, at Camp Hero, south of Kandahar. The RCC spent the day training with U.S. Army combat engineers from 3rd Platoon, 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division "Arctic Wolves." (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)



Afghan National Army 1st Sgt. Roman Hassan (left), Route Clearance Company first sergeant, stands with his soldiers, Oct. 14, at Camp Hero, Kandahar, Afghanistan. Hassan's RCC partners with the combat engineers from 3rd Platoon, 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division "Arctic Wolves." The soldiers of 3rd Platoon teach the ANA everything from route clearance procedures to laying suppressive fire while bounding toward an object. Hassan says the training has "been very effective," especially for new ANA soldiers, who arrive almost weekly. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

Continued from page 1

Although the language barrier was a challenge, technology helped explain what words could not.

Waters and Hassan stood shoulder-to-shoulder and shared pictures of where they had been and what they had seen. Hassan recognized much of where Waters had patrolled, and they talked about the things they have encountered in those areas. What they have seen and experienced is incorporated into the training, Waters said.

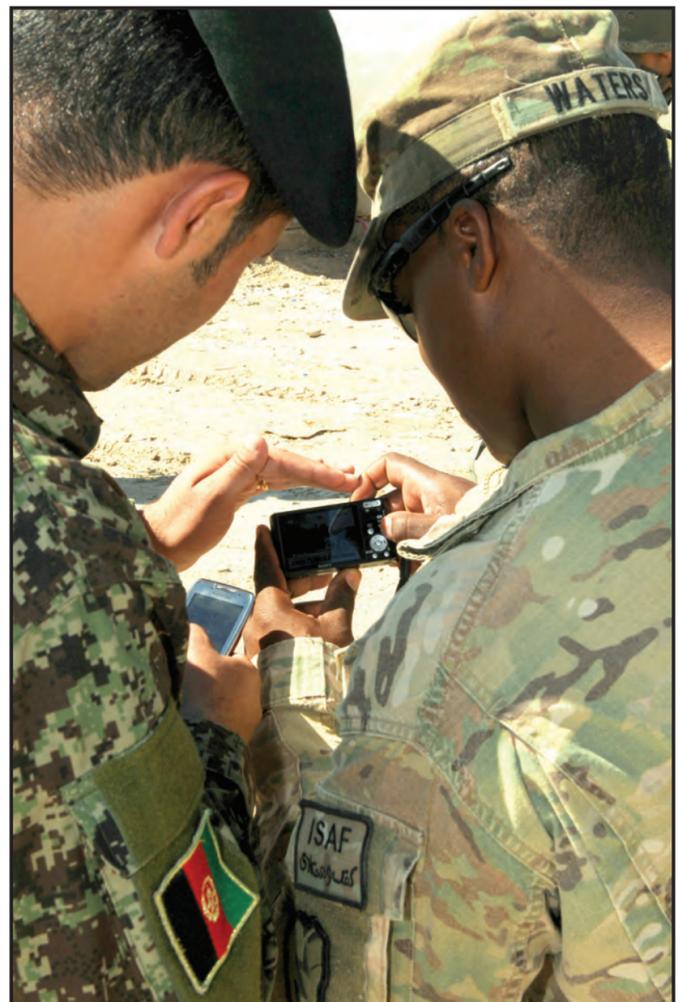
"We use this training to teach ourselves and to teach other," explained Hassan. "We've learned much about first aid, weapons and route clearing. It's very effective and very beneficial."

Beneficial, for the most part, because the Route Clearance Company gets new Soldiers a few times each month, if not every week, Hassan said.

"They come to us and know nothing. We must teach them everything. We rely on the [U.S.] Soldiers here to help us with that and they have," he added.

Waters said the RCC Soldiers have come a long way, and he has no doubts about their ability to take the lead on route clearing in the future.

"The goal with this training and this partnering is to get them to a level where they can sustain themselves," said Waters. "They are well on their way."



Afghan National Army First Sgt. Roman Hassan (left), Route Clearance Company first sergeant, and Staff Sgt. Spencer Waters, platoon sergeant for 3rd Platoon, 73rd Engineer Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division "Arctic Wolves," share photos, Oct. 14, of where they have been and what they have seen while on patrols around Kandahar City. Waters' platoon spent half of the day working with Hassan's RCC, teaching them how to react to small arms fire and find improvised explosive devices. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

## WORKOUT: An aquatic exercise

Continued from page 1

Jarret Perry, former Paralympic and World Championship gold medalist, led instruction for the Soldiers. Perry, who lost his left leg at two days old due to Twin-to-Twin Transfusion Syndrome, retired from competitive swimming in August 2011. Perry now works as a mentor with the U.S. Paralympic Military Program to offer adaptive aquatics programs to Warriors in Transition.

"In a lot of ways I'm lucky," Perry said. "I lost my leg so early I've never known anything else. These Soldiers in transition have to relearn how to do tasks and then gain the confidence to believe they can do them, which is what our program is all about."

The Paralympic Military Program builds on the research showing physical activity for persons with physical disabilities increases self-esteem, reduces stress and secondary medical conditions and ultimately leads to higher achievement levels.

Recreational therapist for the US Paralympics' Military Program, Cindy Burkhour has 50 years experience modifying activities for those with disabilities. "Whether the limitation is mild or significant there is a way to modify the experience," Burkhour said.

During the three-hour aquatics

session, Soldiers and cadre members learned how to make those modifications to create a long-term aquatics program that works for each Soldier in the WTB. Using ordinary pool equipment Soldiers worked in groups to create an exercise circuit focusing on strengthening core muscles, cardio-vascular stamina and balance.

The exercises created made for a vigorous workout but also provided a time for the Soldiers to laugh and build morale within the unit. Sgt. First Class Bryan Nelson, platoon sergeant, 1st Platoon, believes adaptive sports is the bridge between keeping these Soldiers active and engaged. "Based on their injuries, regular physical training does very little. However adaptive sport has an emphasis on each individual and on being able to do something fun and competitive during the healing process."

For various reasons, not all Soldiers were able to get into the pool to join in the workout. These Soldiers were able to participate as coaches by demonstrating exercises to other groups and offering words of encouragement. "The highest level of learning comes when we teach," Burkhour said. "We want every Soldier, whether they are in the pool or not, to feel as though they've learned and accomplished



Members of B Company, Warrior Transition Battalion work out during an exercise circuit focusing on strengthening core muscles, cardio-vascular stamina and balance. The activity which took place at Hamme Pool, was sponsored by the U.S. Paralympics' Military Program. The program focuses on creating adaptive sports experiences for Warriors in Transition. (Photo by Brandy Ostanik/MEDDAC-AK PAO)

something through this activity."

Also in attendance was John Eldridge representing Disabled American Veterans, Chapter 2 Fairbanks and Veterans of Foreign Wars, Post 3629. The WTB invited their organizations to check out the program in hopes that the two can work together in the future, especially with competitive adaptive sports such as wheelchair basketball and sitting volleyball.

This is the second time the program has come to Ft. Wainwright. Staff Sgt. Cesar Seda, squad leader 1st Platoon, worked to bring the US Paralympics' Military Program here in March 2010 for a two day sitting volleyball clinic and tournament. Plans are currently in the works to bring the program back in February 2012 with additional adaptive sports being offered.

## History of Red Ribbon Week

Cheryl Adamson, Fort Wainwright Employee Assistance Program

October 22-30, 2011 is Red Ribbon Week. Red Ribbon Week commemorates the sacrifice made by U. S. Drug Enforcement Administration Special Agent Enrique "Kiki" Camarena who died at the hands of drug traffickers. Camarena grew up in southern California, served in the Marines, and later became a police officer. He eventually decided to join the DEA.

Camarena had been working undercover in Guadalajara, Mexico, for over four years where he remained on the trail of Mexico's biggest marijuana and cocaine traffickers. His efforts led to the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. The successful eradication of this and other drug production operations angered leaders of several drug cartels who sought revenge. As a result, they murdered key Mexican informants and on Feb. 7, 1985, kidnapped Camarena and his pilot Capt. Alfredo Zavala-Avelar. Red Ribbon Week grew out of the kidnapping, torture and brutal murder of DEA Agent Enrique "Kiki" Camarena in 1985.

Friends, DEA employees and various individuals and groups began making pledges to lead drug-free lives to honor the sacrifices made by Camarena and others who have lost their lives in the effort to prevent illegal drugs from entering the United States. They began to wear red badges as a symbol of this dedication. They became a voice for prevention in order to reduce the demand for illegal drugs and illegal use of legal drugs in America. Red Ribbon Week was recognized nationally with President Ronald and First Lady Nancy Reagan serving as the first Honorary Chairs in 1988. The original pledge read:

We, the undersigned, pledge; in honor of Enrique Camarena and all others risking their lives to stop the flow of drugs; to say no to drugs, to encourage my friends to say no to drugs, to provide support to others who use drugs, to become educated on the dangers of drugs, and

provide this information to my community.

Today Red Ribbon Week raises awareness for millions of people about the dangers of alcohol, tobacco and drugs as well as prevention, early intervention and treatment services. It is the largest and most visible prevention awareness campaign observed annually in the United States.

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 misuse of prescription drugs. The campaign is a week-long effort in which everyone shows their support for living drug free.



Evelyn, 6, daughter of Dusti and Sgt. Scott Cummins, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division joins schoolmates at Arctic Light Elementary School Oct. 25 to celebrate Red Ribbon Week. The students gathered for an assembly, donned their red "Paws-Itively - Drug Free" t-shirts and held a ribbon that weaved throughout the room. The enthusiastic crowd cheered as a panel of guest speakers encouraged them to make the right choices and lead a drug-free lives. (Photo by Allen Shaw/Fort Wainwright PAO)

## Military Post Offices in Iraq to Close Nov. 17

Cheryl Pellerin, American Forces Press Service

Because U.S. forces are coming home from Iraq by the end of the year, the U.S. Postal Service will stop accepting mail addressed to military post offices in Iraq starting Nov. 17, Defense Department officials said today.

Military post offices in Iraq also will stop processing mail Nov. 17, and service members there should begin now to advise those who send them mail about the Nov. 17 deadline.

Mail still in the postal system through Nov. 17 will be processed and delivered to service members in Iraq, officials said.

In November, U.S. military postal service responsibilities in Iraq



An OH-58 Kiowa Warrior with the 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska) flies over the newly graded, fresh graveled air strip and prepares to park in one of the new stalls, Sept. 29, 2011 on Camp Taji, Iraq. (U.S. Army photo by Spc. Darriel Swatts)

will transition to State Department embassy or consulate post offices for service members assigned to Office of Security Cooperation or the Chief of Mission in Iraq.

These sites will provide letter and parcel mail services to service members assigned to the Office of Security Cooperation or the Chief of Mission in Iraq.

The transition will be closely coordinated with the U.S. Postal Service Agency, which will delete ZIP codes for Iraq military post offices from the USPS database to prevent undeliverable mail from entering the postal system after Nov. 17, according to defense officials.

If APO mail arrives in Iraq after a service member departs, mail will be redirected to the new mailing address provided or, if no mailing address was provided, returned to sender.

Any mail mistakenly accepted by a USPS post office after Nov. 17 will be returned to sender once it reaches the International Gateway in New Jersey.

U.S. service members in Iraq who do not receive an absentee ballot by Nov. 17 should contact their U.S. Local Election Office to change their address. Unit voting assistance officers can provide state-specific voting details.

Service members who are remaining in Iraq after Nov. 17 and who are there on behalf of or are assigned to the Office of Security Cooperation or the Chief of Mission in Iraq should coordinate with their chain of command and the servicing State Department mail location to receive a new mailing address.

According to defense officials, conditions and situations in the Iraq transition change often. Officials recommend that service members check the Military Postal Service Agency website and USPS Postal Bulletins frequently for updates.

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

### Friday – 28th

**SCHOOL AGE SERVICES FALL FESTIVAL**, 4 to 5:30 p.m., School Age Services, Building 4166, Call 361-7394.

**STORY HOUR AND CRAFTS: FRANKENSTEIN**, 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.

**CEREMONY HONORING U.S. ARMY AFRICAN-AMERICAN ENGINEERS** who helped build the Alaska Highway, 10 a.m., Last Frontier Community Activity Center.

### Saturday – 29th

**CROSS COUNTRY SKI-WAXING CLINIC**, 1 to 3 p.m., Outdoor Recreation Center, Building 4050. Call 361-2652.

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

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

**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.

**SPOOKY SPIN**, 2 p.m., Physical Fitness Center, Building 3709. No cost. Limit, 30 participants. Call 353-7294.

**TEEN HALL-O-PALOOZA PARTY**, 4 to 9 p.m., Youth Center, Building 4109. Youth, grades 6 to12. Call 361-5437.

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

### Sunday – 30th

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

**HALL-O-PALOOZA FAIR**, 2 to 4 p.m., Youth Center Gym, Building 4109. (children ages 2 to 10) Call 361-5437.

### Monday- 31st

**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.

**SPOOKTACULAR**, 8 p.m. to midnight, Nugget Lanes Bowling Center, Building 3702. (18 and older) Call 353-2654.

### Tuesday – 1st

**FUNCTIONAL STRENGTH AND CONDITIONING CLASS**, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call Ben Ehlers at 353-9137.

### Wednesday- 2nd

**PERSONAL FINANCIAL READINESS**, 8:30 a.m. to 4 p.m., Post Library, Building 3700. Call 353-7438.

**BLOOD PRESSURE CHECKS**, 11 a.m. to noon, Physical Fitness Center, Building 3709. Call 353-7223.

### Thursday- 3rd

**THOR ART THURSDAYS**, 4 to 5:45 p.m., Post Library, Building 3700. Call 353-4137.

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

## Admission for open recreational ice skating

Individual daily fees

4 years and under, free

Ages 5 to 17, \$2.50

Adults, \$3.50

Family of four or more, \$8

Skate rental, \$1.50

Call 353-7294 for more information.

## The difficult decision between baseball and football: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

It was hard to focus attention on the National Football League this week while the St. Louis Cardinals and the Texas Rangers battled for the top spot in Major League Baseball's World Series. As always the fans were the big winners treated to excellent play and a nice variety of athletic skills.

It is usually pretty tough to change the channel when football is on, but it was a no-brainer Sunday night as the New Orleans Saints tamed the Indianapolis Colts 62-7. Some say the Colts are a completely different team without Peyton Manning at the helm, but it is really getting painful to watch. The Saints even sat down starting quarterback Drew Brees in the second half after completing 31 of 35 passes for 325 yards and five touchdowns. When he happens to be the quarterback for your fantasy team, that's a good thing and that's what I'm talking about.

The Green Bay Packers also remained the only unbeaten team in the NFL as superstar

QB Aaron Rodgers threw for a solid 24 of 30 for 335 yards and three touchdowns in a hard-fought 33-27 victory over the Minnesota Vikings.

In other match-ups the Carolina Panthers beat the Washington Redskins 33-20 while Cleveland squeaked past Seattle 6-3. The Atlanta Falcons took Detroit down another notch defeating the Lions 23-16. Denver beat Miami 18-15, the Jets outscored San Diego 27-21 and the Bears took it across the pond and sent the Buccaneers home with a 24-18 vanquishing. Both teams flew to England for the fifth annual regular season match-up at Wembley Stadium.

The Houston Texans traveled to Tennessee to personally deliver the Titans a 41-7 whipping while the Steelers went to Arizona to beat the birds 32-20. Kansas City shut out the Raiders 28-0 in Oakland, the Dallas Cowboys welcomed the St. Louis Rams with a 34-7 thumping and Jacksonville beat

Baltimore 12-7 Monday night. I'm glad there was a baseball game on the other channel.

As for the Fort Wainwright prognosticators, things are tightening up around the middle and the A-Team is creeping closer to the top, one rung at a time.

Bear still has a resounding eight-point advantage over the pack with 73 wins – 30 losses, followed by Brain with 65 and 38. On his heels behind by one point respectively are the Jones Bros with 64 and 39, A-Team and BrowBrose Salsa with 63 wins, 40 losses followed by Tate with 62 and 41. Urbi is hanging on to the bottom spot with 57 wins and 46 losses.

A lot can change in one week depending on how brave or foolish a person might be with their picks. We are coming up on Halloween and with everybody bunched up in the middle, this could prove to be a pretty scary weekend. Beware - that's what I'm talking about.

### Week 7 in the Alaska Post football series



**Bear**

73 Wins / 30 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
IND @ TEN TEN  
MIN @ CAR CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA CIN  
NE @ PIT NE  
CLE @ SF SF  
DAL @ PHI PHI  
SD @ KC SD



**Brain**

65 Wins / 38 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
IND @ TEN TEN  
MIN @ CAR CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA CIN  
NE @ PIT NE  
CLE @ SF SF  
DAL @ PHI DAL  
SD @ KC SD



**Jones Bros**

64 Wins / 39 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
IND @ TEN TEN  
MIN @ CA CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA SEA  
NE @ PIT PIT  
CLE @ SF SF  
DAL @ PHI DAL  
SD @ KC SD



**A - Team**

63 Wins / 40 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
IND @ TEN TEN  
MIN @ CAR CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA SEA  
NE @ PIT NE  
CLE @ SF SF  
DAL @ PHI PHI  
SD @ KC SD



**BrowBrose Salsa**

63 Wins / 40 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
INO @ TEN TEN  
MIN @ CAR MIN  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA CIN  
NE @ PIT NE  
CLE @ SF SF  
DAL @ PHI PHI  
SD @ KC SD



**Steve Tate**

62 Wins / 41 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
INO @ TEN TEN  
MIN @ CAR CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA CIN  
NE @ PIT NE  
CLE @ SF SF  
DAL @ PHI PHI  
SD @ KC SD



**Ed Urbi**

57 Wins / 46 Losses

NO @ STL NO  
JAC @ HOU HOU  
MIA @ NYG NYG  
ARI @ BAL BAL  
INO @ TEN TEN  
MIN @ CAR CAR  
DET @ DEN DET  
WAS @ BUF BUF  
CIN @ SEA CIN  
NE @ PIT PIT  
CLE @ SF SF  
DAL @ PHI PHI  
SD @ KC SD

## For your information

### DOCUMENT SERVICES RE-OPENS

The Defense Logistics Agency is available on Fort Wainwright in Building 3401, the Welcome Center. Formerly known as DAPS, the DOD's document service provider serves all DoD personnel. A new entrance for DLA Document Services customers is on the north side of the building. Stop by and check out the new office, meet representative Robyn Zook from 10 a.m. to 2 p.m. today. Call 353-1700.

### 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).

### TALENTED SOLDIERS WANTED

Soldiers interested in joining the U.S. Army's Soldier Show team as entertainers or technicians can submit application packages to the Warrior Zone Bldg 3205 weekdays between 8 a.m. and 5 p.m. The song-and-dance production annually tours military installations, providing "Entertainment for the Soldier, by the Soldier," according to the Army's website. Soldiers must be able to deploy worldwide. For more information, call 353-1085.

### FOOD IS FREE

The Fort Wainwright chaplains and volunteer team continue to offer the twice-monthly Feeding Our Outstanding Dependents program. FOOD will next be offered 5 to 7 p.m. Nov. 6 in the Southern Lights Chapel. The free dinners are for soon-to-deploy Soldiers and Families of deployed Soldiers. All ages are welcome to attend and are encouraged to visit and relax at the chapel. Take-out is also available. FOOD will again be offered Nov. 20 during Military Family Appreciation week. For more information, call 353-9825.

## Northern Lights Inn, under new management

Staff report, Fort Wainwright PAO

The Fort Wainwright lodging facility previously known as the Northern Lights Inn is now operating under the name IHG Army Hotel and upon completion of upgrades will eventually become a Holiday Inn Express.

Guests checking in to the hotel for the first time since it has been privatized will notice some major changes said Tammy Perlinger, general manager.

Hotel staff have done a deep cleaning of all the rooms, shampooing all the carpets and redoing all the tiles.

Perlinger said there are also brand new beds and new flat-screen televisions in all of the rooms.

The staff has been fine-tuning their customer-service skills, with emphasis on no matter what the hour or the request, "the guest comes first," Perlinger said.

The hotel offers on-site laundry with two washers and two dryers on each floor, a newly renovated business center and a complimentary breakfast.

There are plans in the works to offer a shuttle service. A van has been purchased, but not yet registered and a route has yet to be decided.

Rates vary by season.

For more information call 353-3800

### NATIONAL PRESCRIPTION TAKE BACK DAY

National Prescription Take Back Day is tomorrow 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.

### FLU VACCINE

Flu vaccinations are available at Bassett Army Community Hospital, Immunizations Clinic. Last year, 80 percent of confirmed flu cases on Fort Wainwright occurred to persons who did not get the flu vaccine.

### ALASKA POST SUBMISSIONS

To submit a photo, place an event or class on the calendar send an email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) no later than close of business Monday prior to the print week. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News Miner at 459-7548.

### HALLOWEEN HAPPENINGS

There will be something for everyone this Halloween.

Fort Wainwright ghosts and goblins are welcome to wander the streets gathering treats from 6 to 8 p.m. Monday.

The commissary and post exchange will host trick-or-treaters from 6 to 7 p.m.

The Hall-o-palooza fair for children ages 2 to 10 is Sunday from 2 to 4 p.m. at the Youth Center Gym in Building 4109.

The teen Hall-o-palooza party is Saturday from 4 p.m. to 9 p.m. at the Youth Center gym in Building 4109 and is open to youth in grades six to 12. There will be a costume

### OPEN SEASON HEALTH BENEFITS FAIR

Federal Employees have the opportunity to speak with Federal Employee Health Benefit Representatives of Blue Cross and GEHA today from 8:30 to 10:30 a.m. at the Last Frontier Community Activity Center, Building 1044 in the Quiet Room or from 11:30 a.m. to 1 p.m. in the Bassett Army Hospital Lobby. For more information, contact Jackie Steele at 353-7240.

### 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](http://www.suicidepreventionlifeline.org).

### ONLY A TEST

The Federal Communications Commission (FCC) and the Federal Emergency Management Agency (FEMA) will conduct the first-ever nationwide test of the Emergency Alert System (EAS) Nov. 9 at 10 a.m. At that time, an announcement will come on every TV and radio channel indicating that there is an emergency. This is only a test! Please do not be alarmed when you see this test. You do not need to take any action.

contest, games, snacks, dancing, movies, karaoke and fun for all.

Nugget Lanes Bowling Center is hosting Spooktacular from 8 p.m. to midnight with free bowling and treats for those in costume. Live entertainment and drink specials will be available in the lounge. It is open to those 18 years of age and older.

The 5th Squadron, 1st Cavalry Regiment, 1st Stryker Combat Team, 25th Infantry Division Family readiness group is hosting the Area 5-1 Zombie Zone haunted house Friday through Tuesday from 6 to 10 p.m. at the 5-1st motor pool located in Building 3485, Luzon Avenue. There is a fee and children under 12 must be accompanied by an adult.

## Child Find screenings come to Fort Wainwright Nov. 8

Staff report, Fort Wainwright PAO

Parents are often the first to realize that a child needs a helping hand. If you as a parent have concerns about the development of your young child (birth to 36 months), these can be addressed at a Child Find Screening Nov. 8.

"Child Find Screenings are the best way to determine if a young child is meeting typical developmental milestones," said Laura Corn, the director of Alaska Center for Children and Adults, one of the sponsors of the event.

It is a basic screening completed with a child and their parent, Corn explained, with the option of vision and hearing screening. All screenings are done by highly qualified developmental specialists and therapists.

Patricia McMurray, the Exceptional Family Member Program Special Needs advisor at Bassett Army Community Hospital, said that this is the ongoing process used by the Army to seek and identify families who have Family members who may require specialized medical care, therapy (occupational therapy, physical therapy, speech therapy), developmental services or special education.

Once the screening is completed, the child

can be referred for needed services (speech, physical therapy, occupational therapy, play therapy, etc.). The children identified may need their parent's participation. Between the child's primary care provider and specialty care providers, parents will get the education, guidance and understanding needed to help their child.

"The Child Find Screenings are the perfect opportunity for parents to have their child or children screened for any developmental delays," said D'Letter H. Shumate, Exceptional Family Member Program coordinator. "We made this screening convenient for Fort Wainwright Families by coordinating the screening at the CDC1."

Children can be screened on this date either by appointment from 8:30 a.m. to noon, or by walk-in from 1 to 4 p.m.

For more information about this program or to make an appointment, call 456-4003, extension 0.

## Sergeant Major of the Army visits 1-25th SBCT



Raymond F. Chandler III, Sergeant Major of the Army, visits with troops from 1st Stryker Brigade Combat Team, 25th Infantry Division at Forward Operating Base Masum Ghar, Afghanistan. (Photo by Petty Officer 1st Class Farrukh Daniel/1-25th SBCT PAO)

## Te Vaka performing traditional music and dance for Fort Wainwright community

Trish Muntean, Fort Wainwright PAO

A small, but enthusiastic group braved the winter weather Tuesday night to come out for a performance by the band Te Vaka, which British Broadcasting Corporation has named the "Best Pacific music group in the world." The band performed at the Physical Fitness Center, along with the Alaskan Native group Pavva Inupiaq and the dance group Tupu Tafa'ifa. Pavva Inupiaq welcomed Te Vaka to the Fairbanks community by performing traditional dances and Tupu Tafa'ifa performed Polynesian dances from the South Pacific Islands. The Te Vaka 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 Opetaiia Foa'i. In addition to being the founder of the band, Foa'i is also the songwriter and composer. He said that this is the first trip here for anyone in the band and it wasn't what he was expecting. "Before we got here I thought it was full of ice and igloos," said Foa'i. "That is the picture we have down in the South Pacific, but obviously it is not. It has become one of our favorite places. It is so different." "We have been going around the world trying to pass our culture around and to witness the traditional people here really have that well in hand," he said. "It was very impressive."



Te Vaka, performing for the Fort Wainwright community at the Physical Fitness Center, Tuesday. (Photo by Trish Muntean/Fort Wainwright PAO)