

# ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 1

Fort Wainwright, Alaska

January 6, 2012

## The New Year, baby

Brandy Ostanik, Medical Department Activity-Alaska PAO

Some might rather have the tax break and the Alaska Permanent Fund Dividend, but for Kristene Feldhaus the title of Fairbanks' first baby of 2012 was more important. With husband, Sgt. 1st Class Stephen Feldhaus by her side, Kristene delivered their fourth child Mathea Jeannine into the world at 12:02 a.m. Jan. 1, at Bassett Army

Community Hospital. When Kristene's due date of December 24 passed she was scheduled to have an induction Jan. 3, the same day Stephen was listed to return to his unit in Afghanistan. Little Mathea however was not going to let dad miss her birth.

See **BABY** on page 3



Sgt. 1st Class Stephen Feldhaus of the Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and wife Kristene sit with their children Jacob, 5, Leeland, 1, Mathea, 3 days and Isabelle, 7. Kristene delivered their fourth child Mathea Jeannine into the world at 12:02 a.m. Sunday, January 1 at Bassett Army Community Hospital making Mathea the first baby born in Fairbanks in 2012. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

## Workforce Reshaping

Staff Report, Fort Wainwright PAO

The official window for United States Army Garrison Fort Wainwright and United States Army Support Activity Fort Richardson employees to submit applications for the Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay programs is Jan. 9 through 20.

Even if you participated in the recently completed VERA/VSIP survey (October 2011), you must still submit an application; the October 2011 survey form will not be used for workforce shaping purposes.

Applications have been emailed to all Fort Wainwright Installation Management Command employees, hard copies may be requested from the union office by calling 353-7299, emailing a request at [info@afge1834.com](mailto:info@afge1834.com) or go online at [www.afge1834.com/index.cfm?zone=/unionactive/view\\_article.cfm&HomeID=230390](http://www.afge1834.com/index.cfm?zone=/unionactive/view_article.cfm&HomeID=230390).

See **WORKFORCE** on page 3



## DECEMBER COURTS MARTIAL REPORT

U.S. Army Alaska Public Affairs Office

U.S. Army Alaska held four courts martial during December 2011. Proceedings took place on Fort Wainwright unless otherwise noted.

Spc. Joe Taylor, 56th Engineer Company (Vertical), 6th Engineer Battalion (Combat) (Airborne), Joint Base Elmendorf-Richardson Alaska pled guilty to child abuse and was sentenced to 30 months confinement and a bad conduct discharge Dec. 8 at JBER.

Pfc. Zachary Rose, E Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, pled guilty to desertion. He was sentenced to six months confinement and a bad conduct discharge Dec. 9.

Pfc. Russomar Villegas-Rojas, C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade, was found guilty of sexual assault. He was sentenced to 1 year confinement and a Bad Conduct Discharge Dec. 13.

Spc. Justin Williams, C Detachment, 125th Finance Management Company, was found not guilty of sexual assault Dec. 14.

## Work towards being fiscally fit in 2012 with help from ACS

Trish Muntean, Fort Wainwright PAO

A common New Year's resolution is to save money and get fiscally fit. Army Community Service can help you meet those goals with their Financial Readiness Program.

It offers classes for Bank Account Management, Credit and Credit Reports, Budgeting and Debt Liquidation, Consumer Awareness and Large Purchases, Saving and Investing, Financial Planning for Deployment, PCS/ETS Moves and Personal Financial Readiness.

Monica Teel, Financial Readiness Program manager said the Personal Financial Readiness Class is given the first Wednesday of every month for first-term Soldiers, privates to corporals and specialists, but spouses and other ranks are also encouraged to attend.

The class covers subjects such as principles of personal finance, banking and checking accounts, using credit wisely, saving and investing, setting goals and budgeting, getting insurance, large purchases and consumer scams.

Topics of discussion include family financial issues, shared responsibility, finances and children, protecting your family and military

specific issues such as deployment, relocation, benefits and transitioning into civilian life.

It also covers potential problems, bank accounts, credit cards and identity theft and numerous other subjects Soldiers and their Families may find helpful.

Teel said one-on-one counseling is available for budgeting, payment planning, debt liquidation, reconciling bank accounts, credit reports and credit repair, consumer advocacy issues, and planning for PCS, ETS, retirement or major purchases.

"Soldiers that will be PCSing or ETSing upon their return from deployment should attend the LEVY brief, scheduled for the first Thursday of the month, or schedule an individual counseling session to discuss projected loss of income for COLA, BAH and spouse income," Teel said. "Now is the time to plan on how to best use their deployment income and spouse income to reduce their debt and save for the future."

"I am also available to help spouses that do not have strong financial management skills get set up for taking over the finances," Teel said. "An individual session might include

goal-setting, planning for future expenses, changes in income, and emergencies. I also assist with bank-account management and payday planning to avoid missed payments and negative bank-account balances. If the client requests, I am available to schedule recurring checkups throughout the deployment to see if they are on track or if adjustments to the plan need to be made in order for them to reach their goals."

Teel is also available as her schedule permits to brief Family Readiness Groups about the program. If the meeting is scheduled after duty hours she needs two week's notice to request approval to work beyond the normal duty day.

For more information on the Army Community Service Financial Readiness Program, call Teel at 353-7438.



### WEEKEND WEATHER



**Friday**  
Mostly cloudy with chance of snow  
Light winds  
Low -30 High -10



**Saturday**  
Mostly cloudy with chance of snow  
Low -20 High -15



**Sunday**  
Mostly cloudy with chance of snow  
Low -20 High -15

Forecast courtesy of the National Oceanic and Atmospheric Administration

### GI Jane



A New Year's resolution  
Page 3

### Year in Review



Images of 2011  
Pages 4 and 5

## Keeping your family safe throughout the new year

Sarah Chapman, Fort Wainwright Fire Inspector

Everyone at Fort Wainwright Fire and Emergency Services wishes you a happy and safe New Year. In the past year there have been several home fires throughout our community. The New Year brings a great time to re-evaluate our actions and behaviors. With the continued practice of awareness and prevention we can give our families the best defense against the tragedy and loss of home fires.

Testing your smoke alarms monthly and practicing a home fire-escape plan with all members of the family is essential to ensuring everyone escapes a home fire safely. Always keep matches, lighters and flammable liquids out of reach from children. If you must use lit candles, do not leave them unattended and use secure non-flammable holders. Smoke outside and dispose of butts in a deep ashtray. Ensure that furniture is not pressed up against any electrical cord and plug.

If you are comfortable doing so, learn how and when to use a fire extinguisher.

To use a fire extinguisher, remember P.A.S.S.

**Pull-** The first step is to pull the pin that prevents the handle from being squeezed.

**Aim-** The second step is to aim the spray nozzle, or if attached the hose nozzle, at the fire. Aim low at the base of the fire.

**Squeeze-** The third step is to squeeze the handle to spray the contents. Remember a standard fire-extinguisher has less than 30 seconds of spray time.

**Sweep-** The final step is to sweep back and forth as you spray the base of the fire.

If you put out a small fire yourself, you should call the fire department to have them verify the fire is out and the area is safe.

Dial 9-1-1 immediately upon activation of smoke alarms and get everyone to a safe place outside of the house. Fires spread extremely quickly. Notifying the Fire Department in the early stages of a fire can greatly reduce the loss of life and property.

Whether on or off post, to request a home fire inspection, fire safety training or fire extinguisher training contact the Fire Prevention Office at 353-9164.

Take steps now to prevent tragedy later.

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander

### A year in quality 2011 year-end review

Happy New Year to the United States Army – Alaska community. I would like to take this opportunity to provide a sincere thank you to the staff of the Alaska Post for providing support during this past year in making your Health Page successful. These pages have facilitated information sharing and improved our ability to maintain open dialogue.

It has been a very busy year at Medical Department Activity-Alaska which included our successful completion of the Joint Commission recertification process. Our providers had over 181,050 patient appointments. We performed 1,262 surgeries, 319 surgical scopes, dispensed over 154,825 prescriptions and conducted approximately 233,088 laboratory tests. To top off the year, Bassett Army Community Hospital had the honor of delivering 674 babies into this world.

The administrative/support sections of our staff were just as busy. For example, in just the last few months, our medical materiel section issued over 15,100 seasonal flu doses from both DoD and state suppliers. The Facilities Branch within the Logistics Division skillfully completed dozens of facility projects at a cost of over \$8 million to further upgrade one of the Army's newest hospitals. The MEDDAC-AK staff's hard work just garnered approval for a 1.2 million-dollar upgrade to our nurse call system which will further improve patient safety and should be complete by May. Additionally, we are working with the Health Facility Planning Agency on an 82,000 square-foot primary care clinic to support our Soldiers and Families, as well as our growing staff and increased services.

This year MEDDAC-AK has welcomed home 21 Soldiers from deployment and currently have 11 caring for our nation's great Soldiers in multiple overseas locations. We helped deploy the 1st Stryker Brigade Combat Team, 25th Infantry Division and the 4th Brigade Combat Team (Airborne), 25th Infantry Division. We have deployed, reintegrated, redeployed and again reintegrated large portions of the Aviation Brigade, while continuously supporting the multiple small support units at Fort Wainwright, Joint Base Elmendorf-Richardson and with the National Guard. We have developed strong partnerships with the Veterans Association, the Air Force and

our state and local medical services, while processing medical supplies for villages across the state.

MEDDAC-AK continues to excel in many areas and is constantly improving services. Our Medical Evaluation Board Process has been recognized as one of the best in the Army and we are currently increasing the staff and improving the process. We were the first in the Army to utilize tele-health for the medical portion of MEBs and are one of the most extensive users of tele-psychiatry. We are reconfiguring how we provide active duty care in our Troop Medical Clinics to provide a Soldier-Centered Medical Home model of practice and standing up a medical management center to better manage chronically ill or injured Soldiers. Additionally, our Warrior Transition Unit is consistently one of the top performing across the Army.

However, those at MEDDAC-AK were not the only ones responsible for us meeting our healthcare mission in 2011. You, our healthcare partners, taking an active role in your care contributed to our success. We have one of the lowest appointment no-show rates in the Army. More importantly though, you taking the time to cancel appointments through Tricare Online at [www.tricareonline.com](http://www.tricareonline.com) or calling 361-4000 on Fort Wainwright allowed us to utilize these slots to serve other beneficiaries.

Many of you also took the time to let us know how we are doing and ask questions about our operations. I want to remind everyone that open dialogue is a vital component in our healthcare partnership and we are working on initiating a patient advisory panel to help us continue to improve. The Army Provider Level Satisfaction Survey is an invaluable tool that allows you, the patient, to communicate with the MEDDAC-AK leadership about the quality of care, what we are doing well and where we can improve.

I look forward to another great year for MEDDAC-AK and with your help further developing our healthcare partnership. Remember you are the most important component in allowing us to provide you and your family quality care. Never hesitate to call or come by if you have any questions.



## Tax Center provides free services to Soldiers, Families and retirees

Jim Wherry, Chief of Legal Assistance, Fort Wainwright, Alaska

The Fort Wainwright Tax Center will officially open Jan. 23, just before the Defense Finance and Accounting Service estimates active-duty Soldiers will receive their W-2s online in their MyPay accounts. The center will remain open through the end of the tax season, April 18.

Last year, the tax center filed more than 1,030 tax returns and saved Soldiers, retirees and their Families more than \$232,000 of tax preparation fees and helped them recover over \$3.2 million in tax refunds.

"We're looking forward to a great year, and we're especially looking forward to helping those Families of deployed service members during the tax season," said Sgt. 1st Class Jose Rodriguez, the incoming noncommissioned officer in charge for the tax center. "Each tax preparer receives online training from the IRS and then must attend a school, in person, and is taught and trained by tax preparers with decades of experience. All returns are meticulously checked and a quality review is done by a second preparer."

Also unique to Fort Wainwright, each tax return is checked over by one of the legal assistance attorneys at the post prior to filing. Jim Wherry, the chief of Legal Assistance, has been preparing taxes with the military for more

than 10 years, both overseas and in the United States. As a result of all of this hard work, the Fort Wainwright Tax Center has consistently had one of the highest-quality return rates as assessed by the IRS's Volunteer Income Tax Assistance or VITA program.

This year, the Fort Wainwright Tax Center is offering state returns as well to those service members who need state return preparation. While federal returns are normally electronically filed, clients will have to paper file the state returns to ensure quality preparation and submission.

The tax center assists Soldiers with complicated tax filing including income from rental properties, the sale of stocks and bonds and taxation on the Alaska Permanent Fund Dividend. The Tax Center can also assist with preparing back taxes, for those service members who missed previous years, due to deployment. Taxpayers who fail to file will lose any refunds they might have had after three years, so it pays to file taxes. It's a headache you can let someone else help with.

The tax service is free and open to service members of all branches, military retirees and their dependents, Reservists and National Guardsmen. Others may receive help off post at one of the

many VITA sites being set up by the IRS across Fairbanks.

The Tax Center will be located in Building 1051, Unit 9, on Gaffney Road across from the legal center, itself.

Hours of operation will be: Monday, Tuesday, Wednesday and Friday, 9 a.m. to noon and 1 to 5 p.m. Thursday: noon to 7 p.m.

The Legal Assistance office is open Tuesdays for walk-in service, all other days are by appointment.



The center will begin taking appointments Jan. 16 for the following week.

Call 353-2613 for appointments. Service members can also get help online by going to Military One Source. A free program for tax preparation and filing is posted there.

## 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

Sarah Chapman, Fort Wainwright Fire Inspector

Gl Jane, Alaska Post Contributor

Brandi Ostanik, Medical Department Activity-Alaska PAO

Jim Wherry, Chief of Legal Assistance, Fort Wainwright

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# BABY: A happy New Year bundle



Continued from page 1

Kristene went into labor at 2 p.m. Saturday and began walking the halls at Bassett to speed her progress. "I was induced with my first three children so this labor was different. It took a little longer and I didn't think I would be in labor long enough to have a new year's baby," Kristene said.

While walking the halls, the Feldhauses heard nurses talking about the chances of having the first baby of the new year, a distinction Bassett has not had since 2003. That's when Kristene's competitive spirit kicked in. "I'm on, I'm going to do it," she said.

"I was trying to wait until after midnight, and when they said push, I did. I pushed her out in two minutes."

While they did miss the tax break and the Alaska Permanent Fund Dividend, the family will be going home with Mathea and a gift basket put together by staff from Labor and Delivery, complete with a gift brought in by the family that delivered the first baby at Bassett in 2011.

Mathea, who measured 7 pounds and 20 inches will join her parents and siblings Isabelle, 7, Jacob, 5 and Leeland, 16 months, at home in Fairbanks. While Isabelle is excited to have a little sister to dress in her doll clothes, Leeland and Mathea already have something in common; both were born in the same room at Bassett.

Sgt. 1st Class Stephen Feldhaus shares a quiet moment with daughter Mathea. Sgt. Feldhaus' wife, Kristene, delivered Mathea at 12:02 a.m. Sunday, January 1 at Bassett Army Community Hospital. Mathea was the first baby born in Fairbanks in 2012. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

# GI Janes' New Year's resolutions

GI Jane, Alaska Post Contributor



Happy New Year to all my fellow GI Janes! As the New Year is upon us, it is natural to reflect on the past year and also look to the future with new goals. As some of us are just enjoying the joy and excitement of redeployment, still others are striving toward the end on the downhill slide of this current deployment. Whichever situation you find yourself in, it is still a good time to consider how far we have come in the past year, and what is still left to be done.

At the start of GI Jane's column, we covered the idea of setting some goals for ourselves to be accomplished during our Soldiers' deployment. This idea was to encourage us to thrive through deployment and grow as individuals rather than just survive. What goals did you set for yourself? How far have you come toward accomplishing those goals? Have those goals changed or grown? Have you added new goals and revamped some of the old?

If we are all truthful, I am certain that we can all look back on 2011 and find things left undone or something we may have fallen short in. Even if some goals have been deserted and others are still yet to be attained, I am certain that changes have been made during the course of the deployment thus far. No matter which goals you have met and which you have had to let go, I am certain that as you look back on 2011 you can find some very obvious differences in who you are. My hope is that you can see the New Year as a new start, a do-over, or a second chance. Allow the

unmet goals of 2011 to act as fuel to push you forward toward setting and achieving new goals. It's never too late! Life is a journey, and there are bound to be bumps in the road. The measure of success is not how few bumps we hit along the way, but rather how we learn from the bumps and use those lessons to help us succeed in the future.

The life we lead as military spouses is a very unique and special one. We have so many opportunities to challenge ourselves and grow as women, wives and mothers. Looking back on 2011, my hope is that the changes you see in yourself are positive ones; changes that give you a sense of pride and accomplishment or changes that dispel any doubts you may have had about who you are or what you are capable of.

So in 2012 may you be encouraged and motivated to press on toward the goals that you have set. May you always know that you are not alone in this life that you live as a GI Jane, and may whatever the future holds for you and your Soldier be a new adventure to learn and grow in the journey of life.

# WORKFORCE: Important information on Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay forms

Continued from page 1

Employees may also access the Workforce Reshaping portal page for the VERA/VSIP survey and more information at <https://portal.usarpac.army.mil:36000/imcom-pacific/Garrisons/FtWainwright/WFR>. This site can only be accessed with the use of a Common Access Card or Smart card.

There are four ways of submitting your applications:

- Email applications by scanning the completed form, with signature in PDF format to Rose Wentland at [rose.y.wentland.civ@mail.mil](mailto:rose.y.wentland.civ@mail.mil).
- Fax the completed form to 353-9707 with coversheet address of: ATTN: Resource Management Office - Manpower (RMM), Rose Y. Wentland
- Drop off the completed physical form at Building 1064, Room 106, Apple Street, Fort Wainwright.
- Or mail the completed form to the following address: USAG Fort Wainwright, ATTN: Resource Management Office - Manpower (RMM), 1064 Apple Street (Room 106/Rose Y. Wentland), Fort Wainwright, Alaska 99703.

All application forms must be received by 5 p.m. on Jan. 20.

If you have questions, comments or suggestions, consult your supervisor, chain of command, the union or Civilian Personnel Advisory Center.

There is an online questions and answers web page to read and submit questions on the Workforce Reshaping process [www.wainwright.army.mil/sites/feedback/fwa\\_Questions.htm](http://www.wainwright.army.mil/sites/feedback/fwa_Questions.htm).

Information on VERA and VSIP can be found at the Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay website: [www.opm.gov/employ/vera/vera01.asp](http://www.opm.gov/employ/vera/vera01.asp) and the Voluntary Separation Incentive Pay program webpage at [www.opm.gov/employ/html/vsi.htm](http://www.opm.gov/employ/html/vsi.htm).

## 6th Squadron, 17th Cavalry Regiment and C Company, 1st Battalion, 52 Aviation Regiment deployment potlatch



Local natives and Soldiers from the 16th Combat Aviation Brigade (Alaska) join hands in prayer during the Alaska Native Federation Potlatch held in Hangar 1 at Fort Wainwright, Jan. 25. The event honored and bid farewell to Soldiers of the 6th Squadron, 17th Cavalry Regiment and C Company, 1st Battalion, 52nd Aviation Regiment who deployed to the Middle East. (Courtesy photo)



Maj. Michael Mendenhall, commander, and 1st Sgt. Jeffery Pinnel, C Company, 1st Battalion, 52nd Aviation Regiment, case the company's guidon during a deployment ceremony. The company deployed more than 90 Soldiers to Afghanistan in support of Operation Enduring Freedom. (Courtesy photo)



## 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment ceremony



The 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment ceremony took place in Fort Wainwright's Hangar 6 April 6. Distinguished guests, Family members and Soldiers were on hand to watch as Soldiers representing over 4,000 members of the Arctic Wolves, cased their colors, symbolizing the beginning of their deployment to Afghanistan. (File photos)

## Fort Wainwright Garrison change of command ceremony



Members of Fort Wainwright and Fairbanks North Star Borough communities gathered for the Fort Wainwright Garrison change of command ceremony July 8, on the parade grounds outside the garrison headquarters. Mrs. Debra Zedalis, director, Pacific Region, Installation Management Command presided over the event as Col. Timothy A. Jones relinquished command to Col. Ronald M. Johnson.



Col. Timothy A. Jones, and wife Theresa were honored with his retirement ceremony, ending 27-years of service with the U.S. Army.





Lance Mackey, bib number 11, makes his way through Fort Wainwright on the frozen Chena River Jan. 6, at the start of the 2010 Yukon Quest Race. Mackey is a lifelong musher and winner of numerous races including, first place in the 2005, 2006, 2007 and 2008 Yukon Quests and the only person to win both the Yukon Quest and Iditarod in the same year. (File photo)



Heavy smoke and flame could be seen coming from Hangar 2, at the southwest corner of Fort Wainwright's runway shortly before noon Feb. 17. All assets of Fort Wainwright's fire department were deployed, additional mutual aid from the City of Fairbanks and North Star fire departments. Emergency crews did their utmost to preserve the integrity of the 1942, Birchwood Hangar. (File photo)



The "Our Heroes Tree" at the Fort Wainwright library was dedicated March 22, and was designed by Earl "Doug" Boyce, a former Soldier at Fort Wainwright. (From left) Col. Timothy A. Jones, garrison commander, Earl "Doug" Boyce, designer and artist and Col. Todd Wood, 1st Stryker Brigade Combat Team, 25th Infantry Division commander. (File photo)

Col. Timothy A. Jones, garrison commander, hosted the dedication and took a few moments to read from a book of quotations by children of service members from all military branches, "My Hero," and look through a scrapbook of drawings and letters from the children in the community. (File photo)

## Dedication of monuments at Monterey Lakes Memorial Park



The Forward Maintenance Company's Family Readiness Group came to Monterey Lakes' Memorial Park May 22, to decorate for Memorial Day. Placing American flags and other decorations at the base of each memorial marker, Families took time to remember the sacrifices which were and are being made for freedom. (File photo)



A dedication ceremony honoring the service of the men and women of Alaska's military history, took place on May 25, at Monterey Lakes Memorial Park. The four new monuments represent the Alaska Territorial Guard, defending Alaska's coast line between 1942 and 1947, Ladd field's participation of the Lend Lease Program between 1942 and 1945 and both the Korean and Vietnam Wars. (File photo)



**Friday- 6th**

**BOYS AND GIRLS CLUB FINE ARTS EXHIBIT**, 10 a.m. to 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 361-5437.

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

**GRIMM FAIRY TALES STORY HOUR AND CRAFTS**, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Saturday – 7th**

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**CUSTOM PICTURE FRAMING CLASS**, 10:30 a.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Bring a 5-by-7 picture to frame. Call 353-7520.

**GROUP CYCLING CLASS**, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

**BETTER OPPORTUNITIES FOR SINGLE SOLDIERS COSMIC BOWLING**, 7 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Open to BOSS members. Call 353-7648.

**FAMILY TUBING DAY**, January 7, 1 to 7 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Events and activities subject to change depending on weather. Call 353-1998.

**SNOWMACHINE SAFETY COURSE**, 9 a.m., Outdoor Recreation Center, Building 4050. Open to participants ages 18 years and older. Call 361-6349/6350.

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

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. Admission for open recreational ice skating is as follows: 4 years and younger, free; ages 5 to 17, \$2.50; adults, \$3.50; Family of four or more, \$8; skate rental, \$1.50.

**Sunday – 8th**

**SCRAP AND STAMP**, January 8 and 22, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost is \$45 for this 2-week paper crafting workshop. For participants ages 10 years and older. Call 353-7520.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223. Admission for open recreational ice skating is as follows: 4 years and younger, free; ages 5 to 17, \$2.50; adults, \$3.50; Family of four or more \$8; skate rental, \$1.50.

**Monday – 9th**

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

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

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with ACS and CYSS. Call 353-7713 and 353-7856.

**Tuesday – 10th**

**EMOTION COACHING**, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Limited free child care available to those who preregister by Jan. 6. Call 353-7713.

**PARENT'S NIGHT OUT**, 5:45 to 8:45 p.m. Register and pay by Jan. 3. Cost is \$12 per child. Call 353-7713.

**GROUP CYCLING CLASS**, 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**INDOOR ROCK CLIMBING**, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Registration is required. Call 361-6349/6350.

**ALIGNMENT YOGA**, January 10, 17, 24, 31, 6 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Cost is \$28 for 4 weeks. Participants need to bring a yoga mat, loose comfortable clothing, and a water bottle. Registration and payment is required prior to the start of the class. Call 353-7755.

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

**EXCEPTIONAL FAMILY MEMBER PROGRAM SIP AND SOCIAL**, 1 to 2 p.m. Last Frontier Community Activity Center, Building 1044. Open to participants in the EFMP. Call 353-4243 to reserve a spot.

**Wednesday – 11th**

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

**WILD WING WEDNESDAYS**, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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

**DIET, FITNESS, AND NUTRITION**, 6:30 to 8 p.m., Child Development Center I, Building 4024. Call 353-7713.

**Thursday- 12th**

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**INDOOR ROCK CLIMBING**, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Registration is required. Call 361-6349/6350.

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with ACS and CYSS. Call 353-7713 and 353-7856.

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

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

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

**Friday- 13th**

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**EXCEPTIONAL FAMILY MEMBER PROGRAM CRAFT NIGHT**, 6 to 7 p.m. Arts and Crafts Center, Building 3727. Open to participants in the EFMP. Call 353-4243 to reserve a spot.

**CELEBRATE PIZZA STORY HOUR AND CRAFTS**, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

**Saturday – 14th**

**YOUTH SPONSORSHIP BRUNCH**, 10 a.m., Youth Center, Building 4109. Call 361-5437.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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

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

**GROUP CYCLING CLASS**, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**KID CRAFTING**, 10:30 a.m. to noon, Arts and Crafts Center, Building 3727. Open to children ages 4 to 7 and cost is \$5 per person. Must be accompanied by a parent. Call 353-7520.

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## LIMITED LEGAL ASSISTANCE

The legal assistance office in Building 1562, Room 113 will be closed next week starting Monday. Emergency legal assistance will be available but may be limited to powers of attorney and notary service. The Legal Office will reopen for normal business hours Jan. 17, after the federal holiday. For more information, call 353-6574.

## ARCTIC WOLVES DEN-AFGHANISTAN

The Arctic Wolves of the 1st Stryker Brigade, 25th Infantry Regiment are offering a deployment scrapbook for \$20. Order information is available on the 1-25th SBCT website at [www.wainwright.army.mil/1\\_25\\_](http://www.wainwright.army.mil/1_25_)

## COMMUNITY SPOUSES CLUB

The Community Spouses Club monthly event will be hosted by Eielson's spouses' club, an evening of Dinner and Bunco at the Eielson Air Force Base Yukon Club Jan. 19. Sign up by Sunday online at [reservations@wainwrightcsc.org](mailto:reservations@wainwrightcsc.org). More information is available on the CSC website, [www.wainwrightcsc.org](http://www.wainwrightcsc.org). The fee for the evening will be due at the door. Eligible members may attend one meeting or function as a guest; membership will be required thereafter.

## AUTO RESCUE OR SELF-HELP

Whether locked out or the vehicle needs towing, the Automotive Skills Center is at your service 24-hours a day. For towing and lock-out service, call 590-1716.

For assistance with do-it-yourself auto care and winterization call 353-7436.

## NORTH POLE TRANSPORTATION

Operation Transportation gives North Pole High School students the opportunity to use the newly renovated Youth Center on Friday afternoons without having to find their own way to Fort Wainwright.

Students can take a bus from NPBS to the transit center in Fairbanks where they pick up a Youth Center bus to go to Fort Wainwright. The MAC bus costs 75 cents.

Note that the transportation is only one way and students must find their own way home when the center closes at 9 p.m. For more information call 361-5437.

## MILITARY FAMILY COLLEGE NIGHT

The Fort Wainwright School liaison office will host Military Family College night at the Youth Center, located at 4109 Neely Road, Jan. 26. Subject matter experts will be present to answer questions about the college application process, financial aid, standardized tests and more from 5:30 to 6 p.m. and there will be a panel discussion from 6 to 7 p.m. For more information call 361-9377.

## FEEDING OUR OUTSTANDING DEPENDENTS

The F.O.O.D. program invites Family members of deployed Soldiers and recently returned Soldiers and their Families to an evening where we cook for you.

Jan. 15, from 5 to 7:30 p.m., breakfast is served for supper at the Southern Lights Chapel, Building 4107. Volunteers are encouraged to arrive at 3 p.m.

For more information call 590-0338.

## SCHOLARSHIPS

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants. Applications are available through the local commissary or online at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

Application deadline is Feb. 24. For more information call Loriann McDonald at 353-7310.

## PROTESTANT WOMEN OF THE CHAPEL

First Fridays "Gaudy Glam," January event is today, 6:30 p.m. at Northern Lights Chapel. Celebrate the New Year with women of the Fort Wainwright community, don your most dramatic attire. No dress is too over the top or too incredibly tacky for the fashion show. Ring in the new year with heavy hors d'oeuvres, door prizes, and free childcare. Preschool and nursery age children are watched by childcare workers at Northern Lights Chapel while kindergarten and school age children can enjoy laser tag at the Last Frontier Community Center with drop off beginning at 6 p.m. For more information email us at [wainwright@pwoc.org](mailto:wainwright@pwoc.org) and check us out on Facebook, just search for Fort Wainwright PWOC.

The PWOC Spring Kickoff begins Thursday, 9:30 - 11:30 a.m. at Northern Lights Chapel. Come sign up for the new spring studies, meet the teachers, and have some awesome fellowship time. Fun activities and lunch will be provided. Free childcare for infant through preschool held at Northern Lights Chapel. Free home school room provided at Southern Lights Chapel during the program.

# Wild Card weekend - ten games till XLVI

Brian Schlumbohm, Fort Wainwright PAO

Wild Card contenders match up this weekend to find out who's the aces and who's the jokers when it comes to who will be going to the National and American Football conferences' divisional playoffs.

In the AFC Saturday, the Cincinnati Bengals are let loose on the Houston Texans - a gridiron hoedown where the winner gets a chance to have their dance card punched by the New England Patriots. Sunday, the Pittsburgh Steelers have an iron in the fire to brand the Denver Broncos a big 'L' for a shot at the Baltimore Ravens.

In the NFC Saturday, the Detroit Lions will go marching into battle with the New Orleans Saints and the victor stakes a claim to throw dirt on the San Francisco 49ers. Sunday, the Atlanta Falcons clash with the New York Giants and after the feathers have settled the one left standing gets to meet the Green Bay Packers in the divisional playoffs.

The Alaska Post pickers had to make some far-reaching predictions over the holiday season, stretching their game savvy over three weeks of football and two holidays. The

Brain's mathematical calculating algorithmic spreadsheet took in 35 wins and 13 losses. Bear and the Jones Bros keen football sense brought in 31 wins and 17 losses, while Tate's game outcome forecast moved him up in the standings with 34 wins and 14

losses. BrowBrose brought in 30 wins and 18 losses as A-Team and Urbi both foresaw a 29 win and 19. Not bad numbers for considering the future outcome of 48 games over three weeks. Filling in for Allen Shaw - and that's how I foresaw it.

## Wild Card Weekend in the Alaska Post football series



**Bear**  
173 Wins / 83 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: ATL



**Brain**  
171 Wins / 85 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: NYG



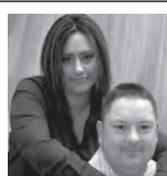
**Steve Tate**  
165 Wins / 91 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: NYG



**A - Team**  
162 Wins / 94 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: NYG



**Jones Bros**  
162 Wins / 94 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: NYG



**BrowBrose Salsa**  
161 Wins / 95 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: ATL



**Ed Urbi**  
155 Wins / 101 Losses  
CIN vs. HOU: HOU  
PIT vs. DEN: PIT  
DET vs. NO: NO  
ATL vs. NYG: ATL