

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

March 16, 2012

## Stryker Soldiers return Signs are good, Soldiers are coming home

Allen Shaw, Fort Wainwright PAO

Alesha Castner, wife of Sgt. Matthew Castner, 1st Battalion, 5th Infantry Division, 1st Stryker Brigade Combat Team, 25th Infantry Division greeted her husband at the Alert Holding Area, Tuesday. This was the first deployment for the young couple who have been married just over a year. Castner was among the advance party of two hundred Soldiers from the 1-25th SBCT returning to Fort Wainwright after a 12-month deployment to Afghanistan in support of Operation Enduring Freedom. Families and friends waited patiently while Soldiers traveled by bus from Eielson Air Force Base, went through the out-processing procedures, marched before the adoring crowd and stood at attention in formation until hearing the word, "dismissed".

The Arctic Wolves deployed to Afghanistan in March 2011, where they served in support of the Army's 10th Mountain Division, of Fort Drum, N.Y. and more recently in support of the 82nd Airborne Division, of Fort Bragg, N.C.

The Arctic Wolves executed missions throughout the Regional Command South area of operation in partnership with coalition and Afghan National Security Forces in order to support operations to defeat insurgency, protect the local Afghan population, enhance freedom of maneuver and build the capacity of the coalition's Afghan partners.

*Editor's Note: More of returning 1-25th SBCT Soldiers in next week's Alaska Post.*



Sgt. Matthew Castner, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division is met with signs of being missed by his wife Alesha. Members of the advance party arrived at Fort Wainwright Tuesday to begin the process of bringing Arctic Wolves home. (Photo by Allen Shaw/Fort Wainwright PAO)

## Army's senior enlisted leader challenges Soldiers to be 'truly professional'

Karl Weisel,  
U.S. Army Garrison Wiesbaden PAO

"What does it actually mean to be an Army professional?"

That's the question the Army's senior enlisted leader posed to more than 1,000 Wiesbaden-based Soldiers at a Town Hall March 7.

During a several-hour-long visit to Wiesbaden, Sgt. Maj. of the Army Raymond F. Chandler III discussed Army standards, asked for input on future uniform changes and recognized outstanding individuals for efforts exceeding the standard.

"We're all professionals, right? Are we who we say we are?" asked Chandler, pointing to lax standards in dress and physical fitness, recurring problems of sexual harassment and sexual assault among the ranks, and too few Soldiers following through on structured self-development.

See **PROFESSIONALISM** on page 5

## Soldiers enjoy Alaskan-style Warrior Adventure Quest

Allen Shaw, Fort Wainwright PAO

Soldiers from the 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska) recently participated in team building exercises designed to instill cohesion and resiliency through recreational activities.

The Warrior Adventure Quest program emphasizes teamwork and communication as part of the reintegration training. The WAQ fosters self esteem, team responsibility and accountability. Locally, the curriculum is tailored toward outdoor winter activities. For some Fort Wainwright Soldiers it's a refresher, while for others the activity or sport is new.

Lara Patterson, outdoor recreation supervisor, Directorate

of Family and Welfare, Morale and Recreation said, "We have put together some outdoor activities at the Birch Hill Ski and Snowboard Area to help Soldiers develop an appreciation and promote participation in winter outdoor recreation."

The idea behind the personal and social participation is to provide a healthy alternative option during free time and reduce post-deployment stress.

Soldiers ride snowmachines, ski, snowboard, participate in skeet shooting competitions and enjoy screaming down specified snow lanes on specially designed inflatable tubes. "The tubing hill is awesome," said Pvt. Morgan

Garrett, 6-17th, "I think this whole thing is an excellent idea. It's been a great bonding opportunity with my comrades."

As part of redeployment and reintegration, the Warrior

Adventure Quest programs are available to all units on Fort Wainwright. For more information contact [lara.m.patterson@us.army.mil](mailto:lara.m.patterson@us.army.mil) or call the Outdoor Recreation Office at 361-6349.



Sgt. Justin Dennhardt, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska) kicks up dust while tubing at the Birch Hill Ski and Snowboard Area March 8 as part of the Warrior Adventure Quest reintegration training. Members of the 6-17th spent the day together participating in team-building activities. (Photo by Allen Shaw/Fort Wainwright PAO)

### EXTENDED WEEKEND WEATHER

Friday



Mostly cloudy, chance of snow.  
Light winds  
Low -20  
High 10

Saturday



Mostly cloudy  
Light winds.  
Low -15  
High 5

Sunday



Mostly cloudy  
Low -15  
High 5

Aurora forecast is **HIGH ACTIVITY** for Saturday and Sunday

Forecasts courtesy of the National Oceanic and Atmospheric Administration and the Geophysical Institute at University of Alaska Fairbanks.

# Who to call when things go bad, the Better Business Bureau

Adam Harkness, Better Business Bureau Alaska Public Relations Manager

Knowing where to go when problems arise can prevent serious headaches. The Better Business Bureau serving Alaska, Oregon and Western Washington reminds consumers to turn to consumer protection groups when in need.

Understanding how to receive available resources and find service organizations which can help with financial and business issues.

The following are a list of organizations which can help in times of trouble:

- U.S. Federal Reserve, the central bank of the United States, provides advice on monetary matters at [federalreserve.gov/consumerinfo](http://federalreserve.gov/consumerinfo).
- U.S. Federal Deposit Insurance Corporation provides consumer protection tools for the nation's financial system at [fdic.gov/consumers](http://fdic.gov/consumers).
- Annual Credit Report allows individuals to check free credit reports once per year from [annualcreditreport.com](http://annualcreditreport.com).
- Credit Reporting Bureaus let identity theft victims place fraud alerts on credit reports, contacts at: [Equifax.com](http://Equifax.com), (800) 685-1111, [Experian.com](http://Experian.com), (888) 397-3742 and [TransUnion.com](http://TransUnion.com), (800) 888-4213.
- The Federal Trade Commission is the nation's consumer advocacy group, providing anti-fraud tools and other marketplace information at [ftc.gov/bcp](http://ftc.gov/bcp).
- Internet Crime Complaint Center allows users to learn about Internet crimes and file complaints at [ic3.gov](http://ic3.gov).
- National Do Not Call Registry helps reduce telemarketing calls; add phone numbers to the registry at [donotcall.gov](http://donotcall.gov) or call (888) 382-1222.
- Alaska State Troopers are the "first line of defense in the last frontier" and can be reached at [alaska.gov/ast](http://alaska.gov/ast).
- Alaska Attorney General is a legal advisor and consumer protection agency that can be reached at [law.state.ak.us](http://law.state.ak.us) or 269-5200.
- Alaska Government Department Directory provides access to local government resources at [alaska.gov/akdir1](http://alaska.gov/akdir1).

The Better Business Bureau serving Alaska, Oregon and Western Washington, works to advance marketplace trust and is a neutral not-for-profit organization supported by BBB Accredited Businesses. BBB provides ethical business standards, BBB Business Reviews, Charity Reviews, complaint handling, marketplace events and tips. For more information, contact BBB or visit [bbb.org](http://bbb.org).

# March is Colon Cancer Awareness Month

## Why screenings are important

Shari Lopatin, TriWest Healthcare Alliance

When colon cancer is found early and treated, nine out of 10 people will hit that five-year survival rate, according to the Centers for Disease Control and Prevention.

In fact, more than half of all deaths from colon cancer could be prevented if everyone older than 50 was screened regularly. However, as of 2008, only 63 percent of adults ages 50 to 75 had been screened. Screenings save lives.

The colon is the body's large intestine. Sometimes, pre-cancerous growths or polyps, as they're often called, can develop inside the colon. These polyps have been known to form up to 10 years before invasive cancer develops, according to the CDC.

Colon cancer screenings can detect these polyps before they become life-threatening, allowing doctors to surgically remove them.

Some of the most common colon cancer screening tests are:

- Colonoscopy: Doctors use a thin, long, lighted tube to check inside the colon for polyps. Doctors can actually remove polyps during this test. It's recommended only once every 10 years.
- Stool test: Doctors will provide their patients with a test kit. At home, the patient uses a stick or brush to obtain a small amount of the stool. The doctor or lab can then check the stool for anything unusual.
- Flexible Sigmoidoscopy: Doctors will use a short, thin, lighted tube to check for polyps inside the colon and rectum. This will only need to be done once every five years.

Tricare covers colon cancer screenings, at no cost to you. So it's easy to take advantage of them.

Tricare will cover one colonoscopy every 10 years, in conjunction with CDC guidelines. Additionally, talk to your doctor to see which other screenings are right for you. Tricare covers a variety of screening tests for colon cancer, depending on your doctor's recommendations.

For more information on colon cancer prevention, visit [www.TriWest.com/Colon](http://www.TriWest.com/Colon).

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander

## Medical Command-Alaska mission: Population health



"USAMEDDAC-AK will provide high quality, safe, accessible medical and psychological healthcare to our military community while relentlessly pursuing improvement, providing outstanding service, leveraging innovative technology and developing the next generation of Army health care leaders." This is our mission, and what every member of our team works toward every day.

The Medical Department Activity-Alaska or MEDDAC-AK, currently serves 27,941 Tricare beneficiaries for a variety of healthcare issues. While many beneficiaries are seen for acute issues through the ER or their assigned clinic, Bassett Army Community Hospital fills a prominent role related to preventative health measures and chronic disease management. As we acknowledge Colorectal Cancer Awareness month in March and Public Health Awareness month in April we encourage the Fort Wainwright community to take an active role in disease prevention.

Population health management focuses on the prevention, early detection, and treatment of numerous disease conditions. While we strive to encompass every possible disease process, we also focus on a handful of commonly occurring, relatively easily detectable, and manageable diseases. Currently there are six "targeted" diseases that BACH and all of MEDCOM tracks closely. They are related to asthma, breast cancer screening, cervical cancer screening, chlamydia screening, colorectal cancer screening, and diabetes screening and management.

Current recommendations suggest the following at a minimum:

- Persistent asthmatics on long term control medication need to be evaluated and renew their medications at least annually.
- Breast cancer screening, mammogram, is recommend for females age 40 to 69 every two years unless a provider determines a more frequent need.
- Pap smears to check for cervical cancer are recommended for females age 21 to 64 every three years unless a provider determines a more frequent need.
- Chlamydia screening is recommended for sexually active females 16 to 24 years of age every year.
- Colorectal cancer screening is recommended for everyone age 50 to 75 years through annual fecal occult blood tests which test for blood in stool and a colonoscopy every 10 years unless a provider determines a more frequent need.
- Diabetics age 18 to 75 years should have a hemoglobin A1C and lipid blood panel drawn at least once a year and possibly every three months based on patient condition and provider determination.
- Juvenile diabetics under the age of 18 also require close management, but fall under a different set of guidelines and require close management with your pediatrician and diabetic treatment team.

Remember, we are here and ready to assist if you have any questions. We are committed to ensuring the health of the entire community, so do not hesitate to call or come by if you need us. If you need to schedule an appointment to address any of the above recommendations, please call the Central Appointment Line at 361-4000 and let the clerk know you saw this article in the Fort Wainwright Alaska Post newspaper and need to be evaluated.

# SOLDIERS AGAINST DRUNK DRIVING

## HAVE A PLAN, HAVE SOMEONE TO CALL

# 353-6610

# ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

# NCAA March Madness basketball no-nos

Gary Kluka, Fort Wainwright Law Office

It's no fun to be the spoilsport, but that doesn't stop us from advising our workforce why National Collegiate Athletic Association pools violate government regulations, as follows:

First, regulations bar anyone from participating in games for money or personal property, the operating of gambling devices or the conduct of a lottery or pool, while in or on property controlled by the Department of Defense. This regulation applies not

only to Federal employees, but also to members of the public while they are visiting Garrison controlled property.

Second, Office of Personnel Management government-wide standards of conduct regulations prohibit federal employees from conducting or participating "in any gambling activity including the operation of a gambling device, in conducting a lottery or pool, a game for money or property, or selling or

purchasing a numbers slip or ticket" while on government-owned or leased property or while on government duty.

When read together, these authorities clearly prohibit gambling (including lotteries, football or basketball pools and similar activities) undertaken by federal employees while on official duty, while on government property, or while using government property - including government computers and government

vehicles - unless the employee undertakes the activity as part of his or her official law enforcement duties.

Under Federal common law, gambling is defined as:

- (1) The furnishing of consideration (betting something of value - usually money);
- (2) In a game of chance; and
- (3) That offers a reward prize - money or otherwise.

An event that does not include all three of these elements is not gambling.

Violations of these regulations may result in disciplinary action including removal from the federal service for civilians or Uniform Code of Military Justice discipline for those on active duty.

Some fierce basketball history has been made during the NCAA basketball championship playoffs. Don't gamble your career away by betting on the games.

## Trucking Alaska Operation Polar Express

Spc. Juana M. Nesbitt, 2nd Engineer Brigade PAO

Black ice, blowing snow, ice fog, treacherous hills and subzero temperatures are just some of the conditions the Soldiers of the 109th Transportation Company face each week to get cargo and supplies from here to Fort Wainwright.

Since October, the Soldiers have been connecting U.S. Army Alaska assets at the two installations and Fort Greely with a weekly supply run they call Operation Polar Express.

The mission gives USARAK's 2nd Engineer Brigade an opportunity to conduct logistical proficiency training for its subordinate units while providing cargo movement capabilities for USARAK units, according to USARAK Logistics Officer Maj. Donna Johnson.

The day begins early for the

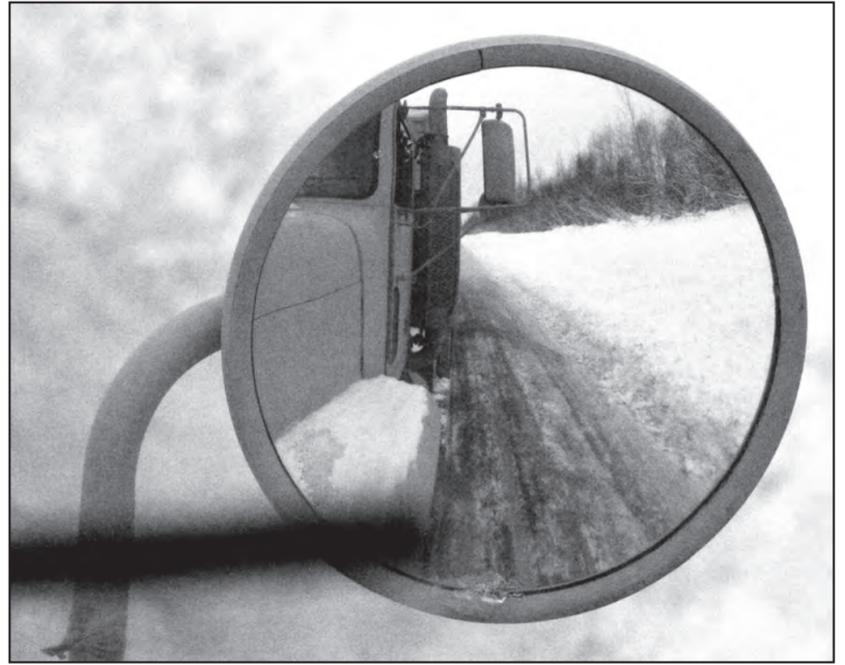
109th TC as it prepares for another 360-mile convoy up Alaska's Parks Highway connecting Anchorage and Fairbanks.

Sgt. Shasta Miller, a driver arrives ready to face the road ahead of her. Her vehicle, an M915 A3 freight tractor with an M872 semi-trailer attached, carries a shipping container of computers, needed at Fort Wainwright in support of a lateral transfer.

Later that morning, she'll be a part of a three-vehicle convoy.

Miller performs all the necessary preventive maintenance checks and procedures and ensures the load on her trailer is secure.

The convoy consists of convoy commander Staff Sgt. Matthew Lewis and drivers Spc. Kevin Wilson and Miller.



A 109th Transportation Company convoy from Joint Base Elmendorf-Richardson heads to Fairbanks on the Parks Highway. The unit's Operation Polar Express convoys run weekly cargo shuttles between JBER and Fort Wainwright. (Photo by Spc. Juana M. Nesbitt/2nd Engineer Brigade PAO)

In the recovery vehicle are driver Sgt. Gilman "Shane" Bieto and mechanic Spc. Billy Harlin. Weather conditions and safety are the primary concerns as Lewis briefs his team.

It's time to go. Miller loads up, checks her mirrors and shifts into drive. Closely watching the wheels of the trailer, she rolls out.

They aren't moving and the trailer is dragging. Miller stops and puts the truck back into park. In the truck next to her, Lewis quickly notices the problem and directs her to keep moving back and forth in attempts to loosen the tire brakes which periodically freeze in the frigid temperatures. It works and off they go.

As the journey continues, Miller keeps a close watch and ensures the truck and the trailer move along safely. She says she's a little nervous, since this is her first time driving up to Fort Wainwright. Her experience from her recent deployment to Afghanistan, however, is obvious as she maneuvers through the icy hills and bridges with ease.

They arrive at Talkeetna, their first stop, for a restroom break and to stretch their legs. Ten minutes is all they get before mounting up

again.

But the trailer is stuck - again.

The wheels won't turn.

Miller's attempts to roll them free aren't working.

"You got a hammer?" Bieto asks her.

He later explains that "the part that freezes is where the brake shoe meets the brake drum. That's the part that always freezes. When it freezes it won't allow the wheels to turn."

Bieto crawls under the trailer and gently taps on the brake drum to set it free. It works and they're off again. They arrive at Fort Wainwright safely and without any further delays, fuel up, change their load and are ready to head back the next morning.

Bieto got his commercial driver's license when he was 16-years-old and has more than 10 years of experience driving for the Army.

"Oh, I love it," he said. "I've had a lot of jobs, but I've always come back to driving."

So far Operation Polar Express has seen 15 missions, which can range from three to 30 trucks, usually running to and from Fort Wainwright, Fort Greely, and sometimes to the port of Valdez.



Spc. Billy Harlin and Sgt. Gilman Bieto of the 109th Transportation Company inspect the wheels of an M872 semi-trailer during a stop enroute to Fort Wainwright, Alaska. The unit runs weekly cargo shuttles to bridge the 360-mile gap between the two installations. (Photo by Spc. Juana M. Nesbitt/2nd Engineer Brigade PAO)

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# Retiree Appreciation Day benefits attendees

Allen Shaw, Fort Wainwright PAO

The Retirement Services Office of Fort Wainwright hosted Retiree Appreciation Day at the Last Frontier Community Activity Center, March 10. The annual event is an opportunity to recognize and honor military retirees of all branches of the armed forces who served their country honorably, in peace and in war.

"It was the best attended and most successful RAD we have had in recent years," said Carlos Garcia, Retirement Services Officer. "More than 140 retirees and Family members, plus many active duty Soldiers and Family members participated in the event," he said.



Retiree Appreciation Day brought more than 140 retirees and Family members out to Fort Wainwright's Last Frontier Community Activity Center, Saturday. This year's guest speaker was retired Lt. Gen. Jack Klimp, United States Marine Corp and president of the National Association of Uniformed Services. During his talk he provided the latest information on legislature concerning retired military and veterans. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Columbus Johnson, retired Air Force servicemember, received a dental screening from Col. Robert Holmes, Dental Activity-Alaska, officer-in-charge during Retiree Appreciation Day, Saturday at the Last Frontier Community Activity Center on post. Information and services were available to retirees of all branches, Family members and survivors. (Photo by Allen Shaw/Fort Wainwright PAO)

There were representatives from Social Security, Veteran's Administration, VA medical and more. Activities included health screenings by Medical Department Activity-Alaska and Dental Activity-Alaska as well as preventive and health promotion information provided by Bassett Army Community Hospital.

Richard Mauer, deputy to the garrison commander, United States Army Garrison, Fort Wainwright gave opening comments



Michelle Vargas (left), health promotions nurse, Arctic Health Link, Bassett Army Community Hospital gives Nola, wife of retired Air National Guard member, Rex Barnes a copy of the Take Care of Yourself book during the health fair portion of Retiree Appreciation Day, Saturday at the Last Frontier Community Activity Center on post. (Photo by Allen Shaw/Fort Wainwright PAO)

and special guest speaker; retired Lt. Gen. Jack Klimp, United States Marine Corp, and president of the National Association of Uniformed Services provided informational updates on benefits and legislation affecting military retirees.

The Directorate of Family and Morale, Welfare and Recreation, AFFES and the Commissary were among the nineteen exhibitors, along with service providers such as Army community Service, Army Career and Alumni Program and the Airman Family Readiness Center from Eielson Air Force Base.

Nola, wife of retired Air National Guard member, Rex Barnes said, "This is a great way to reconnect with the services provided to retirees. I didn't expect to find so much information available in one spot."

Garcia said one of the biggest attractions was the military memorabilia display provided by Bill McDonald. "Everyone seemed to have a fantastic time," Garcia said, "Many individuals left the event especially happy as many were big winners of our fantastic door prizes." He said, "We hope to see even higher (attendance) at next year's RAD."

The support of sponsors and volunteers was key to the event's success, Garcia said. For more information on RAD or the Northern Alaska Military Retiree Council, for military retirees of all services, email [carlos.t.garcia@us.army.mil](mailto:carlos.t.garcia@us.army.mil) or call 353-2099.



A large display provided by retired Col. Bill McDonald was one of the main attractions. McDonald's collection of military memorabilia, photos and uniforms span six decades of military history. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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Also find it online at [www.wainwright.army.mil](http://www.wainwright.army.mil) under the Command Channel 5 link.

# Survey: Let your word be heard

Staff Report, U.S. Army Alaska PAO

## Military and Family Life Consultant survey

U.S. Army Alaska and garrison commanders are seeking input from Soldiers and Families. Information will be gathered through two different surveys. The information provided will allow leaders to make sound business decisions based on customer interest, offering customer-driven programs and services for lean, mission-ready forces and the Army Family.

Fort Wainwright is currently conducting a short, 10-question survey on the MFLC program. If you or a family member received any service from an MFLC counselor, your feedback is important. This is a short general survey to determine if the program is meeting the needs of the community. No personal questions will be asked and no names will be taken.

In response to increasing deployments and the associated heightened stress placed on military families, DoD developed the MFLC program to provide non-medical, short-term, situational problem-solving counseling. The MFLC consultants can be accessed throughout post including Child, Youth and School Services and some schools in the Fairbanks North Star Borough School District. MFLC may be reached by calling 388-2553.

The survey is available online for a limited time at <http://www.surveymonkey.com/s/NQKQPX3>.

## Family and Morale, Welfare and Recreation survey

The Army is surveying patrons of its communities worldwide beginning this month as part of an effort to improve FMWR programs.

The survey seeks to identify what customers are interested in, whether they are using available services and if so, how satisfied they are with the programming their garrison has to offer.

Those selected to participate in the Army FMWR Services Survey will be contacted by email. Follow-up messages will be sent by postal mail. Survey answers can be submitted online or through traditional means. The survey will remain open through mid-April. For more information, call FMWR marketing at 353-6725.



# Paper recycling: Using the blue bin

Staff Report, U.S. Army Alaska PAO



(File photo)

It was less than two years ago, on August 16, 2010 Capt. Timothy Hall, Fort Wainwright recycling coordinator, watched as two men positioned a large yellow dumpster at the far end of the Commissary parking lot, behind the furniture store.

Since then the recycling program has blossomed and there are several of these colorful collection areas around the installation.

The collection bins are highly visible and painted the bright colors of yellow, blue, green and red. There is ample room to pull up beside the receptacles with access available from either side.

Hall said, "The targeted materials for Fort Wainwright's recycling program are mixed paper, corrugated cardboard, aluminum and tin cans, glass, and items that are made of types 1 through 7 plastics. These materials comprise between 50 and 60 percent of Fort Wainwright's municipal solid waste.

Paper and cardboard products should be placed in the blue bin for recycling. Some of the products for this bin are white paper without staples, metal clips or binders, plain cardboards as long as it's not waxed or plastic-coated, newspapers, magazines, telephone books and the like. Keep in mind, the post recycling program is not cleared for the destruction of classified documents. These documents should be destroyed

in accordance with Army regulation 380-5.

Point of interest: Recycling one ton of paper saves 17 mature trees, 7,000 gallons of water, three cubic yards of landfill space, two barrels of oil and 4,100 kilowatt-hours of electricity - enough energy to power the average American home for five months, according to a 2008 Environmental Protection Agency report

As Earth Day 2012 approaches, spring-cleaning begins and people move in and out of the community, many of the items disposed of can be recycled. Everyone is encouraged to use common sense and help make a difference.

The 42nd Annual Earth Day event is an opportunity for mankind to reassert the commitment to environmental sustainability and energy security critical to protecting the earth, protecting lives and supporting mission requirements.

Partners in the Fort Wainwright sustainment programs will gather at the Physical Fitness Center on post for an Earth Day open house, April 20 from 10 a.m. to 4 p.m. The exhibitors will offer real solutions and resources for individuals, units and organizations to help make a difference at home, school or on the job.

For more information about Earth Day activities and sustainability call Andy McDonough at 353-9746.

# PROFESSIONALISM: Challenge to Soldiers

Continued from page 1

"Let's talk about leaving an Army comrade behind. How do you think we're doing in our sexual assault and harassment prevention programs? We're failing," Chandler said, pointing to the case of a Marine (Lance Cpl. Harry Lew) committing suicide after being physically harassed because of his ethnicity and other incidents across the military.

"We still accept an attitude of inappropriate behaviors -- that's not professional," he said. "If you allow those types of behaviors to occur in your section, squad or platoon, you are not professional."

"It's you and I who will solve it -- not Army policies," Chandler said, adding that "any Soldier who preys on another Soldier has no place in our Army. There are too many female Soldiers in our Army who are preyed upon by us men. That's got to stop."

It is every Soldier's obligation to ensure everyone is treated with dignity and respect, he said.

Referring to the Army's weight control guidance -- Army Regulation 670-1 -- Chandler said it is also every Soldier's responsibility to comply with the "professional standard."

"If you don't meet the standard then you don't deserve to be a Soldier. The same applies to your personal appearance and conduct," he said, stressing that unsightly or offensive tattoos and hairstyles



Sgt. Maj. of the Army Raymond F. Chandler III discussed Army standards, asked for input on future uniform changes and recognized outstanding individuals for efforts exceeding the standard. "What does it actually mean to be an Army professional?" was the question posed to more than 1,000 Wiesbaden-based Soldiers at a Town Hall March 7. (Courtesy photo/USAG Wiesbaden PAO)

have no place in the uniformed service.

"Tell me why we put tattoos on our hands, our necks and our face if not to draw attention to ourselves," he said, adding that obscenities and "things that bring discredit to our Army" are particularly offensive. Service members must consider if their

tattoos are indeed professional and ask themselves, "Is that how you want to be represented?"

The Army's 14th sergeant major of the Army also told the audience that too few individuals are completing mandatory structured self-development courses.

"You've got a responsibility to get with the program and get the

training," said Chandler, pointing out that only a fraction of those enrolled have completed the training.

After fielding a range of questions from the assembled Soldiers, ranging from uniform changes to retention, Chandler said that with pending reductions in force, Soldiers must seriously consider whether they have what it takes to continue serving.

"We're going to reduce the size of the Army by 90,000 over the next six years. You are going to have to work harder to earn the opportunity to continue serving.

"We are scrutinizing ourselves, and those who have consistently not met the standards" will be asked to leave, he said. "People make mistakes -- that doesn't mean your career is over if you've made one mistake. But if you're a repeat offender, you've got to go."

Before wrapping up the Town Hall, Chandler asked outstanding Soldiers to come forward and be recognized. Grilling each on why they deserved the recognition, Chandler then awarded them a sergeant major of the Army coin and thanked them for their service.

"I am honored to serve with you," he concluded. "I'm honored to be your sergeant major of the Army."

Sgt. Maj. of the Army Chandler and his wife, Jeanne, also visited service members and Families in Baumholder, Heidelberg, Kaiserslautern and Landstuhl during the visit.

**Friday - 16th**

**SPRING BREAK AT BIRCH HILL**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

**YOUTH SKI AND SNOWBOARD DAYS**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$115 for DoD cardholders, and \$125 for non DoD cardholders. Registration is open through day of event. Call 353-9131.

**80's PARTY**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Dress in 80's clothes, ongoing mini games, prizes and more. Call 353-9131.

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

**WILDLIFE WEEK STORY HOUR AND CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**Saturday -17th**

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

**ST PADDY'S DAY 2-HOUR CYCLING CLASS**, 10 a.m., Physical Fitness Center, Building 3709. Limited to 28 participants, registration suggested. Call 353-7223.

**CUDDLE CURE CLASS**, 10 a.m. to 2 p.m., Child Development Center I, Building 4024. Call 353-7713.

**KIDS CRAFTING: CERAMIC POTS**, 10:30 a.m. to noon, Arts and Crafts Center, Building 3727. Ages 8 to 11. Cost is \$5 and includes all materials. Call 353-7520.

**SPRING BREAK AT BIRCH HILL**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

**YOUTH SKI AND SNOWBOARD DAYS**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$115 for DoD cardholders, and \$125 for non DoD cardholders. Registration is open through day of event. Call 353-9131.

**FAMILY DAY AT THE TUBE HILL**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$20 per hour for DoD cardholders, and \$30 per hour for non DoD cardholders. Registration is open through day of event. Call 353-9131.

**CHILI COOK-OFF**, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755. (ages 4 to 12 with parent).

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

**HELP STOP  
DOMESTIC  
VIOLENCE**  
CALL  
**388-2260**  
NO NAME REQUIRED

**Sunday - 18th**

**FORT WAINWRIGHT GOSPEL SERVICES**, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076.

**PROTESTANT SERVICES**, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

**CATHOLIC SERVICES**, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

**SPRING BREAK AT BIRCH HILL**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

**YOUTH SKI AND SNOWBOARD DAYS**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$115 for DoD cardholders, and \$125 for non DoD cardholders. Registration is open through day of event. Call 353-9131.

**FAMILY DAY AT THE TUBE HILL**, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$20 per hour for DoD cardholders, and \$30 per hour for non DoD cardholders. Registration is open through day of event. Call 353-9131.

**SKEET**, 1 to 5 p.m., Fischer Skeet Range, Building 1172. Stop by to practice your shooting skills. Call 353-7869.

**Monday - 19th**

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

**Tuesday - 20th**

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

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

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

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

**NUTRITION AND FITNESS ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from Post hotel. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

**BOYS AND GIRLS CLUBS OF AMERICA PHOTO EXHIBIT**, 12:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 361-7394.

**FORT WAINWRIGHT GOSPEL SERVICES BIBLE STUDY**, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email [ac2.claxton@us.army.mil](mailto:ac2.claxton@us.army.mil).

**Wednesday - 21st**

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

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

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

**BABY AND ME**, 2 to 3:30 p.m., Post Library, Building 3700. Registration is required. Call 353-4137.

**BOYS AND GIRLS CLUBS OF AMERICA PHOTO EXHIBIT**, 7 a.m. to 5:30 p.m., School Age Center, Building 4166. Call 361-7394.

**Thursday - 22nd**

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

**PROTESTANT WOMEN OF THE CHAPEL**, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

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

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

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

**NUTRITION AND FITNESS ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from Post hotel. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

**MAKE YOUR OWN GLASS ORNAMENT**, 1 to 3 p.m., Arts and Crafts Center, Building 3727. Cost is \$15 and includes all materials. Call 353-7520.

**Friday - 23th**

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

**FAMILY DINNER**, 6 to 7:30 p.m., Youth Center, Building 4109. No Cost. Youth in grades 6 to 12 will serve dinner to their parents, while parents learn about the center. RSVP by March 15. Call 361-5437.

**ALYESKA SKI/SNOWBOARD ADVENTURE**, 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$175 per person. Call 361-6349/6350.

**CELEBRATE SPRING STORY HOUR and CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**Saturday - 24th**

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

**NORTHERN EXPOSURE**, 8 a.m. to 5 p.m., Cost is \$115 per person. Minimum age is 12. If the temperatures drop under 20 below zero, the trip will be postponed to a later date. Call 361-6349/6350.

**ICE CARVING WELCOME SHOW PARTY**, 1 p.m., Youth Center, Building 4109. No Cost. Parents and children in grades K to 12 must RSVP by March 22. Call 361-5437.

**THE GREAT BIG BEACH BOWL PARTY**, 7 p.m. to 12 a.m., Nugget Lanes Bowling Center, Building 3702. Cost is \$15 per person. Reservations suggested. Call 353-2654.

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

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

**EXCEPTIONAL FAMILY MEMBER PROGRAM BIRCH HILL TUBING**, 12:45 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Open to participants in the Exceptional Family Member Program. Cost is \$3 for 1 hour, \$5 for 2 hours. Age and height restriction apply. Activities and events at the Birch Hill are subject to change and/or cancelled dependent on weather. Call 353-4243.

**Sunday - 25th**

**FORT WAINWRIGHT GOSPEL SERVICES**, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076.

**PROTESTANT SERVICES**, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

**CATHOLIC SERVICES**, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

**SKEET**, 1 to 5 p.m., Fischer Skeet Range, Building 1172. Stop by to practice your shooting skills. Call 353-7869.

**RUN FOR FUN**

A Shake Your Shamrock 5K run sponsored by 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment is set for Saturday. Soldiers, Families and leashed pets are welcome to participate. Strollers are OK and costumes are encouraged.

Register online at [www.active.com](http://www.active.com) or drop off forms at either Beaver Sports on College Road or at 3-21st battalion headquarters, Building 3211 Santiago Avenue. Registration is also available before 9 a.m. on race day. Cost: Kids 5 and younger free; children 6 and older and adults are \$20. Runners must be registered by 9 a.m. race day.

The race starts Saturday at 10 a.m. at 3-21st battalion headquarters. Bib pickup is available from 3 to 7 p.m. today at headquarters or no later than 9 a.m. race day. A heated indoor pre- and post-race meeting area; hot and cold beverages and post-race snacks will be provided for race participants. The fire department will host their bounce house.

**FOOD PROGRAM**

The FOOD program is set for this Sunday, 5 to 9:30 p.m. at the Southern Lights Chapel, Building 4107. The chapel's Feeding Our Outstanding Dependents program would like to welcome returning Soldiers and their Families to attend as well as single Soldiers. Sloppy Joes, pulled pork, ham and grilled cheese sandwiches are on the menu. For more information, call Bill Chrisman, 590-0338.

**FACILITY CLOSURES**

Fort Wainwright's Equal Employment Opportunity office and Army Community Service will close for an official function Thursday at 1:30 p.m. Normal business hours will resume March 23. For emergency travel assistance through Army Emergency Relief, contact the American Red Cross, (877) 272-7337.

**HAIL AND FAREWELL**

A Hail and Farewell for Yoly Ganacias, retiring after 30 years of federal service, is set for March 22, noon to 3 p.m. in the Last Frontier Community Activity Center. Ganacias supports the Army's warfighters as a contract specialist in the installation contracting office. Those who plan to attend, call 353-2460 by Monday or email [jeannie.johnson2@us.army.mil](mailto:jeannie.johnson2@us.army.mil).

**MILITARY FAMILY FUN**

The Armed Services YMCA will host the premiere, Military Family Fun Fair, March 24, 1 to 4 p.m. at the Physical Fitness Center. The event is open to military personnel of all branches regardless of status - active duty, guard and reserve and families are welcome. There's no charge for activities, make-and-take crafts or food, everything is free. Organizations and local businesses from off- and on-post will be on hand. For more information or to volunteer, email [fairbanks@akasyymca.org](mailto:fairbanks@akasyymca.org) or call 353-5962.

**WOMEN'S HISTORY MONTH**

1st Stryker Brigade Combat Team, 25th Infantry Division and the Equal Opportunity office will host the Women's History Month observance. March 27, 2 to 3:30 p.m. in the Physical Fitness Center, Building 3709.

**NATIONAL PRAYER LUNCHEON**

The 2012 National Prayer Luncheon is set for March 28 at 11:30 a.m. in the Last Frontier Community Activity Center. The guest speaker is U.S. Army Alaska Command Chaplain Col. Richard Quinn. Luncheon is free to meal card holders and \$4.25 for those who don't have a meal card. Exact change is appreciated. While walk-ins are welcome, reservations are preferred. For more information call 353-9825.

**RETIREMENT CEREMONY**

Col. Ronald M. Johnson Fort Wainwright garrison commander, will honor civilian employees during a retirement ceremony, Thursday at 2 p.m. in the Northern Lights Chapel, Building 3430. The ceremony is open to the Fort Wainwright community. Honorees include Chris Putnam, Robert Landis, James T Scott, David Vanmeter, Virginia Permenter, Randy Friend, David Czech, Paul Frone, Yunhwa Richardson, Jack Walker and Mark Weiss.

**CHAPEL EVENTS**

Fort Wainwright Community of Faith has released its 2012 Lent and Easter event schedule.

Every Friday during Lent (March 16 through 30). The Stations of the Cross will be observed at 7 p.m. at the Southern Lights Chapel. This will be followed by a meatless, meager meal.

An altar to St. Joseph is filled with delectable food to share with the community. This event is open to the community and is at 6 p.m., Monday at the Southern Lights Chapel.

On April 1 the Youth of the Chapel Concert Series will host a one of a kind worship experience at 5 p.m. All are welcome for the last concert of the year.

Several services are scheduled for Easter Weekend.

A Holy Thursday Service followed by 12 hours of adoration will begin at 6 p.m., April 5 at the Southern Lights Chapel.

Catholic Good Friday Service is planned at the Southern Lights Chapel for April 6 at 6 p.m.

Southern Lights Chapel will have an Easter Vigil beginning at sundown April 7.

Birch Hill will be the location of the Easter Sunrise Service. This ecumenical worship service will be from 6 to 8:30 a.m.

All worship services will be held at their normal times of 11 a.m.

**REUNION AND REINTEGRATION****WEDNESDAY WORKSHOPS****Wednesday - Reintegration**

This presentation discusses the process and challenges of reintegration and offers tools and coping strategies for a successful journey.

**March 28 - Welcome Home!****Reconnecting with your Child**

This presentation will walk through potential issues the returning parent will face as a result and tips for easing the situation and making homecoming an enjoyable and healthy transition for the whole Family.

All Reunion and Reintegration workshops take place from noon to 1:30 p.m. at the Last Frontier Community Activity Center, Building 1044 Apple Street. For more information, call the Mobilization and Deployment Manager at 353-4332 or drop by Army Community Service.

**PRE-RETIREMENT BRIEFING**

Summary of retirement benefits for those who are one to two years from retirement. Offered once monthly and presented by Carlos Garcia, retirement services officer. Call 353-2099, to schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing.

