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# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

January 24, 2014

## Soldier found dead

Staff report,  
USARAK PAO

A U.S. Army Alaska Soldier was found dead in a Fairbanks motel room Jan. 18.

Pvt. Ryan Christopher Brewton, 21, was found dead by room service personnel after he failed to check out at the required time. Fairbanks Police Department officers determined Brewton had died of a gunshot wound.

Brewton was a human resources specialist assigned to Headquarters Troop, 5th Squadron, 1st Cavalry Regiment, part of U.S. Army Alaska's 1st Stryker Brigade Combat Team, 25th Infantry Division. He entered the Army in February 2013 from Ludowici, Ga., attended basic training at Fort Jackson, S.C., and arrived in Alaska in August 2013.

The next of kin have been notified. The incident is under investigation. Foul play is not suspected.

## Premier transitioning now available to Soldiers, but command support required

David Vergun,  
Army News Service

Soldiers now have the military's best career transition program, which the Army began re-engineering about three years ago, said the program's director.

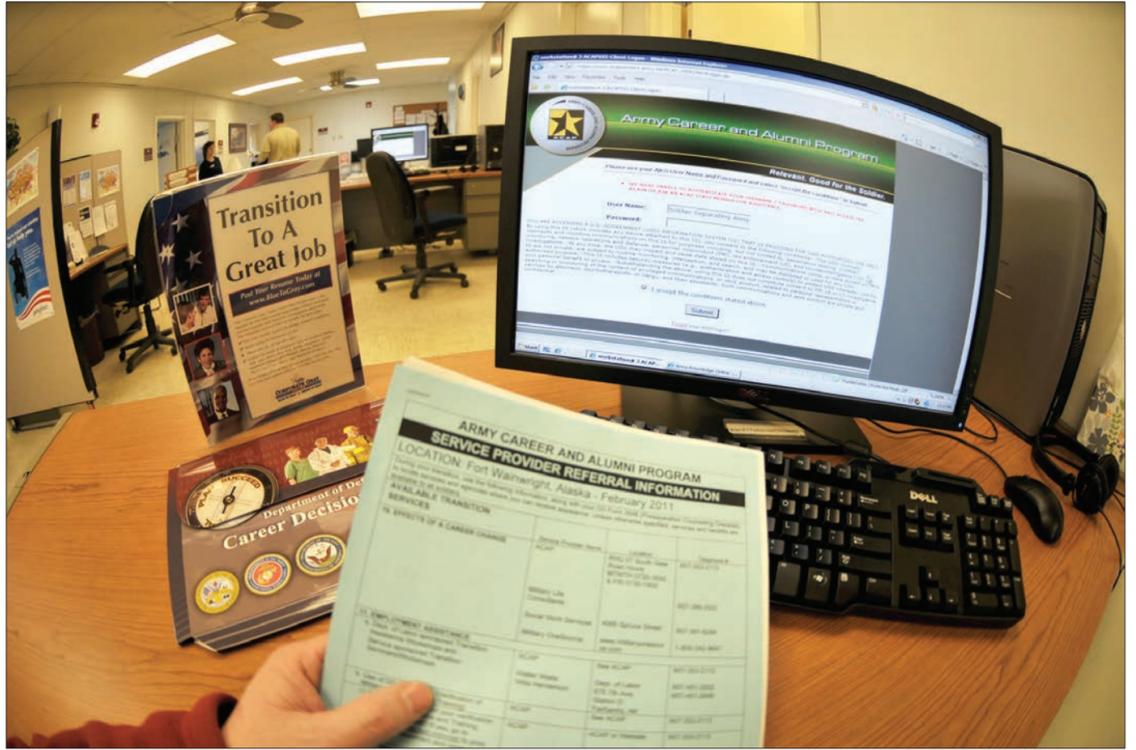
That re-engineering was the result of "a pretty detailed analysis and a lot of surveys and interviews and discussions with Soldiers," said Walter Herd, Army Career and Alumni Program, or ACAP, director. The program helps Soldiers with their transition from military to civilian life.

Herd said discussions led to three important take-away messages.

First, it was found that those Soldiers who had the most successful transitions were the ones who started the transition process early and spread that process out over time, touching bases with relevant experts along the way, he said.

"So the earlier you begin and the more you engage, the more successful you are," he said. "It's that simple."

Second, ACAP found that commanders need to be supportive of their Soldiers' transition process,



The Army Career and Alumni Program provides many services for transitioning Soldiers including budget planning and assistance with resumes.

become more involved and understand where their Soldiers are in the process.

"We found when commanders do that and know what their Soldiers are doing, Soldiers are more successful," he said.

It might seem common

sense that leaders would support that, but it isn't always the case, he said.

The most common comment on surveys was "this is a great program, but my first sergeant won't let me go," Herd said.

Leaders are becoming more and more aware of

that but the message still needs to be reinforced, he emphasized.

Third, Soldiers need to meet career readiness standards and commanders need to track progress on Soldiers attaining those standards well before their transi-

tion date, he said. Those standards include: Department of Veterans Affairs benefits counseling; Army pre-separation counseling; Department of Labor

See PROGRAM on page 3

## Remembering tragedy, honoring heroes

Linda Douglass,  
Fort Wainwright PAO

A Canadian C-130 aircraft with 18 people on board crashed on Fort Wainwright's runway Jan. 29, 1989.

Seven Canadian Forces soldiers were killed on impact and 11 were injured, five of them seriously. Two of the seriously injured soldiers died

later as a result of those injuries.

The soldiers were at Fort Wainwright to participate in Exercise Brim Frost 89, designed to test the ability of Alaska's military to conduct winter operations. It involved more than 26,000 troops from American and Canadian forces, and numerous communications initiatives like

satellites, AWACS and electronic intelligence, according to a fact sheet on Exercise Northern Edge history produced at Joint Base Elmendorf-Richardson.

The aircraft was the second of three from Canadian Forces Base Edmonton en route to Fort Wainwright. The first plane landed safely and the third was diverted to another airport after the crash.

The Canadian forces had been scheduled to participate in a force-on-force phase of the exercise with about 435 paratroopers. After the crash, Canadian officials decided to cancel their participation in the exercise.

The accident report recorded the official temperature at the airfield as 51 degrees below zero, and thick ice fog blanketed the area at the time of the crash. All indications appeared normal as the aircraft neared the airfield, but the plane struck the approach lights and the west side of the riverbank and skidded onto the runway, where it broke apart. Officials conducted an investigation into the accident and concluded the cause was due to pilot error. The report also stated the decreased visibility due to the ice fog was a contributing factor to the accident.



It was 25 years ago next week that a Canadian c-130 crashed on Fort Wainwright. Seven Soldiers died on impact, five Soldiers were seriously injured, two of those seriously injured Soldiers later died as a result of their injuries. (File photo)

People from Fort Wainwright, Fort Richardson, Fairbanks and Canada all came together to take care of the injured, properly care for the casualties, investigate the incident and handle all the logistical tasks that crop up in a disaster.

Local emergency responders joined Fort Wainwright's responders in getting the injured to medical care. Bassett Army Community Hospital and Fairbanks Memorial Hospital jumped into action to treat the injured.

Local residents from Fairbanks and Fort Wainwright donated blood as soon as the request went

out. They sent flowers and compassionate notes of condolence. They offered assistance if needed. French students from the University of Alaska Fairbanks offered translation services.

Soldiers and civilian employees from Fort Wainwright and Fort Richardson worked together to ensure the responders and investigators had all they needed. They fielded telephone calls from the public and the media, American and Canadian. They worked in tandem with Canadian military officials. They coordinated a memorial service here and an official transfer ceremony to

return the casualties to Canada.

Temperatures remained around the 50 below zero mark and the ice fog hampered visibility for the following week, but people did what had to be done in the aftermath of the crash.

Next week we mark the 25th anniversary of the crash and the loss of nine of Canada's best. Let us honor the memory of our Canadian comrades. And let us give thanks for the collaborative spirit and cooperative relationship we share with our neighbors - local and Canadian - and our cohorts at JBER. Together we are a formidable team.

## The Arctic Winter Games are coming to Fairbanks in March

Read more on page five.



### WEEKEND WEATHER



**Friday**  
Occasional light freezing rain and snow likely.  
Highs: lower to mid 30s  
Light winds. Lows 9 to 15



**Saturday**  
Increasing clouds  
Highs in the lower 30s; Light winds  
Lows: mid-teens



**Sunday**  
Partly cloudy  
Highs around 30  
Lows in the mid-teens

### BRIEFS

#### Tax Center open

The Tax Center is now open. Tax preparation services and e-filing is free for active duty, reservists and authorized Family members. The center is located in building 1051, unit 9. Appointments are recommended but not necessary. Call 353-2613.

#### Super Bowl tour group

The Super Bowl tour group will be at the Warrior Zone Jan. 31 between 11 a.m. and 1 p.m. and at the Super Bowl party at 2 p.m. on Feb. 2. Meet the pro football player and cheerleaders during Youth Cheerleading and Football clinics at the Physical Fitness Center, Jan. 31. Come out for autographs, photos and fun. For more information, call 353-6725.

## Martin Luther King Jr. Holiday Observance



The 1st Stryker Brigade Combat Team, 25th Infantry Division hosted the 2014 Dr. Martin Luther King Jr. Holiday Observance Jan. 15. The ceremony, held at Fort Wainwright's Physical Fitness Center, included music from the 9th Army Band and a performance by local recording artist Willa Watts, shown in the picture above. This year's theme, "Remember! Celebrate! Act! A day on, not a day off!" was reiterated by guest speaker Rodney Gaskins, Fairbanks Rescue Mission executive director. Gaskins began his work in non-profit community service in 2003 after retiring from 20 years of service in the Army. "Dr. Martin Luther King is remembered as a great black leader, but he was really a great American leader," said Gaskins. "If he were here today, he wouldn't want me talking about his many accomplishments and contributions in civil rights, race relations and economic justice; he would want an update on where we're at. And I would say, 'Sir, we've come a long way, but there is still a lot of work to be done.'" Those in attendance heard a message about not just remembering but doing. "His message was about compassion and service," said Sgt. 1st Class John Bandy, the equal opportunity noncommissioned officer for 1/25 SBCT. "He wanted us to get out there and do something, to make a difference." Gaskins' military service is reflected in his compassion for serving. "Like everyone in this room," said Gaskins, "I know that freedom isn't free. As Dr. Martin Luther King said, 'Anybody can serve; you don't have to have a college degree to serve, you don't have to make your subject and verb agree to serve, you only need a heart full of grace, a soul generated by love.'" (Photo by Sgt. Michael Blalack, 1-25th SBCT PAO)

## Customer feedback fosters quality, promotes improvement

**Russell Mathias,**  
IMCOM ICE Site  
Administration

Have you ever felt the need, as a customer, to have your voice heard - whether to recognize great service, point out a concern or make a recommendation? Now is your chance to share your thoughts and help U.S. Army Installation Management Command provide world class customer service.

Customer feedback is a critical element to ensuring that IMCOM provides the highest quality programs, services and facilities to service members, Families and civilian employees - in keeping with their service and sacrifice.

The Interactive Customer Evaluation (ICE) system is IMCOM's primary means of receiving feedback directly from its customers. In fact, IMCOM receives nearly a half million customer comments each year. ICE empowers customers to make a difference in how IMCOM delivers products and services, by offering recommendations and bringing up issues. Customer comments also help the command to prioritize and refocus installation services and support to meet changing requirements.

Between August 2012 and July 2013, nearly 393,000 customers rated their satisfaction with IMCOM products and services at 93 percent overall. There's still room for

improvement and with all IMCOM service provider managers engaged, your comments will be seen and heard.

All IMCOM service providers are required to review and follow-up on every comment regardless of whether the customer asks for a response or not. Though it's not required, we highly encourage customers to provide their contact information when submitting a comment card through ICE, so we can provide immediate feedback.

Every organization strives for 100 percent customer satisfaction and continual feedback helps identify and work on those areas that need improvement.

ICE is available to every customer who uses IMCOM services - Soldiers, sailors, airmen, Marines, Coast Guardsmen (active duty, Guard, and Reserve), their families, as well as veterans, retirees and civilian employees. By sharing your honest feedback, together we can work to improve service delivery and achieve IMCOM's goal of providing world class customer service.

Visit [www.ice.disa.mil](http://www.ice.disa.mil) and let your voice be heard.

If you have any IMCOM customer service related questions, comments, or concerns, please contact Fort Wainwright's ICE program manager, Angela Major, 353-7623, or contact the IMCOM headquarters customer service excellence team at (210) 466-0284.

## Bassett hosts green smoothie tasting

**Brandy Ostanik,**  
MEDDAC-AK PAO

In December Lt. Gen. Patricia Horoho, the Army Surgeon General, visited Medical Department Activity -Alaska and urged staff members to become healthier in 2014. She stressed the importance of the Performance Triad, an Army Medicine initiative that focuses on quality sleep, better nutrition choices and consistent activity.

Horoho not only preaches about the Performance Triad, but she lives it.

While addressing a room of approximately 150 MEDDAC-AK staff members, Horoho spoke of how she set a personal goal of walking 10,000 steps each day, changed her sleeping habits to ensure she was meeting the seven-hour standard whenever possible and that she has significantly cut out processed food from her diet.

She also told the group she had incorporated green smoothies into her nutrition plan, which led to a collective groan throughout the room.

To combat the negativity surrounding healthy foods such as green smoothies, Col. Maria Summers, deputy commander for Nursing at MEDDAC-AK, decided to launch Operation Green Smoothie and hold a sample tasting of the beverage at Bassett.

"Lt. Gen. Horoho spoke about how the things we do today effect the way we live tomorrow," said Summers.

"Green smoothies, while just one way to improve nutrition, are a great resource to improve circulation and lower cholesterol. We did this tasting to let people know just because something is healthy and may not look too appetizing, it doesn't mean it tastes bad."

Operation Green Smoothie kicked off with a refrigerator full of fresh veggies and frozen fruits, including spinach,

carrots, mangos, strawberries, blueberries, pineapple and other assorted berries. Staff members manned blenders throughout the day to give samples out to anyone wanting a taste.

All together over 450 staff, Family members and beneficiaries took part in the tasting, many coming back for a second cup.

"I was really skeptical about the smoothies because of the spinach and the kale, said Virginia Rigdon, a MEDDAC-AK employee who tried a sample.

"I thought it was going to be bitter and unpleasant tasting, but it wasn't. It had just the right amount of sweetness and I couldn't tell all those greens were even in it," said Rigdon.

Rigdon was one of many who have asked for the green smoothies to be incorporated into the menu either at the Bassett dining facility or through another venue on-site, which was part of the goal.

"Ultimately we would like our staff and beneficiaries to make green smoothies and other nutritious food a daily choice," said Summers, who has added the green smoothie to part of her daily menu.

Some staff members took Horoho's advice on the green smoothies before the tasting at Bassett. Jana Burke, hospital librarian, has been making them for herself and her husband since Horoho's visit.

"My wife has been pushing these on me for the last three weeks or so," said Staff Sgt. David Burke with the 9th Army Band. "I think they're great and I feel better already!"

For more information on the Performance Triad go to [www.armymedicine.mil](http://www.armymedicine.mil).

For more information on green smoothies visit <http://www.alaska.amedd.army.mil/>.



CPT Elaine Kirish, officer in charge of the medical surgical unit at Bassett Army Community Hospital, pours a green smoothie for Nathan VanVactor, 11, son of Claudia and Maj. Jerry VanVactor, chief of Logistics for Medical Department Activity-Alaska, during a green smoothie tasting Monday. The smoothie tasting was introduced as a way to promote healthy nutrition choices as part of the Performance Triad, an Army Medicine initiative focusing on quality sleep, better nutrition choices and consistent activity. (Photo by Brandy Ostanik, MEDDAC-AK PAO)

# ALASKA POST

*Home of the Arctic Warriors*

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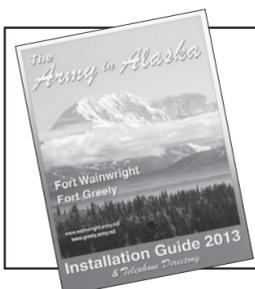
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The ALASKA POST - Home of the Arctic Warriors



The Fort Wainwright, Fort Greely  
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available online.

Visit Fort Wainwright website at:  
[www.wainwright.army.mil/sites/local/](http://www.wainwright.army.mil/sites/local/)

## Program: Career transitions

Continued from page 1

workshop attendance; a 12-month, post-transition budget plan; continuum of military service opportunity counseling -- for active duty only; a military occupational specialty analysis of skill-sets applicable to civilian jobs; individual assessment tool to determine proficiencies; individual transition planning with a counselor; creation of a job application package, including completed resumes for targeted employment, reference lists, and two job applications or job offer letters; and follow-on activity with the Department of Labor, the VA and if applicable, the Small Business Administration.

### ACAP'S ROOTS

Until about two years ago, ACAP was a voluntary and staff-coordinated effort. Commanders didn't have visibility over how their Soldiers were doing in getting ready for leaving the Army.

About that time, Congress passed the VOW to Hire Heroes Act of 2011, designed to address some of the challenges of veteran unemployment.

At the same time, the president directed the Office of the Secretary of Defense to add policy mandates to the VOW Act.

Significant resources have been allocated to increasing size and number of brick and mortar ACAP centers, now found on all major installations and most others.

The number of ACAP counselors has tripled over the last couple of years, totaling about 700 counselors at about 75 locations on installations, including centers used by the Guard and Reserve.

"Their sole task is to help Soldiers reach their career-readiness standards," Herd said.

Additional counselors are also at the

Army's virtual ACAP center. Soldiers can log on to it at [www.acap.army.mil](http://www.acap.army.mil) or call toll-free 1-800-325-4715 to chat with a master's degree-level counselor 24/7.

Every month about 2,000 Soldiers log into the virtual ACAP center to work on their individualized transition plans. More Soldiers are visiting the site every month. No other service has a similar virtual transition assistance website, Herd said.

Herd encourages Soldiers to both visit the ACAP center on post as well as use the virtual ACAP center online.

### FUTURE GOALS

Today, Soldiers still do most of their transition work during the 12 to 24 months before separation, he said.

"Over the next six or eight months, we're going to spread that planning across the entire Soldier lifecycle, beginning at Basic Training level and at key points in their careers."

For example, a Soldier doing 20 years, might do a resume and budget at the eight and 12 year time, he said.

That would let those career Soldiers know where they stand in relation to military-to-civilian job skill sets and would also better enable them to assist and counsel their own younger Soldiers, having gone through the process themselves, he said.

Another step the Army is taking is to codify the transition process in a campaign plan and in an Army regulation that should be published within about a year.

Herd concluded that while ACAP is important for Soldiers, it is equally important they do it for their families. Spouses are encouraged to attend the workshops available to their Soldiers, he said.

For information about the services provided by Fort Wainwright's ACAP program call 353-2113.

## Denver Broncos versus Seattle Seahawks: That's what I'm talking about

Allen Shaw,  
Fort Wainwright PAO

Let the hype begin. The National Football League has finally whittled its way through 28 teams to determine who will meet in Super Bowl XLVIII.

Touted as two of the best squads from the beginning of the season the Denver Broncos and future Hall of Fame quarterback Peyton Manning will take on the pride of the Pacific Northwest Seattle Seahawks.

The game will be played Feb. 2 at MetLife Stadium in East Rutherford, N.J., and it should have everything to satisfy the football fanatic, except those who are still mourning the loss of the

New England Patriots and San Francisco Forty-Niners.

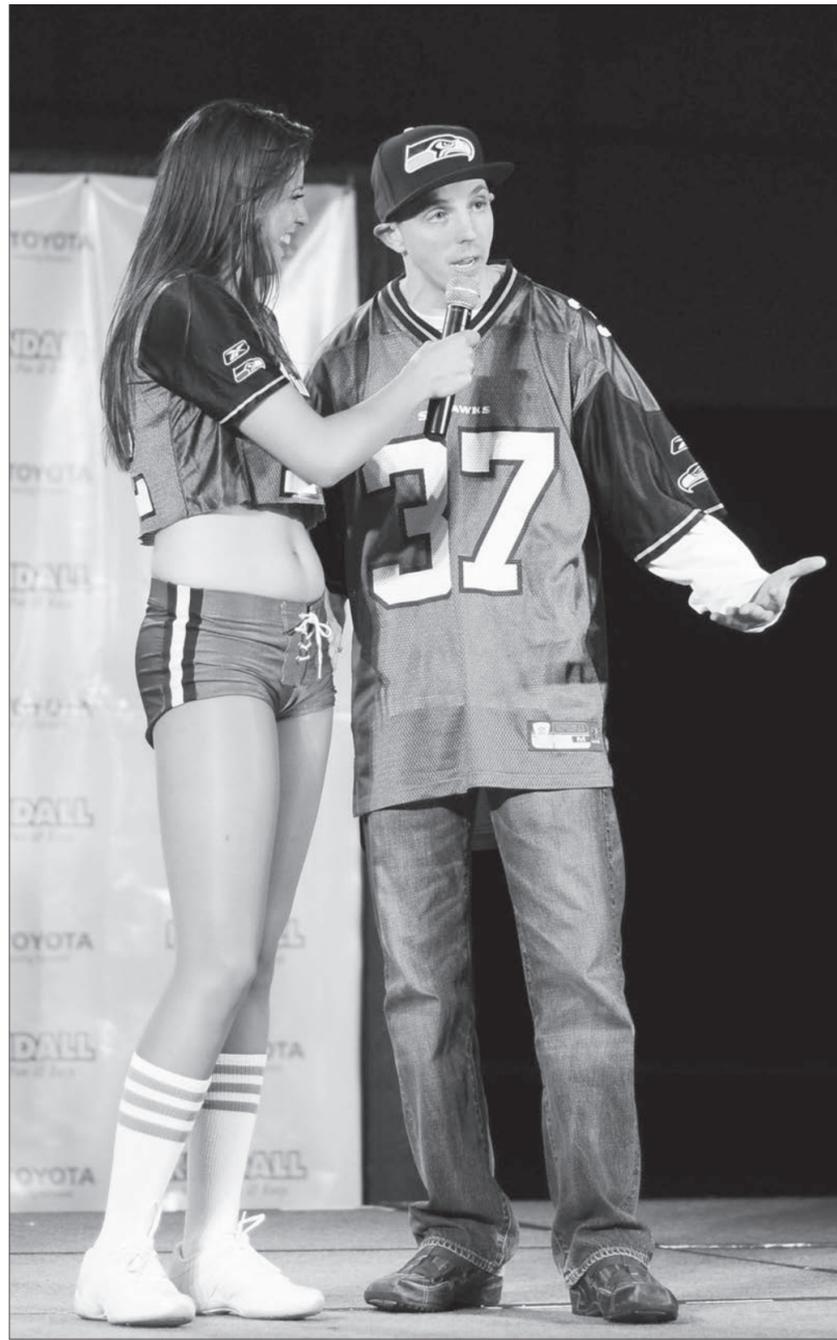
I am personally torn. Spending most of my life in Alaska, Seattle has always seemed like the home team. I've been to games there and even had an opportunity to hang out with the Seattle Sea Gals when they visited Fort Wainwright two years ago. They have great talent, a solid team, the 12th man, intensity, great uniforms and are way overdue.

On the other hand I was never much of a Broncos fan until Manning arrived, and I admit I jumped on the bandwagon. He is a phenomenal quarterback, player and ambassador of the

game. I'd love to see him win another championship after everything he's been through.

We will hit it hard in the Alaska Post next week with a Super Bowl preview and a post season wrap-up from the Fort Wainwright prognosticators and we'll find a few others to make predictions.

Be part of the fun and submit your comments, picks or photos of you [your dog or baby] dressed to support your favorite team on game day. Send them to [allen.l.shaw6.civ@mail.mil](mailto:allen.l.shaw6.civ@mail.mil) and we'll see which way Fort Wainwright leans. Will it be the Broncos or the Seahawks? That's what I'm talking about.



In July 2012 a contingent of Sea Gals [Seattle Seahawk cheerleaders] visited Fort Wainwright and performed several shows for Soldiers and Family members. They found several faithful fans in the audience and will now be cheering their team on what many consider the biggest stage in professional sports as the Seahawks battle the Denver Broncos for the 2014 championships at Super Bowl XLVIII. (File photo by Brian Schlumbohm, Fort Wainwright PAO)

## Tax center returns \$5 million to service members pockets

Capt. Callin Kerr,  
Fort Wainwright Law Center

Monday marks the official opening of the Fort Wainwright Tax Center for this year's tax season. The Tax Center provides free tax counseling and e-filing for all active duty military of all branches of service, mobilized reserve component members, retirees, and the Family members of these sponsors. For 22 years, the Fort Wainwright Tax Center has been providing free tax assistance services to the Fort Wainwright community, saving Soldiers, retirees and their families thousands of dollars in tax preparation fees. Last year, the Fort Wainwright Tax Center saved its clients more than \$120,000 in fees and helped them recover \$1,988,069 in tax refunds. Since the year 2000, the Fort Wainwright Tax Center has saved Soldiers and their families nearly \$3,000,000 in tax filing fees.

The Tax Center is operated by active duty Soldiers who are trained by the Internal Revenue Service and are certified tax preparers. Each tax return goes through a quality assurance process where it is meticulously checked and reviewed for accuracy by a certified reviewer before being e-filed. The Fort Wainwright Tax Center has consistently received one of the highest quality return rates as assessed by the Internal Revenue Service's Volunteer Income Tax Assistance Program. Operation of the Tax Center is overseen by Capt. Callin Kerr, officer-in-charge. Kerr received income tax training at South Texas College of Law and at The Judge Advocate General's School.

There are several changes to the filing process for the 2013 tax year. One

important change comes from the Social Security Administration (SSA). The SSA will no longer be providing social security number printouts in their local offices. This is an effort to prevent identity theft as the documents have no security features and are easily counterfeited and misused. The IRS requires a valid Social Security Number or individual taxpayer identification number for each tax return. Therefore, it is important to bring your social security card, and the Social Security cards of your spouse and everyone you claim as a dependent with you to the Tax Center.

In addition to your id card, bring the following documentation to your appointment: Social Security Card, bank routing account numbers, W-2 and 1099, Form 1098 for mortgage interest paid, last year's tax return, and if your spouse will not be present or if you are filing on behalf of someone else, a power of attorney (either a special or general POA is acceptable so long as it specifies "taxes"). Please also bring substantiating documents for the following: rental income, Alaska Permanent Fund dividend, income and expenses for child care providers, sale of residence, sale of stocks-mutual funds, amount of charitable contributions, and IRAs. If you have any questions about what documents you should bring, please call the Tax Center.

The Tax Center is located in suite 9, building 1051 Gaffney Road. Walk-ins are welcome but appointments take precedence. The hours of operation are Monday through Wednesday and Friday, 9 a.m. to noon and 1 to 5 p.m. and Thursday 1 to 6 p.m. Call 353-2613 today to book your appointment.

### Army Career and Alumni Program



ACAP offers assistance to Soldiers who are transitioning out of the Army and their Families. They can assist in writing a resume or a cover letter, learning interview skills and perhaps put you in touch with the right employer for you. Some programs are mandatory for outgoing Soldiers. Call 353-2113 for more information.

Call ACAP 353-2113 or visit ACAP in the Welcome Center, BLDG 3401

Online <https://www.acap.army.mil>

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# Lifelong Alaskan gives Corps familiar face

**John Budnik,**  
U.S. Army Corps of Engineers – Alaska District

Calling him a late bloomer would be as inaccurate as saying Alaska is not cold in winter--conditions he is acquainted with when working at the U.S. Army Corps of Engineers – Alaska District's Northern Area Office in Fairbanks.

Richard David, a civil engineer in the Construction Division, earned his civil engineering degree from the University of Alaska Fairbanks when he was 50 years old. He joined the district after a stint as a Department of the Army intern during 2008 and 2009.

"I have always been interested in science," David said. "It's an interest in the unknown that drives me."

While never experiencing any career uncertainty, professional engineering was a new and intriguing endeavor he decided to pursue. As it turns out, David is a Renaissance man in fields requiring technical skill. He is a certified carpenter and welder. He also has a commercial driver's license and 17 years of experience in the oil industry's drilling fields.

"Richard earned his engineering degree relatively late in life. I see that as an advantage," said Paul Schneider, assistant area engineer at the Northern Area Office. "I think engineering is less difficult to understand and apply



Richard David, a civil engineer for the U.S. Army Corps of Engineers - Alaska District, volunteered for 45 days during the 2013 spring flood crisis in Galena, Alaska. His tour of duty provided the citizens of Galena with helping hands and a familiar face. (Courtesy photo)

when you start with a good foundation of practical experience."

David is originally from Allakaket, a small village

in Interior Alaska of nearly 100 people. He brings a unique and intimate knowledge of tribal culture to the district team

as a member of the Koyukon Athabaskan people.

"Being Alaska Native, I feel I can help my fellow Alaskans around the state with whatever dilemma that hits them," he said.

With that enthusiasm to serve others, David volunteered with the district's Emergency Management Office during the 2013 spring flood crisis at the village of Galena. Almost all of the residents lost their homes due to the flood that was caused by ice jamming on the Yukon River.

On June 25, the president declared the flood-affected areas a federal disaster and the Corps began aiding the Federal Emergency Management Agency in the recovery efforts.

For 45 days, he contributed expertise to plumbing and electrical projects for the volunteer agencies also assisting with the cleanup.

"Richard executed valuable oversight as the construction project coordinator during the event," said David Spence, the Alaska District's emergency manager. "His ability to provide support to the critical development and oversight of repair operations in Galena was instrumental."

As project coordinator, David worked side-by-side with the residents of Galena. He ensured that appropriate permits were requested, appropriate materials delivered and the scope of the volunteer agencies' work was validated, Spence said.

Located about 300 miles upriver on the Koyukuk River from Galena, Allakaket provided David with his first experience responding to natural emergencies. In 1994, he performed general foreman duties aiding recovery efforts for a flood that ravaged his hometown. He managed construction projects and

directed manpower.

His involvement at Allakaket allowed him to effectively contribute to the most recent Corps and FEMA missions in Galena.

"It gave me a broader view of what to expect of certain aspects of the job and the recovery effort," David explained.

His helping hands and familiar face were a welcome sight to community members in Galena as well. David's wife, Lorraine, is related to a prominent local family that he had never met. Helping with the effort was nothing short of a reunion when her aunts and uncles introduced themselves to David. The cordial greetings were greatly appreciated.

"It was nice knowing that I have direct backup from the group in Galena," he said.

While working in stressful situations like emergency response operations, David recognizes the challenge of communicating with the public. He has sage advice when working with people who reside in the heart of Alaska.

"First thing to do on a visit is to get to know the elders and other political figures," he said. "It gives you more knowledge when you meet with different agencies dealing with the recovery efforts."

David's big heart motivates him to volunteer to help those in distress, but also leads him to inspire young minds to pursue their dreams. During his tour of duty in Galena, he spoke to his friend's two high-school level and college-prep classes.

"There were approximately 20 to 30 students," David said. "The subject was how I decided to become an engineer and what skills and knowledge I had to become an engineer."

For David, the passion

for tactile work courses through his veins and is an infectious quality for those listening to him describe his profession. It has led him to become an expert in arctic engineering.

Alaska's climate presents a laundry list of challenges that require creative engineering solutions. The district faces tough elements such as extended times of darkness and light during the year; extreme temperature ranges; permafrost; fragile environments; a short construction season and remote work sites to name a few.

The stinging cold is eased by district teammates like David, however. While studying in the skin-cracking sub-zero temperatures of Fairbanks, he focused his education on permafrost engineering. The concentration helped him understand concrete and pavement designs which benefits building foundations currently under his review. He quickly learned the complexities due to Alaska's northern climate.

When not engineering in the far north, he loves to snowmachine, coach youth basketball and build birch dogsleds, a tradition passed down through four generations in his family. David fancies himself an avid outdoorsman taking every opportunity to hunt and access Alaska's expansive wilderness.

"I'd like to go out into the woods and stay out there," David dreamed. "If I had the chance, I'd just be a hermit and live out in the woods."

David's Alaskan moxie is his life force while he continues a career with the district. He admits that the blood flowing in his veins needs some help in the winter, however.

"I just wish it would warm up a little bit," he joked.

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3 x 10.5  
Full Color

## Arctic Winter Games: Circumpolar North version of Winter Olympics for youth

Allen Shaw,  
Fort Wainwright, PAO

As the athletes of the world gather in Sochi, Russia, for the 2014 Olympic Winter Games from Feb. 7 through 23, members of Fort Wainwright and the surrounding communities should pay close attention to everything involved. Our friends and neighbors will soon be experiencing a similar event on home turf, albeit on a much smaller scale. It is equally important to the Interior of Alaska.

Between March 15 and 22, Fairbanks will host the 2014 Arctic Winter Games, an international biennial celebration of circumpolar sports and culture for young athletes. Over the next few weeks leading up to the Games, the Alaska Post will provide additional information about the activities, the participants and the actual competitions.

More than 2,000 athletes, plus coaches, cultural delegates and family members from nine contingents will be visiting our town in the spirit of cooperation and goodwill fostered by athletic games. Fairbanks has not been the host city since 1988.

Karen Lane, general manager of the Fairbanks 2014 Arctic Winter Games host society, said this is the third time since the games began in 1970 that they've been held in the Interior and the sixth for Alaska. "They were here in 1982 and 1988. They were held in Anchorage in 1974, Eagle River in 1996 and the Kenai Peninsula in 2006." Otherwise, they've taken place in one of the other countries.

One of the nine contingents is Team Greenland, which has been participating in the Arctic Winter Games since 1990. In 2002, Greenland hosted

the Games for the first time in Nuuk, and will host the 24th Arctic Winter Games in 2016.

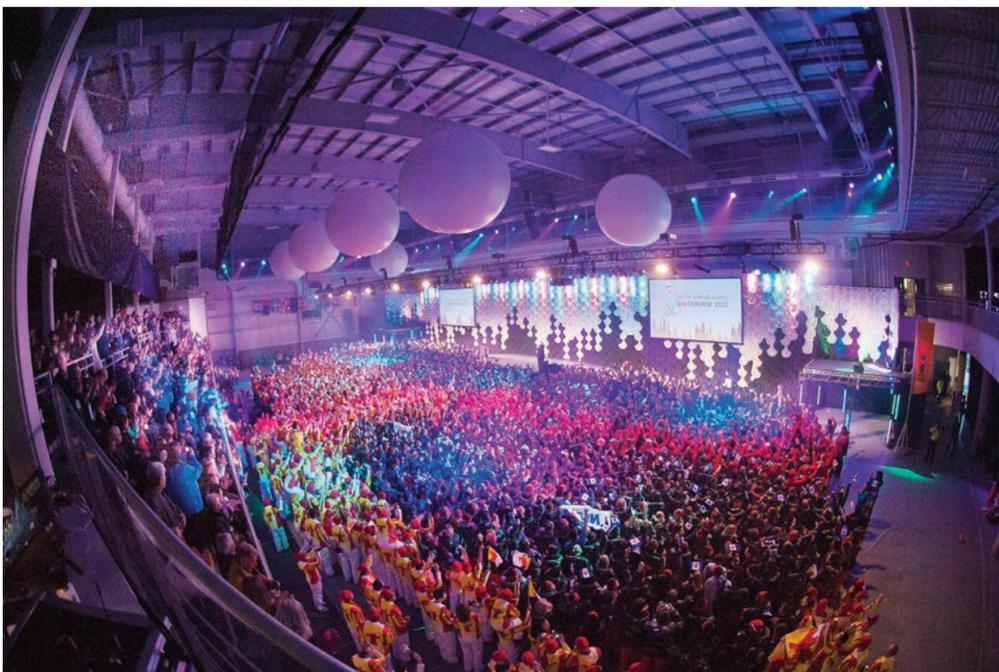
Greenland is the most northerly of the jurisdictions involved in the Arctic Winter Games and is the world's largest island considered to be part of North America. Two-thirds of the island is located above the Arctic Circle and most of its land mass is covered by ice. Transportation between the island's towns is mainly by sea, air or dog sled. The majority of settlements are in the southwest where the climate is mildest.

According to information provided by the Arctic Winter Games International Committee, Eric the Red brought the first European settlers to the island in the year 986 and named it Greenland in an effort to attract people to it. However, they said after the disappearance of Norse colonies in the 15th century, Greenland's only inhabitants until 1721 were the Inuit. At that time, a Danish colony was established on the island. Greenland has been part of Denmark ever since.

Greenland's population consists mainly of Greenlandic, a mixed race that resulted from interaction between Inuit and Europeans, mostly Danes, beginning in the 18th century. Today the island's residents enjoy powers of self-government under Danish sovereignty. Its economy is based primarily on the fishing and mining industries.

The Greenland flag is red and white with opposite bars of horizontal white and red, and a circle displaying the opposite colors off center to the left. The team colors are red and white.

In the 2012 Games held in Whitehorse, Yukon Territory, Canada, Greenland took home 18 gold medals, 15 silver and 17 bronze. The gold medals were



The opening ceremony and lighting of the cauldron to officially start the 2014 Arctic Winter Games in Fairbanks will be at the Carlson Center March 15. This is a view of the stadium in Whitehorse, Yukon Territory, Canada, during the opening ceremony of the 2012 Arctic Winter Games. Camille Relatado, marketing and merchandise manager for the 2014 Games said, "I hope this gets Fairbanks excited about our opening ceremony." (Photo courtesy/Archbould.com)

won in alpine skiing, arctic sports, badminton, cross country skiing, Dene games, indoor soccer and snowboarding.

Two of the 20 different competitions are Dene games and snowboarding.

The Dene games take place at Hering Auditorium, Randy Smith School and Ryan Middle School. These are unique competitions similar to events usually held at the World Eskimo Indian Olympics. The Dene (pronounced Den-ay) games competition is held in four age/sex classes: open and junior men, and junior and juvenile women. There are four athletes in each age class, and one coach per sex. Events in-

clude: finger pull, snow-snake, stick pull, hand games and pole push, and an all-around event consisting of the scores of the three individual events. Teams that regularly participate in the games are Alaska, Yukon, Alberta North, Northwest Territories, Nunavut, Greenland and Nunavik/Quebec.

Snowboarding is one of the events that will be held at the Birch Hill Ski and Snowboard Area on Fort Wainwright. The competition consists of four events: banked slalom, slope-style, board-cross and half-pipe. Those who place first, second and third will earn gold, silver and bronze medals, as well as medals for combined

individual rankings overall, making a combined total of 20 gold medals to be awarded in four age/sex class, and two coaches. Teams that regularly participate in snowboarding include Alaska, Yukon, Alberta North, Northwest Territories and Greenland.

For more on the 2014 Arctic Winter Games, check out next week's Alaska Post, visit [www.awg2014.org](http://www.awg2014.org) or call 456-2014.

Tickets for the Fairbanks 2014 Arctic Winter Games are now available for purchase online through Ticketmaster.com and at the AWG retail store, 330 Barnette Street, Monday through Saturday, 8 a.m. to 6 p.m.

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**Friday – 24th**

**FALL FAME FITNESS SESSIONS**, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Child care sessions begin 15 minutes prior to Fame Fitness times and are \$35 per month, per child, per session. Pre-registration begins the 20th of the month prior to the next month's sessions. Call 353-7713 for more information.

**LUNCHTIME PIN PLATOON BOWLING**, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**FAMILY SNOWMACHINE FUN**, 1 to 3 p.m., Outdoor Recreation Center, building 4050., Cost is \$45. Call 361-6349.

**AFTERNOON FUN WITH HEAD-PIN BOWLING**, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**STORY HOUR AND CRAFTS, THE RASCALLY WOLF**: 4 p.m., library, building 3700. No cost. Call 353-2642.

**RECREATIONAL SKATING**, 5:30 to 7:45 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

**Saturday – 25th**

**SNOWMACHINE SAFETY COURSE**, 9 a.m. and 1 p.m., Outdoor Recreation Center, building 4050. Call 361-6349.

**SUPER SATURDAY CARE**, 9 a.m. to 1p.m., Must be preregistered. CDC I, building 4166. Call 353-6349.

**INTRO BELAY/CLIMBING CLASS**, 9:30 to 11 a.m., Outdoor Recreation Center, building 4050. The class is free but requires pre-registration. Call 361-6349.

**EXPLORE LOCAL XC SKI TRAILS**, 10 a.m. to 3 p.m., Outdoor Recreation Center, building 4050. Cost is \$15. Call 361-6349.

**GROUP CYCLING**, 10 to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**ZUMBA**, 11 a.m. to noon, Physical Fitness Center ice rink, building 3709. Call 353-7223.

**OPEN RECREATIONAL SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

**Sunday – 26th**

**RECREATIONAL SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**WINTERIZATION CLINIC**, 3 to 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

**RECREATIONAL HOCKEY**, 4:15 to 6 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**Monday – 27th**

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

**GROUP CYCLING CLASS**, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**RECREATIONAL SKATING**, 1:30 to 4 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**AUTO SAFETY CLASS**, 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

**Commuting to work, shop or play**

The Gold Line bus services Fort Wainwright, running weekdays starting at 5:45 a.m. and on Saturdays at 10:45 a.m. Easy access to the downtown terminal allows for transportation to businesses all over the Fairbanks and North Pole areas. On post the bus makes hourly stops at the hospital, main Exchange, Last Frontier Community Activity Center, education center, Welcome Center with many other stops in between. Download a schedule online at [www.co.fairbanks.ak.us/busroutes/Docs/GoldLine.pdf](http://www.co.fairbanks.ak.us/busroutes/Docs/GoldLine.pdf) or find schedules attached to the many bus stop locations throughout Fort Wainwright.

**Tuesday – 28th**

**GROUP CYCLING CLASS**, 6:30 to 7:30 a.m.; 9:15 to 10:15 a.m., 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**LUNCH-HOUR STICK HOCKEY**, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**HOUR OF POWER GROUP STRENGTH CLASS**, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**INTRO BELAY/CLIMBING CLASS**, 5:30 to 7 p.m., Outdoor Recreation Center, building 4050. No fee. Call 361-6349.

**BOUNCY HUT NIGHT**, 5 to 7:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

**REGISTRATION DUE FOR FEB. 4 PARENT'S NIGHT OUT**, Cost is \$16 per child, light snack will be provided. CDC I, building 4024. Call 353-7713.

**Wednesday – 29th**

**FALL FAME FITNESS SESSIONS**, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Child care sessions begin 15 minutes prior to Fame Fitness times and are \$35 per month, per child, per session. Pre-registration begins the 20th of the month prior to the next month's sessions. Call 353-7713 for more information.

**LUNCHTIME PIN PLATOON BOWLING**, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**LUNCH-HOUR RECREATIONAL SKATING**, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**AFTERNOON FUN WITH HEAD-PIN BOWLING**, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**GAMING**, 4 to 5 p.m., Ages 11 to 18, Youth Center, building 4109. Call 361-9897.

**Thursday – 30th**

**GROUP CYCLING CLASS**, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**BABY SIGNS: SIGN, SING, AND PLAY CLASSES**, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

**LUNCHTIME PIN PLATOON BOWLING**, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**LUNCH-HOUR STICK HOCKEY**, 11:30 a.m. to 1 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**HOUR OF POWER GROUP STRENGTH CLASS**, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**AFTERNOON FUN WITH HEAD-PIN BOWLING**, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**ZUMBA**, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**Friday – 31st**

**FALL FAME FITNESS SESSIONS**, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Child care sessions begin 15 minutes prior to Fame Fitness times and are \$35 per month, per child, per session. Pre-registration begins the 20th of the month prior to the next month's sessions. Call 353-7713 for more information.

**LUNCHTIME PIN PLATOON BOWLING**, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**AFTERNOON FUN WITH HEAD-PIN BOWLING**, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**STORY HOUR AND CRAFTS, MOOSE ON THE LOOSE**: 4 p.m., library, building 3700. No cost. Call 353-2642.

**RECREATIONAL SKATING**, 5:30 to 7:45 p.m., Physical Fitness Center ice rink, building 3709. Call 353-7223.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

**RELIGIOUS SERVICES**

Northern Lights Chapel, 3430 Luzon Avenue

**Sundays**

8 a.m. Early Catholic Mass  
10 a.m. Catholic Mass  
11:30 a.m. Protestant Worship Service

Bassett Army  
Community Hospital  
4076 Neely Road

**Tuesday through Friday**

Noon  
Roman Catholic Mass

Southern Lights Chapel  
Closed for renovation

For more information, call 353-9826.



**ARE YOU A VICTIM OF OR WITNESS TO ABUSE?**  
**CALL 799-9770**  
(no name required)  
Help is available 24/7

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ESTHER BARBER  
& STYLES  
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## In brief

**TAX CENTER OPENS**

Tax assistance is available starting Monday through April 15, at the Fort Wainwright tax center located in building 1051, unit 9. This service is free for active duty, Reserve components, retirees and authorized Family members. Office hours are Mondays, Tuesdays, Wednesdays and Fridays from 9 a.m. to noon and 1 to 5 p.m.; Thursdays, 1 to 6 p.m. Appointment scheduling starts Tuesday, call 353-2613 to schedule an appointment.

**TRANSITIONING SOLDIERS**

Classes are available through the Army Career and Alumni Program, providing transition and job assistance services to Soldiers and their dependents. Classes include: Financial Readiness, Transition plans, VA Benefits, Employment workshops, resume writing and more. Call 353-2113 for class dates or visit their office at the Welcome Center, building 3401. Office hours are Monday through Wednesday, 7:30 a.m. to 4:30 p.m., Thursdays 9 a.m. to 4:30 p.m. and Fridays 7:30 a.m. to 3:30 p.m.

**CALL FOR HELP**

The U.S. Army's Sexual Harassment/Assault Response and Prevention program is a key component of efforts to make the force ready and resilient. The Army is committed to preventing sexual assault. The Army provides assurance to all sexual assault victims that the offenders are going to be held appropriately accountable. Fort Wainwright's 24/7 SHARP hotline is (907) 231-7432. The DoD 24/7 Safe Helpline is 1-877-995-5247, online at <https://www.safehelpline.org/>

**MONEY FOR COLLEGE**

The Scholarships for Military Children Program can help with a \$2,000 scholarship for dependents of Department of Defense Families. For information, contact your local commissary, school guidance counselor or visit the program website at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com). Applications are now available. Application deadline is Feb. 28. For more information, call 353-7310.

**VOLUNTEERS WANTED**

Call or drop by the post Thrift Store for details on becoming a volunteer. Open Tuesday, Wednesday, Friday and Saturday from 10 a.m. to 4 p.m. and Thursdays from 11 a.m. to 5 p.m.; closed Sunday and Monday. For more information call 356-1211.

**QUIT SMOKING**

Tobacco Use Cessation class, Feb. 4, from 8 a.m. to noon, at Preventive Medicine, building 4077, located across from Bassett Army Community Hospital. Learn about the harmful effects of tobacco use, how to manage cravings when quitting, and then meet individually with a medical provider to determine best medication and plan of care. Get support and encouragement for as long as you need. For more information or to sign up call 361-4148.

**SAFETY OFFICER TRAINING**

The Installation Safety Office will be conducting Collateral Duty Safety Officer training Feb. 27-28 in the Last frontier Community Activity Center, building 1044, from 8:30 a.m. to 4 p.m. This is an opportunity for organizations to add an alternate Safety officer or a refresher for a current one. Class size will be limited to twenty. Call to reserve a seat at 353-7079.

**FINANCIALLY READY 2014**

Individual financial counseling, classroom and unit trainings are available through Financial Readiness, a program within Army Community Service. FRP topics include: Budgeting, savings, debt liquidation, consumer education, understanding, building and repairing credit; bank account management; and lifetime financial planning for: marriage, children, retirement, divorce, deployment and permanent change of station. Consumer assistance is available with handling deceptive, illegal or unethical business practices. Financial Readiness Training for first-term Soldiers is a mandatory, eight-hour, monthly presentation required for all first-term Soldiers; Family members are encouraged to attend. Call to schedule an appointment or register for training at Fort Wainwright 353-7438 or Fort Greely (907) 873-2479.

**RECREATE ON ARMY LANDS**

Recreational users can access Army training lands by obtaining a free recreational Access Permit. Obtain a RAP card online at <http://usartrak.isportsman.net> or at a self-service kiosk at the Fort Wainwright. Prior to using the land, recreational users may check-in online at iSportsman, through a self-service kiosk or call the automated USARTRAK phone system, toll free at (877) 250-9781, Fairbanks: 353-3181 and Delta Junction: (907) 873-3181.

**WINTER BOWLING LEAGUES**

This month starts three new 10-week bowling leagues at the Nugget Lanes Bowling Center. Women's Doubles league will meet Wednesdays at 6:30 p.m. Nine-Pin No-Tap league will meet Thursdays, 6:30 p.m., and Youth Bag and Ball league will meet Sundays at 1 p.m. Teams are one adult and one youth. Youth receives bag and ball when league is paid in full. Measuring and drilling fee not included. League participation is \$10 per week and includes three games and shoe rental. Call 353-2654 or stop by the Nugget Lanes Bowling Center, building 3702 to sign-up.

**HOUSING ALERT**

Are you on the waiting list for post housing? If your phone number, email address or lease end date changes, contact North Haven Communities at 356-7000 (press 3, then 1) to update your status.

**APPLY FOR FEDERAL JOBS**

During the Army Career and Alumni Program briefing, ACAP staff shares information about how to apply for federal jobs with the Department of the Army and with other agencies, completing applications and how to use the U.S. Office of Personnel Management website to search for federal positions at [www.usajobs.gov](http://www.usajobs.gov). For more information, call 353-2113.

**TAKE CARE OF YOURSELF**

Commanders, take advantage of group classes provided by the Arctic Health Link office. Classes can accommodate groups of up to 100 Soldiers at a time, in acquiring their Take Care of Yourself card. After completion, Take Care of Yourself cardholders can obtain a select group of non-prescription medications, at no cost, from the pharmacy. Call 361-4148 to set up a class.

**EASY PROFILE UPDATES**

MilConnect is a website provided by the Defense Manpower Data Center that allows sponsors, spouses and their adult children to access information regarding their personal information, health-care eligibility, personnel records, and other information from a centralized location. Update addresses, phone numbers on DEERS record by signing in, choosing "My Profile Information" and clicking "Update Address." Scroll to the bottom and click "Submit" to add or update any of your contact information at the DMDC site: <https://www.dmdc.osd.mil/milconnect>.

**ROAD CONDITIONS**

Changes to road conditions and alerts are recorded on the post's information line: 353-INFO. Smart phone users can also text the installation's zip code to 888777 or sign up at <http://local.nixle.com/zipcode/99703/> to receive text information alerts of installation status.

**CHILD, FAMILY THERAPY**

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

**PREVENT ABUSE, NEGLECT**

Help for abused and neglected children is available locally and through a toll-free hotline. Call the 24-hour Child Help National Child Abuse Hotline at (800) 4A-CHILD or on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at [www.myarmyonesource.com](http://www.myarmyonesource.com).

**ALASKA DRIVING DELAYS**

Before heading out on a road trip, find out where driving delays may be occurring around Alaska at the Alaska Department of Transportation and Public Facilities' Navigator website, [www.alaskanavigator.org/](http://www.alaskanavigator.org/)

**ALASKA POST HOME DELIVERY**

Housing residents who no longer want home delivery of the Alaska Post should email the Public Affairs Office at [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) or call 353-6780. Share news tips or request submission guidelines by calling the editor, 353-6760.

**DIVORCE BRIEFINGS**

Questions and concerns about divorce can be answered Tuesdays at 9 a.m. These briefings are offered by the Legal Assistance Office located in building 1562 on the corner of Gaffney and Freeman Roads. The divorce briefing is available to military members and spouses. For more information about legal services or to make an appointment, call 353-6534.

## Seconds count in an emergency; keep pathways clear

**Sarah Chapman,**  
Fort Wainwright Fire  
Department

Imagine your home burning down while the



It is important that the areas around fire hydrants be kept clear of snow so that the fire department does not have to waste time searching for a hydrant during a fire. (Courtesy photo)

fire department stands by unable to put the fire out because the hydrant cannot be found. That is a common problem in winter months due to snow and ice build-up. Making it worse are the snow plows coming through and pushing all the snow to the side of the road, frequently burying the hydrants.

It is the responsibility of building managers to clear snow, ice and other obstructions from exits, fire hydrants, sprinkler or standpipe connections and mechanical room doors. This improves the fire department's access to the building and fire suppression systems in the event of a fire or medical emergency. Building managers should also report all hazardous conditions that cannot be immedi-

ately corrected to the Fire Prevention Office at 353-9140.

When clearing the area around the hydrant, clear a path from it to the road. In addition, clear an area of about three foot all around the hydrant.

In case of fire, all entrance and exit doors should be fully operational for use by occupants. If doors will not

open fully please place a work order immediately by calling 361-7069. In occupied buildings, doors should not be locked or chained from the inside for any reason.

When a fire alarm sounds, everyone should immediately exit the building using the nearest exit. Parents dropping off children at school or child care centers are reminded

to use the nearest exit door and not exit out the front door. All occupants should report to the facility's designated meeting place for accountability. Accountability of all occupants in a timely manner is important and allows fire department personnel to quickly determine

priorities and tactics during a fire emergency.

The Fort Wainwright Fire Department can better serve you if these few basic guidelines are followed. If you have questions about fire safety, please contact the fire department at 353-9140. For emergencies, always call 911.

MEDDAC-AK is Looking for Soldiers, Spouses, Family Members and Retirees for our **Patient Advisory Council**

**Are you...**

- Able to listen to differing opinions and points of view?
- Positive and supportive of the mission of the hospital?
- Capable of seeing beyond your personal experience?
- Respectful of diversity and the perspectives of others?
- Prepared to show concern for more than one issue or agenda?
- Interested in enhancing the patient-centered care experience for current and future members of our community?

Applications available at Clinic Front Desks, Bassett Info Desk  
Patient Advocate Office or [www.alaska.amedd.army.mil](http://www.alaska.amedd.army.mil)  
361-5291 for more info.

For More Information  
Contact the Patient Advocate at 361-5291 or  
[akmedpao@amedd.army.mil](mailto:akmedpao@amedd.army.mil)

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HOUSE  
FF AK POST/AK POST  
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## Mushers quest on post

The Yukon Quest, a 1,000 mile sled dog race, starts in Fairbanks Feb.1. A great place to cheer on the mushers and their teams will be at the Family and Morale, Welfare and Recreation's Outdoor Recreation Center, building 4050. Outdoor Recreation will be hosting a Yukon Quest event starting at 11 a.m. and lasting till 2 p.m. Mushers are expected to begin passing by on the Chena River through post from 11:15 a.m. to 12:15 p.m. Afterward, stay for free snowmobile rides and hot drinks. Please leave pets at home as it may distract the sled dogs. Look for a story about the Yukon Quest in the Jan. 31 edition of the Alaska Post. (File photo by Brian Schlumbohm, Fort Wainwright PAO)

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