

ALASKA POST

FREE

an edition of the
Fairbanks
Daily News - Miner

Home of the Arctic Warriors

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Vol. 6, No. 40

Fort Wainwright, Alaska

October 9, 2015

Resilience key to overcoming depression

Ihsan Abdur-Rahman and Capt. Donell Barnett
Army Public Health Center (Provisional)

Sam woke to gentle sunlight streaming through the blinds and turned to see his wife sleeping peacefully beside him. He heard their children playing nearby. A few months ago, he would have been eager to jump out of bed and get the day started. However, in the past weeks, his interest in daily routines and family life had diminished.

A year ago, Sam returned home from a second deployment to Iraq. During his 18-month tour, his children accomplished great things. His son made the Little League team, and his daughter took her first steps. Sam's family was eager for his return. At first, Sam seemed fine;

he showed affection toward his family, excelled at work, and played basketball with his buddies in his spare time. However, as the days progressed, a dark feeling began to creep into Sam's mind, dulling other sensations. He found himself spending more time at work and less time on the basketball court and with his family. At a routine Troop Medical Clinic visit, Sam revealed he had been feeling "out of the norm" and having bouts of digestive problems. His doctor asked about feelings of irritability, isolation and withdrawal. Sam admitted to feeling those things and spending more time at work. The doctor suggested he may be suffering from depression.

Sam's story is fictional, but depression is quite real. Individuals cope with depression in different ways. Some



Soldiers who demonstrate resilience during times of hardship find the tools to resolve challenging situations. (Army photo)

may feel overwhelmed by sadness, guilt and helplessness. Some, like Sam, may try to find relief from symptoms by isolating themselves from family and friends, or overworking. One does not have to cope with depression alone. Depression is a treat-

able and manageable medical condition. Sam demonstrated resilience by seeking care and having an open conversation about his feelings with his physician.

Soldiers' careers carry expectations, responsibilities and stressful situations. Soldiers who

demonstrate resilience during times of hardship find the tools to resolve challenging situations. Habits that build resilience are the same habits that may reduce the symptoms of depression: participating in physical activity, adopting a healthy diet, practicing

healthy sleep habits, seeking care from behavioral health professionals and joining support groups. Resilience can be learned, preparing Soldiers for lifelong success in finding solutions to difficult situations. One program for building resilience in Soldiers and their families is the Comprehensive Soldier and Family Fitness, or CSF2 Program. CSF2 uses a systematic process to build mental strength, professional acumen and the Warrior Ethos.

If you or someone you know is experiencing depression, help is available from a variety of sources. Contact your local military treatment facility, Tricare or a civilian community counseling facility. Military OneSource (800-342-9647) can direct you to an appropriate resource.

New nest boxes for Swallows

Garrett Savory
USAG FWA Wildlife Biologist
DPW Environmental Division

On a cool and drizzly Sept. 17, more than 60 volunteers and employees from U.S. Army Garrison Fort Wainwright, U.S. Army Alaska, Lend Lease, Mainscape, and Colorado State University teamed up to install 261 swallow nest boxes on Fort Wainwright Main Post and training areas for the annual Community Day.

The nest boxes will encourage both Tree (Tachycineta bicolor) and Violet-green Swallows (Tachycineta thalassina), which naturally nest in cavities of dead trees, to raise their young on Fort Wainwright lands. Although Tree and Violet-green Swallows are abundant, both of their global populations have slightly declined since the 1960s. Decreases in insect populations, i.e. swallow food, in parts of their range and loss of nesting habitat are likely responsible for the swallow decline. The nest boxes will increase the amount of nesting habitat to both Tree and Violet-green Swallows, replicating their natural nesting habitat. This fits into the Fort



Col. Sean C. Williams, Fort Wainwright Garrison Commander, and Keith Scruggs of North Haven Communities LLC, set up one of the swallow nest boxes in Chena Cove. (Photo courtesy of North Haven Communities LLC)

Wainwright mission of being proactive in conserving natural resources, including songbirds

like swallows.

Swallows help people out because they feed on pesky

insects during summer. Tree and Violet-green Swallows migrate from their winter-

ing grounds in the southern

See NEST on page 3



Fort Wainwright Veterinary Treatment Facility

Winter can be a fun time for playing in the snow with your family, including your animal family. Below are some helpful tips for caring for

Caring for pets in an Alaskan winter

your cats and dogs during the winter months:

- Never leave your dog or cat alone in a car during cold weather.

A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.

- If you have cats, it is best to keep them indoors. If you know you have outdoor cats in your neighborhood,

make sure to bang loudly on your car hood before starting the engine since cats will find any spot for shelter.

- Never shave your dog down to the skin in winter as a longer coat will provide more warmth. If you own a short-haired breed, consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly.

- Be particularly gentle with elderly and arthritic pets during the winter. The cold can leave their joints ex-

tremely stiff and tender, and they may become more awkward than usual. Stay directly below these pets when they are climbing stairs or jumping onto furniture; consider modifying their environment to make it easier for them to get around.

- When you're cold enough to go inside, they probably are, too. If you absolutely must leave them outside for a significant length of time, make sure they have a warm, solid shelter against the wind with thick bedding and plenty of non-frozen water.

However, leaving pets outside is not recommended during the winter.

- When you're outside with your pets during the winter, you can watch them for signs of discomfort with the cold. If they whine, shiver, seem anxious, slow down or stop moving, or start to look for warm places to burrow, they're saying they want to get back someplace warm.

- Never let your dog off the leash on snow or ice. Make sure your pet always wears ID tags. If you live near a pond

or lake, be very cautious about letting your rambunctious dog off the leash. Animals can easily fall through the ice, and it is very difficult for them to escape on their own.

- Pets lose most of their body heat from the pads of their feet, their ears, and their respiratory tract. Dog booties are recommended for all dogs going outside during the winter. Booties can be purchased in nearly all pet stores in Alaska.

See PETS on page 2

Pharmacy benefits have changed

Brandy Ostanik
MEDDAC

Tricare beneficiaries may have noticed some changes to their pharmacy routine already this week. A new law went into effect Oct. 1 requiring most Tricare beneficiaries to get their brand name maintenance medications from either a military pharmacy, such as the outpatient pharmacy at Bassett Army Community Hospital

or Tricare Pharmacy Home Delivery.

Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law doesn't apply to drugs you take for a short time, like antibiotics or generic drugs. The law doesn't apply to active duty service members, beneficiaries living overseas, or those who have another insurance plan with prescription drug

coverage.

"A military pharmacy is a great way to fill maintenance drugs, since you can get up to a 90-day supply, and there's no cost for Tricare beneficiaries," said Maj. Don Yamashita, chief of Pharmacy for Medical Department Activity - Alaska.

Beneficiaries affected by the change should have received letters from Express Scripts, Inc., the Tricare pharmacy contractor in ear-

ly September. These letters told the beneficiary they are taking an affected drug, and explained their options. Beneficiaries can also call Express Scripts at (877) 363-1303 to see if they are affected.

After December 2015, beneficiaries will have to pay 100 percent of the cost of their medication, if they continue to receive their affected medication at a retail pharmacy.

Tricare Pharmacy Home Delivery is another safe, convenient and low cost option to get maintenance drugs. An additional benefit of using the Home delivery system is that you can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy.

For more information about this change to Tricare's pharmacy benefit, visit www.tricare.mil/RxNewRules.

MEDDAC Minute

Important Phone Numbers

Emergency: 911

24-Hour Nurse Advice Line: (800) 874-2273 Opt. 1

Appointment Line: 361-4000

Behavioral Health: 361-6059

Benefits Advisor: 361-5656

Immunizations: 361-5456

Information Desk: 361-5172

Patient Advocate: 361-5291

Pharmacy Refills: 361-5803

Tricare Online: www.tricareonline.com

United Health Care: uhcmilitarywest.com, (877) 988-9378

Performance Triad Tip - It's not just about getting 10k steps in and sitting the rest of the day, staying active is a lifestyle commitment. Try to spread out your steps; if you get 10k before lunch, try to get another 5k or 10k before dinner.

Walk-In Family Flu Clinic - It's almost flu season. Protect yourself, your family and our community by receiving your flu vaccine. The walk-in flu clinic will take place Oct. 19, 20, 22, 23, 26, 27 and 29 from 7 a.m. to 2:45 p.m. and Oct. 21, 28 from 7 a.m. to 4:45 p.m. at the Education Center, bldg. 4391.

Mammogram Appointments Available

- Bassett ACH is partnering with the community and will be offering mammograms Oct. 23 and Nov. 7. To book your appointment, please call 361-4910.

No Show - If you are unable to make a schedule appointment, please call the appointment line as soon as possible so we can offer the appointment to another beneficiary in need. 361-4000.

Army Medicine's Ambassador Program

- Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

Wellness Center Appointments

- The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services, call 361-2234.

October ASAP

John M. Timmins
Substance Abuse
Prevention Coordinator

There is a lot going on in October for many of us, especially for those with children: Red Ribbon Week and Halloween.

Red Ribbon Week, mostly in the local schools, is a fall campaign for drug abuse prevention, which is generally aimed at children. There will be special sessions in some schools with law enforcement, drug abuse prevention specialists, and others attempting to bring drug abuse prevention awareness to the children in an age appropriate fashion. If you have kids in the local schools, don't be surprised if some of them come home not only with some handouts but also some questions. Watch for some things for adults also, especially at the Physical Fitness Center. Red Ribbon Week is the last week of October.

Halloween. The last day of October. Kids and adults dress up and get spooky. It looks like a lot of fun to me.

Where there are children, there will be snacks and, of course, candy. Unfortunately, there are those who at this time of year give out snacks

and candies that are tainted with alcohol or some other drug. Some of these are homemade while others are available in some local stores.

With Alaska having voted to legalize marijuana, some local stores carry snacks, candies, and drinks that contain THC, the main psychoactive component in marijuana. Many times the label will not list THC or marijuana, but might list hemp or hemp oil or hemp seeds. Hemp looks exactly like marijuana and does contain THC.

The difference between marijuana and hemp is the amount of THC and the quality of the fiber, but even experts sometimes disagree as to exactly where the break point is between the two. For us, it does not matter.

THC in any form is illegal on federal property and is illegal for use by military and civilian employees. Period. That includes not only edibles, but externals such as soaps, bath oils, and lotions that contain THC.

Read the labels. Protect yourself (your job/career) and the children. When in doubt, throw it out. Now, go have some fun.

Learning about Cliff Swallow nesting habits

Aleya Brinkman
USAG FWA wildlife
biologist

Have you noticed these structures around post? They are artificial nesting habitat for cliff swallows. The DPW Environmental Division is beginning an experiment to see if cliff swallows will use alternative nesting structures.

Every spring thousands of cliff swallows nest on Fort Wainwright building roofs, lights, overhangs, loading bays and windows. The birds' excrement can quickly build to nuisance levels and mites from their nests can infest nearby areas. Over the years, people have become wise to preventing nesting by



installing vinyl flashing and updating features such as smooth siding, reducing window insets, changing the shape of outdoor lights, and paving gravel parking lots, which the birds use

for a mud source when it rains. However, cliff swallows nesting on Fort Wainwright's older buildings remains troublesome each summer.

Another serious problem with cliff swallows

results when people deliberately knock down nests. The birds and their active nests are federally protected by the Migratory Bird Treaty Act, which means that knocking down nests

This summer, Salcha Delta Soil and Water Conservation District installed three habitat structures around post, which will be annually monitored to determine if they are being used and can actually draw swallows away from certain areas. The results from this study will be used to guide future swallow management on Fort Wainwright. (Photo courtesy Aleya Brinkman, USAG FWA wildlife biologist)

with eggs and nestlings could be considered a felony violation. Every year there are several reports of cliff swallow nests being knocked down on Fort Wainwright. As a result, DPW Environmental Division is investigating ways to mitigate violations of the

Migratory Bird Treaty Act and reduce negative human-wildlife interactions on Post.

While cliff swallows are mostly considered an annoyance on Post, it is important to remember that they do provide one important and overlooked service - mosquito control! One cliff swallow can eat up to 1,000 mosquitoes per day. In interior Alaska, mosquitoes can carry tularemia, a severe infectious disease that causes skin ulcers, swollen glands, fever, and can be fatal to humans and animals. So remember that while their droppings can be unsightly, their pest reduction services are invaluable.

Pets

Continued from page 1

- Check your dogs' paws and ears daily during the winter, especially after coming in from a walk or play time outdoors. Frost bite is a very real threat in Alaska.

- Sometimes ice will ball up between a dog's toes when they play in the snow, making walking difficult. If your dog starts limping while outside, be sure to check for ice balls right away. If your dog comes in from playing outdoors with red or bleeding paw pads, treat them immediately to avoid infection.

- Wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.

- Puppies do not tolerate the cold as well as adult dogs, and may be difficult to housebreak during the winter. If your puppy appears to be sensitive to the weather, you may opt to paper-train him inside. If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only to relieve himself.

- If you suspect your pet may have frostbite, bring her into a warm environment right away. You can soak her extremities in warm water for about 20 minutes to melt the ice crystals and restore circulation. It's important that you don't rub the frostbitten tissue. Once your pet is warm, wrap her up in some blankets and take her to the veterinarian.

Fort Wainwright
Veterinary Treatment
Facility, building 3597,
open 8:30 a.m. to 4:30
p.m. Monday through
Friday (closed daily
noon to 1 p.m. for lunch).

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Fort Wainwright Community Spouses' Club
33rd Annual
Holly Days Bazaar

Friday October 16th 4-8pm
Saturday October 17th 10-5pm

Hangar 4
Building 3007, Montgomery Road
Fort Wainwright

Admission: \$3
Children 12 and under are Free

Food Vendors
Door Prizes
Handmade Crafts
Pictures with Santa

The Fort Wainwright CSC is a not-for-profit organization. Proceeds from this event go towards local scholarships and welfare grants.

Contact: hollydaysbazaar@gmail.com
facebook.com/hollydaysbazaar

33rd Annual Holly Days Bazaar

Myllinda DuRousseau
 Fort Wainwright
 Community Spouses Club

It's that time of year: the temperature has fallen, as has the first snow, and the daylight has begun to fade as the land of the midnight sun prepares to hibernate for the winter.

It's no secret Alaska winters are tough, especially in the interior, but that doesn't mean you have to spend the next seven months at home watching Netflix and surfing Facebook; it is a great time

to get out and see what Fairbanks and Fort Wainwright have to offer and a good place to start is at the upcoming 33rd Annual Holly Days Bazaar.

The bazaar, Oct. 16 and 17, is scheduled to have over 85 vendors coming from as far as Anchorage, Delta Junction and Salcha, as well as a variety of local, hand-made gifts and products. In addition to the vendors, Santa will be there to get photos with the family, and there will be a variety of hot food for sale as well as desserts

and hot chocolate to warm you up as you do some holiday shopping.

The bazaar offers more than a day of shopping and food, it also gives back to the community. The Fort Wainwright Community Spouses' Club hosts the bazaar each year as a way to raise money for Welfare Grants to non-profit organizations and scholarships to Army family members. Last year's bazaar raised over \$15,000 for these programs.

So mark your calendar and plan to come out and see

some of the unique gifts and handmade items Alaska has to offer while supporting the community. And if you are looking for a fun way to get out of the house this winter, consider joining the Spouses' Club; they have a variety of sub clubs and events to keep you busy all winter.

The Fort Wainwright Community Spouses' Club is open to all spouses of active duty and retired military members in all branches of the Armed Services who are assigned, attached or living at Fort Wainwright as well

as active military members and Department of Defense civilians and their spouses. The purpose of the club is philanthropic in nature. Civic and welfare projects are conducted for the benefit of Fort Wainwright and select organizations from the local community, while fostering a spirit of friendship, support and goodwill for its members through education, volunteerism and participation in community affairs.

L. Amber Phillippe
 Landscape Historian,
 DPW Environmental Division

Editor's note: *This historical photo is fifth in a series about Fletcher's Island, a 14x17 mile island of ice about 300 miles north of Point Barrow discovered by a routine mission conducted over the Arctic. It was selected to serve as a research camp, an endeavor known as "Project Icicle."*

Fletcher's Island (T-3) occasionally experienced calving events over the years and one time the whole island split, as pictured here in May 1958. Despite these persistent dangers, "Project Icicle" lasted from 1951 to 1961. During its decade of activity, the researchers at Fletcher's Island (T-3) contributed to the studies of oceanography, arctic meteorology, ice movement, solar radiation, gravity, and magnetism and ice island features and origins. In 1961, the U.S. Air Force ended its sponsorship of ice station research and turned the island and its facilities over to the U.S. Navy.

Project Icicle



Nest

Continued from page 1

United States, Central America, and the Caribbean to breed in northerly locations, including Alaska. Once the swallows arrive in Alaska in May, they will begin nest construction in cavities be it a tree or nest box. They typically lay four to six eggs which will hatch after a two week incubation period. Once the chicks have hatched, both parent birds feed their young several thousand insects a day. The chicks will need to

increase their weight from 2 grams when they hatch, to 20 grams by the time they leave the nest in three weeks. Both adult and juvenile swallows will continue to feed on insects in the area until they migrate south in August for the winter.

The nest boxes were put in locations with plenty of insects, such as near water bodies and clearings, but lack large dead trees with cavities. Many were installed near housing areas on Fort Wainwright. The wooden nest boxes, built by Salcha-Delta Soil and Water Conservation Dis-

trict, were attached to T-posts, driven into the ground, five feet off the ground.

Now that the nest boxes have been installed, Fort Wainwright Directorate of Public Works Environmental Division will begin monitoring the boxes for swallow use next summer. The boxes will also need to be cleaned out in autumn after swallows migrate south. To do this, the Environmental Division is planning on working with volunteers from the Fort Wainwright community next summer.



(Courtesy photos)

New techniques used to study Alaskan Dall sheep

Rob Novak
Director of Communications, Warner College of Natural Resources
Colorado State University

Colorado State University's Center for the Environmental Management of Military Lands is partnering with CSU's Warner College of Fish, Wildlife and Conservation Biology Department to study Dall sheep at U.S. Army Fort Wainwright with unique wildlife camera trapping techniques.

2 million photos

Jeremy Dertien, an ecology masters student in the fish, wildlife and conservation biology department, is in the midst of analyzing time-lapse movies of the more than 2 million photos collected with wildlife cameras at two areas on the installation's firing ranges.

"We haven't see these kinds of camera trapping methods employed in other studies," he said. "Using time-lapse analysis and focusing the cameras on such large areas is fairly new to wildlife biology."

Charismatic Dall sheep

Tourism is Alaska's second largest industry, according to the state's



comprehensive outdoor recreation plan, and wildlife viewing and hunting are cited as some of the most popular outdoor activities. The charismatic Dall sheep are a species of interest to both tourists and the tourism industry

Given those circumstances, the Army wants to ensure that training exercises in the sheep's habitats do not adversely impact the animals. Enter CEMML, which consults with the U.S. military and other federal agencies on a wide variety of environmental and cultural resources issues, including wildlife management.

Monitoring in extreme conditions

To monitor the sheep, more than 50 wildlife cameras were strategically placed and operated non-stop for two full years. A photo was taken anytime the camera sensed movement and at regular intervals. The cameras operated in the extreme Alaskan conditions (temperatures of 40 to 50 below in the winter) thanks to advances in battery technology.

Dertien, along with Alaska-based CSU/CEMML staff, entered the training areas and traveled throughout the sites by helicopter,

in some cases, during a small window in the training season to install cameras. They came back again the following summer to download photos and perform maintenance on the cameras.

"There were a number of sites where cameras were damaged by grizzly bears," Dertien said. "It was interesting to see the last few minutes of a camera's life while a bear was playing with it."

Challenging environment

Dertien said the environment was challenging to work in, "but also pretty

cool. We were able to work late into the night because the area is so far north. I didn't experience darkness for a month."

Dertien also encountered grizzly bears and even found evidence of the bears eating Dall sheep. "It's kind of surreal to find your subject species in the scat of predators in the area. That was the first time I 'saw' a Dall sheep on my study site."

No adverse effects

The good news for the Army is that the study did not find any adverse effects of training at the sites as the Dall sheep don't appear to be using the areas during periods of active training.

Other interesting findings keep coming up as well. So far Dertien has observed 16 different mammal species in the analysis, including caribou, collared pika, wolf, red fox, Canada lynx and even the highly elusive wolverine. The use of regular interval pictures has been so successful that data from the study will also be used to estimate how nine other mammals and ptarmigan are utilizing the habitats in the study areas.

Fort Wainwright

Friday – 9th Training Holiday

SAC RECOGNIZES 4-H NATIONAL YOUTH SCIENCE DAY, 7 a.m. to 5:30 p.m., School Age Center, building 4166. Call 361-7394.

SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

REGISTRATION ENDS for Wrestling, 8 a.m. to 6 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

TRAINING HOLIDAY LASER TAG, 1 to 3 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

STRENGTH AND CONDITIONING ORIENTATION, 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

COSMIC BOWLING, 9 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Saturday – 10th

STILES CREEK ATV RUN, Outdoor Recreation, building 4050. Call 361-6349 for meeting time.

CASTNER GLACIER VALLEY HIKE, 7 a.m. to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

UPPER ANGEL CREEK CABIN HIKE, 8 a.m., Outdoor Recreation, building 4050. Call 361-6349.

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

WARRIOR ZONE MONTHLY POOL TOURNAMENT, 7 p.m., Warrior Zone, building 3205. Call 353-1087.

WARRIOR ZONE MONTHLY TEXAS HOLDEM TOURNAMENT, 7 to 10 p.m., Warrior Zone, building 3205. Call 353-1087.

COSMIC BOWLING, 9 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Sunday – 11th
BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.

UPPER ANGEL CREEK CABIN HIKE, 8 a.m., Outdoor Recreation, building 4050. Call 361-6349.

Monday – 12th Columbus Day Federal Holiday

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m. and 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

INSANITY CLASS, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

MONDAY MOVIE MARATHON, 5 to 11 p.m., Warrior Zone, building 3205. Call 353-1087.

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

Tuesday – 13th
GROUP CYCLING, 6:30 to 7:30 a.m. and 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

VMIS USAGE FOR FRGS, 9 to 10:30 a.m., Education Center, building 4391. Call 353-7438.

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

BUDDY CLIMB, 11 a.m. to 7 p.m., Outdoor Recreation, building 4050. Call 361-6349.

BASKETBALL, CHEERLEADING, AND DEV. BASKETBALL, 6 to 7 p.m., Youth Sports and Fitness, building 1049 #2. Call 353-7482.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING ORIENTATION, 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

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

TRIVIA TUESDAY, 7 p.m., Warrior Zone, building 3205. Call 353-1087

Wednesday – 14th
SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

DOMESTIC ABUSE MONTH STAND DOWN TRAINING, 9 a.m. to 3 p.m., Physical Fitness Center, building 3709. Call 353-7223.

POST NEWCOMERS, 9 a.m. to 2 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m. and 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

INSANITY CLASS, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223

CERTIFIED LEADER TRAINING, 6 to 8 p.m., Army Community Service, building 3401. Call 353-4227.

SURVIVOR OUTREACH SERVICES SURVIVOR CONNECTION, 6 to 8 p.m., Army Community Service, building 3401. Call 353-4004.

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

Thursday – 15th
SAC RECOGNIZES NATIONAL HIS-

PANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

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

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

STRENGTH AND CONDITIONING ORIENTATION, noon to 1 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

BASIC STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

INTRO TO BELAY, 5:30 to 7:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.

WELCOME TO WINTER, 6 p.m. to 8 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

Friday – 16th
INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

STRENGTH AND CONDITIONING, 4:15 to 5:15 p.m. and 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.

PUMPKIN DECORATING, 5 to 7 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

FAMILY FRIDAY NIGHT ROCK CLIMB, 5:30 to 7:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.

COSMIC BOWLING, 9 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

IN BRIEF

NAF SALE

Doors do not open until 1 p.m., today, Oct. 9, building 3020 (across from private sale lot). DoD cardholders only (must have ID to get in) from 1 to 5 p.m. and open to the public 5 to 7 p.m. No preview of items before the sale or list of items available. All items must be removed on the day of the sale; all sales are final. Cash and credit cards are accepted. No children under 16 years old are permitted in the warehouse area. For more information, call 361-7258.

DOMESTIC VIOLENCE AWARENESS

Wednesday, Russell Strand, Chief, Behavioral Sciences Education and Training Division United States Army Military Police School, will provide two briefings on DV Awareness to Soldiers and Family members at the Physical Fitness Center, building 3709. Events will take place from 9 to 11 a.m. and 1 to 3 p.m. Soldiers attending this will have completed the requirement, per AR 608-18, for their Domestic Violence Awareness training.

JOBS

In search of a new job? Fort Wainwright is looking for you! Visit www.usajobs.gov for a full listing of federal jobs.

WALK-IN FAMILY FLU CLINIC

Protect yourself, your family and our community by receiving your flu vaccine. The walk-in flu clinic will take place Oct. 19, 20, 22, 23, 26, 27 and 29 from 7 a.m. to 2:45 p.m., and Oct. 21 and 28 from 7 a.m. to 4:45 p.m. at the Education Center, building 4391.

BOO TO THE FLU

Mark your calendars for our annual Boo to the Flu indoor trick-or-treating and haunted library event. The festivities will take place at Bassett ACH Oct. 30 from 4:30 to 6 p.m. Please use the VA entrance and know doors will not open until 4:30 p.m.

HOLIDAY LAYAWAY

The Fort Wainwright Exchange is has fee-free layaway for early holiday shopping. Starting now, the Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by Dec. 24, including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan. A deposit of 15 percent is required to hold items on layaway at the Exchange. Shoppers can visit the Fort Wainwright Exchange customer service for complete program details and eligibility information.

ICE RINK OPENING

The ice rink at the Physical Fitness Center, building 3709, will be open Saturday and Sunday for recreational ice skating from 1:30 to 4 p.m.

CHAPEL SERVICES

Southern Lights
Catholic Mass
Sunday at 9 a.m. and Monday at 6:30 p.m.
Contact: CH (MAJ) James Peak, (907) 361-4269 or James.J.Peak.mil@mail.mil

Southern Lights Chapel is located on the corner

of Neely Road and 8th Street, building 4107.

Northern Lights

Divine (Liturgical) Service (beginning Oct. 11) Sunday at 8:30 a.m.
Contact: CH (CPT) Matt Christensen, (907) 353-4610 or Matthew.C.Christensen2.mil@mail.mil

Protestant Service

Sunday at 10:30 a.m.
Contact: CH (MAJ) Philip Jeon, (907) 353-6100 or Chul.W.Jeon.mil@mail.mil

Northern Lights Chapel is located on the corner of Rhineland and Luzon Avenue, building 3430.

FUNDED LEGAL EDUCATION PROGRAM

The Office of The Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense.

Selected officers will attend law school beginning the fall of 2016 and will remain on active duty while attending law school.

Interested officers should review Army MILPER Message 15-013 and Chapter 14, AR27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain.

Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at AHRC, send the original application to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron- Rm 28,517), 2200 Army Pentagon, Washington, DC 20310, to be received by November 1, 2015.

Submission of the application well in advance of the deadline is advised.

Interested officers should contact CW2 Norman Richards, Office of the Staff Judge Advocate, USARAK, at (907) 384-2434 or norman.e.richards2.mil@mail.mil

Eielson Air Force Base

Friday – 9th

THE GALLOWS (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

TEEN BREAK, 7 to 10:45 p.m., Youth Center, building 5313 Eielson AFB, Call 377-3194.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Saturday – 10th

DEPLOYED FAMILY SOCIAL, 10 a.m. to 2 p.m., Iceman Falls, building 1140 Eielson AFB.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

KID'S HAUNTED HOUSE CRAFT, 12 to 1 p.m., Arts and Crafts Center, building 3335 Eielson AFB, Call 377-4880.

ANT MAN (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Sunday – 11th

CHENA HOT SPRINGS TRIP, Eielson City Center, building 3310 Eielson

AFB, Call 377-2642.

PIXELS (PG-13), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

**Monday – 12th
Columbus Day**

LOVE AND LOGIC, 2 to 4 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

FOOTBALL FRENZY, 4:30 p.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.

Tuesday – 13th

REINTEGRATION BRIEFINGS, 9:30 a.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

Wednesday – 14th

ANGER MANAGEMENT, 10 a.m. to 12 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

CREDIT REPORTS: WHAT THEY SHOW AND WHO SEES IT, 11 a.m. to 12 p.m., Airman and Family Readiness Center, building 3124 Eielson

AFB, Call 377-2178.

TOBACCO CESSATION, 12 to 1 p.m., Baker Field House, building 3343 Eielson AFB, Call 377-9355.

HOLIDAY CARD CLASS, 6:30 to 8:30 p.m., Arts and Crafts Center, building 3335 Eielson AFB, Call 377-4880.

Thursday – 15th

BETTER BODY, BETTER LIFE, 11 a.m. to 12:30 p.m., Baker Field House, building 3343 Eielson AFB, Call 377-9355.

PRE-DEPLOYMENT BRIEFINGS, 1 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

TOSS A BALL CHALLENGE, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

FOOTBALL FRENZY, 4:30 p.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.

Friday – 16th

END OF QUARTER BOWLING SPECIAL, 8 a.m. to 2 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

SELF/LESS (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson

AFB, Call 377-2269.

TEEN BREAK, 7 to 10:45 p.m., Youth Center, building 5313 Eielson AFB, Call 377-3194.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Saturday – 17th

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

JURASSIC WORLD (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Sunday – 18th

CHENA HOT SPRINGS TRIP, Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

MINIONS (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

IN BRIEF

FINANCE TIP

Did you know that dorm residents receive BAS while on leave status?

NUTRITIONAL TIP

Be a healthy role model. Show your child see that you like to eat raw vegetables.

24-HOUR GYM ACCESS

Baker Field House will now allow 24-Hour Fitness Access to DoD CAC card holders, dependents over 18 years old and military retirees. All those who wish to utilize the designated area in the facility after hours will be required to register their CAC/Fitness Access Card and sign a Statement of Understanding/Assumption of Risk Form. Dependents and retirees will be required to obtain a Fitness Access Card from the Baker Field House in order to gain access through the designated entrance. For more information, please contact the Baker Field House at 377-1925.

PHARMACY RECEIVES MEDSAFE

The 354th Medical Group pharmacy has a new way to dispose of expired and unused medications. MedSafe, a blue receptacle near the pharmacy pick up window is a collection point that is secure and meets the requirements of the newly updated DEA Controlled Substance Act. During business hours you can dispose controlled and non-controlled medications in the MedSafe. Removal of patient information is not required. Please try to keep medication in its original container and place liquids in a plastic bag. Illegal drugs, liquids over 4 ounces, sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices and hazardous chemicals are unauthorized to drop-off. Any questions may be directed to the pharmacy at 377-1462.

PLAYING AT ERNIE WALKER THEATER

The Ernie Walker Theater is now open and playing movies every Friday, Saturday and Sunday. Movies are free to all DoD ID holders! So stop by, grab some popcorn and enjoy a night at the movies, courtesy of the Eielson Force Support Squad-

ron. For more information, call 377-2269.

EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:

Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community:

Contemporary Service, 9 a.m., Sundays
Sunday School, 10:30 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Liturgical Service, 7 p.m., Wednesdays
Jr./Sr. High Youth Service, 7 p.m., Wednesdays

Iceman in Action: Senior Airman Sean Kirby

**Airman 1st Class
Cassandra Whitman**
354th Fighter Wing
Public Affairs

Rank and Name:
Senior Airman Sean Kirby

Duty Title: Emergency management journeymen, 354th Civil Engineer Squadron

Hometown: Gatesville, Texas

Why is serving in the Air Force important to you? It gives me the opportunity to serve my country and follow in the same footsteps as my parents and grandparents.

What moment or accomplishment as a member of the Iceman Team are you most proud of and why? The accomplishment I am most proud of is the rewrite of the Civil Engineer Contin-



gency Response Plan for the base. It gave me a chance to work with all of the shops throughout the 354th CES on how Eielson would recover from an incident or disaster.

What is your favorite part of your job? My favorite part

of being an emergency manager is training for and responding to chemical, biological, radiological and nuclear defense hazardous and hazardous materials incidents, as well

as the ability to develop base wide plans and executing them in the event of an incident or disaster. The development of these plans takes time, effort and insight from everyone

U.S. Air Force Senior Airman Sean Kirby, a 354th Civil Engineer Squadron emergency management journeyman, takes a quick break Sep. 29, 2015, at Eielson Air Force Base, Alaska. Kirby said serving in the Air Force is important to him because it gives him the opportunity to serve his country and follow in the same footsteps as his parents and grandparents. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)

you and why? The person who inspires me the most is my mother. She was a single parent taking care of two children while serving in the military, taking on deployments and so on. It really inspired me, especially because I'm a new father.

What's your favorite part about being in Alaska? My favorite part of Alaska is the summer. It's gorgeous out here during the summer, and the fishing is great.

to make sure that they are effective.

Who inspires