

# Birch Hill Ski and Snowboard Area open for business

Allen Shaw,  
Fort Wainwright PAO

The combination of man-made snow and a nudge from Mother Nature made it possible for the Birch Hill Ski and Snowboard Area on Fort Wainwright to open Nov. 28. The snow that fell this week is only expected to make conditions better. Attendance was reportedly good for the first weekend of the season. The temperature was around zero degrees. Ian Tassie, business manager, Directorate of Family and Morale, Welfare and Recreation said, “Even though the hill was icy, it was well groomed making for a great day on the slopes.” Along with staff fine tuning the slopes, the lodge is also getting some well-needed attention.



See BIRCH on page 2

The Birch Hill Ski and Snowboard Area on Fort Wainwright are open. The ski lodge features a fireplace, open seating area for dining and warming up, equipment rental area and a snack bar. (File photo)

## Arctic Tab equals Arctic Tough

Sgt. Sean Callahan,  
U.S. Army Alaska PAO

From Joint Base Elmendorf-Richardson to Fort Greely back around to Fort Wainwright there is one thing you will see in on the left sleeve on some Arctic Warriors and that is the Arctic Tab. But what does the Arctic Tab mean and how do you get one? “The Arctic Tab is a sign for commanders to be able to visually identify Soldiers and leaders who have successfully completed training at the Northern Warfare Training Center and have been taught how to sustain themselves and their Soldiers in arctic conditions,” said Staff Sgt. Michael Obrien, an instructor with NWTC.



The Northern Warfare Training Center offers two courses for leaders and Soldiers in order to earn the respected Arctic Tab. The Cold Weather Orientation Course or CWOC is a four-day course that familiarizes senior leadership with the knowledge and skills required in successfully planning and conducting operations in the cold. This course is typically attended by Soldiers from first sergeants to colonels. The Cold Weather Leadership Course or, CWLC, is a 10-day course that trains squad and platoon-level leaders in the knowledge and skills required to successfully conduct small unit operations in a cold, snow-covered environment. This course is typically attended by Soldiers from privates to staff sergeants and lieutenants to captains. The Arctic Tab signifies that a Soldier has the knowledge to better understand the austere environment that our Arctic Warriors face for roughly nine months out of every year, and have the knowledge required to keep their Soldiers safe while training in such harsh environments. When in doubt seek an arctic tab out. For enrollment in these courses, please contact your unit’s schools NCO or company first sergeant.

## Weather wizard predicts warm wet winter

Allen Shaw,  
Fort Wainwright PAO

When it comes to predicting the long-range forecast for Interior winters, there is only one man on Fort Wainwright who has access to a crystal ball and has a hotline to the Greek goddess of weather Meteoroi. Roy Metcalf, Chief Forecaster, Detachment 3, 1st Weather Squadron has been around a few years and is always gracious enough to share his wisdom. “After the record breaking spring-summer of 2014 the weather forecast for the winter season appears to be shaping up as warm and moist,” Metcalf said, “Warm, relative to Alaska.” Temperatures will still drop into the negative 20 (degrees) below zero range occasionally, but not with any degree of regularity. He said, “I am not anticipating any dates between Mr. Fahrenheit and Miss Celsius where they meet secretly at 40 (degrees) below zero over the middle Tanana Valley.” The snowfall until this past week has been comparably minimal, but Metcalf said

that could change. “The past year has shown increased cloud cover over the middle Pacific Ocean which indicates an El Nino event is beginning.” El Nino is an irregularly occurring and complex series of climatic changes affecting the equatorial Pacific region and beyond every few years, characterized by the appearance of unusually warm, nutrient-poor water off northern Peru and Ecuador, typically in late December. The National Center for Environmental Prediction indicates that Alaska will see conditions warmer and drier than normal for the next six months. Normal annual snowfall for Fairbanks is 65-inches with October to January averaging over 10-inches per month. November is usually the highest with 13.2-inches. Metcalf reported Tuesday that 4 inches handed landed on Fort Wainwright over the previous twelve hours. “I am not agreeing with the dry precipitation long range forecast. I do see indications of a later than normal developing snowpack,” Metcalf said. “The Bering Sea has not started to freeze yet and new ice

barely covers Kotzebue and Norton Sound to our west and northwest. This means that the Bering Sea will remain open later than normal as a source region for moisture. Therefore, we will receive snow events later than normal.” The warmer conditions create hazardous road conditions. Tuesday afternoon, road conditions on post were downgraded to black. Typically, with a new influx of Soldiers and Family members experiencing their first Alaska winter, the snow covered icy patches brings a wake-up call to the inexperienced Alaskan drivers. Fairbanks has seen six fatalities in the past six weeks. As a reminder and fair warning, always drive with your headlights on, carry a fully-charged cell phone whenever you head out, carry a personnel survival kit, dress appropriately in layers, keep your windshield washer fluid topped off, gas up anytime you drop below half a tank, reduce your speed appropriately, have proper tires and assist stranded drivers when it is safe.

See WIZARD on page 2

## Survey could have effect on Soldier housing allowance

Staff report, Fort Wainwright PAO

The Office of the Assistant Chief of Staff for Installation Management is conducting a survey of various housing costs for service members residing off-post at Forts Wainwright and Greely. The survey purpose is to collect data from service members stationed in these locations on their actual housing costs for the past 12 months.

For the last several years, utility costs in the Interior have risen much greater than the Lower 48. The Basic Allowance for Housing is a U.S.-based allowance that provides uniformed service members housing compensation based upon the median costs of adequate rental housing for civilians with comparable income levels in the installation’s local area. “The BAH survey in place currently is

contracted out of the DA Headquarters and uses a universal format that does not allow for unusual environmental or geographical impacts,” said Connie Kiser, housing management specialist, RCI & Housing Division, Directorate of Public Works, “such as the extended sub-zero winters in Alaska and the use of non-conventional heating fuels.”

See SURVEY on page 7

### WEEKEND WEATHER



**Friday**  
Partly cloudy  
Highs around 5  
Lows around -8  
South winds



**Saturday**  
Partly cloudy  
Highs around 4  
Lows around -6



**Sunday**  
Partly cloudy  
Highs around 5  
Lows around -1

### BRIEFS

#### Holiday Tree Lighting

The Holiday tree lighting is scheduled for Wednesday, from 6 to 8 p.m., at the Physical Fitness Center, building 3709 on post. There will be an ice skating show, children’s activities, open skating, photos with Santa and Mrs. Claus and holiday music by the 9th Army Band. For more information, call 353-6725.



# Finding your center of wellness on Fort Wainwright

**Lt. Col. Paul Kwon,**  
Army Wellness Center

“For the first time in a really long time I feel like I will be able to make good changes in my life. I had an appointment at the wellness center and I went in thinking this would be like another “gym” type place with the typical perfect people running it and telling me how fat I am. The staff was really kind and they know so much. I like that they are just regular people who really love what they do. I am excited to meet my goals even if they are small ones for now. Best program ever!” — AWC Client, Anonymous

The Fort Wainwright Army Wellness Center opened its doors October 2, 2014 and has since served over 200 individuals with state of the art testing, quality, standardized pro-

grams and services that promote overall well-being for the Ft. Wainwright community. There are many aspects of wellness to consider, whether it is trying to make improvements to current healthy habits or are starting from ground zero. Change can be difficult, but the AWC supports each individual in their journey and coaches to improve strengths and encourages though areas of needed improvement. The staff at the Army Wellness Center, arms clients by taking biometric and fitness measurements, and provides current, valid information, so that goals, no matter how large or small, becomes successes. “We are here to help individuals establish goals and to teach them how the information obtained

with our technology can be utilized in accomplishing their health and wellness goals, said Kourtney Roy, a health educator for AWC. “I believe the AWC program helps individuals feel capable and that has a big impact on readiness and resiliency. My favorite program is the fitness testing; it is great to see the excitement people have for improving their fitness after receiving the results from their VO2 Sub-max test, as well as their strength and flexibility tests.” The six core programs offered at the AWC provide an opportunity for clients to prevent disease at the most basic level. “While our clients may not present symptoms of a life threatening disease, the AWC plays an instrumental role in preventing potential disease and extend-

ing lives,” said AWC health educator, Renna Hoener. “Our clients are realizing that they are in charge of their own health and they have support to move forward to a balanced healthy lifestyle.” The AWC customized plans are based on individual goals, needs and lifestyle. Through sound, research driven counsel, the AWC staff reinforces positive steps towards healthy habits, and utilizes the Performance Triad healthy initiative and other resources available to our target population. “People in our community have a place to utilize services and state of the art technology to improve, prevent, and reduce health concerns at no cost, said health promotion technician, Emily Juchniewicz-Armijo. “Our programs

can help positively affect readiness and resiliency in many different ways. Personal Resiliency and Biofeedback Training is a great service, because everyone has some form of stress in their life. By learning and applying stress management techniques taught in the program, clients are able to adapt to stressful situations in their everyday lives more effectively.” With the holidays quickly approaching, the AWC is ready to assist community members by identifying health risks and creating individualized plans to battle against preventable diseases. AWC staff believes when considering total body wellness, it is vital to look at all aspects of an individual’s life. Wellness is not limited to fitness and/or nutritional health, but should

be balanced out by taking care of emotional and spiritual health as well. This includes managing stress, making social connections, being creative and boosting coping skills in daily activities. “As a staff we are excited to see the continued benefits and eventual success stories of our clients, said Heidi Watkins, AWC director. “We have the utmost respect for the community we serve and are inspired by the people who are motivated to make positive healthy changes in their lives. My hope is that the AWC is considered a champion for readiness and resiliency. We welcome all Soldiers, Family members, retirees and DA civilians who are ready to take full advantage of this unique and outstanding program.”

## Birch: Open for business

Continued from page 1

“Our customers saw a partially renovated Ski Issue Area and despite the mess, and construction in progress,” said Jeff Cummings, manager, Birch Hill Ski and Snowboard Area, “I think Fort Wainwright was happy their Ski Hill was open for business.” Cummings said patrons can expect a newly renovated lodge in the coming weeks, to include new furniture, paint and flooring. The ski and snowboard runs will be open Friday through Sunday from noon to 7:30 p.m. The tubing hill, which will soon have four lanes, is open Saturday and Sunday, noon to 7 p.m. In the past it has only had three lanes. Tassie said, “Lane four will be an all-new hook entry, which will take riders through a 90 degree turn before heading down hill.”

The Birch Hill Ski and Snowboard Area are open to the public and also provide a unique opportunity for Soldiers and Family members. Michelle Hoefer, Army spouse, said, “I think it’s so awesome that there is an Army base with a ski hill. You will be seeing us here all the time.” The ski lodge features a fireplace, open seating area for dining and warming up, equipment rental area and a snack bar. The DW Grill is open Friday through Sunday from noon to 7 p.m. For more information, call 353-7053, the recorded ski hill and weather conditions line; or 353-6795, for customer service. Find them on Facebook by searching for Birch Hill Ski and Snowboard Area and Fischer Skeet Range.

## Wizard: winter weather prediction

Continued from page 1

Metcalf also added an additional safety tip. “Carry two to four pieces of carpet in your truck,” he said, “They should be about one foot wide by three feet long. This provides excellent traction when needed most; if you get stuck.” Metcalf also recommends everyone to exercise caution and do their best to enjoy winter. It will be here for awhile. For more information on winter safety, visit [www.facebook.com/FortWainwrightSafety](http://www.facebook.com/FortWainwrightSafety) or call 353-7085. For more information about El Nino and winter weather predictions for Alaska, visit <http://pafc.arh.noaa.gov>. For more on road conditions, call 353-INFO; visit the Fort Wainwright PAO facebook page, current conditions page or visit [www](http://www).



The warmer conditions create hazardous road conditions. Always drive with your headlights on, carry a fully-charged cell phone whenever you head out, carry a personnel survival kit, dress appropriately in layers, keep your windshield washer fluid topped off, gas up anytime you drop below half a tank, reduce your speed appropriately, have proper tires and assist stranded drivers when it is safe. (File photo)



THE BEST PLACE TO PLAY IN THE SNOW

## WELCOME TO BIRCH HILL SKI & SNOWBOARD AREA!

SEASON PASS **2 Adults and 2 Children under 18	Dept. of Defense (DoD)	Non-DoD		
Family (up to 4)**	\$624	Sorry unavailable		
Adult (18yo and up)	\$303	\$400		
Youth (7-17yo)	\$237	\$300		
PARK HOPPER Family Upgrade	Add \$100	Sorry unavailable		
PARK HOPPER Adult/Youth Upgrade	Add \$75	Add \$100		
DAILY PASS Half Day: 12-4pm or 4-7:30pm	Dept. of Defense (DoD)	Half Day	Non-DoD	Half Day
Adult	\$30	\$24	\$38	\$31
Youth	\$25	\$20	\$28	\$23
PARK HOPPER	Add \$10		Add \$15	
TUBING HILL ONLY Half Day: 12-4pm or 4-7:30pm	Dept. of Defense (DoD)	Half Day	Non-DoD	Half Day
Adult	\$15	\$12	\$20	\$16
Youth	\$10	\$8	\$12	\$10
FULL-DAY EQUIPMENT RENTAL	Dept. of Defense (DoD)	Non-DoD		
Snowboard & Boots	\$22	\$24		
Alpine Ski System	\$22	\$24		
Boots Only	\$12	\$15		
Board/Skis Only	\$18	\$20		
HALF-DAY EQUIPMENT RENTAL	Dept. of Defense (DoD)	Non-DoD		
Snowboard & Boots	\$15	\$17		
Alpine Ski System	\$15	\$17		
Boots Only	\$10	\$12		
Board/Skis Only	\$13	\$16		
LESSONS	Dept. of Defense (DoD)	Non-DoD		
Private	\$70	\$80		
Group	\$50	\$60		
LESSON DAY CAMP Dates to be Announced	Dept. of Defense (DoD)	Non-DoD		
Teens & Children 3 Day Camps	\$125	\$135		



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The Ski Hill Closes at -20 Degrees for your safety.



# ALASKA POST

## Home of the Arctic Warriors

EDITORIAL STAFF

Garrison Commander

Col. S.C. Zemp

Fort Wainwright Acting PAO/Editor

Brian Schlumbohm

Staff writer/Community-Media

Relations Officer

Allen Shaw

Contributors

Sgt. Sean Callahan, U.S. Army Alaska PAO

Lt. Col. Paul Kwon, Army Wellness Center

Steven Munsell, U.S. Army Public Health Command

Brandy Ostanik, Medical Department Activity-Alaska PAO

Dan Rees, DPW Environmental Division

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The ALASKA POST – Home of the Arctic Warriors



# Christmas Tree Cutting Permits are now available

**Dan Rees,**  
Forester, DPW  
Environmental Division

Members of the Fort Wainwright and greater Fairbanks communities may obtain a permit to cut Christmas trees on Fort Wainwright lands from Nov. 27 to Dec. 25 this year. Permits can be obtained at the Directorate of Public Works, Environmental Division office, building 3023, free of charge for one tree per household.

Maps of tree-cutting areas and regulations regarding tree-cutting procedures will be given to customers when obtaining their permits.

Christmas tree cutting permit holders and all family members over the age of 16 who will be traveling with the tree cutter must also be in possession of a Recreation Access Permit, available online at [usartrak.isportsman.net](http://usartrak.isportsman.net) or through kiosks at the DPW Environmental Division office and

the Fort Wainwright Visitor Center.

As with other recreational land use, tree cutting permit holders must check in using the USARTRAK system prior to going out on the land. Christmas Tree Cutting should be selected as the permit holder's desired activity during the check in process.

After cutting your tree, proper care will allow it to be enjoyed safely through the holidays. Prior to placing the tree in a stand, the trunk should be re-cut approximately one inch above the old cut and placed immediately in water. Check water levels frequently and ensure your tree has an ample, constant supply of water to remain fresh and safe. Depending upon the size, species, and location of the tree, it may absorb a gallon of water in the first day. Trees that are allowed to dry out before being re-watered will not be able to absorb moisture and will

shed their needles prematurely.

In your home, be sure to locate your Christmas tree in a safe place, preferably near a wall or corner and away from heat sources such as baseboard heaters, space heaters, hot air ducts, wood stoves, and fireplaces that can dry the tree out and present a fire danger.

Ensure that light cords and connections used to decorate the tree are in good working condition. Lights should always be turned off at bedtime or when leaving for an extended period of time.

If you choose to procure your own Christmas tree, the DPW Environmental Division staff looks forward to assisting you with permits and information.

The DPW Environmental Division is located in building 3023 and is open Monday through Friday 7:30 a.m. to 4:30 p.m. Happy holidays!

# Prevent carbon monoxide poisoning

**Steven Munsell**  
U.S. Army Public Health  
Command

Carbon monoxide, or CO, is an odorless, colorless and toxic gas. Because you cannot see it or smell it, it can kill you before you are even aware of its presence. Carbon monoxide is one of the leading causes of accidental poisoning deaths in America.

Carbon monoxide is a product of incomplete combustion. Therefore, anything that burns gasoline, kerosene, oil, propane, wood or coal produces carbon monoxide. Any improperly maintained or unvented equipment such as automobile engines, generators, furnaces, portable space heaters, wood stoves or charcoal grills can produce high levels of carbon monoxide in indoor spaces.

The most common symptoms of carbon monoxide poisoning include headache, dizziness, nausea, chest pain and confusion. High levels of carbon monoxide exposure can cause unconsciousness and

death.

Who is at risk? While all people and animals are at risk, infants and people with chronic heart disease or respiratory problems are particularly susceptible to carbon monoxide's effects.

How to avoid carbon monoxide poisoning: Many poisonings occur during the winter months when heaters are in high use and windows are closed. Here are some steps to reduce carbon monoxide exposure.

- Ensure that combustion equipment is properly installed and maintained regularly.
- Never use a generator inside living/working space.
- Never run a car or truck in the garage with the door shut.
- Never burn charcoal indoors.
- Never use a gas range or oven for heating.
- Install a carbon monoxide detector in your home and check batteries regularly.
- Purchase only gas equipment containing the seal of a national testing agency such as Un-

derwriters Laboratory (UL) or the American Gas Association (AGA).

Levels in Homes: Average carbon monoxide levels in homes without gas stoves may vary from 0.5 to 5 parts per million, or ppm. In homes with properly maintained gas stoves, carbon monoxide levels range from 5 to 15 ppm. However, when a gas stove is not properly maintained, the carbon monoxide level may exceed 30 ppm.

Poison Control: In the unlikely event someone may have been overexposed to carbon monoxide, the United States maintains a national poison control center 24 hours a day, 7 days a week. Individuals who call the center will be put in touch with a poison control expert.

For more information about carbon monoxide poisoning, call the National Poison Control Center at 1-800-222-1222, or visit these websites: U.S. Centers for Disease Control and Prevention, [www.cdc.gov/co/default.htm](http://www.cdc.gov/co/default.htm)

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# 3D Campaign: Anti Drunk and Drugged Driving

Staff Report  
Fort Wainwright PAO

The staff at the Fort Wainwright Army Substance Abuse Program wants to be one of the first to wish everyone a happy and safe holiday season. Among other things, December is National Drunk and Drugged Driving Prevention Month known as the 3D Campaign.

John Timmins, substance abuse prevention coordinator, ASAP, wants to start off the gift giving by sharing some important information.

“Drunk driving causes about one-third of all traffic fatalities in the United States,” he said. Although the exact numbers vary year to year, they don’t change by much.” In 2007 alcohol was involved in the driving deaths of almost 13,000 Americans and in 2009 that number was around 11,000. Timmins said, “In 2012, more than 10,300 people died in drunk-driving crashes, 239 of them were child passengers (under age 15) and 52 percent of the dead children were passengers

of the drunk driver.” “Drugged driving is a bit more difficult to pin down due to tests for drugs other than alcohol are not always administered,” he said, “Many had both alcohol and one or more other drugs in their system which makes it difficult to determine which substance had the greater effect.” In 2009, a study by the National Highway Traffic Safety Administration found that 18 percent of fatally injured drivers had at least one illicit prescription or over-the counter drug in their blood.

Another useful piece of information for anyone who thinks they are “still okay to drive” is that although the Blood Alcohol Content for drunk driving is .08, you can still be arrested for drunk driving at a much lower BAC if you are impaired. “Even a BAC as low as .02 has been shown in tests to reduce a person’s response time and driving ability,” Timmins said, “and the probability of a crash increases significantly after .05 BAC.”

“It isn’t just reaction time,” he said, “It’s also the thinking process.” Tests at major Universities and Medical Centers show that a single marijuana joint can reduce reaction time for up to 5 hours. Studies on pilots at Stanford University showed that all pilots were still impaired 24 hours after smoking marijuana even though 90 percent

of the pilots didn’t think they were impaired prior to the test. Timmins said, “Marijuana is the second most often used drug behind alcohol, found to play a role in traffic accidents.” Other illegal drugs, as well as legal ones taken outside of recommended doses,

often show up as well. Some over the counter and prescription medications, even when taken properly, can be a factor in drugged driving accidents.

Here are a few more things to think about. It’s always okay to not have alcohol. If you are old enough to drink and want to do so, think about the time and place.



A useful piece of information for anyone who thinks they are “still okay to drive” is that although the Blood Alcohol Content for drunk driving is .08, you can still be arrested for drunk driving at a much lower BAC if you are impaired. (File photo)

Ask yourself: Is drinking here and now appropriate or inappropriate, safe or unsafe? Think about the amount of alcohol consumed over time.

Consider this: A “standard drink” is about .6 ounces of pure ethanol, or about the amount of alcohol contained in a 12 ounce beer at 5 percent alcohol, or a 5 ounce glass of wine at 12 percent alcohol, or a 1.5 ounce “shot” of 80 proof (40 percent) liquor. So, that one mixed drink might actually contain two, or three, or four or more “standard drinks” worth of alcohol. So might that beer. The 24 ounce “tall boy” beer is two beers in one container. The 24 ounce Bock beer (at 18 percent alcohol) is actually 7.2 drinks worth of alcohol.

It takes a healthy human body, not on medications, about an hour to rid the blood of a single standard drink once it is absorbed. But since alcohol is a depressant, if you consume several drinks fairly quickly the body’s ability to metabolize the alcohol is depressed and heavy drinking over long periods of time can lead to certain health issues.

ASAP recommends for those who drink and want to do so safely, do not drink on an empty stomach. Eat something and sip your alcohol. Timmins said, “One standard alcohol drink per hour, maximum. Have some other beverage between drinks containing alcohol or eat some food.” Don’t drink more than two standard drinks worth of alcohol on any drinking day or drinking occasion if you drink daily and no more than three in a day if not drinking daily, with a maximum number of standard drinks of alcohol in a week. “Give your body time to not only metabolize all of the alcohol but to also overcome the residual effects prior to driving, operating machinery, or using firearms,” he said. Give yourself or your friends the gift of a designated driver.

For more information, call 361-1376. If you need a ride after drinking, call Soldiers Against Drunk Driving at 353-6610.

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SPAWN IDEAS/BP EXPLORATION

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Late ad

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Friday – 5th

BOWLING CENTER RENOVATION SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FRENCH DIP SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FAME CHILD CARE, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Call 353-7713.

FAME GROUP EXERCISE SESSIONS, 9:15 to 10:15 a.m., Melaven Fitness Center, building 3452. Call 353-1994.

WIN-A-GAME BOWLING! 10 a.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

GROUP CYCLING, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

AFTER SCHOOL STORY TIME AND CRAFT, Ages three and older, 4 to 5 p.m., post library, building 3700. Call 353-2642.

GINGERBREAD HOUSE MAKING AND DISPLAY, 4:30 to 7 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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 353-2654.

Saturday – 6th

BOWLING CENTER RENOVATION SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FRENCH DIP SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

KARATE, all ages, meets off post, sign up at SKIESUnlimited, Murphy Hall basement, building 1045. Call 353-7713.

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

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

BASKETBALL AND CHEERLEADING, 9 a.m. to 2 p.m., Youth Sports AND Fitness, building 1049 #2. Call 353-7482.

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

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

FAMILY XC SKI, 11 a.m. to 1 p.m., Outdoor Recreation, building 4050. Call 361-6349.

ZUMBA, 11:15 a.m. to 12:15 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.

YC SNOWBOARDING AND SKIING CLUB OUTING, 2 p.m. to 8 p.m., Youth Center, building 4109. Call 361-5437.

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

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

ROCK’N’BOWL, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Sunday – 7th

BOWLING CENTER RENOVATION SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FRENCH DIP SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

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

Monday – 8th

KARATE, all ages, meets off post, sign up at SKIESUnlimited, Murphy Hall basement, building 1045. Call 353-7713.

FAME CHILD CARE, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Call 353-7713.

FAME GROUP EXERCISE SESSIONS, 9:15 to 10:15 a.m., Melaven Fitness Center, building 3452. Call 353-1994.

LUNCH TIME RECREATIONAL SKATE, 11:30 a.m. to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

GROUP CYCLING, noon to 12:45 p.m.,

Physical Fitness Center, building 3709. Call 353-7223.

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

ROCK’N’BOWL, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Tuesday – 9th

GROUP CYCLING, 6:30 to 7:30 a.m. and 9:15 to 10:15 a.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 353-7713.

VA VOCATIONAL REHABILITATION AND EMPLOYMENT OVERVIEW, 1 to 2 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

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

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

PARENT’S NIGHT OUT, 5:45 to 8:45 p.m., CDC I, building 4024. Call 361-4190.

MINE, THEIRS AND OURS/BLENDED FAMILIES, 6 to 7 p.m., CDC I, building 4024. Call 361-4190.

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

Wednesday – 10th

BOWLING CENTER RENOVATION SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FRENCH DIP SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

KARATE, all ages, meets off post, sign up at SKIESUnlimited, Murphy Hall basement, building 1045. Call 353-7713.

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FAME CHILD CARE, 9 to 10:30 a.m. and 10:30 a.m. to noon, Melaven Fitness Center, building 3452. Call 353-7713.

FAME GROUP EXERCISE SESSIONS, 9:15 to 10:15 a.m., Melaven Fitness Center, building 3452. Call 353-1994.

WIN-A-GAME BOWLING! 10 a.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

See CALENDAR on page 7

17509948  
SN/ COOKIE JAR  
ALASKA POST/HOLIDAYS  
2 x 9

11512192  
LOOSE MOOSE CAFE  
ALASKA POST/  
2 x 3

27505672K  
FAIRBANKS PUBLISHING  
AK POST/NOV/DEC PET  
2 x 5

11512139  
NORTHWIND BEHAVIORAL HEALTH  
ALASKA POST/  
2 x 2

12514027  
BISHOPS JEWELRY GALLERY  
AK POST/SILHOUETTE  
2 x 2

12508357  
FAIRBANKS KIWANIS  
AK POST/CHRISTMAS TR  
2 x 4



## IN BRIEF

### AUDIE MURPHY CLUB

The Sergeant Audie Murphy Club Farthest North Chapter will be holding a Sergeant Audie Murphy Club association induction ceremony, Dec. 5, at 2 p.m. in the Reserve Center, building 3470 on Fort Wainwright. This year's inductee is Sgt. 1st Class Nelson from C Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team. For more information, call 353-1675.

### NAF SALE

There will be a sale of non-appropriated fund items today from 5 to 9 p.m. for Department of Defense Cardholders

only. The sale will be open to the public Saturday from 9 a.m. to 2 p.m. The NAF Sale is located in building 3020, across from the Private Sale Parking Lot on post. For more information, call 361-7258.

### HOCKEY TICKETS

It's that time again Fort Wainwright. The ASYMCA has military discounted tickets. The tickets are \$14 for adults and teens, \$9 for ages 11 to 5 and children under 4 years old are free. For more information, call 353-5962 or stop by building 1047, suite 4 anytime, Monday through Friday, 8 a.m. to 5 p.m.

### FREE CONCERT

9th Army Band community concert - North Haven Community Services will

host a free community Holiday Concert, Dec.18 at the West Valley High School auditorium starting at 7 p.m. This is always an enjoyable event for the entire family. For more information, call 356-7165.

### PRE-RETIREMENT BRIEFING

Are you retiring? Do you know what your benefits are? Contact your local Retirement Services Officer (RSO) Joseph E. Sine, to find out more at the Welcome Center, building 3401, Santiago Ave, room 126, on Fort Wainwright. Office hours are Monday through Friday, 7:30 a.m. to 4:30 p.m.

Individual Pre-Retirement briefing appointments may be scheduled by calling: (907) 353-2095. Topics covered: Retired

Pay, Survivor Benefit Plan, VA benefits, Concurrent Pay, ID cards, Medical/Dental benefits and more.

Walk-in Pre-Retirement briefings will be conducted at the Welcome Center, building 3401, from 8:30 to 11 a.m., in the 1st floor conference room during the following dates: Dec. 11, 2014; Jan. 8, 22; Feb.12, 26; March 12, 26 and April 9, 2015. Spouses are highly encouraged to attend.

### MAKE THE CALL, ARRIVE ALIVE

Living Army values, making the right decisions, looking out for each other, being safe and having a plan is a daily mantra in the military. "There is no excuse for drinking and driving," said Command Sgt. Ma-

jor David Perkins, command sergeant major, United States Army Garrison, Fort Wainwright, "And with the outstanding work by the Soldiers involved with SADD, there is absolutely no reason a Fort Wainwright Soldier should ever risk theirs or anyone else's life by getting behind the wheel of a vehicle after they've been drinking." For more information on the BOSS program call 353-7648. For a safe ride home, call SADD at 353-6610.

### INTRODUCING HOMEROOM

The Military Child Education Coalition is proud to unveil Homeroom, a free interactive tool and helpful resource for anyone interested in supporting military and veteran-connected kids. It is a

place for anyone and everyone concerned about military-connected kids to share information, experiences, ideas, and resources. It is an on-line community where interested individuals can find others with similar interests, communicate about specific topics, find resources or post new ones to share, and much more. Homeroom is a place to find out what's happening in military communities across the globe and in your backyard, share the good news about what you're doing in support of military connected children and seek new ideas to try where you are. For more information, call 978-1737 or visit [www.homeroom.militarychild.org](http://www.homeroom.militarychild.org).

## Calendar

Continued from page 6

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

PRE-SCHOOL STORY TIME, 0-3 yrs, 11 to 11:45 a.m., post library, building 3700. Call 353-2642.

LUNCH TIME RECREATIONAL SKATE, 11:30 a.m. to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

GROUP CYCLING, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

HOLIDAY TREE LIGHTING CEREMONY, 5:45 to 8 p.m., Physical Fitness Center, building 3709. Call 353-7223.

SURVIVOR OUTREACH SERVICES SUPPORT GROUP, 6 to 8 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

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

### Thursday – 11th

BOWLING CENTER RENOVATION SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FRENCH DIP SPECIAL, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

X-BOWLING, Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

BABY SIGNS: SIGN SING AND PLAY, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

LUNCH TIME 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.

VA VOCATIONAL REHABILITATION AND EMPLOYMENT OVERVIEW, 1 to 2 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.

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

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

## SURVEY: Input from Soldiers and Family members could effect housing allowance

Continued from page 1

Service members assigned to Forts Wainwright and Greely reside in homes off-post predominately heated by oil-fired boilers and stoves. Due to the high cost of home heating oil, many service members supplement their heat by simultaneously using wood, coal and pellet burning stoves. Without adding the extra cost considerations, the data being used to calculate the BAH for Forts Wainwright and Greely, could be understating the average household utility expenses.

The American Community Survey, conducted annually by the Census Bureau and utilized by the Department of Defense to set utility rates for each installation's area, does not appear to take the extra cost of supplemental heating fuels in to account when calculating BAH.

Kiser said, "If this survey supports that heating fuel costs in Alaska are considerably higher than the current BAH model allows for due to fuel sources not being captured, the Per-diem committee may determine that an adjustment to the BAH rate is necessary."



The Office of the Assistant Chief of Staff for Installation Management needs your help in gathering data for this survey and requests service members residing off the installations, in the local communities around Forts Wainwright and Greely, provide as much of the requested information as possible by Dec. 31, 2014 through the survey link provided.

Survey Period will last from Dec. 1 to 31. Go to survey link, <https://www.us.army.mil/suite/page/693107>.

Survey questions can be directed to the appropriate Fort Wainwright local Housing Services Office, at 353-1696 or 353-1661

Learn more about Army Housing at <https://www.housing.army.mil/> and BAH at [www.defensetravel.dod.mil/site/bah.cfm](http://www.defensetravel.dod.mil/site/bah.cfm).

**Big Brothers Big Sisters**

United Way of the Tanana Valley Member Agency

P.O. Box 73824 452-8110

"Little moments. Big magic!"

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