

## AtAGlance

MEDDAC Minute

Protection Against  
Infectious Diseases

Youth Sports Safety

Iceman in Action

MWD Competition

Fairbanks Purple  
Heart MonumentCalendar of Events  
and News Briefs

## BRIEF

Stand Down  
for Veterans

The 17th annual Stand Down for Veterans event is tomorrow, Aug. 15, at the Pioneer Park Civic Center from 7:30 a.m. to 3 p.m. Dozens of volunteers will be there to attend the needs of U.S. military vets, from medical screenings, legal, housing and career assistance to cold weather preparation (clothing distribution is today, Aug. 14, from noon to 5 p.m.), haircuts and entertainment. All are welcome. Free to veterans.

## ONLINE

Check [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO) for the latest information.

WEEKEND  
WEATHER

**Friday**  
Mostly cloudy. Highs in the mid 60s. Light winds.



**Saturday**  
Mostly cloudy. Highs around 70.



**Sunday**  
Cloudy. Highs around 70.

# Antiterrorism Awareness Month Proclamation

Whereas, the vitality of our Army Community depends on how safe we keep our homes, neighborhoods, schools, workplaces, and communities;

Whereas terrorist acts create fear and destroy our trust in others and in civic institutions, threatening the community's health, prosperity, and quality of life;

Whereas people of all ages must be made aware of what they can do to protect themselves and their families, neighbors, and co-workers from being harmed by terrorists;

Whereas people of all ages must be made aware of the dangers of terrorist activities and how they can protect themselves from becoming victims of terrorism;

Whereas, the personal injury, financial loss, and impact to communities from terror-



Col. Sean C. Williams, Commander, U.S. Army Garrison Fort Wainwright

ist attacks are intolerable and require investment from the whole community;

Whereas, preventing and defeating terrorism includes community protection and

security, we must go beyond these to promote self-awareness and self-protection to make Army Communities safer for all ages and to develop positive opportunities and a bright future for young people;

Whereas, adults must invest time and resources to understand and support effective terrorism prevention, deterrence, detection, and defense; adults must also engage our youth to ensure they adopt a proactive mindset of personal protection;

Whereas, effective antiterrorism plans and programs succeed because of partnerships with law enforcement, security, other government agencies, civic groups, schools, faith communities, businesses, and individuals as they help to raise community awareness and responsibility and instill pride and sustained vigilance;

Now, therefore, I, Colonel Sean C. Williams, Commander, U.S. Army Garrison Fort Wainwright do hereby proclaim August 2015 as Antiterrorism Awareness Month on Fort Wainwright and urge all citizens, government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make our Army Community a safer, stronger, more caring community.

**Col. Sean C. Williams**  
**Commander**  
**U.S. Army Garrison**  
**Fort Wainwright**

***Always Ready,  
Always Alert  
Because someone is  
depending on you.***

## U.S. ARMY GARRISON FORT WAINWRIGHT NOTICE OF AVAILABILITY

**Environmental Assessment and Draft Finding of No Significant Impact for Infrastructure and Operational Support for the 25th Aviation Regiment Company D Unmanned Aircraft System**

The Army announces the availability of an Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) that analyzes and evaluates the potential environmental impacts associated with providing the necessary infrastructure and operational support for Company D of the 25th Aviation Regiment to operate the Gray Eagle Unmanned Aircraft System (UAS) in Interior Alaska within existing airspace.

Environmental consequences were analyzed for two action alternatives; operating the Gray Eagle UAS from Fort Wainwright and operating the Gray Eagle UAS from Eielson Air Force Base, as well as the No Action alternative.

Copies of the EA and Draft FNSI are available for review beginning Aug. 14, which marks the beginning of the 30-day public comment period at the Noel Wien Library, 1215 Cowles Street, Fairbanks, AK, FNSB Public Library North Pole Branch, 656 NPHS Boulevard, North Pole, AK and the Delta Community Library, 2291 Deborah Street, Delta Junction, AK. The EA and Draft FNSI may also be reviewed at [www.wainwright.army.mil/env/NEPA/Current.html](http://www.wainwright.army.mil/env/NEPA/Current.html).

Written comments on the EA and Draft FNSI must be received no later than Sept. 12.

Please submit comments to Mr. Matthew Sprau, Directorate of Public Works, Attn: IM-



FW-PWE (Sprau), 1060 Gaffney Road #4500, Fort Wainwright, AK, 99703-4500; fax: (907) 361-9867; or by email: [matthew.h.sprau.civ@mail.mil](mailto:matthew.h.sprau.civ@mail.mil).

Additional information can be obtained by contacting Mr. Mel Slater, Public Affairs Office (PAO), IMPC-FWA-PAO (Slater), 1060 Gaffney Road #5900, Fort Wainwright, Alaska 99703-5900; telephone (907) 353-6701, email: [melvin.d.slater.civ@mail.mil](mailto:melvin.d.slater.civ@mail.mil).

## Japanese paratroopers train in Alaska

**USARAK PAO**

Paratroopers from the Japanese Ground Self Defense Force are in Alaska this month training with their counterparts from the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division.

The Japanese service members arrived in late July and will take part in Arctic Aurora, a joint bilateral multi-component airborne operation with tactical follow-on operations in the Donnelly Training Area near Fort Greely. Elements of the JGSDF will augment the 1st Battalion (Airborne), 501st Infantry Regiment during airborne and follow-on operations

See **JAPANESE** on page 3

## RED FLAG-Alaska 15-3 officially begins at Eielson

**Airman 1st Class Kyle Johnson**  
354th Fighter Wing  
Public Affairs

RED FLAG-Alaska 15-3, a Pacific Air Forces-sponsored, Joint National Training Capability accredited exercise officially started Aug. 6.

Originally called COPE THUNDER, the exercise moved to Eielson in 1992 from Clark Air Base, Philippines, after the eruption of Mount Pinatubo on June 15, 1991. COPE THUNDER was re-designated RED FLAG-Alaska in 2006.

"Our primary mission is to expose pilots to real-life stressors they will experience in the first eight to 10 combat sorties," said Maj. Derrick Vincent, the 353rd Combat Training



A U.S. Air Force F-16 Fighting Falcon assigned to the 18th Aggressor Squadron takes off from the Eielson Air Force Base flightline Aug. 10 as part of the first simulated combat sortie of RED FLAG-Alaska 15-3. The Aggressors are participating as opposing forces during this Pacific Air Forces commander-directed field training exercise for U.S. and partner nation forces, providing combined offensive counter-air, interdiction, close air support, and large force employment training in a simulated combat environment. (Photo by Airman 1st Class Kyle Johnson)

Squadron director of operations. "We have historically seen most combat losses from our side of the house occur

during the first 10 combat sorties." On average, more than 1,000 personnel and up to 60 aircraft de-

See **FLAG** on page 3

## What Soldiers should know about the Qualitative Management Program

**Kimberly Balkcom**  
Fort Knox Office of the  
Staff Judge Advocate

It could happen to you. You get a negative Noncommissioned Officer Evaluation Report, or NCOER, but you think it will not have a long-term effect on your career. After all, each of your previous NCOERs has been pristine.

However, some time later you get a notification memorandum ad-

See **QMP**  
on page 4



# Protection against infectious diseases

**Abimbola Adeola**  
Program Evaluator,  
U.S. Army Public  
Health Command

The measles outbreak at Disneyland along with the rate of vaccine refusal by parents has started a national debate on immunizations (also known as “vaccines” or “shots”). These events have raised questions, such as: Am I protected/immune to diseases? How do I develop protection/immunity? Are there vaccines to prevent me from getting diseases?

Vaccines against disease are said to be one of the greatest public health interventions of the 20th century. Although vaccination is seen as a major achievement in health and wellness around the world, the discussion about vaccines continues.

There is a distinct difference between vaccination and immunization although the terms are often used interchangeably. In a nutshell, vaccines cause immunization. Vaccination is the injection of a killed or weakened organism like a virus, bacteria or parasite that causes a particular disease or set of diseases. It produces immunity (protection) in the body against the organism so it cannot cause illness or it decreases the seri-



No one can predict when and where the next disease outbreak will occur, so make sure that you and your family members are protected by being up-to-date on vaccines. (Photo by Sgt. Matthew Freire)

ousness of an illness.

Immunization is the process by which an individual becomes immune or protected from diseases. This can happen when an individual comes in contact with the organism causing a disease or when an individual receives antibodies. Antibodies are proteins in the body that attack disease-causing organisms naturally like through breast milk or

through human intervention such as getting a vaccine. It is important to note that vaccines are not available for all diseases. No one can predict when and where the next disease outbreak will occur, so make sure that you and your family members are protected by being up-to-date on vaccines.

The U.S. Centers for Disease Control and Prevention and its Ad-

## National Immunizations Awareness Month

**Brandy Ostanik**  
MEDDAC PAO

August is National Immunizations Month, a time to focus on and increase awareness about immunizations. With recent news reports of a dramatic rise in the number of chicken pox, measles and whooping cough cases, this a time to be reminded of the importance of immunizations for infants, children, teens, adults and the elderly.

As we approach the school year, this is a good time to review and catch up on any past due requirements. In addition to regularly scheduled vaccinations, flu season will be arriving soon, so be sure to watch for flu immunization clinics offered through Bassett Army Community Hospital.

If you have questions about vaccination schedules, contact your primary care provider through Secure Messaging or stop by the immunizations clinic at Bassett ACH 7:30 a.m. to 3:30 p.m. Monday through Friday.

visory Committee on Immunization Practices currently have recommendations for different vaccines for all ages to help prevent against many, but not all infectious diseases. Vaccination schedules and recommended vaccines are outlined below for each age group:

- Children birth through 6 years old — [www.cdc.gov/vaccines/parents/downloads/parent-version-schedule-0-6yrs.pdf](http://www.cdc.gov/vaccines/parents/downloads/parent-version-schedule-0-6yrs.pdf)
- Preteens and teens (7 through 18 years old) — [www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf](http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf)

• Adults — [www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf](http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf)

Remember to always ask your health provider any questions that you have about your immunization status, recommended vaccines and booster shots. It's also important to work with your health care provider, as not everyone may be eligible to receive all the recommended vaccines depending on their current health sta-

tus or medical history. Remember the famous saying, “An ounce of prevention is worth a pound of cure.” Make sure you take the necessary steps to ensure you and your family members are protected.

If you plan to travel, check the travel alerts and vaccine requirements.



U.S. Army Garrison-Hawaii's Youth Sports Program has been singled out as one of the five best programs worldwide. It's run by the Directorate of Family and Morale, Welfare and Recreation, and offers a variety of sports activities, such as flag football. (Courtesy photo)

## Youth sports safety

**Staff Report**  
Garrison Safety Office

Youth sports injuries can be prevented and at times predicted. It is suggested and often required that an adequate sports-specific physical examination is performed before participation. Individual risk factors or medical conditions can be identified by medical professionals with a pre-season exam. Lack of conditioning or warm-up exercises may contribute to an injury as may improper training, nutrition and lack of sleep. It's important to keep athletes properly fed, rested and hydrated during sport seasons.

Another part of helping to prevent sports-related injuries is by providing the correct equipment and making sure it is fitted correctly. Recent developments in material, weight and ability to withstand impact will astonish even the most seasoned sportsperson. This

new equipment is stylish and provides young competitors protection and prevention of injuries in the rough and tumble world of sports. Wherever flying objects are present — such as pucks, balls, sticks and bats — provide eye protection.

In most school athletic adventures, it is important to sign up the participant by age and not size. Teams based on age create a better learning environment, physically and mentally, of skills and fundamentals. Age-based teams also develop good sportsmanship and discipline for the future. At some ages though, size and weight of team members may vary considerably; that's why it is important to enroll in school or community endorsed programs with proper guidance and facilities.

After having the young person checked physically, providing the proper equipment, program and venue, encourage them to

keep it fun. Competitive pressure or stress can negatively affect sports performance in youngsters. The right kind of positive support can increase focus, strength and stamina, providing a healthy spark in sports activities. Encourage athletes to do their best and live with the results.

If an injury does occur, consult a doctor and comply with the advice. Having children “tough it out” can cause permanent or recurring physical problems. It's important to give athletes time to heal if they get bent, bruised or broken.

For more information on children's sports injuries and prevention, call the Garrison Safety Office at 353-7079 or visit [kidshealth.org/parent/firstaid\\_safe/outdoor/sports\\_safety](http://kidshealth.org/parent/firstaid_safe/outdoor/sports_safety).

## 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](http://www.tricareonline.com)  
**United Health Care:** [uhcmilitarywest.com](http://uhcmilitarywest.com), (877) 988-9378

**Performance Triad Tip** – Avoid eating meals two to three hours before bed to prevent problems getting to sleep.

**Last Chance** – The last school physicals clinic of the season will be held Aug. 18 from 4 to 6 p.m. at Bassett ACH. Please bring any school or CYSS form needed with you. To make your appointment, call 361-4000.

**Let Us Know You're Here** – For quick and efficient service, beneficiaries arriving to Fort Wainwright should change enrollment from their previous medical treatment facility

to Bassett ACH. The change is quick and easy. Call (877) 988-9378 or log onto [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com).

**Handling Food?** – Anyone serving food on post, including bake sales, must have a valid food handler's card. The card, valid for one year, can be obtained from Preventive Medicine at Bldg. 4077, adjacent to Bassett ACH. The Food Handler's course slides can be found and studied on our website at [www.alaska.amedd.army.mil/Preventive\\_Med/Preventive\\_Medicine.htm](http://www.alaska.amedd.army.mil/Preventive_Med/Preventive_Medicine.htm). After reviewing the slides, a proctored test must be taken and passed with a 70% or better. Call 361-5182, for test times and more information.

**Billing Questions** – The Uniform Business Office located at Bassett ACH is here to assist you with any billing questions you may have. UBO bills patients and insurance companies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct in DEERS and submit your insurance information at your next appointment. For questions regarding billing, call 361-5343.

## ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors



(Photo by Senior Airman Ashley Nicole Taylor)

# Iceman in Action: Staff Sgt. Jeremiah Skilton

**Senior Airman Ashley Nicole Taylor**  
354th Fighter Wing Public Affairs

**Rank and Name:** Staff Sgt. Jeremiah Skilton

**Duty Title:** NCOIC, Client Systems, 354th Communications Squadron

**Hometown:** Levering, Michigan

**Why is serving in the Air Force important to you?**

Serving in the Air Force is a privilege that is important to me because the end result of any work I do is the defense of the nation. Mundane-busy in a civilian equivalent career could be meaningless, but in the Air Force it contributes to the overall success of the mission.

**What moment or accomplishment as a member of the Iceman Team are you most proud of and why?**

The accomplishment that I am most proud of is my work on the Air Force Ball committee last year. It was

the first large volunteer project I have ever taken part of and donated a considerable amount of time to, and I am very proud of how the ball turned out.

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

My favorite part of my job is definitely being a supervisor.

I have six Airmen who are all very different and challenge me every day. But it is really rewarding when I am able to help them through a problem, whether it be personal or occupational.

**Who inspires you and why?**

My mom and dad have always been inspirations to me because, no matter what happened in their lives, they have always put family first and been there for my brothers and me.

**What’s your favorite part about being in Alaska?**

My favorite part of being in Alaska is the long hours of daylight because the days are longer and I can do more.

# FLAG: Eielson

Continued from page 1

to Joint Base Elmendorf-Richardson for each RF-A exercise.

Participants are organized into “Red” aggressor forces and “Blue” coalition forces. “White” forces represent the neutral controlling agency. The Red force includes air-to-air fighters, ground-control intercept, and surface air defense forces to simulate threats posed by potentially hostile nations.

All RF-A exercises take place in the Joint Pacific Alaska Range Complex with a total operating area of more than 67,000 square miles, roughly five times the size of the airspace available at Nellis Air Force Base, Nev.

“Our RED FLAG exercise is different than Nellis’ mostly due to terrain and space available,” Vincent said.

That unique terrain, coupled with the vast airspace, also allows the U.S. Army to train its units in a variety of different environments while they participate in RF-A.

“We’re dropping over 600 paratroopers into a drop zone,” Vincent said. “That’s one of the largest [airdrops] we’ve ever done.”

The paratroopers will depart from JBER, jump into their drop zone, seize an enemy airfield, and set it up to begin receiving coalition aircraft.

“We want to capture that airfield so we can use it later on and bring C-17s, C-5s, and eventually A-10s, F-16s, and F-18s in,” Vincent said.

“That’s just one day; every day is a little bit different.”

During the two-week employment phase of the exercise, aircrews are subjected to every conceivable combat threat. At the height of the exercise, up to 70 fighter aircraft can operate in the same airspace at one time.

Aircrews aren’t the only ones who benefit from the RF-A experience. The exercises provide an operations training environment for participants such as unit-level intelligence specialists, maintenance crews and command and control elements.

The 354th Civil Engineer Squadron helps out on the range and the 354th Logistics Readiness Squadron processes the cargo. The 353rd CTS can’t do anything without finance, military personnel, maintenance, and other support elements, Vincent said.

By providing generic scenarios using common worldwide threats and simulated combat conditions, RED FLAG-Alaska gives every participant an opportunity to make the tough calls often required in combat.

Another benefit of hosting RF-A at Eielson is the number of allied nations that can reach the training location conveniently.

“It’s important to build relations with our coalition forces and strengthen them,” Vincent said. “On a tactical level we are trying to make the warfighter better, and operationally, we are trying to

make those relationships stronger.”

This free exchange of ideas between forces enhances not just those relationships, but also their operational efficiency.

“We’re mission planning together, we’re briefing and debriefing together, and we’re executing what we could potentially do in a crisis,” Vincent explained. “It’s all about building partnerships that will last. When that crisis does happen and we are called upon to act, we know each other, we know their tactics, and we can execute a smart plan to destroy the enemy and meet the commander’s intent.”

# Japanese: Training

Continued from page 1

Aug. 12 to boost bilateral capabilities and partnerships between the U.S. and Japanese counterparts.

Arctic Aurora is part of Alaskan Command’s Red Flag 15-3 exercise.

The Japanese paratroopers will jump from Japanese Air Self Defense Force aircraft for the exercise. Both American and Japanese paratroopers will deploy from the Joint Base Elmendorf-Richardson Joint Mobility Complex for the exercise.





Staff Sgt. Patrick Appling, kennel master, 549th Military Working Dog Detachment, U.S. Army Alaska, role-plays as a suspect, while wearing a bite suit and is attacked by working dog Mido during a handler protection event in the 2015 Hawaiian Islands Working Dog Skills Challenge, July 27-31. (Photo by Staff Sgt. Taresha Hill)



Pfc. Williams' stress fire qualification at the 2015 Hawaiian Islands Working Dog Skills Challenge. Williams and MWD Ttebow placed 5th overall among 24 of the best teams from across the U.S. military. (Photo by Staff Sgt. Patrick Appling)



Spc. Carter negotiates the endurance obstacle course with MWD Eedge during the 2015 Hawaiian Islands Working Dog Skills Challenge. Handlers had to do 15 pushups before starting the obstacle course, while maintaining complete obedience of their MWD partners. (Photo by Staff Sgt. Patrick Appling)

# Fort Wainwright MWD teams sniff out competition

**Staff Report**  
Fort Wainwright PAO

Military and police working dog teams competed in the 2015 Hawaiian Islands Working Dog Skills Challenge, hosted by the 728th Military Police Battalion, 8th

Military Police Brigade, 8th Theater Sustainment Command, July 27 through 31. More than 25 working dog teams competed and represented the best from the Army, Marines, Navy, Air Force and Honolulu Police Department. The week-long

competition tested the mental and physical stamina of both the handlers and the working dogs with events such as a stress-shoot, tactical and non-tactical detections, a written skills test, an obedience course, obstacle course, handler protection

and even a hardest hitting dog event in which the K-9s were scored based on the strength of their bite. Congratulations Spc. Carter and MWD Eedge who took first place in non-tactical detection; Spc. Schultz and MWD Daga who took

first place in tactical detection and 2nd place in non-tactical detection; and Pfc. Williams with MWD Ttebow who placed 5th overall and was tied for 3rd place in Non-Tactical detection.



## Purple Heart Monument in Fairbanks

Brad Bunnell, Commander of the Military Order of the Purple Heart Fairbanks chapter 675, spoke to military members from both Fort Wainwright and Eielson AFB, veterans and civilians at the Purple Heart Monument Dedication ceremony, which took place Friday, Aug. 7 at the Veterans Memorial Park in downtown Fairbanks. Members of the Military Order of the Purple Heart along with many local donors and sponsors made the creation and the placing of the Purple Heart monument possible. The inscription reads, "My stone is red for the blood they shed, the medal I bear is my country's way to show they care, if I could be seen by all mankind, maybe peace will come in my lifetime." (Photos by Brian Schlumbohm, Fort Wainwright PAO)



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GIVE. ADVOCATE. VOLUNTEER.  
**815 Second Ave., Ste. 201**  
**452-7211**

## QMP

Continued from page 1

vising you will be considered by the Qualitative Management Program, or QMP, board for denial of continued service, and you begin to worry about your future in the Army. The following article provides an overview of the QMP process, explains why the Army has such a program, to whom it applies and to whom not, and provides a few tips on how to respond to notifications.

### Why does the Army employ QMP?

The purpose of QMP is to enhance the quality of the career enlisted force, selectively retain the best qualified Soldiers while denying continued service to nonproductive members, and to encourage Soldiers to maintain their eligibility for further service.

Negative information that prevents promotion in a Soldier's file directly conflicts with the Army's philosophy that Soldiers acquire a successful military status. Acquiring a successful status shows a commitment to the United States, to the Army, to the American people and to fellow Soldiers. The idea is, those who cannot meet that standard should leave the Army.

### To whom does the QMP process apply?

QMP boards are normally held in conjunction with senior NCO selection boards and consider Regular Army and U.S. Army Reserve Active Guard Reserve, or AGR, Soldiers in the ranks of staff sergeant through command sergeant major (E6-E9) for possible involuntary separation.

NCOs are considered for denial of continued service under one of three circumstances.

- U.S. Army Human Resources Command, or HRC, receives negative material for inclusion in a Soldier's Army Military Human Resource Record, or AMHRR. That material can include a General Officer Memorandum of Reprimand, or GOMOR, a court-martial, an Ar-

ticle 15, a negative NCOER, or Service School Academic Evaluation Report indicating Noncommissioned Officer Education System, or NCOES, failure.

- The Army's deputy chief of staff, G-1, or designee, approves a request from the Soldier's commander with General Court-Martial Convening Authority, or a referral to a QMP screening board from the HRC commander or his designee.

- The NCO fails to qualify for promotion consideration to the next grade without completing the appropriate level of NCOES training within 48 months of promotion.

### To whom does the QMP process not apply?

NCOs in the rank of staff sergeant and sergeant major or command sergeant major (E6-E9) are not subject to QMP if:

- They have an approved retirement.
- They were previously retained on active duty by a QMP board, as long as no new basis for QMP has been documented since the earlier determination.

- They hold the rank of sergeant major or command sergeant major and are within two years of the retention control point for their rank.

- They are promotable to the next higher grade when the basis for the QMP consideration was filed in the AMHRR and was included in the official file seen by the promotion board.

### How to Respond to Notifications

Soldiers subject to denial of continued service under QMP will be notified of their status through their chain of command. The notification memorandum will identify the basis for referral and inform the NCO of his or her right to submit mitigating matters to the president of the QMP selection board within 30 days.

Once notified, the Soldier has several options.

- Submit a request for voluntary retirement, if otherwise eligible, in lieu of facing the QMP board.
- Submit documentation to the board president addressing the

NCO's potential for continued service.

Documentation may include letters of support from the Soldier's peers or chain of command. The Soldier must note that he or she cannot appear personally before the QMP board.

Once a rebuttal option is selected and a rebuttal packet submitted — and for those Soldiers who choose not to submit matters to negotiation — the board will review the file and consider several factors. These may include the Soldier's moral and ethical failures; his or her future potential for performance of duties; declining efficiency and performance over a continued period of time; discipline problems; or other derogatory factors such as a failure to meet height or weight standards or the Army Physical Fitness Test, or the imposition of a field commander's bar to re-enlistment.

The QMP board will then consider the Soldier's overall AMHRR and any matters of mitigation submitted to the board and render a decision.

If a board decides the Soldier will be denied continued service, the Soldier can appeal. However, appeal matters are limited to newly discovered evidence, the subsequent removal of documents from the Soldier's AMHRR, or material errors in the Soldier's record that were reviewed by the QMP screening board.

The Soldier must then send a notice of intent to appeal to HRC within seven days of receipt of the QMP board results, and must submit the appeal itself to his or her immediate commander within 30 days of receipt of the notification memorandum.

Soldiers with questions about QMP boards and their response options can turn to their installation staff judge advocate or Legal Services Office for information and guidance.



Fort Wainwright

Friday – 14th

ARCTIC CIRCLE EXPLORATION, Outdoor Recreation, building 4050. Call 361-6349.

READ TO THE RHYTHM SUMMER READING PROGRAM, post library, building 3700. Call 353-2642.

SAC SUMMER CAMP, 6 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

SUMMER BLOOD DRIVE, 9 a.m. to 4:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

2015 KIDS BOWL FREE, 3 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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.

Saturday – 15th

ARCTIC CIRCLE EXPLORATION, Outdoor Recreation, building 4050. Call 361-6349.

OTTO LAKE ATV TRIP, Outdoor Recreation, building 4050. Call 361-6349.

ROCK CLIMBING, 8 a.m. to 9 p.m., Outdoor Recreation, building 4050. Call 361-6349.

INTRO TO FLY FISHING, 9 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.

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

FAMILY CHILD CARE (FCC) PICNIC, 11 a.m. to 2:00 p.m., at Glass Park.

ZUMBA, 11:15 to 12:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

2015 KIDS BOWL FREE, 3 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

Sunday – 16th

ARCTIC CIRCLE EXPLORATION OUTDOOR RECREATION, building 4050. Call 361-6349.

BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.

BOATER SAFETY COURSE, Outdoor Recreation, building 4050. Call 361-6349.

Monday – 17th

SAC SUMMER CAMP, 6 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

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 – 18th

SAC SUMMER CAMP, 6 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.

GROUP CYCLING, 6:30 to 7:30 a.m. and 9:30 to 10:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Communi-

ty Activity Center, building 1044. Call 353-7755.

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 – 19th

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

JUNIORS GOLF OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.

2015 KIDS BOWL FREE, 3 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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.

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

Thursday – 20th

GROUP CYCLING, 6:30 to 7:30 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 353-7755.

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.

2015 KIDS BOWL FREE, 3 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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

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

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

Friday – 21st

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

VALDEZ SILVERS, 8 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.

PARENT ADVISORY BOARD (PAB) MEETING, 11:30 a.m. to 12:30 p.m., Youth Center, building 4109. Call 361-5437.

2015 KIDS BOWL FREE, 3 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

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.

# Eielson Air Force Base

## IN BRIEF

### FINANCE TIP

Did you know your ODTA is your first line of defense when it comes to all DTS related issues? If you need to know the name of your ODTA, contact your local Finance Office.

### NUTRITIONAL TIP

Encourage kids to invent new snacks: make your own snack mixes from dry whole-grain cereal, dried fruit and unsalted nuts or seeds!

### 24-HOUR GYM ACCESS

Baker Field House will now allow 24-Hour Fitness Access to DoD CAC cardholders, 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. Program registration and Fitness Access Cards are available through the Baker Field House. For more information, please contact the Baker Field House at 377-1925.

### BOWLING ALLEY CONSTRUCTION

The current bowling alley parking lot will be closed to thru traffic until further notice. Personnel will be posted on either side of the delivery route on

Wabash Avenue to stop traffic when trucks enter and exit the construction site. Delays should be minor but drivers should plan accordingly. The speed limit in truck crossing zones is 10 mph. Construction is estimated to be complete September 2016.

### CONSTRUCTION SEASON

The construction season for Eielson Air Force base is upon us. Along with construction season comes additional vehicle traffic through the Hursey Gate. Personnel entering the gate during peak traffic hours in the morning and midday can expect some delays at the gate. One way to mitigate delays is for personnel to either show up at the gate earlier or later for their work day. This will help offset some of the increased traffic flow during peak hours. This is an option and if used should first be approved by supervisors and leadership. The Security Forces Squadron will use all available resources to maximize the use of available entry lanes. We thank you for your patience and cooperation as we move through another successful construction season.

### EIELSON OUTDOOR RECREATION

Dreaming of your next getaway? Call 377-1317 or visit Outdoor Recreation.

### EIELSON 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.

# Fort Wainwright

## IN BRIEF

### DISPOSITION OF PERSONAL EFFECTS

Anyone having claims against or who is indebted to the estate of Spc. Norman E. Thiell, of Charlie Company, 1st Battalion, 5th Infantry Regiment, may contact 2nd Lt. Austin VanLoo at 353-2209.

### WINTERIZATION

The Automotive Skills Center winterization special lasts through Oct. 31. Don't wait for the sub-zero temperatures to arrive before you prepare your vehicle for winter. Let the experienced staff at the Auto Skills Center perform the work for you. For more information, call 353-7436.

### SPORT FISHING

The Division of Sport Fish is increasing the bag and possession limit for coho salmon in the Unalakleet River and its tributaries to 10 fish, from 12:01 a.m. Wednesday, Aug. 12 through 11:59 p.m. Thursday, Oct. 15. The bag and possession limit for salmon, other than king salmon, is 10 fish, of which only four fish in combination may be chum and sockeye salmon. This bag and possession limit for salmon, other than king salmon, includes the 10 fish limit for coho salmon.

### NEW RAP CARD

Fort Wainwright launched an updated version of its automated recreational access system, USARTRAK, July 20. The update requires all current recreational access permit cardholders to re-register and obtain a new, free access pass for all recreation activities taking place on military land. Previously obtained access permits will no longer be valid. The upgraded system, found at [usartrak.isportsman.net](http://usartrak.isportsman.net), has the following benefits for registered users: Faster and more reliable access to online and telephonic users in determining which military lands are accessible to all forms of recreation; provides more areas accessible to recreation in Donnelly Training Area West; communicates training area road closures in real time both online and telephonically and will allow for training area check-in online, telephonically or by smart phone. For more information, contact the Fort Wainwright Natural Resource Office at 361-9686 during normal business hours from 7:30 a.m. to 4:30 p.m. If no one is available to take your call, please leave a message and they will return your call.

# ALASKA POST

*Home of the Arctic Warriors*

Special Back To School Edition

Fort Wainwright, Alaska

August 14, 2015



## Welcome back, students!

Michael Campbell, Fort Wainwright School Liaison Officer

The 2015-2016 school year officially begins next week. This is an exciting and busy time of the year as parents prepare their kids and themselves for another season of educational bliss.

Preparing for school can be a logistical nightmare, but as most seasoned parents know, it just takes a little time and planning to make sure all their little troops are fit, qualified and well-supplied to take on their new educational mission.

In an effort to foster academic excellence and provide an appropriate learning environment, the Fairbanks School District has updated their dress code, which is located at [www.k12northstar.org/sites/default/files/dresscode.pdf](http://www.k12northstar.org/sites/default/files/dresscode.pdf).

Fairbanks North Star Borough schools are not cancelled due to weather, but cancelled to ensure student safety. Students will have outdoor recess until the temperature reaches 20 below zero. Please dress appropriately, especially those who walk to school.

There is also the stocking-up of nutritious lunch items, breakfast meals and after-school snacks. Learn about school meals, nutrition, weekly updates, prices and even online lunch payment options by visiting [www.k12northstar.org/departments/nutrition/menus](http://www.k12northstar.org/departments/nutrition/menus) or call 361-4000 to schedule an appointment with a nutritionist.

Child Youth and School Services can provide programs and services to meet your family's needs. Register by contacting Parent Central Services at 353-7713. Some services offered are before and after school care, Youth Sports and Fitness, Youth Center, School Age Center, Child Development Center, SKIES Unlimited and Family Child Care.

Have you bought supplies yet? A school supply listing for all grades and each school can be found online at the Fairbanks North Star Borough School District's web site at [www.k12northstar.org/school-supplies](http://www.k12northstar.org/school-supplies).

Make sure all vaccinations

and sports physicals are current. Bassett Army Community Hospital will host its last Walk-in School and Sports Physical Clinic Tuesday from 4 to 6 p.m. Beneficiaries must check-in between 3 and 5 p.m. to receive a walk-in slot. Participants are asked to bring any necessary school forms and shot records.

There are a number of other things you can do to help your children be at their best during the day:

Attend the school's open house with your child. Visit your child's classroom, meet the teacher and spend a few minutes getting acquainted. Take the time to explore your child's new classroom together. Meeting the staff, other Families and kids will help your child be familiar with their surroundings on their first day, and may alleviate some of the stressful feelings for parents and kids alike.

The school district has an App, find it at [itunes.apple.com/app/fairbanks-school-district/id686222740?mt=8](https://itunes.apple.com/app/fairbanks-school-district/id686222740?mt=8) for Apple products and [play.google.com/store/apps/details?id=net.parentlink.fsd&hl=en](https://play.google.com/store/apps/details?id=net.parentlink.fsd&hl=en) for Android. The app allows access to the latest school district announcements, news and video. There are also calendars providing school athletic events and schedules, access to your student's attendance, grades and classroom assignments.

Find the bus schedule and make a plan to ensure your child knows when and how to safely get to the bus stop. Bus schedules are online at [transportation.k12northstar.org/edulog/webquery/](http://transportation.k12northstar.org/edulog/webquery/), to find locations as well as pick-up and drop-off time schedules. To contact the Fairbanks school bus contractor, call 456-6921 for Fairbanks and 488-4477 for Moose Creek and North Pole.

Always allow enough time for any street crossings or other delays such as icy sidewalks. Take a few trips with your child walking to school. Make sure to point out road signs, how to check for traffic and cross safely. This also lets you know how much time it takes your child to get to and from school when walking.

Setting bedtimes and enforcing them may be a battle at first, but sleep is an important factor for health and learning. Sleep requirements vary by age. Your child should get the amount of sleep that works for them as some need more than others. If you're not sure, try different bedtimes until your child is getting up easily and rested, and making it through the day without difficulty.

To keep the mornings rolling smoothly, you may want set up a spot for your child's belongings – backpack, books, lunch or lunch money, permission slips, etc. – all kept in one spot. That way you can simply put everything in the backpack and they can grab it on their way out the door.

Time after school and on weekends is important to a kid. Leisure activities, whether they be sports or indoor activities, are as important to their growth and well-being as homework.

Stay attuned to your child. Notice moods and listen to comments. They will let you know if something is wrong.

The Fairbanks North Star Borough School District also has a web page for military Families. Its purpose is in making military transitions, deployments, and reintegrations for military children as smooth as possible. Located at [www.k12northstar.org/departments/military-families](http://www.k12northstar.org/departments/military-families), this site will keep Families informed and up-to-date with activities, programs and services that are offered in the surrounding communities and on Fort Wainwright and Eielson Air Force Base.

Register for an account at [tutor.com](http://tutor.com) for a no-cost, personalized, 24-hour, online tutoring service.

These are just a few suggestions that may give you, your child and your entire Family a good start to the school year. Let the learning begin.

For questions or more information, contact the School Liaison Officer at 353-9377 and/or [michael.p.campbell12.naf@mail.mil](mailto:michael.p.campbell12.naf@mail.mil).

## KNOW YOUR SLO:

School liaison officer bridging military Families and Interior schools

Michael Campbell, Fort Wainwright School Liaison Officer

School Support Services is the "Driving Force for Student Success" and the Department of the Army's commitment to ensure school transition challenges are minimized. School Liaison Officers work in partnership with local school districts to enhance the educational experience for our military youth.

To help Army Families get connected with community resources to reduce the impact of relocations and transitions and to stay involved with their students for a successful school year, Fort Wainwright hosted the Back to School Fair Wednesday from 4:30 to 6:30 p.m. at Youth Center Building 4109.

Academic well-being is our priority. The Fair featured many informational sessions to help increase students' grade performance, improve attendance, build self-esteem, avoid drug and alcohol use and to learn about the variety of community and after-school programs.

Many Fort Wainwright agencies showcased a variety of positive learning environments, including CYS Services, Youth Services, Hired Program, Parent Central and Outreach Services, Youth Sports, Youth Center and Skies Unlimited.

The Exceptional Family Member Program, Family Advocacy

Program, New Parent Support Program, Mobilization and Deployment, and Medical Department Activity-Alaska also provided tools and resources for Army Family success.

Local community guests and partners included Boys and Girls Club, Girl Scouts, Raven Correspondance School, Catholic Schools of Fairbanks, and the Noel Wien public library.

Karen Gaborik, Fairbanks North Star Borough Superintendent and the assistant superintendents also attended the information fair. A variety of program representatives from the school district were also available such as the Community After-Schools Program, Fairbanks BEST, Nutrition Services, Safe and Drug Free Schools, Powerschool Premier and Special Education to increase your students' academic success.

School Support Services is located at Murphy Hall, building 1045, room 27. The U.S. Army Garrison Fort Wainwright School Liaison Officer can be reached at 353-9377 or via email at [michael.p.campbell12.naf@mail.mil](mailto:michael.p.campbell12.naf@mail.mil).



# Back to school safety tips



**Staff Report,** Fort Wainwright Police Department

As we prepare to move into a new school year, the Fort Wainwright Police Department would like to remind everyone about a few simple safety tips to help make the school year a fun and safe one. As many of our school age children walk, bike or get bussed to their schools, remember the following:

**For Students and Parents:**

- Pay special attention to all traffic signals and crossing guards.
- Never cross the street against a red light, even if you don't see any traffic coming.
- Wear reflective clothing and bright colors so drivers can see you easier.
- Plan a safe walking route to school or the bus stop. Choose the most direct way with the fewest street crossings and, if possible, with intersections that have traffic controls.
- Make eye contact with drivers of oncoming vehicles to make sure they see you.
- Be aware of drivers even when you're in a crosswalk; vehicles have blind spots.
- Don't wear headphones, use a cell phone or other electronic device while walking.
- Advise children to arrive early for buses, stay out of the street, and to wait for the bus to come to a complete stop before approaching the street. When walking beside, in front of or behind the bus, walk at least three giant steps away from the bus to ensure that the bus driver can see you.

- Ask about the safety and emergency plans for your children's school, and how students and parents are involved.
- If you see something that is suspicious in your neighborhood, report it to the Police Department at 353-7710 or 353-7535.
- If bicycling, get acquainted with traffic rules; cyclists must follow the same rules as motorists.
- Know your bike's capabilities and wear a helmet.
- Ride single-file in the direction of traffic, and watch for opening car doors and other hazards.
- Use hand signals when turning and use extra care at intersections.
- Before entering traffic, stop and look left, right, left again and over your shoulder.
- Teach children about bullying in school, and watch for warning signs that a child may be a victim of bullying, including lower grades, torn clothing or loss of friends.
- Monitoring your child's activity online is also important.
- As always, the pedestrian gate will be opened for the kids to get to Tanana and Ladd, so they should take that route instead of walking along the road.

**For Drivers:**

- Drivers need to be very aware when school is back in session and that children will be walking to and from schools and bus stops. As autumn approaches, there will be less daylight and children will be out

- early in the morning and more difficult to see.
- Be watchful around schools and bus stops for children running into the street.
- Watch for children entering the street from behind buses or running to catch the bus.
- When driving your children to school, deliver and pick them up as close to the school as possible. Don't leave until they are safely on school grounds.
- Drive slowly when approaching children riding bicycles and walking near the street.
- Watch your speed when entering school zones.
- Make sure you stop for school busses picking up or dropping off students. Yellow flashing lights indicate that the bus is preparing to stop, load or unload students. Slow down and prepare to stop. Do not mean speed up and pass. Red Flashing lights and extended stop arms indicate that the bus has stopped and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.

From all the Department of the Army Civilian Police Officers, Military Police Officers and support staff here at the Fort Wainwright Police Department, we would like to wish all the students and parents a happy and safe school year.

Revised by Administration: April 2015  
Adopted by School Board: June 4, 2013

2015						
July						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
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30	31					
September						
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October						
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November						
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27	28	29	30	31		



520 Fifth Avenue, Fairbanks, AK 99701  
k12northstar.org

2015	
August	12 & 18 Teacher Work Days 13,14,17 Professional Development Days 19 First Day for Students
September	7 Labor Day Holiday 28 Professional Development
October	16 End of 1 <sup>st</sup> Quarter (early dismissal) 26-27 Parent-Teacher Conferences
November	26-27 Thanksgiving Holiday
December	16-18 Last 3 Days (early dismissal) 18 End of 1st Semester (early dismissal) 21 Winter Break – Begin

2016	
January	1 Winter Break – End 4 Teacher Work Day (no school) 18 Martin Luther King Jr. Holiday
February	5 Professional Development 15-16 Parent-Teacher Conferences
March	11 End of 3 <sup>rd</sup> Quarter (early dismissal) 14-18 Spring Break
April	4-8 Testing (all students attend school) 11-15 Testing (all students attend school)
May	16-18 Last 3 Days (early dismissal) 18 Last Day for Students 19 Professional Development Day 20 Teacher Work Day

- School Start/End

⌋

End of Quarter (early dismissal)

T

Testing Day

●

Last 3 days (early dismissal)

◆

Professional Development Day (no school)

■

Vacation/Holiday (no school)
- ▲

Parent-Teacher Conferences (no school)
- ⊙

Teacher Work Day (no school)
- ☒

Tentative make-up days for bad weather
- 1<sup>st</sup> semester: 88 days

2<sup>nd</sup> semester: 92 days

2016						
January						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						
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3 <sup>rd</sup> Quarter: 48 days						
April						
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24	25	26	27	28	29	30
May						
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29	30	31				
4 <sup>th</sup> Quarter: 44 days						
June						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**First Day of School**

August 19: grades 1 through 9 and all NEW high school students.

August 20: all returning high school students.

Kindergarten Families will be notified by their school after registration.

**Registration/Enrollment Checklist:**

- Birth Certificate
- Proof of Immunization
- Transcripts or Report Cards
- Proof of Current Physical Address

**CYSS Before School Program**

The school age center program serves children enrolled in kindergarten through 6th grade. Opens at 6 a.m. Offers breakfast, homework assistance and enrichment programs. Arctic Light Elementary School children walk to school. Ladd and Hunter Elementary School children are bused.

**CYSS After School Programs**

The school age center offers snacks, enrichment programs, technology lab, gym, study hall and more. The youth center offers snacks and dinner, technology lab, gym, art room, game room, teen room, leadership programs, college readiness and more.

\* To register in CYSS programs, contact Parent and Outreach Services at 353-7713. Fees are on a sliding scale set by DoD.

**Important Notes**

\*School District calendars do not always align with Federal calendars. Federal Holidays observed that School Districts do not: October 12, Columbus Day; November 11, Veterans Day. School Age Center and Youth Center will be closed on these dates.

\*School is not cancelled for weather, but is for safety. Updates by 6 a.m. on the school district website, social media, or by calling 452-2000.





Fairbanks North Star Borough School District, Schools and Contacts

FNSB school listings

ANDERSON ELEMENTARY, K-2 768 Kodiak Street, Eielson AFB 99702 372-2167 <a href="http://and.k12northstar.org/">http://and.k12northstar.org/</a>	NORTH POLE ELEMENTARY, K-5 250 Snowman Lane, North Pole 99705 488-2286 <a href="http://npe.k12northstar.org/">http://npe.k12northstar.org/</a>
ANNE WIEN ELEMENTARY, K-6 1501 Hampstead Ave., Fairbanks 99701 451-7500 <a href="http://awe.k12northstar.org/">http://awe.k12northstar.org/</a>	NORTH POLE HIGH, 9-12 601 NPHS Blvd., North Pole 99705 488-3761 <a href="http://nph.k12northstar.org/">http://nph.k12northstar.org/</a>
ARCTIC LIGHT ELEMENTARY, K-6 4167 Neely Road, Fort Wainwright 99703 356-2038 <a href="http://arc.k12northstar.org/">http://arc.k12northstar.org/</a>	NORTH POLE MIDDLE, 6-8 300 East 8th Ave., North Pole 99705 488-2271 <a href="http://npm.k12northstar.org/">http://npm.k12northstar.org/</a>
BADGER ROAD ELEMENTARY, K-5 2301 Bradway Road 488-0134 <a href="http://bgr.k12northstar.org/">http://bgr.k12northstar.org/</a>	PEARL CREEK ELEMENTARY, K-6 700 Auburn Drive, Fairbanks 99709 479-4234 <a href="http://plc.k12northstar.org/">http://plc.k12northstar.org/</a>
BARNETTE MAGNET, K-8 1000 Barnette St., Fairbanks 99701 456-6072 <a href="http://bnt.k12northstar.org/">http://bnt.k12northstar.org/</a>	RANDY SMITH MIDDLE, 7-8 1401 Bainbridge, Fairbanks 99701 458-7600 <a href="http://rsm.k12northstar.org/">http://rsm.k12northstar.org/</a>
BEN EIELSON JR/SR, 7-12 675 Raven's Way, Eielson AFB 99702 372-3110 <a href="http://beh.k12northstar.org/">http://beh.k12northstar.org/</a>	RYAN MIDDLE, 7-8 951 Airport Way, Fairbanks 99701 452-4751 <a href="http://ryn.k12northstar.org/">http://ryn.k12northstar.org/</a>
CAREER EDUCATION CTR., 11-12 724 27th Ave., Suite 1, Fairbanks 99701 479-4061	SALCHA ELEMENTARY, K-6 8530 Richardson Hwy 488-3267 <a href="http://sal.k12northstar.org/">http://sal.k12northstar.org/</a>
CHINOOK CHARTER, K-8 3002 International St, Fairbanks 99701 452-5020 <a href="http://chn.k12northstar.org/">http://chn.k12northstar.org/</a>	STAR OF THE NORTH Career Education Center, 11-12 North Pole Campus, 7-12 <a href="http://son.k12northstar.org/">http://son.k12northstar.org/</a>
CRAWFORD ELEMENTARY, 3-6 692 Raven's Way, Eielson AFB 99702 372-3306 <a href="http://crw.k12northstar.org/">http://crw.k12northstar.org/</a>	TANANA MIDDLE, 7-8 600 Trainor Gate Rd., Fairbanks 99701 452-8145 <a href="http://tan.k12northstar.org/">http://tan.k12northstar.org/</a>
DENALI ELEMENTARY, K-6 1042 Lathrop Street, Fairbanks 99701 452-2456 <a href="http://dnl.k12northstar.org/">http://dnl.k12northstar.org/</a>	TICASUK BROWN ELEMENTARY, K-5 785 Lakloey Drive - Physical 488-3200 <a href="http://tic.k12northstar.org/">http://tic.k12northstar.org/</a>
EFFIE KOKRINE CHARTER, 7-12 601 Loftus Road, Fairbanks 99709 474-0958 <a href="http://ekc.k12northstar.org/">http://ekc.k12northstar.org/</a>	TWO RIVERS SCHOOL, K-8 400 Two Rivers 488-6616 <a href="http://trv.k12northstar.org/">http://trv.k12northstar.org/</a>
HUNTER ELEMENTARY, K-6 1630 Gillam Way, Fairbanks 99701 456-5775 <a href="http://htr.k12northstar.org/">http://htr.k12northstar.org/</a>	UNIVERSITY PARK ELEMENTARY, K-6 554 Loftus Road, Fairbanks 99709 479-6963 <a href="http://upk.k12northstar.org/">http://upk.k12northstar.org/</a>
HUTCHISON HIGH SCHOOL, 9-12 3750 Geist Rd, Fairbanks 99709 479-2261 <a href="http://hut.k12northstar.org/">http://hut.k12northstar.org/</a>	WATERSHED CHARTER, K-8 4975 Decathlon, Fairbanks 99709 374-9350 <a href="http://www.thewatershedschool.com/">http://www.thewatershedschool.com/</a>
JOY ELEMENTARY, K-6 24 Margaret St., Fairbanks 99701 456-5469 <a href="http://joy.k12northstar.org/">http://joy.k12northstar.org/</a>	WELLER ELEMENTARY, K-6 635 Elementary Drive 457-1629 <a href="http://wlr.k12northstar.org/">http://wlr.k12northstar.org/</a>
LADD ELEMENTARY, K-6 601 F St., Fairbanks 99701 451-1700 <a href="http://lad.k12northstar.org/">http://lad.k12northstar.org/</a>	WEST VALLEY HIGH, 9-12 3800 Geist Rd., Fairbanks 99709 479-4221 <a href="http://wvh.k12northstar.org/">http://wvh.k12northstar.org/</a>
LATHROP HIGH, 9-12 901 Airport Way, Fairbanks 99701 456-7794 <a href="http://lth.k12northstar.org/">http://lth.k12northstar.org/</a>	WOODRIVER ELEMENTARY, K-6 5000 Palo Verde Dr., Fairbanks 99709 479-4211 <a href="http://wrv.k12northstar.org/">http://wrv.k12northstar.org/</a>
NORDALE ELEMENTARY, K-6 397 Hamilton Ave., Fairbanks 99701 452-2696 <a href="http://ndl.k12northstar.org/">http://ndl.k12northstar.org/</a>	FAIRBANKS B.E.S.T. K-12 correspondence/home school 452-2000 Ext. 11201 <a href="http://best.k12northstar.org/">http://best.k12northstar.org/</a>
NORTH POLE ACADEMY, 7-12 2945 Monk Ct., NP 99705 490-9025	

Fort Wainwright School Zones

Bear Paw, Gertsch Heights, Northern Lights, Southern Cross -- Arctic Light Elementary  
Chena Bend, Denali Village, North Town and Siku Basin -- Ladd Elementary  
Tanana Trails and on-post hotel -- Hunter Elementary

Transportation

The Fairbanks North Star Borough (FNSB) transportation tracker helps you determine the school a student is eligible to attend and the available bus stops with helpful street map. Go to [www.k12northstar.org/map](http://www.k12northstar.org/map). For bus policy, safety and more, visit [www.k12northstar.org/bus-rules](http://www.k12northstar.org/bus-rules).

For FNSB city bus routes, including the Gold Line, which comes onto post (must have a valid Military ID or Visitor's Pass to get off the bus while on Fort Wainwright), go to [www.co.fairbanks.ak.us/busroutes/default.aspx](http://www.co.fairbanks.ak.us/busroutes/default.aspx).

FNSB office listings

After School Programs 452-2000 x11271	Library Media Services 452-2000 x11241
Superintendent's Office 452-2000 x11401	Research & Accountability 452-2000 x11340
Assistant Superintendents 452-2000 x11411	School Board 452-2000 x11400
Curriculum 452-2000 x11422	Special Education 452-2000 x11441
Nutrition Services 451-1004 x16601	Technology 452-2000 x11212
Federal Programs 452-2000 x11231	Transportation 452-2000 x11351

Important Phone Numbers

School:

School Nurse:

Teacher:

Coach:

Etc.

School Liaison Officer:	353-9377
Bassett Hospital:	361-5172
Child Development Center I:	361-4190
Education Ctr:	353-7486
Military Police:	353-7535
Post library:	353-2642
School Age Center:	353-7394
SKIESUnlimited:	353-7713
Youth Center:	361-5437



See something, say something

Terrorists are very sneaky. They are trying to hurt us. Sometimes they succeed. But they don't have to. Not if you keep your eyes open. If you see something unusual, tell a parent, a teacher or a friend.

Always Ready, Always Alert  
Because someone is depending on you





# Students power through with balanced nutrition

Like physical activity, nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast and lunch perform better in school; they have more energy throughout the day, improved concentration and maintain a healthier weight.

To assist with planning healthy meals and snacks for your children, start at [www.choosemyplate.gov](http://www.choosemyplate.gov). A nutritious diet is one that emphasizes fruits, vegetables, whole grains, low to non-fat dairy products, lean meats, poultry, fish, beans, eggs and nuts, and is low in saturated fat, trans fat, cholesterol, salt (sodium) and added sugar.

Be just as particular about beverage options. The best drinks to offer children are water and low-fat/non-fat milk. Stay away from caffeinated beverages that can impair your child's growth and development, as well as sugary, calorie-packed options that offer little nutritional value.

Try these nutritious (and quick!)

breakfasts, lunches and snacks:

Breakfast – one container of low fat yogurt (plain is best as you want to watch sugar intake), 1/4 cup of granola and a piece of fruit (berries or a small banana would be great). OR one whole grain waffle with peanut butter (watch the serving size as peanut butter can be high in calories, fat and sugar; try almond butter for a healthier alternative) and sliced banana with a glass of low fat milk.

Lunch – peanut butter and jelly (no sugar added) OR chicken salad on whole grain bread with carrot sticks and guacamole and a piece of fruit.

Snacks – a piece of fruit (berries, apple or grapes work great) and a cheese stick (for a little fun, make it a fruit and cheese kabob) OR homemade trail mix with dried fruits, nuts and granola (stay away from candy) OR a fruit and veggie smoothie (kale and spinach are great here) blended with milk and/or yogurt.

# Last call for physicals

Brandy Ostanik, MEDDAC PAO

The last iteration of the school and sports physicals clinic will take place August 18 from 4 to 6 p.m. at Bassett Army Community Hospital for youth ages three to 18.

Children involved in Child, Youth and School Services or school sports are required to have an annual physical. Parents are encouraged to find all the requirements and forms needed for either CYSS or their school on their respective websites and have the forms filled out before their scheduled appointment time. It is also helpful to bring immunization records, if available.

CYSS forms can be found at: [wainwright.armymwr.com/pacific/wainwright/programs/parent-central-services/](http://wainwright.armymwr.com/pacific/wainwright/programs/parent-central-services/).

Fairbanks North Star Borough School District forms: [www.k12northstar.org/parents/enroll](http://www.k12northstar.org/parents/enroll).

Medical issues will not be addressed unless they are directly related to the physical.

While the clinic will be able to accommodate some walk-ins, appointments are strongly encouraged. Appointments can be made by calling the central appointments line at 361-4000.

# Immunization: Before school begins

Alaska State Law requires that schools receive a current copy of every child's immunization record prior to the first day of school. Fairbanks North Star Borough School District follows a "No Shots – No School" policy in accordance with state regulations. A listing of current immunizations can be found on their website at: [www.k12northstar.org/departments/health-services/immunizations](http://www.k12northstar.org/departments/health-services/immunizations).

Bassett Army Community Hospital's

Immunization Clinic is a walk-in service located in the primary care clinic at BACH. Beneficiaries must have been seen by their Primary Care Provider within the previous 12 months and have a copy of their shot records to receive immunizations. TB tests cannot be administered on Thursdays. The Immunization clinic is open 7:30 a.m. to 3:30 p.m. Monday through Friday. For questions, call 361-5456.

# Performance Triad sleep facts:

Essential for your child's health, performance and well-being

1. FACT: The amount and quality of sleep children get on a regular basis can directly influence school performance. Medical studies have shown that students with higher grades slept significantly longer and went to bed earlier than those with lower grades.

2. FACT: Adequate sleep leads to better weight status in children and adolescents. Studies continue to emerge that link the relationship between length of sleep and being overweight or obese.

3. FACT: Physically active children are better sleepers. Recent studies have shown that less sedentary children not only fall asleep faster but sleep better throughout the night.

4. FACT: Establishing and enforcing a good sleep environment can help improve your children's sleep quality. The latest findings from the National Sleep Foundation's American sleep poll found when parents took action to establish a sleep-friendly environment for their children, their children slept better.

Establish a good sleep environment for your child:

- Make sure the room is quiet, dark, and at a comfortable temperature.
- Remove distractions from the room,

such as a TV or computer.

## Hours of sleep needed for healthy development:

Age	Hours per a day
0 to 20 months	12 to 18 hours
3 to 11 months	14 to 15 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 10 years	10 to 11 hours
10 to 17 years	8.5 to 9.25 hours

Help your Family develop better sleep habits using these tips:

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends.
- Avoid watching TV within an hour of bedtime.
- Place phones on silent before bed and remove them from sleep areas.
- Create a relaxing wind-down routine to cue sleepiness, such as taking a warm shower or reading a book.
- Engage in regular physical activity each day, such as brisk walking or a bike ride.
- Do not eat heavier meals, such as dinner, two to three hours before bedtime.

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www.tutor.com/military

Child, Youth and School Services offers free resources and tutoring from Tutor.com.

Join Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents.

# Regular physical activity positively affects body and mind

Did you know that children ages 6 to 17 should have at least 60 minutes per day of physical activity for good health? This can come from organized sports, unorganized play, Family exercise and activities (e.g. go for a walk or bike together, maybe learn something new together like martial arts or dance), or any combination of those. Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

Regular physical activity contrib-

utes to overall health, from increasing lean muscle mass, bone strength and playing a part (with diet) in weight management to enhancing psychological well-being by reducing the symptoms of depression and anxiety, and improving academic performance.

In a California study involving more than 800,000 5th, 7th and 9th graders, higher math and reading scores were associated with higher levels of fitness (*Journal of Exercise Physiology*, February 2005).

To register, call 353-7713. For information on specific classes, call 353-3220.

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Wed & Thur, 4:30-5:30 p.m.  
Meets on Post

Art Classes

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MOMMY & ME LEARN TO SEW! \$35  
Saturdays: 11:30 a.m. to 12:30 p.m.

GLASS MOSAIC/ STAINED GLASS \$50  
Saturdays: 4:30-5:30 p.m.

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\$45 per month

SKIES is for ages 2 yrs to 18 yrs

SKIES UNLIMITED IS LOOKING FOR QUALIFIED INSTRUCTORS IN:  
Music, Arts & Crafts, Language Skills, Digital Photography, Video Media or other life skills.  
If you are interested, call 353-3220 for more details.