

# ALASKA POST

FREE

an edition of the  
DAILY NEWS-MINER

Home of the Arctic Warriors

RECYCLED  
Recycled material  
is used in the  
making of our  
newsprint

Vol. 6, No. 37

Fort Wainwright, Alaska

September 18, 2015

## AtAGlance

Childhood Obesity  
Better Nutrition  
Yom Kippur and  
Eid al-Adha  
IMCOM Internship  
Experience  
Fletcher's Island  
Funded legal program  
Exchange gets visit  
...and more...

### BRIEFS

#### Welcome to Winter

Be prepared! The Welcome to Winter brief educates Soldiers, Family members and new employees on how to survive and thrive during Alaskan winters. The brief includes preparing your vehicle for winter, winter driving techniques, emergency winter kits, proper clothing and caring for your pets in the cold. Join us Sept. 24 from 6 to 8 p.m. at the Last Frontier Community Activity Center, bldg. 1044. For more information, call 353-4227.

#### Yard sale

The next post-wide yard sale is Saturday, Sept. 19 from 8 a.m. to 4 p.m. Residents may sell items in front of their homes or at the resale lot on the corner of Neely and Meridian Road. All military ID and DoD card holders are welcome to sell on the resale lot on a first come, first served basis. Individuals using the lot should sign-up at the northwest end by putting their last name and "yard sale" on the outside of an envelope, drop in \$10.00 and set up wherever preferred with their own table. Proceeds go to the BOSS program. The sale is open to the public. For more information, call 353-9757.

### ONLINE

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

### WEEKEND WEATHER



#### Friday

Cloudy. Scattered rain showers. Highs in the lower to mid 40s.



#### Saturday

Cloudy. Scattered rain and snow showers in the morning.



#### Sunday

Cloudy.  
Highs in the mid 40s.

## National Preparedness Month

**Lt. Gen. David Halverson**  
Commander, U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management

**Command Sgt. Maj. Jeffrey Hartless**  
Command sergeant major, U.S. Army Installation Management Command

Natural and manmade tragedies follow no timetable. The 10th anniversary of hurricane Katrina, the remembrance of Sept. 11, 2001, and this summer's shootings at reserve and

recruiting centers in Chattanooga, remind us of the need for preparedness. When we aren't prepared, these events challenge our collective security and resilience.

As we left August and entered September, we marked the end of Army Antiterrorism Awareness Month and the beginning of National Preparedness Month.

Our entire Army shares the responsibility to be prepared. Preparing Soldiers, Civilians and our Families for emergen-

See PREPARE on page 2



**Lt. Gen. David Halverson**  
Commander, U.S. Army Installation Management Command and Assistant Chief of Staff for Installation Management



**Command Sgt. Maj. Jeffrey Hartless**  
Command sergeant major, U.S. Army Installation Management Command



Gold Stars, Mrs. Amanda Bible and Mrs. Jennifer Whitney, pose with country music band The Swon Brothers at the USO concert on Eielson AFB, Sept. 14. (Courtesy photo)

## The Gold Star

The Gold Star has symbolized the loss of a service member since the First World War.

In 1936, the Congress designated the last Sunday of September as a national commemoration for Americans to honor the continued service of Gold Star mothers. This year, the nation will honor and remember the surviving mothers of fallen Soldiers on September 27.

"It's important to recognize Gold Star mothers on this special day, not only for their loss, but for their commitment to the Army Family," said Hal Snyder, chief of U.S. Army Installation

Management Command's Wounded and Fallen Support Services Office.

"Gold Star mothers are the bedrocks of support and comfort to fellow survivors, setting examples of inspiration and resilience with those who share the unique bond of a military loss," he explained.

Remembering the Fallen and honoring their survivors, Fort Wainwright is hosting its Gold Star Parents' and Families' Day on Saturday, Sept. 26.

For more information about the event, call Survivor Outreach Services at 353-4004.



Gold Star Family, Mrs. Maria Sutherland and her son, Stephen Sutherland, meet country music superstar Rodney Atkins at the USO concert on Eielson AFB, Sept. 14. (Courtesy photo)



Survivor Outreach Services is an official program in Installation Management Command's Family and Morale, Welfare and Recreation Directorate, which delivers the Army's commitment to giving survivors services and support for as long as they desire. Conceived of and developed by survivors, this program is continually refined based on survivor feedback and involvement by senior Army leaders.

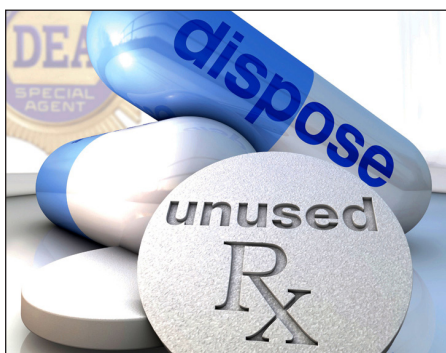
Army National Guard, U.S. Army Reserve and Active Component Families are served by the closest Survivor Outreach Services support office. These offices have dedicated personnel who provide survivors financial education, benefits coordination and support counseling.

Currently, the program supports more than 60,000 surviving military Family members. For more information, visit <http://goldstarpins.org/> and [www.sos.army.mil/](http://www.sos.army.mil/).

## National Prescription Drug Take-Back Day

**John Timmin**  
Substance Abuse Prevention Coordinator, ASAP

On Saturday, Sept. 26 from 10 a.m. to 2 p.m., the Fort Wainwright Post Exchange, Army Substance Abuse Program, Criminal Investigation Command, Bassett Army Community Hospital and the Drug Enforcement Administration will team up again for National Prescription Drug



Take-Back Day. Collection boxes will be set up at the Fort Wainwright Post Exchange and anyone can bring their prescriptions or over-the-counter medications for disposal.

Septic and sewage treatment do

See DRUGS on page 3

## Ready or not, winter is around the corner

**Staff report**  
Fort Wainwright PAO

The winter season officially begins Dec. 21 and while that may seem like it's a long time from now, colder temperatures and snow will be here long before then. Be prepared! Not having your vehicles, self, family, pets and house prepared for winter can and will cost you not just money but time and aggravation as well, and it may put you and those you love in danger.

The first step is to make sure that your family has the proper clothing for an Alaskan winter,

See WINTER on page 3



# Increased activity important to tackle childhood obesity

**Brandy Ostanik**  
MEDDAC PAO

**Editor’s Note:** *This is the second article in a series on childhood obesity.*

As the epidemic of childhood obesity continues to weigh on the health of children in the United States, there is good news for parents – changing habits to become more active and ensuring good sleep habits can make a big difference.

Over the last 10 years, the amount of time children spend being active has decreased dramatically while the amount of time spent in front of a screen – television, computer or video games – has significantly increased. According to the American Academy of Pediatrics, 25 percent of children spend at least four hours in front of a screen and this is a direct correlation to being overweight.

Heidi Watkins, project lead for the Fort Wainwright Army Wellness Center, says getting children off of the couch and moving for 60 minutes a day is a step in the right direction.

“The Performance Triad,

an Army Medicine initiative that focuses on quality sleep, better nutrition choices and consistent activity, suggests kids between the ages of six and 17 get 60 minutes of activity where their heart rate is elevated,” said Watkins. “Chances are they are not getting all of that activity at school.”

Watkins said this is where parents need to work with their children to make activity a part of their home life, even if it’s in small five to 10 minute increments.

“It is not necessary for all of the activity to happen at one time, especially if the child isn’t normally active,” said Watkins. “In order to successfully work activity into the family routine, parents need to find an activity the child enjoys doing.”

This can be particularly challenging for children who are overweight already and not necessarily confident in participating in new physical activities. Instituting a family walk every night, while a great calorie burner that doesn’t require much preparation, is not necessarily the best idea.

“Telling your child ‘we’re

going to go get exercise by taking a walk’ is likely going to be met with groans,” said Watkins. “Instead find ways of working in activity that doesn’t seem like exercise.”

Going outside to throw a Frisbee, setting up an obstacle course in the backyard, riding bikes or playing Simon Says can all raise the heart rate without making children feel like they are exercising.

In the beginning, it may be a lot of trial and error to find activities that work for your child, said Watkins.

“Not every kid is going to want to go out and play a sport. Finding an activity your child can be successful at will boost confidence, making it more likely they will enjoy themselves and want to continue with the activity,” said Watkins.

In addition to finding activities that work for everyone in the family, another challenge can be knowing just how much activity children are getting.

There are numerous devices, such as pedometers, that can be used to give a basic idea of how many steps are being taken during the day,

which will give an indication on how much activity is really taking place.

“Guidelines for children six to 17 suggest boys should get in 13,000 steps each day while girls need 11,000,” said Watkins. “This isn’t exact, but if a device says your child is getting in 2,000 steps in a day, there is obviously a lot of room for improvement.”

Here in Alaska, getting in enough exercise and activity can seem like a daunting task during the long, cold months of winter.

Watkins believes that the winter can pose an extra challenge during excessive cold snaps, but also suggests there are many activities children can participate in that are great for physical fitness.

“Cross country skiing, snow shoeing and sledding are great outdoor activities,” said Watkins. “As are indoor activities such as curling, ice skating, archery and bowling.”

While activity in extremely important, Watkins said proper sleep habits are also necessary to overall health and weight management.

According to the Ameri-

can Academy of Pediatrics, school aged children need a minimum of 10 hours of sleep each day for maximum performance and recent studies have linked short-term sleep deprivation with a tendency to load up on bigger portions as well as a preference for high-calorie, high-carb foods.

“When children are tired, they look for that quick pick-me-up” said Watkins. “During these times, they are more likely to grab sugary drinks and foods, which ultimately leave them more tired in the end.”

Parents who would like more information on using activity to lose weight, metabolic testing and the importance of sleep on the overall health can contact the Army Wellness Center at 361-2234, or talk with their primary care physician.

To continue awareness during Childhood Obesity Awareness Month, next week Medical Department Activity – Alaska professionals will discuss the role food choices play in maintaining a healthy weight.

# Add fruits and veggies to diet for better nutrition

**Justine Springer**  
Program Evaluator,  
Army Public Health  
Center

Today’s consumer is constantly bombarded with food messages, from companies boasting “the ultimate performance food” to celebrities endorsing “the next miracle cure.” With all of these competing messages, it can be hard to know which foods to choose for optimal health.

Yet nutrition doesn’t have to be confusing or complicated and you can start to improve your diet today with one simple action: EAT MORE FRUITS AND VEGGIES!

It may seem obvious, but according to a new study from the U.S. Centers for Disease Control and Prevention,



(Photo by Sgt. Tomora Clark, 13th Public Affairs Detachment)

as much as 80 percent of Americans do not get the daily-recommended amount of these essential foods.

Why Fruits and Veggies?

According to the Dietary Guidelines for Americans, fruits and vegetables should be consumed more than any other food group because of their MANY benefits.

First, fruits and vegetables are low in calories and high in fiber. Fruit and vegetables fill you up and keep you feeling full longer, making them the perfect choice to help you reach or maintain a healthy weight.

Second, fruits and vegetables are great sources of key nutrients linked to a reduced risk of developing certain

chronic diseases. They are loaded with fiber to help with digestion and keep the digestive system operating optimally.

A balanced diet including lots of fruits and vegetables promotes energy, endurance, stamina and muscle growth. The Army Surgeon General’s Performance Triad initiative encourages Army leaders to promote proper nutrition (as well as sleep and physical activity) as an important pillar in improving readiness and increasing resiliency of Soldiers as well as our civilians.

Fruits and vegetables are loaded with carbohydrates, natural antioxidants, vitamins and minerals that enhance recovery and support a healthy immune sys-

tem. They are important for fueling an active and ready Army Force.

How to get more?

- Buy fresh fruits and vegetables in season. In season, produce generally cost less and are more likely to be at their peak flavor.

- Buy fruits and vegetables that are easy to prepare. Fruits and vegetables are nutritious in a variety of forms. Stock up on frozen or canned fruits and vegetables for options that have a longer shelf life and that are quick and easy to prepare. Just watch out for added sodium and sugars in canned products.

- Buy fresh fruits and vegetables such as bagged lettuce, baby carrots, grape tomatoes and whole fruits that don’t require cutting (such as berries, banan-

as, apples, grapes etc.) so you can have a quick healthy meal or snack.

- Add vegetables to main dishes at meals and choose fruits as snacks. Try a vegetable stir-fry or adding chopped vegetables to pasta sauces.

- Try something different. Varying your fruit and vegetable consumption is not only essential for getting a variety of nutrients, but it will also make them more appealing by making the plate colorful and preventing boredom with the same repeated foods. The goal is to make half of the plate fruits and vegetables at every meal. So, start today. EAT MORE FRUITS AND VEGGIES!

# Prepare

Continued from page 1

cy situations ensures the strength of our resources and our ability to continue to safeguard our installations.

This year marks the 12th annual observance of National Prevention Month. The U.S. Army’s focus remains steadfast: educate, empower and involve the Army community in preparedness activities to enhance the resiliency of the Army

and increase the nation’s readiness for all hazardous events.

Accordingly, preparedness campaigns provide a recurring opportunity to take action before a crisis. They foster a culture of preparedness and strengthens our

resilience. Commanders at all levels must encourage heightened awareness and preparedness. They must refine and rehearse appropriate emergency action plans to prepare for, mitigate, prevent, respond to and recover from the effects of natural or man-made hazards and disasters.

Our Ready Army campaign outlines the four

tenets of Army preparedness: Be Informed, Make a Plan, Build a Kit and Get Involved. Visit [www.acsim.army.mil/ready-army](http://www.acsim.army.mil/ready-army) to find out more.

Additionally, in an effort to increase emergency preparedness and community resilience, everyone is encouraged to participate in the national day of action, National PrepareAthon!

Day, the culmination of National Preparedness Month, Sept. 30.

Installation preparedness staff can locate resources for local preparedness efforts at [www.acsim.army.mil/readyarmy](http://www.acsim.army.mil/readyarmy) or [www.readygov](http://www.readygov).

“Don’t Wait. Communicate. Make Your Emergency Plan Today!” Support and Defend!

# 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** – At lunch and dinner this week, fill half of your plate with vegetables and eat them first. Vegetables are high in fiber, which makes them more filling while having fewer calories.

**Tobacco Cessations** – Tobacco Cessation classes are now back by popular demand. Arctic Health Link will offer the class once a month on the first Tuesday from 9 to 11 a.m. at the Preventive Medicine building. Participants will see a provider after

the class to receive medication to assist with the quitting process. To register for classes, or to receive more information, call 361-4148.

**Stay Fit** – A Performance Triad app has been launched by Army Medicine to assist Soldiers and Family Members in creating healthy nutrition, activity and sleeping habits. The app is free and is available by searching “Performance Triad” on your mobile device’s app store.

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

**A Great Place To Work** – MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings, go to [www.usajobs.gov](http://www.usajobs.gov).

**Immunizations** – The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

# ALASKA POST

Home of the Arctic Warriors

## EDITORIAL STAFF

**Garrison Commander**

Sean C. Williams

**Fort Wainwright PAO**

Mel Slater

**Command Information**

Brian Schlumbohm

**Community-Media Relations**

Allen Shaw

**Editor**

Teresa White

**Contributors**

John Timmins, ASAP

Justine Springer, Army Public Health Center

Veronique Hauschild, Army Public Health Center

Brandy Ostanik, MEDDAC PAO

Julie Mitchell, Army & Air Force Exchange Service PAO

Garrett Northway, Director of Religious Education

L. Amber Phillippe, Landscape Historian,

DPW Environmental Division

Airman 1st Class Cassandra Whitman, 354th Fighter

Wing PAO

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to [usarmy.wainwright.imcom-pacific.list.pao@mail.mil](mailto:usarmy.wainwright.imcom-pacific.list.pao@mail.mil)

The ALASKA POST – Home of the Arctic Warriors



# Yom Kippur and Eid al-Adha

**Garrett Northway**  
Director of Religious Education

**Yom Kippur**

Widely considered to be the holiest day of the Jewish year, Yom Kippur, or the “Day of Atonement,” is characterized by affliction expressed throughout five synagogue services observed in a single day. According to The Encyclopedia of World Religions, “On Yom Kippur, Jews are supposed to fast from before dusk to an hour after dark the next day....During this peri-

od they do not eat, drink or wash.” Additionally, throughout the five synagogue services the “Al Chet,” a prayer meant to symbolically confess every known sin, is recited. Moreover, following each phrase of the prayer, “one strikes the left side of his chest with the right fist,” notes Kosofsky. In ancient Israel, Yom Kippur was marked by ritual cleansing, sacrifice and the symbolic transference of the people’s sin on the scapegoat, which was subsequently sent into the wilderness. According to Leviticus chapter 16,

the High Priest was first to make atonement for himself, his household, and for the whole congregation of Israel. Leo Trepp, in The Complete Book of Jewish Observance, affirms that the reading of Leviticus chapter 16 and the recitation of the Avodah service, or the step-by-step instructions found in the Torah, today fulfills the requirements for the Day of Atonement.

**Eid al-Adha**

Regarded as the principal feast in Islam, Eid al-Adha, or the Feast of the Sacrifice,

commemorates Ibrahim’s willingness to sacrifice of his son Ishmael prior to the provision of the substitute ram by Allah. The Qu’ran 16:120 describes Ibrahim as an example of obedience to Allah. This feast day coincides with the end of the annual Pilgrimage, or Hajj, and is marked by animal sacrifice. Those Muslims who do not participate in the pilgrimage to Mecca either seek out alternate appropriate locations where they may offer the sacrifice or send money abroad to help fund those who may offer the req-

At sundown on Sept. 22, Muslims will celebrate the Festival of Sacrifice. Sundown that same day is also the holiest day of the Jewish Year.

uisite animal. “The concurrence,” says Grieve, “reminds Muslims everywhere of the essential message of the Hajj: the renewal of faith, and the importance, while experiencing ‘pre-death,’ of how life is lived.”



(File photo)

## Fletcher’s Island

**L. Amber Phillippe**  
Landscape Historian,  
DPW Environmental Division

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

The initial camp on Fletcher’s Island (T-3) was made close to the edge of the ice to give scientists easy access to the ice pack. Living conditions on the island were harsh and dangerous, with cold winters and wet summers. Temperatures could range from 36° F in the summer to -60° F in the winter. The skies showed a similar variety of conditions and remained clear and sunny in the winter and covered in dark, low clouds in the summer.

## Funded legal program

The Office of The Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2016, while remaining on active duty.

Interested officers should review Army MILPER Message 15-013 and Chapter 14, AR27-1 to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

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

Interested officers should contact CW2 Norman Richards, Office of the Staff Judge Advocate, USARAK, at (907) 384-2434.

# Drugs: National Take-Back

Continued from page 1

not destroy many of the prescription and over the counter medications, and so these drugs often make their way into streams, rivers and well water. To give people a more environmentally responsible and secure way to dispose of their meds, the DEA launched the National Prescription Drug Take-Back Day, which occurs twice per year.

If you cannot keep your old or unneeded medications in a safe place until one of the Prescription Drug Take-Back Days, check with your pharmacy about taking them back for de-

struction.

Do not give medications to friends as drugs are prescribed based on a person’s specific symptoms and medical history, and protect these medications from theft.

Depending on the type of product and where you live, inhalers and aerosol products may be thrown into household trash or recyclables, or may be considered hazardous waste and require special handling. Also, read the instructions on the label as some inhalers should not be punctured or thrown into a fire or incinerator.

Disposal of medical sharps requires special attention. Improper

management of discarded needles and other sharps can pose a health risk to the public and waste workers from stick injuries and potential infection. Used needles can transmit serious diseases, such as HIV and hepatitis. We will NOT be accepting medical sharps for destruction at this event.

Instead of placing needles in the trash, self-injectors are encouraged to use any of the following disposal methods:

- Take containers filled with used needles to appropriate collection sites.

- Place used needles in special containers and return them by mail to a

collection site.

Users can safely exchange used needles for new needles at some pharmacies.

Several manufacturers offer products that allow you to destroy used needles at home. These devices sever, burn, or melt the needles, rendering them safe for disposal. Check with your physician or pharmacist regarding collection sites for medical sharps.

# Winter: Around the corner

Continued from page 1

which can be extremely cold. Freezing temperatures and cold winds can cause frostbite and even death. Hypothermia is a real possibility if a person isn’t properly dressed.

According to our installation safety office, there are three things you should do to keep warm when it is cold: Cover all parts of your body, dress in layers and keep dry.

Wear a hood, hat, scarf or face mask on the head. More than 50 percent of the body’s heat loss is at the head. Cover your head to keep warm and wear a scarf around the neck. Wear a coat or snowsuit. Put mittens or gloves on (and secure them to children’s hands by whatever means are necessary). Wear two pairs when it is very cold. Wear warm boots or waterproof boots over shoes.

Two or three layers of clothing give more warmth than just one thick garment because

air is trapped between the layers. This still air is a very good insulator.

Choose warm underclothes for your child’s first layer like thermal knit shirts and vests with long sleeves. Long underwear, thermal pants, or tights can go under jeans, pants, or trousers. If you don’t have long underwear, have the child wear an extra pair of pants or pajamas. Be sure the fit is not too snug.

Choose warm daytime clothes. Daytime clothes are the second layer. They should have warm features such as high necklines or collars that button or zip up and long sleeves. Fabrics that are thick and fuzzy, i.e., denim, corduroy, knit or flannel, are ideal. Slim, straight leg pant styles are warmer than wide ones. Get pants big enough to fit over long underwear. Choose heavy socks and shoes with closed toes and heels.

When looking for outdoor wear look for coats that have hoods to cover your

head and thick, puffy fabric, such as quilted fiberfill, and linings of fake fur or flannel. Coats should be long enough to cover the torso.

Clothing worn as outdoor wear is especially important. Choose waterproof boots.

Choose outerwear that sheds moisture. Cotton or polyester poplin, or nylon fabrics shed water well. Look for mittens that have a warm lining with a water repellent outer fabric of nylon or vinyl. Although waterproof footwear is better, water repellent clothes are usually more comfortable than waterproof ones. Waterproof fabrics keep out all rain and

snow but they may cause perspiration wetness, since they do not breathe or let air transfer among layers.

For more information on how to get through the winter safely, plan to attend the Welcome to Winter brief on Sept. 24 from 6 to 8 p.m. at the Last Frontier Community Activity Center, bldg. 1044. It will cover preparing your vehicle for winter, winter driving techniques, emergency winter kits, proper clothing and caring for your pets in the cold. For more information about the brief, call 353-4227.



# The northernmost Installation Management internship experience

**Staff report**  
Fort Wainwright

Lauren Biddle, a career program 29 intern who currently works for the Plans, Analysis and Integration Office on Fort Wainwright, said that living in Alaska and working for the Army has been both exciting and challenging.

“I never in a million years imagined living somewhere like this. Only knowing the tiny town of Newark, Delaware, I imagined Alaska to be a place with igloos and polar bear crossing signs. I was pleasantly surprised to find that Fairbanks is not only beautiful, but that it has many of the comforts from home,” said Biddle. “As for working for the Army on Fort Wainwright, it’s been an incredible opportunity thus far. This is my first time working for the Army though, so I’m still learning the culture and, of course, all of the acronyms.”

Biddle is participating in a two-year career development program with Career Program for Installation Manage-

ment, which is known as CP-29. This intern program focuses on recent college graduates who start at a GS-7 and finish at a GS-11, if they meet all requirements.

“I interviewed for this government position because I wanted to serve and support the most deserving individuals in the world: the Soldiers that put their lives on the line to fight for our freedom and the Families who support them,” said Biddle.

Before entering civil service as an intern, Biddle worked closely with the Career Services Counselors at the University of Delaware, where she graduated with a Bachelor of Science degree in Human Services with a minor in Health and Wellness. The counselors suggested that Biddle look into the Workforce Recruitment Program, which is what introduced her to CP-29.

“After submitting my application through the Workforce Recruitment Program website, I anxiously checked my email every five minutes thereafter to find out if I

would get an interview,” said Biddle.

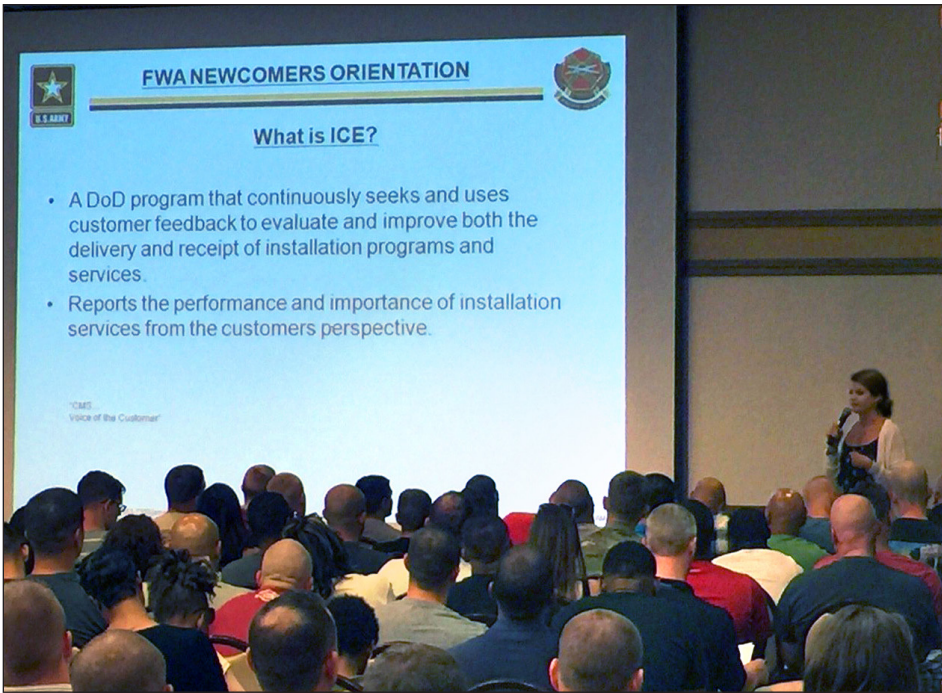
After a successful panel interview, Biddle received the CP-29 internship and signed a mobility agreement in which she would be assigned and moved at the needs of the Army.

“My eyes lit up at the possibility of moving to Fort Shafter – enjoying the warm, sandy beaches and umbrella drinks of Hawaii,” Biddle said.

Instead, she was assigned to colder but just as outdoorsy Fort Wainwright where she’ll work for a minimum of one year, with the second year location at the Army’s discretion.

“I was sent to Fort Sam Houston, Texas, for orientation and to Camp Humphreys in Yongsan, Korea, for PAIO training shortly thereafter,” Biddle said. “It is unbelievable to think that not only have I moved to Alaska, but I’ve gotten the opportunity to explore other places as well.”

The Fort Wainwright Deputy to the Garrison Commander and individuals at PAIO determined that PAIO would



Lauren Biddle, a career program 29 intern who currently works on Fort Wainwright for the Plans, Analysis and Integration Office, gives an Interactive Customer Evaluation (I.C.E.) briefing at Newcomer’s Orientation this summer. (Photo by James Askew)

be the best placement for her as it would give her a broad understanding of the garrison and allow her to learn more about strategic planning and customer service.

“I have so many people here that are cheering me on and encouraging me to create my own destiny,” said Biddle. “One of the best aspects about this internship is that it is extremely flexible. After my six month rotation here at PAIO, I can move on to another department that best aligns with my interests, skills, and expertise.”

Biddle and several other interns around the world belong to a career program that is home

to more than 25,000 civilian employees in 23 commands and organizations. CP-29 employees are an integral part of the Army’s readiness team. They sustain installations that enable strong Soldiers and resilient Families for a mission-ready Army.

“The CP-29 internship is a wonderful program because each intern is exposed to a variety of trainings and departments,” Biddle said. “The amount of skills I’ve honed in just the last five months is remarkable. Prior to this internship, I was not a fan of public speaking. But once I started giving briefings at Newcomer’s

and New Employee Orientations each month, I’ve gotten more comfortable and have greatly improved. I’ve become a better event planner and overall communicator. I’ve seen my interpersonal skills flourish as part of this PAIO team. I cannot imagine another opportunity that would allow for so much personal growth.”

For more information about Career Program 29 and its internship, visit [www.imcom.army.mil/CP29.aspx](http://www.imcom.army.mil/CP29.aspx) or email [usarmy.jbsa.imcom-hq.mbx.mycareer29@mail.mil](mailto:usarmy.jbsa.imcom-hq.mbx.mycareer29@mail.mil).

# Iceman in Action: Senior Airman Steven Venegas

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

**Rank and Name:** Senior Airman Steven Venegas

**Duty Title:** Firefighting and refueling vehicle and equipment maintenance journeyman, 354th Logistics Readiness Squadron

ness Squadron

**Hometown:** El Paso, Texas

**Why is serving in the Air Force important to you?** It gives me the opportunity to serve my country. At the same time, it allows me to learn more about myself and what I love to do.

**What moment or accomplishment as a member of the Iceman Team are you most proud of and why?** The moment I am most proud of is any time my flight is able to work together at a moment’s notice and get the job done. I am proud to be part of a unit where everyone looks out for

one another and we are all on the same page.

**What is your favorite part of your job?** My favorite part is the experiences I’ve been through, as well as getting to learn something new each day. I love being on my toes when the time comes to think quickly because that’s when I feel I do my best work.

**Who inspires you and why?** I get inspiration from a number of people. First and foremost is my God, but I can never go a day without thinking of my friends and family back home. My mom and dad sacrificed a lot for my brother and I growing up, it’s what makes me who I am today. I also couldn’t ask for a better management team. Senior Master Sgt. Robert Stewart and Tech. Sgt. Shawn Sheppard are some of the best supervisors I have worked for because they push me to surpass my limits



U.S. Air Force Senior Airman Steven Venegas, a 354th Logistics Readiness Squadron firefighting and refueling vehicle and equipment maintenance journeyman, hooks up a fuel pump, Sept. 10, at Eielson Air Force Base. Venegas needs the pump put together in order to perform troubleshooting procedures while completing routine maintenance on the truck. (Photo by Airman 1st Class Cassandra Whitman)

but will not let me down if I need help. They are some of the most influential and genuine people I have ever met.

**What’s your favorite part about being in Alaska?** My favorite part about being up here is the opportunity to get outdoors and enjoy the

summers. Although the winters are harsh, it’s all part of the experience.



September 18, 2015

# Exchange Senior Enlisted Advisor focuses on serving Soldiers at Fort Wainwright

**Julie Mitchell**  
Army & Air Force  
Exchange Service PAO

The Army & Air Force Exchange Service's Senior Enlisted Advisor is working to ensure Soldiers at Fort Wainwright get the products and service they deserve.

During his visit Sept. 13 through 14, Air Force Chief Master Sgt. Sean Applegate toured Exchange facilities and met with Fort Wainwright leaders and Soldiers, addressing how the Exchange can better serve the community, including beefing up its assortment of name-brand merchandise in-store and online.

"I always look forward to visiting Soldiers in person and hearing how we can customize Exchange support," Applegate said. "I want Fort Wainwright to know that the Exchange is engaged and ready to tailor offerings to

the unique needs of the community."

Applegate is one of 45 active-duty service members assigned to the Exchange, which also employs about 35,000 civilian associates worldwide.

During his visit, Applegate discussed how the Exchange can offer better selection and value.

"The Exchange works hard to be the first choice for Soldiers at Fort Wainwright," Applegate said. "Part of being the first choice means offering top brands shoppers want. Exchange shoppers deserve the best, and we're bringing names such as Nike, Under Armour and Clinique."

Exchange prices on name brands are very competitive, Applegate said, and shoppers can find more top brands online at [www.shopmyexchange.com](http://www.shopmyexchange.com).

"These competitive prices,

coupled with tax-free savings in-store and online, give shoppers tremendous value," he said.

Shoppers do more than save when buying from the Exchange. Money from every purchase goes back to improving quality of life at Fort Wainwright, he said.

"For every dollar earned, historically 67 cents comes back to the military community through the Army Morale, Welfare and Recreation dividend," Applegate said. "In 2014, sales at the Fort Wainwright Exchange generated more than \$491,000 on behalf of MWR programs. Every time shoppers buy from the Exchange, they are making life better for their entire military community."

For more information about the Exchange and Exchange programs, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



Air Force Chief Master Sgt. Sean Applegate (left), senior enlisted advisor, AAFES, visited the Northern Alaska Exchange, which includes Fort Wainwright. While here, Applegate presented his coin to Justin Johnson (center), sporting goods supervisor, who earlier this year was awarded the Purple Heart for injuries he sustained at Fort Hood in November 2009. Also pictured: Ken Brewington, SVP Western Region, AAFES. (Photo by Denise Langley, Main Exchange manager)

# Maintenance on the go

**Airman 1st Class Cassandra Whitman**  
354th Fighter Wing PAO

At 20 degrees below zero, icy roads and blinding snow make reaching a broken down vehicle in the Alaska wilderness challenging. Add not knowing what tools are needed to fix the vehicle and the task at hand may seem intimidating.

Tech. Sgt. Richard N. Carreon, the 354th Logistics Readiness Squadron NCO in-charge of customer service, and Senior Airman Blake H. Crowe, a 354th LRS vehicle maintenance journeyman, both know what it's like to face challenges while out on the road fixing vehicles.

Mobile maintenance provides emergency maintenance for anything that will hinder the mission here, said Carreon. He coordinates and prioritizes the calls that come through and lets Crowe, who goes out in the mobile truck, know which calls come first and where he needs to go.

"A lot of missions can be stopped if they don't have the vehicles they need," said Carreon. "If there is a vehicle blocking an aircraft, they can't take off, and that hinders the mission."

There are several challenges that come with mobile maintenance.

Weather and the size

**"In the winter, it's not just [the 354th Civil Engineer Squadron] we're busy with. It's the whole base. We are doing constant jumpstarts due to weather and it's more difficult with the cold."** — Tech. Sgt. Richard N. Carreon

of their area of responsibility are two of these challenges the unit faces. The calls they take range from Fairbanks to beyond Delta Junction, a stretch of more than 100 miles. Exposure to the cold weather is also a frequent challenge Crowe faces when out in the negative temperatures.

"He can only be outside for so long before he has to get back in the truck and warm up a bit," Carreon said.

Wearing thick gloves in the winter time can also be a challenge. Trying to handle small parts and having bulky, thick gloves on your hands can slow progress quickly.

Some of the hardest calls mobile maintenance receives are in the winter with the snow fleet. If hydraulic lines go down, or there is a big loss of coolant or oil, it can make a big mess and impede the important mission of keeping the flight line running 24/7.

It's not all bad though. There are several parts of the job that both Airmen enjoy.

"You're not stuck inside all day," Carreon said. "You get to go to

different places most people will never see and help out a lot of different Airmen."

Getting the job completed on site and not having to bring the vehicle in the shop is also a great part of mobile maintenance for the crew.

Mobile maintenance stays busy year-round. In the summer, Crowe is usually busy with the 354th Civil Engineer Squadron vehicles. The 354th CES completes a

lot of construction while the weather is nice, and they need a hand with disabled vehicles once in a while.

"In the winter, it's not just CES we're busy with," Carreon said. "It's the whole base. We are doing constant jumpstarts due to weather and it's more difficult with the cold."

The mobile maintenance crew is an important asset to Eielson. Being called to complete tasks and making judg-



U.S. Air Force Senior Airman Blake Crowe, a 354th Logistics Readiness Squadron vehicle maintenance journeyman, pushes the pedal of a forklift to try and start it, Aug. 31, at Eielson Air Force Base. Crowe used jumper cables to get the expended battery running again. (Photo by Airman 1st Class Cassandra Whitman)

ment calls to decide on which tools to bring is challenging.

Weather makes every-day maintenance calls more difficult and exciting as the winter progresses. Mobile maintenance brings a

whole new meaning to the phrase "ready to go at 50 below."



# Fort Wainwright

<b>Friday – 18th</b> SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.	353-7223.	cal Fitness Center, building 3709. Call 353-7223	LUNCH TIME RECREATIONAL ICE SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.
AFTB LEVEL G MODULE 11 AND 12, 9 to 11:30 a.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.	<b>Sunday – 20th</b> BOARD GAME NIGHT, Warrior Zone, building 3205. Call 353-1087.	MONDAY MOVIE MARATHON, 5 to 11 p.m., Warrior Zone, building 3205. Call 353-1087.	KEY CALLER TRAINING, noon to 2:00 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.
BUDDY CLIMB, 10 a.m. to 6 p.m., Outdoor Recreation, building 4050. Call 361-6349.	PACK RAFT ADVENTURE, 8 a.m. to 6 p.m., Outdoor Recreation, building 4050. Call 361-6349.	Romp and Stomp Play Group, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.	BASIC PERSONAL AND FAMILY FINANCIAL READINESS, 2:00 p.m. to 4:30 p.m., Army Community Service, building 3401. Call 353-4227.
CLEARWATER SILVERS, 10 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.	PINNEL MOUNTAIN TRAIL HIKE, 8:30 a.m. to 6 p.m., Outdoor Recreation, building 4050. Call 361-6349.	LUNCH TIME STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.	INSANITY CLASS, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223
PARENT ADVISORY BOARD (PAB) MEETING, 11:30 a.m. to 12:30 p.m., Youth Center, building 4109. Call 361-5437.	CLEARWATER SILVERS, 10 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.	VMIS USEAGE FOR FRGS, 6:00 to 7:30 p.m., Army Community Service, building 3401. Call 353-4227.	<b>Thursday – 24th</b> SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.
FRIDAY FAMILY FRISBEE GOLF, 5:30 to 7:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.	ACTIVE DUTY MILITARY OPEN LESSONS, \$10, Noon to 1 p.m., Chena Bend Golf Course, building 2092. Call 353-6223.	STRENGTH AND CONDITIONING ORIENTATION, 6:15 to 7:15 p.m., Melaven Fitness Center, building 3452. Call 353-1994.	ROMP AND STOMP PLAY GROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.
<b>Saturday – 19th</b> VOLUNTEER DEVELOPMENT DAY: ROCK CLIMBING, 9 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.	<b>Monday – 21th</b> SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.	TRIVIA TUESDAY, 7 p.m., Warrior Zone, building 3205. Call 353-1087.	LUNCH TIME STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.
CLEARWATER SILVERS, 10 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.	CLEARWATER SILVERS, 10 a.m. to 5 p.m., Outdoor Recreation, building 4050. Call 361-6349.	<b>Wednesday – 23rd</b> SAC RECOGNIZES NATIONAL HISPANIC HERITAGE MONTH, 7 a.m. to 6 p.m., School Age Center, building 4166. Call 361-7394.	BASIC STRENGTH AND STRENGTH AND CONDITIONING ORIENTATION, noon to 1 p.m., Melaven Fitness Center, building 3452. Call 353-1994.
COMMUNITY CPR/FIRST AID, 10 a.m. to 2 p.m., Education Center, building 4391. Call 353-7438.	INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.	POST NEWCOMERS, 9 a.m. to 4 p.m., Last Frontier Community Activity Center, building 1044. 353-7755.	TIME MANAGEMENT, 1:30 to 2:30 p.m., Soldier and Family Assistance Center, building 3414. Call 353-7322.
GROUP CYCLING, 10 to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.	LUNCH TIME RECREATIONAL ICE SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.	INTERVAL CONDITIONING, 11:30 a.m. to 12:30 p.m., Melaven Fitness Center, building 3452. Call 353-1994.	INTRO TO BELAY, 5:30 to 7:30 p.m., Outdoor Recreation, building 4050. Call 361-6349.
ZUMBA, 11:15 to 12:15 p.m., Physical Fitness Center, building 3709. Call	INSANITY CLASS, 5 to 6 p.m., Physi-		

## IN BRIEF

### HOLIDAY LAYAWAY

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

### FRAUDULENT CAR ADS

An individual or individuals using the trademarked “Exchange Inc.” name and logo to handle vehicle purchases has been placing advertisements in auto magazines and commercial newspapers, leading Army & Air Force Exchange Service shoppers to believe they’re purchasing a vehicle through the Department of Defense. This is fraud. Military Exchanges do not have

the authority to sell vehicles or represent private sellers in completing transactions in the continental United States. Moreover, the Exchange does not advertise in civilian outlets such as metropolitan newspapers or automobile sales magazines. Shoppers who believe that they may have been taken advantage of should contact the Internet Crime Complaint Center at [www.ic3.gov](http://www.ic3.gov).

### POLICY CHANGE TO AER

Commander’s approval is no longer required to gain access to Army Emergency Relief. For more information, visit [www.aerhq.org](http://www.aerhq.org).

### FAIRBANKS PREPAREDNESS EXPO

Be prepared in the land of extremes! Head over to the Carlson Center this Saturday, Sept. 19, from 10 a.m. to 4 p.m. to learn about fire prevention, family emergency communication plans, power outages and backups, weather warnings, survival and safety, pets and emergencies, food and water preparedness and storage, and more! It’s free with many fun activities for the kiddos. Call 459-1453.

### OKTOBERFEST

Enjoy seasonal beer, bratwurst and giant pretzel at Nugget Lanes Bowling Center Sept. 23 through 27. On Saturday, Sept. 26, rent a lane for only \$10 per hour between 11 a.m. and 7 p.m. for up to six bowlers. For more information, call 353-2654.

### FIRE PIT POLICY FOR FORT WAINWRIGHT

There’s a new policy on use of fire pits on post. Visit the Fire Prevention office, building 1049, apt. 9, Monday through Friday, 8 a.m. to 4 p.m. to acquire a permit for fire pit use after receiving a safety briefing. For more information, call 353-9164 or 353-9166. Find the new policy letter, # 54, online at [www.wainwright.army.mil/sites/local/fwa\\_pages/policyletters.asp](http://www.wainwright.army.mil/sites/local/fwa_pages/policyletters.asp).

### 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 help. For more information, call 353-7436.

# Eielson Air Force Base

<b>Friday – 18th</b> U.S. AIR FORCE 68th BIRTHDAY	<b>Sunday – 20th</b> FOOTBALL FRENZY, 8 a.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.	AFB, Call 377-4727.
LEAGUE BOWLING MEETING, 6:30 to 7:30 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.	THE SPONGEBOB MOVIE: SPONGE OUT OF WATER (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.	<b>Thursday – 24th</b> BETTER BODY, BETTER LIFE, 11 a.m. - 12:30 p.m., Baker Field House, building 3343 Eielson AFB, Call 377-9355.
TEEN BREAK, 7 to 10:45 p.m., Youth Center, building 5313 Eielson AFB, Call 377-3194.	<b>Monday – 21st</b> FOOTBALL FRENZY, 4:30 p.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.	PRE-DEPLOYMENT BRIEFINGS, 1 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.
THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.	<b>Tuesday – 22nd</b> REINTEGRATION BRIEFINGS, 9:30 a.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.	TOSS A BALL CHALLENGE, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.
FURIOUS 7 (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.	GREAT EXPECTATIONS, Noon to 4 p.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.	FOOTBALL FRENZY, 4:30 p.m., 354 Sportsbar, building 2225 Eielson AFB, Call 377-2736.
<b>Saturday – 19th</b> EIELSON OPEN HOUSE, 10 a.m. to 5 p.m., Thunderdome, building 1140 Eielson AFB.	<b>Wednesday – 23rd</b> RIGHT START, 8 a.m. to 12 p.m., Yukon Club, building 2225 Eielson AFB, Call 377-2736.	
THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.	TOBACCO CESSATION, Noon to 1 p.m., Fitness Center Health Promotions Class, building 3343 Eielson AFB, Call 377-9355.	
AVENGERS: AGE OF ULTRON (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.	ANGER MANAGEMENT, 2 to 4 p.m., Mental Health Conference Room, building 3349 Eielson	

## IN BRIEF

### COLA SURVEY

The out-of-cycle COLA survey is live! Your participation in this survey could help raise the cost of living allowance within the state of Alaska. For more information, visit [www.jber.af.mil/alcom/cola.asp](http://www.jber.af.mil/alcom/cola.asp).

### EIELSON OPEN HOUSE

Join us for the 2015 Eielson Air Force Base Open House hosted by the 354th Fighter Wing at the Thunderdome, Saturday, Sept. 19 from 10 a.m. to 5 p.m. Several aircraft, armored vehicles and more will be on display while other on-base units are scheduled to showcase their capabilities. Concessions and merchandise will be available for purchase. The event is open to the public; admission is free for civilians and DoD personnel. For more information, visit [www.eielson.af.mil](http://www.eielson.af.mil).