

# AKNG officer becomes first woman to serve as missile defense crew director at Fort Greely

**Sgt. Zachary Sheely**  
100th Missile Defense  
Brigade

Although it has never been her goal, Army Maj. Terri Rae Lopez-Homestead has made a habit of being first.

As a Mexican immigrant, she was the first member of her family to attend and graduate college. She was the first U.S. Army Reserve Officers Training Corps graduate commissioned at her college.

Recently, she has assumed a role never before filled by a female Soldier. In the nearly 15-year history of the 49th Missile Defense Battalion of the Alaska National Guard, Homestead is the first woman to serve as a tactical missile defense crew director in the Fire Direction Center at Fort Greely, Alaska.

"It's an honor," said Homestead. "I had no idea that I was the first. I'm just



trying to learn and do the best I can.

"We're all performing the same mission," she continued. "I don't think being a female makes too much of a difference. These positions should be sought after."

The mission of the 49th MDB is to defend the United States from intercontinental ballistic missile attacks with ground-based interceptors. Homestead graduated from the rigorous Ground-based Midcourse Defense qualification course in Colorado Springs in December 2017 and reported to Fort Greely shortly thereafter.

"It's been a steep learning curve," said Homestead. "But I came in and hit the ground running. I worked with both the morning and evening crews, which was beneficial because I got to learn from the other crew directors."

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## AFAF Campaign begins

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

This week marked the start of the annual Air Force Assistance Fund campaign, giving Airmen the opportunity to support those in need.

"The Air Force Assistance Fund consists of four different charities," said Senior Master Sgt. Franklin Perez, an installation project officer for this year's campaign. "This campaign is different from others because all donations go toward helping Airmen and their Families."

The charities accepting donations include the Air Force Aid Society, Air Force Enlisted Village, Air Force Village and Mrs. Curtis E. LeMay Foundation.

Eielson's AFAF campaign runs through May 4, keeping up the tradition of giving back to the Air Force community.

The AFAF is an annual effort to raise funds for charitable affiliates that provide support to Air Force families in need, including active duty Airmen, retirees, reservists, Air National Guardsmen, dependents and surviving spouses.

Airmen wishing to donate can make their contribution in several ways. They can setup a payroll deduction, or make a cash or check contribution

These organizations help Airmen and Families in various ways. From providing aid in an emergency, helping with educational needs or ensuring widows or widowers of Air Force members in need of financial assistance have a secure retirement home.

The various charities make it possible for Airmen to find the best match for them, and they can be confident their donations are helping their wingmen in a positive way.

Eielson's contribution goal for this year is \$26,044.

For more information on the AFAF or the charitable organizations included in the campaign, contact the Airman and Family Readiness Center. If you'd like to make a donation, contact your unit project officer or an installation project officer.



## eRecycle Earth Day

**Linda Winkels**  
Fort Wainwright Strategic Planning Specialist

Earth Day celebrates the natural beauty of our planet and reminds us of what we can do to keep it healthy. Do you know the importance of recycling old electronic equipment such as cell phones, iPads and other popular electronic devices, to help preserve the environment? This is commonly known as electronic waste (e-waste). Within computers and other electronics, lots of metals, semimetals and chemical compounds are brought together in order for the item to function.

Some of the common metals found in these electronics include nickel, mercury, copper and small amounts of arsenic. While these metals are not harmful while enclosed within your electronics, they can become harmful if they are broken open and not disposed of properly. This could happen not only when the e-waste is burned to release pollutants into the air, but also when the e-waste is permitted to sit in landfills, where they can slowly seep into the surrounding soil.

Eventually, these harmful effects can reach all the way to affect human health and happiness, meaning that sending e-waste to the landfills is not just bad for the

environment, but also for the people living near them. Statistics from the Environmental Protection Agency (EPA) show that only 20 percent of electronics are recycled and 80 percent end up in the landfills.

Let's all help the environment. It is Permanent Change of Station (PCS) and Spring Cleaning Season. Fort Wainwright residents, Soldiers, Families, retirees, veterans and Civilians bring your unwanted electronic waste to Earth Day, Friday, April 20th, 8:30 a.m. to 4:30 p.m. at the Fort Wainwright Physical Fitness Center Parking Lot, building 3709, Meridian Road.

A truck and trailer sponsored by Green Star of Interior Alaska and Fairbanks North Star Borough Recycling Center will be accepting devices.

Items that are accepted: Computers/Laptops/Servers, Tablets & Smartphones, Ink Toner/Cartridges, Printers/Copiers, Cords/cables, Small Household Appliances, Household Batteries, TVs and Monitors.

Items that are not accepted: CD/DVD/Floppy Discs, Exit Signs, Light Bulbs, Smoke Alarms, Thermostats, Vehicle Batteries, Vacuum Cleaners, VHS/Cassette Tapes.

These lists are not complete; for more information visit <http://www.co.fairbanks.ak.us/pw/Pages/CentralRecyclingFacility.aspx> or call (907) 353-9507.

### PCS & SPRING CLEANING SEASONS ARE HERE!

Fort Wainwright Residents, Soldiers, Families, Retirees, Veterans, and Civilians: **Recycle** your unwanted electronic waste on **Earth Day!**

**Friday, April 20<sup>th</sup>, 8:30am – 4:30pm**  
Fort Wainwright Physical Fitness Center Parking Lot  
Building 3709 Meridian Road

#### Almost anything that plugs in or has batteries:

Computers/Laptops/Servers, Tablets & Smartphones, Ink Toner/Cartridges, Printers/Copiers, Cords/Cables, Small Household Appliances, Household Batteries, TVs & Monitors

NOTE: Not a complete list

**CAN NOT ACCEPT:** CD/DVD/Floppy Discs, Exit Signs, Light Bulbs, Smoke Alarms, Thermostats, Vehicle Batteries, Vacuum Cleaners, VHS/Cassette Tapes

For more information: <http://www.co.fairbanks.ak.us/pw/Pages/CentralRecyclingFacility.aspx> or (907) 353-9507



### WEEKEND WEATHER

#### Friday



Partly cloudy with a high of 39 degrees and a low of 11.

#### Saturday



Partly clouds with a high of 39 and a low of 14 degrees.

#### Sunday



Mostly sunny with a high of 40 degrees and a low of 16.

### USO GRAND OPENINGS

The USO Alaska Fort Wainwright Center and Pathfinder Grand Opening is scheduled for April 12.

The events kick off with the Pathfinder Office Ribbon Cutting Ceremony at 10 a.m. located at 1047 Nysteen Road, Apt. 2.

Following will be the Ribbon Cutting Ceremony for the USO Alaska Fort Wainwright Center at 3727 Neely Road, starting at 11:30 a.m.



# Nutrition Corner: Nutrition 101

**Brandy Ostanik**  
Medical Department Activity – Alaska, Public Affairs

Did you know that vitamin C helps protect the body against damage caused by free radicals? That’s right! Vitamin C is one of the several antioxidants that, among other functions, protect the body from free radicals produced from UV rays and air pollution. It can also help with wound healing and absorb iron from plant based sources! In general, men need about 90mg of vitamin C per day and women need about 75mg. Be aware that cigarette smoke causes the body to require more vitamin C to repair the damage it causes. Smoking cessation is always advised, but if you are a smoker, know that smokers generally require an additional 35mg of vitamin C per day.

As always, try to get your nutrients in with real food. Good sources of

vitamin C are citrus fruits, broccoli, strawberries, cantaloupe, potatoes and tomatoes. Be sure to steam or microwave your vegetables when cooking instead of boiling in water. Prolonged cooking times can lessen the amount of vitamin C in your foods. If you are not able to get enough vitamin C in your diet, talk to your primary care provider or Registered Dietitian (RD) to see if supplementation is appropriate for you. Just like any supplement, you want to check with your health care provider first. In many cases, your needs can be met through real food and supplementing in excess would not provide any additional benefit. In fact, megadoses can cause diarrhea, nausea, headache and kidney stones. Also note that getting in your vitamin C through supplements does not seem to have the same cancer protective effects as eating plenty of fruits and vegetables. Unfortunately, contrary to popular

believe, vitamin C supplements have not been shown to reduce the risk of catching a cold. So the next time you are piling up the fruits and vegetables (remember they should take up half of your plate), be sure to include some that provide you with some free radical fighting vitamin C!

**Featured Food:**  
Broccoli. Not only is it packed with vitamin C, this cruciferous creation also has vitamin A, calcium, iron and fiber.

**Recipe Spotlight:**  
**Parmesan Roasted Broccoli**

**Ingredients:**  
4 pounds broccoli  
3 garlic cloves, peeled and thinly sliced  
Olive oil  
1 teaspoon sea salt  
¾ teaspoon ground black pepper  
2 teaspoons of grated lemon zest

2 tablespoons of freshly squeezed lemon juice  
3 tablespoons of toasted pine nuts  
1/3 cup grated parmesan cheese  
2 tablespoons of julienned fresh basil leaves

**Direction:**  
1) Preheat oven to 425oF.  
2) Cut the broccoli florets from the thick stalks.  
3) Place the broccoli on a sheet pan in a single layer.  
4) Toss the garlic on the broccoli and drizzle with four tablespoons of olive oil.  
5) Sprinkle with salt and pepper.  
6) Roast for 20 to 25 minutes, until crisp and tender.  
7) Remove the broccoli from the oven and toss with one tablespoon olive oil, the lemon zest, lemon juice, pine nuts, parmesan and basil.

# MEDDAC Minute

**Brandy Ostanik**  
Medical Department Activity – Alaska, Public Affairs

Important Phone Numbers

Emergency: 911  
24 Hour Nurse Advice Line: 1-800-874-2273 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 On-Line: [www.tricareonline.com](http://www.tricareonline.com)  
United Health Care: [uhcmilitarywest.com](http://uhcmilitarywest.com), 877-988-9378

PERFORMANCE TRIAD TIP

Optimizing your performance and health can be just as challenging as an obstacle course or any special skills qualifying course. It too can be conquered. Make a plan, write it down, share it with a friend and you will be more successful in achieving your goals.

BREAST PUMPS AND SUPPLIES

Do you have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost. You must have a prescription from your provider and state which type of breast pump you need. For more information on coverage go to [www.tricare.mil/breastpumps](http://www.tricare.mil/breastpumps).

PATIENT TRAVEL VOUCHERS

Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window, please contact the Patient Administration Department at 361-5001.

ANONYMOUS OR NOT

Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation (ICE) forms, leaving contact information helps us to better serve our beneficiaries. Many times the issue is something we can easily fix, but without contact information we are not able to remedy the situation. Giving us a name and number allows us to contact the beneficiary and correct the problem on the spot.

EYE HEALTH

Bassett ACH Optometry Clinic provides services to retirees and dependents. Anyone over the age of three is encouraged to schedule a comprehensive eye exam once a year for optimal eye health. To book an appointment, or for questions, call 361-5212.

SAVE TIME AND TRAVEL WITH SECURE MESSAGING

Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. Scan the QR link or go to <https://app.relayhealth.com/Patients/Registration.aspx> to register. You will have access to your team within one business day.

# Weekly Financial Tips: Getting in shape

**Ryki Carlson**  
Survivor Outreach Services Support Coordinator

Watching your weight, exercising regularly, getting a good night’s sleep, keeping stress in check – what’s good for your body can also be good for your personal finances. Whether you realize it or not, your health and finances are linked in countless ways. Here are some tips to help you cut costs while you work towards your healthy goal.

1. Set your goals. Know if you want to lose weight, tone up your body or both. Setting clear goals will help you know how to get there. Keep these goals in sight. Ensure the goals include specifics, measurable criteria, an action plan, realistic and a time line.
2. Keep a food journal. Knowing what you eat and when, will help you make changes that will help you reach your goals. Consider using an app to track what you eat, the calories you burn and your goals. Here are a few suggestions:
  - a. Charity Miles – Earn money for charities every time you walk, run or bicycle using this free app. Earn up to 10 cents per mile for biking and 25 cents per mile for walking or running. Money for donations comes from the app’s corporate sponsors (including Humana and MasterCard).
  - b. Johnson & Johnson Official 7 Minute Workout – This free app helps you squeeze some exercise into your day at an intensity level that’s right for you.
  - c. Lose It! – This free app is designed for counting calories and logging exercise. Plus it has an incredibly strong community of supportive people to help you reach your goals.
3. Create a free workout routine. Consider walking the dog an extra

- block, use the stairs instead of the elevator, or park further from the building when shopping or going to work. Try focusing on the rewards of getting in shape: improved energy levels, mental acuity and improved mood. Exercise helps protect you from numerous costly ailments from diabetes to stroke, with lasting, sometimes unexpected benefits.
4. Reduce transportation costs. Since May is National Bike Month, consider biking. If you are close enough to ride a bike or walk to your job, you can save money and get in shape. Here are some advantages to getting on a bike.
    - a. Enjoy a warm spring afternoon; a relaxing bike ride (<10 mph) burns more calories than an easy walk (2mph) – 281 calories versus 176 per hour.
    - b. It’s much easier on your legs, ankles, knees and feet than running.
    - c. It’s an activity you’ll be able to do long after you have to say goodbye to the weight room.
    - d. It can help reduce stress. Since exercising eases stress, it’s worth considering changing your commute to a bike ride during the warm months.
  5. Get enough sleep. Sleep may be free, but not getting enough can be costly. Assess why your rest falls short. Do you simply stay up too late or let work or other responsibilities rob you of rest? If so, better sleep techniques can be a game changer. Make your bedroom a sleep-only zone, shut off screens an hour before bed, turn in and get up at the same time, and expose yourself to bright light early in the day. If you won’t power down the screens try software like f.lux lessens the blue light your computer display emits ([www.justgetflux.com](http://www.justgetflux.com)) to help.
  6. REMEMBER before you begin any new health program, check with your doctor.

# Fort Greely Civil Service employee retires after 42 years of service

**Chris Maestas**  
U.S. Army Garrison Fort Greely Public Affairs

Joyce Bendell, a native of Brockton, Mass., and a Delta Junction resident, retired from the Fort Greely Department of Public Works April 28, after faithfully serving over 42 years in public service and 26 years at Greely.

Joyce served as the housing manager for the DPW section.

Joyce’s retirement was celebrated by her DPW family and friends with a luncheon and accolades. For her service, Joyce received the Superior Civilian Service Award and a U.S. Flag that was flown over the Pentagon.

The Fort Greely community wish Joyce and her significant other, Ed, best wishes as they set off for new adventures.



Joyce Bendell receives a U.S. Flag from Fort Greely Garrison Commander Lt. Col. Michael Foote after retiring with over 42 years of civil service. (Photo by Chris Maestas, U.S. Army Garrison Fort Greely Public Affairs)

# ALASKA POST

## The Interior Military News Connection

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# Spouse to Spouse Corner

**Dani O’Donnell**  
Fort Wainwright Public Affairs

Are you interested in finding more information about resources on Fort Wainwright or in the surrounding area, then email [usarmy.wainwright.imcom-pacific.list.pao@mail.mil](mailto:usarmy.wainwright.imcom-pacific.list.pao@mail.mil), Attn: Dear Dani in the subject line.

We would love to hear from you, and remember all email participants will receive an extra door prize ticket at the next Spouse to Spouse event May 10, at the North Haven Community Center at 4268 Neely Road from 9:30 to 11:30 a.m.



# History Snapshot: Kenneth E. Bailey, Ladd Oral History Project interview, September 11, 2002

L. Amber Phillippe  
Fort Wainwright Landscape Historian

“After December ’41, my father (Virgil Bailey) could no longer get material for his and my grandfather’s (Phillip DeWree) plumbing, electrical and sheet metal shop on First Street, so he went to work for Ladd Field. I don’t remember his title or duties. When I was in high school in 1943 and 1944, my dad got me a summer job at Ladd Field. I still have my metal badge.

The first year I started out moving full 55-gallon drums from the railroad dock onto a flatbed truck then to a storage area. Since I didn’t have the strength to move them, they let me drive the truck. The second year I worked as an electrician’s helper. One experience I remember when I was on a low ladder in a hangar getting tangled up with 220 volts and winding up on the deck.”

Like Historic Photos? Check out our Pinterest page for more, visit [www.pinterest.com/fvacultural/](http://www.pinterest.com/fvacultural/).

If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email [laurel.a.phillippe.ctr@mail.mil](mailto:laurel.a.phillippe.ctr@mail.mil).

(Courtesy photo)



## DIRECTOR

Continued from page 1

The 49th Missile Defense Battalion conducts the tactical piece of the GMD mission for U.S. Northern Command as part of the 100th Missile Defense Brigade. The crew director has close communication with higher headquarters and is entirely responsible for the actions of the crew of five.

“Being a director is a tough job, but being a director who has never served on crew is tough as it gets,” said Capt. Joseph Radke, who is part of Homestead’s crew. “Major Homestead has been very humble and willing to listen to everyone who has wanted to give her advice, and that is an amazing attribute for a leader to have.”

Homestead and her family moved to San Diego from Mexico when she was a child in 1993. There, she had to learn English, as Spanish was her native language. She was accepted to Gardner-Webb University in Boiling Springs, N.C., on a track-and-field scholarship for pole vaulting, making her the first member of her family to attend college.

Her military career began in 2002 when she enlisted in the U.S. Army Reserve as a transportation management coordinator. She became the first officer commissioned through the Gardner-Webb ROTC program in 2007 and joined the North Carolina National Guard as a second lieutenant in the medical



services corps branch.

Homestead has served in many roles within the National Guard, meeting her future husband - a resident and native of Alaska - while working in the National Guard Bureau’s State Partnership Program in Europe. She joined the Alaska National Guard and

worked in Anchorage as the officer strength manager thereafter.

When she was assigned to the 49th at Fort Greely, she only had basic knowledge of the unit’s mission. Homestead said the biggest challenge of her job is learning to listen to multiple people talking to her at the same time, while simultaneously relaying that information to higher headquarters.

“It’s an acquired skill,” she said. “You have four people updating you and you have to interpret that and make split-second decisions.”

Homestead said she learns something new every day about her mission and the Soldiers on her crew, noting that she tries to impart the significance of their mission to them every day.

“It reinvigorates my motivation every day to know that there are 10 people on crew (two crews of five Soldiers, one at Fort Greely and one at Schriever Air Force Base, Colo.) and this responsibility lies on us,” said Homestead.

“When we come in here and train, we talk about it and stress the importance of it.

“If (an ICBM was launched at the United States) today, we are the people who are going to be able to defend America.”

While she is the first woman to serve as tactical crew director, Homestead said she hopes there will be others.

“I would encourage more female Soldiers to do it,” said Homestead. “We are breaking down so many barriers in our society, I think it is important to stand out and go above and beyond. Seek out different opportunities that are beyond your pay grade.”

## Fort Wainwright’s Youth of the Year

Adeline Knavel (left), age 17, a junior at Raven Home School, and Lucky Harris (right), Boys and Girls Clubs of America senior director organizational development military and outreach services, pose together for a photos to commemorate Knavel’s accomplishment in being selected runner up for the Military State divisions during the Year State Event March 1 and 2, in Anchorage, Alaska. Knavel received a \$500 University of Alaska scholarship. (Courtesy photo)







# WALK TO **FIGHT SUICIDE**

## **FAIRBANKS**

**OUT OF THE DARKNESS** Community Walk  
4/28/2018  
**GRIFFIN PARK**  
Register today at [afsp.org/Fairbanks](http://afsp.org/Fairbanks)



AMERICAN FOUNDATION FOR  
Suicide Prevention

# *MAC is matching youth savings.*

- ▶ Open a Youth Savings Account (up to age 19) from April 9th-21st with a \$25 minimum deposit.
- ▶ Deposit \$25 per month every month for 12 consecutive months
- ▶ Keep the balance above the \$25 cumulative Monthly Deposit.
- ▶ MAC will match your deposit of \$25 in the 13th month – totalling **\$325!**





\*Offer valid as of 4/9/18. Limited time offer. Subject to be discontinued at any time.  
\*\*Paid advertising. No Federal Endorsement Implied.







Fort Wainwright Family & MWR

Weekly Events

March April 6 – 13

**7** **Saturday Family Movie Day**  
April 7  
10 a.m. to 2 p.m.  
Have a special family movie you've been wanting to watch? Let the Post Library get it for you! Bring your friends and family together every Saturday to sit back and relax while watching movies on request.  
Post Library, building 3700  
Call 353-2642, requests recommended

**9** **STRONG Fitness Class**  
April 9  
6:30 to 7:15 p.m.  
STRONG get you training to the beat! This class combines body weight, muscle conditioning, cardio and plyometric training moves, all synced to music.  
Physical Fitness Center, building 3709  
Call 353-7223

**Financial Readiness Investment Class**  
April 10  
3 to 4 p.m.  
**10** Knowing how to save and invest your money now will save you big bucks in the long run. Let Army Community Service teach you the ways of TSP, and set you up for success.  
Army Community Service, building 3401  
Call 353-3459

**LIVE Simply: Canning the Catch: Alaskan Fish**  
April 12  
2 p.m.  
**12** Prepare for this summer's bounty of freshly caught Alaskan fish. Learn how to properly can and store fish such as salmon and whitefish. This is a virtual class, hosted on Facebook at @FtWainwrightACS. A recorded version will be available for later viewing.  
Hosted by @FtWainwrightACS via Facebook Live  
Call 353-4460

**Friday Family Night: Rock Climbing**  
April 13  
5:30 to 8 p.m.  
**13** Bring the family out for an evening of rock climbing fun as you and your family scale the indoor rock wall. All skill levels are welcome! This event is open to families with children ages 5 years and older. All equipment and instruction is included.  
Outdoor Recreation Center, building 4050  
Call 361-6349, reservations required





Eielson Air Force Base

<b>Friday – 6th</b> LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.  OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.	  <b>Monday- 9th</b> FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.  ZUMBA, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.  HIIT/TABATA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	  BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.  OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  HIIT/TABATA, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.  <b>Thursday – 12th</b> SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.  LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.  POUND, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.  DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Ei-elson AFB, Call 377-2178.  OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.  CORE DE FORCE, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	  BALLISTICS, 11 p.m., Baker Field House, Eielson AFB, Call 377-1925.  OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.  <b>Saturday – 14th</b> LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  *YOGA, 8 a.m., Baker Field House, Eielson AFB, Call 377-1925.  PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.  CORE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.  OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  <b>Sunday – 15th</b> LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  *Yoga will be held once a week; first and third Wednesday at 5:30 a.m. and the second and fourth Saturday at 8 a.m.
<b>Saturday – 7th</b> LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  *YOGA, 8 a.m., Baker Field House, Eielson AFB, Call 377-1925.  PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.  CORE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.  OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.	<b>Tuesday – 10th</b> SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.  LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.  LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.  SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.	  <b>Friday – 13th</b> LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	
<b>Sunday – 8th</b> LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.	<b>Wednesday – 11th</b> *YOGA, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.  LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.  FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.		

IN BRIEF

**FINANCE TIP**  
Did you know that AFPC makes promotion updates on members’ record for pay benefits as opposed to your local Finance Office?

**NUTRITIONAL TIP**  
Make your garden salad glow with color. It will taste great.

**EARTH DAY KID’S CRAFT**  
Join the Arts and Crafts Center April 21, for an Earth Day inspired craft. From 1 to 2 p.m., children ages 5 years and older can decorate their own planter and plant a seed. The cost is \$10 per child. Sign up by April 18, by calling 377-4880.

**MURDER MYSTER DINNER:**  
Murder at the Midnight Hour  
The 354th Force Support Squadron is excited to announce their second Murder Mystery Dinner! Dress in your favorite 70’s costume and come enjoy a night filled with 70’s themed fun, food and mystery. The event will take place April 14, at the Yukon Club beginning with a cocktail hour at 5:30 p.m. followed by dinner at 6:30 p.m. The event is designed for ages 13 and up and tickets are limited. Stop by the Eielson Community Center and get yours today.

**POWERLIFTING COMPETITION**  
Try a challenge and compete in the Fitness Center’s Powerlifting Competition April 28, starting at 7 a.m. Sign up by April 27. Participants will be placed into weight classes and compete in squat, bench press and dead lift. Prizes for first, second and third place will be awarded for the male and female competitors.

**CLEP TEST PREP**  
Are you preparing to take a CLEP (college level placement) test to earn credits toward your CCAF? The Eielson Library holds CLEP Prep every Wednesday at 10 a.m. You can take a practice test before your real one, with immediate results. Space is limited, so call ahead, or call for questions at 377-3174.

**PIANO LESSONS**  
Piano lessons are available at the Eielson City Center. If you or your child have ever wanted to learn to play piano, now’s your chance. Call 377-2642 for more information and to sign up for lessons.

**STORYTIME AT THE LIBRARY**  
The Eielson Library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story’s read by the library staff or volunteers. Call 377-3174 for more information.

**MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS**  
The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

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

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



Protestant Community:  
Contemporary Service, 9 a.m., Sundays  
Kids Church, 9 a.m., Sundays  
AWANA, 4 to 6 p.m., Sundays  
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

# Survivor Session

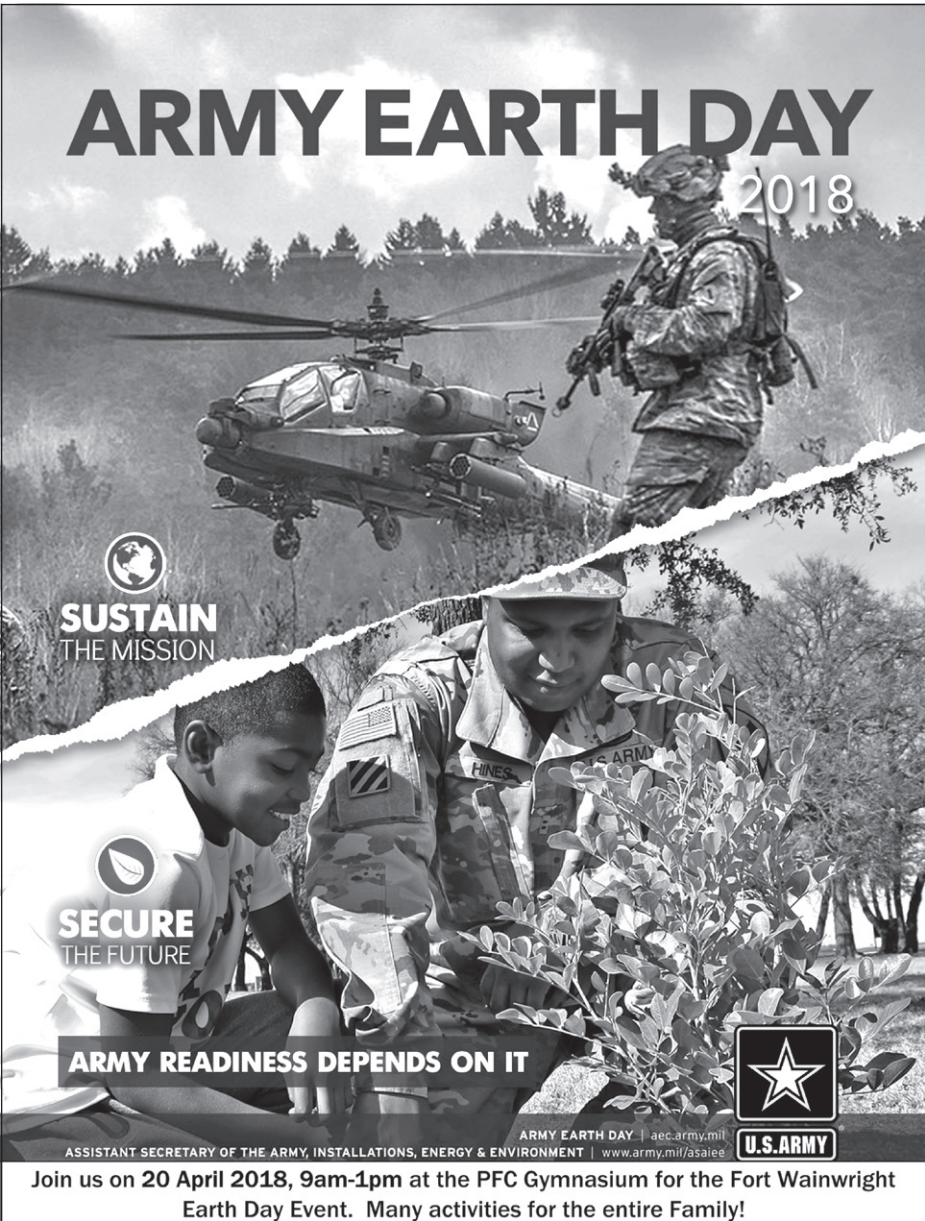
The Survivor Session will be an opportunity for people affected by suicide loss to gather together in our community to find comfort and gain understanding as they share stories of healing and hope.

*This event will be facilitated by Morgan Clay, American Foundation for Suicide Prevention Board Member.*

April 19, 2018  
Westmark Fairbanks Hotel and Conference Center  
6:00 pm to 8:00 pm  
Cost: Free  
Snacks will be provided  
Registration on Eventbrite.com



# ARMY EARTH DAY 2018



**SUSTAIN THE MISSION**

**SECURE THE FUTURE**

**ARMY READINESS DEPENDS ON IT**

ARMY EARTH DAY | aec.army.mil  
ASSISTANT SECRETARY OF THE ARMY, INSTALLATIONS, ENERGY & ENVIRONMENT | www.army.mil/asaiee

Join us on 20 April 2018, 9am-1pm at the PFC Gymnasium for the Fort Wainwright Earth Day Event. Many activities for the entire Family!



# Teens and sexual health: starting the conversation at home

**Loretta Rust**  
MEDDAC-Alaska Public Health Nurse

It’s an age-old question, “How do I talk to my teen about sexual health?” The registered nurses in Preventive Medicine at Medical Department Activity – Alaska get this question often, and are prepared to help beneficiaries answer this question and more when it comes to sexual health.

Knowing the right time to begin talking about sexual health, how to start the conversation and how to make it both a learning and comfortable experience can be a struggle, but it’s not impossible. Most schools offer sex education basics in health class, but teenagers might not understand or feel comfortable learning about the body in a class full of peers. Awkward as it may be, ultimately, parents with specific ideas on what they want their children to know, will be responsible for conveying that information. Reinforcing the education given at school, can build a foundation for a lifetime of healthy choices.

Parents wanting to begin a conversation with their teen about sex does not have to be a big event, it can, and should be, an ongoing conversation. Sex is ever-present in news, entertainment, advertising and social media. It’s hard to avoid this ever-present topic. Parents can take advantage of this by using it as a means to start a dialogue. When a movie or music showcases sex, use it as an opportunity for discussion. Everyday moments, such as riding in the car or washing dishes, offer the best opportunities to talk in a safe and comfortable environment and an excellent time to discuss personal spiritual and cultural beliefs about healthy relationships and sex.

Honesty will go a long way for parents when talking to their teen about sexual health. It is common for parents to find themselves uncomfortable with the subject, and it is okay to let their teen know they are uncomfortable, but it is important to keep talking. Chances are there may be questions the parent is not prepared or equipped to handle. In these cases, parents should be honest and say they do not know the answer, but offer to help their teen find the answer together.

During the conversation, parents should be direct and clearly state their feelings on specific issues. This is the time to explain the risks associated with sex, including emotional pain, sexually transmitted infections (STIs) and unplanned pregnancy.

It is important for parents to consider their teen’s point of view and avoid lecturing. Trying to understand the pressures, challenges, and concerns teens are facing will help to keep the conversation going and also prevent lecturing. Parents also need to let their teen know that they can talk with them about sex whenever he or she has questions or concerns.

Some sex education topics for teens includes; abstinence, birth control and date rape. These topics can be tough to talk about, but they are important. Most teens and adults are unaware of how regularly dating violence occurs, so it is important to discuss the awareness of dating violence and what to do if it occurs. It’s important for parents to talk with their teen about what does and doesn’t create a healthy sexual relationship. The lessons they learn today about respect and healthy relationships will carry over into adulthood. By supporting teens with open, honest and direct conversations, he or she can grow into a sexually responsible adult.

Teens will often act like they are not listening or not interested when the topic of sexual health is brought up by a parent. Parents should talk about it anyway. By creating an on-going conversation about sexual health and healthy relationships, the teen will know the parent is there and ready to listen when they are ready to talk.

Further resources for parents regarding sexual health:

- Centers for Disease Control and Prevention. Talking with your teens about sex: going beyond “The Talk”
- Centers for Disease Control and Prevention. Teen Pregnancy: Parent and Guardian
- Guttmacher Institute. Adolescent Sexual and Reproductive Health in the United States
- U.S. Department of Health and Human Services. Healthfinder.gov. Talk to Your Kids about Sex

# MEDDAC-AK hops into spring with community

**Brandy Ostanik**  
MEDDAC-Alaska Public Affairs

With several feet of snow on the ground and temperatures still well below freezing, it may not seem like spring, or the right time for an Easter egg hunt, but that did not stop Medical Department Activity – Alaska from opening the doors of Bassett Army Community Hospital March 30, for the 6th Annual “Hop into Spring” Easter Jamboree.

The jamboree, which began as a small family readiness group activity about eight years ago, saw just over 700 community members through the doors over the course of four hours, to participate in activities such as Easter egg hunts, crafts, face-painting and health information.

According to Maj. Douglas Erdley, officer in charge for the jamboree, the goal of the event was to provide an opportunity for community members to come together for a fun and entertaining day filled with happy family memories.

“We worked to make the event a low-stress day for parents with their kids,” said Erdley. “Nothing was so busy that parents were waiting in long lines trying to keep their kids occupied.”

Approximately 75 MEDDAC-AK staff and family members came together to provide the event to the community as well as donated candy, prizes and crafting supplies. Additional prizes and candy came from members of the community, such as Jolene Lopez, who reached out to the hospital asking if they had a need for jumbo plastic eggs filled with candy.

The event, which began in 2013 as part of an initiative to reach out to beneficiaries to provide health education through activities, offered information on MEDDAC-AK services and other health education booths.

This approach, to reach beneficiaries between doctor’s visits is part of an Army Medicine initiative to focus on the prevention of health issues.

There are 525,600 minutes in a year, and on average a person only spends 90 of those minutes with their doctor. MEDDAC-AK will continue to offer events and activities that focus on health in a fun, family environment.



Sally Guzman, a medical support assistant at Bassett Army Community Hospital, paints the face of Kattie Camacho, 7, daughter of Esmeralda Verduzco and Spc. Carlos Valdez, assigned to Delta Company, 1st Battalion, 52nd Aviation Regiment during the 6th Annual Easter Jamboree hosted by Medical Department Activity – Alaska March 30. The four hour event saw over 700 community members through the door. (Photo by Brandy Ostanik, MEDDAC-Alaska Public Affairs)

Eliana Pollock, 18 months, daughter of Keana and Sgt. David Smith with 17th Combat Sustainment Support Battalion, 5-74th Quartermaster, tosses one of over 8,000 eggs filled by staff members, into a basket during an Easter egg hunt at the 6th Annual Easter Jamboree hosted by Medical Department Activity – Alaska March 30. The four hour event saw over 700 community members through the door. (Photo by Brandy Ostanik, MEDDAC-Alaska Public Affairs)



Kaden Grant, 8, son of Kenny and Maj. Jaclyn Grant, a nurse at Medical Department Activity – Alaska, gets help picking out an Easter egg hunt prize from MEDDAC-AK volunteer, Capt. Andrew Brooks. Grant won one of over 60 baskets offered as prizes for the Easter egg hunt during the 6th Annual Easter Jamboree hosted by Medical Department Activity – Alaska March 30. The four hour event saw over 700 community members through the door. (Photo by Brandy Ostanik, MEDDAC-Alaska Public Affairs)