

Medical Department Activity- Alaska NCO induction ceremony

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Medical Department Activity – Alaska paid tribute to what is commonly referred to as “the backbone of the Army” Sept. 28 by hosting a Non-Commissioned Officer induction ceremony at Bassett Army Community Hospital

The group of six Soldiers from MEDDAC-AK walked through a saber arch to mark the ceremonial crossing into the NCO Corps where they were congratulated by the official party consisting of Command Sgt. Maj. Jesus Rios, MEDDAC-AK CSM; 1st Sgt. Veronica Phillips and Master Sgt. Andrew Harding, Operations NCO.

Inductees included, Sgt. Gary Dalton, Sgt. Konnor Grimshaw, Sgt. Ebony

McLane, Sgt. Chitiz Panday, Sgt. Brittany Whippo and Cpl. Paulvincent Perdigon.

During remarks to the inductees, Rios urged inductees to pay particular attention to the three C’s and humility as they continue to develop as leaders.

“Character, competence and commitment are traditional attributes that are keystone to great organizations,” said Rios. “These three C’s are the support structure, the bones of any team squad, section and platoon element, but I want to take us back to humility.”

“Reflecting on humility, a leader recognizes the human dimension of an organization as the keystone to accomplishing the mission. In my experience, focusing on the basics of personnel concerns has generated trust and discipline for teams,” continued Rios.



Inductees recite the Charge of the Noncommissioned Officer during the Medical Department Activity- Alaska NCO Induction Ceremony Sep. 28 at Bassett Army Community Hospital. (Photo by Sgt. 1st Class Clarence Charatain)

“In closing, you are a precious asset to our nation with your finger on the pulse of the ground truth our leaders need. In our organization it is the total team that ensures mission success, but today I am talking to the NCO’s – the foundation of our service to the nation are the NCO’s that enable our leaders the ability lead.”

Geophysical Institute eligible for long-term defense research funding

Sue Mitchell
University of Alaska Fairbanks Geophysical Institute Public Information Manager

The University of Alaska Fairbanks Geophysical Institute has received a Defense Department designation to research topics important to national security.

The department recently chose the Geophysical Institute to serve as a University Affiliated Research Center, with a charter to perform research focused on geophysical detection of nuclear detonations. It is one of only 17 centers in the country.

As a UARC, the Geophysical Institute is now eligible to receive long-term, sole-source funding from the Defense Department. The institute can continue to receive federal research funding through normal competitive procedures, when it is not in conflict with the UARC contract.

“I am especially pleased that UAF’s broad



Wilson Alaska Technical Center Lead Engineer Jay Helmericks explains on-campus infrasound array components to NATO Deputy Secretary General Rose Gottemoeller. (Photo courtesy, Alaska Center for Unmanned Aircraft Systems Integration)

See RESEARCH on page 4

BOSS volunteer opportunities, not just for single service members



Soldiers Against Drunk Driving
SADD runs every weekend from 11 p.m. to 4 a.m. and holidays. Duties include, make sure vans are clean, take care of intoxicated Soldiers, drive a TMP, be a TC, or answer phone calls.

For more information on volunteering, call (907) 353-4145 or (907) 353-7648.

Pumpkin Fest at the Last Frontier Community Activity Center
The Last Frontier Community Activity Center on Fort Wainwright will be hosting Pumpkin Fest on Oct. 20. Volunteers are needed, Oct. 19 thru 20, to help with setup, assist with running activities, taking pictures, and clean up. Day prior to the event, volunteers are requested to help with set up anytime from 1 to 7 p.m.

For more information on volunteering, call (907) 353-7648 or (907) 353-6109.

BOSS Haunted Halloween Costume Party and Karaoke Event
The BOSS Haunted Halloween Costume Party and Karaoke Event will take place at the Warrior Zone on Oct. 26. Volunteers are requested to help with decorating and with setting up for this event from 1 to 4 p.m.

For more information on volunteering, call (907) 353-4145 or (907) 353-7648.

Holly Days Bazaar
The 2018 Holly Days Bazaar will take place at Hanger 5, from Oct. 26 thru 28. Volunteers have been asked to help with working and helping at the bazaar. Volunteer opportunities for this event will run 2-4 hour shifts. Shift opportunities are Oct. 26, from 2 to 8 p.m., Oct. 27, from 9 a.m. to 5 p.m., and Oct. 28, from 11:30 a.m. to 4 p.m.

For more information on volunteering, call (907) 353-7648 or (512) 227-0204.

WEEKEND WEATHER

Friday

Mostly sunny, with a high of 50 degrees and a low of 37.

Saturday

Cloudy with showers, with a high of 50 degrees and a low of 32.

Sunday

Partly cloudy, with a high of 46 degrees and a low of 29.

LOOK around your home for fire hazards. Take the necessary steps to fix them.

LOOK. LISTEN. LEARN.

FEMA U.S. Department of Homeland Security NFPA FIRE PREVENTION WEEK

Nutrition Corner: Halloween

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

NUTRITION 101:
Halloween is just around the corner and that means a lot of temptation for things that are not-so-nutritious. While w stick to your guns and try to have less candy than last year, there is one festive treat that you should actually have more of; pumpkin.

Not only do pumpkins make great decorations this time of year, but these groovy gourds are also packed with nutrition. Jack-o-lanterns can of course be fun and spooky additions to your haunted house as well. The flesh of the pumpkin is full of potassium, fiber, and vitamin C – all of which research has shown to be protective of heart health. Specifically, studies point to the unique benefit of dietary potassium in controlling blood pressure levels. Also,

we know that antioxidants from our food can neutralize harmful free radicals and prevent cancer, and pumpkin happens to be an excellent source of the antioxidant known as beta carotene.
In addition to lowering risks of prostate and colon cancers, beta carotene is also linked to prevention of degenerative eye disease. Other micronutrients like vitamin A, vitamin C and iron are plentiful in pumpkins, support immune functions and even fertility, according to the Harvard School of Public Health. The wonders of this harvest crop just keep going - the seeds of the pumpkin offer healthy monounsaturated fats that are linked with decreased inflammation and improved cholesterol levels in the blood. All of these health benefits are packed into a modest 35-45 calories per cup of cooked pumpkin. So this season, somewhere between tricks and treats, try adding a little pumpkin to your holiday menu!
For more information about

pumpkins, with history, cool facts, nutrition information and recipes check out this article from the University of Illinois Cooperative Extension program: <https://extension.illinois.edu/pumpkins/history.cfm>

RECIPE SPOTLIGHT:
Pumpkin Spice Waffles

- INGREDIENTS:**
- ½ cup all-purpose flour
 - ½ cup whole wheat flour
 - 2 teaspoons baking powder
 - 3/4 teaspoon ground cinnamon
 - 1/8 teaspoon salt
 - 1/8 teaspoon ground cloves
 - 1 cup 1% low-fat milk
 - 2/3 cup pumpkin flesh, pureed
 - 1/4 cup packed dark brown sugar
 - ½ tablespoon canola oil
 - ½ tablespoon coconut oil
 - 1 large egg, lightly beaten
 - Cooking spray

PREPARATION:
Sift flours into a dry measuring cup; level with a knife.
In a large bowl, combine flours with baking powder, cinnamon, salt, and cloves, and make a well in center of mixture.
In another bowl, combine milk, pureed pumpkin, brown sugar, oils, and egg. Add wet mixture to flour mixture, and stir just until moist.
Preheat waffle iron, and coat with cooking spray.
Spoon 1/4 cup of batter (per waffle) onto hot waffle iron, and evenly spread batter on lower half of waffle iron.
Cook 5 to 7 minutes or until steaming stops, and repeat until all batter is used. Serve with crushed walnuts or berries and light maple syrup. (Recipe adapted from *Cookinglight.com*)



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
Referral Center: 361-1810
Tricare On-Line: www.tricareonline.com
Health Net Federal Services: www.tricare-west.com
1-844-866-9378

PERFORMANCE TRIAD TIP
Well-rounded fitness routines are important! Do you know how to maintain your fitness when you are deployed or on vacation and don’t have a gym? Soldiers who focus just on running are at increased risk of injury – cross train!

INDOOR TRICK-OR-TREAT
Join us as at Bassett ACH on Oct. 31, from 4:30 to 6 p.m., as we partner with Family and Welfare, Morale and Recreation, and the USO to bring you the 6th Annual Boo to the Flu event. Indoor Trick-or-Treating and a haunted house will once again be offered free of charge. The VA doors will open from 4:30 and close at 6 p.m.

TOBACCO CESSATION
Smoking poses major risks to women’s reproductive health; just one more reason to quit. Contact our tobacco cessation educators at 361-2330 for information on classes and medication to assist in quitting.

STAY FIT AND INFORMED
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.

TRICARE ONLINE REMINDERS
TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

NURSE ADVICE LINE
Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can call our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).

ANONYMOUS OR NOT
Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation 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.

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.

UPDATE YOUR INFO
All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System (DEERS). If you change phone numbers, move or change family status, beneficiaries must change their information in DEERS for MEDDAC to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

THIRD PARTY INSURANCE
BACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information you will be asked to complete a DD FM 2569 upon visits to our facility. At a minimum we need to have an updated DD FM 2569 completed annually or as your coverage changes.

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 1 business day.

24 HOUR NURSE ADVICE
Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273.)

Weekly Financial Tips: Halloween

Ryki Carlson
Survivor Outreach Services Support Coordinator

Halloween is probably the most fun holiday of the year. Who doesn’t like to dress up in a costume, run around in the dark pretending to be something you are not, and consume lots of sweets? This is a perfect opportunity to delight in all things dark and spooky-like, and you don’t have to break the bank in order to celebrate in style.
One of the most exciting parts of Halloween is a good costume. You can create some really great costumes for little cost with a few of these simple suggestions:
Pool your resources by getting together with a bunch of friends, and bring everything in your closet that could possibly be used as part of someone’s costume. Your friends might have some pieces that can inspire your own costume idea, and an item that you bring may complete their ensemble.
Search for ideas on Pinterest boards for creating your own Halloween costumes. You’ll find plenty of tutorials and tips for making costumes with inexpensive material by looking online.
Go thrift shopping for putting together your outfit. These shops sometimes carry wedding gowns, suites and accessories for low prices. If you already have an idea in mind, definitely shop around the thrift stores to find what you need. Turn it into a game for your kids by giving each child an envelope with five or ten dollars inside to find what they

need to make their own costume. Ensure you give them a time limit and let their creative side take over. Don’t forget to look for your decorations there too!
Buy arts and craft supplies at the dollar store. You can be creative with ready-made treat bags and other decorations that you can repurpose to make wreaths, centerpieces, and other festive decorations.
Paint your own invitations, spooky bottle labels, gift tags, and even headstones. Search the internet for free Halloween printables. You can always add your person touch prior to attaching them.
Search for free activities within your community. If you don’t have room in your budget to host a Halloween party for the kids or even to stock up on holiday candy this year, plan on taking everyone out for some free Halloween fun. Take a look at the events page in your local newspaper, find events on Facebook, check the community calendar, and other local resources.
Shop at surplus stores. Stores that carry overstock, surplus and slightly damaged or irregular merchandise can offer large selection of holiday-themed merchandise for low prices.
Shopping for candy. Whether you are throwing a party or handing out candy to the neighborhood kids, you’ll need a wide variety to keep everyone happy. Consider going to the bulk food section and mix and match your favorite individually wrapped candy. Wrapped toffee bites, gum, lollipops, and miniature candy bars are perfect for these events and are usually cheaper in

bulk than pre-packaged.
Create a new family tradition. Carve out some time for quality time. Consider a harvest-themed cooking day. Try making popcorn balls, caramel apples, or pumpkin bread. Or really be creative and put together a scavenger hunt with the winner choosing a family movie for everyone to watch.

Take advantage of post-Halloween discounts. It won’t help you this year, but stores will be clearing out their costume and decorations shelves the day after Halloween. You can pick up great bargains that you can use next year or even for Thanksgiving decorations. You can use pumpkins for decorating for Thanksgiving.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

In January of 1993, an episode of Star Trek: The Next Generation titled “Ship in a Bottle” presents Captain Picard with an existential threat to the Enterprise and her crew that essentially asks the question, “What is real?” The plot turns into a holodeck ruse within a ruse that concludes when the villain is tricked into leaving the Enterprise, but in reality, is safely contained in an endlessly running holodeck program, which allows him to explore a virtual reality universe forever.

The episode concludes with Captain Picard ruminating on whether their reality is actually a simulation within “a little device sitting on someone’s table.”

Plato’s allegory of the cave also wrestles with the question, “What is real?” Drawing a distinction between the true, but unseen, realm of forms and the everyday shared reality we

experience, Plato describes humanity as prisoners in a cave. The prisoners are chained in such a way that they can only see the cave wall straight in front of them. Behind them, puppeteers parade along a roadway and cast shadows on the wall in front of the prisoners. If all these prisoners ever knew from birth were the shadows seen on the wall, this would be their reality.

So... “What is real?” Are we living in an elaborate computer simulation? Is our reality merely shadows projected on a cave wall? More to the point, how do Christians know that God is real?

Students in philosophy and theology courses spend months, or even lifetimes, studying questions like these. Since humanity continues to wrestle with fundamental questions of “what is real” and “how do we know” shows that certain, easy answers don’t exist.

Christians often begin the discussion with the Bible. In Matthew 22:36-40, Jesus schools the Pharisees

who tried to trick him by explaining that the greatest commandment is to love God and to love your neighbor as yourself. Other verses in the Bible, such as 1 Corinthians 13:4-7, describe how we should love. In Romans 13:10, Paul goes so far as to declare that loving our neighbors actually fulfills the (Mosaic) law.

So, is God real? My best proof to you of God’s existence is to use the mind, body and will God has given me in order to love God by loving my neighbor. That can be hard to do, especially when my neighbor differs from how I appear, believe and act.

It can seem impossible when my neighbor next door, across town or around the world seems more like my enemy!

Nevertheless, I emphasize loving God and loving my neighbor as the foundation on which Christians build their reality. How we accomplish this greatest commandment during our lives is the only reality of ultimate significance.



Chaplain (Lt. Col.) Paul Fritts

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community -- even non-military. We are a traditional, protestant Army chapel service meeting on Sundays at 10 a.m., with a weekly Communion observance. Interested?

Please call 907-873-4397 to arrange for gate access. “Like” our chapel Facebook page by searching “Fort Greely Chapel” or use your web browser to go to <https://www.facebook.com/FGAChapel>.

For God and Country,
Chaplain Fritts

JBER Convoy heads for Interior Alaska



Soldiers assigned to the 109th Transportation Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, turn onto the northbound ramp of Alaska Highway 1 as part of a vehicle convoy leaving Joint Base Elmendorf-Richardson, Alaska, to support training operations near Fort Greely in Alaska’s interior. (Photo by Justin Connaher, Joint Base Elmendorf-Richardson Public Affairs)

Fort Wainwright photography studio information, making the best image

Head and Shoulders:
Friday’s by appointment through the online Visual Information Ordering Site (VIOS) starting at 8:20 a.m.

Passport Photo:
Monday thru Wednesday’s by appointment through VIOS Starting at 1 p.m.
A civilian shirt is required for all Passport Photo’s.

Department of the Army Photos:
Monday thru Thursday mornings by appointment through VIOS starting 9 a.m.

Visual Information Ordering Site website:
Visit the <https://www.vios-west.army.mil> website to schedule an appointment. Once in VIOS select Fort Wainwright, then fill out a 3903 work order form to connect to the DA photo calendar in order to reserve an appointment. Cancellations must notify the photo studio, 48 hours prior to an appointment or be considered a “NO SHOW”.

DA Photo Tips:
The Soldier should have their uniform inspected by their unit before the appointment and be in uniform ready to be photographed at the

appointment time. Army Regulation 670-1 should be used to check correct placement of ribbons, insignia, etc. Dressing rooms are available if you would like to bring your uniform and change at the studio. Photos are taken vertically, at ¾ length from top of head, which means you need your pants or skirt but not your shoes. Soldiers must wear shoulder crests as per AR 640-30, 29 MAR 2017. Leadership tabs, blue disks and infantry ropes are not allowed for DA photos. Unit citations are authorized only if you were in the unit when it was awarded. The photographer is not responsible for the Soldier’s uniform. Para 5-g of AR 640-30 “prohibits photographers, soldiers, or anyone providing assistance to the Soldier while taking the official photograph from stuffing, clipping, or otherwise changing or altering the appearance of the uniform to make it fit properly.” Check AR 640-30 Photographs for Military Personnel Files, at https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN3976_AR_640_30_Final.pdf

Most Common Mistakes
Placement of the nametag
It should be centered between the top of the pocket and the top of the button. Also looks better if pinned through the coat and not just through the pocket flap.

Placement of badges
“Combat and special skill badges are worn...1/4 inch above the ribbons or the top of the pocket, one above the other, with ½ inch between badges, or they are worn on the pocket flap as described in paragraph 29-16” (pg. 298 of AR 670-1).

If you have an Iraqi or Afghani ribbon It should have at least one star on it (one star per campaign, not tour of duty).

Pointers
Starch your shirt heavily under the tie and don’t wear a T-shirt to lessen extra wrinkles. If you don’t need a belt, don’t wear it –buckles sometimes stick out. A long sleeve shirt causes less problems with getting the sleeves to look nice. Take a picture of yourself with a cell phone – check to see how your ribbons look. Write your name somewhere inside your uniform before you take it for cleaning or alterations. Check to make sure you’re getting the correct jacket back. If you took it to be cleaned or pressed, check to make sure you have all your buttons – or better yet, take them off yourself before you take it for cleaning.

For more information on Department of the Army official photo support, contact Søren Melchior, Studio photographer, at 361-6268, or email, at erik.s.melchior.ctr@mail.mil.

ESTATE NOTICE

Pvt. Mason J. Heimer passed away in Fairbanks on Oct. 22, 2018. Anyone having claims against or who is indebted to the estate of Pvt. Mason J. Heimer, of 2nd Platoon, Bravo Company, 70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Ryan Kelly, Headquarters and Headquarters Company, 70th BEB, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (307) 575-4081 or email ryan.v.kelly2.mil@mail.mil.



RESEARCH

Continued from page 1

range of research and educational programs will benefit from the federal UARC status,” said UAF Chancellor Daniel White. “This aligns with the upcoming strategic plan effort that will include enhancing our research capabilities and expanding workforce training at UAF.”

The Geophysical Institute has a long history of monitoring nuclear weapons tests with infrasound and seismic sensors.

Since the mid-1960s, the Geophysical

Institute has operated instruments that can detect, locate and classify nuclear detonations and other loud sounds using microphones sensitive to infrasound — sounds at frequencies below what humans can hear. The institute has performed infrasound research for years, studying noises emitted from volcanoes, meteors and the aurora.

Professor Charles “Buck” Wilson began research in nuclear proliferation at the Geophysical Institute shortly after the U.S., USSR and U.K. halted their above-ground nuclear testing programs under

the 1963 Limited Test Ban Treaty.

That work picked up after the Comprehensive Nuclear-Test-Ban Treaty opened for signature in 1996. To help verify treaty compliance, Wilson, professor emeritus John Olson and senior engineer Daniel Osborne began building low-frequency acoustic stations to support U.S. efforts to detect clandestine atmospheric nuclear tests.

Since 2008, that work has expanded to support all aspects of geophysical nuclear treaty monitoring. These efforts have been funded by various U.S.

defense agency contracts totaling nearly \$50 million.

The University of Alaska established the Wilson Alaska Technical Center in May 2015 to oversee the growth of nuclear detonation detection research and development, and nuclear treaty verification. The center works with U.S. government agencies, national laboratories, academic institutions, companies and international organizations.

welcome to

WINTER

DISCOVER WHAT'S IN STORE IN THE LAST FRONTIER
PREPARE YOURSELF FOR ALL ALASKAN WINTERS HAVE TO OFFER

- Learn how to properly “winterize” your vehicle
- Discover what to wear in the bitter cold
- Know how to drive on ice
- Learn how to care for your pets in extreme conditions
- Find coping mechanisms for the long, dark days

6-8 P.M.
SEPTEMBER 27
OCTOBER 11
NOVEMBER 14
DECEMBER 13

LAST FRONTIER COMMUNITY ACTIVITY CENTER
BUILDING 1044 APPLE STREET

For more information, contact Army Community Service:
Relocation Readiness at (907) 353-7908
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightACS

MWR ACS

MONDAYS, WEDNESDAYS // 6:30 P.M.
FRIDAYS // 6 P.M.

FIT & FURIOUS AB CHALLENGE

ROCK THOSE ABS AND OBLIQUES TO THE CORE! ALONG WITH GROUP CLASSES 3X PER WEEK, PARTICIPANTS WILL RECEIVE INITIAL AND FINAL ASSESSMENTS, AS WELL AS "HOMEWORK" TO KEEP LOSING THOSE INCHES.

\$27.50 // REGISTER AT THE PFC

REGISTER NOW!
Physical Fitness Center (PFC) 353-7223
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightFitness

MWR

LOOK. LISTEN. LEARN.

Be aware.
Fire can happen anywhere.

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018
firepreventionweek.org

Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today’s smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

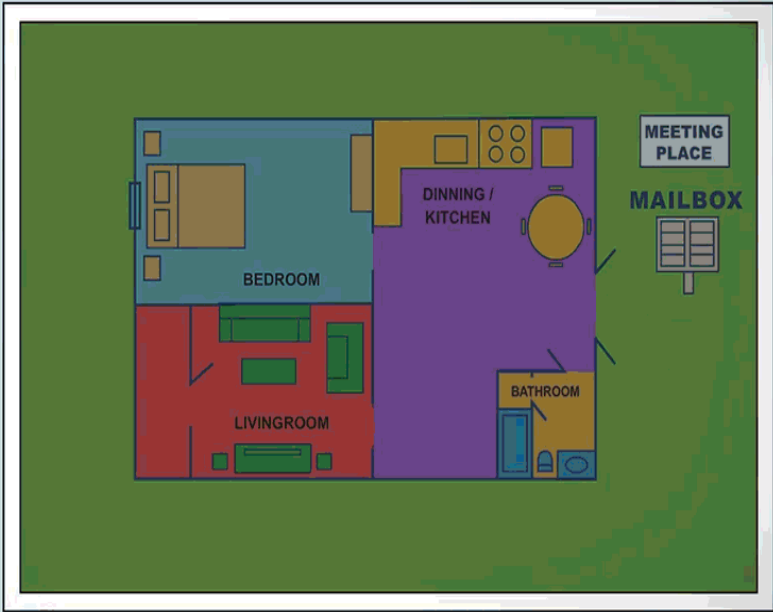


FACTS

- ! A closed door may slow the spread of smoke, heat, and fire.
- ! Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



LEARN two ways out of every room. Have an outside meeting place a safe distance in front of your home where everyone can meet.



LOOK. LISTEN. LEARN.



FIRE PREVENTION WEEK

Fort Wainwright Family & MWR

Weekly Events

October 12 – 19

- 12

Cosmic Bowling
October 12
9 p.m. to Midnight

Stylish Cosmic Bowling is a non-stop, high-fiving, total sensory overload, and an unforgettably good time! Cosmic Bowl happens every Friday & Saturday night, and you should most definitely be there!

Nugget Lanes Bowling Center, building 3702
Call 353-2654, lane reservations recommended
- 15

Health Nut: Spooktacular Tips for Halloween
October 15
11 to 11:30 a.m.

Get ready for Halloween and prepare to keep the festivities healthy and fun with tips from the Bassett Army Community Hospital's Dietitian!

Last Frontier Community Activity Center, building 1044
Call 353-7755
- 16

Tuesday Night Trivia
October 16
7 p.m.

Put your thinking cap on and get ready for challenging trivia questions! Winning teams get prizes and glory. Looking for extra practice? Follow @WainwrightMWR on Instagram and join us for Trivia Prep Mondays.

Warrior Zone, building 3205
Call 353-1087
- 17

Moosercise Child Exercise and Play Program
October 17
11 to 11:45 a.m.

Moosercise is an exciting new exercise program for parents and kids aged 18 months to 5 years. Both parents and children will get to try new exercises such as yoga, obstacle courses, circuit training, and dance! Participation by both parents and kids is encouraged!

Youth Sports & Fitness, building 1045, basement
Call 353-7482, registration required
- 18

B.O.S.S. Wilderness and Remote Survival Course
October 18 and 19
8 a.m. to 5 p.m.

Could you survive the wilds? Let us help you up the odds with the Wilderness and Remote Survival Course. If you are a B.O.S.S. Service Member, you are welcome to participate in this 2-day course. A current CPR certification is required.

B.O.S.S., building 1045, Suite 31
Call 353-7648, registration required

NUGGET LANES BOWLING CENTER PRESENTS

Halloween Spooktacular

October 27th

Cosmic Bowl Costume Contest

THE SPOOK GOES FROM 9 P.M. – MIDNIGHT
18+ EVENT | UNLIMITED GAMES + SHOE RENTAL: \$15



RESERVE YOUR LANE TODAY!
Nugget Lanes Bowling Center, bldg 3702 (907) 361-6349
[@WainwrightMWR #WainwrightBowl](http://www.wainwright.armymwr.com)

Parents DAYS & NIGHTS OUT

BECAUSE PARENTS DESERVE FREE TIME

FRIDAY, OCT 26 // 6:30 - 10:30 PM
FRIDAY, NOV 16 // 6:30 - 10:30 PM
SATURDAY, DEC 5 // 10 AM - 2 PM

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SPOOKY SPIN



Senior leaders tackle Army Family concerns in town hall



Sgt. Maj. of the Army Daniel A. Dailey, right, alongside Army Secretary Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley, speaks during a town hall at the Association of the U.S. Army’s annual meeting in Washington D.C., Oct. 9, 2018. (Photo by Staff Sgt. B. Nicole Mejia, U.S. Army)

Sean Kimmons
Army News Service

The Army’s top leaders held a town hall meeting Tuesday to address issues voiced by Family members, including substandard moving companies, jobs for spouses and possible health concerns in older on-base homes.

With a force of more than 2.2 million Soldiers and Families, including nearly 500,000 spouses and over 830,000 children, Sgt. Maj. of the Army Daniel A. Dailey said taking care of all of them is a huge task that requires everyone’s help.

“We’re not perfect,” Dailey told the audience at the Association of the U.S. Army’s annual meeting. “Your job is to help us identify the things that we need to fix so we can continue to take good care of our Soldiers and Families.”

To listen to specific issues, Dailey, Army Secretary Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley fielded questions from social media and those in the audience.

All leaders agreed that if the Army fails to provide adequate quality of life to military families, then Soldiers worry and that leads to a readiness issue.

“This really is all about readiness,” Milley said, adding that taking care of Soldiers and Families remains a top priority. “It’s not just a bumper sticker. It’s not something that we take lightly. It’s very integral to the overall health of the force.”

One problem brought up was lost or damaged household goods that many Families experience as they change duty stations during peak moving season in the summer.

Since about 40 percent of all moves occur in the summer, Esper said, there has been a proposal that could limit the amount of single Soldiers that move in the summer. In turn,

that would put less strain on over-tasked carriers.

“If you just did that, it would take off a significant percentage in the people you’re trying to move during that period,” he said. “It may reduce the amount of lost and damaged household goods.”

He also suggested that there should be an Army-run website that tracks moving companies that have performed poorly or have been suspended.

“It also sends a message to the companies, who also compete in the commercial sector, that they are on notice, much like what the Better Business Bureau does,” he said.

Esper said he plans to work with the Navy and Air Force secretaries to find solutions to this ongoing issue.

“We’ve found that we are more effective as a team,” he said.

In regards to spousal employment, Dailey admitted that the constant moves in the military create hurdles that Soldiers must help their spouses overcome.

“This is a journey that you have to do together and it’s going to come with challenges,” he said. “We have to encourage our spouses to get out there and seek help.”

Transition assistance centers found on installations can provide support to spouses, he said, adding there is also ongoing work to help with the transferring

of professional licenses for spouses moving to another location.

Another possible answer to this, Esper said, could be allowing Soldiers to stay put for longer.

“If they want to stay in one location longer than three years because the kids are in a good school or the spouse has a great job, then we need to look to accommodate that,” he said.

As for housing, there are nearly 100,000 Army homes out there. Of them, about 36,000 were built before 1978.

Home inspections for mold, lead and asbestos have already begun on about 10 percent of the Army’s pre-1970s homes.

At the end of the year, the tests will give a good baseline understanding of whether the Army should do more to maintain older homes.

Esper said that they will even test for lead in tap water and see if any lead paint on the outside of a home has leaked indoors.

Local housing offices should also be readily available to remedy any issues.


“Our commitment is that if you have any reason of concern, we will be within that home that day to do testing,” Esper said, “and if we come up with a problem and we can’t fix it immediately, we will take active measures to get you out of that home.”

Milley echoed that sentiment and urged Families to take care of themselves.

“Nobody wants any of our Soldiers or their Families and little kids to be at risk,” he said.

To show how serious he was on the issue, he told Soldiers to email him and the other two senior leaders directly if a possible health concern in their home is not being addressed.

“It’s your Family’s health and safety and the three of us here do not want it jeopardized,” the general said. “So, if you pop in an email into our inbox... I guarantee it will get fixed.”






USAG ALASKA SAFETY NOTE

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School days bring congestion: School buses are picking up their passengers, kids are hurrying to get to school before the bell rings, hurried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

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- ❖ In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- ❖ Always stop for a school patrol officer or crossing guard holding up a stop sign
- ❖ Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- ❖ Never pass a vehicle stopped for pedestrians
- ❖ Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way
- ❖ **OBEY SCHOOL ZONE SPEED LIMITS**



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