

Ongoing

Shave and a haircut

The price for a basic haircut at any Army & Air Force Exchange Service barber shop located on Fort Richardson or Elmendorf Air Force Base will increase to \$11.25 April 1.

Effective Oct. 1, the price will increase to \$11.90.

Give walkers a break

Per Alaska state law, drivers are required to yield to pedestrians who are crossing a street within a marked crosswalk.

Pedestrians always have the right of way, so stop and let them get safely across the street.

New traffic pattern

To accommodate increased pedestrian and motorized traffic in front of Child and Youth Services, Bldg. 337, and Ursa Minor Elementary School during before and after school hours, the traffic pattern on Hoonah Avenue is now permanently a one-way street.

All traffic must now move from east to west starting at 5th Street and ending at 6th Street.

ACAP for spouses

The Army Career and Alumni Program can help family members give their resumes a makeover.

Transition classes and workshops can help family members get jobs, especially if their Soldier is deployed or planning on getting out upon their return from deployment.

For more information, call 384-3501.

Take a shot

All childhood immunizations are now available at the Elmendorf Air Force Base's joint military hospital.

The Immunization Clinic is open Monday through Friday from 7:45 a.m. to 4:30 p.m., and the Pediatric Clinic offers immunizations for walk-in patients Monday through Friday from 1 to 4 p.m.

No tuberculosis tests will be given at the Immunization Clinic Thursdays.

The database used to track immunizations does not automatically update during in-processing to 3rd Medical Group, so parents should bring a current copy of their child's current shot record with them during their child's next appointment at the

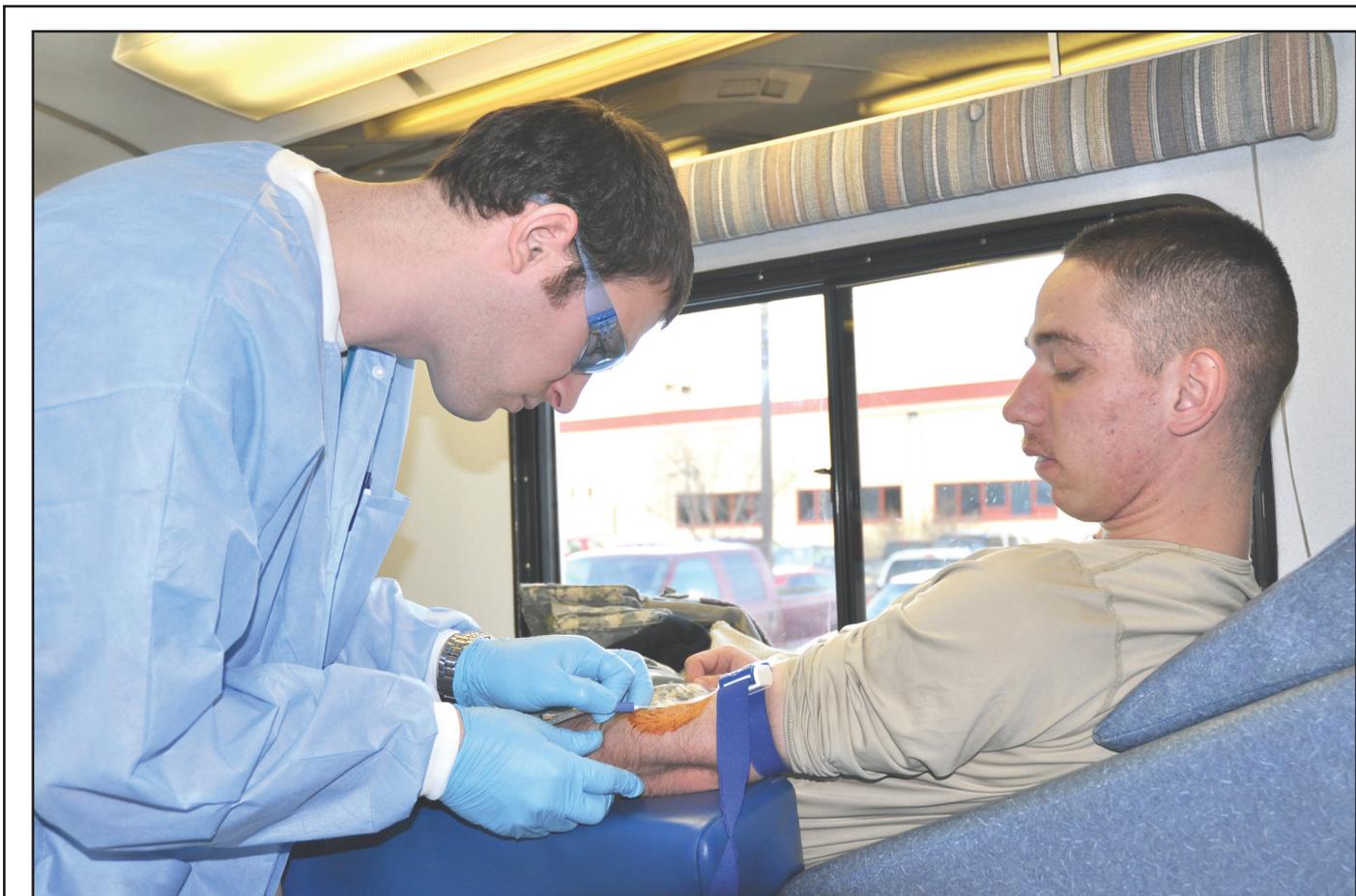


photo by Mary Rall/Alaska Post editor

Donate life

Blood Bank of Alaska phlebotomist John Rock inserts a needle into 6th Engineer Battalion's Spc. Christopher Gardner's arm March 13. The blood bank's Bloodmobile will be taking donations in the Warrior Zone parking lot on fort Richardson April 17 from, 10 a.m. to noon and May 15, June 12 and June 19 from 11 a.m. to 4 p.m.

Pediatric Clinic or drop the record by the clinic to prevent delays in updating the information.

Call 580-6890 for more information.

Street across from Buckner Physical Fitness Center.

For more information, call 384-7783.

Parachute Infantry Regiment.

A son, Ryan Stephen, was born to Brandi and Spc. Stephen Cobb Jr., C Company, 84th Engineer Battalion.

This Week

MONDAY

Ski for free

Alyeska Resort is hosting a military appreciation day providing free lift tickets and equipment rentals to those with valid military identification.

Call 754-7669 for more information.

MONDAY THROUGH WEDNESDAY Transition assistance

The Alaska Department of Labor and the Army Career and Alumni Program is co-hosting a Transition Assistance Workshop Monday through Wednesday. Start time for all three days is 8 a.m. at the Community Education Complex, Room 230.

Call 384-3501 for more information.

MONDAY THROUGH SATURDAY SF recruiters

Special Forces recruiters are on hand this week to host briefings at noon and 5 p.m. at the Community Education Complex.

THURSDAY

545th MP family meeting

The family readiness group for the 545th Military Police Company will meet tonight at 5:30 p.m.

Call 854-3711 for more information.

THURSDAY AND FRIDAY Clinic prepares for move

The Troop Medical Clinic will be open for sick call only.

Beginning April 1, the TMC will be relocated to the new Combined Health Clinic, Building 786, on D

Upcoming

MARCH 28

Youth football

The Eagle River Panther Association is hosting a registration table for parents to sign up their children, ages 5 to 13, for Pop Warner football from noon to 2 p.m. at the Fort Richardson Shoppette.

APRIL 6 THROUGH APRIL 8 Mandatory training

Child Abuse Community Awareness training is scheduled for 10 a.m., 1 p.m. and 3 p.m. April 6 through April 8.

All active duty Soldiers and Department of Defense civilians must attend one of the sessions scheduled during the three-day time frame.

Seating is limited to 200 people per session, so plan accordingly.

To reserve seats for large groups, or for more information, call 384-0504.

APRIL 27 AND 28 Get deployment details

A deployment brief for the 545th Military Police Company will be held at the following times: April 27 at 4:30 p.m. and April 28 at 5 p.m. at the Community Education Complex.

Call 854-3711 for more information.

Births

JAN. 12

A son, Ryan William, was born to Samantha and Pfc. Robert Gunderson, 95th Chemical Company.

MARCH 10

A daughter, Abigail Lynn, was born to Katherine and Staff Sgt. Christopher Campbell, 3rd Battalion, 509th

MARCH 11

A son, Joshua Peyton, was born to Jessica and Spc. Joshua Scott, Early Entry Command Post.

MARCH 12

A daughter, Kimberly Bernice, was born to Staff Sgt. Maria Aponte, 17th Combat Sustainment Support Battalion and Sgt. 1st Class Manfred Aponte, 3rd Battalion, 509th Parachute Infantry Regiment.

MARCH 13

A daughter, Aniya Mon'et, was born to Ramona and Sgt. El'Von Dixon, 62nd Transportation Company.

MARCH 14

A son, Brandon Raymond, was born to Amy and Sgt. Ray Jurardo 3rd Battalion, 509th Parachute Infantry Regiment.

Main Post Chapel

Sunday services

9:00 a.m. — Roman Catholic Mass

9:45 a.m. — Episcopal Service (North Wing Altar)

11 a.m. — General Protestant Worship

Religious education

9:45 a.m. — Protestant Sunday School

10:30 a.m. — Roman Catholic CCD

Womens' Groups of the Chapel

Protestant Women of the Chapel
Military Mission of Catholic Women (both groups meet from 9:30 to 11 a.m. every Tuesday.)

For more information, visit the Post Chapel (Bldg. 3), or call 384-1461.

Movies at the Post Theater

Bldg. 2 on Richardson Drive.
428-1200

Today, 7 p.m.
Notorious (PG)

Saturday, 7 p.m.
New in Town (PG)

Sunday, 6 p.m.
Bride Wars (PG)