

Fort Wainwright

Ongoing

Homework help

Don't let your teen struggle with homework alone. Homework help is available Monday through Thursday from 4 to 5 p.m. at Youth Services.

Call 361-5437 for more information.

Wood safety

The Arts and Crafts Design Center has a wood shop available for patron use. A wood shop safety class is offered every Wednesday at 6 p.m.

Call 353-7528 for more information.

Family child care

Child, Youth and School Services is currently looking for in-home Family Child Care providers.

For more information, call 353-9544.

Pins and lunch

Nugget Lanes Bowling Center is open Monday through Friday at 11 a.m. for lunchtime bowling. Get lunch from the snack bar while enjoying a few games with friends.

For more information, call 353-2654.

Towing

The Auto Skills Center has a wrecker for authorized patrons' towing needs.

For more information, call 353-7436.

Tag, you're it

Stop by the Last Frontier Com-

munity Center and check out the laser tag arena. Group rates, punch cards and team-building opportunities are available.

For more information, call 353-7755.

This Week

SATURDAY

Be a football star

The Zone is having a Madden '08 tournament today on the PlayStation 3. Enter and compete for your chance to win prizes. Signups begin at 3 p.m., and games start at 4 p.m.

For more information, call 353-1087.

Snowmachine run

Join Outdoor Recreation Center staff on a trip to the White Mountains National Recreation Area today from 8 a.m. to 5 p.m. The ORC will provide transportation, snowmachines, helmets and guides for \$75 per person. Participants should bring a lunch, snacks, drinks and warm clothing. A snowmachine safety course is required.

For more information, call 361-4089.

SUNDAY

Super Bowl party

Join your friends at The Zone for a Super Bowl party today at noon. A free taco bar will be provided by Better Opportunities for Single Soldiers. Watch the game, enter to win door prizes and enjoy the festivities.

For more information, call 353-1087.

TUESDAY

Intramural volleyball

An organizational meeting will be featured at the Physical Fitness Center today at 2 p.m. to discuss intramural men's and women's volleyball. League play begins mid-February and runs until the end of April.

For more information, call 353-7274.

Mandatory meeting

Youth Sports is having a mandatory meeting for parents of indoor soccer participants at Youth Services today at 6 p.m.

For more information, call 361-7482.

WEDNESDAY

Art for all

Design your own artist trading cards at the Arts and Crafts Design Center from 11:30 a.m. to 1 p.m. today. A \$15 fee will cover all your supplies and instruction.

For more information, call 353-7520.

Teen world

What would you do if you ruled the teen world? Come to the Youth Services Teen Town Hall Meeting tonight at 6 p.m. at Youth Services and find out. Door prizes will be offered for those in attendance.

For more information, call 361-4802.

THURSDAY

Exceptional creativity

The Exceptional Family Member Program is hosting an arts and crafts

night at the Arts and Crafts Design Center today from 6 to 8 p.m. for \$3 per craft.

For more information, call 353-4243.

Climb high

The Outdoor Recreation Center staff is offering indoor rock climbing at Melaven Gym today from 6 to 8 p.m. This is a great family event. A \$7 fee includes equipment and instruction.

To register or for more information, call 361-6349.

Upcoming

FEB. 7

Family event

A free birdhouse building workshop will be offered for youth of all ages on Saturday, Feb. 7 from 1 to 4 p.m. This is a great opportunity to get a head start on the Birdhouse Decorating Contest to be offered by the Arts and Crafts Design Center. Judging for the competition will be March 28.

For more information, call 353-9828.

FEB. 10 AND 26

FRG event

Join the Outdoor Recreation staff at Melaven Gym for indoor rock climbing Feb. 10 and 26 from 6 to 8 p.m. There are no age limits. If you can climb, you can come. A fee of \$7 covers all equipment and instruction.

For more information, call 361-2652.

Fort Richardson

Ongoing

TUESDAYS

Job skills training

Army Community Service Employment Readiness classes are offered Tuesdays in Bldg. 600, Rm. A37.

Volunteer Management Information System Training will be at 10 a.m. Tuesday and Feb. 10, 17 and 24, and Interviewing Techniques will be at 2 p.m. Tuesday and Feb. 10, 17 and 24.

E-mail mike.spann@us.army.mil or call 384-6716 to sign-up.

WEDNESDAYS

Resume 101

Writing a Civilian Resume Employment Readiness classes will be featured Wednesday and Feb. 11, 18 and 25 at 2 p.m. in Bldg. 600, Rm. A37.

E-mail mike.spann@us.army.mil or call 384-6716 to sign-up.

THURSDAYS

Resume workshops

Army Community Service Employment Readiness workshops on how to create a federal resume will be taught Thursday and Feb. 12, 19 and 26 in Bldg. 600, Rm. A37 at 2 p.m.

E-mail mike.spann@us.army.mil or call 384-6716 to sign-up.

This Week

SUNDAY

Super Bowl XLIII

Come and cheer on your team at a Super Bowl Party today at the

Arctic Chill.

The game will be shown on large, flat screen televisions, and this event will include fun, great food and football. For more information, call 384-7619.

MONDAY

Family classes

The Family Advocacy Program will have an You're An Alaskan Family Now class today from 3:30 to 4:45 p.m. in Bldg. 600, Rm. A37.

For more details or to sign-up, call 384-7506.

WEDNESDAY

Newcomers orientation

Army Community Service is having a newcomers orientation in the Community Education Complex lecture hall today at 9 a.m. for Soldiers and their spouses.

Call 384-1515 for details.

Autism awareness

The Exceptional Family Member Program is offering Autism Awareness Training today in Bldg. 600, Rm. A137 from 1:30 to 2:30 p.m.

For more details, call 384-0225

WEDNESDAY AND THURSDAY

Fur Rondy poker

The Arctic Chill is offering qualifiers for a total of 10 seats in the Fur Rendezvous Alaska Hold'em Tournament of Champions at 5 p.m. Wednesday and Thursday in Bldg. 655.

For more information, call 384-7619.

THURSDAY

Financial training

Army Community Service is hav-

ing a financial readiness class for first-term Soldiers in Bldg. 600, Rm. A18 today from 9 a.m. to 5 p.m.

For more information, call 384-7509.

Upcoming

FEB. 6

Story time

Join us for Wee Ones Free Story Time at the Consolidated Library Feb. 6 at 11 a.m. in Bldg. 7. This event is for children 5 and under. Registration is required.

For more information, call 384-1640.

FEB. 21

Winter Carnival

Head outdoors for the fun of the Winter Carnival Feb. 21 from 11 a.m. to 3 p.m. at Dyea Ski Hill.

This event is open to the entire post community and will feature snowmachine rides, canoe races, ice hockey activities, the Big Air Contest and races.

For more information, call 384-1475

Tips for dealing with deployments

U.S. Army Pacific Surgeon's Office

Try to find things to look forward to. Take a class, volunteer or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences.

Reach out to others who are in the same situation. Remember, you are not alone.

Don't try to hide your feelings. It's normal to feel sad, lonely or angry when you've been separated from your spouse. You don't have to hide these feelings. Talk about how you feel with people you trust.

Do something special for yourself and your family. Rent a movie or cook a meal your spouse wouldn't necessarily enjoy and plan fun outings with your children.

Ignore rumors. The military may not be able to give detailed in-

formation about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started.

It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.

Reassure your children. Children can be expected to have some form of separation anxiety during the deployment, especially in the beginning.

Your child may be afraid you will leave as well or you will not be home when they return from school or a play date. Give your child reassurance at school drop-off time, bedtime and other times of separation. Let your child know you are there and can be depended on.