

## Fort Wainwright

### Ongoing

#### Lending library

Army Community Service is now offering a Deployment Library. Books specific to deployment topics are available to checkout.

For more information, call 353-4458.

#### Event space

Rent Birch Hill Ski Lodge for special group functions during non-operating hours. With a great view, comfortable seating, a fireplace and a kitchen, the lodge is perfect for weddings, unit and family readiness group meetings and birthday parties.

For more information, call 353-9131.

#### Stories and crafts

The Post Library offers story and craft time every Friday at 3:45 p.m. Youth of all ages are welcome to attend with an adult.

For more information, call 353-2642.

### This Week

#### TUESDAY

##### Stained-glass class

The Arts and Crafts Design Center is offering a stained glass sun catcher class today from 11:30 a.m.

to 1 p.m. for \$15.

For more information, call 353-7520.

#### WEDNESDAY

##### Make a difference

The Army Family Action Plan Conference begins today and runs through Feb. 20. The conference is at the Last Frontier Community Center from 9 a.m. to noon daily.

This is an opportunity for military community members to voice their well-being issues to the command.

To register or gain more information, call 353-2382.

#### THURSDAY

##### Bowling outing

The Exceptional Family Member Program is gathering at Nugget Lanes today from 6 to 8 p.m. for bowling. The cost is \$2.25 per game, and shoes are free.

Call 353-4243 for more information or to register.

### Upcoming

#### FEB. 21

##### Cards anyone

The Zone will be holding a Texas Hold 'em tournament Feb. 21 starting at 5:30 p.m.

Registration is \$12 and includes dinner. The winner of the tournament will earn a place in the Armywide



photo by Michael Campbell/Family and Morale, Welfare and Recreation Marketing

### Under construction

Lorlie Griffis, 3, gets help from her mother, Ellie Griffis, to build a birdhouse Saturday at the Last Frontier Community Center. More than 100 people took part in the free clinic, at which participants received instruction and all the materials to build and paint birdhouses. A birdhouse decorating competition will be offered through the Arts and Crafts Design Center, with entries due March 28 and judging taking place April 3.

online tournament

For more information, call 353-1085.

#### FEB. 22

##### Chili cook-off

The Last Frontier Community

Center is hosting its 2nd Annual Chili Cook-Off Feb. 22 from 1 to 4 p.m.

Participants should bring a slow cooker of their best chili and compete for prizes.

For more information, call 353-7755.

## Fort Richardson

### Ongoing

#### Time to ski

Dyea Ski Center is now open Thursday through Monday from 11 a.m. to 8 p.m.

Call 384-1475 for details.

### This Week

#### WEDNESDAY

##### Stress management

A Time Management in Stressful Times class is being offered in Building 600, Room A37 today from 9:30 to

11:30 a.m. and 6 to 8 p.m.

For more details, call 384-0503

##### Newcomers orientation

Army Community Service is having a newcomers orientation in the Community Education Complex lecture hall, Building 7, at 9 a.m. for Soldiers and their spouses.

Call 384-1515 for information.

##### 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. today at the Arctic Chill.

Call for 384-7619 details.

#### THURSDAY

##### Financial training

Army Community Service is having a financial readiness class for first-term Soldiers in Building 600, Room A18 from 9 a.m. to 5 p.m.

For more information, call 384-7509.

### Upcoming

#### 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 annual event is open to the entire post community and features events that include snowmachine rides, canoe races, ice hockey activities, the Big Air contest, races and more.

For more information, call 384-1475.

#### FEB. 22

##### Tooth tales

A Children's Dental Health Month themed reading event is being offered Feb. 20 at 4 p.m. at the Consolidated Library.

For more information, call 384-1640.

### Corner

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TRIWEST (878-9378) for assistance before receiving care.

Active-duty Soldiers must receive all routine, nonemergency care at a military medical treatment facility if one is available. If no MTF is available and you require care from a civilian facility, you must obtain prior authorization to avoid possible point of service charges, which could be very costly – except in emergency situations as noted above.

Take the time to ensure you have enough medication prior to traveling. You may use any TRICARE pharmacy option when you're traveling, but be sure your Defense Enrollment Eligibility Reporting System information is current prior to leaving home for an extended absence.

To fill a prescription, you need a valid uniformed services identification card. If traveling near a MTF,

you can simply fill the prescription at the MTF pharmacy.

You may also choose from more than 54,000 civilian pharmacies that are part of the TRICARE Retail Pharmacy program, otherwise known as retail network pharmacies. Through retail network pharmacies, you can fill up to a 30-day supply of most prescription medications for minimal out-of-pocket costs.

If a network pharmacy is not available, you may visit a non-network pharmacy. However, you should be aware this is the most expensive option and requires you to pay for the prescription and file a claim for reimbursement.

For more information, visit your local TRICARE Service Center.

Whether you are home or away, Medical Department Activity-Alaska is concerned with your well-being, and our No. 1 priority is to provide you and your family quality care with quality caring no matter where you receive medical treatment.

## Month focuses on African-American citizenship

**Gary Sheftick**  
Army News Service

WASHINGTON – The national theme of this year's February Black History Month observance is "Quest for Black Citizenship in the Americas."

In keeping with this theme, the Equal Employment Opportunity Web site for Department of the Army headquarters features a quiz "Paving the Way to the Presidency."

EEO officer Beatrice Bernfeld said employees can test their knowledge of African Americans within the electoral system by taking the quiz at <https://secureweb.hqda.pentagon.mil/eeo/main/Index.asp>.

In addition to citizenship, the Department of Defense will emphasize quality education during the month-long observance, according to Jay D. Aronowitz, the acting deputy assistant secretary of the Army for EEO and Civil Rights.

In a memorandum to Army commands, Aronowitz said the DoD theme for African American History month

supports Presidential Executive Order 13256, which is aimed at advancing equal opportunity in higher education. The special DoD theme for the month is "Reaching Out to Youth: A Strategy for Excellence."

A DoD outreach event is scheduled to take place Feb. 25 to 26 at Alabama Agriculture and Mechanical University in Normal, Ala.

The roots of African American History Month stem back to Harvard-trained historian, Carter G. Woodson. He founded the Association for the Study of Negro Life and History, which began a weeklong observance honoring black history in February 1926.

By the time of Woodson's death in 1950, the history week had become a significant observance.

Mayors of cities nationwide issued proclamations. The celebration was expanded to a month in 1976, the nation's bicentennial, with a proclamation by President Gerald R. Ford. Since then, each American president has issued proclamations for the monthlong observance.