



Interested in joining our Board of Directors?  
Call 456-4729 or email [fca@fcaalaska.org](mailto:fca@fcaalaska.org)  
to find out how you can become a member

Mosquito Meander Saturday, June 12, 2010 - 10:00 a.m. - Start and Finish: Pioneer Park

Volume 15, Issue 1, May 2010

[www.fcaalaska.org](http://www.fcaalaska.org)

### BOARD OF DIRECTORS

JASMINE PLETNIKOFF,  
PRESIDENT  
RICHELLE TALVI, SECRETARY  
GARY CORRICK, TREASURER  
DOUG BISHOP  
JASON GAZWOOD  
BONNIE ROLAND  
SUE SMITH

### FAMILY TREATMENT STAFF

DR. MIKKI BARKER  
ANNE BRAINERD  
RANDY LEWIS  
SEAN O'NEIL  
KATHRYN DOSCH  
LAURIE HOLLAND-KLEIN  
LINDA SHERIDAN  
TRAVIS THOMPSON  
LEAH LIPKA  
JENNIFER CROSS  
LINDA HUFFAKER  
RICK MEDLIN  
VANESSA WILL-HUCKABY  
SARAH FINNELL  
KATIE ROBB  
ANNA DALE  
KARLAN BACHMANN  
CASSIDY PHILLIPS

### FCA ADOPTION & PREGNANCY STAFF

MELODY JAMIESON  
LISA CARR  
ANGIE HUFFORD

### ADMINISTRATIVE STAFF

CAMILLE CONNELLY-TERHUNE  
SABRINA DAVIS  
KATHY TOCKE  
DANERE HANNA  
LINDA JOHNSON  
JENNIFER SILVA  
CHERA GORE  
CAROL MATTISON  
TONYA MATTISON  
KATHI MARTINEZ

### Fairbanks Counseling & Adoption

912 Barnette Street  
Fairbanks, AK 99701  
Tel: 907-456-4729  
Fax: 907-456-4623  
[fca@fcaalaska.org](mailto:fca@fcaalaska.org)



©Darin Carpenter

## Mosquito Meander

Spring has arrived and along with it the Fairbanks area race season is underway. Mark your calendars for **Saturday, June 12<sup>th</sup>** for the **18<sup>th</sup> Annual Mosquito Meander**. Whether you are a runner, jogger, walker, or stroller, come join us for one of the local area's favorite run/walk.

The history of the Mosquito Meander dates back to 1992 when the employees of Fairbanks Counseling and Adoption wanted to revive a previous annual fun run to help Fairbanks residents get out and participate in an event that was family oriented and not too expensive for large families. Everyone wanted a catchy name so that we could have fun with the t-shirts and be remembered from year to year. FCA also wanted it scheduled the week before the Midnight Sun Run so it could serve as a warm up to the "big" race. After what seemed hundreds of suggestions for a name, 'Mosquito Meander' came to the top of the list and we knew we had a winner!

In 2007 Darin Carpenter from Tundra Comics volunteered to do the artwork for the t-shirt. As long as he kept on coming up with comical ideas, we knew we wanted to keep him working for us. Thank you Darin!

If you have a mosquito themed idea that Darin could draw next year for a t-shirt, please call or send an email. Put your imagination to work and if we use your design, we will give you a complimentary t-shirt at the 2011 event.

We also wish to thank all our sponsors for underwriting the costs of putting on this race. A special thank you goes to our *event sponsor* BP Exploration.

Volunteers are always needed, so if you can, please help out. Not only is this a great family outing, it also helps to benefit the programs at Fairbanks Counseling and Adoption. Remember, registration starts for everyone **May 24<sup>th</sup>** at **912 Barnette Street** and for individual runners/walkers at our website [www.fcaalaska.org](http://www.fcaalaska.org) on May 1<sup>st</sup>. Don't dawdle as t-shirt quantities and sizes are limited and cannot be guaranteed for late registrants.

### 2010 MOSQUITO MEANDER SPONSORS



**EVENT SPONSOR**

Jim Matherly  
DJ Services

Grizzly  
Media Logo

**Kohler, Schmitt & Hutchison; Great Land Sports; Tundra Comics; Immaculate Conception Catholic Church; Sportsmedicine Fairbanks; Fairbanks Memorial Hospital/Denali Center; Law Office of Ken Covell**

**Special Thanks:** Equinox Physical Therapy; Fairbanks Urgent Care Center; Willow Physical Therapy; K & K Recycling, Inc.; Plumbers & Steamfitters Local 375; McDonalds Restaurant; Alyeska Pipeline Service Company; Midnight Sun Lions; Quota Club; Huff's Auto Body and AFLAC.



A United Way  
Member Agency

# Pregnancy Program

Community partnerships with other local agencies and healthcare providers are a critical component in our ongoing efforts to successfully support pregnancy clients in the greater Fairbanks area. As we collaborate with other providers, we shorten the gap that sometimes exists between a woman in crisis and needed services.

We are connected with Fairbanks Memorial Hospital and Bassett Hospital on Ft. Wainwright. We provide crisis pregnancy counseling and adoption placement services for women who come to the hospital ready to deliver, but who hold lingering doubts about determining what plan would be best for the child. We are client-centered, and work with the hospitals to provide services and care for women facing these complex challenges.

We are connected with West Valley High School, Hutchison High School, UAF, and the Fairbanks Youth Facility. We provide classroom presentations, discussion groups, and resources to various youth in these institutions. Topics include shaken baby syndrome, child development, adoption, and healthy relationships. These efforts are pro-active because we connect with

youth and young adults in an attempt to help educate, thus potentially eliminating the need for our services at a later date.

We are connected with the Fyndout Free Clinic and the Public Health Center. Both agencies provide pregnancy services



that extend beyond our range of assistance. When one of our clients needs an ultrasound, we connect our client with Fyndout. When a client at the Public Health Center needs crisis pregnancy counseling, they connect the client with us. Together, we provide a holistic approach to services for the mother and her unborn child.

These are just a few examples of the community partnerships utilized by the Pregnancy Department at Fairbanks Counseling and Adoption. Together we are working to provide the best available education and care to young adults in Alaska facing crisis pregnancy situations.

*Angie Hufford, Pregnancy Counselor*



*A Collection of Recipes from  
Fairbanks Counseling &  
Adoption Staff and Volunteers*

Buttermilk Pie - *Lisa Carr on page 51 of cookbook.*

- 1 ½ c. sugar
- 3 eggs
- 1 ½ c. buttermilk
- ½ stick margarine
- ½ tsp. Vanilla
- 3 T. flour

Fairbanks Counseling and Adoption special edition cookbooks can now be purchased for \$15.00 each plus \$3.00 for shipping & handling. Call 456-4729 to order your copy today!

Cream sugar and margarine together. Add flour, eggs, buttermilk and vanilla. Pour into an unbaked pie shell and bake at 450 degrees for 15 minutes. Lower temperature to 350 degrees and bake for 35 minutes or until done.

---

# Family Support

## A BIG Thank You!

---

The Family Support Program is dedicating this edition to thanking everyone in the community who has supported FCA with financial and practical resources and contributed to our families. With many households facing tough economic times, these very kind donations allow our program to provide resources to our clients that they simply cannot afford to purchase.

These acts of kindness and selflessness positively affect our clients' quality of life.

For Christmas the Family Support Program recruited Secret Santas in the community who kindly donated bags filled with gifts for 13 families. These gifts included toys and games for the children, clothing items, personal hygiene items, and food to prepare a Christmas dinner. Words cannot describe the impact these little gifts of caring had on our families.

Family Support provides a wide array of services for many diverse families in the Greater Fairbanks/North Star Borough area. We are committed to helping families who are facing multiple hardships improve their situation and find the services and assistance they need through offering individualized support and parenting classes.

*Linda, Rick & Vanessa*

*FCA is excited to welcome **Rick Medlin** as a new staff member to the Family Support team. Rick is originally from Texas and turned his childhood dream into reality when he moved to Alaska in 2009. He has a Bachelor's degree in psychology with a minor in recreation and has extensive professional experience working with foster children and at-risk youth and their families. Rick's professional experience and great sense of humor are great assets to our program.*

---

# Suicide Prevention Program

---

***"The mission of the Regional Suicide Prevention Task Force is to build and maintain community-wide suicide prevention awareness in the Fairbanks North Star Borough."***

In the past several months, the Suicide Prevention Task Force has finalized its goals, mission statement and strategic plan. We have also officially changed the title from the Regional Suicide Prevention Team to the FNSB Suicide Prevention Task Force. We are excited to begin the real work as our task force prepares to break into subcommittees which will each specifically work toward completing the tasks and initiatives to meet specific goals in our community. Our goals include increasing Alaska's understanding that youth suicide is preventable, promoting efforts to reduce access to lethal means for suicide, improving recognition of and response to high-risk individuals through education in suicide assessment and management of risk as well as identification and promotion of protective factors, increasing promotion of healthy social and emotional growth and youth develop-

ment, increasing awareness of behavioral health services, and increasing use of suicide prevention research and evaluation methods.

Thanks to KTVF Channel 11, we hope to soon be locally airing a Suicide Prevention Public Service Announcement geared toward teens.

The SPTF now has a Facebook page and a MySpace page if you would like to connect with us and keep up with our news and events online: [myspace.com/fnsbsuicideprevention](http://myspace.com/fnsbsuicideprevention) or use the search for "FNSB Suicide Prevention" on Facebook.com.

Our Survivors of Suicide Support Group, the first of its kind in the Fairbanks area, is now being offered once a month at Fairbanks Counseling & Adoption for individuals who have lost a loved one to suicide. Please call FCA for more information regarding times and locations for this group if you are interested.

# Street Outreach & Advocacy Program

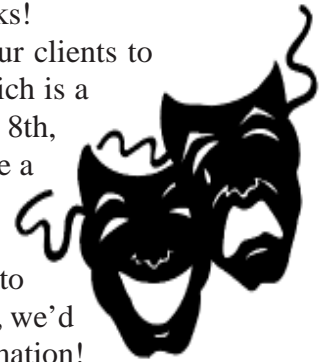


## Street Outreach & Advocacy Program (SOAP)

We have had a very busy last few months in SOAP with a couple of exciting pieces of information: First, we were awarded a three-year federal grant in October. Soon after, we moved into our new Drop-In Center space at 530 7th Avenue (between Cushman and Lacey on 7th Avenue). In November, we hosted our third annual Candlelight Vigil for Homeless Youth in partnership with Covenant House Alaska. In November we also hired two part-time staff members, Anna Dale and Karlan Bachmann. Both Anna and Karlan have been fantastic at connecting with youth in schools, on the street, and at our Drop-In Center. We are pleased to announce that since October, we have served over 100 individual youth at our Drop-

In Center! We are so glad that our program can serve so many young people in Fairbanks!

Since December, our VISTA volunteer, Cassidy Phillips has been working with our clients to write "Alice In The Underground," a play about youth homelessness in Fairbanks, which is a loose adaptation of Lewis Carroll's "Alice In Wonderland." The play will run May 7th, 8th, 14th, and 15th at 7:30 p.m. at the Empress Theater in downtown Fairbanks. This will be a great fundraiser and awareness-raising opportunity and we hope you can come out to hear some true, creative stories about youth homelessness!



We will be starting up our summer garden and bike project soon, so if you would like to donate any garden supplies (starts, seeds, soil, advice, etc) or have any old unused bikes, we'd happily take them! Please contact us for more information!



We'd also like to say a huge thanks to our volunteers and donors: Greg, Cheryl, Bill, Kiana, Denzel, Kelly, Barb, Myrna, Kim, Chris, Bryan, Tony, Downtown Rotary of Fairbanks, Pat Thayer, Dave Miller, Quota International, Slayden Plumbing and everyone else who have donated anonymously! THANK YOU!

In other news, I have decided to transition out of my position as program coordinator and go back to school for Elementary Education at UAF. I still plan on being involved as a volunteer at this amazing program, but am excited for new adventures. We have hired Katie Robb as the new SOAP Coordinator. Katie brings with her a wealth of connections from working in the Borough Mayor's office as the 2009 AmeriCorps VISTA leader in Fairbanks. She was also the lead coordinator of Fairbanks' first ever Project Homeless Connect in March, an event which provides a one-stop-shop with a variety of resources for homeless individuals and families. We are so glad to welcome Katie!

In closing, I would like to express my sincere gratitude for everyone who I have worked with in building this program over the past three and a half years. It has been a great roller coaster ride and I'm excited to see the program continue to grow and change for years to come!

*By Sarah "Raz" Finnell*

*If you have a PayPal account, donations to any of Fairbanks Counseling and Adoption's programs can now be made at our website at [www.fcaalaska.org/donate](http://www.fcaalaska.org/donate)*



---

# Adoption Program

---

## **“Those are our Kids”**

Adoption is a journey of the heart. Follow the journey in the words of Alton and Vanessa Huckaby (pictured right) who moved to Alaska five years ago and desired to become parents through adoption. The Huckabys learned in late March 2010 that they had been successfully matched with two young infant girls from Ethiopia through DOVE International in Oregon. Fairbanks Counseling and Adoption completed the Huckaby's homestudy and will conduct all post-placement follow-ups and support services.



## **How long did the process take (from FCA application to homestudy to receiving your referral?)**

*“We started the process in December 2008. It took about six months from the time we submitted our adoption application until the homestudy was completed. We submitted our dossier in October 2009 and received our referrals five months later. We are hopeful we will be travelling in July 2010 to pick up our girls. From start to finish, it will be one and a half years.”*

## **Why have you chosen to adopt and why Ethiopia?**

*“We both have always had an interest in adoption even before we met each other. When the conversation of extending our family came up, we both agreed that adoption was the way we wanted to go. Ethiopia has the largest orphan population out of the countries we were considering for adoption. They also have some of the worse resources for the children in those orphanages. They are an extremely stable country as far as adoptions are concerned and they became our first choice.”*

## **What excites you the most about adoption?**

*“The exposure to a whole new culture and the process of combining it with ours and making it ‘our family’ is exciting. We are extremely excited supporting something that so greatly affects many individuals in a positive way. The moment we are able to hold our kids for the first time in their home country, as well as the time we can hold them by the hand and carry them out of the orphanage forever...that will be a moment we hope to never forget.”*

## **What would you share with others who are considering international adoption?**

*“The process has the potential to really take you on a roller coaster ride of emotions. The referral portion of the process is truly a bittersweet moment because you are so happy that you got matched with a child but sad to read about how they became orphans. Having Melody, as well as the whole FCA team, to be the compassionate friend as well as the solid rock we could put our trust in, has meant everything to us.*

*With international adoption you are relying on a different country to process the adoption and maintain timelines. When that doesn't happen like you think it should, or something changes, there is not much the U.S. agency can do and that can be pretty frustrating. Finally, there is no greater thing we have done or experienced in our lives than this adoption. We feel so connected already with the photos that were sent to us that there is no doubt or hesitation in thought—**those are our kids.**”*

---

*The Family Support Program is currently looking for sponsors/scholarships*



*Summer Break is just around the corner and for the children of many of our families this means staying at home all day. Please contact us at 456-4729 if you are willing to sponsor a child and enable this child to attend a summer camp or other summer activities.*





**Mosquito Meander June 12, 2010 Registration**  
**USE ONE FORM FOR EACH PARTICIPANT (PRINT clearly)**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**Check all that apply:**

- Female     Rollerblades (not timed)     Bike (not timed)  
 Male     Scooter (not timed)



**Late registration:** add \$5 to entry fee starting Wednesday, June 9th through Saturday, June 12th (day of the race). **REMEMBER:** Rollerbladers and cyclists proceed with caution and start separate from the runners. Dogs must be on a leash.

**Early Entry Fee :**

- \_\_\_ **Adult (12 and over)**    \$20.00  
 \_\_\_ **Family (includes 2 t-shirts)**    \$35.00  
 \_\_\_ **Child (11 and under)**    \$ 15.00

Additional t-shirts: \$15.00 for family entrants or \$17 for non-entrants. Specify # \_\_\_\_\_ and size:

T-shirt size	T-shirt size
_____	_____
_____	_____
_____	_____
_____	_____



Amount enclosed: \_\_\_\_\_

**I can't attend, please accept \$ \_\_\_\_\_ donation.**

☎ Telephone 456-4729 for credit card registration (will still have to provide signed release form for each entrant)

**RELEASE**

I, the undersigned, attest that I am physically fit and have sufficiently trained for the event. Furthermore, I intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and organizations affiliated with Fairbanks Counseling and Adoption, including the race organizers, sponsors, and property owners. This release is intended to constitute a release and waiver of claims, whether asserted by me, by heirs or assigns, of unknown or unexpected consequences of harms to me or my child, as the case may be, arising out of the risks, conditions and hazards of this event.



\_\_\_\_\_  
 Signature (all participants must sign.)

\_\_\_\_\_  
 Date  
 Parent or Guardian's Signature (for entrants under age 18)



Make checks payable to:  
**Fairbanks Counseling & Adoption**

912 Barnette Street  
 Fairbanks, AK 99701  
 456-4729 fax 456-4623  
 fca@fcaalaska.org

*For office use only*

- Signed form   
 Paid   
 Receipt # \_\_\_\_\_  
 Bib # \_\_\_\_\_  
 Has T-shirt   
 Entered drawing

For Door Prize Drawing:

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Bib # \_\_\_\_\_

NON-PROFIT  
 ORG.  
 U.S. POSTAGE  
 PAID  
 FAIRBANKS, AK  
 PERMIT NO. 69

Fairbanks Counseling & Adoption  
 912 Barnette Street  
 Fairbanks, AK 99701-4510  
 Return Service Requested

