

# ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

January 4, 2013

## NCOs take top honors in Career Counselor competition

**U.S. Army Alaska Retention Office**

Two U.S. Army Alaska non-commissioned officers took top honors in the U.S. Army Pacific Career Counselor of the Year Competition Dec. 3 to 6 at Fort Shafter, Hawaii.

Noncommissioned officers from across USARPAC contended during a four-day competition. The USARAK NCOs won both the Active Component and Reserve Component categories.

The winners were Sgt. 1st Class Bradley Hallum, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division as the active duty representative and Sgt. 1st Class Joanne Blatchley, Headquarters and

Headquarters Detachment, USARAK as the reserve component representative.

The competition consisted of an Army physical fitness test, five warrior tasks, a 50-question written test and a formal board composed of five sergeants major.

Warrior tasks included: perform first aid for a bleeding extremity, use visual signal techniques [hand and arm signals for an approaching air craft], identify terrain features on a map, correct malfunctions of an M16 rifle and react to indirect fire, said Sgt. 1st Class Timothy Cameron, a retention operations NCO at USARAK headquarters.

All the competitors arrived on Saturday to acclimatize to the tropical environment

prior to the competition. Many of them came from colder climates, so the heat was an added challenge.

"It was 25 below zero when we left Fort Wainwright" Hallum said. "The heat and level of humidity on the morning of the APFT made the event even more challenging"

Despite the heat, NCOs were motivated as they competed for the chance to represent USARPAC in the Department of the Army-level competition at the Pentagon in January.

"We are extremely proud of these two NCOs, and commend them for their hard work and dedication to duty in achieving this honor. Competitions like this require countless extra hours of preparation in order to demonstrate excellence

in technical skills, knowledge, and uniform appearance", USARAK Command Career Counselor Sgt. Maj. Casey Deardorff said. "We know they will represent both USARAK and USARPAC well at the DA competition in January."

"All of our Soldiers and NCOs need to understand that competitions and boards like this -whether Soldier/NCO of the month, MOS competitions, Sergeant Audie Murphy club, and similar competitions - give the winners and competitors a significant advantage when they compete for promotion through the centralized promotion selection process," he said.

The importance of participating in a board isn't just about the competition,

according to Blatchley.

"It is about the commitment you've made to further your knowledge and the extensive preparation you go through to be successful," she said.

After the competition both NCOs acknowledged all of the NCOs who mentored them during their Army careers and in preparation for the competition.

"To win a competition like this is not an individual accomplishment, but an accomplishment of my family that has supported me and all the great NCOs that have mentored me throughout my Career; molding me into the NCO I am today," Hallum said.

Both Hallum and Blatchley will compete in the DA-level competition at the end of January.

## Schwarzkopf, architect of Operation Desert Storm, dies at 78

**C. Todd Lopez, Army News**

WASHINGTON (Army News Service, Dec. 28, 2012) -- Retired Army Gen. Herbert Norman Schwarzkopf -- nicknamed "Stormin' Norman" -- died Dec. 27, in Tampa, Fla., at the age of 78, due to complications from pneumonia. Schwarzkopf became well-known to Americans in 1991 as commander of U.S. Central Command and commander of coalition forces during Operation Desert Storm.

"Our nation has lost

a Soldier and Statesman with the passing of General Norman Schwarzkopf," wrote Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. Ray Odierno in a joint statement. "Our prayers are with his family as we honor the memories of a man dedicated to family, his country and the many Soldiers he led in war and peace."

The Army's senior leadership went on to say that Schwarzkopf's legacy will be the Soldiers he left behind.

"His life story touches on much of the fabric of

our nation's story, ensuring his memory will remain with us for generations," McHugh and Odierno wrote. "Our nation owes a great debt of gratitude to General Schwarzkopf and our Soldiers will hold a special place in their hearts for this great leader. While much will be written in coming days of his many accomplishments, his most lasting and important legacies are the tremendous Soldiers he trained and led."

**See SCHWARZKOPF on page 2**

## New Year's baby



Sleeping in her mother's arms with her father watching over her, Gwendolyn Noelle Meunier, first baby born among Alaskan Interior hospitals in 2013, was born New Year's Day at 5:56 a.m. in Bassett Army Community Hospital. The daughter of Valerie and Sgt. Richard Meunier, 184th Military Intelligence Company, was born with a full head of hair, weighed 9 pounds, 5 ounces and measured 21 inches. She was delivered by cesarean section a bit earlier than planned. Valerie Meunier, whose scheduled due date was Jan. 6, began having contractions Monday morning but was able to stay at home until 3 a.m. Tuesday. "My plan was to stay home until the Badger Road Gate opened at 5 a.m., but I wasn't able to make it," she said. "It's a good thing I came in when I did because it progressed very quickly." Gwendolyn is her welcome home gift from her husband, Valerie Meunier said, "He came home from deployment in April and we found out the next month I was pregnant." This is the second child for the Meuniers who also have a daughter, Shayla Addison, 3 (not pictured). (Photo by Brandy Ostanik, Bassett Army Community Hospital)

## Dugan memorial



The 1st Stryker Brigade Combat Team, 25th Infantry Division here held a memorial ceremony at the Northern Lights Chapel, Dec. 14, 2012, for Sgt. Shawn Monroe Dugan, 25, who died in a car accident in Fairbanks. Dugan, a motor transport operator, was assigned to the Distribution Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright. He graduated from basic training at Fort Sill, Okla. and advanced individual training at Fort Leonard Wood, Mo., in 2007 before his assignment to Alaska. Dugan served in two deployments in 2008 and 2011 supporting Operation Iraqi Freedom and Operation Enduring Freedom. (Photo by Trish McMurry/U.S. Army Alaska Public Affairs)

### WEEKEND WEATHER



**Friday**  
Mostly cloudy  
Highs 5 to 15 above  
Lows around -10  
East winds to 10mph



**Saturday**  
Mostly cloudy  
Highs around 10  
above  
Lows around -10



**Sunday**  
Cloudy  
Chance of snow  
Highs around 5  
Lows around -10

### BRIEFS

#### Ribbon cutting

Tour the new North Haven Community Center following the ribbon cutting ceremony at 2 p.m. Jan. 9 at 4268 Neely Road. An open house takes place from 2 to 6 p.m. Light refreshments will be served.

#### Directory assistance

The 2013 Army in Alaska phonebook and installation guide will soon be published. Submit updates by Thursday to the garrison Public Affairs Office by email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil).

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# Soldier to civilian— tools for successful transitions



Warrior Transition Unit Soldier Maj. Lonnie Britton listens to instructions on how to fill out the Individual Transition Plan that is part of the new Transition Assistance Program, or TAP, at Fort Sill, Okla., July 2012. Soldiers participated in the six-day long pilot program that launched the newly revised TAP program, which covers finances, job searches, resume preparation and more. Soldiers are now required to being their pre-separation counseling at least 12 months prior to the end of their military terms of service. (File photo by Ben Sherman/Fort Sill PAO)



U.S. Army Garrison Yongsan's Army Community Services Job Fair, Sept. 12, gave Soldiers and potential employers the opportunity to make connections. (U.S. Army photo by Pvt. Hongseo Lim)

## Schwarzkopf: dies at 78

Continued from page 1

Schwarzkopf graduated from the U.S. Military Academy at West Point, N.Y., in 1956, twice served as an instructor at the school and went on to serve two one-year tours in Vietnam, first in 1965, and again in 1969.

From Nov. 1988 to August 1991, Schwarzkopf served as commander in chief, United States Central Command, at MacDill Air Force Base, Fla. In that role he also served as commander of coalition forces in 1991 for both Operation Desert Shield and Operation Desert Storm.

As commander of U.S. Central Command, Schwarzkopf developed a plan against an Iraqi aggression in the Persian Gulf. It was that plan that helped the U.S.-led coalition defeat Iraqi forces just 210 days after Saddam Hussein invaded Kuwait. Operation Desert Storm lasted only 42 days, starting with the initial bombing campaigns on Jan. 17, 1991.

The ground portion of the conflict lasted just 100 hours, beginning with initial U.S. entry into Kuwait on Feb. 24, and ending Feb. 28, with a cease-fire, an end to the war, and the liberation of Kuwait.

Key to the success of the ground war to liberate Kuwait was Schwarzkopf's "left hook" strategy -- a flanking maneuver where instead of attacking Iraqi forces in Kuwait by crossing directly into that country from Saudi Arabia, coalition forces instead entered Iraq from Saudi Arabia and then entered Kuwait from Iraq, by moving west across the Iraq-Kuwait border.

During his career, Schwarzkopf earned, among other awards, three Distinguished Service Medals, three Silver Stars, the Legion of Merit and a Distinguished Flying Cross. He is survived by his wife of 44 years, Brenda, and his three children, Cynthia, Jessica and Christian.



Army Gen. H. Norman Schwarzkopf, commander of U.S. Central Command, right, consults with Chairman of the Joint Chiefs of Staff Army Gen. Colin L. Powell, May 14, 1992, as the leaders took part in a meeting to discuss the allied military coalition in Operation Desert Shield. (File photo by Tech. Sgt. H.H. Deffner)

### Public Affairs, Installation Management Command

The U.S. Army Installation Management Command is committed to assisting Soldiers and families transition smoothly into civilian employment and America's communities. In response to the President's and U.S. Army's emphasis on a career-ready military, IMCOM is highlighting job fairs, expanding its transition services, and is keenly focused on identifying employment opportunities within the command as well as business and industry.

"Our Soldiers deserve the best we can offer them, including the best opportunities for the future," said Lt. Gen. Mike Ferriter, commanding general, U.S. Army Installation Management Command. "We're making sure Soldiers can't slip through the cracks. We will do everything we can to help prepare them for civilian life as thoroughly as we equip them for battle," he said. "We owe that to our veterans in exchange for their life of service and sacrifice to this Nation."

All transitioning Soldiers, from those retiring to first term enlistees, have a wealth of opportunity at their fingertips thanks in large part to the Veterans Opportunity to Work Act, which Congress approved in October 2011. The VOW Act is the driving force behind the completely revamped transition program, according to Kenric Echols, chief of Military Personnel, IMCOM G1.

"Changes went into effect on November 21," Echols said, "but we're already getting lots of phone calls and inquiries about the new transition program. The intent is to better prepare transitioning Soldiers and their families and get them in touch with potential employers-hopefully resulting in job offers."

That's good news for Soldiers, the Army and the nation, according to Ferriter.

What does the new program look like? Soldiers transitioning this fiscal year will receive mandatory pre-separation counseling that includes in depth discussion of veterans benefits, financial planning, civilian employment readiness training, and a heavy emphasis on individualized transition

plans over a longer time period. Transitioning Soldiers can also expect more individual attention and counseling on resume writing and practice interviews. And depending on a Soldier's preference, the program will include a detailed workshop focusing on one of three areas - education, technical skills or small business ownership.

Spouses are highly encouraged to participate in the five day transition program as well, according to Echols.

"We highly encourage spouses to attend the entire session alongside their Soldier," Echols said. "They can attend all sessions or some and we have resources to help them in their search for employment as well." IMCOM has already found that engaged and educated spouses are a key enabler to a successful transition from military service.

Job fairs are a critical part of the process. Echols emphasized that they provide a meeting place for military members and employers to connect, provide valuable networking opportunities, and give Soldiers better insight into the pay available within the private and public sectors. Garrisons around the globe are now required to host a minimum of two employment events, such as community job fairs, each fiscal year. Many garrisons are exceeding that goal by partnering with other agencies such as the U.S. Chamber of Commerce which has a proven track record for connecting business to our talented Soldiers.

"We are also expanding the use of job fairs, allowing Soldiers to engage potential employers remotely, even from overseas," he said. Soldiers can sign up for a virtual career fair program at [www.acap.army.mil](http://www.acap.army.mil). A listing and details on all the IMCOM job fairs is available at [www.imcom.army.mil](http://www.imcom.army.mil).

Federal employment is another great avenue available to Soldiers. It's estimated that as much as 60 percent of the Federal civilian workforce will be retiring in the next decade. This opens a wide variety of Federal jobs, and few people will be more qualified to fill those positions than today's Soldiers. Those who have served in com-

bat, have been decorated for valor, or have combat related injuries or disabilities, may find entry into Federal service easier due to veterans' preferences and streamlined hiring practices.

The Army relies heavily on Army civilians every day. Army civilians write contracts, deliver goods, manage networks, and provide support functions that would otherwise present distractions to training and wartime operations. Civilians man the training ranges, run the finance offices, and in some cases cook the meals and manage the personnel actions. From the sound of reveille to when a soldier turns out the lights in the barracks at the end of the day, soldiers are supported by their civilian counterparts.

"There's not much difference in how you feel about your job and how you conduct business in and out of uniform," said Command Sgt. Maj. (Ret.) Willie Wilson, who today runs the Army's World Class Athlete Program for the Installation Management Command. "And in most Army civilian positions, you're still taking care of Soldiers and their families. I'm glad that's still part of my job description."

The skills sets and training Soldiers receive during active duty, whether they serve for four years or twenty, directly translate to the Army civilian workforce. Making the switch from uniformed to civilian service is easier than ever before and IMCOM's Transition Services Programs are working to ensure Soldiers and their families are educated on how to cross-walk the MOS to requirements of civilian positions. IMCOM is keenly focused on providing Soldiers and Families relevant training, programs and services for seamless transition.

"I'm certain that in the coming decades our Soldiers will give this country as much as they have in the past 10 years of war," Ferriter said. "While it's important to do all we can to support them no matter what path they choose after separating or retiring, we're also positioning the Army of 2020 to retain their knowledge, skills, enthusiasm, patriotism and willingness to serve."

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The ALASKA POST - Home of the Arctic Warriors

## Energy conservation initiatives at Fort Wainwright

**Carrie McEnteer**, NEPA Branch Chief, DPW Environmental Division and **Ashish Agrawal**, Energy Consultant, DPW Business Operations Division

The Department of Defense's energy usage is 25 percent more than the U.S. average or 422 million British thermal unit per person. A majority of Army energy consumption results from the need to support the operation of facilities on Army Posts.

"Now, more than ever, given the high cost of energy, Fort Wainwright must look for ways to reduce consumption and increase efficiency," Ed Chacho, business operations chief, Directorate of Public Works said.

One of the easiest and cheapest ways to achieve this goal is through the practice of energy

conservation. Energy conservation not only reduces our energy consumption and saves valuable financial resources, but it also reduces our carbon footprint. A majority of Fort Wainwright's energy comes from fossil fuels, particularly coal, which is attributable to green house gas, particulate matter, and other emissions which, if left unchecked and unregulated, are not good for our society.

Fort Wainwright has undertaken several energy conservation initiatives resulting in both cost savings and no harm to the quality of our air.

**Parking lot plug-ins:** Smart controllers in a majority of parking lots across post keep track of the ambient air temperature and deliver an appropriate amount of electricity to the vehicle based on how cold it gets. Eliminating a constant

demand for energy saves both money and the amount of fossil fuels burned. In addition, the controllers provide electrical diagnostics and system checks which have eliminated vehicle fires due to electrical shorts.

**Power wheeling:** Fort Wainwright generates its own electricity from an on-site coal fired power plant. During times of excess electricity generation, additional amounts are exported to Fort Greely via local transmission lines, rather than letting it go unused. During 2012, this export resulted in a \$2.2 million-savings to the Army.

**Building renovation:** A major push to renovate less energy efficient buildings on post has resulted in improvements to building insulation, reduction in infiltration, upgrades to interior lighting, to include energy efficient bulbs,

and improvements to indoor air quality. Upgrades reduce the amount of energy waste resulting in reduced fossil fuel consumption.

**Power plant upgrades:** Although Fort Wainwright's on-site coal fired power plant is privatized, garrison staff work on a continual basis with the utilities contractor to enhance the energy efficiency of the power plant and the distribution system.

**Privatized housing:** Continued collaboration between Fort Wainwright and its privatized housing partner has resulted in the incorporation of energy conservation efforts during all new construction and major renovation projects.

**Energy audits:** Fort Wainwright utilizes an energy audit program to help identify energy efficiency improvements to buildings designed to reduce

energy consumption.

"If the Army can improve its energy efficiency, we can have a big impact on costs. The parking lot controllers are a good example where we are saving up to \$1 million in electrical costs per year," Chacho said.

Fort Wainwright is making significant strides towards reducing the bottom line. Well-operated and efficient facilities, as well as use of innovative solutions, contribute to the first-rate working, training, and living environment at Fort Wainwright. Ultimately, these energy efficiencies save critical resources that can be used to support other Army missions, such as training and force deployment, without adversely impacting the comfort and quality of the facilities in which Soldiers, Families and civilians work and live.

## Our favorite foods are not meant to be shared with pets

**Capt. Nadine Schwegel**, Veterinary services

For a healthy, happy pet avoid treats of human food and table scraps. It may be tempting to indulge your pet with treats during this holiday season, but it is important to recognize a number of risks if you choose to do so.

Chocolate contains both caffeine and a chemical called theobromine, substances that are toxic or even deadly to dogs and cats. Milk chocolate can cause toxicity when 0.7 ounces per pound of body weight is ingested by your dog. In other words, 1/2 pound of milk chocolate in a 20-pound dog can cause signs of toxicity. The danger increases as the percentage of chocolate in the treat increases. Semi-sweet chocolate can cause toxicity signs when 0.3 ounce per pound of body weight is consumed. Six ounces of semi-sweet chocolate can be toxic for a 20 pound dog. The dangerous dose for baking chocolate starts at 0.1 ounce per body weight. Two small 1-ounce squares of baking chocolate can be toxic to a 20 pound dog. Some early symptoms of chocolate toxicity include: Vomiting, diarrhea, muscle rigidity, rapid breathing, increased heart

rate, and seizures. Keep chocolate out of your pet's reach while you are baking, and avoid giving chocolate of any kind as a treat to your pet. If your pet does consume chocolate, try to get an idea of how much your pet ate and call a veterinarian immediately.

Greasy foods can be deadly as well. Pancreatitis is another name for inflammation and swelling of the pancreas. The pancreas is an organ that produces enzymes involved in the digestive process within the gastrointestinal tract. While there are numerous causes for pancreatitis and the disease process is not well understood, greasy table scraps may cause the disease. Avoid giving your pets table scraps as a general rule, since doing so can also contribute to other unpleasant diseases like obesity and dental disease. Secure your trash can behind a door or acquire a trash can with a good lid, especially if your pet is a trash raider. If your pet shows signs of abdominal pain, vomiting, or lethargy after a table scrap or trash raiding incident, take them to a veterinarian immediately.

While it is tempting to feed your dog bones or



People food should be not just put up, but behind closed doors as animals can sometimes get places you would never imagine in search for a tasty treat. (Photo by Trish Muntean/Fort Wainwright PAO)

let the new kitten play with the leftover tinsel from the tree, doing so can be deadly. When a pet swallows an object too large to pass, a blockage can result. These blockages can also cause decreased blood flow to the digestive organs or even rupture (think of a balloon stretched too thin). String-like objects can bunch up the intestines and prove very difficult to remove. Abdominal surgery may be necessary if your pet shows signs of decreased or absent bowel movements, vomiting, and abdominal pain. Quick intervention and surgery to remove the objects can be expensive. It is better to feed dog or cat food and to give a small amount of soft treats made especially for pets. Plastic and fabric toys

should be too large for your pet to swallow and sturdy enough that the pet cannot chew chunks off of the toy. Avoid using table scraps or decora-

tions as toys or treats.

Diarrhea, and often bloody diarrhea, can occur if your pets are fed a large amount of something they aren't used to eating. When the gut is exposed to something different, the population of bacteria in the gut will change. Sometimes this change allows "bad" bacteria to grow in excess, leading to diarrhea. If the diarrhea is mild and your pet is their normal perky self, the gut bacteria may find a new balance in a day or so. However, sometimes the change is too much for the pet's body to resolve on its own and a veterinarian may

need to prescribe certain medications to get the gut balance back under control.

If you are planning on changing your pet to a different food, feed small amounts of the new food with their old food. Gradually increase the amount of new food to old food over the course of at least a week.

The important lesson here is that treats should be given rarely and in small amounts. Additionally, avoid feeding table scraps or candy, even on special occasions. By following these tips, your pet can live a long, healthy life.

Dr. Martin Luther King Jr.  
HOLIDAY

EVERYBODY  
can be  
great.  
Because  
ANYBODY  
can  
SERVE.  
You only  
need a  
HEART  
full of  
A grace.  
SOUL  
generated  
by LOVE.

REMEMBER! CELEBRATE! ACT!

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## Year in Review



**Kiss Me Castner** - Alesha, wife of Sgt. Matthew Castner, 1st Battalion, 5th Infantry Division, 1st Stryker Brigade Combat Team, 25th Infantry Division greeted her husband at the Alert Holding Area, March 13, 2012. This was the first deployment for the young couple who have been married just over a year. Castner was among the advance party of two hundred Soldiers from the 1-25th SBCT returning to Fort Wainwright, after a 12-month deployment to Afghanistan in support of Operation Enduring Freedom. Families and friends waited patiently while Soldiers traveled by bus from Eielson Air Force Base, went through the out-processing procedures, marched before the adoring crowd and stood at attention in formation until hearing the word, "dismissed."



**Hail the troops** - Soldiers of C Company, 1st Battalion, 52nd Aviation Regiment, salute their commander during their Redeployment Ceremony, April 12, 2012. The unit spent a year deployed to Afghanistan in support of Operation Enduring Freedom providing aeromedical evacuations, MEDEVAC support, for U.S. and Coalition Forces, Afghan National Army, police, local nationals and enemy prisoners of war. They covered more than 43,000 square miles and had a 100 percent mission accomplishment rate. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK Public Affairs)



**Off and running** - The Army 10 Miler qualifier run took place on post May 18, 2012 starting at the Chena Bend Golf Course. Joint Base Elmendorf-Richardson's 10-miler qualifier took place at the same time. Two teams are selected from the best times from both installations to represent U.S. Army Alaska in the up-coming Army 10-Miler which took place Oct. 12, 2012 in Washington D.C. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



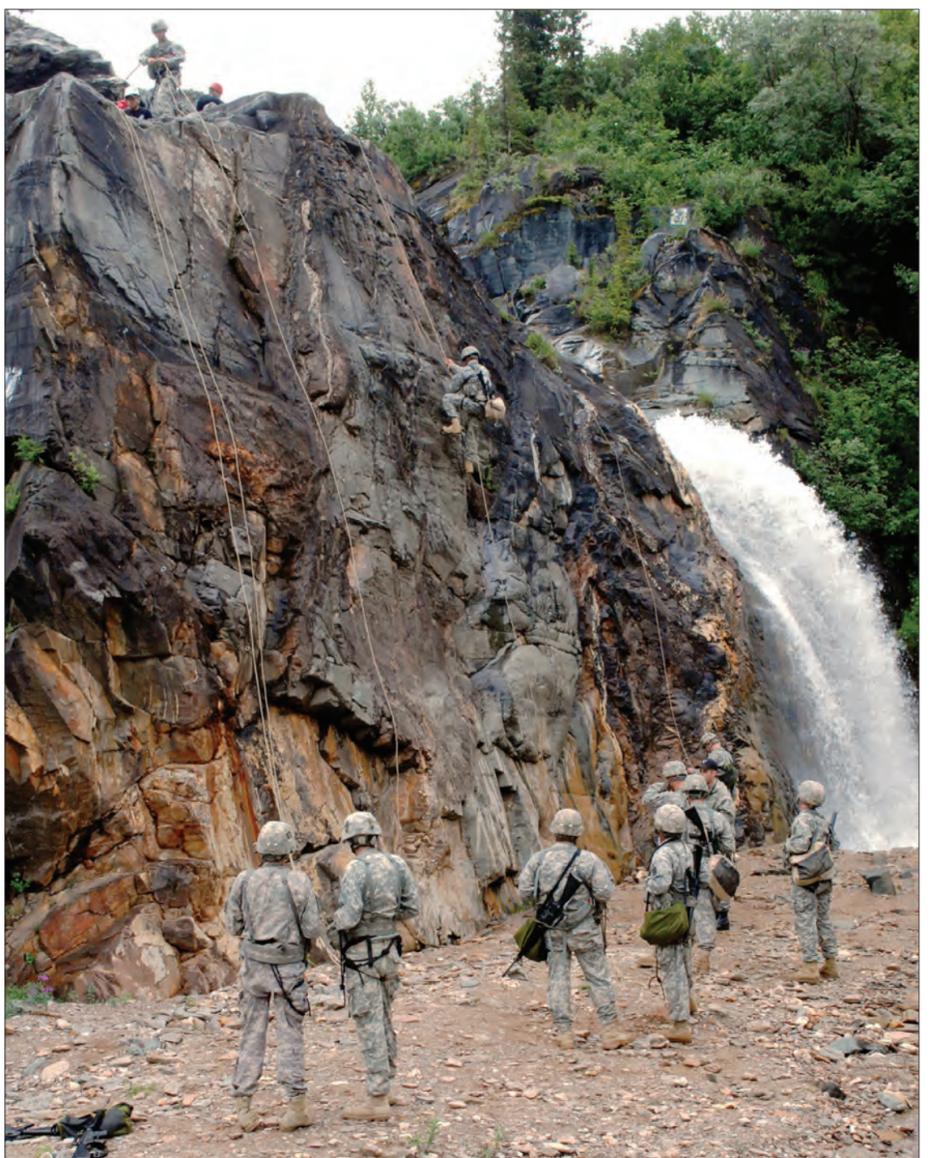
**Stand down** - Maj. Gen. Michael X. Garrett, commander of US Army Alaska (USARAK) motivates a formation of nearly 5,000 Soldiers before leading them on a five mile run around LADD Airfield, on Fort Wainwright, Alaska. The run was a way for USARAK and its subordinate units to come together and build awareness for the Army's Suicide Prevention month. Prior to the run, Maj. Gen. Garrett called the entire formation to attention and followed it with front leaning rest position. MOVE! Together, the 5,000 or more Soldiers conducted pushups. (Photo illustration/Sgt. Thomas Duval, 1-25th SBCT PAO)



**Testing the water** - Sgt. 1st Class Rick Whitney, a senior noncommissioned officer assigned to Headquarters and Headquarters Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, swims 15 meters wearing a combat load and carrying his weapon during a Combat Water Survival Training event held at Fort Wainwright's Melavin Gym, Aug 23, 2012. (Photo by Sgt. Thomas Duval/1-25th SCBT PAO)



**Dig to prehistoric past** - Heather Hardy, an archaeologist with the Center for Environmental Management of Military Lands on Fort Wainwright, shows the shovel test map used in determining where the excavation site on the process as creating a "grid-work" of test holes. High school students from Alaska and the Lower 48 participated in a six-day-long archaeological dig at a site called Big Lake Overlook which is located far back on military training lands near Fort Greely. The site has shown potential for early prehistoric human activity. The students and instructors are part of the Alaska Summer Research Academy Program, a two-week-long learning experience for kids in grades 9 through 12. Students in this particular module of archeology have been shown excavation techniques, mapping, and identification of artifacts using a broad range of scientific methods in order to record and decipher clues about their findings. This particular module was a well-organized partnership July 20, 2012 between Fort Wainwright's Environmental Center, the Center for Environmental Management of Military Lands and the University of Alaska's Museum of the North. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



**Conquer the rock** - Soldiers and cadets at the Northern Warfare Training Center's Basic 15 day Mountaineering course learn vital skills to climb, rappel and travel safely through rugged mountainous terrain at the NWTC Black Rapids Training site, July 2012. (U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK Public Affairs)

## Year in Review



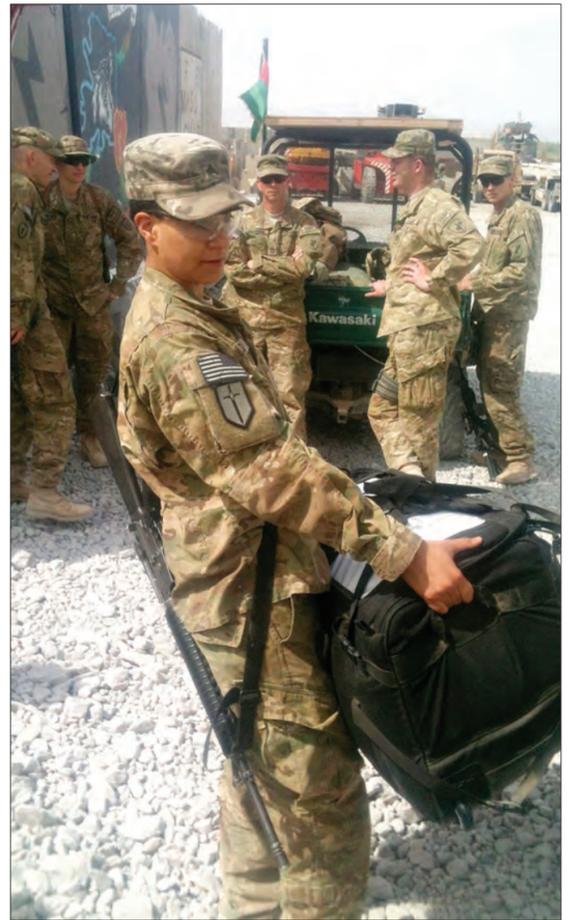
**Over hill, over dale** - Apache Company Soldiers from the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, stepped off on a 20-mile foot march Aug. 24, 2012. The march would see them travel across Fort Wainwright, ascend 1,000 feet up Birch Hill, and turn around to march back to their start point, loaded with 35 pounds of gear, a rifle, and enough water to keep them hydrated for two days of operations. It is the culmination of months of physical conditioning, mental toughening and discipline-oriented training. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)



**Salute to troops** - Citizens from Fairbanks, North Pole and surrounding communities in Interior Alaska organized a parade to honor veterans, wounded warriors and military members during the Salute To Our Military Parade - STOMP. The parade route traversed about 3.5 miles through downtown Fairbanks. More than 6,500 participants included Soldiers from Fort Wainwright's 1st Stryker Brigade Combat Team, 25th Infantry Division, the 16th Combat Aviation Brigade (Alaska), 2nd Engineer Brigade, Medical Department Activity-Alaska, airmen from Eielson Air Force Base, National Guard, Reserve, Reserve Officer Training Corps, JROTC and various vehicles strung out over more than a mile, giving roadside crowds reason to cheer and wave flags. Both service members and organizers said the parade was to say "thank you," for service, for support and for sacrifice - at home and abroad. Among the honorees who could not attend, fallen service members were also honored and remembered during STOMP with tributes, mournful music and memories shared. (Photo by Brian Schlumbohm/ Fort Wainwright PAO)



**Soldier memorialized** - Arlie Nethken, the training support officer, presided over the dedication of the Sgt. Joel Clarkson Training Support Center Jan 5, 2012. Shown, from left, Nethken, and Clarkson's family: mother and widow, Karen and Cassandra Clarkson, his father Steven Clarkson holding Joel and Cassandra's son Orion, who look on as Maj. Gen. Raymond Palumbo, commander, U.S. Army Alaska, and Col. Ronald Johnson, Fort Wainwright garrison commander, unveil the memorial plaque which dedicated the TSC building in honor of the fallen Army Ranger, Jan. 5. Clarkson, originally from Fairbanks, served with distinction with A Company 2-75th Ranger Battalion, Joint-Base Lewis-McChord, Clarkson was wounded in action March 13, 2010, in, Afghanistan, and died of his wounds March 16, 2010. Also in attendance were several of Clarkson's fellow Rangers, pictured in the background, who travelled to Fort Wainwright for the occasion. (Photo by Trish Muntean/Fort Wainwright PAO)



**Coming home** - Sgt. Alaina Lewis, a communications noncommissioned officer with Task Force Arctic Wolves, carries one of her bags out to the helicopter landing zone, March 30, 2012 in preparation for her redeployment from Forward Operating Base Masum Ghar, Kandahar province, Afghanistan, back home to Fort Wainwright, Alaska. March 30, 2012. (Photo by Maj. David Mattox/1-25th SBCT PAO)



**Arctic Wolves case colors** - Col. Todd R. Wood, commander of Task Force Arctic Wolves, and Command Sgt. Maj. Bernie Knight case the brigade colors signifying mission complete during a ceremony at Camp Hero, Afghanistan, April 19, 2012. (Photo by Maj. David Mattox/1-25th SBCT PAO)

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**Today's Tip**

*If a Family and Morale, Welfare and Recreation program is full, ask to be added to a waiting list.*

**Friday – 4th**

**FAME FITNESS**, 9:15 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**LEAN MEAN COOKING TEENS**, 10 a.m. class, Youth Center, building 4109. Call 353-7713.

**FAME FITNESS**, 10:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**EMOTION COACHING**, 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

**STORY HOUR AND CRAFTS**: 4 p.m., this week's theme - An Ode to Z, library, building 3700. Call 353-2642.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

**Saturday- 5th**

**GROUP CYCLING**, 10 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**ZUMBA FITNESS**, 1 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7294.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

**POOL TOURNAMENT**, Registration starts at 6 p.m. and play begins at 7 p.m., The Warrior Zone, building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**Sunday – 6th**

**SUNDAY FOOTBALL**, 9 a.m., The Warrior Zone, building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, building 4107. Call 353-9825.

**GOSPEL SERVICES**, 1p.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, building 3430. Call 353-9825.



**ARE YOU A VICTIM OF  
OR WITNESS TO ABUSE?**

**CALL 799-9770**  
(no name required)

**Help is available 24/7**

**Monday – 7th**

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7372.

**FAME FITNESS**, 9:15 a.m., Melaven Fitness Center, building 3452. Call 353-9137

**FAME FITNESS**, 10:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137

**GROUP CYCLING**, noon, Physical Fitness Center, building 3709. Call 353-7223.

**ZUMBA FITNESS**, 6 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7294.

**Tuesday –8th**

**GROUP CYCLING**, 6:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**FIT MAMA PREGNANCY GROUP**, 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH**, noon, Physical Fitness Center, building 3709. Call 353-7223.

**ARGYLE DAY**, 4 p.m., library, building 3700. Call 353-2642.

**GROUP CYCLING**, 5 p.m. Physical Fitness Center, building 3709. Call 353-7223.

**PARENT'S NIGHT OUT**, 5:45 p.m., CDC I, building 4024. Call 353-7713.

**YOGA FOR ATHLETES**, 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**Wednesday – 9th**

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**NEWCOMERS' ORIENTATION**, 9 a.m., Mandatory for Soldiers; Family members and civilians new to the community are encouraged to attend. Last Frontier Community Activity Center, Call 353-4227.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, building 3709. Call 353-7223.

**RIBBON CUTTING**, 2 p.m. North Haven Community Center, 4268 Neely Road. The open house takes place until 6 p.m. Call 356-7000.

**MULTICULTURAL STORY HOUR: RUSSIAN**, 4:30 p.m., library, building 3700. Call 353-2642.

**TURBO KICK**, 5 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**FAMILY FUN NIGHT**, 5 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**Thursday – 10th**

**GROUP CYCLING CLASS**, 6:30 a.m. Physical Fitness Center, building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH**, noon class, Physical Fitness Center, building 3709. Call 353-7223.

**LUNCH SKI AND SOUP**, noon, Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

**GROUP CYCLING CLASS**, 5 p.m. Physical Fitness Center, building 3709. Call 353-7223.

**BOUNCY HUT NIGHT**, 5 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

**YOGA FOR BEGINNERS**, 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7294.

**Friday –11th**

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, building 3452. Call 353-9137.

**LUNCH BOX LESSONS: COPY CATS**, 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

**STORY HOUR AND CRAFTS: NATIONAL MINER'S DAY**, 4 p.m., library, building 3700. Call 353-2642

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

**Saturday –12th**

**SNOWMACHINE SAFETY COURSE**, 9 a.m., Outdoor Recreation Center, building 4050. Call 361-6349.

**PARENT'S DAY OUT**, 9 a.m., CDC I, building 4024. Call 353-7713.

**COMMUNITY CPR AND FIRST AID CLASS**, 9 a.m., Youth Center, building 4109. Call 353-7713.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

**EXPLORE THE LOCAL TRAILS**, 11 a.m., Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, building 3709. Cost is \$7. Call 353-7294.

**SNOWMACHINE SAFETY COURSE**, 1 p.m., Outdoor Recreation Center, building 4050. Call 361-6349.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

**TEXAS HOLD'EM TOURNAMENT**, Registration starts at 6 p.m. and play begins at 7 p.m., The Warrior Zone, building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

**Sunday – 13th**

**SUNDAY FOOTBALL**, 9 a.m., The Warrior Zone, building 3205. Open to DoD cardholders 18 and older. Call 353-1087.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, building 4107. Call 353-9825.

**GOSPEL SERVICES**, 1 p.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, building 3430. Call 353-9825.

**DOG SLED RIDES**, Birch Hill Ski Area, building 1172. Call 353-1998.

**FAMILY SNOWMACHINE RUN**, 1 p.m., Outdoor Recreation Center, building 4050. Cost is \$25. Call 361-6349.

**LEGAL NOTICES**

Anyone having claims against or who is indebted to the estate of Sergeant 1st Class Bryan H. Hays of Bassett Army Community Hospital, Medical Department Activity-Alaska, may contact Capt. Hamilton H. Harris, Medical Department Activity-Alaska, Fort Wainwright, AK 99703 or call (907) 750-3966 or 361-5200.

Anyone having claims against or who is indebted to the estate of SGT Shawn Dugan, Distribution Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Daniel Brownlee, Distribution Company, 25th BSB, Fort Wainwright, Alaska 99703 or call 353-1774.

Anyone having claims against or who is indebted to the estate of Pfc. Grant W. Wise of B Company, 3rd Battalion, 509th Parachute Infantry Regiment, may contact 1LT Jeffrey Russell, B Co., 3-509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska 99505, phone (907) 887-1306.

17405823

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**Fort Wainwright  
PAO website:  
[www.wainwright.mil](http://www.wainwright.mil)**

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**ESTHER BARBER  
& STYLES  
AK POST/AK  
POST  
1 x 2.0**

**ABUSE HOTLINE NUMBER CORRECTION**

The Victim Advocate Program is available 24/7. An out-of-service phone number was printed in the Dec. 14 Alaska Post. Domestic violence reports may be made anonymously or by name anytime, call 799-9770. In case of emergency, dial 911. The Family Advocacy Program manager at Army Community Service, Building 3401, is available to answer questions about the Victim Advocate Program. For the FAP, call 353-7317.

**DECA SCHOLARSHIPS**

The Defense Commissary Agency Scholarships for Military Children Program is offering scholarships to qualified applicants. Scholarship awards will be based on available funds; however individual awards of at least \$1,500 are anticipated by DECA leaders. If there are no eligible applicants, the funds allotted will be forwarded to another installation. Applications are available through the local commissary or online at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com). Application deadline is Feb. 22. For more information call Lorian McDonald at 353-7310.

**TAX CENTER**

The Fort Wainwright Tax Center is tentatively scheduled to open Jan. 23. Active-duty, mobilized Reserve, retirees and the Family members of these sponsors who have simple personal income tax returns are eligible for tax assistance service. Returns may be filed electronically whether you are getting a refund or you owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center. The Tax Assistance Center is located in building 1051-9 near the law center on the north side of Fort Wainwright. Walk-in customers are welcome, but customers with appointments take priority. For more information or to schedule an appointment call 353-6534.

**SAVE THE DATE**

The Dr. Martin Luther King, Jr. observance is set for Jan. 16 at 1:30 p.m. in the Physical Fitness Center. For more information, contact U.S. Army Alaska Equal Opportunity, 353-9234.

**REMOVE ICE, SNOW**

The Fort Wainwright Fire Department would like to remind everyone to please keep fire hydrants visible and accessible during the winter months. Soldiers, Families and civilian employees can help by keeping snow cleared at least three feet around fire hydrants. Please also keep a path clear from the hydrant to the road. This can help firefighters quickly find and use the fire hydrant to fight a fire, which can save precious time to save lives and property. Keep the sidewalks and entries clear of excess snow. All exit doors, mechanical room doors, sprinkler and standpipe connections should be kept free of snow and ice. Continued diligence will improve the fire department's access to the building and fire suppression systems in the event of a fire or medical emergency. Thank you for your assistance. If you have an emergency - police, fire or medical - remember to dial 911. Have a warm and safe winter.

**LOCKOUT AND TOWING SERVICE**

Whether locked out or the vehicle needs towing, the Automotive Skills Center is available 24-hours a day. For towing and lock-out service, call 590-1716. For assistance with do-it-yourself auto care and winterization call 353-7436.

**SPONSORSHIP TRAINING**

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Army Community Service is offering train-the-trainer classes so unit sponsor trainers can take the information back to their organization and teach their Soldiers. Unit requests may be made by calling the Relocation Program manager at 353-7908.

**FOR YOUR HEALTH CLASSES**

Arctic Health Link offers monthly classes on diabetes, cholesterol, hypertension and tobacco cessation. For more information or to sign up for a class, call 361-4148.

**PREVENT ABUSE AND NEGLECT**

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at [www.myarmyonesource.com](http://www.myarmyonesource.com).

**MILITARY CHILD, FAMILY THERAPY**

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

**BUCK-A-RIDE**

The Armed Services YMCA Y on Wheels shuttle service provides rides anywhere on post for \$1. Schedule your ride Monday through Friday from 7 a.m. to 8 p.m., with last pickup at 7:30 p.m. Door-to-door pick-up and delivery. Children 5 and younger ride free. All children must be accompanied by an adult. Call 353-3733.

**MILITARY DISCOUNTS**

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

**PRE-RETIREMENT BRIEFING**

A monthly summary of retirement benefits for those who are one to two years from retirement, presented

by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

**APPLY FOR FEDERAL JOBS**

The Army Career and Alumni Program staff will share information about how to apply for federal jobs with the Department of the Army and with other agencies, completing applications and how to use the U.S. Office of Personnel Management website to search for federal positions at [www.usajobs.gov](http://www.usajobs.gov).

**BIRCH HILL SKI, SNOWBOARD AREA**

The Birch Hill Ski and Snowboard Area is open. The lift will close when temperatures are 20-below or colder for safety reasons. Regular rates: Family pass, \$525; adult pass \$250 and youth pass, 17 and younger, \$195. More information can be found on their Facebook page, search *BirchHillFWW*.

**SKATING SEASON**

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Mondays and Wednesdays from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Special hours and programs are planned during student break. Call 353-7223 for more information, rates are posted at [www.ftwainwrightfmwr.com](http://www.ftwainwrightfmwr.com).

**PROTESTANT WOMEN OF THE CHAPEL**

The Protestant Women of the Chapel meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, Building 3430. Join PWOC ladies for food and fellowship. Childcare and a home-school room is available. PWOC also meets for an evening Bible study Wednesdays along with a spaghetti dinner starting at 5:30 p.m. at Northern Lights Chapel. For more information go to Facebook and search PWOC Fort Wainwright or email at [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

**HOUSING ALERT**

Are you on the waiting list for post housing? If your phone number, email address or lease end date changes, contact North Haven Communities at (907) 356-7000 (press 3, then 1) to update your status.

**WINTER GEAR**

The Armed Services YMCA Thrift Store stock changes daily. The store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

**OFFICIAL INFORMATION**

Fort Wainwright's official Facebook page for installation news - like changes to road conditions and reporting status - and events can be found at [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO). It is also a great place to ask questions and get answers.

## The regular season ends, playoffs begin: That's what I'm talking about

Allen Shaw,  
Fort Wainwright PAO

Happy New Year sports fans. There were some interesting National Football League games over the past couple weeks and we are heading into the playoffs to determine the division champions who will represent in Super Bowl XLVII.

There were a few shockers over the holidays. In the American Football Conference, the Cincinnati Bengals defeated the Pittsburgh Steelers, 13-10 in week 16; then beat the Baltimore Ravens 23-17 in week 17 to secure a wild card spot in the post-season. They will meet the Houston Texans this weekend for an opportunity to move on. The red hot Texans have chilled

the past two weeks losing to the Minnesota Vikings, 23-6 and the Indianapolis Colts, 28-16, but managed to make it to the playoffs with a 12 and four regular season record. The Bengals finished 10 and six.

The Colts also made to the post-season with a 20-13 win against the Kansas City Chiefs in week 16; then clinched it with the victory over Houston. Indy will take on the Baltimore Ravens, Sunday, for a shot at either the Denver Broncos or the New England Patriots who already clinched a spot in their respective division championships and get to sit this one out. The Colts ended the regular season with 11 and five, while Baltimore finished 10 and six. The Broncos are 13 and three,

while the Patriots had 12 wins, four losses.

In the National Football Conference the Minnesota Vikings are another one of those teams who seem to be peaking at just the right time. They waltzed into the playoff picture with the win over the Texans; then followed up with a 37-34 hard-fought victory over the Green Bay Packers. The Vikings and Packers will meet again Sunday for an opportunity to face the Atlanta Falcons or the San Francisco 49ers. The Packers' record is 11 and five, and the Vikings are 10 and six.

The other two wild card teams in the NFC are the Seattle Seahawks and the Washington Redskins. After a slow start, the Hawks have been on

a scoring frenzy. They hammered San Francisco 43-13 in week 16 and pulled out a 20-13 win over the St. Louis Cardinals in week 17.

The Skins have been solid with a 27-20 victory over the Philadelphia Eagles and a 28-18, win over the Dallas Cowboys. Seattle ended the regular season with 11 wins and five losses, while Washington finished 10 and six.

The division leading Atlanta and San Francisco will also have the week off before the championship games. The 49ers lead the West with 11 wins, four losses and one tie, while the Falcons lead the South with 13 wins, three losses.

We're down to the nitty-gritty. Win or go home - that's

what I'm talking about.

As for the mighty Fort Wainwright prognosticators, A-Team had a two solid weeks of 12 and four, and 11 and five, giving them the best regular season record overall. Jones Bros went 10 and six, and 11 and five, remaining in second place. Bear and Brain are tied for third; BrowBrose Salsa is knocking on their door; in fourth, followed by Tate and Urbi, respectively.

The last few games can go either way and Super Bowl 47 is only four weeks away. Email me at [allen.l.shaw6.civ@mail.mil](mailto:allen.l.shaw6.civ@mail.mil) and tell me who you think will be the AFC and NFC champs and who will win the big game and why. Just for the fun of it, because that is what I'm talking about.

## Prognosticators – football predictions for fun and braggin' rights

**A-Team**

(161W-78L-1T)

CIN @ HOU	HOU
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	GB

**Brain**

(156W-83L-1T)

CIN @ HOU	HOU
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	GB

**Browbrose Salsa**

(153W-86L-1T)

CIN @ HOU	CIN
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	MIN

**Bear**

(156W-83L-1T)

CIN @ HOU	HOU
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	MIN

**Urbi**

(130W-109L-1T)

CIN @ HOU	HOU
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	GB

**Jones Bros**

(158W-81L-1T)

CIN @ HOU	HOU
IND @ BAL	BAL
SEA @ WAS	SEA
MIN @ GB	GB

**Tate**

(151W-88L-1T)

CIN @ HOU	HOU
IND @ BAL	IND
SEA @ WAS	SEA
MIN @ GB	GB

## Reader photos

**Editor's note** -- Reader photos are welcome. Submit photos with a contact phone number, date taken, where and names of people in the photo to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) or on Facebook search for *FortwainwrightPAO*.



I took this picture during the Soldier homecoming in Fairbanks, May 12, 2012. I was so surprised when this Soldier came forward and gave me a rose when I was feeling such honor toward them for putting their lives in harm's way for us. I can't forget how happy they looked as they gave out candy and roses, when we were there to honor them! Just when you think our Soldiers have done everything, they surprise us with giving more. (Photo by Lea Castro/Fairbanks contributor)

## Find your way to fitness in 2013

**Trish Muntean,**  
Fort Wainwright PAO

So as you rang in the New Year was one of your resolutions to lose weight or get fit? Sadly, there is no magic potion, but by working at it and following a proper diet you can end 2013 in better shape than when you began it.

Weight loss isn't possible without a change of lifestyle. Specifically, exercising more and eating less according to the National Institute of Health website.

Lucky for you, Team Wainwright offers tools to help.

Capt. Andrew Otto, chief of the Nutrition Care division at Bassett Army Community Hospital Offers this advice:

- 1) First do not skip any meals. We should eat approximately every 3 to 5 hours.
- 2) Make sure that you eat fruits and vegetables. Approximately 5 to 9 servings a day.
- 3) Avoid the low nutrient dense foods such as fried foods, sodas, candy and many of the sweeter desserts.
- 4) Watch portion sizes. Each portion size should be able to fit on the palm of your hand. For more tips on portion size, videos, menus and tools, visit the website [www.choosemyplate.gov](http://www.choosemyplate.gov). According to the U.S. Department of Agriculture a million-plus users are tracking food and activity using the USDA's Super Tracker, "a new enhancement that allows calorie goal setting."

Otto said recommendations for calorie, protein, carbohydrate and fat intake varies by individual, as there are many variables to factor in the equation.

"I would recommend asking your primary care provider for a referral to the Outpatient Nutrition Care Clinic at Bassett Army Community Hospital," he said. "By seeing the Registered Dietitian, they will factor in medical history, other health complications (diabetes, high blood pressure, high cholesterol, etc.) and make recommendations that are tailored to you."

5) Exercise, Exercise, Exercise. For weight loss 60 minutes per day of cardiovascular activity is the current recommendation. If unable to perform 60 minutes of activity in one session, try fitting in two 30-minute sessions over the course of the day.

One of the secrets to success is not trying to change your entire life all at once, said Heidi Watkins, facility manager for the Physical Fitness Center and Melaven Gym.

"You don't want to try to change a lot of different things at once," she said. For most people, behavioral changes are the hardest part. I find that for a lot of people that is why they fall off the wagon. They are trying to change their workout habits, they are trying to change their eating habits, they are trying to sleep more. They are trying to do 50 different things all at once and chances are, because the way

we are as human beings, we can't do all those things at once. That is why we find that every year we are making resolutions.

Her suggestion would be to choose just a few unhealthy habits or vices and work on just one at a time. When that unhealthy habit has been conquered (or a healthy one has been added) move onto the next.

When a person gets to the point they are ready to add more exercise, it doesn't have to be running mile after mile on the treadmill. The gym at the PFC offers something for everyone including yoga for both beginners and athletes, turbo kick classes, core training, spin class, an hour of power strength class and Zumba. All classes except for Zumba are at no cost. If you want a more traditional exercise program, but don't know where to start, there are two personal trainers on staff that can help.

Why use the services of a personal fitness instructor?

"Motivation, camaraderie, connection between you and your trainer and relationships," said Julie Chaffey, personal fitness instructor.

It is not just fun, but free as well and personalized for each person, she said.

This is achieved by a personal interview at the beginning of the process where physical capabilities are assessed. A program is developed which a client can follow on their own or if the trainer does not have a scheduling conflict, under their supervision.



Brenda Herbert, a civilian employee who works at the Resource Management Office, enjoys taking part in the fitness programs available during lunch at the Physical Fitness Center. (Photo by Trish Muntean/Fort Wainwright PAO)

## Soup's on! Why soup is good for what ails the mind, body and soul

**Commentary by Trish Muntean,**  
Fort Wainwright PAO

The weather outside is frightful, but soup is so delightful, so get out the stock or crock pot and let's talk about soup.

January is National Soup Month, an annual observance in the United States. However, many of us celebrate soups from around the world. Why? Because everybody loves soups, most families have a favorite they were raised on and many countries have one that they are famous for. Spanish gazpacho, Russian borscht, Italian minestrone, French onion, Chinese won ton, New England tomato and even good old Campbell's tomato soup are all examples.

Basically, soup is a liquid food made by combining ingredients such as meat, vegetables or legumes (beans) in stock or hot water and whatever other ingredients you would care to add (potatoes, rice, additional vegetables, etc.). Then add additional ingredients and spices as desired. Depending on the preparation, it can result in the final product being clear or creamy, sweet or spicy, vegetarian or meaty and sometimes it is even served cold instead of hot. Yes, intentionally served cold.



Soup can be served as an appetizer, with a sandwich or by itself as a main course. For those on a budget, great soup can be made by throwing a cheap cut of meat or some beans plus whatever else you want all in the crock pot and letting it simmer for the day. Or a pot of soup can be made in less than an hour when you get home from work. Whichever you choose, it is sure to be a comfort for your family when they come in on these cold winter days.

Although scientists have spent many years and lots of money studying

chicken noodle soup and trying to decide what, if any, healing powers it has, there does not seem to be a consensus.

However, at the first sign of a cold or flu, many people take to their beds and start eating chicken noodle soup (one reason to keep homemade in your freezer). While it may not cure the common cold, it is said to suppress many symptoms.

The steam from soup is a real benefit. Sipping the hot soup and breathing in the steam helps clear up congestion, or at least that is what my grandmother always said. (Spicier soups containing garlic and pepper (ancient treatments for respiratory diseases) are even better. Soups with those ingredients have been found to work the same way, as modern cough medicines, thinning mucus and making breathing easier. Soup also puts needed fluids back into the body, as many people tend to dehydrate when ill.

Food historians tell us the history of soup is probably as old as the history of cooking and the website [www.food-timeline.org](http://www.food-timeline.org) contains some interesting tidbits about soup.

The website, [www.gone-ta-pott.com](http://www.gone-ta-pott.com) also contains some interesting "facts" about soups and says that it dates back

to 6000 B.C. and was first made of hippopotamus.

Boiling was not a common cooking technique until the invention of waterproof containers (which probably came in the form of pouches made of clay or animal skin) about 9,000 years ago.

Soup was first known by the word "sop", which was a hunk of bread, served with some type of broth. People would pour the liquid over the bread, which allowed it to soak up the broth and then they would eat it. As the years passed, deeper bowls were used and the liquid became the focal point instead of the bread, "sop" became soup and bread was used for dipping. These days, the word soup is a definition of sopping up food.

Soup can be low cost, take only a short time to prepare and still be delicious, fit for family, friends or even a king. So if you don't already have several soup recipes that you and your family enjoy, get out the cookbooks or on the Internet for a recipe today and start cooking.

"It is interesting to think of any good meal, no matter how plain or elegant, without soup or bread in it," M.F.K. Fisher (1908-1992), U.S. culinary writer.