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## AT A GLANCE

### SUPER BOWL



VS



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## ONLINE

### FACEBOOK

FortWainwrightPao

### TWITTER

twitter.com/PAOFWA

### USARAK

usarak.army.mil

### FLICKR

flickr.com/usarak  
flickr.com/fortwainwright

### ARMY NEWS

army.mil

### ARMY SERVICES

myarmyonesource.com

### DEFENSE VIDEO

dvidshub.net

## WEEKEND WEATHER

### Friday

Cloudy.  
Low -22 High 3

### Saturday

Mostly clear.  
Low -20 High 4

### Sunday

Partly cloudy.  
Low -15 High 6

Unrestricted visibility  
NE winds 5 -10 mph

Forecast courtesy of  
Det 3, 1st Weather Squadron,  
Fort Wainwright, AK



Stryker vehicles from 1st Stryker Brigade Combat Team, 25th Infantry Division move out from Fort Wainwright to Fort Irwin, Calif., last month in preparation for the brigade's upcoming rotation at the National Training Center and deployment to Afghanistan later this spring. Units from the 16th Combat Aviation Brigade are also deploying this year meaning that many Wainwright family members will face deployments over the next year. (File photo)



## Deployment resolutions: Making this year the best it can be

Commentary by **Sheryl Nix**, Fort Wainwright PAO

Almost one in two American adults makes at least one New Year's resolution each year. The same study found that more than 35 percent of Americans, which includes Fort Wainwright Soldiers, family members and civilian employees, who made New Year's resolutions this year have already discarded them, moving back into their normal, day-to-day focus and activities. Research further indicates that more than 50 percent of resolution-makers gave up their pursuits within the first six months.

This can be discouraging to those of us who dutifully pull out our notepads each year and scribble away with our hopes and goals for the New Year, just certain that this is the year we will be successful. Even though there are many who do not reach their goals, there are still those who do. The same Journal of Clinical Psychology study found that those who make resolutions are 10 times more likely to reach their goals than those who do not make resolutions. This could be encouraging news for the many family members at Fort Wainwright who are facing a year-long deployment. Even though New Year's resolutions may not be on their minds anymore, deployment resolutions could be just what they need to have a productive, successful year while their Soldiers are away.

An almost decade-long period of war has generated a significant amount of research into military family well-being and coping during deployments, but there are still many differing opinions about how one spouse can seemingly cope very well into her fourth deployment experience and yet another falls apart early into her first.

Please see RESOLUTIONS, Page 8

## 16th CAB Soldiers leave for Iraq, Afghanistan

Staff Sgt. Brooks Fletcher, 16th CAB PAO

The 16th Combat Aviation Brigade is deploying its air cavalry regiment and air medical evacuation company from Fort Wainwright using U.S. Air Force cargo aircraft in a series of strategic airlifts from Eielson Air Force Base through Sunday.

The 6th Squadron, 17th Cavalry Regiment - designated Task Force Saber - is deploying Soldiers and OH-58 Kiowa Warrior helicopters to Iraq in support of Operation New Dawn, while C Company, 1st Battalion, 52nd Aviation Regiment will be sending Soldiers and UH-60 Blackhawk helicopters to Afghanistan in support of Operation Enduring Freedom.



Chief Warrant Officer Allen Mays, 6th Squadron, 17th Cavalry Regiment, stands with his wife, Melissa, in Hangar 2 during predeployment process on Fort Wainwright, Jan. 31. The unit will be deployed approximately 12 months to Iraq in support of Operation New Dawn. (Photo by Staff Sgt. Brooks Fletcher, 16th CAB PAO)

## Stryker Soldiers lend support to local Boys and Girls Club

Spc. Thomas Duval, 1-25th PAO

While many Soldiers throughout the Fort Wainwright community are packing their bags and preparing to answer the nation's call to Afghanistan in spring, a group of Soldiers from 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, answered a different calling Jan. 26.

About 20 Soldiers from C Battery, 2-8th teamed up with the Boys and Girls club of Tanana Valley to lend a helping hand in the organization's 2011 military day.

"I looked back at the pictures from last year's event and I could tell the kids had a good time and it's something they look forward to, so I wanted to bring [military day] back," Antwuan Cooks, site director for the local Boys and Girls Club, said. "The kids get tired of coming everyday to do homework. So it's nice to be able to give them something new."

For the Soldiers and the more than 30 children who participated in the event the afternoon began with a pre-packaged delight known and despised by many throughout the military community as Meals Ready to Eat, or more commonly among Soldiers: MRE.

"The kids think the MREs are wonderful," Cooks laughed, as he explained his experience growing up in a military family and his understanding for the trepidation shared among the Soldiers towards the bland, calorie-packed meals.

After carefully devouring clear favorites like peanut butter and crackers and the rare package of shelled chocolate, the Soldiers and their pint-sized battle buddies headed into the gym to compete in obstacle courses.

The kids slid across the aged hardwood floors on burlap sacks and low crawled through a fierce set of low-lying hockey sticks before reaching an enemy that has even plagued high-profile superstars like Shaquille O'Neal- the dreaded free throw. The Soldiers provided assistance for the kids who found themselves vertically challenged, lifting them to the rim for a

slam dunk.

Although the obstacle courses were different from the ones the Soldiers are used to, Cooks said it's the presence of the Soldiers that added to the experience. He

said the Soldiers' positive attitude was an important factor in the overall success of the event.

Please see MILITARY DAY, Page 4



Spc. Christopher Petri, an artilleryman for C Battery, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, motivates his team before the three-legged race event during the Boys and Girls Club of Tanana Valley military day Jan. 26 in Fairbanks. (Photo by Spc. Thomas Duval/1/25 SBCT PAO)

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SN/ BIRCHWOOD HOMES

## Commander's column

Col. Timothy A. Jones, Garrison commander

### It's time to search for scholarships, financial aid

Although it's still the middle of winter, it's time now for high school seniors to seriously begin the search for scholarships and other financial aid if they plan to continue their educations.

There are several avenues right here at Fort Wainwright in the form of the commissary scholarship, the Community Spouses Club scholarship and the Army Emergency Relief scholarship.

The Defense Commissary Agency's Scholarship for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

The scholarships are funded through outside contributions and are awarded annually at each commissary operated by DeCA. The Fisher House Foundation is the program administrator. Since the program's inception in 2000, more than \$8.3 million in scholarships has been awarded to 5,400 military family members.

The commissary scholarships vary in size, depending on available funds, but officials expect the individual awards to be at least \$1,500. If there are no eligible applicants at a particular location, the funds designated for that commissary are awarded as an additional scholarship at another installation.

Our Fort Wainwright commissary is taking applications now. The applications must be returned to a commissary customer service counter or administrative office by Feb. 22. They may not be faxed or e-mailed. They must be delivered in person, by mail or some other delivery method such as FedEx or UPS.

For information, contact commissary director Loriann McDonald at

353-7310, a school guidance counselor or visit the Scholarships for Military Children Program websites at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

Army Emergency Relief is accepting scholarship applications from spouses and dependent children. Information and an application can be found online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

The Community Spouses Club is also taking applications for its annual scholarship program. Every spring, the club awards scholarships based on academic achievement, citizenship and personal merit to spouses and family members of active duty, retired or deceased Army service members.

Applicants must be accepted to an accredited institution for the upcoming school year. Active duty sponsors must be stationed at Fort Wainwright and retired sponsors or family of deceased Soldiers must reside in the Fairbanks area.

Selection is based on academic achievement, school and community involvement, volunteer and work accomplishments, recommendation and a written essay.

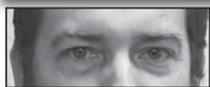
You can download an application at [www.wainwrightcsc.org](http://www.wainwrightcsc.org), and click on the Scholarship button on the left.

There are numerous other scholarships and grants available, many of which are overlooked. For more information, visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov); [www.studentaid.ed.gov](http://www.studentaid.ed.gov); Google "student aid" or "scholarships" or see your school's guidance counselor or financial aid office.

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at [linda.douglass@us.army.mil](mailto:linda.douglass@us.army.mil).



## Building a safety culture



### The way I see it

Commentary by Brian Schlumbohm, Fort Wainwright PAO

A not-so-well prepared safety representative may cringe when he or she hears the words "By the way, Safety's coming by to inspect." There may be some hesitation as an unclear safety checklist begins to scroll through the mind. When was the last safety briefing accomplished? Is the fire cabinet right and tight? Where is the fire cabinet? The Material Safety Data Sheet program - is it up to date? Is White Out a hazardous chemical? Anyone who has taken on the role of Collateral Duty Safety Officer, be it Soldier or civilian, has been there and done that. There is always a feeling of doubt.

For some, that may be the way things are; but as for newly appointed CDSOs on Fort Wainwright, the Safety Office isn't out to get you, they're out to educate you.

It's inspection with the expectation of spreading education; a common philosophy held by the five members of the Fort Wainwright Garrison Safety Office. Located on the second floor of the Welcome Center Building 3401, the Safety Office is led by Safety Manager Jerry Russell and a team of safety and occupational health specialists: Doug Harmon, Tim Mayhak, Greg Sanches and Robert Tanner.

Russell monitors the progress of all programs and projects which make up the Garrison commander's safety program. Governed by the Installation Management Command's Safety Program, Regulation 385-10, Russell works directly for and with the garrison commander to provide safety expertise in the management and direction of safety core programs, policy development; command, staff and plans integration; risk management integration and also makes sure the Safety Office has a presence on various councils and committees.

Having a team of highly motivated professionals is the key to any organization's success and with the wide variety of backgrounds, knowledge and experience, the safety officers project that quality when interacting with customers. "These guys are really good and work well with people," said Russell about his team, and that is what it takes. Beyond being inspectors, the safety officers are also

instructors. In 2010 the safety office put together 82 classes in 2010 and covering diverse topics ranging from all-terrain vehicle and motorcycle safety to radiation safety and winter survival, totaling 2,044 students in all.

The Alaskan environment creates additional issues in the realm of safety, Russell said. With the number of recreational vehicles, hunters and the extreme weather conditions "We spend more time on these things than other installations would," said Russell, and the Safety Office provides many extra programs. Seasonal events are created for the community like "Welcome to Winter", tailored to help newly arrived Soldiers, civilians and their families become aware of safety issues they may face. Also, they bring other experts in to provide information on programs and classes to enhance the Alaskan experience. Russell is happy with the office and their efforts, creating a safety minded work and play environment for the Fort Wainwright community.

Many hours go into preparing for various events, educating the community through flyers, briefings and instruction. One that may not be so popular with the general populace is the inspection. Though directed by regulations, they serve more than just a check box to fill in or a pass or fail certificate. They provide the safety team the opportunity to engage the public at their worksites, identifying potential hazards and creating an awareness of safety. "Not only point out the problem," said Russell, "but to show them how to fix it..." Educating while on the inspection is the key to creating a culture of safety and yes, there may be some paperwork.

Note: This is just the tip of the ice berg when it comes to safety; it reaches into all aspects of living, whether at home or work.

Much of what the Garrison Safety Office does to keep those who work, live and play on Fort Wainwright safe is yet to be explored in another article.

For more information, call 353-7085.



Safety is a far reaching and all encompassing practice that touches all aspects of our public and private lives. Volumes of reference materials and binders fill the garrison Safety Office bookshelves and are continually updated. These standards and codes are not created from random chance that a hazard may occur, but by the evaluation and documenting of disasters that have actually taken place. Whether at a work site, in a home or at an office every code represents a catastrophe in the past and the steps that can either prevent or lessen its chance of it happening in the future. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

## Five superfoods to keep your heart healthy

Shari Lopatin, TriWest Healthcare Alliance



You know diet plays an important role in living a heart-healthy life, but do you know which foods can keep your heart pumping stronger, longer?

February is American Heart Month, so we're offering you the top five superfoods for the heart from the American Dietetic Association (ADA) and the "Nutrition Action Health Letter." They'll not only make you feel good, but will protect against heart disease, the top killer of adults in the U.S.

1. Beans. Each tiny bean, according to the ADA, has a powerful combination of protein, fiber, vitamins and minerals. Researchers have found that diets including beans may reduce the risk of heart disease and certain cancers.

2. Salmon. The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Not into fish? Some other options to get omega-3 fats include walnuts, fresh ground flax seed and canola oil.

3. Mushrooms. Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

4. Garlic and onions. Research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent life-threatening blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. For the greatest benefit, use the actual vegetable and stay away from onion and garlic powders. You may need to eat one garlic clove daily to make a difference.

5. Blueberries. These fun little berries are bursting with antioxidants. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're loaded with dietary fiber and vitamins A and C.

Surprise superfood: dark chocolate!

Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure. To reap the health benefits of dark chocolate, make sure the chocolate has at least 70 percent cacao—otherwise, it's just candy.

For more heart-healthy living tips, visit TriWest's Heart Health website at [www.triwest.com/hearthealth](http://www.triwest.com/hearthealth).

## ALASKA POST

Home of the Arctic Warriors

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## Ask the MEDDAC commander

**Col. George Appenzeller**, MEDDAC-AK commander

**QUESTION:** How can I avoid waiting in line at the pharmacy?

**ANSWER:** In 2010, Tricare beneficiaries filled over 130 million prescriptions, with over 48 million filled at military medical facilities. At Medical Department Activity-Alaska, we filled more than almost 200,000 prescriptions. With so many prescriptions being filled at military medical facilities, it is easy to see why occasionally going to the pharmacy takes a little (or sometimes a lot) longer than expected.

Bassett Army Community Hospital is no exception. In addition to filling prescriptions for Tricare beneficiaries, we also fill limited duration prescriptions for our Veteran's Administration eligible veterans receiving care through the VA outpatient clinic at Bassett Army Community Hospital, as well as caring for all of our inpatients, operating rooms and newborns. With a defined number of staff members, some of whom deploy, this workload occasionally translates into longer wait times.

One of the easiest ways to avoid any wait at all is by using the Tricare Mail Order Pharmacy program. This program is inexpensive and allows you to avoid the pharmacy completely. It also has several other advantages. It avoids the travel to the hospital and the high cost of gas, along with the risks of winter driving in Alaska.

It is easy to use even when you're traveling on a temporary assignment or if you move. Prescriptions may be mailed to any address in the United States and its territories, including temporary and APO/FPO addresses. However,

refrigerated medications cannot be shipped to APO/FPO addresses.

You may receive up to a 90-day supply for most medications via home delivery, and the medications will be delivered directly to your door. Once you're registered, refills may be requested by mail, phone or online.

Even better, beneficiaries who sign up for home delivery can get automatic refills, so there is no worry about running out of medications or having to remember to call in and get them filled -- a big plus for anyone taking medications for a chronic, long-term condition or who lives any distance from the hospital.

Getting started is easy. Simply complete the pharmacy home delivery registration form which is available online at [www.express-scripts.com/Tricare](http://www.express-scripts.com/Tricare) or by calling (877) 363-1303.

Once registered, you simply place your order either by mail, by fax, or by phone. It is that simple.

So for a quick convenient option to waiting at the pharmacy, ask your PCM to complete a new prescription for the maximum days' supply allowed (up to a 90-day supply on most medications) and start using the Tricare Mail Order Pharmacy program today. And as always we are here to assist you with any questions you may have concerning your Tricare benefits, please call 361-5656 or stop by the Tricare officer located on the first floor of BACH.



## Preventing a gasoline station fire

**Sarah Chapman**, Fort Wainwright Fire and Emergency Services

Modern automobile gas stations are designed with high-speed self-service pumps, enabling customers to fuel their vehicles faster than ever before. However, the same modern equipment that makes fueling quick and easy also makes the fueling area more susceptible to fire.

Accidents do happen. Customers might drive away without returning the nozzle to the dispenser or use the dispensing equipment incorrectly resulting in a fuel spill. Modern high-volume pumps can discharge a large quantity of flammable liquid very quickly. Burning cigarettes, running engines, sparks and other heat sources could ignite flammable liquids.

Society has become complacent when it comes to fueling our automobiles. Today, we use gasoline so frequently that the dangers slip from our minds. Rumors circulate all over the Internet giving one outrageous explanation after another for this phenomenon. It has even made it to a cable show that debunks myths.

Flashfires at gas stations are generally caused by a single culprit-static electricity. Static electricity produces a spark that ignites gasoline vapor near the gas tank. This is exacerbated by the instinctual reaction to pull away from the fire. Unfortunately, this often means yanking a still pumping nozzle out of the gas tank, spraying the flammable liquid on the ground and causing the fire to spread. This type of fire is terrifying, but can be

prevented by keeping a few simple safety precautions in mind.

Discharge static electricity after exiting the car at the gas station. This can be easily accomplished by touching any metal on the outside of the vehicle. Individuals with long hair may wish to run their hands over the strands to prevent static from building up again. Discharge again if items, such as a wallet, keys or cash, are removed from a pocket after exiting the vehicle. Remain outside of the vehicle for the duration. This is almost the single best way to prevent a fire. Do not reenter the vehicle fully or partially. If the vehicle must be reentered, discharge static again somewhere well away from the nozzle. Replace the nozzle after fueling. Close the gas cap and secure the door. Reenter the vehicle only after the nozzle has been replaced and the gas cap is closed.

According to the National Fire Protection Association and Army Regulation 385-10, the motors of all equipment being fueled shall be shut off during the fueling operation. USAG FWA 420-1 states flammable liquids shall be used only where there are no open flames or ignition sources within the possible path of vapor travel. The Fort Wainwright Fire Department asks you to take a few moments to shut your automobile off and discharge static electricity...your actions could save a life. Dial 9-1-1 for any emergency.



Pvt. Mike Rios, B Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment fueled up his truck at the AAFES service station on Fort Wainwright yesterday. (Photo by Connie Storch/Fort Wainwright PAO)

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AFC/ZAISS & CO.  
AK POST/MAKE A DIFFE  
3 x 10.0

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AFC/RELATIVITY MEDIA  
FF/AK POST/SANCTUM  
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## Nordic ski club offers opportunities, fun for Wainwright families

Sheryl Nix, Fort Wainwright PAO

The Nordic Ski Club of Fairbanks offers a wide variety of programs for community members, including Fort Wainwright Soldiers and families. From classes for children ages 6 to 14, or "Junior Nordics," to adult lessons, biathlon and competitive events, the NSCF aims to lure cross-country skiers – both professionals and novices – off their couches and onto the trails to take advantage of the six-month cross-country ski season here.

But their biggest asset is not their wide variety of lessons and events, according to Erica Carroll, NSCF program advisor and program coordinator for the Junior Nordics and adult lessons. Rather, it is the extensive network of groomed trails the club maintains.

"I think this is what our ski club takes the most pride in is that we have these beautifully groomed ski trails – the Jim Whisenant ski trails – at Birch Hill Recreation Area," she said. "We have over 30 km of ski trails available and eight of those 30 km are lit at night or early afternoon which is one of the best things about Fairbanks. You can come up here and ski even if it's 3 p.m., Dec. 24 and dark."

Carroll, a captain in the Air Force Reserve and the wife of Capt. Brian Carroll, F-15E pilot and currently an air liaison officer with the 3rd Air Support Operations Squadron, moved to Fort Wainwright last October and jumped into the

Fairbanks community with the help of the NSCF. She said her goal is to share all the ski club has to offer with her military community.

"I try to spread the word to so many of my military friends," she said. "I just want to get the word out that there is so much to do here. I think a lot of military folks who move here just want to get out and enjoy the winter and this is a great area to do so."

Use of the trails and facilities at the Birch Hill Recreation Area in Fairbanks is free for cross-country skiers. The NSCF maintains the trails at a cost of \$25,000 per year and seeks donations and club memberships to offset the cost.

"It's free to come up here which is so amazing for military families to not have to have a pass to ski on groomed trails. It's just wonderful," she said.

Carroll said that the services for Nordic skiers represent a fruitful collaboration with the Fairbanks North Star Borough owning the land, the ski club maintaining the trails and Fort Wainwright providing access to the White Bear trail, one of the popular trails in the 30 km network.

"It's really three organizations that work together to bring these amazing trails and facilities to the community," she explained. "It's the borough, DoD and also the Nordic Ski Club of Fairbanks. It's really a great opportunity."

Cross-country skiing is the only sport allowed on the trails in the winter but in the summer the trails are open for hiking, biking, dog-walking and more. The borough also operates a disc golf course at the Birch Hill Recreation Area during summer months.

Adult cross-country ski lessons are offered in the fall and spring for five weeks each and children's lessons are offered through the Junior Nordic program beginning in November for the entire season.

Carroll said it is best to take lessons early in the season to make the most of the beautiful spring in the Interior. "March is absolutely beautiful here," she said. "The snow is still here and the sun is out – absolutely beautiful."

She also said planning excursions to the trails at the Birch Hill Recreation Area is a fun, family-friendly and economical way to spend Spring Break. "We have a wonderful lodge that is absolutely beautiful. You can bring your own family lunch and have a picnic and go ski around. The only thing is that there are no amenities – no rental services or snack bar. But (Fort Wainwright's) Outdoor Recreation has amazingly reasonable ski rentals."

For more information about the NSCF, go to [www.nscfairbanks.org](http://www.nscfairbanks.org) or call 457-4435.

## Super Bowl XLV - That's what I'm talking about

Commentary by Allen Shaw, Fort Wainwright PAO



Super Bowl, that's what I'm talking about.

The Green Bay Packers meet the Pittsburgh Steelers in Super Bowl XLV, Sunday at Cowboy Stadium in Texas.

Although it was an open invitation to readers, a select few have stepped up to make predictions each week throughout the season. Bear ended up with the best record overall and has a prediction for the big dance. He said, "I believe it is going to be a tight game but the 'Steel Curtain' defense will dominate the final score. My prediction is Steelers: 24, Packers 21 and Big Ben is awarded MVP."

As for me, I have many good friends who are hardcore Steelers fans and I appreciate their commitment and passion, but I have to cheer for the home-boy. I am choosing the Green Bay Packers to win 31-28, with Daryn Colledge of North Pole being chosen MVP.

DJ wrote in, "I'm taking Pittsburgh. Rothlisberger is a seasoned playoff veteran who has gotten better every week this season; heck the Steelers even won without him during his suspension. Mendenhall is a beast. The Steelers made the Jets (who beat the Patriots) look like little school girls on the field. Polomalu has amazing hair. In spite of the Packers amazing playoff run, I'm not convinced this is the team that can take on the AFC champs. I mean really, who from the NFC (that the Packers beat) was firing on all cylinders other than the Falcons at the end of the season?" He said Pittsburgh 38, Green Bay 24.

Bison said, "24-21, Green Bay baby. This is strictly out of pride for the soon to be champion Browns, for the abuse they have taken from the Steelers in previous years. Defense is key on Sunday and the Packers have got to run the ball."

Ryno, a die-hard Steelers fan, who was recently transferred from Fort Wainwright to Texas, called to put his two-cents in. He said, "My birthday is three days after the Super Bowl and all I want is another Pittsburgh win. I don't care what the score is."

As always, Brain uses scientific reasoning and mathematical calculation to make his picks. He submitted the bar chart (right) to show why he thinks the Packers will be the champions.

Our youngest prognosticator is Josef Bauer (pictured above), who is wearing the yellow and black, and is obviously choosing the Steelers.

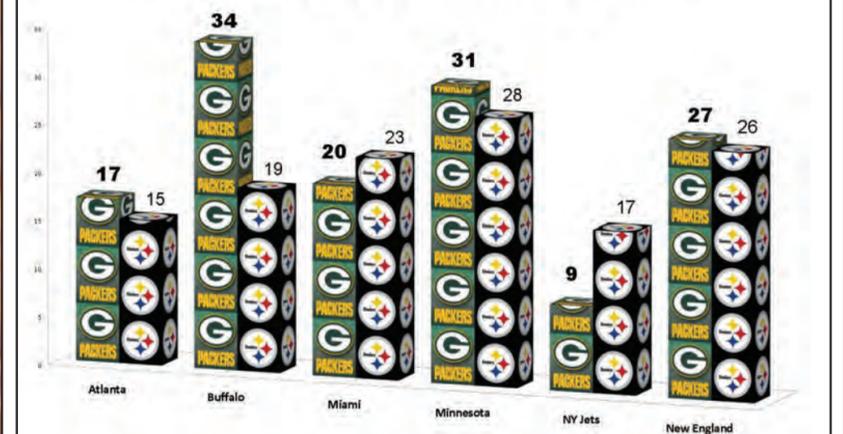
The televised festivities start with the pre-game show on Fox, Sunday at 8 a.m., Troy Aikman's Super Bowl at 9 a.m., Road to the Super Bowl at 10 a.m. and the game itself begins at 2 p.m.

No matter what the outcome, it's bound to be entertaining and should be a great game. A full day of football, food and beverage, that's what I'm talking about.



Josef Bauer, 5 days-old (in this undated photo), son of Heather and Paul Bauer. Heather is a program operations specialist of Child, Youth and School Services. Josef, swaddled in a "Terrible Towel" isn't stressing about the game. His dad said, "He was born to sport the Steeler colors and picks Pittsburgh to win." (Courtesy photo)

## The Axis of Football



4 out of 6 teams agree, da Packers scores were higher. Therefore, Packers will win the 2011 Super Bowl

The Brain always uses scientific reasoning or mathematical calculation in deciding which football teams will win each week. Here as an illustration of how the two teams matched-up against the same opponents throughout the year. His prediction is Green Bay to win. (Photo illustration by Brian Schlumbohm/Fort Wainwright PAO)

## Did you know?

## Test yourself on Army athletic history and trivia

### The Long Gray Line,...of famous coaches.

The Cadets of West Point, the Long Gray Line, have a rich tradition when it comes to Army sports. Although the Academy is no longer a national power house like it was during first half of the last century, it still has the highest demands and expectations of its athletes and coaches.

Over the years, the institution has hired some of the best coaches in all of athletics.

Test your knowledge.

#### Trivia question # 1:

Name three Army football coaches who have coached at West Point and went on to the National Football League and coached in a Super Bowl(s).

#### Trivia question # 2:

Name two Army basketball coaches who went on to win NCAA Division I basketball championships after they left West Point.

#### Trivia question # 3:

Name an Army football head coach who was the first non-Army graduate to be hired as head coach at West Point. This coach also won a national championship at another university before coaching the Army Black Knights.

Military academies produce pro football players:

The player who played collegiately for Army who went on to play in more NFL games than any other Army football player was Bob Mischak who played in 79 NFL games. Mischak played in one season

(1958) for the New York Giants, sat out the 1959 season, and came back to play six seasons in the American Football League (AFL). Because of the 1970 NFL-AFL merger, AFL statistics are included in the NFL record book.

But the player who played in the most NFL games after playing collegiately at a military academy came out of the Air Force Academy. Larry Cole played in 176 games during an NFL career that lasted from 1968 to 1980, all of it spent with the Dallas Cowboys. During his time with the Cowboys Cole played in five Super Bowls, winning two of them.

#### Trivia question #4:

What was the most NFL touchdowns scored by a player who played for the Army?

#### Trivia question #5:

Dennis Michie coached Army in the 1890 season. He was replaced by Harry Williams before the 1891 season began.

Did Michie ever return to coaching at Army?

#### Trivia question #6:

Former Detroit Lions coach Bobby Ross took over as head coach at Army for the 2004 season. Was the 2004 season more or less successful than the 2003 team?

#### Trivia question #7:

During the 19th and 20th centuries, how many men served as the Army coach more than once

separate seasons?

#### Trivia question #8:

Why has the number 12 never been worn by any Army player?

#### Trivia question #9:

Prior to the 1999 season, the Army nickname was the Cadets. What was the name changed to in 1999?

#### Trivia question #10:

What season did Army win the school's third consecutive National Championship?

#### Trivia question #11:

Which legendary NFL coach began his coaching career as the running back coach at Army in 1949?

#### Trivia question #12:

Army's first All-American came in 1898 when Charles Romeyn earned the distinction. In the 20th century, 27 more players would earn the same distinction. Of the 28 total All-Americans from Army, how many of them won the award at least twice?

#### Trivia question #13:

Which other branch of the U.S. Armed Forces has been Army's fiercest rival?

Please see ANSWERS, Page 8

what is it? when is it? where is it? *find it here!*

### Friday - 4th

**STORY HOUR AND CRAFTS**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**ART BASH**, 6:30 to 7:30 p.m. Arts and Crafts Center, Building 3727. Call 353-7520.

### Saturday - 5th

**CUSTOM PICTURE FRAMING CLASS**, 10:30 a.m. to 2 p.m., Arts and Crafts Center, Building 3727, \$35. Bring 5-by-7 picture to frame. Class is required to use shop equipment. Call 353-7520.

**SNOWMACHINE SAFETY COURSE**, 9 a.m., Outdoor Recreation Center, Building 4050, \$10. This course is required to rent snowmachines. Open to participants 18 and older. Call 361-4089.

**EXCEPTIONAL FAMILY MEMBER PROGRAM TUBING**, 12:45 to 3 p.m., Birch Hill, Building 1172. \$3 per person (1 hour), \$5 per person (2 hours). For EFMP families. Call 353-4243.

### Sunday - 6th

**GOSPEL BIBLE STUDY**, 11 a.m. each Sunday at Bassett Army Community Hospital on the 3rd floor. Contact Chaplain (Maj.) Munson at 361-5642.

**YOUTH OF THE CHAPEL**, Super Bowl Party, 2 p.m., Northern Lights Chapel. Call 361-4463.

### Chapel Services

#### Northern Lights Chapel

Sunday

10 a.m. – Sunday School  
11 a.m. – Protestant Worship  
5 p.m. – Protestant Youth of the Chapel

Thursday

9:30 a.m. – Protestant Women of the Chapel

#### Southern Lights Chapel

Sunday

9:30 a.m. – Catholic Education Classes  
11 a.m. – Roman Catholic Mass  
5 p.m. – Adult Faith Formation & Youth Bible Study

Thursday

4 p.m. – Adoration of the Blessed Sacrament

#### Bassett Army Community Hospital Chapel

Tuesday and Thursday

Noon – Roman Catholic Mass

Wednesday

Noon – Nondenominational Prayer Service

For additional information about chapel services and programs, please call 353-9825.

### Monday - 7th

**ROMP AND STOMP**, 10 a.m. to noon, School Age Services, Building 4391, call 361-7372.

**ZUMBA FITNESS CLASS**, 6 p.m. PFC, Building 3709, \$7. Call 353-7223.

**AUTO SHOP SAFETY ORIENTATION CLASS**, 6 p.m. Building 3730. Call 353-7436

### Tuesday - 8th

**CPR AND FIRST AID FOR YOUTH**, 9 a.m. to 3 p.m., School Age Services, Building 1044. Open to participants ages 14 and older. Call to register, 361-7713.

**TOASTMASTERS**, Now held at the Last Frontier Community Activity Center, noon to 1 p.m. Tuesdays. Call 353-9156 or 750-9223.

### Wednesday - 9th

**UNIVERSAL TECHNICAL INSTITUTE**, 9 to 11:30 a.m. and 1 to 3 p.m. at the Northern Lights Inn. Call the ACAP Center at 353-2113.

**NEWCOMER'S ORIENTATION**, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center. Mandatory for Soldiers. Call 353-4227.

**CARDIO SCULPT: STRENGTH AND CARDIO**, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

**HOOR OF POWER: GROUP STRENGTH**, noon to 12:45 p.m., PFC, Building 3709. Call 353-7274.

### Thursday - 10th

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, PFC, Building 3709. No cost. Call 353-7223.

**PROTESTANT WOMEN OF THE CHAPEL**, 9:30 to 11:30 a.m., Northern Lights Chapel. Free childcare available and a home school room. Call 356-9484.

**SEVEN HABITS OF HIGHLY SUCCESSFUL ARMY FAMILIES**, 11 a.m. to noon, Northern Lights Inn conference room, Building 3402. Call 353-4223.

**ZUMBA FITNESS CLASS**, 6 p.m., PFC, Building 3709, \$7. Call 353-7274.

### Alaska Post

To submit a photo, place an event or class on the calendar send an email to [pao.fwa@us.army.mil](mailto:pao.fwa@us.army.mil) no later than close of business Monday prior to the print week. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News-Miner at (907) 459-7548.

### Valentine's Day

Your Alaska Post is planning a 'sweetheart' page for the Feb. 11 issue. Submit photos and messages to the editor at [allen.shaw@us.army.mil](mailto:allen.shaw@us.army.mil) no later than noon Monday. The Alaska Post reserves the right to edit or reject submissions.

**VALENTINE'S DAY MURDER MYSTERY WEEKEND**, Feb. 11 to 13, Seward Military Resort. Play part in a "who-dunnit" mystery. For details visit [www.sewardresort.com](http://www.sewardresort.com)

## Army Career and Alumni Program February Events

For more information call 353-2113

Feb. 7 to 9	Transition Assistance Program Employment Workshop	ED CTR Annex Room 106	Day 1 and 2: 8:30 a.m. to 4:30 p.m. Day 3: 8:30 to 11:30 a.m.
Feb. 9	VA Benefit Brief	ED CTR Annex Room 106	12:30 to 4:30 p.m.
Feb. 10	Apply for Federal Jobs- Other Agencies	Post Library Room 1	1 to 3 p.m.
Feb. 11	Starting a Small Business	ED CTR Annex Room 103	1 to 3 p.m.
Feb. 16	Disabled Vet Brief	ED CTR Annex Room 106	10 a.m. to noon
Feb. 24	Resume Writing	ED CTR Annex Room 105	1 to 3 p.m.

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## For your information

### SCHOLARSHIPS

Scholarships through the Commissary are available again this spring.

The Community Spouses Club is taking applications for its annual scholarship program. Every spring, the club awards scholarships based on academic achievement, citizenship and personal merit to spouses and family members of active duty, retired or deceased Army service members.

Applicants must be accepted to an accredited institution for the upcoming school year. Active duty sponsors must be stationed at Fort Wainwright and retired sponsors or family of deceased Soldiers must reside in the Fairbanks area.

Selection is based on academic achievement, school and community involvement, volunteer and work accomplishments, recommendation and a written essay.

Download an application at [www.wainwrightcsc.org](http://www.wainwrightcsc.org).

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants.

Applications are available through Feb. 22.

For information, contact commissary director Loriann McDonald at 353-7310, a school guidance counselor or visit the Scholarships for Military Children Program online at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

Army Emergency Relief is accepting scholarship applications from spouses and dependent children. Information, including deadlines and an application can be found online at [www.fafsa.edu.gov](http://www.fafsa.edu.gov).

### TRAVEL VOUCHERS

Medical Department Activity-Alaska is now offering Monday evening travel voucher processing by appointment from 4 to 6 p.m. Call 361-5001 to make an appointment.

### TOASTMASTERS

Members of the community who are looking to become better speakers are invited to join Toastmasters International which now has a club at Fort Wainwright.

Toastmasters will meet every Tuesday at lunchtime, from noon to 1 p.m. at the Last Frontier Community Activity Center. All are welcome, military and civilians.

For more information on Toastmasters contact Eileen Wallace at 353-9156 or via e-mail at [eileen.j.wallace@us.army.mil](mailto:eileen.j.wallace@us.army.mil) or Alison Boyce at 750-9223 or [ahboyce@gmail.com](mailto:ahboyce@gmail.com)

### TAX CENTER ASSISTANCE

The Tax Center is open. 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 1049, Unit 4 near the Law Center on the north side of Fort Wainwright. Both appointments and walk-ins are available, but customers with appointments take priority.

Remember to bring Social Security cards for the taxpayer, spouse and dependents.

If unavailable, go to the Social Security Administration Office at 101 12th Avenue for assistance.

For more information or to schedule an appointment call 353-6559.

### MASS TRANSIT SURVEY

Please participate in a survey to gauge the need for a borough bus route on Fort Wainwright to increase the air quality. You can take the mass transit survey online at [www.wainwright.army.mil/usag/survey.asp](http://www.wainwright.army.mil/usag/survey.asp)

### MILITARY SAVES PROGRAM

Military Saves is a national and DoD-wide program designed to persuade, motivate and encourage military families to save money every month. Reducing debt and increasing savings decreases stress, improves quality of life and helps Soldiers and families enjoy their Army lives more. ACS' Financial Readiness Program will have a table at the PX Feb. 22-26, 11 a.m. to 2 p.m. and 4 to 6 p.m. to provide information, promote the Military Saves campaign and to hand out saving pledges for Soldiers and family members to sign. For more information, go to [www.militarysaves.org](http://www.militarysaves.org)

### ID CARD APPOINTMENT SYSTEM

The DEERS-ID Cards Office has an online appointment system. The website is available for all ID card customers including active duty, family members, retirees, civilians and contract employees.

To alleviate waiting time, please go to the following website to make an appointment with the DEERS - ID Cards office: <http://appointments.cac.navy.mil/> Appointments are highly recommended.

For additional assistance or questions contact the Fort Wainwright DEERS-ID Card Office inside the Welcome Center, 3401 Santiago Ave. Room 138, call 353-2195. The office is open 8 a.m. to 4:30 p.m. Monday through Friday, but is closed all federal holidays.

### STOP LOSS EXTENSION

The deadline to file for retroactive stop loss has been extended to March 4.

Was your enlistment involuntarily extended due to Stop Loss between September 11, 2001 and September 30, 2009? If so, and you have yet to file a claim for Retroactive Stop Loss Special Pay, March 4, is a very important date to you. That's the last day to file for payment.

Go to [www.defense.gov/stoploss](http://www.defense.gov/stoploss) for links to the claim forms and individual military service links with instructions on how to file claims.

### MILITARY ONE SOURCE

Help is available for military members, spouses, and families from Military One Source.

Education, relocation, parenting, stress - you name it - Military OneSource can help with just about any need. Available by phone or online, this free service is provided by the Department of Defense for active-duty, guard, and reserve service members and their families.

Military life comes with unique challenges. The goal of Military OneSource is to provide expert information - articles, booklets, CDs, DVDs and links to other resources - on how to deal with the challenges and issues military families face every day.

For more information call (800) 342-9647 or visit the website [www.militaryonesource.com](http://www.militaryonesource.com)

### BLACK HISTORY OBSERVANCE

Plans are currently underway for the observance of Black History Month hosted by the Fort Wainwright Equal Opportunity Office and 1st Stryker Brigade Combat Team, 25th Infantry Division.

The event will be Feb. 17, 1 p.m. at the Physical Fitness Center, featuring guest speaker Rev. Cleveland Bartley of True Victory Baptist Church.

Please be advised that civilian patrons entering Fort Wainwright without DoD decals are required to obtain a post pass from the visitors center (located just before the front gate).

Drivers must present driver's license, proof of vehicle insurance and the vehicle registration.

### BIRTH ANNOUNCEMENTS

#### Jan. 25

A son, Bryson Aiden, was born to Kristen and Pvt. Terry Hall, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Madison Lee, was born to Kathrine and Sgt. Nicholas West, 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 27

A son, Lucas Wayne, was born to Jessica and Spc. Todd Sabinish, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 29

A son, Blake Alexander, was born to Sgt. Rachel King, 184th Military Intelligence Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and Staff Sgt. Kolby Turpin, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

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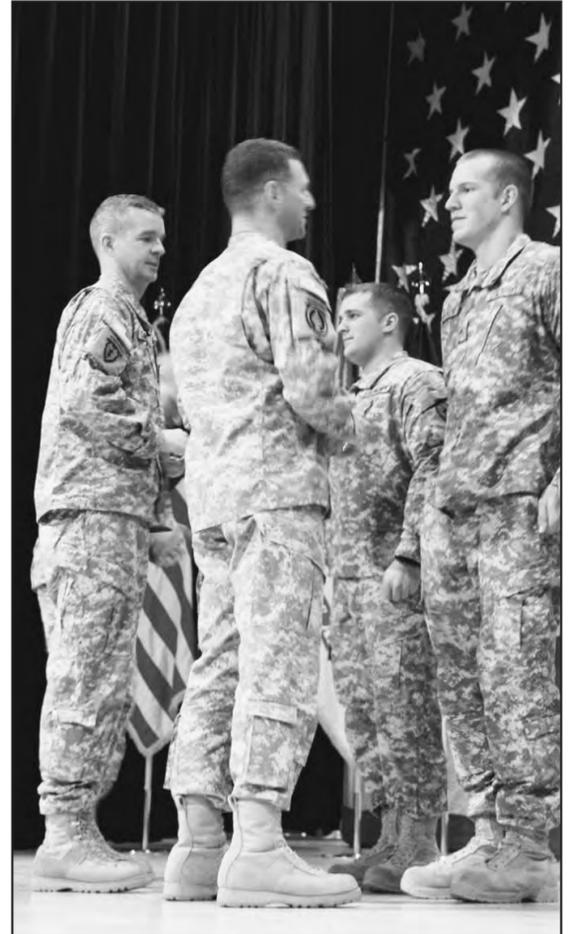
### TECHNICAL TRAINING INFORMATION

Retiring? Interested in a career in automotive, diesel, collision repair, motorcycle, or marine industries? What about NASCAR? Then come over and meet with the admissions representative from Universal Technical Institute, the country's premier provider of technician training. Bring all your questions regarding UTI and available programs to the Northern Lights Inn at 9 a.m., 11:30 a.m. and from 1 to 3 p.m. Call 353-2113 for more info.

### APP AVAILABLE

The United States Army's Family and Morale, Welfare and Recreation Command has an app available for the iPhone. Access MWR on the go with quick access to Facebook, Twitter and Flickr. Learn more about the command, the Army Family Covenant and how to donate to the Army.

### WARRIOR LEADER COURSE



U.S. Army Alaska Commander Brig. Gen. Raymond Palumbo and USARAK Command Sgt. Maj. David Turnbull congratulate awardees Jan. 28 at a Warrior Leader Course graduation ceremony on Joint Base Elmendorf-Richardson. From left, Distinguished Honor Graduate Spc. Jorge Webb, Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and Distinguished Leadership Awardee Spc. Wesley B. Arrowood, B Company, 1st Battalion, 5th Infantry Regiment, 1-25th SBCT. (Photo by Staff Sgt. Matthew E. Winstead/4-25th ABCT PAO)

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## Resolutions: Tips on being productive while your Soldier is away

Continued from Page 1

I have collected tips and tools from amazing spouses throughout the Army and use them to not only make my own deployment experiences better but to also mentor and encourage young spouses who are encountering this for the first time. And while everyone is different, each spouse I know who has had a positive deployment experience has made some form of deployment resolution. That is an important first step, but there are even more similarities among those who thrive during deployments.

### Be intentional

Being purposeful or intentional about goals and resolutions is often the key. It is difficult to measure success if the goal is not clearly defined and if the goal-setter is not intentional about it. So, whether spouses seek to get in shape, save money or pay off debt, finish school, learn a new skill or some other type of goal, those who thrive do not just let life happen to them during the deployment; they do their best to set goals and plan what they can. Whether they meet their goals or not they have at least set out a plan of how they want to spend the next 12 months. As research has shown, those who make goals or resolutions are much more likely to reach them than those who do not. One friend has shared that she plans to learn Spanish this year; another is putting together a relay team to run the Equinox marathon this fall. Another friend shared that she intends to face each day with optimism and be the best mom she can be. She is planning special events and outings for her children and has already built in ways to keep herself encouraged. I love this because we are all so unique and will definitely have unique plans for the next year.

A deployment resolution also does not have to be completely tangible; it can be as simple as maintaining a positive attitude and can be supplemented with examples of what that means to them. These are all great goals and resolutions and will motivate spouses as they march through the upcoming deployment.

### Be Realistic

Setting realistic goals is also important. Establishing unrealistic and unattainable goals can be discouraging and cause goal-setters to give up any form of their resolutions altogether when they are not able to achieve them. Spouses want to challenge themselves, though, so a solution is to regularly evaluate goals and resolutions to ensure that the objectives are what they should be. Sharing goals and resolutions with those who know them best is also a good way to determine how realistic their ambitions are, but spouses should not let others limit or discourage them from setting goals. Army spouses are amazing and strong and can do incredible things. A deployment is an excellent opportunity to see just how much they really can do.

### Share your goals



Army spouses take advantage of the Family Activity and Motivational Exercise program at Melaven Gym. Fort Wainwright spouses who make resolutions or goals to get fit during upcoming deployments can turn to the FAME program which offers fitness classes at Melaven Gym throughout the week with onsite childcare for a low monthly fee. Army Family Covenant benefits for families of deployed Soldiers, wounded warriors or fallen Soldiers may be used to pay for this childcare. For more information on the FAME program, call 353-1999. (File photo)

Communicating goals to a friend, co-worker or other people in their lives, as well as writing down their goals, will help spouses stick to their resolutions and be more likely to see them through. I know my friends will ask me about the goals I share with them. This can be just the motivation I need sometimes.

### Get support

No one should or has to go through the deployment alone. From friends, neighbors, family members, family readiness group members and installation agencies and personnel here to help them, spouses have a wide variety of support systems on which to lean. Working now to build those support systems is the best way to ensure that a spouse will have the support he or she needs during the deployment. A friend and new Army spouse recently realized that she is concerned about how she will cope and care for her young child during the upcoming 1st Stryker Brigade Combat Team, 25th Infantry Division deployment. She has already reached out to friends and FRG members and joined Protestant Women of the Chapel to build her support system. She is taking steps now, before her husband leaves, to ensure that she will have a good, successful year.

Spouses should also cut themselves some slack and not get discouraged if they have a bad day or get off course every now and then. The important thing is to push the "reset" button and get back on course. A strong support system will help with this, too.

This list just scratches the surface of tips and tools spouses can use to make their upcoming deployment experiences the best they can be. Senior spouses, FRG leaders and advisors, friends and neighbors all have stories to tell about what has worked and not worked for them. Don't be afraid to ask them. We really are all in this together and linking arms, sharing our stories – successes and struggles – and facing the coming year with anticipation and dare I even say, excitement, can make the difference. We often experience what we expect to experience. I've heard of very difficult Army schools or other challenges Soldiers face described as "the best worst times." That's what I want for each of us as we look at this next year. None of us would choose to send our Soldiers into a combat zone for a year, but we can turn this experience into something positive in our lives, marriages and communities. It all begins with a resolution. Resolve that this year really can be the "best worst time."

## Test yourself on Army athletic history and trivia -- Answers

### Answer #1:

1) Vince Lombardi: Defensive line coach at Army under legendary head coach Red Blaik from 1949-1953.

Lombardi later went on to become head coach of the Green Bay Packers where he won three NFL Championships and the first two Super Bowls.

2) Bill Parcells: Assistant coach at Army from 1966-1969.

Parcells coached the New York Giants to victory in Super Bowl XXI and XXV. He also coached the New England Patriots to a loss in Super Bowl XXXI.

3) Bobby Ross: Coached the San Diego Chargers from 1992-96 and Detroit Lions from 1997-2000. Ross coached the Chargers to a loss in Super Bowl XXIX.

Army head coach since 2004. Ross retired in January 2007.

### Answer #2:

1) Bobby Knight: Assistant coach Army 1963-65. Head coach at Army 1966-71, at age 24. In six seasons Knight won 102 games. One of his players was future NCAA Hall of Fame coach Mike Krzyzewski (now the coach at Duke University).

Knight (as a player) was the sixth man on the 1960 national championship Ohio State men's basketball team.

At age 31, he took over as head coach at Indiana University. In 1976, Knight's team won the national championship with an undefeated record (the only Division I team to ever accomplish that).

Team USA captured the Gold Medal in the 1984 Olympics under Bobby Knight's guidance.

Knight has won three NCAA Division I men's basketball national titles.

2) Mike Krzyzewski: Played point guard for Bobby Knight at Army from 1967-69.

Two years as coach of United States Military Academy (USMA) prep school at Ft. Belvoir (1972-74).

Five years as coach at West Point (1975-80).

Coach at Duke (starting in 1980). Krzyzewski has won four NCAA men's basketball national championships. He has 68 career wins in the NCAA

tournament and is the winningest coach in the history of the event. Krzyzewski has won twelve National Coach of the Year awards and earned his 880th victory on Dec. 30 2010.

Team USA captured the Gold Medal in the 2008 Olympics under Krzyzewski's guidance.

### Answer #3:

Paul Dietzel. Paul Dietzel led the LSU Tigers to the national championship in 1958. He was named the National Coach of the Year in 1958 by both the American Football Coaches Association and the Football Writers Association of America.

Dietzel came to West Point as head coach in 1962 and stayed until 1966. He was an assistant to legendary Army head coach Red Blaik in the mid 1950's and before that an assistant to Bear Bryant at the University of Kentucky.

### Answer #4:

The most touchdowns scored in the NFL by a player who played for Army is 11 by Hampton Pool. All 11 of Pool's touchdowns were scored during his four year career (1940-1943) with the Chicago Bears. Pool was out of football after that, though he came back three years later to play one season (1946) with the Miami Seahawks of the All American Football Conference.

### Answer #5:

Yes, Michie coached the team to an 0-1 record in the 1890 season. He was injured in a field exercise and was unable to coach the following season. He returned to the sidelines for one more season in 1892, leading Army to a 3-1-1 record. The only loss that season was a 12-4 loss at Navy.

### Answer #6:

More. Todd Berry and John Mumford each had a turn as the head coach during the 2003 campaign which saw Army go a pitiful 0-13. Berry coached the team from 2000 through the first six games of the 2003 season. His career record was a mere 5-35. Mumford coached the team for the remainder of the 2003 season posting an 0-7 record.

### Answer #7:

Three. Dennis Michie coached the team in 1890, and again in 1892. Ernest Graves served as co-head coach (with

Henry Smither) in 1906, and was again head coach in 1912. Charles Daly served as coach from 1913-16 and again from 1919-20. Michie posted a 3-2-1 record. Graves had a 7-2-1 record. Daly had a 58-13-3 record.

### Answer #8:

Symbolic reasons. The number 12 was symbolic for the Army Academy. It represented the 'Corps of Cadets' or all of the Army students not on the field. The numbers 24 (Doc Blanchard), 35 (Glen Davis) and 41 (Pete Dawkins) were all also retired. Those three players were all Heisman Trophy winners.

### Answer #9:

Black Knights. Black Knights was originally coined by a NY sportswriter in the late 1930s, however it took until 1999 to become the official nickname of the school.

### Answer #10:

1946. In '46 the team went 9-0-1. That season both Army and Notre Dame finish at 9-0-1, having tied each other 0-0. ND finished the season ranked first in 7 polls while Army was ranked first in just two polls. School officials still claim the National Championship as its own. In both 1944 and 1945, the team posted 9-0 records.

### Answer #11:

Vince Lombardi. Vince Lombardi won the first two Super Bowls in NFL history. The Super Bowl champion was later awarded the Lombardi Trophy after the game. Lombardi was at Army from 1949-53.

### Answer #12:

Six. The multiple All-Americans included: Paul Bunker (1901-02), Henry Torney (1904-05), Elmer Oliphant (1916-17), Red Cagle (1927-28-29) and Doc Blanchard and Glenn Davis (1944-45-46). Bill Carpenter was the final Army player to earn All-American status during the 20th century, doing so in the 1959 season.

### Answer #13:

Navy. The Navy game is actually the reason that Army originated a team. Dennis Michie formed the team when a Naval officer bet him that Army could not beat Navy in a game of football. Through the first 105 games between the schools the series was tied at 49 wins each, with seven games being tied.

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