

# ALASKA POST

Home of the Arctic Warriors

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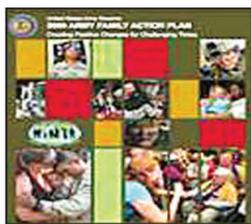
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The Blessing of the Pets is usually held on or about the feast day,  
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## WEEKEND WEATHER

**Friday**  
Partly cloudy  
Low 20 High 40s  
East winds 10 to 20

**Saturday**  
Cloudy  
Low 25 High 40  
Light winds

**Sunday**  
Mostly cloudy  
Chance of snow  
Low 20 High 35

Forecast courtesy of the National Oceanic and Atmospheric Administration

## Fort Wainwright Transportation Motor Pool drivers receive top Army award

Allen Shaw, Fort Wainwright PAO

Fort Wainwright's own version of 'Ice Road Truckers' have taken it one step further. A small team of drivers from the Transportation Motor Pool has received the highest safety award given by the United States Army Information Management Command for operating a variety of vehicles for a 12-month period, accumulating 146,794 miles without a single accident, incident or citation.

Ray Castellaw, TMP supervisor, Directorate of Logistics, has worked in and around TMP since 1975 as a Soldier, civilian driver, dispatcher and in his current role since 2008. "In all my years," Castellaw said, "I have never seen anything like this. These guys drive a variety of vehicles in some of the harshest conditions transporting Soldiers and equipment, and their personal commitment to safety is unmatched," he said.

These drivers provide support to Fort Wainwright Soldiers, but stand ready to support Soldiers at Joint Base Richardson-Elmendorf, "which they have done on short notice more than once," said Dave VanMeter, transportation chief. "These guys are second to none. They are always ready to step up and move Soldiers and cargo regardless of the time of year," he said. "They are constantly receiving training from Alan Thomas, collateral



Stephen Ball, driver for the Transportation Motor Pool, Directorate of Logistics, Fort Wainwright garrison adjusts the mirror on one of the many vehicles the crew is tasked to operate on a daily basis. Ball is a member of a team recently recognized with the highest safety award given by the Information Management Command. The drivers logged a combined 146,794 miles without an accident, incident or citation. (Photo by Allen Shaw/Fort Wainwright PAO)

duty safety officer and fellow driver." Thomas, who tacked on 14,885 miles of his own, continually searches for ways to improve. The team watches videos on safe driving techniques, he finds pertinent information on the Internet that is helpful and relies on the Garrison Safety Office for tips.

**See TRANSPORTATION on page 6**



Charles Lyons, Fort Wainwright Army Family Action Plan coordinator opened the Fort Wainwright 2010 AFAP conference at the Last Frontier Community Activity Center, March 3, 2011. (File photo)

## The Army Family Action Plan

Charles Lyons, Fort Wainwright AFAP coordinator

As a community member and civilian employee, I am honored to have the responsibility of overseeing the Fort Wainwright Army Family Action Plan process. AFAP is the Army's grassroots effort in which members of the Army community -- Soldiers, their Families, retirees and civilians -- identify and elevate significant quality of life issues affecting the Army community to senior leaders for action. The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leaders insight into needs and expectations of the Army community.

**See FAMILY on page 3**

## Strykers strive for excellence during vehicle recovery course

Spc. Thomas Duval, 1-25th SBCT PAO

KANDAHAR AIRFIELD, Afghanistan - Combat vehicles often take a beating, whether it's from improvised explosive devices or the rough and drastically varying terrain in Afghanistan. When a vehicle gets stuck or severely damaged, it becomes inoperable or "deadlined," making it difficult to move off the battlefield.

Soldiers deployed to Kandahar Airfield with the 1st Stryker Brigade Combat Team, 25th Infantry Division, the "Arctic Wolves," recently honed their ability to tackle this issue in an effort to prevent unnecessary loss of both personnel and vehicles during a wheeled vehicle recovery course Sept. 26-28.

**See EXCELLENCE on page 5**

## Old man winter is on his way. Are you ready?

Trish Muntean, Fort Wainwright PAO

Both newcomers and Alaska Sourdoughs can benefit from attending the "Welcome to Winter" briefing, said Greg Sanches, Fort Wainwright Safety Office, which along with the Army Community Service Relocation Program sponsors the event.

The briefing teaches newcomers what they need to know about winters in the Interior and is a great refresher for those who have been here for years. What has worked best for those who have many Alaska winters behind them is sometimes incorporated into the briefings, he said.

Rebecca Richard, the wife of Sgt. Brian Richard, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, arrived in June and attended the September briefing.

Richard said that she was

"extremely worried about the winter here, and wanted to know what I have to do to keep the kids and the cars safe."

Those were two of the primary subjects emphasized in the briefing.

Not being properly dressed can have devastating consequences, Tim Mayhak, also of the Garrison Safety Office, offered a few tips to stretch the budget and make sure children and teens are protected against the winter weather.

He suggested shopping at the local thrift shop and buying clothes one size larger than what kids need so they get more than one season's wear from them. He also pointed out that unless the kids will wear the clothing it is useless, so recommended letting teenagers pick out their own winter gear.

**See WINTER on page 5**

## Crime Prevention Month

Maurice Fischer, director of Emergency Services

It may come as a surprise to many that October is National Crime Prevention Month. It may seem that October is carrying a heavy burden, as it is also National Dental Hygiene Month; Breast Cancer Awareness Month; National Domestic Violence Awareness Month and National Fire Prevention Week is within the month of October.

Suffice to say that the overarching theme for the Month of October is awareness and prevention. This being said, I would like to share with you a few facts and statistics that may reinforce the message that National Crime Prevention month intends to send to all of us.

I think there are few who would have any reservations saying that there is no finer place to live, work and raise a Family then right here in Alaska. Alaskans are a tough outgoing people who go out of their way to help others.

While this may be true, Alaska is not without peril and crimes do occur here. In a recent census, Alaska ranked 47th out of the 50 States for total population with a total of 710,231 persons residing here. In 2008 Alaska ranked first place in forcible rape, fourth place in aggravated assaults, and eighth overall for violent crimes.

In 2010 over 40,000 people in Alaska were the victims of a theft or property crime.

There are many steps that individuals can take to prevent themselves from becoming a victim.

I believe a good philosophy is "Refuse to be a Victim." Refusing to be a victim requires a person to take conscious steps that while not infallible will deter criminal behavior. Over the next few weeks I will discuss ways that will enable the reader to reduce the likelihood of becoming a victim and perhaps reduce anxiety levels.

## Four excuses women use to avoid mammograms

Shari Lopatin, TriWest Healthcare Alliance

When Mara Street turned 40, she received a call from Tricare to recommend she go for her first yearly mammogram.

Street, who resides in Great Falls, Mont. and is the wife of a retired Air Force captain, didn't listen at first. "I deleted the message, thinking I'm a healthy young woman. I do not have a history of breast cancer," she said.

But two weeks later, Tricare called again. This time, Street listened. And after going for her first mammogram, she had breast cancer.

"If it hadn't been for TriWest making two phone calls, we may have waited until she was 50 years of age and our opportunities and options would have been grossly limited," said her husband, Tim Street.

Many women put off their yearly mammograms for a variety of reasons. But as Street—a mother of six—can attest, nothing should get in the way. A mammogram saved her life.

Here are four common excuses women use to avoid getting their mammograms, and why they should stop avoiding this lifesaving screening:

### 1. I'm too busy.

Having a mammogram will only take a few moments—usually three to five minutes, according to the Centers for Disease Control and Prevention (CDC). Typically, it's less than an hour from checking in to walking out the door. Additionally, a woman's risk for developing breast cancer grows as she gets older. The sooner you detect breast cancer, the better your chance of survival, says the Susan G. Komen For the Cure website. Remember, what's the point of "being too busy," if you can't be there for your Family someday?

### 2. It hurts.

As a general rule, having a mammogram may cause some minor discomfort. Yes, there is pressure on the breast tissue - but it is pressure, not pain.

### 3. Nothing can be wrong if I don't check.

Breast cancer is the most common type of cancer in American women, other than skin cancer, according to the CDC. Therefore, the odds are against you if you don't check. Just getting older increases your risk.

From the CDC, some of the warning signs of breast cancer include:

- A new lump in the breast or armpit
- Thickening or swelling of the breast
- Nipple discharge, other than breast milk, including blood
- Change in size or shape of the breast
- Pain in any area of the breast

### 4. I don't know where to go for a mammogram.

Your doctor can give you some options of where you can conveniently get a mammogram. Your closest option might be at a base clinic or a local imaging center—sometimes these are called radiology centers. Always call to make sure your mammography center is Tricare-authorized.

Tricare covers mammograms for women starting at age 40. For those considered at high-risk for breast cancer, Tricare begins covering mammograms at 35 years old.

To watch Mara Street's story firsthand, visit [www.TriWest.com/MissiontoServe](http://www.TriWest.com/MissiontoServe). For more information about breast cancer prevention, visit [www.TriWest.com/BreastHealth](http://www.TriWest.com/BreastHealth).

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## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



## Defending against infection requires vigilance, cleanliness

October 17-21 is National Infection Prevention Week. This is a time when we recognize that infection prevention is a team sport and everyone contributes to our success or failure to protect those around us.

We all use terms such as bugs, germs, pathogens and what's "going around," to describe microscopic organisms that can make us sick. Most commonly the culprits are either a bacteria or virus. In fact, a team of researchers led by microbiologist William Whitman estimated the number of bacteria on earth to be five million trillion trillion (5 with 30 zeros). Even in our bodies bacteria outnumber our own cells by 10 to 1. However, out of the 10,000 different species of viruses and bacteria, many are beneficial and only a small fraction cause illness.

For most pathogens, the first line of defense is hand-washing, but studies have shown that only 30 to 75 percent of people do so. Hand-washing is especially important after using the bathroom, touching door knobs, or using community objects such as desks, keyboards and telephones, as well as, before preparing or consuming food and drinks. If you're being treated by a healthcare provider make sure they also clean their hands before examining you. The bottom line is that there are thousands of bacteria per square inch on your hands and research has shown that washing with regular soap and water may reduce bacterial contamination by half. Using antimicrobial soap may reduce contamination by up to 75 percent. Additionally, research indicates that alcohol-based gels may even produce greater and longer-lasting effects.

Hand-washing can also help fight respiratory pathogens, along with avoiding touching your eyes, nose and mouth. As we go into the cold and flu season it is important to help prevent the spread of viruses by covering your cough, using tissues when you sneeze, staying home when you're sick, and practicing good hand washing. Wearing a mask can help decrease the spread of infectious respiratory particles (such as droplets from sneezing, coughing, talking and laughing). Your doctor can advise you when this is necessary.

Lastly, using antimicrobial cleaning solutions to decontaminate items that are commonly touched can also help decrease the presence of infectious microbes and help keep you and your Family healthy and ready to enjoy the Alaska winter.

As always, MEDDAC-AK is standing by to help and answer any questions you may have. For more information on infection prevention contact your primary care provider or the Preventive Medicine Department at Bassett Army Community Hospital at 361-3057. You can find other infection prevention tips on the U.S. Centers for Disease Control and Prevention website at [www.CDC.gov](http://www.CDC.gov), and on the U.S. Army Public Health Command website at: <http://phc.amedd.army.mil/>.



"If it hadn't been for TriWest making two phone calls, we may have waited until she was 50 years of age and our opportunities and options would have been grossly limited," said Military retiree, Tim Street. Street, physician's assistant and 40-year-old wife, Mara Street, talked about the importance of annual mammograms for early breast cancer detection. "We're pretty much cancer free," Tim Street said. (courtesy photo)

## Saving energy and money with purpose and practice

Commentary by Linda Douglass, Fort Wainwright PAO

Twenty years from now will we have enough resources to supply the energy we need? And if so, will we have enough money to pay for it?

We are faced with dwindling resources and rising energy costs. Not so long ago, when our parents were growing up, nobody worried about energy consumption. Gasoline cost less than \$1 a gallon. It didn't cost much to light and heat our homes. It seemed our supply of natural resources was endless.

We know now that is not the case. The results of dwindling supplies are reflected in the prices of gasoline, heating oil and electricity and in the concerns of world leaders about the availability of those resources.

One of our high energy costs is for fuel. You can save yourself money as well as lower your fuel usage simply by following a few simple rules.

Drive less. Instead of making a triple trip every time you need to run an errand, plan ahead and

group errands together on the same day. Bicycle or walk when you can. Carpool or use public transportation.

Drive moderately. Stop gradually rather than slamming on the brakes. Accelerate slowly. These are also wise tips to follow in winter when road conditions don't always allow fast stops or accelerations.

A well-maintained vehicle gets better gas mileage. Change the oil in the vehicle frequently. Replace the fluids, air filters, and timing belt according to the manufacturer's instructions. Keep the tires properly inflated. The better a car performs, the less fuel it will consume.

Heating oil is a high-cost - but very necessary - item for homeowners. Save fuel and money by turning the thermostat down. Change the settings to 78 degrees during warmer months and 68 degrees during cooler months.

See ENERGY on page 3

# SAVING ENERGY: Practice and purpose

Continued from page 2

You can save energy in other areas of your home as well. Wear garments more than once before tossing them into the laundry basket. Only wash a full load of laundry, which Energy Star says can save more than 3,400 gallons of water each year. Be careful not to overload or underload the washing machine. Use cold water and take full advantage of energy settings. Clean the dryer's lint filter before every load.

Lighting uses a lot of energy. By turning out the lights when a room is unoccupied, you can save money and electricity.

Use area lighting whenever possible. Instead of lighting up an entire room when working at your desk, for example, use a lamp to put focused light where you need it. Use natural light from outdoors when possible. Buy fixtures that use a dimmer since lights on a low setting generally use less electricity. Invest in compact fluorescent lamps (CFL). They use at least 66 percent less energy and last 10 times longer than traditional, incandescent light bulbs.

Use a microwave oven to save energy. Microwaves are 66 percent more efficient energy-wise than conventional ovens.

Leaving doors wide open to a room or building may make it more inviting to come in, but it wastes energy. Don't prop doors open but allow them to close after people walk through the doorway.

Reuse and recycle. If you have not joined our recycling effort, do it now. Reusing paper and recycling paper saves money and energy. Recycle aluminum cans, glass items and plastic bottles.

We can conserve energy in our homes, in our offices and in our vehicles. And in doing so, we can make the earth a better

place for today and for the future. So take a few extra minutes – slow down, turn off the lights, lower the thermostat.

The Army has given us a vision and a goal our leaders call Net Zero – that of managing our resources in a sustainable manner. The premise behind Net Zero is that our use of resources and our production of resources will equal each other. The Net Zero approach is comprised of five interrelated steps: reduction, re-purpose, recycling and composting, energy recovery, and disposal.

We know it is our responsibility to use the resources we have wisely; to retrain ourselves about the use of water, electricity and other resources.

We at United States Army Garrison Fort Wainwright are trying to do our part in several ways.

We have a robust recycling program in our partnership with K & K Recycling and North Haven Communities, our housing partner, to dispose of paper, plastics, glass and some metal.

Last year we installed headbolt outlets that cycle on and off so vehicles are not pulling electricity all day long when they are plugged in during the winter months. Our Directorate of Public Works estimates we saved \$150,000 in our first winter and looks for bigger savings in the future. The amount of savings will vary based on deployment cycles, i.e. how many vehicles need to be plugged in throughout the winter.

Energy waste is a big problem in our country. Be a part of the solution, and do your part to conserve.

Our sustainability officer, Capt. Timothy Hall, is working to educate everyone on post about the benefits of reducing energy consumption and of recycling. For more information on our energy conservation and recycling programs, call him at 353-7500.

Our Environmental Office has information on methods of conserving energy and resources. Contact Eric Dick at 361-3006.

If you live on post, contact North Haven Communities at 356-7120 for problems like leaky faucets and tips on conserving resources. Off-post residents can contact their local utilities for resource-saving tips.

# FAMILY: And the Army community process

Continued from page 1

Simply stated, AFAP is a voice for the Army community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

I want you and every member of the Army community to know about AFAP and to understand how it works and for you to want to become a partner in the process. AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army Department of Defense about issues important to the health and well-being of the Army community.

Here's how it works. AFAP is a year-round process that begins on your installation where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army community. Approximately 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements. However, some issues require support beyond the local level. Those issues are elevated to the mid-level United States Army Pacific Command (USARPAC) AFAP Conference. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP Conference where delegates from across the Army determine which issues will be worked by the Army staff. The AFAP General Officer Steering Committee (GOSC) which includes senior DoD officials, Army leaders and field representatives (commanders and command sergeants major) meets every six months to provide senior leadership direction on action plans, milestones and resolution of AFAP issues. In the six months since the last AFAP GOSC meeting, functional representatives from the Department of the Army staff meet for several AFAP sessions reviewing all active AFAP issues. During those sessions, the issue history and the latest development are then decided on and a recommended status (remain active, complete or close the issue as unattainable) is determined to present to the AFAP GOSC for consideration.

After recommendations are presented to the GOSC in June of each year, the staff determines the next steps and status for each issue. The results from this GOSC as well as previous GOSC meetings are available on the new and improved AFAP website. The AFAP website is conveniently located in Army OneSource ([www.myarmyonesource.com](http://www.myarmyonesource.com)) to provide the Army community with easy one-stop-shopping for Army information including meeting results from the most recent GOSC and previous meetings. The AFAP website has been improved by the addition of the active issue search application.

See Family on page 4

## FAMILY: And the Army community

Continued from page 3

This new feature allows users to search the status of all issues using several filter options such as keywords, issue status, service component, subject demographic, group, command and more. The Army is dedicated to improving standards of living and building awareness of AFAP across the Army. As an AFAP coordinator, I am here to ensure that everyone has full access to AFAP recommendations and accomplishments. I can't emphasize enough the importance of every community member knowing how to become a partner in the process. Col. Ronald M. Johnson, the garrison commander, the AFAP coordinator and the issue vetting committee are committed to ensuring all AFAP recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as congressional budget and cost effectiveness.

Now that you know more about this grassroots process that was created to enable the Army community to collaborate with leaders from the installation level to Congress- Get involved. I

encourage you to go to the AFAP website and view the status of all active issues. I also challenge you to become a partner with us in our continuing effort to improve our Army by contacting me, your installation AFAP manager and becoming a volunteer to participate in the upcoming AFAP forum Nov. 15 through 17 or by submitting an AFAP issue. Your contributions to the AFAP provide real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas, guide policy formation and enhance Soldier and Family well-being and to increase installation resiliency and readiness.

AFAP issue forms are available at all Family and MWR facilities including Army Community Service where the AFAP and Army Family Team Building office is located, inside the Welcome Center, Building 3401. Stop by or call for more information.

An update regarding issues raised during last year's AFAP conference on Fort Wainwright will be available soon. For more information, call Charles Lyons, AFAP coordinator at 353-2382.

## Training available for installation AFAP conference volunteers

Train to be a member of a team which manages workgroups for the Army Family Action Plan conference. Facilitator, Recorder, Transcriber and Issue Support (FRTI) training takes 3 days of short but very intense training. FRTIs must be present all three days, unless previously trained. Training takes place Oct. 25-27. FRTI training provides AFAP volunteers tools they will use during the annual Army Family Action Plan conference. FRTI teams are the center of success for each workgroup. Their roles are important to start the discussion for delegates in their workgroups. Training is designed to enhance skills needed to perform tasks that will effectively assist delegates through the process, ending in well-written issues and solid recommendations to issues submitted for discussion by community members.

FRTI roles:

Facilitator, starts the discussion and keeps delegates on the path to success.

Recorder, captures discussion points to be reviewed by the delegates.

Transcriber, transcribes notes taken by the recorder and formulates the issue paper as directed by the delegates.

Issue Support person, listens to the delegates' discussion and alerts the group to keys that may be key to the success of their issue paper.

The AFAP administrative staff will be proficient in all FRTI roles as well as ensure the conference flows smoothly, track information and keep workgroups aware of their timelines. Be part of the process for improvement and change here and throughout the Army community. FRTIs receive free childcare, gifts, food and recognition. Requirements for FRTIs, in addition to training, Oct. 25 to 27 from 9:30 a.m. to 4 p.m., is that they must be able to be present at conference for three days, Nov. 15 to 17. FRTIs must be familiar with the AFAP process, be familiar with Microsoft Word and PowerPoint and have the ability to type with good writing skills.

Registration with the AFAP manager is mandatory prior to attending this training. Sign up by calling 353-2382 or email [charles.lyons1@us.army.mil](mailto:charles.lyons1@us.army.mil).



### Think Pink

Bassett Army Community Hospital staff gathered last Friday on the hospital steps to show their support of Breast Cancer Awareness Month. A Breast Cancer Awareness Fair takes place Saturday from 9 a.m. to 2 p.m. in the hospital's main lobby. The event will feature Family Practice nurse Jody Ramos, who will speak at 11 a.m. about her personal battle with breast cancer. Studies show that one in eight women will be diagnosed with breast cancer in her lifetime. Mammograms done by the Breast Cancer Detection Center will be available for Tricare beneficiaries and can be scheduled by calling 361-5773. For more information, call the BACH information desk at 361-5172. (Photo by Brandy Ostanik/MEDDAC-AK PAO)

## Red Ribbon Week

Cheryl Adamson, Employee Assistance Program Coordinator

Oct. 22 to 30, is Red Ribbon Week. The purpose of Red Ribbon Week is to bring awareness about staying drug-free to our communities and schools, including our Fort Wainwright community. Being drug-free includes not using tobacco, alcohol, illegal drugs, and misusing prescription drugs. The campaign is a week-long effort in which everyone shows their support for living drug free.

Red Ribbon Week is nationally recognized and celebrated and has become a symbol of support for the Drug Enforcement Administration's efforts to reduce demand for drugs through prevention and education programs. Red Ribbon Week generally takes place the last full week in October. By wearing a red ribbon during Red Ribbon Week, Americans demonstrate their ardent opposition to drugs.

Red Ribbon Week provides an opportunity for commanders and agency directors and chiefs to educate Soldiers and employees about the dangers of drugs. Suggestions for education may include:

- The truth about drug usage
- Different kinds of drugs and how they affect the body
- How the mind is affected by drug usage
- Getting caught with drugs (jail, jobs, friends, Family)
- How to deal with peer pressure
- Communities across the United

States will be participating in Red Ribbon Week activities.

The following are a few of the ways communities are showing their support:

- Asking commanders, mayors and governors to issue Red Ribbon Week proclamations
- Placing red ribbons and bows all over your community to raise awareness
- Encouraging your local media to highlight Red Ribbon Week and its purpose
- Wearing a red ribbon
- Encouraging your church to emphasize the Red Ribbon Week campaign message
- Designing a pledge to stay drug-free card or poster and encourage everyone sign it
- Wearing red all week

Red Ribbon Week offers an opportunity for individuals and communities to take a stand against drugs. Each year during the last week in October, more than 80 million young people and adults show their commitment to a healthy drug-free life by wearing or displaying the Red Ribbon. Next week we'll have an article about the origin and history of Red Ribbon Week.



## Pets blessed as part of St. Francis celebration

Trish Muntean, Fort Wainwright PAO

"We wanted to bring people together who love animals," said Chaplain (Capt.) John Brocato, about the Blessing of the Pets service, Oct. 4 at the Southern Lights Chapel.

The Blessing of the Pets is usually held on or about the feast day (Oct. 4) for St. Francis of Assisi in Catholic parishes around the world. This custom is observed in remembrance of St. Francis of Assisi's love for all creatures, according to [www.americancatholic.org](http://www.americancatholic.org)

Amber Rozen, wife of Spc. Russell Rozen, 539th Transportation Company, heard about the pet blessing from a neighbor. "I thought it would be kind of cool to come out and get my dogs blessed," she said. She brought her dogs Bongo,

a boxer mix, and Dexter, a six-month-old mastiff.

Erin Turner, the wife of Sgt Eddie Turner, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, brought her black lab mix Ella out after hearing about the event from Brocato. It was the first time she had been to a ceremony of that type, but was happy she came.

Although Heidi Livengood has lived in Fairbanks since 1986, it is the first time she and her Family have brought pets out to be blessed. She and her children brought their Great Pyrenees Beauregard and one of their cats to the service.

Chaplain (Capt.) John Brocato, troop support chaplain for Fort Wainwright and the Catholic priest



Chaplain (Capt.) John Brocato, blesses Bongo and Dexter, pets of Amber Rozen, wife of Spc. Russell Rozen, 539th Transportation Company, during the Blessing of the Pets service, held Oct. 4 at the Southern Lights Chapel. (Photo by Trish Muntean/Fort Wainwright PAO)

for the installation said he hopes to make the event an annual one.

"It's going to get bigger and better," he said. "We are hoping to have more of the community programs when we do it next year. The vet clinic came out which is

really nice and they have some services they are going to offer next year."

It will be a good opportunity to connect with others, even those who don't have faith will be welcome to have their pets blessed, he said.

## WINTER: Are you ready?

## Driving in Alaskan winters:

Its more than a trip, it's an adventure with a plan

Continued from page 1

Pets also need to be properly dressed for winter to avoid frostbite.

A lot of the information and most of the questions during September's briefing were about preparing a vehicle for winter. Sanches explained the basics needed so cars would start at even the worst of weather and the differences between types of tires.

The importance of completely clearing all the snow off a car was discussed and a suggestion was given that a lot of time and aggravation can be saved if you activate the panic alarm on your car to make sure it is yours before you clean it off.

If your Family is properly dressed for an Alaska winter, your car is properly prepared, and you learn to slow down your driving habits you should be able to get through the winter without serious incident or injury, he said.

But if the worst should occur, there was information about what to keep in a vehicle's emergency kit and even some free handouts for the kit.

If there is nothing else that people take away from the briefings, Sanches wanted to emphasize that people should not be in a hurry while out and about driving, that they should learn to slow down, as the roads are mostly ice during the winter here. He said that if you can slow down and anticipate what the other drivers will do you should have a safe winter.

The next "Welcome to Winter" briefing will be Wednesday at 6 p.m. at the Last Frontier Community Activity Center. All are welcome and no reservations are required. For more information call Sanches at 353-7079 or James Askew at ACS, 353-4333.

The staff of the Safety Office can also do a training session for groups on site.



As winter closes in on Interior Alaska, motorists must change their driving tactics. The environment provides less light during travel to and from work and schools and road surfaces become slick. Take some time to rediscover how to safely stop and accelerate. Snowfall and ice fog become impairments when needing to arrive on time. Trusting the winterization level of a vehicle and being aware of the maintenance involved is a must. Changing out summer emergency travel kits to cold weather will help greatly for unexpected problems. (File photo)

## EXCELLENCE: Stryker Soldiers vehicle recovery course

Continued from page 1

"The Hotel 8 course is designed to provide recovery Soldiers with the tools to perform combat recovery operations safely and efficiently," said Lt. Col. John McMurray, commander of 25th Brigade Support Battalion.

The course was offered to light and heavy-wheeled mechanics and utilized both a classroom portion and a hands-on field exercise.

The three-day course encompassed more than 80 hours of training that focused on rigging, recovering and towing wheeled vehicles.

"The course allows Soldiers to refresh on techniques that they may not use every day while allowing them to learn new equipment," said Pfc. Brandon Locke, a Frazeyburg, Ohio, native, and mechanic assigned to the 1-25th SBCT.

"This course is an 80-hour program of instruction that not only challenges the Soldiers academically, but also provides some of the best hands-on recovery instruction a commander could ask for," McMurray said.

The field exercise was the highlight of the event and it required Soldiers to use their hands on training to successfully recover a tractor trailer from a large 'mire pit,' a pit filled with mud.

The dirt and water mixture mixed with heavy equipment proved to be a mechanic's dream.

"It was awesome to get out there and have a little bit of fun while still doing some good 'high-speed' training," Locke said, laughing.

Locke said that although the course was enjoyable for most of the mechanics it wasn't all fun and games. He insists that the training and lessons learned were well earned and at the end of the day will translate to mission success on the battlefield.

After successfully graduating the course Soldiers received an



Mechanics with 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, work to rig up and recover a tractor trailer from a mire pit during the Vehicle Recovery Course at Kandahar, Afghanistan, Sept. 28, 2011. (U.S. Army courtesy photo)

Army additional skill identifier known as H8. For mechanics obtaining the H8 identifier is a benchmark that very few reach and for the 'Arctic Wolf' mechanics it makes a mark reached by only 24 mechanics throughout the more than 4,000-Soldier brigade.

"The course puts you above everybody else in your class," Locke said.

This was only the second time that the course was offered at KAF. Typically deployed Soldiers are forced to travel to Bagram, often times making the course an unreasonable solution to battlefield proficiency.

Lt. Col. John McMurray, commander of 25th Brigade Support Battalion, brought the program to KAF to increase awareness, efficiency and the overall survivability of both Soldiers and vehicles in a combat environment.

McMurray and the 25th BSB hope to make the course more frequently available and continue to improve safety and survivability of each Soldier and piece of equipment through similar training opportunities.

McMurray said, "As we go into the rainy season here in Afghanistan or as we call it here in the 25th BSB, 'Stryker recovery season', I am confident that I have the best 24 H8 qualified recovery specialists on the battlefield."

## Army rescinds decal requirement

Staff Report, Fort Wainwright PAO

Recently, the Department of The Army rescinded the requirement for vehicle registration and the display of DoD Form 2220 (DoD Decals) through the issuance of ALARACT 343/2011. The Fort Wainwright Directorate of Emergency Services will no longer require persons in possession of a DoD or Fort Wainwright ID card to register their vehicles or to display DoD decals on vehicles including motorcycles. While the requirement to have and display decals has been eliminated the end result will be that the road ways of Fort Wainwright will be safer as greater assurances will be taken to ensure that drivers are current on the requirements of AR 190-5 and the Alaska Statutes.

Drivers will be randomly checked to ensure that they are in compliance with the requirements of Army Regulation 190-5 which requires drivers to be properly licensed, have automobile insurance that is in effect, and that the vehicle being operated has a current registration with the Department of Motor Vehicles of any U.S. state or territory. Soldiers, DA Civilians, or Family members that presently have DoD decals affixed to their vehicles may at their discretion remove and discard the decals being sure to ensure the decals destruction. Visitors that come to Fort Wainwright that are not affiliated with DoD will still be required to provide a current drivers license, proof of automobile insurance, and current vehicle registration documents in order to receive a visitor pass to enter the installation.

## D6 AFAP Update: Progress on top priorities, new process requirements



Lt. Gen. Rick Lynch, commander of Installation Management Command

September's Army Family Action Plan review session showed progress on the top-priority 2011 Army AFAP Conference issues, including survivor identification cards and child care fees.

The session also identified adjustments to AFAP that will better align the process with the Army's cost culture.

Every month I meet with subject matter experts from across the Army to review the status of issues submitted through the AFAP process to determine if they are achievable. This review session focused on the 16 new issues identified by AFAP delegates during the February 2011 Army AFAP Conference in Arlington, VA.

The top issue identified to senior Army leaders during this year's conference was issue No. 667, which recommended that ID cards of surviving children with an active duty sponsor annotate both active duty and Survivor status.

Surviving Family members have been required to present both an active duty ID card and survivor status documentation to receive Survivor services. The requirement for additional documentation often resulted in emotional stress for Survivors, as it caused them to relive their loss.

To address this concern, the Department of Defense Human Resources Activity has authorized the use of a "dual status" over-stamp on ID cards of surviving Family members. Business processes are now being put in place to ensure correct implementation throughout the Army.

Another AFAP success story is the work toward resolving issue No. 671, which seeks to cap military child development program fees

at 25 percent of a Family's total income. The Army Child and Youth Fee Policy will require that Families who pay more than 25 percent of their monthly income for childcare be immediately informed of the financial hardship waiver process and provided information on how to apply at registration. The projected date for this policy change is Nov. 1.

To track this or any other issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices/> and search by issue number or key word.

While we are making progress on some issues, such as 671 and 667, others are unachievable due to current fiscal constraints. As our funding shrinks, we have to be even better stewards of our resources and ask ourselves three fundamental questions: Do we really need it? Is it worth the cost? What are we willing to do without?

These questions must become part of our culture as we move forward in this period of reduced resources. Therefore, the Army now requires that new issues introduced into the process be accompanied by the estimated cost and a recommendation to offset the cost. We strongly encourage those who have suggestions for improving the quality of life for the Army community to continue to submit new issues, but with an eye towards how their suggestions can be paid for.

Our bottom line is clear: the Army's commitment to Soldiers and Families endures. How we get to that bottom line changes with our resources. AFAP continues to play a vital role in identifying what is important to the Army community, which is critical to how we decide to make the most of our resources.

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

### Friday- 14th

**STORY HOUR and CRAFTS: HEALTHY DESSERT DAY**, 4 p.m., Library, Building 3700. Call 353-4137.

**OPEN ICE SKATING**, 5:30 to 7:45 p.m., Physical Fitness Center-Ice Rink, Building 3709.

### Saturday – 15th

**GEO-CACHING**, 1 to 4 p.m., Outdoor Recreation Center, Building 4050. Call 361-4089.

**COMMUNITY CPR AND FIRST AID**, 9 a.m. to 3 p.m., Youth Center, Building 4109. Call 361-7713.

**GROUP CYCLING CLASS**, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

**STORY HOUR AND CRAFTS: HEALTHY DESSERT DAY**, 10:30 a.m., Library, Building 3700. Call 353-4137.

**KID CRAFTING**, 10:30 a.m. to noon, Arts and Crafts Center, Building 2727. Cost is \$5, for ages 8 to 11 with parent. Call 353-7520.

**FLY TYING CLINIC**, 1 p.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.

**PARENT'S DAY OUT-SUPER SATURDAY**, three sessions, Child Development Center I, Building 4024. Register and pay by Oct. 7. 9 a.m. to 1 p.m., Cost \$16; 1 to 5 p.m., Cost is \$16; 9 a.m. to 5 p.m., Cost \$32 Call 361-7713.

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709.

**CHESS CLUB**, 3 to 5 p.m., Last Frontier Community Center, Building 1044. Call 353-7755.

### Sunday-16th

**OPEN ICE SKATING**, 1:30 to 4 p.m., Physical Fitness Center-Ice Rink, Building 3709.

### Monday- 17th

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7294.

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

### Tuesday- 18th

**GROUP CYCLING CLASS**, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

**PRIME TIME FITNESS CLASS (SENIORS)**, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

**GROUP CYCLING CLASS**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

**FUNCTIONAL STRENGTH AND CONDITIONING CLASS**, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call 353-1994.

### Wednesday- 19th

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7294.

**CARDIO SCULPT CLASS**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

**WELCOME TO WINTER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-4227.

### Thursday- 20th

**GROUP CYCLING CLASS**, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

**PRIME TIME FITNESS CLASS (SENIORS)**, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7294.

**AURORA SPOUSES**, noon to 1 p.m., Army Community Service-Training Room, Building 3451. Call 353-4227.  
**GROUP CYCLING CLASS**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7294.

**BOUNCY HUT NIGHT**, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755. (Ages 4 to 12 with parent)

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

**FUNCTIONAL STRENGTH and CONDITIONING CLASS**, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call 353-1994.



#### Finish line

Spc. Marcos Munoz, 472nd MP, Co., confidently crosses the finish line of the 2011 Army Ten-Miler Sunday in Washington, D.C. Munoz was one of two Fort Wainwright Soldiers to participate in the annual event, which started and finished at the Pentagon. (Photo by Mary M. Rall/U.S. Army Alaska)

## Admission for open recreational ice skating



#### Individual daily fees

4 years and under, free

Ages 5 to 17, \$2.50

Adults, \$3.50

Family of four or more, \$8

Skate rental, \$1.50

Call 353-7294 for more information.

## TRANSPORTATION: Drivers receive top Army award

### Continued from page 1

The retired Air Force chief master sergeant summed it up in simple terms: "We know our jobs and we do it," Thomas said.

When he became the crew leader Castellaw set a goal to provide the necessary educational opportunities available and put together a well-trained staff of professional drivers, they have accomplished that goal.

"I am very proud of the TMP drivers because

of their constant vigilance when operating a vehicle during some of the most dangerous road conditions that anyone can encounter," said Mary Kay, director of logistics, "They are entrusted with safely transporting Soldiers and their equipment during some of the harshest winter driving conditions in the world."

"They continuously make safety their number one priority," she said, "they truly deserved to be nominated and receive the IMCOM Pacific Region Safety Award."

Other drivers on the team contributed to the overall total with individual accomplishments: Stephen Ball – 13,885, Paul Frone – 11,281,

Luther Gripper – 12,545, Gregory Handy – 7,555, Steve Huisman – 13,204, Norman Jones – 11,831, Thomas Klumb – 16,663, Kirk Manley – 15,094, Benjamin Merrell – 4,322, Rodney Schulte – 7,686, Marvin Williams – 17,174.

The entire crew is extremely proud of what they accomplished, but moving Soldiers and equipment in a safe manner remains a priority. "I consider every passenger a customer and precious cargo. I take pride in being a professional and knowing I am trained to get from point A to be B now matter what the conditions. It is all part of being prepared," said driver Stephen Ball.

## For your information

### BREAST CANCER DETECTION

### CHILD FIND SCREENINGS

#### DOMESTIC ABUSE AWARENESS MONTH

The Family Advocacy Program would like to designate Tuesdays in October as Wear Purple Day in recognition of Domestic Abuse Awareness Month.

#### 29TH ANNUAL HOLLY DAYS BAZAAR

Community Spouses' Club 29th Annual Holly Days Bazaar takes place today and tomorrow. The Holly Days Bazaar features only handcrafted or handmade items and is filled with artisans of every kind.

Fort Wainwright's CSC is open to new members and appreciates volunteers. Contact information is also available on the CSC website, [www.wainwrightcsc.org](http://www.wainwrightcsc.org).

#### NON-APPROPRIATED FUNDS SALE

Family and Morale, Welfare and Recreation will hold a non-appropriated funds sale, Oct. 21 from 5 to 9 p.m. and Oct. 22 from 9 a.m. to 2 p.m. at the School Age Services building, 4391 Neely Road. For more information call 361-7258.

#### COMBINED FEDERAL CAMPAIGN

Fort Wainwright's annual Combined Federal Campaign continues through Oct. 21. CFC key workers are collecting donations from Soldiers and civilian employees. According to unit reports, contact rates are less than 50 percent with two weeks remaining in the installation campaign. Some units and offices have achieved the installation 2011 goal: 100 percent contact. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. CFC is the world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. To request a CFC Charity List and/or a CFC pledge form, please contact a key worker or Cindy Blum, 353-7633.

#### ALASKA POST SUBMISSIONS

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 459-7548.

Please join Bassett Army Community Hospital and the Breast Cancer Detection Center of Fairbanks at the Breast Cancer Awareness Fair tomorrow at 9 a.m. to 2 p.m., at Bassett Army Community Hospital's Primary Care Lobby, 1st floor. This is a day for the military community of Alaska to rally together in support and honor of those battling breast cancer.



## For the fallen

The honor guard stands at parade rest during the memorial ceremony for four fallen Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division at the Southern Lights Chapel. Family members, fellow Soldiers, friends and community members came together Oct. 6 to remember and pay respect to Spc. Ryan J. Cook, Sgt. Rodolfo Rodriguez Junior, Sgt. Timothy D. Sayne and Pfc. Brett E. Wood. All died of injuries sustained in Afghanistan when insurgents attacked their units using improvised explosive devices. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

The Exceptional Family Member Program and the Alaska Early Intervention Program have partnered together to bring Child Find Screenings to Fort Wainwright. If you are concerned about your child's development and the child is up to 36 months of age, we encourage you to attend. Screenings include vision and hearing. Screenings are scheduled for Nov. 8 and March 6, 2012 at the Child Development Center I, Building 4024. Times are 8:30 a.m. to noon for appointments only and 1 p.m. to 4 p.m. for walk-ins. To schedule an appointment or for more information, call the Alaska Early Intervention Program at 456-4003, extension 0.

## LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Pvt. Danny Chen, of Charlie Company, 3rd Battalion, 21st Infantry regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment, may contact 1st Lt. James Desjarlais, Building 3409, 1-25th SCBT Rear Detachment, Fort Wainwright, Alaska 99703 or phone 353-2007.

Anyone having claims against or who is indebted to the estate of Spc. Ryan Cook, of 3rd Battalion, 21st Infantry regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment, may contact Capt. Donald Smith at 361-2211. Send mail to: Capt. Donald Smith, 1st Battalion, 24th Infantry Regiment, Fort Wainwright, Alaska, 99703.

Anyone having claims against or who is indebted to the estate of Spc. James Paquette of C Company, 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade may contact Alaska Casualty Assistance Center at 384-3811.

#### BUILDING RESILIENCE IN THE ARMY FAMILY

Don't deal with a problem alone. In case of emergency, dial 911. To speak with someone in the local area, call Careline Crisis Intervention, 452-4357. After Duty Hours Chaplain, 353-4182 or 353-4180; Fort Wainwright Bassett Army Community Hospital Emergency Room, 361-5491; Police Desk, 353-7710; Toll-free Careline Crisis Intervention (877) 266-4357; Military OneSource, (800) 342-9647 or the National Suicide Prevention Lifeline (800) 273-8255 or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

## Week 5 in the Alaska Post football series



**Bear**

55 Wins / 22 Losses

CAR @ ATL ATL  
 JAC @ PIT PIT  
 PHI @ WAS PHI  
 STL @ GB GB  
 BUF @ NYG BUF  
 SF @ DET DET  
 IND @ CIN CIN  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI CHI  
 MIA @ NYJ NYJ



**Brain**

50 Wins / 27 Losses

CAR @ ATL ATL  
 JAC @ PIT PIT  
 PHI @ WAS PHI  
 STL @ GB GB  
 BUF @ NYG BUF  
 SF @ DET DET  
 IND @ CIN CIN  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI MIN  
 MIA @ NYJ NYJ



**BrowBrose Salsa**

49 Wins / 28 Losses

CAR @ ATL CAR  
 JAC @ PIT PIT  
 PHI @ WAS WAS  
 STL @ GB GB  
 BUF @ NYG BUF  
 SF @ DET DET  
 IND @ CIN CIN  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI CHI  
 MIA @ NYJ NYJ



**Jones Bros**

47 Wins / 30 Losses

CAR @ ATL CAR  
 JAC @ PIT PIT  
 PHI @ WAS WAS  
 STL @ GB GB  
 BUF @ NYG BUF  
 SF @ DET DET  
 IND @ CIN IND  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI CHI  
 MIA @ NYJ NYJ



**Steve Tate**

46 Wins / 31 Losses

CAR @ ATL ATL  
 JAC @ PIT PIT  
 PHI @ WAS PHI  
 STL @ GB GB  
 BUF @ NYG BUF  
 SF @ DET DET  
 IND @ CIN CIN  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI CHI  
 MIA @ NYJ NYJ



**Ed Urbi**

45 Wins / 32 Losses

CAR @ ATL CAR  
 JAC @ PIT PIT  
 PHI @ WAS WAS  
 STL @ GB STL  
 BUF @ NYG NYG  
 SF @ DET DET  
 IND @ CIN IND  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB TB  
 DAL @ NE DAL  
 MIN @ CHI MIN  
 MIA @ NYJ MIA



**A - Team**

45 Wins / 32 Losses

CAR @ ATL ATL  
 JAC @ PIT PIT  
 PHI @ WAS WAS  
 STL @ GB GB  
 BUF @ NYG NYG  
 SF @ DET SF  
 IND @ CIN IND  
 CLE @ OAK OAK  
 HOU @ BAL BAL  
 NO @ TB NO  
 DAL @ NE NE  
 MIN @ CHI CHI  
 MIA @ NYJ NYJ

## NFL continues "A Crucial Catch" campaign, wearing pink and purple – That's what I'm talking about

Allen Shaw, Fort Wainwright PAO