

# ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 3

Fort Wainwright, Alaska

January 20, 2012

## Guard assists Alaska community buried in snow

Maj. Guy Hayes, Alaska Department of Military and Veterans Affairs Public Affairs



Alaska National Guardsmen shovel snow from around a building in Cordova, Alaska, Jan. 9. There are currently 57 National Guardsmen assisting citizens in this small Alaska town dig out from a series of winter storms. (Photo by Spc. Balinda ONeal)

Alaska National Guard members arrived in Cordova Sunday afternoon Jan. 8, to help the citizens in this small Alaska town dig out from a series of winter storms.

Termed "Operation Deep Dig," 57 Alaska National Guardsmen arrived on the state's ferry system with shovels in hand ready to assist but keeping safety the number-one priority, according to Alaska Army National Guard Capt. Chad Ausel, commander, 761st Military Police Company.

"As soon as we got here, we identified a priority list for safety and familiarization training with Cordova. We asked for a subject-matter expert on how they've cleared snow here safely and then completed training on harnesses, ropes and knots to make sure the Guardsmen are trained to do the mission safely," Ausel said.

With training complete, Ausel is now focused on getting his Soldiers out in the community to assist wherever they're needed.

"We have everything staged, equipment ready and the Soldiers are ready to go," Ausel said. "The city officials identified three locations this morning, and we're going to stay in squads to clear those areas."

With more snow and rain on the way, the Alaska National Guard has arrived at a crucial time to assist before things potentially get worse. "We are concerned about heavy and wet snow on roofs," said Allen Marquette, public information officer with the city of Cordova. "Some structures have already collapsed. We are trying to get those prioritized and shoveled off and assist residents in anticipation of the new snow and rain that's coming."

Mayor Jim Kallander of Cordova also commented on the response to his community and how pleased he is with the assistance the City of Cordova has received from the state.

"I can't say how impressed I am with the homeland security response, the governor's office response and now the National Guard is stepping up to the plate," Kallander said. "It's exactly what we needed."

As the first military responder in all domestic emergencies, the Guard is focused on doing everything it can to help the community, and according to Ausel, Guardsmen will stay as long as they're needed.

"We hope to leave Cordova in a better situation," Ausel said. "If that means staying here until the next snow storm goes through, then we will. I'm very proud of my Soldiers and the job they've done so far. They are

working with a sense of urgency and are very proud to serve the community down here. This is why they signed up to serve in the National Guard."

## Cook provides morale to fellow Soldiers

Sgt. Nazly Confesor, 319th Mobile Public Affairs Detachment

For any deployed soldier in the outskirts of southern Afghanistan, the basic needs of food, water and proper hygiene are vital ingredients to keeping them motivated and on the move.

Deep in the village of Do'ab near the tip of the horn of the Panjwa'i district lies a

small combat outpost where U.S. Army Spc. Curtis Bess prepares hot chow for his fellow comrades in a tiny kitchen compartment, known as an expeditionary TRICON kitchen system.

See COOK on page 6



Spc. Curtis Bess, a food service operations specialist assigned to Headquarters and Headquarters Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, prepares the grill before feeding the Soldiers of 1-5th at Combat Outpost Lion in southern Afghanistan, Jan. 2. Bess, a Daleville, Ala. native, prepares breakfast and dinner items everyday in an Expeditionary TRICON Kitchen System; a small kitchen facility designed for field cooking. (Photo by Sgt. Nazly Confesor/319th Mobile Public Affairs Detachment)

## Fort Wainwright Climate survey - speak your mind

Staff Report, Fort Wainwright PAO

Your input and insight is an essential ingredient for making improvements throughout the garrison. The Installation Management Command - Pacific Command Climate Survey is now available online for employees to present honest and direct opinions of the garrison work and management environments. Log onto, <https://portal.usarpac.army.mil:36000/IMCOM-PACIFIC> to begin the survey under the title "IMPC CY11 Climate Survey". For non-CAC card holders or those without routine access to a computer, a hard copy of the Command Climate Survey can be obtained from your director. To turn in hard copies; Turn in to a central POC identified by your chain of command,

send it through distribution using the address: ATTN: PIAO, 1060 Gaffney Road, 6000, drop off in ICE boxes, call Nancy Bahr for pick up or visit her office in person to deliver your survey at Building 1555, Room 101A or fax to PAIO at 353-6848. Also a special site for individuals without CAC access will be available soon.

For more information or concerns contact Nancy Bahr at 353-7629 or Andy McDonough at 353-9746.



## WEEKEND WEATHER



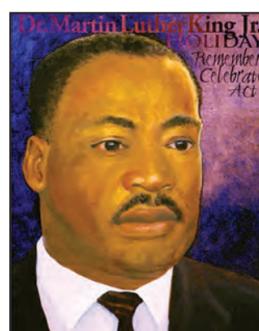
**Friday**  
Clear  
East winds  
Low -30  
High -10



**Saturday**  
Mostly cloudy  
Light winds  
Low -30  
High -15



**Sunday**  
Partly cloudy  
Low -40  
High -25



Remember, Celebrate, Act,  
- a day on, not a day off.

## Observance of Dr. Martin Luther King Jr. Day

Rev. Fred Wilson of Fairbanks will be the guest speaker at the post's 2012 observance of Dr. Martin Luther King, Jr.'s birthday Wednesday at 1:30 p.m. at the Physical Fitness Center. The event is sponsored by Dental Activity-Alaska.

See article on page 2

# Army leadership: Hazing not compatible with army values

You should be aware of recent allegations of hazing within the ranks of our Armed Forces, and we want to take this opportunity to clearly address these troubling reports. We echo the emphasis that Secretary of Defense Panetta and Chairman Dempsey have placed on this matter. Every Army professional has a personal obligation to prevent hazing and ensure that we treat all of our comrades in arms with dignity and respect.

Hazing is not compatible with Army Values. The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders. Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk.

Hazing, in any form, has no place in our Army and will not be tolerated. This applies at all levels to all Active, Guard and Reserve Soldiers, Civilians and contractors.

This is not new. Hazing has been explicitly prohibited by Army Regulation 600-20 and the Uniform Code of Military Justice for many years. Individuals who participate in, allow or condone hazing may be subject to disciplinary action that may include nonjudicial punishment or court-martial.



We recognize that leaders must enforce standards and exercise strong leadership and that this may include organizing team-building activities. This does not, however, allow for any activity that crosses the line and results in an abuse of power and deliberate humiliation. Effective leaders must never participate in, allow or condone hazing. We expect every member of the Army, military and civilian, to vigilantly guard against any form of hazing and to report any incident of hazing to the chain of command.

As stated by Secretary Panetta, this has a direct impact on force readiness. At this point in our Nation's history, the stakes are simply too high for us to fail. Our professional values are one of the essential components that make us who we are - the best Army in the world and the Strength of the Nation.

Army Strong!

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander

# Nutrition, new year and you starts now



We have made it through the holiday weight-gaining season and many of us have made New Year's resolutions to lose weight and exercise more. This makes the timing right for National Healthy Weight Week, Jan. 21 through 27. With this in mind I wanted to let you know a bit about our Nutrition Care Division.

NCD can help you meet your healthy lifestyle goals.

Our NCD is committed to improving the health, wellness and medical readiness of our service members, beneficiaries and community through quality food service, medical nutrition therapy, education and health promotion. Our dietitians and nutrition care specialists work directly with you by providing nutrition assessments and therapeutic diet education. NCD is also available for community speaking and education events, such as health fairs, wellness programs and Family Readiness Group functions.

NCD also offers group classes, including:

- Weigh to Stay, active duty weight control; offered the first Wednesday of every month (third floor conference room);
- A weight management program for veterans, VA MOVE!; offered the first Thursday of every month with the Veterans Administration Clinic;
- Diabetes, cholesterol, hypertension, and tobacco cessation classes are offered monthly through the Arctic Health Link; for the schedule or more information, call 361-4148.

As an added service to you, beginning in February, Capt. Ericka Cisco, and Elizabeth Anderson, registered dietitians, will be facilitating a wellness support group meeting Wednesdays at noon from Feb. 1 to March 7 in conference room A, Bassett's third floor. Discussions and education covering basic nutrition and goal-setting, exercise, heart health, eating styles, dining out, meal-planning and recipe-swapping are planned. No referrals are needed.

For an individual who needs an appointment, no consult is required for general nutrition, sports nutrition, vegetarian diets, cholesterol education, weight management, and prenatal nutrition. If you have any other specific needs or complicated diagnosis, a referral from your primary care provider is preferred, in order to ensure you receive the appropriate services. To book appointments with the dietitian, call 361-5768.

For more information on, upcoming health fairs or community events, please contact our Nutrition Clinical Services Department at 361-5276.

For more information, or to reserve space in VA Move, call 361-6370 ext. 1. For more information about the program, go online to [www.move.va.gov](http://www.move.va.gov). As always, we look forward to working with you to ensure your health needs are met. Never hesitate to stop by or call with any questions you may have.

# Dr. Martin Luther King Jr. observance; remember, celebrate, act

Staff Report, Fort Wainwright PAO

Rev. Fred Wilson of Fairbanks will be the guest speaker at the post's 2012 observance of Dr. Martin Luther King, Jr.'s birthday Wednesday at 1:30 p.m. at the Physical Fitness Center. The event is sponsored by Dental Activity-Alaska.

Though the federal holiday has passed, this observance serves as a day to reflect on those struggles endured, lives lost and triumphs won in the pursuit of a better life for the nation and our nation's children.

Monday was Martin Luther King Day, a federal holiday observed

every third Monday in January. It is a day set aside to remember Dr. King, his dedication and his life to promoting justice, equality and dignity for all humanity. The lasting theme of this holiday, "Remember, Celebrate, Act, - a day on, not a day off," is a reminder that it is not just a paid holiday off from work or not having to attend school, but a day devoted in service to our community and our fellow man.

Martin Luther King, Jr. was born Jan. 15, 1929, son of a pastor and grandson of sharecroppers. He finished high school early at

15 and went onto college, graduating with a bachelor's degree in sociology and divinity.

Later he would earn a Doctorate of Philosophy degree from Boston University.

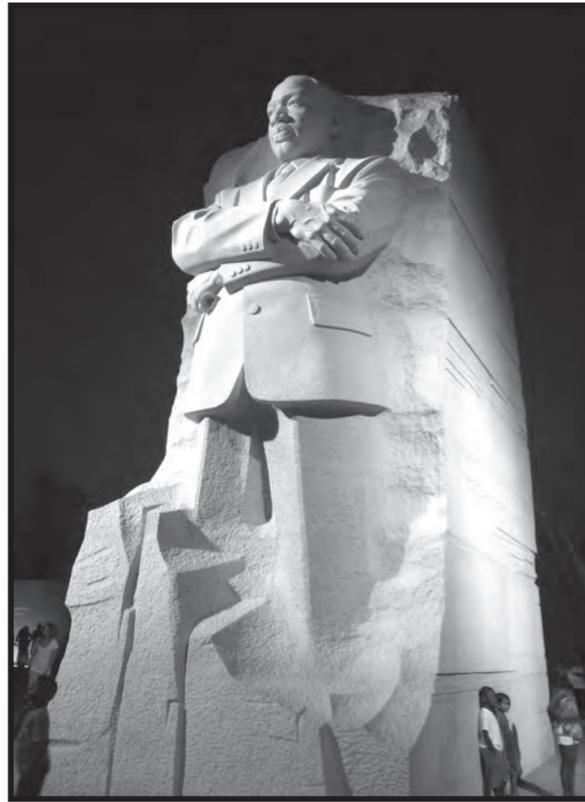
In June 1953, Martin Luther King, Jr. married Coretta Scott and become a pastor the next year, following his father's work in ministry.

From 1955 until his assassination in 1968, Dr. King promoted equality and spoke out against social injustice. His efforts in nonviolent demonstrations against oppression

changed the course of American society and he was awarded the Nobel Peace Prize in 1964 for his work.

In 1968, Martin Luther King, Jr. lost his life at the hand of an assassin. That same year Congressman John Conyers, Jr., a Michigan Democrat, introduced legislation to make King's birthday, Jan. 15, a federal holiday.

From 1968 on, it took numerous petitions from Mrs. King and many supporters to push the legislative bill onward. It wasn't until 15 years later that Congress was able to pass the bill. President Ronald



Young children stop to have their picture taken with the memorial statue of Martin Luther King, Jr. in Washington, D.C. Drawing from Dr. King's own rich metaphorical language, the themes of "the Man, the Movement and the Message" are intertwined into a larger experience of place. (Photo by U.S. Army Sgt. Earl Scott)

Reagan signed the King Holiday Bill into law Nov. 2, 1983, where Mrs. King was quoted just after the signing, "This is not a black holiday; it is a people's holiday," she said, emphasizing the fact that Dr. King fought for the civil rights of all peoples, not just black Americans. The first official holiday wasn't observed until the third Monday of January 1986. South Carolina became the last state to sign a bill recognizing Martin Luther King Jr. Day as a paid holiday in 2000.

Though signed into law over 23 years ago, the holiday has just recently become a holiday for all people throughout America.

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Home of the Arctic Warriors

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# End 2012 more fit than at the start, Fort Wainwright Sports, Fitness and Aquatics programs

Trish Muntean, Fort Wainwright PAO

Every year, millions of people make a New Year's resolution to lose weight and get in shape. And, every year, many of those people fail to meet their goal. The Fort Wainwright Sports, Fitness and Aquatics program offers tools to help to help turn past failures into successes.

"Bad eating habits are common. It is easy to let things slide when it comes to food because we live in a fast-paced society," said Heidi Watkins, fitness coordinator.

Watkins said the five most common habits to break this New Year are: eating on the run, eating too-large portions, using food to relieve stress, skipping meals and eating too close to bedtime.

"People have such a hard time sticking to New Year's resolutions because breaking bad habits takes time, commitment and consistency. There is no magic pill, diet or workout that is going to turn you into a supermodel overnight," Watkins said. "You plus hard work equals positive healthy lifestyle changes."

"There are a couple of important points to remember about fitness that I hope will motivate people to get started or to press on," Watkins said. "First, everyone has to start somewhere. Even the most defined and dazzling person in the gym had a first day. Second, anybody who walks through our doors has the physical and mental potential to do great things. Whatever your goals are, with a little patience and dedication you can achieve optimal health."

Watkins said the Physical Fitness Center and Melaven Gym provide several no-cost services that can help users assess their current condition and get them set in motion for a lifetime of fitness.

"For individuals who are just starting or re-starting a new fitness endeavor, it is important to find someone who can help them learn the basics," Watkins said. To meet that need, Fort Wainwright has personal trainers available. Watkins is one of them. The coordinators are free and are available on a first-come, first-served basis or by appointment.

"During a first training session, we talk about goals," she said. "If an individual has already set goals, I have him or her take a closer look and break them down into stairstep goals. Breaking larger or long-term goals down

in to stairstep goals makes for more positive achievements, more internal motivation and in turn, greater behavioral changes. If a client is starting from scratch, I will have him or her write S.M.A.R.T. goals. In essence, the acronym S.M.A.R.T is a guideline that helps determine what you want and exactly when and how you plan to get it. S.M.A.R.T stands for: Specific, Measurable, Attainable, Relevant and Time-bound.

Some classes include but are not limited to strength, jump-rope, cardio workouts, kickboxing, spin, Zumba, Fun with Step and others. FAME is offered only during the school calendar year.

If going to the gym for a workout is not an option, Watkins said that there are many instructional DVDs, as well as on instruction on the Internet and free on-demand television. Trainers at the gym can also develop a home program to

trainers can also develop a home program to meet the needs of an individual."

No matter if a person has previously made New Year's resolutions before and failed, success is within reach in 2012.

"The first thing to do is sit down and consider what you want to achieve by starting a new fitness or nutritional plan. Resolve to change today," Watkins said. "When you make a commitment, you are responsible for determining the reasons for the level of commitment in making positive healthy lifestyle changes."

Watkins said the second step is to write out a plan. "When you have specific, measurable, attainable, realistic and timely goals, you are more likely to meet them with success," she said. "Step three is to write it down." She recommends keeping a journal of your daily successes and progress.

Knowledge is power and Watkins said to check out magazines, books and Web pages for fitness trends and nutritional information that works for you. Be cautious of the word "diet" or people wanting to sell you quick-fix items.

The last part of this process is to actually commit to a healthy, sustainable nutrition and fitness plan.

"You have to make the changes, to see the changes. No one is going to do it for you," Watkins said. "Finally, you need to keep moving forward. Even when you fall off the wagon, it is critical that you get back on right away. Turn your failures into success."

"Again, this is a journey by foot, not by Lear jet," she said.



The Physical Fitness Center on Fort Wainwright provides various exercise types, from its indoor track for running, Racketball courts, cardio and weightlifting areas and full sized gym courts for volleyball and basketball. There is even an ice rink with skate rentals. (Photo by Allen Shaw/Fort Wainwright PAO)

"Gym orientation (the how-tos and wheres) is always included in my meetings," Watkins said. "I feel that it is vital to all clients to become to become masters of their own health and wellness - educating clients is just one more piece of that puzzle."

No matter how you want to exercise, the Fort Wainwright Sports, Fitness and Aquatics program offers tools to help to help turn past failures into successes. In addition to many group classes such as cardio-sculpt, hour of power, and functional strength and conditioning, F.A.M.E. classes will resume Monday.

This program was designed specifically for spouses by providing the opportunity to use the Melaven Gym, with the aid of CYSS providing on-site childcare. For a minimal fee, spouses can utilize morning childcare sessions with a free instructional exercise class. For spouses with no children, FAME is still for you!

meet the needs of an individual as well.

"If a person needs instruction, there are many great videos available not only as a DVD, but on the Internet and free On-Demand (GCI cable TV)," she said. "One of our knowledgeable personal

# Employee reports of unsafe or unhealthy working conditions

Douglas F. Harmon, Installation Safety Manager

Recently a report of an unsafe working condition was brought to the attention of the Installation Safety Office. It was reported anonymously due to fear of retaliation.

As the Installation Safety manager, I am concerned this perception exists. I can assure you this office will never retaliate for reporting any unsafe work condition. Retaliation for reporting an unsafe work condition is in violation of federal law.

29 Code of Federal Regulations, part 1960 28(b), requires employers to establish a "channel of communications between agency employees and those with responsibilities for safety and health matters, e.g., their supervisor, the agency safety and health official, safety and health committees, safety and health inspectors, the head of the agency, or the Secretary. These channels of communication are intended to assure prompt analysis and response to reports of unsafe or unhealthy working conditions in accordance with the requirements of Executive Order 12196."

The law further states the right of, and encourages an employee to report unsafe work conditions.

The report must be in writing either by the individual submitting the report or, in the case of an oral report, by the supervisor or official

mentioned above who receives the oral report. This report must contain the name of the employee or employee representative making the report. Upon the request of the individual making the report his or her name, and the names of those mentioned in the report may not be released to any person not authorized by the Secretary.

Additionally, it is unlawful for any adverse action against an employee filing a report of unsafe work conditions. AR 385-10, The Army Safety Program and DAP 385-10, Army Safety Program, provide guidance on Army Employee Hazard Reporting program using DA Form 4755 (Employee Report of Alleged Unsafe or Unhealthy Working Conditions). USARAK Regulation 385-1, United States Army Alaska Safety Program, requires commanders, managers, and supervisors to brief newly assigned personnel on unit hazard reporting procedures and locations of a DA Form 4755 within 30 days of assignment. If you have any questions or concerns please do not hesitate to contact any member of the Fort Wainwright Safety Office: Douglas F. Harmon, Safety Manager 353-6473, Greg Sanches, Safety Specialist, 353-7079, Robert Tanner, Safety Specialist, 353-7085, Timothy Mayhak, Safety Specialist, 353-7083. DA Form 4755 can be found online at [www.wainwright.army.mil/safety/CDSO%20Documents/DA%20Form%204755.pdf](http://www.wainwright.army.mil/safety/CDSO%20Documents/DA%20Form%204755.pdf).

## The Alaska Post Spotlight is on Megan Brown

Trish Muntean, Fort Wainwright PAO

With the 2012 NFL All-Star cheerleaders coming to town for Super Bowl weekend, Megan Brown, Family and Morale, Welfare and Recreation Special Events and Marketing, has given the Fort Wainwright military community one more thing to cheer about.

In the last year she has brought Dueling Pianos, the Murder Mystery Dinner Theater, Battle of the Bands, as well as comedy and musical shows and much more to entertain the community.

Of course she was entertaining people long before she took this job. Many people have seen her singing at FMWR events, but she started long ago. Like so many vocalists, Brown developed her talent singing in the church when she was very young. She continued through her teenage years and as she grew older she sang in several bands, both as lead and back-up. She continued singing in bands for many years and eventually went overseas to promote her music.

This is where she met her husband, Dennis Brown, who is assigned to Fort Greely Directorate of Emergency Services Plans and Operations section. They don't have children together, but he has two from a previous relationship, and one has made her a grandmother (with a second grandchild on the way).

Singing is not the limit of her abilities in the music industry. At one point or another she has been involved in many aspects of the entertainment industry, including talent management, promotions, marketing, booking agent, production team, the hospitality event management, producing and contracting. Those experiences helped to better prepare her for the job she does now.

Her ability to entertain is not limited to her singing. Brown is also known for her cooking skills and loves hanging out and cooking for friends. In fact, at one point in her life, she and her sister Paula Ambrose owned and managed the Café Soleil in Azle, Texas.

Although she loves what she does and what she has done, none of them is her dream job, she said. She would like to eventually work in talent contract management, including owning her own record label, large venue production team, in-house studio, music school and restaurant.

And if that weren't enough, she wants to continue volunteering and mentoring young people, knowing the impact other people can have in your life.

"There have been a lot of people in my life that have influenced me," Brown said. "I have met beautiful souls that are so strong, and don't allow anything to deter them from being



extraordinary human beings."

"I take my inspiration from any person that can still see the good in our world and push to make themselves better to those around them," she said. "I have been mentored by a few people that have taught me that failure is the ability to find success, and without it you would never develop into an exceptional person."

"Why be good when great is achievable?" she asked.

## Four teams primed for conference showdowns – That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

### Conference playoffs in the Alaska Post football series



**Bear**

177 Wins / 87 Losses

BAL @ NE NE  
NYG @ SF SF



**Brain**

175 Wins / 89 Losses

BAL @ NE NE  
NYG @ SF SF



**Steve Tate**

170 Wins / 94 Losses

BAL @ NE NE  
NYG @ SF NYG



**Jones Bros**

167 Wins / 97 Losses

BAL @ NE NE  
NYG @ SF SF



**A - Team**

166 Wins / 98 Losses

BAL @ NE BAL  
NYG @ SF SF



**BrowBrose Salsa**

165 Wins / 99 Losses

BAL @ NE NE  
NYG @ SF SF



**Ed Urbi**

159 Wins / 103 Losses

BAL @ NE NE  
NYG @ SF SF

As we huddled in front of the warm glow of our flat screens last weekend, four favorite National Football League teams gathered on the gridiron to take another step toward the ultimate championship game Feb. 5.

In an early matchup Saturday the National Football Conference New Orleans Saints and San Francisco 49ers exchanged punches late in the game to make it a close one. Just after San Francisco QB Alex Smith ran in a 28-yard touchdown to give his team the lead with 2-minutes 11-seconds left to play, the Saints high-powered offense marched down the field to reclaim the lead. Smith then connected on a couple crucial passes and finally fired a bullet to tight-end Vernon Davis in the end zone to capture a 36-32 victory with nine seconds left on the clock. The resurgent 49ers capitalized on five Saints turnovers to obtain the opportunity to move on.

In the other NFC matchup played Sunday the visiting New York Giants went to the frozen tundra of Lambeau Field and dethroned the reigning champion Green Bay Packers, 37-20. Giants quarterback Eli Manning threw for 330

yards and three-touchdown passes to defeat the highly-favored Packers.

The Giants will travel to San Francisco Sunday to determine who will represent at Super Bowl XLVI.

There were no surprises in the American Football Conference this week as Patriot quarterback Tom Brady and the New England defense adequately dispatched the old England tradition of tea time or Tebow-time, as the Bronco quarterback received plenty of attention from the opposition, ending the possibility of a another stunning comeback. Brady garnered the attention, the 45-10 victory and a record six-touchdown passes as he led his team with confidence and poise. The Patriots now have a chance to once again lay claim on another Super Bowl title.

The only thing currently standing in their way is the punishing Raven defense.

Linebacker Ray Lewis and safety Ed Reed scavenged four turnovers and stifled the Houston Texan attack as Baltimore beat them, 20-13. The Ravens will now fly to New England to take on the Patriots Sunday.

Five of the Fort Wainwright pickers only registered 50 percent this week and the other two were just plain bad. I admit I got caught up in Tebowmania and was expecting another miracle. A-Team was just trying to show some love to the Bronco-friend fans, but it was a long shot. As for Houston, the score was closer than the game and it was a good try for the Brain and his algorithmic thingy-mabob. But big props go out to Urbi for being the only one to pick San Francisco; that game could have gone either way, but he got the win. No one expected Green Bay would lose to the Giants, but it just goes to show – on anything given Sunday –anything can happen.

The stage is set for the conference championship and by Monday we will know who is playing for the coveted Lombardi Trophy - that's what I'm talking about.

As a story-teller I would like to see the brothers Jim Harbaugh, head coach of the 49ers go up against John Harbaugh, head coach of the Ravens. We will just have to see. Tell me who you think will win the Super Bowl. Write [allen.l.shaw6.civ@mail.mil](mailto:allen.l.shaw6.civ@mail.mil).



**Friday – 20th**

**EXCEPTIONAL FAMILY MEMBER PROGRAM BOWLING**, 6 to 7 p.m. Nugget Lanes Bowling Center, Building 3702. Open to participants in the EFMP. Cost is \$2.25 per game, shoes included. Call 353-4243.

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

**HUGGING DAY STORY HOUR and CRAFTS**, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

**ALYESKA SKI/SNOWBOARD ADVENTURE**, Jan. 20-22, Participants depart from the Outdoor Recreation Center, Building 4050 at 8 a.m. Cost is \$175 per person. Call 361-6349/6350.

**Saturday – 21st**

**CUDDLE CURE CLASS**, 10 a.m. to noon, Child Development Center I, Building 4024. Call 353-7713.

**PARENT'S DAY OUT-SUPER SATURDAY**, three sessions, Child Development Center I, Building 4024. Register and pay by January 13. Call 353-7713.  
9 am to 1 p.m., Cost is \$16  
1 to 5 p.m., Cost is \$16  
9 a.m. to 5 p.m., Cost is \$32

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

**KID CRAFTING**, 10:30 a.m. to noon, Arts and Crafts Center, Building 3727. Open to children ages 8 to 11 and cost is \$5 per person. Must be accompanied by a parent. Call 353-7520.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

**WOMEN IN THE WILDERNESS: COMPEAU'S TRAIL SNOWMACHINE RUN**, 8 a.m. to 5 p.m., Cost is \$50 per driver. If the temperature falls below -10 degrees, the trip will be postponed to a later date. Call 361-6349/6350.

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

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

**Sunday – 22nd**

**PROTESTANT SERVICES**, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

**CATHOLIC SERVICES**, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

**BOWLOPLIS KICK-OFF PARTY**, 2 p.m., Nugget Lanes Bowling Center, Building 3702. Open to participants ages 4 to 12. Call 353-2654.

**Monday – 23rd**

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

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

**Tuesday – 24th**

**GROUP CYCLING CLASS**, 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

**FUNCTIONAL STRENGTH and CONDITIONING CLASS**, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call Ben Ehlers at 353-9137.

**INDOOR ROCK CLIMBING**, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Registration is required. Call 361-6349/6350.

**Wednesday – 25th**

**WELCOME TO WINTER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**WILD WING WEDNESDAYS**, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

**BABY AND ME**, 2 to 3:30 p.m., Post Library, Building 3700. Registration is required. Call 353-4137.

**Thursday – 26th**

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

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

**FUNCTIONAL STRENGTH and CONDITIONING CLASS**, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call Ben Ehlers at 353-9137.

**FAMILY MOVIE NIGHT**, 5:30 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**INDOOR ROCK CLIMBING**, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Registration is required. Call 361-6349/6350.

**EXCEPTIONAL FAMILY MEMBER PROGRAM ROCK CLIMBING**, 6 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Open to participants in the EFMP. Cost is \$3. Call 353-4243.

**ROMP AND STOMP PLAYGROUP**, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. This activity is a partnership with ACS and CYSS. Call 353-7713 and 353-7856.

**MILITARY FAMILY COLLEGE NIGHT**, 5:30 to 7 p.m., Youth Center, Building 4109. Call 361-9377/9897.

**Friday – 27th**

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

**POP BUBBLE ART DAY STORY HOUR and CRAFTS**, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

**Saturday – 28th**

**TEEN LATE NIGHT**, 9 p.m. to midnight, Youth Center building 4109. Open to registered CYSS youth in grades 9th through 12th. Call 361-5437.

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

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7223.

**FAMILY TUBING DAY**, January 7, 1 to 7 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Events and activities subject to change depending on weather. Call 353-1998.

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

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

**Sunday – 29th**

**PROTESTANT SERVICES**, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

**CATHOLIC SERVICES**, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

**HELP STOP DOMESTIC VIOLENCE**



CALL  
388-2260

**NO NAME REQUIRED**

# COOK: Providing morale through meals to Soldiers

## Continued from page 1

The food service operations specialist and Daleville, Ala., native assigned to Headquarters and Headquarters Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division said having a

hot meal is a morale booster for soldiers.

"It's nice to see a huge smile on their faces when they are served a hot meal after a rough day," said the 25-year-old.

After cooking on different forward operating bases and combat outposts around southern

Afghanistan for almost eight months, Bess finally settled in COP Lion two months ago.

Waking before the sun and everyone else at COP Lion, Bess ensures his fellow soldiers of A Company, 1st Battalion, 5th Infantry Regiment, are fed well before they start their patrols and other missions. Bess ensures everyone is fed and asks soldiers what they would like to have.

"Bess tries his best to accommodate food requests from his fellow soldiers," said Pfc. Dylan J. Bose, an infantryman assigned to 1st Battalion, 5th Infantry Regiment.

With five years experience as a field cook and two deployments, Bess and his battle buddy,

Spc. Brandon J. Brown find creative ways to make a frozen meal into a five-star feast.

For New Year's Day, Bess and Brown made a special meal consisting of a baked ham, a turkey, mashed potatoes, collard greens, snow crabs and fried shrimp despite the lack of a big, fancy kitchen.

"For the majority of these soldiers- this is their first time they are away from their Families and we wanted to do something special for them," said Bess.

Indeed, the soldiers were grateful to see the huge meal Bess and Brown made that evening.

Bess hopes he is making at least a small difference at the COP despite providing soldiers with only one of the three essential needs.

Overall, Bess said he enjoyed working and living in COP Lion but looks forward to returning home in a few months.

**MILITARY FAMILY COLLEGE NIGHT**

The Fort Wainwright School liaison office will host Military Family College night at the Youth Center, located at 4109 Neely Road, Jan. 26 from 5:30 to 7 p.m. During the first half hour, subject matter experts will be available to answer questions about the college application process, financial aid, standardized tests and more. A panel discussion follows. For more information, call 361-9377.

**MOCK RIF**

The Civilian Personnel Advisory Center is gathering information this week to begin the MOCK Reduction-in-Force process. Once all the information is complete the Mock RIF process will begin and is expected to take about 10 working days.

A real RIF is not taking place. The Mock RIF is a Workforce Reshaping analysis and planning tool. The Mock RIF results will be reviewed with the union.

More information about the Workforce Reshaping process see the Commander's Town Hall Talking Points on the web at [www.wainwright.army.mil](http://www.wainwright.army.mil).

Last week's Alaska Post featured the Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay notifications. Voluntary applications for VERA and VSIP are due by 5 p.m. today. Rose Wentland, resource management office-manpower, is accepting applications at 1064 Apple Street, Room 106.

For more information call, 353-7674. CPAC is located in building 1045 Gaffney Road in Room 7, and can provide more information, call 353-7208.

The Workforce Reshaping information line is available 24 hours a day, call 353-5000.

**DR. MARTIN LUTHER KING, JR.**

Rev. Fred Wilson of Fairbanks will be the guest speaker at the post's 2012 observance of Dr. Martin Luther King, Jr.'s birthday Wednesday at 1:30 p.m. at the Physical Fitness Center. The event is sponsored by Dental Activity-Alaska.

**SCHOLARSHIPS**

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants. Applications are available through the local commissary or online at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

Application deadline is Feb. 24. For more information call Loriann McDonald at 353-7310.

**SPONSORSHIP TRAINING**

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Be a sponsor and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call: 353-4227/7908

**SWEETHEART OF AN ISSUE**

If you are interested in submitting a photo and a Valentine Day message (10 words or less) to your sweetheart to be printed in the Feb.10 issue of the Alaska Post, please do so no later than Friday, February 4. Send photos and messages appropriate to [allen.l.shaw6.civ@mail.mil](mailto:allen.l.shaw6.civ@mail.mil). The Alaska Post has the right to refuse and choose depending on space limitations.

**AUTO RESCUE OR SELF-HELP**

Vehicle needs towing? The Automotive Skills Center is at your service 24-hours a day. Towing and lock-out service, call 590-1716. For assistance with do-it-yourself auto care call 353-7436.

