

ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

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Soldiers honored during Purple Heart ceremony



Lt. Gen. William Caldwell IV, commanding general, U.S. Army North and Fort Sam Houston, presents the Purple Heart to Pfc. Kevin Trimble, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, during a ceremony Jan. 31 at the Warrior and Family Support Center. (Photo by Sgt. 1st Class Manuel Torres-Cortes/Army North PAO)

See HONORED on page 5

Army chief of staff visits Alaska



Gen. Raymond T. Odierno, Chief of Staff of the Army, presents a coin to Spc. Marchal Mitchell, 56th Engineer Company, during a visit to U.S. Army Alaska Headquarters at Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Matthew Winstead/U.S. Army Alaska PAO)

Staff Sgt. Matthew E. Winstead, U.S. Army Alaska PAO

Chief of Staff of the Army Gen. Raymond T. Odierno underscored Alaska's importance as one of the Army's premiere training locations during a Jan. 20 visit to U.S. Army Alaska headquarters at Joint Base Elmendorf-Richardson.

Odierno's visit to Alaska was part of an Asia-Pacific theater tour, his first overseas trip as Army chief of staff.

He learned about U.S. Army Alaska's mission and capabilities, as well as its Family- and Soldier-support programs.

USARAK Commander Maj. Gen. Raymond P. Palumbo highlighted the principles that guide the Army in Alaska.

"Ready Units, Strong Families and Arctic Tough Leaders is our mantra up here sir," Palumbo said. "Some of the enchanting appeal of the Alaskan environment can change minds about life up here. Some people come up here kicking and screaming, only to later not want to leave."

See ALASKA on page 4

Workforce reshape - have a plan

Trish Muntean, Fort Wainwright PAO

While garrison employees await the results of the mock RIF, many people may be wondering "what if." Although it is not a time for panic, it is always good to have a plan and there are agencies on Fort Wainwright that can help.

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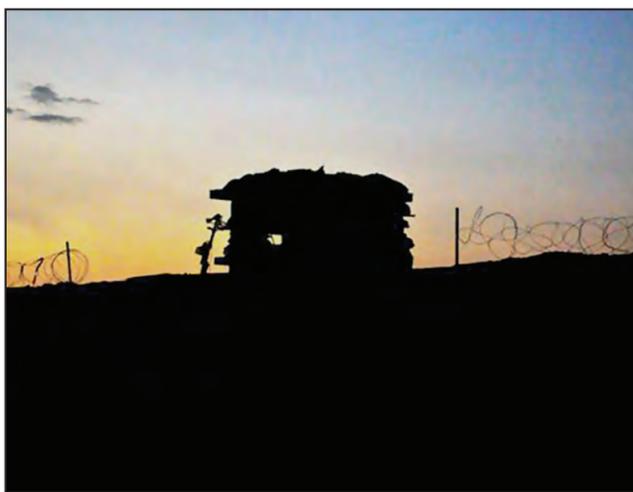
All along the watchtower

Sgt. Michael Blalack, 1-25th SBCT PAO

The air is damp from the recent thunderstorm and rain leaks into the guard tower where Pfc. Drew Johnson looks out across the plain surrounding Combat Outpost Mushan through his night vision goggles. He rubs his hands together against the chill.

"At least it's not as cold as it's been the last few days," Johnson says. "Although I'd rather be out on patrol - the time goes by faster."

When he's not shivering in a guard tower, Johnson, an M240 gunner in 3rd Platoon, A Company, 1st Battalion, 5th Infantry Regiment, is out with his platoon watching the roads recently built by Afghan security forces and the 1st Stryker Brigade Combat Team, 25th Infantry Division as they pushed further into the horn of Panjwa'i.



A quiet guard position on a forward operating base in southern Kandahar province as the sun rises. (Photo by Sgt. Michael Blalack/1-25th SBCT PAO)

See WATCHTOWER on page 4

Resilience-building in children, teens

Staff Report, Fort Wainwright PAO

Author, pediatrician and television personality, Dr. Kenneth Ginsburg, will be speaking to parents, medical personnel, clinicians, providers, educators, caregivers Feb. 16. Using humor, real-life scenarios, and poignant cases, Ginsburg's workshop, "Building Resilience in Children and Teens," takes place from 1 to 3 p.m. in the Northern Lights Chapel. For more information, call the Child and Family Assistance Center, 361-4150.



Dr. Kenneth Ginsburg, (Courtesy photo)

Additional workshops for professionals will be hosted in Fairbanks and at Bassett Army Community Hospital Feb. 14 through 16. Continuing education credits are available for some seminars.

The Fort Wainwright events are open to anyone who has access to the installation.

According to a release, Ginsburg's unique perspective emphasizes the developmental strengths of children, adolescents, and teens. His workshops equip participants with skills needed to better teach kids to help themselves. Dr. Ginsburg lectures widely to national and international parent and professional audiences. His first book, "But I'm Almost Thirteen: An Action Plan to Raise a Responsible Adolescent," focused on parent-child communication. The American Academy of Pediatrics published two of his books, "A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings," and "Less Stress, More Success," which focuses on getting into college while remaining socially and emotionally balanced. To advocate for parents' critical role in raising resilient children and teens, he has appeared on numerous network and cable television shows.

WEEKEND WEATHER

Friday



Mostly cloudy, accumulation of snow likely in the afternoon. West winds around 10 mph. Low -30 High -5

Saturday



Partly cloudy East winds to 10 mph. Low -10 High 0

Sunday



Partly cloudy Low 0 High 0

Forecast courtesy of the National Oceanic and Atmospheric Administration

Mush! Yukon Quest has 1,000-mile history



Commentary by **Linda Douglass**, Fort Wainwright PAO

Looking for something to do this weekend with the Family? Bundle up the kids and go down to the Chena River and watch the dogs run. It's a part of the "Alaskan experience" and it's free.

The legacy of a tough, proud and adventurous breed of people lives on in the form of the Yukon Quest.

This sled-dog race challenges both man and dog as they race 1,000 miles between Fairbanks and Whitehorse, Yukon Territory, following early 20th-Century gold rush and mail delivery routes.

They cover rough terrain, running up Eagle Summit to a height of 3,650 feet and Hunker Summit in Yukon Territory to 3,800 feet. They race on the Yukon River, through soft mushy ice, open water and around large ice blocks. On the trail they face temperatures well below zero and often battle strong winds.

In the days of the gold rush, man depended on his dogs for supplies, mail, medicine...anything that came from outside the remote areas of Alaska and the Yukon Territory. There was a spirit of cooperation between the men who lived here, because their lives depended on helping each other, and their lives also depended on their dogs.

LeRoy Shank, an enthusiastic musher, and Roger Williams, an avowed non-musher, dreamed of a race to challenge the mushers of the north. The race would be dedicated to the gold-seekers and mail carriers who settled this area at the turn of the century. Shank and Williams conceived the

idea in 1983, and the first Yukon Quest started at Second Avenue in Fairbanks on Feb. 25, 1984. Sonny Lindner of Johnson River, Alaska, won the first race.



While spectators take photos and wait for the next team to leave the start line of the 2006 Yukon Quest, Canadian musher William Kleedeohn and his dogs start the 1,000-mile trip to Whitehorse. Kleedeohn placed third in the race that year behind Lance Mackey and Hans Gatt. (File photo)

The race route runs from Fairbanks to Whitehorse, with the start and finish lines alternating each year. There are nine official checkpoints between Fairbanks and Whitehorse. Mushers must remain a minimum of four hours at either Mile 101 or at Central, Alaska; four

hours at Eagle, Alaska; 36 hours at Dawson City, YT, eight hours at Braeburn, YT.

Each musher is given a list of mandatory equipment, most of

Yukon Quest. Mushers must start the race with at least eight and no more than 14 dogs. They must finish the race with a minimum of six dogs.

This year's line-up includes Lance Mackey, the only person to win both the Yukon Quest and the Iditarod in the same year. Also running will be the Quest's first winner, Sonny Lindner.

According to Yukon Quest organizers, "Today there is still a breed of Northerner and a breed of dog that can challenge the country and win."

The race starts on the Chena River at Cushman Street. Mushers will follow the river through post. There are plenty of places to pull off and watch the teams as they come down the Chena.

Before going out, be sure the whole family is dressed for the weather. It's also advisable to leave the family dog at home. Pets along the sidelines can distract the teams.

The 2012 Yukon Quest, the 29th running of the race, starts at 11 a.m. Saturday, with 24 teams leaving at three-minute intervals. Race officials said it should take about 15 to 30 minutes for the first team to come through Fort Wainwright. Fort Wainwright Family and Morale, Welfare and Recreation is sponsoring a Yukon Quest Watch Party, Saturday, 10:30 a.m. to 2 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349 or 361-6350 for more information.

For more information on the Yukon Quest, visit www.yukonquest.com

Army has sled dogs in its history

Linda Douglass, Fort Wainwright PAO

"Sled dogs are the only means of transportation over land and sea-ice in the Arctic regions," according to the U.S. War Department Field Manual 25-6, dated Aug. 19, 1941.

"The Army has already employed dogs successfully in airplane salvage operations, on rescue missions and for normal ground travel. Ground troops find dogs useful and often

indispensable in transporting supplies and equipment, as well as for ambulances on ice over terrain on which it is impossible for motor vehicles to operate."

The manual discussed the merits of using dogs over snowmobiles and other vehicles. It described various breeds of dogs, styles of sleds and other equipment, and



B-29 on flightline with rescue dog team. (File photo)



F-102 jet and rescue dog team outside a Kodiak T-Hangar on Ladd AFB. (File Photo)

kenneling and breeding the dogs.

Soldiers stationed here in Alaska's early days depended on their dogs and their survival skills. They endured the hardships and faced the hazards of the north without the modern conveniences and survival aids we have today.

The Yukon Quest creed says, "Today there is still a breed of Northerner and a breed of dog that challenge the country, and win." The spirit of those people lives on in today's Yukon Quest mushers and volunteers.

Army and Alaskans both rugged, independent and taking care of our own

Linda Douglass, Fort Wainwright PAO

Alaskans take a certain amount of pride in surviving – and thriving – in extreme cold weather. We get out in sub-zero temperatures to enjoy skiing, mushing, ice-fishing, snowmachining, photographing the aurora and other outdoor activities, or to watch others doing it.

We consider ourselves tough, rugged and independent because we actually enjoy doing these things in the extreme cold.

We also have another side – that of caring neighbor. If we see someone stranded along the highway at 30 below, we stop to see if they need a ride or help in some other way. If a neighbor is ill and can't get out, we stop by with food, or we go to the grocery store for him or her. If we haven't heard from someone in a while, we call or stop by to ensure everything is alright.

We do this because we care about our neighbors. We do it because to ignore someone in distress could mean the difference between life and death at 30 below. And we do it because we know all it takes is one misstep or one bit of bad luck and it could be us in need of help.

We have an opportunity to help one of our own now. Bill Ward, an employee at the Directorate of Logistics and president of the American Federation of Government Employees Local 1834, lost his house to a fire last weekend. Bill and his family are unharmed, but they lost all of their belongings.

Friends have set up an account at MAC Federal Credit Union for the Ward family at:

William and Michelle Ward
C/O MAC FEDERAL CREDIT UNION
Fort Wainwright, Alaska 99703
Account number: 97254; Routing number: 32580039.

Fort Wainwright has always been like a big Family, caring about others and showing that care in various ways. In the 25 years I've worked out here, I've seen the residents and employees pull together with donations of money, time, clothing, blood and annual leave to help those who've met up with a catastrophe. Like the city we're a part of, Fort Wainwright too has a golden heart.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

The scars of domestic violence run deep, the memories linger

Allen Shaw, Fort Wainwright PAO

She lay huddled in the corner of a dark room. Mascara mixed with tears stained her face. Maybe this was it. Maybe this was the last time she would have to hear the screaming and yelling or feel the pain of punches, slaps or objects being slammed against her body. The most recent episode was a play-pen smashed across her back. She wonders what he'll hit her with next time or if he will he come back in the room and demand sex?

They are husband and wife, but the love is long gone. Most feelings are long gone too.

Suddenly the door burst open and he stood there with his pants unzipped wielding a loaded pistol and whiskey bottle. She could hear her baby boy crying in another room. She was not even 20-years old. He tipped the bottle, took a tug and tossed it to the floor. She thought her heart was going to beat out of her chest as he started toward her. She hastily looked for something to hit him with and was determined to put up a fight even though she knew he was a well-trained Soldier. Even if it meant another unmerciful beating, she was not going to take it anymore. She was done. As he grabbed her by the hair and pulled her to her knees she stared up at him as if possessed by a demon. He rested the barrel against her forehead expecting her to beg and agree to whatever he wanted when she said, "Pull the trigger you bastard. I would rather be dead then spend another minute with you."

When she told the story I promised not to identify her, her ex-husband, his unit or where they were stationed at the time. She left him that night and never returned. It happened several years ago. They divorced and she moved on, but the scars still run deep.

He left the Army and spent time in and out of jail, mainly for domestic assault charges. She said he was just a mean individual. He may have gotten a little worse after his deployment, but she doesn't blame his behavior on the Army. "He was just a bully," she said. He never embraced Army values and continually disregarded authority. She said it was too bad he got out because "they" might have been able to fix him. She tries not to hold a grudge, has let go of a lot but can

never forget the pain or forgive the anguish.

Domestic dispute, domestic violence and domestic assault are far too common in society and ugly incidents are reported every day. Many go unreported. It is and has been a growing concern in the Army and is a problem here on Fort Wainwright. While many actions of rage are fueled by uncontrolled anger, many have a causal dynamic.

Soldiers were associated with a bar brawl where a woman was kicked in the head. These are the actions of those who do not understand or embrace Army values.

Command Sgt. Major Wayne Jeffries, command sergeant major, United States Army Garrison Fort Wainwright, said, "Any act of domestic violence, whether it be physical or emotional, is a direct contradiction to Army values. Command leadership at every



This anonymous comment followed that story in the newspaper:

"As a Soldier, I'd like to extend my deepest apologies that a fellow Soldier would dare do something like this. It is an embarrassment to even call him a fellow Soldier. Soldiers are supposed to be held to higher standards."

"As an Army wife (because my husband is also military) my heart breaks because she was also a sister Army wife. I feel that if we just reached out more, be more alert to our surroundings and stop ignoring problems then maybe she would still be alive. I am assuming that this was an abusive relationship before it ended this way. Someone should've reached out to this girl.

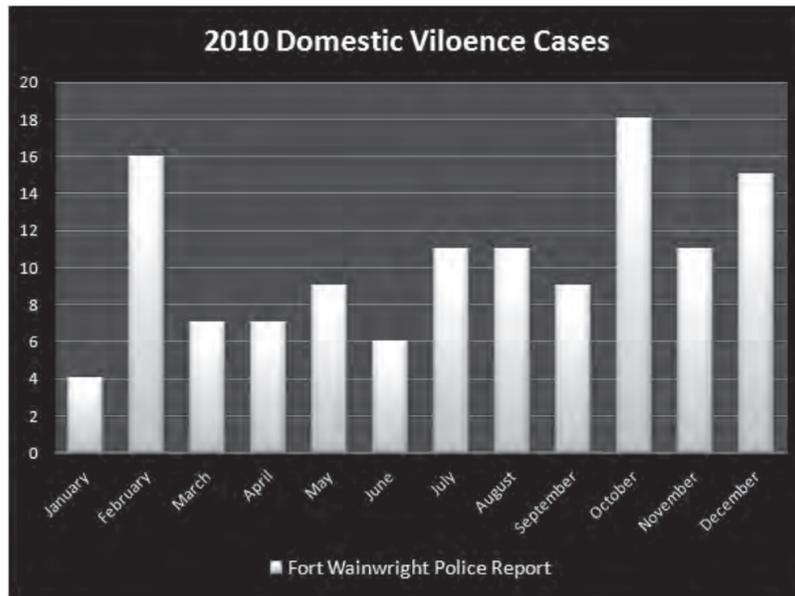
"If you know of anyone going through this it is your responsibility to report it. We should all learn and grow from this, in her memory."

The Army knows there's a problem and is taking major steps to educate, assist and prevent. Newspapers, magazines and websites are filled with similar stories, reports run rampant and these are just a few that made local headlines.

"Fort Wainwright has unique living conditions such as extremely cold weather, isolated from the lower 48 states and many hours of darkness," said Betty McCain, Army Community Service, Family Advocacy Program manager. These things can increase the likelihood that domestic violence incidents will occur.

"However, each person is responsible for their actions and should be held accountable for their behavior," she said. There are interventions available that can be accessed to help prevent a domestic abuse incident from happening. ACS offers an anger management group, classes in stress management and parenting programs. "There is no excuse for domestic abuse. Ask for help, it is always available. There is no shame and it is not a sign of weakness to seek help," said McCain.

If you are ready to take a stand, do the right thing and report bad behavior – tell somebody. Call Victim Advocacy Services at 353-7272 or 353-7317 during normal business hours, or call the response hotline, 24 hours a day at 388-2260. No names are required.



Statistics from Fort Wainwright's Police report on domestic violence cases from 2010. (Graphic by Fort Wainwright PAO)

"Alcohol was a contributing factor in 50-percent of the domestic violence related incidents on post in 2011," said Ron Huffman, Army Substance Abuse program manager. "As we begin the reintegration of deployed Soldiers, substance abuse education, prevention and accountability for bad behavior will be a huge part of Deployment Cycle Support."

The not-so-distant past is littered with news reports of bad behavior by Soldiers. They include incidents when a Fort Wainwright Soldier fired multiple shots from a pellet gun at a wildland firefighter who was running on post, when one Soldier actually shot another Soldier during an argument in the barracks parking lot and when

level is committed to an assault prevention program, providing the necessary resources to educate Soldiers and Family members, and opening avenues to report undesired behavior."

Poor judgment and ruinous activities are elevated even more when a supposed loved one becomes the victim. The Fairbanks Daily News-Miner reported about the Soldier arrested for firing a handgun into the ceiling, narrowly missing the upstairs neighbor, and the Soldier arrested for firing a gun through the wall after a dispute with his wife. The worst-case scenario received plenty of news coverage last year when a Fort Wainwright Soldier was found guilty of killing his wife.

PLAN: Know your options

Continued from page 1

The Army Career and Alumni Program is an option for some employees, said Kalah Gilbreath, site supervisor.

Army civilians ordinarily authorized to use ACAP services may also do so for planning purposes. All military retirees and their Family members can use ACAP for life. Department of the Army civilian employees and their spouses are also eligible for services if they are retiring or have prior military service that would make them eligible, she said.

"ACAP offers federal and state job searching classes, resume writing, and mock interviews,"

Gilbreath said. "We also have computer workstations and a resource library full of transitional material for eligible patrons to review and check out."

Gilbreath said that the most important thing is keeping a current resume. She suggests that individuals carry personalized business cards with their current contact information. Many people would be surprised how they could possibly make network connections in general conversation with anyone anywhere, Gilbreath said.

It is important for Fort Wainwright employees to understand that conducting a mock RIF doesn't mean there

will be a RIF, and the results of a mock RIF may not necessarily be the same as an actual RIF.

However, the mock RIF will probably cause fear for some employees, said Cheryl Adamson, the certified employee assistance professional at the Employee Assistance Program.

"None of us knows the outcome of the mock RIF or the resultant budget allocations the military will deal with, but we know the emotions they cause," she said.

"It may cause concern about losing our job or a reduction in income. Then we may worry about losing our homes, how will we feed our families, how will we pay our bills? In general, how will we survive?"

The Employee Assistance Program (EAP) is available to employees at Fort Wainwright and Fort Greely who need to talk about these concerns, Adamson said.

"I'll help with organizing your thoughts, making plans for just-in-case, or carefully thinking through our actions so we don't act impulsively or in an unhealthy way," she said. "If requested, I can meet with groups to discuss fears and concerns in an open forum. Sometimes fear can paralyze us and discussing our fear and options in a group helps discover other prospects as well as realize we're not alone."

ALASKA: Visit from Chief of Staff of the Army Gen. Raymond T. Odierno

Continued from page 1

Palumbo also pointed out the tactical and training benefits of the expansive joint military training areas in Alaska.

"I would like to see this [resource] used more Army-wide and invite others to come train up here and make the use of our training areas. At 45 degrees below zero and moving through five feet of snow it can add to the training experience

of any unit," Palumbo said.

Odierno concurred with that assessment of Alaska's training value, citing the Army's Northern Warfare Training Center as an example.

"It is critical to sustain Army capabilities in Alaska; if anything ever happens in the world that demands operations in this type of environment, this is where we will come for the expertise," Odierno said.



Chief of Staff of the Army Gen. Raymond T. Odierno speaks to members of the U.S. Army Alaska staff during a Jan. 20 visit to Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Brehl Garza/U.S. Army Alaska PAO)



Chief of Staff of the Army Gen. Raymond T. Odierno shakes the hand of Staff Sgt. Tony Rolofson, 84th Engineer Support Company, manning a Small Unit Support Vehicle (SUSV) display Jan. 20 at U.S. Army Alaska headquarters on Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Brehl Garza/U.S. Army Alaska PAO)

Some of Alaska's wilderness resembles the rocky, mountainous terrain of northern Afghanistan, which adds realism to pre-deployment training here, noted Col. Gary Agron, USARAK chief of staff.

"People can look at photos of our mountains and later ask, 'Is this Alaska, or Afghanistan?'" Agron said.

Odierno spoke about the way ahead for the Army, echoing his recently published "Marching Orders" pamphlet which outlines his intent, priorities, principles, expectations for leaders and the Army's role.

He addressed concerns about looming reductions in force across the Army, stating that such moves would be tempered by lessons learned over the past 10 years of war and conducted

in a professional and responsible manner over a five-year period.

In Alaska's below-zero temperatures, Odierno got an up-close look at equipment unique to Alaska during his stop here, including Small Unit Support Vehicles, which support units during operations in arctic and alpine conditions.

Soldiers from the Army's Northern Warfare Training Center displayed such mainstays of winter operations as skis, snowshoes, heaters, extreme cold weather tents and arctic climbing equipment.

During his visit, Odierno praised USARAK's commitment to the nation and the military.

"The fact that you currently have two brigades out and about in a deployment setting from Alaska really says a lot about what you are doing up here," Odierno said.

February is Library Lovers' Month, there is so much to love

Trish Muntean, Fort Wainwright PAO

While I have been in love many times, only one has lasted 40 plus years, my love for libraries.

Fort Wainwright's library has a lot to love, said librarian Julia Allen.

"The library is not just a warehouse for books, she said. "It is a place for community, entertainment, recreation, technology and literacy. We will always go above and beyond for our Soldiers and their Families. More than anything, I want the library to be a place people want to patron-- whether it's to come to a Story Hour, to study, hang out or use the computers."

For me, it is all about the books. I am an avid reader and while my boss pays me a decent wage, it is not enough to keep me in books if I want to live in a warm house and eat. The Fort Wainwright Library has a never-ending supply and if they don't have what you're looking for, chances are that they can get it through the inter-library loan program.

The library also has audio books and e-books available through the online catalog. An online account is required before checking out books.

In addition to books, there is other media for checkout: magazines, graphic novels, CDs, video games (for most popular gaming systems) and a DVD collection.

Adults with a military identification card don't even need a library card to check out materials; it can be done with just that. Children however can get a library card so they can check out books under their own names, a rite of passage (that I took great pride in when I got my first library card) that can also teach children responsibility.

Of course, what is available for checkout is just one of the reasons to love the library, said Joy Wohlman Boyce, library technician.

"The Post Library has it all," she said. "It really is a Barnes & Noble (without the fireplace...and

the books are free). The staff tries to make it a welcoming and friendly environment."



One more reason I love libraries, my imagination can take me anywhere. The Fort Wainwright Library is no different and has something for everyone, including story hours for kids with a variety of interests. For this event, the library had volunteers from the Youth Services act out a scene from Harry Potter. (Courtesy Photo)

The staff does so by offering something for just about everyone.

The library is such a great place to hang out for new Soldiers and their Families staying at Army lodging, since the two buildings are in close proximity, Wohlman Boyce said.

The library offers a lot of free programs and services. There are computers to use for work or pleasure with high-speed Wi-Fi. There are also televisions with DVD players and video game consoles to use in the library, too. The library also has the "Imagination Room" for children to discover puzzles, blocks and other games and toys.

In addition, there are the recurring events that bring families back again and again, such as Story Hours (twice a week), the Multi-Cultural Story Hour (monthly), the Cabin Fever and Summer Reading Programs.

This month, the library is partnering with the National Education Association of Alaska and the National Education Association of America to provide Native Alaska Story Hour on Feb. 8 at 4:30 p.m., Sled Dog Story Hour (with musher, Mary Shields and her sled dog, Clifford) on Feb. 17 at 4 p.m. These two events in February are "kick-off" events to the NEA's "Read Across Alaska."

Wohlman Boyce said those aren't the only events the library has happening in February.

"We are so excited to have Susan Paskvan come and read an Athabascan story on the 8th," she said. "Also exciting is we will be reaching across the mountains of Alaska and sending a "hello" to the children of Nome on Feb. 17."

And as part of the "Read Across Alaska Sled Dog Story Hour" the children will be signing a card that will travel with musher Hugh Neff across the Iditarod Trail and across the finish line.

But there doesn't have to be an event happening for it to be fun to visit the library, which is why, when no one knows where to find me, that is probably a good place to start looking.

Watchtower: Keeping the way clear

Continued from page 1

The 3rd Platoon also patrols the surrounding villages with their Afghan National Army partners who are either finding and disposing of improvised explosive devices planted by Taliban insurgents who have a long and established presence in the area, or engaging the locals, building on the relationship of trust and mutual respect that ISAF has established.

"We go out on 48-hour rotations and guard the roads," Johnson says as he moves into a sheltered corner of the tower, out of the wind. "It gives the farmers a feeling

of security, knowing we're there making sure nobody puts new IEDs on the roads." Building roads has been an important part of the mission in Panjwa'i. Roads serve the dual purpose of giving security forces better access to the people, whose trust and cooperation are vital to successfully repressing insurgent activity. Roads also give the local population secure and reliable means of travel, allowing more opportunity for commerce and better access to schools and hospitals.

"Even though I really miss my family, I'm glad I came to Afghanistan," says Johnson. "Just being in the Army has been a great experience.

It makes you put your life in perspective. And my platoon, the guys that I deployed with, are some of the greatest people I've ever met. We've been through a lot together and I've made some great friends."

As the morning call to prayer for ANA soldiers at COP Mushan fades away, the jagged outlines of Afghanistan's famous mountains begin to appear along the horizon.

"This is an experience I'll never regret," Johnson continues. "There is a sense of accomplishment that we've done what we came here to do and that everything we did was successful."



GI Jane: Building a Strong Marriage in the Month of Love

GI Jane, Alaska Post Contributor

Wow, it's February already! Most likely your first thoughts when you think of February surround the popular holiday of Valentine's Day. For some of us GI Janes, this will be a great opportunity to celebrate our love and marriage as our Soldiers are already back from deployment; and for others, this will be yet another holiday we will be spending without our Soldiers as we finish out the last few months of this deployment. Either way, we can and should use this holiday as an opportunity to strengthen our marriages.

If your Soldier has already returned from deployment, Valentine's Day is a great opportunity to celebrate and rekindle the love that you share. Deployments can be hard on a marriage, and transition after a deployment can sometimes be overwhelming and difficult. That's why it is important that we give the

proper time and attention to our marriage in order to ensure that our Families stay strong. Look at this transition as an opportunity to either build on or start fresh in your marriage. If you haven't already been out on a date with your Soldier since he returned, use Valentine's Day as an excuse to do so.

Remember, date nights don't have to be expensive. Who says the kids have to stay at home with a babysitter? Maybe you should farm the kids out somewhere else and stay in together. Make his favorite meal or dessert. Watch a movie that you will both enjoy. Share some intimate time together. Whatever you decide to do, do it together. If you decide to stay in, the following are some fun games for making your date nights more interesting.

Simply Romantic Nights: Discover Intimacy In a New Light by Dennis Rainey and Barbara Rainey
Simply Romantic Nights: Igniting Passion in Your Marriage by Dennis Rainey and Barbara Rainey
The Discovery Game: For Married Couples by Ken Bankston

If your Soldier is still down-range, Valentine's Day is a great time to start preparing and considering how to make the transition after deployment an easier one. Marriage is not easy, and men and women see it, along with most everything else in life, differently. Like having kids, there is no manual for being married. However, there are some very good resources available to help you understand your spouse, reignite the flame in your marriage, keep your marriage interesting or just look at marriage from a different perspective. Following are some resources that could be helpful in assisting you to regain your focus on your Soldier and your marriage as you patiently wait and prepare for his return.

"Love and Respect" by Dr. Emerson Eggerichs
"The Love Dare" by Stephen Kendrick and Alex Kendrick
"The 5 Love Languages: The Secret to Love That Lasts" by Gary Chapman
Sacred Marriage" by Gary L. Thomas

"Sheet Music" by Dr. Kevin Leman
"Military Marriages: Staying Strong Through Deployment" by Dr. Gary Rosberg and Barbara Rosberg
"Men Are Like Waffles Women Are Like Spaghetti: Understanding and Delighting in Your Differences" by Bill Farrel and Pam Farrel
"His Needs Her Needs" by Willard F. Harley Jr.
"Red Hot Monogamy: Making Your Marriage Sizzle" by Bill Farrel and Pam Farrel
"The Husband Project: 21 Days of Loving Your Man on Purpose and With a Plan" by Kathi Lipp
"Laugh Your Way to a Better Marriage" by Mark Gungor
"For Women Only: What You Need to Know About the Inner Lives of Men" by Shaunti Feldhahn

All of the resources listed in this article can be found online at any number of book websites. The post and Fairbanks Noel Wien libraries carry some of the books in their collection; others are available through inter-library loan. Some may also be available through the chaplains. For the Fort Wainwright library, call 353-2642 or stop by the library in Building 3700. Chaplain resources may be found at the Family Life Skills Center beside the Northern Lights Chapel. For resource information, call 353-6112.

Free: Tax preparation, advice and filing from the Fort Wainwright Tax Center

Tax preparer Spc. Kara Harmon, 176th Signal Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, helps a customer with filing an income tax return Jan. 24 at the Tax Center on post. Several specially-trained Soldiers are available to assist other Soldiers, Family members and retirees Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and 1 to 5 p.m. They are also available from noon to 7 p.m. Thursday. The Tax Center is located in Building 1051, Unit 9 on Gaffney Road across from the Legal Assistance Office. The service is free. Close to 80 customers were served and refunds of more than \$300,000 were generated for patrons during the first week of operations. Walk-in service is available Tuesday only and appointments can be made by calling 353-2613. (Photo by Allen Shaw/Fort Wainwright PAO)



How to prevent dryer fires

Sarah Chapman, Fire Prevention Office

In most homes, laundry is a part of everyday living. Performing this unpopular chore may seem never-ending, especially with children in the house. Did you know that clothes dryers account for approximately 15,000 home fires every year? There are many simple steps you can take to help prevent a dryer fire.

Lack of maintenance is one of the most common causes of a dryer fire. When lint traps do not get cleaned frequently the build-up can cause the dryer to not only perform poorly, but operate at elevated temperatures and possibly overheat. Always clean the lint trap before and after drying each load of clothes. Clean behind and under the dryer also; this is where lint can be trapped.

Ensure that your dryer has a rigid or flexible metal venting and ducting material. This will help sustain airflow, reduce operating costs and extend the life of the dryer. Replace all plastic or vinyl exhaust hose with metal ducting. Exhaust vents should be vented directly outside the house.

Never put synthetic materials such as rubber, plastic, foam, or clothing that has been used to sponge up flammable liquids into the dryer, even if previously washed. Inspect your lint filter from rips or tears and replace immediately if found. Always turn the dryer off if you leave home or when you go to bed.

In most cases dryer fires can be prevented. Always follow the manufacturer's instructions for proper care and maintenance for your dryer. Keep the lint screen clean as this is the number one contributing cause of dryer fires. Always dial 9-1-1 for emergencies. For any questions, please contact the Fire Prevention Office at 353-9140.

HONORED: Soldiers in Purple Heart ceremony

Continued from page 1



Lt. Gen. William Caldwell IV, commanding general, U.S. Army North and Fort Sam Houston, and Command Sgt. Maj. David Wood, senior enlisted leader, U.S. Army North, took photos with Purple Heart recipients after presenting the decoration to them during a ceremony Tuesday at the Warrior and Family Support Center. (From left to right) Command Sgt. Maj. David Wood, Army North; Sgt. Elmer Cajas; 519th Military Police Battalion; Spc. Jonathan Gideon, 8th Engineer Battalion, 36th Eng. Brigade; Spc. Joshua Michael, 4th Infantry Brigade Combat Team; Pfc. Jeffrey Brown, 2nd BCT, 4th Infantry Division; Pfc. Kevin Trimble, 1st Stryker BCT, 25th ID; Spc. Christopher Haley, 1st Stryker BCT, 25th ID; Lt. Gen. William Caldwell IV, commanding general, U.S. Army North; Pfc. Brett Bondurant, 1st Stryker BCT, 25th ID; and Pfc. Andrew Strege; 3rd Bn., 21st Infantry Regiment, 25th ID. (U.S. Army photo by Sgt. 1st Class Manuel Torres-Cortes, Army North PAO)

Friday – 3rd

EMOTION COACHING PART I, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

SUPER BOWL STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

FIRST FRIDAY ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 2727. Call 353-7520.

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

Saturday – 4th

2012 NFL ALL-STAR SUPER BOWL TOUR – YOUTH EVENT, Youth Center, Building 4109. Follow *FMWR Fort Wainwright* on Facebook for all the latest details. Call 353-6043.

2012 NFL ALL-STAR SUPER BOWL TOUR – MEET 'N' GREET, Nugget Lanes Bowling Center, Building 3702. Follow *FMWR Fort Wainwright* on Facebook for all the latest details. Call 353-6043.

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

YUKON QUEST WATCH PARTY, 10:30 a.m. to 2 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349/6350.

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

CUSTOM PICTURE FRAMING CLASS, 10:30 a.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Participants need to bring a 5-by-7 picture to frame. Call 353-7520.

WOMEN IN THE WILDERNESS: ICE FISHING, 8 a.m. to 5 p.m., Cost, \$25 per person. Alaska state fishing license required for trip. If the temperature falls below -20 degrees, the trip will be postponed to a later date. Call 361-6349/6350.

FAMILY TUBING DAY, 1 to 7 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Events and activities subject to change depending on weather. Call 353-9131.

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

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

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

Sunday – 5th

2012 NFL ALL-STAR SUPER BOWL AT THE WARRIOR ZONE, The Warrior Zone, Building 3205. Follow *FMWR Fort Wainwright* on Facebook for all the latest details. Call 353-6043.

GLASS FUSING AND SLUMPING WORKSHOP, February 5, 12, 26, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost, \$65 and includes materials for all three sessions. Call 353-7520.

DOGSLED RIDES, noon to 2 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Sign-ups stop at 1:15 p.m. Cost, \$5 per rider. Call 353-9131.

SUPER BOWL PARTY, 2 p.m., The Warrior Zone, Building 3205. Open to DoD card holders 18 and older. Call 353-1087.

YOUTH SUPER BOWL PARTY, 1 to 6 p.m., Youth Center, Building 4109. Call 361-5437.

Monday – 6th

MATH MADNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from IHG hotel (previously Army Lodging). This activity is a partnership with ACS and CYSS. Call 353-7713.

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 – 7th

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.

EFMP SIP and SOCIAL, 1 to 2 p.m. Last Frontier Community Activity Center, Building 1044. Open to participants in the Exceptional Family Member Program. Call 353-4243 to reserve a spot.

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

ALIGNMENT YOGA, February 7, 14, 21, 28, 6 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Cost is \$28 for 4 weeks. Participants need to bring a yoga mat, loose comfortable clothing, and a water bottle. Registration and payment is required prior to the start of the class. Call 353-7755.

Wednesday – 8th

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

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

THE TERRIBLE TWOS, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Call 353-7713.

MULTI-CULTURAL STORY HOUR, 4:30 to 5:30 p.m., Post Library, Building 3700. Susan Paskvan of Yukon-Koyukuk School District will share a traditional Koyukon Athabascan story, TOBANN ETSEH (A Story of a Beaver). This is a kick-off event to the NEA's Read Across America. Call 353-4137.

Thursday – 9th

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

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

MATH MADNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from IHG hotel (old army lodging). This activity is a partnership with ACS and CYSS. Call 353-7713.

FAMILY MOVIE NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. All movies rated G or PG. Call 353-7755.

Friday – 10th

ALYESKA SKI/SNOWBOARD ADVENTURE, Feb. 10 through 12, Participants depart from the Outdoor Recreation Center, Building 4050 at 8 a.m. Cost is \$175 per person. Transportation, lodging and lift ticket is included in the cost. Call 361-6349/6350.

EMOTION COACHING PART II, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

DINOSAURS AND PRINCESSES STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

EXCEPTIONAL FAMILY MEMBER PROGRAM CRAFT NIGHT, 6 to 7 p.m. Arts and Crafts Center, Building 3727. Open to participants in the EFMP, 3 and older. Call 353-4243 to reserve a spot.

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

Saturday – 11th

PARENT'S DAY OUT-SUPER SATURDAY, three sessions, Child Development Center I, Building 4024. Register and pay by February 3. Call 353-7713. 9 a.m. to 1 p.m., pay \$16; 1 to 5 p.m., pay \$16; 9 a.m. to 5 p.m., pay \$32

COMMUNITY CPR AND FIRST AID, 9 a.m. to 3 p.m., Youth Center, Building 4109. Call 353-7713.

SNOWMACHINE SAFETY COURSE, 9 a.m., Outdoor Recreation Center, Building 4050. Open to participants ages 18 and older. This class is required to rent snow machines from the ORC. Call 361-6349/6350.

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

KID CRAFTING-"BEVELED GLASS HEART MAGNET", 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.

ICE SKATING WELCOME PARTY, 1 p.m., Youth Center, Building 4109. RSVP by Feb. 9 at 631-5437.

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

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

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

Sunday – 12th

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.

Are you a victim
of or witness to
SPOUSE ABUSE?
CHILD ABUSE?



CALL
388-2260

Admission for open
recreational ice
skating



Individual daily fees

4 years and younger, free
Ages 5 to 17, \$2.50
Adults, \$3.50
Family of four or more, \$8
Skate rental, \$1.50
For more information call 353-7294.

Available to GCI Cable subscribers on post



CHANNEL 5

Watch for Current
Facility Information,

Photos and Special Community Events

Also find it online under the Command Channel 5 link @

WWW.WAINWRIGHT.ARMY.MIL

FEEDING OUR OUTSTANDING DEPENDENTS

The F.O.O.D. program invites Family members of deployed Soldiers and recently returned Soldiers and their Families to an evening where we cook for you. The twice-monthly event takes place Sunday from 5 to 7:30 p.m. at the Southern Lights Chapel, Building 4107. A different menu each time, this dinner will feature meatloaf, mashed potatoes and vegetables along with a surprise dessert. Volunteers are encouraged to arrive at 3 p.m. For more information call the lead volunteer, Bill Chrisman (U.S. Army retired) at 590-0338.

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

ARMED SERVICES YMCA OPERATION FUN DAY

Families of deployed Soldiers can enter to win movie tickets for the Fairbanks Theater or Fort Wainwright Family and Morale, Welfare and Recreation gift cards, which can be redeemed for a number of activities and services on post.

Operation Fun Day is a program Armed Services YMCA developed to enhance the quality of life for military Families.

Family members can sign-up for tickets at various locations on post or online at www.asymcaofalaska.com. For more information call the Joint Base Elmendorf-Richardson office at (907) 552-9622. Entries must be submitted by Feb. 10.

WOMEN'S HEALTH FAIR

Bassett Army Community Hospital will host the "Ready in Red" Women's Health Fair Feb. 11 from 9 a.m. to 2 p.m.

The day is designed to bring awareness to women and their heart health as well as lifestyle factors that can impact their well-being.

Women can have a variety of their health care needs met at this event, including 30 minute walk-in appointments with their family practice and women's health clinic providers.

While this event is open to children, it may not be appropriate for them to attend certain health exams or group education activities. Those registered with the Child Development Center can use it for hourly care that day with reservations for super Saturday.

For more information on the "Ready in Red" Women's Health Fair call 353-5091.

SWEETHEART OF AN ISSUE

If you are interested in submitting a photo and a Valentine's 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 today by end of business. Send high resolution photos and messages appropriate for publication to allen.l.shaw6.civ@mail.mil. The Alaska Post has the right to refuse and choose depending on space limitations.

ICE FOG 02-12

Exercise Ice Fog 02-12 begins Monday. Go to *Fort Wainwright PAO* on Facebook for updates.

NIGHT SKIING

Birch Hill Ski and Snowboard Area has night skiing Tuesdays through Thursdays, 4 to 8 p.m. Call 353-7053 for status. The ski area is closed when hill temperatures are 20 below or colder.

CONCERT SERIES

Youth of the Chapel Concert Series continues with a Relationship event just in time for Valentine's Day. Join us at Northern Lights Chapel at 5 p.m. Feb. 12. For more information, call Robert Auker, religious education leader. 687-4730.

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Pfc. Dustin P. Napier, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Mackenzie Eason, Rear Detachment 1-24th Inf. Bn., 1-25th SBCT, 3214 MacArthur Avenue, Fort Wainwright, Alaska 99703 or call 353-2211.

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.

PROTESTANT WOMEN OF THE CHAPEL

Protestant Women of the Chapel presents Super Bowl First Friday tonight at 6:30 p.m. at Northern Lights Chapel. A night of "football" games, finger food, door prizes, and childcare - all free. Show off your favorite teams by wearing jerseys, team colors, even head wear. Preschool and nursery school-age children are watched by our childcare workers at Northern Lights Chapel while kindergarten and school age children can enjoy laser tag at the Last Frontier Community Activity Center with drop off beginning at 6 p.m. For more information, send an email to wainwright@pwoc.org or search for *Fort Wainwright PWOC* on Facebook.

FOR YOUR HEALTH CLASSES

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

CLIMATE SURVEY

Your 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. To access the survey, please go to: <http://tiny.cc/t7rji>.

You know you are at the right site when the questions asked are about your organization, recognition and rewards, involvement, management, training and development, working conditions, and EEO.

If you submitted your response through the ICE site, please use the hyperlink above to complete the survey.

For non-CAC cardholders 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.

Super Bowl XLVI: Patriots or Giants?

That's what I'm talking about

Allen Shaw, Fort Wainwright PAO



The Super Bowl outcome in the Alaska Post football series

						
Bear 178 Wins 88 Losses	Brain 176 Wins 90 Losses	Steve Tate 172 Wins 94 Losses	Jones Bros 168 Wins 98 Losses	A - Team 166 Wins 99 Losses	BrowBrose Salsa 166 Wins 99 Losses	Ed Urbi 160 Wins 104 Losses
NYG @ NE The Patriots	NYG @ NE The Patriots	NYG @ NE The Giants	NYG @ NE The Giants	NYG @ NE The Giants	NYG @ NE The Patriots	NYG @ NE The Giants

The most frequently asked question on Fort Wainwright the past two weeks has been – how cold is it out there?

The second most asked question is actually the most asked everywhere else: Giants or Patriots?

That answer will be determined Sunday as the American Football Conference champion New England Patriots faceoff against the National Football Conference champion New York Giants. The winner will be crowned world champion of the National Football League. That's what I'm talking about.

The regular season started Sept. 8, 2011, when 32 teams had a shot at the final. The Patriots won their first game against the Miami Dolphins 38-24 and the Giants were beaten 28-14 by the Washington Redskins. New England held steady throughout the season winning 13 games and losing three. New York was on par with the Patriots, beat them

week nine, 24-20, then went into a nose dive losing five of their next six games. The Giants ended the regular season, 9 and 7.

The Patriots earned a bye the first week of the play-offs while the Giants barely squeaked into the post-season picture. The G-Men had to play the Atlanta Falcons in the wild-card round to move on. They won that game 24 to 2.

The Patriots then dispatched the visiting Denver Broncos 45-10, the following week while the Giants faced the defending world champion Green Bay Packers on the frozen tundra of Lambeau Field. New York, upset the Pack, 37-20.

It then came down to the conference championships Jan. 22. The Baltimore Ravens traveled to New England and lost to the Pats, 23-20. The Giants continued their road trip through San Francisco, beating the 49ers, 20-17.

Two similar teams, two very different paths, 18 games for one, 17 for the other and they meet in

Indianapolis for the ultimate prize in professional football. That's what I'm talking about.

New York and New England went head-to-head four years ago in Super Bowl XLII. The Giants beat the Patriots, 17-14, ending what was an undefeated season. Both quarterbacks are the same. Eli Manning is poised to win another and Tom Brady wants revenge. During a recent interview on Boston radio station WEEI-AM, Brady said he "still can't watch highlights from that game."

The hype is great and the game should be exciting. There is the historic rivalry between the Big Apple and Bean Town. There are red, white and blue uniforms, an American Idol singing the National Anthem and a pop icon performing during the half-time show. Friends and family will gather to celebrate a day accompanied by food and beverage, cheers and jeers, dreams and disappointments. New television commercials will debut and an estimated \$10.1 billion will

be spent on Super Bowl-related items. An article on www.nfl.com said 69.5 percent of that will be on food and beverages, 7.3 percent on team apparel, 6 percent on decorations and 2 percent on furniture or entertainment centers, and 4.5 million people will purchase a new TV to watch the game.

Fans on Fort Wainwright and around the world are split pretty even on who they think will win, but the Giants have a very slight edge. A recent poll on Army Knowledge Online is pretty much on line with the locals. New York sits at 39 percent and New England is at 31 percent. Twenty-one percent said they don't care because their team isn't in it, 6 percent don't care because they don't follow football and 4 percent of the AKO poll said, what is football? When does soccer season start?

One-hundred percent of the Interior Alaska crowd still wants to know when is it going to warm up? That's what I'm talking about.

Fort Wainwright intramural basketball season cools down, playoffs heat up

Allen Shaw, Fort Wainwright PAO

Some sort of amazing has been happening during the adult intramural basketball league at the Physical Fitness Center on Fort Wainwright. Team Civil Force, led by Shawn Fletcher, recreation specialist, Directorate of Family and Morale, Welfare and Recreation at the PFC hopes to take his team to the championships by continuing to dominate league scoring. Before the final game of regular season Fletcher racked up 201 total points for the season and averaged 15.5 points per game.

Fletcher and teammate Charles Fulbright constantly challenged defenses and many teams have been unable to stop the carnage. The dynamic duo combined for 382 points and averaged nearly 30 points per game.

Civil Force has had the best record overall, with a 14 wins and 2 losses, beating teams by an average of 13 points per game.

In the final game before the tournament

Wednesday at the PFC, Fletcher knocked down 37 more dropping the hammer on C-123 AVN, 106-46. Top seed Civil Force led the game 61-18 at the half as they sparked a shooting explosion and solid defense from tip-off.

Holding onto the second spot in the standings is MEDDAC with 11 and 4, are seeded number two in the post-season.

In another game played Wednesday 6-17 CAV beat HHC 1-52, 61-41. The two teams were tied at the half but 6-17 CAV pulled ahead as leading scorers Ryan Spann and Cedric Jackson knocked down buckets. They each ended with 18-points and secured the number three seed in the tournament.

Playoff games will start Monday, 7:30 p.m. at the PFC. The rankings are: 1-Civil Force, 2-MEDDAC, 3-6-17 CAV, 4-472nd MP and Fox 1-52 AVN. For more information contact Rich Pulignani at 353-7223.



Feilpe Melendez (13) hammers through the crowd of C 123 AVN players as he crashes the boards Wednesday at the Physical Fitness Center Wednesday during the final game of league play. Melendez contributed to the Civil Force victory as they claimed the best record for the season with 14 wins, 2 losses. (Photo by Brian Schlumbohm, Fort Wainwright PAO)



Shawn Fletcher (33) from the Civil Force team drives through the lane Wednesday at the Physical Fitness Center during the final game of regular season play. Civil Force took an early lead against C 123 AVN, dominated the glass and finished the contest, 106-46. Fletcher led the scoring with 37 points while Civil Force earned the number one seed for the upcoming tournament. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

NFL cheerleaders and mascots at Fort Wainwright

Staff Report, Fort Wainwright PAO

The Directorate of Family and Morale, Welfare and Recreation is hosting Super Bowl weekend with events planned to celebrate the occasion in style. The National Football League All Star Super Bowl Tour is coming to town. Thanks to ProTour Productions and Armed Forces Entertainment, six energetic cheerleaders and two feisty mascots will be at the Youth Center Gym, Building 4109, on Saturday to present a Cheerleading Youth clinic for children ages 5 to 18. The two-hour clinic starts at 1 p.m. and all participants will receive a free set of pom-poms.

Later, from 6 to 9 p.m. in the Nugget Lanes Bowling Center, Building 3702, a meet and greet is open to all ages. Bring a camera

for a photograph and autograph signing.

For the bigger boys and girls 18 and older, watch the Super Bowl Sunday from 1:30 to 5:30 p.m. with the NFL All-Star Cheerleaders at the Warrior Zone, Building 3205.

