

# ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 6

Fort Wainwright, Alaska

February 10, 2012

## C Company, 1st Battalion, 52nd Aviation Regiment – “Arctic Dust-Off” comes home

Staff Sgt. Trish McMurphy,  
U.S. Army Alaska PAO

More than 80 Soldiers of C Company, 1st Battalion, 52nd Aviation Regiment – “Arctic Dust-Off” returned from a 12-month deployment in support of Operation Enduring Freedom Feb. 2.

During its time in Afghanistan, the aviation company rescued wounded Soldiers and transported them to medical facilities for further treatment.

The unit supported the Regional Command South, including the 1st Stryker Brigade Combat Team, 25th Infantry Division.

Stefanie Parker, wife of Chief Warrant Officer 3 Joshua Parker, said her husband’s absence was “exhausting.”

The Parkers had their first child, Abigail, now 9 months old, while he was deployed.

“He was able to come home for her birth”, said Parker “but I will be glad to have help and not fight with the snowsuits just to go to the store (now that he is back).”

Parker bounced back and forth with little Abigail and struggled with a banner as she anxiously waited to be reunited with her husband. “I am so excited,” she said.

Other Families also said they were excited to welcome home their loved ones and held up banners to show their support. Tyler Dartt, 11, and his sister, Faith, 13, accompanied longtime friend Haden Pritchard, 7, and his Family to welcome home Haden’s



Standing in formation inside Hangar 6, Soldiers of C Company, 1st Battalion, 52nd Aviation Regiment – “Arctic Dust-Off” eagerly await their release to meet with friends and Family after a year’s deployment in support of Operation Enduring Freedom. (Photo by Staff Sgt. Trish McMurphy/ U.S. Army Alaska PAO)

father, Sgt. Sean Pritchard.

The boys practiced their salutes before the unit marched into Fort Wainwright’s Hangar 6.

Finally after an hour-long wait, the announcement came that the Soldiers had arrived.

The hangar door slowly lifted and the Soldiers marched in out of

the cold.

The Families cheered, took photos, and waved to loved ones as they marched in.

Lt. Col. John Knightstep, battalion commander of 1-52nd Aviation, provided a brief speech to welcome home the Soldiers of Arctic Dust-Off and to express

gratitude to the members of C/1-52nd for their many life-saving missions.

Then, after only a few minutes, the C/1-52nd was given the command “dismissed” and released to rejoin their eagerly awaiting friends and Families.

## BACH to host women’s health fair



Trish Muntean, Fort Wainwright PAO

The Ready in Red Women’s Health Fair is a day designed to bring awareness to women and their heart health as well as those lifestyle factors that can impact wellbeing,” said Maj. Sandra Snipes, Medical Department Activity-Alaska, who is coordinating the event.

The event is inspired by the “Go Red for Women” campaign for cardiovascular health by the American Heart Association. Cardiovascular disease takes the lives of about 500,000

women each year, making it the number one killer of women of all ages. The American Heart Association has a goal of reducing death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by 20 percent by year 2020.

In supporting the cause, we thought it was important to dedicate a day where we can address women’s health issues exclusively,”

Snipes said. “As our community prepares for the return of our Soldiers, Saturday is dedicated to the focus of all women, and supporting them in putting their best self forward.”

The “Ready in Red” health care team at BACH is providing several ways to do that at the Health Fair.

See HEALTH on page 5

### WEEKEND WEATHER

Friday



Mostly cloudy,  
East winds around 10  
mph.  
Low -5  
High 30

Saturday



Mostly cloudy, then  
clearing. East winds  
around 10 mph.  
Low -5  
High 30

Sunday



Mostly cloudy,  
Low 0  
High 20

Aurora forecast is MODERATE for Friday and Saturday.

Forecasts courtesy of the National Oceanic and Atmospheric Administration and the Geophysical Institute at University of Alaska Fairbanks.

## Workforce Reshaping: Town-hall meetings coming soon



See CIVILIAN on page 3

# An Army spouse of one, you can survive

Trish Muntean, Fort Wainwright PAO

So you're spending another holiday alone, courtesy of the U.S. Army.

Valentine's Day is a holiday for lovers; a painful reminder that you're on your own. Having spent 20 years as a military spouse, I speak from experience. Experience has also taught me that I can't change the situation, but I am in control of how I spend my holiday.

As far as I am concerned the best way to deal with Valentine's Day is just to ignore it, but society makes it difficult, bombarding us with advertising for jewelry, chocolate in heart-shaped boxes and flowers.

Most of us have seen the TV commercial. Violins play. Prince Charming presents his lady love a dream gift over a candlelight dinner along with the greeting card that says "just the right thing."

It's enough to make a girl want to stay home, eat mint chocolate chip ice cream and watch sappy movies. That's one option.

But there are other choices. Ignore commercial and fairy tale messages and instead write your own scenario for Feb. 14. Script the saint's day as a solo event, celebrate with friends or create a special message for your love.

If Valentine's Day is all about love, this would be a good time to show your love for yourself. Make an appointment for a massage. Take a bubble bath surrounded by candles with soft music in the background. Order a fancy dinner for takeout and pick it up on your way home, then using your finest crystal and china, eat it by candlelight. Or make a dinner date with your best friend at your favorite restaurant. Buy that book or CD you have been wanting, and enjoy.

Although Valentine's Day is traditionally known for romantic love, it is also a good time to express your love and appreciation for others in your life as well. Call that elderly aunt you have been thinking about.

Reach out to the shut-in in your neighborhood with a small gift and one of those silly little cards you used to hand out in school. Take the rest of them to work and leave them lying on people's desks before they arrive. It is sure to brighten their day.

It is not unusual for people to volunteer at a food bank or homeless shelter during the Thanksgiving and Christmas holiday season, but someone who managed one once told me that she would appreciate having volunteers come in for Valentine's Day so those who use the services don't feel so alone and unloved.

If you really want to go all out, throw a party. Invite friends in the same situation over and tell them to bring munchies to share. Avoid the pity party, make it a celebration.

Play cards and board games. Get down on the floor and play some kids games like jacks and Twister. No one can get on the floor and play without laughing. Don't forget to have lots of chocolate on hand, which doctors prescribed in the 1800s as a

somewhat unusual cure for a broken heart.

Sometimes, no matter how hard you try, you just can't get past missing your Soldier to do anything else. That is the perfect time to write that love letter for your Soldier carry while you two are separated.

You can't hug an email. Old-fashioned letter-writing seems to be a thing of the past in the days when we do most of our communicating by email, text message or online. Over the years I have learned how much old-fashioned letters are appreciated and what made them special. Here are a few of the things I have learned, either from my experience or that of someone who shared it with me.

Take the time to find the right paper and pen. Using a piece of notebook paper will work, but it won't look like a lot of thought went into this letter. You don't have to use fancy parchment. Try several different pens to see which looks best with the paper you have chosen. Don't use a felt tip.

Write on only one side of the paper so creases from it being folded and refolded won't make it difficult to read the words on the other side.

Be sure to hand-write this letter; don't print it off your computer. Your handwriting will be one of the things that make it special, no matter how bad your writing is. Plus hand-writing it will make the paper smell like you when it is opened. You carry a scent even when you don't wear a perfume.

Get in the right mood. Put his picture where you can see it, light a few candles, and play "your" song.

Organize your thoughts. You might want to make a list.

How did you meet? When did you realize you were in love? Have you ever told him about that moment? A love letter is a great way to relive those shared memories.

Tell him what makes him so special. Tell him about the future you want to have with him.

Who is Snookums?

Personalize the greetings, but don't use terms of endearment you wouldn't usually use with your Soldier.

Be sure to put a date on your letter so your sweetheart - or offspring - will have that point-of-reference and appreciate it more years later.

Now, take that list of everything you wanted to say and put it on paper. No need for fancy words, just tell him how you feel. But don't make it too long, your love may lose interest. Instead, leave 'em wanting more.

How to end your correspondence? Some women spray their stationery with perfume and seal it with a kiss. If this is something you think your loved one would appreciate, by all means, go for it, but don't feel like you have to. This love letter will be treasured with or without those extra steps.

## Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



# A gift of love

I thought I would do something a little different this week and share something I read over the holidays. One of our local elementary schools posted on their hallway walls the stories that the children had written. One third grade class based theirs on the topic "a gift of love." I was told that as the hospital commander and an Army officer I would be interested in one particular story. I got a copy of it and permission to reprint here.

### *A Gift of Love*

*Something I could donate is blood. I chose this because I have seen a blood bank. It would be nice to give this because some people might need blood.*

*Another reason I chose this is because you never know if someone really needs it. A way someone can lose blood is in a war and not have enough to live very long. And, I like it when people are happy and when lives are saved.*

*So I think people should donate at least a little bit of blood. Just to be nice.*

As a father, officer and physician, I am not sure I can say it any better than a third grader. Blood is needed everyday across our country, overseas and in our local community. It is estimated that up to 40,000 pints of blood are used in the United States each day potentially saving thousands of lives.

While Bassett is not a donation center, I do urge everyone to contact our local donation center, Blood Bank of Alaska at 456-5645 or at [www.bloodbankofalaska.org](http://www.bloodbankofalaska.org) to find out more about how you can help.

# New Pregnancy Portal: What to expect when military Families are expecting

Elizabeth Hillestad, TriWest Healthcare Alliance

Nearly 4 million women give birth in the U.S. every year and almost a third of them will suffer pregnancy-related complications, according to the Centers for Disease Control and Prevention.

Prenatal care not only helps ensure those complications are caught early and treated, but can help prevent premature births. To support proper prenatal care and help women deliver healthy babies, TriWest Healthcare Alliance is now offering a new resource for military Families who are expecting; the Pregnancy and Parenting Portal.

The new pregnancy and parenting portal located at [www.triwest.com/pregnancy](http://www.triwest.com/pregnancy) connects military Families to helpful information for various stages of pregnancy, as well as for adoption. Different from other pregnancy sites, the TriWest portal offers information on Tricare coverage and locating a nearby military clinic.

The portal includes:

**Before Pregnancy:** Tips to get ready for being pregnant.

**New Baby and Child Care:**

Resources for well-baby care, safety, emergency care, stages of development.

**During Pregnancy:**

Information to keep both mom and baby healthy during pregnancy.

**Tools for New Dads:**

What to expect during the pregnancy and keeping involved.

**After Delivery:**

Resources to help keep you and your baby healthy and safe.

**Adoption:**

Tricare benefits information; military adoption resources.

In addition to educating Families on the importance of prenatal care, the portal provides access to resources for early childhood development, creating a safe and hazard-free environment and well-baby care.

"This can be a very happy, busy, and possibly emotional time for a military Family," said Dr. Frank Maguire, Senior Vice-President of Health Care Services and Chief Medical Officer of TriWest. "The Pregnancy and Parenting Portal was developed to help educate Families on the importance of prenatal care, as well as smooth the transition of welcoming a new child into the world."

Find the new Pregnancy and Parenting Portal at [www.triwest.com/](http://www.triwest.com/)

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The ALASKA POST - Home of the Arctic Warriors

**SOLDIERS AGAINST  
DRUNK  
DRIVING**  
**HAVE A PLAN, HAVE SOMEONE TO CALL**  
**353-6610**

# New bioelectric bandage interests Army

Dan Kennedy, PMO Medical Devices

FORT DETRICK, Md. (Feb. 6, 2012) -- The U.S. Army Medical Research and Materiel Command has initiated steps to evaluate a new bioelectric bandage.

Small silver and zinc dots embedded into cloth create micro-currents in the presence of moisture. This may create an anti-microbial environment and provide pain reduction.

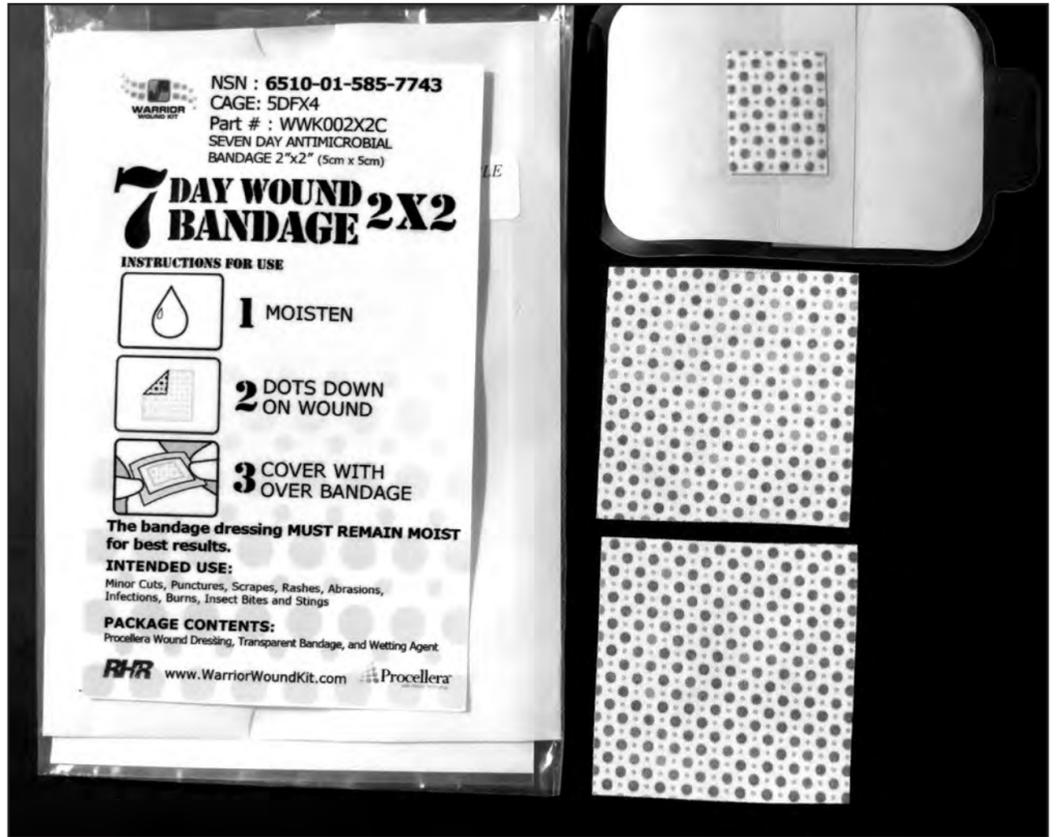
The use of silver on burns has a long history of preventing infections. The combination of silver, zinc, and moisture is purported to create pain-reducing antimicrobial micro-currents. According to literature from the manufacturer, the results of this bandage dressing include faster healing, greater pain control, reduced incidence of infection, and decreased scarring.

The U.S. Food and Drug Administration has cleared the device for antimicrobial wound care, which is the primary reason for the Army's genuine interest in the product. The bandage is currently being used on hard-to-heal wounds, with multiple research studies underway. Anecdotal results are promising, especially with regard to pain control. In some cases, wound pain is reported to be reduced dramatically.

The nature of the cloth conforms well to multiple surfaces of the body. Bacterial, viral, and fungal infections are anticipated to be impacted by the antimicrobial properties of the bandage dressing, which has tremendous potential for Soldier use.

Studies are underway with Ranger units. Recently, at a Ranger road march, a considerable number of Soldiers obtained blisters and were treated with the bandage. The results were notable, as many Soldiers reported dramatic pain relief and the ability to quickly return to the march.

The novel technology of this bandage is that it purportedly creates a healing bioelectrical pathway over the entire wound surface, enhancing the body's natural healing environment. As a broad-spectrum antimicrobial flexible dressing with electrically



U.S. Army Medical Research and Materiel Command is looking into the technology of this bandage and how its bioelectrical pathways, spread out over an entire wound surface adding to the healing process. (Courtesy photo)

active currents providing pain control, the device could have huge potential for the Army if testing scientific testing bears out anecdotal claims.

The public may hear more about this bandage as indications for use are expanded. Currently, indications for use are directed toward all

full- and partial-thickness skin wounds, from simple abrasions and skin tears to traumatic wounds and surgical sites.

Given this, the battlefield may serve as the best proving ground in which to test this emerging medical device.

## Fort Wainwright volunteers: The force behind the force

Charles A. Lyons, Army Family and Volunteer Programs Manager

It's often said that spouses have the toughest job in the Army. They face frequent moves, our Soldiers' absences for deployments and exercises, fewer services than we would have available to us back home, homesickness and dozens if not hundreds of other challenges. If that weren't enough, we also have limited job opportunities.

While things sometimes seem bleak, there are always choices. It's quite easy to obsess about what we don't have and should have and deserve to have, but we can also focus on what we do have and can do. To loosely paraphrase John F. Kennedy, don't ask what your Army community can do for you, but ask what you can do for your Army community.

Through volunteering, Soldiers, spouses and other Families can help each other, bolster on-post services and individually build their resumes. Active duty and Reserve Soldiers can also receive the Military Outstanding Volunteer Service Medal, worth promotion points, and it looks very good on noncommissioned officer and officer evaluation reports. You may have skills and talents that would make my life in Alaska even better. I have interests you might share. Maybe we can link up with an organization on post and make a positive impact in our friends' lives here or maybe off the post and help the elderly, homeless and even become a mentor for the youths in the community.

One example is the Thrift Shop which continues to be run by a staff of volunteers. They provide very inexpensive clothes, shoes, toys and household items to community members, helping to save them money. Family, Morale, Welfare and Recreation and Army Community Service are always looking for volunteers and will be able to service more Soldiers and their Families with the needed help.

Although volunteers usually love working in their communities, their volunteer work is not entirely selfless. Volunteering also fulfills personal and professional needs. Some people volunteer to gain professional experience for their resumes; some just to occupy time or for the joy of helping others.

Helping others gives you a happier feeling as well. Getting out, meeting new people, engaging in community life and knowing you're making life better for those around you can really do wonders for your outlook on life.

On the professional side, you can use the time you volunteer acquiring new skills, knowledge, abilities, training and networking. While you may not land your dream job in Alaska, you can claim every hour you've volunteered on your resume. Your obvious commitment and service to the Army, the United States of America, Soldiers, spouses and Army Families will be impressive and evident to prospective employers, Hooah. Hopefully the staff with whom you work as a volunteer will recognize your professionalism and dedication and may write a very positive letter of recommendation when you do apply for that dream job.

While volunteering doesn't feed any bank account, the personal and professional benefits and experiences are well worth the time.

So, what do you like doing? Would you like to coach kids' soccer? Are you passionate about pool? Are you a gourmet cook? Do you need some on-the-job experience? Get in touch with Army Community Service at 353-2382 to ask about how you can get started making your experience in Alaska richer and your community better by volunteering your time and talents.

The Annual Volunteer Recognition Ceremony is coming in April and we hope to have a full house of volunteers and community leaders who wish to show their appreciation for you and your volunteer services. Volunteers are truly the "Force behind the Force".

All volunteers registered in the Volunteer Management Information System will be recognized for their contributions to the Fort Wainwright military and civilian community. If you have not registered to become a volunteer call 353-2382 or stop by ACS in Building 3401 to see the Volunteer Program manager for assistance.

## CIVILIAN: More information coming soon at town-hall meetings and online

Staff Report, Fort Wainwright PAO

Col. Ronald Johnson, garrison commander, will host town-hall meetings to update civilian employees on the status of the workforce reshaping.

When times, dates and locations are determined we will announce them via emails, Facebook, Twitter, the command channel and the workforce reshaping telephone information line at 353-5000, available 24-hours.

Employees can also find information at the Commander's Town Hall Talking Points on the web at [www.wainwright.army.mil](http://www.wainwright.army.mil).

AFGE local 1834's webpage will have links to resources and information at [www.AFGE1834.com](http://www.AFGE1834.com).

Submit questions, comments and suggestions anonymously or request a response (contact information needed) via Interactive Customer Evaluation at [ice.disa.mil/index.cfm?fa=SiteSuggestions&site\\_id=360&dep=\\*DoD](http://ice.disa.mil/index.cfm?fa=SiteSuggestions&site_id=360&dep=*DoD) or use the form on our website at [www.wainwright.army.mil/sites/feedback/fwa\\_Questions.htm](http://www.wainwright.army.mil/sites/feedback/fwa_Questions.htm).

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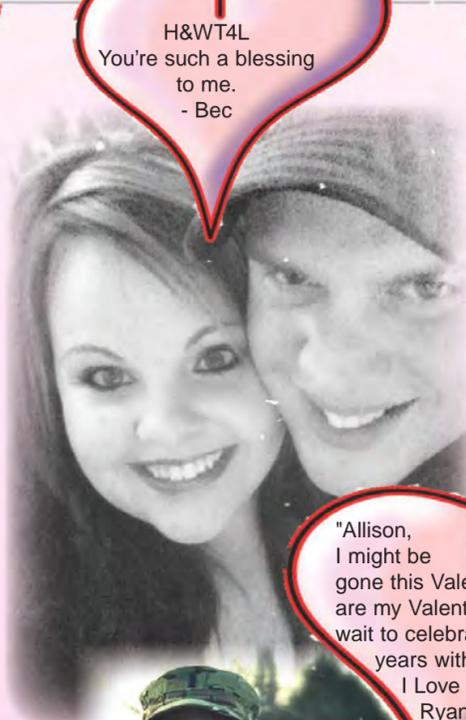
Twitter

[twitter.com/PAOFWA](http://twitter.com/PAOFWA)

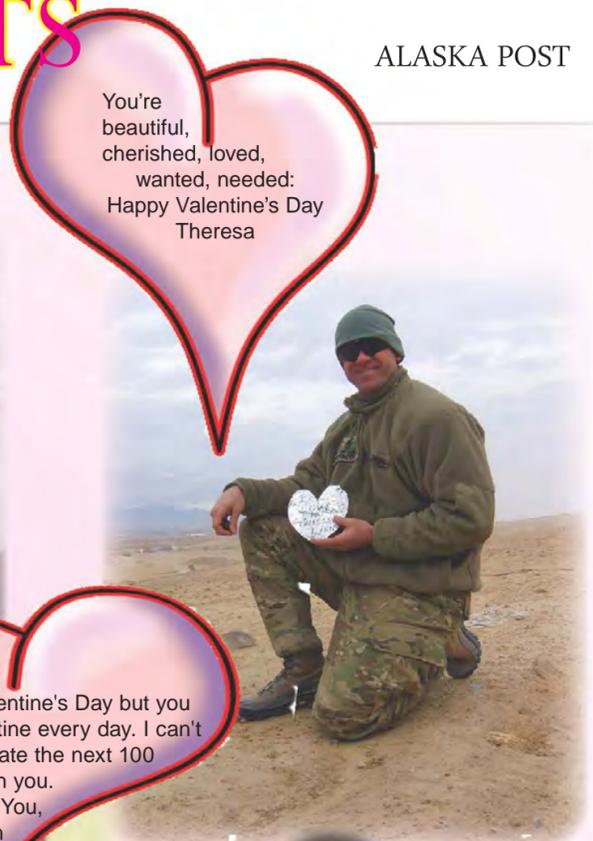
# SWEETHEARTS



Together  
or apart,  
forever in my heart.  
Love you



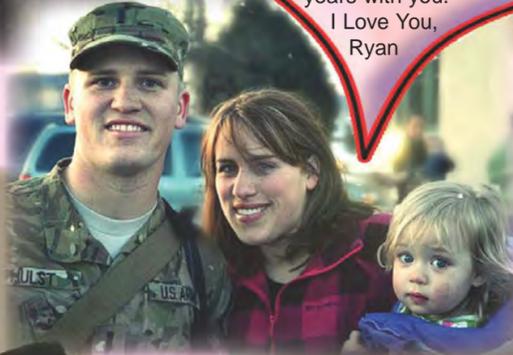
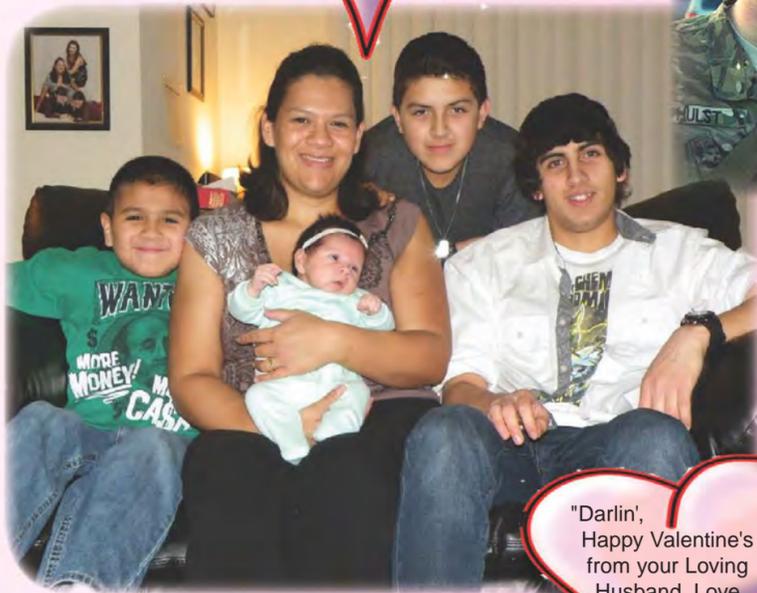
H&WT4L  
You're such a blessing  
to me.  
- Bec



You're  
beautiful,  
cherished, loved,  
wanted, needed:  
Happy Valentine's Day  
Theresa

Dad,  
can't wait to hug  
and kiss you!  
Happy Valentines  
Day!

"Allison,  
I might be  
gone this Valentine's Day but you  
are my Valentine every day. I can't  
wait to celebrate the next 100  
years with you.  
I Love You,  
Ryan



Sara,  
I Love  
and miss you.



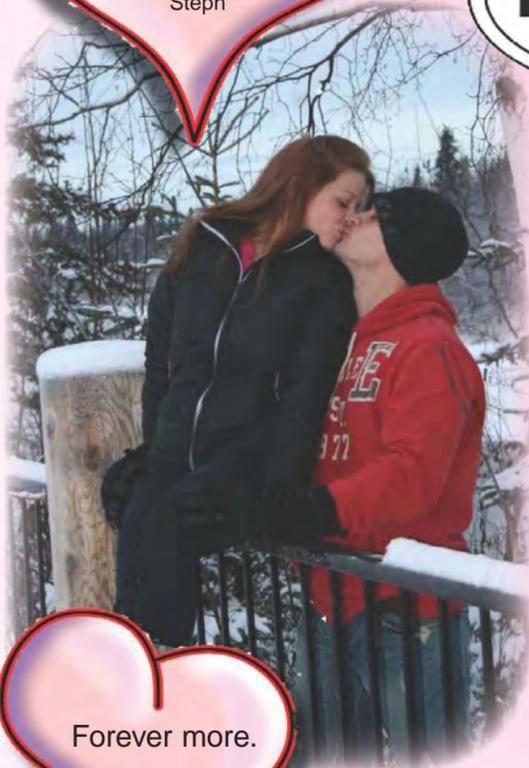
"Darlin',  
Happy Valentine's  
from your Loving  
Husband, Love  
Dave"

Nate,  
Love you with all my  
heart. Stay safe.  
Steph



"I carry your  
heart with me"  
-Wolf

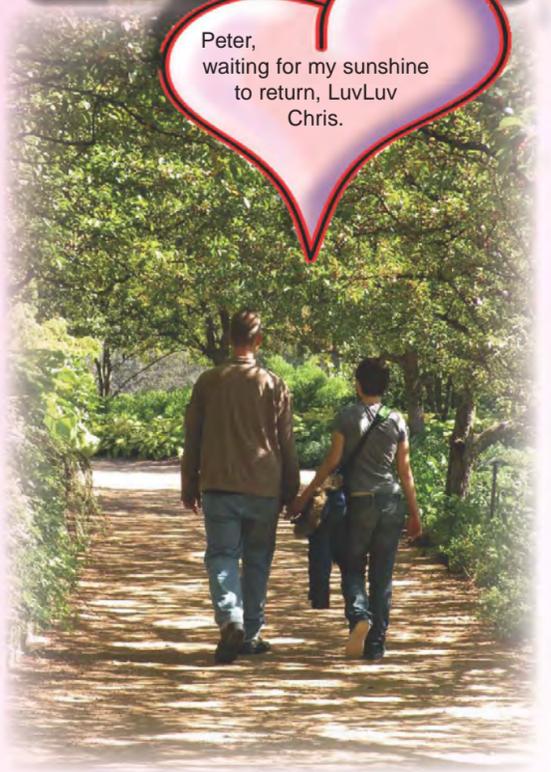
To my Valentine,  
Eric, I love you  
more everyday.  
Thank you for always being by my  
side. You still have my heart.  
Your Wife Always,  
Aleisha



Forever more.

Babypie -  
I love you the mostest times a  
million infinity. Muahs.  
Thank you  
- Jess

Peter,  
waiting for my sunshine  
to return, LuvLuv  
Chris.



# Panetta: NATO ministers agree Afghan transition on track

Karen Parrish, American Forces Press Service



Secretary of Defense Leon E. Panetta welcomes counterparts from the Balkan nations at a meeting of NATO defense ministers in Brussels, Belgium, Feb. 2, 2012. (DoD photo by Petty Officer 1st Class Chad J. McNeeley/Released)

NATO defense ministers meeting here all agreed on a clear message: as the transition to Afghan security lead proceeds, the process "reflects what Lisbon was all about," Defense Secretary Leon E. Panetta said today. Panetta was referring to the way forward in Afghanistan as agreed upon by President Barack Obama and NATO's other heads of state and government at the alliance's November 2010 summit in Lisbon, Portugal.

"As an alliance, obviously, we are all fully committed to the Lisbon framework -- in together, out together -- [and] we're committed to a transition to Afghan control," Panetta said. "As the president has said, by 2014 this process of transition will be complete, and the Afghan people will

be responsible for their own security."

Consultations are evolving among the NATO and non-NATO nations contributing to the International Security Assistance Force effort -- 50 in all -- about how best to continue transferring parts of Afghanistan to Afghan security force-led operations, the secretary added, with announcements of more transfers likely at the May 20-21 NATO summit in Chicago. Afghan President Hamid Karzai announced in November 2009 his wish to see Afghan army and police forces take lead security responsibility across Afghanistan by the end of 2014. The Joint Afghan-NATO Inteqal [Dari and Pashtu for "transition"] Board, or JANIB, was established at the July 2010 Kabul conference to

assess districts and provinces for transition.

Afghan and NATO leaders agreed to the proposed transition process in Lisbon. Karzai announced the first round, or "tranche," of transition areas in March, and the second in November. The pace of transition remains conditions-based, Panetta said. "When you're in war, when you're in combat, every step is conditions-based," he added. Officials have stressed since the process was announced that transition must be sustainable and irreversible. The secretary said yesterday that when the current, second tranche is complete, more than half of the Afghan people will live under their nation's governance and security lead.

"We hope that the [Afghan] forces will be ready to take the combat lead in all of Afghanistan sometime in 2013," Panetta said. "Obviously, we will have to continue consultation with our allies and our Afghan partners about the best way to accomplish that goal."

The secretary noted these discussions demonstrate the strategy is working and progress is happening. Clearly, however, ISAF forces will remain combat-ready and engage in combat operations as necessary throughout the transition, he said.

As Afghan forces take over operational control in more areas -- leading patrols, setting tactics, and identifying enemy targets -- ISAF troops will be at their side to support and advise them on those efforts, and continue to train and build their capabilities, Panetta said.

Defense ministers today agreed the coalition is "headed in the right direction" in Afghanistan, Panetta said. Talks will continue, he added, on the right level of funding for and size of Afghan forces to sustain their nation's security long-term.

"There's much hard fighting ahead here," the secretary said. "We need to keep the momentum up, and we need to keep the enemy on its heels."

A strong partnership with NATO is a pillar of U.S. defense strategy, Panetta said. More defense consultations will take place tomorrow, framing discussion for decisions to be taken at the Chicago summit, he added.

NATO Secretary General Anders Fogh Rasmussen said today Afghanistan is NATO's top operational priority. After today's session, he told reporters, "Transition is a road that ISAF and the Afghan forces will walk together -- every step of the way." Afghanistan is a serious issue for NATO and the entire international community, Rasmussen said, "because we all have an interest in making sure Afghanistan is stable and secure."

## HEALTH: Women's health fair at the hospital

Continued from page 1

Tricare beneficiaries who are attending can get walk-in visits at the Family Practice and Women's Health Clinic. These visits are an opportunity to discuss health concerns such as birth control, infertility, pre-conceptual counseling, health exam, life changes such as menopause and mammogram referrals. Thirty minute walk-in appointments with the Bassett Army Community Hospital nutritionist will be available.

They can also gather information about many issues including heart health promotion, breast health, heart health, nutrition, tobacco cessation, Army Community Services, Child and Family Assistance, medication review by pharmacy staff and hands only CPR.

Several classes will be held throughout the day starting with "The Right Nutrition" at 9 a.m., and Fertility at 10 a.m. At 11 a.m. and noon Women's Health: What's hot, what's not, will be offered and Preparing for Redeployment, will be held at those same times.

There will be several activities to get those attending up and moving, with a "hula with all of your heart competition", a "jump rope with all of your heart competition" and Zumba



The staff at Bassett Army Community Hospital dressed in red shirts earlier this week to draw attention to Saturday's Ready in Red Women's Health Fair. It is a day designed to bring awareness to women and their heart health, as well as those lifestyle factors that can impact wellbeing. Classes about women's health issues and walk-in appointments with Family practice and women's health care providers will be available. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

session. The hula competition will be at 10:30 a.m., the jump rope will begin at 11:30 a.m. and Zumba, led by Sgt. First Class Karen Johnson will have hearts pumping at 1p.m.

There will a door prize for the first 25 women through the door and prizes for competition and for raffles as well.

While this is a Family friendly event, it

may not be appropriate for children to attend group education opportunities and sensitive exams. As it is Super Saturday at the Child Development Center, hourly care will be available for registered children with advance registration.

For more information call 361-5091.

**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. 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**

**FORT WAINWRIGHT FELLOWSHIP OF FAITH**, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076. Email for information, [ac2.claxton@us.army.mil](mailto:ac2.claxton@us.army.mil).

**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.

**Monday – 13th**

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

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

**Tuesday – 14th**

**GROUP CYCLING CLASS**, 6:30 a.m. and 5 p.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 Army Community Service and Child, Youth and School Services. Call 353-7713.

**CUDDLE CURE CLASS**, 6:30 to 8:30 p.m., Child Development Center I, Building 4024. Call 353-7713.

**FORT WAINWRIGHT FELLOWSHIP OF FAITH BIBLE STUDY**, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email [ac2.claxton@us.army.mil](mailto:ac2.claxton@us.army.mil).

**PARENT'S NIGHT OUT**, 5:45 to 8:45 p.m., Child Development Center I, Building 4024. Registration and payment due date was Feb. 6. Cost is \$12 per child. Call 353-7713.

**BUY ONE, GET ONE FREE GAME SWEETHEART BOWLING**, 11 a.m., to 5 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Wednesday – 15th**

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

**OUR HEROES' TREE**, 3 p.m., Post Library, Building 3700. Call 353-4137.

**VOLLEYBALL COACHES MEETING**, 2 p.m., Physical Fitness Center, Building 3709. League play begins March 5. Call 353-7294.

**Thursday – 16th**

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

**PROTESTANT WOMEN OF THE CHAPEL**, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

**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 Army Community Service and Child, Youth and School Services. Call 353-7713.

**EXCEPTIONAL Family MEMBER PROGRAM LUNCH AND LEARN**, noon to 1 p.m. Post Library, Building 3700. For participants in EFMP. Call 353-4243.

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

**Friday – 17th**

**SNOW DOGS STORY HOUR and CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**SPECIAL STORY HOUR WITH MARY SHIELDS**, 4 p.m., Post Library, Building 3700. Call 353-4137.

**MACLAREN RIVER LODGE**, Feb. 17 through 19. Participants depart from the Outdoor Recreation Center, Building 4050 at 8 a.m. Cost \$300 per person. Participants will drive a snowmachine out to the lodge and will need warm boots, cold weather clothing, hand and foot warmers and a good pair of gloves. Call 361-6349/6350.

**Saturday – 18th**

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

**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.

**KID CRAFTING-"BEVELED GLASS HEART MAGNET"**, 10:30 a.m. to noon, Arts and Crafts Center, Building 3727. Open to children ages 4 to 7 and cost is \$5 per person. Must be accompanied by a parent. Call 353-7520.

**EXCEPTIONAL Family MEMBER PROGRAM BIRCH HILL TUBING**, 12:45 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Open to participants in the EFMP. Cost \$3 for 1 hour, \$5 for 2 hours. Age and height restrictions apply. Activities and events at the Birch Hill are subject to change or cancellation, dependent on weather. Call 353-4243.

**Sunday – 19th**

**FORT WAINWRIGHT FELLOWSHIP OF FAITH**, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076.

**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.

## 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 the Physical Fitness Center, Building 3709 at 353-7294.

## Installation Management Command – Pacific Command Climate Survey

**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

**PACIFIC REGION / GARRISON  
COMMAND CLIMATE SURVEY**

- Your open, frank responses are needed to provide information for decisions affecting your organization.
- Read each question and all possible responses carefully before selecting your answer.
- Your responses are anonymous – you do NOT provide your name or other data by which you can be identified. Only group statistics will be reported.
- Your participation is needed. Failure to respond will not result in any penalty to you. However, your full participation is encouraged so that the data will be complete and representative.
- Select the best possible response for each question.
- Completing the survey – select "submit" and you are done. We do NOT track responses to any computer.

**SECTION I**  
Your Organization

Your organization is where you perform the majority of your work. It includes the personnel assigned to your unit, branch or division with whom you work regularly.

Your insight is an essential ingredient for making improvements throughout the garrison. The Installation Management Command – Pacific Command Climate Survey is 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. Employees without CAC or no computer access may complete the survey on a computer at their worksite at \\ak\paio\IMP-CC\IMPC-CC.xsn

An employee with CAC access will need to log you into the computer but will not need to log in to the site.

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

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](http://WWW.WAINWRIGHT.ARMY.MIL)

**SCHOLARSHIPS**

The deadline for Fort Wainwright Community Spouses' Club scholarship applications is approaching. One way the CSC helps support our local Army Families is through its charitable scholarship program.

Award recipients must be accepted to an accredited institution for the upcoming school year (2012-2013) and are selected by a blind review process in the following four categories: high school student jointly enrolled in college courses, graduating high school senior, full-time college student and adult continuing education. Typically awards range up to \$1,000.

Interested applicants may download an application from the Fort Wainwright CSC web site: [www.wainwrightcsc.org](http://www.wainwrightcsc.org), or pick up a paper copy application at the Fort Wainwright Education Center. Applications must be postmarked by March 14.

For more information, contact [scholarship@wainwrightcsc.org](mailto:scholarship@wainwrightcsc.org).

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 to qualified applicants. Applications are available through Feb. 22. For information, contact Loriann McDonald, commissary director, at 353-7310, a school guidance counselor or visit the websites at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com).

**FAIRBANKS EVENTS****Theater and Film**

Free films on Alaska history, nature and more shown at the Morris Thompson Cultural Center. For more information call 459-3700 or see film schedules at [www.morristhompsoncenter.org/daily-film-schedule](http://www.morristhompsoncenter.org/daily-film-schedule).

Week of February 12-18

9 a.m., Wolf Pack

Noon, Rand McNally's Alaska

2 p.m., America's Wildest Refuge

4 p.m., Ice Age Crossing

**SPORTS**

Fairbanks Ice Dogs discount hockey tickets for the Fairbanks Ice Dogs are available at the Fort Wainwright Armed Services YMCA office. Department of Defense card holders pay \$9 for 12 and older, \$4.50 for children age 5 to 11; children 4 and younger. Visit the Ice Dogs website for more details and a complete schedule.

**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. Sunday. For more information, call Robert Auker, religious education leader at 687-4730.

**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.

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

**SOLDIERS AGAINST DRUNK DRIVING**

The purpose of the Soldiers Against Drunk Driving program is to prevent Soldiers from drinking and driving. If a Soldier has had at least two drinks, they run the risk of getting a DUI and should call a friend, a taxi or SADD volunteer to drive them home.

Soldiers can call SADD at 353-6610 to be picked up and driven back to post. Pick-up hours are 11:30 p.m. to 3:30 a.m. on Fridays, Saturdays and training holidays. Volunteers in the SADD program can be Soldiers, DoD cardholders or spouses. Civilian attire is authorized for Soldiers during volunteer times and Transportation Motor Pool is provided, located in Building 3419. Soldiers participating in the program qualify for day passes after accumulating measured amounts of volunteer hours. A three day pass for 50 hours, a four day pass after 80 hours and a four day pass plus eligibility to be awarded the Military Outstanding Volunteer Service Medal (MOVSM), worth 10 points towards promotion which helps with Staff Sgt. and Sgt. 1st Class selection after completing 150 hours of volunteer service.

To volunteer call, (573) 680-6085 or (805) 878-4971.

**WORKSHOP: RESILIENCE-BUILDING IN CHILDREN, TEENS**

Author, pediatrician and television personality, Dr. Kenneth Ginsburg, will be speaking to parents, medical personnel, clinicians, providers, educators, caregivers Thursday. Using humor, real-life scenarios, and poignant cases, Ginsburg's workshop, "Building Resilience in Children and Teens," for professionals will be hosted in Fairbanks and at Bassett Army Community Hospital Feb. Tuesday through Thursday. Continuing education credits are available for some seminars. The events on post 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. For more information, call the Child and Family Assistance Center, 361-4150.

**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.

# Silver Star awarded to Vietnam Veteran

Staff Report, U.S. Army Alaska PAO



Vietnam Veteran, Dr. Paul Taylor, awarded the Silver Star February 4, on Fort Wainwright by U.S. Army Alaska Commander, Maj. Gen. Raymond P. Palumbo. (Photo by Maj. Joel Anderson/U.S. Army Alaska PAO)

Maj. Gen. Raymond P. Palumbo, Commanding General, U.S. Army Alaska and U.S. Senator Mark Begich (D-Alaska), presented the Silver Star to Dr. Paul C. Taylor, of Fairbanks, during a ceremony Feb. 4, on Fort Wainwright, in recognition of Taylor's conspicuous gallantry in action while serving in the vicinity of Tra Cu, Republic of Vietnam, Jan. 17, 1967.

Taylor was serving in the U.S. Army as a Special Forces' reconnaissance platoon leader in 1967 when he was seriously wounded by machine-gun fire during an engagement with enemy forces along the Vam Co Dong River, just north of the Tra Cu operational area.

Taylor and his unit, Detachment A-302, Company A, 5th Special Forces Group (Airborne), were conducting a patrol to support Army of the Republic of Vietnam (ARVN) operations at the time when he and his platoon came under heavy machine-gun fire.

Taylor and one of his Soldiers led a direct charge towards the enemy gun position. During the valiant attempt Taylor and his Soldier were wounded and became trapped by intense enemy fire.

Staff Sgt. Taylor was a senior medic in addition to being the unit's recon platoon leader. He dragged the wounded Soldier to safety, regrouped, and continued to lead the attack on the enemy position which ensured the survival of him and his fellow Soldiers.

Taylor's other awards and honors include a previous Silver Star, the Bronze Star with 'V' device, three Purple Hearts, the Army Commendation Medal, the Combat Infantryman's Badge and the Combat Medic Badge.

Taylor joined the Army in February 1964 and now makes his home here in Fairbanks where

# National Football League cheerleaders and mascots visit Fort Wainwright



Several Fort Wainwright and other military children attended a cheerleading camp Saturday at the Youth Center on post. Visiting National Football League cheerleaders from the Baltimore Ravens, Kansas City Chiefs, Arizona Cardinals, Minnesota Vikings, Denver Broncos and St. Louis Rams divided the two groups of more than 40 participants, and worked on dance routines. Each participant went away with a smile, some new skills and a set of red and blue pom-poms. Team mascots T-Rac from the Tennessee Titans and Miles from the Denver Broncos joined in the fun. When asked if they were enjoying their time in Alaska, both mascots who are notorious for replying with no comment, each gave a thumbs up. The group is part of Pro Tour Productions, sponsored by Armed Forces Entertainment and hosted by the Directorate of Family and Morale, Welfare and Recreation. After the cheerleading clinic there was a meet and greet at the Nugget Lanes Bowling Center Saturday. The NFL AllStar Tour wrapped up their visit by gathering with Fort Wainwright Soldiers at the Warrior Zone for the Super Bowl, Sunday. (Photo by Allen Shaw, Fort Wainwright PAO)



A group of National Football League cheerleaders visited Fort Wainwright Feb. 4 and 5 to help celebrate Super Bowl weekend. The cheerleaders representing their teams were (from left to right) Denver Bronco, Heather Hartman; Baltimore Raven, Leslie Anderson; Minnesota Viking Alicia Alsaker; Arizona Cardinal, Dionna White; Kansas City Chief, Katie Burris; and St. Louis Ram, Ashley Walker. Alsaker said, "We are so happy to be part of this tour. It is very important for us to show our support to the Soldiers and Families who make such unbelievable sacrifices." (Photo by Allen Shaw, Fort Wainwright PAO)

## Fort Wainwright basketball bangs the board, hammers the hardwood

Allen Shaw, Fort Wainwright PAO

Post season play began Monday at the Physical Fitness Center as Fox 1-52 AVN beat 472nd MPs, 52-38 in game one. Hayes led the scoring with 18 points as his team moved on in the winner's bracket.

In game two, Tuesday, 6-17 CAV beat MEDDAC, 71-51. White was the high scorer for 6-17 with 26 points, while Patterson led MEDDAC with 21.

In the other game played Tuesday Civil Force beat Fox 1-52 AVN 64-45. Fulbright and Fletcher led Civil Force in scoring with 6 buckets each, while Ray led Fox 1-52 AVN with 13.

Game four of the tournament



pitted MEDDAC against 472nd MPs. Gizzard led his 472nd MP team to a 55-57 victory, scoring 21 points. In a losing effort, Patterson led MEDDAC with 22.

Civil Force continued their quest to the championship with a 71-50 win over 6-17 CAV Wednesday, Fox 1-52 AVN also claimed a spot by beating the 472nd MP team, 76-37 and then defeating 6-17 CAV, 73-67. Hayes led the scoring for Fox 1-52 AVN with 28 points and Spann knocked down 34 for 6-17.

Civil Force took on Fox 1-52 AVN for the championship game last night and results will be available in next week's Alaska Post.

## Yukon Quest 2012 starts; mushers make their way through Fort Wainwright



Sonny Lindner, veteran musher and Two Rivers resident is greeted by enthusiastic Fort Wainwright spectators as he makes his way up the Chena River at the start of the 2012 Yukon Quest. (Photo by Jeffrey Colvin/Family and Morale, Welfare and Recreation)

# Another Super Bowl, another season in the bag – That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

## The season ends in the Alaska Post football series



**Bear**  
178 Wins  
89 Losses



**Brain**  
176 Wins  
91 Losses



**Steve Tate**  
173 Wins  
94 Losses



**Jones Bros**  
169 Wins  
98 Losses



**A - Team**  
167 Wins  
99 Losses



**BrowBrose Salsa**  
166 Wins  
100 Losses



**Ed Urbi**  
161 Wins  
104 Losses

It was everything we hoped it would be. It was a week of predictions, a weekend of football related programming on television, chips, dips, beverages, new commercials, great entertainment and one heck of a game.

The newly crowned National Football League New York Giants did it again, beating the New England Patriots 21-17. When they met at the big dance four years ago, the outcome was the same. But, no matter what team you were cheering for the game had its ups and downs, and it was all good for the fans. That's what I'm talking about.

I was actually pleased and surprised by many things, one being that A-Team did move up the ladder securing fifth among the group of Fort Wainwright pickers from BrowBrose Salsa. The outcome of Super Bowl XLVII didn't change the overall outcome of the other positioning, but it is necessary to point out that Tate, Jones Bros,

A-Team and Urbi chose the Giants. Bear, brain and BrowBrose did not.

There was also a massive amount of feedback last week regarding the game. Please, now that you know the address, send your comments, story ideas, photos and anything else you want to say. The Alaska Post in your newspaper and that's what I'm talking about.

By simply asking the question Giants or Patriots to a few people, who sent it to a few other people and so on, I received more than 40 responses. Outstanding- I am sorry for the 17 of you that were wrong. Except for my son who has to do a bunch of shoveling and bring 25 split logs into the garage for the fireplace. He lost the bet.

For the rest of the fans, there's always next year. There were a lot of good things about the Super Bowl and a lot of good things about the season, but the best thing of all was your

loyalty and input. Team Fort Wainwright is world champion in my book – that's what I'm talking about.

### FINAL – FINAL STANDINGS

BEAR	178 wins, 89 losses
BRAIN	176 wins, 91 losses
TATE	173 wins, 94 losses
JONES BROS	169 wins, 98 losses
A-TEAM	167 wins, 99 losses
BROWBROSE SALSA	166 wins, 100 losses
URBI	161 wins, 104 losses

EDITORS NOTE: The prognosticators will be back next season. Are you ready to join in? Just for the fun of it. If so, email [allen.l.shaw6.civ@mail.mil](mailto:allen.l.shaw6.civ@mail.mil).