



January 2011

Fort Greely INTERCEPTOR



Services delivered, promises kept

By LTG Rick Lynch
IMCOM Commander

The Army made significant promises when it unveiled the Army Family Covenant in October 2007. With the covenant, the Army commits to providing Soldiers and Families a quality of life that acknowledges their service, sacrifice and dedication. Practically speaking, that means providing programs and services — including Family programs, health care, housing, recreation, education and employment opportunities, and child, school and youth services — that build Soldier and Family well — being, resilience and readiness.

As the Commanding General of Installation Management Command and the Assistant Chief of Staff for Installation Management, I have the lead for executing the Army Family Covenant. That is a charge I take on wholeheartedly, delivering programs and services that help Soldiers and Families thrive. Soon after I took my post, the Installation Management Community conducted a holistic review of AFC programs to assess if we have the right programs in place to meet Soldier and Family needs. We wanted to know if there were any gaps in services and if we were delivering services effectively. In short, could Soldiers and Families easily get the assistance they need?

What Soldiers and Families told us is that they have both too much and too little information on available services. Sometimes they did not know that there is a program to help with a specific need. Sometimes they knew of several programs available through different service providers, but could not tell which would be best for their situation.

We took away from the review that we have the right programs in place, but can do a better job of helping Soldiers and Families access those programs. To that end, we began looking at how we can improve access through the source Soldiers and Families already turn to for help and answers: Army Community Service centers.

Army Community Service staff do a lot of heavy lifting in delivering on the promises made in the Army Family Covenant. In fiscal year 2010 ACS staff had more than 14 million contacts with Soldiers, Family members and Civilians, through programs such as Mobilization/Deployment Readiness, Relocation Readiness, Financial Readiness, Army Emergency Relief, Employment Readiness, the Army Spouse Employment Partnership, the Exceptional Family Member Program, the Family Advocacy Program, Survivor Outreach Services, Soldier and family Assistance Centers, Army Family Team Building, and the Army Family Action Plan.

From its beginning in 1965, when relocation assistance and the lending closet were among its first services, ACS has continued to grow and evolve. Today it is often the first place Soldiers and Family members go for information, for personal development and for help in an emergency. We want to build on ACS's strengths and central role in the life of an installation. So, based on feedback from 10 focus groups conducted in October, we have developed several ideas for enhancing and updating ACS's capabilities and processes.

One idea we are looking at is transitioning a number of ACS staff into generalist positions, which will focus on helping Soldiers and Family members navigate services. These staff will be fully cross-trained in all basic ACS services and familiar with other services available across the installation, and will have the tools to be able to do more in-depth assessments of client needs. With this information, they will be able to help clients not only access the programs that address their immediate concerns, but also take advantage of programs that help them meet longer-term goals. If clients need specialized assistance, these staff will make sure they see the right person and will follow up until they



have gotten the help they need.

Another idea is to decentralize service delivery locations. ACS will continue to deliver services in traditional ACS centers, but they will also move out to units, in/out processing centers, post exchanges, commissaries, Soldier Readiness Processing sites, community centers, off-post locations — wherever they need to go to support Soldiers and Families in their communities. In addition, ACS will increase its delivery of services online through Army OneSource, to reach all Soldiers and Family members regardless of location or component.

We will continue to seek feedback on these and other proposed changes during focus groups I will hold during my upcoming visits to installations. I want to hear from you, Soldiers and Family members, about what will work for you, and from your leaders about how to enhance ACS support. Once you have helped us refine our thinking, we will use your input to design pilot programs at five installations. The pilot programs will run from April to October 2011.

The intent behind the proposals — and behind any change ultimately made permanent — is to ensure that Soldiers and Family members can find the right service at the right time, the first time they seek assistance. There is no wrong door for accessing ACS services. No matter whom Soldiers and Family members talk with or where they seek services, they have come to the right place. ACS is there for them now, when they are dealing with today's concern, and tomorrow, as they pursue long-term personal goals.

ACS is by no means the only organization on an installation providing services and programs that contribute to the quality of life for Soldiers and Families, but it is often the first place Soldiers and Families look to. So it is a natural place for the Installation Management Community to look to as well, as we continually seek ways to make the delivery of services as effective as possible.

The work of ACS and other quality-of-life service providers is highly visible, tangible proof that the Army is delivering on the promises of the Army Family Covenant. Because of the importance of those promises, we in the Installation Management Community take our responsibility for the delivery of services very seriously. We are committed to providing a strong, supportive environment. The long-term strength of our all-volunteer Army depends on the well-being of Soldiers and Families, but more than that, we owe it to our Soldiers and Families, for their ongoing service and dedication.

Downloading the paper from home? Try www.scribd.com/ftgreelyinterceptor

Alaskan roads beat complacency every time

By Deborah Ward
Public Affairs

It was 25 below zero and all the windows were broken out of the small, tan Ford Ranger truck that sat crumpled and sideways in the southbound lane across Richardson Highway near Banner Creek on Dec. 8, 2010.

Tony White of the Fort Greely Fire and Emergency Services, had just gotten off duty and was headed home in his personal vehicle when he came upon the scene above, "As I past the Ford I noticed that both the passenger and driver were still inside the vehicle and that the vehicle was crushed on the driver side with the majority of damage located at the driver's door." White continued slowly passed the accident to find a safe place to turn around so that he could assist. White also mentions that there was another white truck further up the road with the front end smashed. The vehicles were still steaming and radiator fluid was everywhere. He could tell that the accident had just occurred.

After assessing the situation and the victims, White tried to gain access to the vehicle but was limited on what he could do for the surviving victim due to the damage of the vehicle and lack of proper immobilization equipment.

CPT Dave Daniels, from Priority One, and two Soldiers from Fort Greely were also on scene at this time.

Daniels called 911 and White was able to gain access to the surviving victim through the rear truck window and assessed the passenger's vitals and attempted to keep her awake and alert by talking to her and reassuring her.

At least one of the Soldiers on scene was relatively new to the area. He had an immense cold weather bag stuffed with appropriate gear and blankets. It was those blankets that kept the surviving victim of the Ford truck warm and partially immobile and secure.

The only thing they could do now was wait for help to arrive and switch off sitting in a running truck trying to keep warm themselves.

When White called into Fort Greely Fire Chief Jim Degnan from his cell phone to advise him of the situation, Degnan responded that they were roughly 30 miles out from the scene along with Rural Deltana Fire Department.

White and the other bystanders did what they could to secure the passenger from moving her head and possibly further injuring her spine. White provided immediate care, which if not provided, could have resulted in more severe trauma or

Photo by Deborah Ward



Fort Greely Fire and Emergency Services respond to a call on Dec. 8, 2010 to a motor vehicle accident with one fatality on the Richardson Highway in between Banner Creek and Birch Lake. Inset photo by Anthony White.

death, especially given the severe freezing weather. When White was confident that help was on the way, and the passenger of the Ford was as secure and stable as they could keep her, White turned his attention to the driver of the other vehicle involved in the accident.

“The driver stated that he was fine and did not have a need for medical attention. He denied any pain and stated that he did not lose consciousness during or after the accident. I then returned to the tan truck and re-assessed the passenger’s condition,” said White.

Rural Deltana Rescue-6 arrived and began setting up extrication tools. Within five minutes of Deltana Rescue-6’s arrival, Fort Greely’s R-9, M-11 and Chief-2 from Fort Greely arrived on scene along with three Alaska State Troopers. Fort Greely’s EMS crew proceeded to place a c-collar on the passenger to stabilize the cervical spine area.

Sam Thompson, a volunteer firefighter with the Rural Deltana Volunteer Fire Department and firefighter with Fort Greely’s Fire



Department, helped to gain access to the passenger compartment of the vehicle. The passenger was stabilized and removed from the vehicle for medical transport, provided by Salcha’s Rescue and EMS personnel, to Fairbanks Memorial Hospital.

The road conditions remained hazardous for all EMS crews that were on scene. Large sections of the Richardson Highway were covered with thick patches of ice from the ice storm that hit Interior Alaska only a few weeks prior.

For those Alaskan resident’s that feel they know every crack in the road, the conditions can turn deadly from one hour to the next and the EMS crew at Fort Greely often find that it is the “seasoned” Alaskans that end up in motor vehicle fatalities while the people new to Alaska only end up stuck in the ditch.

“At the start of the winter from Eielson to Wainwright there is nothing in the ditch but out-of-state tags. Places like Kentucky, Texas, North Carolina - those vehicles are never flipped over, they’re not bad wrecks, they just

lose control of the vehicle on the ice, but they are going slow and hit the ditch,” said White. “Come the middle of winter the ones you do see in bad wrecks are the 30 or 40 year-old sourdoughs that have been in Alaska their whole life and think the roads are sticky now, it’s colder, I’ll throw my truck in 4-wheel drive and be fine - and those are the ones that end up dying.”

Complacency...

“I wish I would have gotten that Soldier’s name. Daniels was born and raised here in North Pole; I’ve known him for 15 years and he didn’t have any cold weather gear. I was wearing a sweatshirt and pants - no coat and no gear in my vehicle either. Winter after winter after winter we just get complacent,” said White. “You know, I made fun of that Soldier because you could tell he just got here, but if it wasn’t for him and his cold weather gear Daniels and I would have been taking off our own clothes to try and keep that passenger warm,” he added.

Time and time again safe winter driving tips are issued, but if you had to choose the three to follow the most it would be to slow down, drive with your lights on and don’t be complacent.

Stacy Skoda said, “I know that when I drive I always slow down when I’m coming up on a turn. I slow down because I’m anticipating two things: a moose or another driver coming into my lane because the oncoming vehicle is out of control.”



Fort Greely Fire and Emergency Rescue Service Rescue 9 fire truck (far left) poses for a picture with a scenic background view. A few of Fort Greely’s Fire Department’s finest (from left to right this page, center) Firefighter Matthew Misquez, Firefighter Stacy Skoda (advance life support medic), Firefighter Tony White (advance life support medic), CPT Lonnie Triplet, Firefighter Adam Burke. Misquez and Burke (above) replace the extrication tools back in R-9’s storage compartment.

Photos by Deborah Ward.

Newer vehicles come with Daytime Running Lights and switch on automatically depending on the variance of ambient light. If your light selector switch is set to Auto then chances are you are running your vehicle without your lights on perhaps, more than you realize.

When the ambient light decreases the intensity of light emitted from your headlights increase and makes you more visible.

For most driving conditions, that is optimal, but the weather here in Interior Alaska, with the wind, blowing snow and flat light, can make you unseen to all oncoming vehicular traffic if your lights aren’t on all the time.

Ultimately, the decision is yours and the highly trained and efficient EMS crews from Fort Greely and other surrounding agencies will be there to help, if they can, but please remember the roads in Alaska don’t care how many cracks and bumps your tires have seen or how sturdy and rugged you think your 4-wheel drive truck is; they can end your great Alaskan experience in seconds and take others with you.

Random Acts of Kindness

January 2011

Not sure if this counts, but I was sure appreciative.

Yesterday, Dec 15, 2010 It was -40 all day! I work out on the MDC so I plug in my truck at the ECP parking lot just like so many others. The only difference is that on this particular day I managed to lock my keys inside my truck! I called my husband frantic. About 10 minutes later he called me back and told me to call the MP's on the MDC. I thought this was odd, but to my surprise they happily trudged through the cold, and coordinated a safe and legal key extraction. This is not part of their job, nor are they obligated to helped me at all. When I went to leave work my keys were delivered to me and I made it home without so much as a 5 minute delay. I know it seems like such a simple thing but had these MP's decided I wasn't worth their time, well, I would have had a terrible night! Thank you Alaska National Guard and many thanks to SSG Martin and SPC Haas for your help!

Submitted by Cory Michelle Scott



Officer Gaskin was on patrol and saw my son and me struggling to get a giant metal tool box into our house. It wasn't heavy, but had no handles and with it being as cold as it was, the metal kept slipping with our gloves on. Officer Gaskin pulled over, hopped out of his patrol vehicle and gave us a hand. His 30 seconds of kindness saved my son and me another 10 minutes of being out in the cold and getting absolutely no where.

Submitted by Deborah Ward

Mr. Robert Anderson assisted me in helping to get my vehicle started when it was 26 degrees below zero last week. I had been having numerous issues with my vehicle after I had taken it up north to Fairbanks to have items from a local business installed on it. The vehicle kept stalling out and left me stranded several times. The last time was when I was trying to find a Christmas tree for my son. We have always put our Christmas tree up the day after Thanksgiving, but due to high workloads, hectic schedules and broken vehicles, I was unable to complete that task.

When Anderson saw how disappointed I was that, once again, I couldn't get my son his Christmas tree, he was there to deliver. By the end of the day my son had a tree complete with lights and we both had an overwhelming amount of gratitude for Anderson's kindness. He put the twinkle back in our holiday season.

Submitted by Deborah Ward

On Monday, 13 Dec 2010 as I passed by building 501 I saw 2 police officers cleaning off the holiday cards along the road. Cpt. John Carroll and Ofc. Joel Russ were using snow brushes to try and clean off the snow so the cards could be read. Although this act was not for one particular person, I believe that this act shows their care and concern for the Fort Greely community as a whole.

As I passed by and watched these 2 fine officers, I was filled with pride that my fellow police officers would brave the cold just to do something like this. This act shows that the Fort Greely Police Department truly cares for those we are sworn to protect and serve.

Submitted by Terry Brown

Two-day festivity helps spread holiday cheer



By Dave Palmer
Public Affairs

Every year the Fort Greely Holiday Planning Committee sees to it that Gabriel Hall is the place to be for the community the first weekend in December.

On Friday night the Children's Christmas Party comes complete with an Family and MWR Chili Cook-off and Bake-off, Holiday Music from the Denali Brass of the 9th Army Band, a reading of 'Twas the night before Christmas' and a visit from Santa Claus with cookie bags provided by North

Haven.

Saturday evening it's the adults turn for fun at the Holiday Gala with gourmet dining catered by the Snow Hook Restaurant and dancing to a live band.

"I think it just keeps getting better — each year they raise the bar! We had over 70 attend the Gala, up from 12 my first year," said CSM Carolyn M. Reynolds.

"This is the first time for a live band at the Gala and the fact that they Deejay during their breaks

ensured everyone's musical tastes were covered," Reynolds added.

The weather, 32 below zero, cancelled two other community events Friday night, the formal Tree Lighting and Chapel services, but the wind-chill didn't cool anyone's enthusiasm.

View pictures at www.facebook.com/fort.greely then follow the link.

To download your pictures from Flickr: Select menu option Actions, then View all Sizes, then select and Download the size of your choice!



Photos by Dave Palmer



There are tons of new goodies at the Delta Community Library (above)! These wonderful new books, audio CDs, DVDs, Playaways and more were all purchased by Impact Funds from Fort Greely. Fort Greely's Family and Morale, Welfare and Recreation continue to contribute approximately 10 percent of the library's annual operating budget. Any curious folks that are interested in just how many items at the library were purchased with help from Fort Greely can find a, "Thank you, Fort Greely" sticker (photo inset above) on the items. Even if you don't visit the library as often as you would like to, rest assured that your children who locally attend school get the benefits of all the learning materials from the community library (lower left). Teachers are able to sign the books out for school and classroom use. For those that enjoy Preschool Story Hour - meets every Wednesday at 11:00 a.m. and Baby Laptime - meets second and fourth Tuesday at 11:00 a.m. each month, the library has big books (lower right) just so everyone can see the pictures and listen to the story. Please remember that children must be registered in advance for each session so enough materials can be prepared. Joyce McCombs, Director for the Delta Community Library (lower right) and her staff offer a grateful, "Thank you" to Fort Greely.



Photos by Deborah Ward



Don't Miss This Opportunity!

Enhance Your Parenting Skills from the Comfort of Your Home

***Active Parenting* Videos Now Available Online**

Dear Parent or Guardian,

We are excited to let you know that Active Parenting Publishers, one of the world's leading developers of video-based resources for over 25 years, is now offering an Online Learning Center! Some of you may be familiar with *Active Parenting* courses and also may have seen the program's author, Dr. Michael Popkin, on Oprah, CNN, or on one of his other TV appearances. Over three million parents have attended *Active Parenting* classes and have testified to the improvement these classes have made in their families.

Now, Active Parenting has launched a new Online Video Library (OVL) in both English and Spanish designed to make all of their videos available through the Internet. That means you can view any or all of these award-winning video series from your own home or anywhere you have access to the Internet. The videos cover the parenting of babies, children, and teens, and include additional resources for helping children succeed in school.

We are proud to announce that the Family Advocacy Program of Fort Greely has purchased viewing rights to the OVL. In order to participate, you will need to register on the web site (please see below). Active Parenting will not sell your name or e-mail address.

Like Active Parenting Publishers, we believe that parenting is one of the most important jobs in our society. These videos will benefit all families and we encourage you to take a look at the resources offered. To access these videos, please see below for details.

-
1. Go to www.ActiveParentingOLC.com
 2. Click on "Register" and complete the requested information to create your account. Active Parenting will not share your information with any other organization.
 3. Check your e-mail account for the activation e-mail and click on the link provided.
 4. Login using the e-mail address and password you selected and the Access Code **FJ16NV1SS2**.
 5. Select the specific video you would like to watch by clicking on the "Play Now" button.

It's that simple! We hope you enjoy this program and learn some effective parenting skills that will last a lifetime. If you have any problem accessing the Active Parenting Videos, please call Cathy Daughtridge at Active Parenting:

Ask Wendy!

A monthly column by DHR
featuring Wendy Rodgers

What is the smoking policy on post? According to Executive Order 13058 smoking is prohibited in courtyards and within 25 feet of doorways and air intake ducts on outdoor space under the jurisdiction. It is also a matter of respecting other people. Most nonsmokers don't want to smell it and don't like the smell of it so if you see someone coming maybe just step back a bit so it doesn't bother people who don't smoke.

When the CAC is completed what all will it have to offer? Tentatively the CAC is going to have a

bowling alley, a multipurpose room, a game room, an arcade, a kitchen with a bar and a dining area (like a food court), a dance studio and a quiet study room. This will give the parents and the kids a break from being inside during the long winter months!

When do we start gaining daylight time again? On Dec. 21, winter solstice, we started gaining daylight again. It may only be seconds of daylight

at first, but at least we will be on the up side again!

I heard that there might be a beach party in February, is this true? Tentatively, there is a beach party on Feb. 5 at the Fort Greely Fitness Center. The children's portion is scheduled from noon to 3 p.m. and the adults from 8 p.m. to 11 p.m. with lots of fun activities for both groups.



If you would like to submit a question for next month's issue, e-mail Wendy at wendy.rodgers@us.army.mil

Is your extension cord watt you need Overloaded, misused extension cords create serious safety hazards

By Garrison Safety Office

Not all extension cords are created equal. In fact, even cords that look alike might have been designed with entirely different uses in mind. Using an extension cord just because it's long enough or because its plug happens to fit the nearest electrical outlet might be convenient, but it also might be creating a shock or fire hazard.

Three important questions before plugging in an extension cord:

- Will I use the cord indoors or outdoors?
- What is the total wattage rating of the appliances I'll use with the cord?
- How far is the nearest outlet from where I'll be working?

Extension cords are labeled with valuable information as to the use, size and wattage rating of the cord. Cords are offered in many lengths and are marked with a size or "gauge." The gauge is based on the American Wire Gauge (AWG) System, in which the larger the wire, the smaller the AWG number. For example, a 12-gauge wire would be larger and can power larger wattage appliances than a 14-gauge wire.

Before deciding which extension cord to use, read the manufacturer's instructions for the power tools you will be using. These booklets contain important information about your tools and provide helpful tips on their use and care. The booklets also indicate whether the tools are suitable for use outdoors.

Likewise, the first step in determining which extension cord you need is to decide whether you are using the appliance indoors or outdoors. Extension cords that can be used outdoors are clearly marked "Suitable for Use with Outdoor Appliances." Never use an indoor extension cord outdoors; it could result in an electric shock or fire hazard.

To determine what size -- or gauge -- cord you need, you also have to determine how long you need the cord to be. A cord, based on its gauge, can power an appliance of certain wattage only at specific distances. As the cord gets longer, the current carrying capacity of the cord gets lower. For example, 16-gauge extension cord less than 50 feet long can power a 1625 watt (W) appliance. A 16-gauge cord that is longer than 50 feet long can power an appliance up to only 1250W.

All appliances indicate how much wattage is consumed when operated; that rating can be found on the appliance itself and often within the instruction manual that accompanies the product. Other appliances will indicate power usage



in amps, rather than watts. Quick tip: If your appliance indicates that it uses 5 amps at 125 volts, then its wattage rating is 625W (5x125).

If you are going to use the extension cord with two or more appliances, you must add together the wattage rating for all appliances used on the cord. The total of those wattage ratings will help you determine which gauge size you will need.

Follow these additional safety tips when using extension cords with power tools and garden appliances.

- Look for the UL Mark on extension cords you purchase.
- Store all cords indoors when not in use.
- Never keep an extension cord plugged in when not in use.
- Most new, indoor cords with more than one outlet have covers for the unused openings - use them.
- Do not use extension cords that are cut or damaged.
- Never file or cut the plug blades or grounding pin of an extension cord or appliance to plug it into an old outlet.

SALSA AND LATIN MOVES LESSONS

Join in for two FREE nights of Salsa Lessons and Fun! Classes will be at the Warrior Zone on Thursday evenings Jan. 13 and 20 from 6:30 to 8:30 p.m. Space is limited so sign up early at 907-687-8077.



Team signup begins
December 29th

- Pick up a *Team Roster* form at the Fitness Center's front desk
- Games are held Tuesday and Thursday nights from 1800-2100
- Captains meeting January 20th at 1900 in the Fitness Center Gym

League games begin
January 25th

Ft. Greely Basketball League

Signup Deadline
January 16th



Ft. Greely

Fitness Center

POC: Colton St. Peter

Phone: 873-2696

Email: colton.stpeter@gmail.com



Garrison re-cycles nearly 240 tons

By Garrison Environmental Office

This past year, Fort Greely has seen the largest amount of materials ever shipped for recycling.

During 2010, a total of 471,749 pounds of materials shipped, which translates into approximately 236 tons for the year. Although a large portion of the tonnage was scrap metals, there have been substantial increases in recycling in all categories.

We were hoping to incorporate tin cans and glass bottles into the recycling stream by the end of the year, but have not had the necessary dumpsters for the collection of these items. Details are being worked out and we will be able to supply dumpsters for glass & tin soon after the new year.

In the meantime, please continue to support the program by recycling your cardboard, paper, aluminum cans and #1-7 plastics. Remember, all plastics can be collected in the same dumpster, with no need to separate.

Our new composting vessel, the Earth Tub, was shipped from the manufacturer and should be arriving any time. As stated in an earlier newsletter, we currently collect compost materials from the dining facility and the commissary.

A composting survey has been drafted and submitted to North Haven for distribution. North Haven will be helping us out by sending the survey to all North Haven residents. The survey will be asking for feedback from past residents regarding potential involvement in the program. The survey is set to be e-mailed out in the first part of January and a two week window will be provided to complete the survey and return it to North Haven personnel. The results will be reviewed, and based on the interest level from residents, we will formulate a plan to collect compost materials.

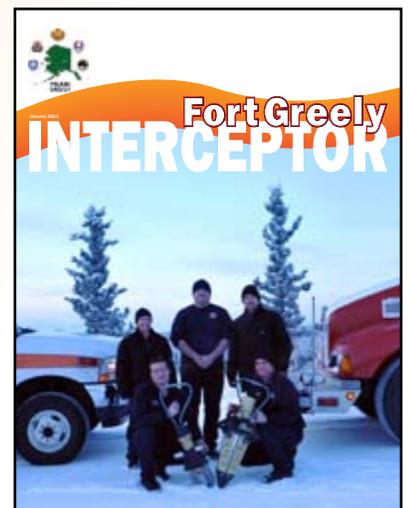


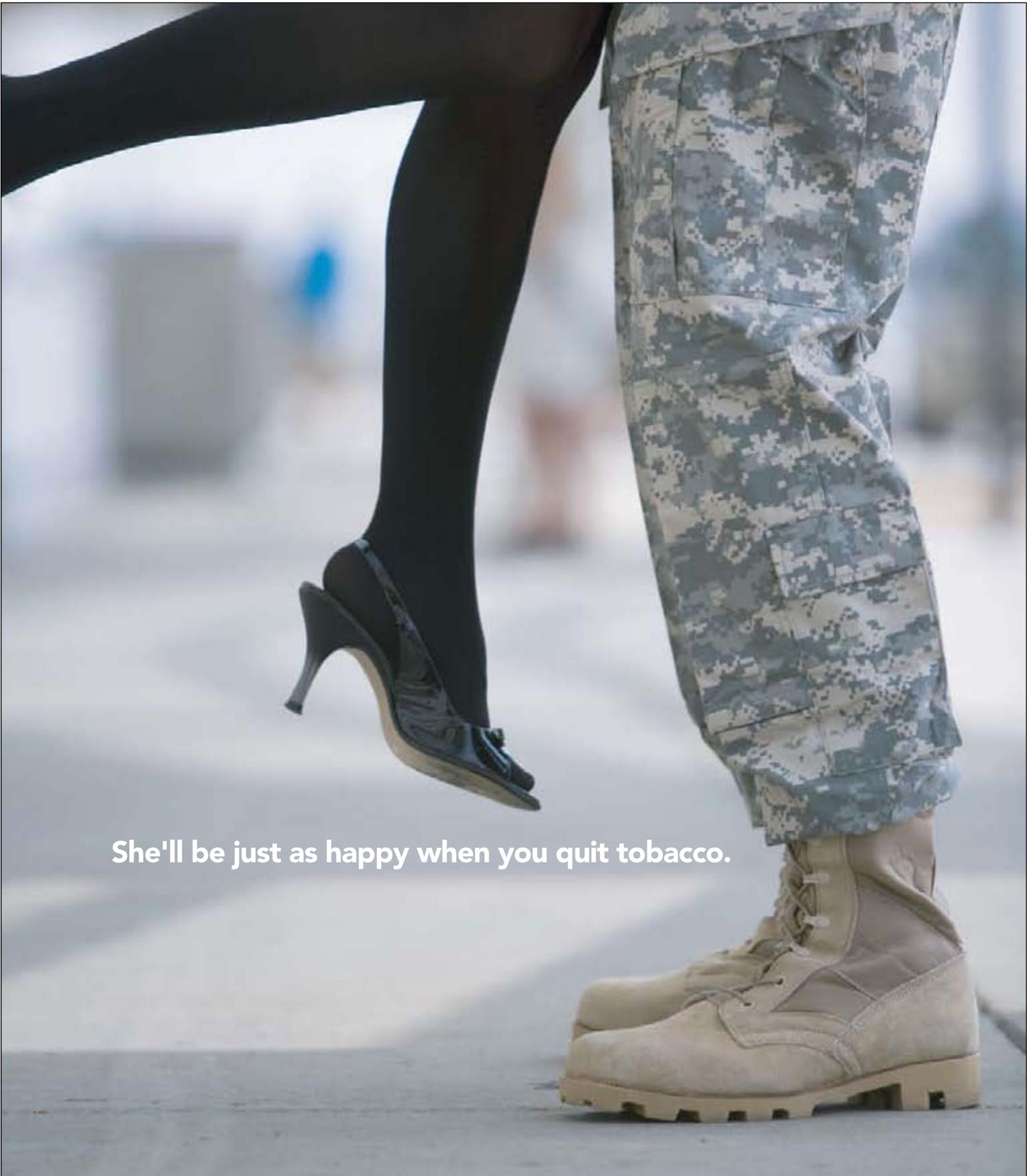
ARMY FAMILY COVENANT: KEEPING THE PROMISE

On the cover: A few of Fort Greely's Fire Department's finest (from left to right) Firefighter Matthew Misquez, Firefighter Stacy Skoda (advance life support medic), Firefighter Tony White (advance life support medic), Captain Lonnie Triplet, Firefighter Adam Burke. Personnel not pictured: Firefighter Gary Fairchild, Firefighter Carter Cole and Firefighter Sam Thompson. Photo by Deborah Ward

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COMEDY WITH A TWIST

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Comedian Bernie McGrenahan's 'Happy Hour' Tour has audiences rolling in the aisles with laughter. See for yourself Jan. 26 at 3 p.m. at the AAFES Movie Theater.



The US Army Volunteer Program of Fort Greely is seeking a Volunteer Program Coordinator.

This individual will set up, coordinate, and supervise a new volunteer program for the Fort Greely Community. To find out more about this opportunity, please contact Army Community Services at 873-3284 or 873-4346 for more information.



Dear Residents – With the extremely cold temperatures, please take the following steps to prevent your water lines in your homes from freezing. Please open the cabinets under your kitchen and bathroom sinks and let your faucets drip. Opening the cabinets will allow the heat in your home to keep water pipes warm. The constant flow of a dripping faucet will prevent “soft freezing”. If your household includes little children, please be sure to protect them from poisoning risks by removing cleaners and other supplies often kept under sinks, and placing them out of the children’s reach. Thank you for your help and your service.

New hours for January:

Monday - Friday:..... 6:30 a.m. to 8 p.m.
Saturday:..... 10 a.m. to 8 p.m.
Sunday: 11 a.m. to 6 p.m.

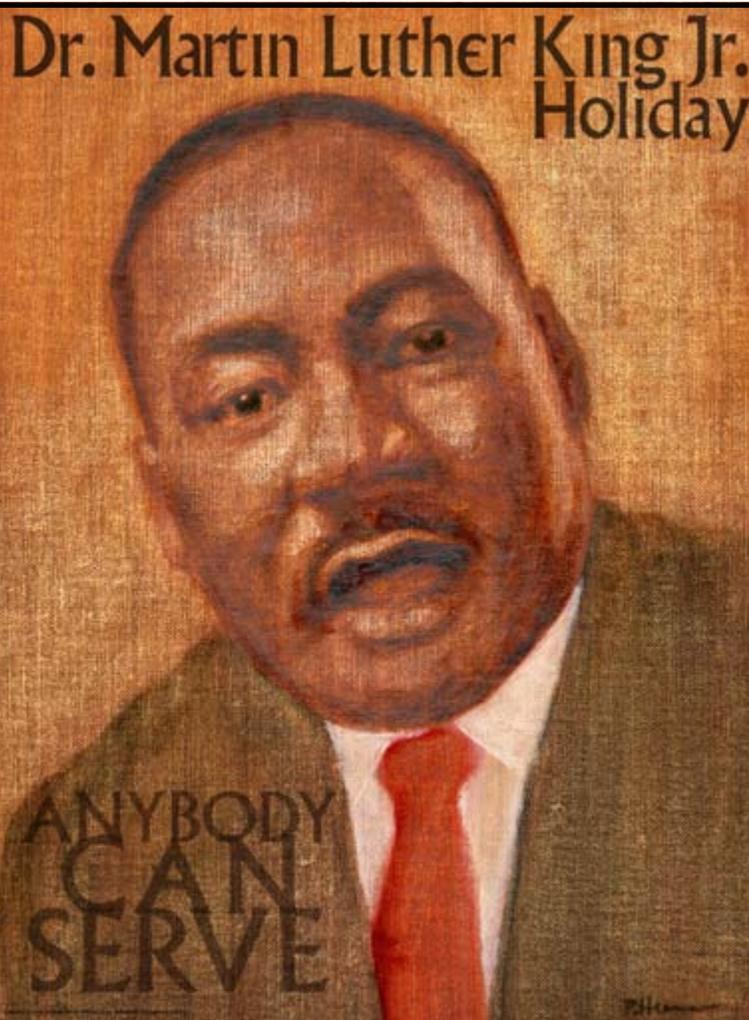


EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE



Photo by Jordan R. Bessley, USN

***The Best Presents Are Freedom & Justice.
Good Security Makes Them Possible.***



Please join us in celebrating the Dr. Martin Luther King Jr. Holiday at 11 a.m., Jan. 20, at Gabriel Auditorium. Jack Detzel will be the Master of Ceremonies and Charles Bailey will be presenting the famous and heartfelt speech, "I have a dream." Refreshments will be served.



The Fort Greely Fitness Center Pool re-opens with a splash!



Christopher Golden, DES, gets ready to catch his son, Daniel for one of the first big splashes in the new pool since it re-opened on Dec. 30.



Catherine and Gabriella Cavedo, daughters of LTC John and Stephanie Cavedo, help Garrison Commander LTC Chris Chronis and Garrison CSM Carolyn Reynolds cut the red ribbon for the Fort Greely Fitness Center Pool Grand Opening on Jan. 5. Reynolds helps to dry off John Golden, son of Christopher Golden, to keep him from getting the shivers.

Photos by Emily Fisher.

Important survey!

Please select the above link to take you to an important Family Advocacy Program survey.



OUTDOOR RECREATION



2011

Activity Calendar - January/February



Stay active this winter with FMWR!

**Cross-Country Skiing, Ice Fishing, Snowmachine Trail Rides,
Road Trips and much more!**

MEGA MIND

(Will Ferrell, Brad Pitt) Mega mind is the most brilliant super-villain the world has ever known... and the least successful. Over the years, he has tried to conquer Metro City in every imaginable way -- Each attempt, a colossal failure thanks to the caped superhero known as "Metro Man," until the day Mega mind actually defeats him in the throes of one of his botched evil plans. Suddenly, the fate of Metro City is threatened when a new villain arrives and chaos runs rampant, leaving everyone to wonder: Can the world's biggest "mind" actually be the one to save the day? Rated PG (action and some language) 121 min



MORNING GLORY

(Rachel McAdams, Noah Bean) Newly hired as a producer on a national morning-news program called "Daybreak," Becky Fuller decides to revitalize the low-rated show by bringing in legendary anchorman Mike Pomeroy. Pomeroy, however, refuses to do puff pieces like celebrity gossip and fashion, and clashes with his co-host. Meanwhile, Becky's romance with a colleague begins to unravel, leaving her struggling to save her relationship, her job and "Daybreak" itself. Rated PG-13 (some sexual content including dialogue, language and brief drug references) 107 min



FOR COLORED GIRLS

(Kimberly Elise, Janet Jackson) Based on Ntozake Shange's award-winning 1975 play, which consists of a series of poems performed through a cast of nameless women, known only by a color. It deals with such subjects as love, abandonment, rape, and abortion. It later morphed into an Emmy Award-nominated television special and is still being performed around the world. Rated R (some disturbing violence including a rape, sexual content and language) 133 min



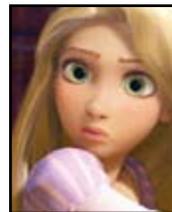
HARRY POTTER & THE DEATHLY HALLOWS PART 1

(Daniel Radcliffe, Emma Watson) Harry, Ron and Hermione set out on their perilous mission to track down and destroy the secret to Voldemort's immortality and destruction -- the Horcruxes. Without the guidance of their professors, the three friends must now rely on one another more than ever. But there are Dark Forces in their midst that threaten to tear them apart. Rated PG-13 (some sequences of intense action violence and frightening images) 145 min



TANGLED

(Mandy Moore, Zachary Levi) When the kingdom's most wanted -- and most charming -- bandit Flynn Rider hides out in a mysterious tower, he's taken hostage by Rapunzel, a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair. Flynn's curious captor, who's looking for her ticket out of the tower where she's been locked away for years, strikes a deal with the handsome thief and the unlikely duo sets off on an action-packed escapade, complete with a super-cop horse, an over-protective chameleon and a gruff gang of pub thugs. Rated PG (brief mild violence) 90 min



BURLESQUE

(Cher, Christine Aguilera) Ali is a small-town girl with a big voice who escapes hardship and an uncertain future to follow her dreams to LA. Stumbling upon The Burlesque Lounge, Ali lands a job as a cocktail waitress from Tess, the club's proprietor and headliner. Ali builds a friendship with a featured dancer, finds an enemy in a jealous performer, and gains the affection of Jack, a bartender and fellow musician. With the help of the stage manager and host, Ali makes her way from the bar to the stage. Her spectacular voice restores The Burlesque Lounge to its former glory. Rated PG-13 (sexual content including several suggestive dance routines, partial nudity, language and some thematic material) 119 min



UNSTOPPABLE

(Denzel Washington, Chris Pine) A veteran engineer and a young conductor try frantically to stop a half-mile-long freight train carrying enough combustible liquids and poisonous gas to wipe out a nearby city. Rated PG-13 (sequences of action and peril and some language) 98 min



THE NEXT THREE DAYS

(Russell Crowe, Elizabeth Banks) Life seems perfect for John until his wife, Lara, is arrested for a murder she says she didn't commit. Three years into her sentence, John struggles to hold his family together, raising their son and teaching at college while he pursues every means available to prove her innocence. With the rejection of their final appeal, Lara becomes suicidal and John decides to break his wife out of prison. He devises an escape plot plunging into a dangerous and unfamiliar world risking everything for the woman he loves. Rated PG-13 (violence, drug material, language, some sexuality and thematic elements) 122 min



LOVE AND OTHER DRUGS

(Jake Gyllenhaal, Anne Hathaway) Peter Maggie is an alluring free spirit who won't let anything, including a formidable personal challenge, tie her down. But she meets her match in Jamie Randall, whose relentless and nearly infallible charm serve him well with the ladies and in the cutthroat world of pharmaceutical sales. Maggie and Jamie's evolving relationship takes them both by surprise, as they find themselves under the influence of the ultimate drug: love. Rated R (strong sexual content, nudity, pervasive language, and some drug material) 113 min



FRI	JAN 07 - 7 p.m. Mega Mind	(PG)
SAT	JAN 08 - 1 p.m. Mega Mind	(PG)
	7 p.m. Morning Glory	(PG-13)
SUN	JAN 09 - 7 p.m. For Colored Girls	(R)
FRI	JAN 14 - 7 p.m. Harry Potter	(PG-13)
SAT	JAN 15 - 7 p.m. Burlesque	(PG-13)
SUN	JAN 16 - 7 p.m. Harry Potter	(PG-13)
FRI	JAN 21 - 7 p.m. Unstoppable	(PG-13)
SAT	JAN 22 - 7 p.m. The Next 3 Days	(PG-13)
SUN	JAN 23 - 1 p.m. The Next 3 Days	(PG-13)
	7 p.m. The Next 3 Days	(PG-13)
FRI	JAN 28 - 7 p.m. Love & Other Drugs	(R)
SAT	JAN 29 - 7 p.m. Tangled	(PG)
SUN	JAN 30 - 1 p.m. Tangled	(PG)
	7 p.m. Love & Other Drugs	(R)