



September 2012

Fort Greely INTERCEPTOR

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News Service

September Army-wide stand down to support suicide prevention

By David Vergun
Army News Service

WASHINGTON (Army News Service, Aug. 24, 2012) -- Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Army-wide suicide “stand down,” scheduled for Sept. 27, as a way to empower leadership to prevent further loss of life due to suicide. The stand down is meant to familiarize all members of the Army family with the health promotion, risk reduction, suicide prevention, and comprehensive Soldier and family fitness resources available in the Army.

The stand down will also focus on how to improve the health and discipline of the force and reducing the stigma associated

with seeking care for behavioral health issues. The stand down was issued after Austin visited installations around the Army and listened to Soldier feedback and suggestions, said Walter O. Morales, chief of the Army Suicide Prevention Program. “He realized more work was needed to address the issue of suicides in the Army and to ensure the awareness and training momentum continues,” Morales said.

The last Army-wide suicide prevention stand down took place in 2009. During that event, Morales said, the Army used the

“chain teach” approach to push information down to Soldiers. “For example, the Army required that specific training materials would be used and specific training requirements met, although some supplemental training was allowed, such as leader-led discussions,” he said.

This time, Morales said, the stand down will be different.

“Activities and training will be less prescriptive,” he said. “Commanders now have the flexibility to assess the needs of their units and customize the training and activities.”

Morales said some commanders might opt for a “fun walk” or run to get Soldiers, civilians and their families involved. They might follow that with an afternoon town hall meeting. Others may conduct risk assessments to better inform their training requirements for the training and sustainment portion of the stand down.

Although the stand down is just for one day, Morales said training and activities will be conducted throughout September, which is recognized in the Army as Suicide Prevention Month. Efforts will likely continue into October, particularly for the Reserve Component.

One of the main events slated for Sept. 27 is the “terrain walk.” Morales said that during the event, Army leaders at posts, camps, and stations will go on tours of their respective service support organizations, and will visit the caregivers there “who are in excellent positions to help Soldiers and their families who are most at risk.”

Providers include chaplains, clinicians, lawyers, social workers, financial advisors, family therapists, substance abuse counselors, military life consultants, and psychologists. The purpose of the terrain walks, Morales said, is to let commanders know what kinds of resources are available, so they may in turn let Soldiers know what is available.

“We have so many good programs out there, but people often get lost

in the shuffle -- they know there’s help available, but it’s sometimes difficult finding out how to access it and find the appropriate points of contact,” Morales said.

The theme this year for suicide prevention month -- “A healthy force is a ready force” -- reflects the Army’s awareness that healthy people and mission go together, Morales said.

“We’re not just worried about suicides, we’re concerned with the overall fitness and well-being of our Soldiers, Army civilians, and family members,” he said. “It is especially important that leaders lead the charge in changing the Army culture, wherever seeking help for suicide or other issues is stigmatized.”

In addition to the terrain walk and unit events, other suicide awareness activities are planned throughout September, including health fairs and resilience training. A special Suicide Prevention Month web page has been established on the Army Suicide Prevention website, which explains more, at www.preventsuicide.army.mil.



School receives grant money

By Jack Detzel
Family and Morale, Welfare and Recreation

Early this past summer Fort Greely School (FGS), of the Delta/Greely School District, (DGSD) was notified by the Department of Defense Education Agency (DoDEA) that the school was selected as a recipient of their 2012 award competition.

The DoDEA Grant Award totaled \$268,000.00. The project timeline is scheduled to occur over a three year period. The purpose of the grant program is to provide assistance to Military-Connected Local Educational Agencies for Academic and Support Programs (MCASP).

The Delta/Greely School District Rural Education Attendance Area #15 is primary educational agency serving the communities of Fort Greely, Delta Junction and the surrounding area.

There are over 300 students enrolled in the Fort Greely School and a wide variety of learning challenges helped DoDEA select the Fort Greely School as a recipient of the grant funds.

Principal Jeff Lansing spearheaded the grant application process this spring and he is very excited to start moving forward with the assistance provided by DoDEA.

The application process was made up of three DGSD educators and they collaborated to complete the DoDEA application process by the April 13, 2012 deadline. Their unique approach to mathematics remediation helped secure the award on their first attempt in the competitive grant process. The project will support the district-wide initiative to improve student achievement in mathematics and English Language Learners (ELL) through systematic professional development, Odyssey Math intervention, and engagement of

military dependent parents and students through after school academic intervention.

Science, Technology, Engineering, and Mathematics (STEM) is the focus of the grant. The emphasis of this grant for FGS is to improve student achievement of our military dependents primarily in the area of mathematics and technology to remediate underachievement.

Projects are designed around the following criteria: promote student achievement in the core curricular areas; ease the challenges military students may face due to transitions and deployments; support the social and emotional needs of military students; promote virtual learning opportunities; improve educator professional development; enhance and integrate technology; and encourage family, school, and community engagement.

Approved grant activities include: external learning experiences for the next three years where students will be utilizing Global Positioning System devices and mapping tools to show the relationship between math and technology in a real-world setting (based on the 49th Missile Defense Battalion activities provided to the high school in May 2011); weekly mathematics tutoring. Math tutoring will be scheduled weekly. Twenty-one percent of our military students are below proficient in math according to the state tests. Of those students, 26 percent of them are Limited English Proficient (LEP).

Guest presentations from installation tenants will include engineers in Fort Greely School Science or Space Exploration classes.

FGA SLO will host parent engagement nights throughout the three year grant period that will enable parents to participate and become familiar with the efforts that the Garrison supports in the area of education. Increasing our military community engagement in support of school district goals will be a positive step forward for all involved.

Direct equipment upgrades for the Fort Greely Middle School include: one web server,

four laptop carts, 100 new laptops, seven classroom Smart Boards, 150 headsets, and four wireless access points. Odyssey Math software is valued in excess of \$29,000.

Point of Contact (POC) for further information is: Jack Detzel, Fort Greely School Liaison Officer; jack.r.detzel.naf@mail.mil, 907-873-4599.

Watch for regular monthly updates of the grant progress right here in the FGA Interceptor! ■



Senior Mission Commander visits Fort Greely

By Treva Slaughter
Protocol

On July 25, 2012, the Fort Greely community had an opportunity to address their questions and concerns to the Senior Mission Commander, LTG Richard P. Formica, Commanding General, US Army Space and Missile Defense Command/Army Forces Strategic Command (USASMDC/ARSTRAT). LTG Formica’s visit lasted two days as he put his finger on the pulse of Fort Greely with stops at the Aid Station, Barracks, Aurora Community Activity Center and Missile Defense Complex.

LTG Formica conducted a Community Town Hall wherein he shared what is happening within Space and Missile Defense Command, such as the Advanced Hypersonic Weapon and base facilities and infrastructure improvements at Fort Greely. The audience heard the many ways that FGA is benefitting from IMCOM’s management of the Installation and the commanding general’s approval that IMCOM is going to manage Kwajalein as well.

The highlight of the visit came when several members of Team Greely were recognized for their

hard work and achievements in an award ceremony. Thanks to all who came to hear the senior mission commander’s vision and say, “Hello!” ■



Senior Mission Commander, Lieutenant General Richard Formica addresses audience members at the Community Town Hall on July 25. The town hall was held at the Aurora Community Activity Center Photo by Treva Slaughter

Be prepared

September is National Preparedness Month

By First Lieutenant Ortiz Segarra Gilberto
49th Missile Defense Battalion

Would you be ready if there was an emergency? Be prepared. Assemble an emergency supply kit, make your emergency plans, stay informed, and get involved in helping your family, your business, and your community be ready for emergencies. Throughout September there will be activities across the country to promote emergency preparedness. More than 3,000 organizations, national, regional, and local public and private organizations are supporting emergency preparedness efforts and encouraging all Americans to take action. You can join the effort by following four steps:

Get a Kit - A disaster supplies/emergency kit is simply a collection of basic items your household may need in the event of an emergency, like fresh water, food, clean air, and warmth. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them. You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days. Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week or longer. Your supplies kit should contain items to help you manage during these outages. In the unlikely event that chemical or radiological hazards cause officials to advise people in a specific area to "shelter-in-place" in a sealed room, households should have in the room they have selected for this purpose should include a roll of duct tape, scissors, and plastic sheeting pre-cut to fit shelter-in-place room openings. Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide buildup for up to five hours. Local officials are unlikely to recommend the public shelter in a sealed room for more than two-three hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps

into the shelter. Always keep a shut-off valve wrench near the gas and water shut-off valves in your home.

Make a Plan - Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place, how you will contact one another, how you will get back together, and what you will do in different situations. Read more about Family Communication during an emergency. You should also inquire about emergency plans at places where your family spends time: work, day-care and school, faith organizations, sports events and commuting. If no plans exist, consider volunteering to help create one. Talk to community leaders, your colleagues, neighbors and members of faith or civic organizations about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Find out from local government emergency management how you will be notified for each kind of disasters, both natural and man-made. You should also inquire about alert and warning systems for workplace, schools and other locations. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call, or in rare circumstances, volunteers and emergency workers may go door-to-door. Depending upon the nature of the emergency and your circumstances, one of the first important decisions is whether to stay where you are or evacuate. You should understand and plan for both possibilities.

Be Informed - Being prepared means staying informed. Check all types of media, websites, newspapers, radio, TV, mobile and land phones for global, national and local information. During an emergency, your local Emergency Management or Emergency Services office will give you information on such things as open shelters and evacuation orders.

Get Involved - Get involved before disaster strikes! Here are a few ways you can help: volunteer to support disaster efforts in your community; be part of the community planning process; join or start a preparedness project; support major disasters by donating cash or goods which may help meet the needs of your community in times of disaster. This represents only a few of the many ways that individuals and community organizations can Get Involved to help communities lessen, prepare for, respond to and recover from disasters. The Federal Emergency Management Agency

(FEMA) and the Department of Homeland Security (DHS) promote emergency preparedness throughout the year via the Resolve to be Ready 2012 Campaign. Checklists, brochures, and videos are available in English and in Spanish online and by phone (1-800-BE-READY and 1-888-SE-LISTO). For additional opportunities that may be unique to your community, contact your local emergency management agency or Citizen Corps Council in your area.

Sources:

Centers for Disease Control and Prevention website: <http://www.cdc.gov/features/beready/index.html>

Federal Emergency Management Agency (FEMA) and Department of Homeland Security (DHS) Ready Campaign website: <http://www.ready.gov/>

Game plan.

Finding your loved ones isn't always a game—
In an emergency, your family may not be together.

- Plan ahead to keep your family safe.
- Get a portable emergency kit.
- Establish an out-of-state family contact.
- Identify a location for your family to meet.

READY ARMY
GET A KIT - MAKE A PLAN - BE INFORMED

It's up to you. Prepare Strong.
For more information, visit www.ready.army.mil

<http://www.acsim.army.mil/readyarmy/index.htm>

Select the poster to download valuable Ready Army resources today!

Select the link: <http://www.acsim.army.mil/readyarmy/index.htm> for useful resources and tools that you can use to help your family prepare for disasters. Information on Ready Army, Army Disaster Personnel Accountability and Assessment System (ADPAAS), Recovery, Special Needs and even more links are available here. Build a kit, Make a Plan, Be Informed.



There is help...and hope

** Tragically, in 2011, a total of 283 Soldiers took their own lives. Suicides are occurring across every segment of the Force - Active, Guard and Reserve; Officers and Enlisted Soldiers; Deployed, Non-Deployed and those who have not deployed, as well as Army Civilians and Family Members. As of August 10, 2012 191 Soldiers have taken their own lives during the current calendar year...*

By Captain Jesse Schexnayder
49th Missile Defense Battalion

The value of each and every human life is a fundamental principle of our nation. We as Americans believe that all men are created equal and endowed by their Creator with certain inalienable rights, and this is why we tend to view suicide as such a great tragedy. Every person has an untapped potential, and suicides, especially those

which could have been prevented, bring those many lost opportunities to the forefront of our consideration.

No specific category of person is immune. Suicide cuts across all spectrums of religion, income, ethnicity, and profession. Unfortunately, the Army is no exception to this and Soldiers, especially those having served in Iraq and

Afghanistan, are nearly twice as likely to take their own lives in comparison to the civilian population. Though the number of Army suicides has begun to decline from 305 deaths in 2010 to 283 in 2011, there are still far too many Soldiers who should have been able to rely on a strong support structure for assistance in their time of need who have instead

chosen to take their own lives.

This September, we will be given ample opportunity to remember that suicide can be prevented, but that this usually depends on friends and family recognizing the signs and having the courage and compassion to act on them. National Suicide Prevention Week sponsored by the American Association of Suicidology will lead this effort September 9-15, surrounding World Suicide Prevention Day on September 10. There will be several opportunities for training here on Fort Greely as Chaplain Cepeda will be conducting a two-day session of Applied Suicide Intervention on September 4-5, from 8 am to 4 pm at the Chapel Annex. In addition, he will also host a Suicide Stand-Down

Day on September 27 at the Post Theatre, times to be determined. Please contact Chaplain (MAJ) Cepeda at 907-803-1962 for further details on these training opportunities.

In closing, please consider the words of the great American evangelist Billy Graham, "Whenever someone writes to say they're thinking about taking their own life, I wish I could sit down with them and do everything I possibly could to encourage them and persuade them not to take that final, drastic step. No matter how hard life has gotten, I know that with God there is hope." If we have the opportunity to help someone like this in our own lives, face to face, may we find the resolve to make the most of it. ■

** Suicide ALARACT 221*



IT'S YOUR CALL

**Confidential help for
Active Duty/Guard/Reserve
Soldiers and their Families**

1-800-273-8255 PRESS 1



... Confidential chat at **MilitaryCrisisLine.net** or text to **838255** ...

www.preventsuicide.army.mil

U.S. Department of Veterans Affairs

www.greely.army.mil



Deltana Fair Manager, Heather Stossmeister, offers introductory remarks during the opening ceremony for the 2012 Deltana Fair and Music Festival while Fort Greely Garrison Commander, LTC Terry Clark, looks on in appreciation. Photo by Treva Slaughter

The Deltana Fair is a family affair

By Treva Slaughter
Protocol

I don't know about anyone else, but I was thrilled that Fair Weekend dawned with beautiful, blue skies, bright sunshine and warm weather that held true to the end! One of my favorite things about the fair in Delta is seeing familiar face after familiar face. There is comfort in tradition; maybe I appreciate tradition as much as I do because it is the cornerstone of Protocol, but, whatever my reason, I know the Deltana Fair will center around certain key traditions (the tractor pull, pie contests, quilting exhibits, and mud bogs). The traditions of the Delta Fair are communal and stir a sense of expectation and excitement in many of our residents from young to old each year.

As I wander about the fair I often ponder this community that my family has called home for the past eight years. As I share in smiles and greetings with people that I see on a regular basis coming and going each day I have a sense of involvement and belonging in a community that is hard to capture or recreate in areas with a larger population. It's similar to having

a large extended family - if only for one weekend. Fair days often provide me the opportunity to see folks all the way from Tok (who I usually only see during hockey season)! I believe the Garrison Commander, LTC Terry Clark said it best when he said, "The people of Delta Junction are the heart and soul of Fort Greely. It is this special relationship that makes the blueberry pies taste sweeter, the mud bogs run thicker, and the tractor pulls more thunderous. It is this sense of community that makes venues like the Deltana Fair so very special."

So, now that the vendor booths and carnival rides have been packed away and long departed, I will savor the sweetness of powdered sugar on a warm funnel cake made by our local 4-H group and wonder who will create the next blue-ribbon quilt, or raise next year's prize chickens. All the while holding the beauty of one of the best summer-weather weekends in my heart to get me through the long winter nights until spring warms us again and expectation begins to build for another Deltana Fair! ■

National Night Out - a going away party for drugs and crime

Fort Greely community comes together for annual anti-crime and drug event.

By Betsy Woolley
North Haven Communities

Fairbanks, AK. – August 14, 2012 – North Haven was pleased to present the fourth annual Fort Greely National Night Out on Tuesday, August 7, 2012 from 4:00 PM to 7:00 PM at the North Haven picnic pavilion. National Night Out is a nationwide initiative by the National Association of Town Watch to encourage families to take action against drugs and crime in their communities. This year, North Haven partnered with many fantastic local organizations, Garrison departments and community volunteers to coordinate and present this important annual event: the Fort Greely Directorate of Emergency Services Department of the Army Police and Fort Greely Fire Department and EMS, the Alaska State Troopers, Fort Greely Military Family Life Consultants, Army Alcohol and Substance Abuse Program (ASAP), the 49th Missile Defense Battalion Family Readiness Group, Fairbanks Chapter of the American Red Cross, Delta/Greely School District, Alaska Army National Guard Family Programs, Army Community Services, the 49th Missile Defense Agency, the Lions Club, Fort Greely Safety, CRTC, the 49th Missile Defense Battalion, Fort Greely Family Morale, Welfare and Recreation, Fort Greely Child and Youth Services and the Youth Center.

On a beautiful Tuesday afternoon, over 250 people gathered to

celebrate the event. The event began with a special presentation of the colors by an honor guard provided by the 49th Missile Defense Battalion NCOs. DJ Jack Carlson kept the party going with a great selection of tunes and fun commentary. National Night Out participants were treated to great family entertainment such as a huge blowup obstacle course brought in from Recruiting and Retention command in Anchorage, a kids bounce house, fun activities and games, and interesting static displays of a fire truck, smokehouse and police vehicles provided by Fort Greely Directorate of Emergency Services and Alaska State Troopers and a CRTC vehicles and weapons display and vehicles from the 49th Missile Defense Battalion.

A special highlight to this year's event was the landing a UH-60 Blackhawk helicopter, piloted by Warrant Officer Nyle Harrison and crew of the Alaska Army National Guard aviation detachment of Fairbanks, in the field behind Fort Greely Middle School. Everyone was invited to check out the aircraft while crew and pilot explained all of the buttons and straps and levers - many kids returned to view the helicopter quite a few times to learn more about it!

Another highlight of National Night Out was the outdoor barbecue, provided by North

Haven. Attendees were treated to free hot dogs, hamburgers, chips, snow cones and popcorn. Door prizes were donated by Mt. McKinley Bank, Buffalo Center Drive-In and Acacia Floral along with goodie bags from North Haven. This event was made possible through the partnership and cooperation of many businesses and organizations, and through the hard work of many volunteers. ■



Top left: A group of youngsters slide down the air-filled obstacle course provided by the Retention and Recruiting Command located in Anchorage in support of National Night Out Against Crime. Bottom left: A young DJ in training learns what it takes to spin music from SSG Jack Carlson III, 49th Missile Defense Battalion (welcome back Jack!) who provided the great tunes for NNO. Top right: Three young ladies take a short break from the military vehicle provided by 49th MDB to show their snow cone-stained tongues. Bottom right: The Fort Greely Fire Department held a "Fastest Firefighter Alive" contest with the local youths. Contestants were timed in donning their bunker boots, pants, coat and helmet then use the fire extinguisher trainer to put out a simulated fire. Top three times were: Dianilee Hodge time of 30.6 seconds, Yadiel Santiago time of 30.9 seconds and Skyler Kelderman time of 39.3 seconds. Photos by Corey Vanden Boom.

RC'S PRIDE

FORT GREELY POLICE DEPARTMENT'S TOP GUN COMPETITION

By CPT Terry Brown
Directorate of Emergency Services

On July 26, 2012, the Fort Greely Police Department held its first annual Top Gun Competition. The competition was open to all personnel who are authorized to qualify with firearms within USAG Fort Greely.

Following International Pistol Shooting Competition rules; competitors were required to utilize not only basic shooting skills, but decision making and time management skills as well. The course of fire required shooting through three ports, engaging steel targets, paper shoot targets, paper no-shoot targets, as well as hostage targets. Competitors began the course by sitting in a chair. At the command of go, competitors moved from port to port engaging targets. Time stopped with the final round fired.

Each competitor was scored by the total number of hits. Procedural and no-shoot hit penalties were subtracted from total hit score. That number was then divided by total time for the final score.

Safety being paramount, the afternoon

Officer Jerry Willoughby engages targets through port 3 while Captain Terry Brown, both of DES, evaluates. Inset: Officer Eric Brueker moves from port 2 to port 3 to prepare for the next target. Brown takes a pause from evaluating to pose for the photo. Photos courtesy of DES

began with a range safety briefing and rules of the competition were reviewed. The range master/competition coordinator then walked the competitors through the course of fire explaining target layout. Competition then began.

The first competitor, Ofc Guy Lene, set the standard with an outstanding run which, ultimately, led him to victory. The competition was designed to make sure everyone had a good time, but the ultimate goal was to train officers in different aspects of firearms shooting. It's very easy to stand on a static range and shoot, but add a little pressure and the whole dynamic changes. At the end of the day, all involved gave great performances.

Competition Over 100 Results:

1. Ofc Guy Lene – 191.4 (TOP GUN)
2. Ofc Jerry Willoughby – 181.0
3. Maj. Dennis Brown – 179.6
4. Ofc. Eric Brueker – 173.2
5. D/C Nick Seibert – 171.2
6. LTC Terry Clark – 141.4
7. Ofc. Kevin Miller – 106.8

The Fort Greely Police Department would like to give special recognition and thanks to DTA Range Control for all of their support for this competition. ■



Team Garrison: Front row: James Wiggins, Ellie Mason, Cory Kiser, Heather Stossmeister, Angela Hannan. Back row: David Cepeda, Jaime Hernandez, Charles May, Kazuo Yamaguchi, Eric Stossmeister, Jesse Schexnayder, Juan Pierre Valentin.

3rd Annual Delta/Greely Community Soccer Fund-raiser Tournament

By Chaplain (MAJ) Vince Cepeda
Religious Services Office

Our Third Annual Delta/Greely Community Soccer Fund-raiser Tournament to support the Delta High School Coed Soccer Team was held at Fort Greely on Aug. 9-11. This year, six teams participated: 49th Missile Defense Battalion, Team Garrison, Delta High School, Delta High School Alumni, Team Internationals, and Whitestone. We congratulate Whitestone for winning the tournament for the third straight year!

This was the first year the tournament took place at Fort Greely, as it was previously held at Delta High School. We converted the Driving Range into two recreational soccer fields. It turned out that this venue was a perfect location for the tournament. Many people commented that they were pleased about the convenience, spaciousness, and beauty of the soccer fields. We were also blessed to have perfect weather for playing soccer.

This was the third year that I have had the privilege—along with several other individuals—to organize the Annual Delta/Greely Soccer Fund-raiser Tournament. Each year, the tournament has met its three objectives: to raise funds to support travel and other expenses of the Delta High School Coed Soccer Team, to continue to build camaraderie

between the Fort Greely and Delta Junction communities as we support a good cause, and to provide an opportunity for soccer players and spectators to enjoy themselves as we play and watch soccer.

To minimize expenses, all activities associated with conducting the tournament were handled by volunteer workers who lined the soccer fields, moved soccer goals to the appropriate locations, refereed all games, and performed other functions. The tournament was a great success!

I would like to my express my appreciation to Garrison Commander, Lt. Col. Terry Clark, Family and Morale, Welfare and Recreation staff, the Alaska National Guard Recruiting Team, the Fort Greely Commissary, Ms. Andrea Lemons, the team captains and players, 49th Missile Defense Battalion Commander Lt. Col. Joseph Miley and the 49th Missile Defense Battalion for their support in making our Third Annual Delta/Greely Community Soccer Fund-raiser Tournament possible.

There has been significant interest expressed by members of the Fort Greely and Delta Junction communities in continuing to conduct this tournament each year. We look forward to next year's tournament and to other opportunities during the coming year for the Fort Greely and Delta Junction communities to work together. ■



The image of the Gerstle River Bridge above is the perfect indication that the weather is turning colder. Remain alert for changing road conditions. Call 873-ROADS (7623) for current road conditions on Fort Greely. Alaska Department of Transportation and Public Facilities information can be found at www.511.alaska.gov. Use the link to plan ahead for your trips. Be safe, stay safe, remain alert. Photo by Randi Owen



1. Military Vehicle Preservation Association Convoy Commander, Terry Shelswell presents the signed "Convoy Ahead" sign to Fort Greely Garrison Commander Lieutenant Colonel Terry Clark, who in turn offers to share with Delta Junction City Administrator, Mike Tvenge (accepting the sign on behalf of Delta Junction Mayor Mary Leith) on Aug. 21 at the Deltana Fairgrounds. 2. Tvenge welcomes weary travelers and asks about the 4,100 mile experience. 3. MVPA 70th Anniversary Convoy rolls into the Deltana Fairgrounds on Aug. 21. 4. LTC Clark and family pose in front of a few of their favorite MVPA vehicles. Clark rode in with the convoy on the morning of Aug. 21 after having camped in Paxson, Alaska with his family and MVPA members the night before. Photo courtesy of Dwight Phillips. 5. A few vehicles, like the ones pictured here, were part of the Scout Troop that arrived to Delta a few days prior to the main body. Photo courtesy of Randi Owen. 6. This WWII Chevy half-ton vehicle helps lead the way for the rest of the 91 historic military vehicles as reach the official end of the Alaska Highway at Mile Post 1422 - Delta Junction, Alaska. 7. The MVPA draws a large crowd to the Deltana Fairgrounds. 8. A snapshot of the refurbished interior of one of the MVPA vehicles. Photo courtesy of Dwight Phillips. 9. Flower Cole, Cecilia Gebauer, Katie Behrens and Rose Edgren pose in their 1940s garb complete with time period hairstyles provided by Sherry Decker. These women volunteers were a great compliment to the End of the Highway cake and cupcakes as they helped serve over 300 MVPA and local community members. Photo courtesy of Pat White.



What are those SAC kids up to?

By Noel Mitchell

Family and Morale, Welfare and Recreation

SAC is the School Age Center, where children in Kindergarten through 6th grade come to have great experiences all summer long. This program is run as part of Child Youth & School Services for family members of soldier, DOD Civilians and contractors.

As summer ends and School begins we look back at the highlights of Camp. On the 10th of July they were learning about and visiting the missile defense field and the Cold region test chamber. The students were allowed to view and participate in a mock exercise. Some of the students were allowed to launch the defensive missiles while others were able to perform tasks normally reserved for their parents.

While at the Cold weather test station, or what the children lovingly called "the Freezer," the children were excited to see what effect the cold has on everyday items, putting the science they knew in theory to practice. Much to their surprise the items that were easy to bend under normal temperature conditions where impossible to bend under the extreme cold. The group was also astounded to see that when a traffic cone is cooled to the -51 temps that can happen in Alaska is dropped, the cone shattered as if made of glass.

Both the Missile field and the Cold weather testing station allowed the children to explore the vehicles used while performing military missions. The children climbed in and out of the vehicles while pretending to be moms or dads performing their duties. Some of

them were able to pretend that they were machine gunners in Humvees while others pretended to be the drivers.

After returning to the center the children made thank you cards and couldn't stop talking about how much fun they had. This just proves that learning is best done when it is fun.

Unfortunately, the annual trip to Black Rapids to go rock climbing was rained out, but other Summer Camp activities included hiking, biking, bowling and swimming, as well as a trip to Ft. Wainwright to play laser tag. To wrap up Camp, our annual End of Summer Sleep In included cooking S'mores over a campfire and a Michael Jackson dance-off. Exhausted children were scooped up by their parents the next morning at 8 AM, most of them stumbling out of the building still half asleep.

Summer is a special time for children, but the Before and After School program is gearing up to keep the kids actively engaged even when Summer is long gone. The B & A program will include swimming and bowling, but will add Power Hour, a Boys & Girls Club program which assists children with homework and improves study skills through a reward system. As an added bonus, the reward program teaches basic banking and budgeting skills, all in the guise of a game! While LEARNING may be our middle name, our nickname is FUN! ■



Children from the Fort Greely Child Development Center pose with their hosts from the Missile Defense Agency and the 49th Missile Defense Battalion, Alaska Army National Guard during their recent visit to the Missile Defense Complex at Fort Greely on Aug. 7. Photos courtesy SSG Jack Carlson III



SSG Craig Davis, weapons operator, guides a visiting student from the Fort Greely Child Development Center through a simulated defense of the nation from an intercontinental ballistic missile attack.

September Movies

U.S. Army Child, Youth & School Services

<p>Saturday, September 1st: Alpha & Omega (2010) PG</p> <p>Saturday, September 8th: Coraline (2009) PG</p>	<p style="text-align: right;">Time: 4 PM</p> <p>Saturday, September 15th: The Incredibles (2004) PG</p> <p>Saturday, September 22nd: Space Chimps (2008) G</p>	<p>Free Popcorn!</p>
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Youth must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.

Youth Center / Bldg 653 Big Delta Ave / Phone: (907) 873-3405

October Movies

U.S. Army Child, Youth & School Services

<p>Saturday, October 6th: Scooby-Doo (2002) PG</p> <p>Saturday, October 13th: Scooby-Doo 2: Monsters Unleashed (2004) PG</p>	<p style="text-align: right;">Time: 4 PM</p> <p>Saturday, October 20th: Scooby-Doo! The Mystery Begins (2009) PG</p> <p>Saturday, October 27th: Scooby-Doo! Curse of the Lake Monster (2010) PG</p>	<p>Free Popcorn!</p>
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Youth must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.

Youth Center / Bldg 653 Big Delta Ave / Phone: (907) 873-3405

BEAUTY LOU and the Country BEAST

MISSOULA CHILDREN'S THEATRE

17-22 SEPTEMBER!

Auditions and Performance info will soon follow.

U.S. Army Child, Youth & School Services



Children listen as SGT Aric Wilkins, communications operator, goes through a missile defense exercise scenario during a visit Aug. 7 to the Missile Defense Complex at Fort Greely.

CYS Services

Youth Center Lock-In And Monster Ball

WHEN: October 26th - 27th
TIME: 7 PM - 7 AM

U.S. Army Child, Youth & School Services

The Youth Center is hosting a Monster Ball and Lock-In for all of our registered youth, grades 6th-12th. The Monster Ball will start at 7 PM Friday night and will be followed by the lock-in activities. If you'd like to participate, sign up at the Youth Center and be sure to get a permission slip!

PLEASE NOTE: YOUTH CENTER WILL BE CLOSED FOR THE REMAINDER OF SATURDAY, OCTOBER 27TH AFTER THE LOCK-IN ENDS AT 7:00 AM.

Youth must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.

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SGT Jose Pineda, military police officer, fits an Army combat helmet onto a visiting child. Pineda and the other Alaska Army National Guard soldiers of Alpha Company are responsible for securing and defending the Missile Defense Complex at Fort Greely.

What should I pay for housing?

By Angela Murphy

Family and Morale, Welfare and Recreation

With rents increasing and wages stagnant many people are wondering what they can do to help manage their housing costs. This is a tough question, and is unique to each individual's situation and budget. I know, it's the dreaded "B" word, but I have a fairly simple solution for you. By just taking a few steps you can start down a road that will have fewer financial setbacks to push you over the edge and find out exactly what you should pay for housing.

Start with after tax income. So what exactly is your after tax income? Pull out your paystub or LES and take your gross pay (the total you make before anything is removed) and subtract any wage-based taxes. Wage-based taxes include income tax Medicare and Social Security withholdings.

Must Haves. Next list your must haves. These are the basic expenditures you must make every month including items like housing, utilities, insurance (health/renters/life/other), loan payments, food, child care and anything else you maybe contractually obligated to pay. If the purchase can wait it is not a must have and will go into another category. Total expenses for this category should be no more than 50 percent of your after tax income. You can break this category down just a bit further. Your total housing (including utilities) should be no more than 28-30 percent of your after tax income. This leaves you about 20 percent for food, child care, insurance and any other obligated payments.

Wants. Almost everything else falls into this category, including entertainment (think cable TV and movies), eating out, gifts, vacations, toys for the kids and hobbies. This is where it can get a little tricky and you have to be honest with yourself. Some of your bills are going to overlap the must have and the want categories. This might be your cell phone bill, this maybe your only phone so you have to pay it, but do you really need the more expensive package? Another item that falls into the overlap is clothes; we must wear clothes, but what type and where we get them from can have a huge impact on our expenses. Total expenses for this category should be no more than 30 percent of your after tax income.

Credit Card Repayment. If you are carrying a balance you need to immediately stop using your cards. Credit Card Repayment is a tricky situation and if you find that your minimum payments are totaling more than 10 percent of your after tax income, you are in a precarious financial position.

Savings. If you have debt you may be asking why you should save. This is actually one of the most important things you can do to help your financial stability. If you have an emergency this will keep you from using your credit card. It also lets you start saving for your future through your company retirement fund or privet IRA. If you have Credit Card Debt the total for this category is 10 percent if you do not the total is 20 percent.

So what does this look like?

	GS 7 Step 2	GS 9 Step 2	GS 11 step 2
Must Haves 20% (not including Housing costs)	\$572.52	\$700.29	\$847.29
Housing 30% (including Utilities)	\$858.78	\$1,020.44	\$1,270.94
Wants 30%	\$858.78	\$1,020.44	\$1,270.94
Savings/Credit Card Pay Off amounts 20%	\$572.52	\$700.29	\$847.29
Estimated Monthly Income*	\$2,862.60	\$3,501.47	\$4,236.47
Yearly After Tax Income	\$34,351.20	\$42,017.64	\$50,837.64
Yearly Gross Income	\$43,781	\$53,552	\$64,793

*Includes Alaska Locality Pay and COLA. Assumes 10% income tax bracket, 5% for Social Security/Medicare
These numbers are estimates of a single income family based on the published U.S. Office Of Personnel Management Salary Tables.

For more information or to set an appointment please contact:

Angela Murphy, AFC
Financial Readiness Specialist
655 Fifth St. Room 106
Ft. Greely, AK 99731
Phone: 907-873-2479
Fax: 907-873-3285
Angela.m.murphy44.civ@mail.civ



Why is this important? Think about it for a second. If your Must Haves are more than 50 percent of your income you are never going to get to do the things you love. It can be very difficult to get down to that 50 percent mark. Many of us have obligated expenses that total more than 75 percent of our after tax income; it's no wonder that so many of us have such a hard time getting ahead.

So what can you do to manage your housing costs? Unfortunately there are a limited number of options. You can find a place that is less expensive. This will mean you may have to give up on some of the things you think you must have i.e. granite counter tops, the ideal location, size or number of rooms. Another option is to increase your income i.e. get a second job or have a spouse start working. Lastly, if you are willing to move some of your Wants money to the housing category you can afford more home, but you have to be aware of the trade-off of less money to do things you may want to do. ■



By Angela Murphy

Family and Morale, Welfare and Recreation

One of the most frequently asked questions I receive is how much time should I be putting into my job search? The answer may surprise you. If you are truly serious about your job search you should be putting in 15 hours a week. If that seems like a lot of work it is.

There is much more to job searches and applications than looking in the classifieds or using aggregate job search engines such as moster.com or CareerBuilder. In fact your chance of finding employment though one of those sites is only about 25 percent.

A better way to find a job is though networking, which increases your chances of employment to 41 percent. Networking and volunteering are two of the best way of expanding your job search success. Networking with local employers in industries you are interested in lets people know who you are. Hiring officials are more likely to hire someone they are familiar with, they know the person's values and work ethic before

behind looking for work

the interview starts.

So how do you network?

While just introducing yourself to key people in the industry you are interest in is one way to approach this, a better way to network is

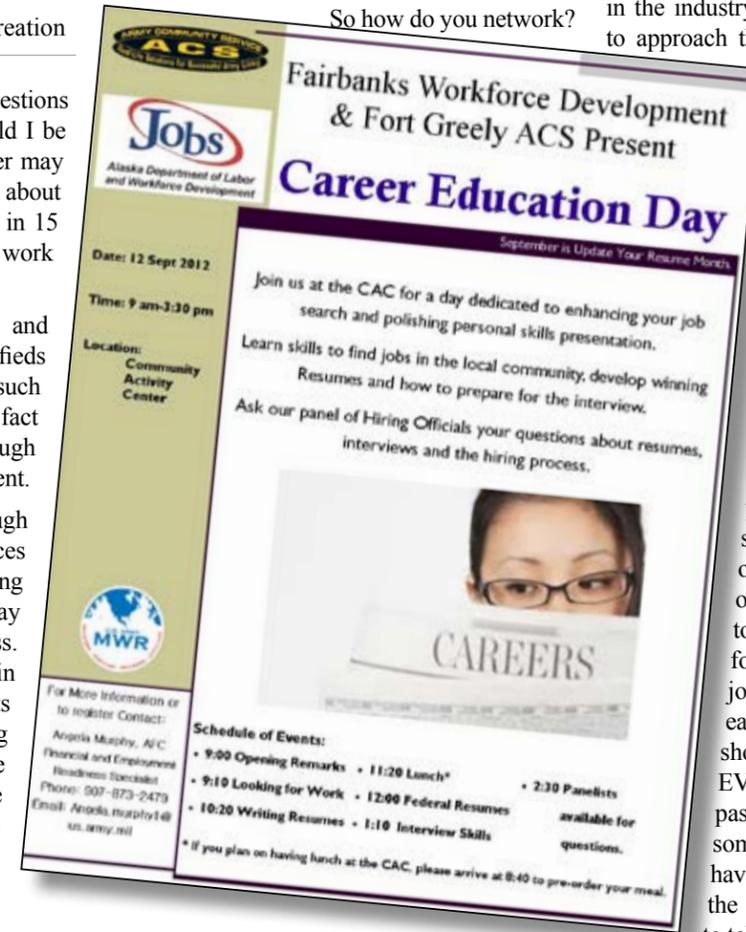
through volunteering. This tells a potential employer that you are serious about working in the industry, that you want to learn and are willing to put forth the effort to get to where you want to be. By volunteering and networking you may also be one of the first to hear about new job openings and have an inside track on the skills the employer is looking for.

Once you have found a position you want to apply for there is still more work ahead. The days of mass blasting resumes are over. Employers now use systems to screen resumes by looking for key word and phrases for the job description. This means that each time you apply for a job you should rewrite your resume. Yes EVERY time and don't just cut and paste the position descriptions. Take some time and think about what you have done that meets the needs of the employer. Remember you need to tell the hiring official what you can

do for his company not what his company can do for you.

Now that your resume has gotten you that interview you want, it's still not time to relax. In fact you need to push yourself all that much harder. Research the company as well as the position you are applying for. Review difficult situations from your past to help you answer the behavioral interview question you might be asked. Review your resume to highlight key points that make you stand out above the other applicants. Make sure you're up early and dressed well the day of the interview, eat breakfast and leave your phone in the car, and, and, and....

Does all of this feel a bit overwhelming? Don't worry, you're not alone. Come check out the Career Education Day on September 12 at the CAC from 9 am to 3:30 pm to learn how to look for work, write your resume and perfect your interview. ■





Money Matters! For Teens

With Angela Murphy, Accredited Financial Counselor

Mondays @ 4 PM
Starting August 20th




Do you spend your allowance as soon as you get it? Tired of not having your own money to spend when you want to? Learn to set realistic goals and budget your money for what YOU want with Ms. Angela!

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Tutor.com for U.S. Military Families Program Overview

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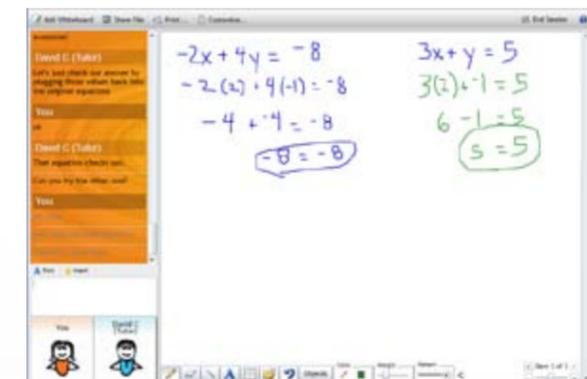
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Life Skills at Your Hands: Parent Classes

With the Child & Youth Military & Family Life Consultant

TIME: 12:00 PM - 12:30 PM
WHERE: Aurora CAC

October 11th November 8th December 6th

Conflict Resolution Developmental Stages Effective Discipline

Participants must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.

Youth Center / Bldg 653 Big Delta Ave / Phone: (907) 873-3405

classes!

SKIES Unlimited
SCHOOLS OF KNOWLEDGE, INSPIRATION, EXPLORATION & GROWTH

Shaolin/Kempo Karate
(for ages 5 to 18 years)

Starting October 2

Tuesdays (Beginners) \$20 per month
Thursdays (Advance) \$30 per month
**uniform not included*

All participants must be registered with CYS Services. To register please visit Parent Central Services in building 847. Fees must be paid in full prior to participation. Classes are ongoing. Class fees may be waived through the Army Family Covenant for family member of deployed soldiers or those scheduled to deploy.

For more information please contact SKIES Unlimited office at 873-3406.

More

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<https://aiportal.acc.af.mil/mycaa/default.aspx>

Part Day Preschool???

CYSS is surveying parent interest in a Part Day Preschool Program. If you would be interested, please call or stop by.

WE WANT TO HEAR FROM YOU!

Child Development Center & School Age Center
Bldg 847 Big Delta Ave Phone: (907) 873-4599

Participants must be registered with CYS Services.

Coaches

YOUTH SPORTS & FITNESS

YOUTH BOWLING

Registration Period: 1-30 October
League Start Date: 10 November
(All 8 league matches are held on Saturdays)

Divisions:
Pee Wee: 6-8 years old Minors: 9-11 years old
Majors: 12-14 years old High School: 15-18 years old

Cost: \$65 per youth

All participants must be registered with CYS Services. To register please visit Parent Central Services in building 847 from 0600-1800. Please contact Youth Sports & Fitness office at 873-3406 for questions or additional information. The Army Family Covenant benefits may be used by family members of deployed Soldiers or those scheduled to deploy.

YOUTH SPORTS & FITNESS

Youth Sports & Fitness is looking for **Volunteer Coaches** for our upcoming Youth Bowling League. This is a great volunteer opportunity. This league is for ages 6-18 years old. Call 907-873-3406 or email mary.lester1@us.army.mil for more information. Applications can be picked up at the Youth Center, BLDG 653.

We have opening for head coaches and assistant coaches for the Pee Wee division (6-8 years), Minors (9-11), Majors (12-14), and High School (15-18).

needed!

Safety and Wellbeing Corner

Recognize Retreat Report

Follow the 3Rs...

By Fort Greely Garrison
Safety Office

Follow the 3Rs...

If you encounter what you believe is a munitions, follow the 3Rs Recognize, Retreat, and Report.

RECOGNIZE - Recognize when you may have encountered a munition

RETREAT - Do not touch, move or disturb it, but carefully leave the area

REPORT - Immediately notify the Fort Greely Police (873-COPS)

Munitions come in many sizes, shapes and colors. Some may look like bullets or bombs and

Beginner fitness tips

By CPT Ryan Skaw
49th Missile Defense Battalion

Hello Team Greely,
I hope all is well and that this summer has been good to you. I trust that none of you have been

criminals and skipped out on your workouts!

One thing I have noticed in the gym is individuals not taking

Getting the most out of your workout

advantage of the full range of motion or rest between sets. Both are equally important. Here are some tips to get the most out of your effort.

Ensure that you pause at the top of your range. Meaning if you are doing bicep curls at the top of

and report it. Try and remember where you came across it, its estimated size and any visible markings including colors. ■

Garrison Safety Office
873-5239/5031

the curl pause for about a second and squeeze! You work so hard to get the weight up there why not maximize the effects and build your muscle tone.

Go get a drink between your sets. I see way too many people completing their set and then

jumping right back into another one without a rest between. Go grab some water between your sets (30-90 seconds of rest). Not only will this give your muscles a quick break, but you will be able to squeeze out one or two more reps.

Full range of motion! Don't be that criminal in the weight room throwing up crazy amounts of weight, but only moving a couple of inches. No one would ever be impressed if the Incredible Hulk could only move a car six inches. Remember your strength is only equal to the range of motion you exercise your muscles. Full extensions within the given exercise are going to make better gains than the half-slacked ones. It's better to drop the amount

of weights and maintain proper form.

Speed within the range of the motion is another technique to work on. Doing it quickly is not doing it best! Begin with an explosive execution of the rep (ensure you maintain proper form) to the top of the range of motion. Upon the return to the start of the rep conduct the motion slowly (Also referred to as the negative) it should take you about three to four seconds. In other words, up quickly while exhaling and down slowly while inhaling.

Form over weight! Yes there are some advantages to letting form slip to put up more weight. However, doing less weight and maintaining proper form will

yield far greater gains.

Balance and proportion. Ensure you are allowing each muscle group to grow equally (i.e. left arm matches right arm. Everyone has one side that tends to be stronger than the opposite side. So if you are doing curls try integrating individual curls starting with the weaker muscle. Whatever the weaker arm can achieve in reps match with the stronger arm. This will create balance in both measurement and eventually the weaker arm will match the stronger one.

Pain is temporary. It may last for a minute or a year. Eventually something will take the place of pain. If you quit; however, pain remains. Just remember that at the



CPT Ryan Skaw

end of pain is success. So work hard, endure the pain, and in the end enjoy your success!

Remember to clear any exercise program with your health care provider prior to starting. ■

Cheers!

A Healthy Force is a Ready Force

By William Canada
Army Substance Abuse Program

Consider investing a couple of hours in the Ask-Care-Escort (ACE) suicide prevention training course (<http://chppm-www.apgea.army.mil/>) that provides an excellent opportunity to discuss and role-play realistic scenarios and practice communication/intervention skills. Develop and use scenarios to practice ACE with your partner or your small group of friends:

Ask- If someone is thinking of suicide.

Care - Listen, offer hope, and don't judge.

Escort - Take action, don't leave the person alone, and escort them to assistance.

Consider what you would do in a personal crisis, your own or someone else's. Run a "drill" to practice your plan to deal with life's uncertainties. It may feel awkward to practice saying "I am so upset, I am thinking of hurting myself," or "I have so many problems piling up and am so overwhelmed that I am desperate, and need to talk so I can think straight," or "I am feeling suicidal and need help." The bottom line is that you do not want to figure out how to reach out when you or someone else is already in the middle of darkness in a personal crisis.

Call 1-800-273-TALK (8255) - www.suicidepreventionlifeline.org or Military One Source: 1-800-342-9647 - www.militaryonesource.com ■





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September 2012

Fort Greely Army Substance Abuse Program

Cultivate Relationships to Fight Stress

Although relationships can sometimes be demanding, they are one of the single most important ways of coping with stress. This is because only another human can offer empathy—the magical combination of understanding, sympathy, and compassion all rolled up into one experience. With a stressful work environment, frightening economy, or an uncertain future, it may be easy to cope by withdrawing from others, but avoid this self-absorption. During times of stress, connect with others and increase work-life balance by finding out what you have in common with a coworker and build bridges with your interests to cultivate relationships. Knowing you can count on your coworkers will reduce your stress and increase resiliency.

Get Vaccines for Children



As you finalize your child's back-to-school checklist—new clothes, new schedule, school supplies—make sure you haven't forgotten his or her immunizations. Failing to have your child vaccinated could mean the difference between life and death. Sixteen diseases can be prevented by childhood vaccines, including chickenpox (varicella), diphtheria, flu (influenza), Haemophilus influenzae type b (Hib), hepatitis A, hepatitis B, human papillomavirus (HPV), measles, meningococcal, mumps, pneumococcal, polio, rotavirus, rubella, tetanus and whooping cough (pertussis). Source: Centers for Disease Control and Prevention.

Don't Be a Breakfast Naysayer



You know breakfast is important, but do you frequently skip it? Your body needs energy (glucose) that's depleted while you were asleep, so without breakfast you will not be functioning at your full potential. You could feel more sluggish, and by lunch you may be famished, placing yourself at risk for eating fatty, sugary, and less nutritious foods. Although the most common excuse for not eating breakfast is "I am too rushed," a bit of organization can solve this problem. Start by making breakfast convenient by stocking up on healthy fare you enjoy, and plan the night before what you'll eat in the morning. Source: Academy of Nutrition and Dietetics.

ASAP
Employee Assistance Program
YOUR EAP PROVIDER

EAP services for DA/ODD employees and military retirees as well as family members of soldiers, DA DCO civilians and military retirees.
ASAP Services are confidential. For more information or to schedule an appointment call (907) 873-3353

How to Be More Optimistic

Humans are naturally optimistic, so don't be fooled into thinking that acquiring this positivity trait can't be learned. Plenty of research indicates optimists tend to enjoy better physical and mental health, so it's worth giving it a try. Begin by committing to becoming aware of negative self-talk in the face of disappointments or how you play down anticipated rewards from personal efforts you undertake. Example: "I knew we would lose the ACME contract." or "We won the ACME contract, but now we're in trouble with all this hard work." Many opportunities exist to spot your negative self-talk reflexes, but focusing on any pattern of anticipating negative outcomes or minimizing the value of positive events will give ample opportunity for significant change. Next, keep a journal of negative utterances for a couple of days. Make a note every two to three hours. An alarm on your smart phone or computer, or even a string on your finger will keep you on task. Notice the lack of value in this defeatism, and how you become quickly motivated to conquer this limiting pattern. Now try the reverse. Catch yourself turning on your optimism. It will feel awkward at first, but fight this natural resistance until you discover the new you. Whether you hit a red traffic light or drop mustard on your blouse, learn to see optimism as a counterforce to everyday disappointments that we all experience.



Diversity Brings Value to the Workplace

Diversity awareness is not about you giving up your beliefs and values. Supporting diversity and championing a diverse workforce is about understanding our behavior and the attitudes that we demonstrate toward others on the job. It is also about recognizing that diversity has powerful economic benefits when valued by the workforce, and hard costs when it is disregarded or when employees who don't possess the same background, values, or beliefs as we do are treated with indifference. Tolerance among employees for coworkers' differences is the foundation of a workplace that values diversity. However, valuing diversity goes further. By eliminating behavior that makes those who aren't in the majority feel uncomfortable, disrespected, or fearful, diversity in an organization presents a positive image of inclusiveness and increases the organization's appeal to customers. This translates to the bottom line. Now you know the business case for valuing diversity in the workplace.



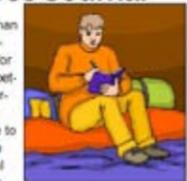
Prevent Dating Abuse

Is your child ready to date safely? Romantic relationships are exciting for teens, but they are not devoid of risk. As parents, we want to trust teens to protect themselves and make good decisions. To that end, discuss dating violence. Dating violence includes unacceptable behaviors, such as physical abuse—hitting, throwing things, shoving, kicking, biting, or being forced to participate in sexual behaviors, even kissing. Emotional abuse includes yelling, name-calling, bullying, or manipulation and control, like keeping you away from your friends, demanding limits on who you're with and where you go, or ridiculing you for listening to your parents. Unwittingly, some young teens tolerate a cycle of abuse that includes making-up after an incident only to have it repeat. If you suspect physical violence in the relationship, don't wait. Call law enforcement immediately. <http://bit.ly/comtdatingfacts>



Discover Solutions with a Stress Journal

Journaling is more than just a way to remember; it can be a tool for understanding yourself better. Keeping a stress journal can help you identify stressors, your response to them, and better ways to cope. Add to your journal simple things you can do when feeling stressed. Strategies like taking three deep breaths or a five-minute break may be true discoveries to help you maintain your productivity at work despite the tension. Be sure to journal how stressors demonstrate symptoms. Do you feel exhausted, snap at people, or reach into the refrigerator? With awareness, you can intervene with a growing list of stress busters. Don't be surprised to discover that the act of writing is itself a stress reducer.



Upcoming Events for September

Below are a few upcoming events and announcements throughout the Delta-Greely community:

September is Suicide Prevention and Awareness Month and Disaster Preparedness Month.

Money Matters for Teens is held every Monday at 4 pm at the Youth Center.

Sept. 3: Today is Labor Day - be safe and enjoy the holiday.

Sept. 4: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

Sept. 4 & 5: Applied Suicide Intervention Skills Training

(ASIST), 8 am to 4:30 pm at the Chapel Annex. Call 873-9827 to find out how to register.

Sept. 6: CAC winter hours of operation begins today. Sun. - Thurs.: 11 am - 9 pm; Fri. - Sat.: 11 am - 10 pm.

Sept. 12: Career Education Day, 9 am to 3:30 pm at the Aurora Community Activity Center. Enjoy a day that is dedicated to helping you enhance your job search.

Sept. 12: Women's Bible Study fall kick-off starts at 6:30 pm at the FGA Chapel. All women welcome. Call 687-0142 or 505-0364 for more information.

Sept. 13: Parent Education Class, 4:30 pm at the Child Development

Center. Topic for this month's class is Parent Handbook.

Sept. 15: QRP Auction begins promptly at 9 am with early viewing at 8 am the morning of the sale. Auction to be held at Building 643 (Landfill location). All items must be paid for in full the day of the auction. All sales are final and all items are sold as is and where is. It is the responsibility of the buyer to transport purchased materials. A forklift will be on site to load heavy items or containers.

Sept. 18: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

Sept. 20: Fort Greely Quarterly

Town Hall, 3:30 - 4:30 pm at the Aurora Community Activity Center. All FGA members are welcome to attend.

Sept. 27: Two classes in support of Suicide Prevention Stand-down Day will be held at the Post Theater - times TBD.

Sept.: 28: National Prescription Take Back Day; 8 am to 4 pm at the Troop Store entrance. Place unwanted medicines in the drop box. Call 873-3353 for further details.

** Note: All dates/times and events are subject to change. This list is not all inclusive; to list everything is neither possible nor practical.*

Important notice: Information in *FrontLine Employee* is for general informational purposes only and is not intended to replace the counsel or advice of qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact an employee assistance or other qualified professional. Source URL's may be abbreviated for convenience and are case sensitive. For larger, clearer view, please select the image above.

On the cover: Anyone who's been in the Interior of Alaska for a length of time knows that August means blueberries! The Donnelly Flats area is one of many prime spots for harvesting the juicy berries. Photo by Deborah Ward.

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- Commanding Officer LTC Terry Clark
- Command Sergeant Major CSM Robert Gooden
- Deputy to the Commander Brent Abare
- Public Affairs Officer/Editor Deborah Ward

