



April 2010

# Fort Greely

# INTERCEPTOR

Inside this issue:

See the **NEW IMCOM** logo

Fort Greely's Community Partnership Incentive

April's Child Abuse Prevention Proclamation

If only we could hear her say...

**Shots Fired!**

# WELCOME HOME ...



# IMCOM

**SOLDIERS • FAMILIES • CIVILIANS**

The U.S. Army Installation Management Command introduced its new logo at the Installation Management Campaign Plan roll-out conference in March. The Installation Management Campaign Plan Roll-Out highlighted a recent four-day conference in San Antonio, Texas, that focused on the Army's care of Soldiers, Civilians and Families. During the event, Lt. Gen. Rick Lynch, commander of Installation Management Command, labeled the plan as "a roadmap for supporting the warrior now and in the future." Army Chief of Staff George W. Casey Jr. also addressed the 2,000 conference attendees, saying,



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

*"It's clear to me the most important thing we can do ... is increase the time Soldiers are home; not just so they can spend time with their families - that's important - but so they can recover themselves."* - Army Chief of Staff George W. Casey Jr.



# COMMUNITY COVENANT

supporting those who serve



A group of local high school students reap the rewards; a free movie and treats for no tardies and only one excused absence.

Photo by Deb Ward

## Fort Greely's Community Partnership Incentive project helps local students

By Kent Cummins  
Public Affairs

Delta Junction students were rewarded for good attendance recently thanks to a community partnership project between Fort Greely and the local high school.

On the evening of March 15, a group of excited high school students were treated to a free showing of the film *Avatar* at the installation theater. The ticket included free popcorn and soda.

Forty-four students qualified for a free night of entertainment by meeting the criteria set by school officials of no tardies and only one excused absence during the previous 30 days.

The idea for the movie night was hatched at a Delta-Greely School Board meeting.

"I was listening to the Delta-Greely School Board meeting on the local radio station and heard the high school principal discussing incentives, such as attending movies on post, to help lower the

truancy rate at the school," said Fort Greely's Equal Employment Opportunity Officer Robert Shinn. Shinn ran with the idea.

He presented the concept to Deputy Garrison Commander Will Wiley who gave the go ahead to bring together a team of people who would ensure the project's success.

The team included members of the Family and Morale, Welfare and Recreation's Child, Youth and School Services, the Army and Air Force Exchange Service, and Fort Greely's Special Emphasis Committee.

"The project is a great fit for our Special Emphasis Committee and what we are trying to accomplish with our Equal Employment Opportunity program," said Shinn.

The committee includes members from across Fort Greely and its goals include assuring equal opportunity is present in all aspects of employment and sponsoring special activities.

"The bottom line is that high schoolers who don't graduate

won't be eligible for federal employment," Shinn explained. "If we can help them stay in school and graduate, then getting hired at Fort Greely becomes a possibility for them. It is a win-win for those young adults who want to remain in Delta and it helps our mission because they are more likely to stay in the area and that increases the longevity of the workforce here."

After watching the free *Avatar* film, student Julia Chapman said, "it is a great incentive to go to school and not be late."

Another student, Jung E Bush, echoed Chapman's remarks.

"It is a good idea," Bush said. "It involves the kids and gives them the incentive to not miss school and not be tardy. It gives them a reward for doing well."

This movie project "really helps the students to motivate themselves to get a high school diploma, which is the key to their future," said Shinn. "When they stay in school they are more competitive for an entry level position at Fort Greely if that's the career path they choose to take."

The leader of the school district

is impressed with the project.

"The DGSD Principals have been very concerned about the amount of excused and unexcused absences that accumulate during a student's academic career. Whether a student is a good student or a struggling student, attendance has been shown to be a key indicator in employment and college success. Correct grades and test scores are not an indicator of success during the first years of college, attendance in school is," explained Dr. PJ Ford Slack, Delta-Greely School District superintendent.

"So, when I heard about this partnership with Fort Greely I thought it was marvelous," said Ford Slack. "Hats off to Mr. Grimes and the Fort Greely Garrison for rewarding students for attending."

Fort Greely will host another free movie night for eligible students before the school year ends. The next showing is slated for 4 p.m. April 26. The film is *Percy Jackson & The Olympians: The Lightning Thief*.

# Command Corner

CHILD ABUSE PREVENTION MONTH IN THE ARMY 2010:

Children are our Future; Let's Keep our Future Safe

by Protecting the Child

## FORT GREELY PROCLAMATION

In today's Army, the pace is extraordinary and at Fort Greely every one of us continues to go above and beyond every day to support our mission. Since this tempo is not likely to change much in the very near future, there will continue to be vigorous demands on all of us - including the children in our midst. The vast majority of our Army Families have stepped up to the plate. Both parents and children are equipped for success, but even they can benefit from the support of other Army households who do not have children at home. For the smaller number of Families who face other significant challenges that put their children at risk, our Army Family Advocacy Program is always ready to provide referral and support.

April 2010 is designated as Child Abuse Prevention Month in the Army. This year's theme,

**"Children are our Future; Let's Keep our Future Safe by Protecting the Child"**

is intended to emphasize even closer attention to the protection and support of our children.

We call upon the entire Fort Greely Community to be vigilant for the safety of all our children. Research confirms that tremendous stresses (parenting alone, isolation and anxiety for a parent in harm's way) experienced by Families contribute to the problems associated with higher increases of injury and abuse.

Now, more than ever, we have to continue to demonstrate our commitment to provide our children and their parents and caregivers with a strong, healthy and supportive environment where children can be safe and thrive. The quality of life for our Families must match the quality of their Soldier's service.

We ask that you rededicate yourselves to protecting our children here on the home front. We have to mobilize everyone in the Fort Greely community, inside and outside the gate, to play a role.

Therefore, our Child Abuse Prevention Month campaign for 2010 must reinforce the promises of the Army Family Covenant. Just as we give full support to the force, we must give full support to the Families.

We are Army Strong. Now, in Child Abuse Prevention Month 2010, we need to show that we are Army and Community Strong in Keeping Children and Families Safe.

Keep a spotlight on the children. Lend a hand. Support one another. Help isolated Families connect with others. Join in the 2010 Army campaign to prevent child abuse. Our 2010 campaign at Fort Greely is child-centered and family-focused:

**"Children are our Future; Let's Keep our Future Safe by Protecting the Child."**



Photo by Kent Cummins

In the photo above, Tere Pouch, MSA, FAPM and several children from the Fort Greely CDC, assist the Deputy Garrison Commander, Will Wiley in signing the Fort Greely Proclamation for Child Abuse Prevention Month.

## Directorate of the month: FMWR

### What is your mission?

The FMWR mission is to enhance quality of life and readiness by continually improving recreational, social, educational, and personal services for the Fort Greely community.

### How many staff members do you have to complete this mission?

We have a total of 68 employees.

### What does a typical work day for one of your staff members look like?

Due to various services provided by FMWR, a work day for an employee may consist of but not limited to recreational activities, providing child/youth care, family services, and community events.

### What is your staff's greatest accomplishment in the last year?

The renovations at the Valdez Campground were completed. Upgrades include electrical RV hookups, shower facility, and RV dump station. The CYS once again met accreditation standards that are among the highest in the Nation. FMWR teamed with the Delta community to host a highly successful Triathlon.

### What is your staff's greatest obstacle for this year?

Recruit and retain employees, and employee training. To continue to expand and improve the FMWR program with a shrinking annual budget.

### What are the top three goals for your directorate this year?

1. Break ground on the new Community Activity Center.
2. Obtain ACS Accreditation.
3. Improve Family centered programming.

### How can we, the Fort Greely community, help your directorate reach your goals?

By continuing to support the various FMWR programs and facilities. Engage in positive feedback to improve programming and develop new programs that meet the needs of the Ft. Greely community.

### How does your directorate benefit the Delta Junction community now?

Certain programs and events are open to the Delta Junction community therefore enhancing their quality of

life.

### How does your directorate benefit the Fort Greely community now?

It enhances quality of life and readiness for the Soldiers and Families on Fort Greely.

### How does your directorate benefit the Delta Junction community now?

Certain programs and special events are opened to the Delta Junction community and we have facilities such as the fitness center and indoor pool that is the only one of it's kind within a 100 mile radius.

### If there were no budget restraints what would be the top three items you would seek to acquire?

1. Outdoor sports complex with basketball court, batting cages, volleyball pits, etc ...
2. Re-open Black Rapids ski area.
3. Build a new multi-purpose center for the Youth Program.

### How would these items benefit the Delta Junction community? Why?

Black Rapids is not located on a cantonment area and the issues of base access would be eliminated making it accessible to all the members of the community. Since a majority of the employees working on Ft. Greely live in the Delta community they and their families would be able to utilize the sports complex and multi-purpose youth center.

### How would these items benefit the Fort Greely community? Why?

It will provide a centralized recreational area during the summer months for the community.

– Responses provided by Richard Lester, FMWR



Photo by Deb Ward

FMWR Acting Director,  
Ricardo Raphael

# If only we could hear her say, “I love you.”

By Deborah Ward  
Public Affairs

David and Melissa Luntz of Delta Junction, Alaska have a beautiful three year-old daughter by the name of Mary Jane.

As a baby MJ was a small bundle with bright eyes. She cried the normal cries and smiled at all the right times. A perfect baby to delight a new and loving family.

As the months passed MJ seemed to be slightly underdeveloped compared to other children her age.

The Luntzs took MJ in for her evaluation and the doctor agreed that MJ was behind, but not enough to consider it a significant amount.

Life continued on normally for the Luntz family until October of 2009 when MJ was hit by an unrelenting amount of daily seizures.

Doctors at Fairbanks Memorial Hospital were familiar with symptoms such as MJ's and were able to narrow the diagnosis. Tests were ordered, blood drawn and after more waiting ... the news arrived.

MJ was diagnosed with Rett Syndrome (RTT).

RTT is a non-curable neurodevelopment disorder that affects one in 10,000 girls and very

along with early motor development of the baby to include sitting, crawling and walking. Even simple words/sounds are audible as the child develops.

By six months of age and sometimes as early as three months a deceleration in growth and weight gain appears. The once acquired fine motor skills, such as the pincer - movement between thumb and index finger, cease.

Increasing irritability in the child can be noted as well as diminished interest in toys and social interaction.

Hand washing-like movements or wringing of the hands can become continual. Most times the incessant hand movements increase with stress.

Developmental regression has begun. What that means is that everything MJ has been taught - her first word of, “Momma”, being able to walk steady, to feed herself, the use of her hands, her ability to communicate - is leaving her.

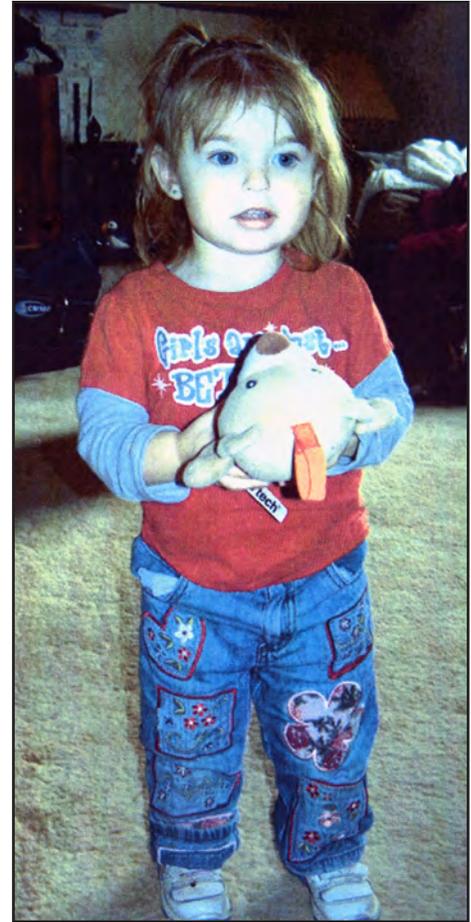
MJ's typical day now consists of waking up at 5:30 in the morning and getting her favorite drink, a chocolate Ensure which seems to start the day out better for her. She doesn't eat well all the time and her diet fluctuates continuously. Weight

everything you can get into her,” Luntz said. “One of our main goals is to make sure she maintains her weight.”

After MJ is up and has had her favorite drink she goes to Ms. Mapel's pre-school class at Delta Elementary.” The entire elementary school staff is amazing and so supportive and helpful with MJ. Absolutely outstanding,” said Luntz.

MJ gets continued physical therapy at the elementary school on top of the twice a week visits to Fairbanks. She is also given occupational therapy and some speech therapy. The Luntzs are grateful for the speech therapy that the school offers because the waiting list for that type of therapy in Fairbanks is a year long.

One of the most important things MJ's parents do for her is to encourage her social interaction with the community. “We try and get her as much exposure as possible and get her to interact with people to try and limit her social withdrawals,” Luntz said. What the Luntzs ask for is that people in the community try to recognize MJ and talk to her, be friendly with her, treat her normally for her developmental stage and



Mary Jane Luntz suffers from Rett Syndrome and will need long term care. For more on Rett Syndrome please visit [www.rettsyndrome.org](http://www.rettsyndrome.org)

*“The more we can keep her interacting with other people and exercising those skills well ... maybe that's what I want to believe ... that if Melissa and I keep trying, MJ won't lose those abilities.” - David Luntz*

rarely boys. It is the result of a spontaneous genetic mutation of the MECP2 gene (X chromosome).

Pregnancy and delivery are most often times normal

gain is difficult for her to maintain. On days she does feel like eating, “you have to really take advantage of that. Feed her as much as you can and feed her

accept her for who she is.

“The more we can keep her interacting with other people and exercising those skills well ... maybe that's what I want to

believe ... that if Melissa and I keep trying, MJ won't lose those abilities,” said Luntz.

Along with MJ's daily therapy and skill building she still must cope with anywhere from 25 to 50 seizures a day; at least one or two an hour. She's on medicine now and the medication has toned down the severity of the seizures but they still come and wear her down.

Braces for MJ's feet and wrists and a vest for her upper body have been ordered and will hopefully assist in keeping her skeletal structure straight while she continues to grow. Abnormal muscle tone, low bone mineral density, scoliosis, small feet and hands, disturbances in breathing, teeth grinding, impaired sleep patterns, gastrointestinal problems, cardiac abnormalities and many other life threatening obstacles may lie in wait for MJ, but she is a determined girl and her parents could not be more loving or devoted to her.

MJ knows what she wants and she tries to communicate; it breaks her parent's hearts when they see her suffer and they can't give her what she wants.

The Luntzs have heard their daughter say, “momma” and a very light “Da”, but they would give anything to hear her say, *“I love you mom and dad.”*

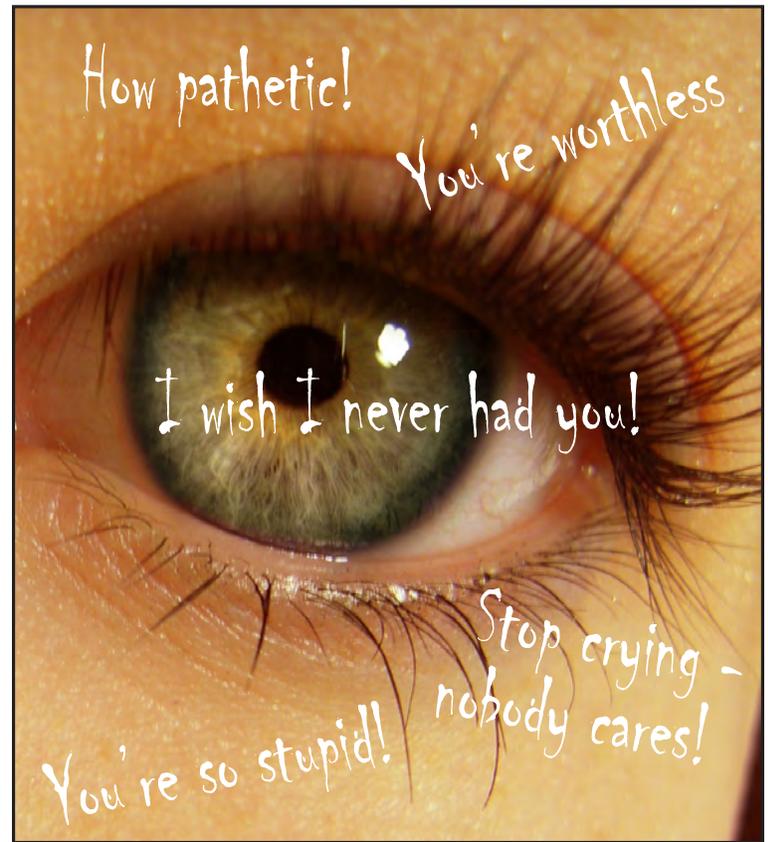
The following prose is a fictional opposite of Jessica Kincaid's, "Girl." Kincaid's story is written in the same one-sentence style as below. Her's is a story of a mother preparing her daughter for a new life as a wife, the story below is that of a mother instructing her daughter on how to raise her own child. While Kincaid's version is full of love, "Raising Her the Right Way" is a story full of cruelty in a mother/daughter relationship that has imprinted the new young mother with both physical and emotional scars that will last a life time. It is a story that so many children of today experience ...

# Raising Her the Right Way

By Deborah Ward  
Public Affairs

When she doesn't answer you, grab her by the hair; if she retaliates take her wrists with force, you'll see her flinch, make sure she doesn't cower; ask her for her empty hangers, but be sure to check her closet, throw the ones you found at her as she calls out the numbers; never throw good jelly jars that are nearly full, use the ones that recycle well; never throw things that stain the wall; *you did mother, I had to scrub*; always walk too fast for her, don't wait for her to catch up; don't ask her to repeat herself make her instead; collect her things she leaves lying around, strike a match and make her burn them, she will never forget again; always assume she lies, for like you, she will be incapable of truth; belittle her so that she knows power when she sees it; be sure to scream so that you are heard, but never call her by her name, that is what school is for; if she gets beat up at school, drag her home and laugh; if one day she seems to be walking taller pound her until she's small again; repeat to her often that she is no good; *oh but she is mother, she is beautiful*, remember she will turn on you; when her clothes are misaligned in the dresser, dump them out, mix in the daily trash and show her how pigs live – she will respect you then; when you are hugging her squeeze very

tight with your chin digging into her scalp, she will know you love her; *gentle as a butterfly*; when she tries to pull away twist her by the arms, if she breaks, she will mend; don't let her show her skin, no one else will understand your type of love; when her friends come to play always say no, that is what school is for; if you say you love her and she won't respond, shake her and scream in her ear until the words echo from her throat; don't expect to believe it, her loveless eyes will lie, she is incapable of love just like you; in a store, she'll ask you for something new; *yes I remember, smile politely and put it in the basket*; when you get home break it and watch it fall apart; when she finds that tone of voice, use whatever's in your hand and strike those words down; make sure when she lies still at night to strip her blankets from her bed, she will learn to appreciate comfort this way; if she asks for eggs cook all twelve with week old lard, make her eat every last one; she is too fat, stop feeding her she could miss a meal or two; she doesn't need to read for fun there are dishes to be done; remember to check each one for bits of yuck and when you find one pull them all from the cupboards and make her start again; *ah yes, where there is one there are many*; daily you must accuse her of all wrongs and



if she is weak it is only because you are strong; threaten often her own life, and speak as if she is not there, this will keep her guessing; never say you're sorry, because you won't be; never give unnecessary attention, that is what school is for; always question for there is no room for trust; rip her from her teddy bear as soon as she can stand; then she will do laundry, remember to show her about the bleach and she will know; *yes my favorite dress, I remember, you poured the bleach*; always stand forebodingly; always wear a frown; remember she won't do it right you will have to train her now; never allow for happy times, and birthdays are a waste; don't say, "Thank you", don't say, "Please", and always show authority; she won't love you; you can be sure of that; she'll grow older then want to leave, then your time is almost out; find all excuses to be cruel for it is a mother's love.

*Behind closed doors, in many homes, instances like these occur daily. Child abuse happens at every economic level, across ethnic and cultural lines, within all religions and at all levels of education. Every year, 3 million cases of child abuse are reported - that's a report every 10 seconds\*.*

*The state of Alaska has the*

*highest rate of reported child abuse cases in the country per capita and the northern region to include Delta Junction/Fort Greely is the highest in the state. Like the adult above, some truly believe they are doing the correct thing or they don't know any other way to cope with stressful situations.*

*These situations can be corrected. There is help available, options that will work for everyone involved. Hope for happier children and stronger families is an attainable goal for all.*

*April 2010 is designated as Child Abuse Prevention Month in the Army. Let's keep our children safe. If you are needing assistance please contact Tere Pouch, Family Advocacy Program Manager, 873-4385.*



\* Statistics taken from myarmyonesource.com

# Bonding With Your Baby

Attachment is a deep, lasting bond that develops between a caregiver and child during the baby's first few years of life. This attachment is critical to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be adults who trust others and know how to return affection.

grow, learn, connect with others and enjoy life.

Here are some ways to promote bonding:

Respond when your baby cries. Try to understand what he or she is saying to you. You can't "spoil" babies with too much attention—they need and benefit from a parent's loving care even when they seem inconsolable.

Hold and touch your

# Dealing With Temper Tantrums

*What's Happening*

Two- and three-year-olds have many skills, but controlling their tempers is not one of them. Tantrums are common at this age because toddlers are becoming independent and developing their own wants, needs, and ideas. However, they are not yet able to express their wants and feelings with words. Take comfort in the fact that most children outgrow

in small matters. ("Do you want to eat peas or carrots?")

Stick to a daily routine that balances fun activities with enough rest and healthy food.

Anticipate when your child will be disappointed. ("We are going to buy groceries for dinner. We won't be buying cookies, but you can help me pick out some fruit for later.")

Praise your child when

tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control, too.

## Teens

*What's Happening*

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very

# Positive Parenting

*What You Might Be Seeing*

Normal babies:

Have brief periods of sleep, crying or fussing, and quiet alertness many times each day.

- Often cry for long periods for no apparent reason

- Love to be held and cuddled

- Respond to and imitate facial expressions

- Love soothing voices and will respond with smiles and small noises

- Grow and develop every day; they learn new skills quickly and can outgrow difficult behaviors in a matter of weeks.

*What You Can Do*

No one knows your child like you do, so you are in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their babies help their babies develop a strong attachment. Affection energizes your child to

baby as much as possible. You can keep him close with baby slings, pouches, or backpacks (for older babies).

Use feeding and diapering times to look into your baby's eyes, smile, and talk to your baby.

Read, sing, and play peek-a-boo. Babies love to hear human voices and will try to imitate your voice and the sounds you make.

As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with toys, puzzles, and books.

The best gift you can give your baby is YOU. The love and attention you give your baby now will stay with him or her forever and will help your baby grow into a healthier and happier child and adult.

tantrums by age four.

*What You Might Be Seeing*

Normal toddlers:

- Love to say, "no!" "mine!" and "do it myself!"

- Test rules over and over to see how parents will react

- Are not yet ready to share

- Need lots of fun activities, play times, and opportunities to explore the world

- Respond well to a routine for sleeping and eating (a regular schedule)

- Like to imitate grownups and to "help" mom and dad

*What You Can Do*

It is often easier to prevent tantrums than to deal with them once they get going.

Try these tips:

Direct your child's attention to something else. ("Wow, look at that fire engine!")

Give your child a choice

## Tips & Information

he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:

Say what you expect from your child and have confidence that your child will behave.

Remain calm. You are a role model for your child.

Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.

Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.

Some children throw tantrums to seek attention. Try ignoring the tantrum, but pay attention to your child after he or she calms down.

Resist overreacting to tantrums, and try to keep your sense of humor.

When your child is having a floor-thumping

important. Sometimes it may feel like your teen doesn't need you anymore, but teens still need their parents' love, support and guidance.

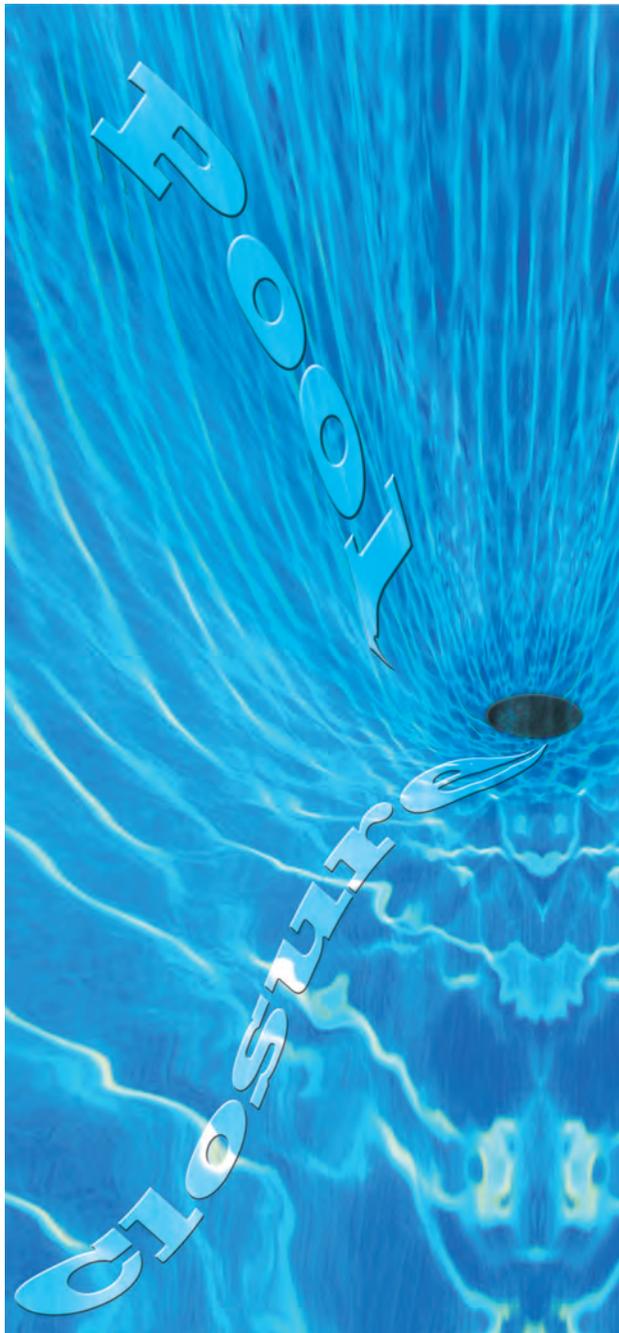
*Tips to keep in mind:*

Have family meals. If it's impossible to do every night, schedule a regular weekly family dinner night that accommodates your child's schedule.

Share "ordinary" time. Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about what is on his or her mind.

Get involved, be involved, stay involved. Go to games and practices when you can. Ask about homework and school projects. Look for chances to learn about your teen's latest hobby.

For more great tips visit [www.childwelfare.gov](http://www.childwelfare.gov)



# Fitness Center Upgrades begin in April

By Kent Cummins  
Public Affairs

Contractors will be renovating and making improvements to the Physical Fitness Center this Summer. These improvements will include a complete replacement of the building's water and electrical infrastructure and this will result in the swimming pool and locker rooms being closed for various periods – but not the gym floor, racquetball court, climbing room or the weight/cardio rooms.

The work is necessary to renovate the building's aging infrastructure and to “improve the quality of life and enhance the experience for Fitness Center patrons,” said Rich Lester, Family and Morale, Welfare and Recreation's Chief of Community Recreation.

The work will require the swimming pool to be temporarily closed for five to six months beginning April 15.

“We chose to have the upgrades accomplished during the Summer because that is when use of the facility is low and it will have the least amount of impact on our customers,” Lester said.

The Installation Commander agreed.

“The Summer is the best time to do the work on the indoor pool as soldiers and family member can PT outdoors, unlike during the Winter” said Garrison Commander LTC Chris Chronis. It will be an inconvenience similar to the Summer road construction we experience in Interior Alaska, but well worth the small amount of frustration because the end product will be so much better.

The end result is that the Fitness Center's service life will be extended another 50 years. Not only will Fitness Center patrons enjoy a new pool, but they also will receive renovated locker rooms, as well as new lighting, plumbing and air handling equipment.

FMWR officials said the new heating, ventilating, and air conditioning will be state of the art. It will be a self-regulating system that will not only benefit customers but will also help Fort Greely conserve energy.

FMWR reminds users that the locker rooms and showers will be closed during the renovation project and to plan accordingly. The men's and women's restrooms in front will remain open for patron use.

Lester said that although the contract allows for completion of the project to occur in November, the work should be completed before the Nov. 15 contractual deadline. As the contractor provides a work schedule, FMWR will give updates to the Fort Greely populace. For more information about the swimming pool project, call FMWR at 873-4137.

**Easter** came “**Alaska**” style to Fort Greely this year as eggs were handed out from the back of a Ranger.



Photo by Wendy Rodgers, HR

# Projects enhance quality of life

By Kent Cummins  
Public Affairs

The more than \$12.5 million Fort Greely received as part of the American Recovery and Reinvestment Act of 2009 is being put to good use by enhancing the quality of life here.

Fort Greely's Directorate of Public Works has obligated all the funds for 25 stimulus projects. These projects are primarily related to quality of life and energy conservation.

Seventeen of the projects have been completed or are in progress. Eight more major projects will begin this summer. Contractors from Fairbanks and Delta Junction are accomplishing all the work.

The ARRA of 2009 is an economic stimulus package signed into law by the President on Feb. 17, 2009.

According to [www.recovery.gov](http://www.recovery.gov), the Recovery Act has three goals: create new jobs and save existing ones, spur economic activity and invest in long-term growth.

The stimulus funds are being used at Fort Greely to replace windows, build new roofs, improve sidewalks, add directional signs, and install energy-saving External Insulation Finishing Systems on several buildings.

Approximately \$3 million also was obligated for repaving cantonment area roads and parking lots. These areas have not been re-paved since the 1970s.

Some of the other projects include Physical Fitness Center renovations, upgrades to the Outdoor Recreation facility and improvements to Gabriel Auditorium and Recreational Lodging.

The infusion of funds was significant according to Carl Ramos, chief of engineering for the Directorate of Public Works.

"In 2007, we obligated \$1.9 million; in 2008, \$4.4 million; but, in 2009, we awarded \$20.9 million for numerous projects," he said.

"It has been a dramatic workload increase for DPW," Ramos added. "The results will be very evident when work begins on some of the larger-scale projects over the summer ... it's going to be a busy construction season."



Photo by Deb Ward, Public Affairs



From left to right, Officers John Anderson, William Crabtree and James Bushey conduct a walk-thru of Active Shooter training prior to the March 24, 2010 Active Shooter exercise. Photo by Deb Ward, Public Affairs

## Shots fired; unknown shooter in building 660

By Deborah Ward  
Public Affairs

**"All** units respond to building 660 - shots fired..." came over the radio from Fort Greely dispatch.

Within moments officers responded to building 660 to assess the situation and set up an Incident Command Post. There they were briefed by Lt. Terry Brown, DES on the training exercise taking place. Brown also conducted a safety briefing during which he noted areas "out of play."

All weapons were cleared, live ammunition

was exchanged for the training simunitions and safety gear was issued.

The purpose: to train first responders to react in any and all, to include "no-win", situations.

This type of training is necessary to identify gaps in responder training, equipment shortages and malfunctions, along with assessing the time it takes to neutralize the active shooter and evacuate non-combatants/casualties.

The scenario: A recent contractor employee had been under investigation for stealing valuable items from the work site. As a result of the investigation the employee was terminated from his job. Believing that he was set up by another employee and his boss, he began making threats to get them both. The terminated employee entered the populated building of 660. Shots were fired.

The objective: neutralize the hostile(s), secure the building and evacuate friendlies.

"The training for this type of exercise is intense, we want the training to be as realistic as possible - safely. We want to put the officers in "no-win" situations to see how

they react," Brown said. "The officers know we're using simunitions, they know that they're not going to kill you, but there's something about a projectile coming toward you at a high rate of speed ... we just have to train these guys that they have to continue on through it no matter what. It's very intense."

With superior training and continued command and logistical support, Brown and his team can train the officers to use that adrenaline to their advantage should they ever need it in a real-life situation.

This type of training is highly valuable for the dispatch office as well. Wall to wall computers and blinking lights didn't appear to phase the dispatchers. Their voices remained calm over the radio throughout the event giving clear and concise information.

The more chaotic and distracting Brown can make the scenarios for his officers the better the Active Shooter training. Brown would love to see more role-players, from kids to adults, at the next training event.



Photo by Deb Ward, Public Affairs  
Officer Anderson clears his weapon to prepare for the simunition rounds handed out by Lt. Terry Brown, DES.



# EARTH

## **EARTH DAY 2010 Environmental Open-House**

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Earth Day celebrates its 40th anniversary this year on Thursday, April 22.

The Environmental Office will be holding an open house in our new offices located in the upstairs area at the north end of bldg. 601.

Please put the open house on your to-do list for the day and indulge in some food prepared by the Environmental staff.

While you are there, you can pick up a start of Alaskan Wildflower mix to plant this spring that will have blooms all summer long.

Whatever your interests, an assortment of informational handouts will be available, such as composting, gardening tips, tree planting instructions and more.

As mentioned in the previous Environmental Newsletter in March, Wildflower seeds will be provided for post residents that can be picked up at the North Haven Community Center in building 707B starting April 22.

We hope to see you at the open-house!

# Swallows

# are a sign

Fort Greely Environmental Office

A sure sign of warmer weather in Alaska is the arrival of swallows in April. After completing incredible journeys from as far as South America, several species of swallows spend their summers in the Fort Greely area. These species include the Tree, Violet-Green, Bank, and Cliff Swallows. Swallows are amazing birds that spend most of their time zipping about in search of food. Their flying abilities are crucial, because they dine on the hordes of insects (including mosquitoes!) that also thrive during our Alaskan summers. Swallows are generally quite tolerant of human activity nearby and will happily go about their business in full view of their human neighbors. Watching swallows make their nests and catch bugs can be extremely entertaining and educational. Despite their sociable nature, swallows are not always welcome. Cliff Swallows normally nest on cliffs, canyon walls and vertical banks close to their food and water. However, due to habitat loss and increased human development, they are now nesting more frequently on man-made structures. Cliff Swallows prefer to live close together in colonies and can end up making a mess of mud and droppings on the ground below. Swallows are protected under the Migratory Bird Treaty Act of 1918 and Fort Greely also has strict policies to protect swallows, their nests, eggs, and chicks. No swallow nest may be disturbed between April 30 and July 30 and the bottom line is swallows may not be “harassed” at any time during their stay in Alaska. Please be aware that clearing vegetation and undertaking other construction site preparation and activities may also result in destroying active nests of other bird species. Empty swallow nests may be removed at other times of the year only with the approval and oversight of the FGA Environmental Office. For more information regarding swallows, or to report any activity resulting in harm to adult birds, nests or eggs please contact the Environmental Office at 873-4664. Once the swallows return to Fort Greely, they are here to stay.

# of spring

# Don't be a victim

## Protecting Personal Information from malicious activities

By Brad Reed  
Physical Security

Since the last INTERCEPTOR was published I have had numerous questions and comments concerning the flyer published on identity theft. The information discussed in this article will answer those questions and help us all be more vigilant and aware of our surroundings as it pertains to protecting our personal identification from malicious activities. Malicious activities to include identity theft are much more than someone using your bank account information. It occurs when someone uses your name, address, Social Security number, your picture or other identifying information without your knowledge to commit fraud, theft or falsify information about you.

Perpetrators may use a variety of low and high-tech methods to gain access to your personal information. Examples of this include: computer hacking and phishing, rummaging through trash, using information posted on web sites and applications, abusing credit report access through their employer, theft of wallets and purses, completing a "change of address form" to divert mail, ATM card reader and image capturing technology, and e-mail and telephone scams. As with any crime, you can't guarantee that you will never be a victim, but you can take steps to minimize your risk. Don't give out personal information on the phone, through the mail or over the Internet unless you've initiated the contact or are sure you know who you're dealing with. Identity thieves may pose as representatives of banks, Internet service providers (ISPs) and even government agencies to get you to reveal your SSN, mother's maiden name, account numbers, and other identifying information. Before you share any personal information, confirm that you are dealing with a legitimate organization. Other ways to protect yourself are:

- Limit information placed on computer applications such as Facebook, Myspace and Twitter. Pictures, birth dates, employment history, personal contact information and family information all can be used for malicious activity.

- Don't carry your SSN card; leave it in a secure place and only give your SSN when absolutely necessary. Ask to use other types of identifiers when possible. If your state uses your SSN as your driver's license number, ask to substitute another number. Do the same if your health insurance company uses your SSN as your account number.

- Secure personal information in your home, especially if you have roommates, employ outside help or are having service work done in your home.

- Guard your mail and trash from theft to include shredding documents.

- Deposit outgoing mail in post office collection boxes or at your local post office, rather than in an unsecured mailbox. Promptly remove mail from your mailbox. If you're planning to be away from home and can't pick up your mail, request a vacation hold from your local post office. The Postal Service will hold your mail at your local post office until you can pick it up or are home to receive it.

- Carry only the identification information and the number of credit and debit cards that you'll actually need. Cancel all unused credit accounts.

- Place passwords on your credit card, bank and phone accounts. Avoid using easily available information like your mother's maiden name, your birth date, the last four digits of your SSN or your phone number, or a series of consecutive numbers. When opening new accounts, you may find that many businesses still have a line on their applications for your mother's maiden name. Use a password instead.

- Ask about information security procedures at businesses, doctor's offices or other institutions that collect personally identifying information from you. Find out who has access to your personal information and verify that it is handled securely. Ask about the disposal procedures for those records as well.

- Pay attention to your billing cycles. Follow up with creditors if your bills don't arrive on time. A missing bill could mean an identity thief has taken over your account and changed your billing address to cover his tracks.

- Be wary of promotional scams. Identity thieves may use phony offers to get you to give them your personal information. They may also use e-mail messages to introduce a virus into your computer.

- When ordering new checks, pick them up at the bank, rather than having them sent to your home mailbox.

- Use computer software that will protect you from spy ware and viruses.

We not only need to think about this topic from a personal point of view, but also be vigilant with the information we produce on a professional level here at Fort Greely. We need to ensure

the information we publish for public view is sanitized of any compromising information. Don't leave sensitive items out for public view in your work place. Keep your purse or wallet in a safe place at work as well as any copies you may keep of administrative forms that contain sensitive personal information. At the end of the work day ensure your area is locked and if you have an office with windows ensure the shades are closed. For Further information on work place information security please contact Ms. Maria Lester at the Directorate of Plans, Training, Mobilization, and Security, 873-5007.

One method to identify whether you have become a victim of malicious activities is to monitor the balances of your financial accounts and look for unexplained charges or withdrawals. If you are receiving credit cards for which you did not apply, are receiving calls or letters from debt collectors or businesses about merchandise or services you did not buy or are being denied credit for no apparent reason you may be a victim. Although any of these indications could be a result of a simple error, you should not assume that there's been a mistake and do nothing. Always follow up with the business or institution to verify your account activity. If you think you have become a victim of malicious activities contact the Fort Greely Police Department at 873-COPS. Other resources that can provide information on reporting Identity theft or other malicious activities are; [www.ic3.gov](http://www.ic3.gov), [www.mcgruff.org](http://www.mcgruff.org) and [www.npcp.org](http://www.npcp.org).





## Executive Order 13513

Executive order 13513 states that in order to demonstrate leadership in improving safety on roads, Federal law now prohibits the use of text messaging while driving Government-wide on official business or while using Government-supplied equipment. Federal employees shall not engage in text messaging (a) when driving GOV, or when driving POV while on

official Government business, or (b) when using electronic equipment supplied by the Government while driving. The policy is extended to contractors, subcontractors, and recipients and sub recipients who are encouraged to adopt and enforce policies that ban text messaging while driving company and government-owned or

-rented vehicles or while driving any vehicle when on official Government business or when performing any work for or on behalf of the government. "Driving" means operating a motor vehicle on an active roadway with the motor running, including while temporarily stationary because of traffic, a traffic light or stop sign, or otherwise.

**T**he following statistics come from a study conducted by the Virginia Tech Transportation Institute:

- Of all cell phone related tasks - including talking, dialing, or reaching for the phone - texting while driving is the most dangerous.
- Teen drivers are four times more likely than adults to get into car crashes or near crash events directly related to talking on a cell phone or texting.
- A car driver dialing a cell phone is 2.8 times more likely to get into a crash than a non-distracted driver.
- A driver reaching for a cell phone or any other electronic device is 1.4 times more likely to experience a car crash.
- A car driver talking on their phone is 1.3 times more likely to get into an accident.
- **A car driver texting while driving is 23.2 times more likely to get into an accident than a car driver paying full attention to the road.**
- A truck driver dialing a cell is 5.9 times more likely to crash.
- A trucker reaching for a phone or other device is 6.7 times more likely to experience a truck accident.
- For every 6 seconds of drive time, a driver sending or receiving a text message spends 4.6 of those seconds with their eyes off the road. This makes texting the most distracting of all cell phone related tasks.

– Fort Greely Garrison Safety Office

**Using your cell phones or texting while driving could result in the loss of your installation driving privileges.**

Use your phone while driving and you are in VIOLATION OF THE LAW.  
Executive Order 13513

## Motorcycle Safety Training

If you are interested in Motorcycle Safety Training Please call the Ft. Greely Safety Office and sign up at 873-5239.

*Class dates are dependent upon the weather.*

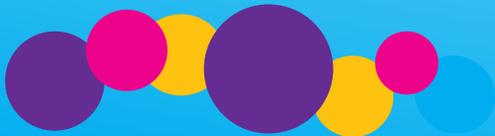
– Fort Greely Garrison Safety Office

# Family Child Care providers Needed to work 2nd/3rd shift and weekends

ARE YOU INTERESTED IN MAKING MONEY WHILE WORKING AT HOME? Do you like the idea of having your week days free to take care of your family responsibilities? If so, the Fort Greely Family Child Care Program is recruiting for Providers to work 2nd and/or 3rd shift in addition to weekend care schedules.

If you are willing to commit to either or both the 2nd/3rd shift (evening/overnight care) plus required weekend coverage, you will be approved for subsidy payments for each child in care in addition to the monthly child care fees you will be paid by the parents using your care. There will also be a monthly subsidy paid just for being available, even if no children use your services. Your hours of operation would be approximately 1700 to 0630 Monday through Friday, and when required, 24/7 on weekends.

For more information on how to become a Family Child Care provider a Basic Orientation is scheduled on 25 March at 1000 in the Gabriel Auditorium Conference Room. If you have questions please call Karol Blessing, Child, Youth & School Services Coordinator at 873-4593.



## DROWNPROOFING CLASSES

LAST CHANCE FOR THE SUMMER BEFORE THE POOL CLOSURES FOR REMODELING

FRIDAY, APRIL 2ND  
1800-1900

SUNDAY, APRIL 10TH  
1000-1100

SUNDAY, APRIL 11TH  
1000-1100  
1300-1400  
1600-1700

1300-1400  
1600-1700

WEDNESDAY, APRIL 14TH  
1200-1300

The FREE Drownproofing class is required to rent boats, canoes and kyaks from the Outdoor Recreation Center. Contact the pool to sign-up 907.873.5665



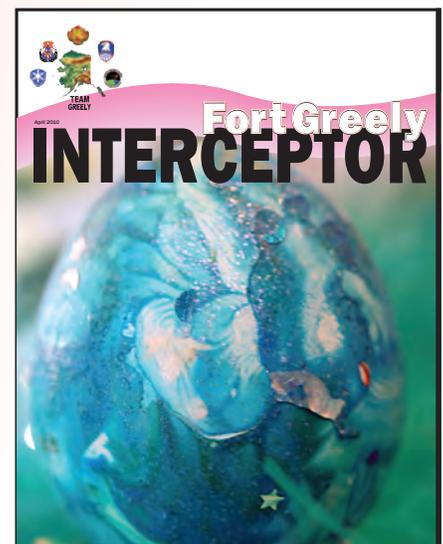
[www.FortGreelyMWR.com](http://www.FortGreelyMWR.com)

Sign up now or miss out on the summer fun!

**On the cover:** Photo by Deb Ward, Public Affairs

The INTERCEPTOR is an authorized unofficial publication for military and civilian members of Fort Greely. The INTERCEPTOR is published monthly by the Public Affairs Office, Fort Greely Garrison. Contents of this publication are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Army. While contributions are welcome, the PAO reserves the right to edit all submitted materials, make corrections, changes, or deletions to conform with the policies of this paper. Articles and photos submitted by the 20th of each month will be considered for publication in the next issue of the INTERCEPTOR. Submit via e-mail to [fgapao@greely.army.mil](mailto:fgapao@greely.army.mil), or mail to: Garrison Commander, ATTN: Newsletter, PO Box 31269, Fort Greely, AK 99731.

Commanding Officer ..... LTC Chris Chronis  
Deputy Commander ..... Will Wiley  
Public Affairs Officer ..... Kent Cummins  
Public Affairs Specialist ..... Deborah Ward





# April 2010



*Northern Lights at Fort Greely*  
by Michael Martinez took first place for capturing this “strategic” shot outside the main gate Fort Greely, Alaska.



*Light Play on Thompson Pass*  
by Dwight Phillips took second place for the intriguing play of sun light and shadows on this mountain ridge.

**Submit your Alaskan photos by May 1, 2010 for your chance to win.**

Each month three photos will be chosen to represent the best shots of Alaska. The winning photos are posted on the Commander’s Channel (channel 12) and online at [www.greely.mil](http://www.greely.mil) At the end of the year the judging panel will meet and choose the best of the best and the winner will receive a matted and framed picture of their photo to have displayed on the Garrison.



*Our Favorite Fishing Hole*  
by Jeff Kinsman took third place for capturing Bolio Lake and its much loved fishing spots.



**T**hank you to Penny Reed, age 5 (top left), Jaycie Reed, age 11, (top right) daughters of Brad and Chelsea Reed and Micah Hurst, daughter of Nate and SGT J.D. Hurst together with Katelyn Carroll, daughter of LTC Steve and Lynn Carroll (bottom right) for your submissions, we look forward to seeing your name in lights on the Fort Greely Marquee! Don't forget to check out the Command Channel (channel 6) to see your art work on display.

If you would like your name displayed on the Fort Greely Marquee and your colored picture on the Command Channel please submit your artwork by the first of each month to [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil). The next deadline is May 1, 2010. Hurry and get those colors out!

For the older crowd, perhaps you have artwork that you have created on your own time. Quilting, needlepoint, bead work, woodworking, auto detailing ... anything that has your creative flair to it, we'd love to see it here in the *INTERCEPTOR*.

Submit a photo of your work or a scanned image and we'll find a spot to highlight it for you. Don't let your creativity go unnoticed.

If you used one of our FMWR facilities be sure to list the location so we can give them credit too.

The year long photo contest continues so if you missed the first three months don't miss out on **April's** deadline. Each month three photos will be chosen to represent the best shots of Alaska. The winning photos are posted on the Commander's Channel (channel 12) and online at [www.greely.mil](http://www.greely.mil) At the end of the year the judging panel will meet and choose the best of the best and the winner will receive a matted and framed picture of their photo to have displayed in the Garrison. You may submit as many photos as you like. The photos do not have to be from this year, but they do need to be from Alaska. Please list your name, contact number, title of photo and the location of where the image was taken. The top three images will be displayed in the next running issue of the *INTERCEPTOR* and the Command Channel. The deadline for submissions is the first of each month. Please send all submissions to:

[deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil)

**Submit next month's  
colored entry today!**



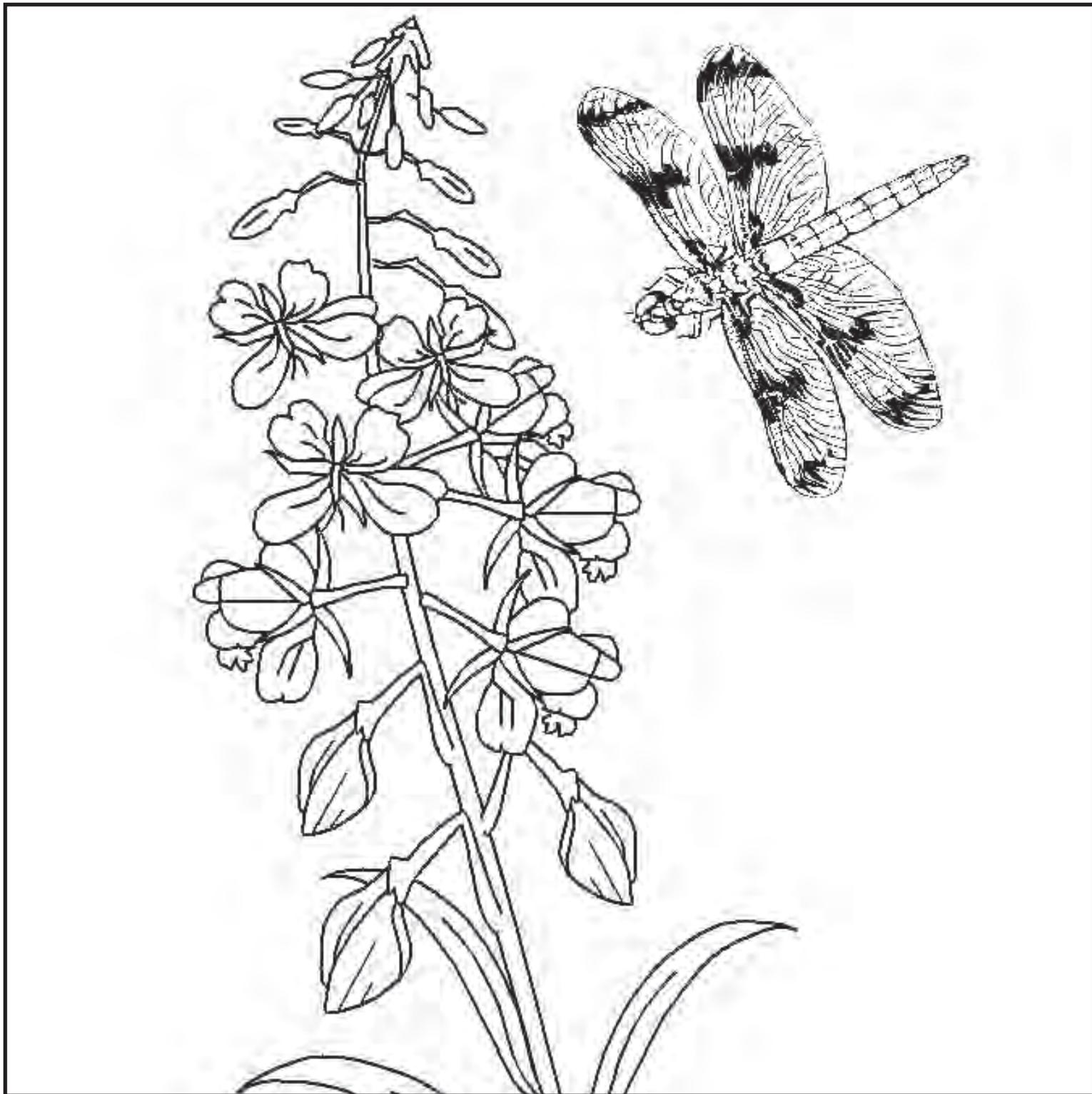
# Kids' Corner

**Color the image below then scan your work of art and send it to: [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil)**

Winners will be chosen each month and will get the chance to have their name in lights on the Fort Greely Marquee for the month!

Be sure to include your first name, age and telephone number in the space provided below so we may contact you if selected.

**ALL ENTRIES MUST BE SUBMITTED BY THE 1<sup>ST</sup> OF EACH MONTH.**



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ PHONE: \_\_\_\_\_