



December 2012

Fort Greely

INTERCEPTOR



Inside this issue:

- Drive Responsibly
- Choosing the right college
- DES Angel Tree
- ...and more.



December is National Safe Toys and Gifts Month

By Amy Cowell
U.S. Army Public Health Command

The holiday season is upon us and for some it means the stress and anxiety of battling last minute crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal.

But not you, you are a holiday planning superstar, and your perfectly planned holiday checklist has been finished for weeks. Your halls are decked, your stockings are hung by the chimney with care and all of your gifts follow the U.S. Consumer Product Safety Commission's recommendations for safe toys and gifts.

Wait, you haven't done the last one? Maybe you're not the holiday planning superstar you think you are, or maybe you aren't aware of the serious risks involved in giving unsafe holiday toys and gifts. In 2007, the CPSC reported 18 toy-related deaths and an estimated 170,100 hospital emergency-room treated injuries to children under 15. Although these consequences are real, prevention is as simple as following a few safety guidelines when shopping for the perfect holiday gift.

The CPSC recommends the following toy safety shopping tips:

Under 3 Years Old

- Children under 3 tend to put

everything in their mouths. Avoid buying toys intended for older children that may have small parts that pose a choking danger.

- Never let children of any age play with deflated or broken balloons because of the choking danger.

- Avoid marbles, balls and games with balls that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children.

- Children at this age pull, prod and twist toys. Look for toys that are well-made with tightly secured eyes, noses and other parts.

- Avoid toys that have sharp edges and points.

Ages 3 to 5

- Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

- Look for household art materials, including crayons and paint sets, marked with the designation "ASTM D-4236." This means the product has been reviewed for chronic health hazards and, if necessary, the product has been labeled with cautionary information.

See GIFTS page 12

Drive Responsibly

—National Drunk and Drugged Driving Prevention Month

By Beth Ann Cameron
U.S. Army Public Health Command

The holiday season is the time of the year when drunk and impaired driving accidents are most prevalent. Drug and alcohol use impair judgment, delay reaction times, and can result in deadly consequences when driving. According to the National Highway Traffic Safety Administration, drugs (for example, marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. Drunk driving accidents account for 31 percent of all motor vehicle accidents, and thousands of drivers and passengers lose their lives each year because of drunk and drugged driving.

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs. Most people would never imagine that their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

The following list includes a few simple tips for celebrating and driving safely this holiday season:

- Designate a non-drinking driver ahead of time.
- If drinking alcohol at a party or other celebration, allow at least one hour between drinks. It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1½-ounce shot of liquor).
- Set limits beforehand of the number of drinks to have and stick with it.
- Alternate drinking alcoholic beverages with soda, juice or water and eat food.
- Don't mix alcohol with other drugs, including over-the-counter

and prescription medications.

- Don't ride with someone who is impaired. Use other means of transportation such as a taxi, public transportation or driver who is sober.

If you are hosting a party, here are some steps to take to help your guests drive safely:

- Plan ahead and designate a sober driver.
- Collect each guest's keys upon arrival and store in a designated basket.
- Serve foods along with alcohol-free beverages such as soda, juice or water.
- If making an alcoholic punch, use fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.
- Stop serving alcohol 1 to 1½ hours before the party actually ends.

If you take a medication that makes you drowsy, do not drive. Have someone drive you.

During Drunk and Drugged Driving Prevention Month, recommit yourself to preventing the loss of life by reminding others to be sober and drug free, and use safe driving practices on the road. Drink responsibly, drive responsibly and encourage family members, friends and co-workers to be safe and responsible drivers for the holidays and beyond.

For more information, visit the following websites:
National Highway Traffic Safety Administration, <http://www.nhtsa.dot.gov/Impaired>
U.S. Centers for Disease Control and Prevention, http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/index.html
Mothers Against Drunk Driving, <http://www.madd.org/feature-stories/december/december-is-national-drunk.html> ■



Regardless of a person's current degree level, there is often the debate whether to go back to school to further ones' education or pursue another interest. Living in the interior of Alaska limits the choice of colleges. There are a few students in Fort Greely that are willing to drive once a week to attend class at Eielson AFB. Applause to all those daring students! If you are debating whether to brave the long drive and attend a traditional class or jump into the world of online learning, consider the following list of pros and cons:

Traditional - Pros:

For those who may not have the required discipline to take the tests, hand in assignments, and participate in online discussions without a specific due date, then traditional classes will give the incentive and deadlines a student needs to get assignments and tests done on time. Classes are held on regularly scheduled dates and times. Students need to be in class to attend lectures, participate in class discussions, and take exams.

Traditional classrooms allow for easier access to the professor. For students needing to contact their instructor, one merely needs to attend class and raise their hand or approach the instructor after class. No waiting for responses to emails or phone messages. Immediate feedback on course questions and clarifications is one of the best benefits of attending a traditional class.

Traditional brick and mortar or online learning?

By Diana Newman
Education Center

Traditional - Cons:

Traditional classrooms are not flexible for individual schedules. Students who work would need to ensure their class time does not interfere with their work schedule. For example, students who work alternating shifts may find it difficult to take classes that meet on Monday and Wednesday nights, as one week they may work those nights and the following week have those nights off. Missing or skipping classes is not advised; lectures are missed and homework piles up. Instructors may not be forgiving if more than one class is missed without prior consent and justifiable reasons.

Commuting to class may be costly and time consuming. During the winter month's weather and darkness can make it troublesome to treacherous if driving long distances.

Online - Pros:

The times you "attend" class are worked around your own personal schedule. Class participation time and homework time are done at your convenience; bearing in mind most schools have set deadlines for completing assignments. In addition, students can learn at their own rate if the course is considered "self-paced". Online courses still have deadlines, but they may be different than a traditional class. Normally an "online" class has specific deadlines for assignments and tests. A "self-paced" class has deadlines for completing the course but allows flexibility in when the homework and tests are done.

For some, having discussions face to face may be more difficult than having discussions online. Some people are by nature quieter when it comes to class discussions. They may choose to observe and

learn from others rather than be vocal and initiate discussions. However, online classes usually require class participation. Rather than "talking" in class, students respond on the classroom discussion board questions posed by the instructor. They may then be required to respond to other students' responses. This is how students communicate in an online class. Some students find it more time consuming to participate in the online discussions than it is in a traditional classroom.

Online classes do not require commuting to school. This saves on time, gas, and childcare.

Parents of young children may not need childcare as they do their coursework at home. This may also be considered a con, as having small children at home may limit your study time to evenings after they have been put to bed!

Online - Cons:

Time Management! A student must be disciplined to take an online class. It is very easy to forget about doing assignments if there is no requirement to be in a class every Wednesday night. Students must still set aside specific time to allow for homework and class participation.

Unforeseen situations such as loss of internet connectivity, computer problems and data loss can be devastating for students. Ensure papers are backed up, and know where a computer with internet capabilities can be accessed if your home computer dies.

Be proactive in your courses! Ask questions if you don't understand an assignment. Know how to reach your instructor. Email and phone numbers are essential in reaching your instructor in a timely manner. Delays in turning

in assignments can result in lower grades.

Know your learning style. Some people are auditory learners and have to "hear" it to remember it. Other people are visual and have to take notes as the professor is talking to remember it. In an online course, many times you won't hear a professor talk. Some courses include videos or Skyping to enhance the learning, but most do not. Online classes are mostly visual; learning is gained by what you read and write. Auditory learners may find it more difficult in an online environment.

After researching the pros and cons and considering your own learning style, the next step is to find a school that offers what you need. If you have questions about starting your education career, need internet access, or want to learn more about educational opportunities come by the:

Education Center Building 661 (located down the hall from the Launch Room Dining Facility)
Monday -Thursday
Hours: 9 am to 2 pm
or call Diana Newman at 907-873-4369. ■



Are you interested in part-day preschool?

Fort Greely CYSS is surveying parent interest in a part-day preschool program. If you are interested in seeing this program established please call or stop by.

We want to hear from you!

Participants must be registered with CYSS Services in order to participate.

Contact the Child Development Center and School Age Center at 873-4599 for more information.



PARENT ADVISORY COUNCIL (PAC) MEETING

WE WANT TO HEAR THE VOICE OF OUR CUSTOMERS. PAC MEETINGS GIVE YOU THAT OPPORTUNITY!

Childcare may be available to CYSS registered patrons. Call for reservations.

Parent participation points are available!

2nd Thursday of each month, 12:00 Noon at the CDC.

- ✓ Dec 13th - Parent Handbook
- ✓ Jan 10th - SNAP Procedures
- ✓ Feb 9th - Program Surveys

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

Making holiday wishes come true... one Angel at a time

By Yulonda Candelario
Directorate of Emergency Services

Please make The Angel Tree a part of this year's Christmas tradition for your family. All our DES Angels are foster children in the local area or receiving services through the Delta Junction Office of Children's Services.

No child ever chooses to live in foster care. These children are innocents. They are not responsible for their circumstances, and some have lived in circumstances and ways that most of us would find appalling and unbearable. Some carry physical scars, some carry emotional scars. All of these children deserve love and happiness at Christmas time. As first responders we often see and hear the deplorable conditions these children have lived in first hand.

The Fort Greely DES Angel Tree attempts to bring some sunshine into their lives at Christmas - a time when every other "good little boy or girl" they know receives a visit from Santa Claus. The Angel Tree provides much needed clothing items, special needs gifts and other wished-for toys to Fort

Greely/Delta Junction's foster care children. Your gift gives these children the hope of a brighter future and the reassurance that someone does indeed care about them. Please consider making the Christmassesason brighter for these children by selecting a child from our tree and returning NEW and UNWRAPPED clothing and toys to the Police Department or a designated Angel Tree location!

Each "Angel" on our tree lists the child's gender, age and clothing/shoe sizes and a wish list item. If you choose to purchase a toy, please ensure it is age appropriate.

Donations of wrapping paper, ribbon, bows, gift boxes and tape are always welcome! Monetary donations will be used to purchase a gift, stocking stuffer or gift wrapping supplies.

Gift Drop Off:

Your donated NEW AND UNWRAPPED gifts may be turned in to an Angel Tree helper at any Angel Tree location or to the Investigations/ Admin Office, Fort Greely Police Department, Building 663! POC is Yulonda Candelario at 873-4060. ■




SCHOOL AGE WINTER CAMP

24 DECEMBER -4 JANUARY
(CYSS PROGRAMS WILL BE CLOSED ON 25 DEC. & 1 JAN.)

SWIMMING! BOWLING! SLEEP IN!
COOKING! CRAFTS! GAMES!

Participants must be registered with CYS Services.

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



FREE Parent Education Classes

3rd Tuesday of every month @ 4:30
At the Child Development Center

- +18 December—Brain Development
- +15 January—Conflict Resolution
- +19 February—Reading Partners

Childcare may be available to CYSS registered patrons. Call 873-4599 for reservations.

Parent Participation Points are available!

Care & Maintenance of Vehicles in Alaska

Edited by ASAP in collaboration with Garrison Safety Office

Be sure and wash your vehicle thoroughly including undercarriage, especially wheel wells. Undercoat wheel wells with "Undercoating Spray" this is best done outside on a warm summer day. Wax your vehicles often as weather permits. Install an engine oil pan heater (see service stations for Winterization Packages). Install a block-type engine block heater. Install a Battery Blanket (blanket, pad, or plate types); make certain the blanket-type is the right length to go all the way around. Another preferred option is to install a trickle charger on your vehicle's battery. Connect a four, five and six to a three or four-hole receiver short cord under the radiator to grill or bumper ("Winterization Package"). You can bolt on a license-plate/cord holder onto grill or bumper, and then connect an outdoor 15 foot electrical extension cord around the cord-holder. Some people prefer to attach a tiny power testing light to the end of the 15 foot cord; others just carry it in their coat pocket.

Change your engine oil to 5W-30, and Anti-freeze to 65 degrees below zero. Change oil, gas and air filters as required by warranty and manual. Perform regularly scheduled engine tune-ups. Grease door jamba with extreme-cold lithium grease. Use "De-Icer" to remove water from door locks or blow them clean with air pressure, and then put powdered graphite into door locks the next day. Repack non-drive wheel bearings with Alaskan grease in 4x4s. Have four winter tires that are in good shape installed. Inflate tires in November to maximum 36 pounds per square inch, and cap the valves. Never inflate tires outside in cold weather; go inside a heated garage or ice-cold air may freeze the tire valves open! On severe cold mornings (45 degrees below zero or colder), tires will "appear" low so you need to drive very slowly the first half-mile until your tires warm-up and round out.

Use rubber floor mats to keep snow/ice off the floor. When traveling, carry a severe-cold weather sleeping bag for each person and store it in the backseat (not the frozen trunk), with food, flares, winter clothes (coats, gloves, socks, boots). Pour one bottle of "Heet" in the gas tank before severe cold weather sets in and

thereafter once a month: Use yellow isopropyl alcohol type for newer cars or red bottle for older cars.

ALWAYS DRIVE DEFENSIVELY with both hands on the steering wheel, and with your headlights on during the day as well as at night. During the winter, drive slower, keep at least six seconds spacing between vehicles, and brake earlier on icy roads. SLOW DOWN AND PREPARE TO STOP for moose alongside the road before they run out in front of your vehicle.

PLEASE DON'T DRINK AND DRIVE; USE A DESIGNATED DRIVER! ■



Take me to the Fort Greely Facebook Page



**DON'T BECOME A VICTIM!
PROTECT YOURSELF
AGAINST THEFT
TOP TIPS FOR THE FESTIVE
SEASON**

- Never leave presents or valuables on open display in your car. Even plastic carrier bags could attract a thief.
- Park in safe, well lit areas. Use secure car parks. Lock your vehicle.
- Remove your Sat Nav and any associated cradle or widescreen mark.
- Do not leave your wallet or purse in the shopping cart or buggy.
- Do not put any valuables down on the counter when making purchases.
- Don't advertise what you have by leaving discarded present boxes on the porch.
- Don't have presents visible from the outside of your home.
- Mark all valuables.



Presented by,
Fort Greely Crime Prevention
873-4620

Imagination Library & Delta Community Library

A Christmas Bedtime Story

Pajama Party for all ages



Christmas
Storytime and
crafts activity

Friday December 7
6 to 8 pm
Delta
Community Library

Open to everyone

Delta Greely Imagination Library and the Delta Junction Library will be hosting a parent enrichment night. The Christmas Bedtime Story event is scheduled for December 7 from 6 to 8 pm at the Delta Library. The pajama party will feature a reading of The Night Before Christmas and craft activities. Guest reader will be Joyce McCombs.

All attending are encouraged to bring their blankets and teddy bears and wear their pj's. All ages are welcome.

The Delta Greely Imagination Library is part of The Dolly Parton Imagination Library, an international foundation, and Best Beginnings dedicated to promote early reading activities for children ages birth to 5 years by providing books free of charge to them. The local chapter, founded in May 2012 has enrolled 175 children to date. All age appropriate books are mailed to the children monthly.

For more information contact the Delta Imagination Library pick up information forms at the Delta Junction Community Library or email at deltaimaginationlibrary@gmail.com ■



DHS Booster Club Holiday Bazaar

Saturday, December 8th
Delta High School Large Gym
10 am - 4 pm
No Admission Fee
Everyone is eligible for door prizes just for attending!!!!

- Partylite Candles
- Handmade Crafts
- Knives & Cutlery
- Scentsy
- Holiday Photographs
- stocking stuffers
- Homemade Jellies & Baked Goods
- Locally Authored Books
- Fresh Christmas Wreaths
- Musical Entertainment
- Jewelry
- Hand-knit scarves
- Specialty Coffees
- Gifts for Pets
- Hand-made clothing
- Gift Baskets
- Boutique items
- Games for the kids
- Homemade Soups & Breads
- Holiday Cheer!

Disaster Relief Training in Delta Junction

American Red Cross courses are open to the public and are designed to prepare new disaster volunteers and volunteer groups to effectively serve in disaster relief activities. Disaster courses combine video, lecture, and interactive multimedia to teach participants basic disaster relief skills. All disaster relief courses are free.

Friday, November 30

Disaster Services: An Overview

6pm - 9pm

This is a basic level course that provides an introduction to Disaster Services at the American Red Cross. The Course is divided into two modules. The first module introduces disaster preparedness and response at the American Red Cross and the second module is customized for Disaster Services in Alaska and your community. The course engages participants through integrated video and interactive activities.

Saturday, December 1

Shelter Operations

9am - Noon

This instructor-led course is designed for the learners to acquire knowledge of Red Cross policies and procedures for setting up, running and closing a shelter during a disaster. The course includes lecture and group exercises. The purpose is to train Red Cross volunteers and other agencies and community leaders the necessary tools to operate a shelter.

Shelter Simulation

1pm - 3pm

This is a table-stop style class that will engage participants in creating a simulated shelter and work together as a team to successfully operate open, operate and close a Red Cross shelter.

Sunday, December 2

Disaster Assessment Basics

9am - Noon

The purpose of this course is to provide a general overview of the tasks performed by Red Cross Disaster Assessment workers in support of a disaster relief operation and a local incident such as a single or multi-family fire.

Client Casework: Providing Emergency Assistance

1pm - 4pm

This is a basic, instructor-led, course designed to train Red Cross caseworkers how to conduct effective client interviews and provide assistance to help meet a client's immediate disaster-caused or disaster-aggravated needs..

Training Location
Delta Junction City Hall
Large Conference Room

Course Registration

James Benzschawel
james.benzschawel@redcross.org
907-456-5937



American Red Cross
of Alaska

SULLIVAN ROADHOUSE HOLIDAY LIGHTING CELEBRATION



SATURDAY, DECEMBER 1

2:00 - 5:00 PM

FAMILY PHOTOS
COURTESY OF STEVE DUBOIS
(WEAR OUR FURS OR BRING YOUR OWN)

LIVE CHRISTMAS MELODIES

REFRESHMENTS: HOT DRINKS & COOKIES

HANDMADE ORNAMENTS FOR PURCHASE

OUTDOOR FIRE PITS WITH MARSHMALLOWS TO ROAST

DOOR PRIZES

ARRIVAL OF "SANTA"

4:00 PM

LIGHTING OF ROADHOUSE & FARMERS MARKET

4:30 PM

COME CELEBRATE THE SPIRIT OF CHRISTMAS!
OUR GIFT TO YOU!
"SULLIVAN ROADHOUSE GARDENERS AND ELVES."

FORT GREELY EDUCATION CENTER

HOLIDAY HOURS

December 24-25, 2012
CLOSED



December 31, 2012 – January 1, 2013

CLOSED



North Haven at Fort Greely is open to All Branches of the Military (Active and Reserve), Military and Federal Civil Service Retirees, Federal Agency Employees, and DoD Contractor Employees.

- 2, 3, & 4 Bedroom Homes Available
- Utilities and Basic Renter's Insurance Included
- 100% Gated Access
- Pet Friendly Community
- Refuse Pick-Up
- Snow Plowing Services
- Dedicated 24/7 Emergency Maintenance
- Professional On-Site Property Management Team
- Community Events & Activities

Take a WoW Tour Today! Call (888) 415-4244
or visit us at nhcalaska.com!



888 415 4244 • www.nhcalaska.com

Approaching 2013

The New Year is quickly approaching, and we all will remember the experiences we had in 2012. Some of these experiences will trigger pleasant memories, others perhaps not. What we want to do is remember approaching 2013 in a positive manner by not being charged with a Driving Under the Influence or Driving While Intoxicated, Operating Under the Influence of Intoxicants and Operating Under the Influence of Liquor depending on the state you're in on the holidays. These are all terms for driving drunk at or above a certain level of Blood Alcohol Content. Even though all states have lowered blood alcohol levels to .08, every state has its own laws and consequences for DUI/DWI/OUI/OUIL (<http://www.dui.com/states>). The bottom line is "Do NOT Drink and Drive!"

In support of National Drunk and Drugged Driving Prevention Campaign for the entire month of December 2012, plan your attendance at a New Years Eve parties wisely and watch out for your friends. To help everyone stay safe, consider the following tips when you notice someone preparing to leave to drive a vehicle after drinking:

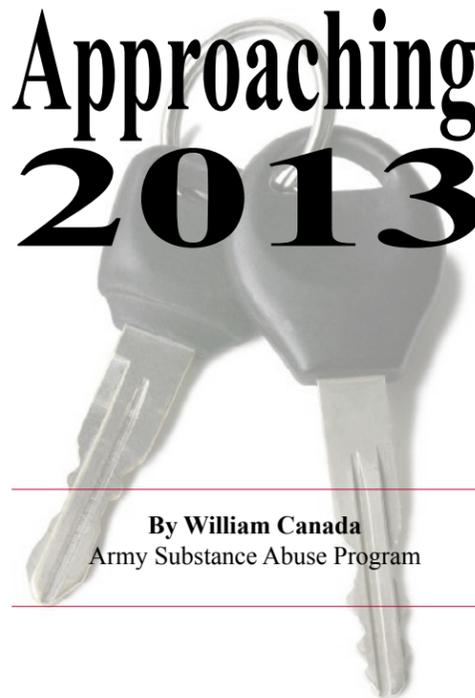
If it is a close friend, try and use a soft, calm approach at first. Suggest to them that they've had too much to drink, and it would be better if someone else drove or if they took a cab.

If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over their keys. Usually they will listen.

Locate their keys while they are preoccupied, and take them away. Most likely, they will think they've lost their keys and will be forced to find another mode of transportation.

Please have a safe holiday season and a Happy New Year. Remember "Friends Don't Let Friends Drive Drunk." ■

By William Canada
Army Substance Abuse Program



Call 873-4CAB (4222)
It's super cold out!

Mr. Taxi
at your service

FOR OFFICIAL USE ONLY

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

The United States Environmental Protection Agency (EPA), Alaska Department of Environmental Conservation (ADEC), Fort Greely Garrison, and Doyon Utilities are concerned about lead in your drinking water. Doyon Utilities found elevated levels of lead in drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information closely to see what you can do to reduce lead in your drinking water.

Although most homes have very low levels of lead in their drinking water, some homes in the community have had lead levels above the EPA action level of 15 parts per billion (ppb), or 0.015 milligrams per liter of water (mg/L). Under Federal law Doyon Utilities is required to have a program in place to minimize lead in your drinking water.

Health Effects of Lead

Lead can cause serious health problems if too much enters your body from drinking water or other sources. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. The greatest risk of lead exposure is to infants, young children, and pregnant women. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults. Lead is stored in the bones, and it can be released later in life. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

What is Lead?

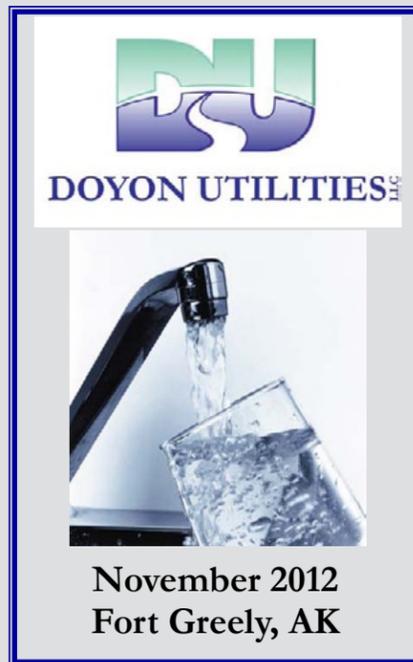
Lead is a common metal found throughout the environment in lead-based paint, air, soil, household dust, water, and food or liquids stored in lead crystal or lead-glazed pottery or porcelain.

Lead in Drinking Water?

Lead in drinking water, although rarely the sole cause of lead poisoning, can increase a person's total lead exposure, particularly the exposure of infants who drink baby formulas and concentrated juices that are mixed with water.

How Lead enters our Drinking Water?

Unlike most drinking water contaminants, lead is unusual in that it seldom occurs naturally in water supplies like rivers and lakes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in household plumbing. These materials include lead-based solder previously used to join copper pipe, brass and chrome-plated brass faucets. In 1986, Congress banned the use of lead solder containing greater than 0.2% lead, and restricted the lead content of faucets, pipes and other plumbing materials to 8.0%.



TO AVOID LEAD IN DRINKING WATER TAKE THE FOLLOWING PRECAUTIONS:

FLUSH YOUR SYSTEM

Flushing tap water is a simple and inexpensive measure you can take to protect your family's health. To flush, let the water run from the tap before using it for drinking or cooking any time the water in a faucet has gone unused for more than six hours. The longer water resides in your home's plumbing, the more lead it may contain. Flushing the tap means running the cold water faucet until the water gets noticeably colder. Although toilet flushing or showering flushes water through a portion of your home's plumbing system, you still need to flush the water in each faucet before using it for drinking or cooking.

To conserve water, fill a couple of bottles for drinking water after flushing the tap, and whenever possible use the first flush water to wash dishes or water plants.

All housing units and common areas have been fitted with faucet-mounted filters. Doyon Utilities and the Garrison encourage use of filtered water for consumption. Replacement filters will be available at self-help. The filters are designed to last for 6 months and meet the ANSO/NSF standard for lead removal (Standard 53).

USE ONLY COLD WATER FOR COOKING AND DRINKING

Try not to cook with, or drink water from the hot water tap. Never use the hot water tap for water to mix infant formula or for cooking. Hot water can dissolve lead more quickly than cold water. If you need hot water for drinking or cooking, draw water from the cold tap and heat it on the stove. Boiling water will not reduce the lead level.

For More Information

For more information, call Doyon Utilities at 869-3600. For more information on reducing lead exposure around your home or building and the health effects of lead, visit EPA's Web site at <http://www.epa.gov/lead> or contact your health care provider.

Your family doctor or pediatrician can provide you with information about the health effects of lead.

You can also receive information about lead in drinking water from the following:

Lead in Drinking Water Web Site:
www.epa.gov/safewater/lead
National Lead Information Center: 1(800)-424-LEAD

When water stands in plumbing systems containing lead for several hours or more, the lead may dissolve into your drinking water. This means the first water drawn from the tap in the morning, or later in the afternoon after returning from work or school, can contain increased levels of lead.

It is important to note that DU's water treatment process does not increase the lead levels in the treated water. Any increases in the lead levels are generally from water service lines and older plumbing fixtures within in the buildings.

Current testing

Doyon Utilities identified 15 kitchen faucets at FGA where lead testing measured higher than the 15 ppb action level and DU began a faucet replacement pilot program in 2011. The 15 replaced faucets are being sampled to investigate how lead concentrations have changed; current results indicate a decrease in lead levels below the action level. Additional sampling will be conducted through 2013.

Safe driving this holiday season

Once again the holiday season soon will be approaching us. The holiday season generally means more parties, which raises the potential to drink. Driving defensively means not only taking responsibility for yourself and your actions but also keeping an eye on "the other guy." If you plan to drink, designate a driver who won't drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.

If you are a host for a party, here are some things you can do to

promote responsible drinking at a social function:

Provide plenty of non-alcoholic beverages. Do not pressure guests to drink.

Serve food to slow the rate of absorption of alcohol. Stop serving alcohol at least one hour before the party is over. If guests drink too much, call a cab or arrange a ride with a sober driver.

Having a FUN holiday is having a SAFE Holiday. ■

- Garrison ASAP Office



Safety and Wellbeing Corner

Stay healthy this holiday season

Contributed by Jamie Murray
Directorate of Logistics

Prevention Is the Best Cure for Seasonal Flu.

What are the signs and symptoms of flu?

Seasonal flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, but in rare cases can be fatal death. According to the Centers for Disease Control and Prevention (CDC) people who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills (although not everyone with flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

How long is a person with flu contagious?

You may be able to pass on the flu to someone else before you know you are sick, as well as

while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How can employees prevent flu? Aside from getting vaccinated, employees can also take everyday measures to prevent getting flu. CDC recommends the following steps:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

Is there treatment if you get sick with the flu?

Yes. If you get sick, there are drugs that can treat flu illness. They are called antiviral drugs and they can make your illness milder and help you feel better faster. They also can prevent serious flu-related complications, like pneumonia. ■

Holiday safety tips to keep you safe

By Sonny Zarecki
Directorate of
Emergency Services

The holiday season is filled with happiness and celebration, but it can also be a time of danger. Unfortunately, there are criminals who use the holidays to target victims who may be distracted by the busy season. The holiday season is a time when busy people can become careless and vulnerable to theft and other holiday crime. Don't let the rush and excitement of the holiday season make you careless in protecting your home from potential criminals. Shopping during the holiday season can present unique danger. Taking a few prevention measures can help keep your holiday season joyous: Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member. Dress casually and comfortably. Avoid wearing expensive jewelry. Do not carry a purse or wallet, if possible. Always carry your driver's license or identification along with necessary cash, checks and/or a credit card you expect to use. Avoid carrying large amounts of cash. Pay for purchases with a check or credit card when possible. Keep cash in your front pocket. Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other

rapid transit. Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps. Beware of strangers approaching you for any reason. At this time of year, con-artists may try various methods of distracting you with the intention of taking your money or belongings.

When removing money from the ATM be observant and look around for any suspicious persons or activity near the ATM machine. The ATM is an especially vulnerable area during the holiday season.

The holidays can present potentially dangerous situations for children. Some simple prevention measures can help keep your children safe during the season. Here are a few tips: If possible, leave small children at home with a trusted babysitter. Teach your child to go to a store clerk and ask for help in case your child is separated from you. Teach children to stay close to you at all times while shopping. Never allow children to make unaccompanied trips to the restroom. Children should never be allowed to go to the car alone and they should never be left alone in the car. Teach children their full name, address and telephone number to give to police officers or security officers. Teach children to immediately inform you if a stranger is bothering them.

For more information on how to protect you and your loved ones during the holiday season and to take the Holiday Safety Quiz visit http://crime.about.com/od/prevent/a/safe_holiday.htm ■

National Drunk and Drugged Driving Prevention campaign

By William Canada
Army Substance Abuse Program

Given normal servings of beer (12 oz), wine (5 oz) and spirits/liquor (1.5 oz), all drinks have the same alcohol content. All persons metabolize alcohol at different rates based on their weight, food or lack of it, sex, type of mixer, strength of drink, temperature of the beverage when consumed, and energy level, but the human liver metabolizes or oxidizes only a half-ounce per hour! So it's going to take twice as long to flush the alcohol out of their bodies as they have been mislead to believe. The brain and abdominal organs can derive up to 2/3 of their energy requirements from alcohol, and people can become quickly addicted to alcohol as their "primary" source of energy.

One (1) drink without food or two (2) drinks with food, especially when you're tired, can cause a DUI "accident" or conviction which can cost you all you've worked so hard to earn, your life and the lives of innocent people. The Fort Greely Army Substance Abuse Program Specialist recently updated the financial costs of the "average" DUI conviction to an estimated \$23,175.00 according to the State Troopers and local court costs, fines, and penalties... A taxi is so much cheaper.

And absolutely no one wants to spend at least five to seven years in prison for a DUI serious injury or fatal "crash," because there are no "accidents" in the eyes of our legal system when you get behind the wheel "under the influence."

When you drink, don't drive! Choose a "designated driver" before you drink!

This message is brought to you by your local ASAP Specialist (873-3353), Mothers Against Drunk Drivers (MADD), and the Safety Office. ■

Upcoming Events for December

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

Nine days left! Each year, for DA Civilians, Open Season runs from the Monday of the second full workweek in November through the Monday of the second full workweek in December. This year, Open Season runs from November 12, 2012 through December 10, 2012. If you would like to make changes to your FEHB open season is the only time to do it, unless you have a significant life event.

Dec. 1: Youth Center Movie: *George of the Jungle* (PG) 4 pm at the Youth Center.

Dec. 1: Sullivan Roadhouse Holiday Lighting Celebration 2-5 pm; all are welcome.

Dec. 1: Holiday Gala at the Aurora Community Activity Center. Social Time and Photos from 6 - 7 pm; Dinner and Dessert 7-8 pm; DJ and Dancing from 8-11 pm. Call 873-4782 or 873-4783 for more information.

Dec. 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.

Dec. 7: Imagination Library and Delta Community Library present A Christmas Bedtime Story 6 to 8 pm at the Delta Community Library. It's a pajama party for all ages!

Dec. 8: Youth Center Movie: *George of the Jungle 2* (PG) 4 pm at the Youth Center.

Dec. 8: Delta High School Booster Club Holiday Bazaar at the DHS Large Gym from 10 am to 4 pm. All are welcome to attend this event - there is no admission fee.

Dec. 13: Parent Advisory Council Meetings happen every second Thursday of each month at the Child Development Center starting at Noon. December's meeting covers the Parent Handbook. Call 873-4599 for more information.

Dec. 15: Youth Center Movie: *Who's Harry Crumb* (PG-13) 4 pm at the Youth Center.

Dec. 18: Parent Education Classes are available the third Tuesday of every month at the Child Development Center starting at 4:30 pm. December's topic is Brain Development. Call 873-4599 for reservations. Parent Participation Points are available!

Dec. 19: Fort Greely Garrison Commander's Round Table Monthly Meeting is today from noon to 1 pm at the Aurora Community Activity Center. All FGA members are welcome to attend.

Dec. 22: Youth Center Movie: *Definitely, Maybe* (PG-13) 4 pm at the Youth Center.

Dec. 29: Youth Center Movie: *A.I. Artificial Intelligence* (PG-13) 4 pm at the Youth Center.

Dec. 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.

Dec. 24 -Jan. 4: School Age winter Camp. Call 873-4599 for more information.

Fire Tower Hill is open all winter on Saturdays from noon to 4 pm. For special requests or for daily conditions call Outdoor Recreation at 873-4058. We have sleds available for rent!

Wood Craft Shop is back in business. Winter hours of operation: Thurs. & Fri. 4 - 8 pm Sat. 4 - 9 pm (Hours are subject to change)

Donate to the Combined Federal Campaign online at www.alaskacfc.org now through Dec. 12. Call 873-5234 or 873-5023 with questions.

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

GIFTS

• Teach older children to keep their toys away from their younger brothers and sisters.

Ages 6-12

• For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.

• If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

• If you buy a bicycle for any age child, buy a helmet too, and make sure the child wears it.

• Teach all children to put toys away when they're finished playing so they don't trip over them or fall on them.

... And always READ THE LABEL

The CPSC requires toy manufacturers to meet stringent safety standards and to label certain toys that could be a hazard for younger children. Look for labels that give age recommendations and use that information as a guide. Labels on toys that state "not recommended for children under 3 ... contains small parts," are labeled that way because they may pose a choking hazard to children under 3. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child.

The CPSC oversees the safety of toys and many other consumer products. For more information about purchasing safe toys and gifts, go to:

U.S. Consumer Product Safety Commission Toll-Free Hotline, 1-800-638-2772

U.S. Consumer Product Safety Commission, www.cpsc.gov ■



FrontLine Employee

Wellness, Productivity, and You!

Fort Wainwright Substance Abuse Program

Winning with Ethics in the Workplace

Is your conduct at work guided by moral principles—standards of behavior—that are proper and supportive of your employer's mission? No employees would label themselves unethical, but anyone—of any rank or status—could face an ethics challenge. Common ethics challenges include the need to make the right decision, not necessarily the easy decision. Common challenges include stealing, the appearance of impropriety (inappropriate and improper behavior), and participating in a conflict of interest. Here's a quiz to help you make the right and ethical decision: 1) Is the behavior legal, harmful, or against company policy? 2) Is the activity something I would not want others to know about? 3) Am I rationalizing my behavior about this decision (i.e., everyone does it, the company won't miss it, "they owe me," etc.)? If you answered "yes" to any of those questions, you have a decision to make.



Try One-Person Brainstorming

Many people claim their best ideas and solutions to problems come to them out of the blue—while taking a shower, taking a walk around the block, or sitting on a park bench. Make this phenomenon work for you. Define your problem and take a 20-minute walk. Bring paper and pen. Once you are temporarily removed from environmental distractions, a solution may come to you. The reduced distraction allows you to focus better and visualize, process, and imagine outcomes more easily. Incorporate this strategy for greater productivity.

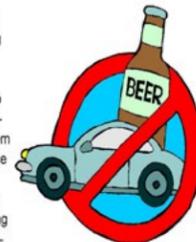


National Drugged- and Drunk-Driving Awareness

You've heard a lot about drunk driving but less about drugged driving. More than ever, you're likely to be on the road with drug-using drivers. The problem has been increasing since 2005. On a weekend night, approximately one out of nine drivers is using illicit drugs. Eighteen percent of fatally injured drivers test positive for illicit drugs. Don't believe the myth that driving stoned is safer than driving drunk. Both are menacing. Any psychoactive drug can impair one's motor skills, reaction time, and judgment. Avoid using drugs or being a passenger in a vehicle driven by a drunk-or drugged-driver. <http://tiny.cc/drugged>.



ASAP
Community Wide Prevention
Employee Assistance Program
YOUR EAP PROVIDER
EAP services for DA/DOD employees and military retirees as well as family members of soldiers, DA/DOD civilians and military retirees.
ASAP Services are confidential. For more information or to schedule an appointment call (907) 353-1381



Exercise Your "Resiliency Muscles"

Do you anticipate major changes in your life in 2013, either at work or at home? You can increase the likelihood of successfully adapting to these changes when they arrive by practicing a key principle in coping with change: see change as opportunity. Taught by change management experts, this perspective helps you establish resilience. Instead of feeling dread or fear about change, your new attitude empowers you to anticipate and spot its benefits more quickly and act on opportunities sooner. To practice this strategy and understand how it works, start this tomorrow: Respond to unexpected, undesirable events in your daily life by looking for the opportunities each presents. Stuck in traffic? It's an opportunity to listen to an educational CD. Flat tire? Use your waiting time at the tire center to catch up on reading or paperwork. No milk for your cereal? Get the grocery shopping done earlier this week. Practicing this "what's in it for me?" perspective when faced with these mini-crises will exercise your "resiliency muscles." Later, you will be more likely to avoid resistance to change or be able to adapt better to problems that linger.



More Powerful Reasons to Smile

Research has shown that 60 percent to 70 percent of our communication is non-verbal. If that's true, how important is your smile? It's enormously important. Advertisers on television understand the importance of the smile. So do telemarketers whom you never see. They are taught to smile while speaking on the phone with you to influence a positive attitude and engage with you effectively. Your smile is a vehicle for transforming your personality. You may find you have untapped power and ability to influence others if you choose to smile more. You might argue, "But if I don't feel like smiling, it will feel and look phony." You're right, so you need better reasons. Here they are: A smile brightens someone's day; opens doors, making others accept you faster; makes you appear less threatening; and sends a message of safety. These are powerful reasons to smile. Consider: This is why virtually all adults approach small children with a big smile, even if they don't feel like smiling.



Managing Holiday Stress: What Are You Anticipating?

If the holiday season is stressful, a large piece of that stress may be the sheer act of thinking about what's coming and along with it indecision about obligations, social events, family expectations, or the in-laws. This type of stress has a name: "anticipatory stress." You can deal with anticipatory stress and weather the holiday season better with a few easy maneuvers. The first is to decide you won't respond to seasonal stress with negativity and discouragement this year. Instead, act upstream and avoid denial and procrastination by making decisions quickly and deliberately regarding issues you know require action. This no-wait policy removes stress that will hound you until the last minute. No interest in visiting the Cleavers' house this Dec. 24th? Decide now that it's a "no go." Now it's off your mind. Acting upstream takes a little practice, but you will discover it energizes you by freeing your mind for other things. It removes anticipatory stress. Practice catching yourself responding negatively to anticipatory stress, and you'll discover a life skill you'll keep and share with others.



Family Communication and Modern Technology

Your family is harried and on the go, but technology gadgets won't substitute for meaningful interaction together. Do you have established rituals that allow your family to come together regularly so you can talk and share the day's ups and downs, issues, and concerns? Sharing a meal without technology interruptions (a tech-free evening) can help your family begin a much-needed ritual that may endure—an established procedure to promote family bonding, which is crucial to problem solving, growing together, dealing with crises, and learning. If your family is passing like ships in the night or it seems as though you never talk to each other anymore, then it's time to intervene.



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: Look closely and find an image of Santa planning his route over the Alaska Range. Santa may have been seen during the most recent Aerial Moose Survey performed by the Fort Greely Directorate of Public Works Environmental Team. Merry Christmas and Happy Holidays! Photo by Deborah Coble.

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