



February 2013

# Fort Greely

# INTERCEPTOR

## Inside this issue:

**Installations remain Army Strong**  
**Celebrate Black History Month**  
**Look to Malala and more...**





**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS



**IMCOM Commanding General  
LTG Mike Ferriter**

*Army leadership remains committed to providing best possible support*

# Installations remain Army Strong

**U.S. Army  
Installation Management Command**

SAN ANTONIO (Jan. 29, 2013) -- Army installations will continue to hire the critical career fields from firefighters to child-care workers, LTG Mike Ferriter, commander of the U.S. Army Installation Management Command, announced today.

Earlier this week, Headquarters, Department of the Army provided guidance regarding a department-wide hiring freeze and release of term and temporary civilian personnel. In that guidance, authority to approve exceptions to the hiring freeze is delegated to commanders of Army Commands, Army Service Component Commands, Direct Reporting Units and the Administrative Assistant to the Secretary of the Army for Headquarters, Department of the Army and its Field Operating and Staff Support Agencies. The above authority delegates hiring authority to the Commanding General, U.S. Army Installation Management Command.

"I am authorizing the hiring to continue in the following program areas to ensure we continue to provide programs and services in support of critical missions, national security, safety of human life and the protection of private property," Ferriter said.

Garrisons are given approval to hire firefighters, security guards, civilian police, air traffic controllers, lifeguards, Sexual Harassment/Assault Response and Prevention program staff (permanent and term), Alcohol and Substance Abuse Program counselors, and -- regardless of funding source -- Child, Youth and School Services staff in accordance with IMCOM Command and Headquarters, Department of the Army hiring guidelines.

Ferriter emphasized, "Because of the important nature of installation management business, we will review hiring requests at each garrison and can make additional approvals to ensure critical missions continue. We have spoken with every garrison commander or deputy and command sergeant major throughout IMCOM this week to ensure they understand the importance of our mission. The Army leadership remains committed to providing the best possible support to Soldiers, Families, Civilians and our Soldiers for Life." ■

Emergency. You...  
 emergency plans at places where school, family...  
 emergency time: work, daycare and commuting...  
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 a State Troopers, Army Alco...  
 Life Consultants, Army Alco...  
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# News Service

# Inventiveness enhanced by diversity...

## the origin of African American Black History Month

By **Command Sergeant Major Robert Gooden**

Fort Greely Garrison Command Sgt. Maj.

and

**Treva Slaughter**

Protocol

February is "African American/ Black History Month," a time to commemorate African-Americans who have changed the world. Celebrating Black History began in 1926, when Dr. Carter G. Woodson, a Harvard Ph.D., initiated "Negro History Week." Dr. Woodson, a historian, chose the second week in February because it included the birthdays of Frederick Douglas and Abraham Lincoln.

In 1976, the Bicentennial (200th birthday) of the U.S.A., the week-long observance was extended to the entire month of February in order to have enough time for celebratory programs and activities. This year's theme is "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington".

In 1915, Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH). Their goal was to research and bring awareness to the largely ignored, yet crucial role black people played in American and world history. The following year, Woodson published and distributed his findings in *The Journal of Negro History*. He founded the publication with the hope that it would dispel popular mistruths. He also hoped to educate black people about their cultural background and instill them with a sense of pride in their race.

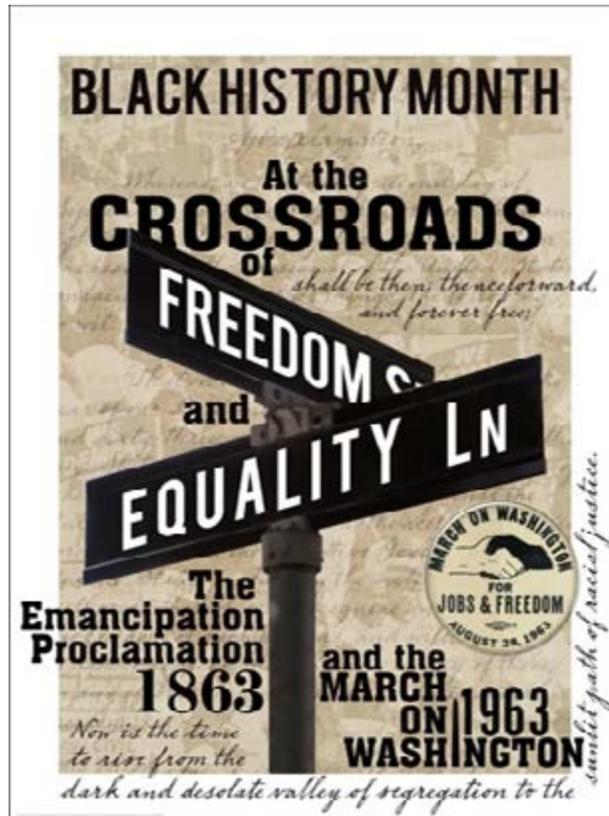
The son of former slaves and the second black person to receive a degree from Harvard University,

Carter Woodson understood the value of education. He also felt the importance of preserving one's heritage and, upon his urgings, the fraternity Omega Psi Phi created Negro History and Literature Week in 1920. In 1926, Woodson changed the name to Negro History Week. He selected the month of February for the celebration as a way to honor of the birth of two men whose actions drastically altered the future of black Americans. Abraham Lincoln, the U.S. President who issued the Emancipation Proclamation was born on Feb. 12 and Frederick Douglas, one of the nation's leading abolitionists was

born on Feb. 14.

Woodson and the ANSLH provided learning materials to teachers, black history clubs and the community at large. They also published photographs that depicted important figures in black culture, plays that dramatized black history, and reading materials.

Dr. Carter G. Woodson died in 1950, but his legacy continued on as the celebration of Negro History Week was adopted by cities and organizations across the country. This observance proved especially important during the Civil Rights Movement of the 1950s and 1960s, a time when the



inhumane and unequal treatment of black people in America was being challenged and overturned. Black Panther Badge: Power to the People

The Black Power Movement of the 1970s emphasized racial pride and the significance of collective cultural values. This prompted the ASNLH, now called the Association for the Study of African American Life and History, to change Negro History Week to Black History Week. In 1976, they extended the week to a month-long observance. Black History Month is now recognized and widely celebrated by the entire nation on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research black history and culture the year round.

We have come a long way in our treatment of people of different cultural backgrounds over the past, what will be 237 years come this July. This is in very large part due to the willingness to follow their passions and question with boldness, seek the truth and hold to the truth, and to question without fear. Let us not forget, however, no matter how far down a road you travel, if you do not continue to move forward, you will either remain behind or move in the opposite direction. Let's continue to place value and emphasis on the achievements of those who are different than ourselves. In this way we center our focus in the wondrous, ingenuity of the human spirit. ■

# Age does not limit impact

By Treva Slaughter  
Protocol

Often we recognize accomplishments and ingenuity of prominent figures from history. Very rarely, however, have I seen the one remembered or acclaimed being under the age of 25. It's true! When we think of wisdom or leadership skills we, who are in or close to our prime, do not consider that these qualities might be found in the character of one who is what we believe to be tender years. Seeing that one of the topics of interest in this month's Interceptor is "Youth Leadership Month" I pondered this least traveled concept and decided to do a little research.

I begin with a girl whose actions contributed greatly to the Civil Rights Movement; 16-year old Barbara Johns of Prince Edward County, Virginia. Conditions at the school that Johns attended were deplorable and she determined to do something about it by calling the students to strike. This young girl stood in the face of her neighbors anger (both black and white) to fight an injustice. Her student organized strike and persistence in having the conditions at the school corrected eventually led to a landmark U.S. Supreme Court case wherein the Supreme Court declared segregation of public schools unconstitutional. This case is now known as Brown vs. Board of Education.

Claudette Colvin, at the age of 15, refused to give up her seat on a Montgomery bus to a white person nine months before the historically famous Rosa Parks incident. Eliza Lucas Pinckney, at the age of 17 in 1739 revolutionized the indigo export industry causing an increase in indigo exports from 5,000 pounds to 130,000 pounds in just two years. Mary Shelly altered horror novels for all time when she penned Frankenstein at the age of 15 and S. E. Hinton wrote The Outsiders (one of my absolute favorites when I was much younger) also at the age of 15. The Braille writing system was also created by a 15-year old. The contributions that have revolutionized mathematics have been so often produced by individuals under the age of 25 that the current view is if you have not made a major contribution to the field of mathematics by the age of 25, you will never do so!

I could add many more such events from our history whose prominent character was in their teens. Rather than instruct our youth solely with contributions of people who are of an age that seems so far away from where they are in their timeline, possibly we should be encouraging our young ones with tales from history that include those represented here. What better way to teach them that they don't have to wait until they are older to make a difference? They can begin now, right where they currently are in life! Rather than filling our kids' minds with the not so "Real World" happenings at *Jersey Shore* so that they can watch how *The Bad Girls Club* became *Sixteen and Pregnant*, our society should commend the accomplishments of the teens of our time and times past who take on charitable causes, write novels and solve insane mathematical equations. How would the world

look if we turned off the technology and social networks just a little each day to instill in the upcoming generation the value and importance of fighting for the right thing, protecting those weaker than ourselves, honesty, integrity and self-discipline no matter the cost to self? Since Hollywood isn't

going to stand in line to do so, how about we, as mentors, parents and leaders take on the mission of teaching our youth the ways that they can change their world and instill in them the courage and fortitude to do so. ■



# Looking to Malala



By 1LT Melkart Hawi  
49th Missile Defense Battalion

When I was assigned the task to write an article on Youth Leadership Month, it was natural for me to want to tout the highly successful program that has aided many a youth in finding purpose, learning about leadership, and rising to the challenge of that program. As an officer in the Alaska Army National Guard, and having experience with the Alaska Military Youth Academy it would have been a natural matter to write about. But also as an officer of an organization that has become, increasingly global in its reach, another angle tugged at me. Through our involvement in the War on Terror, and Alaska's involvement in the State Partnership Program, we have had to interact, teach and learn from other cultures more than ever. Growing up in civil war torn Lebanon, as a Christian Greek Orthodox, while facing sectarian strife on a daily basis, qualifies me to speak of youth in distressed areas of the world. However, I determined that it was appropriate to look outside the U.S. for a story that touched me, and can inspire all of us regarding youth leadership. The story of one of the most courageous youth leaders in recent memory is ongoing and is a source of great inspiration for

all mankind.

As I browsed different websites and came across explanations of Youth leadership Month, I came across this explanation on the Women's Fund of Central Ohio:

"February is National Youth Leadership month. It is a time to recognize those young people who have the courage to take on leadership roles. Youth today are given opportunities to be leaders in their schools, homes, religious congregations, sports teams, and so much more. This group of individuals gives promise to the future."

On Oct. 9, 2012 the Taliban conducted a terrorist attack, in the Swat Valley in Pakistan. They set up an ambush for a bus, looking for their target. When the bus stopped, gunmen boarded it, and asked for their target by name. They shot their victim in the head, intending to assassinate, execute, and silence one of their outspoken opponents.

Not a remarkable event, given the numerous similar stories in the daily news from that region of the world...except the bus was a school bus, and their target was a 15-year old school girl. Her offense: At the age of 12, she advocated education for girls

and she wrote a blog sharing the details of her life under Taliban rule, describing the conflict as the Taliban attempted to control the Swat Valley. Malala Yousafzai raised the ire of the Taliban, who intimidate, assassinate, and behead their opponents. They announced their intent to kill her, but she did not run from her fight for what she believed in, her and other girls' right to education. I cannot even begin to imagine being as defenseless as a 12-year old girl, in an environment where the threat of death by terrorists is real due to the absence of law.

Yousafzai miraculously survived the attempt on her life, and is struggling to make a full recovery. She soon will undergo cranial reconstructive surgery in Britain. She was discharged from the hospital in early January of this year.

Prior to the attack, Yousafzai took a position as chairperson of the District Child Assembly Swat. She has been nominated for the International Children's Peace Prize, and won Pakistan's first National Youth Peace Prize. There is a petition to nominate her for the Nobel Peace Prize.

You know that a youth is a true leader when she can inspire

adults, across national lines, and across the world. We can learn from this brave girl about leadership, courage, and doing the right thing even under the threat of death. I will pray to summon up her level of courage should I ever need it, keeping her in mind as an inspiration. She has defeated her enemies, by making herself a beacon of inspiration in our collective minds and hearts. I impress upon our youth, and all citizens to learn from Malala, but most importantly to truly appreciate our Nation, our system and our Constitution. The world is not about baseball, video games, flat screen TVs, prom night, and football games, our (U.S.) world may be, but the world of leadership, perseverance, selflessness and faith, is wrought by the hands of people like Malala Yousafzai. ■

Sources:

Hallie Kloots, *Ebony Richardson & Liz Kowlaski (2013) National Youth Leadership Month, The Women's Fund of Central Ohio*, retrieved from <http://www.womensfundcentralohio.org/2010/02/national-youth-leadership-month/>

British Broadcasting Corporation *Malala Yousafzai Leaves Queen Elizabeth Hospital*, retrieved from <http://www.bbc.co.uk/news/uk-england-birmingham-20908439>

Rural Deltana Fire Department receives unexpected funds

# Doyon gives back



In October 2012 Doyon Utilities on Fort Greely once again participated in the company wide annual United Way fund-raising drive. All employee donations were optional as were the amounts given. Employees had the option to donate in a one-time lump sum amount or have a fixed amount removed from their paycheck every two weeks. Employees were also given a choice to specify a qualifying organization to donate to. The Doyon Utilities employees collectively chose to allocate their donations to the Rural Deltana Fire Department; a total of \$5053.22 was raised. On Jan. 18, 2013 Tim Castleberry, the Rural Deltana Fire Chief, was provided with a check for \$5,053.22 by Mike Lanegan, the Doyon Utilizes FGA Site Manager. (Pictured left to right) Aaron Adams, Mike Powers, Mike Lanegan, Shawn Trulove, Dave Jerry, Al Thomas, Dave Dawe, Tim Castleberry, Hawley Zachgo, Erin Blair, Fred Sheen, Lewis "Rabbit" Williby, Mike Odom, Roy Peters, Tisa Hirschel, Paul Johnson, and Monica Heller. Not pictured: Marlin Dunklebarger, Harry Weaver, Michael Dugger, Chris Fix, and Gary Thurmond. Photo by Fort Greely Public Affairs

# Energy improvements at Greely show reduction in energy usage



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**By Carl Ramos**  
Directorate of Public Works

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Located in the heart of Alaska where winter temperatures can reach 70 below zero, Fort Greely has been making big strides toward improving its energy efficiency. Most of its facilities were constructed in the 1950s and 1960s when oil was cheap and buildings were not insulated. One would think that in an arctic environment, insulation would have been a priority. Not so. As a result, Fort Greely has one of the highest energy costs per square foot in the Army. The high energy cost combined with the fuel-oil-powered Central Heat and Power Plant have made energy improvements a top priority for the last several years. With the recent increases in fuel costs, Fort Greely has every incentive to reduce usage and find alternative forms of energy.

To compound the aged facilities problem, the installation was “warm based” due to Base Realignment and Closure in 1995. Warm basing means providing minimal heat to facilities so they don’t freeze and cause permanent damage. As a result, very minimal maintenance was done on most of the facilities, and some were completely neglected. In 2001, the Missile Defense Agency chose Fort Greely for its northern missile defense complex and began to use buildings that had not been in service, but funding for the aged infrastructure was scarce since a majority of the funding was needed for new mission buildings.

In 2002, Fort Greely joined the ranks of Installation Management Command installations, and more funding became available for improvements. Recognizing that Military Construction dollars were scarce and replacing buildings was not an option, the Directorate of Public Works decided to make the most of what they had. Fort Greely began using a three-phased approach to make energy improvements.

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See REDUCTION page 8



Phase I – The first step is to repair the existing building envelopes focusing on increasing R-value and reducing infiltration. These goals are being achieved by adding insulation through application of an external insulation finish system (EIFS) to the building walls and replacing the aging, leaky doors and windows with energy-efficient ones. As roofs are replaced, the insulation is increased to provide an R-value of 60.

Phase II – Once envelope improvements are completed, the mechanical system receives a complete overhaul. Steam heat systems are changed to hydronic glycol systems. Demand control ventilation, high efficiency motors and variable frequency drives replace continuous run ventilation systems. Pneumatic controls that no longer function are replaced with state-of-the-art direct digital controls. The existing control systems were in such poor condition that in many buildings the temperatures could not be controlled. Office temperatures

were actually adjusted by opening windows even when the temperature outside was 50 below zero. The new controls are changing that situation and allowing the capability to provide nighttime setbacks to further drive efficiency. The direct digital controls are connected through a wireless control network that can be accessed from anywhere on post. Maintenance technicians can monitor heating, ventilating and air conditioning systems from their shops and identify problems in real time. Plans call for “toughbooks,” which are laptops that the technicians can carry to the field to perform diagnostic checks.

The system is working, and Fort Greely is beginning to see savings from the repairs made so far. Initial results from the first building completed are showing a 40-50% reduction in energy usage. But it is not enough. The plan to repair one building at a time will take years at current funding levels, so the DPW initiated an Energy Savings Performance Contract to

make the needed improvements more quickly. The first task order on the contract will install the control system on all major buildings and provide programmable thermostats for the smaller buildings that do not justify a complete control system. Also included on the first task order are upgrades to on-post lighting and some mechanical system upgrades. These projects are scheduled to completed in 2013.

Phase III – The third step is to construct a biomass cogeneration facility and begin heating and providing electric power to the installation using an alternative renewable fuel source. Using biomass fuel instead of fuel oil could cut the installation fuel costs in half. After performing a feasibility study in 2010, the DPW requested proposals from two contractors. A cost-benefit analysis of the proposals will determine the best path forward. If all goes as planned, construction of a biomass boiler facility could begin in 2014. ■



...[they] make three-part harmonies divinely - all sun, serotonin, and retro-radio. *Toronto Globe and Mail*



*A pop/folk trio that combine clever songwriting and solid musicianship with a healthy dose of fun*

# The Good Lovelies

## Monday, February 18 at 7pm

Fort Greely Community Activity Center (CAC)

(post will be open to the public)

Admission by donation



Sponsored by Boeing, Fort Greely U.S. Army MWR, the City of Delta Junction, the Delta Library Board, and the Fairbanks Concert Association





**PASSION  
DESIRE  
LOVE**

**VALENTINE**

**5% off lodging for Soldiers!**

*Valentine's Day  
Dinner Menu*

Mini Brie en Croute  
with Honey and Figs

Smoked Kachemak Bay Oysters  
and Olive Relish on Toasts

Prince William Sound Spot  
Drawns, Avocado and  
Grapefruit Salad

Peppered Filet Mignon with Cabernet  
Demi Glace, Oven Roasted Vegetables  
and Delta Junction Smashed Potatoes

Red Velvet  
New York Cheesecake

**Reservations Required**  
Call 907-388-8391  
for reservations by Feb. 11

*Add a splash of  
passion to your  
Valentine's Day*

**DINNER**  
FEB 16 | 7 PM

**\$49** Enjoy a romantic 5-course dinner at  
the Lodge At Black Rapids,  
prepared by The Chocolate Gypsy.

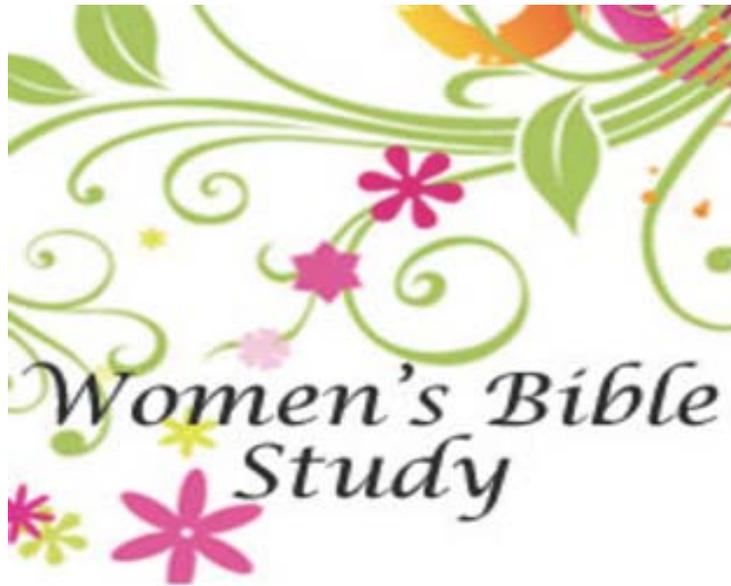
**\$398** Includes two nights in a luxurious  
room at the Lodge with meals\* and  
a romantic 5-course dinner for two.

*Dinner followed by music & dancing.*

 www.ChocolateGypsy.com  
907-255-3324

www.LodgeatBlackRapids.com  
907-388-8391

\*Call the lodge for details. 907-388-8391  
\*\* If you'd like to add a box of chocolates or chocolate roses to  
your room, call Chocolate Gypsy for details. 907-255-3324



# Women's Bible Study

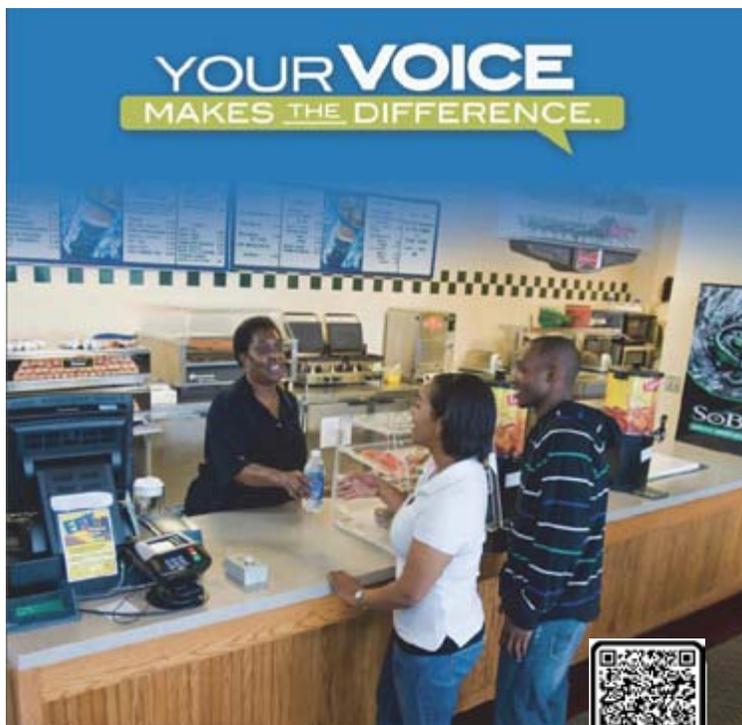
Tuesday mornings 9:30-11:30  
Wednesday evenings 6:30-8:30

Ft. Greely Chapel Annex

*Please join us!*

Get out and get connected with other  
women! Why not give it a try?

Call 907-505-0364 with questions.

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# arctic LUAAU

## FEBRUARY 16TH

### YOUTH EVENTS

Pool Party at the Fort Greely Gym from  
1200-1330

Hot Dogs, Piñata, Sand Art and More at the  
Aurora Community Activity Center from  
1300-1500

### ADULT EVENTS

Located at the Aurora Community  
Activity Center from 2000-2300:  
Roasted Pig, Whitest and Tannest Leg  
Competition, Best Hawaiian Dressed,  
Drinks, Dancing and Much More!



<https://www.facebook.com/fmwrfort.greely>

For More Information Contact the CAC at  
873-4782

# Safety and Wellbeing Corner



## Avalanche awareness

By Fort Greely Garrison Safety Office

If you are planning on driving a snow machine in mountainous areas, being prepared for the possibility of an avalanche is essential. For your safety and others, enroll in an avalanche safety course.

Snow machines — of any size or power and even if you are pointing in the right direction, cannot outrun many of the larger and faster avalanches.

Preparation is the Key, Learn to recognize avalanche terrain and heed avalanche warnings. Avoid these areas. Check all transceivers each morning prior to your journey to ensure proper transmit and receive functions. Prepare to travel in a group at all times. Every member needs proper equipment including a transceiver, shovel and a probe. Plan your route prior to leaving. To ensure your safety, plan a route that remains close to dense timber. Choose escape routes before beginning to cross unstable slopes. Cross slopes one at a time, if there is any doubt about the stability of a suspect slope.

Keep in contact and always ride in mountainous terrain with a group. Maintain constant visual contact with members of your group throughout your excursion.

Choose a leader within your group before you venture out. A group with a leader functions better than a group without a leader, particularly in the event of an emergency situation.

If you become caught in an avalanche, try to push yourself away from your sled to avoid being injured by it. Stay on the surface of the avalanche by using a swimming motion. Work yourself towards the side of the avalanche. Grab trees, rocks, etc. to avoid being tumbled down the slope. Keep your mouth closed and your teeth clenched. When the avalanche slows, attempt to push yourself towards the surface. Make an air pocket in front of your face using one arm. Push the other arm towards the surface. When the avalanche stops begin to dig yourself out if you are unhurt. Relax your breathing, particularly if you cannot dig yourself out. Stay calm and shout only when a searcher is near. ■



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February 2013

# FrontLine Employee

Wellness, Productivity, and You!

## Fort Wainwright Substance Abuse Program

### Overlooking Warning Signs of Workplace Violence

If an act of workplace violence occurred, would you think, "Wow, I am not surprised"? Helping prevent workplace violence is every employee's responsibility, but knowing the signs and symptoms are the easier part of the job. More difficult may be preventing denial or your dismissing signs or symptoms when they appear. You are naturally at risk for having blinders on if you have never witnessed or been a victim of violence. Warning signs may not be dramatic, and a perpetrator may not be a wild and agitated employee. If you are unsure about something that concerns you, discuss it with a supervisor or other individual with the authority to support whatever the next step might be to prevent a violent act.



### In Search of Conscientious Employees

Employers love conscientious employees. Some companies screen purposefully in their hiring practices to find these prized workers. Higher levels of productivity flow from employees who are conscientious, and experience shows conscientious workers require lower levels of supervision and oversight. These employees are less likely to participate in counterproductive work behaviors, including procrastination. Are you conscientious in your work habits? Can you raise your conscientious quotient—your CQ? Learn more—some research shows that the conscientious personality trait is the one most closely associated with living longer!



Learn more at [www.tinyurl.com/so-person-best](http://www.tinyurl.com/so-person-best)

### Are You Valuing Diversity

Hopefully you accept the value of diversity, but is it a challenge to behave like it? Be sure you understand your biases. Everyone has them. It is impossible not to possess a few based on our life experiences. Biases are pre-determined tendencies to make judgments or act in certain ways based upon your point of view. These pre-established ways of thinking are natural, but self-awareness is the key to gaining control over their reflex nature. Succeed with this task and you will be in better control over your behavior. You will be less likely to say or do something to undermine a positive work culture. Instead, you will champion and promote a work-place where everyone feels respected.



### Improving Your Love Life

Dale Carnegie's best seller, "How to Win Friends and Influence People," has one idea that could improve your love life: When people feel appreciated rather than manipulated, they will more likely cooperate with you. One old-fashioned chapter on improving marriages was removed 30 years ago, but the key point still stands: Personal change is the most powerful way to influence others to also change. Many couples who still love each other watch their relationship lose luster over the years. What follows is a desire to have the other person change to get it all back. Try the opposite, even though it may be more fearful and difficult. To create positive change in your relationship, do what's right and healthy for you, but try the following: 1) Understand what your partner truly values most about you. What talents and abilities do you possess? This is a key to gaining perspective and feeling more empowered for the next step. 2) Understand your partner's viewpoint and what the person needs from you. It may be very different than what you think he or she wants. 3) Experiment with delivering on those needs. Evaluate your efforts at change, and consider whether reciprocal and positive change in your partner followed.



### Communication Challenges For New Generations

If you were born after 1960, you may be very proficient with technology. You are on the go, texting, snap-chatting, and grabbing information from news feeds. You may also be short on patience for long presentations and meetings that run over. Younger-generation workers value fairness, honesty, and straight talk, but here's an important tip: Although you may be an outstanding producer, be cautious about applying instant communication tools to every situation. In-person meetings still have the edge with most management leaders. Develop an instinct for knowing when a face-to-face meeting in a real room is the proper forum to address any issue or problem. In 2009, the Harvard Business Review surveyed high-powered management leaders. Eighty percent viewed in-person meetings as a key to success in building long-term relationships.



<http://tinyurl.com/so-person-best>

### Awareness for Better Work-Life Balance

Eighty percent of the world's employees want better work-life balance! Craving it the most are employees in Hong Kong, at 96%. The least pressured are employees in Denmark, at 67%, but even that's pretty high. The key is being aware of how you are using time. Try this: Decide where you want to achieve better balance. The big "8" are relationships, family, finances, spirituality, health, career development, socializing, and leisure. Use 3x5 cards for this exercise. Twice a day get a reminder from your Google calendar or some electronic device. At those moments, ask, "Do I have any free time in my day or week to insert a target activity to improve balance?" If yes, schedule it. Do you suddenly have two hours in your schedule between 8 a.m. and 10 a.m. tomorrow? Then start the spring garden you've always wanted, get lost in a book store, have breakfast with your partner, or just find a quiet spot at the park and sit. Source: [www.tinyurl.com/tandstad-2013](http://www.tinyurl.com/tandstad-2013)



### Nightshift Workers: Know Your Numbers

Nightshift workers are employees with unique health stressors that most workers don't face. If that's you, be sure to get a physical and talk to your doctor annually. Pay attention to lab values from blood work associated with increased risk of diabetes or heart disease. Plenty of research shows that nightshift workers can be at increased risk for these medical conditions. To spot problems early that can be linked to sleep disruption and metabolism distress, know your blood pressure, cholesterol, triglycerides, and fasting blood sugar numbers. Safeguard your health with a consistent focus on sleep strategies, and be watchful for ongoing relationship or family conflicts at home related to your work schedule. Make your employee assistance program the first stop for getting help in resolving these matters. <http://tinyurl.com/nightworker>



**ASAP**  
Community Wide Prevention  
Employee Assistance Program

YOUR EAP PROVIDER

EAP services for DADCO employees and military retirees as well as family members of soldiers, DA DCO civilians and military retirees.

ASAP Services are confidential. For more information or to schedule an appointment call (907) 353-1381

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:** A sturdy willow ptarmigan rests on top of a snow covered rock near Paxson, Alaska. Ptarmigans move from shelter to shelter during the winter looking for food. Willow ptarmigans feast on willow buds, willow twigs and occasionally birch, when snow is underfoot. Photo by Deborah Coble.

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