



June 2011

Fort Greely

INTERCEPTOR



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Fort Greely says, "Goodbye"

By Deborah Ward
Public Affairs

Framed images of Presidents Theodore Roosevelt and Ronald Reagan watch over Fort Greely's Garrison Commander Lieutenant Colonel Chris Chronis, as his three year command comes to a close. From behind a giant mahogany colored desk he shares some of his final thoughts.

Fort Greely is unlike any place Chronis has ever served, and the continued revitalization of this installation from BRAC to a fully functional Direct Reporting Garrison is one of the greatest accomplishments that Chronis has witnessed while at Fort Greely. Greely is the only Army installation that has ever been closed and then reopened years later. Another anomaly is that it was reopened and staffed by contractors from a non-Army organization; the Missile Defense Agency.

In the last three years, Fort Greely, has transitioned from a predominantly contractor operated installation to one operated by DA Civilians who work for IMCOM. Greely has turned "Army Green." With that transition comes the education of personnel on Army procedures, policies and standards and involves a lot of workforce development. "The Army Way" is a set of standards that holds true no matter where you go, "An Army DFAC will always serve grits," said Chronis, "the Army is no different from Camp Zama, to Camp Taji, to Fort Polk, to Fort Greely - you know what you're getting and there is uniformity and standardization - and you can count on grits for breakfast." The Army way of life is comforting to Soldiers who find, no matter where they go, the Army is the same - the Army - not a zip code - is their home.

Greely has gone through many transitions and has seen many mission variations from its first days in 1942 as an Army Air Corps Base, but the greatest challenge Fort Greely has seen recently is the recovery from BRAC and the recruiting and retention of the workforce.

Greely is one of the toughest places to live, work and play in DoD. Most Army installations have some degrees of difficulties, but Greely has all of them with the exception of flying bullets and IEDs. The weather is harsh, the cold...bitter, the darkness long, and the isolation, at times, depressing, "The austere nature of this assignment alone makes it challenging to recruit and retain Soldiers and civilians," said Chronis, "It is a hurdle we are continuously trying to jump."

Greely's workforce continues to make enhancements and leap over that hurdle by improving the Quality of Life at the installation. It comes as no surprise that with a greater Quality of Life, recruiting and retention improves; people want to stay because they realize how much Alaska and Fort Greely have to offer. It is a place like no other.

It was the early 1950s, after the post was renamed the Army Arctic Center, that construction of permanent buildings began. Post headquarters, engineer facilities, auditorium, fire station, power plant, the photographic laboratory and maintenance shops were built to include 96 sets of quarters and three 200-man barracks. In addition, the post office, provost marshal facility, dispensary, library and personnel office were constructed. In the late 1950s Greely expanded even further with the building of a recreation center and an addition to the already established PX.



Fort Greely Garrison Commander Lieutenant Colonel Chris Chronis relinquishes command on June 24, 2011 to Lieutenant Colonel Terry Clark.

Time, and the ever changing mission, would take its toll on Greely and by the late 1980s the post faced the pending BRAC that was headed its way. It was the general consensus in US Army Alaska that the post would close and the infrastructure was therefore ignored. In 1995 Greely closed its gates and was warm based and did not emerge from BRAC until 2001 when it was reduced to its current size and given its new mission of Ballistic Missile Defense.

While LTC Chronis was working at United States Army Alaska HQ, located at Fort Richardson, he came up to visit Fort Greely several times. "It was an absolute gorgeous setting. I can't think of another installation that has a view like this one does. I was struck by its remoteness and the aging nature of the infrastructure was reminiscent of driving on to an Army post in the 1970s or 1980s - the infrastructure had been neglected - that is what struck me first."

The long road out of BRAC involves time intensive upgrades, "It often takes decades to get projects through MILCON. We have to improve the infrastructure, by doing so we'll improve mission effectiveness and the Quality of Life. We have to improve the atmosphere - this [Fort Greely] had to become a modern Army installation. It had to become like every other Army installation because, again, that's the beauty of the Army," he said. "It's a long process to modernize an installation and reinvigorate it to fit the Army standard and provide services and the quality of life that our Soldiers, Family Members and Civilians deserve."

"One of the biggest battles I faced here was to get people who don't live and work here in Alaska to understand our time lines especially in

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regards to construction. If it doesn't get done by the end of September/beginning of October then we have to wait another year. When I try to communicate that to folks outside of Alaska I would tell them we have a four month construction season and they would all ask, 'What do you mean?' They are amazed that we have eight months of the year where productivity outdoors is almost impossible," said Chronis. Couple that with the long shipping times to get supplies to interior Alaska and Greely could easily miss an entire construction season if the required pieces, parts, materials, etc+ are not on the ground in April or May.

"In regards to our Community Activity Center, the Region Director, Ms. Zedalis and I had to go on an 'education campaign' to inform people in various organizations that if we can't push this project along so that a contract could be awarded prior to February/March, then there was no way we could meet the next construction season because the contractor won't be able to order supplies and have everything in place to begin work in May or June. It's an education process. In no other place in America does this happen," he said.

With the continued enhancements to Greely, the local community of

"The austere nature of this assignment alone makes it challenging to recruit and retain Soldiers and civilians."
- LTC Chris Chronis

Delta Junction will feel the improvements as well. "Greely is the engine for the local economy and will remain so for a number of years," said Chronis, "it is difficult to find someone in Delta who doesn't work out here or has a spouse, child or relative that works out here at Greely - there isn't one family in the surrounding community that isn't touched by the presence of Fort Greely." Fort Greely is the largest employer from Fairbanks to the Yukon, making it a huge economic factor for the neighboring community. Chronis adds, "It cannot be overstated how important Greely's future is to this part of Alaska."

Greely is fortunate to be the size that it is, "We are very small. There are four lieutenant colonels on this post and we all get along with each other. We represent the four major organizations that are here. The Garrison has an excellent relationship with the 49th Missile Defense Battalion, Missile Defense Agency, Cold Regions Test Center and other entities on the installation. Part of being small means we can be very personal. We have a good team together that is able to work through a lot of issues efficiently and it just doesn't happen that way on a larger installation."

Being a small installation also allows everyone to keep an eye on each other. As mentioned previously, the environment and remoteness of the post can be extremely harsh and the cold, dark, winter months can have a severe impact on personnel. "It is certainly harder on people here in the winter. I have noticed that people get more depressed, irritable, gain weight, and are often less productive. That is based solely on my observations - not any statistical analysis that I've done. It's understandable; the human animal behaves differently based on external factors," said Chronis. "We do a very good job of combating these factors and preventing Seasonal Affective Disorder. We have had no suicides, no DUIs, no serious cold weather injuries, and no CLASS A, B or C accidents because people are looking out for each other."

Chronis offers advice for each member of Team Greely to continue taking care of themselves; stay mentally, physically, and spiritually fit. Go to the gym - even in the freezing winds, focus on your mission, seek out our Quality of Life programs, get involved in your community, and enjoy all that Alaska has to offer - especially in the Winter.

During Chronis' tenure Fort Greely has seen major improvements - like the CAC and new housing - and though not all of the projects were initiated by Chronis, he displayed admirable foresight and determination to expedite and push the projects through faster than most deemed possible.

When Chronis arrived, he found an Army installation with no tanks at the front gate, no ATM on post, no Auto Craft Shop, and that had (more importantly) recently failed a major DoD security inspection, leaving Greely to contend with the task of transforming neglected infrastructure into conformity with post 9/11 security standards - with little funding. Getting the tanks, the ATM, and the Auto Craft Shop proved to be relatively easy - but the security improvements were to occur over several years. The staff set about finding cost effective solutions, "work arounds," and to obtaining several million dollars in DoD AT/FP funds and "Congressional Adds" for AT/FP Projects, and ultimately procured more than \$10 million from various sources to correct or mitigate all of the inspection findings by January 2011. The team's efforts and accomplishments were confirmed when the Fort Greely AT/FP Program was selected for the 2010 IMCOM-P Best Antiterrorism Program and Initiative.

During his command Chronis and his team excelled in implementing new programs like the Active Shooter Training Program. This training program has successfully trained 98 percent of Fort Greely Police Officers and DA Security Guards in Active Shooter response - and over 30 MPs from the 49th MDBN. This program has also been sought after by other installations in the Pacific Region to assist them in meeting the new Army standard.

New standard safety programs were also developed such as Bicycle/ATV/Snow Machine Safety Programs, Army Security Guard Academy, a Crime Tip Hotline and web-based crime reporting, and the development of the installation Crime Prevention Program. Additionally, Fire and Emergency Services operations were resourced for success - culminating in the Fort Greely Fire Department winning the Best Small Fire Department in IMCOM Pacific Region 2 years in a row.

Chronis, a career Aviation Operations Officer, was quick to notice that Greely's emergency operations facilities and procedures lacked the essential elements for maintaining a common operating picture for the multiple agencies who participate in supporting Fort Greely's mission.

The team building efforts were called upon once more, and under the guidance of Chronis, an Emergency Operations Center was created

"Greely is the engine for the local economy and will remain so for a number of years." - LTC Chris Chronis

and exercised multiple times, Incident Command Posts were created, resourced and exercised, and the Garrison's Mass Notification Systems were upgraded to include "Giant Voice", telephonic, e-mail, and marquee. These systems broadcast inside and outside of all occupied buildings on the installation and serves as an alert notification. In



In addition, the Alaska Land Mobile Radio System was upgraded from four to 10 radio talk groups, enabling all first responders to communicate as a team or tactical unit.

In 2011 the garrison assumed control of Allen Army Air Field and set about correcting several ATSCOM inspection violations. Chronis and the staff labored to fund operational hours that not only met the installation's requirements, but which also facilitated daily ALCOM and USARAK air crew training - while not exceeding available funding.

On a more personal level, involving things that the entire community can take part in, LTC Chronis was instrumental in continuing the development of Quality of Life programs. Aware that these very programs help combat his biggest challenge of recruiting and retention, he never wavered in validating essential projects. One such project was the need for an Indoor Running Facility that would allow Soldiers and civilians to maintain battle ready fitness throughout the year. Currently, running is restricted to limited treadmills for eight months of the year due to the harsh, sub-zero winters. During his command Fort Greely maintained a 90 percent customer satisfaction rate in the Quality of Life arena.

Most notable accomplishments that can be seen daily at Greely have been in the environmental and building restoration areas. During his tenure the first recycling program in Alaska was implemented. Fort Greely recycles over 236 tons of solid waste per year and that number continues to increase with the addition of new recyclable items added to various collection points. Over 186 tons of scrap metal and other materials were diverted from the landfill located on Fort Greely. The establishment of this program set off a chain of events that spread over the military installations in the state of Alaska to incorporate their own recycling programs. Fort Greely currently exceeds the Army's two percent Water Reduction Mandate and exceeds the Army's three percent Energy Reduction Mandate - much of this due to extensive building weatherization projects in 2010. All of this makes Fort Greely a greener place to live, work and play.

Chronis would have liked the opportunity to be at Greely for the grand opening of the Community Activity Center and more importantly the new housing. Unfortunately with timing it did not work out that way for him. The new housing project has been six years in planning and will take another seven years to build - Chronis admits that it was never meant to be a quick project and he knew he wouldn't see it through to fruition. He intends on coming back to Fort Greely to see the end product, for when it is all said and done and Chronis has left the Army, he won't ever be far away from Alaska and will always consider Fort Greely his home. ■

Recycling at Fort Greely - a continuous development

By FGA Environmental Office

Fort Greely's physical location in the interior of Alaska has presented the Environmental Office with challenges and obstacles to overcome on the path to recycling. Striving to reach our recycling goals, many things tested our determination, such as the distance from markets, startup costs, equipment, labor and shipping. In order for us to be successful, we needed the full support of our DPW, Logistics and Command staff. Fortunately, we still benefit from that support system, and many have worked together to create the successful program we have today.

Until the fall of 2010, Fort Greely was the only military installation in Alaska with a viable recycling program. Since then, other installations have begun recycling and are doing well. In the beginning, our only option was to ship recyclables to the Anchorage area 350 miles away.

The first shipment of recyclables left Fort Greely in March, 2007. Forty tons were shipped that first year. At the time, only cardboard, mixed paper and aluminum cans were being collected for recycling. Our shipment numbers steadily increased and in 2008, they nearly doubled to a rate of 78 tons. In addition to the standard recyclables, we began shipping scrap metals and printer/toner cartridges.

The marketplace for recycling has finally made its way to Fairbanks, a distance of only 100 miles, which has made shipping more convenient and cost-effective. Each year we have expanded the program in some way to incorporate more types of materials for recycling. In June 2009, we began collecting #1 PETE plastic which was the only plastic accepted locally. Within the past year, the acceptance of all plastics 1-7 became available so we now collect all types for recycling as well as tin cans and glass bottles/jars. As our DoD requirement for diversion from the landfill has increased, we have incorporated composting as part of the Environmental Office's Solid Waste Plan. In June, 2010, food wastes from the commissary and dining facilities were gathered for compost and steps were initiated to include North Haven's housing residents, due to begin this summer. Our ultimate goal is to divert as much waste as possible from the landfill.

With support from tenants and contractors, the diversion rate to the construction & demolition section of the landfill has been significant. A salvage yard has been constructed in an area at the landfill to receive reusable construction materials, components and fixtures that would otherwise be disposed of as C&D waste. We still have a lot of work to do, but with the continued support of everyone in the Fort Greely community, we can reach our goals and then some. ■

Combined shipping totals for 2007 & 2008:

118 Tons

Combined shipping totals for 2009 & 2010:

310 Tons



Matching your skills with an education and career

By Mark Weller
FGA Education Center

When choosing a career there are three main factors to consider. The first is your physical skills, second is your mental skills and third is your interpersonal skills. These three skill areas along with your personal interests and personality will help guide your path to a successful and rewarding career. As you might expect this is not a simple task and there are some excellent tools to help guide you through this process.

An excellent way to start is to take a vocational interest survey which can be done online. These tests used to be preformed by psychologists or counselors in an office setting. Now you may take the test online and get answers right away. These tests analyze your personality, skill sets and how various work environments can be blended together to recommend a variety career choices that you will be good at and also find rewarding and interesting.

One test is the Strong Vocational Interest Survey. This test was developed in the 1920s by E. K. Strong in conjunction with the US Army. The test is designed around six different types of skill sets, such as social skills, scientific skills or artistic skills. These are then pared with various work environments to recommend several careers.

A second test is the Jackson Vocational Survey. These tests can be taken online and the price will range from free to over \$50. The more detail and narrow the recommendations usually the more expensive the test. The Jackson can be taken for \$19.95, which is pretty reasonable. When the average career lasts 10,000 days and you can take a test for 15 to 45 minutes the payoff is pretty significant. To find one of the above tests search the internet using the descriptor "vocational interest survey."

A second tool that goes along well with the results of a vocational interest survey is the *Occupational Outlook/Handbook*. This reference book cites various occupations along with educational requirements and pay structure based on education and experience. This is also available on line at "bls.gov/oco/. The bls stands for Bureau of Labor and Statistics. The handbook is updated each year. We also have three recent copies at the

Education Center for you to use.

A third tool that I have used and gave to each of my children in their junior year of high school, along with *The Occupational Handbook*, was the book, *What Color is Your Parachute?* This book has been in print since 1970 and continues to be updated every year or two. The author, Richard Nelson Bolles, starts off the book by introducing the least and most effective ways to find a job. The top two least effective ways to conduct a job search are:

- The Internet (four to 10 percent effective)
- Sending out resumes (seven percent effective)

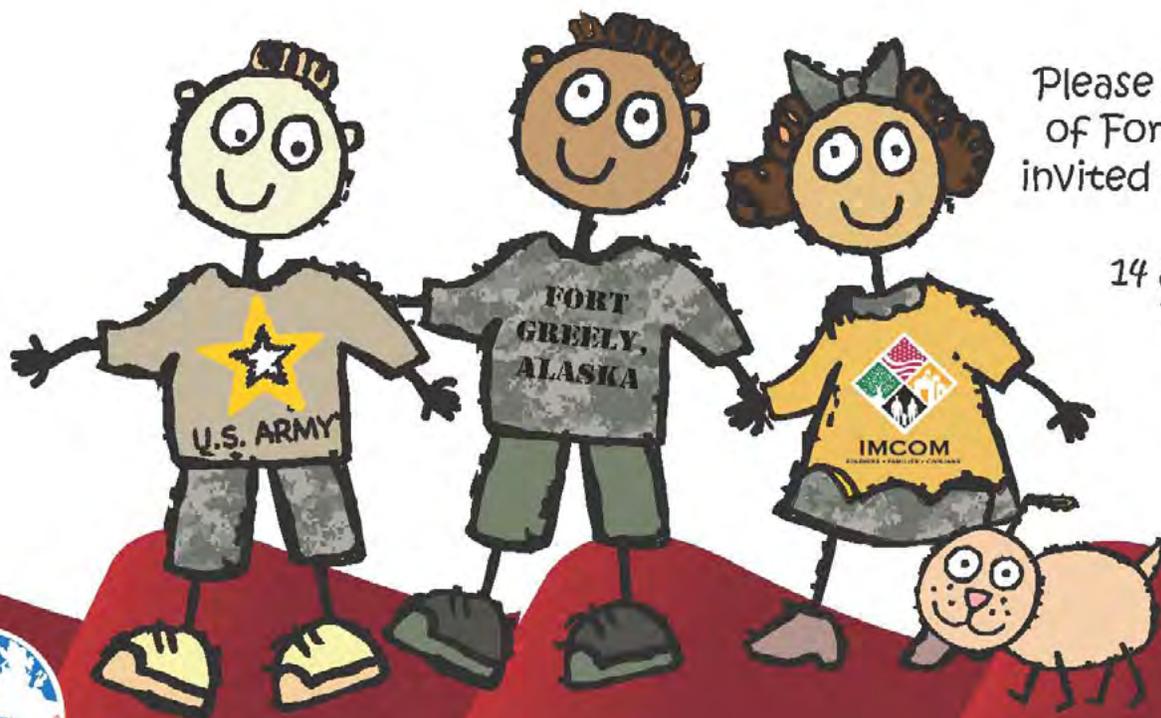
What Color is Your Parachute shows you several ways to analyze your job skills, decide on what work environment works for you as well as a variety of ways to put together a resume' based upon your career goals. This book packs in 41 years of good and changing information to help you make a happy and successful life.

If you have any questions about career or college please drop by and see us at the Ed. Center in Building 661 or call us at 873-4369.





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U.S. Army Child, Youth
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DeCA announces Best Commissary Awards nominees

By DeCA Office of Corporate Communication

The Defense Commissary Agency announced nominations for the agency's most prestigious honors, the annual Best Commissary Awards.

"This recognition pays tribute to the DeCA team – employees and industry partners – who work so hard every day, worldwide, to serve our service members and their families," said Joseph H. JEU, DeCA director and CEO. "Just to be considered for a Best Commissary Award is an achievement worth noting."

Finalists in the respective categories are:

- Director's Award – best U.S. superstore: Naval Station Norfolk Commissary, Va.; Naval Base San Diego Commissary, Calif.; and Schofield Barracks Commissary, Hawaii
- Bill Nichols Award – best large U.S. commissary: Ellsworth Air Force Base Commissary, S.D.; Fort Sill Commissary, Okla.; Fort Wainwright Commissary, Alaska; Marine Corps Base Hawaii Kaneohe Bay Commissary; and Keesler Air Force Base Commissary, Miss.
- Dan Daniel Award – best large overseas commissary: Camp Foster Commissary, Japan; U.S. Army Garrison Grafenwoehr Commissary, Germany; Royal Air Force Lakenheath Commissary, England; Osan Air Base Commissary, South Korea; and U.S. Army Garrison Yongsan, South Korea
- Richard M. Paget Award – best small U.S. commissary: Cannon Air Force Base Commissary, N.M.; Naval Air Weapons Station China Lake Commissary, Calif.; **Fort Greely Commissary***, Alaska; Minot Air Force Base Commissary, N.D.; and White Sands Missile Range Commissary, N.M.
- L. Mendel Rivers Award – best small overseas commissary: Camp Casey Commissary, South Korea; Camp Carroll Commissary, South Korea; Camp Stanley Commissary, South Korea; Fleet Activities Chinhae Commissary, South Korea; and Naval Station Rota Commissary, Spain

DeCA's Best Commissary Awards recognize overall excellence in commissary operations and service. Selection of nominees is highly

competitive and is based on operations, performance and accountability. Four of the awards honor legislators who protected the commissary benefit and championed quality-of-life issues for the military and their families.

Winners will receive their awards May 24 at the DeCA and American Logistics Association 2011 Training Event and Conference in Norfolk, Va.

About DeCA: The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for various groups – single member up to a family of seven – visit <http://www.commissaries.com>. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



* Fort Greely was not selected for Best Small U.S. Commissary this go round; however, just as JEU states above, "Just to be considered for a Best Commissary Award is an achievement worth noting."

Determined walker makes it full 24 hrs at Relay for Life

By Deborah Ward
Public Affairs

Annette Hannan, from Resource Management participated in the Relay for Life Saturday, May 13 and walked the entire 24-hour period.

Her inspiration to keep moving came from a long line of cancer in her family, the latest... her husband, Donald.

Relay for Life began in 1985 when Dr. Gordy Klatt, a colorectal surgeon in Tacoma, Washington, ran and walked around a track for 24 hours to raise money for the American Cancer Society. Since then, Relay has grown from a single man's passion to fight cancer into the world's largest movement to end the disease. Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries, gather to take part in this global phenomenon and raise much-needed funds and awareness to save lives from cancer. Thanks to Relay participants, the American Cancer Society continues to save lives.*

Hannan's quest entered her mind when she was with a group of friends and they wondered if anyone had ever done the full 24 hours and if she was up to the challenge.

The day of the event the thought of doing 24 hours seemed daunting to Hannan. She spent all day at work, went to the gym and put in over 5 miles on the elliptical machine, after work she went home to feed her animals, had a salad and took off for Relay for Life.

Hannan's first language is French and at times she finds it difficult to articulate her meaning in English; her words get jumbled and sometimes left out, but the words she uttered when asked what inspired her to do this came with crystal clarity, "I wanted to prove to my husband that no matter what - good or bad - I am willing to go the distance," said Hannan. "I love my family, I love my husband - no matter what it takes, I'm there for them."

Hannan didn't have too difficult of a time walking and not once did she feel she was ready to give up. "My body was in good shape so that I could keep going and going, but I wasn't used to staying up that long so I did get tired," Hannan said.

The day of the event she began at a normal pace and initially drank only water. As the night grew colder Hannan walked faster to stay warm. She ate a banana for energy, one

Continued on page 12

* American Cancer Society www.relayforlife.org



Photo by Deborah Ward

(From left to right) Deb Byam, Paul Marchuck, Steve Lupo, Craig Odom, Pat Brashler, and Larry Misslspaugh stand with Ken Bradshaw (center) as he displays the Northwest Wall and Ceiling Industries Outstanding Project award for Alaska Renovation/Restoration.

Bradshaw and Associates, Inc. excel in Alaska energy retrofit

By FGA DPW

As part of the American Recovery and Investment Act, two military bases in Alaska were selected for energy up-date renovations. The goal of these improvements was to reduce heat fuel consumption. Currently coal is used at Fort Wainwright and jet fuel at Fort Greely. These fuels are used in their central steam heat facilities. Utilizing Senergy's Adhered Matte Design Exterior Insulation Finishing System, Bradshaw and Associates, Inc. and a crew of over 40 journeymen plasterers and laborers, attached four inch foam over CMU, Concrete, and Stucco on nine Post-World-War II era barracks

buildings.

The day of the pre-bid walk through was a frigid 30 below zero and when work commenced in mid-April on the first of five buildings located on Fort Greely there was five inches of fresh snow on the ground.

With a total of 70,000 square feet on both Forts Greely and Wainwright, the joint project was the largest Energy Restoration project ever in Alaska. The Projects were 100 miles apart; and 400 miles north of Bradshaw's home office; it was no small undertaking.

Quality foremen and crew were crucial to staying on track with only a short four month window before bad weather hit again.

With the two remote locations shipping posed a considerable challenge with the large quantities of material needed to complete the project on time.

Fort Greely is a missile defense facility so each crew member had special clearance before they were admitted on the installation; other challenges included housing, which is sparse in Delta Junction, and the crew had to contend with high winds and adverse weather conditions almost daily throughout the project.

Extreme hot and cold temperatures in Interior Alaska made these buildings prime candidates for (Senergy) EIFS. The Cement, CMU and Stucco materials used for the original

construction of the barracks had proven inefficient to withstand the extreme temperatures swings of 100 or more degrees in summer to 60 degrees below zero in winter, as heat and cooling loss was a constant problem. Infrared thermography was conducted on each building before the renovations began and upon completion of the projects to track performance. The Army has not, as of the date of this writing, released the results of the testing.

Lieutenant Colonel Chris Chronis, Garrison Commander, commended Bradshaw & Associates, Inc., for their exemplary work and said the Army hopes to save millions of dollars in heating and cooling over the next 10 years.

Another graduation for D.A.R.E

April²⁹ was the Drug Abuse Resistance Education graduation of 2011 for students in the Fort Greely Middle School. At 8:45 a.m. FGMS held an assembly to acknowledge the accomplishments of the fifth and seventh-graders. The D.A.R.E. students received diplomas, T-shirts and other mementoes of their participation in the D.A.R.E. program.

In attendance for the graduation were the Director of Emergency Services Gene Koehler, Chief of Police Robert Hoague, D.A.R.E.

Officers Carl White and Brenda Pettaway, many parents and the student body. Koehler was the guest speaker and relayed a personal message to the students. Making choices in life is going to happen whether you want to make those choices or not. Making a good choice is up to you and only you. You have to use the knowledge you learn in life to make the right choices and that is what this program is designed to give you; knowledge.

D.A.R.E. was founded in 1983 in Los Angeles, and is now used in 75 percent of America's school districts. The police officers led a series of weekly classes designed to help kids resist peer pressure, avoid drugs, and violence. While there is a curriculum for children in kindergarten through 12th-grade, Fort Greely's 71 fifth-graders and 48 seventh-graders take the D.A.R.E. classes for 10 weeks.

D.A.R.E. Officers undergo 80 hours of training to teach these life skills. It is the perception that the D.A.R.E. program is all about drugs; in truth, that is only a small part of what the program encompasses.

By CPT Harold Zarecki
DES

It's about making good decisions and good choices. The students get a chance to interact with a police officer and find out they're human like everyone else.

The program has a long-standing tradition of encouraging the young residents of communities, such as Fort Greely and Delta Junction, to develop a trusted relationship with the police department. D.A.R.E. Officers say, "I have kids come to me

everyone. "It was simple for me to write because it was facts that I know from the heart. I know it's wrong to do stuff like that," said Ellis.

When Officer Pettaway told Ellis that she was in the top three she was pretty happy and felt that all of her hard work had paid off.

If Ellis could give advice to her friends and family it would be to stay clear of harmful things. The thoughts that keep Ellis on her toes and aware of her

environment is the knowledge of the harmful effects toxic substances can have.

The D.A.R.E. program was more intensive than what Ellis believed, "It was more fun than I thought it would be. The way Officer Pettaway taught us with games and hands-on material it was more kid-friendly for us. I recommend

the D.A.R.E program to everyone."

Anderson and Smith walked away with gift certificates and the same life-saving knowledge that Ellis received.

The D.A.R.E program is well received at FGMS and when Darin, the D.A.R.E. Lion, made his visit to the graduation ceremony, everyone had smiles to share. ■

(Pictured above from left to right) Director of Emergency Services, Gene Koehler stands with Officer Brenda Pettaway, Mercedes Ellis, Darin the D.A.R.E. Lion, Savannah Anderson, Brandon Smith, Officer Carl White and Chief of Police Travis Hoague at the most recent D.A.R.E. graduation.

Photo by Yulonda Schmidt



with problems and want to talk about something that's going on at home, or somebody's bullying them. It's a way for us to communicate with them, and as they get older, they feel comfortable being around a police officer." At the end of the program, there's always a graduation for all the students.

During the course of the D.A.R.E. classes the students have to keep a journal and at the end they have to write an essay. This year, the top three student essays were Mercedes Ellis, Savannah Anderson, and Brandon Smith. Ellis won a bicycle for her first place finish in the essay contest. Her essay was entitled, "My D.A.R.E Days." The essay encompassed the importance of not drinking alcohol, not doing drugs and tobacco and why it is important to avoid all toxic substances because of the harmful effects on your body and to your family, friends and loved ones. Drugs affect

Bicycle safety

By CPT Harold Zarecki
DES

The weather is nice and the kids are out of school. The bicycles are starting to roll through the streets. Anyone can get hurt... It's easy to crash on a bicycle. Each year, more than half a million bicyclists visit the hospital. (Estimates are that more than one million bicyclists seek treatment in their physician's office.) These injuries can happen anytime, anywhere. People often think they're safe because they "just ride around the neighborhood." Unfortunately, most serious crashes occur on quiet neighborhood streets.

While broken bones heal, a head injury can lead to death or permanent disability. Each year, nearly 70,000 bicyclists suffer serious head injuries, many never fully recover. Every bicyclist needs the protection that a good bicycle helmet provides. Of course, a helmet can't keep a bicyclist from falling. But it can cut the chances of serious brain injury. Researchers say that bicycle helmets can prevent three out of four serious cycling head injuries. That's a worthwhile investment for any bicyclist, young or old. And, while bicycle helmets cost money, what they protect is priceless: the bicyclists' life and future. Head injury rehabilitation is a very costly and difficult challenge. Compared with such costs, a bicycle helmet is a good bargain.

Fort Greely Regulation 190-5 (2-18 (a)) states: Bicycles helmets are required for all persons operating a bicycle on Fort Greely. Helmets must comply with a mandatory



safety standard issued by the CPSC. Bicyclists must observe and obey all traffic signs and markings in the same manner as operators of motor vehicles are required.

We can make bicycling safer for all by observing the following safety tips:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- Never carry another person on your bicycle
- Always use hand signals when turning or stopping
- Look out for cars at cross streets, driveways, and parking places
- Be careful when checking traffic and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully

Remember a bicycle is a vehicle. Bicyclists share traffic with other larger forms of vehicles. Youngsters under age nine lack the physical and mental development to interact safely in that environment. If you have any questions contact the Fort Greely Police Department. Information provided by Adventure Sports Online and the National Highway Traffic Safety Administration. ■



Boating safety tips

By FGA Safety Office

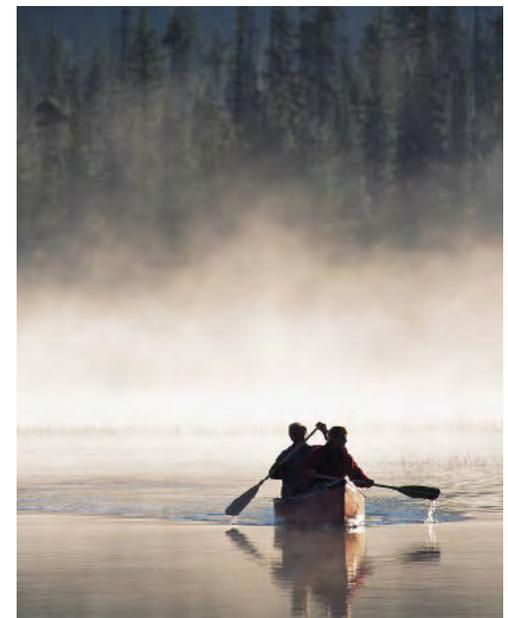
Travel only in areas open to your type of boat. Carry an approved life vest (PFD) for each person on board.

Always operate your boat at a safe speed. Always have a designated lookout to keep an eye out for other boaters, objects, and swimmers.

Make every effort to always go boating with a friend.

Make certain your trailer is in proper working order and that your lights work and your boat is secure on the trailer before travel to your destination.

Don't mix boating with alcohol or drugs. ■



FORT GREELY CDC EARNS NATIONAL NAEYC ACCREDITATION

By Linda Jo Mock
Family and MWR

The Fort Greely Child Development Center has earned accreditation from the National Association for the Education of Young Children – the nation’s leading organization of early childhood professionals placing it among the top in the nation.

“We’re proud to have earned the mark of quality from NAEYC, and to be recognized for our commitment to reaching the highest professional standards,” said Connie Larson, Director, Family & Morale, Welfare & Recreation. “NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible.”

To earn NAEYC Accreditation, Fort Greely CDC went through an extensive self-study process, measuring the program and its services against the 10 NAEYC Early Childhood Program Standards and more than 400 related Accreditation Criteria. The program received NAEYC Accreditation after an on-site visit by NAEYC Assessors, to ensure that the program meets each of the ten program standards. NAEYC-accredited programs are also subject to unannounced visits during their accreditation, which lasts for five years.

In the 25 years since NAEYC Accreditation was established, it has become a widely recognized sign of high-quality early childhood education. More than 7,000 programs are currently accredited by NAEYC – approximately 8 percent of all preschools and other early childhood programs.

“The NAEYC Accreditation system raises the bar for child care centers and other early childhood programs,” said Jerlean E. Daniel, Ph.D, executive director of NAEYC. “Having earned NAEYC Accreditation is a sign that Fort Greely CDC is a leader in a national effort to invest in high-quality early childhood education.”

The NAEYC Accreditation system has set voluntary professional standards for programs for young children since 1985. In September 2006, the Association revised program standards and criteria to introduce a new level of quality, accountability, and service for parents and children in child care programs. The new standards today reflect the latest research and best practices in early childhood education and development. NAEYC is committed to utilizing the newest studies and analysis on positive child outcomes to ensure young children continue receiving the highest-quality care and education possible.

The NAEYC Accreditation system was created to set professional standards for early childhood education, and to help families identify high-quality preschools, child care centers and other early education programs. To earn NAEYC Accreditation, a program must meet each of the ten NAEYC Early Childhood Program Standards. Programs are accredited by NAEYC for a five-year period. ■

For more information about NAEYC Accreditation, visit www.naeyc.org/academy.



Highway’s End Farmers’ Market 2011 workshop schedule

The Highway’s End Farmers’ Market is open and in full swing every Wednesday and Saturday from 10 a.m. to 3 p.m. Local vendors offer plenty to choose from. Items such as jellies, meats, home grown vegetables, fruits, bedding plants, hand thrown pottery, knitted, woven and spun items, seasoned sea salts, jams herbal vinegars, breads, cookies and more are available for purchase.

The market also offers a workshop every Wednesday at 1 p.m. These workshops are free and open to the public; the schedule is listed below:

June 8: Planting hanging baskets information discussed while you help us plant the market’s hanging baskets. Enjoy “your own” basket on each of your visits.

June 15: We give the children an opportunity to plant their “own” flower barrel. We have many located around the Market grounds. Each will have the opportunity to design their own marker to put in the barrel.

June 22: Plant and take home your own hanging basket. Baskets and flowers are provided.

June 29: How to divide your rhubarb plants - growing tips and hints.

July 6: How to divide your raspberry plants - tips and growing hints.

July 13: Composting with worms.

July 20: Solutions to your home canning problems and answers to your questions.

July 27: Pruning lilac bushes with hands on experience. You won’t forget it once you’ve done it.

Aug. 3: Tole painting instruction. Paint your own watering can which will be provided for you.

Aug. 10: Transplanting trees and houseplant care.

Aug. 24: Time to plant your garlic bulbs and other end-of-season information.

Aug. 31: How to divide and transplant your lilies.

There will also be an open mic at the market. If you have talent, a new composition you’d like to debut in front of a live audience, the market welcomes you and your family-oriented entertainment. Electricity is available without charge in the gazebo, center stage at the market. ■



FORT GREELY 2011

CONSTRUCTION PROJECTS

Many projects have already begun on Fort Greely, and as the weather grows warmer, more contractor crews will begin working in many high traffic areas on post.

What can you expect during this year's construction season?

While roads are being paved normal traffic patterns for both vehicles and pedestrians may change regularly, especially around the Commissary and PX as different phases of paving are undertaken. This may disrupt your daily routines with detours. You may notice some closures to parking areas. Also for your safety, some buildings may have areas that will need to be avoided in order to facilitate construction or renovation.

What can you do to make sure Fort Greely has a SAFE construction season?

- KEEP YOUR EYES OPEN AND BE AWARE OF YOUR SURROUNDINGS!
- STAY CLEAR OF ALL CONSTRUCTION AREAS!
- OBSERVE AND OBEY ALL SIGNS!
- DO NOT CROSS ANY TAPED OR BLOCKED AREAS!
- DO NOT WALK UNDER ANY SCAFFOLDING OR LIFT EQUIPMENT!

If you have questions or concerns you may call DPW at 873-1134

While there will be some inconveniences during the 2011 Construction Season, the benefits and improvements to our post will be worth your patience.



Continued from page 7

Pepsi for the caffeine, more water, hot tea, and in the morning Hannan thanked Kathy Rogers from North Haven Communities for sharing her burrito early Saturday. An egg-bagel sandwich and one Rockstar later Hannan was ready for the rest of her walking task.

Hannan had several friends and community members walk with her for parts of her endeavor making the journey seem less arduous, "Once you start walking and talking you forget what you're doing and the time flies."

Several family members and friends of Hannan's have died from various forms of cancer so she never lacked motivation, "I want to show them [cancer patients] that there is always someone there to back them up and offer support and by me walking I want to show those people that there are a lot of others out there, like me, that will do whatever they can to show that same support," Hannan said.

Hannan was proud of her accomplishment, "I didn't want to stop after it was over. I was afraid I'd get sore and I'm scared of being in pain. I worried that everything would cramp up. It was a wonderful moment for me, everyone walked behind me, a group of senior citizens came to cheer me on and my husband walked the last lap with me. I was really happy."

Hannan figures her rough estimate on the pedometer reading gives her over 51 miles and for those that aren't dizzy with that number try 204 laps. She figures that's one mile for every year of her life plus one and she plans on doing it again next year. ■



Annette Hannan waves her Relay for Life flag in victory as she finishes the RFL event by walking the full 24 hours. Photo by Mike Kingston

Global Lightning Strikes Fort Greely Again

By CPT Jesse Schexnayder
49th Missile Defense Battalion

Global Lightning 2011 is an annual USSTRATCOM sponsored command-and-control/field training exercise and was held this year from April 27 through May 4. The exercise is designed to test and validate the ability of USSTRATCOM and all of its component forces to deter a military attack against the United States and employ forces as directed.

The 49th Missile Defense Battalion participated in this multi-tiered exercise with a specific focus on force protect and anti-terrorism. The Battalion's week long evaluation was planned by a detachment of Soldiers and civilians from the 100th Missile Defense Brigade, who traveled from Colorado Springs, Colo. to Fort Greely, Alaska in order to evaluate the 49th's security forces, command staff, and missile crews in their response to a variety of exercise injects, occurring both on the Fort Greely garrison and the Missile Defense Complex.

These injects, or events, ranged from benign activities like handling pay problems to more stressful situations such as responding to bomb threats, incursions onto the MDC by hostile forces, and the processing of friendly KIA and enemy prisoners of war. These were all woven together in an over arching threat scenario which allowed the battalion staff and security forces to track their progress and performance in meeting force protection requirements.

An interesting aspect of this year's Global Lightning exercise was the timing of the Osama Bin Laden raid carried out by U.S. Navy SEALs and CIA operatives in Pakistan on May 2 in Abbottabad, Pakistan. This drove a real world change in the Force Protection Condition for

Fort Greely, and actually provided a valuable training opportunity for 49th personnel, who were already operating at an increased security posture due to exercise injects. At the very least, Global Lightning 2011 will be fondly remembered by all the Soldiers who participated.

According to the 49th's commander, LTC Joseph Miley: "The intent of Global Lightning was to evaluate our ability to conduct critical site security and exercise command and control in response to multiple incidents. I am very proud of how the unit performed; they are setting new standards for performance. This unique, one-of-a-kind mission is challenging, and our soldiers are doing an exceptional, extraordinary effort in that regard." With that said, it seems likely that lightning, in the form of increasing force protection proficiency, will continue to strike Fort Greely year by year. ■



PENGUINS IN DELTA?

You bet!

Saturday, June 11 at 6:30 p.m.

The Delta Library Association presents

"ANTARCTIC JOURNEY"

with Jim DeWitt

Bird Watcher & Nature Photographer

Something for everyone ~

Bird enthusiasts, photographers, nature lovers, armchair travelers!

Come enjoy another family friendly, free event at **YOUR** library





CYS Services



Father's Day Craft

WHEN: June 13th – 18th
TIME: 1 – 3 PM

Come by the Youth Center this week to make awesome crafty things to give Dad on his day. We have different crafts, from wood blocks to canvas catchalls and more! All materials will be provided, all you need to do is show up!

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

The Army Family Covenant benefits may be used by family members of deployed Soldiers or those scheduled to deploy.



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



ARMY COMMUNITY SERVICES PRESENTS: **FREE Active Parenting Online Video Library!**

Here's how to start your free tour of the Active Parenting Online Video Library. You will have free access to the OVL. That's up to 33 parenting videos!

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

Interested in additional parenting classes? Please call Tere Pouch at Family Advocacy: 907-873-4385



Upcoming **FRG** Meetings

The 49th Missile Defense Battalion Family Readiness Group meets at 6 p.m. in the Fort Greely Chapel Annex on the following dates:

June 20
July 18
Aug. 15

Fort Greely community members are welcome to attend.



OPERATION RECREATION: In Full Effect!

Reduced Prices!



Fishing Trips (authorized patrons only*)

Day trip - approximately 30 miles to Bligh Reef, min. 4 people

\$115 E1-E5
\$145 E6-E9, O1-O3, CW1-CW3
\$165 O4-O10, CW4-CW5, DoD Civilians & Fort Greely Contractors

\$250 - optional surcharge to travel 60 miles to Hinchinbrook and/or Montague Islands

* Outdoor Recreation (ODR) will have a Stand-By List for the fishing charter. Please call ODR at 907-873-4058 for details and secure a spot on the list.

DAILY RATE INFORMATION

Amenities

The campground offers 87 standard campsites, 21 RV pads (20/30, 50 amp), dump site, shower house and six latrines. All sites include picnic tables and fire rings. We also have three Large Group Areas that provide plenty of room for group camping and family events.

Daily Tent Sites

\$10 Military
\$15 Public

Large Group Area - minimum 5 tents

\$5/tent Military
\$10/tent Public

RV Pad (20/30 amp)

\$20 Military
\$25 Public

RV Pad (50 amp)

\$30 Military
\$40 Public

Travel Trailers*

\$45 E1-E5
\$50 E6-E9, O1-O3, CW1-CW3
\$60 O4-O10, CW4-CW5, DoD Civilians & Fort Greely Contractors

Rental Equipment*

Tents, sleeping bags, coolers, mountain bikes, canoes and more!

*Travel trailers, fishing trips and rental equipment are available to DoD cardholders and retirees only.

907.873.4058

CHECK OUT OUR REDUCED PRICES!

OPERATION RECREATION: In Full Effect!

Automotive Skills Center

Service Bay	\$3.00/hour
Service Bay with Lift	\$4.00/hour
Wash Bay w/ vacuum cleaner	\$5.00/half hour
Jump Start	\$12.00
Vehicle Thaw	\$25.00
Trouble Code Retrieval	\$25.00
Automatic Trans fluid Exchange	\$25.00*
Radiator Flush	\$25.00*
Mitchell on Demand	\$.25 per page
Tests - alternator, starter, battery	\$3.00
Wheel Alignment	\$69.00
On the Vehicle Rotor Turn	\$25.00/each
Sand Blaster	\$3.00
Parts Washer	\$4.00
Used Vehicle Inspection	\$60.00
Hydraulic Press	\$2.00/each
Wheel Balance	\$7.00/each
Tire Change on Rim	\$5.00/each
Tire Repair	\$10.00
(does not include patch and stem)	
Patch	\$2.50
Stem	\$1.50
Oil and Filter change	\$30.00*
Brakes	\$30.00/pair*
Basic Repairs	\$50.00/hour*
Motor Home Winterization (Includes De-Winterization)	\$75.00*

Basic repairs are any repair that does not require technical troubleshooting diagnostics to determine faulty parts, and book time is under five hours.

This includes but is not limited to:
Tune ups, spark plugs, wires, filters, ball joints, oxygen sensors etc.

Please call or stop by the auto shop for any further information.

CUSTOMER SUPPLIES ALL MATERIALS PRICING IS LABOR ONLY
*REVISED May, 2011



Automotive Skills Operation Hours:

Wednesday - Saturday 0830-1900

907.873.3139

Bldg. #626



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

CHECK OUT OUR REDUCED PRICES!

OPERATION RECREATION: In Full Effect!

Outdoor Recreation Center	
Lake Boats	Price
16' Lake Jon Boats w/9.9 Yamaha O/B Motor	\$40
Non Motorized Boats	
River Canoe 20' (with oars)	\$18
Kayak 18' 2 Person (recreational)	\$18
Canoe/kayak Trailer	\$18
18' Rubber Raft w/Accessories	\$32
Pontoon Party Boats	\$100
Boat Trailer (w/boat rental)	NC
Outboard Motors (Props)	
9.9 hp Yamaha 4 Cycle	\$12
2 hp Honda (for canoes)	\$10
Free Accessories with Boat Rentals	
Type V Floatation Vests	
Anchor	
Canoe/Kayak Trailer (w/Rental)	
Safety Line and Markers	
24" USCG approve ring buoy	
Safety Pole and Markers	
60' Theow Line	
Trailers	
Canoe Trailer	\$10
Snow machine/ATV trailer 2 place	\$15
Snow machine/ATV trailer 4 place	\$20
4' Siglin Snow Machine Sled	\$3
8' Siglin Snow Machine Sled	\$4
10' Siglin Snow Machine Sled	\$5
ATV Cargo Trailer	\$5
20 Cubic Foot Meat Wagon	\$10
BBQ Grilles	
Propane	\$12
Wheeled Grill	\$35
Camping Trailer	
13' & 16' Scamp Trailer E-6 & Below	\$36
13' & 16' Scamp Trailer E-7 & Above	\$40
13' & 16' Scamp Trailer Contractor/DOD	\$44
28' - 32' Trailers E-6 & Below	\$52
28' - 32' Trailers E-7 & Above	\$56
28' - 32' Trailers Contractor/DOD	\$60
Fishing Equipment	
Life Jacket	\$0
Trout Rod and Reel	\$3
Salmon/Halibut Rod and Reel	\$6
Landing Net	\$3
Dip Net	\$5
Waders	\$5
Meat Tub	\$5
Fly Rod and Reel	\$5
Ice Fishing Poles and Reels	\$4
Ice Fishing Hut	\$5
Ice Auger - Gas Powered	\$8
Snowmachines/ATV	
Polaris Snow Machine/civilians	\$100
Polaris Snow Machine/military	\$72
Polaris 4 Wheelers	\$75
Camping Equipment	
2 person tents	\$5
4 person tents	\$7
6 person tents	\$8
10 person tents	\$10
Sleeping Bag	\$5
Coleman Stove propane	\$2
Propane Burner	\$2
Lantern	\$3
Water Jug	\$3
Ice Chest small	\$3
Ice Chest large	\$5
Backpack	\$5
Propane Heater	\$3
Pots and Pans	\$3
Cot	\$5
Air Mattress	\$4
Other Equipment	
Mountain Bikes w/Helmet	\$8
Smoker	\$3
Snow Shoes & Poles	\$6
Manual Air Pump	\$5
Dry Bag Pack small	\$4
Dry Bag Pack large	\$5
Picnic/Folding tables	\$4
Alpine Skis, Boots, and Poles	\$8
X C Skis, Boots and Poles	\$6
Snow Boards & Boots	\$8
Park Pavilions	
Party Canopy Large	\$15

Outdoor Recreation Center
 Bldg #627
 Fort Greely, Alaska
 907-873-4058
 0800-1600 1hrs.-3400.
 Closed on Federal holidays.
 A down proofing class is offered at the pool (907-873-2065), and is required to rent all boats. Snow machine and/or ATV training is required to rent all machines. Call the Outdoor Recreation Center to schedule class.



Equipment Price List, Revised May 2011

Reservation Policy: Payment in advance is required for all reservations. Payment may be by credit card, cash, or check. Credit card is preferred for ease of prompt refunds.

Reservations Refund Policy: Cancellation of the reservation 4 days before the first date of the reservation: 100% refund. Cancellation after 3 days before the first date of the reservation, no refund will be given.

Early Returns: No refund will be given for early return of equipment.



CHECK OUT OUR REDUCED PRICES!

Announces SUMMER COURSE



SCIA F161 Birds of Alaska

Biology of birds including behavior, anatomy, physiology, ecology, systematics, and field identification.

June 9	6 to 9 pm	classroom
June 11	7 to 5 pm	field trip
June 13	6 to 9 pm	classroom

A one credit course taught by local Fish and Game Biologist Steve DuBois, this class is a great way to learn more about our local birds. Tuition assistance is provided by the Partners for Progress in Delta, Inc – Earn a college credit, have fun, and learn something new and valuable.

For information or to register contact Cheryl Helkenn at the Delta Career Advancement Center, 895-4605.

REGISTER NOW

2011 Summer Classes

Delta Career Advancement Center

COMM A141X Fundamentals of Oral Communication: Public Context

June 14 to August 5 Tuesday/Thursday 6 to 9 pm



ART F200X Aesthetic Appreciation: Art

June 4/5, 11/12, 18 8 am to 5 pm

CANCELED



Both classes are general education degree requirements! Take them in Delta and receive \$50 off per credit with the Partners for Progress in Delta, Inc voucher.

Questions? Call 895-4605

Cheryl Helkenn, chelkenn@alaska.edu

1696 N Clearwater Avenue

www.partnersforprogressindelta.org



an educational consortium operating the
Delta Career Advancement Center

Partners for Progress in Delta, Inc.

May & June

2011 Activity Calendar



**OUTDOOR
RECREATION**

Delta-Greely Summer Blast Off Triathlon

Race Date: June 11, 2011

Time: 10:00 am

\$30 entry fee

Deadline to register: May 20

Starting on Fort Greely and ending in Delta Junction, Alaska
Please take a brochure to view the race map, rules, and waiver.

Training Passes to the Fort Greely Fitness Center are available to registered Triathlon athletes (see brochure).

Questions? Contact brooke.whipple@us.army.mil or courtneydurham@acsalaska.net

500 Yard Swim

8 Mile Bike

3.1 Mile Run



Swim Fast. Bike Hard. Run to Win



Fort Greely Army Substance Abuse Program

Coping with ADHD in the Workplace



Employees with Attention Deficit Hyperactivity Disorder (ADHD) face tougher challenges than most people regarding time management, meeting deadlines, and avoiding distractions. But don't fall for misconceptions about workplace productivity always being less than other employees. Kinkos, Jet Blue, and Charles Schwab were all started by CEOs with ADHD. If you have a coworker with ADHD, ask how you can be supportive, but also ask for tips. You may quickly learn secrets for increasing your own productivity. This is because structure and managing one's work habits differently contribute to improved performance while reducing the frustration of living with ADHD. These improved efficiencies include prioritizing, writing things down, establishing reminder systems, scheduling, time management tactics, creating systems that automatically keep projects on task, and more. See suggestions for improving workplace efficiency at tiny.cc/adhd-fix.



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.

EAP Services are confidential. For more information or to schedule an appointment call (907) 873-3353

Approaching Your Supervisor with Concerns



Managers frequently complain that employees don't come to them soon enough with important concerns. Overcome this challenge and you will experience less stress, will solve small problems before they become big ones, and will be happier with your supervisor. You'll also help prevent workplace negativity. Know the best times to meet with your supervisor, rehearse your talking points before you go, and show your professionalism by staying calm, being patient, and remaining unemotional as you solve problems together.

Spice Up Your To-Do List



Is your to-do list only for mundane tasks? Try adding a "strategic task." This is an item related to a big dream for your future—a "strategic goal." These goals that are 5, 10, or 20 years in the future have powerful psychological effects if you act on them now. Will you someday own a cabin in the mountains? Open a cookie store on Main Street? Travel to distant lands? Add a small step or strategic task to set a future dream in motion now. You will feel energized, improve your attitude, feel more engaged at work, and acquire a feeling of momentum as you feel excitement now.

How to Feel Empowered at Work



Feeling empowered at work produces more self-confidence, stamina, and a sense of purpose, feelings of control, and a willingness to perform at your best. How businesses can empower workers is a popular area of research with hundreds of studies having been and being conducted. The University of Iowa's Tippett College of Business recently announced their review of 140 of them! Their goal was to identify factors that contribute to helping employees feel empowered on the job. Factors identified include autonomy in making decisions in one's position, good pay, feeling valued and recognized for what you do, having training opportunities, having a manager who inspires and supports you, and participating in challenging and rewarding work. You may not experience every one of these factors in your position at all times, but you can still take initiative to help bring many of them about. Can you see how better or more frequent communication and improved relationships can help you facilitate experiencing empowerment in your job? Asking, proposing, or negotiating for improvements or enhancements in your position can play a key role in feeling empowered. Request assignments to help you feel more valued in what you do. Seek opportunities for more training. Volunteer for challenging assignments. Meet with your supervisor to discuss improving your communication, keeping in mind your career needs, and complementing your ambitions with meaningful assignments. Don't wait for empowerment to find you, instead seek it out. Source: Press Release: University of Iowa - tiny.cc/empowered-worker.

Men and Women and Communication



Research from a recent university study suggests that men and women truly think differently. Men are more likely to see things in black and white whereas women tend to think in shades of gray. Keeping this information in mind has advantages and can help you reshape everyday exchanges to make them more effective. Are you ready for an experiment to cut down on misunderstandings? Men: To communicate more effectively, try expounding on your thoughts, process more, and remain open-minded. Women: Try presenting the main issue or argument and reduce details requiring discussion and processing. Notice the effect on your coworkers. Could tweaking communication to reflect current findings on how men and women communicate increase harmony and productivity in the workplace? You be the judge. Read about the study: tiny.cc/men-women2.

Hey, What's Zumba?



The latest exercise craze sweeping the nation, Zumba classes are filled with people of all ages and fitness levels. A mixture of cardio, total body toning, and upbeat Latin dance music, most Zumba converts think Zumba feels more like a party than exercise. This positive atmosphere tends to motivate people to exercise longer, leading to weight loss and physical fitness. No previous dance experience is necessary. The aerobic dance steps are easy and fun to learn. If you're looking for an exciting way to burn calories and increase energy, Zumba may be for you. Check out local gyms and recreational facilities for classes, or purchase Zumba workout DVDs. As always, consult with a medical professional before beginning any workout program. See Zumba dancers on YouTube.com. Search "Zumba".

Helping Your Teenager Find a Summer Job



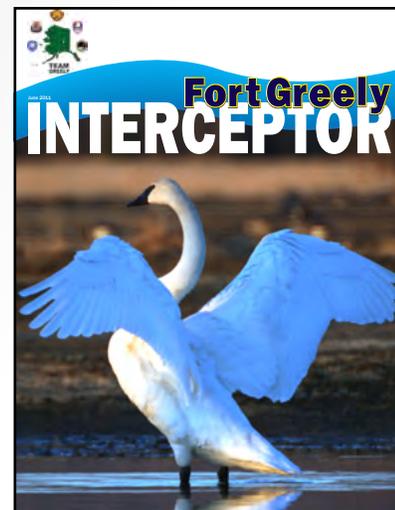
If you're a parent, you probably already know it's hard for teens to find summer employment. The following tips for your teen can improve his or her chances of getting a summer job: 1) Tell every adult you come in contact with that you're looking for a job. 2) Be neat when completing applications. Use proper spelling, punctuation, and capitalization. Don't list odd email addresses. 3) Keep voicemail and your home answer machine recording professional. 4) Practice interviewing with your parents. 5) Demonstrate your enthusiastic willingness to do even menial tasks. 6) Memorize three fantastic traits you'll bring to the job, and share them during interviews. 7) Use a firm handshake with a look straight in the eye.

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.

On the cover: Stretching its wings, this swan soaks up the warm, glowing rays of the Alaskan morning sun. Photo by Deborah Ward.

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 deborah.ward3@us.army.mil.

Commanding Officer LTC Chris Chronis
 Command Sergeant Major CSM Carolyn Reynolds
 Deputy Commander Will Wiley
 Public Affairs/Editor Deborah Ward



SIGN UP



CYS Services

Youth Center June Field Trips



June 15 th	June 22 nd	June 29 th
9 am – 5 pm	2:30 – 4:30 pm	11 am – 7 pm
Laser Tag	AAFES Movie (PG)	Arctic Bowling

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

The Army Family Covenant benefits may be used by family members of deployed Soldiers or those scheduled to deploy.

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



CYS Services

Youth Center July Field Trips



July 6 th	July 13 th	July 20 th	July 27 th
11 am – 7 pm	2:30 – 4:30 pm	11 am – 7 pm	11 am – 7 pm
Pioneer Park Mini-Golf	AAFES Movie (PG)	Go-Karts of Alaska	UAF Botanical Gardens

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

The Army Family Covenant benefits may be used by family members of deployed Soldiers or those scheduled to deploy.

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

TODAY!