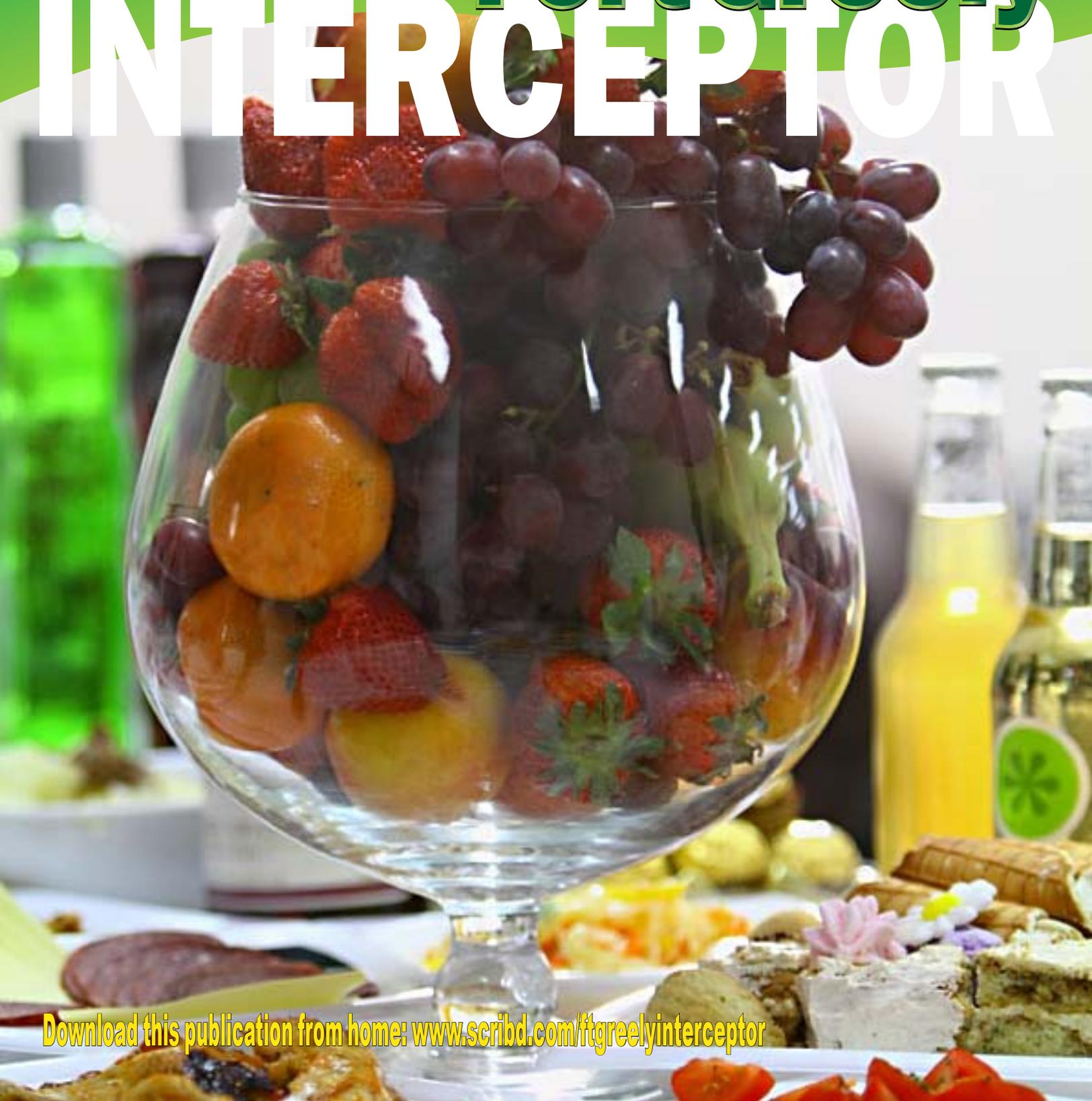




March 2011

# Fort Greely INTERCEPTOR



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# Net Zero is 100 percent benefit

By LTG Rick Lynch  
IMCOM Commander

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over consume or waste.

The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery, and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net

zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps—great strides in some cases—to manage our resources more efficiently. Look at the water projects at Forts Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few.

So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three. These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future. Everyone, every Soldier, Civilian and Family member, has a role to play in managing our resources.

Maybe it seems like a smaller role—turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important—our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.





**March** is National Nutrition Month and with good reason. Warmer weather is just around the corner and that means starting those gardens or picking the freshest fruit and veggies at the market.

Nutrition is an important part of being on top of your game. There are choices we all must make to fuel our bodies so choose wisely.

Here is a quick nutrition quiz to see if you know the scoop on portions that cover your plate:

- One slice of bread should be about as big as
  - a CD
  - an index card.
  - a deck of playing cards.
  - the palm of your hand
- Which of the following is one serving of grains?
  - 1/2 cup of cooked rice or pasta
  - 1 cup of cooked rice or pasta
  - 1 small (3-4 inch) bagel
  - 1 (4-ounce) muffin
  - 2 (4-inch) pancakes
- How big is one serving of peanut butter?
  - 1 teaspoon
  - 2 teaspoons
  - 1 tablespoon
  - 2 tablespoons
- How many ounces are in one serving of meat (chicken, beef, pork, etc.)?
  - 3 ounces
  - 4 ounces (quarter pound)
  - 6 ounces
  - 8 ounces (half pound)
- Which of the following objects is comparable to the size of one meat serving?
  - Bar of soap
  - Index card
  - Deck of playing cards
  - Stack of business cards

- How many servings of protein-rich (meat, beans, eggs) foods should an adult aim for each day?
  - 1-2 servings
  - 3-4 servings
  - 5-6 servings
- How many servings of fruit should an adult aim for each day?
  - 1-2 servings
  - 2-5 servings
  - 5-9 servings
- How many ounces are in one serving of fruit juice?
  - 4 ounces
  - 6 ounces
  - 8 ounces
  - 12 ounces
- Which of the following represents one fruit serving?
  - One medium orange or apple
  - One cup of juice
  - Half a grapefruit
  - All of the above
  - Both A and C
- How many servings of dairy should an adult aim for each day?
  - 0-1 servings
  - 2-3 servings
  - 4-5 servings
- One serving of cheese is about the size of?
  - a golf ball.
  - a pair of dice.
  - a tea bag.
  - an egg.
- Which of the following represents one serving of dairy?
  - 1 ounce of cheese
  - 1/2 cup of frozen yogurt
  - 8 ounces of milk
  - 4 ounces of fat-free yogurt
  - All of the above
  - A and B only
  - A, B, and C
- Which of the following represents one serving of vegetables?
  - 1 cup of salad or lettuce
  - 1/2 cup of corn or cooked vegetables
  - 1 small potato
  - 1 cup of baby carrots
  - All of the above
  - A and B only
- Which of the following 9-inch dinner plates is properly divided?
  - Fill 1/2 the plate of fruits and/or vegetables, 1/4 of the plate with protein-rich foods, and 1/4 of the plate with grains.
  - Fill the plate with equal portions (1/3 each) of fruits and/or veggies, protein, and grains.
  - Fill 1/2 the plate with whole grains, 1/4 of the plate with protein, and 1/4 of the plate with vegetables.
  - Fill most of the plate with vegetables, and only a small fraction with grains and/or proteins.

The Launch Room offers a variety of daily choices to help make the most of your nutritional choices. If there is anything we can do to help, please let us know! - Jamie Murray, Food Program Manager



Two great books from the Delta Library on nutrition: *How to Feed an Teenage Boy Recipes and Strategies* by Georgia Orcutt and *Clean Food - a seasonal guide to eating close to the source* by Terry Walters

I: B, 2: A 3: B 4: A 5: C 6: B 7: B 8: B 9: E 10: B 11: B 12: G 13: E 14: A

# 4<sup>th</sup> Annual Cheesecake Throw-down

By Deborah Ward  
Public Affairs

On Feb. 4 at the Chapel Annex, Resource Management hosted the 4<sup>th</sup> annual cheesecake throw-down for all of Fort Greely to enjoy.

The annual competition began over a morning cup of coffee and a good bout of teasing between Eric Anderson from the Network Enterprise Center, Dave Smith, Resource Management Director, and Jeanette Vaughn, Military Family Life Counselor, on who could make the best cheesecake, and with that, a delicious battle ensued.

"Vaughn lost that competition miserably," said Smith, "I took that title, but lost it to Anderson the next year." Rhonda Greer a former employee of North Haven Communities won the third year.

This year's cheesecake entries were fewer than last year's, but every bit as mouth-watering.

The judges, Deputy Garrison Commander, Will Wiley, CHP (MAJ) Vince Cepeda, LTC John Cavado Cold Regions Test Center Commander, Kathy Rogers of North Haven Communities, and LTC Dave Morgan, Deputy Division Chief for MDA, sat at the front table with plenty of elbow room. Scoring was to be based on appearance, taste, texture and creaminess and rated on a scale from one to 10.

While each cheesecake was paraded in turn, sliced and placed on a plate for each of the judges, the rest of the crowd looked on patiently awaiting their chance to taste.

Most of the judges were meticulous in their decisions.

Morgan had all four choices displayed in front of him and took only small samples of each going back and forth to make sure he had made the perfect selection.

Others had a more difficult time deciding.

"I have a short memory. The last one I eat is going to be a ten too," said Wiley while he claimed all were delicious.

For those that entered the rules were simple: the cheesecake must be home-made and have no toppings. "The toppings take away from the taste and texture of the cake itself," said Letticia Donaldson of RM.

While the judges sat back and filled their tummies, Nadine Hoague stood back and smiled, "*This is a good excuse for people to get together and strengthen camaraderie - it's a nice break,*" she said.

At long last the forks were set down and the scoring sheets were collected. Within moments Donaldson came back from the Chapel kitchen and announced, "We have a winner! All participants please stand by their cheesecakes." Donaldson waited until the four participants assembled in front of their masterpieces and said, "Drum roll please...and the winner is Tammy Powers!"

Powers had a look of shock as she spun around to face the audience in sheer happiness and surprise. Creamy and decadent strawberry swirl cheesecake won top spot for this year's throw-down.

While Powers collected her cake to pose for a picture in front of the judges, the rest of the crowd zeroed in on the remaining cakes ready for samples of their own.



## Tiki Time!

By Emily Fisher  
Family and MWR

On Saturday, Feb. 5, you may have noticed some people scurrying through the snow in flip flops and beach attire. While others from "outside the gate" may have been taken aback, our Greely folks know this was in celebration of our 2011 Arctic Luau. It may have been eight degrees outside with winds up to 25 mph, but that didn't stop us from celebrating in pure tiki style!

Knowing how important it is to keep busy in Alaskan winters, this was a perfect opportunity to help everyone ditch those winter blues and set their sights on the approaching summer and the recreation that ensues.

The Arctic Luau was a joint sponsored event supported by AAFES, North Haven, Ashford University and Fort Greely Family and MWR.

From contest prizes to the 136 pound pig that was roasted, our sponsors really stepped up with their donations to help ensure this event was successful.

Fort Greely Family and MWR would like to say, "mahalo" to the approximate 260 attendees who came to the children's luau and/or the adult event, what a blast!

**Above: Ruben Bulgin enjoys the festivities of the 2011 Arctic Luau. Below: A group of Youth Services volunteers take a break from assisting younger children with various games, crafts and other activities to pose for a luau photo.**

Photos by Deborah Ward



# CRTC Tests Thermal Weapons Sight

By Clara Zachgo  
CRTC

When you combine 40,000 rounds of ammunition and 47 below zero temperatures, the result is an ideal condition for the US Army Cold Regions Test Center to conduct extreme cold weather testing on a Thermal Weapons Sight. In the acquisition community of the Army, Program Managers must ensure the equipment they are developing for Soldiers function in all environments, whether it is a hot, dry desert or a cold, snowy arctic. Since CRTC is the Department of Defense's only natural, cold environment test center, a vast array of military equipment is sent to CRTC to undergo this type of testing.

*"In my ten years at Fort Wainwright, that week was the coldest week I ever spent on the ranges." - SFC Schnering*

This winter test season, test officer Isaac Howell, a former captain in the Army, has been tasked with numerous projects testing Soldier equipment. One of his assignments was to test the performance of a TWS in the cold environment. This test was unique. In addition to the week the test team would spend on Donnelly Training Area performing target recognition trials, they also traveled two hours away to Fort Wainwright for the target engagement and accuracy portion of the test. Howell, who had been stationed at Fort Wainwright during his time in the Army, knew the available training assets on the installation and how beneficial it would be to his test.

Fort Wainwright has small arms ranges equipped with electronic scoring capabilities. Electronic scoring allows real time feedback on the system under test. The importance for the TWS test Howell said was, "...it allowed us to monitor and develop the test results in real time, as opposed to manual scoring. Manual scoring would not afford us the opportunity for real time analyses."



Electronic scoring also allows the test officer "to hone in on test participants who are having a difficult time in employing the system; identifying that early is critical, an individual left untrained will skew the data."

While testing at Fort Wainwright, the test team logged over 1490 test hours in temperatures that did not rise above 30 below zero. In these extreme temperatures, safety becomes a real issue. For instance, test participants had to be careful when handling the weapons the TWS was mounted on; touching the metal to any exposed skin would have led to contact frostbite. SFC John Schnering was the Non-Commissioned Officer assigned to the test. SFC Schnering came to CRTC in 2009 from Fort Wainwright and said, "In my ten years at Fort Wainwright, that week was the coldest week I ever spent on the ranges."

Not only was the test a success for the system, but also for the Soldiers from the 501<sup>st</sup> and the 509<sup>th</sup> out of Fort Richardson. They were able to gain invaluable training from their role in the test. "The Soldiers were able to become familiar with new technology they will likely use in combat should their brigade redeploy to Afghanistan," said Howell.

**Below: Soldiers test the Thermal Weapons Sight at Fort Wainwright for the target engagement and accuracy portion of the test in the bitter cold with the false hope of glowing warmth behind them.**

Photo courtesy of CRTC.



**Ta-Bin Brown and Frank Thurmond pose in their costumes as they help celebrate the unique history of the African-American people.**

Photo by Bernard Holland.

## Embracing history...

By Bernie Holland  
DES

On Feb. 17, over 100 Fort Greely community members celebrated African-American History Month and the role African-Americans played in the Civil War between the States; 1861-1865, at Gabriel Auditorium.

Poster boards were constructed indicating who the 23 Medal of Honor recipients of African-American heritage were. Pictures were displayed along with the structure of their companies and battalions, surgical tools used, the types of food served and eaten, and the fact that the Confederacy signed into law just one month before the end of the Civil War, by Jefferson Davis, allowing African Americans to join the Confederate Army. Prior to that, several companies of African Americans fought for each respective side.

FSG Lonelle Scott of the 49th Missile Defense Battalion was the Master of Ceremonies. The Gettysburg Address was recited, from memory, by Ta-Bin Brown and his Union Soldier guard was Frank Thurmond (right Photo by CPT Jesse Schexnayder).



Following the moving speech the Fort Greely Middle School choir sang two wonderful songs under the guidance of Rochelle Stebbins. The FGMS Creative Expressions class also performed a small play about slavery and the fact that if they worked hard they could *earn* their freedom.

After the entertainment everyone was invited to participate in foodstuff indigenous to the South and North of the 1860's.

Some of the food samplings offered included potato salad, jambalaya, collard greens with ham hocks, lemon cake, pineapple upside down cake, beans and that old southern favorite, deep fried catfish.

# Greely's deadly expedition

*"We have been lured here to our destruction. We are 24 starved men; we have done all we can to help ourselves, and shall ever struggle on, but it drives me almost insane to face the future. It is not the end that affrights anyone, but the road to be traveled to reach that goal. To die is easy; very easy; it is only hard to strive, to endure, to live." - Adolphus Greely*

**On August 1, 1884**, a rescue vessel pulled into the harbor of Portsmouth, New Hampshire carrying First Lieutenant Adolphus Greely and the five other remaining survivors of the Lady Franklin Bay Expedition. Three years earlier, 25 men had set sail for the far North, where they planned to collect a wealth of scientific data about the Arctic -- a vast area of the world's surface that had been described as a "sheer blank." Greely and his men completed that task, only to be abandoned in one of the harshest environments on Earth. The Greely Expedition reveals how poor planning, personality clashes, questionable decisions and pure bad luck conspired to turn a noble scientific mission into a human tragedy.

Adolphus Greely joined the United States Army in 1861. After fighting for the Union in the American Civil War, Greely became involved in the campaign to build a nationwide telegraph system for the Signal Corps. There, he learned about technology and weather systems. In the 1870s, Greely developed an interest in the Arctic region; he also heard of a potential exploratory mission to the far North. The purpose of the expedition was to collect scientific data as part of the first International Polar Year, the effort to gather concurrent geophysical measurements at various sites around the Arctic region. "This was not simply some new Arctic expedition. This is really an attempt at a new science of the world," says historian Michael Frederick Robinson in the film.

The Lady Franklin Bay Expedition, however, had another motive: the United States wanted to beat the long-standing "Farthest North" record claimed by the British for decades. Greely, with no prior experience or knowledge of Arctic weather and condition, was given command of the mission, which launched in the summer of 1881.

Five weeks after departing from St. John's, Newfoundland aboard the U.S.S. Proteus, Greely and his team reached Ellesmere Island in the Arctic Circle and prepared for their unprecedented mission. Left there with 350 tons of supplies, the team went to work building an outpost they christened Fort Conger, which would serve as their home for the coming two years. They recorded

daily measurements of the weather and prepared for the springtime attempt at reaching "Farthest North." By summer, a relief ship would pick them up and bring them home.

But in the summer of 1882, the relief ship did not come. The expedition team had brought supplies to last three years at Fort Conger, but the men were wary and facing the grim reality of another year in the far North. The dark, Arctic winter was tough on many members of the team. It took only a few people to do the scientific work, and several men were left idle. "At the beginning most of the men did the scientific work because they were told to do it," says Robinson. "But as the men begin to contemplate that they may not return home, then suddenly leaving behind some kind of legacy for all this pain and suffering becomes more important." Greely's militaristic style kept order



**Twenty-two of the 25 men are pictured here. All in good physical health when they left, none had previously been to the far north, and only six would survive after the team was abandoned in the Arctic for three years.** Photos and article courtesy of PBS.org and the American Experience, The Greely Expedition.

in place but left some questioning his leadership capabilities.

When in 1883 the relief ship failed once again to show up at Fort Conger, Greely ordered his men to abandon their post and sail three small boats over 250 miles of open ocean to the south where the Army had planned to leave a rescue party. If the Army's ship could not reach Lady Franklin Bay, the plan was for Greely's team to go to the Army; there, at least, they would find food, reinforcements, and possibly even news from home. The men, however, were hesitant to leave the relative safety of Fort Conger. Morale reached a

new low among Greely's team, and there was talk of mutiny.

After a harrowing trip, Greely and his men arrived at Cape Sabine to find only a few weeks' worth of provisions. "No game, no food, and apparently no hopes from Littleton Island," Greely wrote in his journal. "We have been lured here to our destruction. We are 24 starved men; we have done all we can to help ourselves, and shall ever struggle on, but it drives me almost insane to face the future. It is not the end that affrights anyone, but the road to be traveled to reach that goal. To die is easy; very easy; it is only hard to strive, to endure, to live."

With only a makeshift shelter and virtually no animals to be found in the desolate region, men began to die one by one of hunger and exposure to the elements. They endured frostbite and natural amputation, madness, and even cannibalism. By the time a final relief force arrived the following summer, in 1884, only seven emaciated, unrecognizable men remained inside a half-collapsed tent.

Although his team had earned the extraordinary title of "Farthest North," and amassed a vast collection of valuable scientific observations, Greely became mired in scandal upon his return to the U.S. Published in the press, gruesome accounts of cannibalism and murder tainted Greely's reputation as a commander as well as the team's scientific achievements for more than a century. More recently, however, Greely's Arctic data has been revisited and the numbers have contributed to scientists' understanding of this relatively unknown area of the world. "We are now using [Greely's] data to understand how global warming happens," says Robinson, "to understand how the climate has changed over the last hundred years." ■



# Gen. Greely: Brilliance, Variety

As written from the August 6, 1965 Anniversary Issue of the Fort Greely Buffalo publication (pictured right) provided by Michael Multari - author unknown....

Everyone stationed here pronounces the word, "Greely" thousands of times.

But those of us who daily use the name of Maj. Gen. Adolphus Washington Greely in referring to this post often overlook the brilliance of the man and the range of his accomplishments.

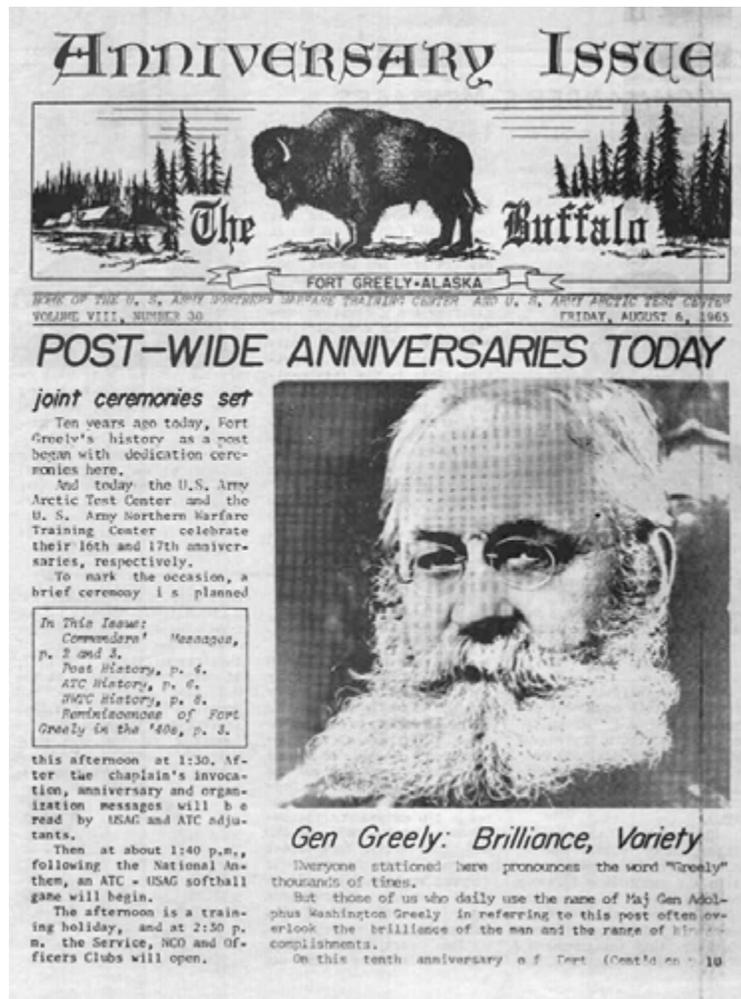
On this tenth anniversary of Fort Greely it is appropriate to examine the life of this distinguished soldier-explorer-scientist for whom our post is named.

He fought in the Civil War as an infantry private; he was the first enlisted man promoted to the rank of brigadier general in the U.S. Army; he was recognized as one of the world's outstanding geographers.

In 1887, as a 37 year-old lieutenant, he led an international weather expedition deep within the Arctic Circle; he directed relief operations after the 1906 San Francisco earthquake; as Chief Signal Officer, he was in charge of establishing communications during the Spanish-American War in Cuba, the Philippines, Puerto Rico and China.

He undertook the stupendous task of construction the Alaska telegraph system, with the assistance of then lieutenant Bill Mitchell.

In little more than 3 years, despite heavy snows, avalanches, intense cold and the lawlessness of the Alaskan wilderness, he wired the sub-continent with 2,000 miles of telegraph lines.



Brig. Gen. Greely was born in Newburyport, Mass., in 1844. At 17, although under age, he enlisted in the 19th Massachusetts Volunteer Infantry and fought through the Civil War with marked distinction.

Commissioned a second lieutenant in the Regular Army, he played a prominent role during Reconstruction Days.

His first communications experience came from 1876-79 when he supervised the erection of 2,000 miles of telegraph lines in Texas, North and South Dakota and Montana. ■



# Gen. Carver Commends Greely Activities

As written from the August 6, 1965 Anniversary Issue of the Fort Greely Buffalo publication (pictured left) provided by Michael Multari - author unknown....

In a recent congratulatory message, Maj. Gen. George A. Carver, Commanding General, U.S. Army, Alaska stated, "The entire command joins me in extending best wishes as you [Fort Greely] observe the tenth Organization Day of Fort Greely.

The General added, "It is fitting that August 6 should have been selected for your Organization Day for your post, since it was named in honor of Maj. Gen. Adolphus Greely, far-sighted pioneer of the Army's activity in this Northern area."

The USARALCG commented the activities located at Fort Greely for their, "valuable contribution to the work envisioned by Gen. Greely and the other soldiers who have preceded you in Alaskan service."

General Carver concluded, "You can take full pride in the knowledge that your efforts are serving the interests, and increasing the capabilities, of the entire United States Army. ■

Left: BG John N. Greely (Ret.), son of MG Adolphus W. Greely, and MG James F. Collins, then Commanding General, U.S. Army, Alaska, observe the Dedication Day Review on August 6, 1955. Gen. Greely, who retired in 1947 after a 41-year Army Career traveled here [Fort Greely] from Washington D.C. Photo courtesy of Michael Multari.



Saturday, March 26, 2011  
11am – Firetower Hill



# LATRINES ON ICE

Let's get this "potty" started!



Questions?

Call 873-4194, or 873-4336

Sign up & receive outhouse building guidelines/race rules at the Gabriel Auditorium (bldg. 655) in the Fun Office.

## The Rules!

### Latrines on Ice Outhouse Race Rules & Regulations

Build an outhouse with wood and/or cardboard, put in a toilet seat & roll of toilet paper, mount it on skis and PUSH it 500 feet to WIN! Race is limited to first 10 entries. Sign up your 5 person team now!

This is a wonderful opportunity to use your creative side to develop an outhouse theme. Spend a little time on the internet for ideas. Decorate to taste (PG rating).

Outhouses may be built of any material that produces a structurally sound building on skis. Any outhouse deemed unsound or unsafe by the race committee, will not be allowed to race.

The race course will be a two lane course with 2 teams racing each other down to the finish line. Time will be kept with a stop watch. Winners of each race in the first round will go on to finals. Sign up and challenge other people to the race! The outhouse is limited in size to 6' wide including push bars, 12' long, and 8' in height. No minimum width, height, or length. The outhouse must carry 1 helmeted person sitting on a toilet seat. Four people will push. One roll of toilet paper is required. Push bars must be permanently mounted to the outhouse. The outhouse must ride on wooden runners, snow boards, downhill skis, or cross-country skis.

The Wood Shop is open Wednesday through Sunday from 1000 to 2030 for use of power tools and construction advice. A free outhouse racer construction plan is available there, as well as a DVD with outhouse racing footage for inspiration. Top 3 finishers will receive a special trophy.

Stage your finished outhouse racer at by 10:30 am on Saturday, March 26. Race will start at 11 am.



## Ft. Greely Basketball League

Please provide at least **24 hour notice** before any game cancellation.  
Fitness Center Front Desk: 872-2696

<b>25-Jan</b> Team Sleep vs (bye) 1800 Team Heat vs FGFD 1900 HHB vs Death Dealers 2000	<b>27-Jan</b> Team Heat vs HHB 1800 FGFD vs Team Sleep 1900 (bye) vs Death Dealers 2000	<b>1-Feb</b> Death Dealers vs Team Sleep 1800 HHB vs FGFD 1900 Hellraisers vs Team Heat 2000
<b>3-Feb</b> FGFD vs Hellraisers 1800 Team Sleep vs HHB 1900 Death Dealers vs Team Heat 2000	<b>8-Feb</b> FGFD vs Death Dealers 1800 Hellraisers vs HHB 1900 Team Sleep vs Team Heat 2000	<b>10-Feb</b> Team Sleep vs Hellraisers 1800 Team Heat vs FGFD 1900 HHB vs Death Dealers 2000
<b>15-Feb</b> Team Heat vs HHB 1800 FGFD vs Team Sleep 1900 Hellraisers vs Death Dealers 2000	<b>17-Feb</b> Death Dealers vs Team Sleep 1800 Hellraisers vs Team Heat 1900 HHB vs FGFD 2000	<b>22-Feb</b> FGFD vs Hellraisers 1800 Death Dealers vs Team Heat 1900 Team Sleep vs HHB 2000
<b>24-Feb</b> Team Sleep vs Team Heat 1800 Hellraisers vs HHB 1900 FGFD vs Death Dealers 2000	<b>1-Mar</b> Team Heat vs FGFD 1800 Team Sleep vs Hellraisers 1900 HHB vs Death Dealers 2000	<b>3-Mar</b> Team Heat vs HHB 1800 FGFD vs Team Sleep 1900 Hellraisers vs Death Dealers 2000
<b>8-Mar</b> Death Dealers vs Team Sleep 1800 Hellraisers vs Team Heat 1900 HHB vs FGFD 2000	<b>10-Mar</b> Team Sleep vs HHB 1800 FGFD vs Hellraisers 1900 Death Dealers vs Team Heat 2000	<b>15-Mar</b> Hellraisers vs HHB 1800 Team Sleep vs Team Heat 1900 FGFD vs Death Dealers 2000
<b>17-Mar</b> Team Sleep vs Hellraisers 1800 Team Heat vs FGFD 1900 HHB vs Death Dealers 2000	<b>22-Mar</b> Team Heat vs HHB 1800 Hellraisers vs Death Dealers 1900 FGFD vs Team Sleep 2000	<b>24-Mar</b> Death Dealers vs Team Sleep 1800 HHB vs FGFD 1900 Hellraisers vs Team Heat 2000
<b>29-Mar</b> FGFD vs Hellraisers 1800 Death Dealers vs Team Heat 1900 Team Sleep vs HHB 2000	<b>31-Mar</b> FGFD vs Death Dealers 1800 Team Sleep vs Team Heat 1900 Hellraisers vs HHB 2000	

\*\*\*REGULAR SEASON ENDS\*\*\*  
POSTSEASON IS A DOUBLE ELIMINATION TOURNAMENT

Revised 01/27/11

# BLOOD DRIVE



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- DRINK PLENTY OF FLUIDS BEFORE DONATING •
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Consider giving the "Gift of Life"

Wednesday, March 9<sup>th</sup>  
10:00 am – 3:00 pm  
Ft. Greely Building 652

Please call Vel Wager @ 873-4295  
to make your Lifesaving appointment

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Anchorage, AK, 99508  
(907) 222-5600  
(907) 222-5630 appts.

South Anchorage Ctr  
800 E. Diamond Blvd.  
(Dimond Mall, 2nd floor near Ice rink)  
Anchorage, AK, 99515  
(907) 222-5630

Fairbanks Ctr  
Washington Plaza Mall  
3403 Airport Way, Suite B  
Fairbanks, AK, 99709  
(907) 456-6645

Blood Bank of Alaska  
[www.bloodbankofalaska.org](http://www.bloodbankofalaska.org)

# I PITY THE FOOL



WHO DOESN'T PRACTICE  
GOOD **OPSEC** !!

ANY OPSEC RELATED QUESTIONS CAN BE DIRECTED TO YOUR IMMEDIATE SECURITY MANAGER OR MARINA IF LETZLE, LEAD #64.877.473.307

## MARCH & APRIL 2011 ODR ACTIVITY CALENDAR



CLICK HERE!

# Embrace history...

By Bryan Ripple

Public Affairs Patrick Air Force Base

Each year National Women's History Month employs a unifying theme and recognizes national honorees whose work and lives testify to that theme. For 2011, the theme is "Our History is Our Strength." This year, instead of recognizing national honorees, local communities, organizations and institutions throughout the country are asked to honor women within their own communities or organizations.

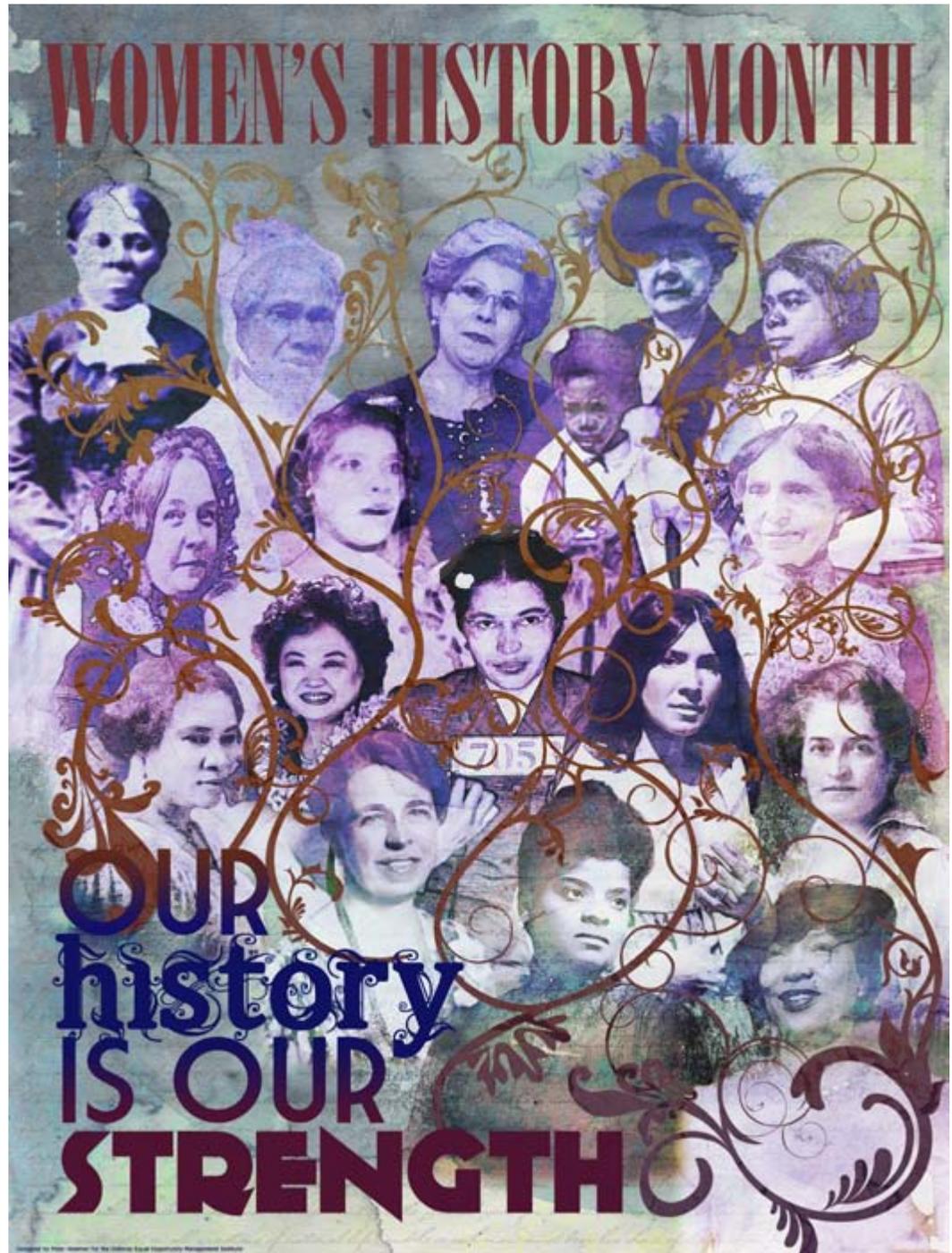
"Our History is Our Strength" pays tribute to the millions of women who helped create a better world for the times in which they lived as well as for future generations. Knowing the challenges these women faced, grappled with, and overcame can be an enormous source of strength to all of us. During today's difficult times, "Our History is Our Strength" can serve as an important reminder to our nation that adversity can be overcome.

The stories of women's achievements are integral to the fabric of our history. Learning about women's tenacity, courage, and creativity throughout the centuries is a tremendous source of strength.

Until relatively recently, this sphere of women's history was overlooked and undervalued. Women's achievements were often distorted, disdained, and denied. But, knowing women's stories provides essential role models for everyone. And role models are genuinely needed to face the extraordinary changes and unrelenting challenges of the 21st century.

Discovering the remarkable achievements of women helps diminish the tendency of some modernday pundits to dismiss and trivialize who women are and what they accomplish. In celebrating women's historic achievements, we present an authentic view of history. The knowledge of women's history provides a more expansive vision of what a woman can do.

"The design inspiration for our poster this year comes from the National Women's History Project's 2011 theme "Our History is Our Strength," said Mr. Pete Hemmer, DEOMI Illustrator, describing this year's Women's History Month Observance poster.



*Please join us in celebrating Women's History Month*

*10 a.m., March 24*

*at Gabriel Auditorium.*



# Step up to English!



**Saturday, March 5, 2011**

10 am – 3 pm

**Delta Career Advancement Center**

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If English is not your first language, then this workshop might be for you! You will take an online assessment and find out your skill level. You will cover such topics as writing and sentence structure, note taking, grammar practice exercises and group writing and discussion.

- **Call Cheryl at 895-4605 to sign up for this class by March 2.** Because there will be one-on-one time with each student, class size will be limited. The instructor must know how many plan to participate.
- Soft drinks, water and snacks will be provided; bring a bag lunch.



*Sponsored by Partners for Progress in Delta, Inc.,  
a nonprofit educational consortium serving Delta and the  
state. PO Box 956, Delta Junction, AK 99737*

**Partners for Progress in Delta, Inc.**

# What is Online With Libraries (OWL) and how will Alaska benefit?

Alaska citizens of all ages need to remain competitive in today's digital world.

Thousands of Alaskans still have no access to reliable high-speed Internet. Many Delta residents still use dial up modems because local phone lines cannot carry any more DSL connections; satellite Internet is a high priced alternative many cannot afford; wireless connections still do not work in some areas.

High-speed Internet is a modern lifeline to E-government, employment, health information, education, interactive telemedicine, e-commerce, economic development and more. Paper forms (IRS, PFD, even social security checks) will be obsolete within two years. Many employers require online resumes only, and Web based businesses need reliable connections for sales and to retain customers.

Today's Internet applications demand greater bandwidth and higher connection speeds. Most of Alaska public libraries report their bandwidth is not sufficient to meet demand. Online college courses often have a video component that does not run correctly at slower connection speeds. Downloading large files slows down the connection, which impacts the transactions at the library circulation desk.

Alaska ranks 51 out of 51 states and D.C. for connectivity. Alaska Internet is the most expensive and unreliable in the US.

The 105 Alaska Libraries in the OWL program will be able to offer free access to improved broadband and WI-FI speeds that are often greater than what is available or affordable in the home.

Librarians and staff are already skilled in assisting with Internet user and equipment issues. The OWL project provides additional staff training and on site tech support for each library.

The Delta library will receive \$13,991 worth of equipment in the April/May time frame.

Delta Library Download Speed:  
1429 kbps (178.6 KB/sec transfer rate)  
Upload Speed:  
191 kbps (23.9 KB/sec transfer rate)  
Latency:  
841 ms

To find out more about the state funded grant and how it will benefit Alaska click the logo below:



## Delta Community Library operating hours:

Monday - Friday ..... 10 a.m. - 6 p.m.  
Saturday ..... 10 a.m. - 5 p.m.  
Sunday ..... Noon - 5 p.m.  
Library closed at 40 below zero October-March.

# Important, but sometimes hard to find, numbers:

AAFES PX:  
869-3293

Auto Craft Shop:  
873-3139

Commissary:  
873-4407

Delta Community Library:  
895-4102

Event Planning Coordinator:  
873-4336

Education Center:  
873-4369

Fitness Center:  
873-2696

Outdoor Recreation:  
873-4058

Pool:  
873-5665

Post Office:  
869-3220

Sidelines Sports Bar:  
873-4126

Skeet and Trap Range:  
873-5400



# The steps to using tuition assistance

The US Government will give each member of the military \$4500 per year towards tuition to benefit their professional and educational development. This money can be used for a professional certificate, an endorsement, associate of arts degree, bachelor's degree, or master's degree. The maximum cost per credit that is eligible for reimbursement is \$250, with a maximum of \$750 per three credit class per semester or quarter. This is for tuition and certain fees related specifically to the class you are taking only, not for books. However some colleges will combine the books with the tuition for one total reimbursable cost.

Once you select the college and your educational course of study you can get tuition assistance form directly from the "goarmyed.com" Web site. You can also come into the Fort Greely Education Center for assistance with obtaining and submitting the necessary forms.

When you are selecting a college it will be to your benefit to pay attention to whether or not you qualify for "in state tuition" or you may be required to pay an out of state tuition penalty. Some colleges will charge the same tuition fees for both in state and out of state tuition, such as Central Texas College. This is true for some distance education programs also. The "goarmyed" Web site will have information about what each state and college charges in state tuition fees.

Once you are on the goarmyed Website look under the left menu title "Earn a College Degree or Credential" and you will find "Colleges and Programs." The colleges are listed alphabetically. Once you select a college you will get a brief description that includes their Web address, degrees offered, and cost of tuition. To get a full review of what each college offers it is best to go directly to their Web site. For example, on the goarmyed Web site the University of Alaska Southeast lists only two degrees offered on line. When you go to the actual University Web site you will see seven occupational endorsements, seven professional certificates, six associate of arts degrees, four bachelor degrees, eight master degrees, and seven graduate degree certificates or certifications all available on line. The rule is always double check.

If you have questions please come in and see us at the Fort Greely Education Center in building 611. If we don't know the answer to your specific question then we will find out for you. We are open Monday through Thursday 9:30 to 2:30. Our phone number is 873-3594 and e-mail is mark.c.weller.ctr@us.army.mil.

# Only four slots left!

By Emily Fisher  
Family and MWR

Fort Greely Child, Youth and School Services is pleased to announce the opening of a new Family Child Care home as of Feb. 3. For those parents looking for a “home away from home” atmosphere, Family Child Care is a great option. Care is given in a certified provider’s home, which must meet safety, fire and health standards. Providers also undergo professional training in infant/child CPR, first aid, child guidance techniques and developmentally appropriate activities.

In addition to daily lesson planning, FCC homes also have the same activity options as Army Child Development Centers. Activities do vary from home to home, and include but are not limited to: dramatic play areas, science/discovery, fine motor skills, cooking activities, block play, arts and reading areas. The USDA food program also provides nutritional guidelines for our FCC homes.

The hours of operation are another reason our FCC home may be right for you.

Our provider has been trained on doing Extended Care, meaning overnight care in addition to the daytime care options. Extended Care is especially useful if a Soldier or DoD Civilian is TDY for training or on an exercise.

There are only four spaces left for this FCC home, please contact Parent Central Registration at 907-873-4599 for information regarding registration, age ratios and payment information.



From left to right: Michelle Garrick and Esther Verdejo pose with the Family Child Care certificate. Verdejo is open for business and has four slots available. Photo by Emily Fisher

## Electronic tax filing available at Fort Greely

Active Duty, Guard, Reserves, Retirees and eligible dependants can get free assistance in preparing their Federal income tax returns and they can also file electronically for FREE! Call The Legal Office located in Building 501, Room 107, at 873-5034 for more information.

### Things to Bring With You:

- Photo identification
- Social Security cards for you, your spouse and dependents
- Birth dates for you, your spouse and dependents
- Wage and earning statement(s)-Form W-2, W-2G, 1099-R from all employers
- Interest and dividend statements (Forms 1098, 1099)
- A copy of last year’s federal tax return
- Bank routing numbers and account numbers for direct deposit.
- Total amount paid for day care
- Day care provider’s identifying number
- A list of charitable contributions and documentation
- Other relevant information about income and expenses

## Customer Feedback Survey Fort Greely Police Department Seeks Your Input

By MAJ Dennis Brown  
DES

Have you ever had someone ask you, “How are you doing today?” and before you were able to answer they already started another conversation or moved away from you? Did you feel that your feedback was not important enough for the individual to wait for your answer or perhaps they truly didn’t want to know?

Your installation police department wants your feedback.

We want you to tell us what we are doing right; moreover, we want you to tell us what we are doing wrong and what we can do better to provide the quality service you want and deserve.

Beginning March 3, and continuing through March 16 police officers will be providing customer surveys to individuals with whom they have interaction. The survey will come with a stamped, self-addressed return envelope; all it will cost you is a few moments of your time.

If you receive a survey please take the time to reply with your comments, place it in the SASE and drop it in the mail. You don’t have to include your name, all surveys are confidential. The acquired surveys are for the sole use of Fort Greely police department management to enhance police services for the community.

If you have questions concerning the survey, or would like to comment on an issue not addressed in the survey, feel free to contact Law Enforcement Operations, MAJ Dennis Brown, at 873-3608.



# Outdoor Adventure Camp

**WHEN:**

March 15 - 18 (Spring Break)

**Cost: \$50**

Outdoor Educator Brooke Whipple is partnering with School-Age Center and the Youth Center for a week of outdoor adventure! Daily classes will include the following:

TIMES	March 15 <sup>th</sup>	March 16 <sup>th</sup>	March 17 <sup>th</sup>	March 18 <sup>th</sup>
SAC 8:30-11:30 am	Butterflies in the Garden/ Intro to Weather	Tubing at Birch Hill/ Visit Morris Thompson Visitor's Cntr	Art & Nature / Owls of Alaska	World Ice Art Championship/ Kids Ice Park
YC 12:30-3:00 pm	Map & Compass / Intro to Weather		Art & Nature / Animals in Winter	

All youth who participate in our CYSS Programs are required to be registered members of CYSS. Register your youth at our Parent Central Services in BLDG 847, 873-4599.



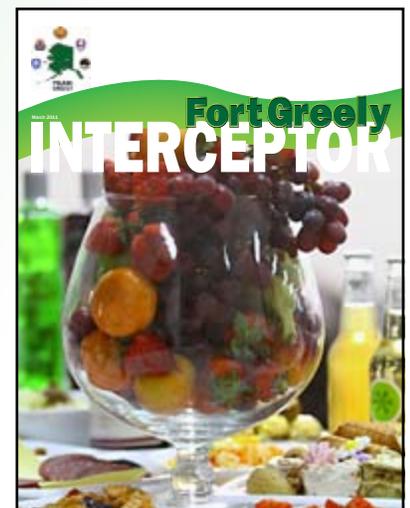
**Youth Center**  
**Bldg 653 Big Delta Ave**  
**Phone: (907) 873-3405**



**On the cover:** March is National Nutritional Month; remember no unhealthy foods - only unhealthy portions. Photo by Dwight Phillips.

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

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



**THE FIGHTER**

(Mark Wahlberg, Christian Bale) Inspired by the true story of two brothers who, against all the odds, come together to train for a historic title bout that will unite their fractured family, redeem their past and at last, give their hard-luck town what it's been waiting for: Pride. The story unfolds on the gritty, blue-collar streets of Lowell, Mass, where Dicky is a former boxing hero that squandered his talents and threw away his shot at greatness. Micky Ward, his half brother, is the struggling journeyman boxer who spent his life living in his big brother's shadow. Rated R (language throughout, drug content, some violence and sexuality) 115 min



**THE GREEN HORNET**

(Cameron Diaz, Seth Rogen) Britt Reid, son and heir to Los Angeles' largest newspaper fortune, is a rich, spoiled playboy who has been happy to maintain a direction-less existence. When his father James Reid dies, Britt meets an impressive and resourceful company employee, Kato. They realize that they have the resources to do something worthwhile with their lives and finally step out of James Reid's shadow. Kato builds the ultimate weapon, The Black Beauty, an indestructible car with every weapon imaginable and Britt decides that in order to be heroes, they will pose as villains. With the help of Britt's new secretary, Lenore Case, they learn that the chief criminal in the city is named Benjamin Chudnofsky. He has united all the gangs under his power, and he quickly sees that the Green Hornet is a direct threat to the prosperous criminal underworld he controls. Rated PG-13 (sequences of violent action, language, sensuality, and drug content) 108 min



**THE DILEMMA**

(Vince Vaughn, Kevin James) Since college Ronny and Nick have been through thick and thin. Now partners in an auto design firm, the two pals are vying to land a dream project that would launch their company. With Ronny's girlfriend, Beth, and Nick's wife, Geneva, by their sides, they're unbeatable. Ronny's world is turned upside down when he sees Geneva out with another man making it his mission to get answers. As the investigation dissolves his world into comic mayhem, he learns that Nick has a few secrets of his own. Ronny must decide what will happen if he reveals the truth. Rated PG-13 (mature thematic elements involving sexual content) 111 min



**THE RITE**

(Anthony Hopkins, Colin O'Donoghue) "The Rite" follows skeptical seminary student Michael Kovak, who reluctantly attends exorcism school at the Vatican. While he's in Rome, Michael meets an unorthodox priest, Father Lucas, who introduces him to the darker side of his faith, uncovering the devil's reach even to one of the holiest places on Earth. Rated PG-13 (language, brief nudity/sexuality, some violence and a drug reference) 130 min



**TRUE GRIT**

(Jeff Bridges, Matt Damon) Fourteen-year-old Mattie Ross's father has been shot in cold blood by the coward Tom Chaney, and she is determined to bring him to justice. Enlisting the help of a trigger-happy, drunken U.S. Marshal Rooster Cogburn, she sets out with him -- over his objections -- to hunt down Chaney. Her father's blood demands that she pursue the criminal into Indian territory and find him before a Texas Ranger named LeBoeuf catches him and brings him back to Texas for the murder of another man. Rated PG-13 (intense sequences of western violence including disturbing ) 110 min



**NO STRINGS ATTACHED**

(Natalie Portman, Ashton Kutcher) Emma and Adam are life-long friends who almost ruin everything by having sex one morning. In order to protect their friendship, they make a pact to keep their relationship strictly "no strings attached." "No strings" means no jealousy, no expectations, no fighting, no flowers, no baby voices. It means they can do whatever they want, whenever they want, in whatever public place they want, as long as they don't fall in love. The question becomes -- who's going to fall first? And can their friendship survive? Rate R (sexual content, language and some drug material) 108 min



**COUNTRY STRONG**

(Gwyneth Paltrow, Tim McGraw) Soon after a rising young singer-songwriter gets involved with a fallen, emotionally unstable country star, the pair embarks on a career resurrection tour helmed by her husband/manager and featuring a beauty-queen-turned-singer. Between concerts, romantic entanglements and old demons threaten to derail them all. Rated PG-13 (thematic elements involving alcohol abuse and some sexual content) 117 min



**SANCTUM**

(Alice Parkinson, Richard Roxburgh) Master diver Frank McGuire has explored the South Pacific's Esa-ala Caves for months. But when his exit is cut off in a flash flood, Frank's team - including 17 year-old son Josh and financier Carl Hurley - are forced to radically alter plans. With dwindling supplies, the crew must navigate an underwater labyrinth to make it out. Soon, they are confronted with the unavoidable question: Can they survive, or will they be trapped forever? Rated R (language, some violence and disturbing images) 108 min and action) 85 min



**Select the images to view movie trailers!**

<b>FRI</b>	<b>MAR 04</b>	7 p.m. The Fighter	.....(R)
<b>SAT</b>	<b>MAR 05</b>	7 p.m. The Dilemma	.....(PG-13)
<b>SUN</b>	<b>MAR 06</b>	7 p.m. The Fighter	.....(R)
<b>FRI</b>	<b>MAR 11</b>	7 p.m. True Grit	.....(PG-13)
<b>SAT</b>	<b>MAR 12</b>	7 p.m. Country Strong	.....(PG-13)
<b>SUN</b>	<b>MAR 13</b>	7 p.m. True Grit	.....(PG-13)
<b>FRI</b>	<b>MAR 18</b>	7 p.m. The Green Hornet	.....PG-13)
<b>SAT</b>	<b>MAR 19</b>	7 p.m. The Rite	.....(PG-13)
<b>SUN</b>	<b>MAR 20</b>	7 p.m. The Green Hornet	.....(PG-13)
<b>FRI</b>	<b>MAR 25</b>	7 p.m. No Strings	.....(R)
<b>SAT</b>	<b>MAR 26</b>	7 p.m. Sanctum	.....(R)
<b>SUN</b>	<b>MAR 27</b>	7 p.m. No Strings	.....(R)

Dates, times and movie titles are subject to change due to availability. Check the AAFES Fort Greely Movie Schedule for the most current and up to date information.