



March 2013

Fort Greely INTERCEPTOR

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Child, Youth and School Services team members thanked for support

Madeline Clark: Liberty's Daring Mission

H₂O, MREs and me

Watery eyes, runny nose, and borrowed Polaris thrill local gal and more!



Taking a moment to say, 'Thank you.'

Child, Youth and School Services team members

U.S. Army
Installation Management
Command

As you may have heard us say before, this is the best workforce the Installation Management Command has seen in 30 plus years of service. We remain inspired by the dedicated professionals in the IMCOM HQ, Regions, and the Garrisons. We have a great team and - you are a valuable and trusted member of that team.

Our Army Child, Youth & School Services allow our Soldiers and

Civilian workforce to focus on their mission of supporting and defending our nation.

You have the privilege as part of this workforce to work in a position that provides for the safety, health and well-being of the children and youth of these great Soldiers and Civilians. We take this responsibility very seriously as evidenced by the recognition that Military Child and Youth programs have received from multiple public and private sector organizations. We have the best trained child and youth workforces in the nation. We simply could not do it without you. Your day-to-day interactions give our children and youth the resiliency skills they need to flourish in a challenging military lifestyle. Quality assurance is a necessary and critical function of continuing this superior care.

To that end, we are reviewing personnel records of every employee to ensure required

paperwork and procedures are in order - no one is being singled out.

If in this review proper documentation is missing or incomplete, affected individuals

will be required to work under line of sight supervision (LOSS) until such time as the records are corrected. For those of you whose records are being reviewed, we appreciate your patience and cooperation.

Again, we cannot thank you enough for your dedicated service. You are a critical asset to keeping our Soldiers and Families Army Strong! ■



IMCOM Commanding General
LTG Mike Ferriter

Nestled in the heart of Interior Alaska is a modest log cabin bordered by snow, towering pines and pouncing puppies. Inside that modest cabin is a young girl, Madeline Clark, who is surrounded by historical artifacts, curious, fluffy cats, rustic, wooden shelves towering with books and a family full of love, patriotism, and fortitude.

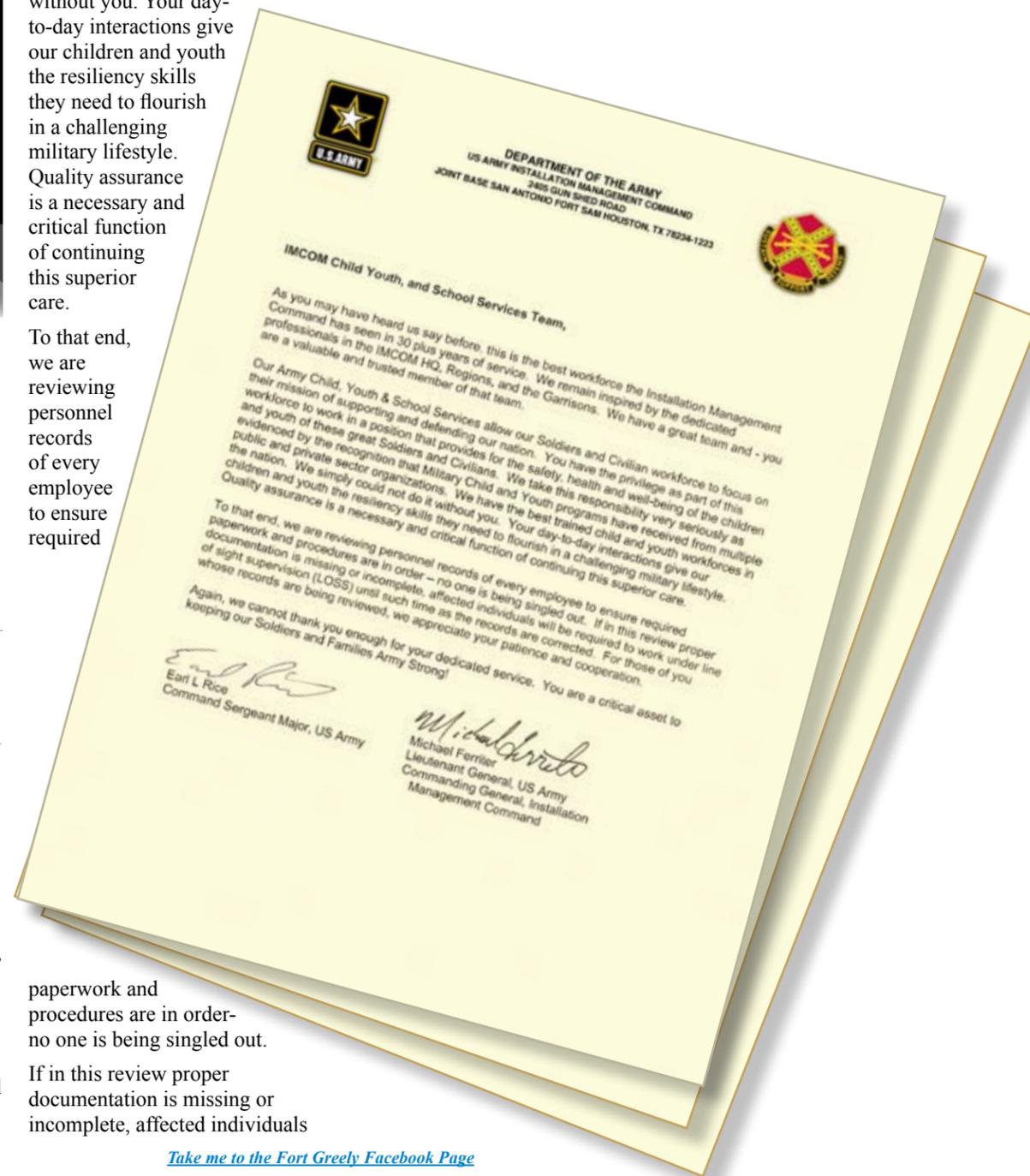
Madeline, age 14, daughter of Dan and Hope Clark, is a homeschooled high school student with a passion for the military, American History and the printed word. Madeline is never at a loss for finding things to occupy her time. Her latest, and certainly one of her most successful ventures, has been to write the book, recently published by Tate Publishing, *Liberty's Daring Mission*.

It was back in April of 2011 when Madeline sat down with a notebook and pen to jot down a few lines. "It was never a chore," said Madeline, "it was fun and I would write for five minutes here and five minutes there." By July she had finished her book *Liberty's Daring Mission*.

Madeline and her mom, dad and two sisters, Ellie and Dani, are all avid readers and love to research topics especially those related to American history so when Madeline shared her hand written book to family members, both local and ones far away, it was no wonder they found the story captivating.

"Madeline asked me if I thought she could write a book. I teach them and I see what they write and all of the girls write good. I told her '...of course you can write a book!' and then she started writing it and asked what we thought about this or that. We'd tell her it was really good and it was. It wasn't just a couple of paragraphs anymore it really started to sound like something. She just had fun with it," said Madeline's mother, Hope Clark.

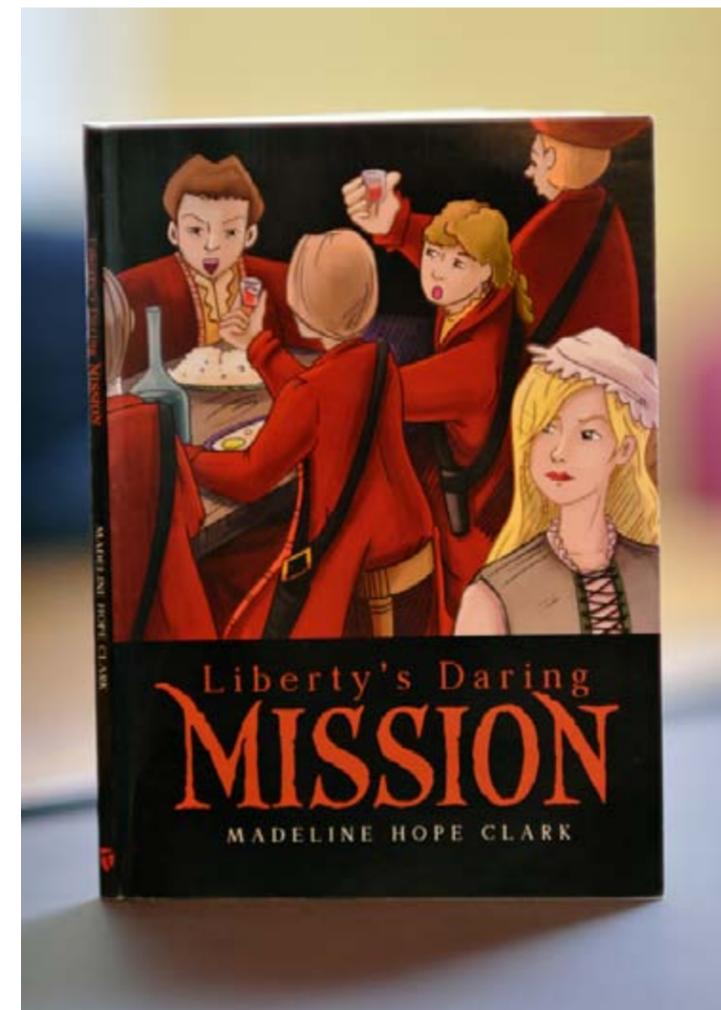
Everyone who read the manuscript encouraged Madeline to see about getting it published. Madeline, though excited at the prospect of being published at such a young



Madeline Clark: *Liberty's Daring Mission*

Published at the age of 14, FGA youth leads by example

By Deborah Coble
Public Affairs



age, was not looking forward to having to type out her story but she did to help make the process easier.

"We didn't know a whole lot about the publishing process. One of my firefighters, William Boyack, has been published a couple of times so I went to ask him what the process was," said Madeline's father, Dan Clark. Boyack explained to Clark that online research was a valuable tool and to be certain that any prospective publishing company was willing to work with minors. Clark, together with the family, researched various publishing companies. When they had found a few that looked promising Clark had Madeline type up a synopsis, or brief summary, of the book to send along with the emails soliciting interest. "Tate Publishing was the first one to come back with a positive response. Their email stated, 'We work with minors and are very interested. Please send the full manuscript.' We were all pretty excited," said Clark.

Madeline wasted no time in helping her dad send off the complete manuscript and within two days of sending it the Clarks were greeted with another email surprise from Tate Publishing. The email explained that they received the manuscript and that it was under review. Attached to the email was a contract for the Clarks to sign. Tate Publishing said they were extremely thrilled for the opportunity to work with Madeline and her family.

"Tate Publishing even mentioned that they receive 10's of thousands of manuscripts every year and only a single digit percentile of those go on to review and an even smaller amount go to contract, Madeline's book made it through in two days. It was a very fast process for us," said Clark.

When Madeline was asked what she thought about writing her first published book or what advice she had to give to her peers that may want to pursue the same adventure she had this to say,

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"CLARK" from page 3

"I had fun with it. I didn't have a goal in mind to be published when I started writing it. For people who like to write they should find something they are interested in. Do lots of research because you don't want to mess things up. Eye witness reports are your best sources."

Because Liberty's Daring Mission is time-period specific the amount of research Madeline applied was paramount to the book's success. Much research came by the way of Jud Brennan a long time friend of the family. Brennan would help Madeline in clarifying some of the lingo for the time period of the book. Brennan also helped the family make their own possible bags, beautifully handcrafted leather bags, to carry flint boxes, powder horns, and any other possibles that might be needed. Brennan helped take Madeline back in time.

Patriotism runs deep for Madeline and her family. "My dad has told me stories about my great grandpa serving in World War II. He was a fighter pilot and a POW. A lot of the patriotism comes from those stories. We also read a lot of patriotic-themed books. Then my grandma sent us a YouTube video of the Star Spangled Banner that was sung by a new group called Madison Rising. The lead singer, Dave Bray, is a Navy vet and all of his songs are very patriotic."

"Madeline found this website, anysoldier.com and it was where you could send care packages to the Soldiers who were deployed. She came to us one day with tears in her eyes asking why these guys needed toilet paper, Q-tips, baby wipes and stuff like that. I explained to her that sometimes the guys end up on the front lines and it can take awhile for supplies to get to them. So, she took some of her own money and purchased a bunch of items to put in a couple of boxes and sent them off to Iraq and Afghanistan. Madeline found the website on her own just by being curious and doing research without any prompting from Hope, me or anyone else. From listening to stories about my granddad that I've passed on to her and other military people that we know...she took it upon herself to realize and understand the sacrifices that members of the military have made and continue to make," said Clark.

Along with American history, reading, writing and American pride, Madeline enjoys being outdoors. She loves the month of March for the daylight and because it starts to get a little warmer. During the summer months you will find Madeline and her sisters outside walking, hiking, playing with the dogs and enjoying everything that an Alaskan summer has to

offer.

Madeline isn't sure that she'll write another book, she has so many things she'd like to try. She is a young, carefree girl, filled with a tremendous amount of love and patriotism and will go wherever inspiration takes her.

Below is a segment from Madeline Clark's book, Liberty's Daring Mission. If you are interested in reading more visit: <http://www.tatepublishing.com/bookstore/book.php?w=978-1-62147-632-0>

Levi turned. Tears filled Liberty's eyes as she rushed to Levi.

"Levi, don't go please." Tears rolled down her cheeks. Levi held her close. "Levi, you can't go."

There was silence for a long moment. Then Levi broke the silence by saying, "Gee, Bert, you sure know how to make a guy feel bad."

Paul walked over. "Liberty's right, Levi."

"Father, I'm going. This is my fight. The cause is too important to me to let it go to waste," Levi said.

"Levi, please listen to reason. Father is right. I couldn't bear it if you were killed," Liberty begged.

Paul sighed and slowly walked back to the

porch.

"I won't get killed, Liberty. I'll come back, I promise," Levi said.

Levi reached into his knapsack and pulled out a knife. He handed it to Liberty. It was his prized knife; on it, was the word America.

"Liberty, I'm coming back. I'm not letting some dirty Redcoat get the best of me. I want you to keep this for me. Keep it clean and sharp until I come back."

Liberty nodded. "I will, Levi."

Levi embraced Liberty. "Good-bye, Liberty. Remember freedom and liberty is worth fighting for." ■



The Clarks take a moment from their busy Alaskan living to pose for a family picture in front of their family's swing set. Front row: Dani Clark. Back row: Hope, Dan, Madeline and Ellie Clark. Photo courtesy Fort Greely Public Affairs

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Earthquakes: Be prepared and aware

By Helinka Papison
Directorate of Plans, Training,
Mobilization and Security

Earthquakes are not uncommon for the country of Alaska and the effects of an earthquake can be felt at various locations within the state. Typically, these earthquakes measure 2.5 or lower on the Richter scale and are rarely felt. However, there are those occasions when a more intense earthquake occurs and its effects are intensified.

The following are things you can do to protect yourself, your family and your property in the event of an earthquake:

Before an Earthquake

To begin preparing, you should build an emergency kit and make family communication plan.

Fasten shelves securely to walls.

Place large or heavy objects on lower shelves. Store breakable items such as bottled foods, glass and china in low, closed cabinets with latched.

Fasten heavy items such as pictures and mirrors securely to walls and away from beds, couches and anywhere people sit.

Hold earthquake drills with your family members: Drop, Cover and Hold-On are the three key words to remember.

Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each family drill.

During an Earthquake

If Indoors:

DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.

Do not use a doorway except if you know it is a strongly supported, load-bearing doorway and it is close to you. Many inside doorways are lightly constructed and do not offer protection. Stay INSIDE until the shaking stops and it is safe to go outside. Do not exit a building during

the shaking. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.

DO NOT use an elevator.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

If Outdoors:

Stay there.

Move away from buildings, streetlights, and utility wires.

Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls.

If in a Moving Vehicle:

Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Proceed cautiously once an earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If Trapped Under Debris:

Do not light a match.

Do not move about or kick up dust.

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

After an Earthquake

When the shaking stops, look around to make sure it is safe to move. Then exit the building.

Expect aftershocks. These secondary shockwaves are usually less violent than the main quake, but can be strong enough to do additional damage to weakened structures and can occur in the first hours, days, weeks, or even months after the quake.

Help injured or trapped persons. Assist infants, the elderly, and people with access or functional needs. Give first aid where appropriate, but DO NOT move seriously

injured persons unless they are in immediate danger of further injury. Call for help.

Look for and extinguish small fires. Fire is the most common hazard after an earthquake.

Listen to local radio stations and television, if on duty, tune to the Command Channel, or Stay away from damaged areas. Stay away unless your assistance has been specifically requested by the local police. Return home only when authorities say it is safe.

After it is determined that it's safe to return, your safety should be your primary priority as you begin clean up and recovery.

Open cabinets cautiously. Beware of objects that can fall off shelves.

Inspect Utilities (Note: Ensure a professional inspects all utilities if you feel there is damage.)

Check for gas leaks. If you smell gas or hear blowing or hissing noise, open a window and quickly leave the building. Turn off gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call a professional first for advice.

Check for sewage and water lines damage. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes.

If you require more information the following websites have additional information on how to plan and prepare for an earthquake as well as other natural, technological and terrorist hazards:

www.ready.gov
www.fema.gov www.ready.army.mil www.redcross.org

Preparedness is the responsibility of everyone. Be Prepared, be Safe. ■

www.greely.army.mil

INTERCEPTOR 5

H₂O, MREs and me

By 1LT Christopher Lucca
49th Missile Defense Battalion

Fitness within the Army has become the foundation for its success in our accomplishments over the years. If one is not physically and mentally tough then it is probably safe to say that the production out of that person will be minimal. In order to assist in the development of our Soldiers, the Army has a nutritional program put into place. This program consists of three primary elements: Drinking water, Meals-Ready to-Eat (MRE), and an all around healthy diet program.

Drinking water has a direct correlation with the production of our Soldiers in and out of the field. It has been found that drinking water will help regulate your body temperature and therefore will help with a Soldiers focus on their tasks. Everyone in the military who has gone through any form of basic training has heard those two annoying words from their leadership "Drink Water!" As it turns out, that particular phrase is actually in the soldier's best interest. Not only is drinking water the best way to stay hydrated but it can potentially cool you off on those 100 degree / 100 percent humidity days. Now granted, in Alaska, the odds of having those conditions

are very slim but those cooler days consume us for about nine months of the year. Drinking water in the winter time or even on a cooler fall or spring day can save lives. Depending on what your body is accustomed to, most people don't get that urge to drink water when the temperature is cool and brisk. This, in-turn, causes many people to dehydrate without any warning and in some cases may hospitalize some Soldiers or civilians.

The second leg of the Army's nutritional tripod is the Meal-Ready to-Eat, also known as, MRE. These not-so-pleasant pouches of "food" actually provide a great deal of nutrition needed for every day wear-and-tear on our bodies. Each MRE is filled with 1,275 calories as well as one-third of the nutrients needed for our bodies to perform. If you did that math, that means that in order to get the sufficient nutrients we need then we would have to eat three MREs a day. Many Soldiers would have you believe that the Army only provides us with the lowest bidder product (which is mostly true) but they also have every Soldier's safety in mind when making those decisions about what we ingest. The term three "square" meals a

day couldn't have taken a more literal term then that of the MRE.

The last portion of the Army's nutrition is a healthy diet. For those of us that have put on that "winter weight" knows that in order to get back into tip-top shape is to maintain a healthy diet. Yes, running on the treadmill and lifting weights helps immensely but sticking to a healthy diet is quintessential to achieving our fitness goals. I'm sure we have all been told to stay away from the fast food so I won't beat a dead horse. Nutritionists have assisted the Army with providing guidelines for a healthy diet and anyone with access to the internet or an Army nutrition guides can read up on them. Primarily, the Army tells us to eat our greens (raw or steamed), stay away from the "bad-fat" foods (use non-trans fat foods), and cut down on the majority of sweets that we intake. Using the method of making other people fat so that you look skinny won't work, however, eliminating all those "feel good" foods will. A helpful hint for us is would be if it sounds like it would taste good then the odds that it is actually good for you decreases. I, of course, am not referring to those who have

healthy diets already because obviously you have found out the trick. The flip side to that is, if you know some tips to staying healthy, then share them don't hide them.

Everybody needs a little help here and there and ultimately it is up to every individual to maintain their physical fitness. A little self-control will go a long way towards succeeding in becoming a healthy person. ■



Eat right, your way, every day

By Tara C. Dombeck
U.S. Army Public Health Command

Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy and that you must eat a boring regimen of meals every day. That can be discouraging, especially if you have certain cultural, ethnic and lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods; you can make small adjustments to your diet while still enjoying the foods you love.

March is National Nutrition Month and the theme for the month is "Eat Right, Your Way, Every Day." This theme encourages everyone to continue following their food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices.

Good nutrition is also one of the Army surgeon general's top priorities for building and sustaining good Soldier and family member health through the "Performance Triad." Nutrition, along with a focus on healthy activity and sleep, is one of the three legs of the triad.

Choosing to eat a healthy diet has many benefits, including enhancing fitness and performance. As well, consuming a healthy, well-balanced diet may reduce a person's risk of developing certain chronic diseases, including high blood pressure, Type 2 diabetes, and some types of cancer, as well as obesity. Many Americans do not meet the recommended guidelines for a well-balanced diet, which includes each of the five major food groups: fruits, vegetables, grains, proteins and dairy products.

If you have decided to choose a more healthy diet, here are a few simple tips you should follow every day, no matter what your food preferences are:

Add more fruits and vegetables to your diet each day: Place fruits and vegetables in highly visible places on your kitchen counter, pack fruits and vegetables in a cooler to take with you when you are on the go, and choose steamed vegetables as side items when eating at your favorite restaurant (rather than choosing vegetables cooked in butter and oil or covered in sauces, which add extra calories from fat).

Eat more whole grains: Choose whole wheat breads and pastas and whole grain rice rather than white varieties of these items.

If you enjoy meat as part of your diet, choose low-fat options, such as lean cuts of beef and chicken, and certain types of fish (such as salmon and trout). If you do not eat meat, you can get protein from beans, soy products, nuts and seeds. Eggs are a good source of protein, but you should limit the amount of egg yolks you consume to no more than one a day since they contain cholesterol and saturated fat.

Choose low-fat and low-calorie dairy products, such as skim milk, rather than whole milk; limit the amount of cheese you consume.

Decrease your intake of salt and high sodium foods. Check labels for low-sodium items.

Make better beverage choices by drinking plenty of water every day, and choosing calorie-free beverages, 100 percent fruit juices, and fat-free milk.

Pay attention to portion sizes. Many people eat more than the recommended serving size of

foods, so choose smaller portions. Stop eating when you feel satisfied.

Always practice food safety by washing your hands before preparing and eating food and by keeping raw meat and fish separate from fruits and vegetables when preparing meals.

Eating right does not mean that you must give up your food preferences. Eating right, your way, every day means taking small steps that will make a big impact on your health no matter what your lifestyle and cultural preferences are.

For more information about eating a healthy, balanced diet, visit the following Web sites:

Academy of Dietetics and Nutrition, <http://www.eatright.org/>

Operation Live Well, http://www.defense.gov/home/features/2012/0812_live-well/ ■

Can't sleep? Ways to help you feel rested when traveling

By Laura Vasquez
U.S. Army Public Health Command

Do you ever find yourself struggling to fall asleep at night, yet falling asleep during briefings after a day of traveling? You are probably experiencing jet lag. Jet lag is a common sleep disorder that occurs when crossing time zones and disrupts the body's natural "biological clock" that tells you when to sleep and when to stay awake. Jet lag is a significant concern for Soldiers, civilians and retirees that travel often for temporary duty assignments deployments or permanent change of station moves. It can take several days to several weeks to adjust for jet lag's effects, leaving the traveler feeling fatigued and prone to accidents related to insufficient sleep.

Sufficient (six to eight hours a night), healthy sleep is one of the Army surgeon general's top priorities for building and sustaining good Soldier and family member health through

the "Performance Triad." Sleep, along with a focus on healthy activity and nutrition, is one of the three legs of the triad.

Lack of sleep impedes mission readiness. Incidents of friendly fire and navigational errors have occurred as a result of a lack of sleep. Insufficient sleep also contributes to motor vehicle and machinery-related accidents or deaths in the military and the general population. Sleepiness impairs the ability to think clearly, perform complex mental tasks, form memories and solve problems. Going 24 hours without sleep is comparable to being legally drunk in all 50 states.

Sleep is a restorative process necessary for muscle repair, memory consolidation, appetite control, hormonal growth and regulation, and is a part of a

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Women's History Month 2013

Theme: Women Inspiring Innovation through Imagination Celebrating Women in Science, Technology, Engineering, & Mathematics

By Mary Maczko
Equal Employment Opportunity Office

healthy immune system. Adequate quality and quantity of sleep allow you to wake up feeling refreshed and alert for the day. Sleep is a necessity to perform well and is as crucial to mission readiness as fuel, food and fire power.

Fortunately, there are some actions you can take to minimize the effects of lack of sleep from jet lag and its impact on performing your duties:

Tips for travelers from the National Sleep Foundation:

Choose flights that allow early evening arrival. Stay up until 10 p.m. local time.

Prepare for time zone changes. Wake up and go to bed earlier several days prior to an eastward trip, or wake up and go to bed later for a westward trip.

Limit daytime naps. If you must nap during the day, limit the nap to less than two hours in the early afternoon.

Change your watch to the destination time zone upon boarding the plane.

Bring earplugs and blindfolds to block out unwanted noise and sound while sleeping.

Avoid alcohol or caffeine three to four hours before bedtime. Both act as stimulants that interfere with sleep.

Avoid heavy meals upon arrival at destination. Avoid vigorous exercise close to bedtime.

Get some sun. Daylight is a powerful stimulant for regulating the biological clock. Staying indoors worsens jet lag.

Talk to you doctor about sleep aids. There are several over-the-counter and prescription sleep aids that can be taken short-term to minimize jet lag's effects.

So next time you're on the move, take these tips with you to snag a better night's sleep.

For more resources on dealing with jet lag or other sleep disorders, visit these Web sites:

National Sleep Foundation, <http://www.sleepfoundation.org/article/sleep-topics/jet-lag-and-sleep>

U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/sleep>

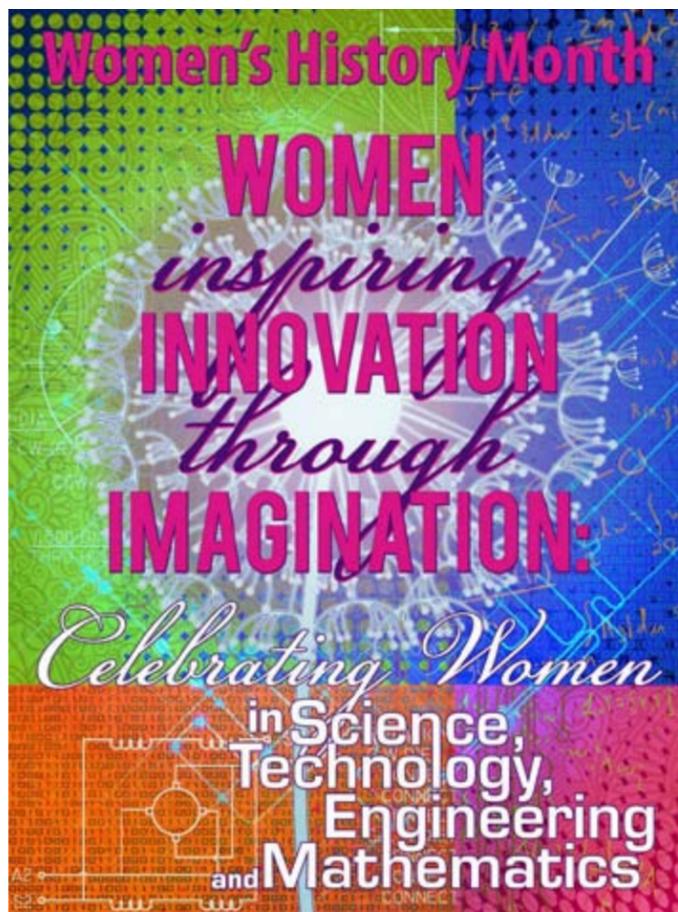
www.cdc.gov/sleep ■

In 1980, President Carter issued the first Presidential Message publicly recognizing the importance of women's history. Thirty-three years later President Obama's Presidential Proclamation declaring March as National Women's History Month continues to ensure that the stories, struggles, and achievements of American women are recognized and celebrated in schools, workplaces, and communities across the country.

The knowledge of women's history provides a more expansive vision of what a woman can do and breaks through the barriers of often limiting gender stereotypes. Recognizing women's historical experiences expands the perspectives of women and girls, encouraging us to think larger and bolder. The perspectives of men and boys are also expanded through women's history gaining a fuller understanding of the female experience. One of the most dramatic demonstrations of the need for women's history is seen in the cultural stereotypes about women's abilities in math and science.

The 2013 theme, "Women Inspiring Innovation through Imagination" addresses this harmful stereotype by highlighting the amazing contribution of women in the specific fields of science, technology, engineering, and math, commonly referred to as STEM. Thousands of American women have, and continue to, make the world a better place through their work in the STEM fields, yet how many of us know their names or know their accomplishments? Let's also venture close to home here in Delta Junction and Fort Greely as acknowledge and pay tribute to those women in Delta Junction and Fort Greely who have successfully excelled in the areas of Science, Technology, Engineering and Math.

The Fort Greely Women's History Month Celebration is March 21, 11 a.m. at the Aurora Community Activity Center. All Team Greely members are welcome and encouraged to attend this cultural awareness event. ■



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I had been dreading the idea of snow machine training with Fort Greely's Family and Morale, Welfare and Recreation Outdoor Rec. for years. It wasn't because I didn't enjoy being outside in the cold and it wasn't because I thought I wouldn't like snow machining. It always seemed like such an ordeal and the times I did sign up for the training inevitably the class was canceled or I had decided to make other plans a few days out.

My other plans usually included work and where those work plans may have been enjoyable for me those feelings certainly weren't reciprocated by the rest of my family. Therefore, on the weekend of Feb. 16, I committed not only myself, but my husband and 16 year-old son for snow machine training and a trip on a local trail with ODR.

It was Valentine's Day weekend and I was convinced that as the time grew closer to going I should have stuck with the traditional heart-shaped box of candies and called it good. Chocolates rarely disappoint, but when they do my family never complains about the nibbled mystery chocolates that get placed back in the box. Despite my misgivings I kept a positive attitude at home and ignored the unappreciative grumblings of an early morning from my spouse and child as they gathered up their gear for the trip.

On Saturday morning we left early enough to eat breakfast at the Launch Room Dining Facility, which for my son is a treat in and of itself. We were greeted with friendly smiles and the best breakfast one can find in over 100 miles. Instantly, the grumblings from before had stopped and the mood began to lighten.

After a leisurely breakfast, we headed over to ODR where we were met by the new Outdoor Recreation Manager, Brent Bookman. He was delightfully friendly and eager to make sure that we had everything we needed in the way of gear and comfort. He led us over to the helmets and pointed out the best ones for snow machining and let us try them on to guarantee the greatest possible fit. Outdoor Recreation Specialists,

Paul Doroshenko and James Johnson, were also on hand and in good spirits. Quite honestly, we were treated like family that had just arrived during the most festive holiday season. It was a welcoming surprise.

We waited for a few moments for other participants to arrive before we began the training. Bookman's philosophy is to offer training before every trip when possible so that they don't have to turn anyone away from going on a trip. All that is required is an extra \$10 for the training and for interested parties to arrive 30 to 45 minutes prior to scheduled trip departures.

The training consisted of a 20 minute informative video followed by visual and hands-on demonstrations by Doroshenko. He was extremely knowledgeable and though I can't speak for the rest of the group I felt at ease knowing my family and I were heading out with someone so experienced.

When the training concluded the group was given a few moments to gather their belongings before conveying out to Quartz Lake. It was so simple. We gathered our own gear, our borrowed helmet, and ODR took care of all the rest. Everything was loaded and ready to go.

I hadn't been on a snow machine in years and had forgotten how it felt and what to expect. I wasn't sure where we were going once we arrived at Quartz Lake, but I sat back and enjoyed the ride just the same.

We parked our vehicles in a makeshift parking lot on the frozen lake and geared up the rest of the way while Doroshenko and Bookman unloaded the machines and parked the trailers. Again the FMWR crew went over how to start the machines and

explained the difference between the older and newer models. I saw the newer, bright yellow trail machines and thought, "Oooh those are pretty and they look fast!" Then I saw one in the back that looked lower to the ground, wider and clearly unwanted by the rest of the group. I took it. It was a Polaris RMK and it might not have been as maneuverable as the newer versions, but it was perfect for me.

We lined up in order behind Doroshenko with Bookman bringing up the rear. I have to tell you that from the moment I revved the throttle until hours later when we came back I couldn't stop smiling.

At first I was a little nervous, as I said before, it had been years since I had been on one and frankly it probably was the same make/model only new at the time. I was third to last in the group and watched momentarily as the rest of the group headed down the trail. I was worried that my machine wouldn't go, I'd hit a tree, or worse fall through the Good Pastor River where we were headed.

All of those fears went away when the machine sputtered and lurched forward. I went up and over a small embankment, hit the main trail and sped forward to catch up with the group. Immediately I was catapulted backward in time to when I had my beloved 2009 BMW F650GS motorcycle. No, the ride was not comparable in maneuverability or speed, but the wind in my face and leaning hard

Watery eyes, runny nose, and borrowed Polaris thrill local gal

By Deborah Coble
Public Affairs

See "THRILL" page 10

“THRILL” from page 9



into turns (it was a beastly snow machine) brought back thrilling memories.

The trail ride was beautiful and I could not have asked for more pleasant scenery on my first ODR snow machine trip. On our way out to Good Pastor, Doroshenko would stop along the way to check the safety of the group and to allow for photos. Bookman and Doroshenko were in communication with each other the entire time and the trip went flawlessly. They took us up the Good Pastor River until we found deep powder to ride the machines in – a whole other experience than trail riding. They didn't laugh out loud when a few of us got stuck; they rushed over to assist so that the group could get back to having fun. When we hit the deep powder and the wide open spaces that's when we were able to open the throttles and really see what we could do. If you close your eyes and imagine a crazed woman leaning forward over the handlebars with watery eyes from the frozen wind, runny nose from the cold, and drool from excitement going as fast as she dares to go then you will successfully picture me and my physical state of presence during that 40 or so minutes on the Good Pastor River. It was amazing. ODR gave me back a feeling I thought would be lost forever when I sold my bike.

We were all a little faster on our machines on the way back...we were experienced now and our heads were held a little higher. When my family and I arrived back at our vehicle on Quartz Lake we were pretty tired, but unanimously agreed that we had a great time and it that it was way better than any mystery chocolates we might have received. Bookman collected our helmets to save us a trip back to Fort Greely, while Doroshenko took the snow machines and loaded them back on the trailers. They took care of everything.

Special recognition must be made to Recreation Specialist, James Johnson, who has the least glamorous part of the trips, but important just the same. Johnson keeps those snow machines running in excellent condition even after speed-hungry women like me have their day of fun.

It was truly a trip of grandiose enjoyment. We got every penny's worth and more. ■

Fort Greely members enjoy a day out with Family and Morale, Welfare and Recreation's Outdoor Rec crew on a local trail ride to Good Pastor River. Plenty of wide, open spaces to soak up the sun and spray the powder.

Photos courtesy of Fort Greely Public Affairs

Reprinting story to correct name of author from CPT Mariano Barjas to 1LT Melkart Hawi

Looking to Malala

By 1LT Melkart Hawi
49th Missile Defense Battalion

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

all mankind.

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

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

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

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



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

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

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

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

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

Sources:

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

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

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NEW BOYZ

DATE ADDED TO THE ALASKA TOUR

Meet & Greet & More

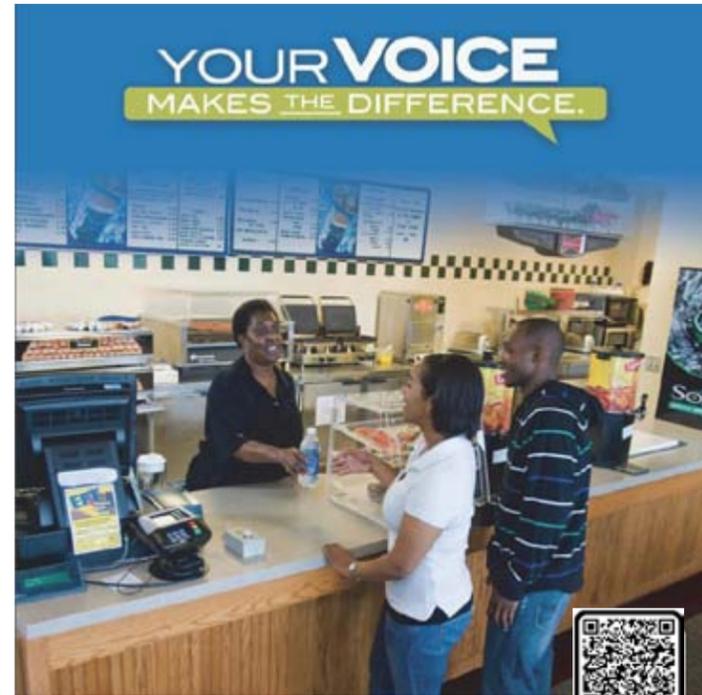
March 4

6 p.m.

Aurora CAC Fort Greely

Some language may not be suitable for all audiences.

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Clara Barton Society Elegant Afternoon Tea

Sunday, March 3, 2013
1:00pm-3:pm
Girl Scout Building
431 Old Steese Highway

Please Join the American Red Cross of Alaska in celebrating the continued support of Clara Barton Society Members and the encouragement of new members with:

- Fragrant Teas by Sipping Streams
- Gourmet Tea Party Menu
- Raffles
- Mystery Box Outcry Auction
- Door Prizes
- A *Fancy* Tea Party Hat Contest
- and more...

Tickets are \$20 in advance or \$25 at the door



For more information or to purchase tickets contact Michell Daku at 456-5937 or Michell.Daku@redcross.org

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MARK BEGICH ALASKA
 U.S. Senator for the State of
 Official Website: <http://begich.senate.gov>

The Begich Minute: Begich Receives "Eagle" Award for Work to Advance U.S. National Guard Interests

In recognition of his legislative efforts on behalf of National Guardsmen and their families, U.S. Sen. Mark Begich was awarded the G.V. "Sonny" Montgomery Eagle Award by the Enlisted Association of the National Guard of the United States (EANGUS).

Specifically, Sen. Begich was honored for his work expanding space-available travel benefits for National Guardsmen and their families and for his advocacy against the disproportional cuts proposed to the Air National Guard last year by the Air Force.

"I am both honored and humbled to receive this year's Eagle Award. Our National Guard members fight for our country overseas and we rely on them back home for homeland defense, search and rescue and a myriad of other missions. They are the oldest component of our Armed Forces and expanding their space-available benefits was long overdue."

<https://www.youtube.com/watch?v=bPiwMpvMRsY>

Alaska is one of the top 15

states/territories with the highest National Guard Membership per 1000 of Population. During his tenure in the Senate, Sen. Begich has been a vocal advocate of expanding benefits for National Guard members and their families.

Begich was presented the award from Stephen Burris, the President of the Alaska National Guard Enlisted Association (ANGEA). President Burris is also the Chief Superintendent of 176th Air Control Squadron (ACS) at Joint Base Elmendorf-Richardson (JBER) in Anchorage.

About the award: The Eagle award recognizes individuals who have notably advanced the interests of enlisted soldiers and airman in the U.S. National Guard. The award is given each year to a U.S. Senator and a U. S.

Representative. The award is named in recognition of Sonny Montgomery, a Congressman from Mississippi who served for 30 years in the House of Representatives. He was a retired general from the Mississippi National Guard who served in WWII. ■

THE BEGICH MINUTE
 U.S. SENATOR FOR ALASKA
 FEBRUARY 8, 2013

Alaska National Guard Enlisted Association

BEGICH.SENATE.GOV



Safety and Wellbeing Corner

Stay safe and avoid slips, trips and falls

By Fort Greely Garrison Safety Office

Recent winter weather has brought the danger of slips, and falls. Department of Public Works (DPW) will continue to remove snow, gravel sidewalks and roads, and use ice melt to reduce slip and fall hazards as much as possible. It is important for individuals to recognize the hazards of slippery sidewalks and roadways. There are several things that can be done to reduce the risk of falling when slippery conditions exist. Here are some helpful hints. Wear boots with a good tread. Slick leather or plastic soles on shoes will definitely increase the risk of slipping. When getting out of your vehicle, look down at the surface. If it's coated with ice you might want to park in a different place. Use special care when entering or exiting Vehicles, use the vehicle for support. Before standing brace yourself with the vehicle door and seat back, this will give you some stability. Step - Don't jump from vehicles and equipment. Don't walk with your hands in your pockets. This reduces the ability to use your arms for balance if you do slip. Take short shuffling steps in very icy areas. Don't carry or swing heavy loads, such as large boxes, cases or purses that may cause you to lose your balance when you are walking. Don't step on uneven surfaces. Place your full attention on walking. Test potentially slick areas by tapping your foot on them. Keep walkways clear of debris, water, ice and slippery materials. Wear ice cleats, but make sure to

take them off when you enter a building. And lastly when you enter a building and it is icy, there should be a bucket of gravel by the door, please spread it out on the ice. ■



Burn Safety Awareness

By Fort Greely Garrison Safety Office

Fire safety prevention is a key element of employee safety in the workplace. Thermal, chemical, and electrical burns are common types of burns associated with workplace tasks. According to the American Burn Association, 45,000 people were treated for burn related illness; including 25,000 at hospitals with burn centers were recorded. Burns are characterized into three classifications:

First-degree Burns- Minimal tissue damage involving the (epidermis) skin layer.

Second-degree burns- Burns that produce severe pain and swelling to the (dermis) skin layer.

Third-degree burns- Most serious of all burns, involving the (Hypodermis) skin layer causing permanent damage. Seek medical attention as soon as possible.

Only First-Aid trained employees should assist in treating a burn illness. Ensure there is a stocked first-aid kit, including a blood-borne pathogen kit and eye wash solution available. Treat most burns with a dry, sterile bandage and apply loosely to the exposed area. When treating chemical burns, use cold running water in the exposed area of the body and wrap with a dry bandage.

Electrical burns can cause serious damage to your skin and to your health. Although an electrical burn might not look serious, damage occurs deep into the layers of your skin. Electrical burns can also cause irregular heartbeat, depending on the amount of electricity, so always seek medical attention.

Preventing fires in the workplace must be a top priority. Burn and fire hazards in the workplace occur through compressed gas leaks, improper inspection of fire extinguishers, hot surfaces/liquids and vapors. The following are ways to help prevent fires from occurring in the workplace:

Good housekeeping: Loose debris is a potential place for a fire to begin. Inspect all fire extinguishers each month, ensuring that each extinguisher is fully charged and safety pin is intact.

Ensure that Fire Extinguishers are maintained near propane and compressed gases.

Keep all flammable and combustible materials in a designated location and stored in appropriate containers.

Keep a Material Safety Data Sheet (MSDS) in a recognizable area for employees to view at any time when handling chemicals and ascertain which appropriate Personal Protective Equipment is required.

Store all chemicals correctly accordingly to MSDS and manufacturing guidelines. ■

FrontLine Employee

Wellness, Productivity, and You!

March 2013

Fort Greely Army Substance Abuse Program

Be an "Active Listener"

Active listening is a learned skill that elevates and makes communication more valuable and effective. When you actively listen, you're engaged, taking turns confirming what you've heard, restating the key points, and demonstrating interest in the most important communication goal — understanding and agreeing on what is being communicated. When you are actively listening, you are less prone to distraction. You validate the speaker, and you get details and instructions "right" the first time. With practice, active listening becomes second nature and adds to your value as an employee. Professional counselors are taught active listening because it is powerful and helps clients or patients feel heard and hopeful. You can start practicing active listening today. You'll discover the hidden benefits of effective communication at work, improve your relationships, and may feel more engaged with your job.



How to Demonstrate Leadership Now

Is a leadership position in your future? There are plenty of ways to demonstrate leadership potential at work. Critical leadership skills include being proactive at thinking ahead to prevent problems on the job, being decisive even when faced with uncertainty, offering assistance to others, being an active listener, demonstrating a good work-life balance, working from a "service oriented" perspective, leading by example, being willing to take sensible risks, showing self-awareness, and receiving feedback like a pro. Strong leadership skills aren't just about delegating and setting directions. They are about personal competency. Practice these behaviors and others will take notice.



Take the Stairs!

Small increments of physical exercise such as raking leaves, taking the stairs, or adding a longer walk to a building's entrance have a cumulative effect in giving your body the exercise it craves. Even two minutes count. It can all add up and equate to a gym workout. A study of more than 6,000 American adults showed that an active lifestyle approach, as opposed to structured exercise, may be just as beneficial in improving health outcomes, including preventing metabolic syndrome, high blood pressure, and high cholesterol. The secret is making *movement* a way of life.



On-boarding Yourself

If you're a new hire, consider creating a personal "on boarding" plan for yourself. Whether or not your employer has a formal program to orient you to the organization, organizing yourself around a few tasks can increase your chances of discovering what is expected of you by the organization and avoiding unpleasant surprises. 1) Create a checklist of important people, especially those with authority or in leadership roles. Know who they are and what they do. 2) If miscommunication happens in the first few days or you feel overlooked, out of place, or wonder "what's next," be patient with your employer. Don't assume they aren't excited about having picked you for the position. 3) Find a mentor. Pick someone and ask if he or she would mind being available to show you the ropes. Make this your go-to person. This will prevent you from feeling disconnected and will keep your confidence level high. 4) If you find yourself alone without direction, don't assume the other staff members don't care. Instead, use this time to demonstrate initiative and plan for anticipated assignments. 5) If needed, suggest activities, tasks, field trips, or research projects to help orient you to the organization. 6) Ask your boss for regular opportunities for two-way feedback, and be gently assertive in making it happen if needed. Your No. 1 goal is knowing you are on the right track, no matter what your duties or work goals. Following these steps will create an impression, keep you forward-looking, set the tone for your work style, and help ensure your success in the years ahead.



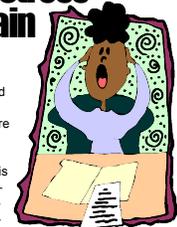
Create a Cache to Change Your Mood

Start collecting a personal cache of inspiring short articles, feel-good video links, funny jokes, and spiritual messages that you can refer to when you're feeling down. This uplifting and mood-changing technique can transform downcast feelings about a bad day at work, general stress, or a disappointing incident. Normal events can flip the switch and cast a shadow on your sunny mood. The life skill is learning how to get the "positive you" back. It's easier than you think. Your personal collection of positive goodies can recapture your momentum, increase energy, and allow loved ones to enjoy your company more. Psychologists have always known about our ability to change our feeling state. Don't be a victim of unpredictable environmental influences on mood. A word of caution: If you struggle with an ongoing slump, don't rule out professional or medical help. Depression is a treatable disease. Fight it if necessary so you get the happiness back.



Millennial Stress and Strain

Millennial adults aged 18-33 are the most stressed among age groups, and their biggest concerns are work and money issues. An online survey conducted last year by Harris Interactive for the American Psychological Association found that Millennial adults are about 6 percent more stressed than others. Overall, that's not too bad, but Millennials are more likely to also suffer from anxiety or depression. Fifty-two percent report losing sleep over work/money issues in the past year. Not all stress is bad, but managing stress to avoid emotional strain that can lead to anxiety and depression is important. Consistently losing sleep, chronic irritability, gastrointestinal problems, headaches, and depression are a few problems that signal a need to take action.



Marijuana Research: What Should I Believe?

Can getting high on marijuana place you at risk for a stroke? New Zealand researchers reviewed urine samples taken from 160 stroke sufferers between the ages of 18 and 55 and discovered that patients were more than twice as likely to have marijuana present in their system. Plenty of research has produced evidence pointing to the negative health and psychosocial effects of marijuana use. The American Society of Addiction Medicine (ASAM) (an association of medical experts) maintains a strict, research-driven, no-use, no-legalization policy. Although pro-use marijuana organizations target anti-use research in favor of research they believe supports their pro-use position, ASAM's policy positions offer consumers and parents a convincing read. Given the risks, educate yourself and others. The best medical arguments and research summaries can be found at ASAM.org and www.drugabuse.gov.



Employee Assistance Program

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

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

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On the cover: A sleepy male polar bear raises his head for a brief photo at the Alaska Zoo in Anchorage. Male polar bears can weigh anywhere from 600-1200 lbs and be 8 to 10 feet in length. They live, if the environment is kind, up to 25 years on a diet of ringed seals, bearded seals, walrus, and beluga whales. They've also been known to munch on Alaskan fireweed. Photo by Deborah Coble.

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