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Fort Greely INTERCEPTOR



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New fiscal reality...

By **LTG Rick Lynch**
IMCOM Commander

A fundamentally different fiscal reality. We will be hearing some variation of that phrase from Army leaders for a long time to come. The Army's budget is smaller than it has been in previous years, and it will get smaller still. However, a different fiscal reality does not change the reality of what we owe to Soldiers and Families for their service and sacrifice. The Army's commitment to Soldiers and Families remains as strong as ever.

For the last 18 months, the Installation Management Community has been taking a hard look at the programs and services we provide to Soldiers and Families, with an eye not only to costs but also to effectiveness. As the inevitable belt-tightening comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

One of our most important efforts has been to fully establish Survivor Outreach Services, to provide Survivors with longer-term, expanded support and care after casualty assistance ends. SOS staff have made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs, and they continue to enhance services as more Survivors provide feedback. This past year, SOS initiated a Survivor vehicle decal program to ease installation access,

- Launching the Confidential Alcohol Treatment and Education Pilot, a program which allows Soldiers to seek help for addiction without mandatory command involvement.

- Launching a pilot program in which Military Student Transition Consultants join School Liaison Officers in working with school districts, garrisons and Families to help students succeed at their new schools.

- Revising the Total Army Sponsorship Program that helps prepare Soldiers, Families and Civilians for their new duty station.

- Reinvigorating the Army Family Action Plan process, with an analysis and review process that has reduced the backlog of active AFAP issues from 86 in February 2010 to 51 in February 2011.

This is a snapshot of what we have been doing to enhance support for Soldiers and Families. It does not begin to convey the full scope of the programs and services installation management professionals provide every day, including housing, public works, emergency services, environmental programs, recreation, child care, single Soldier programs and Family programs.

When we look at some big indicators, we see evidence that the Army is meeting the needs of Soldiers and Families. The Army is exceeding its recruitment and retention goals, and on the most recent Survey of Army Families, the majority of spouses said they are satisfied with the Army as a way of life. This is significant after 10 years of ongoing conflict—it speaks to the dedication of Soldiers and their Families and the Army's commitment to providing a quality of life commensurate with their service.



established a Facebook page, and held the first annual SOS summit to address challenges Survivors face.

Other efforts include:

- Transforming how Army Community Service delivers services, by cross-training more generalists to handle multiple programs and moving service locations out into communities.

- Adding 44 more Systems Navigators to Exceptional Family Member Programs at 26 installations, to assist Families with special needs members in accessing educational, medical, housing and personnel services on and off post.

- Hiring more than 240 additional Army Substance Abuse Program counselors for installations worldwide.

In the new fiscal reality, it will be more of a challenge for the Installation Management Community to provide the level of support we want to for our Soldiers and Families, but we will. We are finding better and smarter ways to provide services and programs by asking ourselves the same questions Families ask when they look at their own budgets: do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to keep hearing from Soldiers and Family members—through ICE and local AFAP summits, for example—about the specifics of what is working, what needs to be improved, and what is missing. The commitment to supporting Soldiers and Families remains as strong as ever, but more than ever, we have to make sure we are on target in meeting their needs. ■

Fort Greely welcomes new Senior Commander:

By Deborah Ward
Public Affairs



On Dec. 15, 2010 Lieutenant General Richard P. Formica assumed command of the US Army Space and Missile Defense Command/ Army Forces Strategic Command and Joint Functional Component Command - Integrated Missile Defense thus becoming Fort Greely's new Senior Commander.

With the passing of command from LTG Kevin T. Campbell, one of Formica's goals was to visit Fort Greely.

March 30, 2011, Formica made his way to Fort Greely to attend a Leader's Breakfast, personally present the Fort Greely Fire Department with certificates, present Firefighter, Tony White, an Achievement Medal for Civilian Service, and to thank Firefighter Bob Kimball for over 35 years of service.

Formica then received an in-depth Garrison Brief where he requested hearing issues and successes straight from the directors. "With the amount of work that you do and the little resources you have to do it with, you [Fort Greely] remind me of a cold version of Kwajalein," said Formica, "I'm impressed with what you've done."

The briefing was followed by a visit to the new Community Activity Center, the Child Development Center, and the 49th Missile Defense Battalion Prayer Luncheon. A tour of the Delta Community Library and the officiation of a 49th MD Battalion promotion ceremony also made Formica's list of things to do.

LTG Formica was born and raised in Cheshire, Connecticut. He was commissioned in 1977 upon completion of ROTC at Providence

College and graduation from Bryant College in Smithfield, Rhode Island. He graduated from the Field Artillery Officer Basic and Advanced Course, and Cannon Battery Officer Course. He is a 1990 graduate of the Army Command and General Staff College, where he earned a Master of Military Arts and Science Degree. He graduated from the National War College in 1997 and earned a Masters Degree in National Security Strategy.* ■



LTG Richard Formica, commander of the Space and Missile Defense Command/Army Forces Strategic Command, and Command Sgt. Maj. Larry Turner of SMDC/ARSTRAT stands with Fort Greely's Fire Department and Fire Chief Jim Degnan to present the team with a certificate of appreciation for their dedication and selfless service. The Fort Greely Fire Department won Fire Department of the Year (Small Department) 2010. With 43 firefighters, three structural engines, two crash vehicles, one medium rescue with hazardous material and decontamination trailers, two wildland fire fighting apparatuses, technical rescue equipment two 6x6 wheelers and two snow machines, the department helps to protect 7,200 acres on Fort Greely, Alaska and 653,000 adjacent acres of training area.

* stratcom.mil biographies

Negotiating a traffic circle can be a turning experience

By MAJ Dennis Brown
DES



Recently, while leaving the installation at the end of the work day, I observed a narrowly avoided traffic accident.

While following another vehicle traveling west on Big Delta Avenue it entered the traffic circle at the intersection of Robin Road.

As the vehicle moved around the traffic circle, I observed another vehicle entering the circle from the north end of Robin Road. Because this vehicle did not yield properly, the vehicle operator already in the circle had to apply their brakes in order to allow the other vehicle to enter the traffic circle and avoid a collision.

The second vehicle entered the circle and immediately exited westbound on Big Delta Avenue and proceed off the installation. I am almost certain the operator of the second vehicle never noticed the other vehicle in the traffic circle. Had the operator of the vehicle, in the traffic circle, not been observant, both vehicle operators would have become a traffic accident statistic.

There are several myths about traffic circles.

Many people believe they create more accidents, when in fact they have been known to reduce accidents at intersections by as much as 90 percent.

Another myth is that traffic circles are hard to negotiate, but to the contrary they are much like making a right turn on red.

As a point of fact traffic circles cause drivers to decrease speed and decrease the chance for conflict at intersections.

These basic guidelines for traffic circles should help all motor vehicle operators understand what they are required to do when encountering a traffic circle.

- **Slow down as you approach the intersection. You're typically not required to stop**
- **Wait for a gap and merge with the moving traffic into the outside lane**
- **Yield to vehicles already in the circle**
- **Turn left or right from the circle by following the inside lane around and then moving to the outside lane, following it to your exit**
- **Continue driving straight ahead by approaching the circle on the outside lane and staying out of the circling lane**

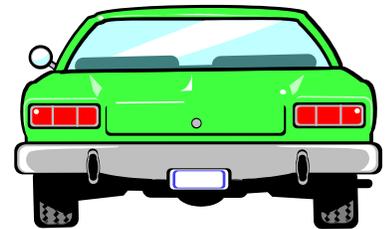
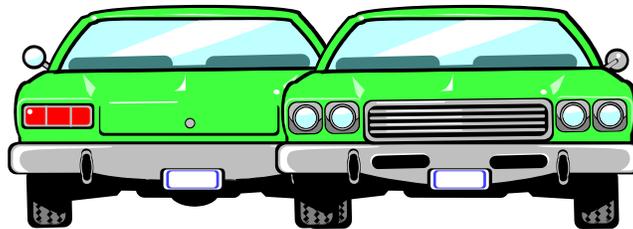
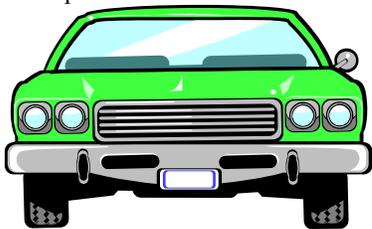
- **Watch for pedestrians, motorcyclists and bicyclists**
- **Keep in mind that buses or large trucks need extra room to make turns and might take up more than one lane in a traffic circle**
- **Obey all traffic signs and road markings**
- **Signal your intent to other drivers when entering, going around and exiting the circle**

All motor vehicle operators are required to know and obey the rules of the road.

Be observant of other motor vehicle operators and drive defensively. No one wants or needs to be a traffic statistic.

If you observe motor vehicle violations please contact the Fort Greely Emergency Services Dispatch at 873-3288 or if it is an emergency call 911.

To read more about traffic circles click the image below:



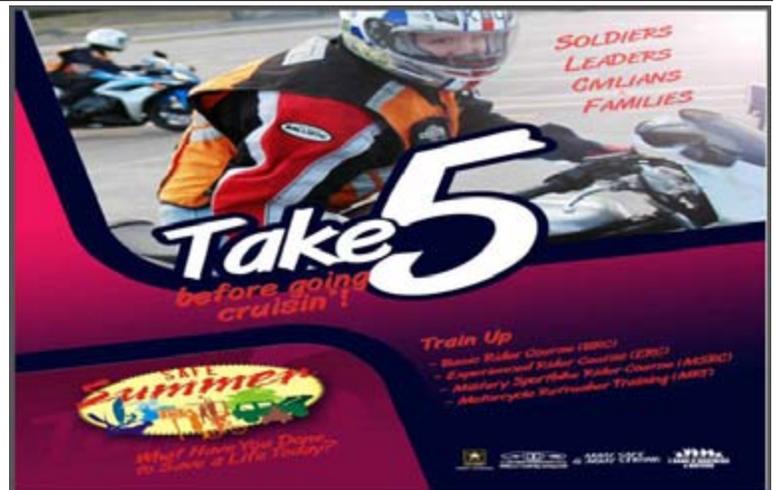
<http://www.ehow.com/cars/>

The Garrison Safety Office and Motorcycle Training

Classes should be available at the end of May or the first two weeks of June. Look for updates on the Marquee and in your "In Box."

You will then need to register on the Web page below:
<https://apps.imcom.army.mil/AIRS/Login.aspx>

Any questions call the Safety Office at 873-5239/5031



Military recognizes role of spouses

By IMCOM Public Affairs

Friday is being set aside to recognize the wives and husbands of more than one million active-duty servicemembers, Guardsmen and Reservists.

May 6, 2011, is Military Spouse Appreciation Day, which the Department of Defense will mark with ceremonies and celebrations on installations worldwide.

President Barack Obama noted that spouses are part “of the force behind the force” during his remarks last month to announce a national initiative tagged “Joining Forces,” which is aimed at increasing the support of U.S. military families.

“They, too, are the reason we’ve got the finest military in the world,” he added.

Military Spouse Appreciation Day has been observed since 1984, with a standardized date later declared to be the Friday before Mother’s Day. This year, the Army reaffirms its steadfast commitment to supporting the hundreds of thousands of wives and husbands of Soldiers stationed overseas and stateside - and those deployed to combat zones.

Additionally, the Army community is recognizing surviving spouses, whose loved ones made the ultimate sacrifice.

“For any leader, the loss of a Soldier is hard,” said LTG Rick Lynch, commander of Installation Management Command. “But the loss that survivors experience is magnitudes deeper and wider.”

“To honor the fallen Soldier’s service and sacrifice for our nation,” Lynch added, “we can do one last thing: Offer support for the loved ones the Soldier left behind.”

It is this type of tribute to spouses that is part of Joining Forces, which was launched April 12, 2011, by First Lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden. Their efforts, based on conversations with military families, will focus on three key areas: employment, education and wellness.

In the area of employment, the first lady said she and Biden will be champions for military spouses as they pursue jobs and advance careers. On education, they’ll help spouses continue their education and obtain degrees.

And on wellness, “we’re going to remind our nation that just as our troops deserve the best support when dealing with the stresses of war and long deployments, so do military spouses,” the first lady said.

And they’ll join forces with private industry. Some companies will inform military spouses working at their stores that they’ll have a job when they move to a new duty location.

Plus the Chamber of Commerce also is stepping up, Obama said, by encouraging members to hire military spouses and veterans and to find mentors for military wives. The Chamber has agreed to host more than 100 job fairs across the country. ■



Child Abuse Prevention requires



safe communities and responsive families

By Tere Pouch

Family and MWR/ACS

In 1989, a Virginia grandmother tied a blue ribbon to the antenna of her car as a reminder of her grandson who died from abuse.

On Friday, April 8, members of the Fort Greely community gathered to show support for the prevention of child abuse.

The children of the Child, Youth and School Services were the first to place blue ribbons on the tree. Other members joined in and placed ribbons in remembrance of our obligation to the safety of all of Fort Greely's children.

The event marked the start of the national observance of Child Abuse Prevention Month.

Lieutenant Colonel Chris Chronis, Installation Commander and Command Sergeant Major Caroline Reynolds, Installation Command Sergeant Major, each placed a ribbon and signed the Installation Child Abuse Prevention Proclamation.

Child abuse can happen in any home in any community and in any family. In 2009, Army Families included 512,938 abused children; in 2010, there were 530,859 abused children - an increase of 17,921 children.

In 2009, the Army child abuse rate was 4.7 cases per thousand Families; in 2010, it increased to 5.7 cases per thousand. Nearly three-fourths (74.35 percent) of the victims were less than nine years old. Specifically, 32.71 percent of victims were under two years old; 24.42 percent were three to five years old, and 17.22 percent were six to eight years old.*

Despite the extensive and ongoing prevention and education efforts child abuse and neglect continues, thus undermining the Family Readiness and Army Core Values.

Many families continue abusive parenting practices because that was the way they were raised.

These practices were considered normal and accepted within the family and they fail to understand the harm that they are causing their children.

Some don't know enough to question what they're doing. Even when they realize that they need professional help, their self-reporting may be distorted by the fear of negative consequences.

Friends, family and neighbors fail to report abuse or suspected abuse because they question their own parenting skills. They don't want to judge others or perhaps they fear retribution, in addition to worrying that they will damage someone's career or may simply feel that it is not their place to interfere in family matters.

Everyone needs to be prepared to report child abuse, not just when they know it is happening, but when they worry or suspect it is happening. There is no excuse for leaving children in an unsafe home.

If you suspect that a child is being abused or neglected call Fort Greely Police Department 873-COPS or FAP at 873-4385.

Do your part to make Fort Greely safe for all children and supportive for all parents. Join the prevention team. Child safety is not only a family responsibility, but also a community responsibility for all children. Get the help you need and ideas on how to help someone else. Learn how to identify abuse and how to report it. Contact the Family Advocacy Program at 873-4385. ■

LTC Chronis and CSM Reynolds pose with some of our precious Fort Greely youth and supportive community members and staff during the signing of the Installation Child Abuse Prevention Proclamation on April 8 of this year. Photo by Emily Fisher.



* Statistics provided from Army Central Register records, courtesy of Dr. James McCarroll, USUHS.



Major General Jennifer Napper, Commanding General of US Army Network Enterprise Technology Command, celebrates the new communications facility grand opening and ribbon cutting ceremony with Rich Garrett and the Fort Greely Network Enterprise Center Team on March 28 of this year. The ribbon cutting ceremony was followed with a cake and punch reception along with guided tours of the new facility. Photo by Deborah Ward

Fort Greely continues to push forward - new Telecommunications Facility celebrates ribbon cutting

By Rich Garrett
NEC

Eight years in the making, 59th Signal Battalion, Fort Greely Network Enterprise Center, enthusiastically celebrates the new telecommunication switch and facility.

Major General Jennifer Napper, Commanding General of NETCOM, and former 59th Signal Battalion alumnus, Colonel Dana Tankins, Commander, 516th Signal Brigade, Lieutenant Colonel Rob Parker, Commander, 59th Signal Battalion and the Fort Greely NEC team dedicated the new Telecommunications Facility at a ribbon cutting ceremony on March 28 of this year.

Parker, delivered an insightful speech that described how this accomplishment is in good standing with a long tradition of Alaska Signal history. Parker quoted the accomplishments of Lieutenant Billy Mitchell, who lead the team that connected Alaska to the lower 48

[continental United States] by telegraph in 1902. He went on to describe how Mitchell worked under the direction of another great Alaska Signal Officer, General Aldophus Greely, the namesake of Fort Greely. Parker described the importance of this new switch and infrastructure and how it will support National Missile Defense at Fort Greely and extend capabilities to all Army installations within Alaska. He ended his speech by thanking the Fort Greely Commanders, Directors, and significant supporters who made this accomplishment a reality.

When Napper cut ribbon the 59th Signal Battalion, Fort Greely and NEC celebrated the completion of an eight year communications renovation initiative that started in 2003 with the complete replacement of outside plant infrastructure. The renovation projected included a dedicated communications manhole and duct system, fiber and copper cable to all installation facilities.

In 2005 ground was broken to build a communications facility that would become the home of a state of the art, Voice over Internet Protocol, data and telephone switch pushing Fort Greely forward into the technological future.

The facility was funded by Space and Missile Defense Command and will continue to provide existing and future mission support to Missile Defense Agency, Ground-based Midcourse Defense, Installation Management Command, Cold Regions Test Center, and SMDC.

The initiative was completed with the planning and installation of the VoIP capable, CS-2100, telecommunications switch which will eventually support other Army installations within Alaska. Included with the switch is a new facility generator, power plant with eight hours of back-up, and an integrated monitoring/notification system that will be monitored from the 59th Signal AK-RNOSC.



Smiling faces were as plentiful as the plastic Easter eggs April 23. Family and MWR hosted the Kinderfest and Easter Egg Hunt event where over 100 people showed up to participate. Gabriel Auditorium was packed with chocolate smudged faces and overflowing Easter baskets.

Photos by Dan Cain



Spring Cleanup a group effort by all of FGA

Everyone is encouraged to participate in the annual Post Spring Cleanup Day. This year, the event falls on Wednesday, May 18.

Each year large amounts of unwanted trash gets deposited on the ground with the help of Mother Nature and careless mishaps like leaving the dumpster doors open or having unsecured trash in the bed of a pick-up truck. While the snow creates a picturesque, white-washed scene in winter, the mud of spring and the brilliant green of summer uncover a canvas of clutter.

In an effort to beautify Fort Greely and the surrounding area, trash bags and safety gear will be handed out in front of Building 702 beginning at 8 a.m., with Spring Cleanup starting promptly at 9 a.m. Sections of the installation and surrounding area have been divided according to directorate and tenant units. A digital map of these areas is available from Department of Plans, Training, Mobilization and Security; 873-3170.

Following the scheduled cleanup and the returning of the borrowed safety gear, there will be a cookout at 12:30 p.m. at the North Haven Communities pavilion. Cleanup participants are welcome to attend. ■

Training opportunity for supervisors

On May 19 from 9 a.m. to 4 p.m. at the Fort Greely Chapel there is a Supervisors Communications Seminar.

This seminar will emphasize improving communications between supervisors and staff. Supervisors need only bring themselves and other material will be provided.

There are approximately 25 seats available. If you are interested in attending this training please contact Dan Miller, Supervisory Environmental Engineer, at 873-3105.



Courtesy photo

Sesame Street/USO visit Fort Greely

By Deborah Ward
Public Affairs

Furry pals from the Sesame Street/USO Experience for Military Families danced and entranced a delighted audience at Fort Greely on April 26 when they performed their two shows.

Children of all ages filed into the Fort Greely Fitness Center Gymnasium to watch Sesame Street characters: Elmo, Grover, Cookie Monster, Rosita and their new friend Katie – a few of the top favorites – take the stage.

The first Sesame Street character to take the stage was Elmo. He entered with furry hands held high and invited the entire crowd to do the “Elmo Slide” along with him. One by one the other characters joined in for a full set of dancing pals.

The show is in its fourth year of production. Originally it was designed to help military families cope with the effects of deployments or when a parent comes home injured. This year, a new theme along with a new Muppet pal, Katie, focused on the transitory nature of military life and how to make new friend in new places – plus keep in touch with old friends.

When 6-year-old Katie, a typically cheerful, friendly and outgoing Muppet, took the stage she told all her friends she was feeling blue; Katie just learned that her father was being stationed somewhere else and she had to move away leaving behind all her friends on Sesame Street.

Elmo and the gang were quick to show Katie, with lots of singing and dancing, just how many different ways there were to make new friends in new places. They focused on how change was a part of life and taking those changes one step at a time was the best way to move forward. Rosita and Grover reminded Katie, how easy it was to write and call her old friends to keep in touch. Once Katie was reminded of the new adventures ahead without having to leave old friends behind, her mood brightened and she looked forward to the move and meeting new friends.

“The whole idea is to give kids lessons on how to make new friends,” USO tour manager Lonnie Cooper said.

While the crowd danced along with their favorite Muppets they waved Elmo twirly lights in the air handed out to each child at the door. The USO and Family and MWR crew also passed out USO bandannas and directed parents to tables filled with buttons, PictureMe books, bumper stickers, Post-it Notes, videos and more for the little ones.

One eager audience member, Lindsey Mayo, summed up the experience when she said, “It was Elmo-riffic!”

The United Services Organizations lifts the spirits of America’s troops and their families millions of times each year at hundreds of places worldwide. Fort Greely is one of approximately 110 performances on 43 posts/bases in Alaska, Hawaii, Guam, Korea, Turkey, Italy, Germany, the Netherlands, Belgium, the United Kingdom and Spain this year.

The USO provides a touch of home through centers at airports and military bases, top quality entertainment and innovative programs and services. They also provide critical support to those who need them most, including forward-deployed troops and their families, wounded warriors and their families and the families of the fallen.* ■

*For more information or to join the USO and their patriotic mission please visit www.uso.org.



(Above) Katie explains to the crowd how sad she feels about having to move again and leave her old friends on Sesame Street behind. Her fellow Muppet pals are quick to tell her how fun it is to meet new friends and see new places. Katie soon realizes change is a good thing. (Below) USO Company Manager, Tom Zaizar, Family and MWR Recreational Specialists Jessica Smith and Brooke Whipple and USO Tour Manager Lonnie Cooper pose for a picture and celebrate another successful show. Photo by Deborah Ward



Window Safety - *a necessity for kids*

By Betsy Wolley
NHC - LLC/ Lend Lease

Preventing falls out of windows is as important as learning how to use one in an emergency. Unattended children run the greatest risk of falls and injuries, so the best first step is to watch your children as they play. No prevention measure can substitute for careful adult supervision. Below are some tips from the National Safety Council:

Windows provide a secondary means of escape from a burning home. Determine your family's emergency escape plan and practice it. Remember that children may have to rely on a window to escape in a fire. Help them learn to safely use a window under these circumstances.

Keep your windows closed and locked when children are around. When opening windows for ventilation, utilize windows a child cannot reach.

Set and enforce rules about keeping children's play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.

Keep furniture — or anything children can climb — away from windows. Children may use such objects as a climbing aid.

For more tips on how to prevent falls from windows, and how to find information to help educate children on window safety, log on to www.nhcalaska.com and select "Safety Net" which is located under the "Resident Programs" menu tab. ■



Assistant Secretary of the Army (Installations, Energy and Environment) Kathrine Hammack (left) and LTG Rick Lynch, IMCOM commander (right) present James Verney (center) with the 2011 Secretary of the Army, Chief of Staff Safety Award. Photos by IMCOM

IMCOM Safety Awards

By IMCOM Public Affairs

Four of the U.S. Army Installation Management Command's top safety performers received recognition from Lieutenant General Rick Lynch, IMCOM commander, in front of a general session at the Installation Management Symposium April 20.

The two garrisons and two individuals won their categories in the 2011 Secretary of the Army, Chief of Staff Safety Awards program, the Army's top honor in the field.

Fort Campbell, Ky., received the award in the excellence in explosives safety category for a team effort in maintaining excellence in their explosives safety program. The garrison's proactive accident prevention and public awareness training was recognized by the department of defense explosive safety board inspection team as a best practice. Its

leaders maintain active involvement in explosive safety efforts.

Fort Bragg, N.C., received the exceptional organization safety award. The garrison directorate of plans, training and mobilization was recognized for participation in the garrison safety program, proactive workplace safety efforts reducing significantly both costs and number of accidents in fiscal 2010, and active leadership involvement.

Maj. John R. Braun, of the Fort Campbell, Ky., directorate of emergency services, received the individual award of excellence for reducing the accident rate through an effective accident prevention program.

James P. Verney, serving the Fort Greely, Alaska, garrison, won the individual award for excellence in safety as a contractor for improving winter driving safety and cold weather injury awareness programs for Soldiers, Family members, Army Civilians and contractors new to the climate.

About the U.S. Army Installation Management Community:

IMCOM handles the day-to-day operations of U.S. Army installations around the globe - We are the Army's Home. Army installations are communities that provide many of the same types of services expected from any small city. Fire, police, public works, housing, and child-care are just some of the things IMCOM does in Army communities every day. We endeavor to provide a quality of life for Soldiers, Civilians and Families commensurate with their service. Our professional workforce strives to deliver on the commitments of the Army Family Covenant, honor the sacrifices of military Families, and enable the Army Force Generation cycle.

Our Mission: Our mission is to provide Soldiers, Civilians and their Families with a quality of life commensurate with the quality of their service.

Our Vision: Army installations are the Department of Defense standard for infrastructure quality and are the provider of consistent, quality services that are a force multiplier in supported organizations, mission accomplishment, and materially enhance Soldier, Civilian and Family well-being and readiness. ■

Everyday Mindfulness for Stress Relief

By Lisa Young

U.S. Army Public Health Command

Do the inevitable stresses of daily living leave you feeling like you are missing out on the joys of life? Would you be interested in learning how to slow down to enjoy life, moment by moment?

Since 1979 there has been a growing interest in what is called “mindfulness” practices. Mindfulness can be defined as a conscious, present-centered awareness in which each thought, feeling or sensation is purposefully acknowledged and accepted in the present moment with a non-judgmental attitude of curiosity, openness and acceptance. Although inspired by Buddhist teachings, there is nothing religious about mindfulness, and it can be practiced independent of religious or cultural influence.

Over the past 30 years, there has been an increase in the study of mindfulness. Current research suggests that mindfulness practices are useful in the treatment of pain, stress, anxiety, depression, disordered eating and addiction. Most recent studies on mindfulness have looked at this new field as a psychological tool capable of stress reduction and the elevation of positive emotions. Studies inquiring into “mindfulness-based stress-reduction” interventions have produced the following findings:

- Benefits of improved immune system
- Increase in positive affect and a faster recovery from a negative experience
- Reducing distractive behaviors to reduce stress
- Emotional regulation and focused breathing resulting in positive responses
- Declines in mood disturbance and stress

Research centered on mindfulness as a tool to elevate and sustain positive emotional states found that meditation practices showed:

- Increases over time in purpose in life and social support, and decreased illness symptoms
- Increased brain and immune function
- Higher subjective well-being promoting the perception of “having enough.”

Mindfulness has been used as treatment for post-traumatic stress disorder at Veterans

Administration hospitals. U.S. Army Ranger Monty Reed stated in an interview for CNN that a therapy that incorporates mindfulness has helped him with the chronic pain, flashbacks and anger resulting from a parachute jump accident. He said, “Mindfulness is a belief system that I use to change my attitude toward bad things that happen to me, and that gives me control of the results or the outcome.”

Mindfulness is also used to help patients with eating disorders, such as weight loss, binge eating, anorexia or bulimia. It teaches patients to focus on the present and eat food with purpose on purpose. The idea is to be aware of any judgments that occur with the eating process, release them, and concentrate on how the food tastes.

When used as a part of therapy for depression and anxiety, psychotherapists have included mindfulness techniques to manage negative thought patterns. Some approaches are focusing on each inhale and exhale of breathing to gain a sense of control, or choosing to visualize a calming time or place that brings a sense of peace.

To experience a deeper sense of living in the moment, try some of the following simple mindfulness exercises:

- Meditation
- Deep breathing
- Listening to music
- Observing your thoughts

- Journaling

Virtually any activity can be a mindfulness exercise if you bring a heightened sense of focus to what you are doing right then. Try it and find yourself less stressed and more grounded in the present moment.

For more information about mindfulness and stress reduction, go to: The Center for Mindfulness in Medicine, Health Care and Society, <http://www.umassmed.edu/content.aspx?id=41252>

National Center for Complementary and Alternative Medicine, <http://nccam.nih.gov/health/meditation/overview.htm>

The U.S. Army Public Health Command (Provisional) focuses on promoting health and preventing disease, injury and disability in Soldiers and military retirees, their families, and Army civilian employees. As well, when it reaches full operational capability in October 2011, the USAPHC will oversee effective execution of full-spectrum veterinary services throughout the DOD. The USAPHC (Prov) was created from the merger of the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command. ■

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POOR SECURITY PRACTICES MAKE ME TIRED!!

FOR ANY OPSEC RELATED QUESTIONS, CONTACT YOUR SECURITY MANAGER OR CALL 907-873-5007

Latrines on Ice

By Brooke Whipple
Family and MWR



Saturday, March 26 welcomed an animated crowd for the Latrines on Ice competition hosted by Family and MWR. Just under 100 folks gathered to watch the odd containers, manifested to look like latrines, zoom past them in a fight to claim first prize.

Laughter was plentiful and some of the adults in the crowd opted for extreme stunts when they took to the snow ramp for races and jumps on the Fire Tower Hill sledding area. That turned out to be the highlight of the day. The weather was perfect and the trophies fitting.

First place went to the team from Cold Regions Test Center (above), second place went to Team Signal from the Network Enterprise Center (left), and third place went to Family and Morale Welfare and Recreation (below). ■



FGA Fire Department puts out Team Heat

By Richard Lester
Family and MWR

In a stunning upset at the end of year Fort Greely Basketball Tournament the FGA Fire Department beat the heavily favored Team Heat to claim the 2011 Fort Greely Basketball league championship.

The Fire Department beat the previously undefeated Team Heat twice in a row 60-58 and 72-65 to claim the trophy. The Fire Department avenged a 75-64 loss to Team Heat early in the tournament led by Chris Zachgo who walked away with MVP honors after turning in a brilliant performance in the second game scoring 30 points and being an aggressive presence on the defensive end.

Along with Zachgo the Fire Department relied on a balanced scoring attack that included Ben Glass, Calvin Fellman, Marshall Brown, and Joe Glass.

Wes Pinkleman led Team Heat with 25 and 29 points in the two championship games.

Despite losing the tournament championship Team Heat had one of the most impressive regular seasons in recent history going undefeated the whole season and into the championship game.

A big thank you to all the participants who came out and played this season along with the referees and fitness center staff who make this one of our most popular activities. Remember to start gearing up your teams for softball season. ■





May 21, 2011

8:30 A.M. - 2:00 P.M.

BBQ Potluck 11:30 A.M. - 2:00 P.M.

Spring is just around the corner
Snow will be melting and we all
know what that means it's time for
the annual Delta Community Clean
Up.

Don't forget to bring your favorite
side dish or dessert to share.
Bring the whole family and help
keep our great community
beautiful and clean!

Location: Visitor Center Parking Lot



PET PARADE

DATE: May 28th **TIME:** 11:30 A.M.

Grab your favorite pet dress it up (or not) and head out to the 2011 Frontier Days for the **CHILDREN'S PET PARADE** (located behind the Sullivan Roadhouse)

Prizes will be awarded!

Come early cause sign ups start at 11:00 **ALL TYPES & SIZES OF PETS WELCOMED**

This event is proudly sponsored by **DURHAM REALTY**

For more info call Dani @ 895-5068

Tuition for Less

By Mark Weller
FGA Education Center

If you are thinking of going back to school to improve your career prospects or for personal interest one of the biggest constraints is the cost of tuition aside from the time you have to schedule for class time and studying.

Although you may take out a student loan to help stretch out the financial burden of tuition, in the end it will cost you more due to interest and fees. One type of loan, a Stafford Subsidized Loan does not start charging interest until the student graduates or is separated from college for a specific period of time.

Two other ways to get financial help is through scholarships and Pell Grants, neither of these will have to be paid back. Or you can find an online school with cheap tuition to stretch your tuition dollar further.

I reviewed some of the tuition costs at the colleges listed at the "goarmyed" website and found the following schools that cost less than or close to \$100 per credit. These are all for undergraduate tuition. The credit cost in parentheses is for out of state tuition.

- Ashworth College \$80/credit Norcross, G.A.
- Columbus Technical College\$87.38/credit Columbus, G.A.
- Fayetteville State University\$110.47/credit Fayetteville, N.C.
- Fayetteville Technical Com. Col. \$56.50, (\$153.40)/credit ... Fayetteville, N.C.
- Kansas City Com. Col.\$74.56/credit Kansas City, K.S.
- Rio Salado College\$71.00 (\$215.00)/credit Tempe, A.Z.
- Savannah Technical College..... \$98.60/credit Savannah, G.A.

We are here at the Education Center Monday through Thursday from 9:30 a.m. to 2:30 p.m. If you have any questions or just want to chat about the career or college you are thinking about, come on by Building 661 or call us at 873-4369 to get information about college or careers. We are just down the hall from the Launch Room. ■



Phones Open NOW for Reservations & Information!

108

**WOODED CAMPSITES AT
THE BASE OF THE MAJESTIC
CHUGACH MOUNTAINS**



Fishing Trips (authorized patrons only*)
Day trip - approximately 30 miles to
Bligh Reef

\$800 - buy boat for 1 day, max. 6 people
(4 people fishing at any given time)
\$250 - optional surcharge to travel 60 miles
to Hitchin Brook and/or Montegue Islands

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

DAILY RATE INFORMATION

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

Daily Tent Sites

\$10 Military
\$20 Public

Large Group Area - minimum 5 tents

\$5/rent Military
\$10/rent Public

RV Pad (20/30 amp)

\$25 Military
\$35 Public

RV Pad (50 amp)

\$30 Military
\$40 Public

Travel Trailers*

\$75

Rental Equipment*

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

*Travel trailers, fishing trips and rental equipment
are not available to the general public.



907.873.4058

May & June

2011 Activity Calendar



OUTDOOR RECREATION

BLOOD DRIVE



You Make a Difference

Hospital patients in need
of your LIFEsaving gift
will thank you.

EAT WELL •
DRINK PLENTY OF FLUIDS BEFORE DONATING •
BRING PHOTO I.D. (with birthdate or SSN) •

Consider giving the "Gift of Life"

Wednesday, May 25th
10:00 am – 3:00 pm
Ft. Greely Building 652

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

Anchorage Main Ctr
4000 Lacey Street
Anchorage, AK 99508
(907) 271-0600
(907) 272-9039 voicemail

South Anchorage Ctr
500 E. Divotek Blvd.
Anchorage, AK 99515
(907) 272-3626

Fairbanks Ctr
Marquette Plaza West
3401 Anchor Way, Suite B
Fairbanks, AK 99704
(907) 456-5440

Blood Bank of Alaska
www.bloodbankofalaska.org

Delta-Greely Summer Blast Off Triathlon

Race Date: June 11, 2011

Time: 10:00 am

\$30 entry fee

Deadline to register: May 20

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

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

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

500 Yard Swim

8 Mile Bike

3.1 Mile Run



Swim Fast, Bike Hard, Run to Win

Fort Greely Middle School receives grant for science and technology program

By Deborah Ward
Public Affairs



Fort Greely Middle School science teacher Pat Krepel, FGMS principal Jeff Lansing and Tara Urdininea administrative assistant for the Missile Defense Agency at Fort Greely contracted through Alion Science and Technology, pose with a launch pad for the water-powered rockets and the \$2,500 grant check given to FGMS as the recipient of the 2011 Science Education Award on April 21.

Photo by Deborah Ward

Tara Urdininea, Administrative Assistant for the Missile Defense Agency contracted through Alion Science and Technology, presented the Fort Greely Middle School principal Jeff Lansing and FGMS science teacher Pat Krepel a grant in the amount of \$2,500 on April 21.

This year is the first time for the Space Exploration program at FGMS. "Our Space Exploration program is an elective course that lets the students explore the wonder of flight. We build and launch three different types of rockets during the course of a semester and explore the science behind launching a rocket. We also try and give them [students] some history as well as look at what the future may hold in space exploration," said Krepel.

FGMS was chosen by Alion to receive the 2011 Science Education Award. Alion gave permission to FGMS to use the grant in whichever way would be most valuable to enhance the school's science and technology programs. Urdininea sent in one of many nominations from across the country and though she was not given the total number of nominations received she does know that only three schools were selected nationwide for the award.

Alion is an employee-owned, technology solutions company that is headquartered in McLean, Virginia. Their mission is to provide technical expertise and operational services to the Department of Defense, civilian government agencies and commercial customers. They are a company dedicated to building stronger communities and strong supporters of STEM (science, technology, engineering and math) educational programs throughout the nation. Alion is providing executive administrative support to the Missile Defense Agency at Fort Greely. ■



Recently released photos by Cold Regions Test Center show an Alaskan National Guard Soldier from the 297th Infantry firing a Javelin missile on Washington Range.

Almost immediately after firing, the missile narrows in on its target - a Russian tank, also on Washington Range.



The Javelins were tested at CRTC to determine the functionality and performance of the missile in an extreme cold environment.

Photo by Mark Hunt



FrontLine Employee

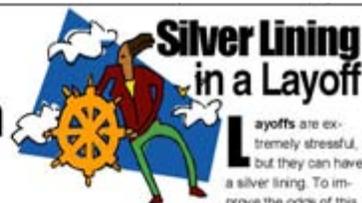
Wellness, Productivity, and You!

May 2011



Creating a Positive Work Team

Do things seem a little tense with your team at work? Is negative energy dragging everyone down? The problem may not be any one member. Instead, it could be a lack of "traditions" that help your team stay productive. Team traditions are an important element in group theory. They are strongly accepted rules about how your team works. When chosen deliberately, maintained, and guarded, your team or group is more likely to stay intact, experience fewer conflicts, and encourage individual members to contribute. When new members join the team, the traditions are passed down. Traditions might include "members do not talk about each other outside the group behind their backs," "promises to the group by members are kept," "problems between team members are always brought to the group for resolution," "when members get distracted during discussions and problem solving, other members can call them off task," etc. Establishing traditions helps to prevent less desirable habits from emerging within your team. The habits could include the forming of cliques, one person doing all the work, individuals not showing up on time, members becoming isolated, and leadership takeovers by naturally more assertive members, as well as the rejection of new ideas, slower problem solving, confusion, and fewer undelivered promises. The best of teams have problems and conflicts, but the most productive teams and work groups have purposeful traditions and experience greater rewards.



Silver Lining in a Layoff

Layoffs are extremely stressful, but they can have a silver lining. To improve the odds of this being true, plan ahead. Talk to loved ones about the possibility of a layoff, know your expenses, decrease spending, create a "rainy day" fund, and plan for the worst- and best-case scenarios. Keep your resume current and continually network to increase your chances of landing a new job quickly. Remain passionate about your job, but let go of having it define you. Re-examine your interests and consider alternative career paths. If you ever wanted to try something different, a layoff can create the window of opportunity. You will have good days and bad ones after a layoff. Minimize the number of bad days by staying busy with a checklist centered on finding work. A layoff can be the start of a great adventure, but commit to making it happen.

Getting Credit for Your Ideas

There is nothing wrong with wanting credit for your good ideas, but to increase your chances of getting the credit you deserve, brush up on the delivery of your ideas. In group settings, be assertive without being aggressive. Speak clearly while looking group members in the eye. If you have a good idea, ask for discussion so the group develops it further without delay. Where applicable, put detailed ideas in writing before meetings. Pass out copies (with your name on top) while explaining your idea, saying you brought outlines to work from. Email or meet with your boss directly regarding your ideas. This ensures he or she will know which contributions are yours. Don't forget to give credit to others when appropriate — it's only fair and it's what makes teams thrive.



Exercise and Forget the Sweat

Many people equate exercise with endless hours of huffing, puffing, sweating, and "burning" at the gym. Don't let this popular misconception keep you from reaping the benefits of increased physical activity. By spending 30 minutes five days a week doing the equivalent of a brisk walk, you will be doing your body and mind a world of good. This will help decrease stress, increase cardiovascular health, and lower your risk of suffering from many ailments. The idea is to just get moving and keep going.



Teaching a Child to Summon Help

We've all heard marvelous stories about children who save a loved one's life. But would your children be able to rise to the occasion? It's all about preparation. Teach your children how to dial 911 as soon as they can play with the phone. Make sure they know their first and last name. Instruct them to speak loudly and clearly, and to listen carefully for questions and instructions. Go over emergency scenarios, providing more details the older they get. Be sure they understand that calling 911 is not a game, but when in doubt, they should make the call. Routinely review this information with your children.



Relationship Tips for New Graduates

After graduation, build a network of professional friends, acquaintances, and allies. Begun now, these relationships will be building blocks you'll point to later as major contributors to your achievements. As you engage with experts who you meet in associations, conferences, and continuing education opportunities, log those identified as valuable contacts. Keep the information separate from a personal phone book. Spot successful professionals who are willing to share their successes and their mistakes. These experts are the ones likely to be the most generous with their hard-fought, short-cutting, and valuable advice. Many seasoned professionals are motivated to give back and help others in their field after they have succeeded. Notice how they welcome questions and are inclined to help others sidestep the common pitfalls. This rare combination of success, willingness to share, and humility make these individuals ideal guides or mentors for you.



When Someone You Love Has an Autistic Child

Autism is increasingly prevalent, so chances are good you know someone with an autistic child. These parents are under stress, so being emotionally supportive and understanding is a key to being a good friend. Be affirming and positive, nonjudgmental, and one who is patient, knowledgeable, and empathetic. For families with autistic kids, social outings often fall by the wayside, so let your friend know you understand. Do not be hesitant to interact with your friend's autistic child. Others may forget or be afraid to do so. Don't underestimate how wonderful your helping out around the house could be for your friend. Show support without being pushy, and you'll be the type of friend who helps make parenting an autistic child easier. Source: autismspeaks.org



Employee Assistance Program

YOUR EAP PROVIDER
EAP services for DA/DOC employees and military retirees as well as family members of soldiers, DA/DOC outlanders and military retirees.
ASAP Services are confidential. For more information or to schedule an appointment call (907) 873-3303

Important notice: Information in *FrontLine Employee* is for general informational purposes only and is not intended to replace the counsel or advice of qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact an employee assistance or other qualified professional. Source URL's may be abbreviated for convenience and are case sensitive.

On the cover: We are all looking forward to those first floral blooms that signify the coming of Summer. This month's cover photo of Alaskan Fireweed, typically blooms in early summer and is a perennial plant. It is said that the lower the blooms are away from the tip the further away winter is. Photo by Eric Anderson.

The INTERCEPTOR is an authorized unofficial publication for military and civilian members of Fort Greely. The INTERCEPTOR is published monthly by the Public Affairs Office, Fort Greely Garrison. Contents of this publication are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Army. While contributions are welcome, the PAO reserves the right to edit all submitted materials, make corrections, changes, or deletions to conform with the policies of this paper. Articles and photos submitted by the 20th of each month will be considered for publication in the next issue of the INTERCEPTOR. Submit via deborah.ward3@us.army.mil.

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



Antiterrorism Awareness Tips

Mr. Jeff Kinsman, Fort Greely Antiterrorism Officer – 873-5032

Be Prepared for the Unexpected

- Prior to Travel:
 - Ensure your Level 1 AT Training is current.
 - OCONUS - Receive AOR specific Threat Briefing (by security officer).
- Select an inside hotel room (away from the street-side window), preferably on the 4th–10th floors.
- OCONUS - Know the location of the US Embassy and other safe locations where you can find refuge or assistance.

Guard Information About Yourself and Maintain a Low Profile

- Avoid use of rank or military addresses on tickets, travel documents or hotel reservations.
- When possible, travel on tourist passports.

Be Prepared for the Unexpected

- Look for tampering. Look under and around your auto.
- At all times, keep your doors locked and windows rolled up.
- Alter routes and avoid choke points.
- Alternate parking places.
- Plan safe locations along your route.

Guard Information About Yourself and Maintain a Low Profile

- Consider wearing civilian clothing when riding on mass transit.
- Avoid car markings that identify you as senior ranking DoD personnel (such as GO stars on vehicles).
- Always remove base stickers if you are selling or disposing of your POV.

Be Prepared for the Unexpected

- Avoid opening or processing mail in close proximity to others.
- Check mail and packages for:
 - Unusual odors (shoe polish or almond).
 - Too much wrapping.
 - Bulges, bumps, or odd shapes.
 - No return address or unfamiliar return address.
 - Differing return address/postmark.
 - Incorrect spelling or poor typing.
 - Items sent "registered" or "personal."
 - Protruding wires or strings.
 - Unusually light or heavy packages.
 - Excessive amount of postage.
 - Oily stains on the package.
 - Foreign appearing handwriting.
- Clear area immediately; notify your chain of command, local authorities, or FBI.

Maintain a Low Profile

- Destroy all items that show your name, rank, or other personal information.
- Instruct your family and associates not to provide strangers with information about you or your family.
- Be cautious about giving out information regarding family travel plans or security measures and procedures.
- Consider removing your name and rank on your home/military quarters.
- Avoid the use of your name and rank on answering machines.

Telephone Security

If you receive a threatening phone call or Bomb Threat, dial *57 (verify local procedures), wait for the confirmation message that traces the caller, and then report the call to local authorities immediately.

Be Prepared for the Unexpected

- Brief family members on your residential security and safety procedures.
- Ensure family members learn a duress word and it is on file at your office.
- Advise associates or family members of your destination and anticipated time of arrival.
- Use peephole viewers before you open the door.
- Don't open the door to anyone until you know who it is.
- Ensure sufficient illumination exists around your residence.
- Be alert to strangers who are on government property for no apparent reason.
- Refuse to meet with strangers outside your work place.

Guard Info About Yourself and Your Job

- Limit discussion and accessibility of any information (written or verbal) that may provide terrorists insights for targeting.
- Always use secure means when passing sensitive information.
- Destroy identifiable information.

Recognize and Report Unusual or Suspicious Behavior

YOU are the first line of defense against terrorism. Be aware of your surroundings. Write down license numbers of suspicious vehicles; note description of occupants. Report anything unusual to your chain of command, local authorities or the FBI.

Be Prepared for the Unexpected

Plan for the range of threat possibilities; avoid established or predictable patterns.



SEE SOMETHING – SAY SOMETHING!

**Suspicious activity on or around Fort Greely?
Call 911 or the Police Department at 873-3288**



Sesame Street Live "Elmo's Healthy Heroes" is coming to [FAIRBANKS!](#)

When Super Grover loses his superness, Sesame Street needs a hero! Never fear, Elmo and his team of Healthy Heroes are here. Teaching lessons of healthy habits through song and dance, Elmo, Abby Cadabby and your favorite Sesame Street friends will explore exercise, nutrition, sleep/energy and hygiene – all in a quest to put the "super" back in Super Grover. It's Elmo's Healthy Heroes to the rescue!

CARLSON CENTER, JULY 8 – 10, 2011

You are invited to get your tickets today, BEFORE they go on sale to the public. Just use the presale password **SEWP** to purchase your tickets by **MAY 8, 2011 AT 11:00PM.**

Get the ultimate fan experience with Sunny Seats!

The Sunny Seats Package includes a VIP Seat and a pre-show Meet & Greet photo opportunity with two Sesame Street Live Friends. Sunny Seat orders will include a special admittance ticket for entry into the Meet & Greet. You will receive the special admittance ticket with the rest of your show tickets. All Meet & Greets start one hour prior to the performance. Please meet at the main concession stand in the lobby. Latecomers may miss the opportunity. Please bring your own camera.

TICKET PRICES ARE \$16.00, \$21.00, \$26.00, \$32.00 AND \$55.00 (ADDITIONAL VENUE AND SERVICE FEES APPLY)

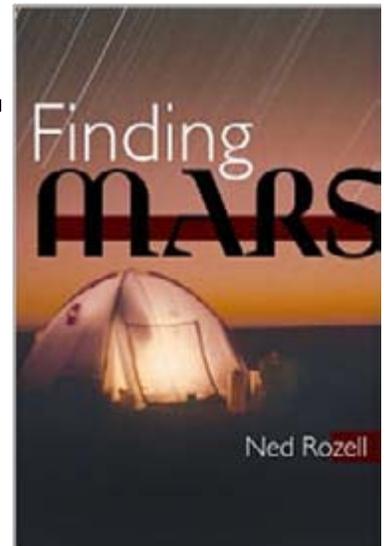
TICKETS AVAILABLE AT WWW.TICKETMASTER.COM, CHARGE BY PHONE 1-800-745-3000, ALL FRED MEYER TICKETMASTER OUTLETS AND THE CARLSON CENTER BOX OFFICE.

Delta Library Association Presents: An Evening with Ned Rozell- Alaska Explorer & Author

On Saturday, May 7 ~ 7:00 p.m., the Delta Community Library will host an evening with Ned Rozell - an Alaskan explorer and published author. The evening will consist of a slide show, meet the author, book signing, refreshments and fun.

Autographed copies of Finding Mars available for \$20 each; Rozell asks that all proceeds be donated to the Red Cross to help with recovery efforts in the aftermath of the earthquake and tsunami in Japan. As a special salute to Rozell the Delta Library Board and Friends are baking tasty treats with Alaska Grown Berries, Alaska Grown Rhubarb or Alaska Grown Zucchini. Come enjoy this family friendly evening at your library!

Ned Rozell currently lives in Fairbanks and has lived in Alaska for 25 years, during which he has attempted to see as much of the state as possible. He will share some of the places, people, animals, plants, and insects that make Alaska unique during the one-hour slides how. His book, "Walking My Dog Jane" is the story of his trek from Valdez to Prudhoe Bay along the Alyeska Pipeline corridor. His fascinating column on Alaska Science runs in both the Fairbanks Daily News Miner and the Delta Wind. On Saturday he will be focusing on his newest book, "Finding Mars."



HALL PASS

A married man is granted the opportunity to have an affair by his wife. Joined in the fun by his best pal, things get a little out of control when both wives start engaging in extramarital activities as well. Rated R for crude and sexual humor throughout, language, some graphic nudity and drug use. 112 min



SUCKER PUNCH

A young girl's dream world provides the ultimate escape from her darker reality. Unrestrained by the boundaries of time and place, she is free to go where her mind takes her, and her incredible adventures blur the lines between what's real and what is imaginary. Locked away against her will, Babydoll has not lost her will to survive. Determined to fight for her freedom, she urges four other young girls to band together and try to escape their terrible fate at the hands of their captors. Led by Babydoll, the girls engage in fantastical warfare with a virtual arsenal at their disposal. Together, they must decide what they are willing to sacrifice in order to stay alive. But with the help of a Wise Man, their unbelievable journey - if they succeed - will set them free. Rated PG-13 for thematic material involving sexuality, violence and combat sequences, and for language. 120 minutes



RED RIDING HOOD

For decades, the people of the village of Daggerhorn have maintained an uneasy truce with the werewolf, who prowls at every full moon, by offering the beast a monthly animal sacrifice to quench its appetite. But under a blood red moon, the wolf changes the stakes by taking the life of one of their own. Rated PG-13 for violence and creature terror and some sensuality. 100 min



THE LINCOLN LAWYER

Mickey Haller is a Los Angeles criminal defense attorney who operates out of the back of his Lincoln sedan. Haller has spent most of his career defending garden-variety criminals, until he lands the case of his career: defending Louis Roulet, a Beverly Hills playboy accused of rape and attempted murder. But the seemingly straightforward case suddenly develops into a deadly game of survival for Haller. Rated R for some violence, sexual content and language. 118 min



RANGO

A chameleon that aspires to be a swashbuckling hero finds himself in a Western town plagued by bandits and is forced to literally play the role in order to protect it. Rated PG for rude humor, language, action and smoking. 107 min



DIARY OF A WIMPY KID

Hapless preteen Greg Heffley endures bullies, swirlies, morons, and wedgies while navigating the treacherous world of middle school and recording his traumas in his personal journal in his family-oriented comedy inspired by author Jeff Kinney's best-selling series of illustrated novels. Try as he might, Greg just can't understand who thought it was a good idea to place kids who haven't even hit their first growth spurt in the same school as kids who get a five-o'clock shadow by lunch time. Realizing that he'll have to get creative if he hopes to survive until high school, Greg concocts a series of get-cool-quick schemes that all go hopelessly awry. Despite the fact that he's viewed as a dork by his peers, Greg never loses hope that someday, when all is said and done, he'll be able to look back on his middle school experiences and laugh. Rated PG 94 min



MARS NEEDS MOMS

Take out the trash, eat your broccoli - who needs moms, anyway? Nine-year-old Milo finds out just how much he needs his mom when she's nabbed by Martians who plan to steal her mom-ness for their own young. Milo embarks on a quest to save his mom- a wild adventure that involves stowing away on a spaceship, navigating a multi-level planet and taking on the alien nation and their leader. With the help of a underground earthman and a Martian girl called Ki. Rated PG for action/adventure, comedy, science fiction/fantasy, animation and adaptation. 88 min



LIMITLESS

An action-thriller about a writer who takes an experimental drug that allows him to use 100 percent of his mind. As one man evolves into the perfect version of himself, forces more corrupt than he can imagine mark him for assassination. Out-of-work writer Eddie Morra's (Cooper) rejection by girlfriend Lindy (Abbie Cornish) confirms his belief that he has zero future. That all vanishes the day an old friend introduces Eddie to NZT, a designer pharmaceutical that makes him laser focused and more confident than any man alive. Now on an NZT-fueled odyssey, everything Eddie's read, heard or seen is instantly organized and available to him. As the former nobody rises to the top of the financial world, he draws the attention of business mogul Carl Van Loon (De Niro), who sees this enhanced version of Eddie as the tool to make billions. Rated PG-13 105 min



BATTLE: LOS ANGELES

For years, there have been documented cases of UFO sightings around the world -- Buenos Aires, Seoul, France, Germany, China. But in 2011, what were once just sightings will become a terrifying reality when Earth is attacked by unknown forces. As people everywhere watch the world's great cities fall, Los Angeles becomes the last stand for mankind in a battle no one expected. It's up to a Marine staff sergeant and his new platoon to draw a line in the sand as they take on an enemy unlike any they've ever encountered before. Rated PG-13 for sustained and intense sequences of war violence and destruction, and for language.



PAUL

For the past 60 years, an alien named Paul has been hanging out at a top-secret military base. For reasons unknown, the space-traveling alien decides to escape the compound hopping on the first vehicle out of town -- a RV containing Earthlings Graeme Willy and Clive Gollings. Chased by federal agents and the fanatical father of a young woman that they accidentally kidnap, Graeme and Clive hatch a fumbling escape plan to return Paul to his mother ship. And as two nerds struggle to help, one little green man might just take his fellow outcasts from misfits to intergalactic heroes. Rated R for language including sexual references, and some drug use. 104 min



HOP

Jobless slacker Fred (James Marsden) discovers that hares make horrible houseguests after injuring the Easter Bunny (Russell Brand) and agreeing to nurse the little hopper back to health in this animated comedy from the writers of Despicable Me, and director Tim Hill (Rocko's Modern Life, SpongeBob SquarePants). For the past 4,000 years, the Easter Bunny has brought joy and candy to kids all across the globe; however, the time has come for a new Easter Bunny to take over the tradition. Rated PG 90 min



SUN	MAY 01	7 p.m. Hall Pass(R)
FRI	MAY 06	7 p.m. Red Riding Hood(PG-13)
SAT	MAY 07	7 p.m. Rango(PG)
SUN	MAY 08	1 p.m. Rango(PG)
		7 p.m. Mars Needs Moms(PG)
FRI	MAY 13	7 p.m. Battle: LA(PG-13)
SAT	MAY 14	7 p.m. Paul(R)
SUN	MAY 15	7 p.m. Battle: LA(PG-13)
FRI	MAY 20	7 p.m. Sucker Punch(PG-13)
SAT	MAY 21	7 p.m. Lincoln Lawyer(R)
SUN	MAY 22	7 p.m. Sucker Punch(PG-13)
FRI	MAY 27	7 p.m. Diary of Wimpy Kid(PG)
SAT	MAY 28	7 p.m. Hop(PG)
SUN	MAY 29	7 p.m. Limitless(PG-13)

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.