



October 2012

Fort Greely INTERCEPTOR



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...and more.**



National Breast Cancer Awareness

By Kirk Frady
Army Medicine

October is National Breast Cancer Awareness Month across the nation. Breast cancer is the most commonly diagnosed non-skin cancer in women. One out of every eight women will develop breast cancer in her lifetime.

According to Gail Whitehead with the U.S. Army Medical Research and Materiel Command (MRMC), "This year, approximately 226,870 women in the U.S. will receive a diagnosis of invasive breast cancer and 63,300 women will be diagnosed with in situ breast cancer." She added, "In addition, although male breast

cancer is rare and accounts for less than 1 percent of all breast carcinomas in the U.S., about 2,190 men will be diagnosed with breast cancer this year." Breast cancer is the second leading cause of cancer deaths in women in the United States. Approximately 39,510 women and 410 men in the U.S. are projected to die from breast cancer this year.

The Department of Defense Breast Cancer Research Program (BCRP) was established in 1992 as a result of the powerful effort of breast cancer advocates. Their continued efforts, in concert with the program's successes, have resulted in more than \$2.6 billion in congressional appropriations through fiscal year 2011 executed by the Congressionally directed Medical Research Programs of MRMC. The BCRP vision is adapted yearly to ensure that the program remains responsive to what is currently happening in the research community. Over the years, the BCRP has created and introduced unique funding mechanisms to support a broad portfolio of research and training awards that have transformed the breast cancer field. The BCRP challenges scientists to pursue high-risk, high-reward research that has the potential to make major leaps to eradicate the disease. The program is committed to supporting new, innovative ideas that reflect new discoveries and could lead to breakthroughs. The BCRP also promotes synergistic collaborations across disciplines and integrates scientists and consumers in unique research partnerships.

During the past 20 years, the DoD Breast Cancer Research Program has funded over 6,100 research awards and brought forward new diagnostics, therapeutic drugs, mammography registries for surveillance, improved website information, advances in identification of genetic bio-markers, and therapeutic development using nanotechnology.

Early detection of the breast cancer can provide early treatment for the service member and or

their beneficiaries. For those women diagnosed with localized (stage 1) breast cancer there is over a 98% probability that they will survive 5 or more years. Lowering the risk of death from breast cancer for service members and their beneficiaries contributes to the readiness and well being of those who serve.

For more information visit: <http://cdmrp.army.mil/bcrp/default.shtml> ■

Don't fall victim to the blues

By Kirk Frady
Army Medicine

October is National Depression Awareness Month. On Oct. 11, organizations and communities across the United States will observe 'National Depression Screening Day' to educate people about the various signs and symptoms of depression and the availability of free anonymous behavioral health screenings. The Army theme for 2012 is "Redefining Strength -- Get Screened, Seek Care." Symptoms of depression include persistent sadness/anxiety, feelings of hopelessness, pessimism, helplessness, difficulty concentrating, alcohol or substance abuse, and more.

Clinical depression is a serious medical condition that if left untreated, may lead to other medical conditions. A depression screening is often the first step towards getting well. Unfortunately, two-thirds of people who suffer from depression fail to seek care. They mistakenly believe their symptoms are just a normal part of life. The good news for those who suffer with depression is that clinical depression can be treated. Treatments may include psychotherapy, medications or a combination of both.

The Army is committed to decreasing stigma for Soldiers, Family members and Army Civilians who seek behavioral health care. Even the most severe

cases of depression are treatable. The earlier the treatment begins, the more effective it is and the greater the likelihood the recurrence of depression can be prevented. If you or someone you know suffers from depression, help is available. Individuals suffering with depression are urged to contact their primary care physician or a behavioral health professional to get the needed care. Anonymous depression screenings are available through the Department of Defense, Department of Veterans Affairs, behavioral health agencies and resources in local communities.

The Army encourages commanders and leaders to coordinate events locally with military and civilian healthcare professionals to get the word out to Soldiers, Family Members and Army Civilians that depression is treatable, and of the opportunities to be screened and referred for treatment by a primary care or behavioral health professional. The 2012 National Defense Authorization Act (NDAA) mandated enhanced behavioral health screening of deploying Service Members. The Army is implementing these requirements through all phases of the deployment cycle as well as exceeding the mandated screening by establishing annual screening for all Soldiers, regardless of deployment status, through existing Periodic Health Assessments.

- Resources:
- Army Behavioral Health www.behavioralhealth.army.mil/
 - Real Warriors Campaign www.realwarriors.net/
 - Military OneSource www.militaryonesource.com
 - Comprehensive Soldier Fitness www.army.mil/cs/
 - Veterans Crisis Line 1-800-273-8255 (Press 1) ■

Good for you. Good for me. Good for all.

By 1LT Nicole Vandall
49th Missile Defense Battalion

October is National Energy Conservation Month. It is that time of year when we all evaluate how well we conserve energy; time to put ourselves "in-check" with some of our bad habits, such as leaving the lights or television on when we exit a room. Below is a list of suggestions, provided by EnergySavers.gov, that can assist us all in successfully conserving energy, even in the heart of an Alaskan winter.

Check the insulation around your home; caulk, seal, or weather strip any areas that leak cold air into your house. Leaks sometimes

occur around doors, windows, walls, electrical outlets, floors, ceilings, and plumbing.

Ensure your boiler or furnace receives an annual service.

Keep your fireplace flue damper closed when not in use.

Install a programmable thermostat and keep it as low as comfortable in the winter.

Lower the thermostat on your water heater to 120 degrees Fahrenheit.

Open window blinds and curtains as necessary to allow sunlight to light up and warm your home; close them to keep the cold out.

"Wise energy attitudes, behaviors, and organizational decisions ensure results. Take time to review your daily routines to conserve energy, empower others to take action, and join together to save energy." -U.S. Department of Energy

Insulate your hot water heater; it's inexpensive and easy to do.

Take shorter showers, and use low-flow showerheads.

Air dry dishes and clothes, and only wash them when the dishwasher or washing machine is full.

Replace light bulbs with halogen incandescent bulbs.

Unplug appliances when not in use; or use a power strip and switch it to "off" when the appliances are no longer in use.

Drive the speed limit; speeding and rapid acceleration waste fuel.

There is one strong factor that makes it somewhat difficult for many of us in Alaska to live conservatively: the upcoming winter season, filled

with its darkness and chilling temperatures. The above mentioned suggestions are easy enough that we can all pitch in to do our part, in saving energy and even a little of our money as well. The initial switch to a more energy efficient lifestyle may sometimes be painstaking and costly, but the overall outcome is significant and will pay for itself over time. EnergySavers.org offers practical solutions to short-term and long-term energy conservation. The majority of the energy we consume is provided by non-renewable resources, such as coal and natural gas. If we all pitch in and do our part to conserve energy, we reduce our nation's demand for energy-producing resources. ■



Directorate of Logistics transfers to AMC

By Hanni Marchuk and Deb Anderson
Directorate of Logistics

What's this I hear about the Directorate of Logistics transferring? What does that mean? Will the DOL still support our requirements? What does this transfer mean to me?

If you have asked yourself these questions in the last year please continue to read and learn more about what the DOL's transfer from Installation Management Command to Army Materiel Command means to you.

On Feb. 23 the Secretary of the Army approved the transfer of all DOL's in the Army from IMCOM to AMC effective October 12, 2012. Headquarters Department of the Army has realigned the entire Army into four enterprises- Human Capital, Readiness, Materiel, and Services and Infrastructure. AMC has responsibility for the Materiel Enterprise, and as HQDA's objective was to properly align all functions with each enterprises core competencies, AMC is assuming responsibility of the DOL's as well.

Fort Greely's DOL support to the Garrison and its Tenant Organizations will NOT change, logistics functions will continue to be responsive to the Garrison and Mission Commanders priorities and the command structure change should be hardly visible to most agencies.

The DOL is comprised of the following sections: Property Book, Acquisitions, Self-Service Supply Center, Petroleum, Oil, and Lubricants, Central Receiving Warehouse, Transportation (both Freight and Household Goods), Hazardous Materiel Management, Ammo Storage Point, Transportation Motor

Pool, Heavy Equipment Maintenance, and the Dining Facility. The DOL has been working on Inter-Service Support Agreements with the United States Army Garrison and Fort Greely tenant organizations to insure continued services to our customers, in the mean time all support is continuing "as-is." This means that you should see no changes to our daily operations or the support we provide.

This first year AMC is going to each DOL in their area of responsibility and surveying everything we do from our manpower numbers to our processes and procedures. AMC has been doing logistics for years and is familiar with our competencies, and we welcome their experience and knowledge, hopefully making our support more efficient for all.

One big change for our reimbursable customers will be that we no longer utilize the expertise of the Garrison Resource Management Office, but fall under the 404th AFSB out of Joint Base Lewis-McChord in Washington. This just means that our financial needs are met differently, the process for providing funds for reimbursable services remains the same, just the Point of Contact will change.

Please contact the DOL Plans & Operations Section with any questions or concerns you have about the DOL transfer. We look forward to continuing to provide Logistics support to the Garrison and Tenants as usual and intend to make every effort to ensure this transfer is seamless to all.

DOL Plans & Operations Section, Hanni Marchuk, 873-7340 or Deborah Anderson, 873-7344. ■



Cold weather safety in Alaska

By Wayne Tolliver
Garrison Safety Office

Alaska is unforgiving when it comes to cold weather, be prepared, do not underestimate the conditions. Also, be ready for a drop in temperature, especially at night. Have extra warm clothing when out camping, hunting etc. Keep emergency kits ready to go. You may want to consider having a sleeping bag and blanket, and possibly something to create a shelter.

Hypothermia is very common with people who get lost in the great outdoors, who are not prepared for the unexpected. Hypothermia is a progressive mental and physical collapse due to chilling of the body's core. Prolonged exposure to cold is intensified with wetness, wind, exhaustion and lack of food. Hypothermia can and does strike at temperatures above freezing.

Treat by accomplishing the following: re-warm victim, get out of wind, rain, remove wet clothing, move to a heat source to include a dry sleeping bag. Warm drinks are a good source for warming the inside of the body; try tea, soup, or sugared water. DO NOT GIVE CAFFEINE OR ALCOHOL! ■

Career Development

By Dona Brooks
Human Resource Office

In organizational development, the study of career development looks at: how individuals manage their careers within and between organizations and how organizations structure the career progress of their members; it can also be tied into succession planning within organizations.

In personal development, career development is: the total constellation of psychological, sociological, educational, physical, economic, and chance factors that combine to influence the nature and significance of work in the total lifespan of any given individual.

Recently, I asked myself how I had managed my career development over the last 20+ years. I will tell you that most of the early years of my career were chance factors. At that time, I was married to an active duty Soldier and was a trailing spouse. I got a job where I could and worked until the next PCS move. I went on leave without pay until I found a job at the next duty station. There was always management knowledge that I would be gone in three years or less. Not the best situation to be in, but in the beginning it was a job (to me) and not a career. At that time, there were not all the wonderful opportunities there are today. We didn't have the Developmental Assignment Program. Centrally funded training was not commonly offered and money for training an employee, who would be gone shortly, was always tight, if available at all. Training on the Internet was non-existent.

Today we are living in an environment with so many opportunities to develop our career. Civilians have a Record Brief, similar to the enlisted and officers of our Army. We are acknowledged as a valuable part

of the Army Team. Our education, training and development are as important to our leaders as they should be to us.

I urge each and every civilian to take charge of their careers. Ask yourself what can I do to better myself? What training can I take that will enhance my knowledge, skills, and abilities? What contributions can I make to my team, my Army? While you are at it, look at your CRB, does it need updating? Have you received awards that are not recorded? How about your education and training, is it all correct in your records and posted on your CRB? What about your Civilian Education System training? Have you taken all the required courses? Let's all make sure our career development is on the right track.

During these austere times, the well trained and well developed employee will be the employee who stands out among the rest. Get the education and training you need, continue to develop your career. Whether you are looking for a new job, or are happy where you are, you owe it to yourself and your team to be the best you can be! I challenge you to take charge of your career development now, lead the way, set an epic example for those that follow in your footsteps! ■



Be a better sponsor and LEAD THE WAY TO ADVENTURE

By Deb Darland
Family and Morale, Welfare and Recreation

What is a sponsor and why be one? A sponsor is an individual who is responsible for providing information and will be the link between a newcomer, his new unit, installation and new community. This is a very important responsibility as a newcomer's perception of their new assignment is largely based upon first impressions and as a sponsor you will have a direct impact on those impressions. Relocating is a very stressful experience and you, as a responsible sponsor, can have an immense impact and help smooth the way for a quick and efficient transition. A positive outlook, local knowledge and a willingness to meet and help new people are key ingredients for a successful sponsor... possibly you?

The DoD has an e-sponsorship training site (<http://apps.mhf.dod.mil/esat>) that trains you on your roles and responsibilities, provides you with knowledge and resources, and access to tools you need to do a great job. The site has a training

module to be completed by you as a sponsor, a sponsorship duties checklist to print out and refer to, a training certificate for your records and a needs assessment for use as a guide when contacting Newcomers.

There are also links to useful websites such as Plan My Move, Automated Housing Referral and Military Installations as well as examples for welcome letters, needs assessments and sample introductory e-mails. When you have completed the training, take a copy of your certificate to your unit/directorate head so they will know your have completed the training as well as your local ACS relocation personnel (Building 655, rm 101). The ACS personnel will be a support line for you as well as providing welcome packets and other materials.

If you have any questions concerning Relocation, Sponsorship or the website, you may contact the ACS Relocation Program Manager at 873-3284. ■



National Red Ribbon Week, Oct. 23-31:
"The Best Me is Drug Free!"



Soldiers from the 4th Brigade Combat Team (Airborne), 25th Infantry Division, up from Joint Base Elmendorf-Richardson in support of joint training with the US Air Force, recently trained at the Donnelly Training Area near Fort Greely, Alaska. The training area was the ideal location for the Air Force to land their C-17s and for the Soldiers to utilize the larger drop zone. The drop zone at DTA allows for 48 seconds of green light versus the standard 28 seconds. Planes can be emptied on one pass better supporting the mission.

Inset: Previously, Marines from 3D Force Reconnaissance Company, United States Marine Corp, Okinawa, Japan, used the area to perform several training jumps during the month of August. Though winds were sometimes an issue the Marines were able to complete 20 free-fall and 10 low-level static line jumps to exceed training requirements they would have normally been unable to meet due to typhoon season in Japan. To view more photos visit us online at www.facebook.com/fort.greely. Photos by Deborah Coble.



It's that time of year again...

By Ron Gibbens
Directorate of Logistics

Our first snowfall signals the arrival of one of the most dangerous times of the year for vehicle accidents in Alaska. Every year at this time traffic accidents increase dramatically. The most common accidents are not being able to stop at intersections and front ends sliding wide on corners. Both can be prevented by adjusting your speed to road conditions.

Newcomers to Alaska and old-timers alike need to mentally adjust to the "new" driving season with the first snowfall. Winter driv-

Driving on ice and snow can require up to three times the stopping distance of that on normal dry road surfaces.

ing requires a conscious effort to adjust to the lack of traction and the "forgotten or never learned" driving style required for driving on ice and snow packed roads.

What this means is that if you can normally stop your car/truck in 300 feet on a dry road surface it can take you up to 900 feet – that's almost one-quarter mile on an icy or snow packed surface. You need to increase your following distance by at least three times to compensate for the increased stopping distance.

Along with driving on an icy/snow packed road surface comes driving in increasing darkness. Because increased stopping distance is required, it is easy to "overdrive" your headlights. Over driving your headlights simply means, by the time a hazard appears in your headlights, you may be too close to stop or avoid the hazard. To help avoid these situations, allow for extra stopping distance, keep

your headlights and taillights clean.

"BLACK ICE" on the roadway is a phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. Black Ice is frozen water – either from sleet, rain or from melted snow – that freezes as a sheet and it isn't visible as ice. The road looks the same as it always does, which is why it's so hard to detect, especially if you have been driving awhile. In the Interior, black ice is most likely to occur after a warm day, during which the snow melted and then freezes when the temperature dropped at night. Watch for black ice on bridges, overpasses, underpasses and in shaded areas such as cuts through the hills or where there are heavily wooded areas close to the roadway.

Black ice is one of the hazards that four-wheel drive cannot overcome and some of us will get complacent because we have four-wheel drive.

However, you need to be just as careful as the motorist who has two-wheel drive when it comes to ice on the roadway.

Adding to the hazardous road conditions are MOOSE. Moose are everywhere in Alaska and can pop up in front of you at any time. In spite of their size, they are very difficult to see because of their coloration and they are very agile. Many roads around the state are secondary roads with narrow cleared areas on either side. If you are distracted or driving too fast - your vehicle and the moose don't stand a chance. Several people are killed each year in collision with moose.

Studded tires are legal as of September 15 - if you are going to use studded tires this winter now would be a good time to have them installed.

If you wait until there is snow on the ground the tire shops are going to be backed up. You can have them mounted at the Fort Greely Auto Craft Shop, at one of the local vendors or one of the vendors in Fairbanks. An alternative to studded tires are siped tires which do not cause damage to the roadway as studs do.

Ten tips to help get you through the winter safely:

- Warm your car up before departing.
- Clean all of the snow/ice from your windows and lights before you drive off.
- Allow extra time for your trip.
- Begin stopping, prepare for lane changes or turns well in advance.
- Avoid sudden braking, turns and acceleration.
- Watch traffic in front, behind and on all sides of you and anticipate what the other driver might do.
- Allow 3-6 times the normal following distance.
- Do not use cruise control.
- Use extreme caution when driving into blowing snow.
- Above all SLOW DOWN. ■

Keep warm safely this winter



By Fire and
Emergency Services

Autumn is the time when temperatures begin to drop and everyone starts building fires in wood stoves or fire places to take the chill out of their homes.

Historically, the number one cause of fire fatalities in the winter months has been related to equipment failure with wood stoves, chimney fires and portables heaters.

Wood burning stoves and fireplaces are designed to safely provide years of comfort, warmth and relaxation; however, if you don't take some simple safety precautions, that comfort, warmth and relaxation could turn deadly.

FIREPLACE & WOOD STOVES

- Have your chimney and wood stove inspected and cleaned annually by a certified person.
- Keep combustibles at least 36 inches away from wood stove or fireplace
- Cover the chimney with a mesh screen spark arrester.
- Extend all vent pipes at least three feet above the roof.
- Use fire-resistant materials on walls around wood stoves
- Do not use flammable liquids (gasoline, kerosene, BBQ starter fluid, etc.) to start your fire.
- Burn dry seasoned wood only. Soft, moist wood accelerates creosote buildup.
- Do not overload wood stove or fire place with wood.
- Soak hot ashes in water and place them in a metal container outside your home.
- Stack firewood outdoors at least 30 feet

- away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Remove branches hanging above the chimney, flues or vents.

SPACE HEATERS

- Don't purchase an electric heater unless it bears the label of an independent testing laboratory, has a tip-over switch that will shut off the current if the unit is knocked over, and has a wire grill.
- Use space heaters only as a supplementary source of heat. These devices are not intended to replace the home's heating system.
- Keep combustibles at least 36 inches away from the space heater.
- Never leave a space heater unattended.
- The preferred style of space heaters are fully enclosed by design and have no external surfaces that reach temperatures capable of igniting, such as an oil filled radiant heater.
- The space heater must be plugged directly into an outlet. Do not use a light-duty extension cord or a multi outlet strip/surge protector; it can start a fire with a high-wattage appliance. The unit must be grounded with a three-pronged plug.
- Turn off, unplug, and safely store portable space heaters when not in use.
- Heaters should be placed on a flat, level surface.
- Keep children and pets away from heating equipment.
- Plan and practice your escape in case of a fire. ■

Army begins final phase of childcare fee changes

By Evan Dyson

US Army Installation Management Command

SAN ANTONIO -- To coincide with a Department of Defense policy to standardize the cost of childcare across the Services, the Army will institute new fees for Child and Youth Programs beginning Oct. 1.

The change affects users of Child Development Centers, School Age Care, Family Child Care, Middle School & Teen Programs, Youth Sports & Fitness, and Army Community Based Programs.

This year will mark the final phase of the Army's three-year transition to comply with the DoD Child and Youth Fee Policy. Depending on location, some Families may see an increase in their childcare fees, while others will see a reduction. In some cases, Families may not see changes.

The new fees are based on total family income, not rank or civilian grade. By 2014, DoD plans to have fully implemented consistent fees for each of the nine total family-income categories. The intent of this policy is to create predictable and consistent childcare fees across all of the Services.

The U.S. Army Installation Management Command, through its Family and MWR Programs, continues its commitment to affordable childcare and youth programs by striving to keep fees lower than comparable community programs and by paying a portion of the cost for Child and Youth Programs.

Families affected by the new fees will receive information about their specific changes through their local Child Youth & School Services. For Fort Greely, implementation of the new fee policy will begin as follows: October 1, 2012 for Families who will experience a DECREASE in their childcare fees and October 15, 2012 for Families who will experience an INCREASE in fees. An example of an increase for Category 1, CDC fees with a two week vacation credit option has changed from \$0-\$29,400 to \$0-\$29,865. More information regarding the changes in fees for Fort Greely will be available beginning Sept. 10 at Parent Central Services, 873-4599.

Army Fee Assistance for Community Based Programs can be used toward annual child registration fees, full-day care, part-time care, before and after school and summer school age care, respite child care, financial hardship waivers and reductions for Wounded Warriors, Families with multiple children, and Survivors of Fallen Soldiers. To participate, Families and Community Child Care providers must complete an online application. For more information, contact the Army Fee Assistance administrator at 210-466-1057. ■



2012 DOMESTIC VIOLENCE AWARENESS MONTH

**DON'T
TURN YOUR BACK ON
DOMESTIC
VIOLENCE**

October is Domestic Violence Prevention Month in the Army

By Tere Pouch

Family and Morale,
Welfare and Recreation

Army Domestic Violence Prevention Month initiatives are designed to reduce the occurrence of intimate partner violence (IPV) through the promotion of healthy, respectful, nonviolent relationships in Army Families. The ultimate outcome is to sustain, support, and enhance an optimal quality of life for Soldiers/DA Civilians and their Families. The Army's respect and concern for Army Families is clear – Army Families are the Soldiers' strength.

The threat that domestic violence presents to Army Families cannot be overstated. When Family problems are ignored or minimized, violence is likely. Abuse and violence can escalate, become habitual, and tragedy can follow. Interrupting this sequence is critical, and all levels of the Army community must be prepared and willing to become involved.

Assisting troubled Families occurs on a continuum. Family, friends and neighbors can lend a helping hand and encouragement when problems are mild and transitory, then report their concerns if risk to either partner or to other vulnerable members of the household escalates. The Family Advocacy Program (FAP) prevention education programs can assist Families who need to learn healthy communication, anger management, and how to cope with challenging conditions appropriately. More difficult situations, complicated with substance abuse or mental health issues may require specialized programs (e.g., counseling, treatment). "At-risk" Families – those who seek help can gain substantially from these programs.

"High-risk" Families – those

"Military families are a vital part of what makes our military, and our country, the strongest on earth." - Secretary of Defense Leon E. Panetta,

who do not willingly seek help are at the opposite end of this continuum. Regulations require that any occurrence of defined Family violence will involve command and, if substantiated, may incur serious sanctions. The goal of prevention programs is to prevent this costly and often tragic situation.

The Army community must be knowledgeable about, and willing to report domestic violence for the safety of everyone in the Family and the community.

FAP Prevention Continuum

FAP's comprehensive prevention continuum of awareness, education, and intervention in high-risk situations reinforces the Army's continuous commitment to protect the "Total Army Family." For us to be successful requires community members to take action:

"Prepare" for the challenges that intimate relationships bring, recognizing signs of distress early on. Key ingredients to building and sustaining relationships include incorporating constructive methods to resolve conflicts and unresolved anger by using positive, nonviolent methods. Effective discussion cannot take place when couples are angry, hurt, or intolerant and lack skills to negotiate conflict. Intense emotions cloud any opportunity to brainstorm solutions and sabotage attempts to repair the situation. Encouraging couples and individuals to reach out and take advantage of FAP and other Army Family Programs such as relationship and anger management workshops/ classes, support groups, and counseling builds resiliency and coping skills.

"Prevent" domestic violence, utilizing a clear plan designed for high-risk situations to stop further

harm. FAP provides specialized one-to-one support and counseling opportunities in order to reduce the risk of domestic violence, and restore valued relationships that are deteriorating.

"Protect" victims of violence by requiring all community members to report and take action once violence has occurred. Family Advocacy Victim Advocates, Victim Liaisons, Unit Victim Advocates, the Sexual Assault Prevention program, and many other professionals are in place to decrease the likelihood that violence will recur, by protecting victims and holding offenders accountable. Once violence has occurred, many services can be put in place to help Families address the negative effects.

Domestic Violence Prevention Month, as a global Army initiative, is part of a comprehensive approach to encourage the prevention of domestic violence through awareness, opportunities to build coping skills and reach out for support to prevent both initial assaults and subsequent violence. With everyone committed to this mission, Army Families and their children can optimize their quality of life in the service of our country.

For additional information on domestic violence or the ACS Family Advocacy Program, contact Tere Pouch at 873-4385 or Building 655 Gabriel Auditorium. Don't Turn Your Back on Domestic Violence

"You learn that duty, honor, and country are not simply words, but guideposts. They dictate what you ought to be, what you can be, what you will be. And no matter where your career takes you, your families will be there right alongside you. Because our force is a force of families." First Lady Michelle Obama ■

BRINGING GOOD BEEF TO HUNGRY PEOPLE!

AMERICA'S FAVORITE COWBOYS

RIDERS IN THE SKY

THIRTY YEARS

"THE COWBOY WAY"

Tuesday, October 2 at 7pm

Delta High School Large Gymnasium

Sponsored by the Delta Library Association,
Alyeska Pipeline Service Company, and Fairbanks Concert Association



Red Ribbon Week

By William Canada
Alcohol and Substance Abuse Prevention

The Red Ribbon Week campaign is the oldest and largest prevention campaign in our country. Red Ribbon Week started as a tribute to Special Agent Enrique "Kiki" S. Camarena, a narcotics agent with the Drug Enforcement Administration. In 1985, Mr. Camarena was murdered by drug traffickers in Mexico. In honor of Mr. Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. The anti-drug message spread quickly, and, in 1988, the National Family Partnership took the Red Ribbon Week celebration nationwide. The focus of the celebration is to educate individuals, families, and communities on the destructive effects of the drugs and the positive life choices available.

In 1990, the Department of Defense joined in the national effort by commencing an award program to encourage service members to keep communities drug-free and to recognize outstanding outreach programs. This year's Red Ribbon Week theme is "The Best Me is Drug Free."



October Movies

Saturday, October 6th:
Scooby-Doo (2002) PG **Time: 4 PM**

Saturday, October 13th:
Scooby-Doo 2: Monsters Unleashed (2004) PG

Saturday, October 20th:
Scooby-Doo! The Mystery Begins (2009) PG

Saturday, October 27th:
Scooby-Doo! Curse of the Lake Monster (2010) PG

Free Popcorn!

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

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

More

CYS Services

Youth Center Lock-In And Monster Ball

WHEN: October 26th - 27th
TIME: 7 PM - 7 AM

The Youth Center is hosting a Monster Ball and Lock-In for all of our registered youth, grades 6th-12th. The Monster Ball will start at 7 PM Friday night and will be followed by the lock-in activities. If you'd like to participate, sign up at the Youth Center and be sure to get a permission slip!

PLEASE NOTE: YOUTH CENTER WILL BE CLOSED FOR THE REMAINDER OF SATURDAY, OCTOBER 27TH AFTER THE LOCK-IN ENDS AT 7:00 AM.

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

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

FREE Parent Education Classes

3rd Tuesday of every month @ 4:30
At the Child Development Center

- 16 October—Hands Only CPR
- 20 November—Internet Safety
- 18 December—Brain Development

Childcare may be available to CYSS registered patrons. Call 873-4599 for reservations.

Parent Participation Points are available!

PARENT ADVISORY COUNCIL (PAC) MEETING

WE WANT TO HEAR THE VOICE OF OUR CUSTOMERS. PAC MEETINGS GIVE YOU THAT OPPORTUNITY!

Childcare may be available to CYSS registered patrons. Call for reservations.

Parent participation points are available!

2nd Thursday of each month, 12:00 Noon at the CDC.

- Oct 11th - SNAP Procedures
- Nov 8th - Program Surveys
- Dec 13th - Parent Handbook

Child Development Center & School Age Center
Bldg 847 Big Delta Ave Phone: (907) 873-4599

fun!

NaNoWriMo

NATIONAL NOVEL WRITING MONTH

WHEN: November 1st - 30th
TIME: 3 PM - 6 PM

NaNoWriMo happens every November! It's a fun event where the challenge is to write an entire novel in just 30 days! The goal is to begin writing on Nov. 1 and try to reach your word count by Nov. 30. Sign up today!

Good luck to all participants!

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

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



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Tutor.com for U.S. Military Families Fact Sheet



Tutor.com for U.S. Military Families Program Overview

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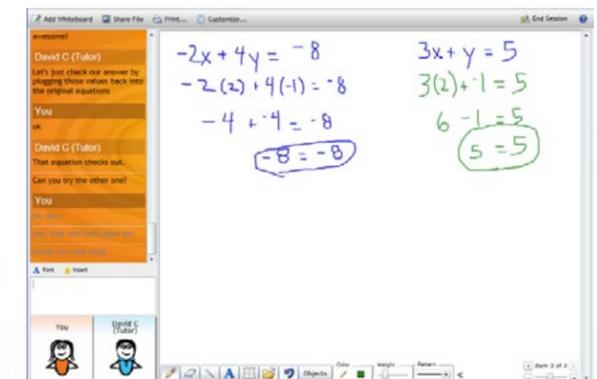
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Safety and Wellbeing Corner

FGA Safety Officer makes positive impact

By Deborah Coble
Public Affairs

The Fort Greely Garrison Safety Office held its annual Safety Stand-down Day on Sept. 25 at the Aurora Community Activity Center. The precursor for an organization-wide effective, efficient and healthy workforce is safety. While individuals are continually trained and reminded of safety procedures the Safety Stand-down Day is an additional method to ensure all members have the tools and knowledge to identify and mitigate safety hazards in their areas.

"This is a great opportunity to share safety information and concerns from every shop, department, section, office and work place. It helps to ensure that each and every risk is evaluated and corrected," said Garrison Safety Officer, Wayne Tolliver. "I want people to be able to do their job safely and to their best of their ability. If everyone works together as a team, take the information provided here today to heart and practice it, we'll continue to build a strong and resilient workforce."

Tolliver has 20 years experience as a Soldier in the US Army and 18.5 years in federal service, over 38 years collectively, to back up his expertise on safety practices and procedures in the work place. His experience and advice is appreciated by many, "This is the

largest turnout we've seen at the Safety Stand-down Day for years. I'm really pleased at the level of commitment shown here today. I felt we had the right mix of agencies from both on and off post, represented," said Fort Greely Garrison Commander, Lieutenant Colonel Terry Clark. "Tolliver did a tremendous job bringing the event together; helping to prepare everyone for the upcoming winter season and raising the level of safety awareness overall."

Toward the end of this month Tolliver will be retiring from federal service, but leaves thoughts on future stand-down days, "I would like to encourage more activities and tenant units to participate in the upcoming Safety Stand-down Days so that they can showcase their safety practices."

Over 100 people participated in the event this year, sharing ways to protect personnel equipment and facilities; and learning how to utilize safe practices at home and in the work place. Participants were offered cake, coffee, tea, information packets, safety lights, brochures, leaflets, and more from organizations such as North Haven Communities, Fire and Emergency Services, Alaska State Troopers, the Army Substance Abuse Program, Missile Defense Agency, Directorate of Emergency Services, Family and Morale,

Welfare and Recreation. The Safety Stand-down Day was not limited to the Community Activity Center. Representatives from the Directorate of Logistics and the Directorate of Public Works were available in their areas for safety information on wood shops, electrical concerns, forklifts and GSA Operators checks and tips.

Along with Garrison Safety Specialist, Colleen Pugh, Tolliver has made a significant and positive impact to the garrison safety program. His bright, orange vest, cheerful smile and helpful attitude will be greatly missed as he and his wife, Darlene, take off down the road (safely) on their newest adventure. ■



Above: Alaska State Trooper, Sergeant Jason Pugh, demonstrates how difficult it is to walk a straight line while wearing, "drunk goggles." These goggles simulate the impaired driving environment. Left: Firefighter Carter Cole, Fire and Emergency Services, relieves Fort Greely Garrison Commander, Lieutenant Colonel Terry Clark from the fire extinguisher simulator with a chuckle and a shake of the head. Bottom: Chief of Resource Management, Dave Smith, shows he's a "dead-eye" with the fire extinguisher simulator. Others in the group had a difficult time coming close to Smith's superior fire extinguishing skills.
Photos by Deborah Coble.



Fort Greely Garrison Safety Officer, Wayne Tolliver, retires at the end of this month with over 38 years of federal service.

Beginner fitness tips • Strengthening your core

By CPT Ryan Skaw
49th Missile Defense Battalion

Hello Team Greely,

For those seeking the rock hard core (muscles in your stomach and back that help keep your body balanced and stable) and are willing to lay some pain I offer you this training advice and weight. I am not talking body weight I am talking iron! If you're looking for the core you can iron on then you need to use some iron.

A little iron mixed with stability exercise will not only make Iron Man jealous and soft looking, but settle even the recent Delta Winds. Let's get to it!

First remember that with any result it takes time, and more importantly, taking yourself to the gym. Most workout programs range from six to 12 weeks. After that it's time to change it up to avoid leveling off. If you absolutely love the exercise you do in the gym try adjusting the time you go or what day you tackle a certain muscle group. This muscle confusion will cause your body to fire up and keep moving forward, to keep making the gains.

If you can't change your times when you are hitting the house of pain (aka gym) then I recommend changing your exercise routine. For example, if your routine

has you conducting like muscle groups (Biceps & Biceps, Chest & Triceps, etc) exercises try switching it up to opposites (Biceps with triceps, back with chest, etc). Anything to change it up will ignite the Hulk within your muscles and keep you on track to your goal.

Now let's talk about that iron! So you are doing core exercises but not seeing the results you want; add some weight. The additional weight you add to your core exercises will cause those selected muscle group to respond, build, and most of all tone up! A little weight goes a long ways!

A strong core not only gives you a toned mid-section, but can reduce back pain and benefits the rest of your muscle group by assisting them in stability. All you need to do is add a little weight and time to it.

Be careful not to add too much weight and remember to be smooth about the execution of your core exercise. Smooth is fast in the game of core gains. Keep your form throughout the entire execution of the exercise. If your form is slacking because of the weight then reduce the amount of weight. Bad form with more weight yields injury and produces negative gains. The right weight with the best form possible will

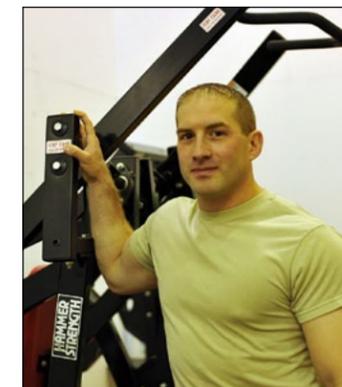
ALWAYS give you the greatest gains.

Just like most exercise try pausing at the peak of the range of motion and squeeze that muscle group for a second or two.

I commend you on your efforts to stay fit and challenge you not to slow down as the weather changes seasons. I urge you to stay the course and not look back as there are no gains there... only personal records you have crushed. I challenge you to continue to change and transform your body like the seasons of Alaska. If you do find the ability to continue to dig deep into your personal courage and self-drive as I have challenged you to do then there is no doubt when you look in the mirror you will see something more breathtaking than Alaska.

Remember to clear any exercise program with your health care provider prior to starting.

Cheers! ■



CPT Ryan Skaw



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Upcoming Events for October

Below are a few upcoming events and announcements throughout the Delta-Greely community:

October is Domestic Violence Awareness Month.

Money Matters for Teens is held every Monday at 4 pm at the Youth Center.

Oct. 2: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

Oct. 11: Cold Weather Training is available for all interested parties from 9 -11:30 am; Chapel Annex. Call 873-5293 for details.

Oct. 11: Parent Advisory Council Meeting (PAC) happens the second Thursday of every month, Noon at the CDC. This meeting will cover SNAP Procedures.

Oct. 16: Parent Education Class, 4:30 pm at the Child Development Center. Topic for this month's class Hands Only CPR. Topic for November 20: Internet Safety and topic for December 18, is Brain Development. Classes held third Tuesday of every month at 4:30 pm at the Child Development Center.

Oct. 16: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

Oct. 17: Fort Greely Garrison Commander's Round Table Monthly Meeting is today from noon to 1 pm at the Aurora Community Activity Center. All FGA members are welcome to attend.

Oct. 17: A Department of the Army Civilian Health Fair will be



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held today from 10:30 am - Noon in the DPTMS Conference Room. Representatives from various insurance companies will be on hand to answer questions and provide information.

Oct. 22-26: Vigilant Shield Full Scale Exercise will happen during this time period. Please expect some additional noises and disturbances while training is conducted.

Oct. 23-26: The Fitness Center will be closed during this time in order to participate in the Vigilant Shield Exercise.

Oct. 23-31: Red Ribbon Week

Oct. 26: Children's Fall Festival from 5-7 pm at the Aurora Community Activity Center.

Oct. 27: Adult Halloween Party from 8 pm until Midnight at the Aurora Community Activity Center. All FGA members welcome to attend.

Oct. 28: Juneteenth: The contributions of

African-American Soldiers building the Alaska Highway was "the first step in the breakdown of segregation in the military." - Dr. Ron Myers. Oct. 28, 1942, is the date when crews completed the Alaskan Highway that connects Alaska to the rest of North America.

Oct. 31: Trick or Treat with North Haven from 4-8 pm. The annual Haunted House is TBD by North Haven.

Coming soon... Nov. 13-16 Alaska National Guard and Fort Greely Chaplains offer Resiliency Training. Call 873-4397 for details.

* Note: All dates/times and events are subject to change. This list is not all inclusive; to list everything is neither possible nor practical.



October 2012
FrontLine Employee
Wellness, Productivity, and You!

Fort Greely Army Substance Abuse Program

Better Stress Management

The best stress management techniques are those that target the anxiety you experience in specific situations. When considering stress management, look at intervention tactics that target the type and degree of stress that you would like to reduce or eliminate in certain situations. Keep track of daily, weekly, or monthly events to spot stress reactions. Then design a personalized stress management program that works for you. Always include exercise in your program. Research consistently shows that no matter what type of stress you experience, exercise will make your emotional and physical response to it more resilient. Do you experience stress before public speaking and when you feel deadline pressures, or lose sleep the night before an important sales meeting? Your stress response is unique. The challenge is to find the intervention that works for you.



Help with Medical Bills and More

High medical bills, confusion over health insurance policy small print, overbilling, denials for care, and appeals that go nowhere. Explore some of the following healthcare advocacy resources if issues like these are weighing you down and reducing productivity in your life: 1) U.S. Department of Health and Human Services (healthcare.gov/using-insurance/index.html); 2) Patient Advocate Foundation (www.patientadvocate.org); and 3) Advocacy for Patients with Chronic Illness (www.advocacyforpatients.org). Each resource website has loads of tips, advice, direction, legal information, and counseling related to healthcare needs, financing, insurance, and more.



Cost of a Cluttered Desk

Your desk may look like a war zone, but it isn't cheap to keep it that way. Although not readily visible, there are financial costs to a cluttered desk. Consider the following: 1) Time lost from searching for buried or scattered materials. 2) The expense of recreating or duplicating materials. 3) The delay or failure to act on forgotten requests in writing from management. 4) Fatigue from searching, reaching, digging, and experiencing frustration. 5) Working on urgent matters as they appear during the workday, rather than on important tasks that aren't visible. 6) Negative self-talk from feeling disorganized. 7) Adverse respiratory effects from dust, if susceptible.



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On the cover: Alaskan wildlife busily gather the last juicy tidbits of food before the snow sticks.
Photo by Deborah Coble.

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 15th of each month will be considered for publication in the next issue of the INTERCEPTOR.** Submit via deborah.a.ward32.civ@mail.mil.

Commanding Officer LTC Terry Clark
Command Sergeant Major CSM Robert Gooden
Deputy to the Garrison Commander Brent Abare
Public Affairs/Editor Deborah Coble

Too Young to Be an Alcoholic?

It is not unusual for young teens or even pre-teens to be exposed to alcohol. In fact, consuming alcohol usually happens before abuse of other drugs occurs. Whether alcohol is provided by peers or adults, it doesn't take 25 years for a susceptible young person to acquire a serious alcoholic drinking problem. Depending on biogenic factors, family history, and contributing environmental or psychological factors, the onset of alcoholism could be a couple of years or even months. This phenomenon is why Alcoholics Anonymous began printing educational literature for teenage alcoholics, many of whom are as young as 13. Although it is not widely known, thousands of teenage alcoholics are members of Alcoholics Anonymous. Hundreds of treatment programs were established in the 1970s after the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment, and Rehabilitation Act came into effect in 1970. For teenage alcoholics, many of whom also abuse other substances, the primary drug of choice is alcohol. Could you spot early symptoms of potential alcoholism in a teenager? Common experiences of teen alcoholics reported in testimonials, monographs, and educational literature include reports of one drink producing feelings of significant euphoria, positivity, excitement, empowerment, acceptance by peers, popularity, confidence, and an overwhelming desire to return to the next drinking opportunity as soon as possible. The majority of teens who experiment with alcohol do not experience these reactions, but former teenage alcoholics report these experiences consistently. Search: aa.org/teenager



Would Family Therapy Be a Good Idea?

Family therapy is a counseling approach that works with family members to solve personal problems. What many people don't realize is that family therapy is sometimes necessary to help resolve one individual family member's personal problem too. Families are like "systems." Think of a clock with the hands not working. Is it the battery, a spring, a wire, or a combination of things? All the parts interact. On the surface, you can see the hands not turning, but the answer may lie in resolving issues with other parts. Family therapy is very similar. Within family therapy, all the parts get some attention to discover their contribution to the issue or issues everyone agrees need to be resolved. Have you participated in individual counseling but wondered if other members of your family could benefit and be part of the solution? Family therapy may be a good idea.



Making More of Your Morning Routine

If you research ideas on personal productivity and doing more in less time, you'll discover many spins on this one productivity idea: Work on your biggest, most important, or most rewarding task first thing—the very first thing—in the morning. Not only are you the most refreshed you'll be all day, making it likely you'll deliver at peak performance, but you'll also avoid dozens of tasks and distractions (email, Facebook, and dawdling) that bog you down, possibly all day. You'll avoid that dreaded feeling of not having accomplished much at the day's end. Adopting this productivity tip creates momentum that builds rapidly. It also rewards you with more positive feelings of accomplishment, and it produces more successes along with their visibility to your employer.



Adapting to Change: Positive Outcomes Lie Ahead

Undoubtedly, you've heard stories about change, where average people adapt, bounce back, or find new jobs, skills, and vocational passions. The positive message about organizational change is the adaptability of people. We're all change experts. We're hardwired to cope with change because we've been facing it for a million years. The key is understanding what accelerates or hinders the speed at which you adapt. Next comes focusing on maximizing your positive response to change by identifying personal strengths and resources, increasing communication, and planning and making informed decisions to help you grab the highest rung on the ladder of opportunity that change presents. Seek to be proactive and involved with change to avoid a longer delay at arriving at a new place in your job, career, or life. You will get there.

