



September 2011

# Fort Greely

# INTERCEPTOR



# August 2011 General Officer Steering Committee

By LTG Rick Lynch  
IMCOM Commander

The Army Family Action Plan is an incredibly important program that allows senior Army leaders to understand the needs of Soldiers, Civilians and Families and continue to deliver on the promise of the Army Family Covenant. It's a grassroots effort by the Army community to identify what's not working, why it should change, and how to fix it.

Since the inception of AFAP in 1983 there have been 683 issues elevated to the Department of the Army level. Of those, 500 have been completed, 144 were unattainable due to either legislative or budget constraints, and 38 remain active.

Twice a year, Army senior leaders and program representatives meet to review the progress made against the remaining active issues and assign a status of active, complete or unattainable. The latest review session was held at the beginning of this month. Of the 35 issues reviewed, it was determined that 22 of those should remain active as work is still being done, five are complete, and the remaining eight are unattainable. The results will make life better for Soldiers, Civilians and their Families for years to come.

Now 38 states offer military spouse unemployment compensation compared to only eight in 2002 when this issue was introduced into the AFAP process. In addition, Maryland and the District of Columbia evaluate eligibility on a case by case basis. This issue arose because most states considered leaving a job due to military relocation as voluntary rather than involuntary. To get a complete listing of the participating states and to learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices/> and search for issue number 524.

Through issue No. 574, funding for the Reserve Component Strong Bonds Program is now available. Its mission is to increase Soldier and Family readiness through relationship education and skills training. Attendees voluntarily participate in a Strong Bonds retreat that provides an emotionally safe and secure environment to address the

effects of military lifestyle stressors. To learn more about the Strong Bonds Program, visit [www.strongbonds.org](http://www.strongbonds.org).

Three medical and behavioral health issues are nearing completion. Funding for issue 583 which mandates that all stateside installations, including Alaska and Hawaii, provide Advanced Life Support services on or near the installation has been requested for the fiscal year 2013 budget. Issue 646, once approved, eliminates generic mail order prescription cost shares beginning in fiscal year 2012.

Lastly, an increase in authorizations of career coordinators assigned to Wounded Warrior Soldiers and their Families/ Caregivers is also complete. Warrior Transition Units now have Military Career Counselors and Transition Coordinators to assist transitioning Warriors with developing career and education goals.

Although some issues remain active, considerable progress has been made.

An example is issue 641 which recommends a comprehensive strategy to optimize alternative treatment options to manage pain and prevent over medication.

Three years ago, more than 95 percent of our Wounded Warriors at Walter Reed were on opioid narcotics. Today that number is 8 percent, and we're moving this practice across to other services.

Part of this year's process also includes improving our resource management. As the Assistant Chief of Staff for Installation Management, it is my responsibility to ensure that the Army delivers on its promise to provide Soldiers, Civilians and their Families a quality of life commensurate with the quality of their service. At the same time, it is also our responsibility to be good

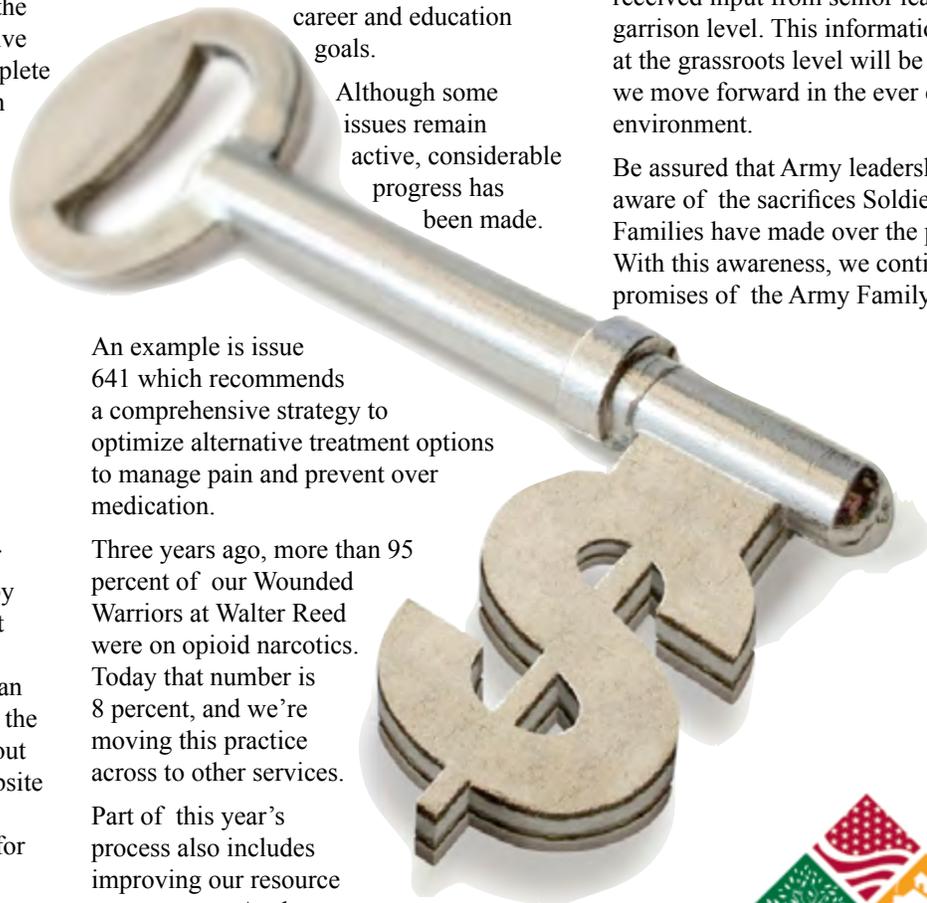
stewards of the taxpayer's money.

Currently we're funding hundreds of Family programs at approximately \$2.1 billion. As an Army we have to embrace a cost culture in order to sustain the force and accomplish our strategic imperatives effectively and efficiently.

The three fundamental questions we must all ask ourselves are: Do we really need it? Is it worth the cost? What are we willing to do without? Of those programs, what are we willing to do without? Which programs should be combined, and which should be eliminated? Which ones are no longer useful, and which programs need more resources?

Over the past few months through Army OneSource we have asked the Army Family what are our most valuable programs and which ones are least important. I've also received input from senior leaders at the garrison level. This information collected at the grassroots level will be invaluable as we move forward in the ever changing fiscal environment.

Be assured that Army leadership is fully aware of the sacrifices Soldiers and their Families have made over the past 10 years. With this awareness, we continue to fulfill promises of the Army Family Covenant. ■



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

# Saying, "Goodbye" without end



By Deborah Ward  
Public Affairs

James Casteel Courtesy Photo  
**James Junior (J.J.) Casteel**  
1989 - 2004

Sergeant First Class James Casteel, came home from another day of working in Special Operations at Fort McCoy, Wis. on February 23, 2004. He was greeted by his 15-year-old son, J.J., an outstanding student, an Eagle Scout, editor of the school paper, socially well-adapted and loved by many.

Immediately the two started their customary conversation about each other's day and what transpired.

The conversation - so routine, so ordinary

that Casteel cannot pick out the details, ended without event. J.J. went downstairs as he normally did and Casteel went upstairs to cleanup for supper.

"I never heard the gunshot," said Casteel "I was in the shower when I felt this horrible, eerie feeling come over me. I ran downstairs to check on him [J.J.] and I found my son lying on the basement floor...dying."

Casteel paused to control the devastating memory before continuing, "We had a few

moments together before he passed away."

Looking back at the warning signs, Casteel remembers J.J. working his way throughout the house, a few days prior to his death, making lists. "When I asked him what he was doing he said, 'Oh I'm just taking an inventory, Dad.' Then later that day he was sitting down writing notes so I asked him again what he was doing. His reply was strange to me, 'What's the word for 'window' in Spanish, Dad?' I told him, 'ventana' and he said, 'thank you,' that was it. To anyone else with kids that may seem like typical things to do and one would blow it off as normal, but on that day I knew something was going on; I just didn't know what."

Casteel, like many other parents whose children commit suicide, did not make the connection of oddities and eerie feelings until it was too late.

According to the Center for Disease Control and Prevention, suicide is the third leading cause of death for people ages 15-24 with the top two causes being accidents and homicides.

Most adults can remember the difficulties of being a teenager. They remember the gray area between childhood and adulthood; the need and desire to fit in and be accepted socially; the constant pressures from parents and peers to be responsible, continuously perform at high academic standards, and to be the best at sports, etc. Then there's the hormonal aspect of being a teenager and that alone can be monumental to deal with.

For teens that have an adequate support network of family, friends, religious outlets, supportive peers or extracurricular activities, they can use that network for an outlet to deal with those everyday frustrations. Many teens, despite the available network, still feel disconnected and isolated from friends and family and those are the teens that remain at an increased risk for suicide.

It is important to note the risk of suicides with teens increases dramatically when they have access to firearms and ammunition at home. Nearly 60 percent of all suicides in the United States are committed with a gun.<sup>1</sup>

While there is the possibility of many factors leading to suicides and attempted suicides the following, presently, take the lead:

- a psychological disorder, especially depression, bipolar disorder, and alcohol and drug use
- feelings of distress, irritability, or agitation
- feelings of hopelessness and

See **GOODBYE** page 4

worthlessness that often accompany depression (a teen, for example, who experiences repeated failures at school, who is overwhelmed by violence at home, or who is isolated from peers is likely to experience such feelings)

- a previous suicide attempt
- a family history of depression or suicide (depressive illnesses may have a genetic component, so some teens may be predisposed to suffer major depression)
- physical or sexual abuse
- lack of a support network, poor relationships with parents or peers, and feelings of social isolation
- dealing with homosexuality in an unsupportive family or community or hostile school<sup>2</sup>

Being involved in your teen's life, showing that you care and remaining supportive can help avert suicidal thoughts and non-genetic bouts of depression; however, even the most involved families can still suffer from the tragic, senseless loss that suicide brings.

"We had a second family at McCoy. J.J. was well known and loved on the installation especially with the Emergency Operation Center guys and the Explosive Ordnance Device team members - he'd come in to work to visit them and discuss Army Field Manuals and Technical Manuals - he was so interested in those things. If it blew up, J.J. knew about it. He had a great social life." Casteel remembered that one of J.J.'s favorite family things to do was to invite 15 of his classmates each year to the Armed Forces Day Celebration in May where J.J. and his friends would spend the day climbing in and throughout the display tanks, helicopters and various military vehicles. J.J. had an intense fascination with his father's career, military history and procedures.

Missed warning signs have a devastating result. Not all warning signs will be present in possible suicide cases, but it is important to know them and take them seriously, they are a call for help. Seek immediate help if you think you know a teenager - or any individual for that matter - that may be contemplating suicide. Some warning signs to look for include but are not limited to:

- disinterest in favorite extracurricular activities
- problems at work and losing interest in a job or important projects

- substance abuse, including alcohol and drug (illegal and legal drugs) use
- behavioral problems
- withdrawing from family and friends
- sleep changes
- changes in eating habits
- begins to neglect hygiene and other matters of personal appearance
- emotional distress brings on physical complaints (aches, fatigues, migraines)
- hard time concentrating and paying attention
- declining grades in school
- loss of interest in schoolwork
- risk taking behaviors
- complains more frequently of boredom
- does not respond as before to praise
- actually says, "I'm thinking of committing suicide" or "I want to kill myself" or "I wish I could die."
- there are also verbal hints that could indicate suicidal thoughts or plans. These include such phrases as: "I want you to know something, in case something happens to me" or "I won't trouble you anymore."
- teenager begins giving away favorite belongings, or promising them to friends and family members
- throws away important possessions
- shows signs of extreme cheerfulness following periods of depression
- creates suicide notes
- expresses bizarre or unsettling thoughts on occasion<sup>3</sup>

"If I could go back to...just before," said Casteel "I would have asked more questions. I wouldn't have settled for the odd replies that didn't explain the strange little things he was doing. As far as parents knowing what to look for, unless you search for, have training or a health professional...counselor...tell you what those warning signs are you may miss them - overlook them. Some are so very small. Some would seem 'acceptable' until after the fact.

"My wife and I, though now divorced, went through countless hours of beneficial counseling to begin the healing process. We took classes, sought out chaplain assistance and used many resources that were available to us to help get through. Some counseling may not work, but you don't stop, you keep

going until you find some that do.

"I couldn't take it at Fort McCoy anymore because of the day to day contact with people that had known my son so I requested to transfer to another installation. I didn't know it then, but staying involved with the community, working with other people with similar experiences and staying involved with the counselors help to make it better. You never get over it, but it does become easier to make it through each day."

Casteel moved to Fort Greely, Alaska in 2009 and dove in to help Chaplain Vince Cepeda with the program from Living Works, Applied Suicide Intervention Skills Training also known as ASIST. Casteel spoke of his experiences and offered his services on this topic frequently to help educate others on the programs and services available. One such program is safeTalk. This program offers training to anyone over the age of 15 to prepare them in identifying persons with thoughts of suicide and to connect them with suicide first aid resources and to learn how to apply the TALK steps of Tell, Ask, Listen and KeepSafe. Casteel continued to build his support network and often thinks back to all of the friends and family who helped him get through the loss of his son.

"The support and love we received when J.J. died was unsurpassed. We had planned a small funeral, but in the end over 2,000 people attended. Busses from two school districts, full of children came - he had attended two schools. Susie, my wife, was stationed in Minnesota and I was in Wisconsin so J.J. spent time in both locations. Children from both schools came to his funeral. A lot of people from the installation came as well as J.J.'s entire Eagle Scout troop."

Today, Casteel takes some comfort in knowing that J.J.'s brilliantly clear, hazel eyes are able to see the beauty in the world and his heart can experience the fullness of life and love. "He donated his organs to the hospital and my wife and I found out later that two children were saved because of this. One received J.J.'s eyes, the other his heart."

"We still look for reasons why this happened... what J.J. was going through, what he was thinking - we have no explanation. We'll never have closure. Every day I have to fight to get through it and learn to say, 'good bye' all over again." ■

<sup>1</sup> Statistic taken from [www.kidshealth.org](http://www.kidshealth.org), "Teen Suicide"

<sup>2</sup> Factors taken from [www.kidshealth.org](http://www.kidshealth.org) "Suicide factors for teens"

<sup>3</sup> Warning signs taken from [www.teensuicide.us](http://www.teensuicide.us) "Teen suicide warning signs"

# September is Suicide Prevention Awareness Month



## SHOULDER TO SHOULDER- FINDING STRENGTH AND HOPE TOGETHER

In the U.S., Suicide ranks among the top ten causes of death across all ages. For 10 years, suicide has been either the second or third leading cause of death among active-duty service members.



Suicidal behaviors encompass a broad range of acts including.

1. suicidal attempts
2. Gestures
3. Threats and suicidal thoughts.

**Anchorage**  
North Star Behavioral Health System Crisis Line  
24 hours/ 7 days  
(907) 258-7575  
1-800-478-7575



Visit the Mental Health Resource Center

## Common Warning signs

1. Giving away possessions
2. Relationship difficulties
3. Impulsive anger
4. Legal or financial trouble
5. Isolation or withdrawal
6. Performance difficulties

## Be a First Responder

Are duty is to be the first responders a first responder is a person who recognizes the threat or risk of suicide and responds.

A first responder could be anyone- a supervisor, Officer on duty

Family member, Service members

Coworker, friend

**Or YOU**



**A:** Ask

**I:** Intervene

**D:** Don't keep it a secret

**L:** Locate help

**I:** Inform the Chain of Command

**F:** Find someone

**E:** Expedite



## HELP RESOURCES

Command Leadership  
Military & Family Life Consultant (MFLC)  
907-803-3563  
ACS -Tere Pouch 907-873-4385  
Chaplains -Vanderhoff 907-873-4397



**Anchorage**  
Emergency Crisis Line  
South Central Counseling Center  
24 hours/ 7 days  
(907) 563-3200

# Soldiers from the 49th take aim

By Deborah Ward  
Public Affairs

Select Soldiers from the 49th Missile Defense Battalion (Ground Mid-course Defense) tested their marksmanship capabilities at the 2011 MAC Region 6 Combat Marksmanship Competition conducted by Wyoming National Guard at Camp Guernsey, WY Aug. 11-14.

The Marksmanship Advisory Council hosts the annual Region 6 Combat Marksmanship Competition to enhance marksmanship proficiency and battle focus weapons training. It offers Soldiers and Airmen in the National Guard an opportunity to put their marksmanship skills to the test in a shoulder-to-shoulder competition.

After placing in the top five during the Anchorage state-level competition, SSG Jason Martin and SGT Albis Gomez, both Soldiers from the Headquarters and Headquarters Battery, teamed up with SGT Derick Butler A. Co. MP and two alternates SFC Kevin Mcgaha and SGT William Velez to head south for the mid-August regional competition.

Martin, Gomez and Butler were the top three dominating scores in their class for rifle and pistol at the state-level match and were selected to compete, based on their ranking scores, with other Regional National Guard and Air Guard members from Alaska, Idaho, Montana, North and South Dakota, Oregon, Washington and Wyoming at the regional level, “State level competitions are held to see who the top shooters are in the state, whoever wins the state competition moves on to the regional level. Then whoever wins region goes to Arkansas to compete in the All Guard Competition. The winner of the All Guard Competition is the ‘Top Dog [Marksman]’ for the entire United States National Guard,” said Martin.

Like many other sports or competitions there’s a placement scale to this event too, “There’s bronze, silver and gold, but then there’s also a distinguished category. In order to get distinguished you have to win the All Guard Competition consistently. If you are that good, you are presented with a distinguished medal,” Martin said. Once an individual receives a distinguished medal they never have to wear a marksmanship badge on their Class A uniform again. It is a lifetime award and an enormous achievement.

There are two different classes in this type of

competition, Open and Novice. “Butler was in the Novice Class, he had never competed before; the whole experience was new to him and he won. SSG Martin and I had competed before so we were in the Open Class at the state competition,” said Gomez.

“Once you’ve competed then you move to the Open Class – you don’t go back to Novice,” Martin added.

Training for these types of events does not come easy for these Soldiers, “We were only able to train twice before the All Army Competition in March down at Fort Benning, GA and it encompassed everyone, all the professional shooting teams like the Army Special Forces, Delta Forces, Rangers, and

the Army Marksmanship Unit were there. We weren’t bad. We were in the Novice Class—we were actually ranked 150-175 out of 300 teams. When you add up the team’s scores we’d average in between the ranked places of 150-175,” said Martin.

“We were competing against a lot of other people that had more experience than we did. Many of us hadn’t really shot before at least not with consistent training,” said Gomez.

When they do get the opportunity to train, they use the Colorado Known Distance Range owned and operated by Fort Wainwright Range Control. Martin said, “When we shoot at the KD range we shoot 500, 400, 300, 200

See AIM page 7



Deborah Ward Photo

(From Left to Right) SSG Jason Martin, SGT. William Velez, 1SG Richard DeBilzan and SGT Albis Gomez. DeBilzan stands with his fellow 49th Missile Defense Battalion (GMD) Headquarters and Headquarters Battery Soldiers. Martin, Velez, Gomez and SFC Kevin Mcgaha (not pictured) prepare for their Regional Marksmanship Competition at Camp Guernsey, Wyo.

and 100 meter distances.”

Even though they do not get to train as often as they would like, the Soldiers are appreciative of the range time they do receive, “We don’t get to train as much as we’d like to, but when we do Fort Wainwright Range Control goes above and beyond for us and assists us in whatever way they can within the guidelines and regulations for military-run ranges,” said Martin.

During the competitions, shooting positions can vary, “We shoot while standing for the 500 and 400m range, but we have to run from the 400-300m range and run from 300-200m and again from 200 to 100m. It is all timed to include the shooting so it really gets our heart rates elevated. It is very similar to combat speed shooting,” said Gomez, “For example we might have one minute and 30 seconds to run from the 400m to 300m range and shoot our target.”

Martin explained that the 500m is slow fire, the 400 and 300m are considered rapid fire, then when they get to the 200m range, they have to shoot from the kneeling position, 100m range is both standing and kneeling, then the 75m, 50m and 25m are all rapid fire with a lot of quick up and down movement, “They are looking for combat effective readiness so things move quickly,” said Gomez.

Gomez and the others will be running, kneeling, sitting, laying and shooting carrying much equipment when they participate in competitions such as this one. Kevlar helmets, web belts, suspenders, two ammunition pouches, first aid pouch, canteen with cup and carrier, protective mask, ammo magazines; 4-20 or 30 round rifle magazines and 4-15 round pistol magazines, hearing protection, and eye protection will be worn or carried at

a minimum.

With the competition only a few days away the anticipation was building, “We are really looking forward to this,” said Martin, “The National Guard Marksmanship Training Center is down in Arkansas. They are the controlling unit for the entire marksmanship curriculum and they run the All Guard Competition. We’d like the opportunity to compete at that competition after Regional.”

“We love shooting. We’ve invested so much time in this. We organize the training, set up the ranges, coordinate with A Co. – they work shifts so individuals like SGT Butler come in during their off duty time to train and assist, we set up the detail, we set up the ammo, we work the Arms Room and I am also the Armorer for the battalion. We are very happy for the opportunity to represent Fort Greely and the 49th Missile Defense Battalion; we will do our very best to make everyone proud,” said Gomez. “I used to be in an infantry unit where we did nothing but tactical shooting. I knew very little about long distance shooting – it’s different and requires more technical skills. SSG Martin taught me and SGT Butler everything we know about long distance shooting. He’s been a great mentor and coach. We wouldn’t have gotten this far without him.”

Gomez and Martin both thanked the unwavering support of the 49th MDB Commander, Lieutenant Colonel Joe Miley and HHB’s First Sergeant Richard DeBilzan, Gomez summed it up nicely when he said, “We received a letter of support from LTC Miley – events that signify combat effectiveness are one of the top priorities for him so he and ISG DeBilzan are always there asking if we have what we need to complete the mission, and if we don’t, they help see that we do.” ■



# Back to School Safety

## Walking and Biking to School

Even if you don’t ride in a motor vehicle, you still have to protect yourself. Here are a few basic safety tips to follow:

- Walk your bike through intersections
- Walk with a buddy
- Wear reflective material...it makes you more visible to street traffic

## Drivers – Always be ready to slow down in School Zones

Whether you are driving to work, or dropping a child off at school you will pass children walking or riding their bikes to school. If our children are not taken to school by their parents,

they either walk or ride their bikes to school. To assure our children arrive safely at school each school has a school zone where the speed limit is lowered.

Whether on a city street, highway or county road, and regardless of the speed limit and the number of lanes, **motorist traveling in both directions must stop when approaching a stopped school bus with its upper red lights flashing.** A flashing stop arm will swing out while passengers are boarding or leaving the bus. Once all passengers have boarded or exited, the STOP arm will fold away. Do not start moving until the red lights have stopped flashing and the bus begins to move.

## Riding the Bus

### Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are away from the bus
- Use the handrail to enter and exit the bus
- Be aware of the street traffic around you. Protect yourself and watch out! ■

Garrison Safety Office 873-5239/5031

# *Spermophilus parryii* also known as the arctic ground squirrel

By Richard Barth  
DPW

Arctic ground squirrels live on Fort Greely. In the past, we almost made a petting zoo out of a colony AGS that was located near the post theater. Everyone on post knew about these nearly tame squirrels. They became so popular they were the unofficial installation mascot. This led to families with small children visiting the colony on a daily basis to hand feed the little critters.

As one would predict, a child was bitten. AGS became so tame that they would jump in your car at the Commissary or try to enter the Launch Room (dining facility).

Not only do they have the potential to carry diseases they also create a great amount of damage to the facilities from digging in and around the foundation. They can also invade the rain gutters causing flooding problems during heavy rain storm events.

There were dozens of AGS in the area. Something had to be done. A live trapping program was initiated to relocate the AGS to a more suitable area. This year we have relocated nearly 40 AGS from the airfield to more suitable habitat on the east side of Jarvis creek.

The arctic ground squirrel can be found in regions of Northern Canada ranging from the Arctic Circle to northern British Columbia, and down to the southern border of the Northwest Territories, as well as Alaska and Siberia.

During hibernation, its brain and core temperature can drop to just above freezing and its heartbeat drops. Peripheral, colonic, and blood temperatures become subzero by means of super cooling. Body temperatures drop as low as 26.8 degrees Fahrenheit average 27 F, the lowest known naturally occurring core body temperature in mammals. The arctic ground squirrel has a beige and tan coat with a white-spotted back. This squirrel has a short face, small ears, a dark tail and white markings around its eyes. The average length of an AGS is approximately 15 inches and the average mass 26 ounces; however, males generally are around 3.5 ounces heavier than females.

This squirrel feeds on grasses, sedges, mushrooms, bog rushes, blueberries, willows, roots, stalks, leaves, flowers, and seeds. Sometimes this squirrel carries food back to its den in its cheeks.

Arctic ground squirrels live in colonies dominated by one male. Mating occurs in mid-May after winter hibernation. Gestation is approximately 25 days, and results in a litter of five to 10 weighing 0.35 ounces hairless pups. After six weeks the pups are weaned and this is followed by rapid growth to prepare for the upcoming winter.

The take home lesson here is do not feed any wild animal. Bird feeders are OK in the summer and fall but could attract bears in the spring. A fed bear is a dead bear! Help protect our wildlife! ■



Wildlife North America Photo

**An arctic ground squirrel pops its head up from its protective burrow.**

## Recycling and Sustainability

By Fort Greely Environmental Office

Fort Greely has been recycling for some time now and steadily building on the types of materials that can be recycled. For everyone who takes the time and energy to be an active participant in FGA's recycling program, your efforts are greatly appreciated. At this time we recycle most common materials, yet a large percentage of our solid waste going to the landfill are these same resources. Materials for collection

include: Cardboard, mixed paper (to include magazines & newspaper), aluminum cans, tin cans, glass bottles & jars, all plastics and packing Styrofoam. If you subtracted these items from the waste stream and recycled instead, there wouldn't be much left to take to the trash dumpster.

Recycling is about waste reduction and being environmentally responsible for our surroundings, homes and places of work. If that doesn't get you thinking about taking up recycling, another good reason is because we are required to meet DoD directives as well. The Army has been mandated by Executive

Order and DoD policy to reach a 40 percent landfill diversion goal. At this time we can claim a 22 percent diversion rate for non-hazardous solid waste from being deposited in the landfill. There has been an increase in percentage recycled each year, but if the Garrison hopes to reach the 40 percent goal, then we all need to think about what and how much we can actually recycle. As of 2010 the goal was and is still at 40 percent diversion, but will be increasing to 50 percent by 2015. If you are not yet in the recycling habit, please consider giving it a try even if it is only one type of material such as aluminum cans or plastic. Every contribution, no matter how small does make a difference and you will have played a part in helping to reach our diversion goal. ■

# Community Activity Center: A breath of fresh air

By Dan Cain and Emily Fisher  
FMWR

**A**laskan schools have once again started classes and the yellow leaves on the trees tell us the warmer days of summer are drawing to a close. Fall is just around the corner. Family and MWR is already looking ahead and planning a cornucopia of fun events for the remaining months of 2011.

The finishing touches for the Community Activity Center are underway. Opening of this exciting new addition to the Fort Greely Community is tentatively set for the last weekend of October. Special Events Coordinator, Jessica Smith, says "The opening of the CAC couldn't come at a better time. Heading into winter will be a bit easier this year for the many recreation opportunities the CAC will provide will no doubt help keep the winter blues at bay." After almost a year of construction FMWR is eager to open the

doors and to figure out who has the bowling skills on the Garrison. We've heard lots of bragging and boasting, but who will be Kingpin of Fort Greely, will it be you?

Besides bowling, the CAC will offer billiards, darts, video games, NFL on the 72" televisions, pay per view events such as UFC, arts and crafts classes; fitness classes, a short order style restaurant and full service bar. Many of the Garrison special events that you've come to love will also migrate to the CAC for that value added touch.

Just looking for a warm place to keep cabin fever in check? Grab a favorite book or your Kindle and have a seat by the river stone fireplace and soak up some heat. The CAC will have something for everyone.

Other calendar worthy Fall events: The Children's Fall Festival and Adult Halloween Party (end of October), Chili Cook-Off/Bake-Off (beginning of December), Holiday Gala

(beginning of December). Specific dates and times will be determined shortly.

Stay connected via our new Facebook fan page (search: FMWR Fort Greely) for up to date CAC information which will steadily increase in the coming weeks. Other Family and MWR special events and functions will also be posted. ■



## Family Focus Friday: Military and Family Life Counselors help with stress of Military Life

By Glenn Selby  
DoD News

**O**ur military families often face many challenges, yet they remain resilient and strong. Through long deployments, relocations, and tough family separations, they exhibit incredible selflessness, dedication, and commitment to the mission.

Providing our military families access to the right tools to help them remain healthy and strong is a top priority for the Department of Defense. One such tool, the Military and Family Life Counseling program, is dedicated to helping service members and their families deal with the stress of the military life.

Military Family Life Counselors are behavioral health specialists deployed around the world to offer confidential, short-term, non-medical counseling and life coaching to military families. MFLCs are Masters or PhD level, licensed and credentialed

mental health providers who support military families, helping them address a variety of issues related to the military lifestyle such as common stress reactions to deployment, relocation adjustment, reintegration concerns, loss or grief, parenting challenges, financial management, relationship issues, stress in the workplace, and more. Through the MFLC program, military members and their families have the opportunity to talk to a professional, determine solutions to various problems, and develop an action plan to improve the situation.

It is easy to access the MFLC program. The counselors are available to work with individuals, couples, families, or groups and often have flexible hours and meeting locations. MFLCs are embedded in family centers, military child and youth programs, summer camps, schools, and can be located both on and off installations. To address the needs of geographically dispersed families, counselors attend many Guard and Reserve

reintegration events as well. On average, counselors meet with families about four times and address a wide range of concerns. MFLCs are an invaluable resource for our entire military community! How has an MFLC helped you? Share your story here.

I encourage you to make your health a priority. There is no shame associated with taking care of yourself or your family and it is important to note that sessions are kept confidential unless there is a "duty to warn" situation such as domestic violence, child abuse or a suicide risk.

You can find a counselor or learn more about the MFLC program by contacting your local family support or child and youth center. We must remember that part of being strong and healthy is knowing when we need to reach out for additional support. I encourage you to check out the MFLC program and reach out when you need assistance. Know that we are here to support you! ■

# WANTED

BY THE FBI

## 49TH BN ORGANIZED CRIME FAMILY



ISG Maureen  
Meehan  
AKA: The Muscle



CPT Ronald  
Painter  
AKA: The Iceman



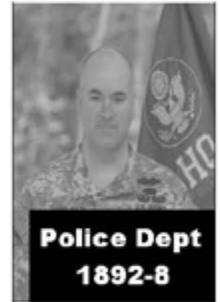
CSM John Drew  
AKA: Machine  
Gun Johnny/ The  
Ranger



LTC Joseph Miley  
AKA: The Don/  
The Old Man



CPT Jeremy  
Shepherd  
AKA: Jeremy Blue  
Eyes



ISG Richard  
DeBilzan  
AKA: Casanova  
Rich

## DESCRIPTION

### THE 49TH MISSILE DEFENSE BATTALION INVITES YOU TO THE "WISE GUYS" HAIL & FAREWELL

**DATE: SEPTEMBER 30 2011**

**SOCIAL HOUR: 5 PM**

**DINNER: 6 PM**

**LOCATION: MOOSE LODGE (DELTA JUNCTION)**

**TICKET PRICE: \$10.00 PER PERSON**

**PURCHASE DEADLINE: 15TH OF SEPTEMBER**

**RSVP: TRACY MILEY - [TRACY.L.MILEY@US.ARMY.MIL](mailto:TRACY.L.MILEY@US.ARMY.MIL)**

**OR (907) 873-4906**

## HAVE YOU SEEN THEM?

# OUTDOOR RECREATION

September



- Sept. 2: **Cranberry Picking- Free**
- Sept. 3-4: **Middle Fork River Camping/ATV/Fishing- \$150**
- Sept. 7: **Cranberry Picking- Free**
- Sept. 9: **Hike & Hot Springs- \$25**
- Sept. 10: **Clearwater Fishing- \$45**
- Sept. 14: **Mtn. bike ride- Free**
- Sept. 17: **Gulkana Glacier Hike- \$5**
- Sept. 17-18: **Dickey Lake Camping/ATV/ Fishing- \$150**
- Sept. 21: **Donnelly Dome Hike- Free**

Get Outside!

For detailed information or to sign-up go to Outdoor Recreation (building #627) or call 873-4058 or 873-4194



Check us out on Facebook!



Saturday, September 10th  
9a.m.-5p.m.  
**SULLIVAN ROADHOUSE  
YARDSALE**

Retro-style furniture from the 1960's and 70's, antiques, collectables, craft supplies, artwork, holiday decorations, books, household items, tools, tables, chairs, side tables, lamps, dresser, bedding and bath, games, toys, racetrack, train set, clothing, winter gear, plants and planters, garden benches, bird feeders and bird houses, farm windows, AND MUCH MORE await you at the Sullivan Roadhouse Yardsale this Saturday, September 10, from 9 a.m. to 5 p.m.

All are welcome to attend. Delicious hot dogs, cookies and beverages available by donation.

Event sponsored by: Gardeners & Friends of Sullivan Roadhouse

Anyone interested in a PUBLIC BUS ROUTE to and from FAIRBANKS for the Delta/Greely area please contact the Fort Greely Public Affairs Office at [fgamedia.center1@us.army.mil](mailto:fgamedia.center1@us.army.mil) or call 873-5023.

## Embrace history...

Please join us in celebrating  
*Hispanic American  
Heritage Month*  
1 p.m., Sep. 29  
at Gabriel Auditorium.  
Traditional food samplings will  
be served.



# Register NOW *Fall 2011 Classes*

## Delta Career Advancement Center

### Courses to be offered

- Job Readiness Skills—one-credit in October
- American Sign Language
- Introduction to Desktop Publishing
- Digital Photography
- Preparatory English
- Pre-Algebra
- Beginning AutoCad
- Modern World History
- Certified Computer Networking Academy
- Various Culinary Workshops
- Non-Profit Sustainability
- Emergency Medical Technician
- Russian

**CALL**

**895-4605**

**for details.**

**Registration is  
September 6-21.**



*An educational consortium operating  
the Delta Career Advancement Center*

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



**1696 North Clearwater Avenue**

[www.partnersforprogressindelta.org](http://www.partnersforprogressindelta.org)

## Fort Greely Education Center

We would like to welcome all of the Fort Greely Community to stop in to the Education Center to use our computers for browsing, checking e-mail, or to work on college classes. We have services to provide you with a way to increase your skills for personal advancement, increase your career options or just improve your knowledge in a particular subject area. One of the best deals going is the tuition assistance program for active military personnel. The military will reimburse you for your tuition costs up to \$4,500 a year. This repeats every year, you get another \$4,500 for your tuition and after a few years you can earn a professional certificate, Associates of Arts, or Bachelor degree.

We can provide you with forms for Tuition Assistance, information on GI Bill transfer of education entitlement to spouse or children, information on Go Army Education, as well the Peterson's DoD web site to practice CLEP tests, the ASVAB, SAT, GED, as well as college and scholarship searches. Stop by to use the Ed Center facilities and resources.

The goarmyed web site also has tutoring, a writing lab and mentor assistance that you can access right on your secure Web site. The mentoring assistance is set up to be accessed by either telephone or e-mail. The tutoring site, smarthinking, uses an instant messaging format to answer your questions. This allows a question to be answered

step by step. This also makes it easy to repeat an answer if the first example is unclear. The writing lab offers assistance for ESL, business and technical writing as well as brainstorming and grammar research tools. Call 873-4369 with any questions; we're happy to help. ■



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

# FrontLine Employee

Wellness, Productivity, and You!

## Fort Wainwright Substance Abuse Program

### Be Competitive, But Stay Healthy



**D**o you view yourself as competitive? Competitive employees have enthusiasm, energy, and motivation to get a job done. They can be prized assets of an organization because they want to succeed. Opportunity to compete makes them work harder. Caution: 1) Don't be competitive for competition's sake. Use competitiveness to help you focus on producing something positive for the company or your coworkers. 2) Manage stress, and avoid the stress of competition that can adversely affect personal relationships, especially at home, or your physical and mental health. 3) Celebrate the success of coworkers with whom you compete. The true value in competition is bettering yourself, reaching your next goal, and winning for your employer. It's not about beating others.

### Positive Anticipation Helps Manage Stress



**N**o matter how much you love your job, everyone needs healthy work-life balance to reduce stress. One way to achieve this balance is always having a nonwork-related activity planned that you are looking forward to. Sure, this could be a weeklong vacation to an exotic locale, but most of the time, this will probably mean pending in outings close to home. The key is 'positive anticipation.' These activities should be fun and meaningful. So schedule your next break and watch your attitude improve.

### Find the Chunks in Your Chores



**C**hunking is something you do every time you dial or memorize a telephone number — for example, 688-555-7402 is memorized like this: "688," "555," "7402." It's simply easier than memorizing like this: "6885557402." You can do this with chores, as well, especially chores at home or work you especially dislike. Find the chunks in your chores and tackle them one at a time. Is the clutter in your garage about to explode? Tackle only the workbench, then the lawn tools later, and move the boxes last. One reason to put off tasks is their perceived size. To become a productivity machine and do more, chunk your chores.

### Every Employee Can Be a Leader



**Y**ou can benefit from understanding and practicing leadership skills, even if you don't have a manager's job title. Do you have a willingness to share information, teach others what you know, and show others in your work unit how to perform a complicated task properly? Do you take initiative when something needs doing, urge others to pitch in, and demonstrate positivity in an effort to motivate your peers? Are you trusted because of your consistent follow-through and ability to think ahead and meet the needs of internal and external customers? Do you strive to learn more about your job and how to do it better? Do you share the glory and see your team as a powerful force greater than the sum of its individual members? If no one raises their hand to run with the ball when things get tough, do you? If you're practicing these skills and behaviors, you're a leader, no matter what your title.

### The Science of Gratitude



**P**racticing an attitude of gratitude appears to have a scientifically measurable positive impact for improving mood and facilitating resolution of a variety of life problems, if you have participated in a 12-step group or know someone who has. Have visited with a mental health professional, or have taken advice from a self-help book, it's likely that you have heard about or practiced the simple principle of "having an attitude of gratitude." Those who practice gratitude tend to be more optimistic. And research shows this can contribute to improved health and maybe even longer life. Gratitude is a two-way street in the workplace. It benefits the person expressing gratitude as much as it does the recipient. Social scientists believe this may extend to improving productivity when gratitude is practiced between managers and employees. The payoff is more job satisfaction for both. This may lead to other outcomes such as loyalty, a desire to become more engaged with the organization, reduced absenteeism, and even a healthier bottom line. Source: <http://tiny.cc/gratitude.yes>

### Painkiller Addiction: Signs You May Have It



**A**ccording to the National Institute on Drug Abuse, there were 7 million abusers of prescription drugs in 2009. If you answer yes to even one of the following questions, meet with a qualified counselor or medical doctor, preferably one who specializes in addiction medicine. Do you doctor shop? (Doctor shopping is seeking out doctors who will prescribe what you want, and refusing to see those who won't, and preventing any one doctor from learning about the others.) Do you take risks with your personal safety by going to places or seeing dangerous persons to acquire pills? If you do not have pills, do you borrow prescription medication from others or accept alcohol if drugs aren't available? Have you payed terms in your home for cash in order to purchase pills? Do you postpone the idea of getting help, even after frightening experiences, falls, blackouts, or car accidents?

### Scheduling "Me" Time



**F**inding private time each day for a healthy activity that helps you unwind is a powerful stress management, and productivity enhancement technique. You may feel a little guilty at the thought of scheduling "me" time, but being "self-attentive" in this manner can reap huge rewards for you and others who love and depend on you. Whether you take a quiet bath or simply detach to read a favorite book for 15 to 30 minutes, you will rejuvenate yourself, find more creativity, gain motivation, and most importantly, slump that "I'm trapped" feeling. Find a healthy way to unwind and plan it into your day just like a business appointment. You'll feel good about finding balance, and you'll look forward to your next "me" time appointment.



**ASAP**  
Community Wide Prevention  
Employee Assistance Program

#### YOUR EAP PROVIDER

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

ASAP Services are confidential. For more information or to schedule an appointment call (907) 253-1361

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:** Even in Alaska, the harvesting of pumpkins signify autumn and its bounty. With the winter months close at hand, many find these last warm days the perfect opportunity to glean the last from their gardens. Photo by Deborah Ward.

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

Commanding Officer ..... LTC Terry Clark  
Command Sergeant Major ..... CSM Carolyn Reynolds  
Deputy Commander ..... Chris Boerst  
Public Affairs/Editor ..... Deborah Ward

