



May 2013

Fort Greely

Home of the Rugged Professional

INTERCEPTOR

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May is National Military Appreciation Month

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A problem worth fixing

DPW Handbook and more!

Help us design a new TEAM Greely logo using the insignias pictured below, on the left, to represent a "team" concept. Design must be able to be replicated in metal materials. The winning design will be showcased throughout the installation, web-based products, and traditional mediums. If you are interested in participating contact the Fort Greely Installation Public Affairs Office at 873-5023.

Fort Greely

Home of the Rugged Professional



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May is National Military Appreciation Month

By
U.S. Army
Installation Management
Command

SAN ANTONIO (April 22, 2013) -- The President of the United States has proclaimed May as National Military Appreciation Month to remind Americans of the importance of the U.S. Armed Forces in history.

It is a symbol of unity, honoring today's military men and women, veterans and those who paid the ultimate sacrifice in the defense of freedom.

The U.S. Army Installation Management Command salutes those who serve -- their strength, commitment and unwavering service to this nation. This year's theme is "The United States Armed Forces: The Strength of the Red, White and Blue."

Throughout this month-long observance, which is focused on the theme of strength, IMCOM is highlighting events promoting fitness and teambuilding -- some of the pillars of resiliency, according to organizers.

National Military Appreciation Month is an opportunity for Army leadership at every level to raise awareness of service members' contributions both on and off post, as well as deepen partnerships that support resilience and enhance the total wellness of the force.

It recognizes those on active duty in all branches of service, the National Guard and Reserves plus retirees, veterans, and all of their families - well over 90 million Americans and more than 230 years of our nation's history.

Look for localized information on national events such as Loyalty Day (May 1), Public Service

Recognition Week (May 5-11), Victory in Europe Day (May 8), Military Spouse Appreciation Day (May 10), Armed Forces Day (May 19), and Memorial Day (May 30) at installations and communities worldwide.



IMCOM Commanding General
LTG Mike Ferriter

A heartfelt 'Thank you'



Fort Greely Garrison
Commander, LTC Terry L. Clark

In honor of Military Appreciation Month I would like to take this opportunity to tender my heartfelt thanks and gratitude to all those who serve, or have served, our country and the cause of freedom.

Ralph Waldo Emerson once remarked "For what avail the plough or sail, or land or life, if freedom fail?" I conducted a quick bit of research in support of this statement and found that within America's population there are roughly 24.6 million people alive today who have completed some form of military service to our nation. This equates to approximately nine percent of our citizenry. By bringing this statistic to light, I do not intend to impute a fault to the 91 percent without military service to their credit;

rather I do this to emphasize the special status of those who have served our country in a military capacity. Furthermore, I would like to acknowledge that many people, be they businessmen, DOD civilians, government contractors, policemen or farmers, contribute greatly to our nation's strength and support the common good of us all through their chosen vocations.

Still, the fact remains that those citizens with a military service record constitute a minority of Americans and many of these same people continue as productive members of society long after their military experience and quite often because of it. Lastly, I would submit to you that it is our strong national defense capability that underpins the conditions of freedom that allow the plough, sail, land and life to flourish within our borders as Mr. Emerson put forth with such eloquence.

In short, when we count our blessings and give thanks to God for the advantages of our fortunate position, I would encourage that a special prayer be reserved for the men and women who have given so much and truly asked so little...

Thank you and I salute your service,

LTC Terry L. Clark ■

www.greely.army.mil

What can I do to help support our military?

Staff Report

The National Military Appreciation Month organization, a group of volunteers that spends time, effort and resources gathering America around its military family. Their efforts help honor, remember, recognize and appreciate those who have served, those currently serving, and the proud history behind our American forces.

This organization offers a simple dozen ways to say, "Thank you" and support our military and veterans. These suggestions are offered here:

1. Submit a National Military Appreciation Month Proclamation to your state and/or local representative.
2. Fly Old Glory proudly.
3. Send a care package to a Soldier through USOCARES at <http://www.uso.org/OUCP-donation-page-with-partner.aspx?LangType=1033>
4. Organize an event in your own community or workplace
5. Ask your elected officials at all levels to recognize our military.
6. Send an email or letter of thanks through A Million Thanks at <http://www.amillionthanks.org/>
7. Adopt a hero at Soldiers' Angels: <http://www.soldiersangels.org/>
8. Ask libraries, schools, and organizations to participate in recognizing our armed forces.
9. Ask local media to feature our armed forces.
10. When you see a person in military uniform, shake their hand and say, "Thank you, for serving our country."
11. Encourage schools to study American Military History during the month of May.
12. Hire a veteran.

Principal Officials of HQDA




Secretary of the Army
Honorable
John M. McHugh



Under Secretary of the Army
Honorable
Joseph W. Westphal



ASA (Manpower & Reserve Affairs)
Honorable
Thomas R. Lamont



ASA (Civil Works)
Honorable
Jo-Ellen Darcy



ASA (Financial Mgmt & Comptroller)
Honorable
Mary Sally Matrella



ASA (Installations, Energy & Environment)
Honorable
Katherine G. Hammack



ASA (Acquisition, Logistics & Technology)
Honorable
Heidi Shyu



General Counsel
Honorable
Brad R. Carson



Deputy Under Secretary of the Army
Mr. Thomas E. Hawley



Administrative Assistant to the Secretary of the Army
Ms. Joyce E. Morrow



Chief Information Officer/G-6
LTG Susan S. Lawrence



Inspector General
LTG Peter M. Vangiel



Army Auditor General
Mr. Randall L. Exley



Executive Director Army National Military Cemeteries
Ms. Kathryn A. Condon



Chief, Legislative Liaison
MG William E. Rapp



Director, Small Business Programs
Ms. Tracey L. Pinson



Chief, Public Affairs
BG Gary J. Volesky



Chief of Staff of the Army
GEN Raymond T. Odierno



Vice Chief of Staff of the Army
GEN Lloyd J. Austin III



Sergeant Major of the Army
SMA Raymond F. Chandler III



Chief, National Guard Bureau
GEN Frank J. Grass



Director of the Army Staff
LTG William J. Troy



Deputy Chief of Staff, G-1
LTG Howard B. Bromberg



Deputy Chief of Staff, G-2
LTG Mary A. Legere



Deputy Chief of Staff, G-3/5/7
LTG John F. Campbell



Deputy Chief of Staff, G-4
LTG Raymond V. Mason



Deputy Chief of Staff, G-8
LTG James O. Barclay III



Assistant Chief of Staff for Installation Management
LTG Michael Ferriter



Surgeon General
LTG Patricia D. Horoho



Chief of Engineers
LTG Thomas P. Bostick



Chief, Army Reserve
LTG Jeffrey W. Talley



Judge Advocate General
LTG Dana K. Chipman



Chief of Chaplains
MG Donald L. Rutherford



Provost Marshal General
MG David E. Quantock



Produced by the
Office of the Administrative Assistant to the Secretary of the Army
As of 10/11/2012

CRTC Supports Whiteout Test

By Clara Zachgo
Cold Regions Test Center



Pictured above, center and below a U.S. Army Blackhawk creates typical whiteout conditions at a local training area. The helicopter approaches, hovers and lands between two structures containing testing instrumentation. The intent is to gather enough data that leads to significant technological advances that give pilots clear visibility during takeoff and landing in all environmental conditions. Photos courtesy of CRTC.



Today's Warfighters face a wide variety of imminent dangers in combat zones, ranging from Improvised Explosive Devices and suicide bombers, to enemy fire and the environment in which they are fighting. With the high frequency of helicopter missions and the abundance of unimproved landing zones throughout the challenging Afghan environment, one danger in recent years has been vision obstruction caused by what are commonly referred to as whiteouts and brownouts.

Whiteouts and brownouts are common problems for pilots flying in Afghanistan, as the environment there is mountainous and dusty. Downwash from the rotor blades in snowy or dusty conditions creates plumes that surround the helicopter. These blinding plumes can cause a sudden loss of visibility, increasing the likelihood that pilots will lose their bearings, and drift into unseen hazards. There is currently no technology fielded that enables pilots to see through these whiteout and brownout conditions, making the development of such a technology very important.

Four scientists from the Night Vision and Electronic Sensors Directorate recently spent a week at a U.S. Army Cold Regions Test Center facility to determine the value of emerging technologies that may enable pilots to see through these dangerous conditions. With support from pilots of the 16th Combat Aviation Brigade, 1st Battalion, 52nd Aviation Regiment, a Blackhawk was flown to create whiteout conditions at a U.S. Army test site. The helicopter approached, hovered, and then landed in different areas between two structures that housed instrumentation. The data collected during this test will, hopefully, lead to technology advances, giving pilots clear visibility during takeoff and landing in all environmental conditions. ■

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Directorate of Emergency Services

By Gene Koehler
Directorate of
Emergency Services

Fort Greely's Newest Directorate

Stood up on October 1, 2005, the Directorate of Emergency Services (DES) is the installation's youngest directorate. DES was created by merging the garrison's Provost Marshal Directorate with the Fire Protection and Prevention Division of the Directorate of Public Works into a single organization, providing a one-stop-emergency first responder shop for the garrison. The elements that comprise DES are the police department, the fire department, emergency medical services, physical security, emergency (E-911) dispatch, and an internal organizational support services section.

While an emerging doctrine to the Army at the time, the consolidated Emergency Services or Public Safety concept was not a new one. Municipalities nationwide have been using the same approach to the consolidation of their emergency first responder organizations since the early 1980s.

Drawing from the lessons learned as a result of the terrorist attacks of September 11, 2001, military leadership realized that our emergency first responder must be well trained, well

equipped, and well exercised, and well integrated in executing a coordinated response. As a result, the emergency services directorate was included in the Installation Management Command's standard garrison organization (SGO) model. However, according to Gene Koehler, Director of Emergency Services, "The thought that Fort Greely could create an emergency response directorate by simply realigning the provost marshal directorate and fire and emergency services division under a director was a bit flawed. Emergency Services is more than just combining police and fire. It requires a coordinated, synchronized response and cross functional planning at the division and directorate level, as well as at the installation level with installation force protection and emergency management plans and operations."

The goal for our installation first responders is the integration and synchronization of emergency response planning and training. As documented in the Directorate's methodology statement: DES employs a systematic integration of Fire Protection & Prevention and Emergency Medical Services, Law Enforcement

and Physical Security, and Emergency Response planning, to create a comprehensive Emergency Services and Installation Security program. To that end, in the seven and a half years since DES' inception, there have been several internal restructurings of the organization to better align positional roles and responsibilities, and facilitate the integration of both support services and plans as they relate to the total scope of the DES mission: Protect Resources.

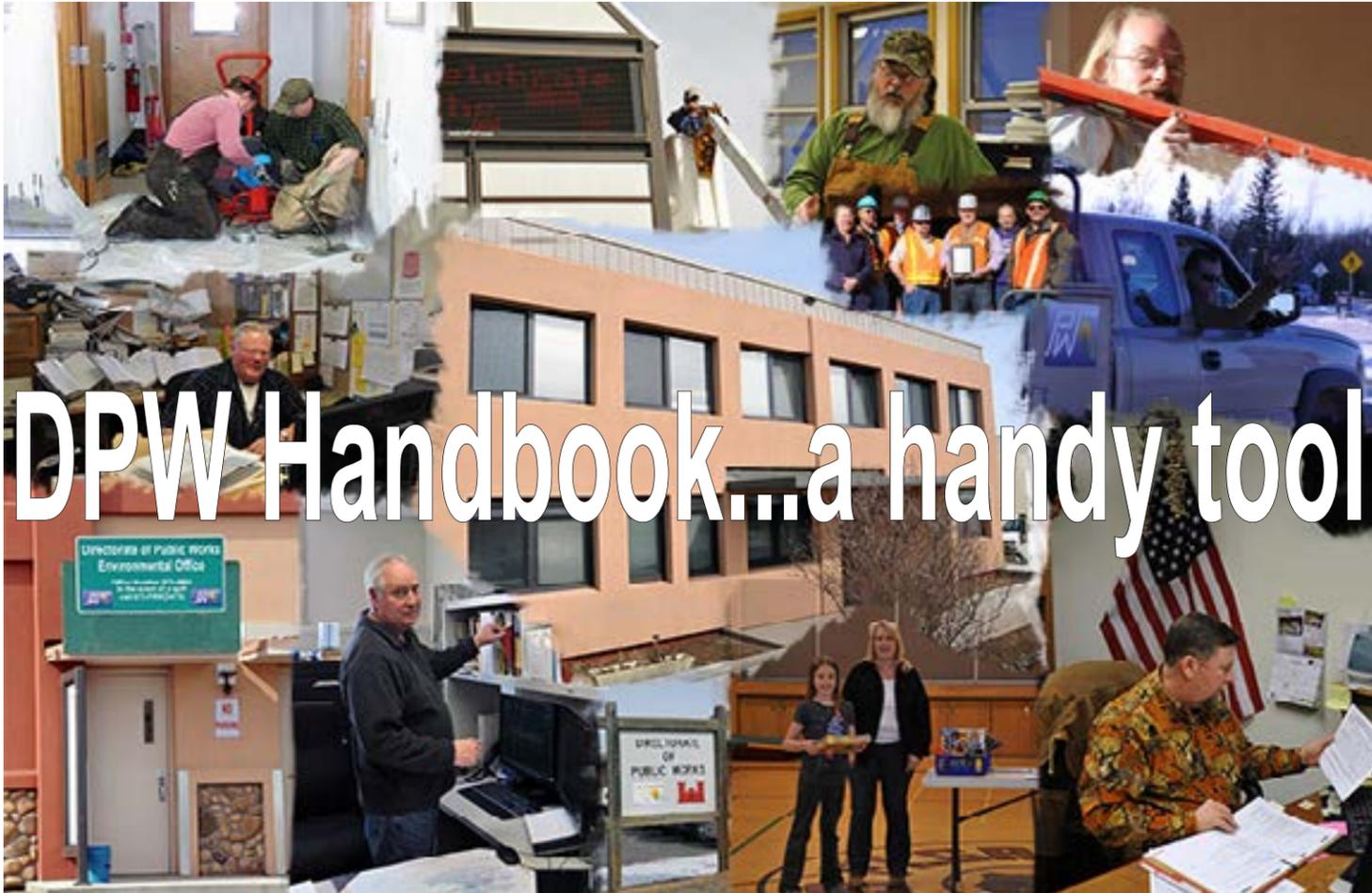
In addition to its installation mission, DES supports the Delta Junction and Rural Deltana communities through local mutual aid agreements. If you have lived at Fort Greely any length of time, you have seen

Fort Greely's ambulance and fire trucks responding to, or returning from a mutual aid call. And, if you have children in the elementary or middle schools, they have probably attended Drug Abuse Resistance Education (D.A.R.E) training provided by a DES instructor.

The end-state benefit for our service receivers of a consolidated Directorate of Emergency Services is that we are able to provide a more responsive organization whose primary focus is on assisting, protecting, and defending the installation, its Soldiers and Civilian workforce, Contractors, and Family members. ■



www.greely.army.mil



DPW Handbook...a handy tool



(Above) FORT GREELY, AK - April 17, 2013 (Left to right) Deputy Region Director Installation Management Command - Pacific Region Col. Tim Faulkner, Fort Greely Garrison Command Sergeant Major, Command Sgt. Maj. Robert Gooden, Fort Greely Garrison Commander, Lt. Col. Terry Clark, Fort Greely Fire and Emergency Services Fire Chief, Jim Degnan, U.S. Army Space and Missile Defense Command Commander, Lt. Gen. Richard P. Formica, and U.S. Army Space and Missile Defense Command Sgt. Maj. Larry Turner cut the ceremonial red ribbon at the new Fort Greely Fire Station. The fire station is the first MILCON project to happen for the garrison since BRAC in 1995. The state-of-the-art facility is a monumental upgrade from a 1950s two-bay facility to a 12-bay architectural marvel. The facility will consolidate FGA's Fire and Emergency Services that were split between Allen Army Airfield and main post.



U.S. Army Space and Missile Defense Command Commander, Lt. Gen. Richard P. Formica takes a brief time-out to enjoy his tour of the new Fort Greely Fire Station. Formica is a proud supporter of FGA and the many triumphs this austere installation continues to accumulate.



May 16, Noon or 6:30 p.m.

Installation Commander's Round Table Monthly Meeting

Come enjoy free-flowing conversation and lunch or supper with the Installation Commander and his command team on May 16, Noon or 6:30 p.m. at the CAC. There is no longer a set agenda. We want to hear what your issues and concerns are.

Eat, listen, participate...the choice is yours!

Call 873-5023 with questions

By Carl Ramos
Directorate of Public Works

The Directorate of Public Works has recently completed a DPW Customer Handbook. The purpose of the handbook is to help you, our customer, understand how DPW can help you accomplish your requested work and mission.

The handbook explains how to get work done and what you need to do to make it happen. If you need work done or have a maintenance issue you will need to initiate a demand maintenance order or a project work order. Based on the scope and complexity of the work to be done, the DPW will determine if the work is to be accomplished through a Demand Maintenance Order or a Facilities Engineering Work Request, DA Form 4283 (also known as Project Work Orders).

Demand Maintenance Orders (DMO's) are initiated by calling the maintenance desk.

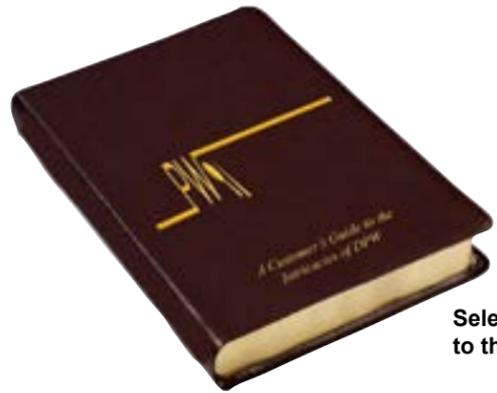
DMO priorities are established by the DPW and will be accomplished based upon the following priority system: Emergency (Priority 1) work takes priority over all other work and requires immediate action. Urgent (Priority 2) work is required to correct a condition, which could become an emergency.

Routine (Priority 3) work does not meet the category of emergency or urgent.

The Engineering Division is responsible for providing engineering support for maintenance and repair and new construction of all infrastructure on the installation. This work is done through project work orders. The Fort Greely Work Order process is outlined in the handbook. The funding, project priority and approval process are all described in detail.

The handbook provides contact information for all the Divisions and the services they provide. The DPW Divisions are Facility Maintenance, Engineering, Roads and Grounds, Master Planning, Housing, Contract Management, Utilities and Environmental. The handbook includes information about snow removal, space requests, GIS and mapping, dig permits, pest control, signs and recycling. It also includes information about what DPW does not provide. It even contains a section on customer feedback. We want to know how we are doing so we can continually improve our services. We hope you will take the time to review our handbook and that it will help you understand how we can help you.

The most important thing in being a satisfied DPW customer is to get the DPW involved as early as possible in any of your plans that will require our support in order to make your plans successful. ■



Select the image and go to the DPW Handbook...



A problem worth fixing



By Sandi DeLong
Directorate of Public Works
and
Deborah Coble
Installation Public Affairs

For decades we have been creating waste, some of it toxic, and dumping it into our environment. The damage it causes affects all of us as well as other living beings. A good portion of the waste comes from industrial production, but just as much comes from the day-to-day products we use at home. Items like plastic bottles and bags, packaging materials, electronics, etc. all contribute to what is ultimately placed in a landfill and buried.

With recycling, a large portion of our waste can be broken down into the original elements and used to produce new materials. We can reduce harmful waste from polluting the environment and at the same time, conserve raw materials. For example: for every ton of paper that is recycled, 17 trees are saved along with 3.3 cubic yards of landfill space. Energy used to recycle paper is close to 70-percent less than when paper is prepared using raw material.

The American family - now averagely sized at a squishy 3.1 persons, throws out nearly 2,600 pounds of paper each year. That's almost the weight of a typical compact car¹.

We are a culture that refuses to believe "bigger is not always

better," so for those of you out there still convinced that we don't have a trash problem, here's a bigger number for you: 2.6 million plastic drinking bottles are thrown away by us every hour of every day.

The issue with trash is not all doom and gloom. As a nation we have doubled our paper recycling efforts since the late 1990s. We are finding new ways to reduce the 120 yearly tons of carbon-dioxide our vehicles emit, and most of us realize that roughly 80-percent of our household waste can be recycled.

Our rate of recycling at Fort Greely has steadily increased each year. So far this fiscal year, FGA has recycled nearly 100 tons of material. There are four main drop off points for recyclables: 1) at the end of Denali and First Street in the housing area; 2) down from the DOL Warehouse north of AAFES; 3) in the parking lot by Building 801; and 4) directly outside of Building 643. Each location can accept a wide range of recyclable items. Every item that can be actively recycled means less trash going into our landfill or polluting the environment.

So where does the trash that we recycle on Fort Greely go? Currently materials are combined at a consolidation point then transported to Fairbanks, but the Fort Greely recycling center in Building 643 is closer to becoming fully operational and what that happens we will be able to use the recycled objects for projects here on the installation.

We are in the process of working electrical upgrades to the facility in order to have adequate capacity to operate all of the equipment. One of our biggest obstacles in setting up the space for recycling operations was the removal of the incinerator system that has been sitting idle for the past several years. Though some said it couldn't be done, thanks to the experienced team at Cold Regions Test

Center, the incinerator was removed and will be processed through DRMO for liquidation. The newly available space is where the 2-ram horizontal baler will be placed once it arrives in late May; delivery of the biomass briquette system should arrive at roughly the same time. Some of the equipment already on site is the in-vessel composting machine, glass pulverizer, large capacity document shredder and foam densifier (reduces Styrofoam to a ratio of 90:1).

2.6 million plastic drinking bottles are thrown away by us every hour of every day

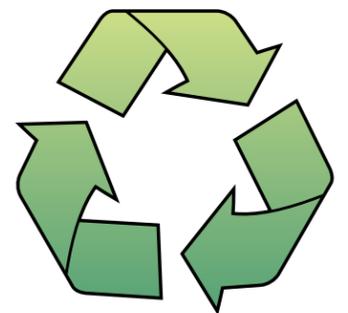
Some of the equipment can be operated while we are waiting on the electrical upgrade, so we will begin those operations as soon as equipment is assembled. The more we recycle, the more we can reuse in-house, the more we all benefit.

We are fortunate to live in one of the most picturesque states; however our ecological footprint is expanding, and the beauty we've come to love and take for granted, will fade. If we can't stop the destruction, then let's at least slow it down. Use the recycling bins; they are plentiful here, close the dumpster lids - if they stick, spray DW-40 on the track or call DPW - they are happy to assist. Walk when you can and try looking down every once in a while. If there's a piece of trash pick it up; you can wash your hands later. If your hands are full and just can't hold another thing, next time you're out, pick up two pieces of trash. Spend 20 minutes outside

with your children and show them you care about their world too and pick up the little bits of refuse together.

There are so many problems in the world that don't have a foreseeable solution, but litter where we live, isn't one of them. ■

**Do your part.
RECYCLE.**



873-4381

We will continue to provide updates on the FGA QRP progress; however, please contact the Environmental Office if you have questions about any aspects of the recycling program at 873-4381.

¹ Statistic taken from Paper University tappi.org/paperu/all_about_paper/earth_answers

OPSEC AND SOCIAL NETWORKING SITES

Contributed by Maria Lester
Directorate of Plans, Training, Mobilization and Security

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies, and criminals, with critical information needed to harm you or disrupt your mission. Practicing operations security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

Personal Information

Do you:
Keep sensitive, work-related information OFF your profile?
Keep your plans, schedules and location data to yourself?
Protect the names and information of coworkers, friends, and family members?
Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting did you:
Check all photos for indicators in the background or reflective surfaces?
Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:
Unique from your other online passwords?
Sufficiently hard to guess?
Adequately protected (not shared or given away)?



Settings and Privacy

Did you:
Carefully look for and set all your privacy and security options?
Determine both your profile AND search visibility?
Sort “friends” into groups and networks, and set access permissions accordingly?
Verify thorough other channels that a “friend” request was actually from your friend?
Add untrusted people to the group with the lowest permissions and access?

Security

Remember to:
Keep your anti-virus software updated.
Beware of links, downloads, and attachments just as you would in e-mails. Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends. Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST!

Remember, your information could become public at any time due to hacking, configuration errors, social engineering, or the business practice of selling or sharing user data.

Delta Elementary School plans Kindergarten Round-up

Staff Report

All parents of children who will be going into Kindergarten at Delta Elementary School next fall are invited to the annual Kindergarten Round-Up at Delta Elementary School.

This year's event is scheduled for Friday, May 3 in room 145, at 1:45pm. Children and parents can visit the school, meet the teachers, ride the bus, enroll, and ask questions. **PLEASE BRING YOUR CHILD'S BIRTH CERTIFICATE** to the Round-Up.

To enroll in Kindergarten, a child must be five years old on or before September 1, 2013. For more information, call Delta Elementary at 895-4696 or Jack Detzel, the Fort Greely School Liaison Officer at 873-4599.



Natalie talks school board ...a positive experience to pass along

By Natalie Zarecki
Delta High School

To be on the school board as a student representative is a pretty interesting thing. At meetings I'm allowed to give input on topics they are discussing. Our school board is really interested in what the students are doing and their feelings on school topics. That's where I come in. I relay how things are going even though I'm only able to give them insight as to what is going on in the high school. The board members seem to be intrigued by what I have to offer.

In the fall they take approximately four kids, usually sophomores and juniors to include the student rep, to a large school board conference in Anchorage. The selected kids attend a leadership workshop and are able to network with kids from all over the state. I personally have attended the conference for the past two years. I have found it to be an amazing experience.

I'm also the president of the Delta High School Student Council so to be able to meet and interact with these kids who are also (usually) on the student councils at their schools has been so helpful. You are able to gather so many ideas on how to take on challenges and make a positive change in your school. I have thoroughly enjoyed being able to be on the school board this past year. As the end of the year is almost here I would like to thank the school board for letting me be a part of the progress they have accomplished this past year. This has been a great experience that is one of a kind. Not many places let students be a part of the school board, so “thank you” for this wonderful experience. ■



Natalie Zarecki takes a moment to flash a smile during one of many extracurricular activities that keep her on her toes.

Photo by Harold Zarecki.

Personnel security reporting requirements



Individuals who occupy positions of trust or have access to classified information are expected to self-report changes or incidents that may impact their clearances. Bankruptcy, liens against your property, and garnishment of wages are just a few examples of issues that you are required to report to your cognizant security officer. It's preferable that they hear it from you rather than somebody else.

Questions?

Please contact Maria Lester, ISO for any OPSEC related questions @ 873-5007 or maria.lester@us.army.mil Image source: <http://www.iooss.gov>

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A Night To Remember

By Jack Detzel
Family and Morale, Welfare and Recreation

On Saturday April 13 the Delta High School hosted the Junior/Senior Prom at the Fort Greely Aurora Community Activity Center. The facility was decorated by the juniors and looked fantastic. Staff Sergeant Jack Carlson of the Alaska National Guard 49th Missile Defense Battalion provided the digital music service for the evening with his vast array of music tracks. The dance floor received lots of action throughout the evening.

The theme of the prom was "Masquerade Mystique" and the colorful masks worn by all of the participants made the evening special and unique. Tiki Levinson, sponsor for the event, commented that the venue of the Aurora CAC was outstanding.

The staff from the CAC were courteous and helpful and made the evening one to remember. The Fort Greely Army Substance Abuse Program also participated in reminding everyone with posters that making good decisions is a part of adult life. ■



Aurora Community Activity Center Presents

IMCOM
SOLDIERS • FAMILIES • CIVILIANS

FREE Movie Night

FRIDAY & SATURDAY
NIGHTS

SHOW TIMES
6:30 PM

Please join us at The Aurora Community Activity Center for FREE movie programming starting at 1830. Popcorn, candy, beverages and more will be on hand for purchase upon arrival. There are a total of 21 seats available for occupancy so don't hesitate to enjoy a night out. For more information contact the front desk at 873-4782 and visit us at www.facebook.com/FortGreelyFMWR

Tire Change Over Season Is Here!



\$40*

**CHANGE OVER
SPECIAL**

Stop in for details
*Includes tire balancing

**Time to remove those studded
tires and be ROAD TRIP ready!**



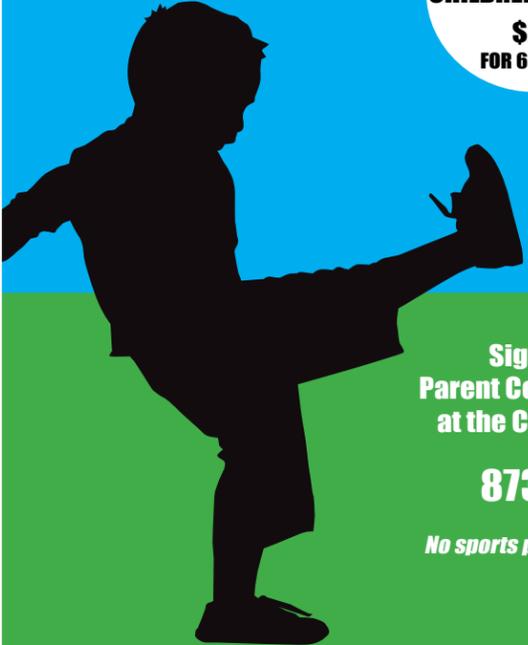
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Craft Shop



**Call 873-3139 to schedule
your appointment today!**

**Smart Start
SOCCER**

JUN 3 - JUL 9
Parent and Child Activity
CHILDREN 3 - 5 YRS
\$20
FOR 6 WEEKS



Sign up with
Parent Central Services
at the CDC by May 28.

873-4599
No sports physical required.

Skills Building • Outdoor Soccer Fundamentals • Fun Fitness • Great Parent & Child Smart Start Activity

**MONDAYS
OR
TUESDAYS** **5:30 - 6:30 p.m.** **Grassy Area
Outside of
CDC**

Experience Alaska

with



MAY 11 • Fly Fishing Clinic
MAY 24 • Valdez Glacier Campground Opens
Stop in to see what we have to offer!

907.873.4058




Upper left: Students take to the dance floor. Upper right: A masked couple makes a grand entrance. Lower right: Fort Greely Army Substance Abuse Program hung an theme related message. All photos courtesy Jack Detzel.

Delta High School Junior Parent Night

By Jack Detzel

Family and Morale, Welfare and Recreation

On Thursday April 11, the Delta High School Counseling Department in partnership with the Fort Greely School Liaison Office and the Delta Partners for Progress hosted a Junior Parent Night to assist students and parents in the process of post secondary career exploration. The event featured a dinner sponsored by the Partners for Progress and the opportunity to get to know other families and share information. The event was well attended by the Fort Greely community and many opportunities presented themselves for question and answer regarding the complex process of career decision making.

Areas of discussion included, admissions, testing, financial aid, scholarships and the detailed plan that parents are encouraged to develop with their student. Family decision making was stressed and proactive career exploration was the focus for many of the participants as they prepared for a busy senior year of high school.

A follow up to the Junior Parent Night is scheduled for this September with a Senior Parent Night and an evening with representatives from the Alaska Commission on Post Secondary Education on financial aid in January. The comprehensive counseling program in place at the high school emphasizes that students along with parents make wise and informative decisions regarding career choices and the associated costs to the student and family. Stay tuned right here in the Interceptor for additional information in the upcoming months. ■



Upper left: Students review career materials. Upper right: Partners for Progress representative speaks before parents and students. Lower right: Students and parents learn about a wide variety of resources available to them.

All photos courtesy Jack Detzel.

[Take me to the Fort Greely Facebook Page](#)



Delta-Greely Summer Blast Off Triathlon

Date: June 08, 2013

Time: 10:00am

Starting at Fort Greely and

ending in

Delta Junction, Alaska

KENDALL

AUTO of FAIRBANKS

No US Army endorsement implied.

Call the Fort Greely Fitness Center for more info. 873-2696



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4 Pictures • 1 Word

4 Initials = FMWR!

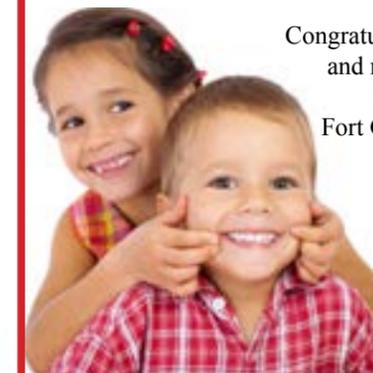


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Safety and Wellbeing Corner

CAFFEINE

By 1LT Aaron Dahle
49th Missile Defense Battalion

Energy Drinks and Caffeine-related Adverse effects and Risks of Energy Drinks Mixed with Alcohol

Isn't it interesting how history tends to repeat itself? "In 1911 FDA US agents seized 40 kegs and 20 barrels of Coca-Cola syrup in Chattanooga, Tennessee. The group lead by chief chemist Harvey Willey considered the caffeine in Coca-Cola to be a significant health hazard (both cocaine and alcohol had been removed from the recipe in the previous decade). The case continued for years. Eventually Coca-Cola decreased the level of caffeine in this product and the case was dropped." In 2012, the FDA is again on the hunt, investigating energy drinks due to safety concerns. The reason being, there has been 10-fold increase in ED visits related to energy products in the past few years... including some deaths.³

Many of these energy drinks contain ginko, guarana or milk thistle, classifying them as dietary supplements and as such fall under the 1994 Dietary Supplement Act allowing manufactures to side step the need to disclose the amount of caffeine in their product. Also guarana is another source of caffeine like coffee beans, cola nuts, tea bag/leaves and is not usually counted as caffeine in labels.³

Millions of people consume energy products seeking more energy, alertness, or stamina. At the same time they are unaware of how much caffeine they are consuming. They are also unaware of caffeine's potential negative side effects: anxiety, jitteriness, insomnia, and arrhythmias.

Millions of people are also unaware that they are cautioned by the FDA (and myself) to not mix alcohol and energy drinks. In a recent survey of recent college student, 56% report mixing alcohol and energy drinks or consuming alcohol and an energy drink/s in the same setting.¹ Alcohol mixed with energy drinks (AMED) can mask the sensation of intoxication. This can leads to impaired judgment concerning risky behaviors. This then leads to even increased alcohol consumption and are more likely to experience a variety of drinking-related negative consequences. These negative consequences can including approximately double the risk of experiencing or committing sexual assault, riding in a vehicle with an intoxicated driver, having a motor vehicle related accident, or requiring medical treatment.^{1,4} The proposed reason for this is the generalized public misconception that caffeine reverses intoxication. It does not. It does increase motor reflex time, but does not reverse the inhibitory effect of alcohol. This is why premixed caffeinated alcohol drinks, such as Four Loco, have been banned from several states and in 2010 the FDA sending letters warning to 7 producers of these drinks, essentially halting their

production in the US. ¹

It appears that our fathers discovered that caffeine, cocaine (a herbal supplement), and alcohol was a dangerous mixture in Coca-Cola. It appears we are seeing the same lesson learned today with energy drinks themselves that mix caffeine and herbal supplements and the even worse combo of energy drinks and alcohol. ■

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Grilling Safety

By Fort Greely Garrison Safety Office

Americans enjoy more than three billion barbecues each year. But barbecuing can be dangerous, even deadly, if you are not careful.

The following tips can make your grilling experience safer: When ready to barbecue, protect yourself by wearing a heavy apron and an oven mitt that fits high up over your forearm. With gas grills, make sure the gas cylinder is always stored outside and away from your house. Make sure the valves are turned off when you are not using them. Check regularly for leaks in the connections using a soap and water mix that will show bubbles where gas escapes. Barbecue grills should be kept on a level surface away from the house, garage, landscaping, and most of all, children.

For charcoal grills, only use starter fluids designed for those grills. Never use gasoline and use a limited amount of starter fluid. If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary. Never add more liquid fuel or you could end up with a flash fire. Be sure to soak the coals with water before you put them in the trash. Always remember that grills remain hot long after you are through barbecuing. ■

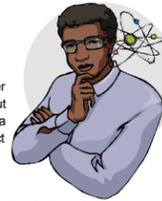
FrontLine Employee

Wellness, Productivity, and You!

May 2013

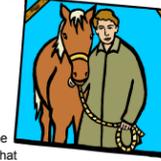
You and Your Great Ideas

You may think that only other people have great ideas, but chances are you have had a few yourself. You simply didn't act on them at the time. Great ideas are inspired by passion about an issue or problem. And acting on ideas begets more of them. Alexander Graham Bell was a genius and produced serial inventions, but inspiration and passion played a decisive role in many of them. Where did inspiration and passion for creating his practical telephone come from? His mother and wife—both were deaf. Are you passionate about something you're doing? Your great ideas lie there.



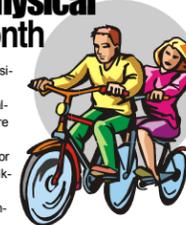
Summer Jobs for Teenagers

If you are teenager, know this: A positive attitude is the number one characteristic that employers desire in a job candidate. Skill can be taught, but no one can give you a positive attitude. Simple things like showing up early for work, going the extra mile, never complaining or criticizing, and being willing to do whatever it takes are always in demand as the most valued "job skills." If you are looking for a job for this summer, get going, take action, search, ask, and explore. Don't wait for the job to come to you. In the pursuit of things you want in life, remember a key rule: "Movement beats meditation."



National Physical Fitness Month

May is National Physical Fitness Month. Hopefully, you're always celebrating it. If you're searching for an exercise outlet, talk to your doctor for recommendations. Try walking 150 minutes a week (recommended by the Centers for Disease Control). New research shows that walking is just as effective as running. Researchers studied 33,060 participants in the National Runners' Health Study II and 15,945 walkers in the National Walkers' Health Study, assessing energy output by distance, not time. In both cases, the participants burned the same number of calories! Get your family involved. Create enticing rewards for total minutes achieved weekly or monthly.



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How to Support Caregivers

Assisting with the care of another person can make it difficult to recognize and pay attention to one's own needs. To support caregivers: (1) Be a good listener without being judgmental. (2) Don't assume the caregiver feels unfulfilled being in the caregiver role. (3) Pay attention to the caregiver so you can identify distress and the need for support. It may not be easy for the caregivers to ask for help, so repeatedly reassure them that their need for support will not be resented or rejected. (4) Those in caregiver roles receive written information and awareness—especially from the Internet—about their need for balance, to avoid isolation, and to manage stress. Be proactive and include, invite, and encourage them to participate in social events and recreational opportunities. (5) Lend a hand with research. The caregiver may be an expert on community resources, but finding time to search is often the key roadblock. Offer to research services and resources to lift this burden. Offer your assistance with telephone check-ins (prescheduled calls to the homebound friend or loved one) to reduce isolation and to check in. This may translate into a welcomed break.



Care and Feeding of the Multigenerational Family

A multigenerational home includes children, parents, and grandparents under one roof. The phenomenon is gaining attention as people make choices to accommodate less retirement security, tighter budgets, fewer employer benefits, higher medical costs, and fewer employment opportunities. If you're planning a multigenerational living arrangement, learn about the potential conflicts, communication issues, and relationship stressors you may naturally face. You'll troubleshoot and resolve them faster and be more likely to stay focused on the benefits of your living arrangement. Have an initial meeting to discuss why "we are creating this arrangement," discuss roles and responsibilities of all family members, discuss boundaries between relationships (e.g., noninterference by grandparents in child discipline decisions by parents, bathroom rules, privacy matters, respect for personal space, handling bills, and financial responsibilities). Consider family meetings to reduce conflict, increase cohesiveness, and prevent small issues from becoming larger problems. A multigenerational home can be a positive one with planning, proper care, and attention.



To learn more, see "All in the Family: A Practical Guide to Successful Multigenerational Living" (March 2013).

Time for a Monday Makeover

Mondays are notorious for being disliked, but you can make them more tolerable or even favored as your most thrilling day. Spark this excitement by making Monday more fun. For example, consider accomplishing a new goal in five days, and then reward yourself for the effort at week's end. This simple challenge can rally your motivation to complete a task or chore, start or finish a project, or enhance your life. Take a new side trip on the way home from work, visit friends to extend your weekend, get a haircut or manicure, or shop for something fun. The leverage lies in "enthusiastic anticipation." This makeover technique for better Mondays can have you arriving at work in a more positive mood, give you a more optimistic glow, improve productivity, and, best of all, avoid the dread of getting out of bed.



More About... Getting Along with Difficult People

After low pay and unreasonable workloads, coping with a difficult coworker is the most commonly cited complaint of employees. Thousands of books attest to the problem, and nearly all touch on one theme—put the focus on changes you can make, not on the other person. Key strategies include staying focused on what is positive and valued about your coworker and expecting positive interactions as you would with any other coworker. Be proactive in making those exchanges happen so you don't become isolated or withdrawn or start living your life "on defense." Learn the art of detachment. This helps you avoid or minimize emotional reactions to what a coworker says or does. These strategies can help you remain productive even when some personalities at work are not ideally suited to yours.



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On the cover: It may not seem like it but summer is on its way. Traveling south toward Rainbow Mountain the water is gurgling and breaking up those stubborn blocks of snow and bricks of ice. Hold tight everyone, warmer weather is nearing. Photo by Deb Coble. If you'd like a chance to have your Alaskan photo on the cover of the *Interceptor* and displayed in Garrison Headquarters Building 501 for a year submit your photo to the Installation Public Affairs Office (deborah.a.coble2.civ@mail.mil) prior to the 15th of every month.

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