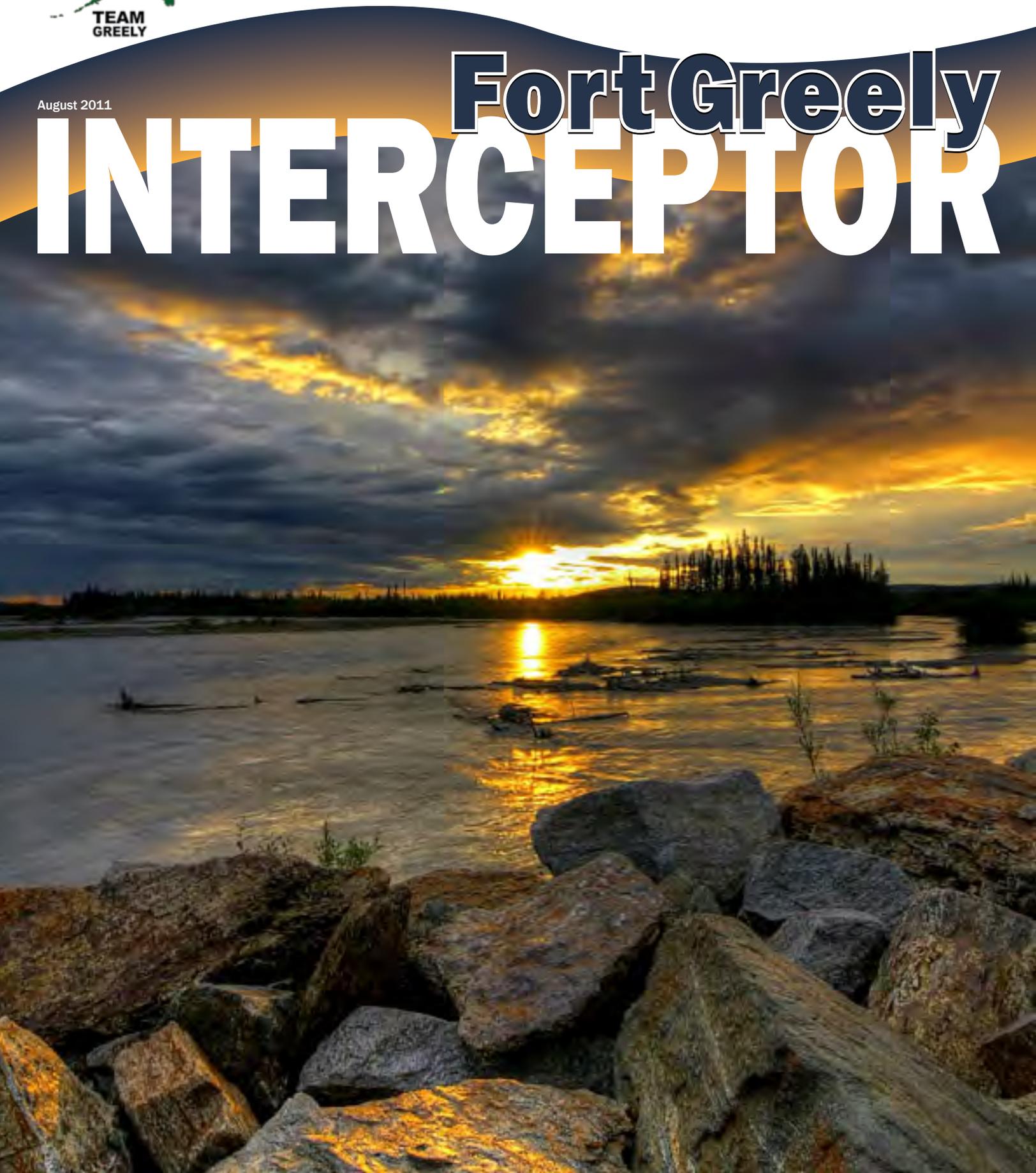




August 2011

Fort Greely INTERCEPTOR



Army Career and Alumni Program: Supporting Soldier career success

By **LTG Rick Lynch**
IMCOM Commander

The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career. That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing. ACAP services are available to separating and retiring Active Component Soldiers, demobilizing Reserve and National Guard Soldiers, Family members, retirees, and Civilians affected by BRAC, reduction in force or Global Realignment.

In April 2010, the Vice Chief of Staff of the Army directed a thorough review of ACAP, which included visits to ACAP centers and thousands of interviews with Soldiers and Civilians. The study found that while Soldiers are allowed to use ACAP services up to two years prior to retirement or one year prior to separation, they do not always have leadership support in doing more than the minimum required by law, which is attending the pre-separation briefing no later than 90 days prior to separation. However, just meeting the letter of the law is too little, too late. The more Soldiers are able to use ACAP services, the more successful their transition.

Based on the study results and the Vice Chief of Staff's guidance, over the next few months ACAP is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action. Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA

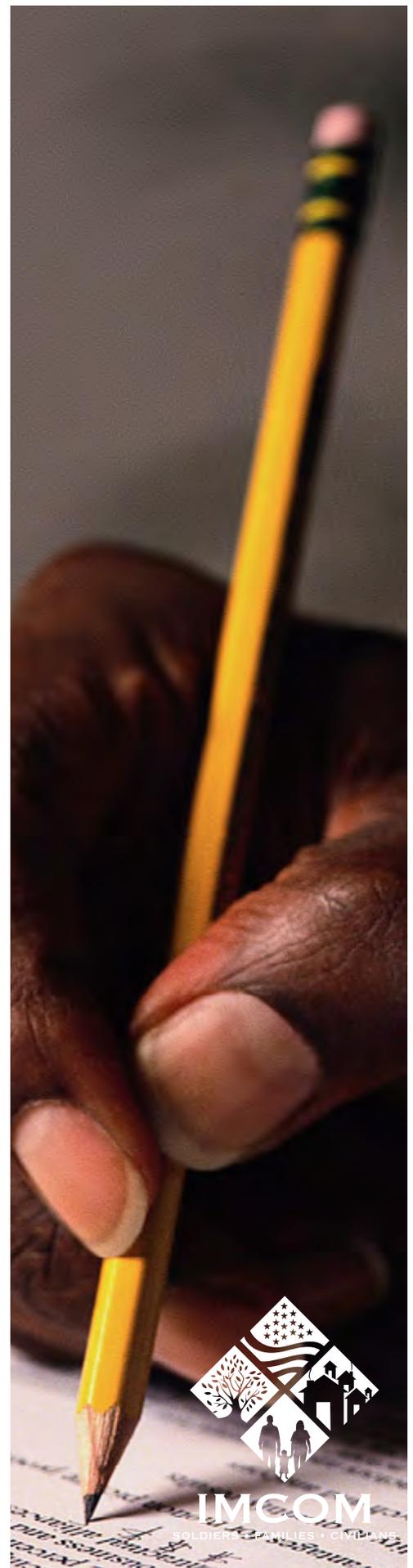
briefing, and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month time frame is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources. About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business. New policy and guidance on the transition program will be issued in the first quarter of FY12.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander's program. Soldiers will take off the uniform at some point, whether through separation or retirement, and it is up to leaders to take care of them until the very last day. Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers' use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do to support Soldiers' transition planning. Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market. We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success in the next phase of their career. When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers, and their families when they put it on in the first place. It's the least we can do for their service and sacrifices. ■



The U.S. Army Soldier Show: *Carnival - A Traveling Thank You*

By Emily Fisher
FMWR

A typical July day in Delta Junction, Alaska is usually filled with the hustle and bustle of locals making the most of these final days of summer. Endless travel trailers are making their way through our small town in search of a magical experience - Alaska in the summer time.

On Monday, July 25, there was a different type of energy present in our quaint town, the place just seemed to be more alive and the energy was almost palpable. The U.S. Army Soldier Show had arrived in Delta Junction. Lieutenant Colonel Terry Clark, Fort Greely Garrison Commander, was eager to see the show come to town, "Naturally I'm very appreciative for all the support we have received from the Delta Junction community members. Fort Greely and Delta Junction are uniquely situated - 100 miles away from any major service. We depend on each other in many ways and benefit most when we are able to pool our resources and combine our efforts."

The 2011 U.S. Army Soldier Show is a high-energy 90-minute live musical production that showcases the talents of active-duty Soldiers who were selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from information technology, human resources, food services, signal systems support, petroleum supply, combat medicine, aircraft structural repair, and other tactical units. The action-packed show is assembled in five short weeks, and tours for eight months. Command Sergeant Major Carolyn Reynolds, Fort Greely Garrison Command Sergeant Major has seen many U.S. Army Soldier Shows in her career, "I have attended many Soldier Shows and all of them have been phenomenal. The Soldiers do an outstanding job. I think the one thing which stands out a little more in this particular performance is that it catered a little more to children. This is great because we have so many children in the Delta/Greely Communities and they all seemed to really enjoy the Carnival Theme.

Sometimes music expresses words and emotions which cannot be spoken and it



SGT Emily McAleesejergins performs a perfect rendition of Lady GaGa's "Bad Romance." Photos by Emily Fisher

makes it impossible to be silent. Hopefully my children, (I consider them all "my children"), were rejuvenated from the show and will take the positive energy they received from this event and apply it to their everyday lives. I know they will continue to celebrate life while showcasing their talents."

Many countries were showcased in this year's Soldier Show. Musical performances were created to highlight authentic music from places such as Nepal, Africa, Samoa, and Latin America. "It's an opportunity to actually take the audience on a journey with us," Soldier Show director Victor Hurtado said. "And not just to the continental United States - we have a great international scene."

Not only was The U.S. Army Soldier Show an entertaining Monday night experience, the show also had a profound effect on a younger member of the audience. "That could be me one day!" said an enthusiastic 14 year old who may follow in the footsteps of a family member that is currently serving in the Army. It's possible we will notice a Delta Junction or Fort Greely address in the biography section of a Soldier Show program in the future.

Fort Greely Family and MWR were pleased to have the opportunity to offer an event of this caliber to the community of Delta Junction as well as Fort Greely. It is an opportunity to benefit both sides and hopefully only one of many to come. "The Army, a long-trusted institution, exists to serve the Nation. The enduring strength of America's uniformed Army has always been dependent upon the support of the fellow-citizens we serve as well as the DoD Civilian workforce and the families of the men and women in uniform. Ultimately, those things which promote the supporting constituency benefit the soldier. Venues such as the U.S. Army Soldier Show are win/win. I am a big proponent of appropriate events and activities that promote opportunities for positive relationship-building," said Clark.

Deputy Garrison Commander, Christine Boerst was on hand to mention that the local community could look forward to more open events in the future, "The Community Activity Center is slated to open this winter and will offer a host of new programs that we plan on making available to the community. Some examples are Zumba, art classes and bowling leagues. Of course you are welcome to come out and join the activities that are open to the community now, like Trap and Skeet, basketball tournaments, swim meets, softball tournaments and then this holiday season we have the tree lighting and Christmas Choir

See Show page 4

Show from page 3

concert.”

The abundant smiles as show attendees were making their exit were a silent reminder that this in fact, was a night to remember. This event would not have been possible without the support of local Delta Junction businesses and community members. Family and MWR would like to cordially thank: Delta Junction School District, Delta High School Booster Club, Delta Junction City Council, Delta Junction Library, IGA, Delta Petro Wash, Delta Junction Post Office, Hard Wok Café, Buffalo Center Drive-In, Farmer’s Co-Op, Granite View Sports, Pizza Bella, Delta Junction Chamber of Commerce, Alaska State Troopers, Theo’s Salon, Arctic Chiropractic, Higher Knead, Delta Junction Visitor’s Center, Buffalo Fuel, Jack’s Liquor, Acacia Floral, Posh Salon, Taste of Europe, Delta Building Supply, Wells Fargo, Diehl’s Delights, Birch Brothers Pizza, Family Medical Center, Delta News Web, Delta Wind, Raven Correspondence School, Copper Current Contracting, Partners for Progress, and Department of Motor Vehicles.

A special thank you also goes out the directorates of Fort Greely. This was an event that required participation from all

of the following: Fort Greely Command Group, Logistics, Department of Emergency Services, Legal, Public Affairs, Protocol, Department of Public Works, Resource Management, Safety, and Family and MWR.

What a memorable night for all involved, thank you Army Entertainment for a

wonderful production!

LTC Clark presents a Certificate of Appreciation to the members of The 2011 U.S. Army Soldier Show in front of an eager crowd at the Delta High School on July 25. Shows of this caliber don’t always make it as far north as Delta Junction, Alaska.



What is I. A.M. STRONG?

I. A.M. STRONG is the Army’s campaign to combat sexual assaults by engaging all Soldiers in preventing sexual assaults before they occur.

Grounded by our shared belief in the Army Values, we are a band of brothers and sisters, placing mission first, never accepting defeat, never quitting and never leaving a fallen comrade. Our interdependence and shared respect among comrades frames who we are as a Team and an Army - a Team that finds sexual assault reprehensible and beyond toleration. Those who commit assaults hurt a member of our Team and wound our Army. This criminal act is cowardly and damaging to the very moral fiber that gives our Army its innermost strength.

As Soldiers and proud members of our Team, we are duty bound to Intervene, Act, and

Motivate others to stop sexual assaults and the sexually offensive language and gestures that create an environment friendly to this abuse.

How does I. A.M. STRONG link to our Army Values and Warrior Ethos?

A Soldier in the United States Army stands strong – a member of a band of brothers and sisters bound together by timeless values and sharing a sense of duty and loyalty to their fellow Soldiers that is unlike any other in the world.

Their willingness to sacrifice for each other, to never leave a fallen comrade, is what makes a Soldier strong – on the battlefield, and off.

When a sexual assault occurs, it is a direct violation of not just our Army core values and Warrior Ethos, it is an assault on the Army way of life - a life in which it is our duty to protect and take care of each other no matter the time, place, or circumstance. As a band of brothers

and sisters, it is our personal duty to intervene and prevent sexual assault and harassment.

Sexual assault is a crime. It is blue on blue. It betrays the victims, it betrays the band of brothers and sisters, and it breaks the bond of trust essential to our mission and our team.

The damage resulting from a sexual assault extends far beyond the victim, weakening the very health and morale of our Soldiers, breaking the bond of trust within our team, shattering the confidence Soldiers have in one another, and undermining unit readiness.

Sexual assault can be prevented. As Soldiers, our core values demand that we act. There are no passive bystanders. We must protect our Team Members. When you see or sense the risk of sexual harassment or sexual assault, it is your duty to intervene and protect your fellow Soldiers.

<http://www.sexualassault.army.mil/how-does.cfm>

Sharing the roads in Alaska

By Deborah Ward
PAO

Moose versus vehicle accidents are deadly not only for one of Alaska's most beautiful animals, but for you and your loved ones as well. Moose versus vehicle collisions are common in Alaska. The animals' range covers the entire state except for the very western areas toward Nome, Kotzebue and Norton Sounds and some of the Aleutians West Islands. If one takes a moment to think about just how much roaming space that is, the statistics of seeing a moose on one of our highways or roads comes into clearer focus.

From north to south, the massive state of Alaska measures 1,420 miles and stretches her borders for 2,500 miles from east to west. What fills the majority of those miles of vast open land in Alaska? The answer is trees upon trees, bogs and marshes which make the perfect habitat for moose.

In the spring Moose feed on fresh plant shoots, often found on the sides of the road, catkins – strands of unisexual flowers that bloom on many trees like those of the Birch and Willow family; tall grasses, leaves of water lilies and other aquatic plants. Moose need to eat 50-60 pounds of food a day to maintain their size and their stomachs can hold up to 112 pounds of food at one time if they are particularly hungry. With Alaska having over three million lakes that span 20 acres or more there is plenty of vegetation to keep their bellies full.

During winter the food sources become scarcer and moose change their diets taking in more woody plants. Moose seem to covet the one mile of paved road for every 640 sq. miles that exists in Alaska. They use the roads, sidewalks, and driveways that have been lined with salt to make up for their sodium requirement that they are no longer able to acquire from the aquatic vegetation during the winter months. Moose also find the roadways easier to traverse than that of the snow-filled ditches and valleys.

With over 500 MVAs a year, the State of Alaska sees the greatest number of these types of collisions on its highways than anywhere else in North America. Typically, these accidents occur in lowland marshes and tundra like the area driving north near Shaw Creek by the dilapidated cabin or headed south toward Donnelly Dome.

According to publicly posted statistics the MVAs are highest from September – November when mating occurs and December – January due to darkness and limited visibility. Moose range from golden brown to black in color. The pelts do not mirror the headlights and they are too tall for their eyes to offer any warning of light reflection. Peak hours are from 5 p.m. to

12 a.m. with the correlation between the increased movement of people commuting to and from work and the higher activity of moose during that time. The second set of peak hours is from 6 a.m. to 9 a.m.*

Another interesting tidbit is that of the accidents reported the hourly and monthly trend suggests that the motorists involved in collisions with moose are typically a local resident that is familiar with the roadway.

Moose are common in Alaska and the human

population has increased dramatically since 1958 meaning more vehicles on the road. The distances between destinations remain long and at times, treacherous leaving the motorist tired and focusing only on the road with a planned arrival time or goal. This method of driving, or tunnel vision driving, causes the motorist to become complacent about moose on the sides of the road often missing the moose altogether until just after the motorist passes by the animal.

Because moose behavior is hard to predict, the motorist is in capable of guessing whether or not the moose will

See Moose page 6



Photo by Al Sheldon

Moose from page 6

stay put and watch the vehicle pass, try and dart out in front of the moving vehicle in hopes of safe passage, or turn and charge the vehicle itself as a cow may do to protect its calf.

One's best bet is to slow down, move your eyes from one side of the road to the other, remain alert, take frequent breaks, avoid peak hours of moose movement if possible, have a second set of eyes to help watch for moose or if you must drive alone, install a set of moose lights and aim them toward the ditches. While these techniques won't prevent every MVA, any safety precaution one takes help to increase their chances of making it to their final destination alive.

As a final note of caution, residents of Fort Greely are reminded to use caution as winter approaches. Remember that the areas by the Utilidors located next to the housing areas stay warm so retain the sweet, green grass longer giving moose one last opportunity to seek the last of their summer harvest. This creates a potential hazard for persons walking in the housing area. We ask that you remain alert, look out your windows before exiting your home or work area, and keep a wide berth between you and any wild animal. ■

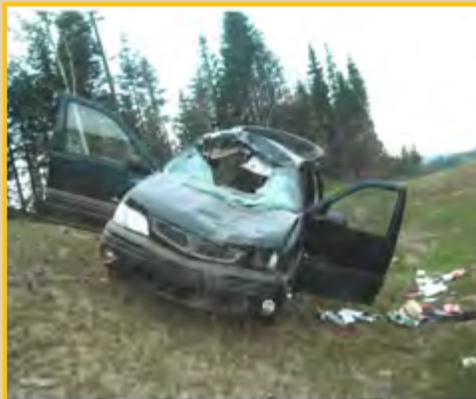
If you happen to come upon an orphaned calf moose, please call the Alaska Moose Federation Conservation Fund, Inc., at 907-317-2300. They are a non-profit corporation registered in the State of Alaska organized to provide a broad range of service to Alaskan communities and state agencies in order to build a stable population in rural areas and keep moose off the highways in the name of public safety.

<http://alaska.org/bigalaska/howbigalaska.htm> is a site for fun facts and information about Alaska.

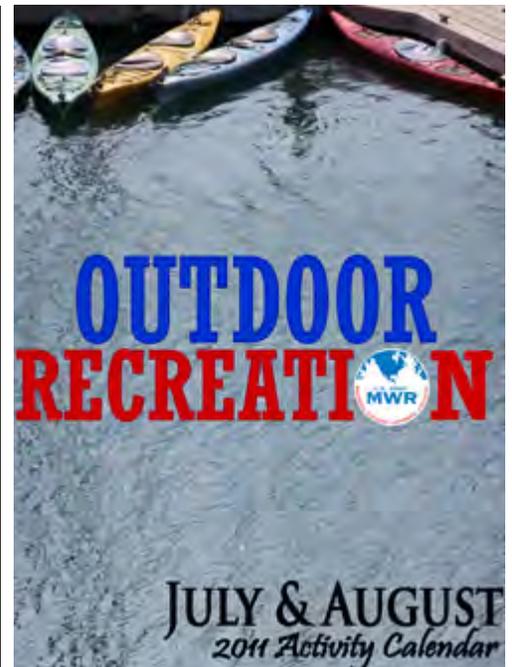
* Information gathered from the State of Alaska Department of Transportation and Public Facilities: <http://www.dot.state.ak.us/stwddes/dcstraffic/assets/pdf/misc/moosestudy.pdf>



The moose that was struck by this motorist hit the hood, bounced off the roof and was thrown on to the top of the camper trailer from the impact of the collision. The weight of the animal and the force of impact was so great that the camper trailer was knocked off the back of the pick-up truck. Photos courtesy of Jerry Zachgo.



Many motorists involved in a collision with a moose are either fatally injured or suffer permanent, head, back, neck and face injury or any combination of the above. Because this vehicle sat lower on the road the moose was forced through the windshield and landed in the very back of the vehicle (pictured below.) Unfortunately, with a 900 pound trajectory flying through the vehicle at 60 mph, the chance that the motorist or moose was able to walk away from this accident was unlikely.



iWATCH really works
select the link for a Good News Story



FOR THE DINING FACILITY

The following are **NOT** authorized to wear:

- Tank tops/Sleeveless shirts (men)
- PT Uniforms
- Bare Feet
- Flip Flops
- Pajamas/nightgowns
- Tactical Weapons and LCE
- YAK Tracks

This is for the sanitation and safety of diners and dining room furniture. *Any questions contact the FGA Food Service Officer at 873-4462*

Dinosaur Egg on Fort Greely?

By Dan Miller
DPW Environmental

This spring a fossilized egg was reportedly found within a gravel pit on the southern side of Fort Greely. The specimen was egg-shaped, approximately 8-cm in length and appeared to have an exterior shell layer. The finding of the egg was reported in accordance with the National Paleontological Resources Preservation Act to the Fort Greely Environmental Office. After receiving the report, the area of the gravel pit where the egg was found was quickly evaluated and determined to have lost the original context of the find so construction work in the area was allowed to continue.

The found egg exhibited many characteristics of a fossilized Oviraptor egg. Oviraptors are small theropod dinosaurs (two-legged meat-eating dinosaurs) similar in structure but much smaller than the well known Tyrannosaurus rex. Oviraptor fossils are found in present day Mongolia but this group of theropods has never been found in Alaska. Twelve different dinosaurs types have been found to date on the North Slope of Alaska to include hadrosaurs (duck-billed dinosaurs), ceratopsians (horned dinosaurs) and various types of theropods but no dinosaur eggs have ever been documented in the state making the potential discovery possibly very paleontologically significant.

The egg was transferred to the University of Alaska Museum of the North in Fairbanks for scientific analysis by Dr. Patrick Druckenmiller, the UA Museum's Earth Sciences Curator. The

egg was analyzed using non-destructive testing and found to not be an Oviraptor egg but rather a concretion, a type of geological nodule. Dr. Druckenmiller based his conclusion on the following observations:

1. Dinosaur eggs have a uniformly thick eggshell preserved around part or all of the egg. The specimen found at Fort Greely had a very convincing layer on the outside but it varies in thickness and is actually two separate layers in places.
2. Dinosaur eggshell has an internal structure very similar to chicken eggshell (like little cones) but this structure is lacking in the specimen.
3. Dinosaur eggs typically have a consistent external texture, such as little bumps or similar, which were lacking in the specimen.
4. The size of the specimen was too small for a typical Oviraptor egg. Also the flattened shape was odd for an egg.



▲ Concretion found on Fort Greely

the case of the Fort Greely specimen the sediment is sand). The outer rind (the egg-shell looking part) is a discrete layer of very iron-rich cementation. Concretions typically form in roundish shapes, and are often confused for eggs. ■

More information of dinosaurs in Alaska can be found here: http://www.blm.gov/ak/st/en/res/education/akdino/ak12_dinosaurs.html

5. The geology of the Fort Greely area does not consist of rocks of the right age and type that commonly have dinosaur eggs.

Concretions or nodules form while deep in the ground when groundwater saturated in iron-rich minerals crystallize out of solution around a nucleus (such as a sand grain) and grow outwardly from this point, essentially super-cementing the sediment together (in

▼ Actual Oviraptor egg found in Mongolia



Illustration of oviraptor by Matt Martyniuk

Army Family Action Plan - *putting great ideas to work*

What is AFAP? AFAP is input from the people of the Army to Army leadership.

It's a process that lets Soldiers, civilians, retirees and Families say what's working, what is not working, and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention and it gives them the opportunity to quickly put plans into place to work toward resolving the issues.

- Gives commanders a gauge to validate concerns and measure satisfaction
- Helps retain the best and the brightest
- Results in legislation, policies, programs and services that strengthen readiness and retention
- Safeguards well-being

How it works: Installations hold AFAP forums where Soldiers (Active, National Guard, Reserve, and retired), DA civilians, and Family members identify issues that they believe are important for maintaining a good quality of life. The Commander sees to it that the issues are worked toward resolution. Some issues are applicable beyond the local level. These are sent to the MACOM AFAP Conference or to the HQDA Worldwide Conference, where many of them are put into the overall Army Plan.

Are you concerned about?

- Job security
- A quality education for your children
- Health benefits/medical care
- How transformation will impact you

Can you think of improvements?

- In your local community
- For the Army as a whole
- Better ways to do business
- More convenient operating hours for on-post services
- Improved family assistance programs
- Better job opportunities

If you have ideas or concerns, and would like to fill out the AFAP form to submit to Tracy Miley at the FGA Chapel Annex prior

to August 4, 2011, please contact the Public Affairs Office at 873-5023 or 505-0512. ■



SAVE THE DATE

The Military Police Ball will be at 6 p.m., Sept. 10 at Gabriel Auditorium. Tickets are available for purchase from Aug. 1 to Aug. 16 and may be purchased through Alpha Company by calling 873-4853.

Pricing is as follows:

Specialist and below is \$20 for Soldier and \$20 for guest
Sergeant and Staff Sergeant is \$30 for Soldier and \$30 for guest
Sergeant First Class and above is \$40 for Soldier and \$40 for guest

Thrilling adventures ... memories for a lifetime

By Amber Martinez
FMWR

“Woo hoo,” “Aaaahh,” followed by sounds of laughter were all you heard south of Fort Greely at The Northern Warfare Training Center Black Rapids Training Site. On July 5, 28 lucky School Age Center and Youth Center children and teens participated in a thrilling opportunity full of mountain climbing, repelling, top rope, and zip lining as well as character building activities.

The kids were taught basic techniques from climbing to belaying to pulling themselves safely across the rapids and the importance of commitment and teamwork. NWTC received high fives, shouts of excitement and multiple “thanks” for lending us their time and facility to help ensure a safe and fun learning experience.

Amber Martinez from the School Age Center set up the field trip for CYSS. “When I was a kid Black Rapids was part of being a

Fort Greely dependent. My dad was an NWTC Instructor we went out there all the time. It teaches strength and endurance. It challenges you to persevere when the odds are against you and teaches you that you can do anything. It boosts self-esteem, self-confidence, and builds team work. Now when things seem rough they can look back and say ‘I have climbed up a mountain and walked down it backward. I can do this. How do you like them apples!’”

Many of the youth were seen scampering up the mountainside like mountain goats and others took a cold refreshing shower under the waterfall (ahem....Mary, Shelbi, Bryce).

Mia and Jordyn said “We were so scared, but once we did it, it was awesome. We want to do it again.” Franky, Eli and Tyler said “It was totally awesome! We wished we could have stayed longer.”

This activity was one of many that are part of an action packed, fun-filled summer at FGA CYS Services. We have gone from saving the world in laser tag at Fort Wainwright, to the Missile Field learning about Missile Defense and why it is essential to FGA.

However, it is not just fun and games here at CYS Services. We maintain accreditation through the National Afterschool Alliance and partner with

organizations such as 4-H, Character Counts, and Boys and Girls Club of America to cleverly find ways to incorporate education into the fun things we do.

Once again, we would like to express our utmost gratitude and appreciation to the following:

To NWTC for supporting the children and youth of Fort Greely. Also, to the six instructors who donated their time, knowledge, experience, and encouraging words to help our kids learn that sometimes it isn't the size of the mountain, but the journey.

To the Missile Defense Agency, and 49th Missile Defense Battalion of Fort Greely for their time and knowledge and helping fulfill our mission for an awesome adventure.

To Treva Slaughter and associates for all of their effort and hard work on helping us make this field trip a memorable one.

Thank you to all who contributed to making this summer totally rock! ■



The Fort Greely School Age Center pauses in the midst of a rock climbing exercise to say, “Cheese.”

Inset: “I can do this” is most likely running in the forefront of this youth’s mind as she belays down the rock face. The exercises during the day are not only fun for the children, but they are also great lessons in perseverance, trust, and commitment. Photos by Emily Fisher



All photos courtesy of Dan Fox, Daniel Urias, and John Anaya.

ABOVE THE ARCTIC CIRCLE

By Clara Zachgo
CRTC

The question always comes up, “If the US Army Cold Regions Test Center conducts testing in the cold, what do they do in the summer?” The answer is simple: reset, refit, and continued testing.

From infrastructure and equipment repairs needed from the 60 below zero winter

conditions to various construction projects that must be completed in the extremely short Alaskan construction season to mandatory training and professional development, there is no down time. When you add in the testing, verification, and inventory of the nine long-term storage tests every summer and the various tests from year to year, CRTC employees are extremely busy.

This summer, CRTC tested the Improved

Position and Azimuth Determining System - Global Positioning System.

The IPADS-G is a system used to conduct surveying in support of field artillery operations. The requirement for this test was not cold temperatures, but rather high latitude.

The system needed to be tested between 65 degrees and 75 degrees North Latitude, something that could only be accomplished above the Arctic Circle.

This prompted a team of seven personnel (five from CRTC and two from Yuma Test Center) to travel to Coldfoot, Alaska where the test would be based. Coldfoot is 350 miles north of CRTC on the bank of the Middle Fork Koyukuk River in the Brooks Mountain Range and 65 miles north of the Arctic Circle.

Coldfoot was originally a mining camp, but is now a town of 13 and serves as a truck stop along the Dalton Highway. The Dalton Highway, which directly parallels the Trans-

See CIRCLE on page 11

Alaska Pipeline System, is a 414-mile supply road that begins just north of Fairbanks and ends at Deadhorse, a few miles shy of the Arctic Ocean and near the Prudhoe Bay oil fields.

Despite the remoteness, there is a good amount of large vehicle traffic on the Dalton Highway, about 160 trucks daily in the summer and 250 trucks daily in the winter. The highway has become well known through the reality television series *Ice Road Truckers* and an episode of *America's Toughest Jobs*.

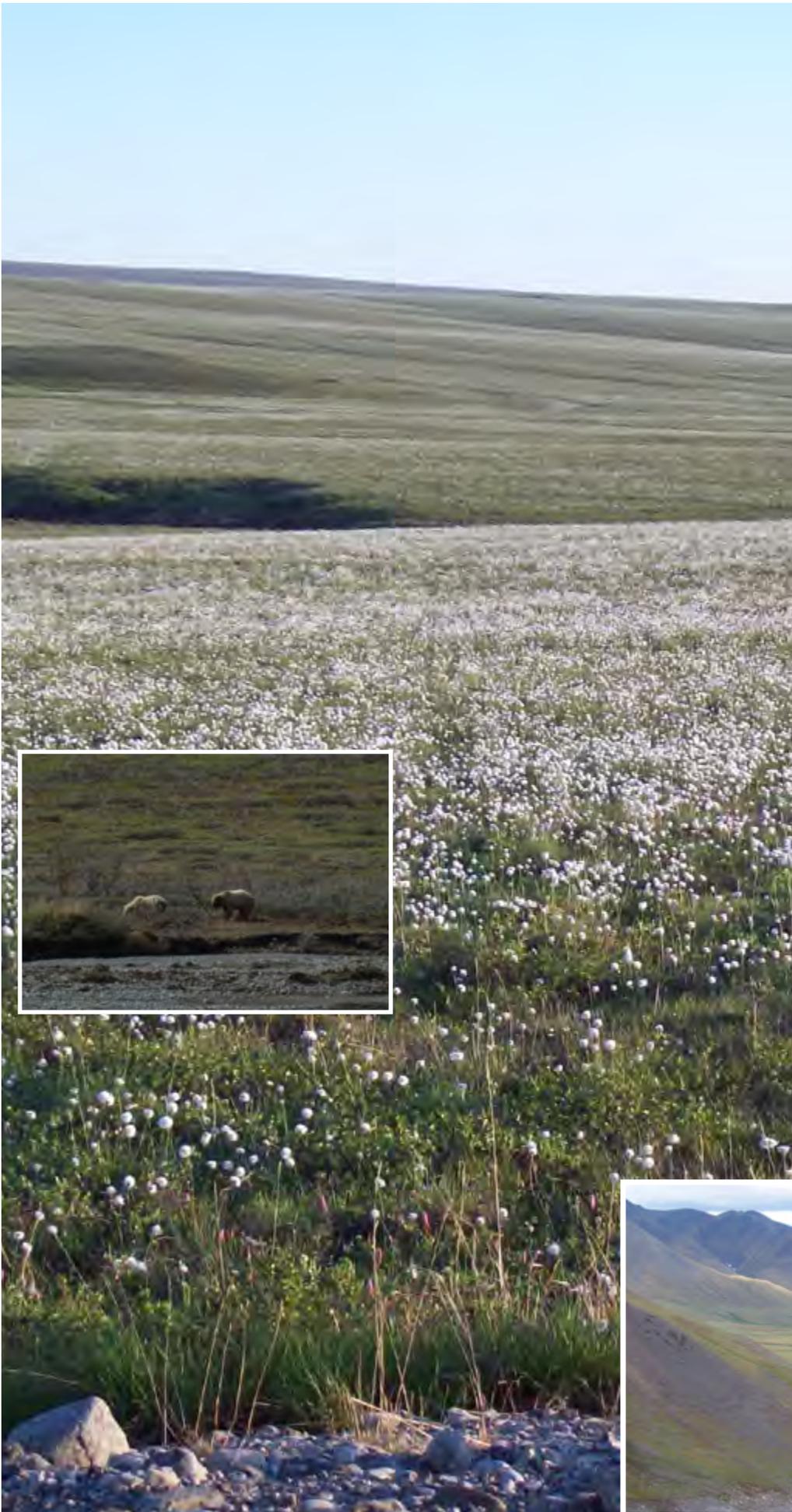
Running this test was going to be something different for test officer Adam Gould. "When you work at CRTC you become an expert at cold. To prepare for a test that was going to be conducted in the summer required different planning." Instead of cold weather clothing and icy roads, this test team had to be prepared for the grizzly bears, semi-trucks, and swarms of bloodthirsty mosquitoes.

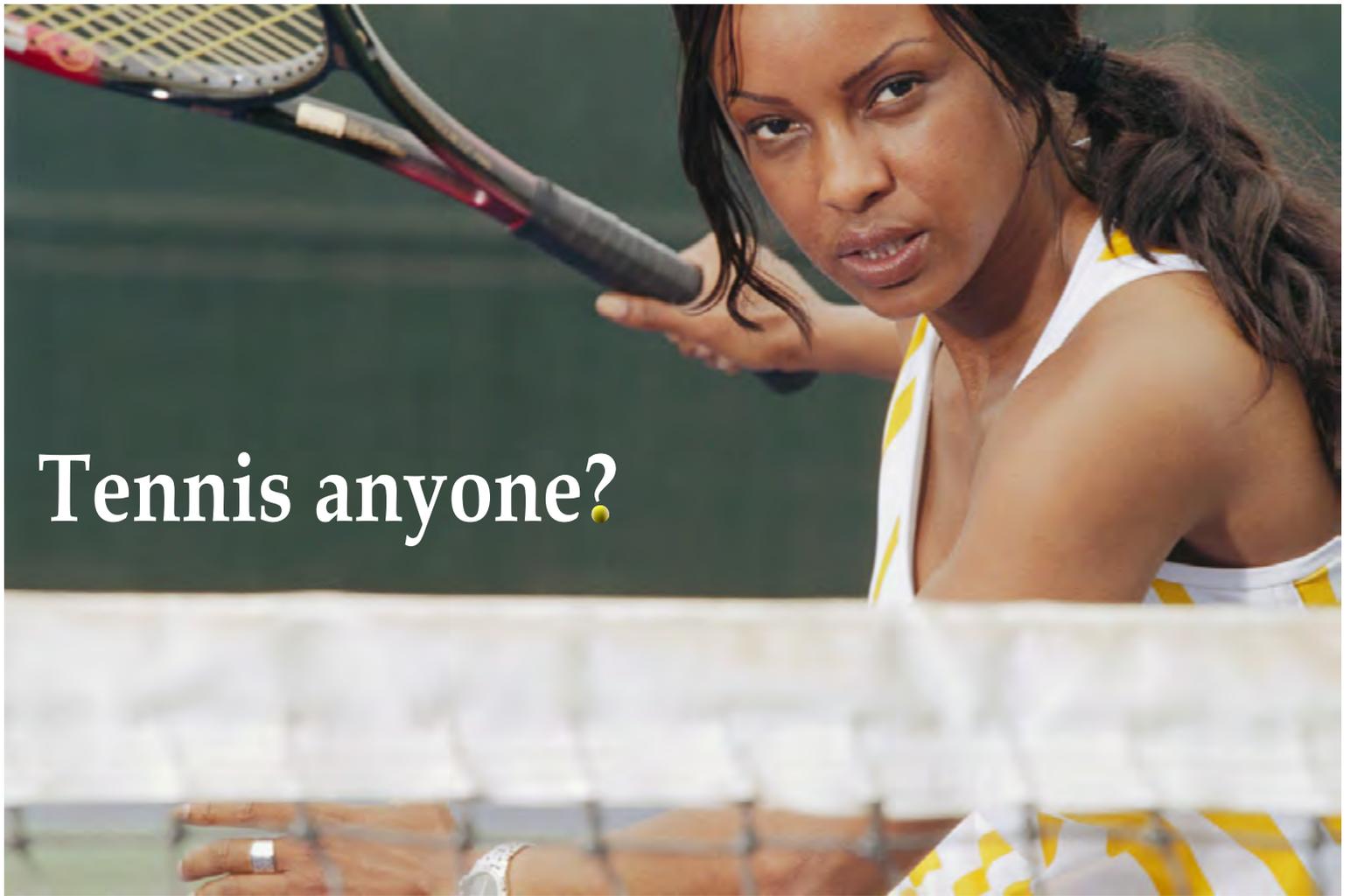
The test team spent long days and nights driving up and down the Dalton Highway comparing IPADS-G data with survey control point data, which had been previously established by a Yuma Test Center Geodetics Team.

The test team varied their shifts, testing during every hour of the day. This allowed the test team to check satellite visibility throughout the day with the IPADS-G.

Since this test was conducted in late June there was around-the-clock sunlight, proving that Alaska is truly the Land of the Midnight Sun. North of the Arctic Circle, the sun is above the horizon for 24 continuous hours during the June solstice.

"The test went really well, we were able to get the mission done, collect the data needed, and also experience a part of Alaska that many people never will."





Tennis anyone?

Tennis lessons come to Delta for one day, possibly two

We have been given a great opportunity to bring Tennis Pro, Cathy Thomas, from the Fairbanks Tennis Association, to Delta Junction for tennis instruction for both children and adults on Thursday, Aug. 4 and possibly Aug. 5.

Coach Cathy has 17 years of experience and has been invited up from the lower 48 by the FTA since 2001 to teach tennis in Fairbanks

and the outlying areas. She will bring the nets, rackets, and balls for the workshop. The outdoor (multi-use) hockey rink on Nistler Road is the planned location for this event.

Children's lessons will be 1 hour in length and the adult lessons will run for an hour and a half. Lesson times will be contingent on the number of participants and their ages.

Costs will be well below

current tennis lessons rate because Coach Cathy has generously volunteered to donate her time to help promote the joy of tennis. We are looking for sponsors to help cover travel expenses.

The City of Delta Junction has ordered two portable tennis nets that will be available for check-out (with deposit) for maintaining and improving your skills. This is a great

way to exercise and learn a lifelong sport!

Please contact deltajunctiontennis@hotmail.com or call Mary Ann Czmer at 895-5113, or Joanne Singer at 895-4225 to show interest or if you have any questions. ■



LTC Joe Miley and the 49th Missile Defense Battalion present



6th ANNUAL
49th Missile Defense BN
GOLF SCRAMBLE



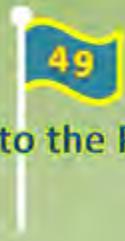
Friday, August 19th 2011

Chena Bend Golf Course, Fort Wainwright, Alaska
0800 Team Check-In, 0900 Shotgun Start

- 4 Person Teams
- Best Ball (Scramble) Format
- \$45 Per Person includes Greens Fee, Cart, and Lunch

Register teams @ 873-4971 (1SG Richard DeBilzan)
Golf – Food – Fun – Prizes!

Longest Drive!



Closest to the Pin!

Cash or Checks (made to Chena Bend Golf Course) ONLY
Pay when you check in your team at 0800 on the 19th



Key facts about the Military & Family Life Consult Program Supporting Service Members & their Families

MFLC provides short term, situational, problem-solving counseling services to Service Members and their Families

Provides psycho-education to help military Service Members and their Families understand the impact of stress, deployments, family reunions following deployments and the stresses of military life.

MFLC services augment existing military support services with

- Flexible service delivery: Outreach/Rotational or On-Demand
- Services can be provided on or off military installations
- Services provided to individuals, couples, families and groups
- Children's Support Program addresses military impact on children
- MFLCs are mandated reporters of child abuse, domestic abuse and duty-to-warn situations
- Services are otherwise confidential and private

NON-MEDICAL COUNSELING SERVICES

- Life Skills:
- Anger Management
- Communication
- Relationship Issues
- Productivity at Work
- Conflict Resolution
- Parenting
- Decision Making Skills
- Military Lifestyle:
- Deployment Stress
- Coping Skills
- Relocation Adjustment
- Loss and Grief
- Homesickness
- Separation
- Building Resiliency
- Reintegration: Warrior to Citizen

ABOUT MILITARY AND FAMILY LIFE CONSULTANTS

- Masters or Ph. D. level Licensed Clinical Counselors
- Work with families, individuals, couples and children to provide non-medical problem identification and counseling services
- Addresses relationships, stress

management, grief after loss, occupational and other individual and family issues, providing crisis intervention when needed

- Work with existing Military Family Support programs to complement services provided

GUARD/RESERVE COMPONENT SERVICES

- To maximize the support available to Guard and Reserve Service Members while preparing for the issues surrounding pre-deployment, mobilization and post-deployment, the MFLC Program:
- Provides psycho-educational presentations, briefings and counseling support for drill weekends and family events for the National Guard & Reserve Component on a variety of topics, including:
 - Deployment
 - Reunion and Reintegration
 - Communication
 - Grief and Loss
 - Provides services including:
 - Reintegration Briefings
 - Educational & Consultant Services to Families
 - Mobilization Briefings
 - Reunion and Reintegration Briefings
 - Pre-Deployment Events for Services Members
 - Deployment Presentations for Younger Audiences
 - Marriage Enrichment
 - Stress Reactions & Coping Mechanisms

The ongoing war on terror and the subsequent increase of deployments have heightened the stress placed on military families. They struggle with issues such as single parenting resulting from deployment, childcare, financial stability, fluctuating family income and frequent relocations. In response, the Department of Defense established the Military & Family Life Consultant Program to provide non-medical, short term, situational, problem solving counseling services. To contact your Fort Greely MFLC please call (907) 803-3563.



www.greely.army.mil



EIGHT SIGNS OF TERRORISM

- Surveillance - recording or monitoring activities, taking pictures, making drawings
- Elicitation - attempts to gain information about operations, staffing, and security
- Tests of security - any attempts to measure reaction times to entering restricted areas
- Acquiring supplies - obtaining explosives, weapons, uniforms badges, credentials, etc.
- Suspicious or out of place persons - this may include people who are in places they should not be, as well as people who do not fit in to the daily routine of the community
- Dry or trial run - putting people into position and moving them around without actually committing a terrorist act
- Deploying assets - people and supplies getting into position to commit an act
- Funding - suspicious transactions involving large amounts of cash, and criminal activity

Highway's End Farmers' Market 2011 workshop schedule

Time is running out to experience the splendid goods offered at the Highway's End Farmers' Market. The market is open every Wednesday and Saturday from 10 a.m. to 3 p.m. Items such as jellies, meats, home grown vegetables, fruits, bedding plants, hand thrown pottery, knitted, woven and spun items, seasoned sea salts, jams herbal vinegars, breads, cookies and more are available for purchase.

The market also offers a workshop every Wednesday at 1 p.m. These workshops are free and open to the public,

but there are only a few left!

Aug. 3: Tole painting instruction. Paint your own watering can which will be provided for you.

Aug. 10: Transplanting trees and house-plant care.

Aug. 24: Time to plant your garlic bulbs and other end-of-season information.

Aug. 31: How to divide and transplant your lilies



Handicapped parking not for everyone

By MAJ Dennis Brown
DES

For those of you who enjoy searching the internet there was a small story accompanied by a photo of an NBA basketball player who was parked in a handicap zone outside a retail store.

The small article joked about the player having worn out knees and probably thinking he was handicapped. It was depicted as being funny but in reality it showed the disregard this person and others like him have for persons with disabilities and the law.

Those who live and work on Fort Greely know that finding a parking space is sometimes a trying ordeal.

During the summer months with the usual construction projects in full operation parking is an even more precious commodity. Because of this, motorists often attempt to take a short cut here or there and take a chance by parking in a handicapped parking space, because they are only going to be a minute.

These motorists are often the ones that deprive persons with disabilities of the spaces reserved to accommodate their disability.

Those who wrongfully park in these handicapped spaces are in violation of **Alaska Statute AS 28.35.235** "Unauthorized

Use of Parking Reserved for Persons with Disabilities", which imposes a fine of \$125 for a first offense and \$250 for a subsequent offense.

Often patrol officers encounter personnel exiting a vehicle that is displaying a handicapped placard or license plate who do not appear to have a handicap.

When questioned it is often revealed that they are operating someone else's vehicle or the placard is for someone in the family that is not presently in the vehicle. This is considered a gross misuse of these special authorizations.

Alaska Statute AS 28.35.235 "Unauthorized Use of Parking Reserved for Persons with Disabilities While Displaying Special License Plate or Permit", imposes a fine of \$250 for the first offense and \$500 for subsequent offenses.

The bottom line is to do the right thing and not park in these reserved areas. Respect the needs of others, and make sure our friends and family members understand that mobility cannot be taken for granted.

For more information regarding handicap information you can access the Alaska Department of Transportation website at: <http://doa.alaska.gov/dmv/faq/disabled.htm>.



iSALUTE



SEE SOMETHING • SAY SOMETHING

Detect and Report Indicators of High-Risk Behavior

SUSPICIOUS ACTIVITY REPORTING

Call 1-800 CALL SPY (1-800-225-5779)

Submit a report online <https://www.us.army.mil/suite/page/633775>

What Should I Report?

Give as many details as you can. Here is a checklist to help you.

- S** Size (number and description of people and vehicles)
- A** Activity (what the people are doing; what is suspicious)
- L** Location (location of people or activity)
- U** Unit (what unit they belong to; any markings or insignia)
- T** Time (date and time you observed the activity or behavior)
- E** Equipment (describe the equipment you saw)

How Do I Report?

There are three ways to make a report:

- ★ Contact your local Counterintelligence (CI) office
- ★ CONUS Hotline: 1-800-CALL SPY (1-800-225-5779)
- ★ iSALUTE – The CI reporting portal via AKO at:

<https://www.us.army.mil/suite/page/633775>

All information will be kept confidential. Information submitted will be carefully assessed and, if warranted, investigated by trained investigators. All information gathered and all investigative activity will be subject to strict policies designed to protect the privacy and civil liberties of American citizens while protecting our Nation from terrorism.

What Is iSALUTE?

iSALUTE is an Army counterintelligence reporting program to prevent espionage, sabotage, subversion, and international terrorism.

iSALUTE supports the Army's counterintelligence policy established in AR 381-12, Threat Awareness and Reporting Program.

iSALUTE seeks Army-wide community support to report threat incidents, behavioral indicators, and counterintelligence matters that are potential indicators of espionage, terrorist-associated insider threat, and extremist activity.

Why Report These Behaviors and Activities?

It is your awareness and reporting that can help identify and prevent threats to our national security or attacks against our Army community, personnel, information, and critical assets.

It is always better to report suspicious behaviors than to refrain from doing so.

The iSALUTE program is about behaviors and activities, not individuals.

What Activities Do I Report?

Here are examples of behaviors and activities to report:

- ★ Persons advocating support for a terrorist organization or cause.
- ★ Persons expressing hatred for or advocating violence against American society or government.
- ★ Persons sending large amounts of money to foreign countries.
- ★ Persons purchasing explosive devices or bomb-making materials or seeking instructional information on their design and use.
- ★ Persons advocating loyalty to a foreign interest over loyalty to the U.S.
- ★ Evidence of terrorist training or attendance at terrorist facilities.
- ★ Persons (without official sanction) repeatedly viewing websites that promote terrorism.
- ★ Persons posting views or exchanging information (without official sanction) on websites that promote the use of force against the U.S.
- ★ Persons joking or bragging about association with a foreign intelligence service or terrorist group.

SEE SOMETHING • SAY SOMETHING

Reporting an Incident (What You Should and Shouldn't Do)

DO

- ★ Be observant and attentive.
- ★ Remember details about people, places, conversations, and vehicles (including license plate numbers).
- ★ Act noncommittal and ask for time to think over any offers.
- ★ Report the incident only to U.S. Army Intelligence Special Agents.

DO NOT

- ★ Try to investigate the incident on your own.
- ★ Commit yourself to anything.
- ★ Discuss the incident or your suspicions with anyone except U.S. Army Intelligence Special Agents.

Important Places to Watch

- ★ Unit headquarters
- ★ Installation access points
- ★ Religious facilities
- ★ Amusement parks
- ★ Sports/entertainment venues
- ★ Recreation centers, fitness facilities
- ★ Barracks, lodging facilities
- ★ Mass gatherings (e.g., parades, fairs)
- ★ Schools, libraries, day care centers
- ★ Hospitals
- ★ Commissary, PX, gas station, bank
- ★ Public transportation
- ★ Neighborhood
- ★ Vacation travel places



Call 1-800 CALL SPY (1-800-225-5779)



in My Country, US Census Bureau

***Note Taking Is Essential in School but
May Be Forbidden in the Workplace.
Never Take Notes in a Classified Meeting
without First Checking with the Organizer!***

ARMY COMMUNITY SERVICES

Loan Closet



Household items for loan to in/out processing
Soldiers, Family members, and DoD civilians.

Pots and Pans
Dinnerware
Silverware
Clocks
Phones
Toasters

Building 655 , Gabriel Hall
Phone: 873-3284
0730 to 1600 hours M-F

Vacuums
Coffeemakers
Cooking utensils
Carpet cleaner
Irons
Glasses



Baby strollers
Child car seats
Playpens
Highchairs



LOST AND FOUND

- **FOUND:** Chevy key with remote control start found Memorial weekend at Nickel lake on Windy Ridge Road.
- **LOST:** Yellow diamond engagement ring with etched band and peridot birthstone ring.

Please contact 873-5023 if you have found these items or if you have something you'd like to have help finding



Fort Greely Army Substance Abuse Program

Be Competitive, But Stay Healthy



Do 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



No 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 perching 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



Chunking 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.



Employee Assistance Program
YOUR EAP PROVIDER

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

ASAP Services are confidential. For more information or to schedule an appointment call (607) 873-3353

Every Employee Can Be a Leader



You 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 how you work until how to perform a complicated task (or why)? Do you see 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 thoroughness 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 view your coworkers as having valuable opinions and ideas? Do you withhold criticism in front of others, avoid the phrase "that's not my job," and avoid whining and complaining to peers? Do you share the glory and see your team as a powerful force greater than the sum of its individual members? If no one leaves 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



Practicing an attitude of gratitude appears to have a scientifically measurable positive impact on improving mood and facilitating resolution of a variety of life problems. If you have participated in a 12-week group of brief sessions 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 practice 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-yds>

Painkiller Addiction: Signs You May Have It



According 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 leader (preferably one who specializes in addiction medicine). Do you abuse sleep? (Doctor sleeping is asking out-of-control 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 pills with your personal safety by going to a doctor to see if dangerous painkillers (or addictive pills)? If you do not have pills, do you abuse prescription medication from direct or second-hand sources if drugs aren't available? Have you premeditated (or your home the best) in order to purchase pills? Do you postpone the care of getting help, even after frightening experiences, falls, blackouts, or car accidents?

Scheduling "Me" Time



Finding 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 rely and depend on you. Whether you have 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, eliminate 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 pleasure and will look forward to your next "me" time appointment.

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: A muted golden sunset kisses the Tanana River with its fading warmth. Photo by Dwight Phillips.

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