



February 2012

# Fort Greely INTERCEPTOR



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# Use caution when using minimalist running shoes

By MAJ Zack Solomon  
U.S. Army Public Health Command

In 1974, Bill Bowerman (co-founder of Nike) created one of the first modern-day running shoes, the “Waffle Trainer” in an effort to create a lightweight shoe that would grip the road. This shoe launched a revolution in running shoe design and probably triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free. Unfortunately, this system of shoe selection hasn’t lived up to runners’ expectations as running injuries persisted. As well, multiple U.S. Army Public Health Command studies in basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged—the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries. Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, for example stress fractures. The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.

Avoid running two days in a row in minimalist running shoes for the first four weeks.

Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist. ■

The U.S. Army Public Health Command focuses on promoting health and preventing disease, injury and disability in Soldiers and military retirees, their families, and Army civilian employees. As well, the USAPHC is responsible for effective execution of full-spectrum veterinary services throughout the DOD. The USAPHC was created from the merger of the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command.



## Vitamin D and the winter

By Robert Dunne  
DC, FNP, PA-C, DFAAPA  
FGA Garrison Aid Station

Our bodies are amazing machines. Twenty-four hours a day, seven days a week, our bodies manufacture most of the chemicals that are needed to keep us alive and healthy. Vitamins are chemicals that our bodies can’t produce—we must get them from outside sources such as food and the environment.

Vitamin D (named “D” because it was the 4th vitamin discovered by early scientists), comes from both nutritional sources and from the sun. Foods that contain Vitamin D include fortified milk, fatty fish (catfish, salmon, eels, tuna, sardines, and mackerel), eggs, and beef liver. Sunlight on our exposed skin causes the formation of Vitamin D.

Deficiencies in Vitamin D can cause problems with bone strength, and has been associated with certain cancers, multiple sclerosis, hair loss, Alzheimer’s disease, Parkinson’s disease, and peripheral vascular disease. “Minimum Daily Requirements” have been established for vitamins by the government, and can be seen on labels of nutritional supplements and food products. These numbers reflect the lowest possible amount we need to prevent disease, not the amount that we need to keep healthy—usually much higher.

Because of our extreme Northern location and lack of sunlight in the winter, it is safe to say that most of us are deficient in Vitamin D. Even those who live in more Southern climates have problems with this. Vitamin D supplements come as a capsule or liquid, and is easily available at the Commissary, WalMart, Sam’s, and other stores.

We can easily measure your level of Vitamin D with a simple blood test. Soldiers can come to the Garrison Aid Station and pick up the necessary forms for themselves and their dependents. The test will be done at the Delta Family Medical clinic, and take about a week for the results. We can then base recommendations of how much Vitamin D you should be taking, and will repeat the test in 3 months to see the results.

Be proactive with your health—get your Vitamin D level checked. Stay Army Strong! ■



## A message on hazing

You should be aware of recent allegations of hazing within the ranks of our Armed Forces, and we want to take this opportunity to clearly address these troubling reports. We echo the emphasis that Secretary of Defense Panetta and Chairman Dempsey have placed on this matter. Every Army professional has a personal obligation to prevent hazing and ensure that we treat all of our comrades in arms with dignity and respect.

Hazing is not compatible with Army Values. The very foundation of what we do depends on trust, and trust depends on the treatment of all Soldiers with dignity and respect by fellow Soldiers and leaders. Without this, our profession is placed in jeopardy, our readiness suffers and our mission success is at risk.

Hazing, in any form, has no place in our Army and will not be tolerated. This applies at all levels to all Active, Guard and Reserve Soldiers, Civilians and contractors. This is not new. Hazing has been explicitly prohibited by Army Regulation 600-20 and the Uniform Code of Military Justice for many years. Individuals who participate in, allow or condone hazing may be subject to disciplinary action that may include nonjudicial punishment or court-martial.

We recognize that leaders must enforce standards and exercise strong leadership and that this may include organizing team-building activities. This does not, however, allow for any activity that crosses the line and results in an abuse of power and deliberate humiliation.

Effective leaders must never participate in, allow or condone hazing. We expect every member of the Army, military and civilian, to vigilantly guard against any form of hazing and to report any incident of hazing to the chain of command.

As stated by Secretary Panetta, this has a direct impact on force readiness. At this point in our Nation’s history, the stakes are simply too high for us to fail. Our professional values are one of the essential components that make us who we are – the best Army in the world and the Strength of the Nation. Army Strong!

//Original Signed//  
Raymond F. Chandler III  
Sergeant Major of the Army

//Original Signed//  
Raymond T. Odierno  
General, United States Army Chief of Staff

//Original Signed//  
John M. McHugh  
Secretary of the Army

# & Career Expo & Job Fair

10 a.m. to 6 p.m.  
Monday, March 19, 2012

Carlson Center, Fairbanks  
2010 Second Ave.

At no cost to job seekers. Job seekers:  
Bring a resumé and dress for an interview.

For help in creating or revising your resumé, interviewing skills, etc., visit the Fairbanks Job Center Resource Room, 675 7th Ave.

- Explore new and exciting career paths and construction trades.
- Discover apprenticeship, training, education and internships.
- Interview with employers one-on-one to share your ideas and experience.



ALASKA DEPARTMENT OF LABOR & WORKFORCE DEVELOPMENT



For more information and if you are an employer interested in obtaining a booth, contact Teresa Quakenbush at 907.451.5958.



We are an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.





## ISR questions answered

By Wally Leavitt  
PAIO

**An important update for FY12** – ALL data collection will be done on an annual basis. The system will allow quarterly inputs, but the actual data collection and certification will only be done on an annual basis. The data collection worksheets for FY12 are set-up so that quarterly records can be maintained. It is strongly recommended that these data collection worksheets be utilized throughout the year. In this way, when the system is open for input in the fall you will not be trying to remember what was done during Q1 (Oct – Dec).

In order to relieve the reporting burden on the field, comments will be retained from one quarter

to the next quarter so that they can be re-used as appropriate. Comments will not be retained on an annual basis.

Performance Measure Comments Requirement

In order to pass validation, comments are required in the following scenarios (per instruction at Centralized Training):

- All NA rated Services
- Red and Black rated Services
- Service, Service Function, or Major Service Area rating overwrite.

In FY11, the use of intellicodes was implemented as a means to

track performance measures throughout multiple years. Intellicodes give each measure a unique identifier that will allow for quick reference. The first number displayed within the intellicode identifies the Service number; the second number identifies the Primary Service Category; the third and final number identifies the performance measure number. For example, intellicode 100-02-15 equates to Service 100, PSC 02, PM-15. Performance measure intellicodes are located on the first line of the respective worksheet for each Service.

Per numerous requests received during FY11 Centralized Training, the FY11 worksheets will display four boxes to record performance measure data for Q1, Q2, Q3, and Q4. Due to the fact that ISR-S worksheets are generated using a Microsoft Word template, these four boxes will appear on both quarterly and annual measure worksheets. Remember that all measurements have become annual for FY12.

The ISR Services Performance Measures Completed has undergone a requested update. There is now a breakout of measures that are top loaded separate from all other measures.

Across the top of the report where it now shows two rows (Number of Performance Measures Completed and Total Number of Performance Measures) it will display “Number of Top Loaded Performance Measures”, “Number of Top Loaded Performance Measures complete”, and “Number of Non-Top Loaded Performance Measures” and “Number of Non-Top Loaded Performance Measures completed.” An asterisk will indicate which measures in the description fields are top loaded. Measures that have at least one data element top loaded will be counted in the top loaded numbers. Even if the field inputs the non-top loaded number; until the top load is completed the PM will NOT show in the Number of top loaded PMs completed since the PM is not complete until the top load.

This and much more information is available in the ISR Frequently Asked Questions document. This document is published weekly during the data collection cycle, normally on Monday afternoons. If questions pertaining to ongoing data collection (or comments) cannot be found within this document, please do not hesitate to contact members of the PAIO Team. ■

## Vehicle Decals - a thing of the past



Personnel that are authorized unaccompanied access in accordance with Fort Greely Policy Letter #22, are no longer required to obtain a Vehicle Decal (DD Form 2220) sticker to access Fort Greely; however, all privately owned vehicles must continue

to be licensed, registered, and insured in accordance with state and local laws.

Rental vehicles are considered privately owned vehicles for the purpose of installation entry and access control. The vehicle

rental contract suffices as proper licensing, registration, and insurance for installation access.

Visitors to Fort Greely that are not authorized unaccompanied access must still obtain a visitors pass from the visitor's center.

If you have questions or concerns, please contact your local Directorate of Emergency Services. ■



## NEW this February! Garrison Commander's Round Table Monthly Meeting

Meet with the commander every third Wednesday of the month beginning at Noon in the Community Activity Center starting February 15, 2012.

**First meeting's agenda items include:** The Coffee Shop, AAFES Update, Indoor Playground, Child Care Fees and AFAP Issues/Results

Please feel free to bring up new issues, concerns or questions for the upcoming meeting in March at February's meeting. All comments are welcome. This meeting is open to all Fort Greely Members. Children are welcome, but must be supervised. Lunch is available for purchase, through the CAC. Please remember that no outside food or drink is allowed in the CAC.

*If you feel your needs aren't being met, if you feel your concerns aren't being heard or if you simply want to stay in the loop and have the rumors dispelled, the Garrison Commander's Round Table Monthly Meeting is for you.*

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



# Re-opening the Free Room: more space, more selections, better organization

By Deborah Ward  
Public Affairs

Starting Feb. 1 the Free Room located next to the Indoor Playground is open for use. The Free Room is a convenient place where anyone that has access to Fort Greely and the facilities therein can come to donate items to pass along to others for free or to collect free items of interest that they can make good use of.

The Free Room should not be confused with the ACS Lending closet that currently provides standard items like pots and pans, vacuums, cribs, carpet cleaners and the like within 30 days of arriving on the installation or leaving the installation. These items must also be returned to the ACS Lending Closet in the condition that they were loaned out.

This is not the first go-round for the Free Room. It's been open before, but lacked some of the qualities it possesses now, "The

room is a lot bigger now. We combined what used to be the exercise equipment room along with the original space for the Free Room. The glass window now extends into the Free Room so that parents will be able to observe their children while perusing available items," said Fort Greely Master Planner Tim Merrymon.

Heading up the re-opening and organization of the Free Room is Christina Baker a 49th Missile Defense Battalion (GMD) military spouse. "This is a free service with no money exchanging hands. There is no limit to the items that you can pick up, but we ask that you use the honor system and request that people give freely as they were freely given to." The request is that you do not sell items that you received from the Free Room. "There are plenty of programs in the community that can benefit from your donations if

we cannot find a use for them here in the Free Room or if we exceed our holding capacity," said Baker.

The process for using the Free Room is straight forward. The key is maintained at the Fort Greely Fitness Center and can be obtained during normal operating hours. If you have donations to drop off please place them in the receptacle provided. The donations will be collected frequently and placed in the appropriate arrangement by volunteers. If you have numerous articles for donations you may call 1-207-570-9471 to arrange a pick-up. Though no monies pass through the Free Room, you may advertise items that are in good condition that are for sale on the provided bulletin board.

While all donations are accepted and appreciated, the most sought after items for incoming families, at this time, tends to be linens.

The Free Room is not staffed by anyone except for volunteers that will be there from time to time, not to provide customer service, but to make sure that it is neat and orderly.

If you would like to volunteer to work in the Free Room please contact the Fort Greely Volunteer Coordinator, Debra Darland at 873-3284. She can assist you with the ArmyOneSource step by step directions for volunteering. This process ensures that the Army Community Services takes care of any liability issues, logs hours to create the determined value of the program and recognize the valued volunteers at the Volunteer Appreciation Celebration in April. ■

# Qualified Recycling Program - benefits all

By Sandi Delong  
FGA Environmental Office

Recycling is an essential part of the federal government's overall plan for reducing the amount of waste the nation generates. It turns materials that would otherwise become waste into valuable resources and generates environmental, financial and social benefits.

Every installation is mandated to recycle and operate either a Qualified Recycling Program or a non-qualified recycling program. Either way, the goal is to divert as much waste as possible from our landfills. From the time Fort Greely began recycling to now, we have been operating a non-qualified recycling program

mostly due to economic reasons. We are currently in the process of changing that and establishing a QRP to help execute a more efficient and cost-effective recycling program.

With the QRP in place, we become more flexible regarding the sale of recyclables and scrap materials and how we can use proceeds from the sales for installation projects and programs. The solid waste generated at an installation is typically a mixture of items varying in "recyclable value."

What we are striving to achieve with the QRP is to increase the revenue for our recyclable and

scrap materials to more than cover the cost of recycling so that we will have extra money that can be used to benefit Fort Greely such as pollution abatement, energy conservation, occupational safety and health activities and FMWR programs.

The only way to reap the benefits is if we work at increasing our recycling rate. Too many recyclable materials are treated as trash instead of sorted for recycling or even made available for re-use. We should all think about what we can do with unwanted items before disposal in a trash dumpster.

Any revenue that the program makes will be credited to our QRP and dispersed according to

specific directives governing the program.

While the environmental office is responsible for managing the QRP, it is essential that we have continuing support from all who live and work here. If you need assistance with recycling or have questions, please contact the Garrison Environmental Office at 873-4664. ■



# Natural Resources: what's new?

By Rick Barth  
FGA Environmental Office

Fort Greely is in the beginning stages of updating the Integrated Natural Resources Management Plan. INRMP is a requirement of the Sikes Act, the DOD's Environmental Compliance Program and Army Regulation 200-3 Natural Resources.

We have contracted with HDR Environmental, Operations and Construction Inc. to help us establish our base line requirements.

This survey will kick off in the spring 2012 and will focus on the three general areas of Wildlife, Floristic, and Forest. Surveys have been conducted in the past; however, those surveys encompassed all the lands of Fort Greely prior to the Base Realignment and Closure in 2001 and at that time Fort Greely had a

much larger foot print.

Currently Fort Greely covers around 7,000 acres with Jarvis Creek, the Richardson Highway as its east and west boundary; and the south boundary line runs just pass the missile field.

Natural resource management is a discipline in the management of natural resources such as land, water, soil, plants and animals, with a particular focus on how management affects the quality of life for both present and future generations.

Management of natural resources

involves identifying who has the right to use the resources and who does not for defining the boundaries of the resource. The resources are managed by the users according to the rules that govern when and how the resource is used based on local conditions.

Conservation biology is the scientific study of the nature and status of Earth's biodiversity with the aim of protecting species, their habitats, and ecosystems from excessive rates of extinction. It is an interdisciplinary subject drawing on sciences, economics, and the practice of natural resource management.

Habitat conservation is a land management practice that seeks to conserve, protect and restore, habitat areas for wild plants and animals, especially conservation reliant species. It helps to prevent their extinction, fragmentation or reduction in range.

It is our goal to protect our natural resources here on post while allowing our military community maximum access to the great outdoors.

We currently have a Firewood cutting program. This allows those who need firewood to stay warm access to a virtually unlimited supply of cured firewood. This not only helps local members of our community access to the resource, but it reduces the fuel load capacity decreasing the danger of wild land fires. There are also many hiking and cross country ski trails on post for utilization. These are just a couple examples of things that we can

currently offer on post.

In the upcoming 2013 timeframe, we hope to start an Annual Moose Hunt for the Wounded Warrior Project and our disable veterans. If you have any ideas, comments or questions please feel free to call me Richard D. Barth, Natural Resource Manager at 873-4202. ■



# IMCOM-Pacific Region Safety Awards

## Staff Report

The IMCOM-Pacific Region Safety Office is accepting nominations for the following safety awards for the second quarter of FY 12:

- Ground Safety Unit Award
- Army Motor Vehicle Safe Driver Award
- Safe Supervisor Award
- Safe Material Handling Equipment Award
- Safe Employee Award
- Privately Owned Vehicle Safe Driver Award

This program is to recognize outstanding safety performance of both individuals and organizations. This is a competition at the Department of the Army level.

If you see someone doing items in a safe manner or simply being safe, submit the individuals full name, unit or directorate, what was observed and why this person or group deserves to be recognized. Submit the information to the Fort Greely Safety Office. Call 873-5239 for more information.



**IMCOM**

SOLDIERS • FAMILIES • CIVILIANS

# Safety Corner

## Internet safety - a constant concern

### Staff Report

On Jan. 9 the Fort Greely Crime Prevention and Physical Security Specialists went to the Fort Greely School and conducted an Internet Safety course for the 4th and 5th grade students.

Crime Prevention Specialist Harold Zarecki, Directorate of Emergency Services, discussed the importance of being safe on the Internet. He explained to the students that because actions in cyber space can often make ourselves and our computers vulnerable, we have to take precautions to become smart digital citizens who act responsibly online, protect our computers wisely, and follow the safety rules.

He informed them of the "WWW" decision tool. He explained, as much as we know about being safe, it is very easy to forget the rules of the road when we find something cool we want to download. Also, we often think that we are obligated to provide information when asked online. The decision tool should be an internal checklist you use when anyone is asking for your personal information while online.

Remember personal information should not be shared without much consideration.

*The three W's stand for:*

*Who wants the information?*

*What information do they want?*

### *Why do they want the information?*

Zarecki also explained what Cyberbullying is. Cyberbullying is "The intentional and repeated use of computer and cell phone networks by kids and teens to cause harm or distress to other kids or teens." He explained what the school policy was on bullying, in general, and how a student could report it.

The school treats cyberbullying just like any other type of bullying event or action. The policy currently states, "Appropriate sanctions will be taken against students and/or employees who commit acts of harassment, intimidation or bullying. For students, the sanctions must be appropriate to the seriousness of the incident (refer to District Discipline Matrix AR 5131). For school staff, sanctions will be in accordance with state law, district policy, administrative regulation, collective bargaining agreements, and applicable codes of ethics."



Zarecki discusses Cyberbullying, Internet Safety and how to take precautions to remain safe while online at the Jan. 9 class at the Fort Greely School. Photo courtesy of DES.



## Need something for your office?

By Ann Marie Mills  
DOL

Did you know that right here on Fort Greely there are quality items that are waiting to be used in your place of business? DOL'S Central Receiving has a re-utilization area that stores gently used good-working condition items for re-use. From reception couches and chairs, to desks, filing cabinets and book shelves. We also occasionally receive items such as microwaves, keyboards, and lamps. All of our inventory items are listed on the intranet under the DOL shared documents and we update this list at least twice a month.

Looking for personal protective equipment/gear for your outdoor work? Come and see if we have what you are looking for. We have Carhartt coats and bibs and a small selection of winter boots. All cold weather gear will be signed out to you and will need to be returned to DRMO when unusable and a replacement is needed, or upon your departure of Ft. Greely.

So come and check us out. All of our staff will be glad to assist you and thank you for recycling. We are located in building 601, Bay 5; in the same place as central receiving. Contact Phone: 907-873-4306. ■

## USASMDC/ARSTRAT Commander takes time out of busy schedule to read an old-time favorite

By Regina Sheptock  
FMWR

Visiting dignitaries are no strange occurrence at Fort Greely. Every month it seems we get visitors looking to see how we operate this far North. Invariably they tour the missile field and now the fabulous Aurora Community Activity Center. The Child Youth & School Services programs are usually on the tour, as is lunch at the Launch Room Dining Facility. When LTG Richard P. Formica, Commander, USASMDC/ARSTRAT toured Fort Greely this past December it was similar to so many other tours with one small exception. He wanted to do more than just tour the Child Development Center; he wanted to take time out of the remainder of his tour to read "Green Eggs and Ham," written by Dr. Seuss, with the preschool children. The Child Development



Center was very excited as it seemed to be the perfect preamble to Read Across America and Dr. Seuss' birthday, both coming up in March.

The kids had a wonderful experience with Formica, who took a few minutes prior to reading the story to get to know them. He asked questions such as "How many were from Alaska?", "How many had brothers and sisters?" and of course, "How many liked the book Green Eggs and Ham?" One child replied that her favorite thing about Alaska was the cold.

When Formica began to read the children listened attentively. He gave an animated narration with his hand gestures and impersonations of the characters.

Everyone had a good time and laughed often. The reading ended and everyone said their good-byes. As March draws closer, additional guest



Left: LTG Richard Formica reads "Green Eggs and Ham" by Dr. Seuss to an eager and attentive group of youngsters at the Fort Greely Child Development Center on Dec. 29, 2011. Photo courtesy of Regina Sheptock. Top: Formica presents Delta Wind Newspaper Reporter, Michele Trainor (above) and Delta Community Library Director, Joyce McCombs (below) a plaque of appreciation for her superior dedication to Fort Greely and the surrounding community. Photo courtesy of Michele Trainor

readers will be invited to the Child Development Center to similarly share their love of reading with the children. All of them will have a tough act to follow! ■

## Important, but sometimes hard to find, numbers:

- AAFES PX: 869-3293
- Aurora Community Activity Center: 873-4783
- Auto Craft Shop: 873-3139
- Commissary: 873-4407
- Delta Community Library: 895-4102
- Education Center: 873-4369
- Fitness Center: 873-2696
- Outdoor Recreation: 873-4058
- Pool: 873-5665
- Post Office: 869-3220



## A parting gift

US Army Space and Missile Defense Command/Army Forces Strategic Command, G-3 Sergeant Major, SGM John Mattie presents the Soldier's Creed to CSM Carolyn Reynolds of Fort Greely, Alaska Garrison Command Sergeant Major at the 2011 Army Family Action Plan Conference. A framed Soldier's Creed was signed by the 2011 Team Fort Greely AFAP Conference delegates as a farewell gift to CSM Reynolds. (Pictured Left)

This was Fort Greely's first AFAP conference hosted as joint efforts by Garrison and 49th Missile Defense Battalion (GMD). The two work groups developed top four issues to improve the quality of life for the Army Families. They also identified Ineffective, Redundant, and Obsolete Programs/Services, top three strength and challenges of Mobility/Deployment, six most critical HQDA's active AFAP issues, and these were briefed to the Garrison and 49th commanders along with community members and conference participants. Top four issues will be included in the 2012 USASMDC/ARSTRAT Mid-Level Command AFAP Conference for further actions. ■

Photo courtesy of KC Bertling



# DES Angel Tree program delivers hope and smiles

By Yulonda Schmidt  
DES

Fort Greely Directorate of Emergency Services initiated a community outreach program this year entitled Operation Angel Tree. The program paired with the Office of Children's Services in Delta Junction who identified 14 children currently receiving services through OCS as candidates for the program. Some of the children are in foster care; all of the children are receiving services through OCS.

Dispatchers, Firefighters, Paramedics and Police have often assisted children as first responders. The Fort Greely DES Operation Angel Tree brought some sunshine into the children's lives this past Christmas - a time when every other "good little boy or girl" they know receives a visit from Santa Claus.

The Angel Tree provided clothing items, special needs gifts and toys to Fort Greely/ Delta Junction's foster care children. The gifts these children received provided them hope of a brighter future and the reassurance that someone does indeed care about them. Dispatchers, Police and Firefighters opened their hearts to these children this



Left to Right: Office of Children's Services Caseworker Marc Nouchi, Firefighters Edsel Scott, William Boyack, Captain Wade Yingling and Firefighter Justin Cotton pose with just a few of the gifts that were wrapped for the children receiving services through OCS. DES plans to continue the successful and much appreciated Angel Tree program this year. Photo courtesy of DES.

year providing each child with numerous gifts for the Christmas Season. The gifts were wrapped in pretty paper and bows and picked up by OCS caseworker, Marc Nouchi. The gifts filled the entire back of large Sport Utility Vehicle. Mr Nouchi said

he was surprised at the number of gifts and overwhelmed by the generosity of the DES family. Robin Fellman, OCS caseworker said the children were very excited to receive their gifts. Fort Greely DES plans to continue the program this year. ■

# Weapon registration at Fort Greely: What to know, and what NOT to do

By Harold Zarecki  
DES

Weapons registration on Fort Greely is mandatory for anyone who resides or brings a firearm on to the installation.

Installation Policy Memorandum 13, Privately Owned Weapons, sets the policy, responsibilities, and procedures for the control and security of privately owned weapons and ammunition on Fort Greely.

Section 5 covers the registration requirements. All personnel residing on the installation must register their privately owned weapon(s). This requirement applies regardless of personnel category (military, family member, guest, DA civilian employee, contractor, unaffiliated civilian, etc.) and regardless of which of the two authorized locations (family housing or unit arms room) is used for storage of the weapon.

Normally, personnel living/staying off post are not required to register their privately owned weapons or firearms. This includes, for example, soldiers and their family members

living off post, civilian employees living off post, retirees living off post, and unaffiliated personnel living off post. The only time such personnel are required to register their privately owned firearms is in the infrequent circumstance that the firearm is brought onto Fort Greely for any amount of time.

Personnel not authorized to register firearms are minors and persons to whom the provisions of the Lautenberg Amendment (Lautenberg Amendment states that persons that are convicted of a Domestic Violence charge are not allowed to own, buy or sell firearms) apply due to a criminal conviction are prohibited from either owning or registering firearms.

The timeframe to register firearms is within five days of arrival of the weapon in the case of a Permanent Change of Station (PCS).

In all other cases, such as the purchase of a new firearm, it must be accomplished within 1 day or in the event of weekends or holidays,

on the next duty day at the Fort Greely Visitor Control Center. Please bring the following information with you: caliber, type, serial number, make, model, action, and finish. **DO NOT** bring the firearm itself with you to the visitor center when you register your weapon(s). It is a violation of this policy to provide inaccurate or misleading data when registering a firearm.

Upon completion of the registration process, the registrant will receive a computer-generated Weapons Registration Form as a record of what has been input into the database. If you have questions about the registration process you can call the Physical Security Office at 873-4120/4620. ■



# Read Across America:

## Local CYSS participates in largest reading celebration in the country

By Noel Mitchell  
FMWR

In May 1997, a small reading task force at National Education Association came up with a big idea. "Let's create a day to celebrate reading," the group decided. "We hold pep rallies to get kids excited about football. We assemble to remember that Character Counts. Why don't we do something to get kids excited about reading? We'll call it 'Read Across America' and we'll celebrate it on Dr. Seuss' birthday." And so was born the largest celebration of reading this country has ever seen.

Child Youth & School Services will be celebrating Read Across America this year at the Child Development Center on March 9 with a pajama party, birthday cake, and invitations to all to come rediscover your love for reading with us. The theme is green for a very special 2012 Read Across America celebration, which will showcase the Lorax book as well as NBC/Universal's The Lorax (featuring the voices of Taylor Swift, Zach Efron, Danny Devito and Betty White) which opens the first week of March.

To gear up for the event, CYSS will provide a free workshop on "Reading Partners" to share easy, practical tips on how to help teach children to read. The workshop is open to adults, teens, and in-betweens... anyone who wants to read! It will be held at the CDC on Tuesday, Feb. 21 at 4:30 pm.

Anyone interested in joining us for any of these events should call the CDC at 873-4599. ■



"You're never too old, too wacky, too wild, to pick up a book and read with a child."



Those who are six, sixteen, sixty-four, and more have all kinds of great events in store for

Read Across America at  
Fort Greely Child Development Center,  
on March 9, 2012, from 4:00 to 6:00 pm.

Calling America's children, both young and old, to celebrate the joys of reading on Dr. Seuss's birthday. Wear your PJs and join us for birthday cake and guest readings! Mark your calendars now and feel free to call 873-4599 if you have questions.

Grab your hat and read with the cat!





## Ash Wednesday Service

This year's Ash Wednesday Service is led by Father John Martinek. The service is Feb. 22 at 11:30 am at the Fort Greely Chapel. All are welcome to attend.

## 2012 Festival of Lights Galleria & Trade Show

February 11, 2012  
10 A.M. - 5 P.M.

Located in the High School Small Gym  
Sign-up for you vendor spot today!  
Call Amanda 895-5068  
Or e-mail: [deltacc@alaska.net](mailto:deltacc@alaska.net)




## 2012 Polar Bear Plunge

Here's what happens... The three nominees with the most votes will take **THE POLAR BEAR PLUNGE!** Jumping into a pool of frigid arctic ice water all in the name of fun!

Saturday ~ February 11, 2012

Nomination of an individual is \$5.00  
Votes are \$1.00 each

Vote as many time as you wish and for as many people as you wish!

Proceeds will help benefit the Festival of Lights activities. If you have any questions, please call Amanda at the Delta Chamber of Commerce office at (907) 895-5068

Hosted by The Delta Chamber of Commerce




## Ft Greely ACS Financial Readiness Program is Proud to Present:

# Finding Financial Balance

Five courses left to learn how to make your money work for you! Attend just one or all to help you find financial strength.

February 8 <sup>th</sup>	1300-1430	Savvy Insurance Buying Learn what to insurance to buy and liability limits to protect you and your family.
February 14 <sup>th</sup>	1300-1430	Basic Investing Learn the basics investing terms and your personal risk tolerance.
February 21 <sup>st</sup>	1300-1430	Retirement Planning Taking investing one step farther, learn to plan for the long term needs of the future by using different retirement plans.
February 28 <sup>th</sup>	1300-1430	College Planning Learn to prepare for the major cost of sending yourself or your child to college.
March 6 <sup>th</sup>	1300-1430	Ins and Outs of Major Purchases Learn how to prepare for the big things in life.

Classes held in the ACS Conference room. Space is limited. Seats are available on a first come first serve basis. If you would like to reserve a seat or have any other questions call: 907-873-2479 or email [Angela.monrope@4.civ@mail.mil](mailto:Angela.monrope@4.civ@mail.mil)

### BEFORE YOU DRINK AND DRIVE, CONSIDER THE COSTS:

AVERAGE COST OF A FIRST OFFENSE DUI CONVICTION: ~~\$21,175.00+~~

1. JAIL	\$ 330.00 (3 DAYS IN JAIL)
2. JAIL SURCHARGE	\$ 50.00
3. COURT FINES	\$ 1,500.00+
4. SENTENCING	\$ 250.00 +
5. POLICE TRAINING SURCHARGE	\$ 75.00
6. VEHICLE IMPOUND	\$ 300.00+
7. LOSS OF CAR (Confiscated by State?)	\$\$\$ (30 DAYS)
8. LAWYER (Your)	\$\$\$\$\$
A. CHANGE OF PLEA	\$ 5,000.00+
B. GOING TO COURT	\$ 3,500.00 - 55,000.00
C. DMV Hearing	\$ 850.00
9. Lawyer (Court appointed)	\$
A. Change of Plea	\$ 200.00
B. Goes to court	\$ 500.00
10. SR-22 INSURANCE	\$ 2,000.00 per year x 5 years = \$10,000.00+
11. LICENSE FEE	\$ 20.00
12. LICENSE REINSTATE FEE	\$ 250.00 - 500.00
13. EDUCATION COMPLIANCE Monitor Fee	\$ 200.00
14. Ignition Interlock if required	\$ 1,300.00+
15. 10 points on your Driving Record	\$15.00 monthly lease 6-12 months +\$50.00 lockout fee each time fail to respond
16. DUIs stay on your record forever	
17. PLUS:	
A. TAXI/BUS/FRIENDS	\$\$\$
B. LOSS OF DRIVING PRIVILEGES	\$\$\$\$ (90 DAYS)
C. LOSS OF JOB	\$\$\$\$\$
D. LOSS OF FUTURE JOBS	\$\$\$\$\$\$\$
E. LOSS OF YOUR PROPERTY	\$\$\$\$\$\$\$\$
F. LOSS OF ANOTHER'S PROPERTY	\$\$\$\$\$\$\$\$\$
G. LOSS OF LIFE	PRICELESS

ALTERNATIVES:  
AVERAGE COST FOR DESIGNATED DRIVER \$ 0  
AVERAGE COST FOR TAXI (\$3.00 PER MILE) \$ 15.00



# FrontLine Employee

Wellness, Productivity, and You!

## Fort Wainwright Substance Abuse Program

### Winning with a Budget in 2012

Living on a budget is not easy for most people, but success is not determined by using simple willpower to avoid indiscriminate spending. Instead, the winning secret is acquiring the right attitude about budgeting. This drives your goal. Instill the attitude with new beliefs. Budgeting is control—you being in charge of your money instead of it controlling you, especially if you are chained to debt. Without a budget, you risk spending all the money and not saving enough. You also risk not spending enough. Yes, a budget actually helps you spend enough rather than unnecessarily living too financially restricted. The good news about budgets in time, the determined budgeter acquires a new habit of living on a budget, and this lifestyle becomes self-reinforcing. What follows is the powerful feeling of freedom—and a better night's sleep.

### Exercise for Better Sleep

Most studies show a moderate connection between exercise and better sleep. One study showed that adults who were able to participate in the nationally recommended exercise regimen of 150 minutes a week indeed reported better sleep. There are many reasons for sleep difficulties, and an evaluation is in order when the problem persists. However, if you haven't tried exercise on a regular basis—about 30 minutes per day, five days per week—it's worth a try. <http://tiny.cc/colshut-eye> Consult with your physician before beginning an exercise program.

### Rapid Response to Customers

If you work directly with customers—internal or external—try an experiment to improve your job satisfaction: Give a rapid response to needs or requests, and do so with the next ten customers. Sure, you're busy and stressed. It is easy to choose delay over delivery, using an "I'll get to it later" attitude or coping strategy. Delay is often unavoidable but guard against it as a coping strategy. A quick response to a customer is one of the easiest ways to get a "Wow," and few things are more gratifying than an appreciative, praise-filled customer who can add to your positivity on the job.



### ASAP Community Wide Prevention Program

YOUR EAP PROVIDER

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

ASAP Services are confidential. For more information or to schedule an appointment call (907) 353-1381

### More Time with Loved Ones in 2012

A highly desired New Year's resolution that is right up there with the desire to lose weight—some studies report more so—is grabbing more quality time with loved ones. Sound good? If you are like most busy families, with everyone zooming off in different directions, you recognize that time can pass you by. Try combining things everyone should be doing, such as exercise, with an opportunity to be together. Thinking "dual-purpose" in this way can double your time together. But the payoffs don't end there. This type of strategizing permits a quality opportunity where those special talks about personal responsibility, work ethic, commitment, honesty, community service, or faith can happen more often. Give this buddy exercise chart a try by posting it on your refrigerator. It will help keep at the front and center the commitment to exercise together. (Resource download: <http://tiny.cc/exercise-log>)

### Managing Anger in Healthy Ways

There are many myths about anger, including that it is "bad" or "immature" to get angry or it is better to suppress it. Trying "never to feel angry" is a harmful practice and a hopeless goal because humans are hardwired to feel anger. Another myth is "the best way to get over it is let it all out." Rather than squashing the anger or running with it, anger management is the life skill of learning how anger works and how to control one's response to it. The key is learning how to identify feelings of anger when they emerge and then staying in charge and directing that anger toward a constructive purpose. There are many reasons people struggle with anger, the underlying issues associated with it, emotional pain, and control. Health issues may also contribute to problems with anger management. Guidance from a professional counselor who specializes in anger management is generally a speedier route to learning better anger management skills. Professional help is definitely recommended if you become explosive and demonstrate extreme expressions of anger to the point of violence. Your employee assistance program can offer you great support and referral to expert help. Don't stay frustrated with your inability to "will" yourself into better anger management practices. Anger management is one of the most common problems people experience, and it is one that can be successfully treated.

### Counterproductive Behavior at Work

During the week are you fully engaged or do distractions like gossip, cell phone calls, email wars, election-year political discussions, kitchen conversations, surfing the Internet, or just simple "doodling" affect your productivity? Although important business metrics (things companies like to measure) include waste, breakage, machinery downtime, absenteeism, and utility bills, these things are often far less than the cost of lost productivity from employees who don't focus. Distractions will always exist. But look beyond your valuable skills and abilities, and revisit your aptitude for staying focused. It's a New Year's resolution you can share with your employer, and it will pay handsomely in a tight economy where mission-focused companies win the day.

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. For larger, clearer view, please select the image above.

## Fort Greely INTERCEPTOR



The INTERCEPTOR is an authorized unofficial publication for military and civilian members of Fort Greely. The INTERCEPTOR is published monthly by the Public Affairs Office, Fort Greely Garrison. Contents of this publication are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Army. While contributions are welcome, the PAO reserves the right to edit all submitted materials, make corrections, changes, or deletions to conform with the policies of this paper. **Articles and photos submitted by the 20th of each month will be considered for publication in the next issue of the INTERCEPTOR. Submit via [fgamedia.center1@us.army.mil](mailto:fgamedia.center1@us.army.mil).**

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