



October 2010

Fort Greely INTERCEPTOR

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SAFETY keeps unnecessary risks at bay

By LTG Lynch
IMCOM Commander

As Commanding General of IMCOM, the Assistant Chief of Staff for Installation Management and the co-chair of the Services and Infrastructure Core Enterprise, my installation management and safety responsibilities extend beyond the boundaries of IMCOM. My Commander's Intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements. Safety is key to accomplishing my intent. It involves the prevention of material loss, but the focus is really on saving lives. Each loss, whether in combat or in the garrison, has an impact on our force.

In September, I spoke at the Army Senior Safety Tactical Symposium. It was my opportunity to say "thank you" to almost 500 safety profession-

als for the work they do to keep Soldiers, Civilians and Families safe. Their work impacts the conditions in which we train, work, live and play, both on duty and off duty. This includes driver training, home safety, child and family safety, weather conditions assessment, fire prevention, hazardous material handling, and weapons and range safety, to name just a few ways in which their work touches our daily lives.

I thanked them for their continuing diligence, their continuing efforts to monitor trends and address issues to prevent loss. A recent example was a six-month Army-wide fire safety campaign in 2009. The campaign was launched to reverse the increasing number of military housing and facility fires, and succeeded in netting more than \$20 million in cost avoidance in the second half of the year. An ongoing example is a motor vehicle and motorcycle traffic safety program that is contributing to a downward trend in accidental fatalities. We are at the lowest level in more than seven years, and other military services are looking at our model.

So we can point to examples of how our Safety Program is working. However, as I said to the safety professionals, for whose work I am truly grateful, we can never become complacent or act as if what we are doing is good enough, as long as we are still losing lives through senseless, preventable accidents.

Everyone is a safety officer. Everyone has an obligation to look out for themselves and the Soldiers, Civilians and Families around them. The requirements are in place—we have The Army Safety Program, AR 385-10 and IMCOM's Safety Program Regulation—so we need to make sure we act on them. In order to improve our safety efforts, there are six things I ask us all to consider:

First, we will not cut corners or funds to save money at the expense of our Safety Program. It is fundamentally unwise to do so. Why would we want to negatively affect a program that saves lives? Rather than cutting corners to save money, we should put money toward the right resources in order to improve the Safety Program. In doing so, we will have a positive impact in keeping the Army Family in tact.

Second, when we allocate resources for Safety Programs, we need to

make sure to reach all members of the Army Family, not just active duty Soldiers. Funds need to be allocated for our Safety Programs to reach Soldiers of all components, retirees, Civilians and all their Families. Only by reaching every member of our communities can we instill a culture that puts safety first – a culture that protects our Army Family and keeps the Army mission ready.

Third, everyone must support the Senior Commanders as they are responsible for the life of every Soldier, Civilian and Family member on their installation. Everyone must embrace the Safety Program and be actively involved. While the Commander is the one ultimately responsible for mission accomplishment and the safety of people and resources assigned to him or her, all of us must know the Safety Program and carry it out to standard. The Safety Program is the Commander's program and all of us are safety officers.

Fourth, I have been a motorcycle driver my entire adult life and have never had a motorcycle accident. I firmly believe that it is not a matter of luck, but preparation. I drive my motorcycle only if I have the right frame of mind, the right protective equipment and a planned route.

Many people label motorcycles as unsafe. However, it is not the motorcycle that is unsafe, it is the driver. That is why leaders need to make sure the appropriate safety training is available prior to a new rider driving a motorcycle. It is not smart for an untrained motorcycle driver to drive his or her new motorcycle on post in order to learn how to operate it properly. Motorcycle driving simulators are necessary and should be made available at every IMCOM installation.

Fifth, the Installation Management Campaign Plan 2.0 is being launched this month at the Garrison

Commanders' Conference in San Antonio. The plan's Line of Effort on Safety charges commanders and other leaders to lead the way in changing behavior to prevent accidents, and to empower Soldiers, Civilians and Families at all levels to speak up when they see someone ignoring safety rules or doing something risky. Safety is everyone's business, and it is our responsibility to ensure safe performance in all we do. Everyone will be held accountable for accident prevention. The LOE calls for providing effective POV safety programs; heightening safety awareness; employing hazard control measures; requiring and promoting safe, healthy practices; and support for the Senior Commander.

Sixth, I challenge all of you to look at the IMCP's Safety LOE and ask yourselves, "What are we missing?" I often mention the 80 percent solution as being good enough to proceed, but this LOE is an instance when we need to keep aiming for 100 percent. We cannot be satisfied as long as we have a single accident. If safety requirements are not adequate, we will improve them. If we are doing something ineffective out there, we will stop. But if no one tells me, we cannot correct the issue. I need your input.

When we think about the Safety Program, we should not focus on saving money. We should not concentrate our efforts on finding different ways to reduce costs, but on how to make our Safety Program better. It is about saving the lives of our Army Family. That is the passion every individual must pursue. When you practice safety and teach others about safety, you are saving lives – and I cannot think of a higher calling.



National Depression Awareness Month

By Jerry Harben
Army Medicine

The Army marks National Depression Awareness Month in October, with a theme of "Depression is Treatable - Get Screened - Seek Care." Clinical depression is a serious medical condition that, if left untreated, may lead to other complicated medical conditions. Seeking treatment for a medical condition is not a sign of weakness. It may prevent a good Soldier from becoming a casualty.

The National Institute of Mental Health has reported that major depressive disorder affects some 14.8 million people in the United States.

Signs and symptoms of depression may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, withdrawing from friends and Family or trouble concentrating or making decisions.

Depression also may produce body aches and pains, irritability, anxiety, over eating or loss of appetite or thoughts of suicide or death. Unfortunately, many people believe their symptoms are a normal part of life. Two-thirds of people who suffer from depression fail to seek the care needed.

The truth is, more than 80 percent of clinical depression cases can be treated effectively with medication, psychotherapy or both. Often, the first step to recovery is a depression screening.

Anonymous depression screenings are available through the Department of Defense, www.militarymentalhealth.org/Welcome.aspx or 877-877-3647, Department of Veterans Affairs, www.mentalhealth.va.gov/depression.asp and civilian organizations, for example, mentalhealthscreening.org/programs/military/. The screening sites also provide information about how to get treatment.

For more information, see www.behavioralhealth.army.mil/, www.resilience.army.mil/, www.army.mil/cs/ and www.militaryonesource.com.

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- Combine trips, share rides, and use mass transit
- Reduce, reuse, recycle

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www.energysavers.gov

Saving energy reduces operational cost and is the first step to achieving sustainability. An effort is needed from everyone to be energy conscious to reach the Army's energy goals.

U.S. DEPARTMENT OF
ENERGY

Energy Efficiency &
Renewable Energy

For more information contact EERE Information Center:
1-877-EERE-INF (1-877-337-3483)
www.eere.energy.gov/informationcenter



September's Spotlight Employee: Officer Brenda D. Pettaway
Photo: Deborah Ward

Spotlight Employee

Where is your home town?

My hometown is Douglasville, Georgia; however, I was born in Mobile, Alabama.

What is your complete job title?

Patrol Officer/ DARE Officer

What is the favorite part of your job and why?

The favorite part of my job will be working within the school system as a DARE Officer, which will prove to be very challenging and rewarding.

What is the most difficult part of your job and why?

The most difficult part of my job is conducting a routine Traffic Stop whether it is on/off post. It is always the most dangerous task you can perform as a Police Officer because you never know who you might have actually stopped.

What keeps you motivated?

The things that keep me motivate is my faith in God, my son (Malcolm) he is a sophomore at Douglas County High School in Georgia. He is having a great year in the classroom and on the football field. My church family, the wonderful people at Christ

The

POWER behind Fort Greely

Abundant Life Christian Ministry Inc., also help to keep me motivated.

How long have you been at Fort Greely?

My son and I arrived here to the Fort Greely community on July 2, 2010, from a long, but nice nine day trip from Georgia.

What do you like most about Fort Greely?

What I like the most about Fort Greely is when I am out patrolling the Gate Ten area and I can look at the wonderful snow capped mountains and see the magnificent creation of God. It is breath taking.

What person influenced your life the most and how?

The person who has influenced my life the most would be the late Dr. Martin Luther King Jr. Dr. King had a great vision that emulated to the world, peace and equality for everyone.

What is your favorite hobby when not at work?

My favorite hobby is walking, hiking and singing. I look forward to hiking on the very same mountains that I see every day and singing in the Fort Greely Installation winter Christmas concert if we have one.

What is your favorite Alaskan food?

I am not sure. I have not had the opportunity to sample the moose, buffalo or reindeer dishes.

What are your Favorite Spots in Alaska?

I saw the Denali Mountain area on a trip to Anchorage and I plan to return for a future hiking trip with my son next summer.



Scenes like the ones above, from the range and Active Shooter Training are part of Officer Pettaway's every day mission at Fort Greely. Photo: Deborah Ward



One snowflake, two snowflakes, MOOSE!

By Ron Gibbens
TMP Supervisor, DOL

Our first snowfall signals the arrival of one of the most dangerous times of the year for vehicle accidents in Alaska. Every year at this time traffic accidents increase dramatically.

The most common accidents are not being able to stop at intersections and front ends sliding wide on corners. Both can be prevented by adjusting your speed to road conditions.

Newcomers to Alaska and old-timers alike need to mentally adjust to the “new” driving season with the first snowfall. Winter driving requires a conscious effort to adjust to the lack of traction and the “forgotten or never learned” driving style required for driving on ice and snow packed roads.

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

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

Along with driving on an icy/snow packed road surface comes driving in increasing darkness. Because increased stopping distance is required, it is easy to “overdrive” your headlights. Over driving your headlights simply means, by the time a hazard appears in your headlights, you may be too close to stop or avoid the hazard. To help avoid these situations, allow for extra stopping distance, keep your headlights and taillights clean. “BLACK ICE” on the roadway is a phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. Black Ice is frozen water – either from sleet, rain or from melted snow – that freezes as a sheet and it isn’t visible as ice. The road looks the same as it always does, which is why it’s so hard to detect, especially if you have been driving awhile. In the Interior, black ice is most likely to occur after a warm day, during which the snow melted and then freezes when the temperature dropped at night. Watch for black ice on bridges, overpasses, underpasses and in shaded areas such as cuts

through the hills or where there are heavily wooded areas close to the roadway.

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

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

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

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

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

Ten tips to help get you through the winter safely:

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



Photo: Deborah Ward

Automotive Skills Center Services and Prices



Service Bay	\$6/hour
Service Bay with Lift	\$8/hour
Wash Bay.....	\$5/half hour
Jump Start	\$12.00
Vehicle Thaw	\$25.00
Trouble Code Retrieval	\$25.00
Automatic Trans fluid Exchange.....	\$30.00*
Radiator Flush	\$30.00*
Mitchell on Demand	\$.25 per page
Wheel Alignment	\$69.00
On the Vehicle Rotor Turn	\$25/each
Sand Blaster	\$3
Parts Washer.....	\$4
Used Vehicle Inspection	\$60
Hydraulic Press	\$2/each
Wheel Balance	\$7/each
Tire Change on Rim	\$5/each
Tire Repair	\$10
- does not include patch and stem	
Patch	\$2.50
Stem	\$1.50
Oil and Filter change.....	\$30.00*
Brakes.....	\$40.00/pair*
Basic Repairs.....	\$50.00/hour*
Motor Home Winterization.....	\$75.00*
(Includes De-Winterization)	

Basic repair's is any repair that does not require technical troubleshooting diagnostics to determine faulty parts, and book time is under five hours. This includes but is not limited to:
Tune ups, spark plugs, wires, filters, ball joints, oxygen sensors etc...

Please call or stop by the auto shop for any further information.

Building 626
Phone 907-873-3139

COSTUMER SUPPLIES ALL MATERIALS PRICING IS LABOR ONLY
*REVISED SEPTEMBER 2010

Please take special notice!

Have something to say?
Click the bear!

New Ed Center hours:

Monday	Closed
Tuesday	9 a.m. - 1 p.m.
Wednesday	9 a.m. - 1 p.m.
Thursday	8 a.m. - 2 p.m.
Friday	8 a.m. - 2 p.m.
Saturday	Closed
Sunday	Closed



Photo: Ann Marie Mills



Photo: Deborah Ward

Leaves aren't the only thing that can turn crispy in Autumn...

By Luis Rosadonieves
Fire Inspector, DES

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

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

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

FIREPLACE & WOOD STOVES

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

SPACE HEATERS

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



Photo: Randi Owens

Don't leave it to the bears...

From the Army
Adjutant General:

As the Army's Senior Service Voting Representative, I remind you that the 2010 General Election is on November 2, 2010. Voting is the foundation of our democracy and one of our most fundamental Constitutional Rights.

The Secretary of Defense has designated the week of September 27 through October 4, 2010 as Absentee Voters Week. During this week, all Soldiers, civilians, and eligible Family members are reminded that it is imperative you complete and send in your absentee ballot immediately to ensure it is received by your local election officials no later than your state's deadline. If you are an overseas

voter and have not received your regular absentee ballot 30-45 days prior to your state's deadline, you should complete a Federal Write-in Absentee Ballot (FWAB) and send it to your local election official. If you receive your regular absentee ballot after completing the FWAB, also complete and send it for processing as local election officials will ensure only one ballot is counted.

The 2010 General Election is quickly approaching so please don't wait until the last minute. If you choose to vote, complete and return your ballot to your state election office prior to the state's established deadline.

Mailing guidelines differ from state to state; therefore, we recommend you check your state's guidelines by contacting your Unit Voting Assistance Officer, Bob Shinn at 873-



4454, or by visiting the Army Voting Assistance Program Web site at www.vote.army.mil. **Honor the past, support the future - VOTE!**



DODGE BALL TOURNAMENT

We can't sign up for you!

OCTOBER 22, 2010 7PM-9PM

6-8 person adult teams
\$20 registration per team
Costumes are encouraged

After party at the Sideline Sports Bar
Watch replays of the tournament!

FOR REGISTRATION INFORMATION CONTACT:

PHYSICAL FITNESS CENTER 907.873.2696

MON-FRI 0530-2200

SAT, SUN & HOLIDAYS 1000-1800

DEADLINE FOR ENTRY IS 10/15/10



Sideline Sports Bar

Hours of Operation

Friday-Saturday:

1700-2000



For Special Event reservations

please contact

Jessica Smith

873.4336



IMCOM
SOLDIERS • FAMILIES • CIVILIANS



Ask Wendy!

A monthly column by DHR featuring Wendy Rodgers



If you would like to submit a question for next month's issue, e-mail Wendy at wendy.rodgers@us.army.mil.

I see the steel beams going up already on the Community Activities Center (CAC) does that mean it will be completed early?

No, it won't be completed early. As of right now they are right on schedule. The goal is to get the building enclosed, roof done, and heat on the inside before winter. This way during the winter months they can work on the inside of the building until spring. The occupancy date for the CAC is late 2011, early 2012 and they are right on track for that to happen.

My dog pooped on the common area grass and I didn't have anything with me to clean it up, what should I do?

Well, that's easy! Go back and clean it up. No one likes to step in dog poop or to have their little ones fall in a pile of poop. Next time try and remember a bag because even if it is just a short walk more than likely he/she will probably have to go because of all the smells and excitement.

I recently have noticed the guards at the front gate are very polite and professional, are they new?

Yes, they are new! As of right now we have 10 new Department of the Army Civilian Guards on board. Each Security Guard goes through a total of 160 hours of training here at Fort Greely. They are trained in many different fields; weapons, community relations, vehicle searches, and state and federal laws to name a few. Please welcome them and congratulate them on their new position!

How come when I submit my ideas to ICE and request a response, all I get is a "Thank you" for submitting and never hear back on any project proposals?

There could be a few different reasons as to why you are not getting a response. If you do not check that you are dissatisfied or request a response then you may not receive a response. Directors are not required under the ICE program to respond unless you mark one of those two blocks. However, I know they do try their best to respond to all

ICE comments. So, if you just make a general comment or suggestion and do not check one of those two boxes you may not receive a response. Also, please make sure you leave your name, e-mail address, and phone number if you do want a response!

Why could we not use the abundant left over concrete, which we now see in the concrete wash-out areas, for an initial layer on the skating rink?

When the concrete is being poured they never know ahead of time how much will be left over, if any, which makes it difficult to plan ahead and take the extra concrete over to another location. It is better construction practice to pour a large amount at one time rather than little by little. This is a great question and suggestion. Since you asked, this is a great time to let you know, Quality of Life ICE comments are the perfect forum for suggestions and ideas for current and future projects at Fort Greely. We welcome and encourage all of your wonderful ideas and suggestions. ■

You can't see, taste or touch it, but it can kill you

Fort Greely Safety Office

Carbon monoxide is a highly toxic colorless, odorless, tasteless gas. With winter fast approaching, our houses have been closed up, fire places and wood stoves are roaring and we are enjoying the auto start in our vehicles we got last year for Christmas. All of these comforts we look forward to every new winter could turn fatal.

Have a qualified technician inspect your heating system and hot water heater before the heating season begins. If you bought an older house or rent an apartment/home, have the system checked.

Buy heating and cooking equipment approved by an independent testing laboratory.

If you live in base housing and use supplemental heaters, make sure they are permitted.

Read the manufacture's warning about ventilation. Have them inspected by a qualified technician every year.

Never use a hibachi or barbecue grill inside a home or garage.

Ensure the flue is clear before lighting your fireplace.

Never leave your car or truck running the garage. Do not assume opening the garage door will let in enough fresh air. When you start your car or truck, drive it outside immediately. When you return, turn the motor off when you stop. If you suspect there is an exhaust leak, get it fixed right away.

Install a carbon monoxide detector inside your home to provide early warning. These devices sound an alarm when the concentration of CO in the air corresponds to a level of poisoning still so low that people do not become sick, thus giving you time to escape and correct the problem. Follow manufacture's recommendations for correct placement of the carbon monoxide detector. Test the device every month and replace the detector or battery as recommended, generally every two years.

The signs and symptoms you and your family members should be aware of for carbon monoxide poisoning are: fatigue in healthy people and chest pain in people with heart disease at low levels of concentration. At higher concentrations, impaired vision and coordination; headaches; dizziness; confusion; nausea may occur; all similar to flu-like symptoms, however they clear up after stepping outside and leaving the home. Again, carbon monoxide is fatal in high concentration. If you think you are experiencing CO poisoning, get into fresh air immediately. Open doors and windows. Call for help or go to an emergency room. Do not wait.

Fort Greely Fire & Emergency Services

'NEVER LEAVE COOKING UNATTENDED'

*** If a grease fire erupts in a pan on top of the stove, quickly and carefully cover the pan with a lid or a larger pan. This action will extinguish most stove top fires.



- Never attempt to remove the burning pan or pot away from the stove. Many fires have spread and serious burns occurred by individuals dropping the flaming oil.
- Never, apply water to a grease fire.
- Always isolate the power to the stove, by turning off the circuit breaker.

COOKING FIRES AND PROCEDURES TO TAKE

Stove & Oven Fire Safety Tips

- Always turn the controls off and close the door tightly if the fire is in the oven:
 - This will smother the flames.
 - Always make sure the oven and stovetop are clean of grease buildup:
 - Ensure there are no flammables stored in the immediate area
- Always keep pot handles turned inward and away from the edge of the stove:
 - Prevents inadvertent tipping and out of the reach of children.
- Always use a pot holder or appropriate utensil to remove lids and coverings from heated containers, it will prevent steam or contact burns.
- Always keep flammable fabrics such as towels, dish rags or curtains away from the stovetop and burners:
- Don't wear long loose sleeves that can hang over the stove while cooking.
 - Keep clothing clear of any cooking surface, contact with the burner may ignite them.



Call the Fire Department first at 911 or 873-Fire (3473)

- ❖ Always call the Fire Department at 911 regardless of the size of the fire. Never assume someone else has made the call.
- ❖ Always give: location of fire (address), AND your name and a phone number if possible.



Using Fire Extinguishers

Have a portable fire extinguisher and know how to use it:

- Be sure it is charged at all times.
 - Fire extinguishers are designed to combat small fires.
- NEVER attempt to extinguish a fire if the fire is large or spreading - your escape route may be blocked by the spread of fire. *If the fire cannot be extinguished using a fire extinguisher,*
- DO NOT ATTEMPT TO OBTAIN ANOTHER ONE: EVACUATE TO SAFETY.



Any questions or comments? Call the fire department or contact



Teens...Fun, Food, Free Stuff...what else do you need? How about an **AWESOME** program that will make your parents stare in disbelief...?

What is it?

Sean Covey's
"The 7 Habits of Highly Effective Teens"



It's YOUR FUTURE...WHAT ARE YOU DOING FOR IT?

When:

15-16 October 2010
 4:30—9:00 15 Oct
 10:30—4:30 16 Oct

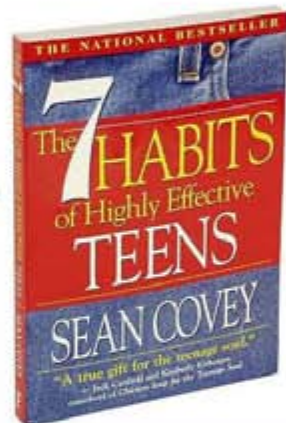
Food and snacks provided each day!

Where:

Fort Greely Chapel Annex
 Bldg 845

Who should attend:

Military related Teens from the Ft Greely Area 11—18 years old (must be registered and have consent form signed—see below right for info)



Plan on...

- Learning in a fun, supportive atmosphere from **The 7 Habits of Highly Effective Teens**, by Sean Covey
- Gaining skills that help round out a good resume', college or job application
- Afterward—moving toward goals that reflect your principles!

Presented by:

- ◊ Joan Boltz, State Youth Coordinator and Wendy Ogden, State Youth Specialist, both of the AK National Guard Child & Youth Program
- ◊ Chaplain Vince Cepeda and Audrey Cepeda, both from Ft Greely

**Sign up NOW—>
 SPACE IS LIMITED!**

How to register—It's SIMPLE:

Go to www.jointsservicesupport.org
 Create login and password then:

- Click on "EVENTS"
- Click on "Ft Greely 7 Habits of Highly Effective Teens"
- Click on "Register" at bottom of page
- Click on "Submit" when finished
- Print out ANY OTHER attached forms (near bottom of event summary), sign and bring along to the event

You will receive an email confirmation that you've registered. Check back just before the class for any other document updates.

Problems or questions?

Call Joan Boltz, 907-428-6670

1-888-917-3608

Email: joan.boltz@us.army.mil



WE MADE THE LIST!

This year Fort Greely's Youth Services is on the list of charities that is receiving donations. If you've been hesitant in the past to give to CFC or just couldn't decide which organization to give to, why not make the choice simple this year and keep your donation local?

Fort Greely's YS program is trying to expand and offer more programs and activities for the local youth to participate in, but like most businesses and organizations today, funding is short and every little bit helps.

The kids, here at Fort Greely and the local community, aren't requesting much when they were asked what they'd like to see added to the program. They would like to take more trips to places like Cordova, AK where they can surf, or shopping trips to Anchorage where they can go to stores they pick and not always be short on time because mom spent forever in Bed, Bath and Beyond. A BMX bike trail would be nice, a skating rink with removable ramps, maybe even basketball hoops - the rink/court is there; we just need the concrete to skate on.

When the kids were asked to dream big, their eyes widened with thoughts of a home theater system, interactive smart boards and more video games.

We as parents and community members can be proud that those large ticket items were not first on their wish list. Their hearts and minds are in the right place. Let's make sure ours are too.

The website for Alaska CFC is: www.alaskacfc.org OR call Fort Greely's Combined Federal Campaign coordinator, Teresa Wehunt at 873-4201.



Photo: Dwight Phillips



Construction Updates

By Jim Verney
DPW

The 2010 construction season at Fort Greely is almost over and contractors are wrapping up many of the season's construction projects. The Indian summer we have been experiencing has been a blessing to the contract work force. We would like to remind everyone that the tentative completion dates found in this article for outdoor projects are weather dependant. The following is a summation of the progress made to date:

Community Activities Center:

As you have probably noticed, the Community Activities Center super structure is up and is a welcomed sight. The next step is to start enclosing the structure. The plan is to have it enclosed by the end of October and the contractor plans to bring in a larger workforce to expedite the process.

Driving Range Project:

The Driving Range has been completed and is now open for business. Tokens and equipment can be purchased at the Fort Greely Fitness Center during normal business hours.

Physical Fitness Center Upgrades:

The pool itself is complete however the contractor is still tiling the apron around the pool. The drain lines from the front bathrooms and locker rooms will be augured out and a determination will then be made as to whether they need to be replaced. The locker rooms have had the old fixtures demolished and prep work is ongoing for new tile and fixtures. The project is due to be complete on November 15 – a little more than a month away.



Primitive Campground:

All road work is complete and the picnic tables have been purchased and shipped. The fire rings and barbecue stands are on order, but we do not have a tentative arrival date at this time.

Building 655:

Complete with the exception of some additional work required when the new exterior doors are installed. The doors are expected to arrive towards the end of October. The new Unisex ADA compliant bathroom in building 655 is framed up and awaiting rough-in plumbing and electrical.

Cantonment Area Paving: Phases 1 thru 8 are complete.

As you can see, much has been accomplished. We thank you for your patience during this construction season and hope you enjoy the new facilities and the "Extreme Garrison Makeover."

The speed at which the Community Activity Center is being constructed can be seen daily at Fort Greely. It will be the largest facility on the Installation when finished and a enormous morale booster for all.



On the cover: Winter has entered gently this year, kissing the last of autumn color with a powdery breath of frozen crystals. Photo by Deborah Ward, Public Affairs.

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

Commanding Officer..... LTC Chris Chronis
Command Sergeant Major..... CSM Carolyn Reynolds
Deputy Commander Will Wiley
Editor..... Deborah Ward



Adults Halloween Party

at the Gabriel Auditorium (bldg 655)
Friday October 29, 2010
8:00pm-12midnight
Open to the whole Fort Greely Community!

U.S. ARMY MWR
SOLDIERS • FAMILIES • RETIREEES • CIVILIANS

IMCOM
SOLDIERS • FAMILIES • CIVILIANS

Designated Drivers will be available.

ID Required
21 years of age and up

Welcome to Winter!

Are you ready?
Are you new to Alaska?

A winter event for all!

With free cookies and hot cocoa

Presentations from the Wood Shop, Outdoor Rec., Auto Craft, ACS & the Fitness Center!

- See different ways to dress for the weather.
- Find out how to winterize your car and prepare a survival kit with help from Auto Craft.
- Get information about outdoor activities, rental equipment, & sign up for snow-machine training.
- Learn how to stay healthy and how to avoid SAD; Seasonal Affective Disorder.

Enjoy the film
Winter Fun—Alaska Style,
a quirky look at how Alaskans play in the winter!

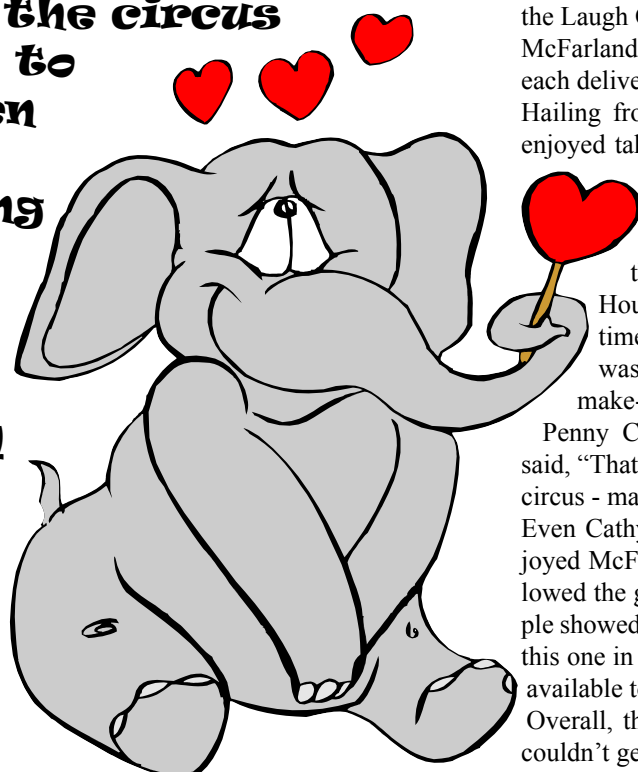
Questions? Call Brooke, 803-3674.

Thursday Oct. 14
6 pm to 7 pm
Gabriel Auditorium



“It’s like the circus is coming to town when I jog; everything is busy moving and coming at you all at once!”

- Kelly McFarland



On 22 September, 2010 Fort Greely hosted the comedians of the Laugh Out Loud Comedy Tour, and boy did we LOL! Kelly McFarland and Louis Ramey had the crowd of 70 in stitches as they each delivered 45 minutes of side splitting laughter. Hailing from the New England area, McFarland and Ramey really enjoyed taking in some Alaska scenery while they were here at Fort Greely.

They enjoyed taking photos of the Delta Junction bison herd, stopping at the Knotty Shop and then paying a visit to the largest and somewhat eerie St. Nick at The Santa Clause House in North Pole, AK. McFarland was overly excited every time she saw signs of life in a passing vehicle while Ramey was amazed at the opportunity to perform in what he felt was a make-shift bomb shelter with Home Depot stage lighting.

Penny Casserberg, the Executive Administrator for the Garrison said, “That gal was a hoot! I loved the part about her being busy like a circus - man she was a riot!”

Even Cathy Green, a Budget Analyst for Resource Management enjoyed McFarland, “I thought the gal was absolutely fantastic and followed the guidelines set by the military. I appreciated how many people showed up to the event - that ensures we will have more events like this one in the future. It would have been nice, however; to have food available to snack on during the show,” she said.

Overall, their trip to Fort Greely was a success, even if McFarland couldn’t get her “Target On.”

Wild Game Potluck

Bring a dish to pass and share a story!

With guest speaker & bear attack survivor Johnny McCoy!

What: Wild Game Potluck— bring a dish to pass. (Non wild game OK too!)
When: Friday, October 8: 6 pm - 7:30 pm
Where: Gabriel Auditorium
Cost: \$2 per person. Drinks and dessert provided.



Join Outdoor Rec. for a night of great food and good stories! Guest speaker Johnny McCoy will share his inspiring story of surviving a bear attack and will show his story as reenacted on the Outdoor Life Network. Got your own amazing, funny or inspiring hunting story? Bring it!

Call Brooke for more info. 803-3694. Sign up at Outdoor Rec.; 873-4058.

THE OTHER GUYS (Will Ferrell, Mark Wahlberg) Detective Allen Gamble is a forensic accountant who's more interested in paperwork than hitting the streets. Detective Terry Hoitz is a tough guy who has been stuck with Allen as his partner ever since an unfortunate run-in with Derek Jeter. Allen and Terry idolize the city's top cops, Danson and Highsmith, but when an opportunity arises for the Other Guys to step up, things don't quite go as planned. Rated PG-13 (crude and sexual content, language, violence and some drug material) 107 min



STEP UP 3D (Rick Malambri, Adam G. Sevani) A tight-knit group of street dancers, including Luke and Natalie, team up with NYU freshman Moose, and find themselves pitted against the world's best hip hop dancers in a high-stakes showdown that will change their lives forever. Rated PG-13 (brief strong language) 107 min. The official title of this Movie is "Step Up 3D" but will only be available in AAFES theaters in 2D Format.



DINNER FOR SCHMUCKS Tim, is an up-and-coming executive who has just received his first invitation to the "dinner for idiots," a monthly event hosted by his boss that promises bragging rights to the exec that shows up with the biggest buffoon. Tim's fiancée, Julie, finds it distasteful and Tim agrees to skip the dinner, until he bumps into Barry--an IRS employee who devotes his spare time to building elaborate taxidermy mouse dioramas--and quickly realizes he's struck idiot gold. . Rated PG-13 (sequences of crude and sexual content, some partial nudity and language) 114 min



SCOTT PILGRIMS VS THE WORLD (Michael Cera, Mary Elizabeth Winstead) Scott Pilgrim has never had a problem getting a girlfriend. It's getting rid of them that prove difficult. From the girl who kicked his heart's ass-and now is back in town-to the teenage distraction he's trying to shake when Ramona rollerblades into his world, love hasn't been easy. He soon discovers, however, his new crush has the most unusual baggage of all: a nefarious league of exes controls her love life and will do whatever it takes to eliminate him as a suitor. Rated PG-13 (stylized violence, sexual content, language and drug references) 112 min



THE SWITCH (Jennifer Anniston, Jason Bateman) Kassie is a smart, fun-loving single woman who, despite her slightly neurotic best friend Wally's objections, decides it's time to have a baby--even if it means doing it by herself... with a little help from a charming sperm donor. But, unbeknownst to her, Kassie's plans go awry because of a last-minute switch that isn't discovered until seven years later when Wally finally gets acquainted with Kassie's precocious -- though slightly neurotic -- son. Rated PG-13 (mature thematic content, sexual material including dialogue, some nudity, drug use and language) 101 min



EAT LOVE PRAY (Julia Roberts, James Franco) Liz Gilbert had everything a modern woman is supposed to dream of having -- a husband, a house, a successful career -- yet like so many others, she found herself lost, confused, and searching for what she really wanted in life. Newly divorced and at a crossroads, Gilbert steps out of her comfort zone, risking everything to change her life, embarking on a journey around the world that becomes a quest for self-discovery. Rated PG-13 (brief strong language, some sexual references and male rear nudity) 133 min



VAMPIRES SUCK (Matt Lanter, Jenn Proske) Becca, an anxious, non-vampire teen, is torn between two boys. Before she can choose, Becca must get around her controlling father, who embarrasses Becca by treating her like a child. Meanwhile, Becca's friends contend with their own romantic issues -- all of which collide at the prom. Rated PG-13 (crude sexual content, comic violence, language and teen partying) 82 min



NANNY MCPHEE RETURNS (Emma Thompson, Ralph Fiennes) In the latest installment, Nanny McPhee appears at the door of a harried young mother, Mrs. Isabel Green, who is trying to run the family farm while her husband is away at war. But once she's arrived, Nanny McPhee discovers that Mrs. Green's children are fighting a war of their own against two spoiled city cousins who have just moved in and refuse to leave. . Rated PG (rude humor, some language and mild thematic elements) 108 min



LOTTERY TICKET (Bow Wow, Brandon T. Jackson) Kevin Carson a young man living in the projects, is just an ordinary Guy -- until he wins \$370 million in the Mondo Millions Lottery. That's the good news. The bad news is, the lottery claim office is closed for the long Fourth of July weekend, so, before he can collect his prize, Kevin is going to have to figure out how to keep a lid on his good fortune and survive the next three days. Rated PG-13 (brief underage drinking, sexual content, language, drug reference and some violence) 99 min



THE TAKERS (Zoe Saldana, Matt Dillon) A notorious group of criminals continue to baffle police by pulling off perfectly executed bank robberies. They are in and out like clockwork, leaving no evidence behind and laying low in between heists. But when they attempt to pull off one last job with more money at stake than ever before, the crew may find their plans interrupted by a hardened detective who is hell-bent on solving the case. Rated PG-13 (intense sequences of violence and action, a sexual situation/partial nudity and some language) 111 min



THE EXPENDABLES (Sylvester Stallone, Jet Li) A group of mercenaries hired to infiltrate a South American country and overthrow its ruthless dictator. Once the mission begins, the men realize things aren't quite as they appear, finding themselves caught in a dangerous web of deceit and betrayal. With their mission thwarted and an innocent life in danger, the men struggle with an even tougher challenge one that threatens to destroy this band of brothers. Rated R (strong action and bloody violence throughout, language) 135 min



THE LAST EXORCISM (Sylvester Stallone, Jet Li) When he arrives on the rural Louisiana farm of Louis Sweetzer, the Reverend Cotton Marcus expects to perform just another routine "exorcism" on a disturbed religious fanatic. An earnest fundamentalist, Sweetzer has contacted the charismatic preacher as a last resort, certain his teenage daughter Nell is possessed by a demon who must be exorcized before their terrifying ordeal ends. Rated PG-13 (disturbing violent content, thematic material, terror and some sexual references) 101 min



MACHETE (Danny Trejo, Michelle Rodriguez) After a violent shakedown from a notorious drug lord nearly kills him, Machete, a renegade Mexican Federale and tough-as-nails vigilante for justice, roams the streets of Texas, working as a day laborer. When Machete is hired by a crooked US Senator to execute a covert hit, Machete is double-crossed and forced to run from the cops and an endless stream of assassins. But what they don't know is that Machete is looking for them so he can settle the score. Rated R (strong bloody violence throughout, language, some sexual content and nudity) 105 min



GOING THE DISTANCE (Drew Barrymore, Justin Long) Erin and Garrett are very much in love. When Erin moves to San Francisco to finish her journalism degree and Garrett stays behind in New York to work in the music industry, they gamely keep their romance alive with webcams and frequent-flyer miles. However, just when it seems the lovers will be soon be reunited, Erin and Garrett both score big breaks that could break them up for good. Rated R (sexual content including dialogue, language throughout, some drug use, brief nudity) 103 min



FRI	OCT 01 - 7 p.m. The Other Guys	(PG-13)
SAT	OCT 02 - 7 p.m. Step Up 3D	(PG-13)
SUN	OCT 03 - 7 p.m. Dinner for Schmucks	(PG-13)
FRI	OCT 08 - 7 p.m. Scott Pilgrims VS the World	(PG-13)
SAT	OCT 09 - 7 p.m. The Switch	(PG)
SUN	OCT 10 - 7 p.m. Eat Love Pray	(PG-13)
FRI	OCT 15 - 7 p.m. Vampires Suck	(PG-13)
SAT	OCT 16 - 7 p.m. Nanny McPhee Rtns	(PG)
SUN	OCT 17 - 7 p.m. Lottery Ticket	(PG-13)
FRI	OCT 22 - 7 p.m. The Takers	(PG-13)
SAT	OCT 23 - 7 p.m. The Expendables	(R)
SUN	OCT 24 - 7 p.m. The Last Exorcism	(PG-13)
FRI	OCT 29 - 7 p.m. Machete	(R)
SAT	OCT 30 - 7 p.m. Going the Distance	(R)
SUN	OCT 31 - 7 p.m. Machete	(R)

BLDG. 661

THE LAUNCH ROOM

873-4444

MENU SUBJECT TO CHANGE DUE TO CHANGES IN PRODUCT AVAILABILITY

MONDAY 4 OCTOBER

SWISS STEAK, PINEAPPLE CHICKEN, ITALIAN ROASTED POTATOES, BEEF GRAVY, FILIPINO RICE, LIMA BEANS, MIXED VEGGIES, DINNER ROLLS, SALAD BAR, SOME KINDA SOUP, CHILI

TUESDAY 5 OCTOBER

BEEF STROGANOFF, ROASTED TURKEY, SAVORY BREAD DRESSING, MASHED POTATOES & GRAVY, SWEET CORN, PEAS & CARROTS, SPINACH, DINNER ROLLS, SALAD BAR, SOUP A LA MOMENT, CHILI

WEDNESDAY 6 OCTOBER

PORK CHOPS, VEAL PARMESAN, MASHED POTATOES AND MUSHROOM GRAVY, WILD RICE, SWEET CORN, MIXED VEGGIES, FRESH CARROTS, DINNER ROLLS, SALAD BAR, SURPRISED SOUP, CHILI

THURSDAY 7 OCTOBER

SOUTHERN FRIED CHICKEN, MEAT LOAF, MASHED POTATOES & GRAVY, RICE PILAF, CORN-ON-THE-COBB, SWEET PEAS, HOT ROLLS, SALAD BAR, REALLY GOOD SOUP, CHILI

FRIDAY 8 OCTOBER

SOUTHERN FRIED CATFISH, YAKISOBA, MASHED POTATOES & GRAVY, FRIED RICE, CALICO CORN, FRIED CABBAGE, BRUSSELS' SPROUTS COMBO, CORN MUFFINS, SALAD BAR, NEW ENGLAND CLAM CHOWDA, CHILI

SATURDAY 9 OCTOBER

SALISBURY STEAK, MASHED POTATOES & BROWN GRAVY, CORN O'BRIEN, MUSTARD GREENS, FRESH BAKED BREAD, SOUP STUPENDOUS, SALAD BAR,

SUNDAY 10 OCTOBER

CHICKEN PARMESAN, BUTTERED SPAGHETTI, MARINARA SAUCE, SWEET CORN, GREEN BEANS, GARLIC/CHEESE DROP BISCUITS, SALAD BAR, COOK'S WHIM SOUP

BREAKFAST 06:00-08:30 LUNCH 11:30-13:00 DINNER 17:00-18:30 EVERY DAY!

MONDAY NIGHT

PORK ADOBO, STEAMED WHITE RICE, SWEET CORN COMBO, HACIENDA GREEN BEANS, DINNER ROLLS, SALAD BAR, SOUP-OF-THE-DAY

TUESDAY DINNER

CHICKEN ENCHILADAS, SPANISH RICE, REFRIED BEANS & CHEESE, GREEN BEANS, SEASONED CAULIFLOWER, CORN MUFFINS, SALAD BAR, SOUP-OF-THE-DAY

WEDNESDAY EVENING

BARBEQUED CHICKEN, BAKED MACARONI & CHEESE, BRUSSELS' SPROUTS, FRESH BROCCOLI, HOT ROLLS, SALAD BAR, SOUP-OF-THE-DAY

THURSDAY SUPPER

ROASTED PORK LOIN, POTATOES AU GRATIN, ONION MUSHROOM GRAVY, HONEY DIJON VEGGIES, SLICED CARROTS, HARD ROLLS, SALAD BAR, SOUP-OF-THE-DAY

FRIDAY NIGHT


TURKEY STROGANOFF, RUBEEN SANDWICHES, BUTTERED EGG NOODLES, CALICO CORN, SLICED CARROTS, FRESH BAKED DINNER ROLLS, SALAD BAR, SOUP-OF-THE-DAY, CHILI

SATURDAY EVENING

HERBED BAKED CHICKEN, MASHED POTATOES & CHICKEN GRAVY, CORN O'BRIEN, SWEET PEAS, DROP BISCUITS, SALAD BAR, SOUP-OF-THE-DAY, CHILI

SUNDAY DINNER



MUSTARD DILL BAKED FISH, RICE PILAF, SWEET CORN, CARROTS, GARLIC CHEESE BREAD, SALAD BAR, SOUP-OF-THE-DAY



HUMAN RESOURCES FIRST ANNUAL HALLOWEEN DECORATION CONTEST

Create your own Halloween Decoration (Ghost, Ghoul, Small Pumpkin, etc) and bring it to Room 108 Building 501 NLT October 15, 2010.
One decoration per person.
Decoration must be no larger than 6 inches tall & 6 inches wide. Decorations will be showcased in Building 501.
POC: Tammy or Wendy @ 873-7387 or 873-7388.

The winner will be announced Friday, October 29, 2010

Here are a few Web sites to help you get you started on your Halloween decoration - it's fun for the whole family, so just click on the links and enjoy:



Family Fun Halloween Crafts
Easy Halloween Crafts
Martha Stewart Halloween Craft Fun



Don't forget the Youth Services has a youth lock-in and a Halloween Dance/party coming up. The Youth Services Program is hosting a Lock-In for all of the registered youth grades 5-12. All you have to do is sign up and snag a permission form. The date for this massive sleep-over bash is October 15-16 from 7 p.m. - 7 a.m. It's a great event at no cost to you! Please note the Youth Center will be closed for the remainder of Saturday, October 16 after the Lock-In ends.

The kids at Fort Greely get all the fun! On October 29 from 7-10 p.m. the Youth Services Program will be hosting a Halloween party/dance. There will be ghoulish foods and mysterious bubbly brew and their very own version of Fear Factor 2010. Wear your best costume or just come as you are and enjoy the fun. A \$2 cover charge is requested. If you would like more information on either of these two awesome events call the YS at 873-3405 and one of our friendly staff members will be glad to help you out.

October is Energy Awareness Month put on the sweater and shut out the weather!

**Submit your Alaskan photos by
November 1, 2010 for your chance to win.**



Toklat Bears and Blue Sky
By Dwight Phillips takes first place for the enduring scenery all travelers who pass through Alaska hope to find.

**October 2010
Winners!**



Denali in Fall
By Sona Massey takes second place for autumn's tender pink kiss on Denali's rugged cheek.



A Prickly Situation
By Al Sheldon took third place because let's face it, that little critter is just plain CUTE!

Thank you Caroline Miley, age 4, daughter of LTC Joe Miley and Tracy Miley; and Leah Cepeda age 9, daughter of CH (MAJ) Vince Cepeda and Audrey Cepeda, for your colorful submissions for the October INTERCEPTOR. Your time and effort is much appreciated. We hope to see more submissions in the next issue.

If you would like your name displayed on the Fort Greely Marquee and your colored picture on the Command Channel please submit your artwork by the first of each month to deborah.ward3@us.army.mil. The next deadline is Nov. 1. Hurry and get those colors out!

For the older crowd, perhaps you have artwork that you have created on your own time. Quilting, needlepoint, bead work, woodworking, auto detailing ... anything that has your creative flair to it, we'd love to see it here in the INTERCEPTOR.

Submit a photo of your work or a scanned image and we'll find a spot to highlight it for you. Don't let your creativity go unnoticed. If you used one of our FMWR facilities, be sure to list the location so we can give them credit too.

The year long photo contest continues so if you missed the first three months don't miss out on November's deadline. Each month three photos will be chosen to represent the best shots of Alaska. The winning photos are posted on the Command Channel (channel 12), the next running issue of the INTERCEPTOR and online at www.greely.army.mil. At the end of the year the judging panel will meet and choose the best of the best and the winner will receive a matted and framed picture of their photo to have displayed on Fort Greely. You may submit as many photos as you like. The photos do not have to be from this year, but they do need to be from Alaska. Please list your name, contact number, title of photo and the location of where the image was taken. The deadline for submissions is the first of each month.

Kids' Corner

Kids' Corner

Color the image below then scan your work of art and send it to: deborah.ward3@us.army.mil

Winners will be chosen each month and will get the chance to have their name in lights on the Fort Greely Marquee for the month!

Be sure to include your first name, age and telephone number in the space provided below so we may contact you if selected.

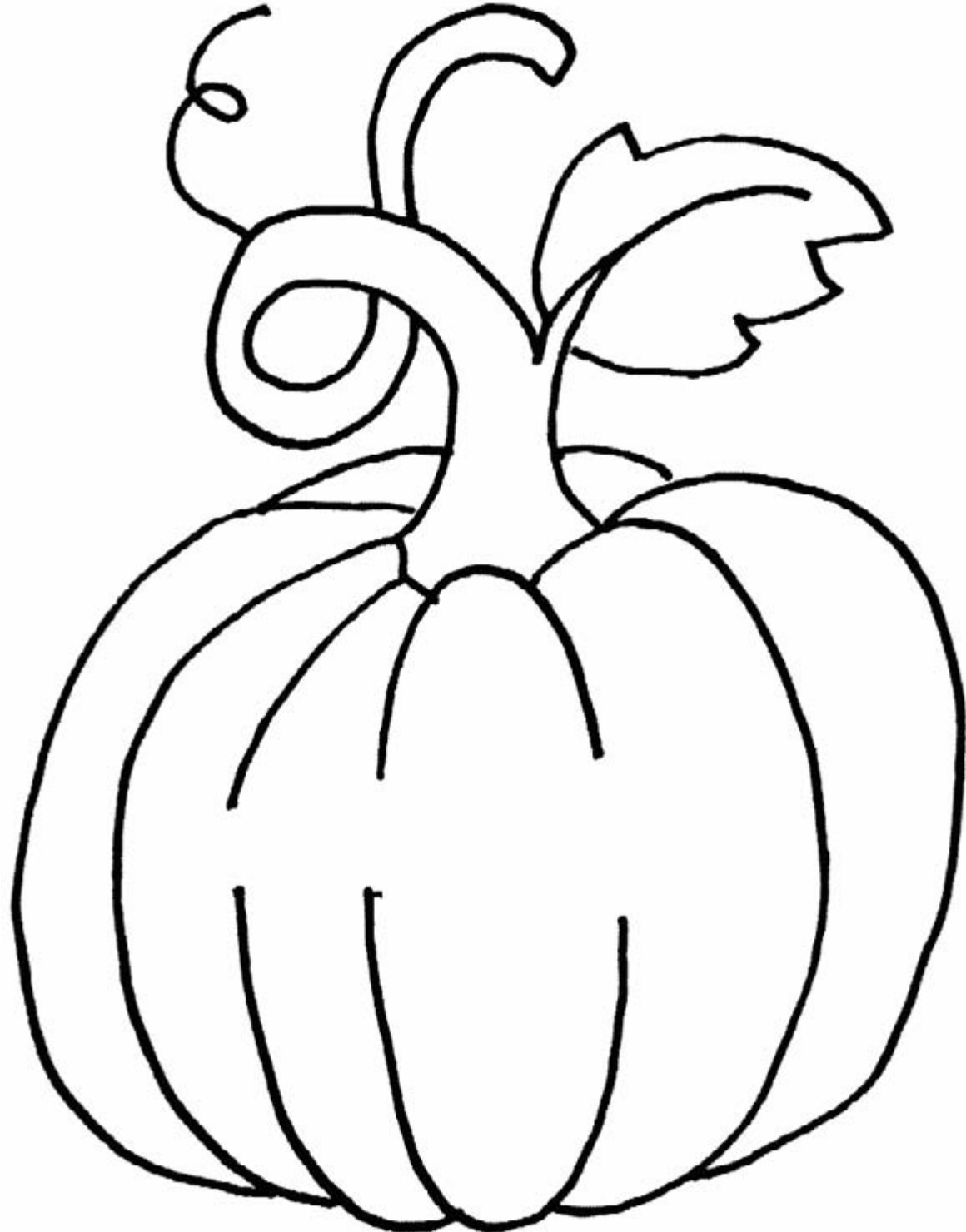
ALL ENTRIES MUST BE SUBMITTED BY THE FIRST OF EACH MONTH.



Caroline Miley, age 4



Leah Cepeda, age 9



NAME: _____ AGE: _____ PHONE: _____

GUARDIAN'S NAME: _____