



TEAM GREELY

# INTERCEPTOR

ALWAYS ON GUARD DEFENDING FREEDOM

October 2008

## Local leaders sign Community Covenant

by Kent Cummins  
Public Affairs

Delta Junction civic leaders and the Fort Greely Garrison Commander signed a covenant Sept. 19 at City Hall symbolizing a partnership between the two communities.

The Army Community Covenant is designed to develop and foster effective state and community partnerships with the Army in improving the quality of life for Soldiers and their Families, both at their current duty stations and as they transfer from state to state.

The signers of the Community Covenant included Mayor Mary Leith-Dowling; Garrison Commander Lt. Col. Chris Chronis; Dr. R.E. Andreassen, Family Medical Clinic; Delta/Greely School District Superintendent PJ Ford Slack, Ph.D.; and Delta Chamber of Commerce Executive Director Brenda Peterson.

Delta Junction and Fort Greely are  
*See COMMUNITY, Page 4*



Photo by Sgt. Jack W. Carlson III

Delta Junction Mayor Mary Leith-Dowling, Fort Greely Garrison Commander Lt. Col. Chris Chronis, and Delta Chamber of Commerce Executive Director Brenda Peterson sign the Army Community Covenant Sept. 19 during a ceremony at Delta Junction City Hall.

## Fort Greely Child, Youth Services earn 'STAR' certification

*Award demonstrates quality of life commitment*

by Kent Cummins  
Public Affairs

Fort Greely Child and Youth Services Programs recently earned the Installation Pest Management, or IPM, STAR certification, demonstrating their commitment to the health and safety of children and staff.

Fort Greely CYS received the recognition during a recent ceremony at the Child Development Center.

Lt. Col. Sandra Alvey, Chair, Department of Defense Armed Forces Pest Management Board

and Dr. Tom Green, IPM Institute of North America, presented the award.

"The Army works diligently to ensure both public health and environmental protection reaches every facet of the installation," said Alvey. "In this case, each of you has made a commitment to protecting our children through the safe and effective use of pesticides."

Fort Greely has practiced IPM in all facilities for more than 20 years.

"There will always be lots of health and environmental regu-

lations, but here at Fort Greely you have taken the steps to go beyond compliance," said Alvey. "You've reached a new level of community stewardship by empowering yourselves to achieve the highest standard of protection for our children." "This is another stamp of excellence on Fort Greely," said Garrison Commander Lt. Col. Chris Chronis. "This confirms what I already knew... Team Greely is leading the charge in quality of life initiatives for members and families who live, work, learn, and play here."

Thanks to the IPM process,

the use of chemicals for pest control at Fort Greely has been reduced by more than 50 percent in the past 10 years.

"Fort Greely has challenged traditional approaches to pest management and pest control," said Alvey.

"Fort Greely works diligently to increase pest surveillance and monitoring, eliminating unnecessary pesticide applications, and reducing the risk of potential pesticide exposure the implementing IPM and using only the least toxic pesticides when necessary," she said. "It isn't about regulations but a commitment to community."

# Command Corner

## Fort Greely Garrison

I've been in command of this installation for a little more than 90 days now and I'm very impressed with the Fort Greely Team.

There is a lot of hard work being accomplished. I've witnessed a lot of dedication, mission focus, enthusiasm and great attitudes. Thank you for all that you do.

In this Command Corner I want to address some issues that came up during our recent Town Hall, some complaints from various individuals, and from some personal observations.

I don't sugar-coat things, so I will address the good, the bad and the ugly. Remember, the bottom line is whether or not an issue affects mission accomplishment, good order and discipline, and quality of life.

### Cash

Getting cash on Fort Greely is about to get much easier. Mt. McKinley Bank in Delta Junction is coming to us. They have agreed to place an ATM on post by mid-October. We are still determining the best location for the machine, but the bottom line is we will have one very soon. Additionally, the PX will now cash personal checks with a name imprint for \$300 per day, per customer and personal checks without a name imprint for \$100 per day, per customer. AAFES policy does require individuals to provide their social security numbers in order to cash checks.

### Housing

I've received several complaints about dogs in the housing area, including aggressive dogs, residents not cleaning up after their dogs, and dogs digging up yards. According to the installation Resident's Handbook, animals must be kept under control at all times and will not be allowed to become a nuisance or menace to other persons, animals or property. A dog that aggressively charges when people walk by on the sidewalk, and is only restrained by its leash/tether, will be considered an aggressive threat. If you own a dog which exhibits this behavior, either bring it inside the house, or prepare to be visited by both the housing office and/or the police. As you know, small children often don't walk on sidewalks, and if your dog bites or mauls anyone, the consequences will be profound. You are responsible for the actions of your pets. Pet "deposits" will be picked up immediately. You are also responsible for cleaning up after your pets when you walk your pet.

Another issue is housing area appearance. For example, residents cannot park ATV's in their front yard as long-term storage. We have the most relaxed ATV policy in the Army – they cannot be ridden on any other installation or stored outside at quarters – please don't abuse this. POVs must remain on pavement at all times, and no major POV repairs may be done in housing areas or driveways. Let's keep the housing area looking sharp and professional. This is not only about looking good, but is a morale, quality of life, and safety issue.

Remember, living on the installation is a privilege - not a right. The Resident's Handbook spells out the requirements for living in Fort Greely Housing. If you need a handbook contact the Housing Office at 873-4658. Please take time to review it. If a resident is in violation of the handbook repeatedly, the result can be eviction from housing. So please follow the policies and respect your neighbors – they may not complain to you, but they do complain to me.

### Information

One of my most important duties of a commander is to effectively communicate with members of the organization with timely, accurate and relevant information. Effective internal communications is not just about providing information and creating awareness, but more importantly, it can enhance morale, readiness, safety and quality of life.

Here at Fort Greely I'm fortunate to have numerous communication tools at my disposal to explain policies, programs and operations; recognize achievements; provide avenues for feedback; and more. As you know we have a Command Channel on GCI channel 6, an MWR newsletter, a Garrison newsletter, a centrally-located marquee, post-wide email distribution, numerous bulletin boards and regular Town Hall meetings.

I'm happy to announce that we now have a re-designed, professional-looking, public webpage. Now Fort Greely residents and other personnel across the world have yet another means of garnering information about this installation. Check out the website at [www.greely.army.mil](http://www.greely.army.mil). There are plenty of links and news available on the site.



Lt. Col. Chris Chronis  
Installation Commander

See **COMMAND CORNER**, Page 3

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 email to [fgapao@greely.army.mil](mailto:fgapao@greely.army.mil), or mail to: Garrison Commander, ATTN: Newsletter, PO Box 31269, Fort Greely, AK 99731.

Commanding Officer ..... Lt. Col. Chris Chronis  
Deputy Commander ..... Louis Roach  
Public Affairs Officer ..... Kent Cummins

## COMMAND CORNER

### Medical

Another area I have received several inquiries about is travel expenses for Family members' medical trips to Fairbanks.

The Defense Finance and Accounting Service has required Family members to file required receipts for gas, meals, etc., for reimbursement since Oct. 1, 2007. In the past, DFAS has not been strictly enforcing this policy but they are now.

Family members are authorized up to the per diem rate for travel, but they must submit a receipt proving what they spent on gas and will be reimbursed for that amount and that amount only.

Family members used to get \$96 for a trip to Fairbanks, but that is no longer the case. They will get back what they spend but only up to the maximum amount allowed by per diem. To get paid they will need to fill up at the end of the trip even if they filled up before leaving.

This only applies to Family members. Military members must do their travel through the Defense Travel System, or

DTS, and do not need receipts for gas or official expenses under \$75. Military members receive reimbursement based on mileage and per diem.

Several families have also asked about reimbursement for dental travel expenses. The Army and State National Guard Dental Point of Contacts have responded to our queries, and their unified position is that we have adequate dental care here, there is no regulatory requirement to provide dental travel funds, and thus there are no funds available to compensate for dental travel to Fairbanks or Fort Wainwright.

### Weather

Winter is not "officially" here until in December. Plan accordingly and take care of yourself. PMCS your equipment - Dress appropriately to avoid cold weather-related injuries. Take care of your vehicle and carry emergency supplies. Let people know where you are going, when you will get there, and call them when you arrive - just like a Flight

Plan. Breaking down in extreme cold weather can be life-threatening if you are not prepared. Take care of your home... furnace, wood stove, pellet stove, baseboard heat... whatever you use to heat your home, make sure it's in good operating condition and have emergency supplies on hand.

If you live on-post, make sure your Temperature Sensitive Light - the "red light" is serviceable and ready to install in a window facing the street. As you may know, this light will come on if the temperature within your quarters drops to a point where a "freeze up" could occur, and it alerts the Public Works and Housing staff to investigate immediately in order to prevent damage to your quarters.

To learn more about working and living in Interior Alaska make sure to attend the Safety Office's Cold Weather Training Oct. 8 or 9 at the Chapel Annex. Training times are either 9 to 11 a.m. or 1 to 3 p.m. Team Greely ... keep up the good work and continue to be safe!

— Lt. Col. Chris Chronis

## Cold weather training set

by Colleen Pugh  
Fort Greely Safety Office

The Fort Greely Safety Office will conduct Cold Weather Training, Oct. 8 and 9 at the Chapel Annex from 9 to 11 a.m. and 1 to 3 p.m. on both days.

The class will cover winter clothing, how to winterize your vehicle, things to carry in your vehicle to help you survive if you get stuck or your car breaks down away from home and lots more.

The instructors have been in Alaska for a long time and they are very knowledgeable. We will also have handouts. If you can attend please call the Safety Office at 873-5239 and let us now what day you can attend.



# TEAMWORK

In OPSEC, you ARE your brother's keeper!

# Army Community Covenant

*Together, We are committed to building strong communities.* ...The strength of Soldiers comes from the strength of their Families.

*We, the Community, recognize ...*

...The commitment Soldiers and their Families are making every day.

...The strength of Families is supported by the strength of the Community.

...The strength of the Community comes from the support of Employers, Educators, Civic and Business leaders, and its Citizens.

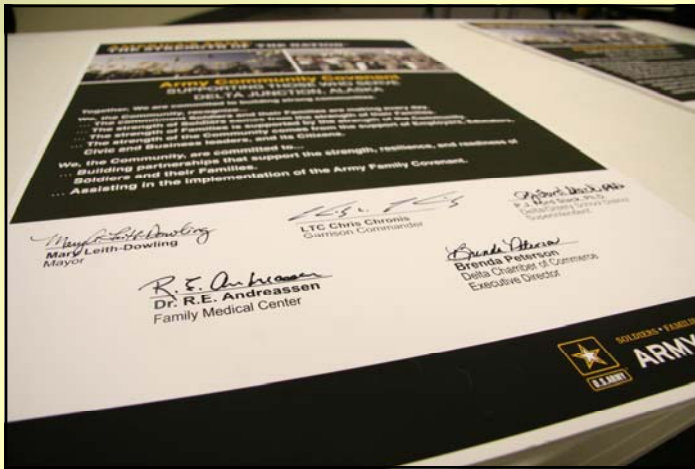


Photo by Sgt. Jack W. Carlson III

*We, the Community, are committed to ...*

...Building partnerships that support the strength, resilience, and readiness of Soldiers and their Families.

...Assisting in the implementation of the Army Family Covenant.

## COMMUNITY, from Page 1

physically separated but “we are really one family,” said the mayor, clasping her hands together to illustrate unity.

The Garrison Commander echoed the mayor’s sentiments at the signing ceremony.

“We have a great relationship with the people of Delta Junction,” said Chronis. “Delta Junction and Fort Greely are ‘a’ community, I don’t draw a distinction between the two ... many people who work at Fort Greely live in Delta Junction. Many Delta Junction residents have family or friends who work here. We are truly one team, involved in one fight!”

The Delta Junction mayor plans to present the Covenant to city leaders, the public and Soldiers and their Families at the Oct. 8 City Council Meeting to again recognize the strength of Army Soldiers and their Families and the support of the local community.



Photo by Sgt. Jack W. Carlson III

(From left) Fort Greely Garrison Commander Lt. Col. Chris Chronis, Delta Chamber of Commerce Executive Director Brenda Peterson, Delta Junction Mayor Mary Leith-Dowling, Delta/Greely School District Superintendent PJ Ford Slack, Ph.D., and Family Medical Center’s Dr. R.E. Andreassen display the Army Community Covenant at a signing ceremony Sept. 19.

# The Value of Service

**Commentary by Lt. Col. Mark Murphy**  
354th Maintenance Group deputy commander  
Eielson Air Force Base, Alaska

I learned a big lesson on service Aug. 4, 2008, when Eielson had the rare honor of hosting President Bush on a refueling stop as he traveled to Asia.

It was an event Eielson will never forget — a hangar full of Airmen and Soldiers getting to see the Commander in Chief up close, and perhaps even shaking his hand. An incredible amount of effort goes into presidential travel because of all of the logistics, security, protocol, etc ... so it was remarkable to see Air Force One land at Eielson on time at precisely 4:30 p.m.-- however, when he left less than two hours later, the President was 15 minutes behind schedule.

That's a big slip for something so tightly choreographed, but very few people know why it happened. Here's why.

On Dec. 10, 2006, our son, Shawn, was a paratrooper deployed on the outskirts of Baghdad. He was supposed to spend the night in camp, but when a fellow soldier became ill Shawn volunteered to take his place on a nighttime patrol — in the convoy's most exposed position as turret gunner in the lead Humvee. He was killed instantly with two other soldiers when an IED ripped through their vehicle.

I was thinking about that as my family and I sat in the audience listening to the President's speech, looking at the turret on the up-armored Humvee the explosive ordnance disposal flight had put at the edge of the stage as a static display.

When the speech was over and the President was working the crowd line, I felt a tap on my shoulder and turned to see a White House staff member. She asked me and my wife to come with her, because the President wanted to meet us.

Stunned, we grabbed our two sons that were with us and followed her back into a conference room. It was a shock to go from a crowded, noisy hangar, past all of those security people, to find ourselves suddenly alone in a quiet room.

The only thing we could hear was a cell phone vibrating, and noticed that it was

coming from the jacket Senator Stevens left on a chair. We didn't answer.

A short time later, the Secret Service opened the door and President Bush walked in. I thought we might get to shake his hand as he went through. But instead, he walked up to my wife with his arms wide, pulled her in for a hug and a kiss,

and said, "I wish I could heal the hole in your heart." He then grabbed me for a hug, as well as each of our sons. Then he turned and said, "Everybody out."

A few seconds later, the four of us were completely alone behind closed doors with the President of the United States and not a Secret Service agent in sight.

He said, "Come on, let's sit down and talk." He pulled up a chair at the side of the room, and we sat down next to him. He looked a little tired from his trip, and he noticed that his shoes were scuffed up from leaning over concrete barriers to shake hands and pose for photos. He slumped down the chair, completely relaxed, smiled, and suddenly was no longer the President - he was just a guy with a job, sitting around talking with us like a family member at a barbeque.

For the next 15 or 20 minutes, he talked with us about our son, Iraq, his family, faith, convictions, and shared his feelings about nearing the end of his presidency. He asked each of our teenaged sons what they wanted to do in life and counseled them to set goals, stick to their convictions, and not worry about being the "cool" guy.

He said that he'd taken a lot of heat during his tenure and was under a lot of pressure to do what's politically expedient, but was proud to say that he never sold his soul. Sometimes he laughed, and at others he teared up. He said that what he'll miss most after leaving office will be his role as Commander in Chief.

One of the somber moments was when he thanked us for the opportunity to meet, because he feels a heavy responsibility knowing that our son died because of a decision he made. He was incredibly humble, full of warmth, and completely without pretense. We were seeing the man his family sees.

**“If the President of the United States is willing to drop everything on his plate to visit with a family, surely the rest of us can do it. No one is above serving another person, and no one is so lofty that he or she can't treat others with dignity and respect.”**

We couldn't believe how long he was talking to us, but he seemed to be in no hurry whatsoever. In the end, he thanked us again for the visit and for the opportunity to get off his feet for a few minutes. He then said, "Let's get some pictures." The doors flew open, Secret Service and the White House photographer came in, and suddenly he was the President

again.

We posed for individual pictures as he gave each of us one of his coins, and then he posed for family pictures. A few more thank yous, a few more hugs, and he was gone.

The remarkable thing about the whole event was that he didn't have to see us at all. If he wanted to do more, he could've just given a quick handshake and said, "Thanks for your sacrifice." But he didn't — he put everything and everyone in his life on hold to meet privately with the family of a Private First Class who gave his life in the service of his country.

What an incredible lesson on service. If the President of the United States is willing to drop everything on his plate to visit with a family, surely the rest of us can do it. No one is above serving another person, and no one is so lofty that he or she can't treat others with dignity and respect.

We often think of service in terms of sacrificing ourselves for someone in a position above us, but how often do we remember that serving someone below us can be much more important?

If you're in a leadership capacity, take a good look at how you're treating your people, and remember that your role involves serving the people you rely on every day.

# Winter: New driving season at hand

by **Ronald D. Gibbens**  
TMP Supervisor

The recent 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 end 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.

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 compared to normal dry road surfaces. What this means is that if you can normally stop your car or truck in 300 feet on a dry road surface it can take you up to 900 feet – that’s almost a 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 icy and snow-packed road surfaces also comes driving in increasing darkness.

Because increased stopping distance is



PAO file photo

**Many roads around the state are secondary roads with narrow cleared areas on either side.**

required, it is easy to “overdrive” your headlights. Overdriving 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 tail-lights clean.

Adding to the hazardous road conditions are “moose.” Moose are every where 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 every year in collision with moose.



Photo courtesy of Steve Dubois

**Moose are every where in Alaska and can pop up in front of you at any time.**

## 10 tips to help get you through the winter

- ❖ Warm your car up before departing.
- ❖ Clean all of the snow and ice from your windows and lights before you drive off.
- ❖ Allow extra time for your trip.
- ❖ Begin stopping, 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 three to six times the normal following distance.
- ❖ Do not use cruise control.
- ❖ Use extreme caution when driving into blowing snow.
- ❖ Above all slow down.

# Vaccination best protection against flu

by Jerry Harben

U.S. Army Medical Command

**A** quick stick in the arm or a spray in the nose...OR

A week of headaches, coughing, sneezing, chicken soup and misery, while your unit works shorthanded.

Not that hard a choice to make.

Influenza is a contagious respiratory disease that can have serious, even fatal, effects. It threatens military readiness, with the potential to put many service members on sick call instead of on duty. Therefore, all military members are required to be vaccinated against the flu each year.

"The Centers for Disease Control and Prevention estimated an average of 36,000 Americans died annually in the 1990s due to influenza-related complications. Each year 5 to 20 percent of the United States population gets the flu, resulting in about 200,000 people being hospitalized. Vaccination is your best protection against influenza infection," said Army Lt. Col. Patrick M. Garman, deputy director for scientific affairs at the Department of Defense Military Vaccine Agency.

"DoD will offer its beneficiaries influenza vaccinations during the flu season in accordance with national guidelines. Certain groups take priority, such as active duty or individuals with chronic diseases like diabetes, and after these groups are adequately taken care of the vaccine will be available to any beneficiary who wishes to be vaccinated," Garman added.

Flu immunizations are mandatory for all active duty, National Guard and reserve personnel. The DoD has established a goal of having 90 percent of these people vaccinated by Dec. 31. Vaccinations also are mandatory for civilian health-care personnel who provide direct patient care in DoD medical treatment facilities, and for emergency-essential DoD civilian personnel. The vaccine is available by injection or intranasal spray.

"Influenza viruses change from year to year. Protection that develops after a person is infected or is immunized against the circulating viruses of one season does not provide adequate cross-protection when a new influenza strain develops," Garman said.

This year's influenza vaccine composition in the U.S. is recommended for the Northern Hemisphere by the World Health Organization. When the vaccine is well matched to the circulating virus strain, immunization of healthy adults has been 70 to 90 percent effective in preventing influenza illness.

"We stress that influenza vaccination should continue until the supply is exhausted or until the expiration date is reached for the vaccine. The highest incidence of disease is usually in February, but influenza can be contracted year round," Garman said.

More information about influenza and influenza vaccinations is available on the Internet from the Military Vaccine Agency at [www.vaccines.mil/flu](http://www.vaccines.mil/flu) and from the Centers for Disease Control and Prevention at [www.cdc.gov/flu/protect](http://www.cdc.gov/flu/protect).

Influenza is spread through aerosolized respiratory droplets during close contact with an infected person or animal, or through contact with a contaminated object. In addition to vaccination, experts recommend frequent handwashing and avoiding close contact with people who are sick. Also, people who are sick should avoid others if possible, wash hands often and cover the mouth and nose when coughing or sneezing to prevent the virus from spreading.

Most people who receive influenza vaccine experience no serious problems. Side effects of the injectable vaccine such as soreness, redness or swelling at the injection site, fever, weakness, headache or muscle aches may last one or two days. More serious problems such as severe allergic reactions are rare. Side effects of the intranasal vaccine can include runny nose, headache, fever, cough and sore throat.

People in a few categories, such as children less than 6 months old, those with sensitivity to eggs or egg products, or those with a history of Guillain-Barre Syndrome, should not receive the influenza vaccine.

There are several options available for Fort Greely members. The Aid Station will begin giving flu vaccinations to active-duty personnel Oct. 1. If there is vaccine remaining once all Soldiers have received vaccinations, the Aid Station will be able to offer vaccines to eligible DoD civilians. For vaccinations in Delta Junction, call the Public Health Center, 895-4292, or Family Medical Center, 895-5100.

## Ft. Greely Conservation Policy explained

All personnel are required to perform the following simple energy and water conservation practices in both the workplace and at their residence:

- ♦ Turn off lights when leaving the office or workplace. This simple act can save significant amounts of energy.
- ♦ Installing Compact Fluorescent Light Bulbs at home and in the office can save 75 per-

cent of the energy used by similar incandescent bulbs.

- ♦ A small drip from a leaky faucet can waste up to 120 gallons per day. Make certain water leaks are called in to the work order desk, 869-3000.

♦ Turn off your computer and all peripheral equipment such as monitor screens, printers, speakers, scanners, and so forth, at the end of each work-

ing day. Use a multiple outlet strip to make it easy to turn off the entire computer system with one flip of the switch.

- ♦ Cold weather permitting, don't let your motor vehicle idle for longer than a minute. Conserving high-priced gasoline is everyone's job.

♦ Call in broken or damaged items in buildings to the work order desk, 869-3000. A quarter inch crack the length of a

window pane, for example, is the equivalent to a one-inch square hole in the middle of the window.

- ♦ Managers and supervisors should appoint a Building Responsible Officer to look after such items as calling in repairs, locking doors, and turning off lights at the end of each duty day.

For more information, call Morgan Benson, Aiken Global Group, at 873-4293.

# News Notes

## FGMS Events

Home basketball games at Fort Greely Middle School are slated for 2:30 p.m. Oct. 3 and 9:30 a.m. Oct. 4.

The school will also host a Mother/Daughter; Father/Son Basketball Tournament at 7 p.m. Oct. 10. The Grizzlies will take on their very own parents or other family members.

The entry fee is \$10 per parent.

## FRG Meeting

FRG Meeting is slated for 6 p.m. Oct. 7 at the Chapel Annex.

## Preparedness Fair

A free emergency Preparedness Fair is scheduled from 10 a.m. to 2 p.m. Oct. 11 at The Church of Jesus Christ of Latter-day Saints, 2378 Deborah Street, in Delta Junction (located near the Library and Community Center).

Experts will be explaining 72-hour kits for natural disasters; home weatherization and energy saving upgrades; using fish and game; using local plants, berries; come sample and learn about preparing foods from home storage; receive advice on and installation of standby electric generators for Alaskan residences; and more.

## Chapel

Father John Martinek will hold a Catholic Mass at the Fort Greely Chapel

on Oct. 8 and 22 at 12:15 p.m.

For more information, call the Chapel at 873-2476.

## Indoor Playground

The Preschool Clubhouse Climber is now set-up in the Indoor Playground. The manufacturer's suggested age range for this toy is 2-8 years. As always, the final determination is up to the parent or guardian's discretion.

*Reminder:* Due to the sprinkler system being installed at the Indoor Playground (Bldg. 650) the location will be closed until Oct. 3.

## Youth Sports

Youth Basketball registration is required by Oct. 21. Registration must be conducted in person at CYS Registration Bldg. 847. For registration information, call 873-3406/4599.

Youth Basketball Age Divisions are: 5-6; 7-8; 9-10/11. Cost is \$15 per youth. Season starts Oct. 27.

Volunteer coaches are still needed. Call 873-3406 for more information.

## Weight Loss

A new weight-loss activity is available at the Fort Greely Fitness Center on Monday, Tuesday and Wednesday nights from 5:30 to 7 p.m.

It is open to all MWR authorized users. Bike, run, and swim your way back into shape during the winter.

For more information call Robin Fellman at 873-5665.

## Warrior Zone

The BOSS Warrior Zone's Grand Opening is Oct. 31. MWR is planning an adult Halloween party to celebrate the event.

There is still lots to be done before the Grand Opening including setting up furniture, sound systems and party lights.

If you would like to volunteer to help set up the Warrior Zone, call Staff Sgt. Gradeless at 873-4912.

If you would like to be involved in the Halloween party planning, call Merri Darland at 873-3542.

## Martial Arts

A Martial Arts course for 1st-7th graders and 8th-12th graders is being offered by Child and Youth Services.

Registration is required at Bldg. 847.

For information call 873-3406 or 873-4599.

## Music Lessons

Piano lessons are offered on Wednesdays or Thursdays for ages 8-18 years at the Chapel.

Cost is one-half hour \$18; 45 minutes \$27; and one hour \$36. Registration is required at Child and Youth Services, Bldg. 847.

For information call 873-3406/4599.

## Cheerleading

Looking for girls between 6-8 grade for cheerleading. A coach is also needed.

If interested please call Youth Sports 873-3406.

## USDA Child and Adult Care Food Program

The Fort Greely Child and Youth Services Program announces its participation in the USDA Child and Adult Care Food Program administered by the Alaska Department of Education and Early Development. Meals will be made available to enrolled children at no separate charge without regard to race, color, national origin, sex, age, or disability. Parent's income determines the amount of money USDA will reimburse us to provide meals to enrolled children. The income eligibility guidelines listed below are used to determine our reimbursement from the USDA. Children from households whose **monthly** income is at or below these levels are eligible to be counted for free or reduced-price meal reimbursement.

Family Size	1	2	3	4	5	6	7	8
Reduced-Price meals	\$2,005	\$2,698	\$3,392	\$4,086	\$4,780	\$5,473	\$6,167	\$5,861
Free Meals	\$1,409	\$1,896	\$2,384	\$2,871	\$3,359	\$3,846	\$4,334	\$4,821

**For each additional family member, add: Reduced Price + \$694 Free + \$488**

Anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington D. C. 20250-9410 or call 202-720-5964.