

# the Post

Vol. 82, No. 1

Published for the Fort Dix Community since 1942

January 5, 2007

## NEWSNOTES

### Border Patrol seeks entry-level applicants

The US Border Patrol will be visiting Fort Dix Army Community Service on 10 Jan 07, from 10 a.m. to 1 p.m. in the Conference Room. ACS is located in Bldg. 5201 Maryland Ave. The Border Patrol is recruiting for Entry Level GL-5/7 (used to be GS 5/7) Border Patrol Agents for the states of New Mexico, Texas, Arizona and California. All interested persons are invited to bring resumes and questions to the event.

### Government Employees 2006 W2s available soon

The 2006 Civilian Pay W2 forms for income tax use are scheduled to be posted to the myPay website January 9. All others will be mailed between January 11 and 18.

### Self-Help to close to Family Housing residents

The Fort Dix Self-Help Store no longer serves Family Housing Residents. The elimination of self help services at Fort Dix is based on a decrease in use largely due to the housing privatization contractor performing what was formerly self help type work through his maintenance personnel. Fort Dix Family Housing Residents may use the McGuire AFB Self-Help Store at 4264 East Castle Drive, Falcon Courts North, phone: 609-724-0550.

The Fort Dix Self-Help Store will remain open to serve Fort Dix Unaccompanied Personnel Housing (UPH) and Barracks personnel as well as for general Installation use. The current Store hours are Tuesday - Friday: 11 a.m.-1 p.m. and 2 p.m. to 4:45 p.m., and Saturdays, 8 a.m. to 4:30 p.m. These hours are subject to change if utilization drops significantly after the Housing use is dropped.

### Special Forces looking for officer volunteers

The U.S. Army Special Forces are currently seeking male officer volunteers from Year Group '04. Officer packets will be accepted until Feb. 15, 2007, but early submission is highly recommended.

### NCO Academy looking for OPFOR Soldiers

The Fort Dix NCO Academy is looking for units that want to provide OPFOR (Opposing Force) personnel for the academy's Warrior Leader Course Situational Training Exercise.

The duty would be for 2 to 3 days during the course cycle each month. The academy is looking for team-to-squad-size elements that would like to hone their infantry skills. For information regarding the duty dates and equipment requirements, call Sgt. 1st Class Smith at 562-6136.

## WEATHER

**FRIDAY -- Rain with the possibility of thunderstorms, high near 63. Showers continue overnight with a low around 51 degrees.**

**SATURDAY -- Partly cloudy with a chance of rain during the day. The high will be around 67 degrees. Clouds continue overnight with a low near 40.**

**SUNDAY -- Cloudy with a high near 52. Possible overnight showers with a low around 36 degrees.**

**MONDAY -- Mostly cloudy with a chance of showers and a high of 48 degrees. Partly cloudy overnight with a low around 31.**

**TUESDAY -- Sunny with a high near 43. Clear overnight with a low around 25 degrees.**

# Dix JRC moves home

## Renovated Readiness Center set to process all services

Wayne Cook  
Public Affairs Staff

The administration processes within the Joint Readiness Center have moved back into their old digs on Baltimore Avenue. Although the address is the same, the building is a far cry from the old gymnasium that it used to be.

"The layout of the facility gives us the capability to greatly enhance the mobilization process. This is probably the premier mobilization facility in the entire country. It certainly is the best that I have seen," said Lt. Col. John McKee, HR officer - military.

"We are slated to become the Joint Mobilization Processing Center. We will be processing Soldiers and Sailors," McKee said.

According to McKee, the improved efficiency should help to increase processing numbers versus what they were able to attain at Walston.

The JRC will get validated Jan. 8, and be ready for full operation Jan. 9. The facility will have a memorialization ceremony on Feb. 23.



Shawn Morris

**OPEN FOR BUSINESS** -- Richard Percival, Army Community Service representative at the Joint Readiness Center (JRC), left, assists Spc. Elizabeth Revels, HHC, 78th Division (TS). Revels was one of the first Soldiers to process through the renovated JRC facility.

# County eyes planned growth

Carolee Nisbet  
Editor

As Fort Dix wrestles with transformation, Burlington County and the 13 communities that circle the post are dealing with similar issues of growth and change.

County and community representatives brought the command, directors and staff up to date on activities and plans outside the gate Jan. 3.

Col. (Ret.) Michael Warner, former Fort Dix commander, introduced the presentation, held at Club Dix.

Mark Remsa, director of the county's Department of Economic Development and Regional Planning, told the gathering that revitalization and planning along the Route 130 corridor during the past 15 years have been very successful, and the county is now eyeing the "Farmbelt Corridor" that includes most of the land and commu-

nities adjacent to Fort Dix. "We are looking at what will be important in the future of the region," Remsa said. "We now have more than 40,000 preserved farmland and open space acres, so we don't create sprawl. We are paying attention to what is in the flight path and what is in the buffer zone around post."

Remsa noted that the planning model is based on smart growth planning principles, understanding of the local context and a "bottom up" approach that begins with local objectives and progresses through county, state and federal goals.

The county has a diverse economy, with nearly half a million people divided among agricultural, industrial, military and white collar jobs, and a growing population. The 13 towns along the Farm Belt represent a major segment of the county's farm base, with more than 68,000 acres actively devoted to agriculture.

Traditional zoning laws do not promote agriculture or open space use of land, Remsa added, and it is the desire of most residents to retain the rural nature of their communities while revitalizing existing commercial areas -- all necessary elements in preventing the sprawl that often takes over when development is not planned.

A prime example is Wrightstown, with a viable industrial park and a downtown renovation project soon to be underway just outside the Fort Dix gate.

"Wrightstown failed to keep up with the military," said Mayor Tom Harper. "When the draft ended and the force became all volunteer, we didn't meet the needs of the families for off-post services. So now we are trying to catch up."

Harper noted that all but one building in the strip outside post have been bought by Wrightstown, and hotels, banks and restaurants are actively inter-

ested in the project. "We've been working at it for 12 to 15 years," Harper said. "It's easy to develop a cornfield, but hard to redevelop an existing community."

Proposals for the redevelopment include new housing and commercial areas planned within the existing structure of the community.

Dennis J. Roohr, North Hanover Township mayor, noted that Cook-stown has just started to identify the challenges of redevelopment, but has a commitment to maintaining agriculture and to maintaining cooperation between the townships.

Both noted that many of the development goals revolve around the continued viability of Fort Dix and McGuire Air Force Base, and said they are proud to support the military.

Planning models will be presented to the public for comment, and eventually to municipal and county governing bodies for approval.

## Community remembers MLK with celebration

Pascual Flores  
Public Affairs Staff

A buffet luncheon celebrating the birthday of Martin Luther King will be held at Club Dix Jan. 11 from 11:30 a.m. to 1 p.m.

This year's guest speaker will be Charles F. Johnson, D.D.S. Johnson was born in Fort Pierce, FL, where he attended elementary school and later graduated from the Lincoln Park Academy in 1957. He pursued his education in physical therapy and dentistry.

He is the recipient of numerous honors and awards primarily in dentistry and real estate.

He is a life member of the American Association of Individual Investors, a member of the National Association for the Advancement of Colored People and the National Association of Realtors since 2002.

Tickets for the luncheon should be purchased in advance, and are available for \$15 from Fay Marshall-Dease, MPD; Fran Booth, Kelly Cezar, and Gaylor Simons, DMWR.



David Moore

## Training for the new year

Known as Forward Operating Base Tiger, Master Sgts. Harold Monroe and Juan Collazo, both of the 1st-309th Training Support Battalion, inspect new tent facilities and plan new operations at the Fort Dix Theater Immersion Training site used for the Global War on Terrorism. The facility is preparing for the new rotation of Soldiers deploying in the Spring.

# Gerald R. Ford, 1913-2006

He was, in his own words, "a Ford, not a Lincoln" but he stood second to very few others in serving the nation he loved. Gerald R. Ford was the 38th President of the United States and a leader whose patriotism was etched deeply both in deeds and words.

President Ford died at 6:45 p.m. Tuesday, Dec. 26, 2006, at his home in Rancho Mirage, about 130 miles east of Los Angeles.

He was 93 years old, making him by a few months our longest living president, followed by Ronald Reagan.

Born Leslie Lynch King Jr. on July 14, 1913, in Omaha, the youngster changed his name to Gerald R. Ford Jr. in honor of his adopted father, a paint salesman in Grand Rapids, Mich., whom his mother had married in 1916.

Many honors followed for the boy whose upbringing was all American.

Ford was an Eagle Scout, football star at the University of Michigan, a graduate of Yale Law School, a lieutenant commander who saw combat while in the Navy in World War II, a 26-year Congressman from his native Grand Rapids who was confirmed minority leader in January 1965, the nation's 40th vice president after selected by Richard Nixon to replace Spiro Agnew after Agnew resigned under corruption clouds in December 1973 and the 38th President sworn in on August 9, 1974.

Ford spent only 895 days in the White House but they were momentous times, nonetheless.

He pardoned Richard Nixon and liquidated the Vietnam War just nine months after assuming the presidency. Ford vetoed 66 bills to stop the contagion of inflation and narrowly escaped two assassination attempts.

Hail to the chief!

written and compiled by Steve Snyder, P40 Staff



www.latimes.com/media/photo

**CYCLES OF HISTORY** -- President Gerald Ford gives instructions to his staff which includes Donald Rumsfeld (glasses) and Richard Cheney. Rumsfeld was an assistant to the President from 1974-75 before becoming Secretary of Defense from 1975-77. He also served in the latter position for the current administration until last month. Ford served as assistant to the President before becoming the youngest chief of staff in White House history during the latter part of the Ford presidency. He is now, of course, the Vice President of the United States. Other prominent members of Ford's high-powered cabinet included Henry Kissinger as Secretary of State, William Simon at Treasury, Caspar Weinberger at Health, Education and Welfare, Brent Scowcroft as National Security Adviser and Representatives to the United Nations Patrick Moynihan and William Scranton.



www.fordlibrarymuseum.gov/avproj/hseries/um.



National Park Service



Wikipedia

**SEASONS IN A MAN'S LIFE** -- Three-year-old Gerald R. Ford Jr., left, wrestles with his Boston Terrier in 1916. Seasonal National Park Service ranger Gerald Ford, center, takes a breather in Yellowstone National Park, Wyoming, in the summer of 1936. At right, Lt. Cmdr. Ford holds still for his service portrait. Ford was commissioned an ensign in the U.S. Naval Reserve in 1942 and went on serve aboard the USS Monterey (CVL-26), a light aircraft carrier, in various capacities. His ship took part in most of the major operations in the South Pacific including Truk, Saipan and the Philippines but his closest call came during a vicious typhoon in the Philippine Sea in December 1944 when he nearly was swept overboard.



Anthony Camerano/AP

**JIBE TALK** -- Despite both men's expertise with political niceties, there was little love lost between rough-hewn Gerald Ford and the ever-slick Ronald Reagan. Ford ignored Reagan during his presidential term causing the Californian to mount a challenge to the president for the 1976 Republican presidential nomination. Ford won, capturing 1,187 delegates to 1,070 for the man whose hair Ford had described as "premature orange." But Ford fell to Carter in the general election. In 1980, Reagan demolished him.



Gerald R. Ford Library

**POLISH JOKE** -- President Gerald Ford goes at it against Jimmy Carter in Philadelphia during the first of three presidential debates held during the 1976 campaign. Although he did well in the first debate Ford badly blundered in the second, saying "there is no Soviet domination of Eastern Europe" and that Poland was not "dominated by the Soviet Union." That was news to the Poles and gave credence to Lyndon Johnson's old crack that "Ford had spent too many years playing football without a helmet." Carter won on to narrowly win the election, gaining 50.1 percent of the vote to Ford's 48 percent. But Ronald Reagan avenged Ford's defeat four years later, swamping Carter by about 10 percentage points in 1980.



Wikipedia

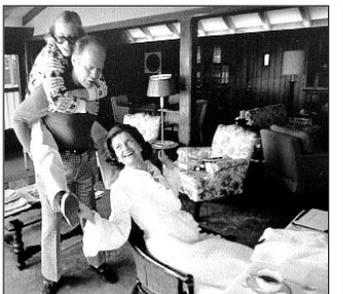


Internet Public Library



Gerald R. Ford Library

**HOMESPUN DIPLOMAT** -- Gerald Ford proved that good humor, a friendly and unpretentious manner and good will go a long way in international relations. Left, he chats with Soviet Premier Leonid Brezhnev at Vladivostok, Russia in November 1974. In the middle, Ford confers with Egyptian President Anwar Sadat about prospects for peace in the Middle East. On the right, the president toasts England's Queen Elizabeth in the Rose Garden at the White House as she joined Prince Philip in celebrating America's bicentennial on July 7, 1976.



Gerald R. Ford Library/Abaca



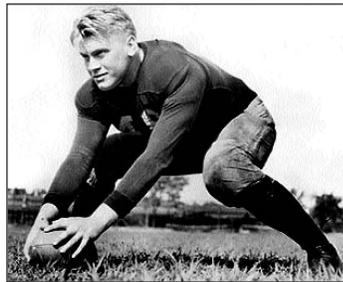
news.bbc.co.uk

**PATER FAMILIAS** -- The president gives daughter Susan a ride, left, during a weekend at Camp David on March 12, 1975 as Betty looks on. On the right, First Lady Betty talks it over with her husband. A former model and dancer, Betty held strong opinions on abortion, feminism and other issues and never hesitated to voice them. She underwent a radical mastectomy while in the White House and later battled dependencies on alcohol and prescription pills. In addition to Susan, the Fords were proud parents of Michael, Jack and Steven.



www.latimes.com/media/photo

**CONSTITUTIONAL TRAUMA** -- When Richard Nixon resigned as president on August 9, 1974, Vice President Gerald Ford, testifying above to a congressional committee, took over. Ford faced an inflated economy in disarray, an energy shortage, and continuing bitterness about the war in Vietnam. "Our long national nightmare is over," Ford proclaimed. And it was. Although he was a self-described "Ford, not a Lincoln," the 38th President of the United States began to bind the nation's wounds, helping the country return to a sense of normalcy. On Sept. 8, 1974, Ford gave Nixon a full pardon for any crimes he might have committed in the Watergate burglary and coverup scandal. All hell broke loose. The decision probably cost Ford the 1976 election but the sturdy patriot never expressed regrets. He wanted America to transcend traumas imposed in the past. And, for the most part, it did.



www.fordlibrarymuseum.gov/avproj/hseries/um.

**HARD-NOSED JOCK** -- A three-year letterman, Ford starred at center for the University of Michigan Wolverines though undefeated seasons on the gridiron in 1932 and 1933 and was voted the team's most valuable player in 1934. Jersey number 48 has since been retired. Both the Detroit Lions and Green Bay Packers dangled professional football contracts before him (for \$110 per game) after he graduated in 1935 but Ford enrolled at Yale Law School instead, working his way through grad school by serving as assistant varsity football coach along with coaching freshman boxing. Ironically, comedian Chevy Chase mocked Ford's supposed clumsiness during his presidential tenure but few chief executives ever matched his athletic prowess.



Wikipedia

**UNDER ATTACK** -- Secret Service agents rush President Ford, center, to safety after gun shots rang out from a member of the crazed Manson "family," Lynette "Squeaky" Fromme, in Sacramento, Calif. on Sept. 5, 1974. Almost three weeks later in San Francisco, accountant Sarah Jayne Moore fired at Ford but also missed. The assassination attempts repelled Americans and were probably only a fading remnant from the violent 1960s.

## the Post

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# Authors recall Ford's courage under fire in WWII

**John Kruzel**  
American Forces Press Service

Washington, Jan. 2, 2007 - Thirty years before fighting political fires in the wake of Watergate, Gerald R. Ford battled blazes in World War II.

U.S. Naval Historical Society documents and a newly released book, "Halsey's Typhoon," by Bob Drury and Tom Clavin, capture the story of a young Navy Lt. Ford who saved lives by helping to put out a fire on the USS Monterey.

In December 1944 Ford, then a Navy lieutenant, was a gunnery officer on the light aircraft carrier, which was providing air cover for the second wave of the Philippines invasion as part of Adm. William Halsey's Third Fleet.

Serving as deck officer during the ship's midnight to 4 a.m. watch, Ford saw 40-to-70-foot waves swelling around his ship as it headed into the path of a howling typhoon.

Typhoon Cobra, as the storm was later called, rolled the Monterey 25 degrees, causing Ford to lose his footing and slide toward the edge of the deck, the sources reveal.

The two-inch steel ridge around the edge of the carrier slowed him enough so he could roll and twist into the catwalk below the deck. As he later stated, "I was lucky; I could have easily gone overboard."

At the height of the storm,



**PLOTTING COURSE** -- U.S. Navy Lt. Gerald R. Ford, navigation officer, takes up a sextant aboard the USS Monterey in 1944. (photos courtesy of the Gerald R. Ford Library)

100-knot winds and towering waves rocked the Monterey and several fighter planes tore loose from their cables and collided into one another.

The collisions ignited aircraft gas tanks, and soon the hangar deck was ablaze. Because of a quirk in the Monterey's construction, flames were sucked into the air intakes leading to the lower decks, spreading the fire inside the ship.

In a Dec. 28, 2006, *New York Times* commentary, Drury and Clavin remembered Ford's actions.

Halsey had ordered Monterey's skipper, Capt. Stuart H. Ingersoll, to abandon ship as the Monterey blazed from stem to stern, they wrote. Ford stood near the helm, awaiting orders.

"We can't fix this," Drury and Clavin quoted Ingersoll as

saying. With a nod from the skipper, Ford donned a gas mask and led a fire brigade below. All the while, they wrote, aircraft gas tanks exploded as hose handlers slid across the burning decks.

"Into this furnace, Ford led his men, his first order of business to carry out the dead and injured," they wrote. "Hours later, he and his team emerged burned and exhausted, but they had put out the fire."

After the fire, Monterey was declared unfit for service. But historical documents credit Ford's courage for ensuring that nearly all its men survived to take part in the Battle of Okinawa.

Typhoon Cobra delivered the Navy's worst "defeat" of World War II, capsizing three destroyers, damaging 12 more ships,



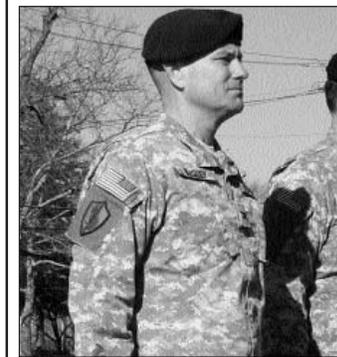
**STORMY SEAS** -- The USS Monterey founders during a typhoon in December 1944. Gerald R. Ford served aboard the Monterey from June 17, 1943, to the end of December 1944. His duties included directing physical training, gunnery officer, and assistant navigator.

destroying 150 planes, and killing 793 men, historians note. And it nearly made a casualty of the future president. Ford was later promoted to

lieutenant commander, and he ended his Navy career in 1946 at that rank.

(Article based in part on information obtained from the U.S.

Navy's Web site, and on the book "Halsey's Typhoon" and a Dec. 28, 2006, *New York Times* commentary, both by Bob Drury and Tom Clavin.)



## Lightning strikes twice for 78th's 1st Brigade

Col. James Bagley, left, handed over command of 1st Brigade (Battle Command Staff Training), 78th Division (Training Support) to Col. Donald Leins. The traditional change-of-command ceremony took place on Sharp Field Dec. 10. First Brigade operates the Lightning Battle Projection Center on post.

Shawn Morris

**Volunteers are needed** for Fort Dix Special Observances Committees

**Martin Luther King Jr. Birthday  
Black History Month  
Women's History Month**

For more information call Denise Horton at 562-4011

## United Communities Housing Information

Leasing Office- 723-4290  
Maintenance Office- 724-0500  
Maintenance Scheduling, Progress, and Trash Concerns - 724-0550

Unaccompanied personnel, military reservists and National Guardsmen are NOW WELCOME  
Furnished homes are available  
Call the leasing office for details.

### Holidays with United Communities!

Please make sure to decorate your quarters for the Holidays. United Communities is holding a contest for the best decorated home. The judging will take place on Monday, December 18. Judges from United Communities will view every holiday decorated home on McGuire and Fort Dix and select the best. Prizes are \$300 American Express Gift Certificate for first place; \$200 gift certificate to the PX for second place, and \$100 gift certificate to the Shoppette for third place.

Please consult your resident handbook in order to identify where you may and may not place decorations.

Pictures with Santa will also be taken at the office on Monday, December 18, from 10 a.m. to 4 p.m., 2838A Doolittle Drive Falcon Courts East.

Do you have a friend who will soon be stationed here on base?

United Communities is proud to say that if you refer a new military resident, YOU WILL BE REWARDED. The new resident must make it clear that you were the resident who referred him or her to live with our community. You will be rewarded in the amount of \$250.



Ryan Morton

**LIVING THE DREAM -- Spc. Anewar (Antonio) Ali Ghalib, who has been stationed at Fort Dix for almost two years with the Army Reserve's 1-309th Training Support Battalion, became a U.S. citizen Dec. 29, 2006.**

## Citizen-Soldier realizes dream

Ryan Morton  
Public Affairs Staff

For Spc. Anewar (Antonio) Ali Ghalib, Dec. 29, 2006, will always be a significant day in his life. It is the day he finally reached the finish line of a path he embarked on many years ago — the path to U.S. citizenship.

After coming to the United States with his mother seven years ago and applying for citizenship two years ago, Ghalib now can officially call himself an American after being sworn in at the Immigration Services Office in Mt. Laurel. He is the first member of his family to attain this.

Ghalib took the citizenship test two years ago, but the process has taken up until now because he has moved a few times since joining the Army. He said that it feels really good to be able to officially call himself an "American."

"The best thing about being an American citizen is that it finally gives me the chance and the right to vote. I was excluded for so long and now, I'll finally get the opportunity to vote in the next election," he said.

Ghalib has been in the U.S. Army for almost three years, and has been stationed at Fort Dix for almost two years with the Army Reserve's 1-309th Training Support Battalion. He works as a language cultural awareness instructor at Forward Operating Base Tiger, teaching the Arabic language and culture to the Soldiers training for upcoming deployments.

Some fellow Soldiers from his unit were on hand to watch this momentous occasion and show their excitement. Sgt. 1st Class Anthony Murray, Command Sgt. Maj. Susan Mathews, Maj. Jeannette Nieves-Ayala, and Sgt. Dino were there to offer their support for their colleague.

Ghalib will be stationed at Dix until the springtime, when he has to decide whether or not he will extend his tenure as a language trainer here or deactivate from the Active Reserve. He holds a Bachelor of Arts in international relations from Washington University in St. Louis, Mo. He is considering pursuing possible areas of study in international relations, Middle Eastern analysis, or other types of cultural and political advising.

# Lightning Soldier uses Dix experience in Afghanistan

**KABUL, Afghanistan, Dec. 17, 2006** — Afghan President Hamid Karzai was on hand at the Dec. 16 opening ceremony of Afghanistan's new National Police Command Center, a \$3.4-million, U.S.-funded project.

The facility, located in the Ministry of Interior in Kabul, was designed, built and made operational by the operations sector of the Police Reform Directorate of CTSC-A (Combined Security Transitional Command — Afghanistan) according to Col. Jack Stankiewicz, chief of operations for the Afghan National Police and a full-time mil-tech at Fort Dix with 1st Brigade, 78th Division, who is serving his second tour in Afghanistan.

"Many of the ideas and training were the results of experience gained while at Fort Dix," said Stankiewicz, who explained that the National Police Command Center (NPCC) is similar to the simulated Joint Operations Center (JOC) located in the 78th Division's Battle Projection Center at Fort Dix.

The NPCC establishes a direct link to the five Afghan National Police (ANP) Regional Command Centers to improve government response to disasters or counter-insurgency operations.

"Establishment of the NPCC is another milestone for the Ministry of Interior," said Karzai in his remarks at the ceremony. "Thirty years of war demolished all infrastructures of our Ministries of Defense and Interior. But with the establishment of facilities such as the NPCC, I'm confident in the ANP's ability to improve, tackle crimes and help Afghanistan be safe again."

The NPCC chief of operations, Brig. Gen. Muhammad Wasim Azimi, heads a multi-functional team of liaison officers within the ANP, including logistics, personnel, communications, intelligence, counter-terrorism, counter-narcotics, criminal investigation division, border police, and standby police. Liaison officers from the



courtesy photo

**REAL-WORLD EXPERIENCE -- Afghan President Hamid Karzai waves to U.S. Soldiers during the opening ceremony of Afghanistan's new National Police Command Center (NPCC) Dec. 16. The \$3.4-million, U.S.-funded project was designed, built and made operational by the Police Reform Directorate of CTSC-A (Combined Security Transitional Command - Afghanistan) which is headed by Col. Jack Stankiewicz, chief of operations for the Afghan National Police and a full-time mil-tech at Fort Dix with 1st Brigade, 78th Division. The NPCC is very similar to, and drew from of its inspiration from, the simulated Joint Operations Center (JOC) located in the 78th Division's Battle Projection Center at Fort Dix.**

Afghan National Army and NATO's International Security Assistance Force also work at the new center.

"This center enables Ministry of the Interior to communicate with its provincial units, ANA command and control center and

ANA units in the regions," said Azimi. "This facility will provide better coordination between Afghan National Army and ANP and the International Security Assistance Force."

Operations began Nov. 30 at the new center, which replaces

the former NPCC located in the Ministry of Interior headquarters building. The new expanded facilities provide working areas and equipment to report, assess, coordinate and initiate responses to civil unrest, disasters or counter-insurgency operations.

**Soul Line  
Dance Lessons**  
Sundays from 3-5 p.m.  
at Club Dix  
\$7 per person  
Call (609)383-9576

**NCO Call  
at Club Dix**  
Wednesdays at  
6 p.m.

# NEIGHBORHOOD

## THE CORNER

### Martin Luther King to be honored at Club Dix

Fort Dix will honor the life of Martin Luther King Jr. Jan. 11 at 11:30 a.m. in Club Dix. The guest speaker will be Dr. Charles F. Johnson, an orthodontist, real estate broker and member of the American Association for the Advancement of Colored People.

For more information, call Fay Marshall-Dease at 562-2666.

### Special Forces looking for officer volunteers

The U.S. Army Special Forces are currently seeking male officer volunteers from Year Group '04. Officer packets will be accepted until Feb. 15, 2007, but early submission is highly recommended.

For more information, visit <http://www.bragg.army.mil/specialforces/>

### NCO Academy looking for OPFOR Soldiers

The Fort Dix NCO Academy is looking for units that want to provide OPFOR (Opposing Force) personnel for the academy's Warrior Leader Course Situational Training Exercise (STX).

The duty would be for 2 to 3 days during the course cycle each month. The academy is looking for team- to squad-size elements that would like to hone their infantry skills and provide better training for the Army's future leaders.

Soldiers should be in status such as RST, RSTILRSBA, AGR or Mobilized. For information regarding the duty dates and equipment requirements, call Sgt. 1st Class Smith, Sgt. 1st Class Roach, Sgt. 1st Class Fierro, or Sgt. 1st Class Crutchfield at 562-6136.

### ESGR nominations open next week

The National Committee for Employer Support of the Guard and Reserve (ESGR), in conjunction with the Secretary of Defense, announced nominations will be accepted at the ESGR Web site for the 2007 Secretary of Defense Employer Support Freedom Awards.

The nomination process opens on Jan. 8 and will conclude on Feb. 28. The goal of 5,000 nominations is a relatively small number, as ESGR estimates over 200,000 employers in America employ National Guardsmen and Reservists.

To nominate their employers, National Guardsmen, Reservists, or their family members should visit the ESGR Web site at [www.esgr.mil](http://www.esgr.mil) and complete the 2007 Freedom Award nomination form.

ESGR Field Committees will review the nominations and have the option to present nominations per committee for review by the National Selection Board, which will select up to 15 recipients.

The 2007 recipients will be honored in Washington, D.C. at the 12th annual Secretary of Defense Employer Support Freedom Award ceremony hosted by ESGR on Sept. 12.

In the current environment of continuous mobilizations of National Guardsmen and Reservists, ESGR has recognized that more employers are impacted by the loss of key employees. The Secretary of Defense Employer Support Freedom Award was expanded in 2004 from five recipients to now recognize up to 15 outstanding employers annually.

As the 1.2 million members of the National Guard and Reserve continue to perform an increasing number of unique missions that require extraordinary actions on the part of everyday citizens, ESGR will continue to be the informational agency for the employers of America's new Minutemen.

More information about ESGR Employer Outreach Programs and volunteer opportunities are available at the ESGR Web site, [www.esgr.mil](http://www.esgr.mil), or by calling the National Committee Office at (800) 336-4590.

## Siblings share greatest gift

Wayne Cook  
Public Affairs Staff

For one member of Team Dix, Christmas brought a wonderful miracle gift this season. Charles Hassel is a contractor with The Logistics Company and is assigned to the Logistics Operations Center. He is also a retired Air Force technical sergeant. What he and his family received just before Christmas is nothing short of a miracle.

His son Christopher, 35, of Wrightstown, was born with only one kidney. After 27 years of battling kidney ailments, the kidney began to fail. He started dialysis, but this along with medication only worked for awhile before the kidney completely failed and he needed a transplant.

In October 1999, the younger Hassel received a kidney from his mother, Lorna, who is the principal of a local Christian school, Kings Academy. The kidney matched on three of the six antigens (genetic material within the DNA known as human leukocyte antigens, necessary to fight off infection, and boost the auto-immune system) required for a successful organ transplant.

The kidney lasted for three-and-a-half years before it failed. In 2003, Chris returned to dialysis and, for the next three years, fistulas and grafts failed and most of his usable veins collapsed. He was in dire trouble. In May of 2006, his doctors told him he would need a transplant within six months or they would not be able to do anything else for him.

A timeline ultimatum had been made. This could well have been the beginning of the end — but it seems there was a bigger plan in motion.

The ideal desire for Chris was for a cadaver transplant, but he was told that the wait could be five to seven years because of his blood type. Set-back



courtesy photo

**FAMILY TIES** — Christopher Hassel and his sister Tonya share a moment together. This Christmas Tonya gave her brother a special gift — the gift of life. Chris received a kidney from his sister after being told that he didn't have much of a future without the transplant. The siblings were a perfect match for the transplant and so far Chris is feeling better than he ever has. The brother and sister are the children of Charles Hassel, a contractor with TLC, and Lorna, the principal of Kings Academy, a local Christian school.

number one. Chris' older brother Timothy, an F-16 pilot in the Air National Guard, his sister Tonya, a teacher at Kings Academy, and two other dear friends volunteered to be tested for the transplant. Chris' father was told he could not be considered because of his own medical condition.

The tests were performed and the

brothers were eliminated from consideration. Tim was a match of three out of six antigens, while Tonya matched six out of six antigens. According to their mother, the doctors had said that their DNA was so closely matched they could have been twins.

"We are a genetic match. Only 25 percent of siblings match that well," Chris said.

The transplant was scheduled for August, but in July, while at the dialysis clinic, Chris fell and broke his foot.

"He broke his foot in half. He has renal-induced osteoporosis, so his foot had to be screwed, stapled and fused back together," said his mother.

The doctors said he would not be strong enough to endure the surgery, so it was postponed. Another set-back.

Chris was placed on complete bed rest. He couldn't get up and had to be taken care of by his family.

"My wife Jennifer and our children, Amanda and Jeremiah, were complete angels, especially my wife. They had to take care of me 24/7. I was on total bed rest for 10 weeks due to the complete reconstructive surgery on my foot," said Chris.

The delay actually turned into a blessing as the time in bed gave the doctors the opportunity to get a good catheter in Chris and he began to regain his appetite and got stronger.

The transplant was reset for Dec. 28. Apprehension and anxiety began to seep into the minds of both brother and sister.

"I didn't want to ask a family member for a kidney. I would rather wait for a kidney from a cadaver, but the outlook was bleak. I had already waited four years with no luck. It's a lot of sacrifice. Just in case something should happen, I wouldn't want that for my family. You never know what could happen," Chris said.

For Tonya it was never an issue.

"There was some anxiety involved. 'What if?' But it wasn't, 'What if I have to go on dialysis?' It was, 'What if the kidney doesn't work for him,'" said Tonya.

"I have been told I am some kind of hero. I can't imagine not doing this. It was never an option to me: Of course I would give him my kidney. I believe this is why God brought me back to New Jersey," she said.

The surgery was bumped up to Dec. 14, and on that day, just in time for Christmas, Chris received a new kidney from his sister at the University of Pennsylvania Hospital in Philadelphia.

For Christmas, Chris gave Tonya a small silver box inscribed with the words "Tonya, thank you for your gift of love."

Jennifer said she couldn't have asked for a better gift.

"The other day was the first time in the 14 years we've been married that I can ever remember Chris saying to me that he felt really good. That's the first time I heard him say it and truly mean it. It was a joy to hear that," she said.

"I am more positive now. I am more hopeful. I have never felt better emotionally or physically. Before there wasn't much hope, but I have a lot of hope now. In the case of a perfect match, the kidney can last 30 to 40 years. Thank God all things work for good for those who love the Lord," said Chris.

"There is no telling what the future holds. I will finally be able to do things with my wife and children. I can't say thank you enough to my sister for her amazing gift of love, or my family for their love and support. I have a lot of making up to do. I can't wait to get started," he said.

Ironically, as a footnote, the brother and sister are so opposite that they even support different football teams. Tonya likes the Eagles, Chris is a Cowboys fan.

"Now he's a little bit of an Eagles fan. My dad made sure to point out that he now has an Eagles kidney," Tonya rubbed in.

Chris doesn't seem to mind.

## Essay nets Soldier scholarship

Ed Mingia  
Public Affairs Staff

There are many reasons for joining the military. Some join to serve their country. For others, it's about following in the footsteps of other family members who have served. Many others join to learn a job skill and take advantage of the tuition assistance provided by the military.

One Fort Dix Soldier will get additional tuition assistance, after receiving a \$500 scholarship from the United Services Automobile Association (USAA), in conjunction with the Army Reserve Association. Staff Sgt. Talanta C. Clarke, administrative NCOIC for the Mobilization Readiness Battalion's Headquarters and Headquarters Company, was awarded the scholarship after her essay was chosen by the USAA.

"Every year they request candidates to apply for the scholarship, by completing an application and writing a short essay on your military and educational background, as well as what you would do with the \$500 dollar scholarship," she said.

"Prior to joining the military, I attended George Washington University in Washington D.C.," Clarke said in her essay. "I struggled for a few semesters financially and wanted to give up. When I heard about the opportunities that the United States Army Reserve could offer me, I decided to join the Army Reserve and chose to take on a MOS [Military Occupational Specialty] similar to my field of study, Integrated Information Systems."

Clarke joined the Army Reserve in 1998 and transferred to Long Island University, so she could be close to her unit, the 237th Maintenance Company. Things sailed along smoothly for Clarke as she attended school and did her weekend drills with the Reserve. Then, she was called to participate in the Global War on Terrorism, and had to shuffle her plans.

"In February 2003 I was mobilized in support of Operations Noble Eagle/Enduring Freedom to Fort Dix. Unfortunately I was attending my last semester of college at Long Island University and had to take a few semesters off because of the heavy workload at Fort Dix," she explained.

After a three-year absence, Clarke decided to put her nose to the grindstone and resume her education.



Ed Mingia

**SCHOLAR AND SOLDIER** — Staff Sgt. Talanta Clarke, left, receives her \$500 scholarship from the United Services Automobile Association (USAA) from Command Sgt. Maj. Albert Davidson, installation command sergeant major. Clarke won the award for an essay submitted to USAA.

"In January 2006, I chose to go back to school and commute from New Jersey to New York on the weekends. Traveling and managing my military duties was a struggle but has not discouraged me to discontinue my education," said Clarke.

Her perseverance paid off when she submitted her essay and was chosen as the winner. Command Sgt. Maj. Albert Davidson, installation command sergeant major, presented Clarke with the \$500 check Friday, Dec. 15. She said she plans to use the check to pay for school books and help with tuition.

Clarke is hoping to wrap up her degree shortly, then pursue higher education.

"I am 12 credits away from my Bachelor of Science degree. I have also completed about 80 hours of correspondence courses this year," she said. "I plan to complete my degree while being mobilized and do plan to attend graduate school in the near future."



## Police help spread cheer

Patrolman Richard Leon from the Fort Dix Department of Defense Police delivers gifts from the Operation Santa drop-off point Dec. 20.

Pascual Flores



Shawn Morris

**THEY CAME BEARING GIFTS** -- Members of the New Jersey State Elks Association visited Charlie Company Dec. 21 with cookies, phone cards and other items for Soldiers. Pictured are, from left, Tim Burns of Somerville Lodge, Command Sgt. Maj. Anthony Young, command sergeant major for mobilization, 1st Sgt. John Humphries, Charlie Company first sergeant, Lou Possemato of Bound Brook Lodge, Lee Trautman of Flemington Lodge, Maj. David Dean, Charlie Company commander, Bruce Totten of Flemington Lodge, Mike Arons of Princeton Lodge, Christina Knispel of Clinton Lodge and Mauro Fanelli of Flemington Lodge.

## Elks make season bright for mobilizing Soldiers

Shawn Morris  
Public Affairs Staff

Several members of the New Jersey Elks Association, representing the West Central District's Army of Hope and National Veterans Service Committees, visited Charlie Company Dec. 21 to distribute cookies, phone cards and other items to injured and mobilizing Soldiers.

"The purpose of our visit was to bring 229- to 700-minute international phone cards for those either deployed or soon to be deployed overseas," said Bruce Totten, district chairman for the National Veterans Service Committee and region chairman for the Army of Hope Committee. "We also brought 11 cases of Girl Scout cookies for those in Charlie Company so they could enjoy a little taste of tradition."

"Each of these packets, both

and their sacrifices mean to them," he explained. "We also brought with us 208 Christmas cards and 19 thank-you cards filled out by children, members of the Elks, community members and residents of a healthcare center," Totten added. "These will be given out to those on the base or sent overseas along with magazines, music CDs and other gifts for the troops or their children."

**"As long as there is a veteran in need or a serviceman or woman defending our freedoms, the Elks will be there to support and help them."**

Bruce Totten  
N.J. Elks

Am Proud to Say the Pledge of Allegiance," and, "What I Feel When I Look Up at the American Flag."

"In total, we brought over 800 essays for our heroes to read what the children feel about patriotism and what our troops

and their sacrifices mean to them," he explained.

"We also brought with us 208 Christmas cards and 19 thank-you cards filled out by children, members of the Elks, community members and residents of a healthcare center," Totten added. "These will be given out to those on the base or sent overseas along with magazines, music CDs and other gifts for the troops or their children."

The Elks' West Central District is made up of approximately 3,300 members in nine lodges located in Bound Brook, Clinton, Flemington, Lambertville, Manville-Hillsborough, Middlesex, Princeton, Somerset Hills and Somerville.

"The motto of the Army of Hope/Veterans committee is that as long as there is a veteran in need or a serviceman or woman defending our freedoms, the Elks will be there to support and help them," Totten said.



## Soldier earns Infantry Badge

Sgt. Maj. John Amaral congratulates Cpl. Raymond Irizarry for his Combat Infantry Badge award presented at the Warrior Leader Course graduation ceremony Dec. 17, 2006.

1st Lt. Antonia Greene

## Bulge vet offers lessons

Shawn Morris  
Public Affairs Staff

Soldiers undergo professional development all the time, whether through schooling, training or on-the-job experience. While these various avenues for learning are very different, all are valuable.

When the opportunity arises to have such development come in the form of living history, the lessons that can be learned by Soldiers young and old can prove to be invaluable.

Jim Cullen, a former staff sergeant with the 3rd Armored Division's 36th Armored Infantry Regiment during World War II, gave Soldiers and civilians at Fort Dix the chance to learn valuable lessons from a man who is part of what Col. Douglas Dinon, deputy commander for mobilization, described as a "dying breed."

Dozens of Soldiers gathered at Club Dix Dec. 13 to "Live World War II" with Cullen as the veteran detailed his experiences during the Second World War through a slide show, period equipment and a question-and-answer session. It's a presentation he often gives to high school students and other groups.

The evening was part of NCOPD (Noncommissioned Officer Professional Development) and OPD (Officer Professional Development) for those in attendance. Cullen learned much about being a leader during his time fighting throughout Europe.

"Be firm, be fair," he advised, also noting how important it is to lead by example and make tough and sometimes unpopular choices. He also said there were two armies: One in garrison, and another in theater.

The former, he said, was all about pressing uniforms, shining boots and barking commands. The latter focused on very different priorities.

"Once you get into combat, there's a different set of rules," Cullen explained.

But more than offering explicit advice on how to be a leader, Cullen's story served as an example to all of what it really means to be a Soldier. "It's an amazing story," said Dinon. "We're honored to have you here today."

"I applaud every one of you," Dinon said to Cullen and a handful of other World War II veterans in attendance.



Shawn Morris

**LIVING HISTORY** -- Battle of the Bulge veteran Jim Cullen shared his experiences during World War II with Soldiers and civilians at Club Dix Dec. 13. Cullen offered today's Soldiers lessons learned during his time fighting throughout Europe.



Pascual Flores

## From colonel to General

Col. David McNeil, right, congratulates General H. Gregg upon his retirement as the Fort Dix Food Service officer. Gregg received a Certificate of Retirement for nearly 48 years of service to the U.S. government, a Certificate of Appreciation from McNeil, and a Commander's Award for Civilian Service. Gregg's military career began in the late 1950s. He'd been at Dix since 1986.

Read The Post!

# Top troops earn awards, accolades



**Lt. Col. Aaron Dean, 372nd Military Police Battalion commander, top left, congratulates 1st Lt. Darian Toedtman, 372nd MP Bn., after awarding him the Bronze Star. Toedtman earned this honor for exemplary combat mission support on a deployment to Iraq. The 372nd, a National Guard unit from Washington D.C., just returned from the year-long deployment in December. Dean also presents Bronze Stars to Chief Warrant Officer Byron Lee, left, Capt. Stephen Bolden, above center, and Master Sgt. Raymond Daniel, above right.**

**Capt. Alexander Shaw, 372nd Military Police Battalion Headquarters and Headquarters Detachment commander, near right, presents the Meritorious Service Medal to Sgt. Tamara Blassingame for exemplary service in an administrative support function. Also receiving the Meritorious Service Medal but not pictured are Sgt. 1st Class John Armstrong and Spc. Shannon Bass.**



photos by Ryan Morton

**WDIX**  
Channel 2

## Air Mobility Warfare Center officer gets holiday surprise

Ryan Morton  
Public Affairs Staff



Ryan Morton

**ON THE MAP** — Air Force 1st Lt. Audra Dorn, executive officer for the Air Mobility Warfare Center, receives promotion to captain during a ceremony at the Fort Dix Public Affairs Office.

A couple-dozen Air Force personnel were on hand as 1st Lt. Audra Dorn was promoted to captain during a ceremony held on Fort Dix. Dorn serves as the executive officer of the Headquarters Air Mobility Command Test Evaluation Squadron.

This particular promotion was quite unusual because it was performed at the Fort Dix Public Affairs Office with the use of Video Conferencing technology so that Dorn's husband, Air Force Capt. Jim Dorn, could see it. He is the Maintenance Operations Officer for the 605th Aircraft Maintenance Squadron and is currently deployed on a mission in the United Arab Emirates.

It was a big surprise for Dorn because she had no idea her unit, or her husband for that matter, was planning something like this.

"It was overwhelming walking into the room and seeing this. I thought I was the butt of a joke, but then it all hit me. I was a little tongue tied because I was unprepared for it," Dorn said.

Dorn was surprised, but at the same time, thought something was up because she was kept out of several meetings the last couple of weeks, which she said was very unusual.

Her husband was not the only significant family mem-

ber to surprise Dorn and witness the event. Her father, Gerry Addison, came in from Cincinnati, Ohio, to see his daughter get promoted. In fact, both he and her commanding officer, Lt. Col. Tim White, each "pinned" the new captain's rank onto her collar.

The whole idea was her husband's and was then coordinated with the unit and the Fort Dix PAO.

"It was a long time coming. She's been well deserving of that rank and she's years ahead of her peers," said White, Head-

quarters Air Mobility Command Test Evaluation Squadron commander.

"She was completely surprised. Those are the best things about being a commander," he added.

Dorn thanked everyone for their support, as well as her husband and father for being a part of this special event.

At the end, she was presented with another present beside her new rank — a piece of jewelry mailed in from her husband for the holidays.

# Announcements



**Movie Schedule**  
at the McGuire AFB Theatre  
Movie Hotline 754-5139

**Friday, Jan. 5 @ 7:30 p.m.**  
**Turistas** - Josh Duhamel, Melissa George-Travelers are in the midst of enjoying a dream vacation along the Brazilian coast. Joining a party of revelers on the beach, the friends are drugged and awake to find themselves robbed of money, credit cards and passports. Led to a home in the jungle where they are told they will be safe, the friends instead discover a potentially fatal secret. **MPAA Rating: R** for strong graphic violence and disturbing content, sexuality, nudity, drug use and language. *Run Time: 92 minutes.*

**Saturday, Jan. 6 @ 7:30 p.m.**  
**The Holiday** - Kate Winslet, Cameron Diaz- Two women on opposite sides of the globe, Amanda Woods and Iris Simpkins find themselves in a similar predicament. Desperate for a change of scenery, the two women meet on the internet and swap houses for the Christmas holiday discovering that a change of address really can change your life. **MPAA Rating: PG-13** for sexual content and some strong language. *Run Time: 132 minutes.*

## Main Chapel

562-2020  
Sunday Services  
Protestant at 9 a.m.  
Catholic Mass 10:15 a.m. / 11:30 a.m.  
Catholic CCMS held at 9:15 a.m.  
Protestant-Gospel Sunday School 10:00 a.m.

## Religious Services

Islamic Prayer room  
open 7 a.m. to 4:30 p.m. Monday thru Friday - Room 24  
Adult Bible Study  
Wednesdays at noon and 7 p.m.  
Catholic Adult Bible Study on Sundays at 11:30 a.m.  
Christian Women of the Chapel hold Bible Study Tuesdays, 9:30 a.m. noon  
Jewish Services  
Contact the Chapel for dates and times

## Organizations

**Resume Writing Workshop**  
Army Community Services in partnership with the Burlington County College Job Placement Office will be hosting a free Resume Writing Workshop on Jan. 23 from 11:30 a.m. to 12:30 p.m. at the Public Affairs Office conference room, 5165 Maryland Ave.. To register for the workshop or for more information call Rod Martell at 562-2186.

**Debt Management Class offered**  
The McGuire Family Support Center is offering a Debt Management Class on Jan. 18 from 10 a.m. to noon at the McGuire Family Support Center. The class will provide information and resources to help people get out of debt and re-establish credit. Registration is required. Call 754-3154 to sign up.

**Black History committee**  
The Fort Dix Black History Observance Committee needs volunteers. If you are interested in serving on the Black History Observance Committee, please call Fay Marshall-Dease at 562-2666.

**Qualified teachers needed**  
Experienced, qualified teachers are needed to teach youth classes in ballet/dance, tumbling/kinder gym and Spanish. For more information call Ft. Dix Child and Youth Services at 562-2242.

**305 MDG Pharmacy information**  
Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.  
Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

**Retiree Council seeks issues**  
The Fort Dix Retiree Council consists of retired service members and serves to provide the installation commander with insight into vital issues and concerns facing the retired Army community. The council meets quarterly to address any issues submitted to or by its members. Issues may be submitted in writing throughout the year to Faye Marshall-Dease, Retirement Services Officer, ATTN:INME-DIX-HRM, 5418 South Scott Plaza, Fort Dix, NJ 08640-5089.

**Thrift Shop offers shopping bargains**  
Visit the Fort Dix Thrift Shop for all your clothing and household needs. Consignments and donations are graciously accepted. Our regular business hours are: Tuesday and Thursday 10:00 a.m. to 2:00 p.m., the first Wednesday of the month from 4:00 p.m. to 8:00 p.m., and the first and third Saturday of each month from 10:00 a.m. to 2:00 p.m. For more information call 723-2683.

Wiccan Study Group meets

## NCO Call

at Club Dix  
Wednesdays  
@ 6 p.m.

## Youth Center

Bldg. 1279 Locust Street  
562-5061

Hours of Operation:  
Tuesday - Friday 2 to 7 p.m.  
Saturday 1 to 7 p.m.  
Sunday & Monday CLOSED

Administrative Hours:  
Tuesday - Friday noon to 6 p.m.

## January Schedule

**Mondays - Fridays**  
Power Hour  
2 - 4:30 p.m.

Computer Lab  
4:30 - 6:00 p.m.

**Tuesdays**  
SMART Start  
3:45 - 4:45 p.m.

**Wednesdays**  
Sports and Fitness  
3:35 - 4:45 p.m.

**Thursdays**  
Tech Club  
3:45 - 4:45 p.m.

**Fridays**  
Arts and Crafts  
3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

## Family Advocacy

562-5200

Chaplain

562-2020

## American Red Cross

562-2258

## Army Emergency Relief

562-2767

## FORT DIX WANTS YOU



**TO BE A MAJOR!**

CALL 562-2767

Or Stop by Army Community Services  
Bldg 5201, 8th St. & Maryland Avenue  
**IT'S YOUR PATRIOTIC DUTY!**

## Army Community Service

Bldg. 5201

562-2767

Hours of Operation:  
7:45 - 4:30 p.m.

## January Schedule

**Military 101: AFTB Overview**  
8 Jan.  
11:00 a.m. - noon.  
American Red Cross

**Hearts Apart**  
9 Jan.  
10:00 a.m. - 1:00 p.m.  
ACS.

## Homeland Security On-Site Job Recruitment

10 Jan.  
10:00 a.m. - 1:00 p.m.  
ACS.

**Paying Holiday Bills**  
10 Jan.  
1:30 p.m. - 2:30 p.m.  
ACS.

**How Far is Too Far?**  
10 Jan.  
11:30 a.m. - 12:30 a.m.  
ACS.

For more information call  
Deraurah Wilson at 562-4830

# MOBILIZATION NEWS YOU CAN USE

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## Post Shuttle Bus

562-5888  
Monday to Sunday - 7 a.m. to 10 p.m.  
During the day *Starr* tour buses are used.  
In evening the military *Bluebird* buses are run.

## Dix Shoppette/Class Six/ Gas Station

723-0044  
Bldg. 5329, Texas Ave.  
Monday to Friday - 6 a.m. to 10 p.m.  
Weekends - 7 a.m. to 10 p.m.

## BX/PX & Mail

723-6100  
Monday to Thursday - 10 a.m. to 8 p.m.  
Friday and Saturday - 8:30 a.m. to 8 p.m.  
Sunday - 10 a.m. to 6 p.m.

## Commissary

754-4154  
Monday to Friday - 7 a.m. (early bird) to 8 p.m.  
Saturday - 9 a.m. to 8 p.m.  
Sunday - 10 a.m. to 7 p.m.

## Military Clothing/Sales Store-Alterations

723-2307  
Bldg. 5601, Texas Ave.  
Monday to Saturday 10 a.m. to 5:30 p.m.  
Sunday - Closed.

## Firestone

723-0464  
Bldg. 4201 on Texas Ave.  
Monday through Friday - 7 a.m. to 7 p.m.  
Saturday - 7 a.m. to 5 p.m.

## Recreation Center

562-4956  
Bldg. 5905 on Doughboy Loop.  
Monday through Friday - 1 to 10 p.m.  
Saturday and Sunday - noon to 11 p.m.  
AT&T Cyber Zone offers computer access for a fee

## Burger King

723-8937  
Bldg. 5399, Texas Ave.  
Monday to Saturday 6 a.m. to 8 p.m.  
Sunday 7 a.m. to 8 p.m.

## McGuire Gas Station

723-4705  
East Arnold Avenue by th 24-hour gate  
Monday to Friday - 6:30 a.m. to 7 p.m.  
Saturday - 9 a.m. to 7 p.m.  
Sunday - 9 a.m. to 6 p.m.

## Spouses' Club Thrift Shop

723-2683  
Tuesday and Thursdays - 10 a.m. to 2 p.m.  
First Wednesday of each month - 4 to 8 p.m.  
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

## Dining Facilities

Bldgs. 5640 and 5986  
Breakfast Mon - Sun 5:30 to 7:30 a.m.  
Lunch Mon - Sun 11:15 a.m. to 1:15 p.m.  
Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5517  
Breakfast Mon - Sun 6:30 to 8:00 a.m.  
Lunch Mon - Sun 11:30a.m. to 1:00 p.m.  
Dinner Mon - Sun 4:30 to 6:00 p.m.

## Outdoor Recreation

562-6667  
Bldg. 6045 Doughboy Loop  
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.  
Monday to Friday 10 a.m. - 5 p.m.  
Saturday 4 p.m.

## Java Cafe and Computer Lab @Club Dix

723-3272  
Monday - Tuesday - 7 a.m. to 2:00 p.m.  
Wednesday - Friday - 7 a.m. to 10 p.m.  
Saturday - 7 a.m. to noon / 5 p.m. to 10 p.m.  
Sunday - noon - 10 p.m.

## McGuire Shoppette

723-4705  
East Arnold Avenue by the 24-hour gate  
Monday to Thursday - 6:30 a.m. to 9 p.m.  
Friday - 6:30 a.m. to 7 p.m.  
Saturday - 9 a.m. to 7 p.m.  
Sunday - 9 a.m. to 7 p.m.

## Fort Dix Post Office

723-1541  
6038 West 9th St.  
Monday to Friday - 8:30 a.m. to 4:30 p.m.  
Saturday - 9:00 a.m. to noon  
Lobby hours  
Monday to Friday 7:00 a.m. to 7:00 p.m.

## Club Dix

723-3272  
Dix Cafe  
Tuesday to Friday 11 a.m. to 1 p.m.  
Revolutions Lounge  
Opens 4:30 p.m. Tuesday to Sunday  
Karaoke every Thursday at 8 p.m.

# Martin Luther King Jr.

*Birthday Celebration*

Thursday, 11 January 2007

Time: 1130-1300

Buffet Luncheon, \$15.00 per person

@ Club Dix, Fort Dix, NJ

Guest Speaker:

Charles F. Johnson, D.D.S

Chicago, Illinois

POC:

Frances Booth 562.3930

Kelly Cezar 562-5881

Fay Marshall-Dease 562-2666

Gaylor Simons 754-5346

# Read The Post!

# Servicemembers Relief Act helps avoid lease headaches

**Anne Kivlehan-Hill, Esq.**,  
paralegal specialist

The Servicemembers Civil Relief Act (SCRA), Section 305, provides relief to service members in the termination of both real property and motor vehicle leases.

Active duty service members who receive military orders for a permanent change of station (PCS) or deployment orders, for not less than 90 days, may terminate their real property lease.

Activated Reservists and National Guardsmen (when serving in federal active duty or under certain circumstances, when serving in state active duty) are also entitled to terminate their real property lease if the lease was entered into prior to active duty.

While a service member is usually concerned with the termination of a residential lease, the protection offered under the SCRA extends to other types of leases. Specifically, the SCRA applies to "a lease of premises occupied, or intended to be occupied, by a service member or a service member's dependents for a residential, professional, business, agricultural or similar purpose."

To terminate a real property lease under Section 305, a specific procedure must be followed. The service member must deliver a written notice of termination to the landlord, along with a copy of military orders. This notice may be delivered by hand, private business carrier, or mailed, return receipt requested, to the address designated by the landlord.

Once proper notification has been provided to the landlord, the effective date of termination for a property lease that requires monthly payments of rent is 30

days after the first date on which the next rental payment is due.

For example, assuming Sgt. Jane, who pays rent on the first of each month, provides proper notice of termination to her landlord, under the SCRA on the fifth of December, then the effective date of termination is the first of February. The effective date for leases not requiring monthly payments of rent is the last day of the month following the month in which the notice is delivered.

**The Servicemembers Civil Relief Act provides protection for service members to terminate their leases in the absence of a military termination clause.**

For example, assuming Sgt. Jane provides proper notice of termination to her landlord under the SCRA, on the 5th of December, then the effective date of termination is the 31st of January.

Active duty service members, who enter into "a lease of a motor vehicle used, or intended to be used, by a service member or a service member's dependents for personal or business transportation", may terminate their motor vehicle leases. The lease can be terminated if the service member receives "military orders for a permanent change of station (PCS) outside of the continental United States or deployment orders for not less than 180 days."

Activated Reservists and certain National Guardsmen, as previously qualified above, can also terminate their motor vehicle leases, if the lease was entered into prior to active duty. In this situation, the service member must receive orders to

active duty for at least 180 continuous days.

As with the termination of real property leases, the service member must deliver a written notice of termination to the lessor (vehicle leasing company), along with a copy of military orders. This notification is also to be delivered by hand, private business carrier, or mailed, return receipt requested, to the address designated by the lessor.

The service member must then return the motor vehicle to the lessor within 15 days of the date of delivery of the termination notice. The lease is effectively terminated once a proper termination notice is delivered to the lessor and the motor vehicle is returned within the appropriate time frame.

For motor vehicle leases, "the lessor may not impose an early termination charge, but any taxes, summonses, and title and registration fees and any other obligation and liability of the lessee in accordance with the terms of the lease, including reasonable charges to the lessee for excess wear, use and mileage, that are due and unpaid at the time of termination of the lease shall be paid by the lessee."

With regards to both real property and motor vehicle lease terminations, any rents or lease amounts that had been paid in advance for a period that subsequently falls after the effective date of the termination of the lease are to be refunded within 30 days of the effective date of the lease termination.

The SCRA provides protection for service members to terminate their leases in the absence of a military termination clause. However, the SCRA does afford the lessor of the motor vehicle an opportunity to challenge the service member's termination notice in the appropriate court of law prior to the termination date provided in the written notice.

Therefore, if possible, it is advisable to still include a military termination clause in the lease agreement.



Shawn Morris

## Well-earned recognition

Col. David McNeil, installation commander, visited the crew at the the Training Support Center prior to the holidays to thank them for their outstanding work this past year. Pictured, from left, are Dan Amburg, Ruth McCoy, Kevin McDevitt, Charlie Massing, McNeil, Bill Stacy, Bob Stodnick, Bill Hurley, and Rich Williamson. Not pictured are Tony Mendez, Chad Reverditio and Riley Hansom. Also not present was Doug Satterfield, who is currently serving in Iraq on his second tour. The Training Support Center provides many services on post, such as video archiving of installation activities, sound and PA hookups for post events and ceremonies, and official Army photographs for Soldiers.

## Chaplains' Corner

Chap. (Col.) Larry Biederman  
installation chaplain

*2 The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined. 3 Thou hast multiplied the nation, and not increased the joy: they joy before thee according to the joy in harvest, and as men rejoice when they divide the spoil. 4 For thou hast broken the yoke of his burden, and the staff of his shoulder, the rod of his oppressor, as in the day of Midian.*

Isaiah 9:2-4

In my tradition, Advent, Christmas and the New Year are a time of taking pause, reflecting upon where we have been and how we have been doing it, and then with the help of the Holy One, choosing the direction they we will accomplish great things in the days to come.

Interestingly, our nation is undergoing a sim-

ilar process as we re-examine the events of 9/11, our responses to it and deciding 'what next.' As a Soldier, the 'what next' is very important to me. Soldiers do not make the decisions - we carry them out, often taking casualties along the way. We dare to be a Daniel as we live out the values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

Teddy Roosevelt expressed the role of the Soldier who lives life great on the world stage in these words:

"The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and short-comings; but who does actually strive to do the deeds; who knows great enthusiasms, great devotions; ... who at the best knows in the end the triumph of high achievement; and who at the worst, if he fails at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

**WDIX Channel 2**  
24/7 information



Cherie A. Thurlby/AFPS

**SENSING SESSION** -- Defense Secretary Robert M. Gates listens as Soldier trainers embedded with Iraqi units discuss the progress of Iraqi trainees during a breakfast meeting in Baghdad Dec. 22.

## Embedded trainers tell Gates they're pleased with Iraqi army

Kathleen T. Rheim  
AFIS

**BAGHDAD.** American Forces Press Service, Dec. 22, 2006 - Defense Secretary Robert M. Gates today learned from a U.S. Army officer working closely with Iraqi forces that Iraqi units are gaining confidence in their abilities and are doing more to empower non-commissioned officers.

Lt. Col. Bob Morschauer, commander of Task Force 2-15 in the Mahmudiyah area, along with a half dozen Soldiers in his unit, ate breakfast with Gates and U.S. Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, here this morning.

In a news conference a few hours later, Gates told reporters he was impressed and encouraged by what he heard from the Soldiers. He said he was particularly encouraged by the trust the Soldiers described developing between American and Iraqi troops.

"Their admiration for the Iraqi soldiers that they're working with and their belief that this partnering -- where the Iraqis take the lead and where the Iraqis significantly outnumber

the American Soldiers ... -- they're being very successful," Gates said.

The U.S. Soldiers "described these Iraqi soldiers as being very brave and very willing to be aggressive," Gates said.

"I found all of that very encouraging, in terms of the overall strategy as we move forward, of the Iraqis taking the lead with us in a support role," he said.

Gates touted the value of having larger units working closely with Iraqis rather than the smaller teams that have been the norm until recently. "It's a unit that brings all kinds of resources to help the Iraqis, not just the training, but intelligence and so on, and (the U.S. Soldiers of TF 2-15) seem to think that that's really the way to go," he said.

The secretary said he would seek further advice from senior commanders, "but certainly this unit felt the way they were doing it was working, and they seem very content with it."

Marine Gen. Peter Pace, chairman of the Joint Chiefs of

Staff, also said he was encouraged by progress among Iraqi military leaders. "I was impressed this time with the growing confidence in the Iraqi leaders in themselves and in each other," Pace said during the news conference.

Morschauer said he briefed Gates on "the importance of continued training and support of the Iraqi army, and the definite improvements that we have seen over the past three months."

Morschauer's 400-man task force is embedded with the 4th Brigade, 6th Iraqi Army Division. The American Soldiers are spread throughout the brigade and in each battalion. They live and work with their Iraqi counterparts.

"They do everything together basically," he said. "We support everything they do. We'll do training, and then when we're doing operations, we'll be there to support them during planning phase, preparation, and then we're out there during execution; we're side by side with

them. "And we'll slowly step back over the next five or six months and let them continue to take the lead," he added.

The commander said he believes Task Force 2-15 is the largest embedded training team assigned to an Iraqi unit and that other teams will soon follow this lead.

He said he'd like to see continued partnering on this level. "So far it's working pretty well," he said.

Since his unit has been embedded with this Iraqi unit, Morschauer said, he has seen significant improvements in how well they execute military "tactics, techniques and procedures."

More importantly, the Iraqi unit is gaining confidence in their abilities. "They're gaining confidence rapidly," Morschauer said. "When we first came in, we were doing a lot of their planning for operations. ... now they're starting to take the lead in their planning and preparation.

"It's a great thing to see," he added. "It really is."

Morschauer said he believes the 4th Brigade, 6th Iraqi Army Division, will be able to handle all their own missions within a year.

One challenge in bringing Iraqi units up to speed is in getting them to properly use non-commissioned officers. "It's a very officer-centric army, and what we're trying to do is to push them to get them to use their noncommissioned officers more," Morschauer said. "They've got some great non-commissioned officers, the just don't utilize them as well as we do."

He said many older officers resist such a change, "but there are definitely moderates," he added. "You see some enlightened officers."

**One challenge in bringing Iraqi units up to speed is in getting them to properly use non-commissioned officers.**

## AKO launches video e-mail

**WASHINGTON.** Army News Service, Dec. 14, 2006 - Deployed Soldiers can now communicate with loved ones via video e-mail through Army Knowledge Online, the Army's intranet portal.

AKO video messaging allows deployed active-duty and reserve-component Soldiers to create video messages on a computer with a webcam. The message is then stored on a server, and only

the URL link is sent to the recipient.

Upon opening an e-mail, the user clicks on the link to get streaming video and sound. The video-streaming software allows users to hear and view video e-mail even in limited bandwidth environments. The link can be accessed anytime, anywhere.

Instructions can be found at the AKO home page at <https://www.us.army.mil>. Users must follow DoD secu-

rity measures used for standard e-mail, and webcams may not be used in secure areas.

Families with an AKO account can send video e-mails from home with a personal computer and a webcam. Many family support centers on military bases also offer webcams for families' use. In theater, military bases typically have webcams available at cyber cafes.

# Bullets

## Coast Guard upgrades law enforcement technology

●The Coast Guard has instituted a new tool that will make law enforcement boardings more efficient and time friendly. The personal data assistant is an innovative tool that gives boarding team members the capability of paperless boardings, and makes for a more effective method of law enforcement operations in the Coast Guard.

The PDA is replacing the 4100 form that is required to be completed by the boarding officer during and after a boarding. The 4100 form can be a time consuming proposition for a boarding officer. The new PDA offers instantaneous information flow to sector and district command centers after conducting a boarding, and connects directly with the Marine Information and Law Enforcement (MISLE) database.

About the size of a palm pilot, the PDA is simple to operate. It fits in a pocket and is light weight. When conducting an inspection, the boarding officer type's information about the vessel, such as length and model type. This generates a specific criteria checklist for that vessel type on the PDA. The device is battery powered, contains no plug, and is accompanied by a handheld printer that prints a receipt for the vessel owner upon completion of the boarding.

Before the PDA, boarding officers found themselves spending an extended amount of time after a boarding, manually typing every detail from the 4100 form into a computer. This proved to be a daunting, time-consuming task, considering petty officers participation in law enforcement is optional as a collateral duty, and other duties on the ship or at the station needed to be completed. Now, a simple plug in the computer transmits information from the PDA instantly to shore side command centers.

--USCG Atlantic Area/Fifth District PAO

## Military blood donors make generous contributions

●It's a little-known fact that about 20 percent of servicemembers donate blood, compared to less than 5 percent of the civilian populace, the director of the U.S. military's blood program said here today.

This year, the Armed Services Blood Program will collect about 160,000 units or pints of blood products, Navy Cmdr. Michael C. Libby said during a Pentagon Channel interview.

"That's 20 percent more than last year, and that's twice as much as we did in 2001," Libby said. That's possible, he said, because of the great generosity of the program's donors.

National Volunteer Blood Donor Month is in January. That is the traditional time, Libby said, when the ASBP salutes its donors for their generosity.

"It is because of them that the program is very successful and we can support our warfighters," Libby said.

The ASBP collects blood only from servicemembers, government civilians, retirees and their family members. The U.S. military needs blood every day for critically injured troops, cancer patients, premature infants and other uses, Libby said. Specific information on these conditions may be found on the program's Web site, [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

--Gerry J. Gilmore/AFIS

## Navy gets new uniforms in '08

●WASHINGTON (NNS) -- Task Force Uniform announced in December the fleet can expect to see two new uniforms appearing in Navy Exchanges by late Summer of 2008.

"We have coordinated with suppliers and manufacturers of the uniforms and we're on track for mid 2008," said Command Master Chief Robert Carroll, Task Force director.

One of the two uniforms being rolled out in 2008 is a single Navy working uniform for wear by all Sailors E-1 to O-10, and a year round service uniform for all Sailors E-6 and below.

The uniforms will be sent to Navy Exchanges and Uniform Centers over a 24 month period. Fleet outfitting will take place in eight increments starting with fleet concentration areas. Recruit Training Command Great Lakes will start receiving the new uniforms in the beginning of FY09. The all ranks uniform is a BDU-style working uniform designed to replace seven different styles of current working uniforms. It is made of a near maintenance-free permanent press 50/50 nylon and cotton blend. Worn with a blue cotton t-shirt, it will include an eight-point cover, a black web belt with closed buckle, and smooth black leather boots. Black suede no-shine boots are available for optional wear when assigned to non-shipboard commands.

--Chief of Naval Personnel Public Affairs

## Choosing paper over plastic helps cut commissary costs

FORT LEE, Va., Dec. 19, 2006 – Commissaries are hoping shoppers in the United States will say yes to paper bags for bagging their groceries as part of the Defense Commissary Agency's measures to offset recent major cost increases of plastic and paper bags.

"Our customers have a really big role in this latest effort as we try to control costs while continuing to provide a premier commissary benefit. They've responded well during previous 'Say no to plastic bags and no to double bagging' campaigns so this is more of a reminder to continue using paper bags and a call for more customers to join in. The purpose is to control unnecessary costs, not inconvenience customers," said Scott Simpson, DeCA's chief operating officer.

Changing bagging preferences is something most customers have been glad to do when they've been made aware of the cost issues during previous bagging campaigns. Commissaries tally nearly 100 million customer transactions annually and the agency spent about \$20 million on bags last year.

The cost of paper bags has increased 34 percent in the past three years, while plastic bag costs have risen 84 percent.

**Here are some ways customers are helping:**

- **They're using paper bags in U.S. commissaries.**
- **They're bringing and using their own mesh or canvas tote bags.**
- **They're bringing and reusing paper or plastic bags. Customers may bring paper or plastic bags back to the commissary to use for their own grocery order, but commissaries are not able to recycle bags due to health concerns. Baggers may also refuse to use recycled bags if they appear to be damaged or contaminated.**

Shipping costs offset the difference for overseas commissaries, so the paper bag emphasis isn't applied there, although double bagging is currently being dis-

couraged DeCA-wide.

Commissaries in the United States are trying to reach usage goals of about 70 percent paper and 30 percent plastic, and customers will be hearing more, "Is paper okay?:"

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices - savings worth about \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

## Honoring the Colors

### Military personnel in uniform

#### Reveille 6 a.m. (0600 hours)

Stand at attention, face the flag and salute at first note.

### Military personnel not in uniform, civilians

Stand at attention, face the flag and place right hand over heart at first note.

### Military personnel in formation or in a group

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

### Individual military personnel, civilians in a vehicle

Stop vehicle and exit. Follow steps above.

### Group of military personnel in a vehicle

Stop vehicle. Individual in charge exits and follows steps above.

#### Retreat 5 p.m. (1700 hours)

Stand at attention, face the flag, for Retreat, then salute at first note of To the Colors.

Stand at attention, face the flag for Retreat, then place right hand over heart at first note of To the Colors.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of To the Colors, then "Order, Arms" at conclusion.

Stop vehicle and exit. Follow steps above.

Stop vehicle. Individual in charge exits and follows steps above.

#### Other bugle calls heard on post are:

- Tattoo.....9 p.m. (2100 hours)
- Call to Quarters.....9:30 p.m. (2130 hours)
- Taps.....10 p.m. (2200 hours)

### FORT DIX WANTS YOU



### MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer for the Fort Dix Mayors Program

The neighborhood Mayor is a volunteer who talks to the Command, to DPW, and the DOD Police to insure and improve the Quality of Life for all residents

For those residents who want to make sure the Fort Dix community is the best it can be please



### Army Community Service (ACS)\*

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

#### Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DoD civilian personnel and retirees.

The ACS Center is accessible to individuals with disabilities

\*A Department of the Army Accredited Soldier and Family Service Organization

## Relationship Safety

Everyone has the right to feel safe in his or her relationships. Are you or do you know anyone in an abusive relationship?

#### Look for these signs:

- threats or intimidation
- isolation from family and friends
- denying access to money
- sexual abuse
- involving or using children in adult conflicts
- destroying personal possessions
- feeling fearful
- painful put-downs
- use of weapons

#### Important phone numbers:

- Providence House hotline  
871-7551
- NJ Domestic Violence hotline  
800 572-SAFE
- Fort Dix Victim Advocate  
562-2767
- McGuire Victim Advocate  
754-9672

**For emergency assistance call 911**

# Where is your fitness program taking you?



Ed Mingin

**KEEPING FIT** -- Staying in shape doesn't mean countless hours in the gym lifting weights or running laps. Pick an activity you enjoy, such as basketball. Jacob Carver, above, gets in a few rounds of hoops to stay active.

**Lt. Col. Steven H. Bullock**  
Physical Therapy Staff Officer

Physical fitness is a very important part of your health. Not only does your level of physical fitness have a direct impact on your combat readiness, physically fit Soldiers are much less likely to get physical injuries and more likely to have enjoyable, productive lives. Exercise sessions don't have to be long to get fit, but they do have to be regular and carefully planned.

Just because a Soldier must meet Army Physical Fitness Test (APFT) standards every six months does not mean that the exercise program should only focus on the events of the PT test.

Whether you do unit or personal PT you should be engaged in a lifetime program of regular vigorous exercise that balances strength, agility, and endurance and allows for proper rest and recovery. Test your exercise program against these scientifically sound principles of exercise.

**Your Exercise Program Should:**

**Be Progressive** - The intensity of your exercise session must be gradually increased to safely and effectively improve your physical performance.

Remember, there are many times throughout life that you may have to modify your training and begin slowly again, like after an illness, when recovering from an injury, or returning from deployment or a field exercise.

**Be Regular** - Regular exercise sessions (3-5 times per week) improve performance and reduce your chances of getting a sports injury on the weekends

because of too little activity during the week.

**Provide Overload** - In order to improve you must gradually push yourself beyond the normal demands placed on your body.

This is true for both strength and endurance.

**Provide Variety** - Spread the stress of exercise over the entire body by varying the types of exercises (that utilize different parts of the body) you do throughout the week.

Variety also keeps up motivation.

**Allow Recovery** - The body is strengthened during periods of rest between exercise bouts. Rest between activities, good sleep habits, and proper nutrition help the body rebuild.

Studies show that pushing yourself day after day may not only cause injury but can REDUCE your fitness level. A general rule of thumb is to allow 48 hours between similar workouts.

**Be Balanced** - Your exercise program should include low-intensity endurance activities (such as running, biking, swimming, or stair climbing), high-intensity endurance activities (such as sprints or intervals while running, cycling, swimming, or climbing), muscular strength and endurance (resistance exercises such as lifting weights or your own body weight), and agility training (activities that develop agility, balance, coordination, flexibility, posture, stability, speed, and power such as agility drills and individual movement techniques.)

**Be Specific** - The activities you perform during your exercise sessions should be specific to your goals. You may want more upper body strength to

reach your job or mission related goals without injury - not just to achieve the highest score on the APFT.

**Be Precise** - Perform all muscle strengthening exercises slowly while holding your trunk straight and firm.

The quality of your training may be more important than the quantity. Performing any activity sloppily or hurried is much less effective and may cause injury.

**Warming Up (Preparing for Activity)**

Before exercising or playing a sport, do a 5 minute warm-up that contains some of the same movements as the exercise or sport in which you'll be engaging.

For example, if you are going for a run you might start out by walking at a brisk pace on your way to your desired training speed.

(Note: Specific static stretching is not necessary during warm-up if adequate active preparation is carried out.)

**Cooling Down (Recovering from Activity)**

Always cool down after every exercise session. A cool-down is basically the reverse of a warm-up and gives your heart rate a chance to come down to a normal level.

If desired, stretches to improve flexibility during cool-down should be performed for at least 30 seconds without bouncing.

Picking exercises you enjoy will help keep you on your program. Do it with a group if that helps motivate you. Do it alone if that is your preference.

Most important, get out and do it.

*This article, and many others, can be found at [www.hoah4health.com](http://www.hoah4health.com).*

## Get rid of the holiday blues with steady diet of exercise

**Capt. Sarah Flash**  
ACES, Registered Dietitian

The holiday season can result in added stress due to time crunches and demanding schedules.

In addition to the usual routine, now there is additional shopping, baking, and holiday parties.

To make more time, you may be tempted to cut exercise from your routine.

Don't make this terrible mistake!

Physical activity can help relieve the stress of the holidays, not to mention exercising away all those calories in holiday goodies.

Shoot for thirty minutes of aerobic activity most days of the week in addition to muscle strengthening and flexibility exercises.

Use those thirty minutes to

recharge your spirits and organize what you need to do.

Choose physical activities that you love to do and include your family in the activities. Get your kids into the act early - and they will enjoy a lifetime of fitness and fun!

How about this holiday gift idea - give a gym bag packed with exercise gear such as water bottle, clothes, videos or other pertinent items.

In addition to keeping activity in your routine, remember to stay hydrated. With the colder weather, you lose water as your body works to stay warm, so include plenty of water-based fluids - eight to twelve cups per day.

Remember alcohol and caffeine-containing beverages like coffee can be dehydrating and are not as effective for hydrating.

Eating patterns are also important. During periods of

stress, some people will eat less, some may eat more, and others may turn to alcohol or subsist on coffee. Each scenario can cause an imbalance of neurotransmitters resulting in mind and body that looks, feels, and reacts poorly.

Timing of meals is important.

Skipping meals exhausts glucose reserves leaving your brain

and body with an energy deficit. Eating every 4-6 hours refuels your mind and body and replenishes those glycogen stores.

Choose carbohydrate snacks like pretzels, bagels, fruits, vegetables, yogurt, crackers or cereal to meet your nutritional demands between meals.

Have you ever gotten sick while under a lot of stress?

Stress reduces the ability to fight colds, infections, and disease, leaving your body vulnerable to attack.

Eating a diet with plenty of fruits, vegetables, and whole grains is protective against the harmful affects of stress.

Antioxidants and phytochemicals are substances found naturally in plant foods that can

boost immune function and reduce the risk of disease. Some good food sources of antioxidants and phytochemicals include broccoli, tomatoes, carrots, spinach, greens, peppers, sweet potatoes, cantaloupe, pumpkin, apricots and soy. Keep fruits and vegetables readily accessible and grab some from the road!

### Sports Shorts

<p><b>Griffith Field House</b> <b>Saturday &amp; Sunday</b> 9 a.m. to 5 p.m. <b>Monday - Friday</b> 6 a.m. to 9 p.m.</p> <p><b>Doughboy Gym</b> Newport Ave. <i>The Doughboy Gym will be closed until further notice.</i></p> <p><b>Griffith Field House</b> <b>Aerobics Schedule</b></p> <p><b>Monday</b> Step &amp; Sculpt noon - 1 p.m. Total Toning 5:15 p.m. - 6:15 p.m.</p> <p><b>Tuesday</b> Mind &amp; Body Pilates 8:30 a.m. - 9:30 a.m. Spin-It! noon - 12:45 p.m.</p> <p><b>Wednesday</b> Hi-Lo Fusion noon - 1 p.m. Circuit Training 5:15 p.m. - 6:15 p.m.</p> <p><b>Thursday</b> Step &amp; Sculpt 8:30 a.m. - 9:30 p.m. Mind &amp; Body Pilates noon - 12:45 p.m. Mixed Fitness 5:15 p.m. - 6:15 p.m.</p>	<p><b>Friday</b> Spin-It! noon - 12:45 p.m.</p> <p>Classes are subject to change. There must be at least three participants to conduct a class. Call 562-4888 for more information.</p> <p><b>Aquatics</b> Winter hours are now in place for the indoor pool.</p> <p><b>Lap Swim</b> <b>Monday - Friday</b> Retirees/adult dependents/ working DOD 6 a.m. - 8 a.m. 10 a.m. - 11:30 a.m. Active duty/working DOD 11:30 a.m. - 1 p.m.</p> <p><b>Saturday</b> Retirees/adult dependents/ working DOD 10:30 a.m. - noon</p> <p><b>Rec. Swim</b> <b>Mon. - Fri.</b> 1 p.m. - 5 p.m. <b>Saturday</b> Noon - 6 p.m. Fees for Rec. Swim: Military- \$2 Non-military-\$4</p> <p><b>Hydro Aerobics</b> <b>Monday and Wednesday</b> 7:30 p.m. - 8:30 p.m. <b>Saturday</b> 10:30 a.m. Cost: \$3 per visit.</p>
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## These MWR Activities Host Birthday Parties and Group Outings!

<p><b>Aquatics</b> (609) 562-2808</p> <p><b>Arts &amp; Crafts</b> (609) 562-5691</p>	<p><b>John Mann Park</b> (609) 562-6667</p> <p><b>Bowling Center</b> (609) 562-6895</p>
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Call today and leave the fun to us!!