

thePost



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Published for the Fort Dix Community since 1942

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NEWSNOTES

Flu shots available at MAFB 305th Clinic

Flu vaccinations will be available for military dependents, McGuire Air Force Base civil service employees and retirees at the 305th Medical Group Immunization Clinic beginning Jan 19. The vaccinations will be given first come, first served until supplies are exhausted.

No doctor's order or screening form is necessary, but ID cards will be checked. For information about the flu vaccine, log on to www.cdc.gov and click on vaccines and immunizations. MDG still has supplies of thimerosal-free vaccine for children.

Clinic hours are Monday through Friday, 8 a.m. to 6 p.m. (The clinic will open at 10:30 a.m. Feb. 2.

Government Employees 2006 W2s available now

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

Self-Help Store closed 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.

WEATHER

FRIDAY: Cold and cloudy, chance of snow in a.m., daytime high of 43. Overnight low of 24.

SATURDAY: Colder and sunny, high of 39 degrees, overnight low of 24.

SUNDAY: Mostly sunny and warmer, high near 45 and overnight low of 23 degrees.

MONDAY: Partly cloudy, windy, high near 38. Clearing in late afternoon, overnight low of 25 degrees.

TUESDAY: Partly cloudy, chance of snow flurries, high of 36. Overnight low of 23 degrees.

WEDNESDAY: Partly cloudy, high near 40, overnight low of 26 degrees.

THURSDAY: Cloudy skies, Daytime high of 35 and low of 22.



NCOs train from the air

David Moore
Public Affairs Staff

The Fort Dix Noncommissioned Officer Academy unleashed an air assault mission Jan. 18 in front of 161 Soldiers attending Warrior Leader Course who were beginning their field training exercise.

This was the first time academy staff opened up the their situational field-training event with a force from the air, courtesy of a New Jersey Army National Guard Blackhawk helicopter and crew, to engage a simulated enemy.

"For Soldiers who do not serve in combat arms units, they got to see in real time the tasks for React to Ambush and React to Contact an Enemy Force. Basically, this is setting the

training right for the Soldier-students," Command Sgt. Maj. Franko Antolovich, academy commandant, said.

"With aviation assets moving to Fort Dix in the future, we hope to make this a permanent part of our training," he said.

Since October, the Warrior Leader Course is continuing to embrace lessons learned from Operations Iraqi and Enduring Freedom. As a result, the course is being constantly tailored to better prepare Soldiers to become squad leaders for combat associated with asymmetrical warfare.

As the training evolves, particularly in the field environment, trainers want to move the students to conduct this training as well.

During yesterday's aerial event, academy instructors disembarked from the helicopter, pulled security, and immediately began to move to take out the

(continued on page 4)



Photos by David Moore

ON THE FIELD -- Staff Sgt. Jerry Patterson, Fort Dix NCO Academy instructor, top photo, and academy staff, above, demonstrate evacuation procedures during an air assault training demonstration on post Jan. 18.

Palinski to hand off command of MRB, tackle logistics job

Shawn Morris
Public Affairs Staff

Lt. Col. Cynthia Palinski will end her 26 months in command of the Mobilization Readiness Battalion during a change-of-command ceremony in Griffith Field House this afternoon.

"This is a chapter close, and you look at what you're going to do from here," she said.

Palinski is going to become the Officer In Charge of the Military Units Inprocessing Center as Lt. Col. Joseph Chirico takes command of the MRB.

For Palinski, her time as MRB commander was a high point in her 20-year command.

"There has been a lot of change with the installation and the MRB," said Palinski, who has been mobilized at Fort Dix since June 2002. "We've come a long way."

Palinski began her time here as the Logistics Readiness Center Officer in Charge. She was then assigned as the MRB executive officer in July 2004 before assuming command of the battalion Nov. 19, 2004.

"I'll probably miss working with the Soldiers the most," she explained. "It's been a privilege to be a commander for these Soldiers and to serve them."

"For me, one of the most rewarding

things is to welcome back the units," Palinski continued. "You have a personal relationship with them."

Palinski also had nothing but praise for the civilian staff that has helped make Fort Dix the Army's premier power generation platform.

"Fort Dix, you can't run it with just military," she said. "There have been a lot of civilian directors and staff who have supported us daily."

"They've always taken care of our Soldiers when we've needed them to," she added.

Palinski has been taking care of Soldiers since she entered the Army through the Reserve Officer Training Corps program as a second lieutenant in 1986. She spent her first nine years on active duty, including a tour in Saudi Arabia during Operations Desert Shield and Desert Storm.

Palinski holds a bachelor's degree in political science from Gettysburg College and a master's degree in business administration from Webster University. She has been selected to attend the Army War College in May.

Her awards and decorations include the Bronze Star Medal with one oak leaf cluster, Meritorious Service Medal, Army Commendation Medal with one oak leaf cluster, Army Achievement Medal with three oak leaf clusters, and the American, British and French Parachutist Badges.



Ed Mingin

Down to the wire

Edward Alexander, with ball, does battle with Dennis Brown of 3rd SEG. NCOA won the game in the final seconds 49-48. See more sports on page 12.

geography

Searching for seven new Wonders of the World

Steve Snyder
Public Affairs Staff

"Numberless are the world's wonders, but none more wonderful than man."

Sophocles' *Antigone*

The seven Wonders of the World inspired awe in antiquity but only one has survived the Ozymandian sands of time. The Egyptian pyramids still stand, proudly defying the fate that buried the Hanging Gardens of Babylon, the statue of Zeus at Olympia, the temple of Artemis at Ephesus, the Mausoleum of Halicarnassus, the Colossus of Rhodes and the Pharos lighthouse off Alexandria, Egypt.

The original seven wonders were all, of course, man-made architectural edifices justifying descriptions labeling them as works of genius. And they were all centered around the Greek world, ignoring domains lying beyond Western Civilization.

In order to rectify those shortcomings but mostly just to inspire "a common pride in the global cultural heritage," Swiss adventurer Bernard Weber began the "New 7 Wonders of the World" campaign in 1999. And more than 20 million people have responded, sending in votes to name today's most awe-inspiring man-made wonders.

The search for the New 7 Wonders has been boiled down to 21 candidates. They are:

The **Acropolis in Greece**, marble temples including the Parthenon containing statues of the Greek gods dating back to the 5th century B.C.

The **Alhambra in Spain**, a palace and citadel perched above Grenada where Moorish caliphs lived in splendor until 1492.

Angkor, Cambodia, capital of the Khmer empire from the



HQP

ANCIENT GLORY -- A list of the seven wonders of the world was probably first composed in Alexandria, Egypt, in the second century B.C. The wonders referred to man-made edifices and six of the first seven were built or inspired by Greek culture. They included the pyramids at Khufu, the hanging gardens at Babylon, the temple of Artemis at Ephesus, the statue of Zeus at Olympia, the Pharos lighthouse of Alexandria, the Colossus of Rhodes, and the Mausoleum of Halicarnassus. The seven wonders were built over a period spanning 23 centuries.

9th to the 15th centuries, whose ruins include Angkor Wat and Angkor Thom.

The **Christ Redeemer Statue in Brazil** (see photo below right).

The **Colosseum in Rome**, where gladiators fought to the death before crowds of up to 50,000.

Easter Island off the coast of Chile, contains hundreds of massive stone busts or Moais built between 400 and 1,000 years ago, with some statues standing over 70 feet high.

The **Eifel Tower**, in Paris, all 985 feet symbolizing high culture in the City of Light.



blog.miragestudio7.com

MONUMENTAL -- The Colossus of Rhodes was a giant hollow bronze statue honoring the Greek sun god that was about the size of the Statue of Liberty and overlooked the harbor of Rhodes. It was erected around 290 B.C., requiring 12 years to build but stood only 56 years before being broken by an earthquake in 224 B.C.

The **Great Wall of China** (see photo below left).

Hagia Sophia in Istanbul, a cathedral later converted to a mosque containing unique mosaics.

The **Kiyomizu Temple in Kyoto, Japan**, dating back to 1633 and containing famous three-stream waterfall.

The **Kremlin and St. Basil's Cathedral** in Moscow, a medieval fortress converted into the center of Russian government in Red Square.

Machu Picchu in Peru (see photo at right)

Neuschwanstein Castle in Germany, perched on a peak in



The Bettmann Archive

HANGING OUT -- The Hanging Garden of Babylon (also known as Semiramis) were supposedly built by Nebuchadnezzar II around 600 B.C. Although lush gardens were extensively described by Greek historians Strabo and Diodorus Siculus among others, there are no Babylonian records of their existence despite some circumstantial evidence gathered excavating at a Babylonian palace. The location may have been confused with gardens that existed at Nineveh. In any event, the gardens most likely rested on pillars, vaults and terraces, not hanging in the literal sense but watered by a huge chain pump feeding water into a pool at the top of the gardens where it was easily fed down slopes further nourishing vegetation.

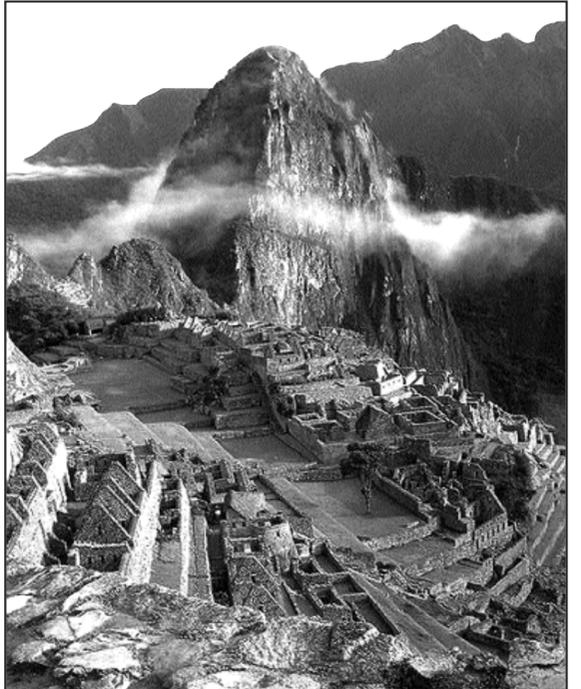
Bavarian Alps, even inspired Disneyland castle.

Petra, Jordan, ancient city famous for water tunnels and stone structures.

Pyramid at Chichen Itza, Mexico, ancient Mayan center on Yucatan peninsula.

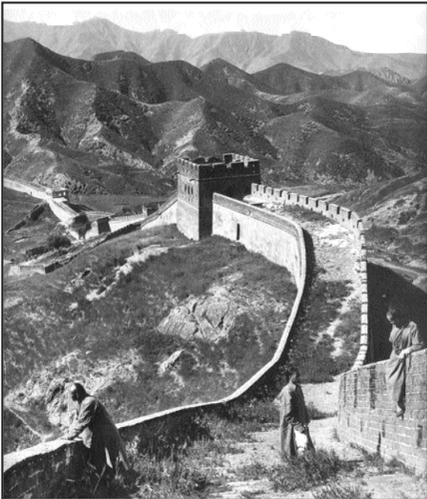
Pyramids at Giza, Egypt, only surviving structure of original Seven Wonders of World.

Statue of Liberty in New York harbor, massive rock formations at **Stonehenge**, England, the **Sydney Opera House** in Australia, the **Taj Mahal** mausoleum in India and ancient mosques in **Timbuktu in Mali** are also in the big 21.



taken on June 26, 2006 by Allard Schmidt from the Netherlands

LOST CITY OF THE INCAS -- Sunset descends on Machu Picchu, a well-preserved pre-Columbian Inca ruin located 7,970 feet on a mountain ridge in the Andes above the Urubamba Valley in Peru, about 44 miles northwest of Cusco. Forgotten for centuries by the outside world, the Inca city was rediscovered in 1911 by a Yale archaeologist who walked away with many of its invaluable artifacts. It is thought that the city was built about 1440 and inhabited until the Spanish conquest of Peru in 1532. Archaeological evidence indicates that Machu Picchu served as a country retreat for Inca nobility, much similar to Roman villas. Chilean poet Pablo Neruda has vividly described the city's appeal: "Machu Picchu is a trip to the serenity of the soul, to the eternal fusion with the cosmos, there we feel our own fragility. It is one of the greatest marvels of South America. A resting place of butterflies at the epicenter of the great circle of life. One more miracle." Machu Picchu is among 21 candidates seeking recognition as one of the New Seven Wonders of the World in a contest begun by a Swiss adventurer.



Wikipedia

GREAT WALL -- The Great Wall of China is a 4,160 mile series of stone and earthen fortifications built between the 5th century B.C. and the 17th century that was designed to protect the northern borders of the Chinese empire. Today the massive edifice is rightly considered a wonder of the world and is on the list of 21 candidates to be acclaimed among the top seven "New Wonders of the World."



www.rio-apartments.com

RIO ROCKS -- The 125-foot statue of Christ the Redeemer overlooks Rio de Janeiro with outstretched hands from its perch atop Mount Corcovado. The statue was built in pieces in France starting in 1926 and shipped to Brazil where a railway carried it up the 2,343 foot mountain for the 1931 inauguration. The statue is among contestants vying for inclusion among the Seven New Wonders of the World in a contest sponsored by UNESCO and other international cultural organizations. But let's not kid ourselves. The harbor at Rio is the real attraction, a natural setting that has stunned tourists and natives alike with its beauty since being "discovered" centuries ago. Rio rocks, baby.

Troops accentuate the positive, survey finds

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, Jan. 12, 2007 - Most active-duty servicemembers have a positive view of their military service and aren't turning to alcohol or illegal drugs to cope with wartime-related stressors, according to findings from a Defense Department-sanctioned survey conducted in 2005.

"Despite the stresses of war and ongoing deployments, nearly all indicators of servicemembers' health and well-being continue to be quite good, especially when compared with civilian populations," Dr. William Winkenwerder, assistant secretary of defense for health affairs, said during an interview.

The survey results also show that **66 percent of armed forces members polled view their military service positively and are satisfied with their jobs**, Winkenwerder said, and nearly 50 percent of respondents said they'd like to serve in the military at least 20 years.

More than 16,000 active-duty military members assigned at 60 installations worldwide took part in the Survey of Health Related Behaviors Among Military Personnel, which has

been conducted every three to four years since 1980. The randomly selected respondents answered questions about their military service, substance abuse, deployment stress, mental health and weight management.

The survey was conducted by a DoD-contracted research firm, Winkenwerder said, and the information provides is used for programs that enhance troops' physical and mental well-being.

The survey's findings are consistent with military trends that began in the mid-1980s, said Dr. Robert M. Bray, director of the survey project for contractor RTI International. **Servicemembers' use of alcohol and tobacco continues to decline**, a circumstance that mirrors what's happening in civilian society, Bray said.

Overall, military smoking for all age groups is at about 31 percent, according to survey data, compared to an overall civilian smoking rate of about 30 percent.

Yet, although smoking is declining within the military, servicemembers' use of smokeless tobacco has risen, Bray noted.

Regarding servicemembers' use of alcohol, heavy drinking



www.museum.tv

has declined since 1988, Bray reported. "We see that the heavy drinking rate seems to be staying fairly flat," he said, noting that overall alcohol consumption in the military is going down.

In addition, overall incidence of illegal drug use by servicemembers of all ages has remained at 5 percent or lower since 1988, he said.

While more than 75 percent of survey respondents said they regularly engage in rigorous exercise, **the incidence of overweight servicemembers is increasing**, just like the average civilian's weight has increased over the last 10 years, Bray said. One culprit, he said, could be that the body mass index method of measure used today doesn't distinguish between fat and muscle, which weighs more. Surveyed servicemembers reporting a lot of stress at work

(32 percent) and family stress (19 percent), similar to findings from the 2002 survey, Bray said.

The survey's findings also indicate a significant decline since 2002 in the incidence of serious injuries or accidents that hospitalize servicemembers, perhaps explained by increased use of automobile seatbelts and motorcycle helmets, he said.

Just fewer than 18 percent of servicemembers surveyed said they believe they need mental health counseling, according to Winkenwerder, adding that about 15 percent said they'd sought such counseling. Other respondents indicated that they'd visited a chaplain or talked things over with friends. In all, 56 percent of servicemembers polled said they believe it would not harm their military careers if they sought mental health help, Winkenwerder said.

Although wartime's circumstances are taxing, the survey's findings indicate that **people are finding healthy ways to deal with stress**. About 81 percent of survey respondents said they deal with stress by working out a plan, which may include exercise, hobbies, talking with family members or prayer, Winkenwerder said.

the Post

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Lightning strikes at West Point

Col. James Bagley
HHD, 1st Bde, 78th Division

West Point is familiar as a premiere educational institution providing military leaders for the United States; but not as familiar is the strategic importance of the terrain of West Point during the Revolutionary War.

To better understand and appreciate the significance of this terrain the officers of the Lightning Brigade (1st Bde, 78th Div) conducted a Battle Staff Ride to West Point January 10.

This was not the typical West Point tour of the United States Military Academy grounds, instead it was an opportunity to revisit the enduring value of the Principles of War in practical application, using the West Point plan as an exemplar.

The visit was conducted as a Leader's Professional Development Tactical Exercise Without Troops (TEWT) so that officers of the brigade staff could discuss the military planning process as it was applied to the design of "Fortress West Point." The officers worked as staff sections with present briefings on the characteristics of defensive operations.

The briefings included discussion of decisive operations, shaping operations, and sustaining operations in the defense with specific application to actual plan for the defense of West Point. Through these briefings, the staff gained a better understanding of the Revolutionary War defensive fortifications, the Military Planning Process, and our American Military Heritage. Maj. Mike Reardon, Brigade Simulations Officer, offered that "although the terminology of warfare has changed over the centuries, the concepts have remained constant."

The West Point TEWT was a demonstration of that premise. Cpt. Dick Thomas, Lightning Brigade Asst S3, organized the TEWT and provided a critical historical context. He offered that the Hudson Valley was the heart-



Courtesy Photo

AT THE TOP -- Gathered at West Point's Redoubt 4, members of the Lightning Brigade get a first-hand look at the tactical importance of the site. From left to right, back row: Lt. Col. Ray Palma, Cpt. Greg Santillo, Cpt. Cal Simpson and Maj. Milton Soler. Middle row: Maj. Tat Wan, Lt. Col. Li; Bobb, Maj. Kattie Abram and Col. Jim Bagley. Front row: Maj. Bill O'Byrne, Maj. Mike Reardon and Maj. Patrick Lee.

land of the American Revolution. Its essential value was based on popular support, the strategic location between the New England and Mid-Atlantic colonies, and the waterway providing access to the Canadian colonies while separating the American colonies. Forty miles north of

defending the river, and the Great Chain which spanned the choke point to deter naval movement. Maj. Bill O'Byrne, Scenario Development Team, said the view gave him "a renewed appreciation of how significantly terrain impacts the battle and demonstrated that the fortifications at West

Soldiers visiting West Point learn a fundamental fact of the military : Although the principles of warfare may be impacted by technology, they are as true today as they were more than 250 years ago.

Manhattan, the Hudson River narrows quickly. This choke point and the terrain around it provided invaluable military advantage to the force that controlled it; that location was West Point.

The training event started early at the U.S. Military Academy Museum, the oldest military museum in the country. The Museum's Conservator, Paul Ackerman, provided a background presentation on the strategic situation in 1776 as well as the goals and objectives of the British and Continental Armies. Following the briefing at the Museum, the TEWT moved to the Trophy Point area overlooking the river. From that vantage point, the Lightning staff officers discussed the distinct properties of the river and the S-turn, the artillery plan for

Point were not only important to the defense of that particular site, but were also critical in disrupting the British campaign to sever the colonies."

After the discussion at Trophy Point the group moved to Fort Putnam to visit the small barracks and fortifications. With the help of the Museum Conservator the officers discussed the design of defensive structures and how those designs have changed as weapon systems evolved. Reardon pointed out that he could "physically see the characteristics of defensive operations in the defense of Fortress West Point. From the extensive mason and brick reinforced redoubts and forts to the placement of the cannon batteries along trophy point and Fort Arnold(Clinton), mass

concentration, and disruption; it was clear to me that although the principles of warfare may be impacted by technology, they are as true today as they were over 250 years ago."

The next phase was the most physically challenging part of the TEWT as the officers moved by foot to Redoubt 4, one of the highest points on West Point. This was an important element of the training because, as Thomas indicated, "no amount of reading can give you the sense of actually walking the terrain." The asphalt road quickly gave way to gravel which turned to rock and broken trees as the incline steepened. After a treacherous climb to Redoubt 4, the officers were rewarded with a spectacular view of the entire area under discussion.

The officers talked about the greater strategic plan for the defense of West Point using the panoramic scenery of the Hudson Valley as their briefing aid. Lt. Col. Gary Royer, Brigade S4, was "extremely impressed, not just by the majesty of the view, but the ability to command critical points along the river from Redoubt 4." Everyone agreed that this particular site was the best part of the TEWT.

As a result of the TEWT, the officers of the Lightning Brigade staff gained a deeper understanding of Military Planning as it is applied to planning defensive operations. Through learning about the terrain and the events of the period, the officers also increased their knowledge and awareness of our American military heritage.

Weather Hotline

Looking for information on weather delays and closings on Fort Dix?
Call 562-4065, tune in to WDIX Channel 2 TV
or log on to www.dix.army.mil after 6 a.m. for the most current updates.

United Communities Housing Information

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

Unaccompanied Military members are NOW WELCOME.

Furnished homes ARE available.
Entitlement buy-ups are available.
Call the leasing office for details.

NCO Academy

(continued from page 1)

enemy under simulated overhead fire. They killed the enemy, treated their casualty, redistributed ammunition, and continued on with the mission until loading back into the helicopter to return to their base.

Warrior Leader Course 1st Sgt. Rick Pedersen said the impact the students get from watching their instructors conduct this training results in a great deal of motivation for students.

The Soldiers will now be ready for their hours of situational awareness training events that will unfold when they face an opposing force during their training in the post's wooded training area.

"The training gave Soldiers a really good idea of what this would look like on a real battlefield," said Cpl. Jon Goldman, an academy student and an infantryman with the 1st-102nd Infantry, Connecticut Army National Guard.

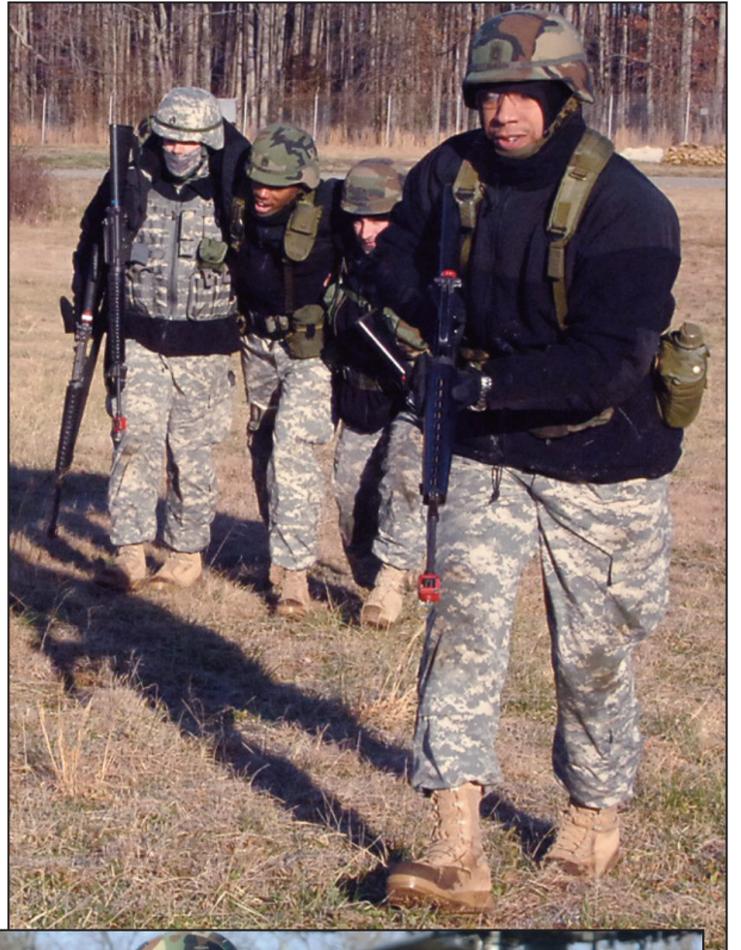
"Having done this on active duty, this type of training really gets your heart pumping," Staff Sgt. Daniel Lie, a Warrior Leader Course instructor, said.

The architect and coordinator for yesterday's training event was Sgt. 1st Class Saturnino DiOSE.



photos by David Moore

AIRLIFT -- Soldiers from the New Jersey Army National Guard, above, supplied a Blackhawk helicopter for the NCO Academy's casualty evacuation training Jan. 18. Staff Sgt. Chad Jackson, right, leads the way as fellow NCO Academy instructors Staff Sgt. Timothy Forbes and Staff Sgt. Danny Degner assist "victim" Staff Sgt. Timothy Moore. During the evacuation training, Staff Sgt. Michael Houle and Sgt. 1st Class Jason Lehman, below left, provide perimeter security for the landing zone. After the "casualty" was safely loaded aboard the bird, Staff Sgt. Jerry Patterson, below right, rallies the troops to move to the chopper for extraction.



NEIGHBORHOOD

THE CORNER

Spouses Club offers grants, scholarships

The Fort Dix Spouses' Club is once again accepting requests for their annual Community Grants and Scholarships Programs.

The grants are made possible by the revenue from the Fort Dix Thrift Shop.

Any military community organization may apply for this assistance. All we need is a written request which includes: A point of contact, a return address, the dollar amount, the reason for the request and description of how the grant will be used, and the date that the grant will be needed. All letters should be sent to the Fort Dix Spouses' Club, PO Box 74, Fort Dix, New Jersey, 08640.

Qualified applicants for the scholarship program must be

- high school seniors going to college or university
- military spouses or dependants living on or stationed at Fort Dix
- civilian spouse, dependant or employee of Fort Dix
- child of a Fort Dix Spouses' Club member (Helen G Reddy)

The deadline to request a community grant or scholarship is April 1. Completed applications must be received on or before this date (postmarks not accepted. Scholarships will be awarded at a luncheon in May.

For more information, call Susan DuKavas at 723-2784.

Fashion Show auditions coming to Dix

Auditions for models and entertainers for the African American Cultural Awareness Association Fundraiser Fashion Show will be held in Bldg. 5165 Maryland Avenue Jan. 22-24 at 5 p.m. Call 754-4371 for more information.

Pemberton School Board announces meeting

The Pemberton Township Board of Education will hold the public session of its board meeting on Jan. 25 at 7 p.m. in the Pemberton High School Auditorium. For more information call 893-8141.

Resume writing workshop offered by ACS

Army Community Service in partnership with Burlington County College will host a free resume writing workshop Jan. 23 from 11:30 a.m. to 12:30 p.m. at the Public Affairs Conference Room, 5165 Maryland Ave.

To register call 562-2186 or email, porfirio.rodriguez-martell@dix.army.mil.

ESGR nominations open now open

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 opened Jan. 8 and will conclude on Feb. 28.

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

More information is available by calling the National Committee Office at (800) 336-4590.

Club Dix revises cafe, lounge hours

The Java Cafe at Club Dix has revised its hours. It is now open Monday through Friday from 7 a.m. to 1:30 p.m. and closed Saturday and Sunday. Revolutions Lounge will now operate Wednesday through Sunday from 6 to 10 p.m.

Red Cross gala coming to Burlington County

The Fourth Annual American Red Cross Burlington County Gala Fundraiser will be held March 2 at the Merion, 1901 Route 130 South in Cinnaminson, from 6:30 to 10:30 p.m. and will feature live and silent auctions, entertainment, cocktails, dinner, dessert, and fun.

Tickets are \$75 per person, which includes a gift bag. 50/50 raffle tickets for a \$10,000 prize are available for \$150. Ticket holders do not have to be present to win.

Wayne Cook
Public Affairs Staff

More than 200 members of the Fort Dix and McGuire Air Force Base communities gathered in the Club Dix ballroom to celebrate the life of Dr. Martin Luther King Jr. January 11.

The keynote speaker for the ceremony was Dr. Charles F. Johnson, D.D.S., of Chicago, Ill. Dr. Johnson graduated from Morehouse College in Atlanta in 1961 where Dr. King also attended and graduated in 1948. He graduated from Northwestern University Medical School, Department of Physical Therapy, located in Chicago in 1962, and Northwestern University Dental School in 1968. In 1969 he served his internship at the Northside Veterans Administration Medical Center in Chicago. In 1971 he received his Certificate of Orthodontics from the University of Illinois dental School, Department of Orthodontics in Chicago.

After more than 20 years of private practice, Johnson retired and is now a real estate broker with MetroPro, Creative Real Estate Solutions in Chicago.

Johnson spoke on what it was like growing up in the days of segregation and what it meant to have King championing the cause for civil rights and equality for all. He said that King began his movement in Montgomery when Rosa Parks was arrested and fined for not giving up her seat on the bus for a white person. This capped off the years of anger and frustrations that King had endured watching things unfold as he was growing up. He decided it was time to do something to change the way African-Americans were treated by society and this country as a whole.

He began what was later to become known as the Montgomery Improvement Association – an organization of people who would stand against the tyranny and mistreatment of African-Americans by peacefully demonstrating and speaking out publicly.

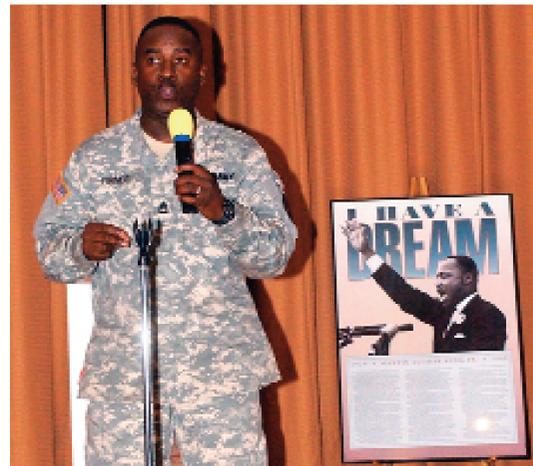
Unlike most who were ready to rise up against the unjust treatment of African-Americans through the use of violence, King, who was a student of sorts of Mahatma Gandhi, he chose the direction of non-violent resistance. He organized sit-ins, walk-outs, boycotts, marches, and speeches to get the attention of those who could change the status quo of the day.

According to Johnson, "Dr. King was



photos by Wayne Cook

Dr. Charles Johnson, keynote speaker, above left, addresses the audience during the Martin Luther King Jr., Birthday Celebration, which was hosted by the Black History Observance Committee at Club Dix Jan 11. Sgt. 1st Class Eric Turner, NCOIC, Joint Readiness Center, above right, entertains the audience with his rendition of Stevie Wonder's 'Love's in Need of Love Today.' Ursula Csercevsits, Fort Dix Elementary School principal, below, presents students Shemiah Dickens, Sha'Quetta Brown and Christian Diaz plaques for their wins in the school's Martin Luther King Jr., poem contest. The students recited their winning poems for the audience.



the right man, at the right place, at the right time."

He said that there was nothing passive about non-violent resistance.

"Dr. King said 'It is better to be the recipient of violence than the perpetrator of violence. To meet hate with hate would only bring more evil into the world,'" said Johnson.

King was a man of love, yet, he had many untold enemies. He was a man of peace. He was the youngest man in history to earn the Nobel Peace Prize.

He was assassinated by James Earl Ray in April 1968, at the age of 39.

Johnson was presented plaques for his contribution to the ceremony from Col. William Spacy, II, vice wing commander, McGuire A.F.B., and Lt. Col. Roger Cotton, deputy installation commander.

The joint ceremony included members of the 24th Infantry Regiment Combat Team. The unit was the last of all black troops in the United States Army and was deactivated one month short of its 82nd birthday on Oct. 1, 1951. The venerable members of the unit honored those present with the posting and retrieval of the colors.

Also present were members of the Buffalo Soldiers who grace the gathering with their presence each year.



Opening the event was Kyleen Cezar with her rendition of the national anthem.

Also providing his voice for entertainment was Sgt. 1st Class Eric Turner, NCOIC, Joint Readiness Center, who blew the audience away with his version of Stevie Wonder's Love's in Need of Love Today, which he performed a cappella.

Also appearing before the audience were three students from the Fort Dix Elementary School who were selected as the winners of a contest to write poems about King. They were Shemiah Dick-

ens, Christian Diaz, and Sha'Quetta Brown. Each student read their poem and received an award for their efforts.

Henry Melon-Lopez, director of Human Resource-Military, also presented certificates and commander's coins to the members of the Black History Observance Committee (BHOC) chaired by Fay Marshall-Dease on behalf of the post commander, Col. David McNeil.

Once again the BHOC put forth a program that gave honor and remembrance to a great American and champion of equal rights.

Millionaire maker to host financial seminar

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, Oct. 2, 2006 – Speaking and gesturing like a fired-up preacher selling salvation, Kelvin Boston is known for telling television audiences how they can realize their dreams of financial stability – or even become rich.

On Jan. 31, Boston will be on hand to share his financial wisdom with the Fort Dix community. Moneywise in the Military, a free financial seminar will be held at the Timmerman Center from 9 a.m. to 2 p.m. It will cover such topics as credit, bankruptcy, home ownership, saving and investing and retirement.

"Everyone can become a millionaire," Boston told some 200 military and family members attending a Sept. 30 Defense Department-sponsored financial management seminar at the Mologne House's conference center at Walter Reed Army Medical Center.

The "catch" is that most people don't practice the necessary fiscal discipline and planning to achieve millionaire status, Boston, the host of the PBS television program "Moneywise," said.

And, bad money-handling habits, the financial management expert pointed out, can often put people behind a financial eight ball.

People in bill-paying and credit trouble should seek out a financial counselor immediately to help them rectify

their financial situation, he emphasized. Military members are fortunate, he noted, in that they can get such financial advice free of charge from trained counselors on their bases.

It's never too late to achieve financial stability, Boston told listeners. "The universe is rigged for your (financial) success," he said.

Most people make more than enough money over their lifetimes to realize financial stability – if they manage their money properly, he said.

Accumulating unnecessary debt, with accompanying large interest payments, threatens all who want to achieve financial stability, Boston pointed out.

Therefore, Boston advised his audience to formulate a plan to pay off any

credit card debt as quickly as possible to avoid paying high interest charges. People with credit bills should also try to send more than the stated monthly payment amount if possible, he said, in order to pay off the debt quicker and avoid added interest charges.

He also told listeners to put some money into a savings account every payday, noting they'd be surprised how much they accumulate over time.

Another good way to make money work is to buy and own your home, he pointed out, rather than paying rent for housing.

And, "the real issue is who is setting the economic policies in your house," Boston said, and "finding the courage" to employ budgeting and other money management tools to become financially stable, or even, "the millionaire next door."

Each person holds their financial destiny in their own hands, Boston said. And, everyone, he added, can use the power of positive thinking – in conjunction with fiscal self-discipline and planning – to achieve financial goals.

"You are one with the infinite riches of your subconscious mind," Boston told his audience. "You are happy, healthy, wealthy, and successful. Money will flow to you freely, copiously and endlessly.

"You will always be aware of your true self-worth. You will use your talents. And you will be wonderfully, wonderfully blessed," he concluded.

Seminar attendee Navy civilian Tiffany Brown, 23, said Boston's financial advice "is going to be helpful, because I'm trying to build my financial success."

Boston is "an outstanding public speaker" who, "offers a lot of really good advice," Air Force Maj. Steve Kirchmyer, accompanied by his wife, Tonya, said.

"I think everyone in the military has struggled at one time or another with their finances," Kirchmyer, the father of five children, noted.

"There're a lot of young troops here today" who'll benefit from Boston's advice, he said.

Tonya Kirchmyer said she'd tell her children about Boston's principles of money management "so they'll be financially secure."



Steve Snyder

Patriotic support

Spc. Kelly Rice, 731st Security Force, stationed with Fort Dix's C Co., left, and Sgt. Robert Armstrong, also from the 731st and temporarily with Dix's A Co., receive candy and personnel packs from Marketing Manager Mike Dinnen, Cassie Bowlin, Stephanie Mott and Jessica Barreto representing SLM Financial, a company based in Mt. Laurel. Concerned with Soldiers serving in wartime, SLM donated a whopping \$727 to Bonnie Reed's Soldier and Family Support at the Joint Readiness Center.

MILITARY MATTERS

Bullets

Military reports increase in mobilized Guard, Reserve

●WASHINGTON -- This past week, the Army and Air Force announced an increase, while the Navy and Marine Corps had a decrease. The Coast Guard number remained the same. The net collective result is 490 more reservists mobilized than last week.

Total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 76,486; Navy Reserve, 4,907; Air National Guard and Air Force Reserve, 5,459; Marine Corps Reserve, 5,548; and the Coast Guard Reserve, 358. This brings the total National Guard and Reserve personnel, who have been mobilized, to 92,758, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel, who are currently mobilized, can be found at <http://www.defenselink.mil/news/Jan2007/d20070110ngr.pdf>.

Defense news, information now customized for mobile devices

●WASHINGTON, Jan. 17, 2007 – Defense Department news releases, articles and other information are now available in a new format that's customized for easier viewing on BlackBerries and other mobile devices, officials said.

The new, mobile-device-friendly format can be accessed at www.dod.mil/mobile, officials affiliated with the project said.

"Having the ability to access the most current Defense Department information while you are on the go is especially important in the fast-paced communications world in which we live," Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, said.

Offering a mobile-device-friendly format to disseminate defense information "is another way we are trying to better serve our globally based audiences, providing them the most up-to-date news and information on the war on terror and other related activity," Barber said.

The new format is specifically condensed to better fit onto the tiny viewing screens featured by most mobile devices, said Tom Dorsz, Web production supervisor at American Forces Information Service.

Mobile device usage is increasing worldwide, Dorsz said, noting that BlackBerries and similar devices enable access to Internet-sourced information anywhere at anytime.

Maximizing and integrating new technology is the mission of the new media team, said Roxie Merritt, director of DoD's new media unit.

"On your mobile device Web browser, simply type in www.dod.mil/mobile to view the top news and press releases that are customized to fit your screen," Merritt said.

Customers will see much of the same information and many of the photos and graphics that appear on the regular Defenselink Web page, available at www.dod.mil, Navy Lt. Cmdr. Brook DeWalt, AFIS's new media operations manager, said.

Warrior Eagles trade bolts for bombs

1st Lt. Antonia Greene
Ryan Morton
Public Affairs Staff

On the chilly morning of Jan. 16, Soldiers from the "Warrior Eagle" Brigade took part in what's referred to in military terminology as a "reflagging" ceremony.

This is the changeover in the designation of the name of a unit, and the unit flag changes its colors. In this case, the 5th Brigade of the 78th division changed its name to Headquarters, 72nd Field Artillery Brigade.

The ceremony involving the 72nd FA Bde., 1st Army Division East, lasted approximately 40 minutes. It was led by Lt. Col. Joseph L. Smith, acting commander, and Command Sgt. Maj. Louis D. Tinsley.

The event also featured participation from Soldiers in the 1-307th, 1-309th, 2-309th, 2-312th, 3-312th, 2-315th, 3-315th, and 1-322nd.

Reflagging is a long-standing tradition that dates back to the founding of America and was derived from the Army's first manual of ceremonies, the Blue Book, written by General Von Steuben. The unit colors serve to mark the location of an organization headquarters and when they are removed in the ritual, they are detached under rifled guards.

Smith took a moment of silence to honor those currently deployed in harm's way and insists the ceremony "...is more than tradition; it is solemn recognition and devotion to the sacrifice and gallantry of all unit members who have gone before."

The activation and deactivation of a unit is a traditional military event that is rich with symbolism and heritage. The key to the reflagging ceremony is the furling of the unit colors, which signifies the lineage and honors of the unit as well as the loyalty and unity of its Soldiers.

The unfurled flag shows the



Ryan Morton

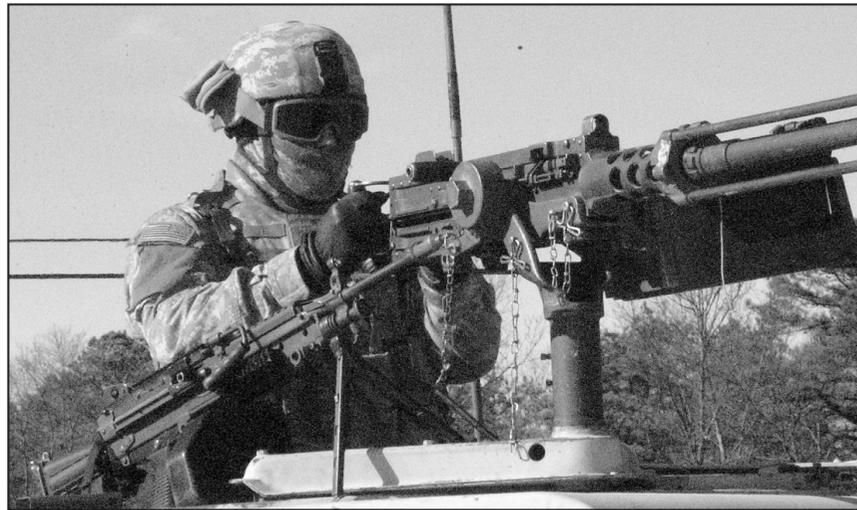
FLAGGED -- Sgt. Laura Tejada, Staff Sgt. Jeffery Held, Sgt. Mandielyn Sudyn, Sgt. Paul Conrad and Staff Sgt. Garfield Jones, from left, prepare for the unfurling of the 72nd Field Artillery colors during the reflagging ceremony at Fort Dix Jan. 16. The 72nd was formerly known as 5th Brigade, 78th Division.

colors scarlet and yellow, the colors associated with the field artillery. It has a cannon ball or black disc centered on a yellow one that connotes accuracy of

fire, and it has arrowheads called pheons that symbolize fire power. The change in designation for the 72nd was effective as of December 1, 2006.

The 72nd was first activated in Germany in 1954 as the 72nd Field Artillery Group. It was redesignated the 72nd FA Bde. in 1980.

Kentucky Soldiers blast through Dix training program



Ryan Morton

GREAT GUNS - Spc. Phillip Baker, 2-138 FA BN Bty C, mans the gun on a humvee during Critical Sight Security Training. His unit participated in this training mission as part of their Army Training Evaluation Program, held last week.

Tax changes from 2006 may promise big bucks this year

Gregg J. Semanick
Internal Revenue Service

SPRINGFIELD, Jan. 17, 2007

Closely reviewing your tax situation and taking advantage of new tax breaks may result in a bigger refund or less taxes to be paid this tax season. A telephone tax refund, new energy-saving tax credits, and recently enacted tax legislation are among the changes taxpayers will find when they start filling out their 2006 federal income tax returns.

Telephone Excise Tax Refund - This one-time refund on previously collected federal telephone excise taxes may be requested on your 2006 federal income tax return. Anyone who paid long-distance excise taxes on landline, cell phone, Voice over Internet Protocol (VoIP), or bundled service that was billed for the period after Feb 28, 2003 and before Aug 1, 2006 is eligible for this refund. (Bundled service is local and long-distance service provided under a plan that does not separately list the charge for local service.)

You can request a refund of the actual federal excise tax you paid based upon your telephone bills for this period. Or you can request the standard refund amount ranging from \$30-\$60 based upon the number of exemptions you claim on your individual income tax return.

Choosing the standard amount is optional. Using this option is the easiest way to get your refund and avoid gathering 41 months of old phone records. By choosing the standard amount you will only need to fill out one line on your tax return. The standard amount is based on actual telephone usage data and reflects the long-distance phone tax paid by similarly sized families or households.

Choosing to request the actual amount paid may be more beneficial for some taxpayers. To request a refund based upon the actual amount you paid, you must determine the amounts paid based on your phone bills. Figure the refund on Form 8913 and attach this form to your 2006 income tax return.

If you are not normally required to file a tax return, there is a new form (Form 1040EZ-T)

that you can use to request this refund. Form 1040EZ-T can be mailed to the IRS or it can be prepared and filed electronically at no cost by using Free File at IRS.gov.

Businesses and tax-exempt organizations are also eligible for the telephone excise tax refund under a different procedure. For more information, go to the IRS Web site at IRS.gov and select the link for the Telephone Excise Tax Refund.

Homeowners Energy Tax Credits - Individuals who made energy-conscious purchases in 2006 may receive tax benefits when filling out their tax returns. The new law provides tax credits for making your principal residence, which must be in the United States, more energy efficient and for buying certain energy efficient items.

These credits are claimed on IRS Form 5695, Residential Energy Credits. For more information go to the IRS.gov Web site, or the U.S. Department of Energy Web site at Energy.gov and use the term "Energy Policy Act Tax Credits" in the keyword search feature.

Hybrid Vehicles Generate Tax Credits - The tax credit for hybrid vehicles may be as much as \$3,400 for those who purchased the fuel-efficient passenger automobiles and light trucks. A complete listing of qualified vehicles is available on the IRS Web site. The tax credit for hybrid vehicles applies to vehicles purchased on or after Jan. 1, 2006.

Consumers seeking the credit need to take into consideration that the full tax credit is only available for a limited time. Taxpayers may claim the full amount of the allowable credit up to the end of the first calendar quarter after the quarter in which the manufacturer records its sale of the 60,000th vehicle. For the second and third calendar quarters after the quarter in which the 60,000th vehicle is sold, taxpayers may claim 50 percent of the credit. For the fourth and fifth calendar quarters, taxpayers may claim 25 percent of the credit. No credit is allowed after the fifth quarter.

Recently Enacted Tax Changes - Legislation enacted in late December (2006) extended certain tax benefits that had ex-

pired in 2005. This new legislation affects a number of areas of tax law, but the most significant effect on individual taxpayers involves the deductions for state and local sales tax, higher education tuition and fees, and educator expenses.

State and Local General Sales Tax Deduction - Taxpayers have the option of claiming state and local sales taxes instead of state and local income taxes when they itemize deductions. Sales tax tables are included in Publication 600 which is available on the IRS.gov Web site.

This deduction mainly benefits taxpayers residing in a state with no income tax; however, it may give a larger deduction to taxpayers who paid more in sales tax than state/local income taxes.

Higher Education Tuition and Fees Deduction - Taxpayers must file Form 1040 to claim the higher education tuition and fees deduction of up to \$4,000 of tuition and fees paid to post-secondary institutions.

Educator Expense Deduction - If you were a teacher or educator in 2006, you may be able to deduct up to \$250 of qualified expenses (books and classroom supplies) you paid in 2006. The deduction is available to eligible educators in public or private elementary or secondary schools. To be eligible, a person must work at least 900 hours during a school year as a teacher, instructor, counselor, principal or aide.

Qualified expenses are non-reimbursed expenses paid or incurred for books, supplies, computer equipment including related software and services, other equipment, and supplementary materials that are used in the classroom.

New Split Refund Option - For the first time, taxpayers can split their refunds among up to three accounts held by up to three different U.S. financial institutions, such as banks, mutual funds, brokerage firms or credit unions. To split their direct-deposit refunds among two or three different accounts or financial institutions, taxpayers should complete the new Form 8888, Direct Deposit of Refund to More Than One Account. Taxpayers can also continue to use the direct deposit line on the Forms 1040 to electronically send their refunds to one account.

Ryan Morton
Public Affairs Staff

Soldiers from the 2-138th Field Artillery Battalion, Battery C, recently participated in the Army Training Evaluation Program (ARTEP) at Fort Dix.

The unit performed this mission as a culmination of the tasks completed in preparation for an upcoming deployment in support of the Global War on Terrorism. This all-male unit is part of the Kentucky National Guard and has been training at Ft. Dix since early October, performing theater immersion and security forces training.

This is the first time this unit, hailing from Bardstown, KY, has been mobilized overseas since the Vietnam War. Since early October the unit has been performing a variety of Soldiering tasks including Individual Movement Technique and Improvised Explosive Device, convoy, and critical sight security among others.

The ARTEP, in many ways, is like a final exam as it takes everything these Soldiers have learned during their training and meshes these skills together to give them their final test before deploying

into harms way. So far, according to their Battery Commander, Capt. Travis Carpenter, they have responded quite admirably.

"The unit has done very well, the skills they are learning are becoming second nature, and they have adapted very well to the challenges at hand. The consistent motivation these Soldiers have shown has really impressed me the most. Their spirits are high, they have good humor, and they take the training seriously," Carpenter said.

"The Warrior Trainers out on the ranges have given me so much positive feedback on my unit and have even said to me that if they were to go downrange, they would feel confident in and would want to go with my Soldiers," he said.

This unit has many experienced Soldiers to help ease the burden of this mission. About two dozen of the 161 Soldiers have served in previous conflicts such as the Gulf War in 1991 and present day Operation Iraqi Freedom.

Capt. Carpenter says that the experience, knowledge, and wisdom these Soldiers bring to the table really helps many of the younger more inexperienced Soldiers by making them feel more

comfortable and at ease with what they will be doing in theater.

Two of the Soldiers, Staff Sgt. Charles Hatfield and Staff Sgt. Jonathan Hilton served in the first Gulf War and have offered various advice and insights to their fellow Soldiers. Hatfield said, "I told the Soldiers to always expect the unexpected and always keep hydrated at all times. These Soldiers are very high speed and have adapted very well to all the scenarios thrown at them here. I expect them to do a great job."

Much of the success this unit has enjoyed while training is aided by the tremendous community support they have received from friends and family back home.

Many local businesses such as the Veterans of Foreign Wars and the United Parcel Service have made significant donations to the unit.

The VFW made a \$6,000 donation and UPS made a \$1,000 donation. The Family Readiness Group got behind the effort too, as they raised \$20,000 which was used to help bus the Soldiers home for the holidays. The mail clerks have been very busy too as they usually fill four large bins to full capacity daily.

Transformation may hold key to preventing loss, accidents

Bill Forrester
DASAF

We're losing Soldiers to needless accidents throughout our Army. I believe in every instance, there is an individual that could make a difference and change the conditions leading to an accident. How do we know when to intercede and achieve success in protecting our force? How will we know in what manner to interject our commitment to never leave a fallen comrade? The answer is through transformation.

Transformation! It is a word you've heard parlayed back and forth over the last four years. Have you ever given any thought to what it means outside of changes in our formations? As a professional Soldier charged with leading our Nation's sons and daughters, it's worth taking a minute to discuss how we, as leaders, can best embrace transformation.

Transformation is a triad involving leaders, forces, and institutions and is paramount to achieving the Army Vision. As you well know, our Army is executing the largest reorganization of our forces since World War II. The goal is to provide combat commanders a campaign-quality Army with joint and expeditionary capabilities while maintaining the quality of the all-volunteer force.

I propose to you that transformation is far more than an equipment change. I further contend that transformation is more than buying bigger, smarter, faster tools and toys for Soldiers to employ to defeat a threat. While the changes in our forces and institutions are significant in scope and breadth, they pale when compared to the positive impacts leaders can achieve.

We are realigning our forces across our formations to place key elements of our combat power in the hands of Brigade Combat Team commanders. While this gives us a more adaptable and flexible force, how can

leaders likewise transform to increase their flexibility and effectiveness? How can we use the culture changes at the heart of transformation to get us there? The truth is, while the changes in our cultural thinking have us on solid footing for a successful future, we still have miles to go.

In our not too distant past, safety was considered the sixth paragraph of a five-paragraph operations order. Safety professionals were seen as the ever-present safety police in our formations, ensuring we all embraced the correct way of doing things. Do you remember those days? Do those stereotypes still seem in the past?

Reading our Preliminary Loss Reports (PLRs), it becomes painfully obvious we need further transformation in the thinking of our leaders. Let me provide several PLR examples. As we look at these, let's peel the onion and examine how an engaged leader could have saved the life of a Soldier.

PLR 07-013: A Soldier was killed in a single-vehicle crash on Nov. 4, 2006, at 0250 local. The 22-year-old PFC was driving a pickup truck with a fellow Soldier, traveling at a high rate of speed. The PFC lost control of the vehicle, ran off the road and rolled several times before coming to stop in a ditch. The PFC was not wearing a seat belt and during the accident sequence was thrown from the vehicle and fatally injured. The passenger, who was wearing a seat belt, was treated and released.

What can we learn? Did this PFC know that trucks don't handle like sports cars? Did the PFC know that turning the steering wheel at a high rate of speed could send his vehicle out of control? Who knew the 22-year-old would be driving at 0250 hours? Why did the passenger display a semblance of good judgment by buckling-up, but not encourage his/her comrade to do the same?

Aren't we all leaders? In our organization, when two privates are together one of them is in-charge and serves as the leader. Do we have the guts to engage

and lead? What about a culture change that says, "When we see something wrong, we make the appropriate corrections?" A transformed Army is one that is self-synchronizing and always looking and examining to make changes that will improve its capabilities. A transformed Army is one where every member is a contributing piece, helping to improve the effectiveness of the whole force.

PLR 07-007: Two Soldiers were killed on Oct. 14, 2006, at approximately 2205 local in a pedestrian accident. The 21-year-old PFC and 22-year-old SPC were attending a private barbeque near a railroad station. They had been consuming alcohol and, later in the evening, wandered too close to the train tracks. The driver of an approaching train sounded a warning signal and tried to brake, but both Soldiers were struck and killed.

Is the buddy system really an opportunity to provide an additional force protection measure, or simply the chance to have an eyewitness or another Soldier involved in the accident? When is a comrade a fallen comrade? The statistics we have show us that a teammate is a fallen comrade in far more situations than being wounded in combat. Fallen comrades encompass those who are tired, intoxicated, medically impaired, sexually assaulted, depressed or who, for other reasons, are at a heightened risk.

As leaders, we must continue the Army's transformation, including how we deal with our Soldiers to take full advantage of all that each and every one brings to the fight and the fight is not just in OIF or OEF. We are losing Soldiers every 26 hours in combat, but when we take a holistic view of our fatalities combat and non-combat we find a Soldier dies every 10 hours. Where is the greatest risk?

We save lives through "Engaged Leadership at Every Echelon." So, I challenge each of you to get engaged and make a difference. Thanks for all you do for our Force

Announcements



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

Friday, Jan. 19 @ 7:30 p.m.
Blood Diamond - *Leonardo Di Caprio, Jennifer Connelly*- Set against the backdrop of civil war and chaos in 1990's Sierra Leone, Blood Diamond is the story of Danny Archer, a South African mercenary and Solomon Vandy, a Mende fisherman. Both men are African, but their histories as different as any can be, until their fates become joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon - who was taken from his family and forced to work in the diamond fields - has found and hidden the extraordinary rough stone. With the help of Maddy Bowen, an American journalist whose idealism is tempered by a deepening connection with Archer, the two men embark on a trek through rebel territory, a journey that could save Solomon's family and give Archer the second chance he thought he would never have. **MPAA Rating: R** for strong violence and language. *Run Time: 138 minutes.*

Saturday, Jan. 20 @ 7:30 p.m.
Eragon - *Jeremy Irons, Edward Speleers*- Searching for food for his family during a harsh winter, a boy named Eragon happens upon a shiny blue stone in the forest. Soon, he's helped hatch a dragon who takes him on an adventure through a mystical land. **MPAA Rating: PG** for fantasy violence, intense battle sequences and some frightening images. *Run Time: 103 minutes.*

Future Features...

Good Shepherd

Friday, January 26 @ 7:30 p.m.
R, 168 min.

Rocky Balboa

Saturday, January 27 @ 7:30 p.m.
PG-13, 102 min.

Main Chapel

562-2020

Sunday Services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. **Gospel** at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:00 a.m.

Religious Services

Islamic Prayer room
open 7 a.m. to 4:30 p.m. Monday through Friday - Room 24

Adult Bible Study
Wednesdays at noon and 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.

Christian Women of the Chapel
hold a **Bible Study** - Tuesdays, 9:30 a.m. to noon

Jewish Services
Contact the Chapel for dates and time.

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. 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.

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.

24-hour Hotlines

Sexual Assault.....562-3849
Victim Advocacy.....694-8724
Child/Spouse Abuse.....562-6001
Emergencies.....911

Or, visit the Fort Dix Department of Defense Police Department in Bldg. 6049 on 8th Street.

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.

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

Family Advocacy
562-5200
Chaplain
562-2020
American Red Cross
562-2258
Army Emergency Relief
562-2767

Army Community Service

Bldg. 5201
562-2767

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

January Schedule

Playgroups 18 mo-3yrs
15 Jan., 17 Jan.
11:00 a.m. - 12:30 p.m..
McGuire CDC # 1

Sharpening Your Communication Skills
19 Jan.
11:30 a.m. - 12:30 p.m.
ACS.

Contemporary Staffing:Recruitment
22 Jan.
10:00 a.m. - 1:00 p.m.
ACS.

Veterans Workshop:Know Your Benefits
22 Jan.
6:00 p.m. - 7:00 p..m.
ACS

Love Shouldn't Hurt
25 Jan.
11:30 a.m. - 12:30 p.m.
ACS

International Spouses Group
26 Jan.
10:00 a.m. - 1:00 p..m.
ACS

Relationship Safety
30 Jan.
6:00 p.m. - 8:00 p..m.
ACS

Moneywise in the Military
31 Jan..
9:00 a.m. - 2:00 p..m.
Timmerman Center

For more information call
Deraurah Wilson at 562-4830

MOBILIZATION NEWS YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

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.

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 11:30 a.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.

NEW HOURS Java Cafe and Computer Lab @Club Dix

723-3272
Monday - Friday - 7 a.m.. to 1:30 p.m.
Saturday-Sunday -Closed.

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 10 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.

Dix Shoppette/Class Six/ Gas Station

723-0044
Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

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

723-4154
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

Dix Family Action Plan issues raised, resolved

How can Fort Dix be improved for Soldiers and civilians who live and work on the post?

The annual Army Family Action Plan Conference is the forum for military, family members, civilians and retirees to let military leadership know what works, what doesn't, and what they think will resolve the problems.

People across the installation have been working on answers to issues raised at the Oct. 26, 2006 conference, and the results were presented Jan. 16 to the AFAP steering committee.

AFAP continues to improve the standards of living for all military personnel and DoD employees. Local changes have included improvements to Fort Dix roads, office facilities, upgrades in standards of living for deploying Soldiers, changes at the commissary, improved processes for the Case Management Program at the Joint Readiness Center; process improvements at the 305th Medical Clinic; reactivation of the Fort Dix BOSS Program; and reduced fees at Fort Dix Lodging for large families.

Seventeen issues and their status were presented to the committee, chaired by Col. David McNeil, Fort Dix Commander, and moderated by Fran Booth, AFAP coordinator.

Some issues have been completely resolved, while solutions to others are ongoing.

Issues reported were:

- Unsafe steps at Building 5418.

Building 5418 is the most densely populated administrative building on the installation. Every year during inclement weather, employees, military and civilian, retirees and customer must traverse slippery, wet and icy steps to enter and exit the building.

The conference recommendation was to install a canopy over the steps at Building 5418.

Resolution of the issue is installation of a snow fence and a system to keep the gutters from dripping. This technique will pre-

vent water on the steps, rather than just covering them up.

Work on the solution is ongoing.

- Lack of security lighting at several locations on Fort Dix.

Conference attendees reported a lack of lighting in barracks parking area and the Club Dix parking lot. The lack of lighting puts servicemembers, family, civilians and other customers at risk for vandalism, personal injury and attacks.

The conference recommendation was to install additional lighting and/or repair existing light poles and lamps.

The conference raised the issue of hours of operation at the Pemberton Gate, which is currently open from 6 a.m. to 6 p.m. The request was to extend hours at the gate to 9 p.m. on weekdays and 11 p.m. on weekends. Based on current manning requirements, the committee determined that the post is unable to extend the hours at the

Lighting at Club Dix has been repaired.

Orders for repair of lighting around Buildings 5401 and 5402 have been submitted, as well as one for the parking area across from Building 5401.

Repair of street lights is done by the utility company. Anyone noticing a non-working light is asked to write down the number on the utility pole and turn it in to the Customer Service Desk at the Directorate of Public Works.

DPW Director Dave Peckham told the committee that crews are also surveying lights on post to catch those that are out.

Work on the project is ongoing.

- Speed limit signs in PT areas.

There are presently no speed limit signs on Fort Dix advising drivers to proceed at 10 MPH when passing formations of Soldiers doing PT. The conference considered this a safety hazard for Soldiers, and recommended posting of signs on several streets frequently used by units in formation.

The project was approved, and installation of the signs is ongoing.

Another issue raised at the conference involved families visiting married Soldiers billeted on post.

Spouses and family members are not allowed to stay overnight in billets when they visit Soldiers on Fort Dix. Midnight is the cutoff for visitors. Typically, there are no other rooms to rent for those desiring to remain overnight. This policy is not enforced, and really only hurts those Soldiers who follow the rule.

The conference recommended allowing spouses to stay overnight if the Soldier has a private room, but the change will not be forthcoming. The policy of not permitting overnight visitors in UPH facilities is not unique to post, and is used to prevent liability issues and as a measure to preclude conflicts between guests and other personnel residing in the building. Numerous issues have been reported of spouses, families or other guests becoming "permanent," a misuse of UPH housing.

- Pemberton Gate hours of operation.

The conference raised the issue of hours of operation at the Pemberton Gate, which is currently open from 6 a.m. to 6 p.m.

Many off-post jobs and school activities end after 6 p.m., and conference attendees raised safety issues incurred by drivers using alternate gates. The request

Family Advocacy assistance available around the clock

Kimberly Henne, MHR
Serco Contractor

The Army Family Advocacy Program is available 24 hours a day, 7 days a week, and 365 days a year to respond to family violence crises.

The Installation Victim Advocate (IVA) maintains a crisis hotline number that is functional 24 hours per day. By alerting the IVA, a victim of family violence can learn about reporting options, resources and assistance available.

The Army now has two different reporting options available for those involved in domestic violence, unrestricted and restricted reporting. The Restricted Reporting option is new, and affords most victims the opportunity to step forward and receive medical care, counseling and education without initiating a criminal investigation or alerting command. The unrestricted reporting option initiates a full investigation with the DOD Police, Command, and Family Advocacy but this choice is left up to the victim in most circumstances.

The Installation Victim Advocate will also help victims with safety planning for the future; assist with emergency relocation and other urgent services such as transportation, food, housing, accompanying clients to the police for investigative purposes, to court for restraining orders and hearings; coordinating with on- and off-post agencies, including the Victim Witness Liaison Office.

Transitional Compensation is another benefit to victims who step forward.

It is money authorized by Congress for victims

of family violence. When family members report violence in the home and the active duty member is discharged by court martial due to the reported family violence, the family may be eligible to receive assistance from the government. Transitional

Compensation includes health care, commissary and exchange privileges, plus a monthly stipend for up to three years after the military member is separated from the military and no longer living with the family.

The Sexual Assault Prevention and Response Program also provides the same 24-hour coverage for victims of sexual assault.

Staffed by both civilians and active duty unit victim advocates, a victim can have an advocate available to support them through their healthcare management needs, understanding of the investigative and criminal justice processes as well as accompaniment to various appointments including the police station, courtroom, and other services needed.

Active Duty members are afforded restricted reporting options for sexual assaults. Family members who experience sexual assault or marital rape within their intimate relationship can also be afforded a restricted report under the domestic violence program.

The 24-hour hotline numbers for Fort Dix: Domestic Violence Crisis Hotline (Victim Advocate) 609-694-8724 Sexual Assault 609-562-3849 Spouse & Child Abuse; Out of Home Abuse 609-562-6001 All Emergencies 911

waw to extend hours at the gate to 9 p.m. on weekdays and 11 p.m. on weekends.

Based on current manning requirements, the committee determined that the post is unable to extend the hours at the Pemberton Gate.

- Centralized Fort Dix communication.

Conference goers reported that many events on post are not advertised consistently or in a timely fashion to residents, non-residents, and tenants on Fort Dix. While many events are advertised in the Post, many families live off post and do not receive this information. In addition to events, information such as temporary gate closings is not communicated adequately.

The conference recommended posting a calendar on a Fort Dix website; sending immediate messages, such as gate closures, via e-mail to all who have signed up for such a service; using computerized signs across post to deliver messages, and sending out weekly updates via e-mail.

A review of available information showed that centralized Fort Dix communication is available online at www.dix.army.mil and www.dixmwr.com, as well as through e-mail, marquee and WDIX. If a person seeking information can get e-mail, he or she can visit the web site. Families living off-post who do not have e-mail access can get copies of the paper and MWR announcements at the commissary, post exchange and other venues on post.

Extended child care hours at Child and Youth Services.

The conference raised the issue of extending the hours of care provided, since military personnel often do not work traditional hours. Many installations offer extended hours and weekend care. Taking children to a provider's home is not always the answer. The conference recommended more flexibility on pick up and drop off times, and weekend hours.

The Morale, Welfare and Recreation Directorate reported that parents have requested extended child care services several times during the past few years. CYS has offered a variety of extended care options for trial periods. Despite heavy marketing, not one family signed up for the extra hours. Parents needing extended child care services should call the CYS Central Enrollment

Registry office. A needs assessment will be conducted again this year.

- Schools for military families residing off post.

Military families not residing on post do not have an option to enroll their children in the Fort Dix Elementary School. If a new family moves to the area and chooses to live off post, temporarily, they are not permitted to have their children enrolled in the school.

The conference recommended negotiating with the school district for an exception to policy for military children to attend on-post schools.

Pemberton Township Board of Education policy is that "Chil-

The grocery department tries to accommodate customers when items have been deleted from the shelves; if an item can be brought back, the store will do so. However, Defense Commissary Agency Marketing is continually monitoring slow-moving items for deletion in an effort to make room for new items that consistently come to market.

dren living on Fort Dix are assigned to Fort Dix Elementary School." This is a board policy and Fort Dix has no jurisdiction in the matter.

1 Army and Air Force Exchange Service ricing.

The conference was presented with the issue that only high-end merchandise is available at the post exchange, and that identical items are cheaper elsewhere. Customers must research for price matches. Those raising the issue also said the store is not well-stocked considering its isolation from other shopping outlets, said there is a lack of basic household and hardware items, cashiers do not know how to implement the lower prices and gas prices are the lowest only in a seven and one-half mile radius.

The conference recommended a reduction in the percentage of markup, establishment of a committee of customers to advise, more customer service training for cashiers and expanding the gas price radius to a larger number of vendors outside the rural areas surrounding the post.

The AAFES response to the raised issues was:

The Fort Dix/McGuire Main Store currently stocks the AAFES brands throughout the store. All house brands are at a lesser price.

More advertising is needed to inform customers about these products, and they will be included in future "Meet the Manager" and "Buddy List" sessions.

The AAFES "We'll Match It Program" is in full effect. Cashiers are authorized to do on-the-spot price matches for up to \$10, if customers bring the advertisement showing a lower price. AAFES will call competitive stores if necessary.

Scans are done on a daily basis to determine turnover and ensure that AAFES has sufficient inventory on hand. This inventory includes all the household and hardware items authorized for the store classification.

All cashiers have been trained on how to implement the lower price procedures.

Motor fuels are priced to be competitive with the local community prices. AAFES Gas Station Management conducts surveys of five or more locations selling motor fuels. On Fort Dix and McGuire, surveys are conducted daily. This process allows AAFES to establish a fair and competitive price equal to the lowest price surveyed for each grade of fuel sold.

- Commissary items.

The conference raised several commissary issues, including that the store has stopped stocking several products, including Flex-All, Doans and Reynolds bags. Families using these products must go off-base to purchase them. The commissary discontinued hand wipes for customers to use to wipe off grocery carts, and items are frequently relocated in the store.

The conference recommended that the commissary restock listed items, return hand wipes to the shopping cart area and provide a map of where items are located in the store.

The commissary response:

The grocery department tries to accommodate customers when items have been deleted from the shelves; if an item can be brought back, the store will do so. However, Defense Commissary Agency Marketing is continually monitoring slow-moving items for deletion in an effort to make room for new items that consistently come to market.

The commissary does have a floor plan of the sales floor. The flyers are located in the coupon rack at the store entry.

There is also a locator list on the store website at www.commissaries.com for patron convenience in identifying available products and where they are located in the store.

The store has not discontinued availability of the handy wipes at the cart area. They were temporarily out of stock, but supplies have since been replenished.

(This is part one of a two-part series covering issues raised in the Oct. 26, 2006 Army Family Action Plan Conference. Part two

Soul Line Dance Lessons

Sundays from
3 -5 p.m.

at Club Dix

\$7 per person

Soldiers honored



photos by Shawn Morris

Lt. Col. Cynthia Palinski, Mobilization Readiness Battalion commander, far left, awards the Meritorious Service Medal to Capt. Robert Hood, near left, during a Jan. 17 awards ceremony at Club Dix. Palinski awards the Army Achievement Medal to Staff Sgt. Frederick Cohen, above. Also receiving the AAM were Sgts. Eugene Ethengain and Leonard Lapoma, Staff Sgts. Charles Gaglio, Aaron Jackson, Kevin Park and Anthony Ruiz, Sgts. 1st Class Leonel Cruz, Arturo Dulla, Vincent Fanning, Luz Harbin, Warren Head Jr., Sandra Mariano, Kevin Merrill, Miguel Martinez, Phillip Mitchell and David Zenk, Master Sgt. Kevin Thompson and 1st Sgt. George Wilson. Palinski awards a Certificate of Achievement to Sgt. 1st Class Kevin Merrill, top right. Also receiving COAs were Staff Sgts. Charles Gaglio, Glen Johnston and Kelvin Stephens, and 1st Lt. Rocky Robinson.



Palinski awards the Army Commendation Medal to Staff Sgt. Kelly Hill, above.

Chaplains' Corner

Chap. (Col.) David Forden
chapel staff

Comedian Buddy Hackett once said, "As a child, my family's menu consisted of two choices: Take it or leave it."

To a large extent, the people we are today are the result of the choices that we made yesterday. So, also, who we become tomorrow will be the result of the choices that we make today.

Be it good or bad, we are designing the people that we are be-

coming tomorrow by how we choose to respond in those situations that are put before us. The question is, what kind of people do we want to design ourselves to be?

The choices are many: We can be self-centered or generous; we

can be trustworthy or not; we can be responsible or throw responsibility to the wind. Some choices are simple - like Buddy Hackett, we can eat what we are given or go hungry. Many choices are complex and difficult - about ethical and moral behavior, spiritual growth, or developing healthy relationships.

We are blessed with so many choices, and those choices build the persons we become and the character and reputation by which we will be known.

It is said that, "The doors we open each day decide the lives we live." The good news is that we can decide whether to open the doors before us or to leave them closed.

But as our friend Oprah Winfrey once said, "Nothing happens until you decide."

It is my hope and prayer that each of us will reflect daily on the choices before us, and then choose wisely the ones that build and strengthen our character.

Person Building



I HAD A CHOICE,
CLEAN MY ROOM
OR NOT WATCH TV.
MOM IS TEACHING
ME TO BE
RESPONSIBLE.

Read The Post!



Palinski awards the Good Conduct Medal to Sgt. Vikas Urtekar. Also receiving the Good Conduct Medal were Staff Sgt. Kelvin Stephens, Sgts. 1st Class Arturo Dulla, Jeffrey Frazier, Warren Head and Brian Thomas, and 1st Sgt. John Humphreys.

ARTS & CRAFTS

Bldg. 6039
Philadelphia Street
562-5691

Registration & sales store hours:

Tuesday-Thursday
noon-5 p.m. & 6-8:45 p.m.
Friday
11 a.m. - 4:45 p.m.
Saturday
9 a.m. - 4:45 p.m.

CLOSED Jan. 20

PROGRAMS

6-Week Introductory Pottery Class
Wednesdays, 6:30 - 9 p.m.
Jan. 17 - Feb. 21
\$55 fee plus materials

Super Saturday
Jan. 27

Get ready for the Super Bowl by checking out our super ceramic bowls! Come in your favorite jersey, show some team spirit and paint your favorite team logo on your choice of ceramic items and take 20-percent off regular price. With a deal like that, everybody's a winner!

Quilts For Kids

Feb. 10, 11 a.m. - 3 p.m.
Join us every second Saturday of the month, and become part of this national organization that donates quilts to children's

hospitals, shelters, and more. We have exciting new ideas and donated fabrics; all you need to bring is your desire to help others while you learn to sew and learn to machine quilt! All experience levels welcome, and there is no fee to join.

Custom Designer Handbags

6:30 - 9 p.m.
Jan. 30, Feb. 6, 13, 20 & 27
Why go to one of those new home parties for handbags when you can create your own right here? This class explores the many options of fabrics, pockets for everything including your cell phone, with or without zippers, linings, handles and your personal design. All levels of sewing - beginner to advanced welcome.
\$45.00 fee

Adult Craft Classes

Tuesdays, 6 - 8:30 p.m.
Jan. 23.....Ceramic Heart Boxes
Jan. 30.....Valentine Card Workshop
Feb. 6.....Magical Mosaics
Feb. 20.....Ceramic Cake Plate
\$5 fee plus materials

Black History Month Celebration

Feb. 10
Create an African mask in clay, forming it over a plaster mold and painting with underglaze to make an exceptional wall sculpture. With four different designs to choose from, this makes a great family project!

Krafty Birthdays

Arts & Crafts offers Krafty Birthday Parties! Parties include up to 2 hours of party

room use, one craft project with instruction and all materials, with many exciting projects to choose from. When making party reservations, please make sure to stop by in order to select the craft and make payment.

Kids Pottery Class

ages 6-9, 10:30 a.m. - noon
Feb. 24, March 10, 17 & 24
\$20 fee plus \$10 materials

Tween Pottery Class

ages 10-13, 1 - 2:30 p.m.
Feb. 24, March 10, 17 & 24
\$20 fee plus \$10 materials

Kids Craft Classes

Saturdays, 2:30 - 4 p.m.
Jan. 27.....Valentine Cards
Feb. 10.....Heart Magnet
\$5 fee plus materials

Framing Qualification Classes

Jan. 10 or 17: 6 - 8:30 p.m.
Jan 6 or Feb 3: 9 - 11:30 a.m.
Get qualified to use this great facility and equipment! You'll complete one piece (cost of which is not covered by registration fee) about 8 x 10" which you must supply as you learn to operate the equipment. All materials are available for purchase at the frame shop.
\$10 registration fee

Rotary Cutting Class

Jan. 23, 6-8:30 p.m.
Speed up your sewing projects with these hands on tips to safely use the rotary cutter. A must for quilters!

Quilo

Feb. 22, 6-8:30 p.m.
Learn how to make this cozy Blanket and Pillow all in one. This will make your cold nights real comfy.

Honoring the Colors

Reveille
6 a.m. (0600 hours)

Military personnel in uniform

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.

Ultimate Weapon enters Ultimate Fight



Ed Mingin

HIGH STEPPIN' -- Staff Sgt. Kenny Owens prepares for tonight's fight by sparring with Sgt. Chow. Owens and Chow are both combatives instructors at Fort Dix.

Ed Mingin
Public Affairs Staff

Staff Sgt. Kenny Owens will be taking a trip to Atlantic City tonight. Owens, a combatives instructor with the 1/322nd, won't be gambling or taking in the sights. He won't be walking the boardwalk or dipping his toes in the ocean. Owens is traveling to A.C. to pick a fight.

He's not looking for a random individual to provoke; he is looking for one man - Shawn McCann.

Owens and McCann will square off in an Ultimate Fight cage match at the Tropicana, and the combatives instructor will be putting his skills on the line.

A longtime Army wrestler, Owens is fairly new to the world of Ultimate Fighting.

"I have been wrestling for as long as I can remember," he said. "If there was one person I had to give credit for introducing me to wrestling, it would be my older brother James. He was a wrestler in high school. He would come home and show me moves he used in practice. Back then I was only five or six, I'm 35 now."

Owens used the moves his brother showed him and wrestled in high school. Then, he joined the military and continued his passion for the sport.

"After high school, I joined the army and soon found my way on the Army wrestling team. I stayed in the Army for eight years, then joined the Marines and continued wrestling for them. After four years with the Marines, I returned to the Army," Owens explained.

During his years wrestling with the military, Owens experienced a great deal of success and reached the pinnacle of the

wrestling world, competing for a spot on the U.S. Olympic team.

"I spent many years training to make an Olympic team. I came very close several times but came up short. At my last Olympic trials in 2004, I officially retired from the sport of wrestling," said Owens.

But wrestling runs deep through his soul, and just walking away proved too hard. Owens was able to keep his desire to compete alive when he became a combatives instructor.



"Credit goes to Sgt. Maj. Jones of the 1/322nd. He needed a volunteer from our unit to become a combatives instructor. He thought I was perfect for the job, and he was right. I became a combatives instructor and found a new passion," said Owens. "I arrived at Fort Dix for the first time in November, 2004. I am still with the 1/322nd. I also work with the 1/309th, supporting Fort Dix as a combatives instructor for the post."

While he has spent many hours training for his fight against McCann, Owens' everyday life as a combatives instructor keeps his skills sharp and has him in top form.

"Being a combatives instructor and a fighter go hand and hand," he said. "Competition is the closest thing you can get to the real thing, and it always encouraged. Combatives takes it a step further with the introduction of weapons."

Weapons may not enter the picture when Owens and Mc-

Cann head into their cage fight, but all the skills Owens has gained over the years, as a wrestler, Soldier, and combatives instructor will come into play.

Owens has experienced one ultimate fight to date, a match this past December which saw him defeat his opponent early in the second round. But tonight's match against McCann will see Owens jump into the big time of Ultimate Fighting competition.

So after years as a top level wrestler, what does Owens expect from tonight's fight?

"It's hard to say. I have no idea what to expect. It's like wrestling but in a different way. In wrestling, I had to be prepared to wrestle several opponents over a one- or two-day time frame. Now I only have one opponent for one fight on one night. Neither is easy, they are just different," said Owens. "The only thing I know about my opponent is that his fighting background is jujitsu. I don't do much research on my opponents. I focus mostly on what works for me."

Owens says Ultimate Fighting, or fighting in general, is too often looked upon as being a dangerous sport.

"Most people hear the word combatives, fight, or fighter and instantly think danger or dangerous," he said. "It's very safe to do in the right environment. With proper equipment and supervision, people are rarely hurt."

He also pointed out that it's a great way to stay in shape, and learning some basic self-defense techniques isn't bad either.

"You don't have to be a combatives instructor or a pro fighter, but knowing some basic things can provide exercise, and one day save your life, or some else's," added Owens.

Getting in shape doesn't mean going it alone



Ed Mingin

WORK IT OUT -- Cindy Sommer, fitness trainer at the Griffith Field House, goes over exercise routines with Marilyn Littleton. A retired civil service employee, Littleton stays fit by visiting the gym twice a week.

Ed Mingin
Public Affairs Staff

Having trouble keeping that New Year's resolution? You know, the one about exercising and getting in shape?

It may be the most common New Year's resolution, but just like all the others, it's difficult to keep. It's especially difficult now that temperatures have plummeted and getting outside for some exercise is not pleasant.

Fortunately, there is a solution. Just head over to the Griffith Field House, get out of the cold and keep that resolution.

"A lot of new faces come in after the New Year," said Gina Accardo, fitness coordinator at the Griffith Field House. "Usually after a few weeks they're gone. It's a shame. People do it for a couple of weeks and then drop it. It takes longer than two or three weeks to see the results."

Getting in shape involves more than going to the gym and hitting the weights. Having a plan and a goal will keep you heading

back and help you stick with your routine.

"If you just plunge in, it doesn't work," explained Cindy Sommer, fitness trainer at the Field House. "You have to have a plan. You have to do things you like and add variety, otherwise it's hard to stick with it. It's got to be something you can fit into your everyday life. It's got to be something you'll stick with."

Figuring out a plan alone is difficult, but at the Field House, going it alone isn't necessary.

"Just set up an appointment with us," said Accardo. "We'll do a fitness consultation, we'll do a body fat measurement, talk about health and diet. We'll discuss goals and then set up a personalized program," said Accardo.

Once a routine has been planned, the staff at the Field House doesn't just turn you loose.

They'll stick with you for a while and make sure you understand the routine.

"We'll go through the workout that was set up and make sure you're doing it right and won't get injured," she said. "We'll get them started and take them through the first six to eight weeks. Then they're on their own."

Keeping on your routine once the trainers at the Field House stop monitoring your workouts can be hard. Finding the motivation to workout takes a lot of effort, and for many people, it will kill the routine. But going it alone isn't the answer.

"The buddy system is awesome. It really works to keep you doing it," said Accardo. "If someone doesn't like doing it on their own, we also have aerobics classes."

Sticking with your new routine is hard. Just getting to the gym can be a lot of work. But once your routine is established, results will follow soon.

"If they've been doing nautilus and cardio at least three times a week, they'll see some results in about two months," said Sommer.

Getting in shape isn't all about looking good, it's about feeling good and being healthy.

"It's not just about the outside and what you look like, it's the inside. You'll feel better, sleep better, it just makes you healthier," said Accardo.

Remember, you don't have to get started all at once. Ease into your routine. The staff at the Field House will help you get started and set up a routine that works for you. Call 562-4888 and see how the Field House staff can help you.

Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Youth Basketball Schedule

Jan. 19

Juniors - Fort Dix vs. Pemberton 1 at McGuire Fitness Center - 6 p.m.
Sr. Bantam - Fort Dix 1 vs. Pemberton 1 at Pemberton High School - 6 p.m. Fort Dix 2 - bye.
Jr. Bantam - Fort Dix vs. Pemberton 2 at Doughboy Gym - 6 p.m.

Jan. 20

Minors - Fort Dix 2 vs. Pemberton 3 at Doughboy Gym - 11 a.m. Fort Dix 1 vs. Pistons at Doughboy Gym - noon.
Pee Wee - Fort Dix vs. Pemberton 3 at Doughboy Gym - 11 a.m.

Pep Rally

Come Support Fort Dix Youth Basketball. Saturday, Jan. 20 will be a pep rally at the Pemberton Township High School.

Starting at 5:30 p.m., events will include a PeeWee dunk contest, half-court shots, foul-shooting contest, 3-point contest, Trinity Drill Team, cheerleaders, 50/50, concessions, prizes, and a coaches game.

Price for this event is \$2.

Coaches and players will be admitted free.

Griffith Field House Aerobics Schedule

Monday

Step & Sculpt
noon - 1 p.m.
Total Toning
5:15 p.m. - 6:15 p.m.

Tuesday

Mind & Body Pilates
8:30 a.m. - 9:30 a.m.
Spin-It!
noon - 12:45 p.m.

Wednesday

Hi-Lo Fusion
noon - 1 p.m.
Circuit Training
5:15 p.m. - 6:15 p.m.

Thursday

Step & Sculpt
8:30 a.m. - 9:30 p.m.
Mind & Body Pilates
noon - 12:45 p.m.

Mixed Fitness

5:15 p.m. - 6:15 p.m.

Friday

Spin-It!
noon - 12:45 p.m.

Classes are subject to change. There must be at least three participants to conduct a class. Call 562-4888 for more information.

Aquatics

Winter hours are now in place for the indoor pool.

Lap Swim

Monday - Friday
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.

Saturday
Retirees/adult dependents/
working DOD

10:30 a.m. - noon

Rec. Swim

Mon. - Fri.
1 p.m. - 5 p.m.

Saturday
Noon - 6 p.m.

Fees for Rec. Swim: Military- \$2 Non-military-\$4

Hydro Aerobics

Monday and Wednesday
7:30 p.m. - 8:30 p.m.

Saturday
10:30 a.m.

Ice Skating

Outdoor Rec. will be hosting an ice-skating party at Iceland Skating rink in Medford. Pizza and soda are included with admission: adults \$20 - Children 12 and under \$15.

Participants must be signed up for the Jan. 28 event by Jan. 12.

Meet at Outdoor Rec. at 11:15 a.m.

There will be another ice-skating event held Feb. 9. For more information about either event, or to find out what other activities are available, call Outdoor Rec. at 562-2727, or visit www.dix.mvr.com.



Ed Mingin

NCOA leads the way

Terrel Stanton, 3rd SEG drives toward the basket around Craig Lawson, 2/315 FA. Stanton and 3rd SEG were back in action Wednesday night, losing to NCOA by one point. NCOA sits atop the league with a perfect 3-0 record. The Wildcats are close behind at 2-0. The Renegades and TLC both remain unbeaten after one game. MRB and HHC Sit BDE are tied at 2-1. Three teams, 2/315th FA, FCI, and Dynasty are at 1-1. Ball-Up, who were runners up in the preseason tournament are at 1-2. Coming close several times but still looking for their first victory, 3rd SEG has a record of 0-3.