

thePost

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NEWSNOTES

Wrightstown Gate reopens Saturday

The Wrightstown Gate will reopen Aug. 3 at 4 p.m., and close again at noon Aug. 6 until about 4 p.m. Aug. 10. The checkpoint has been closed for construction work on an overhead canopy and security improvements.

United Communities hosts Open House

United Communities will host an Open House of their new Business Center and Model Home at 3700 Circle Drive, McGuire AFB, August 15 from 1 to 3 p.m.

McGuire and Fort Dix community members are encouraged to attend and walk through the furnished model home where refreshments will be served.

The Business Center will collocate Government Family Housing Offices with UC's Leasing, Property Management and Business Offices. Please call the United Communities staff at (609) 723-4290 for further information.



Ed Mingin

Jim Bayre from AAFES hooks up a truck to the Shoppette Trailer at the Joint Readiness Center off Texas Avenue as he prepares to pull out Aug. 1. The AAFES trailer is being sent to Iraq. More photos, page 9.

Post RV campground offers lodging alternative

The Willow Pond Recreational Vehicle (RV) Campground offers a home away from home. Located on the corner of Texas Avenue and 8th Street, the campground offers water and electric (20 and 30 amp) hookups and a pull-up dump station. Rates are \$20 per night, \$100 per week and \$400 per month.

Reservations are recommended and a deposit must be made in full. All reservations must be made at Outdoor Recreation, Monday through Friday from 10 a.m. to 5 p.m. or Saturday and Sunday from 9 a.m. to 4 p.m.

WEATHER

FRIDAY -- Slight chance of showers and thunderstorms in afternoon, partly cloudy with high of 94 degrees. Overnight low of 68.

SATURDAY -- Still partly cloudy, breezy, high of 89 and overnight low of 70.

SUNDAY -- Continued hot and humid, with a daytime high of 91 degrees and low of 71.

MONDAY -- Partly cloudy, breezy, daytime high near 90 and overnight low of 70 degrees.

TUESDAY -- Partly cloudy, high of 92 and overnight low of 71.

WEDNESDAY -- Hot, sunny and humid with a high of 93 and overnight low of 74.

Town Hall Meetings update Dix community

Carolee Nisbet
Editor

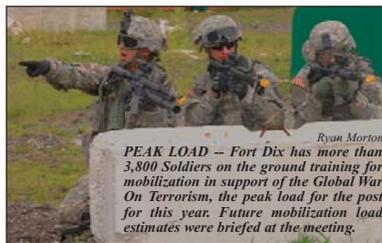
Soldiers and civilians from the Fort Dix community gathered in Timmermann Center July 30 to meet the post's new commander and get an update on what's happening on the installation.

Col. Ronald R. Thaxton, who took command of the post July 18, presented his vision for Fort Dix and his command philosophy to the crowd.

"There is one standard on this post, and that is the Army standard," he told the audience. It applies to every Soldier, he added, active, guard and reserve.

Thaxton said he expects his leaders to lead from the front, lead by example and to be critically involved in the mission.

"But I don't like micromanagers," he added. "I expect you to power down. Get with your employees, tell them what you want and map out a plan to get there. Be demanding, raise



Ryan Morton

the bar -- everyone should be constantly challenged." Sharing credit for accomplishments is part of the strategy, he added.

Thaxton also encouraged attention to education and training for employees, noting that we should now be training the people who will take over the top positions in the future.

As always, two-way communication, candor and loyalty are critical to the process, he said, and leaders need to not only talk to their people, but listen to what they have to say and be willing to answer questions.

"I'm an open book," he said, you can ask me anything and I will answer you candidly." Thaxton invited ques-

tions, noting that his e-mail address is in the Dix system and those who don't see him often can send in their questions.

Thaxton challenged the crowd to be innovative and think outside the box to solve issues on the post. For example, he asked everyone to consider the best way to draw more support for Club Dix to keep it open, since under the First Army policy, mobilizing and demobilizing Soldiers are not allowed to use the facility.

The commander said he realizes how hard people work here, and encouraged everyone to recognize the saturation point -- the point at which you need a break to remain effective. "The saturation point means you've got to get away -- no BlackBerry, no cell phone, no laptop -- get away!" he said.

Thaxton also told the crowd he believes in the intangibles -- treat others the way you want to be treated, remember your values and make good decisions.

(continued on page 3)

Methodical Iraq exit planned

Donna Miles
American Forces Press Service

The way the United States redeploys its troops and equipment will send a strategic message, not only to our friends in the region, but to our adversaries or potential adversaries (who will) watch very carefully.

KUWAIT CITY, Aug. 1, 2007 -- The way the United States ultimately leaves Iraq will send a strong message to America's friends and enemies alike, the general who would oversee the logistical exodus told reporters traveling here with Defense Secretary Robert M. Gates.

"Just as we are very deliberate and methodical going to war -- and the United States does that very well -- we also need to be very deliberate and methodical coming out," Army Lt. Gen. R. Steven Whitcomb, commander of 3rd U.S. Army, said today.

Whitcomb said the way the United States redeploys its troops and equipment will send "a strategic message, not only to our friends here in the region, but to our adversaries or poten-

tial adversaries (who will) watch very carefully."

"So we can't just come down helicopter," he said. "It is the strategic communications aspect of not just driving things down and parking it here for three or four months. (That) is not the way to do it. We need to be deliberate, and we have that capacity to be deliberate."

A tank battalion commander during Operation Desert Storm, Whitcomb is no stranger to mass troop and equipment movements.

He and his 2nd Battalion, 70th Armor, 1st Armored Division, troops got word that, "Hey, we have 72 hours to get from Kuwait the same way you

came into Saudi Arabia," he recalled today.

"And it's pretty tough to do," he said.

Back in Kuwait again, this time commanding the massive logistical operation that supports Operation Iraqi Freedom, Whitcomb said he's not expecting that same breakneck type of departure.

"I don't think the decision is going to be the California Gold Rush," he said.

When the decision is made, there will be no need to come up with a plan. "We've got our plan, and it's a plan we've already executed previously," Whitcomb said. "We have a

plan that we have executed for the past four years."

That plan has covered four major troop rotations through here to deploy troops into Iraq and redeploy others home.

"We move 700,000 a year, which is the population of Alaska or Baltimore," Whitcomb said. Between September and December 2006 alone, the operation here moved 240,000 troops, he said.

Those movements refer to soldiers moving into Iraq, those transiting through here for mid-deployment trips home and those returning to Iraq, he explained.

"So you're moving them with a rucksack," he said.

What's not included, he said, are the tanks, Bradley fighting vehicles and other equipment that typically remains in Iraq for incoming troops to use.

(continued on page 8)

More than 78,000 Army reserves mobilized

Fort Dix reached its mobilizing Soldier population peak this week, with more than 3,800 Soldiers remaining on post in various stages of preparation to deploy.

The week brings the totals for the post to 103,420 Soldiers, Sailors and Airmen mobilized and demobilized through Fort Dix since September 11.

This week, the Army as a whole announced a decrease in the number of Soldiers mobilized in support of the Global War On Terrorism, while the Coast Guard, Navy and Air Force numbers increased.

The Marine Corps number remained the same. The net collective result is 97 fewer reservists mobilized than last week.

At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease.

The total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 78,241; Navy Reserve, 5,256; Air National Guard and Air Force Reserve, 5,806; Marine Corps Reserve, 5,915; and the Coast Guard Reserve, 309.

This brings the total National Guard and Reserve personnel, who are currently mobilized, can be found at <http://www.defenselink.mil/news/Aug2007/d20070801ngr.pdf>.



Staff Sgt. Russell Lee Klika, 72nd Field Artillery Brigade

In the pipeline for the War On Terrorism

U.S. Army Spc. Louis Mojica, 143rd Field Artillery Regiment out of the California National Guard, finds a patch of shade in a bunker created from concrete culverts during a break in mobilization training July 24 at Fort Dix.

D-Day author, vet visit tomorrow's heroes

Shawn Morris
Public Affairs Staff

The great deeds of this nation's Soldiers -- from the struggle for independence to the Global War on Terrorism -- will always be remembered through Army tradition, film and writings.

Of course, the greater the deeds, the better remembered they will be. For some units that have participated in the country's greatest military achievements, their lore is certain never to be lost to time.

One such unit is the 29th Infantry Division, which fought against the British during the 1770s in America, and alongside them nearly 200 years later in Europe. But what the "Blue and Grey" Division is best known for is its pivotal role in the D-Day landings in Normandy, France, on June 6, 1944.

Joe Balkoski, command historian for the Maryland National Guard, has made sure the 29th Division Soldiers' accomplishments on D-Day will never be forgotten. His book "Beyond the Beachhead: The 29th Infantry Division in Normandy," tells the Soldiers' stories leading up to, during, and following that fateful day, which Balkoski refers to as "one of the greatest moments in the history of this country."

Not one to live in the past, Balkoski visited Fort Dix July 28 to speak with Soldiers from the 175th Infantry Regiment, 29th Division, who are undergoing mobilization training. The author met with more than 100 Soldiers from the unit at Timmermann Center.

"I'm very deeply humbled and extremely honored to talk to you today," he told the assembled Soldiers. "It's a very deep honor just to be looking you in the eyes and shaking your hands."

"I've been around the 175th Infantry now for 25 years. I was moved when I heard the 175th was going overseas," Balkoski continued. "You are walking in the footsteps of some of the greatest Soldiers who have ever worn the uniform."

"You people are special," he added.

Balkoski focused most of his speech on what he knows best -- D-Day.

"D-Day is my thing," he explained. "The period I cover is essentially 18 hours, and I've spent 30 years of my life studying it. D-Day was the decisive moment of the century."

"One of the great lessons learned on D-Day is leadership," he continued. "From the lowest private up to one-star generals, the 29th Division displayed that leadership."

Balkoski also talked about the multitude of streamers attached to the unit's guidon.

"These are such sacred items to me that I put on white gloves to touch them," he said. "You guys are going to add to those streamers."



LIVING HISTORY — Joe Balkoski, command historian for the Maryland National Guard, left, spoke to more than 100 Soldiers of the 175th Infantry Regiment, 29th Division, at Timmermann Center July 28. Balkoski noted the many streamers displayed on the unit's guidon, below right, which he said represent the accomplishments and sacrifices of past 175th Soldiers, some of whom are pictured in St. Lo, France, in 1944, below left. "When you have a bond with the fellow on your left and the fellow on your right -- That makes a good Soldier," Balkoski said.

Balkoski finished his talk with encouraging words and the 29th Division's war cry.

"I wish you the best of luck. All of the Maryland National Guard will be watching you," he said. "Twenty-nine, let's go!"

Also attending the event was Don Koos, a World-War-II veteran and Fort Dix Honorary Commander who was a Soldier in the 175th Infantry.

"I'm not a speechmaker," said an emotional Koos. "All I can say is God bless, keep safe. I still love the 175th."

Soldiers were given the opportunity to mingle with both Balkoski and Koos, and Balkoski autographed his books -- "Beyond the Beachhead," "Omaha Beach" and "Utah Beach" -- which were sold to the Soldiers at cost.

As much as the visit meant to the author and veteran, it seemed to have an even greater impact on the 175th Soldiers.

"I was excited from the time I heard he was coming out here," said Staff Sgt. Ryan Burke, HHC, 175th Infantry. "It's an inspiration."

"They're kind of like your heroes who you grow up reading about and watching on television," said Sgt. Justin Trojan, D Company, 175th Infantry.

Balkoski was presented with a plaque in appreciation of his visit, and both he and Koos were given

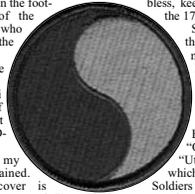


Photos above and below by Spc. Nick Molar, 115th Mobile Public Affairs Detachment. Photo at left courtesy of 29th Division, 175th Infantry.

29th Division coins by Lt. Col. Andrew Blair, 175th Infantry commander.

"For our unit, the Soldiers feel that they're part of an organization that has history," Blair explained. "I think it's important when you have history, you link the Soldiers to that history, and you raise standards."

Balkoski and Koos took the opportunity to break bread with Blair and his Soldiers at an Army dining facility, were given a theater immersion briefing by Lt. Col. Lester Layman, operations officer, 72nd Field Artillery Brigade, and had a chance to tour some of the installation's training facilities, including the Forward Operating Base and the Military Operations on Urban Terrain site.



photos by Spc. Nick Molar, 115th Mobile Public Affairs Detachment

GENERATIONS — Don Koos, World-War-II veteran and Fort Dix Honorary Commander, above center, speaks with 175th Infantry Soldiers at Timmermann Center July 28. Koos was a member of the 29th Division's 175th Infantry during the second world war. Koos autographs a unit history book for Lt. Col. Andrew Blair, 175th Infantry Regiment commander. Koos was accompanied by another veteran, Jim Williams, who served in Korea with the 25th Division's 27th Wolfhound Regiment.



the Post

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It's time to stop taking security for granted

Carolee Nisbet
Editor

While all of us know that the carefree days of Mayberry RFD are over, most of us are having a difficult time adjusting to a world where suspicion is a major element of life.

We are constantly told not only to watch our surroundings and the people we deal with, but to maintain that level of vigilance day after day. It's tough not to drop into the habit of making a few cursory checks now and then and sliding by on the rest, or even worse, assuming that someone else will take care of it.

Well, it's time to rattle your mental cage.

Fort Dix is getting ready to implement RAM - Random Antiterrorism Measures designed to make it more difficult for terrorists to target important assets. If a terrorist - or a garden variety criminal, for that matter - can't predict when, where and what your security measures will be, it makes it much more difficult to plot and plan.

RAM will also increase awareness for Soldiers and civilians, their families and visitors to the installation. The measures involved are also a test of the post and individual capability to carry out the plan. The measures are also a test of your ability to respond to and implement increases in the Force Protection Condition on post. A random measure this month may be one of the permanent measures implemented at a higher level of threat.

What is a RAM? For a facility, RAMs can include everything from frequent checks of the outside of the building to ensuring that alarm systems are used to checking identifica-

tion cards at the door, depending on the level of threat. For individuals, RAMs are usually a matter of overcoming habit - taking a different route to work, locking your vehicle doors every time you park, not talking about your job and activities on post while you are in public places, keeping your Common Access Card with you.

RAMs are based on the threats we face every day. There are no absolutely safe zones, only those areas that are as safe as we can make them. We increase our security every time we spot and report the results. What will this do? Provide an on-the-spot update of employee access rosters and serve as a check on expired or mutilated CAC cards.

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Town Hall Meeting

(continued from page 1)

"Everyone makes mistakes," Thaxton said, "but it's the mistakes that you make again and again that will bring you down."

Thaxton told the crowd that he has heard many good things about the workforce at Fort Dix, and plans to do everything he can to keep the success story

going for the post. Lucy Salas, chief of Combat Readiness Division, gave the group an update on the ongoing mission at Fort Dix.

While the mobilization mission garners much of the attention, she noted that Fort Dix will see more than 12,500 Soldiers from 112 units for Annual Training this fiscal year, in addition to those attending military schools, JROTC Summer Camp and annual exercises.

Chief of Police Steve Melly presented a detailed account of the actions of the "Fort Dix Six," the group of young men arrested and charged this summer with plotting a terrorist attack on Fort Dix.

Melly noted that the year-long investigation into the group and their planning revealed several points relevant in post planning:

- Physical security, facility hardening, and perimeter security all work to deter attacks.
- Use of community support and reporting is critical - this is why the attack failed.
- The plan validated the potential threat from small, independent extremist groups.
- It confirmed a direct threat against a U.S. Military installation.

Reaction to the events can be seen in improvements to post access policies and long-term planning for security upgrades.

Melly encouraged aware-

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WDIX
Channel 2
for the latest
on happenings
at Fort Dix

A second Town Hall session was held July 31 in the Command Conference Room for senior leaders of tenant organizations on post.

Kuwaiti officer marks invasion anniversary with thanks, resolve

American Forces Press Service -- KUWAIT CITY, Aug. 2, 2007 -- Kuwaiti Air Force Col. Sulaiman M. al-Otaibi remembers all too well the "dark day" his country faced 17 years ago today, when 100,000 Iraqi troops stormed across the border here, leaving death and destruction in their wake.

Memories of Aug. 2, 1990, are still fresh for him and his fellow Kuwaitis as they recall four of Saddam Hussein's elite Republican Guard divisions and Iraqi army special forces units pushing into Kuwait City.

They quickly overran Kuwait's outnumbered forces, attacked the royal residence, Dasmun Palace, and began a brutal six-month occupation.

Six days later, Saddam announced the merger of Iraq and Kuwait. Otaibi and his family weathered the occupation as he, a lieutenant colonel at the time running manpower affairs for the Kuwaiti military, struggled to face their oppressors.

The U.N. Security Council quickly passed resolutions calling for a full Iraqi withdrawal and imposing economic sanctions on Iraq. Nearly four months after the initial invasion, a Security Council resolution authorized states cooperating with Kuwait to use "all necessary means" to get Iraq to withdraw.

Today, Otaibi remembers the relief he and his countrymen felt when a 34-nation coalition led by the United States began to take shape.

The United States launched "Operation Desert Shield," its largest troop deployment since the Vietnam War, led by Army Gen. Norman Schwarzkopf, then commander of U.S. Central Command.

Ultimately, the United States would commit 540,000 troops, six aircraft carriers, 4,000 tanks, 1,700 helicopters, 1,800 aircraft and submarines to the operation.

Afghanistan, Australia, Bahrain, Bangladesh, Belgium, Britain, Canada, Czechoslovakia, Egypt, France, Germany, Honduras, Hungary, Italy, New Zealand, Niger, Oman, Poland, Qatar, Romania, Saudi Arabia, South Korea, Syria and the United Arab Emirates ultimately would join Kuwait and the United States in the coalition.

On Jan. 16, one day after Iraq failed to comply with U.N. resolutions calling for it to withdraw, President George H.W. Bush went on national TV to announce the launch of "Operation Desert Storm." Just two hours ago, allied air forces began attacking military targets in Iraq and Kuwait, he said in a televised address.

"These attacks continue as I speak. Ground forces are not engaged. This conflict started 2 August when the

dictator of Iraq invaded a small and helpless neighbor. Kuwait, a member of the Arab League and a member of the United Nations, was crushed, its people brutalized. Five months ago, Saddam Hussein started this cruel war against Kuwait. Tonight, the battle has been joined," Bush said.

Five weeks after the air and missile conflict began, ground troops rolled into Kuwait City on Feb. 27, forcing Iraq to agree to a ceasefire 100 hours later.

On March 6, Bush announced the liberation of Kuwait, and U.S. forces began touching American soil two days later.

Otaibi, now director of administrative affairs for Kuwait's armed forces headquarters, said he and his fellow Kuwaitis will never forget what the United States and the coalition did for them.

"Americans sacrificed for this country," he said, recognizing 300 U.S. servicemembers who died in the conflict.

"We feel a lot of thanks and appreciation." But even with turmoil in Iraq today, Otaibi said, Kuwaitis feel confident that Aug. 2, 1990, will never replay in their country.

The Kuwaiti military is far stronger and better organized than in 1990, he said, thanks to help from its allies. "We have a lot of morale and spirit," he said.

Perhaps more important, Kuwait now maintains with the United States and its other allies.

Defense Secretary Robert M. Gates visited yesterday with Crown Prince Nawaf al-Ahmed al-Jaber al-Sabah, Prime Minister Nasir Muhammad al-Ahmed al-Sabah and Foreign Affairs Minister Mohammad Sabah al-Salim al-Sabah to help build on that relationship.

Kuwaitis are particularly proud of the support they're providing to Operation Iraqi Freedom, Otaibi said.

"We were among the first one there to provide support," he said. "You guys (the United States) were busy doing the liberation, and we were feeding the people."

Today, Kuwait continues to serve as a major logistical base for operations in Iraq and Afghanistan, and deployed troops transit through it as they enter and leave Iraq.

"We're happy to be able to do our part to support the effort," Otaibi said. "I don't believe that the United States could do it without us."

He said he's hopeful that his neighboring Iraqis "will get together and solve their problems." Ultimately, it will be up to them to secure peace in their country, he said.

That peace is critical, not just to Iraq, but to its neighbors in the Gulf, Otaibi said. "I'm a father," he said. "I hate to have my children watch TV every night and see bombs explode."

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Soldiers put skills to test during Army evaluation program



ROAD TO OIF/OEF

Spc. Sam Kariuki, 151st Infantry Battalion, above, sets his sights on success during his unit's participation in the Army Training and Evaluation Program (ARTEP) at Fort Dix. Spc. John Ball, also with the 151st, left, practices first aid during the ARTEP. The 151st Soldiers are undergoing mobilization training at Fort Dix in preparation for a deployment in support of the Global War on Terrorism.



photos by Ryan Morton

Lt. Col. Ian Falk, 143rd Field Artillery Battalion commander, Command Sgt. Maj. Michael Winstead, 143rd command sergeant major, and Sgt. Maj. Gary Ortega, 143rd operations chief, from left to left, deal with a Civilian On the Battlefield (COB) during the Army Training and Evaluation Program (ARTEP) at Fort Dix. Soldiers from the 175th Infantry Battalion, above, trade their Kevlars for keyboards as they participate in their unit's ARTEP.

Identity theft preventable by taking few, easy steps

N. Anderson, Esquire
Legal Office

You found the house of your dreams and applied for a mortgage but were shocked to learn that you were denied because of your bad credit report. You are puzzled because you always tried to maintain good credit. Subsequently, you discover that someone stole your identity and ruined your credit! Here are some basic steps to take to protect your credit given the increasing occurrence of identity theft.

The first step is to contact the three major credit bureaus to report the theft and flag your credit statement so other potential creditors will know to contact you to verify any future applications for credit. You should also request to receive a copy of your credit report, review it, and address any irregularities with the credit bureau. The credit bureaus are required to provide you with a free credit report if you have been the victim of identity theft. The contact information for the three main credit bureaus is as follows:

- (1) Equifax: www.equifax.com; telephone at 1-800-685-1111
- (2) Experian: www.experian.com; tel. 1-888-397-3742
- (3) Trans Union: www.transunion.com; tel. 1-800-916-8800

Even if you have not yet been victimized, the Fair and Accurate Credit Transactions Act entitles you to receive one free credit report per year. You can obtain your free annual report by calling 1-877-322-8228 or by going to www.annualcreditreport.com. Bring any discrepancies to the attention of the credit-reporting agency.

There are preventative steps you can take to protect your identity.

The second step is to contact the creditors where the thief used your name, advise them of the theft, and close the account. It is recommended that you file a police report since identity theft is a violation of both state (N.J.S.A. 2C:21-17) and federal law (18 U.S.C. §1028). The creditors may ask you to provide them with a copy of a police report.

You should also report the theft to the Federal Trade Commission ("FTC") at 1-877-438-4338 or online at www.consumer.gov/idtheft. The FTC has a project called Military Sentinel which was specifically established for members of the military to file any type of consumer complaint, including identity theft complaints. Military Sentinel can be accessed at the FTC website at

www.consumer.gov/military. A consumer complaint filed with the FTC, and through the Military Sentinel program, can be accessed by more than 550 law enforcement agencies.

You should shred all documents containing personal information, do not give out personal information and passwords, do not use maiden names or birth dates as passwords, and routinely monitor your financial accounts and credit report. If you are scheduled to deploy, consider contacting the credit reporting companies to place an "active duty alert" on your credit report to minimize the risk of identity theft occurring while you are away from home.

Of course, if you have any questions or need assistance, you can contact the Installation Legal Office at 562-3043.



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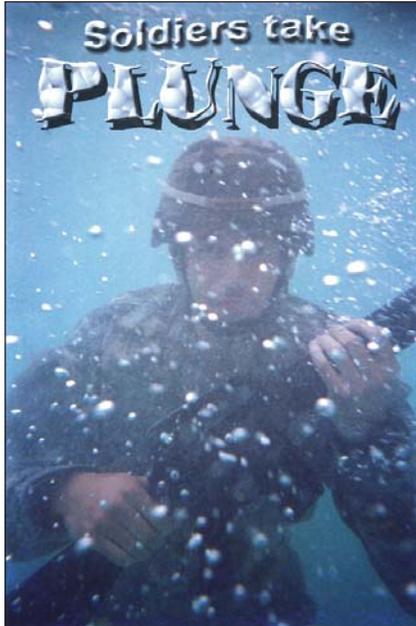
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Shawn Morris



Soldiers participate in water survival training at the Fort Dix Outdoor Pool July 27. Staff Sgt. Charles Gaglio and Master Sgt. Pentti Forsman, Mobilization Readiness Battalion, from left at left, demonstrate how to utilize an Army uniform as a personal flotation device. Pfc. Wesley Gunn, 56th Military Police Company, below, makes a splash as he prepares to move from one end of the pool to the other in full Army gear.

photos by Ed Mingin



Staff Sgt. Derek Martinez, 1079th Garrison Support Unit, left, gives his lungs a workout, while Master Sgt. Ron Fax, 421st Terminal Supervision Team, below left, tries to keep his weapon -- and his head -- above water.



photos by Ed Mingin



Lt. Col. Stuart Gillard, Joint Operations Center, above, keeps a watchful eye on training. There were many trainers and life guards present to make sure training went smoothly and safely. Sgt. Cheryl Montgomery, 359th Transportation Battalion, right, throws a lifeline to her fellow trainees.



Ed Mingin

Chaplain candidates heed call to serve

Wayne Cook
Public Affairs Staff

The staff members at the Fort Dix chapel fill many roles in their quest to carry out their mission. One of these tasks is to mentor Soldiers who believe they have been called to serve in the Army as chaplains. Three such Soldiers are currently undergoing training and familiarization at the chapel as part of the Chaplain Candidate Program.

Under the direct tutelage of Chap. (Maj.) Bill Heisterman, and with additional guidance from Chap. (Col.) Larry Biederman, installation chaplain, and Chap. (Col.) Ira Kronenberg, deputy installation chaplain, these three Soldiers have the opportunity to experience much of what a chaplain must accomplish in his or her daily mission. Once the candidate completes the program, he or she must then make the determination if being a chaplain is the life they choose to lead.

The three chaplain candi-

dates come from different backgrounds and each has a different story and reason for wanting to serve in the chaplaincy.

Second Lt. Mitchell Rocklin hails from Lawrence, N.Y., and received his commission in September 2006. Rocklin's initial dreams were to attend medical school and become a doctor. He decided to attend seminary to become a rabbi and grow his knowledge and spirituality. While attending Yeshiva University in Manhattan, Rocklin heard about the Chaplain Candidate Program and decided the chaplaincy might be the direction for him. This fall, he will be entering an internship at his local home synagogue.

"I joined for myself as much as serving others. I see serving as a way to enrich my own growth. You help others find G-d and realize that there is something higher worth living for. I want to give back to the country. I am grateful for what this country has done. I'm not sure this is for me, but



Wayne Cook

ANSWERING THE CALL -- First Lt. Khoi To, 2nd Lt. Christopher Laughlin, and 2nd Lt. Mitchell Rocklin, chaplain candidates, spend time with the Main Chapel staff learning the ropes and getting familiar with the responsibilities of a chaplain.

I am going to give it my best. That is the best part of the program -- you can try it out and see if it is really for you. It gives you a chance to confirm your calling," Rocklin said.

The second candidate is 2nd

Lt. Christopher Laughlin, a Jersey man from Audubon. His story is similar to that of many who have decided to follow the call to ministry. As a young boy of six, Laughlin believed he heard the call to ministry and told his parents. As he grew older, he began to argue with God about the calling because he had other plans for his life.

Laughlin enlisted in the Army in 2002 and served as a truck driver. His desire was to go to West Point but that fell through. After his military hitch was up, he got out and struggled a bit more with God before giving in and deciding it wasn't an argument that he could win. He attended Lutheran Theological Seminary in

Gettysburg, Pa., and must serve three years in a pastoral position while serving in the Reserve before his denomination will endorse him as a chaplain.

"In a way, I feel called to the war. Soldiers need to know that God is with them even when mortar rounds are falling all around them. I am done telling God where I'm going. I will go where I'm called. I really enjoy parish ministry, so I may only serve four years. It could also be that I go active duty at the end of four years. Time will tell," said Laughlin.

The third of the three candidates has an altogether different story from the first two; he is 1st Lt. Khoi To (pronounced 'toe').

To was born in Saigon, South Vietnam. His family left their home country the day that Saigon fell to the North Vietnamese. They moved to California and finally settled in La Mirada.

To was raised in the Buddhist faith. Growing up, he used to walk by a Christian college each day and he told himself he had to stay away from those "Bible thumpers."

He graduated high school in 1985 and joined the Army immediately. He served three years as a medic with the 10th Mountain Division, Fort Drum, N.Y.

He met his future wife Darcy and married her in 1990. In August 1990, he attended a revival meeting led by evangelist Greg Lorie. During an altar call, To challenged God to convince him that Jesus exists.

In December 1990, To received orders for Desert Shield/Desert Storm. In January 1991, while serving in a cement city in Saudi Arabia, with SKUD and Patriot missiles colliding overhead, he knelt by his cot and gave his life to Jesus Christ.

In 1996, while serving in support of Joint Endeavor in Bosnia, To began walking spiritually, as he was called to a more holy life. In 1998, he got out of the Army and started attending Talbot School of Theology, a non-denominational seminary, located in La Mirada, just outside of Los Angeles. While attending school initially, he worked full-time.

In 2001, To entered the Chaplain Candidate Program when he joined the Army Reserve. In 2004, with the support of his wife, he quit work and began attending seminary full-time. He graduated seminary and became a pastor in the Evangelical Free Church in 2006.

"As a pastor, I do have a philosophy of ministry; to love God by serving people -- to serve God by loving people, in the military context, that means allowing Soldiers the right to use their greatest gift -- their right to choose their faith. So as a chaplain I get to participate in ensuring that people have the right to choose," said To.

Water Distribution System flushing schedule posted

In accordance with PWS Paragraph C.5.8.3.2.1.1, IAP Worldwide Services will be flushing the Fort Dix Water Distribution System. Please refer to Technical Manual 5-813 -- 1 through 9, and American Water Works Association C606 for additional guidelines that will be used as necessary.

Our flushing plan starts at the fire hydrant nearest to the water treatment plant effluent and moves sequentially to the hydrants furthest from the source of water. System loops will progress in a similar manner starting with the loop closest to the source of water. Loops can only be flushed after the water main that transports water to the loop is properly flushed.

Once flushing has started on a loop, work shall continue until the flushing of the loop is complete as with all water mains. Flushing the loops in the water distribution system can only be properly completed as previously mentioned.

Flushing shall be performed by opening the hydrant valve and allowing the water to flow until clarity is reached (minimum ten minutes). Water shall be considered clear when the turbidity of the water tests at a level that does not exceed 0.2 NTU.

A visual inspection is required and will be made to determine when proper clarity of the water is achieved. The Water Treatment Plant personnel shall run random test to verify water quality and to confirm standards are being met.

It should be noted that IAP began flushing every hydrant with the personnel available (Shift 10 p.m. to 6 a.m.) with-

out generating overtime. This standard practice generates a cost savings to Fort Dix without jeopardizing water quality. We are accomplishing the required objectives but utilizing fewer employees in the process.

However, through experience gained last year, there may be emergencies associated with water production/conveyance (water main breaks, etc.). Unforeseeable events may cause hydrant flushing to be temporarily suspended for a matter of time (hours or days). Since we can not prevent certain situations from occurring, we must adjust to them. The new hydrant flushing time-line is four weeks.

It's advisable that laundry not be washed during the flushing periods.

The Flushing locations and times (schedule) are stated below.

- Sept. 3 at 10 p.m. to Sept. 4 at 6 a.m. -- Area 5900 (Size of Water Mains: 16", 12" and 8")
- Sept. 4 at 10 p.m. to Sept. 5 at 6 a.m. -- Area 5800, with the exception of both prison grounds, (Size of Water Mains: 16", 12" and 8")
- Sept. 5 at 10 p.m. to Sept. 6 at 6 a.m. -- Area 5700 (Size of Water Mains: 16", 12" and 8")
- Sept. 6 at 10 p.m. to Sept. 7 at 6 a.m. -- Area 5300 (Size of Water Mains: 16", 12" and 8")
- Sept. 7 at 10 p.m. to Sept. 8 at 6 a.m. -- Area 5200 (Size of Water Mains: 16", 12" and 8")
- Sept. 8 at 10 p.m. to Sept. 9 at 6 a.m. -- Area 5100 and 6000 (Size of Water Mains: 16", 12" and 8")
- Sept. 9 at 10 p.m. to Sept. 10 at 6 a.m. -- Areas 8400 and 8300 (Size of Water Mains: 16", 12", 10", and 8")
- Sept. 10 at 10 p.m. to Sept. 11 at 6 a.m. -- Areas 5400, 3100, and 3200 (Size of Water Mains: 16", 12" and 8")
- Sept. 11 at 10 p.m. to Sept. 12 at 6 a.m. -- Areas 5000, and 5300 (Size of Water Mains: 16", 10", and 8")
- Sept. 12 at 10 p.m. to Sept. 13 at 6 a.m. -- Areas 5400, 3100, and 3200 (Size of Water Mains: 16", 12" and 8")
- Sept. 13 at 10 p.m. to Sept. 14 at 6 a.m. -- Areas 5400, 3100, and 3200 (Size of Water Mains: 16", 12" and 8")
- Sept. 14 at 10 p.m. to Sept. 15 at 6 a.m. -- Areas 1500, 1600, and 1400 (Size of Water Mains: 12" and 8")
- Sept. 15 at 10 p.m. to Sept. 16 at 6 a.m. -- Areas 6500 and 6400 (Size of Water Mains: 10", 8" and 6")
- Sept. 16 at 10 p.m. to Sept. 17 at 6 a.m. -- Areas 5400 and 5300 (Size of Water Mains: 10", 8" and 6")
- Sept. 17 at 10 p.m. to Sept. 18 at 6 a.m. -- Areas 4100 and 5500 (Size of Water Mains: 8" and 6")
- Sept. 18 at 10 p.m. to Sept. 19 at 6 a.m. -- Areas 6700 and 6900 (Size of Water Mains: 8" and 6")
- Sept. 19 at 10 p.m. to Sept. 20 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 20 at 10 p.m. to Sept. 21 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 21 at 10 p.m. to Sept. 22 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 22 at 10 p.m. to Sept. 23 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 23 at 10 p.m. to Sept. 24 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 24 at 10 p.m. to Sept. 25 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 25 at 10 p.m. to Sept. 26 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 26 at 10 p.m. to Sept. 27 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 27 at 10 p.m. to Sept. 28 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 28 at 10 p.m. to Sept. 29 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")
- Sept. 29 at 10 p.m. to Sept. 30 at 6 a.m. -- "Trouble Areas if necessary" (Size of Water Mains: 8" and 6")

Chaplains' Corner

1st Lt. Khoi To
chaplain candidate

I knew I was in trouble when I began getting the dreaded blue screen with the fatal error message on my personal laptop. I attempted to fix the problem by removing programs that cluttered the hard drive and were not used. But I made it worse by having the expertise.

Finally, in total surrender, I called my tech support and spent many more hours over the phone allowing them to analyze the problems, but I had gone beyond the point of no return. The recommended fix: Reformatting the hard drive and bringing the computer back to factory setting. I needed to get rid of all the nonessential programs.

Our personal lives are like that in many ways. We march along daily not giving much thought to what we allow to come and go, and soon enough we wonder how life got so complicated. For example, we get further in debt as we "upgrade" our automobiles for newer models while making sure we have that 42-inch plasma television so we can watch the fight; or we allow ourselves to become too familiar with someone of the opposite sex other than our spouse and go beyond the point of no return; or we pick up bad habits that affect our health, like cigarettes and such.

While the above is not a comprehensive list, the areas of finances, relationships, and health affect everyone. If this article speaks to you, then perhaps it is time to be proactive

before you experience a fatal error. Make a list of things in your life that you do not need and a plan to get rid of them. Bring along friends or family members that can help you with your decisions.

Let's get back to the factory setting of life by culturing a simple life.

The Apostle Paul lived a life of relative comfort just after the turn of the millennium more than two thousand years ago. He came from a life of means and studied in the best of schools. But his education and zeal became his stumbling blocks that destined him to a life of spiritual misery. His fatal error came while he was on the way to Damascus and soon thereafter, he found that the only way to live was to get rid of all the pretenses of life.

In his own words, "For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, that your faith might not rest in the wisdom of men but in the power of God." (1 Cor 2:2-5, ESV)

The Apostle recognized that his greatest enemy is life filled with nonessentials. He was deliberate in setting aside his wants and focused on his only need, Jesus Christ. Then he determined to live with a singular passion making his choices simple. For that, he received the gift of a fulfilled life and his words are still being read and heard today. Are you ready to trade the complicated for the simple?

Top troops capture kudos



Master Sgt. Rickey Benson Sr., left, receives the Certificate of Retirement, the Meritorious Service Medal and a Certificate of Appreciation during NCO Call at Club Dix July 25. Benson spent six years mobilized at Fort Dix as the noncommissioned officer in charge of the Office of the Staff Judge Advocate. Benson's wife Angela also received a Certificate of Appreciation.

photos by Sgt. Pascual Flores, 1079th Garrison Support Unit



Col. Douglas Dinon, deputy commander for mobilization, left, presents the Army Commendation Medal to Staff Sgt. Nathan Quinn.



Col. Douglas Dinon, left, presents the Army Achievement Medal to Sgt. Eugene Eithengain.



Staff Sgt. Frederick Cohen, left, receives promotion to sergeant first class. "Pinning" his new rank his retired Command Sgt. Maj. Shirley Minster, former member of the 1079th Garrison Support Unit and Fort Dix command sergeant major for mobilization.



Col. Ronald R. Thaxton, installation commander, far left, presents the Army Good Conduct Medal to Master Sgt. Linda Clayton, 1st Sgt. Garry Morris, Sgt. 1st Class Philip Mitchell and Sgt. Maj. Ricky Orange, from top to bottom at left. Thaxton also presents the Certificate of Achievement to 1st Sgt. Lisa Youngsang, former Alpha Company first sergeant, right.



Sexual predators lurk online

Jennifer Warren and Elizabeth Daily
Family Advocacy Program

The hot, lazy days of summer are almost half way through, but it's important to take a moment to address a serious concern that in recent weeks has created a buzz around the Fort Dix and McGuire Air Force Base communities.

A recent episode of Dateline's "To Catch a Predator" was filmed right in our backyard in Ocean County. They captured 28 men in three days of filming who attempted to meet an underage child that they had had sexually explicit conversations with online.

The first edition of this two-part series, which aired on the evening of July 18 on NBC, hit dangerously close to home. On this evening audiences witnessed an airman -- TDY at McGuire -- caught speaking to an undercover officer posing as a 13-year-old girl and arriving at the set-up home to take pictures of this child. The conversation with the "13-year-old child" began on the Internet and brings up the questions, "Do we know what our children are doing online and who is communicating with them?"

In addition to the work that Dateline has done, in recent days MySpace (the Internet networking site) has released estimates that about 29,000 registered sex offenders have MySpace accounts and have free access to thousands of other MySpace accounts. In an October 2005 survey of 742 teens (13-18) and 726 tweens (8-12) conducted by the Polly Klaas Foundation (www.pollyklaas.org), they asked participants about their Internet use and activity.

A frightening 30 percent of the teens surveyed talked about meeting someone

whom they've only "met" through the Internet. One in four of all respondents (teens and tweens) said they've talked online about sex with someone they never met in person, and one in five reported knowing a friend who has been harassed or asked about sex online by a stranger.

The girls surveyed reported riskier behavior than the boys with 56 percent posting a profile, 37 percent sharing personal info, and 33 percent having been asked sexual information. One in four of the teens reported using code words daily to hide conversations from parents.

For the tweens, one in 10 said they communicated with someone they've never met. Another scary statistic they found is one in five of the teens reported that a person they only knew through online communications had asked to meet them in person and 32 percent of the teens reported having sent a picture or other personal information to an online acquaintance.

According to the survey, 85 percent of the respondents reported using the Internet on a daily basis. Although this is only one study, the large survey size and the ages focused on is an eye-opening look at what our children experience daily. We protect our children when they ride in a car or play a sport, we owe it to them to take it another step and do what we can to protect them in our own homes from those who use the Internet to perpetrate on our children.

Some tips for parents:
 * Know what kids do on the Internet
 * Keep computers in centralized locations
 * Blocking and monitoring software is available
 * Ask questions

- * Know schools' computer user policies
- * Know what's on their profiles
- * Controlling use of Webcams and digital cameras
- * Google your child and search their MySpace/Facebook accounts
- * Know how to look up various acronyms using www.urbandictionary.com or other sites available.

Danger Signs:

- * Child spending excessive time in chat rooms
- * Long distance phone calls from unknown numbers
- * Receiving packages from unknown senders
- * School work going down
- * Cannot account for their whereabouts
- * Having "friends" that you haven't met or know where those "friends" go to school

To assist in setting up your own rules and guidelines in the home, refer to <http://enough.org/> for great tips and information on safer Internet use.

According to the N.J. Sex Offender Internet Registry maintained by the Office of the Attorney General, as of July 30 Burlington County had 112 registered sex offenders, with 170 in Ocean County and 267 in Camden County. In all of New Jersey, there are 2,359 registered and published sex offenders.

For more information on this or other states, visit www.familywatchdog.us/ or www.nj.gov/njsp/info/sexoffend.htm. For more information, feel free to call Family Advocacy Program Educator Jennifer Warren at 562-4830 and look for a Computer Safety Class coming this fall.

Engineers hone skills, improve installation

Wayne Cook
Public Affairs Staff

When roads are in need of repair and facilities need some sprucing up, the best situation you can be in is if 300 combat engineers land on your doorstep and pronounce their services available. This happened when the 863rd Engineer Battalion from Darien, Ill., reported to Fort Dix to conduct annual training.

The 863rd's mission is to increase the combat effectiveness of division, corps and the-

ater Army forces by accomplishing general engineering tasks and limited mobility, counter-mobility, and survivability tasks; to construct, repair, and maintain main supply routes, landing strips, buildings, structures and utilities; and to perform rear-area security operations when required.

With Soldiers from multiple engineer companies representing numerous military occupational specialties including carpentry, masonry, road repair and construction, Joseph Thomas, engineering division,

Directorate of Public Works, had everyone he needed to put the Troop Construction Program into operation.

The 863rd set its engineers to the task of repairing and widening roads, constructing storage facilities on the ranges, repairing and replacing latrine facilities in the bivouac areas, and building towers on some of the ranges.

The training was seen as a positive experience by the Soldiers who got to hone their skills while assisting the installation with much-needed manpower and expertise.

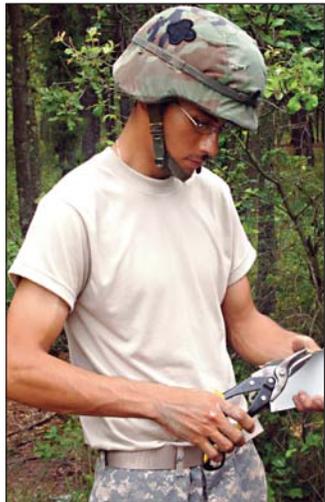
"This project is going well. This is the first range tower built here made of wood. The others are made of steel and aluminum," said Sgt. Jose Lopez, 485th Engineer Company, Rockford, Ill.

"This is really good training, especially for our younger troops out here on our annual training. Many brass officials have been out here and appear to be very pleased with how things are going," Staff Sgt. Dustin Tompkins, 485th Engineer Company, said.

"Besides the rain, the work has gone pretty good. We were here three years ago and experienced torrential rain then, also," said Sgt. 1st Class David Johnson, project lead, road repair and construction, 317th Engineer Co., Kankakee, Ill.

This group of engineers is headed home Aug. 4, but will be replaced by members of the 244th Engineer Battalion, Denver, Co., who will complete the rest of the open projects on Thomas' list of things to repair and construct.

The Troop Construction Project saves the post and the Army hundreds of thousands of dollars by using Soldiers to complete the work while providing them with real-world work to sharpen their skills.



photos by Ryan Morton

BUILT TO LAST -- Above, Spc. Juan Damian uses tin snips to put finishing touches on his project. Below, Pvt. Joseph Merkel finishes his work and comes down from the ladder. To the right, above, Spc. Christian Holden uses a seamer as he constructs a storage building. Sgt. Joseph Shirley operates the during the construction of the storage building.



Iraq exit

(continued from page 1)

But even with equipment included, Whitcomb said, the operation here could handle more than the "brigade-a-month" estimation some officials have voiced. "I don't know how much more," he said.

Moving heavy equipment complicates things considerably, he explained. "We have about 60,000 things from a tank to a Humvee trailer that rolls on wheels that we will eventually take out," he said. Drivers will bring some here. Others will need to be trucked.

Once they get here, vehicles will go through a detailed cleanup and inspection process that typically takes 10 days to two weeks.

First somebody goes through it to remove "everything from the M&M chocolate-covered peanut wrappers, the secret map that has the overlay on it," to ammunition that needs to be downloaded, Whitcomb said.

Next it goes to a wash rack and gets the heavy-duty cleaning needed to reach U.S. Department of Agriculture standards. "And they are quite tough," he said.

Cleaning a tank takes up to four days. A standard Humvee takes about four hours. Washers "get into every crevice so you don't have some critter who's been living there for a couple of years go back to the states," Whitcomb said.

Finally, before equipment is loaded into containers or loaded onto ships, U.S. Customs Service officials inspect it. From there, like the U.S. troops who relied on it in combat, it will begin its long journey home.

NEIGHBORHOOD

THE CORNER

Veterinary center offers clinic days

The McGuire/Fort Dix Veterinary Clinic has clinic days on **Aug. 3, Aug. 6, Aug. 7, Aug. 28, Aug. 29.** Call 562-6636 to schedule an appointment.

Classes starting soon at Main Chapel

Sunday School will begin **Sept. 9** from 10 to 11:15 a.m. It is our mission and we need help for the coming school year. We need teachers and substitutes.

If anyone hears the call to this mission and is interested in helping, please sign up outside room 21 at the Main Chapel or call Chaplains Biederman or Logan at 562-2020 or Thuan Donski at 893-7627.

Registration forms for children are available in room 21 on Sundays and at the reception desk during the week.

CCD begins **Sept. 23** from 9:15 to 10 a.m. Anyone interested in teaching, please call Hilide Dreyer at 562-4853. Registration forms for children are available in room 18 on Sundays and at the reception desk during the week.

The Christian Women Of the Chapel (CWOC) will begin their fall series with a tea **Sept. 4** at 7 p.m. in the Fellowship Hall. Regular meetings will begin **Sept. 11** from 9:30 a.m. to noon. All women are invited to attend.

Alcoholics Anonymous meetings held weekly

Part of the mission of the Army Substance Abuse Program is to support 12 Step Programs in the community. There are two Alcoholics Anonymous meetings on Fort Dix.

Each Tuesday night at Bldg. 9013 is a closed meeting for members from 7:30-8:30 p.m. On Thursday nights, there is a meeting at the Main Chapel from 7-8 p.m. (use the 8th Street parking lot entrance; the meeting is in the main chapel lounge near the Fellowship Hall)

To find out more about these meetings, call 562-2020. This is an open meeting for anyone who wishes to learn and understand the disease of alcoholism.

There is no cost except the desire to stop drinking behaviors that are harmful to self and others. If you or someone you care about needs help, these meetings are ANONYMOUS. If you have questions about these meetings or need a Big Book, please call or stop by Building 5203, Maryland Avenue or call 562-4011. We have recovery literature and videos to assist those who need the help.

ACS to host Exceptional Family Member Games

The Army Community Service Exceptional Family Member Program (EFMP) is sponsoring an EFMP Summer Games for EFMP members from Fort Dix, McGuire Air Force Base, Fort Monmouth and Naval Air Engineering Station Lakehurst military communities **Aug. 25** at John Mann Park from 11 a.m. to 3 p.m.

Games include basketball, baseball, horseshoes, swimming, bowling, relay races and other competitions for EFMP and Family members. Prizes and trophies will be awarded.

Registration is mandatory and will be held **June 25** through **Aug. 3** Call Evelyn Dingle, EFMP manager, at 562-2767 for more information or to register.

State to offer Army retiree license plates

The Fort Dix Retiree Council would like to solicit your help in supporting the New Jersey Retiree Army Retiree License Plate Initiative.

To apply for the New Jersey Retiree Army plates, a minimum of 150 applicants are required. There is a fee of \$15 for each set of license plates per car.

To apply, call retired Command Sgt. Maj. Walker at 351-5020, retired 1st Sgt. Tamayo at 670-3386, or the RSO at 562-2666. Information needed is name, rank, address, and current license plate number.

Checks and money orders should be made payable to the Fort Dix Retiree Council. Only N.J. residents can apply.



Ed Mingin

The Army and Air Force Exchange Service (AAFES) P/BX trailer that was located in the 5600-area parking lot was warehouse for re-assignment, possibly overseas. The trailer removed from its long-time home Aug. 1. The trailer, which will certainly live up to its motto: "We go where you go!"

Bicycles must obey rules of road, too

Wayne Cook
Public Affairs Staff

With Soldiers trying to save money and the cost of fuel what it is, bicycles are an alternative mode of travel for some. Others ride for exercise, while some ride just for fun. Children ride as a means of recreation and transportation, adding to the numbers of those on two wheels versus four. This said, everybody needs to be aware of and follow the rules of lawful bicycling.

Too often a bicyclist is injured or involved in an accident that could have been avoided if he or she had only known and followed the laws that regulate bicycling.

A surprise to many bicyclists, the laws pertaining to bike riding are the same as those of a motor-vehicle operator.

With the exception of the safety gear required by a bicyclist, the rider must adhere to the rules of the road as if he or she were driving an automobile. The bicyclist must ride with the flow of traffic in the same direction that he or she is heading.

Sidewalks are pedestrian walkways, not thoroughfares for bikes, and bicyclists must also yield the right of way just as any vehicle operator is required to do.

Each year in New Jersey, there are many bicyclists who are killed in crashes. Quite often these are the result of a bicycle-to-automobile accident.

Bike riders should always remain alert when operating their bikes on the roadways. When approaching or sitting at an intersection with stop or yield signs, the biker should try to make eye contact with any vehicle operators who may also be at the intersection to ensure that they are aware the biker is present.

Riders must also be aware of vehicles parked on the side of the road to make sure that somebody doesn't

suddenly open a door and the bicyclist crashes into it. Right-hand turns by motor-vehicle operators driving in the same direction as the bike rider are also dangerous moments, as the biker can be suddenly cutoff and crash into the side of the vehicle or be run over.

When operating a bicycle, the bicyclist must always keep both hands on the handlebars unless signaling a turn or stop. Likewise, both feet must remain in contact with the pedals at all times. Trick and stunt riding is forbidden on the roadways and in parking lots. At this time, there are no designated areas on the installation for trick or stunt riding.

Each bicycle must have only one rider unless the bike is outfitted with two or more seats. There is no handlebar riding allowed; neither is the riding on the rear pegs of a bicycle. The proper safety equipment required for a rider and his or her bicycle are: Helmet, light-colored clothing, reflective gear (vest or belt), an audible device mounted on the bicycle that can be heard up to 100 feet away, a headlight and rear red light that are visible up to 500 feet, and rear and side reflectors are optional but highly suggested.

The helmet must be one that is approved by the Department of Transportation for safety purposes and is required for all riders on post.

Parents of child violators of the helmet law can and will be held accountable. This is a safety issue. Helmet law violations are subject to a \$50 fine and citations will be issued.

All bicycles that are operated on public thoroughfares must be in proper operating order - chains tight, tires inflated to proper pressure, brakes operational, etc. It is suggested that if the bike ride is to be of any distance other than the immediate neighborhood, that the rider carry a spare inner tube and have a bike pump.

Riders can call the Department of Defense (DoD) Police Department



file photo

BETTER BIKING -- Sophia Manea displays her new bike and safety helmet. Following bicycle safety laws and rules of the road are not an option on Fort Dix.

and request to have their bicycle looked over for proper maintenance requirements.

For further information and print-outs of bicycle safety information,

call DoD Police Sgt. John Bowker at 562-6001, visit the Fort Dix Police Station, or visit www.state.nj.us/transportation/commuter/bike/faqs.htm.

Healthy choices abound at commissary

Kay Blakley
DeCA home economist

FORT LEE, Va. -- When it comes to trends in the grocery industry, organic foods are most definitely leading the pack. Commissary leaders keep a close eye on such trends, because one of our top goals is to provide you with exactly the products you want to buy. Limitations on shelf space is the deciding factor regarding the number of organic choices your local store is able to offer, but commissaries overall have more than tripled the number of organic products they have in stock.

Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients, bioengineering techniques, or ionizing radiation.

With regard to meat, poultry, eggs and dairy products, "organic" means they come from animals that are given no antibiotics or growth hormones.

You might have noticed the circular green and white "USDA Organic" seal hanging in your commissary or attached as a "shelf talker." This same seal can be used on labels of products in which 95-100 percent of the ingredients are organic. Use of the seal is voluntary, however, so some products may simply state "organic" on the label without use of

the seal. If use of the seal is voluntary, what's to keep a less than honest manufacturer from sneaking the word organic into its product name? A very hefty fine.

The U.S. Department of Agriculture issues and enforces a set of national standards that foods labeled "organic" must meet. People who sell or label a product "organic" when they know it does not meet those standards can be fined up to \$11,000 for each violation.

Products containing 100 percent organic ingredients are allowed to state this fact on the label; products containing at least 70 percent organic ingredients may state "with" whatever the organic ingredients are - "with organic nuts, raisins and dates," for example; products containing less than 70 percent organic ingredients may not make any organic claim on the front label, but may list specific organically produced ingredients on the side panel of the package. This gets a little complicated, doesn't it? Still, there's

Do the terms "natural" and "organic" mean the same thing? No, they don't. Only foods labeled "organic" have been certified as meeting USDA organic standards.

Whether you choose organic or not, remember that common sense still has a role to play. A cookie made with all organic ingredients is still a cookie - high in sugar, high in fat and high in calories. That doesn't mean you shouldn't eat cookies. We all need a sweet treat now and then, but the fact that it's organic doesn't necessarily make it healthy.

If organic foods appeal to you,

but their higher price tag takes a serious bite out of your food budget, make the commissary your first choice for purchasing organic. Our overall price savings of 30 percent or more applies to organics, too! For more information on choosing and using organic foods visit Kay's Kitchen at DeCA on the Web, <http://www.commissaries.com>.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized organic foods, if patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing nutritious ones.

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices - savings worth about \$3,000 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

The Fort Dix/McGuire Air Force Base commissary is located in the BX/PX mall by the gate to McGuire located on Fort Dix's Texas Avenue.

MILITARY MATTERS

Training battalion welcomes new CO

Wayne Cook
Public Affairs Staff

The sky was bright and clear. The guidon snapped sharply in the breeze as the Soldiers of the 3/312th Training Support Battalion stood in formation on Sharp Field during the battalion change of command ceremony Aug. 1.

Lt. Col. Christopher Sands assumed command of the battalion as Maj. Kelly Garrett relinquished his position to transition to his new assignment at the Pentagon. Garrett has commanded the training support battalion since June 2006.

Sands is no stranger to Fort Dix, as he has served with the 78th Division, Task Force Edison, on two previous occasions.

During the ceremony, the presiding officer, Col. Michael Miklos, commander, 72nd Field Artillery Brigade, shared some personal thoughts about both Soldiers.

"Today is a bitter-sweet day for the battalion. It is bitter because we are closing a chapter and saying goodbye to a distinguished commander in Kelly Garrett. It is sweet because we are welcoming an equally distinguished leader in Christopher Sands who is eager to assume the responsi-

bilities and privileges of leading Soldiers and preparing units who are deployed to carry out the nation's business," Miklos told those assembled.

"Over the last year, Kelly has led the battalion through a myriad of tough challenges that have all been accomplished to standard," he said.

"All things do not happen on their own. They originate with the commander and follow the climate that he sets in the organization. Kelly is the type of leader who Soldiers want to serve with...someone they want to be around. He created a climate in the battalion that has hallmarks are a positive can-do attitude and a dedica-

tion to excellence. From training Soldiers to building a close knit team of master trainers, Kelly has the credentials and experience to be a valued member of any organization," Miklos added.

"One of the great things about our Army is that it is filled with outstanding Soldiers. And as I said earlier, Kelly's replacement is no different. Another Soldier with impeccable credentials is Lt. Col. Chris Sands. Chris is coming to the battalion after serving on the First Army East staff and in 1st Brigade, 78th Division. He is intimately aware of the issues and challenges of training Soldiers, Sailors, and Airmen. A mission-focused warfighter, he is exactly the right person to continue to lead the battalion and train Soldiers who are deploying," he said.

Garrett took the podium and addressed the audience.

"I was fortunate enough to command the 3/312th. It was the highlight of my career. I feel like I have had the opportunity to work with the best Soldiers in the Army over the past year. It was truly a privilege. It is a privilege to serve this great country as a Soldier and an honor to have served with the men and women of the 3/312th," Garrett said.

Sands turned to speak and he was short and succinct. He thanked those who had helped him to reach this point in his career, especially his family, and thanked the Soldiers of the 3/312th for the opportunity to lead them.

Sands is a graduate of Jersey City State College, Class of 1984, where he was commissioned a second lieutenant of armor. His first assignment was with the 5th Infantry Division, Fort Polk, La., where he held positions as a tank and mortar platoon leader.

After leaving active duty, he joined the 5th Squadron, 117th Cavalry, New Jersey Army National Guard (NJARNG), serving as the squadron motor officer, assistant S3 (Air) and armored cavalry troop com-



Wayne Cook

LEADING THE WAY — Lt. Col. Christopher Sands, left, accepts the guidon from Col. Michael Miklos, commander, 72nd Field Artillery Brigade, during the change-of-command ceremony for the 3/312th Training Support Battalion on Sharp Field Aug. 1.



Ed Mingin

Reaching new heights

Maj. Dianne Jackson, Officer In Charge of Medical at the Joint Readiness Center, right, receives promotion to lieutenant colonel Aug. 1. "Pinning" her new silver leaf is Lt. Col. Wanda Barnes.

Honoring the Colors

	Reveille 6 a.m. (0600 hours)	Retreat 5 p.m. (1700 hours)
Military personnel in uniform	Stand at attention, face the flag and salute at first note.	Stand at attention, face the flag for Retreat, then salute at first note of <i>To the Colors</i> .
Military personnel not in uniform, civilians	Stand at attention, face the flag and place right hand over heart at first note.	Stand at attention, face the flag, for Retreat, then place right hand over heart at first note of <i>To the Colors</i> .
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.	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 <i>To the Colors</i> , then "Order, Arms" at conclusion.
Individual military personnel, civilians in a vehicle	Stop vehicle and exit. Follow steps above.	Stop vehicle and exit. Follow steps above.
Group of military personnel in a vehicle	Stop vehicle. Individual in charge exits and follows steps above.	Stop vehicle. Individual in charge exits and follows steps above.
Other bugle calls heard on post are:		
Tattoo.....9 p.m. (2100 hours)		
Call to Quarters.....9:30 p.m. (2130 hours)		
Taps.....10 p.m. (2200 hours)		

Relationship Safety

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

Look for these signs:

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

Important phone numbers:

Providence House hotline
871-7551

NJ Domestic Violence hotline
800 572-SAFE

Fort Dix Victim Advocate
562-2767

McGuire Victim Advocate
754-9672

For emergency assistance call 911

Internal Revenue Service offers summer tax advice

WASHINGTON — To help people with tax planning, the Internal Revenue Service is publishing Summertime Tax Tips to provide useful and concise advice on topics that affect millions of taxpayers.

Many taxpayers don't think about their taxes until the start of the filing season in January. That can be a mistake. Steps such as getting the proper receipts from charities, adjusting your withholding, or pursuing a tax strategy to increase your deductions are most effective if they are done well before year's end.

The IRS is publishing three tax tips per week. Topics range from how parents can get credit for sending their kids to day camp to using an on-line calculator to fine-tune your federal withholdings. Tips published on Fridays focus on tax concerns of small business owners.

Tips in August will cover a range of topics, including charitable contributions, back-to-school advice, the saver's credit, selling your home, and tax scams.

Summertime Tax Tips can be found on the IRS Web site at IRS.gov. The public can receive new tips via email as they are published by subscribing through the "E-News Subscription" page on IRS.gov. When you subscribe, you will receive a confirmation message by e-mail. Remember, you must respond to the email in order to verify your subscription.

The following is an example of the tax tips available from the IRS.

Did you have too little or too much federal tax withheld from your pay in 2006 — owing money or getting a large refund when you filed your tax return? Have you recently experienced a lifestyle change such as marriage, divorce,

new child, home purchase or retirement? Did you start a new job?

If any of these situations apply, you may want to adjust your federal tax withholding with your employer. The withholding calculator, on the IRS Web site at IRS.gov can help you figure the correct amount of federal withholding and provide information you can use to complete a new Form W-4, Employee's Withholding Allowance Certificate.

Before you begin, you need to have a few items handy:

- Your most recent pay stubs.
- Your most recent federal income tax return.

Here are tips for using calculator.

- Fill in all information that applies to your situation.
- Estimate when necessary. Remember, the results are only as accurate as the information you input.
- Check out the information links embedded in the program whenever you have a question.
- Print out the final screen that summarizes your input and the results. Use it to complete a new Form W-4 (if necessary) and give the completed W-4 to your employer. Keep the print of the final screen and a copy of your new W-4 with your tax records.

For many people, the withholding calculator is a great tool that can simplify the process of determining your withholding. However, if you are subject to the alternative minimum tax or self-employment tax or if your current job will end before the end of the year, you will probably achieve more accurate withholding by following the instructions in Publication 919, How Do I Adjust My Tax Withholding, which is available at IRS.gov or by calling 1-800-TAX-FORM (1-800-829-3676).

Family Advocacy
562-5200

Chaplain
562-2020

American Red Cross
562-2258

Army Emergency Relief
562-2767

Read The Post!

NCO Call at Club Dix
Wednesday evenings at 6 p.m.

Yellow banners fly high as troops leave



photos by Wayne Cook and Ed Mingin



It's been a busy week for mobilization, as several troops received their yellow banner at Infantry Park as they prepare to deploy for the Global War on Terrorism. Sgt. 1st Class Ronald Dickens and Capt. Brandon Middleton hang the yellow banner for the 735th Combat Support Co. from Missouri, July 26, top left. Maj. Don Troxell and 1st Sgt. Michael Cummings of the 115th Mobile Public Information Detachment from Oregon, hang their banner August 1, left. Command Sgt. Maj. James Parker, Lt. Col. Malcolm McMullen, battalion commander, Capt. Jeffrey Hill, and 1st Sgt. Shane Byrd, 535 Military Police Battalion, Garner, N.C. hold the yellow banner that was presented to the unit July 30, above. First Sgt. Peter R. Polaski Jr. and Capt. Paul Gump of the 175th Infantry Battalion, C Co. from Maryland, received their yellow banner August 1, top right. Capt. Matthew DiNenna, commander, 1/175 Infantry, Bravo Company, and 1st Sgt. Thomas Thompson are joined by Col. Larry Boyd, deputy commander for mobilization, as they are presented their Yellow Banner, right photo.



Navy honors top performers for job well done



Navy Chief Doug Edwards, on behalf of the Navy Expeditionary Combat Readiness Center, recognized several folks from the Training Management Division for a job well done. From left, Edwards presents a Letter of Appreciation to Diane Simone, schools training coordinator, John Piper, Annual Training lead training coordinator, and Timothy Konopka, mobilization coordinator. photos by Wayne Cook

Announcements



Movie Schedule

at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, August 3 @ 7:30 p.m.

Evan Almighty - Steve Carell, Morgan Freeman, Lauren Graham, Johnny Simmons, Graham Phillips - Newscaster Evan Baxter (Steve Carell) leaves Buffalo behind when he wins a seat in Congress. Moving his wife (Lauren Graham) and family to northern Virginia, he seems to have it made. Then God (Morgan Freeman) throws a crisis of biblical proportions at his feet. The Lord wants him to build an ark and line up all the animals two-by-two in preparation for a flood.

MPAA Rating: PG - mild rude humor and some peril

Run time: 90 minutes

Saturday, August 4 @ 7:30 p.m.

Ratatouille - Patton Oswalt, Ian Holm, Lou Romano, Brian Dennehy, Peter Sohn - A rat named Remy dreams of becoming a great French chef despite his family's wishes and the obvious problem of being a rat in a decidedly rodent-phobic profession. When fate places Remy in the sewers of Paris, he finds himself ideally situated beneath a restaurant made famous by his culinary hero, Auguste Gusteau. Despite the apparent dangers of being an unlikely -- and certainly unwanted -- visitor in the kitchen of a fine French restaurant, Remy's passion for cooking soon sets into motion a hilarious and exciting rat race that turns the culinary world of Paris upside down. Remy finds himself torn between his calling and passion in life or returning forever to his previous existence as a rat. He learns the truth about friendship, family and having no choice but to be who he really is, a rat who wants to be a chef.

MPAA Rating: G

Run time: 110 minutes

Future Features...

License to Wed

Friday, Aug. 10 @ 7:30 p.m.
PG-13, 100 minutes.

Live Free or Die Hard

Saturday, Aug. 11 @ 7:30 p.m.
PG-13, 130 minutes.

Main Chapel

562-2020

Sunday Services

Protestant at 9 to 10 a.m.

Catholic Mass at 10:15 to 11:15 a.m.

Gospel at 11:30 a.m. to 1 p.m.

Catholic CCD begins Sep. 23 at 9:15 a.m. - Interested teachers call Hilde Dreyer, 562-4853

Camp Victory in Chaplain's Tent
General Christian at 7 to 8 p.m.

Catholic Mass will be celebrated in the Main Chapel at 12:30 p.m. every Wednesday, Thursday, and Friday through Aug. 9, 2007

Protestant-Gospel Sunday School - 10 a.m. Teachers and substitutes needed. Sign up outside Room 21 or call Chap. Biederman or Chap. Logan at 562-2020 or call Thuan Domski at 893-7627.

Wednesday Services

Protestant Bible Study noon
Chapel Library

Chapel 5 (Bldg. 5950)

Protestant at 7:30 to 8:30 p.m.
Fellowship Hall

Catholic at 7:30 to 8:30 p.m.
Sanctuary

FOB in Chaplain's Tent

General Christian at 7:30 to 8:30 p.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, 11:30 a.m.

Christian Women of the Chapel hold a Bible Study - starts fall sessions Sep. 11, Tuesdays, 9:30 a.m. to noon
Tea Sep. 4, at 7:30 p.m. the Fellowship Hall

Christian Men of the Chapel hold a Prayer Breakfast - Fourth Saturday of each month, 9 to 11 a.m.

Youth of the Chapel
Every second and fourth Tuesday
7 to 9 p.m.

Jewish Services
Contact the Chapel for dates and time

Army Community Service

Bldg. 5201, 562-2767

EFMP Support Group

3rd Thursday each month
10:30 a.m. to 12:30 p.m.
Army Community Service

EFMP Kidz Plus Program

Free swim for members and families
2nd and 4th Thursdays
5:30 to 6:45 p.m.
Indoor Pool

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.

Aug 5 - 11

Tuesday

Self-Directed Activities
1 - 7 p.m.

Candy Bar Bingo
3 - 5 p.m.

Wednesday

Self-Directed Activities
1 - 7 p.m.

Thursday

Self-Directed Activities
1 - 7 p.m.

Friday

Self-Directed Activities
1 - 7 p.m.

TEEN CENTER
Smoothie Night

Saturday
DDR Tournament
3 - 5 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.

Read the Post

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.

Volunteers are needed for

Fort Dix Special Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call
Denise Horton at 562-4011

Family Advocacy
562-5200

Chaplain
562-2020

American Red Cross
562-2258

Army Emergency Relief
562-2767

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.

Dix Shoppette/Class Six/ Gas Station

723-0044
Bldg. 5359, Texas Avenue
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

754-4154
Monday to Friday - 7 a.m. 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 Avenue
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Firestone

723-0464
Bldg. 4201 on Texas Avenue
Monday to 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

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.

Burger King

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

Java Cafe & Computer Lab @ Club Dix

723-3272
Monday - Friday - 7 a.m. to 10 p.m.
Saturday-Sunday - Closed.

McGuire Gas Station

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

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of the 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 6 to 7:30 a.m.
Lunch Mon-Sun 11:30am to 1 p.m.
Dinner Mon-Sun 4:30 to 6p.m.

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Rentals include skis, snowboards, canoes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Club Dix

723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.

Revolutions Lounge

Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Fort Dix Post Office

723-1541
6038 West 9th Street
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.

FCl, Showtime stay hot, tied at top

Competition is always tight in the Fort Dix softball league, and this year is no exception. FCl, who won the pre-season championship and has led all during the regular season, is still atop the league, but they share the top spot with Showtime. Both teams are 6-1, with Steel Angel beating both of them.

Steel Angel sits just behind FCl and Showtime with a record of 5-1. Steel Angel was runner up to FCl for the pre-season championship, and look like strong contenders during regular season play. Their only loss came against Bravo MRB in a 13-9 competition.

Tied for fourth place are NRDP and Bravo MRB, both at 4-2. Bravo MRB lost to NRDP and BOHICA. NRDP's losses came against first-place teams Showtime and FCl.

The Wildcats are next in line at 3-2, closely followed by the Renegades at 3-3.

The Free Agents are at 1-4, with the Warriors next at 1-5.

Still looking for their first win are the Admirals with a record of 0-7.

With about a month left before a regular season champion is determined, it's too close to make any predictions.

While softball season is still in full swing, the Griffith Field House Staff is already gearing up for the Flag Football season. Signup for flag football will start this week and the season starts when softball season is finished. For more flag football info, call 562-2769.

Standings as of July 30

FCl	6-1
Showtime	6-1
Steel Angel	5-1
NRDP	4-2
Bravo MRB	4-2
Wildcats	3-2
Renegades	3-3
Free Agents	1-4
Warriors	1-5
Admirals	0-7



ACTION PACKED -- Sandra Rigger and the Admirals are still looking for their first victory this season, above. With a record of 6-1, Jose Plaja, left, and Sam Delio, right, sit at the top of the league with FCl. FCl shares the top spot with Showtime, also at 6-1. Both FCl and Showtime suffered their only loss at the hands of Steel Angel, who sit just behind with a record of 5-1.

photos by Ed Mingin

Sports Shorts

Griffith Field House

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

EFMP members from Fort Dix, McGuire, Fort Monmouth and NAES Lakehurst military communities, 25 August 2007 at John Mann Park, Fort Dix from 1100-1500. Games include basketball, baseball, horse shoes, swimming, bowling, relay races and other competitions for EFMP and Family members. Prizes and trophies will be awarded.

Soccer Registration

Soccer registrations are open to dependents or family members of active duty, retired military, DoD Civilians, and contractors who have registered with Child and Youth Services.

Children 3-8 are eligible to register during open registration. Children 9-10 will be put on a waiting list. All children must have a current physical before playing. For more information, call 562-2819.

Youth Sports registration

Youth Sports is holding football and cheerleading registration. An annual registration fee of \$18 is required, along with a fee of \$80 for football or \$50 for cheerleading. Participants must be registered with Child Youth Services. Call 562-4702 or 562-5231 for more information.

Summer Games

The Army Community Service Exceptional Family Member Program (EFMP) is sponsoring an EFMP Summer Games for

School / Sports Physicals

- Mandatory for children:
 - Starting school
 - New to school district
 - Planning to play sports
- Not required for children:
 - Returning to school district
 - Not planning on playing sports
- Scheduling the appointment
 - Call 866-377-2778
 - Appts available July - September
 - Bring all necessary physical forms with medical history completed

Medics! Can Do... Will Do!

ARMY TEN-MILER TEAM

25 August at 0900

Griffith Field House will host Army Ten-Miler

*Second & Final Qualifier Trials

To register or for more information, contact: Chris O'Donnell at 609-562-2769

Griffith Field House, Building 8053 Ft. Dix, NJ Phone: 609-562-2888 Web Site: www.darmar.com

These MWR Activities Host Birthday Parties and Group Outings!

Aquatics
(609) 562-2808

John Mann Park
(609) 562-6667

Arts & Crafts
(609) 562-5691

Bowling Center
(609) 562-6895

Call today and leave the fun to us!!

ARTS & CRAFTS

Bldg. 6039
Philadelphia Street

562-5691

Registration & sales
store hours:

Tuesday

9 a.m. to 4:45 p.m.

Wednesday-Thursday

noon to 5 p.m., 6 - 8:45 p.m.

Friday

11 a.m. - 4:45 p.m.

Saturday

9 a.m. - 4:45 p.m.

PROGRAMS

Contemporary Ceramics and Mosaic Studio

Looking for a place to walk in, relax and get creative? This is the place for you and your family to paint functional or decorative items to give as gifts or keep for yourself. We have many bisque ware items to choose from plates and mugs to piggy banks, lots of project ideas, and a helpful staff to get you started. You do the painting and we'll complete your masterpiece with a food-safe glaze and expert firing. And

now we have new lower prices in the mosaic studio. This ancient craft is simple and relaxing, and you can create one of a kind home décor or gift items. Open during normal sales store hours.

Art Gallery Exhibit "Hanging Together"

Stop in to view our new exhibit by 5 local female artists in honor of Women's Equality Day on Aug. 26. The exhibit includes watercolors of Alice Paul and Paulsdale, local scenes, women, and flowers. The paintings can be viewed in the gallery throughout the month of August during our normal operating hours.

Summer Art Kamp for Kids and Teens

Aug. 21-24

12:30 - 2 p.m. for kids

2:30 - 4 p.m. for teens

Our popular annual Art Kamp has expanded sessions. Children ages 6-12 and teens can explore a variety of mediums to include pottery, ceramics, sewing and a variety of crafts. A \$50 fee for each session includes materials, and there are family and multiple-session discounts available.

Adult Introductory Pottery Course

Aug. 8 to Sept. 12

Try your hand at this ancient and stress relieving craft! Course covers both hand building and wheel throwing techniques. Once you've completed the initial class, you can come in anytime during studio hours to use the facility and equipment on your own. Six-week class. Pre-registration required.

\$55 fee plus materials

Quilts for Kids

Aug. 11, 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.

Krafty Birthdays

Arts & Crafts offers Krafty Birthday Parties! Parties include up to two 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. And remember to have fun!

Adult Craft Classes

6-8:30 p.m.

Aug. 9.....Special Occasion

Aug. 16.....Special Occasion

Aug. 30.....Special Occasion

Centerpieces & Decorations

\$5 pre-registration fee

Frame Shop

Stop by to learn about all kinds of framing techniques. In no time you'll be framing your own photographs, paintings and posters.

Create A Critter Special

Discover a menagerie of adorable animals to stuff, dress, and cuddle. From the basic teddy bear to giraffes and lions, we've got them all! Great fun for the whole family and you'll love our low prices. A great last minute gift idea, too!

Sewing Class

Aug. 8 & 15, 6:30-8:30 p.m.

Need help with something you are working on or want to try? Thinking about learning to sew? Join us in this two-session class and we'll give you a tour of our sewing studio and get that project started or finished.

Volunteers are needed

for

Fort Dix Special Observances Committees

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- Black History Month
- Women's History Month
- Holocaust Remembrance Day
- Asian Pacific Heritage Month
- Women's Equality Day
- Hispanic Heritage Month
- Native American Heritage Month

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