

thePost

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NEWSNOTES

Dining Facility dedicated to fallen hero

The newly-renovated Dining Facility in Building 5640 will be named in honor of Staff Sergeant Hernandez, 47, of Silver Spring, Maryland, in a ceremony today at 10 a.m. Hernandez died in Al Taqaddam, Iraq, March 28, 2006, when an IED detonated near his HMMWV during an escort mission through a hazardous area near Baghdad. Members of the community are encouraged to attend the ceremony.

Youth Services seeks war veteran interviews

Two Fort Dix teens have joined the Veterans History Project sponsored by Congress to build a lasting legacy of memoirs, recorded interviews and other documents chronicling veterans' war experiences. If you are an interested veteran, call Youth Services to schedule an interview with Devan Holliday or Javanni Al-amin, at 609-562-5061.

Tuskegee Airmen Chapter hosts meeting

The McGuire Tuskegee Airmen Chapter will host a meeting Tuesday, Aug. 28 at 5 p.m. at the McGuire Club in the Fireside Lounge. Interested parties are invited to attend and be a part of this historic organization.

POW-MIA Breakfast set Sept. 21

The Sixth Annual POW-MIA Memorial Breakfast will be held at the Merion on Route 130 in Cinnaminson Sept. 21 at 8:45 a.m. To RSVP for the event and reserve a seat, please call 856-461-3997 by COB Aug. 20.

Teen Orientation

Teens and pre-teens entreering Pemberton Twp. High School or Helen A. Fort Middle School for the first time will be able to attend a Teen Orientation Aug. 29.

The orientation starts at the Youth Center and will end at John F. Mann Recreation Park.

A permission slip is required for attendance. Call 562-2767 for more information.

WEATHER

FRIDAY -- Chance of showers early, breezy throughout day. High of 90 and overnight low of 56 degrees.

SATURDAY -- Mostly sunny and cooler, high of 79 degrees, overnight low of 54.

SUNDAY -- Mostly sunny, high near 80, chance of showers near evening with overnight low of 61 degrees.

MONDAY -- Chance of thunderstorms, mostly cloudy with daytime high of 80 and overnight low of 62.

TUESDAY -- Partly cloudy with high near 82 and slight chance of showers in evening. Overnight low of 60.

WEDNESDAY -- Sunny, high of 80, breezy all day and into evening. Overnight low of 59 degrees.

THURSDAY -- Partly cloudy, some chance of thunderstorms, high of 84 degrees and overnight low of 62.

New Business Center, model home displayed by United Communities



Carolee Nisbet

FIRST LOOK -- Leah Cooke and children Grace, Eli and Levi check out the model home kitchen during an Open House Aug. 15 at the United Communities Business Offices.

Carolee Nisbet
Editor

Dozens of prospective tenants toured a United Communities model home Aug. 15, getting a preview of family housing on Fort Dix and McGuire Air Force Base under housing privatization.

Purple flowers and balloons -- representing the joint base effort -- decorated the porch of the model home and new business office at 3700 Circle Drive on McGuire. Families can check out the model, sign up for housing and get information.

"Wow, I've lived in a lot of family housing, and I've never seen any that looked this good," said Eleanor Andrews, who added that her Air Force husband hopes to be stationed at McGuire within the next two years. "This really gives me something to look forward to."

The model home -- designed to house senior non-commissioned officers and their families -- reflects

modern home design popular today, including oak cupboards, granite countertops, plush carpets, an attached garage and lots of storage.

United Communities began work to build, upgrade and rehabilitate housing units on Fort Dix and McGuire Air Force Base in May 2007. The total project is scheduled to be completed in 2012.

The total project includes a combination of new construction and renovations to existing homes.

United Communities will construct 1,635 new homes over the next five years, replacing older homes that are no longer viable for repair and renovation because they are obsolete by today's standards.

Minor renovations will be completed on 435 homes and 14 units that are of historical significance will be totally renovated. In addition to quality housing, United Communities is providing community assets such as playgrounds, paths and parks in every area.

Future Force demo takes the field at Dix

The latest in current and next-generation military technology was on display Aug. 9 at Fort Dix by the Army's Command and Control, Communications, Computers, Intelligence, Sensors and Reconnaissance (C4ISR) team.

While Fort Monmouth is the center of gravity for the development of the C4ISR systems, much of the field work is done at Fort Dix on the team's specialized ranges.

Several of the most technologically advanced systems currently being used today in Operation Iraqi Freedom, Enduring Freedom and Homeland Defense were developed by the team.

A variety of equipment for the Future Force was not only on display at the event, it was demonstrated for the military and civilian audience responsible for identifying develop-

ing technology that will be useful on the battlefield of tomorrow.

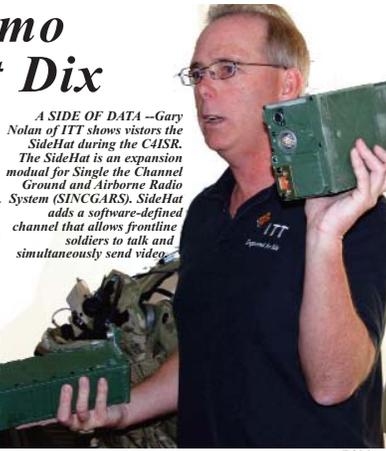
From radios and computer systems built in to helmets and gloves to unmanned weapons and information collection equipment, demonstrators for the team previewed the Soldier of tomorrow.

Team C4ISR equips the joint warfighter with tomorrow's technology by providing the architectural framework and systems engineering to ensure joint interoperability and integration across the battle space.

The post's location in high-tech New Jersey provides ready access to the premier institutions in academia and industry and a skilled workforce to provide Team C4ISR with an unprecedented knowledge base to develop the most advanced warfighting systems.

A SIDE OF DATA -- Gary Nolan of ITT shows visitors the SideHat during the C4ISR.

The SideHat is an expansion module for Single the Channel Ground and Airborne Radio System (SINCGARS). SideHat adds a software-defined channel that allows frontline soldiers to talk and simultaneously send video.



Ed Mingin

Soldiers learn street skills on urban terrain operations range

Soldiers from the 153rd Military Police Company from the Delaware National Guard learn the procedures and skills for searching a building during Military Operations in Urban Terrain training at Fort Dix's Balad training range. The 153rd MP Co. is one of several units currently training on the installation in preparation for missions supporting the Global War on Terrorism.



Ryan Morton

McCoy loses Soldier to meningitis

A Virginia National Guard Soldier thought to have died of meningitis while mobilizing at Fort McCoy, Wis., has been identified as Sgt. Jonathan M. Forde, 26, of Vienna, Va. Maj. Gen. Robert B. Newman, Jr., the Adjutant General of Virginia, said Forde mobilized with his unit, the 237th Engineer Company, located in West Point, Va., July 19 and traveled to Fort McCoy.

He was preparing for overseas deployment in support of Operation Iraqi Freedom while at McCoy. Forde died while being transported to receive medical care at St. Marys

Hospital in Rochester, Minn. Preliminary reports indicate Forde had symptoms attributable to a form of meningococcal meningitis.

received treatment at hospitals located in Tomah, Sparta, and La Crosse, Wis.

All Soldiers have been released.

According to Fort McCoy officials, there is no risk or health threat to the installation community at large. No areas on Fort McCoy will require quarantine. While some forms of meningitis are infectious, the Centers for Disease Control advises that it can usually be avoided by not sharing water bottles or other personal items. See Meningitis Fact Sheet, page 9, for more info.

Twenty-seven Soldiers from the 237th Engineer Company were treated Tuesday as a precautionary measure.

Twenty-five of these Soldiers

The Monroe County Health Department was notified and is working with Fort McCoy and other Army medical personnel.

Forde joined the Army National

Guard in Virginia in January 2002, said Chester Carter, a military spokesman there. He served one tour of duty in Iraq, beginning in December 2003, and was training for a second deployment, Carter said.

According to Installation officials, this situation presents no risk or health threat to the installation community at large. No areas on Fort McCoy will require quarantine.

While some forms of meningitis are infectious, the Centers for Disease Control advises that it can usually be avoided by not sharing water bottles, canteens or other personal items.

Fort Dix celebrates Women's Equality Day

Breakfast seminar, film on tap

Lt. Col. Roger Cotton
Fort Dix Deputy Commander

When America's founding fathers penned the words "all men are created equal... endowed by their Creator with certain unalienable rights..." they formed a nation based on the belief that all people have value and worth. Thus began our long history of fighting for personal rights for people of all races, genders and beliefs.

One of the more important amendments to the United States Constitution is the 19th Amendment which was passed on August 26, 1920.

This Amendment granted women the right to vote but its passage took decades of forging a civil rights movement, beginning in 1848, to bring the law to fruition.

Consider our demographics; 51 percent of our population are women. Passage of the 19th Amendment, then, doubled the amount of voters in the country, bringing new balance to political issues and solutions.

In the 2004 presidential election, for instance, 74 percent of women and 71 percent of men registered to vote. While women in the past always found ways to influence male voters, in the past 87 years it hasn't been necessary.

Women have had direct influence on the voting process.

In 1971, the U.S. Congress designated August 26 as "Women's

Equality Day" to commemorate the 1920 passage of the 19th Amendment.

The observance also calls attention to women's continuing efforts toward attaining full equality. An observance highlights the successful evolution women have accomplished in securing equality in the United States.

Part of the greatness of America comes from the continual struggle to justly define and honor roles and rights for people of all races, beliefs and gender.

Fort Dix will celebrate Women's Equality Day early, on August 22. We'll begin a breakfast seminar in Timmermann Center from nine to 11:30 a.m.

Breakfast, a film discussion and games will focus on how to continue pursuit of equality for women's rights. In the afternoon, creative expression will be encouraged at the Arts and Crafts Center with ceramics, mosaics and pottery.

A Joint Resolution of Congress in 1971 designated August 26 of each year as Women's Equality Day. It reads as follows:

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, legal or institutional, which are available to male citizens of the United States; and



painting by Marlene Craig

FEMINIST ICONS -- The portrait of activist Alice Paul, top left, who worked to secure voting rights for American women, is among art works exhibited at the Arts and Crafts Center this week in honor of women's rights. The collage at right represents the varying roles and important positions held by women in contemporary society.



www.cawcouncil4000.com

WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for

equal rights; and

WHEREAS, the women of the United States are to be commended and supported in their organizations and activities.

NOW, THEREFORE, BE IT RESOLVED, The Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

MacDonald Hall named after 'Heroine of Corregidor'

Steve Snyder
Public Affairs Staff

"... the desk was blown into the air... and I with it. I heard myself gasping. My eyes were being gouged out of their sockets, my whole body felt swollen and torn apart by the violent pressure. Then I fell back to the floor... I dragged myself to my feet... Patients had been blown out of their beds. Bodies and severed limbs hung from tree branches. Although the nurses knew that nothing could be done to prevent further air attacks, they carried on."

-Army nurse describing Japanese air attack on General Hospital 1 on the Real River, Philippines, March 29, 1942

Florence MacDonald was in the Philippines at the time, too, facing a similarly brazen attack by forces flying under the imperial banner of the Rising Sun. A citation signed by the Secretary of the Army recounted the contributions of MacDonald and her nursing colleagues during the dark days when the Japanese military juggernaut invaded the Philippines at the onset of World War II.

"Under conditions that imposed the utmost hardships upon all members of the armed forces in the Philippines, the devotion to duty and professional attainments of members of the Army Nurse Corps enabled them to perform prodigiously, far beyond reasonable expectation, their task of caring for the sick and wounded of our army," read the citation.

Capt. MacDonald, Army Nurse Corps, also served as chief nurse at Fort Dix right after her perilous tour in the Philippines. Today, Building 5418, MacDonald Hall, the hub of administrative activity on Fort Dix, bears her name.

She earned that honor the hard way. A graduate of the nursing school in her native Brockton, Mass., MacDonald volunteered for the Army Nursing Corps in 1918 while World War I was still raging. After an initial assignment at Fort Banks, Texas, MacDonald shipped out to the Army



file photo by Steve Snyder

ETCHED IN HISTORY -- Plaque in front of MacDonald Hall testifies to accomplishments of its namesake.

of Occupation in Coblentz, Germany, where she saw war's destructive aftermath and the problems it posed for medical care.

When the war ended MacDonald chose to be part of the solution to those problems. She remained in the military and began a rapid advance up the ranks.

The young nurse gained a coveted assignment to Walter Reed Hospital in Washington, D.C., serving as nurse-anesthetist for nine years. In 1927 MacDonald was assigned to China, delivering medical care in a country bled dry by warlords and natural disasters. Her experiences there were to prove invaluable preparation for what was to come in other parts of the Pacific.

In 1939 MacDonald was assigned to the Army Hospital in Gort Stotsenberg, about 70 miles north of Manila in the Philippines. She was known, alternatively and always with affection, as either "Miss Mac" or "Grandma" by those she treated.

MacDonald was one of eight senior nurses in a group of 80. In the summer of 1941 she assumed the position of head nurse. The command would need her steady, unflinching hand on the medical helm.

At 12:35 p.m. on Dec. 8, 1941, 27 Japanese warplanes sped over Zambale Mountain to Clark Field. Florence and her off-duty staff ran to the hospital. By 1:30 p.m., the enemy had destroyed 113 aircraft, reducing American air power in the Philippines by a half.

On the ground, Florence's crew faced grisly details. Numerous casualties forced nurses to fill large



file photo

Lt. Col. Florence MacDonald syringes with morphine with which they would mark the foreheads of men who received their dose with a big red "M" using Methiolate. MacDonald administered anesthesia and prepared dressings.

The last surgical case left the hospital at 5:30 a.m. on Dec. 9. Ninety men had died, hundreds more lay wounded. But Miss Mac and her steely staff never faltered. They evacuated the now-ruined post on Christmas Eve 1941 and headed for Manila.

Before she left, MacDonald placed flowers on the fresh grave of one of her nurses' fiancés - a young pilot killed in the Dec. 8 raid.

MacDonald was among the last of the nurses to evacuate Manila, leaving on a commandeered steamer Dec. 29 that held 375 people. On board the Soldiers' bandages had to be rebound because ants had infested them!

They headed for the island of Corregidor where Florence remained in the underground hospital in Malinta Tunnel for almost four months. She helped run the complete hospital set up there with double and triple banks capable of treating up to 1,000 wounded.

According to reports, the bombing raids on Malinta terrified her but, gritting her teeth, she carried on. Another nurse described what it was like to be caught in the tunnel during a raid in 1942:

Terror in the tunnel

"The air in the tunnels was thick with the smell of disinfectant and anesthetics, and there were too many people. Several times the power plant supplying the tunnel was hit, leaving us without electricity or lights. It was pretty ghastly in there, feeling the shock of each detonation, and never knowing when we would be in total darkness."

The evacuation of MacDonald and her crew proved to be another hairy operation.

Along with 18 other nurses, most in their late 40s and early 50s, MacDonald left Corregidor on April 29. But their departure proved anything but simple.

"We made four attempts to take off the lake and had to empty our bags and throw everything that we could to lighten it," MacDonald wrote. "We found later that the difficulty was due to the weight of two Air Corpsmen who had hidden in the rear," she continued. "After we had flown for about an hour the Soldier with the earphones reported to the pilot that an airplane was following us. Immediately, the pilot guided the plane higher and higher," she recalled. "Inside of an hour we had lost the plane that was following us. We flew all night over enemy territory



Armed Forces Institute of Pathology

TUNNEL VISION -- Florence MacDonald and other stalwart U.S. Army nurses worked through bombing raids at Malinta Tunnel, above, on Corregidor. Detonations frequently knocked out lights and inspired terror but did not stop the Army's finest from doing their duty.

ry. During the trip one of the engines functioned very badly and finally ceased to operate. Early in the morning we landed in Port Darwin," MacDonald concluded.

After a short rest and recovery, MacDonald boarded an armed merchant ship sailing to San Francisco. Once stateside, she was assigned to Fort Dix where she helped supervise and run a rapidly-expanding hospital system. Both her office and her home were in Building 5418. It became, literally, MacDonald's Hall.

Promoted to captain, citations for wartime heroics flew right and left around MacDonald. The most significant was probably her selection as "Woman of the Year" for 1942 by the Women's International Exposition, an award presented by the wife of presidential candidate Wendell

the Post

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file photo

DIX CELEBRITY -- The cutline appearing on the front page beneath the picture, above, of the Fort Dix Post on Nov. 27, 1942, reads: "Capt. Florence MacDonald (left), assistant superintendent of the Fort Dix Army Nurse Corps, is shown receiving the Women's Exposition Medal for 'Service to the Nation' from Mrs. Wendell Wilkie (right, wife of the Republican presidential candidate). Second Lt. Helen L. Summers of Mitchel Field, also won the award. The nurses were selected for their outstanding service at Batuan and Corregidor. The presentation was made on Nov. 19 at the opening ceremonies of the Women's International Exposition of Arts and Industries at Madison Square Garden.

Are you ready to survive?

First of a two-part series



One gallon of water per person per day for at least three days.



At least a three-day supply of non-perishable food per person.



Battery-powered or hand-cranked radio and a NOAA Weather Radio and extra batteries.



Flashlights and extra batteries.



First aid kit, including disinfectant soap and sterile water.



Can opener for food, matches, sharp knife.



Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in place.



Moist towelettes, garbage bags and plastic ties for personal sanitation.



Wrench or pliers to turn off utilities.



Local maps.

Plan ahead to add personal items such as pet supplies and medications to your kit.

Walter Keenan
CBRNE Operations

September is National Preparedness Month. Did you know that the U.S. Department of Homeland Security is sponsoring the Fourth Annual National Preparedness Month?

In an effort to encourage Americans to take simple steps to prepare their homes, businesses, and communities for emergencies the federal government has designated September as National Preparedness Month. The goal of the month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals, families, and small business to take action.

"It is vital that Americans take steps to prepare for emergencies at home, work or school," said Homeland Security Secretary Michael Chertoff. "Personal preparedness is paramount to effectively reacting to the effects of a disaster. By preparing yourself, your family, and your businesses, you allow first responders to prioritize efforts and aid."

Being prepared for an emergency needs to begin with you. The U.S. Department of Homeland Security has a web site that provides some valuable information on how to prepare for any emergency. Here are four basic steps which are provided at the site.

* **Get a Kit** - Get a kit of emergency supplies that will allow you and your family to survive for at least three days in the event an emergency happens. The kit should include basic items like water, food, battery-powered radio, flashlight and a first aid kit.

* **Make a Plan** - Plan in advance what you and your family will do in an emergency. Your plan should include a communications plan and address sheltering-in-place and evacuation.

* **Be Informed** - Learn more about different threats that could affect your community and appropriate responses to them.

* **Get Involved** - After preparing yourself and your family for possible emergencies, take the next step: get training in first aid and emergency response and get involved in preparing your community.

Visiting www.ready.gov will provide you with more information on how to start. For additional information about Emergency Management on the installation, call Walter Keenan, 6090-562-3927.

Mobilized military force tops 96,000

More than 8,000 Soldiers are on Fort Dix this week, either mobilizing, training other Soldiers, performing Annual Training or attending military schools.

More than 100,000 Soldiers have mobilized and demobilized through Fort Dix since September 11.

This week, the Army announced a decrease in the number of reservists mobilized, while the Marine Corps, Navy and Air Force numbers increased.

The Coast Guard number remained the same.

The net collective result is 288 more 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 during the week for which the personnel figures are tracked.

The total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 78,355; Navy Reserve, 5,616; Air National Guard and Air Force Reserve, 6,117; Marine Corps Reserve, 5,912; and the Coast Guard Reserve, 308.

This brings the total National Guard and Reserve personnel who have been mobilized to 96,308, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve units listed by state that are currently mobilized, can be found at <http://www.defenselink.mil/news/Aug2007/d20070815ngr.pdf>

Correction

The photo caption on page 1 of the August 10 edition of the Post incorrectly identified the inspector pictured. The caption should have read, "Sr. Airman Santiago Martinez inspects the tailgate lock on a Pocono Produce Truck that was part of a food threat exercise on Fort Dix Aug. 3. The Post staff regrets the error."

NEIGHBORHOOD

THE CORNER

Veterinary center offers clinic days

The McGuire/Fort Dix Veterinary Clinic has clinic days on **Aug. 28 and 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 Hilde 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 to 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.

Fort Dix Retiree Council to host annual luncheon

A Luncheon will be sponsored by the Fort Dix Retiree Council, in conjunction with Fort Dix Retiree Appreciation Day, for retirees and their guests **Sept. 15**. The luncheon will be held at Club Dix, with the Social Time beginning at noon to be followed by the luncheon at 1 p.m.

The menu selections are flounder with lemon sauce or stuffed chicken breast. Each menu selection will be served with a vegetable, potatoes or rice, salad, rolls, butter, coffee, iced tea, and dessert.

The cost for the luncheon is \$25, gratuity included. Checks can be made payable to the Fort Dix Retiree Council. Retirees and their friends/guests are invited to send reservation requests and their menu selections to Sgt. Maj. Norman Pallotto, 15 East Central Avenue, Moorestown, New Jersey 08057, not later than **Sept. 7**.

Please note: The In-Process-Review (IPR) for the 2007 Retiree Appreciation Day will be held **Aug. 17** in the Command Conference Room, Bldg. 5435, at 1 p.m. Directors, please insure that you send a representative to the IPR.

Fines to increase for N.J. traffic violations

Starting **Aug. 15**, the price of a ticket for violation of New Jersey Law 39-3-29 (Failure to show your driver's license, registration or insurance card at the time you are stopped) is increasing from \$44 to \$173 per violation, or \$519 for all three.

Deploying Soldiers tie knot

Spc. Michael R. Sherman II
65th Public Affairs

Mt. Holly Court House was the setting for the nuptial ceremony held to celebrate the unification of Mr. and Mrs. Erik Burmeister yesterday in Mt. Holly, N.J.

The bride, Spc. Megan J. Wood, a resident of South Kingston, RI, is a broadcast journalist with the 65th Public Affairs Operations Center. The groom is a resident of Smithfield, R.I. Both are set to deploy to Iraq with the 65th PAOC within the next few weeks.

The ceremony was attended by select unit members and was officiated by Judge Susan Claypoole.

In addition to the ring ceremony, the bride removed her former name tape from her uniform and attached a new name tape bearing her new name. Immediately following the ceremony, the two were veiled under a volley of silly string as they entered their matrimonial transportation.

"There will be good times and better times," said Lt. Col. Charles H. Perenick, commander of the 65th.

The remainder of the unit took part in a brief reception held in the day room in the barracks.

Under the glinting flash of half a dozen cameras, the two sealed the agreement with cake, more of it worn then eaten, in addition to the makeshift chorus of the traditional "Bride feeds the groom," sung almost in harmonious unison by fellow soldiers.

The two will embark on a year long, all expenses paid honeymoon in Baghdad.



Spc. Charles P. Espie

HERE COMES THE BRIDE – The Burmeisters enter married life under a layer of silly string, applied by fellow unit members of the 65th Public Affairs Operations Center, following a matrimonial ceremony held at the Mt. Holly Court House August 15.

Tax Center recognizes volunteer

Most people would rather not deal with the Internal Revenue Service – but for Nancy Holman, helping people through the twists and turns of filing their income tax returns is a labor of love.

Truly a labor of love, since she is a volunteer at the Fort Dix and McGuire Air Force Base Joint Tax Center. The Center served more than 1700 customers this year, many of them retirees, and Nancy was there from November 2006 through mid-March.

Her service brought an unexpected return: Nancy was recognized as the Fort Dix Volunteer of the Quarter based on her contribution of 340 volunteer hours and expertise to the community.

"[Nancy] was instrumental in helping to establish the first Joint Tax Center by serving as the dedicated Volunteer Coordinator in recruiting volunteer tax preparers, providing valuable insight for the organization and operation of the Tax Center and preparing the necessary paperwork for the Center to run smoothly," said Nurit Sarah Anderson, legal assistance attorney and co site manager of the Center.

"Once the Center opened, Nancy dedicated

numerous volunteer hours in preparing tax returns, and was a friendly face to all who entered the Center."

Nancy said she first volunteered in the field when her active-duty Air Force husband was stationed at Dyess Air Force Base in Abilene, Texas.

"Someone sent my husband an e-mail that they were looking for volunteers at the Tax Center," Nancy said, "and I thought, why not? I've always volunteered somewhere."

Nancy took a week-long course taught by the IRS to become certified as a tax preparer, and encourages others to take the course, which is offered every fall. "I hope to volunteer again, but I'm working full time now at the pharmacy on McGuire," she said.

"I love the volunteer program. Everyone has a little time to volunteer somewhere. People just don't understand that without it, the base would not survive."

Nancy was nominated for the award by Anne Kivlehan-Hill and Nurit Anderson, Tax Center Site Managers, and Capt. Nicholas Mitchell, chief of Legal Services.



courtesy photo

TAXING TIMES – Nancy Holman helps people get through the difficult tax season as a volunteer with the JTC.

Army Reserve Center rising from dust

Wayne Cook
Public Affairs Staff

In stark contrast to the trees and the sky that outline the metal skeleton that is rising from the earth, the Fort Dix Army Reserve Center is emerging. The center will be located at the corner of Pennsylvania Avenue and Scott Plaza across from Building 5418.

As a result of the Army Reserve Transformation Program, the new command will include the combination of three large Regional Readiness Commands – the 99th, the 94th, and the 77th – into the 99th Regional Readiness Sustainment Command.

Organizations that will be housed in the facility also include – 77th Sustainment Brigade; Headquarters and Headquarters Command, 78th Division (Training Support); Detachments

1 and 2 of the 244th Aviation Brigade; Detachment 1, 1st Brigade, 78th Division (TS) and the 78th Division Band.

After the ground breaking ceremony which was held in March, it seemed to take a while for the ground to be leveled and prepared for construction.

As if overnight, though actually just over the past three weeks, the frame of this colossal facility has

sprung up from the dust. As it continues to grow and expand it begins to take the shape of that which will provide a center of many activities all aligned with one purpose – to support the war fighting Soldier.

As the girders and supports reach skyward, the complex begins to take shape and a glimpse into the future awaits itself to all who gaze upon it.

The facility is scheduled for completion in the fall of 2008.



Wayne Cook

CHANGING SCENERY – For the past few months, the site at the corner of Pennsylvania Ave. and Scott Plaza has looked barren. Construction crews have been busy though, and in the blink of eye, the skeleton structure of the Fort Dix Army Reserve Center emerged from the landscape. The building is scheduled to be completed next fall, when it will be the home of the 99th Regional Readiness Sustainment Command; 77th Sustainment Brigade; Headquarters and Headquarters Command, 78th Division (Training Support); Detachments One and Two of the 244th Aviation Brigade; Detachment 1, 1st Brigade, 78th Division (TS) and the 78th Division Band.

Airmen show special nose for danger

Maj. Michele Gill
U.S. Air Force Expeditionary
Center Public Affairs

As a Blackhawk helicopter lowers itself to the ground, voices are drowned out by the turning rotors.

Some of the soon-to-be passengers are muzzled. Waiting patiently, they are in a staggered formation to board the helicopter that will take them on a training flight over Fort Dix.

No ordinary Airmen are about to board. These Airmen are military working dogs and their security forces handlers, who are students in the U.S. Air Force Expeditionary Center's Phoenix Warrior Course at Fort Dix.

The Phoenix Warrior class included its first canine training track as part of the



Staff Sgt. Mark Ochoa

NOISIN' AROUND — Staff Sgt. Mark Ochoa sits with his military working dog, Borek, during a Blackhawk flight. The handlers and their dogs were students in the U.S. Air Force Expeditionary Center's Phoenix Warrior Course at Fort Dix. The flight in the helicopter helped condition the dogs to boarding and flying in a helicopter before they had to do that while deployed to Southwest Asia. Ochoa is a security forces Airman with the 319th Security Forces Squadron at Grand Forks Air Force Base, N.D.

USAFC's initiative to provide advanced pre-deployment training to military working dogs and their handlers assigned to Air Mobility Command.

To prepare them for a deployment to the Middle East, six dogs got a chance to experience sights and sounds they had never been exposed to in their previous training.

"Dog handlers are getting tasks to support the Army and Marines in Southwest Asia," said Staff Sgt. Mark Ochoa, with the 319th Security Forces Squadron at Grand Forks Air Force Base, N.D. "This training exposed our dogs to more than 10,000 rounds of live weapons fire. It was good training to see how they would react."

Riding in a tactical vehicle while an automatic weapon fires hundreds of rounds from the turret, the dogs got a sense of the fog and friction of war. This was the first time they ever heard so much gunfire, both live and blanks, during training.

Also, during their 16-day course, the military working dogs were exposed to a large quantity of explosives to see how they would respond.

"At home station, our dogs typically detect (a small quantity) of odor at one time," said Staff Sgt. Derrick Bowen, 60th SFS, Travis AFB, Calif.

He added that they were exposed more than 15 times the amount of explosives they usually detect at one time. This represents what the dogs may detect while deployed.

Another security forces dog handler, Staff Sgt. John Havlik, also with the 319th SFS, said the urban training at the USAFC's simulated Middle Eastern village located on a Fort Dix range was a realistic environment.

"The dogs walked through a dirty village and in buildings with dirt floors and thin walls," commented Havlik.

The handlers said although the dogs do building searches as part of their home base training, the sound of gunfire in the background further helps them prepare for future deployments.

While deployed in support of the war on terrorism, often the only means of transportation between forward operating locations is the Blackhawk helicopter.

The Trenton Army National Guard partnered with the USAFC and provided a Blackhawk and crew for this element of preparation.

Staff Sgt. Jason Sheldon, 22nd SFS, McConnell AFB, Kan., said he had a chance to observe how his dog would board the aircraft with the rotors turning.

"It's good to know how the dogs will react now, rather than them doing it for the first time down range," Sheldon said.

The military working dog lead trainer couldn't agree more with Sheldon's observation.

"The greatest training the handlers will receive while attending the Phoenix Warrior course is to learn how to board the Blackhawk helicopter, with rotors turning, and deal with the animals' reaction during boarding and the flight," said Tech. Sgt. Jeffrey Dean, USAFC's 421st Combat Training Squadron NCOIC for military working dog operations.

Dean is the founder of the USAFC's military working dog training program. He said he arrived at the USAFC in February 2007, shortly after AMC officials asked to integrate a military working dog predeployment training pro-

gram into the Phoenix Warrior course, a course designed to provide advanced training for AMC's security forces Airmen.

"When I arrived here, I was informed of the great responsibility I was going to be taking on," Dean said. "I was told, 'You have a meeting with the 421st CTS commander in an hour.'"

He said he hit the ground running and hasn't stopped for a minute. He said he's thankful for the help from his staff, Staff Sgts. Brennan Pierce and Luke Plemons who completed the task of planning and executing the first USAFC military working dog predeployment training program without a hitch.

After collecting information from those who have been deployed to the Middle East, Dean developed a realistic training course that focuses on the areas that military working dogs teams cannot get at their base, including live ammunition training, mass odor, pyrotechnics exposure, helicopter transportation and the atter-specific explosive detection.

His goal was to offer much-needed training to MWD teams who may encounter similar scenarios while deployed in support of the war.

The first graduating class agreed the training was exactly what they needed to test their dogs' reaction before deploying to unfamiliar environments.

Bowen thought the dogs did quite well during the training.

"There were times they were a little confused, but that's expected in a new training environment," he said.

"The training we received here is real indicative of what we'll see down range," said Bowen. "This is a phenomenal course."

Bottled water: Separating fact from fiction

Sarah Woo
Fort Dix Environment Office

Since the early 1990s, bottled water has become increasingly popular among consumers. Americans are drinking bottled water in record numbers — over 8 billion gallons in 2006, according to the International Bottled Water Association (IBWA), an industry trade group.

Is bottled water safer than tap drinking water?

The Natural Resources Defense Council conducted a study on contaminants in bottled water testing of more than 1,000 bottles of 103 brands of bottled water. While most of the tested waters were found to be of high quality, some brands

were contaminated: about one-third of the waters tested contained levels of contamination — including synthetic organic chemicals, bacteria, and arsenic — in at least one sample that exceeded allowable limits under either state or bottled water industry standards or guidelines.

According to The Earth Policy Institute, more than a 40 percent of bottled water is sourced from municipal tap water. Pepsi's Aquafina, the best-selling brand, and Coke's Dasani, which is second, are made from purified tap water.

"Bottled water is not necessarily safer than your tap water. EPA sets standards for tap water provided by public water suppliers; FDA sets standards for bottled water based on EPA

standards. Bottled water and tap water are both safe to drink if they meet these standards,

although people with severely weakened immune systems may wish to further treat their water at home or purchase high quality bottled water," the EPA said on their website.

EPA recommends learning about the water system and reading labels on bottled water. "The best way to learn about your tap drinking water is to read your water suppliers' annual water quality report (Tip: For Fort Dix, it's called "Consumer Confidence Report" and is published annually in the post newspaper in June timeframe). If your water comes from a household well, EPA recommends testing the water regularly for bacteria, nitrates, and other contaminants. The best way to learn more about bottled water is to

read its label, or contact the producer directly."

It is estimated by the World Wide Fund for Nature that approximately 1.5 million tons of plastic are used in the bottled water industry every year. While some of these bottles are recycled, most are ending up in landfills.

(Tip: Recycling a one-gallon plastic water jug will save enough energy to keep a 100-watt bulb burning for 11 hours).

According to Salt Lake City Green, bottled water can cost up to 10,000 times more than tap water.

Tap water travels through an energy efficient infrastructure but bottled water must travel many miles from the source, this results in the burning of massive amounts of fossil fuels, releasing CO2 (the main contributor to global warming) and other pollution into the

atmosphere.

The Fort Dix Water Filtration Plant utilizes a conventional treatment process of chemical treatment addition, rapid mixing, flocculation, sedimentation, filtration, and post chemical addition. For disinfection.

The installation obtains water from surface and ground water sources. Surface water is obtained from the Greenwood Branch of the Rancocas Stream at the New Lisbon Pumping Station. The ground water system at Fort Dix includes five on-post wells and eight range wells.

Team Dix for water program is striving to serve better water quality at Fort Dix.

The Fort Dix Water system is actually in compliance with all federal, state, and DoD regulations and guidance. The Team Dix Water Program is composed of IAP New Jersey certified operators at the Drinking Water Treatment Plant, managed by Michael Stephens, and the Safe Drinking Water Act Program Manager, Eliud Burgos at DPW, Environmental Division.

They can be reached at (609) 562-5040 and (609) 562-2225.

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.

MILITARY MATTERS

Military Claims Act helps Soldiers in car accidents

Anne M. Hill
Office of the Staff Judge
Advocate

CRUNCH!! OH NO!! A Soldier just got into an accident with another vehicle, causing damage to the Soldier's privately owned vehicle (POV).

The other vehicle was operated by a government driver. Can Sgt. Bad Luck be compensated for the damage to his POV? Fortunately for Sgt. Bad Luck, he may be able to file a claim and recover for property damage either through the Installation Legal Office (ILO), Claims Division or his own insurance company.

Under the Military Claims Act (MCA), Title 10 U.S.C. Section 2753 and Army Regulation 27-20, Chapter 3, Soldiers can recover on a claim for POV damage caused by a gov-

ernment driver, such as another Soldier or Department of Defense (DOD) civilian, operating a government owned or leased vehicle, if the government driver was 1) at fault for the accident (negligent and caused the damage) and 2) drove the vehicle during the course and scope of employment with the U.S. Army (in-scope requirement). The Fort Dix ILO, Claims Division will determine who was at fault for the accident by applying the negligence laws of the State of New Jersey. The government driver must fill-out an SF-91 (Accident Report); the driver's supervisor will also state on the form whether such driver was authorized to drive the vehicle and serving within the course and scope of his or her employment. The claim will be denied if sufficient information cannot be provided to identify the alleged govern-

ment driver. For example, Sgt. Really Bad Luck was following a military convoy when debris was ejected from one of the vehicles in the convoy and struck her POV. Sgt. Really Bad Luck is unable to identify the driver or the convoy's military unit. The claim will be denied since the Claims Office will be unable to determine the in-scope requirement. The Fort Dix ILO Claims Division will need the following documents to evaluate a property damage claim for a POV: an SF-95 (Claim for Damage, Injury or Death), a copy of the registration for the damaged vehicle, a copy of the insurance declaration page covering the damaged vehicle, two (2) written estimates of repair/damage from reputable auto repair shops, and a copy of the Military Police or civilian police report. It is impera-

tive that the person filing the claim is the registered owner of the damaged vehicle. Soldiers can file property damage claims with their Insurance Company instead of with the ILO Claims Division. Since MCA Claims can take several weeks to months to investigate and process the paperwork, Soldiers may receive faster claims processing with their own insurance company. Soldiers can then file a claim for their insurance policy deductible with the Fort Dix ILO Claims Division. These deductible claims are processed under the MCA and AR 27-20, Chapter 3, as discussed above.

For further information, contact the Fort Dix ILO, Claims Division at 609-562-3848.

The Office is located in Bldg. 5418 Delaware Ave., third floor. Drive safely!!



courtesy photo

DRIVING DISASTER — It happens suddenly and without warning. After the initial shock is over, then what? If you are a Soldier operating your POV and get into an accident with a vehicle driven by a government employee, a call to the Installation Legal Office may resolve the issue.

TRICARE improves Reserve benefits

A streamlined TRICARE Reserve Select (TRS) health care program launches Oct. 1, 2007. The revamped version is affordable and simpler, with one premium level instead of the current three-tier system. TRS, a premium-based health plan that qualifying National Guard and Reserve members may purchase, was first authorized by Congress in 2005.

The plan has improved every year, but changes for 2007 are the most significant yet.

"There have been many improvements in Reserve Component pay and benefits in the past few years," said Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall. "TRS is a robust health care plan. It represents a substantial benefit available to our

Reserve and National Guard Service members and their families."

"We're extremely excited about the enhancements to TRICARE Reserve Select," said Army Maj. Gen. Elder Granger, Deputy Director, TRICARE Management Activity.

"The 2007 National Defense Authorization Act eliminates the complicated three-tier system as of Oct. 1. All qualified members of the Selected Reserve who purchase health care coverage under the new TRS will pay the same low monthly premium," said Granger.

Monthly premiums are \$81 for the service member and \$253 for member and family coverage.

TRS offers coverage comparable to TRICARE Standard

and Extra. Members of the Selected Reserve can find out more about TRS and locate their TRICARE regional contractor

"The 2007 National Defense Authorization Act eliminates the complicated three-tier system as of Oct. 1. All qualified members of the Selected Reserve who purchase health care coverage under the new TRS will pay the same low monthly premium"

Maj. Gen Elder Granger

contact information by entering their profile at the "My Benefits" portal at www.tricare.mil.

The revamped TRS also includes expanded survivor coverage, continuously open enrollment and much more. Gone are service agreements and differing qualifications for

each of the three tiers. There are now only two qualifications for TRS under the restructured program. First, the member must be a Selected

Reserve member of the Ready Reserve.

Second, the member must not be eligible for the Federal Employee Health Benefits (FEHB) program or currently covered under FEHB (either under their own eligibility or through a family member with FEHB).

National Guard and Reserve members can contact their Reserve Component points of contact if they have additional questions about their eligibility for TRS.

It is also critical to note that all current participants in the three-tier TRS program must renew their coverage if they want it to continue past Sept. 30, 2007.

In essence, the old TRS ceases to exist and the new TRS starts Oct. 1, 2007. A letter from Secretary Hall was sent to the approximately 11,500 members currently covered by TRS. The letter explained the program changes and how to continue TRS coverage under the restructured program.

All qualified members of the Selected Reserve who wish to purchase TRS under the

restructured program must fill out the new form and forward it to the appropriate TRICARE regional contractor. If the member is new to TRS, or currently mails the monthly premium payment, then one month's premium must be sent with the form.

Two forms, for the old TRS program in effect through Sept. 30 and the new TRS program beginning Oct. 1, are available to eligible members of the Selected Reserve from the National Guard and Reserve Web portal located at <https://www.dmdc.osd.mil/app/j/trs/index.jsp>.

Since the current Tier program is in effect until Oct. 1, eligible members who wish to purchase TRS coverage now, and then continue under the new program, will need to send in both forms.

Announcements



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

Friday, August 17 @ 7:30 p.m.

DOA: Dead or Alive - Jaime Pressly, Holly Valance, Sarah Carter, Devon Aoki, Kane Kosugi - Based on Tecmo's best-selling Dead or Alive videogame franchise, DOA: Dead or Alive features four beautiful women who begin as rivals in a secret invitational-only martial arts contest, but find themselves teaming up with one another against a sinister force. Tina Armstrong, played by Jaime Pressly, is a superstar in the world of women's wrestling. Christie, played by best-selling pop recording artist and actor Holly Valance, is a beautiful cat-thief and assassin-for-hire. Princess Kasumi, played by international fashion model and actor Devon Aoki, is an Asian warrior-aristocrat, schooled by martial arts masters. Helena Douglas, played by Sarah Carter, is an extreme sports athlete whose tragic past binds her to the remote palace in Southeast Asia where the Dead or Alive tournament takes place.

MPAA Rating: PG-13 - pervasive martial arts and action violence, some sexuality and nudity

Run time: 86 minutes

Saturday, August 18 @ 7:30 p.m.

Harry Potter and the Order of the Phoenix - Daniel Radcliffe, Rupert Grint, Emma Watson, Helena Bonham Carter, Ralph Fiennes, Robbie Coltrane - Harry Potter returns for his fifth year at Hogwarts and discovers much of the wizarding community has been denied the truth about his recent encounter with Lord Voldemort. Minister for Magic Cornelius Fudge appoints Professor Dolores Umbridge the infamous position of Defense against the Dark Arts teacher...seemingly leaving the young witches and wizards to fend for themselves. Harry takes matters into his own hands and secretly forms a self-proclaimed group of students, "Dumbledore's Army," prepping them for the extraordinary battle that lies ahead.

MPAA Rating: PG-13 - sequences of fantasy violence and frightening images

Run time: 138 minutes

Future Features...

I Now Pronounce You Chuck and Larry
Friday, Aug. 24 @ 7:30 p.m.
PG-13, 110 minutes.
Transformers
Saturday, Aug. 25 @ 7:30 p.m.
PG-13, 144 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.

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
Main Chapel

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

EFMP "Summer Games"

25 Aug. 1000-1400
John Mann Park.
call 562-2150 for details

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 19 - 25

Tuesday
Self-Directed Activities
1 - 7 p.m.

King Pin Knock Down
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
Movie Marathon Night & Popcorn

Saturday
Relay Races
7:30 - 8:30 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.

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 11:30 a.m. to 1 p.m.
Dinner Mon-Sun 4:30 to 6 p.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.



Ed Mingin

MPs set to go

Capt. Debra Ponko and 1st Sgt. John Crump, 603rd MP Co., hang their unit's yellow banner in Infantry Park. The ceremony took place Aug. 15, and the members of the 603rd are now leaving the post to fight the Global War on Terrorism.

IRS offers summer tax tip

Did you make a cash contribution to your favorite charity? Have you recently spent a weekend cleaning stuff out your garage or basement and that you then donated to a local charity?

Charitable contributions can be tax deductible, but you must have the proper records to support your deduction. Due to the Pension Protection Act of 2006 the rules on recordkeeping for charitable contributions became a little more strict beginning in January 2007.

To deduct a charitable cash donation, regardless of the amount, you must have a bank record or a written communication from the charity showing the name of the charity and the date and amount of the contribution. Acceptable bank records would include cancelled checks or bank or credit union statements containing the name of the charity, the date and the amount of the contribution.

Under the previous rules, records such as personal bank registers, diaries or notes made around the time of the donation could often be used as evidence of cash donations. Personal records like this are no longer sufficient.

Here are some additional tips to help you deduct your charitable contributions on your 2007 federal tax return.

a. Charitable contributions are deductible only if you itemize deductions using Form 1040.

b. Contributions must be made to a qualified organization.

c. Used clothing and house-

hold items such as furniture, linens and appliances must be in good condition.

d. Vehicle donations are subject to special rules.

e. To deduct charitable contributions of items valued at \$250 or more you must have a written acknowledgment from the qualified organization.

f. To deduct charitable contributions of items valued at \$500 or more you must complete a Form 8283, Noncash Charitable Contributions, and attached the form to your return.

More information is available on the IRS Web site at IRS.gov.

A good resource is IRS Publication 526, Charitable Contributions, found on the web site or by calling 800-TAX-FORM (800-829-3676).

Help phone call away

To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of Veterans Affairs (VA) has begun operation of a national suicide prevention hot line for veterans.

"Veterans need to know these VA professionals are literally a phone call away," said Secretary of Veterans Affairs Jim Nicholson said. "All service members who experience the stresses of combat can have wounds on their minds as well as their bodies. Veterans should see mental health services as another benefit they have earned, which the men and women of VA are honored to provide."

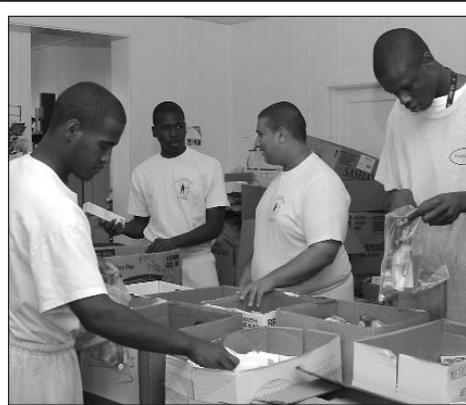
The toll-free hot line number is 1-800-273-TALK (8255). VA's hot line will be staffed by mental health professionals in Canandaigua, N.Y. They will take toll-free calls from across the country and work closely with local VA mental health providers to help callers.

To operate the national hot line, VA is partnering with the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services (HHS).

"The hot line will put veterans in touch — any time of the day or night, any day of the week, from anywhere in the country — with trained, caring professionals who can help," added Nicholson. "This is another example of the VA's commitment to provide world-class health care for our nation's veterans, especially combat veterans newly returned from Iraq and Afghanistan."

The suicide hot line is among several enhancements to mental health care that Nicholson has announced this year. In mid July, the Department's top mental health professionals convened in the Washington, D.C., area to review the services provided to veterans of the Global War on Terrorism.

VA is the largest provider of mental health care in the nation. This year, the Department will spend about \$3 billion for mental health. More than 9,000 mental health professionals, backed up by primary care physicians and other health professionals in every VA medical center and outpatient clinic, provide mental health care to about 1 million veterans each year.



Kryn P. Westhoven

Getting it done

National Guard Youth Challenge cadets are performing volunteer work around Fort Dix and surrounding communities in the final days of the program before their graduation on Aug. 25 at the Trenton War Memorial. Cadets Hector Nunez, left to right, Marving Dauphin, Salem Matar and Isiah Davis volunteer at the Fort Dix-McGuire AFB American Red Cross Station in putting donated items into Comfort Kits for service members deploying through the Joint Readiness Center.

Meningitis Fact Sheet Compiled by the Centers for Disease Control

● What is meningitis?

Meningitis is an infection of the fluid of a person's spinal cord and the fluid that surrounds the brain. People sometimes refer to it as spinal meningitis.

Meningitis is usually caused by a viral or bacterial infection.

The bacteria that cause meningitis commonly live in the respiratory system and mouth, and only rarely result in infection.

Knowing whether meningitis is caused by a virus or bacterium is important because the severity of illness and the treatment differ.

Viral meningitis is generally less severe and resolves without specific treatment, while bacterial meningitis can be quite severe.

For bacterial meningitis, it is also important to know which type of bacteria is causing the meningitis because antibiotics can prevent some types from spreading and infecting other people.

Before the 1990s, Haemophilus influenzae type b (Hib) was the leading cause of bacterial meningitis, but new vaccines being given to all children as part of their routine immunizations have reduced the occurrence of invasive disease due to H. influenzae.

● What are the signs and symptoms of meningitis?

High fever, headache, and stiff neck are common symptoms of meningitis in anyone over the age of two. These symptoms can develop over several hours, or they may take 1 to 2 days. Other symptoms may include nausea, vomiting, discomfort looking into bright lights, confusion, and sleepiness.

● How is meningitis diagnosed?

Early diagnosis and treatment are very important.

If symptoms occur, the patient should see a doctor immediately. The diagnosis is usually made by growing bacteria from a sample of spinal fluid. The spinal fluid is obtained by performing a spinal tap, in which a needle is inserted into an area in the lower back where fluid in the spinal canal is readily accessible. Identification of the type of bacteria responsible is important for selection of correct antibiotics.

● Can meningitis be treated?

Bacterial meningitis can be treated with a number of effective antibiotics. It is important, however, that treatment be started early in the course of the disease. Appropriate antibiotic treatment of most common types of bacterial meningitis should reduce the risk of dying from meningitis to below 15 percent, although the risk is higher among the elderly.

● Is meningitis contagious?

Yes, some forms of bacterial meningitis are contagious. The bacteria are spread through the exchange of respiratory and throat secretions (i.e., coughing, kissing).

Fortunately, none of the bacteria that cause meningitis are as contagious as things like the common cold or the flu, and they are not spread by casual contact or by simply breathing the air where a person with meningitis has been.

The Centers for Disease Control recommend that those living in multiple dwellings or close conditions — such as college students, Soldiers and tourists — be certain not to share cups, straws, canteens, or flatware with others. Common hygiene practices, especially cough etiquette, can also help keep the disease from spreading if someone is infected.

Although large epidemics of meningococcal meningitis do not often occur in the United States, some countries experience large, periodic epidemics.

Overseas travelers should check to see if meningococcal vaccine is recommended for their destination.

Travelers should receive the vaccine at least one week before departure, if possible. Information on areas for which meningococcal vaccine is recommended can be obtained by calling the Centers for Disease Control and Prevention at (404)-332-4565.

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

Adult Craft Classes

6-8:30 p.m.
Aug. 30.....Special Occasion
Centerpieces &
Decorations
\$5 pre-registration fee

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 Paulsdales, 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.

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!

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. Our Critters make a great last minute gift idea, too!

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.

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.

Honoring the Colors

Reveille 6 a.m. (0600 hours)	Stand at attention, face the flag and salute at first note.	Retreat 5 p.m. (1700 hours)	Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.
Military personnel in uniform			
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 To the Colors.
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 To the Colors, 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 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)			

In Celebration of Women's Equality Day
the Ft. Dix Arts & Crafts Center proudly presents:

Celebrating Women

an exhibit featuring South Jersey Artist Group

Hanging Together

on display

August 1-31, 2007

Arts & Crafts Center
Bldg. 6039 Philadelphia St.
Ph: 609-562-5691/5771
Gallery Hours: Tues. 0900-1700; Wed. 1200-1700 & 1800-2100
Fri. 1100-1700; Sat. 0900-1700*Closed Sun. & Mon.

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
871-7351
NJ Domestic Violence hotline
800 572-SAFE
Fort Dix Victim Advocate
562-2767
McGuire Victim Advocate
754-9672

For emergency assistance call 911

FORT DIX MAKE A DIFFERENCE WANTS YOU

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



TO BE A MAYOR!

CALL 562-2767

Fort Dix volunteers improve the quality of life for all residents"

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

VOLUNTEER Call Army Community Service at 562-2767



Army Community Service (ACS)

562-2767

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

Hours of Operation:

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

NCO Call
at Club Dix

Wednesday evenings
at 6 p.m.

Read The Post!

Pentagon Channel documents 'Wheels of Courage'

David Mays
Pentagon Channel

Some race around the track with the intensity of an Olympic sprinter. Others crash and smash in a full contact contest rivaling rugby. Still others push themselves through a grueling obstacle course laced with unexpected hazards. Each shares one common reality: life in a wheelchair.

More than 500 disabled veterans took part in a remarkable competition earlier this summer, and a Pentagon Channel crew was there to document their achievements. These athletes' stories will be shared in a brand-new edition of the station's monthly documentary, "Recon."

"Wheels of Courage" takes viewers to the 27th National Veterans Wheelchair Games, held this year June 19-23 in Milwaukee. Athletes from 45 states competed in more than a

dozen different disciplines in what has become the world's largest wheelchair sports event.

"The fun is the vets and the camaraderie and hopefully encouraging some vets and some women vets to participate in some activities in life, not be challenged by life but by challenging life," said Angela Madsen, who served in the Marine Corps during the 1980s and was center for the Corp's elite basketball team before an on-court accident left her paralyzed. "Hopefully some employers will see and people in society will see that disabled people can do a lot more."

"I think the fact that veterans active duty all have this community of being together, the brotherhood, the sisterhood of the military, I think, overwhelms the whole entire games," said Tom Brown, director of the National Veterans Wheelchair Games.

The games allow disabled vets coming home from service in Iraq and Afghanistan to meet

and compete with veterans from as far back as World War II.

"I just give it all I got," said Russell Worth, who served as a petty officer in the Naval Air Corps in the final year of the "Great War" and whose 100-, 200- and 400-meter wheelchair

that by no means diminishes the ferocity with which they pursue their passion for sport.

Aaron Pollis, a military police veteran from Wisconsin competed in Quad Rugby, a high-speed cross between football and demolition derby that was dubbed "Murder Ball" in a

way."

Some athletes encourage able-bodied spectators to experience life from a disabled vet's perspective.

"They should come and jump in the chair like this and see what it's like," Pollis said. "Anybody who's an athlete, they'd get it right away. But it takes a lot on your upper shoulders and upper body to maneuver these things, and it's fun just to do it."

Athletes are divided into categories based on degrees of disability, age and past experience competing in the games. Some events are familiar, such as track and field. Deborah Dones, an Army veteran from Puerto Rico who served in Iraq, competed in discus and javelin throws at the games.

"Put your heart, your feeling, your soul in here, because there is value," she said. "This is great. They can do this. We can do this. If I can, they can, no problem."

Other events are unorthodox, like the "slalom," during which wheelchair athletes must make their way through a course littered with gravel, sand and rock.

"Most have never done it," said Tim Hays, head slalom official at the games. "Most get into the middle of that obstacle, and they have to teach themselves how they need to sit, how they need to maneuver their chair to negotiate it."

Besides the satisfaction of

competition, Hays sees practical applications learned from taking part in events like the one he officiates.

"This is what happens when you go down to the beach or you go into the wilderness or you want to go hunting, this is what the terrain is like," he said. "Do you not go hunting, or do you accomplish it and go hunting?"

Army Spc. Jon Harris, who became an amputee after an improvised-explosive-device attack in Iraq, took on the demanding course. "It was rough," he said. "It just felt like it was never gonna end."

"We want these guys fully involved in life," Hays said. "And one thing the slalom does is offer them some obstacles that they typically don't do every day, but they are attainable, so that when they do encounter them, it's not an obstacle."

"We play hard, we play to the best of our abilities, and we play to win," said Patricia Wilson, an Army and Marine vet from Texas, whose efforts in the slalom and many other sports were caught on camera for the documentary. "All the way to the last second, we play to win."

"Recon: Wheels of Courage" debuted Aug. 6 on the Pentagon Channel and will air throughout the August. The program also is available via podcast and video on demand at www.pentagonchannel.mil.

"Some people get injured and they don't know what to do in their life. They're kind of sitting at home, then somebody talks to them about wheelchair sports and recreation activity; next thing you know, they're here and they're going 'Wow, life's not over. There is life after injury. I can still do anything I want. I just have to do it in a different way'"

Douglas Beckley
Paralyzed Veterans of America

Are you up to it?
Come run with the Cadets of the U.S. Army, Navy and Air Force!



McGuire Air Force Base • Fort Dix Army Installation • Lakehurst Naval Air Engineering Station

Run in one of three events!
Saturday, September 29, 2007

Fort Dix Army Installation, Lakehurst Naval Air Engineering Station, and McGuire Air Force Base will hold its Inaugural Joint Base Half Marathon, Saturday, September 29, 2007 at 8:30am. The 13.1 mile route will be on paved surfaces within McGuire Air Force Base and Fort Dix's Cantonment Area. There is a 3-hour time limit to finish the marathon. The entry fee includes a T-shirt, a participation medal, pasta dinner, information packet, post run snacks, along with tons of fun and entertainment!

Half Marathon
8:30am, 13.1 Miles
\$35/person-DoD Cardholders
\$45/person-Non DoD Cardholders

5K Fun Run/Walk
8:40am, 3.1 Miles
\$10/person-DoD Cardholders
\$15/person-Non DoD Cardholders

Kids Run
8:45am, 1 Mile
Free
A Fun Medal is awarded to every child participant!

Registration
Deadline is Monday, Sept 24, 2007 at 12:00pm.
Register now online at www.active.com or go to www.305services.com and download the registration form and mail to posted address.
Manual registration must be post marked by Sept 21, 2007.

Free T-shirt!
Register by Saturday, September 1, 2007 and you are guaranteed to receive a free commemorative Joint Base T-shirt!

FOR FULL DETAILS, PLEASE VISIT WWW.305SERVICES.COM




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 6033 Ft. Dix NJ Phone: 609-562-4888 Web Site: www.davmar.com



WDIX Channel 2
24/7 information