

thePost

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NEWSNOTES

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.

ACS Teen Orientation

Teens and pre-teens entering 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 loading equipment, supplies, and food for humanitarian relief to the area.



TASC Photo

Trainer honored as First in First Army East

Sgt. Wayne Erickson, 3-315 Training Support Battalion is named First U.S. Army East, Operation Warrior Trainer of the Quarter. Erickson volunteered to train mobilized Guard and Reserve units on Response Force operations after he returned from Iraq in February. Additional photo, page 7.

WEATHER

FRIDAY -- Slight chance of showers and thunderstorms in afternoon, high of 87 degrees with overnight low of 70.

SATURDAY -- Mostly sunny, high near 91, chance of overnight showers with low of 70 degrees.

SUNDAY -- Chance of thunderstorms, continued warm with high of 89 and overnight low of 65 degrees.

MONDAY -- Early rain followed by sunny skies, high of 84 degrees and overnight low of 62.

TUESDAY -- Clear and sunny, high of 83 and low of 67.

WEDNESDAY -- Morning clouds followed by afternoon sun, high of 85 and overnight low of 69 degrees.

Dean detour ends mission

Ryan Morton
Public Affairs Staff

While most Americans could only watch as Hurricane Dean crept across the Atlantic toward the Gulf of Mexico, one group of Soldiers at Fort Dix scrambled into action.

The unit: The Transportation Port Opening Element.

The mission: Gather and pack equipment for a possible cleanup effort in Puerto Rico.

Late in the afternoon August 15, Soldiers of the TPOE were given notice that they would be needed in Puerto Rico if the hurricane, which continued to gain strength, veered toward the island.

Throughout the night, the Soldiers worked with Air Force personnel on McGuire gathering pallets, humvees, and trailers to ship down to assist with the possible clean-up effort. The unit doesn't directly provide food and supplies, but rather the means to distribute them. The pallets were to be used for loading equipment, supplies, and food for humanitarian relief to the area.

At the same time, three TPOE Soldiers prepared to deploy to Puerto Rico with three Airmen August 16, to form what's known as a Joint Assessment Team, or JAT. The JAT team is sent with equipment and supplies to make assessments on what is needed in the aftermath of a potential storm or other disaster. These assessments are used by the unit's headquarters to determine whether more equipment, supplies, and Soldiers, and Airmen are needed to help deal with the disaster.

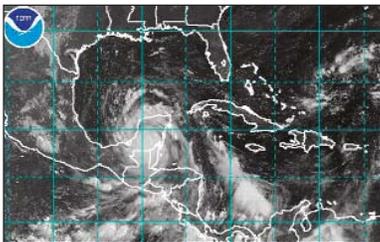
"It's been going really smoothly and everybody knows what has to be done with minimal direction," Sgt. Randolph Scott, TPOE, said of the mission.

Soldiers across the Army train to perform a wide variety of operations, especially with the Global War on Terrorism in full swing. With thousands



Ryan Morton

LOAD 'EM UP -- Transportation Port Opening Element NCO Sgt. Randolph Scott stacks pallets on a trailer to speed loading during preparations August 15 for a possible deployment to Puerto Rico as Hurricane Dean threatened the island. Below, the National Oceanographic and Atmospheric Administration photo shows Dean churning across the Yucatan Peninsula.



preparing for deployments, it is easy to forget that Soldiers also perform numerous humanitarian, disaster relief, and clean-up missions too.

Over the past few years, numerous Soldiers, Sailors, Airmen, Marines and Coast Guardsmen have answered the call to help those caught in catastrophic natural disasters. They have deployed to fight raging forest fires in the western U.S. and assisted those affected by the Gulf's Hurricane Katrina. U.S. Soldiers even shipped out to Thailand to help those harmed by the tsunami that struck Christmas Eve of 2004.

In this instance, the mission turned into training as Hurricane Dean veered south of Puerto Rico, swirling a mix of wind and rain over the island as it slid by toward Jamaica. No further

equipment, Soldiers, and Airmen were needed and the crew and equipment returned to Fort Dix Aug. 20.

The unit is already set for the next call to action.

"We always remain ready and hope to help out if the need arises to supply humanitarian support or any other type of needed necessities," Sgt. Kenneth Daub, TPOE said.

Bush: Prevailing in Iraq essential

John J. Kruzal
American Forces Press Service

WASHINGTON, Aug. 22, 2007 -- President Bush voiced his support for Iraq's Prime Minister Nouri al-Maliki during an address today at the Veterans of Foreign Wars National Convention in Kansas City, Mo.

He also pointed out that a free Iraq would provide hope throughout the Middle East. "It's not up to politicians in Washington, D.C., to say whether he will remain in his position -- that is up to the Iraqi people who now live in a democracy, and not a dictatorship," Bush said, drawing applause.

"A free Iraq is not going to transform the Middle East overnight," he said. "But a free Iraq will be a massive defeat for al Qaeda, it will be an example that provides hope for millions throughout the Middle East, it will be a friend of the United States, and it's going to be an important ally in the ideological struggle of the 21st century."

Bush said U.S. forces in the midst of a troop surge in Iraq are seeing "progress on the ground," and highlighted cooperation between coalition forces and former Sunni insurgents as a sign of hope. Every month since January, he said, coalition forces have

killed or captured more than 1,500 al Qaeda terrorists and extremists.

As the Sept. 15 due date approaches for a congressional report on Iraqi benchmarks by Army Gen. David H. Petraeus, commander of Multinational Force Iraq, the "ideological struggles" against enemies bent on spreading a "merciless vision" for humanity.

"Today the names and places have changed, but the fundamental character of the struggle has not changed," Bush said. Bush said prevailing in Iraq is essential to the United States' future and wondered if "today's generation of Americans (will) resist the allure of retreat."

we'll support our commanders; and we will give them everything they need to succeed."

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Dining facility dedicated to fallen American hero

Wayne Cook
Public Affairs Staff

The morning of August 17 was beautiful. The sky was blue with barely a wisp of clouds. The sun shone brightly and the warmth of it embraced the earth like a mother holding close her child.

But the mood of those gathered outside the dining facility in building 5640 was somber. Soldiers and civilians, friends and family members came to reflect on the life of a fallen Soldier and to dedicate the facility in his honor.

They had come to remember Staff Sgt. Robert Hernandez a hero who sacrificed his life in support of the Global War on Terrorism.

Hernandez was a police officer who served his community in Prince

George's County, Md. He enjoyed mentoring children at an elementary school, trying to help them avoid the pitfalls on the streets and in gang life. Concern for his fellow people did not stop there for Hernandez. He was involved in many projects including sending care packages to hunger victims in Mozambique.

Hernandez was a 24-year military veteran assigned to the Army Reserve's 3rd Battalion, 318th Regiment, 1st Brigade, 80th Division (Institutional Training), Fort Meade, Maryland.

His desire to serve left him frustrated when his unit did not deploy Iraq, and enthusiastic about serving when the time finally came.

The seasoned NCO believed he could use his skills to help keep members of his unit safe and assist them in



Wayne Cook

HONORING THEIR HERO -- Family and friends of Staff Sgt. Robert Hernandez stand next to the dedication plaque hanging on the exterior of Bldg. 5640. From left to right, Stephanie Anatsui, daughter of Hernandez's fiancée, Priscilla Godley, Hernandez's fiancée, and Ana Hernandez, Hernandez's niece.

nature

Pennsylvania lures hikers with pristine paths



story and photos by
Steve Snyder
Public Affairs Staff

I feel like a piker, taking only two weeks off in the summer. But then the average American, according to statistics recently released by the World Tourism Organization, averages only 13 days of vacation per year compared to 42 days for Italians, 37 days for the French, and 34 days enjoyed by Brazilians. Even the Germans, hardly famous for frivolity in the workplace, take 35 days per year while the hard-charging Japanese stand down for 25.

Many Americans tackle home repair or maintenance when free time beckons but I think it's a mistake to concentrate solely on utilitarian concerns. Some time should be saved for purely selfish pursuits. It's healthy to enrich the spirit when time allows. And that should involve something more elevated than closing bars or chasing women.

During the past several summers I toured West Virginia and Tennessee, taking in sights common to the great mountain chains in the East. I was thinking about another marathon driving cruise this summer, perhaps to Canada to check out charm and history cozily coexisting in Quebec. But new regulations requiring passports to Canada thwarted my plans. Regs seemed to change every week and I doubted if I had the time to renew my passport. I finally said the hell with it.

Whither vacation?

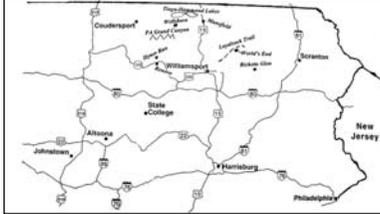
So what to do about vacation? I decided to hike near home, hitting some areas I always wanted to explore while getting out of the car for a change and benefitting from exercise. I'd hike for about four days, visit my brother in upstate New York for another four and finish odd yard work for the remainder of my free time.

I bought a pair of Herman Survivor boots for a very reasonable \$44. The boots felt sturdy. I didn't want anything looking or feeling like a glorified pair of sneakers. I also picked up a BUN backpack for 20 some bucks at the PX, a simple bag that wasn't too big but could comfortably hold about three liters of water along with a camera and hat.

I've always been fascinated by the dams built near my alma mater in Mansfield, Pa., so I started my hiking at Lams Creek one recent Tuesday, taking an occasional picture on the way to exploring trails touching the Tioga-Hammond Lakes near Tioga



HIKING HAVENS -- A trail winds through woods, top left, near Williamsport, Pa., the home of Little League Baseball. According to the Wildlife Conservation Society's Human Footprint report, 2 million acres in central Pennsylvania are on par with Brazil's Pantanal and China's Gobi as far as being pure wilderness areas relatively untarnished by ravages of urbanization. Only 1.3 percent of the lower 48 states offer as much unblemished wilderness as does central Pennsylvania, conveniently located less than four hours from Philadelphia. The area between US Route 219 in the West and Route 15 in the East contains at least 50 major trails recognized nationally as superior by hiking authorities. The author hiked parts of the Loyalsock Trail, including a section around World's End, scaled the heights at Hyner Run which reached 1,940 feet above sea level, scouted out paths surrounding the Tioga-Hammond Lakes, tromped down a trail on the Western rim of Pennsylvania's Grand Canyon near Wellsboro and enjoyed a view punctuated by waterfalls on trails at Ricketts Glen.



BRIDGE TO THE PAST -- Hikers, tourists and other visitors to the hills of Pennsylvania occasionally stumble across a quaint symbol of the past as in a covered bridge, above, near World's End State Park in Sullivan County.

just a few miles north and finishing the day with a swim in Hills Creek Park whose rural waters felt as refreshing as ever.

Succeeding days included hikes in Hyner Run near Renovo, where the trails were crude but sights pretty impressive: Ricketts Glen, chock full of waterfalls and where you could jump into Lake Jean (at the top of the glen) at the conclusion of your hike; and jaunts around different sections of the Loyalsock Trail, tackling especially steep portions near World's End State Park.

I used Tom Thwaites' "50 Hikes in Central Pennsylvania" as my bible, and had never realized how blessed the Keystone State is, bulging with nationally-recognized hiking trails compared to other areas. *National Geographic* also had an interesting web site about the area at www.nationalgeographic.com/adventurerecord/pennsylvania.html.

In the future I'd like to explore the West Rim Trail and its extension south from Pennsylvania's Grand Canyon near Wellsboro and parts at least of the 42-mile Black Forest Trail running south of Galeton.

America the beautiful is not far from home. It's in my backyard!



COUNTRY ROADS -- Getting to a hiking locale is often half the fun in scenic Pennsylvania.



LAND 'O LAKES -- Dams were built by the Army Corps of Engineers in the late 1970s connecting the Tioga-Hammond Lakes which opened up the area for boating, fishing, hunting, camping, water-skiing and hiking opportunities (on lush ridges surrounding the 685 surface acres of water).



BEAUTY IN THE WILD -- Waterfalls and expertly crafted trails highlight hikes through Ricketts Glen, a state park about 25 miles east of Williamsport, an underrated gem of natural beauty.



LONELY PINES -- Looking down Pine Creek as it flows south through the Pennsylvania Grand Canyon with an old railroad trail, now used for hiking, on its left.



FAMILY FUN -- Hiking can be either a solitary or communal activity, accompanied or not by furry friends and supplied with water or with enough food for a picnic as the family above demonstrates by crossing Loyalsock Creek near Forksville in Northcentral Pennsylvania.



WORLD'S END -- Swirling waters at World's End State Park in Sullivan County offer a cool respite for hikers coming off a steep section of the Loyalsock Trail.

the Post

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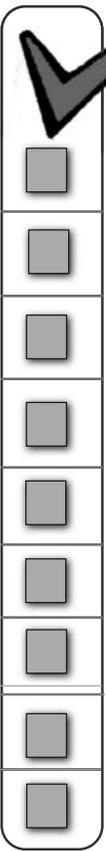
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Readiness on the job: What if disaster strikes?

Part 2 of a series on preparedness

- Maintain a complete roster of personnel with contact numbers.**
- Keep a list of emergency numbers, both on and off post.**
- Always keep your cell phone charged and get used to carrying it with you.**
- Have basic floor plan of building showing offices and exits.**
- Designate gathering points both in and out of building in case office must be evacuated.**
- Maintain first aid kit, including disinfectant soap and sterile water.**
- Keep a flashlight and extra batteries in your kit.**
- Know who the building manager is and his or her contact information.**
- Keep the above information together in a file, and be sure it's the first thing you grab in case of emergency.**

A tornado sweeps through Fort Dix early one afternoon with no warning, leaving much of the post without electricity and with many buildings damaged.

An unheard-of earthquake ripples across the county, leaving offices in shambles and employees wondering what's next.

What is next? If you are an employee on Fort Dix, you need to know what to do, where to go and what your role will be in time of disaster.

While the installation has an evolving plan in place to respond to many types of disaster, every office also has a role to play in keeping people safe and accounted for.

Consider what your office staff needs to know in case of an emergency.

First and foremost, you must be able to account for all the employees. The only way to do that is to make certain that everyone knows in advance where to gather if the situation is such that they must leave the office. If the situation dictates that you must leave the building, make certain that your gathering point is far enough away to be safe from any additional damage.

This is not the time to get in your car and drive away – people will be forced to waste time looking for you, and your normal route home may not be safe or even accessible.

Someone in the office – perhaps the Safety officer – should gather the documents and items listed at left and keep them in a bag, ready to grab on the way out the door.

The post will activate the emergency operations center as quickly as possible, and begin the broader scope of accounting for people, caring for anyone injured and help set up secondary sites for those offices that must remain in operation.

The post's Emergency Operations Plan covers most contingencies – ask to read any parts relevant to your office or building and the functions you perform.

Additional instructions and information may be broadcast over the Big Voice.

POLICE LOG

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of 13-19 Aug. 13 through 19.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CPI stands for Checkpoint Number.

- Police Responded to a motor vehicle crash at the Transportation Motor Pool. Investigation revealed a government vehicle, operated by a Fort Dix civilian employee, struck a concrete planter in the fuel pump area. There were no reported injuries.
- During a credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a Fort Dix contract employee, had outstanding warrants from Trenton and Princeton. The subject was transported to the police station for processing and was released to the custody of Trenton Police.
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- Police responded to an incident at School Age Services. Investigation revealed a child had found ammunition while playing in the play area. Further investigation revealed the ammunition was an expended blank round. A check of the play area for additional ammunition met with negative results.
- Police responded to a hit and run accident on Cedar Street. Investigation revealed that vehicle two, operated by a civilian NAFD, was traveling east when it was struck by vehicle one traveling west, shattering the side mirror. Vehicle one did not stop. Investigation continues.
- Police responded to a report of larceny of private property at building 5922. Investigation revealed that person(s) unknown had taken property belonging to a soldier NAFD. Investigation continues.
- Police responded to an incident at building 5901. Investigation revealed a soldier, NAFD, was involved in a verbal altercation with a youth in the Youth Challenge Program which escalated into physical violence. The youth refused medical attention. The soldier was transported to the police station, cited, and released to his command.
- While attempting to enter the installation via the Pemberton Gate, a civilian NAFD behaved in a disorderly and threatening manner toward police at the checkpoint. The subject was transported to the police station for processing. Investigation continues.
- During a vehicle stop on Range Rd, police detected a strong odor of alcohol emanating from the vehicle, operated by a civilian NAFD. After failing field sobriety tests, the subject was transported to the police station for processing. The vehicle was towed from the scene.
- During a credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a civilian NAFD, had an outstanding warrant from Pemberton Municipal Court. The subject was transported to the police station for processing and Pemberton Township was notified and provided a new court date.
- During a credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a Fort Dix contract employee, had outstanding warrants from Hamilton Township and Mercer County. The subject was transported to the police station for processing and was released to the Custody of the Mercer County Sheriff's office.
- There were 17 expired identification cards confiscated during the period.
- There were 9 Magistrate Court Citations issued for moving violations. DWI incidents are now at 18 for the year.

Dining Facility

(continued from page 1)

was alive going into that ambulance because he didn't want to give the enemy the satisfaction of dying on that field of battle.

Robert Hernandez left the field alive, a winner, with his friends to the end," said Bolger.

Following Cotton the podium was Col. Paul Linkenhoker, chief of staff, 80th Division (Institutional Training).

"I stand here today in the distinct honor of representing Maj. Gen. David Evans and the Soldiers of the 80th Division," said Linkenhoker.

"While the grief of some for our fallen comrade may still exist, I ask that today we focus on the life of Staff Sgt. Hernandez and celebrate this occasion in his honor and memory," he said.

"The Rough Riders were the convoy team assigned to the Multi-National Security Transition Command – Iraq. While many of us had the good fortune of serving in secure locations, these brave men faced combat conditions on every mission," Linkenhoker said.

"Staff Sgt. Hernandez was a hero. He is representative of thousands of other men and women who endure personal hardships and sacrifice personal comfort and safety to ensure the same for others," said Linkenhoker.

"There is another dining facility in Baghdad, Iraq, which bears the name of Staff Sgt. Hernandez. We do not know how long it will exist. But we know that this facility will serve future generations for many years to come. We owe our greatest admiration and respect to Staff Sgt. Hernandez.

"We live in the land of the

free because it is the land of the brave," Linkenhoker concluded.

Linkenhoker and Cotton were joined by Priscilla Godley, Hernandez's fiancée, and her daughter, Stephanie Anatsui, Ana Hernandez, his niece, and Ana Morales, a friend of the family, as they unveiled the photo of Staff Sgt. Hernandez, with medal and citation that will hang in the dining facility and the dedication plaque which will hang on the exterior of the facility.

"He was a great man. The four years we were together were the best of my life. He always kept the war separate from home. I will always miss him," said Godley.

"The ceremony was really great. It honors like this that helps wounds to heal. It makes us feel great to be part of this ceremony because we know he was really loved. I would like everyone to remember Robert as a family guy - the kind, noble friend that he was to everyone. His smile just made your day. He was a great humanitarian," said Ana Hernandez.

accomplishing the mission.

On March 28, 2006, Hernandez was killed when an improvised explosive device detonated near his military vehicle. He was on an escort mission for high visibility leadership personnel through a hazardous area near Baghdad.

Hernandez spoke briefly with a reporter a month before his death, saying that he liked the convoy work. He was quoted by the reporter as saying, "We get to see the country, the bad parts and the good parts."

Lt. Col. Roger Cotton, deputy installation commander, spoke briefly with those assembled.

"Poor is the nation that has no heroes. Poorer still is the nation that having them, forgets their sacrifices. America is a nation rich in heroes, sacrifice and remembrance. Today, we are here to honor the sacrifice of an American Soldier, Staff Sgt. Robert Hernandez," he said.

"His unit served with the 'Rough Riders.' The Rough Riders conducted several hundred missions per month, escorting valuable personnel, equipment and assessment teams in and around Baghdad. On the day he died, his mission was to escort the commanding general of his unit, when an improvised explosive device took his life," Cotton said.

"He was a man associated with risk," he added.

Cotton said that a few days after Hernandez was killed, his commander, Brig. Gen. Daniel Bolger, Coalition Military Advisory Training Team, Baghdad, Iraq, spoke at a memorial service for the sergeant.

He quoted Bolger:

"He was the kind of man that rode deadly roads every day with a smile on his face. He was the kind of man whose friends ran across open fields under enemy fire to reach him, and didn't think about it – because he would have done the same for any one of us.

"He hung in there for us, for our sake. I am convinced he

was alive going into that ambulance because he didn't want to give the enemy the satisfaction of dying on that field of battle.

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"We live in the land of the

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 Domski 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 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 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**.

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** at Call Evelyn Dingle, EFMP manager, at 562-2767 for more information or to register.

Scouts craft 'Hearts for Heroes'

Gerry Zanzalari
Public Affairs Staff

Scouts in Cub Pack 145 from Fort Dix had the privilege of decorating clay hearts that will be distributed to Soldiers, retirees and their families.

The Hearts for Heroes program is sponsored by Interregnum Grief, Loss and Transition services, a non-profit organization headquartered in Montvale, New Jersey and dedicated to providing meaningful service to all who grieve and those who care about them. Pack 145 was the first group of Cub Scouts to participate in the Hearts for Heroes program at Fort Dix.

Each heart is pre-made and is decorated, painted and glazed by an individual. The heart is then fired in a kiln. Each heart is accompanied by a card with the name and hometown of the artist, along with a message of gratitude to the recipient. Hearts and cards are packaged into small gift bags and distributed.

"Almost 1,000 undecorated hearts have already been made by students from the New Jersey National Guard's Challenge Academy and are ready to be decorated. We approached our clay supplier and asked if they'd be willing to donate a few pounds of clay for the project. You can only imagine our surprise when 1,000

pounds of clay arrived," said Jim Jansma, art director, Fort Dix Arts and Crafts Center.

According to Judith Pedersen, founder and executive director of Interregnum, "The Hearts for Heroes project is part of a parent program called Healing Hearts, which was developed as a response to the 9/11 tragedy. Hundreds of gifts were created and delivered to the Lower Manhattan Firefighter's Association for survivors and family members."

Hearts for Heroes takes this concept a step further and offers caring and compassionate support from communities everywhere to active and retired military personnel, their families, support personnel and professional caregivers in VA hospitals and medical centers throughout the country.

"The program is deliberately all-inclusive because we recognize that feelings of uncertainty, loss and loneliness are components of overall military service at every level," said Pedersen.

Hearts for Heroes works well because it offers two distinct benefits: direct one-heart-to-one heart connection at an individual level and unified, solid patriotism at community, state and nation-wide levels.

A unique component of the program is the ability to connect the artist with the recipient. The greeting



Gerry Zanzalari

HEARTFELT -- Cub Scouts from Fort Dix work on the Hearts for Heroes program at the Fort Dix Arts and Crafts Center. From left are scouts John Seuski, Scott Swinger, Joshua Leavitt, Michael Nieves, Aaron Highsmith and Corwin Sheffield. Standing from left are pack leaders Denise and Robert Swinger and Jim Jansma, director, Fort Dix Arts and Crafts Center.

card that accompanies each gift has Interregnum's email address on the reverse side of the greeting. When a response is received from a recipient, Interregnum can directly

connect to the original artist. Pedersen said, "It is an incredible thrill for painters to receive these responses as when a recipient receives their heart."

Police give youth preview of dream

Wayne Cook
Public Affairs Staff

It was not just any normal day for Richard Jenkins, the nephew of Technical Sgt. Richard Jenkins, 605th Aircraft Maintenance Squadron, McGuire Air Force Base, August 23, is a day he will not soon forget.



Wayne Cook

SUPER SLEUTH -- Greg Remenicky, Tiffani Rollison, Keven Henkel and Matt Bloomberg flank a patrol car while Richard Jenkins sits in the passenger seat. Jenkins toured the police facility and toured the post in the police cruiser.

Social worker trades civvies for blues

Wayne Cook
Public Affairs Staff

For nearly two years Tina Harris has been a blur of activity all over the installation. She could be seen giving a Spousal Abuse seminar at the chapel, or, at times, speaking out against Child Abuse at the Child Development Center. As the Family Advocacy Program Manager, Army Community Services (ACS), Harris was constantly involved in standing up for the abused and neglected, and educating the populace on the policies and procedures for prevention of the same. Her tenure in this position has come to an end and as of August 31, she will be known as Major Harris, United States Air Force (active

duty). Harris will turn in her civilian attire for the uniform of an Air Force officer.

The uniform is not entirely new to Harris, as she has served in the Air Force Reserve for many years. Recently the active duty component put out a call for help, as their numbers are low in the social worker field. After some heavy contemplation on the subject, Harris decided it was the direction she wanted to go in her career.

"I miss active duty service. When the Air Force said they needed social workers, I decided it was time to go back on active duty. I like to take care of people. I will be working with Airmen and soldiers when they return from deployments," Harris said.

"Although I have been here only a relatively short period of time, I believe that between the commitment and hard work of the ACS family, a lot of good things have been accomplished and so I feel comfortable leaving at this time," she said.

Harris will report to the 6th Air Mobility Wing, 6th Medical Group, MacDill Air Force Base, FL, at the end of this month.

Her impact on the installation has been profound, as evidenced by the many members of both Fort Dix and McGuire Air Force Base who attended her going away luncheon.

"Tina is a great person who is able to bring the whole community together, not just Army families, but all families. We will really miss her," said Command Sgt. Maj. Albert Davidson,

installation command sergeant major. "I really appreciate the work that Tina did for the community," said Chap. (Col.) Larry Biederman, installation chaplain.

"I really appreciate the caring and professional person the Tina is," said Lt. Col. Charles Smith, installation special projects officer.

"It was two years ago that Tina came to New Jersey. She was in Hawaii and wanted to come to New Jersey. She came to us and really built great relationships with everyone she worked with. I know that she will benefit whatever unit she works with.

The type of worker that Tina is shows in that she is working right up to the last minute. She is no lame-duck. We will really miss her," said Joan Cole, director, ACS.



Wayne Cook

INTO THE BLUE -- Command Sgt. Maj. Albert Davidson, installation command sergeant major, bids a fond farewell on behalf of the Soldiers and family members of Fort Dix, to Tina Harris, Family Advocacy Program Manager, Army Community Services. Harris is stepping out of her civilian role in support of Soldiers and Airmen and stepping into Air Force blue on a full time basis. As of August 31, Harris will be Major Harris, social worker, assigned to MacDill Air Force Base, FL, where she will counsel with redeploying Airmen and Soldiers from the overseas arena of the Global War on Terrorism.

ACS hosts orientation

All military teens attending the Helen A. Fort Middle School or Pemberton Township High School for the first time are invited to the annual Fort Dix Teen Orientation August 29 at the Youth Center.

This is a great opportunity for teenagers who arrived during the summer to make new friends before the school year begins. Making new friends is not always easy, even for those who were popular at their old school. For teens, leaving friends and their old schools behind can be an uncomfortable experience that may seem awful and unfair.

It takes time to feel comfortable in a new community, and the Fort Dix Teen Orientation is the right place to stay again. Teens will have the chance to ask questions about the schools, popular places to hang out, locations to shop and what is in style. Teens will also have the opportunity to participate in games and activities to promote teamwork, encourage peer interaction, increase leadership skills and develop new friendships. After the activities, teens will enjoy lunch together, followed by a tour to the Helen Fort Middle School and Pemberton Township High School.

Orientation starts at 10 a.m. at the Fort Dix Youth Center, 1279 Locust St., and ends at 4:30 p.m. with a pizza party at the John F. Mann Recreation Park, where teens may ride the go-carts, hit balls at the batting cages or play miniature golf. All teens will receive T-shirts, string backs with school supplies, and will have the chance to win a bike and a 14" LCD TV.

Registration and parental permission is required in advance. Registration forms are available at Army Community Services (ACS) and the Youth Center. For more information call Amada Espinoza at 562-2767.

MILITARY MATTERS

Soldiers, cannons share living space

Sgt. 1st Class Kryn P. Westhoven
444th MPAD

As you head down the sandy road towards Artillery Firing Point 14 on Fort Dix you notice something was different. Barriers funneled you to an Entry Control Point where you are greeted by a sign, "Welcome to FOB Steel," as Soldiers manned a gate carefully checking who and what entered.

Once inside, you notice the tents lined up neatly behind a semi-circle of artillery pieces; the 230 Soldiers of the New Jersey Army National Guard's 3-112th Fires Battalion, 50th Infantry Brigade Combat Team (IBCT) are living for two-weeks in the same place with their cannons.

"It is a first time for us, we consolidated and made a FOB (Forward Operating Base)," said Lt. Col. Brian K. Scully, commander of the 3-112th headquartered in Morristown.

Soldiers in the past slept in a separate bivouac area away from the guns, but now all the firing batteries, the headquarters and the support element, Company G, 250th Brigade Support Battalion shared in the duties of manning the gate,

providing perimeter guards and having a Quick Reaction Force to respond to opposing forces attacks.

All movement to and from the FOB was done in convoys with road movement orders, and everything is done to the Army standard, added Scully. "It is definitely different...more combat like," said Spc. Shadiq Shakir, who has been with the battalion eight years "A lot more training has taken place, not just with the guns."

The Warrior Task Training is an integral component of this year's Annual Training (AT) period and those tasks are performed year round according to Scully.

It is especially important for the 3-112th, as batteries of this battalion have been deployed twice, performing Military Police missions in Iraq and in Germany to support the Global War on Terrorism.

"It is a question of balance. We have to balance the non-standard versus the standard FA (Field Artillery) mission. We are keeping the FA core competencies alive by the live fire we are doing," noted Scully.

The gun crews did not mind the temperatures in the 90s and high humidity as they eagerly

awaited a fire mission. The radio cracked with coordinates of the target and the crew quickly adjusted the tube, as Spc. James Urcinole, with his massive arms and upper body, made it look easy to lift the nearly 100-pound projectile onto the carrier.

Within seconds the round was loaded into the breech, charge placed, the primer set and lanyard attached, and with a steady, swift movement, Urcinole sent the round downrange as the ground shook around the 27-ton vehicle.

One of the 330 rounds scheduled to land in the impact area could be the last from the 155mm guns of the New Jersey Guard's M109A5 howitzers.

"This is kind of a history-making AT," explained Scully. "After this we convert to the M19A2 105mm towed howitzer."

It was thought to be the last firing of the self propelled howitzers at last year's AT as the 3-112th Field Artillery transformed into the 3-112th Fires Battalion.

"Things have a way of changing," noted Scully, who eagerly awaits the new equipment.

Master Sgt. Michael A. Steck, Jr. will not see the first firing of the towed guns as he



Sgt. 1st Class Kryn P. Westhoven, 444th MPAD

BIG GUNS -- Spc. James Urcinole loads a 155mm round onto the carrier of an M109A5 howitzer during Annual Training with the New Jersey Army National Guard's 112th Fires Battalion, 50th Infantry Brigade Combat Team (IBCT).

turns 60 years old in November. This is the last AT for Steck, who has been a cannoneer since 1985 and despite his age, he is ready to serve. "I would do it in a minute, if they said tomorrow lets go, I'm

there."

250th Brigade Support Battalion. While the 3-112th Fires Battalion was at Fort Dix for Annual Training the majority of the 50th IBCT, to include the 2-113th Infantry Battalion, 1-114th Infantry Battalion,

250th Brigade Support Battalion, and 102nd Cavalry Squadron traveled to Fort Drum, N.Y., while the 50th Brigade Special Troops Battalion trained at Fort Indiantown Gap, Pa.

Father volunteers for duty to join son

Spc. Michael R. Sherman
65th Public Affairs Operations Center

The thick Middle Atlantic humidity blanketed a convoy of four armed vehicles like some thick, sticky fog. The temperature hovered somewhere in the high 90s. Sgt. John Cervone felt like he was back in the jungles of Vietnam. He sat motionless in the turret, a constant and uninterrupted flow of perspiration slid down his forehead and cheek until it finally dripped off his chin. His eyes darted back and forth erratically, as he studied the landscape, observing anything and everything that moved.

Cervone, along with the other members of the 65th Public Affairs Operations Center out of Massachusetts and Rhode Island, took part in the convoy as a small yet necessary part of their training at Fort Dix, N.J. The Soldiers of the 65th are preparing to deploy to Iraq, where they will support media operations in the Combined Press Information Center in Baghdad. A full-time guardsman, Cervone worked as the chief editor of the Ocean State Guardian, the official publication of the Rhode

Island National Guard.

"This is my final Hoo-Rah," he said with a smile. But that is not the only reason Cervone is deploying.

His son, Spc. Eric Cervone, is also training here. He is a member of the 169th Military Police Company out of Warren, R.I. The recent graduate of the University of Rhode Island initially joined the Marine Corps right out of high school. Shortly after the terrorist attack on Sept. 11, 2001, he went to Camp Lejeune in North Carolina and remained on active duty for two years, before returning to Rhode Island to attend college. Eric played football all through college, while in the Marine Corps Reserve. He finished his obligation and then transferred to the Rhode Island Army National Guard. Like his father, Eric Cervone will be deployed to Iraq with the 169th some time in the near future.

The father and son recently met one another at Fort Dix. It was the first time the two saw each other since Eric graduated in early May, John said. John Cervone volunteered to deploy with the public affairs unit shortly after hearing that his son was going over with the MPs.

"I wanted to be in the same situation as my son," he said.

John is a Vietnam vet volunteering to serve overseas again. Some in his unit are slightly less than a third his age. The father and son look like each other, but at their Fort Dix meeting, Eric had the animated and witty looking grin of a veteran-to-be; whereas John rendered a more tranquil gesture of reflection and pride. As the two sat there, they discussed training gone by and to come.

Many soldiers from his son's unit know John because of his role with the Guardian.

John and Eric will be traveling to Iraq at different times. They will be supporting different missions, but are equally demanding in their own nature. John will be working on the Press Desk at the Combined Press Information Center in Baghdad. It is a round-the-clock job, which requires meticulous accuracy and attention to detail. Eric will be spending many days outside the wire supporting various MP missions throughout the country. Yet even at 59 years old, John can still keep up with the best of them - even his son - although his bones tend to ache for a day or two afterwards.

Dental hygienist takes cruise, provides service

Lt. j.g. Paula Gomez, a dental hygienist with the Bureau of Prisons at Fort Dix, is serving on the USNS Comfort, a U.S. Navy hospital ship that departed Norfolk, Va., June 15, to



Lt. j.g. Paula Gomez

begin a medical, public health and oral health mission in Latin America and the Caribbean. Gomez will be on the Comfort until Sept. 15.

Gomez serves on a multidisciplinary team of 18 officers of the U.S. Public Health Service Commissioned Corps. The Commissioned Corps protects, promotes and advances the health and safety of the nation. With more than 6,000 officers, the Commissioned Corps is one of the nation's seven uniformed services, and is part of the U.S. Department of Health and Human Services (HHS).

The four-month mission of the Comfort is to provide oral and primary care health in communities near where the ship docks. The Commissioned Corps officers are working with the U.S. Navy, Army, and Coast Guard, as well as with

Project Hope; a non-profit organization working to make health care available around the globe with an emphasis on children's health, and with Operation Smile, a non-profit organization focused on repairing childhood facial deformities.

The current Commissioned Corps team aboard the Comfort consists of two dentists, four dental hygienists, six physicians, two nurses, one pharmacist, one environmental health officer, and one veterinarian. The officers come from various agencies within HHS, such as the Centers for Disease

Control and Prevention, the Food and Drug Administration, the Health Resources and Services Administration, the Indian Health Service and the Office of Public Health and Science, and from other federal departments including the Bureau of Prisons of the U.S. Dept. of Justice, the Environmental Protection Agency and the U.S. Dept. of Agriculture.

Commissioned Corps officers aboard the Comfort are gaining valuable experience in treating indigenous patients in environments with few resources—skills that will be useful as officers provide care

to vulnerable populations back in the United States.

The Comfort is delivering care in Belize City, Belize; Puerto Barrios, Guatemala; Colon, Panama; Corinto, Nicaragua; Acajutla, El Sal-

vador; Salaverry, Peru; Mantua, Ecuador; Bahia Malaga, Colombia; Port-Au-Prince, Haiti; Port of Spain, Trinidad and Tobago; Georgetown, Guyana; and Paramaribo, Suriname, before returning home.

Infantry Park busy with banners



photos by Ed Mingin

Wayne Cook



There has been a flurry of activity at Infantry Park lately, with units hanging their yellow banners as they prepare to deploy for the Global War on Terrorism. This past week, six units put up their yellow banners. The 603rd MP Co. gathered for their ceremony Aug. 15, and were pictured in last week's Post. Capt. Jonathan Preteroti, commander, and 1st Sgt. Michael Cahill, 1/175th Infantry, Delta Co., Md., send their unit's yellow banner aloft during a ceremony on Aug. 16, top right. Four units gathered Aug. 17 to place their banner. First Sgt. John Duncan and Capt. Charles Funk hang the banner for the 1/175 HHC, Md., top left. Above, Capt. Robert McAllister and 1st Sgt. Duane Diven, 175th In. Bn., Alpha Co., Md., hang their unit's banner. Master Sgt. Pallas Debettencourt and Lt. Col. Charles Perenick, left, put up the banner for the 65th PAOC, from Massachusetts. At right, 1st Sgt. David Parella and Capt. Joshua Romano lift the banner for 181 In. Bn. HHC, also from Massachusetts.



Safety citation to IAP

IAP's Fort Dix project was pre-subcontractor safety, both on and off the job, is a top priority by the State of New Jersey Governor's Occupational Safety and Health Program. The award was made because of the project's injury-free year in 2006. Pictured (left to right) are: Gary Rudder, Jane McFadden, Kevin Schmidt, Charlie Thompson, Laura Holdsworth, Stanley Blaszczyk, Kelly Ross, and Judges at Fort Dix. "Employee and son Parker.

Announcements



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

Friday, August 24 @ 7:30 p.m.

I Now Pronounce You Chuck & Larry - Adam Sandler, Kevin James, Jessica Biel, Dan Aykroyd, Ving Rhames - Chuck Levine (Adam Sandler) and Larry Valentine (Kevin James) are firefighters and true-blue buddies. When Larry, a widower, learns he cannot name his children as beneficiaries on his life insurance policy, he needs a big favor from Chuck: Sign on as Larry's domestic partner. The pals unexpectedly become front-page news and must carry the masquerade to extremes when an overzealous bureaucrat becomes suspicious of their true relationship.

MPAA Rating: PG-13 - crude sexual content throughout, nudity, language and drug references

Run time: 110 minutes

Saturday, August 25 @ 7:30 p.m.

Transformers - Shia LaBeouf, Tyrese Gibson, Josh Duhamel, Anthony Anderson, Megan Fox - Director Michael Bay (Armageddon, Pearl Harbor) helms this live-action version of the popular cartoon series, which finds the heroic Autobots and the evil Decepticons landing on planet Earth and fighting for Energon, their most valued power source.

MPAA Rating: PG-13 - for intense sequences of sci-fi action violence, brief sexual humor, and language

Run time: 144 minutes

Future Features...

Hairspray

Friday, Aug. 31 @ 7:30 p.m.
PG, 107 minutes.

Underdog

Saturday, Sep. 1 @ 7:30 p.m.
PG, 84 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

Family Advocacy
562-5200

Chaplain
562-2020

American Red Cross
562-2258

Army Emergency Relief
562-2767

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 26 - 30

Tuesday

Self-Directed Activities
1 - 7 p.m.

Wednesday

Self-Directed Activities
1 - 7 p.m.

Thursday

Self-Directed Activities
1 - 7 p.m.

Friday

TEEN CENTER

Game Night

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

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

MOBILIZATION

WDIX
Commander's
Channel 2

YOU CAN USE
NEWS

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 1pm
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.

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.



Luau caps Commander's Cup



The Aug. 15 commander's cup sported a Hawaiian theme. At the conclusion of the tournament, participants enjoyed a "luau." Shown above is tournament director **Bill Lyons**, along with the winning team of **John Huda, John Sprague, Donald Radcliff, and Kevin Kaufman**. At left, **Bill Velge** serves **Chang Yi** during the feast.

photos by Ryan Morton

Sports Shorts

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

Griffith Class Schedule

Monday
Cardio Kick Express 4:30 p.m. - 5:00 p.m.
Total Toning 5:15 p.m. - 6:15 p.m.
Tuesday
Sculpting Express 9:30 a.m. - 10:00 a.m.
Spin-It noon - 12:45 p.m.
Intro to Fitness 5:15 p.m. - 6:15 p.m.
Wednesday
Circuit Training 5:15 p.m. - 6:15 p.m.
Thursday
Step & Sculpt noon - 12:45 p.m.
Pilates Fusion 5:15 p.m. - 6:15 p.m.
Friday
Spin-It noon - 12:45 p.m.

Classes are subject to change. Call 562-4888 to verify class times.

Joint Base Half Marathon

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!

The best and brightest military and civilian runners from the Tri-State area will be competing, along with the men's and women's marathon teams from the Air Force Academy, Naval Academy, and West Point.

Participants will pick up their Packet the day prior, Friday, September 28, 2007, 4-6pm, with the Pre-Race Carb Dinner following at 6pm at the Community Center. Guest speaker will be Col Tom Kastner, USA, coach of the US Army Marathon Team. Cost for dinner is included in your registration fee.

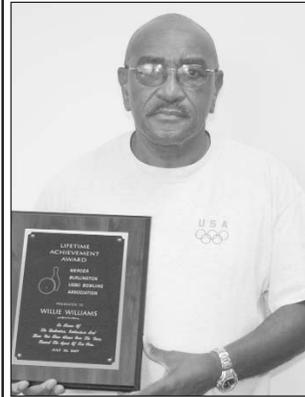
There will also be a 5K Fun Run/Walk and a Kids Run. Arrival time for all races is 5:00-7:30am. Security will direct participants where to park and to main event area. For further details, please contact Lt Terry DeMille at 609-754-4750.

Army Ten-Miler

The Griffith Field House will host the Army Ten-Miler qualifying race this Saturday, Aug. 24. Starting at 9 a.m., runners will compete for a spot to represent Fort Dix this fall in Washington D.C.

The qualifying race was originally scheduled for last month, but there weren't enough runners for the six-person team. Anyone interested in competing should call Chris O'Donnell at 562-2769.

Lifetime Achievement



After more than 50 years of bowling, **Willie Williams** has been awarded the Lifetime Achievement award by the Mercer Burlington USBC Bowling Association. Still an active bowler, Williams is the secretary/treasurer for the Tuesday Nite Keglers bowling league at the Fort Dix Bowling Center. The Keglers are now preparing for the upcoming fall bowling season. Teams and individual bowlers are needed to fill out the league. The league will start Sept. 11. Anyone wanting more information about joining the Tuesday Nite Keglers should call Williams at 893-8430.

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

JOINT BASE Race!

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!
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Monday & Tuesday 0700 - 1330
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Saturday & Sunday: 1200 - 2200

Generals inspect training, troops



1st Lt. Antonia Greene

Gen. Thomas Robinson, First U.S. Army deputy commanding general, thanks Staff Sgt. Eddie Layton and Spc. Jason Macavoy, Operation Warrior Trainers with 1-322 LSB at Fort Dix, August 17. The Soldiers instruct HEAT (HMMWV Egress Assistance Trainer) or the rollover simulator, part of drivers training for all mobilizing units.



1st Lt. Antonia Greene

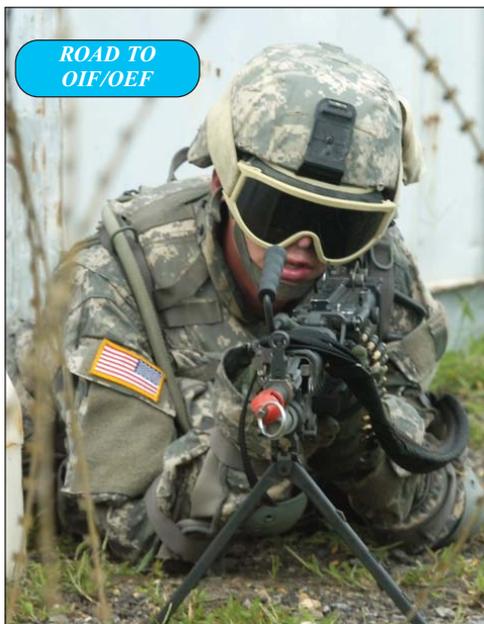
Gen. Charles C. Campbell, commander, U.S. Army Forces Command, gets familiar with the less-than-lethal weapons tactics, part of detainee operations training for mobilizing Soldiers at Fort Dix. Sgt. Leonard Fowler, an Operation Warrior Trainer with 2-312 TS, loads the paint cartridge on the FN 303 for Campbell, August 20, 2007.



Sgt. 1st Class Brian Generally

Gen. Jay Hood, commander, First U.S. Army East awards Sgt. Wayne Erickson, 3-315 TS at Fort Dix, the Army Achievement Medal and commander's coin for First U.S. Army East Operation Warrior Trainer of the quarter, August 20, 2007.

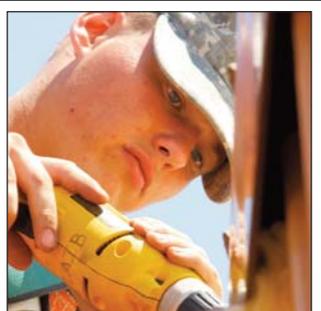
Dix training jumps into high gear



ROAD TO
OIF/OEF

Spc. Jeremiah Foust of the 56th Military Police Co. Mesa, Az., mans the checkpoint while he and his fellow Soldiers perform critical site security. Top left. Top right photo, Spc. Brandon Kennedy plays the role of a wounded Soldier while Spc. Ryan Osterwalder helps him to safety. Both Soldiers are from the 158th Cavalry Squadron, Alpha Troop, Maryland National Guard. Spc. Donald Juneman, middle left, 143rd Field Artillery Battalion, Bravo Co., California National Guard, tells an incoming vehicle to stop during his unit's critical site security training. Bottom left, Pfc. Sean Lind of the 153rd Military Police Co., part of the Delaware National Guard, remains vigilant while he and his unit perform Military Operations in Urban Terrain Training (MOUT). Bottom right, Staff Sgt. Jason Parrotte, 158th Cavalry Squadron, Alpha Troop, part of the Maryland National Guard comes out of a building while he and his unit perform a cordon search during their MOUT training.

photos by Ryan Morton



If you build it they will come photos by Ryan Morton

Soldiers from the 244th Engineering Battalion from Denver, Co., erect new facilities, including a classroom, while performing Annual Training on the installation's training ranges. Left, Spc. Guy Burrell, Charlie Company, installs a wall on a new classroom, Sgt. Steve Buckman, Bravo Company, center, makes a measurement and cuts a board for a new tower on one of the firing ranges, while Spc. Christian Sobczak, Charlie Company, right, tightens a screw on the siding of the new classroom.