

the Post

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NEWSNOTES

Soldier Show on stage at Timmermann Center

The 2007 U.S. Army Soldier Show will light up the stage at Timmermann Center Sept. 23, with two shows at 1 and 6 p.m. The show, which features a variety of entertainment by Soldiers on tour around the world, is open to the public. Those attending must enter the post through the main gate on Route 68.

Retiree Appreciation Day offers information update

Fort Dix community retirees and their families are invited to share fellowship and information at the 2007 Retiree Appreciation Day. The event is scheduled for Saturday, Sept. 15 in Griffith Field House on Eighth Street. The day's activities will begin at 8 a.m., and will include an information fair and updates on benefits and policies.

WEATHER

FRIDAY -- Early morning chance of thunderstorms, mostly cloudy with a high near 84 degrees and overnight low of 63 degrees.

SATURDAY -- Mostly sunny, cooler with high of 80 and low of 61.

SUNDAY -- Sunny, daytime high of 83 and overnight low of 62 degrees.

MONDAY -- Labor Day, clear and sunny, high of 84 degrees. Some evening clouds, low of 60 degrees.

TUESDAY -- Mostly sunny, high near 84, and overnight low of 63.

WEDNESDAY -- Cloudy with slight chance of rain, high of 81 and low of 60 degrees.

THURSDAY -- Cloudy into evening, clearing overnight and high of 84. Overnight low of 60.



Ed Mingin

The Fort Dix Chargers will welcome the football season with their first home game Sept. 9, 11 a.m. The Chargers have been hard at work for the past few weeks, preparing for the upcoming season. Calvin Bannister, above, and his PeeWee teammates hope to repeat the success of last year's team, which advanced to the second round of playoffs. See page 11 for more sports.

Fort Dix welcomes Secretary of Army



Ed Mingin

Secretary of the Army Pete Geren wraps up a whirlwind visit to Fort Dix with a farewell to Col. Ronald R. Thaxton Aug. 24, above. Right, Geren viewed the mobilization process and talks training with Soldiers of Headquarters and Headquarters Troop, 1-158th Cavalry, Maryland National Guard, during his stay.



Battlemind Training instills coping skills

Wayne Cook
Public Affairs Staff

One of the leading causes of mental and physical problems for Soldiers is stress - particularly combat stress.

Combat stress occurs when a Soldier loses control of, or cannot cope with, his or her fears and apprehensions about going into, or serving in combat. Post Traumatic Stress Disorder (PTSD) is another mental health illness related to combat and the trauma of combat situations in the aftermath.

To help Soldiers deal with these situations in a more constructive manner, the Army has determined that prevention is just as important as trying to find a cure. So, to help Soldiers better cope with stress and trauma

before, during, and after deployments the Walter Reed Army Institute of Research developed a program called Battlemind Training.

It is a concept developed to address combat-related behavioral health problems, including psychological problems like PTSD, family relations, adjusting to civilian life coping skills.

This training is built into the Army education system and is not just a one-time deal and continues throughout the Soldier's education process.

A critical aspect of Battlemind Training is confidentiality. Unless the Soldier is certain that his or her communication with a counselor will be

confidential, he or she may not seek help for fear of retribution or being passed over for promotions and assignments. If a Soldier feels he or she needs help, the Army encourages counseling.

Many Soldiers feel that seeking mental health counseling has negative connotations. Battlemind is designed to help turn that thinking around. It is better to deal with the problems of stress

Soldiers often believe mental health counseling has negative connotations. Battlemind is designed to help turn that thinking around.

designed for leaders, soldiers, spouses, and family members. The objective of the pre-deployment phase is to help Soldiers become aware of the stresses they will encounter while separated from their families and experiencing combat.

The goal is to enable the Soldier to build and maintain a resiliency towards their stress. It focuses on self-aid and buddy-aid. In the leader module the goal is to help leaders become aware of the stress levels their Soldiers may experience and to help them deal with it constructively.

When Soldiers return to their states they will go through two additional phases of post-deployment Battlemind Training. The objective of the first segment is to reorient the Soldier

(continued on page 6)

Army Chief: Guard vital in long war

Staff Sgt. Jim Greenhill, USA
American Forces Press Service

SAN JUAN, Puerto Rico, Aug. 28, 2007 - The National Guard is making a vital contribution to current wars and will continue to be integral as the U.S. military enter a period of persistent conflict, the Army chief of staff said here Aug. 26.

With the sixth anniversary of the Sept. 11, 2001, terrorist attacks fast approaching, Gen. George W. Casey Jr. counseled citizen-soldiers and -airmen to reflect on the future.

"We are at war. We are facing a period of protracted conflict. ... Stop for a minute and think about what's at stake here," he urged those attending the National Guard Association of the

United States' 129th General Conference. "What's at stake here in this war is the power and the values of our civilization."

"What's at stake here is whether terrorism or freedom charts the future. ... What's at stake here is nothing less than our way of life."

As they have been since the First Muster of 1636, the nation's Minute-men are on the front lines. "The men and women of the Army and Air Guard are out there every day ... fighting to ensure that the values and ideals upon which this country is based aren't forgotten," Casey said.

The comments came during an hour-long speech and question-and-answer session that included a sobering global geopolitical assessment.

"There (is) near unanimity among

people who think about the future -- intelligence officials, academics, think tanks, people within the Department of Defense -- that the next decades will be ones of persistent conflict," Casey said. "We're in for a protracted period of confrontation that is fueled by state and non-state individual actors who are increasingly willing to use violence to achieve their political and ideological goals."

"We're seeing that now, and there is no reason to believe that that is not going to continue."

Several trends are fueling conflict, he said. These include: Globalization. "Globalization has had unquestionable positive impacts on prosperity around the world," Casey said. "Unfortunately, most of that has been north of the equator. The

people that are not beneficiaries of the increased prosperity can become recruits for some of these ideological groups or terrorist networks."

Improved communications. "The same connectivity and technological advances that are boosting prosperity also now are being used by terrorist organizations to export terror around the world," Casey said.

Increased energy demand. "The competition for energy is going to become more intense," Casey said. "Because of rising middle classes in China and India, for example, the demand for oil is going to outstrip the supply and the resources that are currently being dedicated to look for new (deposits) and to look for alternatives aren't going to be able to bridge the gap."

(continued on page 3)

Skilled workforce empowers Fort Dix

Labor Day honors Americans at work



photos by Steve Snyder
Public Affairs Staff

We celebrate Labor Day on Monday, Sept. 3 and also honor all the workers on Fort Dix whose brains and brawn, sweat and intellect, have helped mold our installation into one of the premier posts in the nation.

Fort Dix has benefited from contributions by military members of all services, a large cadre of talented civil servants, innovative contractors, NAF (non-appropriated funds) workers striving hard for excellence, and volunteers of all shapes and sizes. Our diverse and talented workforce shares a strong commitment to doing the best possible job at all times.

We are awed by their capabilities and humbled with the honor of working at their sides.
C'est magnifique!



POSTAL CLERK
Donna Grosvenor sorts mail at the Official Mail and Distribution Center on Doughboy Loop.



SUPPLY
Barbara Worthy moves a chair into the Transportation Building on Pennsylvania Avenue. Worthy is the accountability officer for DOL's Supply Division, serving over 50 years with the Regional Directorate of Public Works before moving to her present position. A fount of institutional knowledge, Barbara is equally adept at making friends.



DENTISTRY
Certified Dental Assistant Joanne Jantas, left, assists Col. Ronald Burkholder in treating a patient at the Mills Medical and Dental Clinic on Doughboy Loop. Burkholder commands the clinic and is joined by Soldiers from the Army's Medical Command and civilian professionals in tending to health concerns of active duty military personnel stationed here.



SEAMSTRESS
Oksun Umstead plies her trade at the Stripes Alteration Shop in the TR4 Services MCSS complex on Texas Avenue (next to the Clothing Sales store).



COOKS
Raymond Dischard, left, and Kevin Hutchinson, with knife, cook up a storm at the dining facility in Building 5640 on Texas Avenue. These civilian contractor cooks from Eberle Service LLC have invaded, with good effect, what was once mainly a military preserve. If an army marches on its stomach, Soldiers deploying from Fort Dix are in good shape.



CONSTRUCTION
DA construction worker Mike Kearney, part of a visiting team from the U.S. Army Natick Soldier Center in Maine, puts up infrastructure for a motor pool building off Texas Avenue.



CLERKS
Sercu contractors Elisa Wingfield, left, and Julie Moravik-Reyes help manage the never-ending paper flow at the Joint Readiness Center.



SECURITY
Browns Mills resident Daniel Meyer checks the identification of a shopper about to enter the PX.



POLICE
DoD Police Officer Randall Calderon Sr. checks an ID at the Juliestown Road entrance to Fort Dix. Calderon retired as a first sergeant from the Army after 27 years of stellar service as a military policeman. And he's still a formidable force on post basketball courts, proving that old Soldiers don't necessarily fade away but are sometimes rejuvenated.



MULTI-MEDIA
Kevin McDevitt laminates a copy of The Post newspaper at the Training Support Center (TSC) manned by contractors from K-Mar Industries on Alabama Avenue. These wizards of multi-media use graphics, videos, photography and general AV expertise to ensure that Soldiers, Fort Dix and the Army never fail to look good.

the Post

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Shelter In Place: Survival techniques you should know

Walt Keenan
Fort Dix CBRN Officer

One of the instructions that you may hear over the Fort Dix Mass Notification System (MNS) is to "Shelter - In - Place."

It is a command used by Public Safety Officials (Fire or Police) when a hazardous materials (Chemical, Biological, or radiological), may have been released into the atmosphere. This release can be a result of an accident or an intentional use by a terrorist.

The goal of Sheltering - in - place is to keep you safe while you remain indoors. (This is not the same thing as going to a shelter in case of a storm.)

Shelter - in - place means selecting a small interior room, with no or few windows, and taking refuge there until the hazard has passed. It does not mean that you have to seal off your entire home or office building.

How to Shelter-in-Place At Home:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Turn off all fans, heating and air conditioning systems.
- Get your family Disaster Supplies Kit.
- Go to an above ground level interior room preferably one without windows.
- In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed.
- Bring your pets with you, and be sure to bring additional food and water supplies for them.
- It is ideal to have a hard-wired telephone in the room you select.
- Call your out-of-state emergency contact and let them know you are safe.

Remember that cellular telephone systems may be overwhelmed or damaged during an emergency.

- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the doors, windows, and vents in the room.
- Stay alert and keep listening for instructions from Public Safety Officials.

Information will be broadcasted using WDX Channel 2 and the MNS.

Keep listening until you are safe.

Remember that cellular telephone systems may be overwhelmed or damaged during an emergency.

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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 Aug. 20-26.

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; CPF stands for Checkpoint Number.

• During a credential check of a vehicle attempting to enter the installation via the Pemberton Gate, police discovered the vehicle operator, a civilian NAFD, had an expired dependent ID card, which police seized. The subject became uncooperative and combative. The subject was placed under arrest for disorderly conduct, failure to comply with directions of a police officer, and resisting arrest, and was transported to the police station for processing. The subject was released to her sponsor and the vehicle was released to a licensed driver.

• Police responded to a report of larceny of government property at Tac 13. Investigation revealed that person(s) unknown had stolen a training aid. Investigation continues.

• Police and fire department personnel responded to a fire at the intersection of Range Road and Grand Concourse. Investigation revealed a tactical vehicle was engulfed in flames. The fire was extinguished. There were no reported injuries.

• Police responded to a traffic accident on Lewistown Rd. Investigation revealed a vehicle, operated by a civilian NAFD, struck a large tree limb which had fallen in the road. There were no reported injuries. Further investigation revealed the vehicle had expired registration. The operator was cited for the registration violation and the vehicle was towed from the scene.

• Police responded to a traffic accident on 8th St. Investigation revealed a vehicle, operated by a Fort Dix contract employee, side-swiped a trash dumpster while pulling away from a parking spot. There were no reported injuries and the vehicle was released to the operator at the scene.

• Police responded to a hit and run accident in the parking lot of building 5420. Investigation revealed a vehicle, owned by a soldier assigned to Fort Dix, was struck by another vehicle which drove away without reporting the accident.

• Police responded to a motor vehicle crash at the Main Gate. Investigation revealed a vehicle, operated by a soldier assigned to Fort Dix, lost control and struck the curb resulting in disabling damage. The vehicle was towed from the scene.

• Police responded to an incident at building 5641. Investigation revealed that two soldiers, assigned to Fort Dix, were involved in a physical altercation. There were no reported injuries. The soldiers were released to their chain of command.

• Police responded to a hit and run traffic accident at Tac 13. Investigation revealed that an unknown vehicle, operated by an unknown person, struck a parked and unattended vehicle owned by a soldier assigned to Fort Dix.

• Police and fire department personnel responded to a gasoline spill at the Main Shoppette Gas Station. Investigation revealed three to five gallons of gas had been spilled. The spill was cleaned up by the Fire Department.

• During a routine traffic stop on Juliustown Rd, police discovered the vehicle, operated by a civilian NAFD, had expired registration. The operator was cited and the vehicle towed from the scene.

• During a routine traffic stop at the Wrightstown Gate, police discovered the vehicle, operated by an airman assigned to McGuire AFB, had expired registration. The operator was cited and the vehicle was towed from the scene.

• Police responded to a report of accidental damage to AAFES property at the Main Shoppette Gas Station. Investigation revealed a vehicle, operated by a soldier NAFD, had driven away from a gas pump with the gasoline pump hose still inserted in the vehicle, causing the hose to become detached from the pump. The subject vehicle was located and the incident was referred to AAFES.

• There were 28 expired identification cards confiscated during the period.

• There were 18 Magistrate Court Citations issued for moving violations. DWI incidents remain at 18 for the year.

Summer safety campaign nears end

Lori Yerdon
Combat Readiness/Safety Center

FORT RUCKER, Ala. (August 24, 2007) - Labor Day marks the end of the 101 Critical Days of Summer safety campaign and the Army remains dedicated to engaging and educating all Soldiers on safe practices - both on and off duty.

"Traditionally, the Labor Day weekend marks the end of summer," said the U.S. Army Combat Readiness/Safety Center Command Sgt. Maj. Tod Glidewell. "There's usually increased exposure to outdoor activities and travel during this holiday and Soldiers and their family members should make every effort to ensure that their holiday weekend is a safe one."

Four Soldiers lost their lives

to accidents during last year's Labor Day weekend holiday. Three of the accidents occurred in privately owned vehicles, while the other accident was fire-related.

"The loss of even one Soldier is unacceptable," said Glidewell. "If Soldiers take advantage of the programs and tools that the Army offers and apply composite risk management into their daily activities, they may decrease their chance of becoming an accidental statistic."

One of the Soldiers killed last Labor Day weekend was a passenger in a vehicle operated by another Soldier. When the driver lost control of the vehicle while trying to negotiate a turn, it rolled.

The passenger was not wearing a seat belt and died at the scene of the accident. The driver fled the accident scene

and was found later, legally intoxicated.

"Drinking and driving is not an option that anyone, whether civilian or military, should ever consider," said Lt. Col. Roy Tempelin, driving task force chief, USACRC. "The battle-buddy concept should not only apply to the battlefield. Soldiers need to look out for each other off duty as well."

To date, overall POV fatalities are down 9 percent from last year. Army safety officials attribute this feat to a combination of factors including engaged leaders and Army tools.

The Travel Risk Planning System, Motorcycle Mentorship Program and POV Toolbox are several of the tools that the USACRC offers in efforts to reduce risks associated with operating POVs.

"TRIPS is an invaluable tool that helps individuals plan for a

long holiday weekend or road trip," added Tempelin.

"Additionally, the intent of this effective tool is to provide leaders with recommendations and insights into their Soldier's travel plans in order to protect the Army's most valuable asset, its personnel."

"Even with the commitment our Army takes to educate and train Soldiers on all safety-related issues, ultimately the decision lies with the individual Soldier to 'Never Give Safety a Day Off.'"

National Guard has vital role in long war

(continued from page 1)

We're going to see increased competition for these different resources and probably also a switch to cleaner fuels like a move to natural gas. Almost 60 percent of natural gas reserves happen to be in three places: Russia, Iran and Qatar. ... What we're going to see is probably more dependence on the Middle East."

-- Disasters. "Climate problems and natural disasters are going to create difficult problems for the less-developed countries," Casey said.

-- Population growth. "Analysts are predicting that some of these less-developed countries -- primarily South America, Africa, the Middle East, South Asia and Southeast Asia -- are going to almost double in population in the next 25 years," he said. "That's going to create a young population that, again, is more vulnerable to ideological terrorists."

-- Weapons proliferation. "The increased proliferation of weapons of mass destruction and their likely use by terrorist organizations" are looming threats, Casey said. "Recent intelligence estimates conclude that al-Qaeda is looking for weapons of mass destruction, and there is no question that they will use them, most likely against a developed country, if they find them."

"What I see in the coming decades: You have a propensity for conflict that will be fueled by these local trends, and they'll likely be taken ad-

vantage of by these global terrorist organizations," Casey said.

Previously commander of Multinational Force Iraq, Casey has been the Army chief of staff since April 10. "How proud I am of the contribution of the National Guard to this war on terror over the past almost six years," he said, repeatedly emphasizing his gratitude to both the Army and the Air National Guard.

"I've seen firsthand the contributions. ... (The National Guard) performed extremely well. ... Half of the Guard and Reserve are combat veterans. ... You continue to fill the role of citizen, soldier and patriot: citizens most of the time, soldiers some of the time, and patriots all the time," he added.

"What will victory look like?" an audience member asked.

"Unfortunately, there is not going to be a D-Day invasion," Casey replied. "This is an ideological confrontation. Frankly, it's not going to be won until Muslim moderates achieve success over Muslim extremists. Our job is to keep Muslim extremist groups from prevailing in the Middle East as well as from attacking our country. But I can't see that you're going to wake up one morning and say, 'Boy, I'm glad that's over.' That's not going to be the case at all."

(Army Staff Sgt. Jim Greenhill is assigned to the National Guard Bureau.)

This is an ideological confrontation. Frankly, it's not going to be won until Muslim moderates achieve success over Muslim extremists.

NEIGHBORHOOD

THE CORNER

Labor Day Hours

Club Dix

Saturday

Computer Lab noon - 10 p.m.
Revolutions 6 p.m. - 10 p.m.

Sunday - Monday

Computer Lab 10 a.m. - 6 p.m.

Griffith Field House

Saturday - Monday

9 a.m. - 6 p.m.

Bowling Center

Saturday

1 p.m. - 11 p.m.

Sunday - Monday

CLOSED

Outdoor Recreation

Saturday - Sunday

9 a.m. - 4 p.m.

Monday

CLOSED

John Mann Park

Saturday - Sunday

noon - 10 p.m.

Monday

noon - 6 p.m.

Rod & Gun Club

Saturday - Sunday

8 a.m. - 4 p.m.

Monday

CLOSED

Aquatics

Saturday

Lap Swim 10:30 a.m. - noon

Sunday - Monday

Recreation Swim noon - 7 p.m.

Recreation Center

Saturday - Sunday

noon - 10 p.m.

Monday

noon - 6 p.m.

Fountain Green Golf Course

Saturday - Monday

6 a.m. - 7:30 p.m.

Mulligan's Restaurant

Saturday - Monday

7 a.m. - 2 p.m.

Arts & Crafts

Saturday - Monday

CLOSED

Firestone

Monday

7 a.m. - 7 p.m.

Burger King

Monday

8 a.m. - 6 p.m.

Dix Shoppette

Monday

8 a.m. - 8 p.m.

BX/PX

Monday

10 a.m. - 6 p.m.

Commissary

Monday

9 a.m. - 6 p.m.

Burger King

Monday

8 a.m. - 6 p.m.

Clothing and Sales

Monday

CLOSED

McGuire Gas Station

Monday

8 a.m. - 8 p.m.

Thrifty Shop

Monday

CLOSED

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.

Local spa pampers Soldiers

1st Lt. Antonia Greene
72nd FA BDE Deputy PAO

Soldiers, family and friends of the 72nd Field Artillery Brigade, First U.S. Army East Training Support at Fort Dix had a rare chance to relax, August 26.

Thanks to the 72nd headquarters battery commander, Capt. Terry Kirkwood, members of the Family Readiness Group, and 800 West Salon and Day Spa in Marlton, Soldiers and family members spent the day getting pampered beyond compare rather than training on Fort Dix's dusty ranges.

Fort Dix was considered the busiest mobilization center in the country this summer, deploying around 6,000 Guard and Reserve troops. The Soldiers who mentor and train the mobilized units find themselves working around the clock to ensure the troops are prepared for their missions ahead. Often the trainers become engulfed in the intense training cycle and find little time for personal attention, let alone time to spend with family and friends. As the demanding summer workload began to taper off, the commander of HHB initiated Operation Relaxation.

Flyers were posted and word spread across the brigade - close to 30 Soldiers and family members took advantage of the opportunity to

indulge themselves at one of the area's top-rated day spas. Manicures, pedicures, facials and massages were packaged at 60 percent off regular prices. Raymond and Linda Orsuto, owners of the Marlton-based salon, said how honored they were to extend their services to our service members.

"I jumped at the opportunity to give back," said Raymond Orsuto, "to open our doors to these men and women whose service is often overlooked. It's our pleasure."

Local vendors donated lavish fruit trays, breakfast bagels and pastries and then came an on-flow of pizza boxes at noon. The salon sent each individual away with a care package full of beauty products and an 800 West gift card.

Staff Sgt. Dwyane Wood, who trains counter-insurgency operations, could only stay for a day, going back to 800 West on Tuesday to make good on his gift card.

"I'd never been to a spa before," Wood said, "I think I like it."

Wood returned to the brigade bearing a stack of ticket vouchers donated by the Philadelphia Kixx he received from Raymond. He said they arrived late and were supposed to be part of our parting gifts.

Both Raymond and Linda invited the Soldiers back, suggesting round two of Operation Relaxation come Veteran's Day in November.



1st Lt. Antonia Greene

HANDS DOWN - Salon owner, Linda Orsuto, treats a client to a relaxing manicure during the 72nd FA BDE FRG spa day, Aug. 26.

Camp Dix popular tourist destination

Wayne Cook
Public Affairs Staff

Situated at the corner of 8th Street and Texas Avenue, adjacent to Willow Pond, is the Willow Pond Recreational Vehicle (RV) Campground, a haven for travelers who hanker for a different type of lodging facility as they travel about the country.

The facilities are managed by the Outdoor Recreation Department of the Morale, Welfare, and Recreation Directorate. The sites offer water and

electricity (20 and 30 amp) connections and a pull-up dump station.

A half-dozen or so RVs of different makes and models were lined up neatly in a row while some of the campers milled around their sites or walked their dogs.

There are various reasons that the campground is popular with the sojourners, the least of which are the economic savings and the convenience of traveling in a motor home.

James Tucker, a retired Air Force member, and his wife, Tina, are from Sacramento, Ca. and are on vacation



Wayne Cook

Retired Air Force member Michael Antonelli looks over his campsite to make sure things are in order, as he prepares to take off for the day to visit family in the area.

Dealing with grief in biblical way

2nd Lt. Mitchell Rocklin, Chaplain Candidate

"Ye are the children of the Lord your God: ye shall not cut yourselves, nor make any baldness between your eyes for the dead. For thou art a holy people unto the Lord thy God, and the Lord hath chosen thee to be His own treasure out of all peoples that are upon the face of the earth." - Deuteronomy 14:1-2

"Job arose, and rent his mantle, and shaved his head, and fell down upon the ground, and worshipped; and he said, naked came I out of my mother's womb, and naked shall I return thither; the LORD gave, and the LORD hath taken away; blessed be the name of the Lord." - Job 1:20-21

What is our first reaction to tragedy? Despair? Sadness? Horror? Frustration? A mixture of these feelings?

Death, the ultimate tragedy, deservedly brings out our most sorrowful emotions. As David lamented over the loss of his friend Jonathan, crying out, "how the mighty have fallen," so too we should honor the memories of the dead by appreciating their loss.

We must not, however, take things too far. It is one thing to mourn for the dead. It is quite another to hurt ourselves in the process. As the Bible states in Deuteronomy, God's people are His children. He does not want his children to mourn to the extent that they hurt themselves. The example given in Deuteronomy is one of physical self-mutilation, but the same applies to emotions. If we allow ourselves to become emotionally devastated over the loss of a loved one, we will not be able to accomplish our mission here in this world. One day, all of us will enter into the next world. Until then, we have a job to do here in this world. We must take care not to hinder our ability to function

Chaplains' Corner

when we mourn for, and honor, the dead. The book of Job provides us with an excellent example of responding to tragedy. Upon hearing about the loss of his family and property, Job proceeded to mourn and express his bitterness. Still,

he did not allow himself to lose his faith in God or his sense of purpose and mission in this world. The book proceeds to describe Job's search for meaning in the wake of his tragedy. Ultimately, no satisfactory answer is provided by his friends, or even by God, who speaks to Job directly at the end of

(continued on page 6)



Wayne Cook

Dancin' in the streets

Giovanni Robinson, center, of the Latin music group 'Rhythm and Roots', teaches the children of the School Age Services and Youth Services programs how to salsa during the End of Summer program, held August 24, at the Youth Center. The music group was brought in from Philadelphia to help the children celebrate the end of summer.

Yellow ribbons hang high



photos by Pascual Flores

Maj. Richard Van Buskirk, left, company commander and 1st Sgt. Ken Juede, of the 56th MP Co. accept their unit's Yellow Banner which will be flown at Infantry Park while the unit is deployed. Right photo, 1st Sgt. Robert Rountree, left, and Capt. Pete Caffrey, 4/133 FA Bn, Btry A, attach their Yellow Banner at a ceremony held Aug. 24 at Infantry Park.



Wayne Cook

Graduation day

The following Soldiers are graduates of the Chemical, Biological, Radiological and Nuclear Defense Course, Class 11-07, which ended August 28. Back row, l - r, Spc. Donald Haubrick, Sgt. Ronald Creasy, Sgt. Moses Scarberry, Sgt. Marvin Pyatt, Spc. Wilson Alvarado, Pfc. John Thomas Witt, and Sgt. Andrew Wolf. Front row, Capt. Andrea Middleton, Sgt. Angelcary Chaparro, Sgt. Brian Lambros, Maj. Stephen Behrens, Mr. Joseph Leonard, and Sgt. Jodi Almeida.

Grief

(continued from page 5)

the book. God simply says that humans cannot understand His ways. Since Job kept his composure, however, he was able to continue to live a happy and productive life. He started a new family and amassed great wealth once again. While he was never able to recover those he lost, he made the best out of a tragic situation. In doing so, he refused to be defeated by the adversity he faced — he mourned for and honored his dead family, but he created happiness for others by starting a new family.

We would do well to take inspiration from these examples. Life is harsh and short, and while we do our best to avoid tragedy, we cannot prevent it from occurring. Our biggest challenge, then, is to refuse to destroy our lives in the face of events that are out of our control. Indeed, perhaps the greatest honor we can bestow upon the dead is to create happiness for others in their wake. In this way, we can rest assured that our loved ones look down from Heaven, content in the knowledge that those left behind here on Earth continue to do the work of God, making this world a better place to live.

Battlemind

(continued from page 1)

of instruction prior to deployment. One module for all Soldiers and a separate module for E-5s and above — and one block of instruction after redeployment which deals with the readjustment of the Soldier's Battlemind. This segment continues throughout the typical education process during the Soldier's career wherein he or she will participate in a developmental program of mental health training.

Members of Taskforce 143 from the California National Guard recently attended the pre-deployment segment of Battlemind Training at the Main Chapel.

"I believe it was very helpful. It will help me to relieve my stress levels while I am overseas. I'm married and this is my first deployment. This will help me a lot while I am over there," said Spc. Angel Vega, 1/143rd Service Battery.

"This training is definitely helpful. We want to get the Soldiers thinking about this before they go overseas. Some of our Soldiers have already been over there, so we are hoping they will share some of their experiences with the rest of the organization. We want people to know that when they are in combat, that there is fear and stress. We want them to realize that it is the norm and it is okay and there are ways to deal with it," said Capt. Eric Leudenig, commander, Field Artillery, Alpha Battery.

The chaplains who have been tasked to conduct the Battlemind Training classes have absolute confidence in the program and believe that it is an essential part of ensuring the total well-being of Soldiers.

"The Battlemind initiative is an Army initiative. Due to the mental, emotional, and spiritual impact of the war on terrorism, the Army has taken some intentional steps to better prepare Soldiers before they deploy and to assist them upon their return. Currently, we (the chaplains) conduct two blocks

of instruction prior to deployment. One module for all Soldiers and a separate module for E-5s and above — and one block of instruction after redeployment which deals with the readjustment of the Soldier's Battlemind. This segment continues throughout the typical education process during the Soldier's career wherein he or she will participate in a developmental program of mental health training.

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WDIX Channel 2
24/7 information

Army tackles suicide prevention

Community, family key to helping Soldiers cope with stresses of military life

Denise Horton
Army Substance Abuse Program

In the past few weeks, there have been news reports about the number of suicides among our Soldiers being at the highest ever.

I began to talk to senior leaders, looked hard at the data, and spent a few days pondering the facts. I decided that perhaps an article in the paper might be a first line prevention activity.

As I sat down to actually write it, I thought about the impact (hopefully) that an article might have.

I remembered a young man I worked with, too many years ago now, who killed himself while in a treatment program where I worked. The boy was 16 years old and was "just smoking marihuana."

What kind of struggles would push him to climb into the bathtub at home with his father's 9 mm pistol and shoot himself?

I wondered if quoting all the statistics, myths, and warning signs would catch anyone's attention to this matter. Having worked for the Army for many years now,

I still find it quite unsettling, and sad, to say that Soldiers still find it hard to ask for help.

I want to offer more than just the statistics and numbers. The American Medical Association defines suicide as "self-inflicted death." Culturally, we have those who would argue that it is a personal choice to take one's own life. We also have those who feel and believe that life is precious and should be guarded at all costs.

The bottom line for Soldiers

and their families is that mission readiness is greatly harmed by suicide.

I have talked with, and held support groups for, survivors of suicide.

It is not something easily understood or accepted. The memory haunts the survivors.

Suicide occurs in practically every culture across the world. Little is really known about how someone comes to the decision.

What generally seems to happen is that we do suicide prevention after someone kills himself or herself.

Prevention has primary, secondary, and tertiary levels of intervention. The goal in suicide prevention is to reach primary methods.

Army Regulation 600-63 Health Promotions was recently revised and published in May 2007.

Chapter four of this regulation outlines the need for community participation in primary prevention efforts.

The three corner stones of effective strategies to promote the type of prevention needed include strengthening the individual, strengthening the community, and reducing structural barriers to health.

How do we accomplish these goals?

The Health Promotion regulation (AR 600-63) suggests that people work to develop positive life-coping skills, encourage help-seeking behaviors, raise awareness of, and vigilance toward, prevention and integrate resources.

Much has been put into place to help, but if it is not taken advantage of, or if people do not know where to access the help, it may not work.

Taking a look around this community, there is much to

draw on for help and assistance.

The Health Promotion regulation makes clear suggestions as to programming for optimal behavioral health in all of us.

Stress management is an important line of defense in prevention. A workable, usable, and realistic program can be developed with helping agencies in this community.

Combat Operational Stress Control units have been in the field alongside Soldiers since World War II.

Suicide prevention and surveillance must be clear and visible, easily understood by everyone and simple enough for someone undergoing the stresses of depression to understand and grasp.

Family Advocacy Program teaches prevention classes on sexual assault, domestic violence, spouse and child abuse, and parenting.

Alcohol and substance abuse prevention is taught by the Army Substance Abuse Program.

Agencies such as the Chapel, Army Community Services, Child and Youth Services, and Morale, Welfare and Recreation programs are available to help reduce stress, encourage people to get the help they needed and to support



the Soldier and the family.

Other published Life Lines include:

- * Wounded Soldier and Family Hotline 1-800-984-8523
- * Emergency 911

800-784-2433

* www.suicidepreventionlifeline.org 1-800-273-8255

* Contact of Burlington County- (856) 234-8888, (856) 234-3451, (609) 267-8500, or (609) 871-1433.

Help for every person.

* www.armyfamilysonline.org 1-800-833-6622

* www.militaryonesource.com 1-800-342-9647

* National Suicide Hotline 1-

matter what the situation, is readily available. Status and income make no difference, help is out there waiting.

Do you have the courage to make the call?

Everyone Matters.

The Army takes suicide prevention very seriously. We are honor bound to ensure we do everything possible to minimize potential risks.

National Suicide Hotline 1-800-784-2433

Announcements



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

Friday, August 31 @ 7:30 p.m.

Hairspray - John Travolta, Michelle Pfeiffer, Christopher Walken, Amanda Bynes, James Marsden - In 1960s Baltimore, dance-loving teen Tracy Turnblad auditions for a spot on "The Corny Collins Show" and wins. She becomes an overnight celebrity, a trendsetter in dance, fun and fashion. Perhaps her status as a new teen sensation is enough to topple Cory's reigning dance queen and bring racial integration to the show. Based on the 1988 film and subsequent Broadway musical.

MPAA Rating: PG - language, some suggestive content and momentary teen smoking

Run time: 107 minutes

Saturday, September 1 @ 7:30 p.m.

Underdog - Jason Lee, James Belushi, Peter Dinklage, Patrick Warburton, Alex Neuberger - After an accident in the mysterious lab of maniacal scientist Dr. Simon Barsinister, an ordinary beagle unexpectedly finds himself with unimaginable powers and the ability to speak. Armed with a fetching superhero costume, Underdog vows to protect the beleaguered citizens of Capitol City and, in particular, one beautiful spaniel named Polly Purebread. When a sinister plot by Barsinister and his overgrown henchman Cad threatens to destroy Capitol City, only Underdog can save the day. Based on the animated TV series.

MPAA Rating: PG - rude humor, mild language and action

Run time: 84 minutes

Future Features...

The Bourne Ultimatum
Friday, Sep. 7 @ 7:30 p.m.
PG-13, 115 minutes.
No Reservation
Saturday, Sep. 8 @ 7:30 p.m.
PG, 105 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 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 High Holiday Schedule

Chapel #1 McGuire AFB
Rosh Hashanna
Evening Service Wed. 12 Sep. 1800
Morning Service Thurs. 13 Sep. 1000
Morning Service Fri. 14 Sep. 1000
Yom Kippur
Keil Nidre Fri. 21 Sep. 1830
Morning Service/Yizcor Sat. 22 Sep. 1000
Nilah and break the Fast Sat. 22 Sep. 1730

Army Community Service
Bldg. 5201, 562-2767

Lunch and Learn Series:
Avoiding Homework Hassles

September 21

11:30 - 12:30

Army Community Service

EFMP Support Group

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

EFMP Kidz Plus Program

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

Youth Center

Bldg. 1279 Locust Street
562-5061

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

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

Sep 1 - Sep 6

Saturday

Midnight Basketball
Open Recreation
3:30 - 7 p.m.
Teen/Guest ONLY
7 - 12 p.m.

Monday

Closed for Labor Day

Tuesday

Self-Directed Activities
1 - 7 p.m.

Skip-Bo Tournament
3 - 5 p.m.

Wednesday

Self-Directed Activities
1 - 7 p.m.

Thursday

First Day of School

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

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

YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888
Monday to Sunday -- 7 a.m. to 10 p.m.
During the day Starr Tour buses are used, in evening the military Bluebird buses are run.

**Dix Shoppette/Class Six/
Gas Station**

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

BX/PX & Mall

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

Commissary

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

Military Clothing/Sales

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

Firestone

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

Recreation Center

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

McGuire Shoppette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday -- 6:30 a.m. to 9 p.m.
Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 10 p.m.
Sunday -- 9 a.m. to 7 p.m.

Burger King

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

Java Cafe & Computer Lab @ Club Dix

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

McGuire Gas Station

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

Spouses' Club Thrift Shop

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

Dining Facilities

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

Outdoor Recreation

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

Club Dix

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

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.

ROAD TO OIF/OEF

Dix hotbed of training



Sgt. Sydney Baker moves while Staff Sgt. Dan Marsilli covers him during a training exercise at Fort Dix's Balad Range, top left photo. Both Soldiers are from the 153 MP Co., part of the Delaware National Guard. To the right, Spc. Ronald Jones has the enemy in his sights as he and his unit, the 28 MP Co. of the Pennsylvania National Guard, perform critical sight security training. Sgt. Art Thomas of the 236 MP Co., part of the Texas National Guard, top far right, gets out of his vehicle to respond to a disturbance at Balad. Below, Staff Sgt. Dan Marsilli of the 153 MP Co. gives a mock class to potential Iraqi Police recruits on how to conduct a patrol.



photos by Ryan Morton



Sometime training is not just on the battlefield. Spc. Ben Davis and Sgt. 1st Class David Harry, above, of the 158 Cavalry Squadron, Headquarters Troop, of the Maryland National Guard, perform Tactical Operations Center training in the classroom.



Cpl. David Hare, right, of the 28 MP Co., signals to an oncoming stranger at the front gate as he and his unit perform critical sight security training at Dix's Camp Remembrance range. Spc. Kenneth Soto, below, of the 236 MP Co., stands guard on a rooftop of a conex, while he and his unit train a mock Iraqi Police Force at Balad.



MILITARY MATTERS

Bullets

Families receive extended help

John J. Kruzal
American Forces Press Service

WASHINGTON, Aug. 28, 2007 – Families of deceased active-duty soldiers can receive an extended level of support from a long-term care program the Army launched 18 months ago, the program's chief said today.

The Army Long Term Family Case Management program provides long-term support to families of fallen soldiers by helping them through the often painful and sometimes arduous steps toward receiving benefits and various other types of support, Army Lt. Col. Nora Linderman, program chief of Army Long Term Family Case Management, told online journalists and "bloggers" in a conference call today.

"My team and I are constantly listening to families, learning what they need (and) enhancing and expanding our program accordingly so that we can do whatever is required," she said.

Casualty assistance officers generally avail themselves to families at the early stages of the mourning process, at least through a fallen soldier's interment, Linderman said. But in the months and years following the loss of a loved one, unresolved issues and questions often surface regarding benefits and support services, she said.

To address such issues, a support coordinator with Army Long Term Family Case Management contacts the family about six months following the loss of a loved one. The coordinator maintains an "open dialogue" with family members for as long as they find it helpful, Linderman said.

The program also follows congressional legislation that pertains to benefits programs offered to families of deceased soldiers and posts the information on its Web site, <http://www.altfcm.army.mil>.

Launched in February 2006, Army Long Term Family Case Management already has helped more than 5,000 families identify benefits to which they're entitled, Linderman noted.

"Being able to be there with a support structure for the families through the months and the years after the loss is a wonderful step in the right direction," she said. "I encourage anyone who has suffered a loss to lean on us."

Information about Army Long Term Family Case Management is available on the program's Web site or by calling a support coordinator at 1-866-272-5841.

Army boosts MWR funds

Secretary of the Army Mr. Pete Geren and Army Chief of Staff Gen. George W. Casey Jr. have approved an additional \$100 million to expand and enhance more than 50 existing Family and Morale, Welfare and Recreation programs and services for Soldiers and Families affected by the Army's current deployment cycles.

For example, the Family Readiness Support Assistant program will offer relief to Family Readiness Group volunteer leaders by providing administrative support in maintaining phone rosters, telephone trees, scheduling activities and classes for Family RG meetings and coordinating services with other garrison agencies.

This expansion will reach down to the deployable battalion level, Army-wide and will

cover active, National Guard and Army Reserve units. FRG volunteer leaders are applauding this change because it allows them to focus on providing more direct peer to peer support. It also improves communication among family members.

"Commanders had already identified the need for FRSAs at the unit level, and we're responding," said Brig. Gen. Belinda Pinckney, FMWRC Commander.

"We're not inventing anything new; we're taking something that works well and expanding it, providing a uniform level of support to Soldiers and families Army-wide."

Funds are allocated to expand childcare programs, reduce childcare fees, increase respite care for families,

extend childcare hours to accommodate working spouses, provide training for school guidance personnel to understand and recognize the stresses military students experience and expand Army sponsored off-post child care programs for geographically dispersed families.

Garrison commanders will now have the authority to expand other Soldier and family support services as well, by increasing staffing in our Army Community Service centers, Military Family Life Consultants and sports, fitness and recreation programs.

"The intent is to signal to everybody that we've heard you and we're listening," Casey said. "We're going to make sure we are resourcing family programming at the appropriate level to help our

families and our Soldiers, who are under the stress of numerous deployments."

Casey said more funds will be designated for family and Soldier support programs and services over the next five years.

The Family and MWR Command is working with Garrison commanders and senior mission commanders to ensure the program enhancements and expansions are tailored to meet the needs of Soldiers and families.

"We're listening carefully to Soldiers, family members and leaders at all levels," Pinckney said. "The Army Leadership is proud of the service and sacrifices of both our Soldiers and their Families, and the total Army Family deserves the best possible support we can deliver."

Hybrid-electric combat vehicles unveiled

The Army unveiled its first hybrid-electric propulsion system for a new fleet of Medium Ground Vehicles (MGVs) Aug. 15, which will be tested and evaluated at the Power and Energy Systems Integration Laboratory (P&E SIL) in Santa Clara.

The Army is developing and building eight new MGVS variants for 15 Future Combat Systems Brigade Combat Teams (FCS BCTs).

All eight commonly-designed MGVS variants will provide Soldiers with enhanced survivability, increased speed and mobility, new network-based capabilities, and more modern, modular technology.

The Army is saving money by employing a common chassis across all eight MGVS variants. Indeed, with 75-80 percent commonality, the MGVS chassis significantly reduces design, production and sustainment costs versus the expense of eight completely different MGVS variants.

"Today's unveiling of our new MGVS hybrid-electric propulsion system shows, once again, that Future Combat Systems really are about what's happening today," said FCS BCT Program Manager Major General Charles Cartwright. "With new FCS technologies, the Army is providing state-of-the-art capabilities to our Soldiers sooner rather than later," he added.

Today's milestone also is

significant because, for the first time, the Army will be integrating a functional hybrid-electric drive system into a combat vehicle. The drive system is part of the propulsion system that will power the vehicles.

The Army is using hybrid-electric power because the more modern FCS BCTs have much greater electrical power requirements than the current force Heavy BCTs. Hybrid-electric vehicles provide the requisite electrical power because they employ a rechargeable energy storage system. An ancillary benefit of the hybrid-electric vehicles is improved fuel economy and less reliance on oil, natural gas, and other fossil fuels.

The Army has long been at the forefront of developing hybrid-electric vehicles. In fact, the Army's hybrid-electric

vehicles are significantly more robust and more powerful than commercial hybrid vehicles.

The first hybrid-electric MGVS variant, the Non-Line-of-Sight Cannon (NLOS-C), will commence production in late 2008.

"The MGVS drive train is unique," said Colonel Bryan McVeigh, product manager for MGVS systems integration. "The traditional engine has been de-coupled from the drive train architecture and is designed only to recharge the energy storage system and power the vehicular systems."

"The hybrid drive system alone," he added, "literally will move the vehicle. This is a new and better way of moving across the battlefield."

Soldiers in the Army Evaluation Task Force (AETF) will begin testing mature FCS Spin-Out 1 technologies this year at

Ft. Bliss.

Once the AETF has completed its evaluation, these technologies will become available for fielding to deployed forces. Precursor FCS technologies, including the PacBot Tactical Robot and Micro (Unmanned) Air Vehicle, already are being used by Soldiers in Iraq and Afghanistan.

Future Combat Systems (FCS) is the Army's principal modernization program.

FCS consists of a family of manned and unmanned air and ground systems and sensors, all connected by a common network. FCS is designed specifically to improve Soldier situational awareness, survivability and battlefield effectiveness, while putting new capabilities into Soldier's hands as soon as the technology is ready.

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No Ten-Miler team

Ed Mingin
Public Affairs Staff

Runners gathered at the Griffith Field house Aug. 25, hoping to qualify for a spot on the six-person team to represent Fort Dix in the Army Ten-Miler in Washington D.C. The only problem was there weren't enough runners.

"We only had two eligible runners show up," said Chris O'Donnell, Fort Dix intramural sports director.

"About 35 minutes after the race was to start, 48 people showed up to run just for fun. They weren't eligible to qualify, but they wanted to run and support the Soldiers," he said. "We kept the course up and let them run it. They had a great time and loved the course. A couple of guys almost didn't make it, but they finished with the help and encouragement of their unit."

Though there weren't enough eligible runners to put together a team to go to D.C., Fort Dix will still have some representatives in the Ten-Miler. O'Donnell and the rest of the Griffith Field House staff have been working with the Kelly Reserve Center, and Soldiers with the 78th Division.

"They will both represent Fort Dix," explained O'Donnell. "We've been working with Maj. Hirsh from Kelly nearly everyday. The 78th approached us about two weeks ago to see if we could help with transportation. I couldn't confirm it then, but after the race this past weekend, since we only had the two runners, we can do it for them. So I registered two teams to represent Fort Dix, they will be Kelly and the 78th."

This was the second attempt to hold the qualifying race for this year's team. The first attempt was July 28, but not enough runners showed.

"We understand there are a lot of troops on the ground right now, and a lot of people are working to get them trained and ready to go. We realize that had a lot to do with it," said O'Donnell.

The Army Ten-Miler is the largest 10-mile race in America. More than 26,000 participants from around the world will converge on Washington D.C. to compete against the best runners in the world. This year will mark the twenty-third running of the race.

Last year, Team Dix took seventh place. While Fort Dix will not have a team of its own this year, by aligning with the Kelly Reserve Center and the 78th Division, there will be two teams carrying the Fort Dix banner Oct. 7. The teams will travel to D.C. Oct. 6 to prepare for the event.

Chargers ready for football



photos by Ed Mingin

Football season is ramping up, and the Fort Dix Chargers have been preparing for the upcoming season. Felipe Hernandez gets some tips from Rob Oswald, PeeWees' head coach, left. Zurich Reid, above, runs some plays on the line. The PeeWees had a successful 8-3 season last year, advancing to the second round of the playoffs. One change for the PeeWees is that Steve Uzeleber, last year's coach, is going to coach the Mitey-Mites. Uzeleber took the Mitey-Mites to the Burlington County Championship in 2004, and has decided to return after two seasons with the PeeWees.



Ed Mingin

Steel Angel flying high

Jacob Carver, above, and Steel Angel beat Bravo MRB in a close game Aug. 28. MRB is the only team to beat Steel Angel, winning a game earlier this season when the two teams met for the first time. MRB's Keith Jones shown below. Steel Angel, at 12-1, has narrowly edged past FCI, who stand at 11-2 to take the lead in regular season action, which was scheduled to end yesterday.



Ed Mingin

Kick it up

Fort Dix soccer will begin Sept. 8, and 5-year-old Austin Moore, above, and the rest of his team are busy preparing for their first game of the season.

Sports Shorts

Griffith Field House

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

Pool Hours

Winter hours for the Pool start Sept. 4. Pool is closed Sunday.

Monday - Friday
Military Lap Swim
6 a.m. - 8 a.m.

Retirees/Dep. Lap Swim
10:00 am-11:30 am

Active Duty/DOD Lap Swim
11:30 a.m. - 1 p.m.

Recreation Swim
1 p.m. - 5 p.m.

Saturday
Lap Swim
10:30 a.m. - noon
Recreation Swim
noon - 6 p.m.
Hydro Aerobic Class
10:30 am-11:30 am

Monday - Wednesday
Hydro Aerobic Class
7:30 p.m. - 8:30 p.m.

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!

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.

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.