

# the Post

Vol. 82, No. 39

Published for the Fort Dix Community since 1942

September 28, 2007

## NEWSNOTES

### Seminar open for Spouses to Teachers program

Army Community Service is partnering with the Troops to Teachers program to offer military spouses the same benefits. A seminar outlining the program and the process is set for Oct. 17 at 11 a.m. in the ACS Conference Room, Building 5201 Maryland Avenue. To learn about the financial and educational benefits of the program, call Rod Martell at 562-2186 to register. Seating is limited to 20 people, so sign up now!

### Heating season is upon us -- almost

It is normal at Fort Dix this time of year to experience significant differences between daytime temperatures and nighttime temperatures outdoors. Your building's air conditioning system will shut down automatically with the cool nights, but will start again as afternoon temperatures rise. The Director of Public Works monitors the changing weather conditions and will direct the facilities maintenance staff to shut down the air conditioning systems and turn on the heating systems once the daytime temperatures no longer sufficient to warm up the buildings. Until that point, it is recommended that you dress in layers so you remain comfortable throughout the day.

### Hiring fair for veterans set on Battleship New Jersey

Hundreds and hundreds of job-seeking military veterans and military spouses from the Philly/Jersey Region and beyond will get a hearty "Welcome aboard!" on Thursday, October 11, from 11 a.m. to 3 p.m. when the military-to-civilian recruiting firm RecruitMilitary presents a career fair on the covered rear deck of the legendary battleship New Jersey. The career fair will be open to veterans who already have civilian work experience, men and women who are transitioning from active duty to civilian life, members of the National Guard and reserves, and military spouses. More than 35 veteran-friendly organizations will conduct one-on-one interviews with the job seekers—organizations that will include corporate employers, law-enforcement agencies and other government employers, educational institutions, veterans service agencies, and veterans associations.

## WEATHER

**FRIDAY** -- Mostly cloudy, cooler with high of 77 degrees, chance of overnight showers with low of 52.

**SATURDAY** -- Sunny and clear, high of 75 and overnight low of 52 degrees.

**SUNDAY** -- Mostly clear, light winds, high of 77 and overnight low of 54 degrees.

**MONDAY** -- Mostly clear with light winds, daytime high of 77 and overnight low of 57 degrees.

**TUESDAY** -- Sunny and clear, continued mild with daytime high of 76 degrees and low of 58.

**WEDNESDAY** -- Sunny and warm, high of 78 and overnight low of 54 degrees.

**THURSDAY** -- Mostly clear, light winds, high of

# Chaplains, clergy team up

Wayne Cook  
Public Affairs Staff

The New Jersey National Guard called out to the civilian world, specifically the clergy world, for help in supporting Guardsmen and their families during times of deployment and upon return of the Guardsmen after being separated from their families.

During a training session held at the National Guard Joint Training and Training Development Center, Fort Dix, Ch. (Col.) Alphonse Stephenson, command chaplain for the New Jersey Army and Air National Guard, along with other distinguished guests, shared with nearly two dozen members of civilian clergy how they are strategically capable of helping where the National Guard is not available.

"You are the front line in dealing with and helping our Soldiers. Its all about partnering together to meet their needs," Stephenson told the audience.

"I want to talk about partnering -- teaming with you and why it is so important," said Maj. Gen. Glenn Rieth, the adjutant general, New Jersey Army and Air National Guard.

"Each man and woman in uniform today wears it because they want to serve. They are volunteers. Most of the people in this nation are enjoying their freedoms by riding on the backs of

less than one-third of one percent of Americans. To this date we have deployed more than 7,000 guardsmen in support of recent world events," Rieth said.

"Nobody ever envisioned the citizen Soldier having to serve full-time and having multiple rotations. It is very important that all of our staffs and you get on board to help these guardsmen and their families make it through the reconstitution process. We need you, the local clergy, to understand what is coming up and what the impact to our community families will be," said Rieth.

Brig. Gen. Maria Falca-Dodsion, the deputy adjutant general, spoke to the clergy about support activities and organizations with which the National Guard has been working to meet the needs of military members and their families, both pre- and post-deployment.

"Career Soldiers live on military bases and are surrounded by other military families. Career Soldiers have better access to chaplains who are better able to relate to the Soldiers' situation," said Stephenson. "Soldiers in the national

Guard are scattered across the state, so it is not as easy for them to find those support networks."

"Many soldiers return to civilian churches and places of worship. That is why it is important for civilian clergy to be aware of the unique needs of the Soldiers," Stephenson added.

To discuss some of the unique needs of returning Soldiers Stephenson invited Nancy Ferrara, a psychologist who specializes in areas such as stress management, pain management, relationship problems, panic and anxiety, depression, anger management, and other areas, that are acutely relevant to returning Soldiers and their families, to speak to the audience.

She addressed such subjects as Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). She shared with the clergy members what some of the symptoms are and what type of people

are likely to suffer from these ailments.

The guest clergy speaker was Chap. (Col.) Vincent Inghilterra, command chaplain, 8th Theater Sustainment Command, Hawaii. Inghilterra is the most senior (service-length wise) chaplain in the active-duty component of the Army. He has served tours in Vietnam in the 70s, in the Gulf Theater during Desert Shield/ Desert Storm in the 90s, and again recently in the Gulf region in support of the Global War on Terrorism.

Having experienced the harshest moments in battle, not once, but multiple times, Inghilterra admits to suffering from PTSD. He has held the body of a dying Soldier until that last breath had been exhaled. He has seen the torment during the rigors of war and seen the aftermath in himself and other Soldiers after returning from war. He is highly qualified to make the following statement:

"It is a spiritual matter when dealing with our military members who come back from war. It's the only way to help them deal with all they have seen and experienced. Nobody wants to go to war, but once the decision is made by those in authority, our brave men and women go and perform to the best of their abilities and experience some horrific things which they will never

(continued on page 7)



Chap. (Col.) Vincent Inghilterra



WALKING THE WALK -- Sgt. Mike Pavone, 972 MP Co., Mass. National Guard, teaches Iraqi police recruits played by Civilians On the Battlefield the techniques and formation for successful foot patrols. The training, at the Military Operations in Urban Terrain site, was part of the unit's preparation for deployment to Iraq. More photos, story, page seven. (Photo by Ryan Morton)

## Town Hall Meeting offers information for tenants, workforce

Looking for information on Fort Dix, its mission and its future?

Need answers to questions about activities and events on the installation?

Interested in command topics?

If you answered yes to any of the above questions, mark your calendar and plan now to head for the combined Tenant and Installation Work Force Town Hall Meeting in the Timmermann Center auditorium Wednesday, Oct. 10 at 3:30 p.m.

Timmermann Center, Building 5441, is located on Eighth Street at Pennsylvania Avenue.

The official place of duty for Fort Dix, commensurate with mission requirements, will be at Timmermann Center for the meeting.

The agenda for this quarter's session includes updates by the Fort Dix installation staff on several areas of interest and importance to the community.

Anyone who would like to submit questions or concerns they would like answered or addressed in advance may forward them in writing or by e-mail to the Plans, Analysis and Integration Office, attention: Andre Mixon.

For additional information contact Andre Mixon at (609) 562-6669 or e-mail to andre.mixon@us.army.mil.

trances and its benefits to the post.

\* An update on "Improper Superior-Subordinate Relationships and Fraternalization" policies and regulations presented by the office of the Staff Judge Advocate.

\* Changes in programs and services offered at Club Dix, all aimed at increasing community support for the facility, presented by Sarah Johnson, director of Morale, Welfare and Recreation.

\* Definitions and issues of Unlawful Command Influence, presented by the office of the Inspector General.

\* The IG will also present a briefing on policies and procedures involving whistleblowers and the possibilities of reprisals against them by individuals or organizations.

All Fort Dix Directors will be present at the Town Hall Meeting to answer any specific questions from the audience.

Anyone who would like to submit questions or concerns they would like answered or addressed in advance may forward them in writing or by e-mail to the Plans, Analysis and Integration Office, attention: Andre Mixon.

For additional information contact Andre Mixon at (609) 562-6669 or e-mail to andre.mixon@us.army.mil.

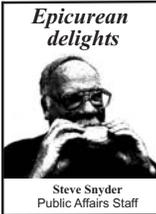


Sp. William Addison

HISTORICAL HANDOFF -- Capt. Spencer C. Moore, retired member of the wartime Co. C, 372nd Infantry Regiment, passes the flag of the First Separate Battalion to Sgt. Nick Young of the Embedded Training Team, New Jersey National Guard, during a farewell for the unit Sept. 20. The ETT will carry the historic colors during its deployment to Afghanistan. Additional photo, story, page seven.

delectations

# Chic connoisseurs cultivate Caribbean culinary coups



**Epicurean delights**

Steve Snyder  
Public Affairs Staff



She and I may not be able to spell the word but Veverly Wakefield is a reconnaissance expert, especially adept at scouting out new restaurants. My co-worker at the Public Affairs Office did her thing recently and we wound up savoring a tasty lunch at a Caribbean restaurant, the *Island Treat Too*, in the same plaza which contains the *Thunderbird Lanes* on East Main St. in Wrightstown.

I inhaled a meal of Curry Chicken accompanied by mounds of rice and beans. Veverly had something spicier and we both enjoyed talking to Majorie Skyers, the owner of *Island Treat Too*, which just opened this past March.

Skyers said she tries to feature at least one Jamaican special a day including dishes as celebrated as Ackee and Cod Fish; Cod Fish and Callaloo; Ripe Plantain; Jamaican Patties; seasonal sea food like the likes of Snapper, King Fish and Escabich Platter.

Lunch specials include the beef patties for only \$3 and chicken treats with two of any three meats including a soda and rice and beans for a very reasonable \$12.

Still, I was disappointed. I like to escape somewhere for lunch where there's plenty of room to sprawl and relax. Although the food was excellent at *Island*, the restaurant suffered from a severe lack of space. Indeed, most of their business seemed to be of the take-out variety.

The *Epicurean delights* column aims to aid readers to find places to eat that offer attractive lunches (people can go home for dinner) at reasonable prices, not too far away (let's say within 20 minutes of post), and where one can enjoy eating without jamming one's elbow up some stranger's behind.

Many people don't care for crowds or places so small that they specialize in take-out orders. One can take-out anytime. *Epicurean delights* attempts to guide harried Dixians on to spacious outposts of serenity far from hassles imposed by their work-a-day worlds. Taking food back to the office or eating in your car do not usually offer much of a respite from the daily grind.

With that in mind one recalled the dictum of the father of phenomenology, German philosopher Edmund Husserl who advised those seeking the truth to "go to the thing itself."

Shazam!

Why hunt all over creation for restaurants serving a particular kind of food when you can research the type and quality of the food itself?

Enter Angela Miller. I knew she was a cook and bartender of many talents on Fort Dix and, with her accent, believed her to hail from Jamaica. She informed me that she was Panamanian-born and bred but did know a lot about Caribbean food because she cooked it frequently and would be glad to answer my questions over a home-cooked meal.

For good island meals, "you'd better start with rice," she said, as she kept pots of chicken and rice sizzling in her immaculate kitchen.

Caribbean food consists of "ground food": plantains (fried bananas), cassava (a starch derived from the root of the cassava plant), yams, green peppers and many other ingredients designed to spice up chicken, goat and other meat dishes.

Curry, a yellowish powder that flavors food very well if used in the right proportions is also a popular flavor enhancer. "Everything you cook on the islands is laced with curry," Angela informs.

Steam cooking also helps reduce cholesterol content and takes away harmful oils from food.

Angela prepared red beans and rice (another staple) with coconut milk, steamed the chicken which was sautéed with green peppers and a few red ones, and added celery, onions with a coconut flavor, and a pinch of curry to form a chicken which seemed like you could savor forever.

Beans and rice were cooked in coconut milk, too, cooked on low on the oven until the grains were cooked as evidenced by the water being all drawn out.

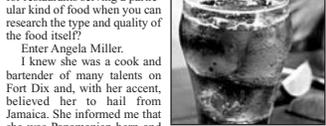
Plantains or fried bananas accompanied the meal as a sweetening touch, sort of a sweet dessert served in a side portion. Avocado slices, salted, added zest to the salad.

We talked and ate for about three hours, making the taste treat last. Then we went hunting for Jamaican or Caribbean restaurants. We passed one that was closed but stopped in finally at Debbie Barnes' *Island Taste* restaurant located at the old Train Depot and specializing in Jamaican cuisine.

Too stuffed to eat again, we settled on sampling ginger beer and strong Jamaican coffee, neither of which disappointed.

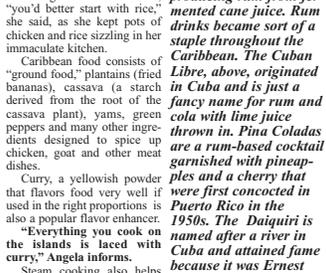
The only thing better than the Caribbean food consumed on these occasions was the company of the people who shared its delights.

Angela, Veverly, Majorie and Debbie were the true *Epicurean delights*.



www.jupiterimages.com  
**CARIBBEAN SPIRITS**—Columbus introduced sugar cane to the islands and natives soon began producing rum from fermented cane juice. Rum drinks became sort of a staple throughout the Caribbean. The Cuban Libre, above, originated in Cuba and is just a fancy name for rum and cola with lime juice thrown in. Pina Colodas are a rum-based cocktail garnished with pineapples and a cherry that were first concocted in Puerto Rico in the 1950s. The Daiquiri is named after a river in Cuba and attained fame because it was Ernest Hemmingway's favorite drink. It's a rum-based cocktail blended with a variety of fresh fruits mixed with a little lime juice and a teaspoon of sugar syrup. Strawberry Daiquiris as served in the Virgin Islands are an especially potent thirst quencher. If you frequent bars or eateries having such or even visit the islands, taste a rum drink. Rum made life more tolerable for people of the New World.

Angela Miller, left, a raconteur par excellence, matches wits with "Island Taste" Restaurant owner Debbie Barnes, center rear, while Miller's brother Godfrey Bowen peruses the menu during a recent leisurely session punctuated by laughs, ginger beer and strong coffee.



RENAISSANCE WOMAN — Panama-born Angela Miller prepares a Caribbean dish of beans, rice and chicken steam-cooked to reduce unhealthy fats. A woman of many talents, Angela married an Air Force sergeant stationed at McGuire AFB and decided to settle here after he died. A cook at Fort Dix's dining facilities five days a week, she also lends bar Sunday nights at Club Dix and has done hospice work (providing care for terminally ill patients) in the area. In addition to a big heart, Angela has a chef's touch with the victuals, adding a Panamanian flavor to her Caribbean dishes. Tasting her food is a delight but you have to gulp morsels down quickly between laughs or get smothered by a barrage of good humor. Angela is a trip and we're glad Team Dix has remained on her itinerary.

CONVIVIAL CONVERSATION — Fort Dix's Angela Miller, left, a raconteur par excellence, matches wits with "Island Taste" Restaurant owner Debbie Barnes, center rear, while Miller's brother Godfrey Bowen peruses the menu during a recent leisurely session punctuated by laughs, ginger beer and strong coffee.



RESTAURANT AT THE TRAIN STOP — "Island Taste" Restaurant specializes in Jamaican food and is located in the picturesque train stop building, above left, in Mt. Holly at 25 Madison Avenue just down from Virtua Hospital. Owner Debbie Barnes has worked hard to create an atmosphere which inspires customers stepping in the door to feel "you are in Jamaica." The interior, right above, is spacious and beautifully decorated with island artifacts.



www.1st-caribbean-vacations.com - posterized version



PROUD PROPRIETRESS — Jamaican-born Majorie Skyers owns and runs "Island Treat Too," a small restaurant specializing in Jamaican and other food indigenous to the Caribbean which just opened in March and is located at 111 East Main St. in Wrightstown in the same plaza that houses the Thunderbird Lanes. Skyers also owns the original "Island Treat," a spacious eatery at 667 High Street in Burlington that's been going strong for 20 years.



AIRMEN'S LUNCH — When we checked, "Island Treat Too" was doing a brisk business at lunch, primarily serving take-out orders. There's only a few seats inside and limited space fails to do justice to the excellent cuisine.



DISCERNING PATRON — Veverly Wakefield, of the Public Affairs Office, spends her lunches wisely, scouting out new and scintillating places to eat (that don't cost a fortune) and then informing friends of her culinary coups.

## the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-FA-PA-CL, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided, and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Post Commander ..... Col. Ronald R. Thaxton  
Public Affairs Officer/Editor ..... Carolee Nisbet  
PA Specialist/Webmaster ..... David Moore  
PAO Automation/Admin ..... Veverly Wakefield  
PAO Media Relations ..... Pascual J. Flores  
PAO OpEd/Features ..... Steve Snyder  
PAO Community Relations ..... Gerry Zanzalari

Fort Dix Public Affairs Office Contract Workers  
Wayne Cook, Ed Mingin, Shawn Morris, Ryan Morton

WE GUARANTEE DELIVERY of your Fort Dix Post  
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-8000.

# Special Agents share tips to deter, detect and defend against fraud

CID News,  
FORT BELVOIR,  
Va., September 25,  
2007 - Special  
Agents of the U.S.  
Army Criminal

## CID Lookout On Point for the Army

Investigation Command, commonly known as CID, are helping Soldiers, family members and Army civilians learn to recognize the warning signs to deter, detect and defend themselves from becoming targets of identity theft and consumer fraud.

With billions of dollars lost and millions of Americans as victims, consumer fraud and identity theft is the number one complaint for consumers in the United States. CID defines identity theft and identity fraud as any type of crime involving the fraudulent use of someone's personal identifying information, such as social security number, date of birth, or bank account number to commit a crime.

According to a 2007 Federal Trade Commission (FTC) annual report on consumer crime, identity theft is a vicious crime that can continue well beyond someone losing their money or personal property; it's a crime that can rob innocent men and women of their good credit, reputation and financial well being, without them even knowing it has occurred.

Commonly, the identity thief will use this information for financial gain, often taking control of someone's personal finances, obtaining credit cards, making purchases on-line, and taking out loans, all within one's name, but can also obtain and incur services charges such as cell phone bills and rental car fees. Even worse is when the imposter commits crimes using the identity of someone else and gives that person a criminal record.

Most people carry masses of information in their wallets and purses that can easily be used by an unscrupulous person to defraud his or her victim. But theft of a wallet or purse is obvious; the owner is certain to cancel credit cards and report the theft to police.

In many cases of identity theft, the fraud is much more subtle.

On average the identity theft victim doesn't realize he or she is a victim for approximately 12 months and often spends the next couple of years trying to repair the damage the imposter has done to credit, reputation, and financial well being.

Military members and their families can be targets for identity thief. Much of their personal information is contained in documents needed to conduct daily business.

From identification cards, vehicle registrations, TDY and PCS orders to DD Form 214 (Certificate of Release or Discharge from Active Duty), all contain personal information that needs to and should be safeguarded.

Some of the common ways identity theft can occur involves skilled identity thieves using a variety of methods to steal personal information. According to CID Special Agents and the FTC, some of the methods include:

**\* The Scam - Dumpster Diving**  
This involves rummaging through trash looking for bills or other personal information. Thieves will collect the information, piece torn documents together and use it to steal your identity. What to do - Shredding or burning bills or documents with your personal data will help prevent identity theft. Also destroy any pre-approved credit card applications received in the mail.

**\* The Scam - Pretext Calling**  
Pretext calling is the fraudulent means of obtaining a person's personal information needed to impersonate someone. The pretext caller through deception poses as a bank employee, law enforcement official, or other authority figures and through innocent sounding questions and queries collects personal identifying information needed to further their crime.

A pretext caller may contact financial center employees, posing as clients, accessing the clients' personal account information changing addresses so as not to alert the person being vic-



timized until it is too late. The callers can then withdraw, divert or create fraudulent accounts without the victim's knowledge. Not only are the banks being contacted but also employers and even the victim themselves. What to do -

**Avoid the pretext caller, be cautious to whom you provide your personal information and for what purpose.**  
Never give out personal information over the phone or Internet unless you initiated the contact or know the person to whom the information is being provided. When at work and someone calls trying to get personal information about an employee, ask for the caller's name and number then verify prior to providing any information. Most of this seems like common sense; however, these pretext callers are experts in the execution of their scam and sound very convincing.

**\* The Scam - Card Skimming**  
This method involves the unauthorized copying of electronic data from your credit or debit cards through the use of hidden equipment like cameras, false PIN pads on ATM machines, or card readers. What to do - To protect yourself, use your hand or body to prevent people from looking over your shoulder while at an ATM or a debit card Point of Sale terminal. Look for any physical alterations at the ATM or debit card locations.

**\* The Scam - Phishing**  
Identity thieves known as "phishers" send email or "pop-up" messages claiming to be a legitimate business or organization like a bank, Internet service provider, online payment service, or government agency. The urgent message directs the victim to a familiar-looking web site to "update" or "validate" their account information, which will then be used to run up bills or commit crimes in their name. What to do - To avoid phishing scams, don't use email, instant message, or chat room links to get to any web page if you suspect the message might not be authentic or you don't know the sender or user. Avoid filling out forms in email messages that ask for personal financial information and ensure you're using a secure website when submitting credit card or other sensitive information via your web browser.

**\* The Scam - Vishing**  
This is a relatively new scam that uses Voice over Internet Protocol, or "VoIP" phones to steal financial information. "VoIP" is a technology that allows you to make voice calls using a broadband Internet connection instead of a regular (or analog) phone line. "Vishing" is a combination of "voice" and "phishing," which is short for "voice phishing."

Con artists send blast e-mail or recorded phone messages that appear to be from a financial institution, payment service or other well-known business.

The message reports a "security" problem and urges the victim to call a telephone number to "fix" their account.

What to do - Do not automatically trust a phone number based on its area code. Con artists can hack into Caller ID systems and VoIP users can assign any area code to a phone number.

To avoid becoming a victim of this scam, do not give out your PIN numbers or passwords, especially if you receive a recording that refers to you as a "valued customer" instead of your name.

**\* The Scam - "Old-Fashioned" Theft**  
Wallets and purses, mail, including bank and credit card statements, pre-approved credit offers, and new checks or tax information are likely targets of theft that can lead to identity theft. What to do - Consumers can place fraud alerts with their credit card companies and are mainly effective against new credit accounts being opened in your name.

**\* The Scam - Changing Your Address**  
Billing statements and other personal information can be diverted to another location by a thief completing a "change of address" form. What to do - The Postal Service has safety devices in place to inform the consumer that a change of address has taken place by sending a confirmation notification to both the old and new addresses. Consumers then have the ability to correct the action if they did not initiate the address change.

**Additional Tips**  
\* If you get an email or pop-up message that asks for personal or financial information, do not reply or click on the link in the message. Legitimate companies don't ask for this information via email.

\* Soldiers who do not expect to seek new credit while deployed also have the option placing an "active duty alert" on their credit report while away from their duty stations. The alert requires creditors to take steps to verify your identity before granting credit in your name and is effective for one year, unless requested to remove sooner. If a deployment lasts longer than a year, another alert can be added on your report.

***Soldiers who do not expect to seek new credit while deployed also have the option placing an "active duty alert" on their credit report while away from their duty stations. The alert requires creditors to take steps to verify your identity before granting credit in your name and is effective for one year, unless requested to remove sooner. If a deployment lasts longer than a year, another alert can be added on your report.***

**United Communities  
Housing  
Contact  
Information**

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

# USAF Expeditionary Center: After one year, Phoenix Warrior course soaring high

**Tech. Sgt. Scott T. Sturkol**  
U.S. Air Force Expeditionary  
Center Public Affairs

FORT DIX, Sept. 21, 2007. — The U.S. Air Force Expeditionary Center's 421st Combat Training Squadron has finished its first year of teaching the Phoenix Warrior Training Course, and all signs point to the fact it is helping prepare security forces for their wartime mission.

"Phoenix Warrior, from inception, has evolved to meet our adversaries shifting tactics," said Capt. Brent Gallant, operations flight commander for the 421st CTS. "By providing the most current tactics, techniques and procedures, or TTPs, used in the deployed environment, as well as using the most advanced training aids available such as the Center's state-of-the-art close-quarters battle camera system, we provide security forces pre-deployment training that is second to none."

Phoenix Warrior is essentially "combat skills training" mainly for security forces, Gallant said. It's different from the 421st CTS' Advanced Contingency Skills Training courses in that it trains security forces and those non-security forces personnel assigned to security forces unit type codes prior to deploying.

The program, which includes 17 days of training, is based upon 21 core tasks determined by the Air Force Security Forces Center.

**"It's an all-encompassing course. You might spend one day in the classroom, but the next you'll be running in full battle rattle to get your heart rate up to fire under stress."**

**Tech. Sgt. Ryan Thompson,**  
421st CTS instructor

"Our feedback from the field has been very positive," Gallant said. "We have seen an upward trend in requests from

squadron commanders for class allocations as word has gotten out about what Phoenix Warrior and the U.S. Air Force Expeditionary Center can provide for deploying forces."



Tech. Sgt. Scott T. Sturkol photo

**ALL THE WAY -- Students in the Air Force Phoenix Warrior Training Course 07-6 practice a dismounted patrol during summer training on a range at Fort Dix. The course is taught by the U.S. Air Force Expeditionary Center's 421st Combat Training Squadron where Air Force security forces Airmen practice expeditionary combat skills.**

Phoenix Warrior is comprised of three tracks, which feature the 21 core pre-deployment tasks.

"We offer a leadership

"Our highest visibility track

is our military working dog track," Gallant said, "where we teach six core security forces-directed MWD tasks required for all (AMC) MWD teams

is our military working dog track," Gallant said, "where we teach six core security forces-directed MWD tasks required for all (AMC) MWD teams

is our military working dog track," Gallant said, "where we teach six core security forces-directed MWD tasks required for all (AMC) MWD teams

is our military working dog track," Gallant said, "where we teach six core security forces-directed MWD tasks required for all (AMC) MWD teams

Also in the MWD track, we provide training and exposure for dogs that can't be done at home station such as significant live-fire exposure and large quantity buried explosive detection to prepare for IED searches and helicopter transport."

Staff Sgt. Sam Pruett, an MWD handler from the 6th Security Forces Squadron, MacDill Air Force Base, Fla., who participated in Phoenix Warrior Class 07-6, said he appreciates the exclusive environment available in the course that's not readily available at home station.

"Home station operations tempo, with current mission requirements, could restrain you from conducting the style of training you see at Phoenix Warrior," Pruett said. "Most home station security requires conducting vehicle checks, building checks and other requirements that may inhibit the ability for a handler to conduct the style of training received in Phoenix Warrior."

As far as a course that's one year old, Pruett said the 421st CTS' progress on course development is "beyond words."

"I look forward to going through the class again in the future just to see how much the program has progressed," Pruett said.

Staff Sgt. Andrew Goligowski, also an MWD handler and Phoenix Warrior 07-6 student from the 319th SFS, Grand Forks AFB, N.D., said the entire MWD and Phoenix Warrior program was "excellent."

"It exposed us and our dogs to environments that we will experience down range," Goligowski said. "You need to get as much exposure to the real thing as you possibly can and the Phoenix Warrior MWD instructors hit the nail on the head. I am also looking forward to going through the program again later to see how it has changed."

Tech. Sgt. Ryan Thompson, 421st CTS instructor in charge of Phoenix Warrior's combat rifle and pistol live fire training and a facilitator for dismounted patrol training, said the course is fast paced and has grown to provide some of the best training available out there for security forces Airmen.

"It's an all-encompassing course," Thompson said. "You might spend one day in the classroom, but the next you'll be running in full battle rattle to get your heart rate up to fire under stress."

Thompson added, "The course is ever-changing. We take what we read in after-action reports and the trends that are taking place down range to continuously redevelop our course. A year from now, the course will most likely be different than it is today."

All through the training, something else happens for Phoenix Warrior students - they build friendships and camaraderie with fellow security forces Airmen.



Tech. Sgt. Scott T. Sturkol photo

**A WORKING TEAM -- Air Force Staff Sgt. Andrew Goligowski and his military working dog Endy, both from the 319th Security Forces Squadron at Grand Forks Air Force Base, N.D., participate in a scenario for Air Force Exercise Eagle Flag 07-6 in August at Naval Air Engineering Station Lakehurst. Goligowski and Endy were Phoenix Warrior students participating in the exercise.**

When you combine challenges, teamwork and combat skills, you end up with warrior ethos."

As far as continued success of the course, Gallant said it will take the right ingredients like it has in the first successful year. "Phoenix Warrior has been successful because of the cadre's dedication to providing the best pre-deployment training they can," Gallant said. "Little over a year ago, Phoenix Warrior cadre were asked to fill a major Air Mobility Command pre-deployment training void and stand-up a course in less than two months. Through many long days and lost weekends, Phoenix Warrior was developed and cadre were trained."

The continued dedication of the Phoenix Warrior cadre is what drives the continual improvement of the course.

# NEIGHBORHOOD

## THE CORNER

### Salute to Women Vets

The Burlington County Library and American Legion Post 79 - Burlington will co-host "A Salute to Women Veterans of all Wars," and "Rosie the Riveter," which is a tribute to women who worked in defense plants.

The event is scheduled for Oct. 13, 10 a.m. - noon at the Burlington County Library, Westampton, N.J. For more information, call 609-267-9660.

### Spouses' Club to hold Super Signup at Club Dix

The Fort Dix Spouses' Club is holding its annual Super Signup event Oct. 5 starting with social time at 5 p.m. and the main program from 6 to 8 p.m. at Club Dix.

Come and greet past club members, meet new faces and learn about how our service enhances your community! There will be representatives from Arbonne, Home & Garden Party, Mary Kay, MWR, Pampered Chef, Party Lite, Stampin' Up and more!

The Fort Dix Spouses' Club is an all-ranks club, which includes all spouses of active duty or retired military (Army, Air Force, Coast Guard, Navy, Marines) or reserve components, regardless of rank (E1-O7), federal civil service & contract employees and/or their spouses, as well as active duty military members or reserve components, regardless of rank (E1-O7).

Members of the spouses' club pride themselves on service to their community while at the same time enjoying some fun participating in book club, hobby/craft time, monthly luncheons, volunteer time on post and other events.

They also run the Fort Dix Thrift Shop located on Pennsylvania Avenue. Hours are Tuesday through Thursday from 10 a.m. to 2 p.m., the first Wednesday of the month from 4 p.m. to 8 p.m., and the first and third Saturdays of the month from 10 a.m. to 2 p.m.

For more information regarding the event, e-mail fort dixspousesclub@comcast.net or call Susan DuKavas at 723-2784 or Susan Crawford at 234-9758.

### Flowers available at Self Help Store

Chrysanthemums are available at the Self Help Store beginning Sept. 21 for Fort Dix tenant organizations.

The flowers are available on a first-come, first-served basis until gone.

The Fort Dix Self Help Store is located in Bldg. 5321 on Delaware Avenue and is open from 8 a.m. to 4 p.m. Monday through Saturday. Take a few minutes to help beautify your part of the installation.

### ACS to host Accent Reduction Classes

Army Community Service, in conjunction with Burlington County College, will offer Accent Reduction Classes for non-native service members and foreign-born family members who would like to improve their enunciation by reducing some of their native-speaking accent.

Classes will begin Oct. 15 and are held in the ACS conference room from 6 to 9 p.m. Call Amada Espinoza, Relocation Readiness program manager, at 562-3271.

### 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 lounge near Fellowship Hall).

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. For more information, call 562-2020 or 4011, or stop by Bldg. 5203.

### Recreation Center Closing

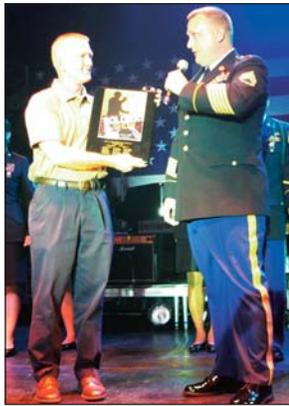
The Rec. Center, building 5905 Doughboy Loop will be closing Oct. 1. The facility will reopen March 1, 2008. Other recreation facilities will remain open.



## Soldier Show 2007 wows Dix audience

The 2007 edition of the Army Soldier Show rolled into Timmerman Center Sunday, the cast performing two shows that were crowd pleasers from the word go. Fort Dix's Deputy Commander Lt. Col. Roger Cotton, at left, accepts a plaque from the NCOIC who took care of the cast and crew of the Soldiers Show as they take their entertaining wares on the road. On the right, Spc. David Lemon II, a native of New Orleans and member of HHD, 59th Signal Bn. at Fort Richardson, Alaska, belts out a tune that shook any rafters that may still be hanging around at Timmerman.

photos by Steve Snyder



## Fire safety everyone's business

Gerry Zanzalari  
Public Affairs Staff

Fort Dix is lucky. Lucky in the sense that it hasn't had a major residential fire on the post in more than two years according to Jeff Silagy, fire chief, Fort Dix Fire Department.

The last fire we had was in Army housing where someone used the heater room of their home for storage against housing regulations," said Silagy. This individual escaped injury but the home suffered significant damage.

Three children, ages two, six and nine on other Army installations were not as lucky. Tragically, these children died as a result of fire- and smoke-related injuries. Preliminary Army investigations indicate that the smoke detectors in the homes where these children lived had been disconnected.

These deaths could have easily been avoided if the smoke detectors were operating. Disconnecting hard-wired detectors or tampering with any battery-operated detector is never recommended. Remember that Fort Dix regulation 420-8 prohibits removal of, or tampering with, any smoke detector.

Any problem with your smoke detector should be immediately referred to Unified Communities at 723-0500. What can you as a family member do to ensure fire safety? Silagy offered the following tips:

Never disable a smoke detector. Change the battery twice each year, whenever you change your clocks in the spring and again in the fall.

If your smoke detector activates for no reason, call 911 immediately and let the professionals determine why.

If your smoke detector activates as a result of cooking or non-fire causes, clear the air by waving a towel near the detector and possibly opening windows to vent the smoke.

Test your detector at least monthly. Press the test button (if available) to ensure the unit is operating.

Plan and practice an escape route twice per year, at least once after dark.

Make sure your family has an agreed upon meeting place such as a neighbor's home or other safe location away from your home and out of emergency vehicle access routes in case of a fire.

Carbon monoxide or CO detectors are also required in Army housing.

They are particularly important if your housing unit has natural gas heating, a gas stove or a gas fireplace.

"If your CO monitor is activated, get everyone out of the house as soon as possible," said Silagy.

"And please remember that the fastest way to report an emergency is to call 911. Do not call the fire station directly," said Silagy.

"Fire safety is an ongoing concern for all of us."



1st Lt. Antonia Greene

### Hit me with your best shot

Command Sgt. Maj. Thomas Fenton, 3-315 Training Support Battalion, takes a shot at his new brigade commander, Col. Michael Miklos, during the 72nd FA Brigade Organizational Day barbecue at Willow Pond, Sept 19.

## Tough love: When war is justified

Chap. (Maj.) Jason Logan  
Staff Chaplain

### Chaplains' Corner

Jesus was asked in Matthew Chapter 22, "Teacher, which is the greatest commandment in the Law?" Jesus replied, "Love the Lord your God with all your heart, with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

Several years ago, on "Larry King Live" with the topic of "Christian Leaders Speak Out on the War with Iraq," a caller from Laceyba, Honduras asked an insightful question that perhaps many in our community have asked. After Larry King said, "Laceyba, Honduras - Hello," the caller asked, "Considering the fact that the Bible is riddled with violence from the Old into the New Testaments, what has happened to the concept of love, compassion, and turn the other cheek?" The underlined mes-

sage in the caller's question is that because we as Christians are clearly called to demonstrate love and compassion, waging war is never an option. Contrary to the implication of the caller's question, my goal in this article is to suggest that sometimes, the most loving option for a nation to do is to wage war in a just manner.

The Christian pacifist is against the use of force under any conditions. In their worldview, the use of force is antithetical to loving your neighbor as yourself. Thus, for them, love and war are never compatible under any circumstances. While I respect the conviction and sincerity of those who hold that position, I believe they're missing a perspective of the "big picture" and the "greater good."

A critical principle of just war theory is "right intentions." Wars that

are fought out of conquest, or to expand borders are unjust wars. But, war can be waged and fought for a noble cause. As Darrel Cole, a professor at William & Mary College argued in a particular article, the failure to fight a just war may be a failure to love. He wrote, "We fight just wars because they are acts of charity. [This] is something Christians ought to do out of love for God and neighbor."

What makes a just war an act of love? Proverbs 21:15 says, "When justice is done it brings joy to the righteous but terror to evil doers." A just war waged in love brings justice, restrains evildoers, and promotes the peace and well-being of the community of those afflicted. Theologian Thomas Aquinas applauded those who wielded the sword in protection

of the innocent. His discussion of just war is found in his chapter on "Charity, the love of God and Neighbor." John Calvin agreed with Aquinas. Calvin called the Soldier, "an agent of God's love," and he called Soldiering in a just cause a "God-like act."

Bottom line, in my view, a world in which freedom loving nations refuse to fight just wars wouldn't be a more peaceful world. A refusal to fight would create a world in which evil would go unchecked by justice. Fighting wars, when necessary, provides a just, loving response. I might add, war is never preferred (by anyone and especially by Soldiers), but sometimes the most caring thing we can do in a violent, unjust world is to take up arms. This is where Soldiers serve a greater purpose and I believe we should support them in that endeavor. After all, as the great statesman Edmund Burke said, "All that is necessary for the triumph of evil is that good men (or women) do nothing."

# Servicemembers eligible for reduction

Anne M. Hill, Esq.  
Installation Legal Office

Servicemembers may be able to reduce the interest rate on their pre-service credit cards, car loans, mortgages, installment contracts, interest charged by the IRS, secured debts under a confirmed bankruptcy plan, and other debts or obligations to 6 percent per year under the Servicemembers Civil Relief Act (SCRA), 50 U.S.C. App. Section 527.

However, federally insured guaranteed student loans are not eligible for this rate reduction under the Higher Education Act of 1995, 20 U.S.C. Section 1078(d).

The SCRA specifically includes debt owed by the servicemember individually or jointly with a spouse. Debt jointly owed by a servicemember and individuals other than a spouse has also been eligible for the interest rate reduction.

It does not matter which one of you initially incurred the

debt. The important issue is that both of you are legally obligated to repay the debt, for example both names are on the loan repayment documents.

The 6 percent interest rate cap only applies to debts that were made prior to entering active military service and it remains in effect only during the period of your active military service. Interest in excess of 6 percent must be forgiven, not just merely postponed, and the amount of the monthly payment must be reduced to reflect the actual interest rate being charged. Under the SCRA, interest includes service charges, renewal charges, fees, or any other charges (except bona fide insurance) pertaining to the debt.

The interest rate is not automatically reduced to 6 percent once servicemembers enter active military service.

In order to obtain the interest rate reduction, servicemembers must provide written notice and a copy of their military orders (and any orders extending such military service) to their creditor(s) no later than 180 days after termination or release from

active military service.

Although the SCRA permits this 180 day grace period, it is advisable to provide written notice to creditors once you receive military orders.

Once you provide proper notice, the creditor must retroactively reduce the interest rate to 6 percent for the period of active service. However, the SCRA permits a creditor to file for relief from the reduced interest rate in the appropriate court of law if the creditor believes that the servicemember's ability to pay the higher interest rate was not materially affected by his or her military service.

The court may grant a creditor relief from reducing its interest rate if it is determined that the servicemember's call to active duty did not materially affect his or her ability to pay the higher rate.

An example where the servicemember's ability to pay the higher interest rate is not materially affected by military service is when the servicemember's employer pays the difference between the military pay and the prior salary.

# Changing environment drives development

John Harlow

FORT MONROE, Va. (Army News Service, Sept. 24, 2007)

The global operational environment Army leaders face today is forcing the U.S. Army Training and Doctrine Command to enhance and accelerate the way it develops leaders.

"When you consider the changes in globalization, communications, technology, and an ever-changing, thinking and adaptive threat, you can see the environment our leaders are operating in today - and tomorrow - is changing rapidly," said Gen. William Wallace, TRADOC commanding general.

"It seems to me that we are in a decade or two of persistent conflict. That means we have to make adjustments not only in the way we train our officers and NCOs, but the way we develop leaders to operate effectively and efficiently in an era of persistent conflict."

Gen. George W. Casey Jr. spent his first 100 days as chief of staff of the Army assessing the state of the Army. His transition team identified the need to accelerate leader development at all levels, and a working group was formed and co-chaired by Gen. Wallace and Deputy Undersecretary of the Army Thomas E.

Kelly III.

To date, the working group has identified six major objectives and 21 key actions that, when implemented, will speed the development of multi-skilled, adaptive, innovative and culturally aware leaders, both military and civilian, at every level.

"We are looking at how we make leadership development better," said Col. Chuck Rogerson, director, leader development and education, TRADOC G-3/57. "We are looking forward to what we can do to accelerate our systems that are in place and add a couple key things."

Objectives influencing the ability to accelerate leader development include: Army Force Generation, which will set the timing of when schooling can take place; Army Leadership for the 21st Century, which is changing officer and noncommissioned officer leadership training; and the operational environment, which has grown increasingly complicated.

"If you look at the spectrum of conflict, it ranges all the way from peace support operations to major combat operations and everything in between," Wallace said. "What we, within the Army, have to do is develop leaders and Soldiers that are capable of operating any place along the spec-

trum without a tremendous amount of training and preparation time. We have learned that leaders have to be pretty agile and be able to move from major combat operations to stability operations to irregular warfare and all across that spectrum, and be prepared for circumstances to change almost continuously."

Training must be flexible, adaptive and provide leaders the skills they need to be successful in their difficult work environments, said Lt. Gen. Thomas Metz, TRADOC deputy commanding general.

"The world is changing so quickly. Mankind is in a period where the human has to be able to think very quickly," he said. "Information travels around the globe in a matter of seconds. Being able to deal with a tremendous amount of change and the complexity of the world is what is putting the demand on us to train these very innovative, agile and adaptive leaders."

Preparing Soldiers to immediately contribute to the organizations they become a part of is key, Wallace said, and that is a major change in the way the Army develops Soldiers.

"Back in the old days, we used to send a Soldier off to their first unit of assignment with a job book that said we have accomplished training in about 65 percent of the areas



Sgt. Edward I. Siguenza

**FOLLOW THE LEADER** -- Staff Sgts. Kevin Goddard, Ernesto Cuellar and Boone Carter maneuver into position during urban warfare training in July at Camp Atterbury, Ind. Changes in the global operation environment Army leaders face today will soon result in changes in such training.

where this Soldier has to be proficient in, but the other 35 percent are things that the operational Army will have to devote time and energy and resources to make that apprentice-Soldier a fully contributing member of your organization," he said.

"Today, we don't have that time or luxury," Wallace continued.

"We in the training base have to develop Soldiers who have all the techniques and skills and technical capabilities to allow them to contribute to the unit as soon as they arrive."

(John Harlow works for the U.S. Army Training and Doctrine Command.)

## ARTS & CRAFTS

Bldg. 6039  
Philadelphia Street

562-5691

Registration & sales store hours:

**Tuesday**

9 a.m. to 4:45 p.m.  
**Wednesday-Thursday**

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

**Friday**

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

**Saturday**

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

\*\*October 6 - The Arts & Crafts Center will be closed.\*\*

## PROGRAMS

**Adult Craft Classes**

6-8:30 p.m.

Held Thursday 6:00- 8:30 p.m. \$5 pre-registration fee required.

**Spooky Candy Bowl** - Oct. 4

- Everyone needs a bowl to put their candy in for the trick-or-treaters! This spooky themed bowl will have you looking forward to Halloween every year.

**Ceramic Cookie Plate** - Oct. 11

- Celebrate National Cookie Month with this fun, cookie-themed plate and enjoy eating some delicious Otis Spunkmeyer cookies, baked fresh on the premises, while you

\$5 pre-registration fee

### Sewing Course

Sewing is fun! For beginners and refreshers! Past beginners have gone on to create costumes, window treatments, handbags and more! This is the last Beginners Class for this year. Sign up now so you can join the holiday gift classes coming next month! All supplies included. A 1" 3-ring notebook is suggested for handouts. 4-session course: October 3, 10, 17 & 24. Wednesdays 6:30 p.m. - 8:30 p.m.

### Framing Qualification Classes

Get qualified to use this great facility and equipment! You will complete one piece (cost of which is not covered by registration fee) about 8"x10" which you must supply as you learn to operate the equipment. All materials are available for purchase at the frame shop. Wednesdays (6:00pm-8:30pm) - October 3, October 17 Saturdays (9:00am-11:30am) - October 13. Pre-Registration required. Registration fee of \$10. Materials not included.

### "Quilts for Kids" Marathon

Oct. 13

Join us from 11am-9:45pm for a whole day and night of quilting craziness. Become part of this National Organization that donates quilts to Children's hospitals, shelters, and more. We have exciting new ideas and donated fabrics; all you need to bring is your desire to help others

while you learn to sew and learn to machine quilt! All experience levels welcome, and there is no fee to join. Please sign up beforehand to reserve your space, or call 562-5691.

### Paint Your Own Pottery Day

Oct. 20

Come in and paint any of our ceramic items and get 20% off on this day only! We'll have light refreshments, including an Otis Spunkmeyer cookie tasting. Bring your friends!

### Youth Pottery Courses

Kids Pottery Class

(Ages 6-9)

Oct. 13-27

(3-week class) \$25. Classes cover both hand building and wheel throwing techniques. Pre-registration required. Saturdays 10:30am-12:00pm

Twelve Pottery Class

(Ages 10-13)

Oct. 13-27

(3-week class) \$25. Classes cover both hand building and wheel throwing techniques. Pre-registration required. Saturdays 1:00-2:30pm

### Create A Critter

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

## Honoring the Colors

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

# Trainers carry legacy to Afghanistan

Spec. William Addison  
444th MPAD

As the 15 personnel of the Embedded Training Team (ETT) embark on their journey to continue the New Jersey Army National Guard's mission of training Afghan soldiers, they bear with them the symbol of another legacy, the guidon of Company A, 1st Separate Battalion, dating from the 1930s.

The presentation of the colors took place September 20 at the ETT's farewell salute at the Joint Training and Training Development Center, (JT2DC) Fort Dix.

The ETT will be spending the next year training the soldiers of the Afghanistan army in the standards of coalition operations.

"Its main mission is to help the Afghanistan army provide security to the region itself.

"This is truly a unique and critical mission as we help to build a professional army in Afghanistan," said Maj. Gen. Glenn K. Rieth, Adjutant General of the New Jersey National Guard, as he addressed the formation at the departure ceremony.

"This is a tough mission," said Rieth, "They're going to show them what the American standard is," he added.

"We have a robust group of individuals that bring a lot of different skill sets into the mix," said Lt. Col. John E. Langston, ETT team chief, about the readiness of the Soldiers to perform the task at hand.

The team has been preparing for this mission since February, training to improve their individual soldiering skills, weapons marksmanship, and physical fitness.

While many Afghanistan citizens have been fighting for years, it is the role of the National Guard Soldiers to serve as training advisors and liaisons to the Afghanistan army so that improved cooperation and coordination in tactical operations can occur between all the coalition forces



Spec. William Addison

Soldiers from the Embedded Training Team (ETT), New Jersey National Guard, take part in the presentation of the colors ceremony at the Joint Training and Training Development Center Sept. 20 before departing on a deployment to Afghanistan. They will assist in the training of Soldiers in the Afghan Army performing coalition operations.

involved in the Global War On Terrorism.

Some even have first hand experience working with the Afghanistan army.

"You can't teach these guys how to fight, they've been fighting for thirty years," said Staff Sgt. Michael Tumminelli, ETT company mentor.

This is Tumminelli's second tour to the region adding that the key to success is updating cultural awareness.

"What you need to do is treat them with respect, adhere to their cultural rules and regulations and pretty much keep your level of focus high at all times," he said.

"In my professional opinion, these men are the best trained Soldiers to ever deploy from the state of New Jersey,"

Col. Anthony Formica, commandant of JT2DC where much of the training was planned and staged.

But as the members of the ETT look forward to the mission ahead, they carry with them a reminder of the 372nd's volunteerism past under the motto "Sans Peur." Without Fear. It was this motto that retired Capt. Spencer C. Moore, former member of Company C, 372nd Infantry Regiment, wanted to make sure the ETT members understood as he presented the 1st Separate Battalion colors.

A man of few words, Moore briefly spoke to the ETT members about his time in the Army National Guard stating,

"I enlisted in the Guard in 1940; do you think anybody

here can beat that?"

Company A, 1st Separate Brigade was formed on September 25, 1931 after many African-American citizens of Newark, Plainfield and Orange became discouraged by the fact that there were no "Colored" units in the New Jersey National Guard.

This fact was echoed by the many African-Americans who fought in World War I and now

had no way to pursue their military career.

Soon after, Company B was formed, commanded by Black officers.

Company A made its name in 1934, when the cruise ship Morro Castle caught fire near the Sea Girt National Guard Camp.

The men of Company A manned life boats and rowed out to the ill-fated ship. Many

lives were saved due to their efforts.

"It's a bit inspiring taking on that legacy, but not only because I'm African American," said Langston. "It's the spirit of volunteerism that we want to exchange here along with the colors."

The Jersey Guard Soldiers will leave Fort Riley, Kan. in November to start the one-year deployment.

## Clergy, chaplains share insights on veterans

(continued from page 1)  
be able to forget as long as they live. This is where you come in as clergy," he said.

After Inghilterra finished speaking to the audience they were introduced to recruiters from both the Army and Air Guard who made a plea for recruitment.

To close the day's event Stephenson presented Sgt. (Ret.) Joe Nyzio, a state benefits advisor with the Department of Military and Veterans Affairs, to the audience. Nyzio was wounded while serving as a member of Task Force Baghdad in 2004. While guarding a police station in Sadr City he and his comrades came under attack when 15-20 rocket propelled grenades were fired at

them. He was wounded from shrapnel and glass when his Humvee's windshield was hit. He is completely blind in the affected eye.

"I think you need a personal experience to let people know what's going on. A lot of stories, mostly bad, are coming back from over there, but there are some good stories, too. The chaplains are an important part of what goes on with our military, and we need as many as we can get," said Nyzio.

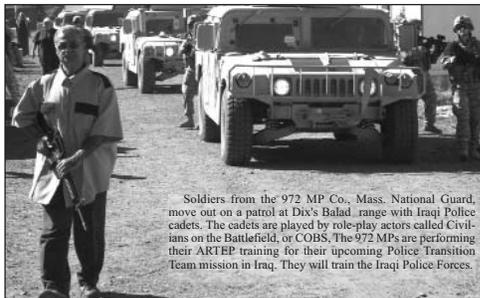
The clergy responded by giving Nyzio a rousing standing ovation. For the members of the clergy that attended the event afforded different opportunities.

"My goal is to find out how I can better minister to the needs of Soldiers and families as they

return from Iraq. Primarily I serve retirees from World War II, the Korean War, and Vietnam. I want to know how to interact with and meet the needs of Soldiers returning from overseas. I want to wrap my hands around how to help deal with PTSD. I want to broaden my effectiveness and ability to serve my community. I want to broaden my relationships with those in the military and my community," said Chuck Mitchell, chaplain, Samaritan Hospice, Marlton.

"I am interested in becoming a chaplain," said Alexander Traichtman, an Orthodox Jewish rabbi from Lakewood. "We're all Americans. We all share the same pleasures and freedoms. So we have to share the same responsibilities."

Stephenson was excited by the response of those who had attended and said he intends to hold another similar forum in April 2008. He is equally as excited in the fact that the National Guard chaplains have an army of allies in the civilian clergy to help meet the needs of today's citizen soldiers.



Ryan Morton

## MP unit trains to train new Iraqi Police Forces

Ryan Morton  
Public Affairs Staff

After mobilizing more than 8,000 Soldiers, Sailors, and Airmen in the first half of 2007, Fort Dix still leads the way in deploying military personnel to fight in the Global War On Terrorism. The 972nd Military Police Company is the most recent unit to complete training at the installation for a tour in Iraq.

These Soldiers are part of the Massachusetts National Guard, hailing from Reading, Mass. It is a company sized element training as a Police Transition Team, or PTT, with

the mission of training the Iraqi Police Forces. In preparation for this task the Soldiers performed the Army Training Evaluation Program, or ARTEP. The ARTEP represents the final test a unit must perform to a satisfactory level before deploying.

In this particular training scenario, Soldiers go to a police station and give instruction to a group of Iraqi Police cadets played by role players called Civilians on the Battlefield, or COBs. The MPs teach the cadets how to perform a patrol down a city or town street.

The Soldiers and COBs line up on foot and in humvees patrolling down the Balad streets. During the patrol, they confront various simulated obstacles such as Improvised Explosive Devices (IEDs), roadside bombs and sniper fire.

They have to complete the patrol and are graded on how they handle the obstacles, train the Iraqi Police cadets, and completion of the mission.

The 972nd MP Co. has been at Dix training since mid-July. This unit, like many National Guard and Reserve units in today's military, has veterans who have already served in OIF and OEF.

"It's great having these experienced Soldiers here because they offer a lot of training and specific advice on what to do," 2nd Lt. Chris Cunningham said.

This PTT mission has a unique set of variables and one main goal. "Our primary job is transitioning the Iraqi Police from a force that's very dependent on us to instilling in them the knowledge and know-how to become independent," Cunningham said.

# Announcements



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

**Friday, September 28 @ 7:30 p.m.**

**The Invasion** - Nicole Kidman, Daniel Craig, Jeremy Northam, Jackson Bond, Jeffrey Wright  
- The mysterious crash of the space shuttle leads to the terrifying discovery that there is something alien within the wreckage. Those who come in contact with it are changing in ominous and inexplicable ways. Soon Washington, DC psychiatrist Carol Bennell (Nicole Kidman) and her friend, Dr. Ben Briscoe (Daniel Craig), learn the shocking truth about the growing extraterrestrial epidemic: It attacks its victims while they sleep, leaving them physically unchanged but strangely unfeeling and inhuman. As the infection spreads, more and more people are altered and it becomes impossible to know who can be trusted. Now Carol's only hope is to stay awake long enough to find her young son, who may hold the key to stopping the devastating invasion.

MPAA Rating: PG-13 - violence, disturbing images and terror

Run time: 99 minutes

**Saturday, September 29 @ 7:30 p.m.**

**War** - Jet Li, Jason Statham, Jet Li, John Lone, Devon Aoki, Luis Guzman  
- After his partner and family are apparently killed by an infamous assassin named Rogue (Jet Li), FBI agent Jack Crawford (Jason Statham) becomes obsessed with revenge. Rogue's return sparks a violent war between rival Asian mobsters Chang (John Lone) and Shiro (Luis Guzman) while the ultimate showdown between Crawford and Rogue reveals an unexpected truth.

MPAA Rating: R - sequences of strong bloody violence, sexuality/nudity and language

Run time: 91 minutes

**Future Features...**

**Superbad**

Friday, Oct. 5 @ 7:30 p.m.  
R, 114 minutes.

**Mr. Bean's Holiday**

Saturday, Oct. 6 @ 7:30 p.m.  
G, 88 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

**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 - Bible Study - Tuesdays, 9:30 a.m. to noon

Christian Men of the Chapel - 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.

**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 28 - Oct 4**

**\*Friday\***

Power Hour  
2:30 - 4:30 p.m.  
Computer Lab  
4 - 6 p.m.

**\*Saturday\***

Volleyball Tournament  
4 - 6 p.m.

**\*Monday\***

Power Hour  
2:30 - 4:30 p.m.  
Arts & Crafts Club  
3:45 - 4:45 p.m.  
Computer Lab  
4 - 6 p.m.

**\*Tuesday\***

Power Hour  
2:30 - 4:30 p.m.  
Goals for Growth  
3:45 - 4:45 p.m.  
Computer Lab  
4 - 6 p.m.

**\*Wednesday\***

Power Hour  
2:30 - 4:30 p.m.  
Sports & Fitness  
3:45 - 4:45 p.m.  
Computer Lab  
4 - 6 p.m.

**\*Thursday\***

Power Hour  
2:30 - 4:30 p.m.  
Tech/Video Club  
4 - 5 p.m.  
Computer Lab  
5 - 6 p.m.

**Goals for Growth Program** starts Sep. 18, and runs through Nov. 20. The program is a 10 week program that will be held on Tuesday afternoons from 3:45 - 4:45. The program is open to 11 and 12 year olds and will be led by Ms. Erica Bryant. Contact the Youth Center with any questions and to register.

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

**Army Community Service**

Bldg. 5201, 562-2767  
Hearts Apart

Oct. 9 and 23  
10 a.m. - 1 p.m.  
Army Community Service

**McGuire/Fort Dix Job Fair**

October 10  
10 a.m. - 2 p.m.  
McGuire AFB  
Community Service Club  
POC - Carol Spenser 754-3154

**Hispanic Heritage Luncheon**

October 11  
11:30 a.m.  
Club Dix

**Lunch and Learn Series:  
Peer Pressure: What to Do?**

October 19  
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

**Computer Classes**

for 3 - 5 year olds

**Tuesdays (starting October 2)**

4:15 - 5:15 p.m.

Fort Dix Child Development Center

**BASIC COMPUTER SKILLS**

**KEYBOARD FAMILIARIZATION**

**PRACTICE DESKTOP SKILLS with  
PULL DOWN MENUS**

Register TODAY through September 18!  
\$45 (A month paid in advance is due on the 1st)

Read  
the Post

**MOBILIZATION NEWS YOU CAN USE**

WDIX  
Commander's  
Channel 2

WDIX  
Commander's  
Channel 2

**Post Shuttle Bus**

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

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

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

**BX/PX & Mall**

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

**Commissary**

754-4134  
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 the 24-hour gate  
Monday to Friday - 6:30 a.m. to 7 p.m.  
Saturday - 9 a.m. to 7 p.m.  
Sunday - 9 a.m. to 6 p.m.

**Spouses' Club Thrift Shop**

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

**Dining Facilities**

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

**Outdoor Recreation**

562-6667  
Bldg. 6045 Doughboy Loop  
*Rentals include skis, snowboards, canoes, tennis, 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.

# Earnhardt to join Guard team

Master Sgt. Bob Haskell

DALLAS (American Forces Press Service, Sept. 21, 2007) - Dale Earnhardt Jr., whose family's name is part and parcel with the National Football League, will drive the Chevrolet for the National Guard will sponsor in NASCAR's top-level Sprint Cup series in 2008.

Earnhardt - "Junior" to the millions who follow the sport - will drive the 88 car for Hendrick Motorsports' new team, officials announced during a nationally televised news conference Sept. 19.

The popularity of the Earnhardt name raises the Guard's participation in one of America's two most popular spectator sports, the National Football League being the other, to a new level, said Lt. Gen. Clyde Vaughn, director of the Army National Guard.

NASCAR appeals to the same age group, 18-24, that is the prime recruiting group for the Guard and the other military services, Lt. Gen. Vaughn pointed out. The Army Guard has to recruit about 70,000 new people every year, he said at the Dallas Convention Center.

"If the strength of our recruiting is the same place that you run NASCAR, which it is, and if Dale Earnhardt Jr. is the most popular of all the NASCAR drivers, which he is, then you would think that would make a difference in the number of people who will follow the Guard, the Guard car, and maybe effectively think about joining our team," he said.

"And that's all we ask him to do. Dale will have an enormous, enormous impact on that effort," Lt. Gen. Vaughn predicted. "People will look at the partnership this way: 'The Guard is a great way to serve. It's a first-class organization. And I like Dale Earnhardt Jr. So does the Guard. I'm going to have to think about that.'"

"I think it's important to support the military, especially now," Earnhardt said, regarding his new affiliation with the National Guard.

Todd Bodine and Greg Biffle, who finished second in the Nextel Cup Series in 2005, have been previous Guard car drivers. Casey Mears is this year's driver.

Earnhardt, 32, has won 17 Cup-level races and two NASCAR Busch Series championships. He is the son of racing legend Dale Earnhardt Sr., who was killed in a crash on the final corner of the final lap of the NASCAR season's inaugural race, the Daytona 500, in February 2001. He is the grandson and nephew of, respectively, NASCAR pioneers Ralph Earnhardt and Morgan Shepherd. His mother's father, Robert Gee, built NASCAR cars.

Earnhardt will replace Mears as the driver for the Guard car and will add his name and pedigree to the Hendrick lineup of dominating drivers that includes Jeff Gordon and Jimmie Johnson.

Mears will replace Kyle Busch, who is leaving the Hendrick team for the Joe Gibbs team, after one season as his No. 25 Guard/GMAC Chevrolet car driver, and Earnhardt will begin racing for Hendrick Motorsports after severing his ties with Dale Earnhardt Inc., the company that his father founded.

Earnhardt announced in June that he signed a five-year contract with Hendrick Motorsports. His new car number is no accident. He has driven the No. 8 Chevrolet since he entered the Cup Series in 1999. His grandfather raced with that number, as well as 88, and Dale Sr. drove the 8 car early in his career. Earnhardt family have been previous Guard car drivers. Casey Mears is this year's driver.

"We considered every number with 8 in it that was available," he told a room filled with media and Texas Army Guard recruiters, distinctive in their Army combat uniforms. Earnhardt is currently in 13th place, and out of this year's 12-car chase for the Nextel Cup, after finishing 16th in the Sylvania 300 on Sept. 16 at the New Hampshire International Speedway. He has started on the pole, in first place, once this season but has yet to win a race. He has finished among the top five six times, and he has been among the top 10 drivers in 10 races.

He did qualify for the chase last year, beginning the season's 10-race championship series in sixth place and finishing fifth, 147 points behind Cup victor Jimmie Johnson.

Earnhardt is joining the Hendricks team that has ruled the NASCAR roost in 2007. Johnson and Gordon, with 10 victories and 30 top-five finishes between them, are tied for the lead with 5,210 points after 27 races. Kyle Busch, with one victory and a total of 22 top-five and top-10 finishes, is fifth in the Nextel Cup standings.

This year's Guard car driver, Mears, is in 15th place after his strong performance at New Hampshire, where he started 15th. He has one victory in the Guard/GMAC Chevrolet, coincidentally in the Memorial Day Coca-Cola 600, which raised money for the Families of U.S. troops. Ten drivers raced in cars painted in military camouflage patterns to signal their support for that cause.

(Army Master Sgt. Bob Haskell is assigned to the National Guard Bureau.)



Master Sgt. Bob Haskell

ON BOARD -- Dale Earnhardt Jr., who will drive the National Guard car in 2008 in NASCAR's top-level Sprint Cup Series, stands tall among National Guard Soldiers in Dallas, Sept. 19. Lt. Gen. Clyde Vaughn (left), director of the Army National Guard, predicted that Earnhardt will attract more people to National Guard service.

## Wives to run Army Ten-Miler

Roxana Hoveyda

WASHINGTON, D.C. (Army News Service, Sept. 24, 2007) - For the last few months, 37 wives from Georgia's Fort Stewart and Hunter Army Airfield have been training to run the 23rd annual Army Ten-Miler next month.

The women will run in honor of their husbands, who are assigned to the 3rd Infantry Division and deployed to Iraq - some for their third tour.

Camaraderie and the chance to positively represent Army wives have attracted most of the spouses to the Ten-Miler, according to group member Gabrielle Winton. Others want to prove to their husbands that they can run the distance.

"I believe we represent the families of deployed Soldiers and the spirit of Army families everywhere in that our running is one of the many ways we carry on and don't quit while our loved ones are gone," Winton said. "Running the Army Ten-Miler as a group shows solidarity and a desire to keep physically healthy."

The women appreciate the physical benefits of running, but especially enjoy the emotional

benefits. "When we're running with friends, laughing and talking through problems, things just seem better. We have a saying that 'the longer I run, the smaller my problems become.' It is so true!" said Winton, whose husband, Lt. Col. Doug Winton, is deployed in Iraq for the second time.

"I think it's important to have groups like ours out there so that people don't forget that for every Soldier serving, there is a family he or she left behind. Those families are making a huge sacrifice, too, and we're just as proud to do it."

This year's Ten-Miler will take place Oct. 7 in Washington, D.C., with the start and finish at the Pentagon.

The route passes such national landmarks as the Lincoln Memorial, the Washington Monument and the U.S. Capitol. Sponsored by the Association of the United States Army and Kellogg, Brown and Root, the event attracts more than 26,000 runners.

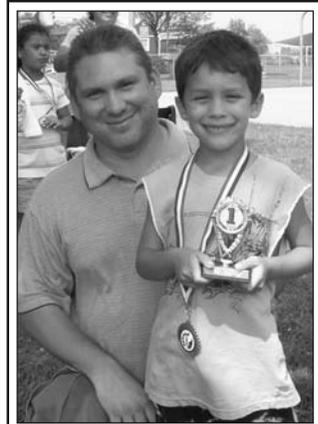
For more information on the race, go to [www.armytenmiler.com](http://www.armytenmiler.com).

(Roxana Hoveyda works for U.S. Northern Command's Joint Force Headquarters, National Capital Region.)



Action Sports International

TEN-MILER TANDEM -- Gabrielle Winton and Elizabeth Mraz run last year's Army Ten-Miler. Both spouses will run in this year's event on Oct. 7 in honor of their husbands, who are assigned to the 3rd Infantry Division and deployed to Iraq.



courtesy photo

## Exceptional fun

The Exceptional Family Members Program (EFMP) Summer Games were held at John Mann Park Aug. 25. Members of the EFMP community participated in numerous activities such as tug-of-war, basketball, horseshoes, bowling and swimming. The events were focussed on confidence building and empowerment for members of the EFMP community. Each child received T-shirts and medals for participation. Winners in each age group, Erik and Kevin Wojciechowski shown above, received a trophy.

# 2007

## Flag Football Season

Sign Up Today!

Coaches Meeting  
20 September 1800  
at Griffith Field House

Open to ALL Team Dix and MUST BE at least 18 years old to play.  
Contact Chris O'Donnell for more information at (809) 562-2769/3961 | FAX 7  
or visit Griffith Field House website: [www.dixmrr.com](http://www.dixmrr.com)

# Mitey-Mites on top with perfect 3-0

**Ed Mingin**  
Public Affairs Staff

The Fort Dix Chargers now lead the Burlington County Pop Warner Mitey-Mite division after beating Cinnaminson 6-0.

"It was Cinnaminson's first loss in two years, and for our returning players, it was pay-back for a 28-0 defeat last season. Both teams were 2-0 and tied for the division lead," said Steve Uzleber, Mitey-Mites head coach.

The Chargers offense was able to move the ball, but were only able to reach the end zone once.

"We committed three fumbles and had five penalties which keeps us from scoring more," Uzleber said.

Defensively, the Chargers were nearly perfect, and kept Cinnaminson far away from the goal line.

"The game was a defensive

battle. Andrew Jackson, Anibal Rodriguez, Sameer Williams, Jacob Carver, Joshua Dixon, Sean Hogg, Lasanna Brew, Robert Lowder, Cameron Tucker and Myles Bolden deserve credit for keeping the Pirates out of the end zone," said the coach.

"Cinnaminson was much larger and had a lot more experienced players, but the Chargers wanted it more. I am really proud of how our smaller guys out played the Cinnaminson line. We worked hard all week and it paid off," he said.

The undefeated Mitey-Mites have a bye this week, then travel to Riverside the following week.

In the Pee-Wee division, Fort Dix is now 2-1 after losing to Cinnaminson.

"The game came down to the last minute with Cinnaminson scoring in the fourth quarter with 1:45 left in the game. The game was scoreless until

the very last minute with the final score 6-0," said Peewee head coach Rob Oswald.

"Our kids played an awesome game, they gave it all they had and held the defending Burlington County champs to just six points. It was a great defensive battle with no team able to budge either way," he said.

The Peewees will look to get back on track this weekend against Hamilton West.

"I'm so very proud of these kids they played their hearts out and came up just a little short. Both sides of the ball, offense and defense played an outstanding game. Kudos goes out to everybody on the team. They all worked so very hard and it showed," said Oswald.

For the Midgets, Fort Dix falls to 0-3 after losing 19-13 to Cinnaminson. The Midgets had to forfeit the first game of the season due to a lack of players.



photos by Ed Mingin

**UNSTOPPABLE** -- The Fort Dix Mitey-Mites are off to a perfect 3-0 start this season. After beating Cinnaminson 6-0 this past weekend, the Chargers are now in first place. Above, Lasanna Brew speeds past defenders. At left, Joshua Dixon, and the rest of the defense played a nearly perfect game, keeping Cinnaminson from reaching the end zone.



Ryan Morton

## FCI back on top

It was a battle all season long between FCI and Steel Angel. FCI pulled it together for the preseason championship, beating Steel Angel. For the regular season tournament, Steel Angel took the win against FCI. The battle would be settled once and for all in the post season tournament, held Sept. 19. FCI grabbed the upper hand, beating Steel Angel and winning the post season championship.

## 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

Monday - Friday  
Military Lap Swim  
6 - 8 a.m.  
Retirees/Dep. Lap Swim  
10 - 11:30 a.m.  
Active Duty/DOD Lap Swim  
11:30 a.m. - 1 p.m.  
Recreation Swim  
1 - 5 p.m.  
Saturday  
Lap Swim  
10:30 a.m. - noon  
Recreation Swim  
noon - 6 p.m.  
Hydro Aerobic Class  
10:30 - 11:30 a.m.  
Monday - Wednesday  
Hydro Aerobic Class  
7:30 - 8:30 p.m.

### Joint Base Half Marathon

Fort Dix, Lakehurst Naval

Air Engineering Station, and McGuire Air Force Base will hold its Inaugural Joint Base Half Marathon, Saturday, Sept. 29 at 8:30 a.m.

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, Sept. 28, between 4 and 6 p.m., with the Pre-Race Carb Dinner following at 6 p.m. 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 5-7:30 a.m. Security will direct participants where to park and to main event area.

For further details, please call Lt. Terry DeMille at 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.

For more information about activities at the Griffith Field house, or to verify class times, call 562-4888.

## Soldiers dethrone Air Force for championship



Staff Sgt. Mike Meares

**SLUGGER** -- All-Army Staff Sgt. Lee Diaz, of Fort Meade, Md., drives the ball into the outfield during the 2007 U.S. Armed Forces Men's Softball Championships.

Staff Sgt. Mike Meares  
96th Air Base Wing

**EGLIN AIR FORCE BASE, Fla.** - The All-Army team spoiled All-Air Force's bid for a fourth consecutive championship by capturing the gold medal at the Armed Forces Men's Softball Championship tournament Sept. 12-14.

The All-Army team claimed its first Armed Forces men's softball title since 2003 - and sixth overall - with six victories and two losses. The All-Marine Corps team finished second with a 6-3 record.

"Any team can beat any team at any given time," said All-Army coach Command Sgt. Maj. Victor Rivera of Fort Drum, N.Y. "My strategy is to beat everyone at least twice."

The three-day, round-robin tournament featured hand-picked players from around the Army, Air Force,

Marine Corps and Navy. Each team played nine games.

The All-Army team, with only three rookies, relied on the experience of 12 veterans. After losing 20-8 in their tournament opener to the All-Marine Corps squad, the Soldiers made adjustments and dropped only one game to All-Air Force during the rest of the tournament.

"Not only did we win it for ourselves, we won it for our units, divisions, and most importantly, the Army," Command Sgt. Maj. Rivera said. "We can brag for the next year that we are the softball champs."

All-Air Force had just one win before defeating Navy, 18-9, in the final game of the second day of the tournament. They entered the final day needing to sweep all three services.

"We just didn't hit," Shortland said. "You have to put the pedal to the medal every pitch of every out of every inning of every game to win this tournament. It is what it is. It's

disappointing to know that we had so much talent on the field and couldn't get it done."

The Soldiers got it done with their bats. Five of the top 10 hitters in the tourney hailed from the All-Army squad. Mason Elmer led the way with a .700 batting average, including 21 hits and 12 Runs batted in.

All-Army's Dexter Avery and All-Air Force veteran Joshua Wiggs had a tournament-high five home runs.

"The teams keep getting stronger and stronger," said All-Army utility player Mike Dochwat of Fort Campbell, Ky. "The services bring more dedicated players that sacrifice their egos for championships."

After the tournament, the coaches selected an All-Armed Forces Men's Softball Team that will represent the U.S. military at the Amateur Softball Association Class A National Championships Sept. 29-30 in Oklahoma City.



### Club Champs

The Fountain Greens Golf Course held its Club Championship this past weekend. Tim Pates was the winner in a playoff with John Huda to win the men's Club Championship. John Huda was the men's Senior Club Champion. Bernice Picard won both the women's Club Championship, and the Senior women's Club Championship.

courtesy photo

# MILITARY MATTERS

## DoD will not relent in MIA efforts, leaders pledge

**Jim Garamone**  
American Forces Press Service

WASHINGTON, Sept. 21, 2007 - The United States military will "neither forget our duty to bring home all POWs and MIAs, nor relent in our efforts to do so," Defense Secretary Robert M. Gates said here today.

The secretary, along with Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace, spoke at the POW/MIA Day ceremony at the Pentagon today.

Roughly 30,000 Americans alive today were once held as prisoners of war, Pace said. Millions of Americans have taken the oath to become servicemembers, he said, but few "have been called to sacrifice the way our prisoners of war have been called to sacrifice and to be tested in the belief in that oath."

The general spoke of the incredible way that former prisoners of war fulfilled their oaths, and he said they hand a legacy of service to servicemembers today.

"We hope and pray that if we were to be in the same states that they were in, that we might discharge our duties as well as they have discharged theirs," Pace said.

"That legacy spurs us on to serve this nation out of respect for their honor and their service," he said.

Gates gave a special welcome to former POWs in the audience and to the families of Americans still listed as missing in action.

"Missing-in-action status is marked by ambiguity and uncertainty, a severe test of spirit and resolve for anyone seeking closure," he said. "Your attendance today proves once again that the bond of love transcends the passage of time, that while our nation's

heroes may remain missing in body, they are always present in spirit."

The POW/MIA commemoration is a time to remember

answered the call to duty and body, they are always present in spirit." The POW/MIA commemoration is a time to remember

thousands who remain missing from previous conflicts," the secretary said. "And they are the latest additions to the ranks of those we remember today."



Photo by Cherie A. Thurlby

**NOT FORGOTTEN**— Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace; Patricia Scharf, widow of Air Force Col. Charles Scharf; and Defense Secretary Robert M. Gates render honors during the national anthem during a POW/MIA ceremony at the Pentagon, Sept. 21, 2007.

and recommit, the secretary said. The day will be linked to the Sept. 11, 2001, terrorist attacks by coincidence of the calendar, but when the day was chosen it was picked because it was unconnected to any specific war or cause, Gates said.

But, he added, it is also fitting that POW/MIA Day be linked to Sept. 11.

"Throughout our nation's history, it has always fallen to the men and women of the armed forces to respond to aggressors and adversaries; to endure arduous and Spartan conditions; to risk life and limb on the battlefield; to make the sacrifices that are, in the final analysis, both our nation's tragedy and our glory," he said.

Servicemembers have again courage and sacrifice of our men and women in uniform will be our nation's glory," he said. "As in the past, losing them on the battlefield is ever our tragedy," Gates said. Gates paid special tribute to four soldiers missing in action during Operation Iraqi Freedom: Staff Sgt. Matt Maupin, captured April 9, 2004; Spc. Ahmed Altaei, captured Oct. 23, 2006; and Spc. Alex Jimenez and Pvt. Byron Fouty, both captured May 12, 2007. "They may not be well known to the public, but within the brotherhood of arms, they will never be forgotten or left behind," Gates pledged. "These men are the latest additions to the ranks of tens of

thousands who remain missing from previous conflicts," the secretary said. "And they are the latest additions to the ranks of those we remember today."

thousands who remain missing from previous conflicts," the secretary said. "And they are the latest additions to the ranks of those we remember today."

thousands who remain missing from previous conflicts," the secretary said. "And they are the latest additions to the ranks of those we remember today."

## All new Soldiers to become Combat-Lifesaver certified

**Mike A. Glasch**  
ARNEWS

FORT JACKSON, S.C. -- Sept. 24, 2007) - The Army is about to change the way it ensures Soldiers injured on the battlefield receive access to life-saving techniques.

"Soldiers who were recently redeployed, and those who are currently deployed, told us that the first 10 minutes are the most critical for keeping a wounded Soldier alive," said Fort Jackson's Deputy Commander Col. Kevin Shwedo.

Beginning Oct. 1, Soldiers entering Basic Combat Training will receive Combat Lifesaving Training and be CLS certified before graduation. The change adds seven-and-a-half hours to the current curriculum.

Soldiers will learn how to perform advanced first aid and conduct potentially lifesaving procedures - from controlling bleeding, conducting CPR and reintroducing fluids into the body - to keep a serious injury from worsening until professional medical help arrives.

"That means you are going to have to start an IV in your buddy, and your buddy is going to have to start one in you,"

Col. Shwedo said. The deputy commander said the change has two benefits. "One, we are training Soldiers on mission-essential tasks that will keep them and

them." The second benefit is stress inoculation. "There are very few things in life more stressful than watching a newly trained per-



Photo by Sgt. Rachel M. Ahner

**SAVING LIVES** - Staff Sgt. Lori Nuffeb, 115th Brigade Support Battalion, administers an IV to a dehydrated Soldier during medical operations in Hor Al Bosh, Iraq, July 13. Beginning Oct. 1, Soldiers entering Basic Combat Training will receive Combat Lifesaving Training and be CLS certified before graduation.

their buddies alive in combat," Col. Shwedo said. "Almost as stressful is introducing a catheter into your buddy's arm because you don't want to get it

son put a catheter in your arm," Col. Shwedo said. "Almost as stressful is introducing a catheter into your buddy's arm because you don't want to get it

wrong." Introducing artificial stress in BCT is thought to prepare Soldiers for the stressors of war.

But Col. Shwedo said that stress should be directly related to what Soldiers endure in war.

"Yelling at a person at the top of your lungs for five minutes does virtually nothing. Human nature says I will shut you down in the first 30 seconds," so I've just wasted the last four-and-a-half minutes of my life," Col. Shwedo said. "Whereas, if I put a Soldier in a stressful environment that has something to do with keeping him or her alive in combat, or killing the enemy, it makes him that much more successful."

Previously, only 20 percent of Soldiers in each unit were required to be Combat Lifesaver certified.

"At the end of the day we want to make sure we have a Soldier who is proficient in a few critical tasks - weapons proficiency, discipline, being physically fit, confident he or she can save a life on the battlefield and equally confident that their buddy can save their life," Col. Shwedo said.

(Mike A. Glasch writes for the Fort Jackson "Leader.")

## Reconstruction teams get OEF, OIF playbook

**David Mays**  
American Forces Press Service

WASHINGTON, Sept. 24, 2007 - Coalition teams working to rebuild communities in Iraq and Afghanistan have a new resource. The Provincial Reconstruction Team Playbook, a first-of-its-kind guide, has just been published by the Army's Center for Lessons Learned, at Fort Leavenworth, Kan.

Two of the center's top leaders spoke about the document during a conference call today with online journalists and "bloggers."

"Guys were going out, putting together PRTs and operating," said Army Col. Steve Mains, the center's director. "But there wasn't a whole lot of instruction for them on how to do that."

"Our PRTs that exist out there are out there with virtually no supporting mechanism," said retired Air Force Col. Mike McCoy, lead analyst on the project. "They have to rely on the people they are with."

**The playbook offers information such as the concept, intent and principles of PRTs. It also delves into specific and unique challenges faced in Iraq and Afghanistan.**

To get a first-hand look at how team members were conducting missions with local citizens, CALL embedded 15 staffers with PRTs throughout Iraq and Afghanistan. Embedded personnel relayed what they observed to a team of analysts at Fort Leavenworth and staff at U.S. military schools and headquarters.

"We're in the business of collecting what's really working in theater," Mains said. "The idea is that we would collect information from theater and get it very quickly back to the schools and back to the units."

The playbook offers information such as the concept, intent and principles of PRTs. It also delves into specific and unique challenges faced in Iraq and Afghanistan.

"We've got to get this playbook out in the field," McCoy said. "We've got enough content here that people need to start working on it and training on it."

CALL has written guides in the past on such topics as sniper operations, base defense, and "how to stay alive in the first 100 days of combat."

"If we see a gap in doctrine, then we will step in and fill that gap with our handbooks," Mains said.

Much of the information published in the playbook had already been assembled by U.S. State Department and Agency for International Development staffers who work side by side with military members on PRTs, the colonel explained. But an index guide compiling all that information in one place was nonexistent, he added.

"We were able to jumpstart it a little bit because of our ability here at Leavenworth," Mains said. "I think we'll see more folks in the interagency community wanting to get their name on these sorts of products in the future."

An immediate effect of the playbook's publication is increased dialog among agency staffers who make up the reconstruction teams, the CALL leaders explained.

"At the grassroots level, the worker level, they have been very eager to provide their input," Mains said. "We're building this interagency cooperation from the ground up."

## 'Grill Sgts' set to sizzle on Pentagon Channel

WASHINGTON, Sept. 24, 2007 - Cooking talents of some of the U.S. military's top chefs will be on the front burner of a new Pentagon Channel lifestyle program, "The Grill Sergeants."

"I want 'The Grill Sergeants' to be a forum on how to share the most common element in life - food," explained Sgt. 1st Class Brad Turner, an Army platoon sergeant chosen to be the show's first host.

A nationwide search is under way for other military members with a flair for food and a dynamic personality interested in showcasing their skills on the show.

"Watch out, Emeril!" warned retired Air Force Master Sgt. Jim Langdon, creator of "The Grill Sergeants." "We have some really talented chefs auditioning."

Besides highlighting the "superior culinary skills of military chefs," Langdon said, the show aims to introduce recipes unique to different parts of the world.

Chef Turner explained that he hopes to turn his passion for food into a compelling half-hour of television his fellow servicemembers can enjoy. "It will give them a way to share more intimately through something we do every day," he said.

But it's not all about food and fun, the show's creator said. "A couple of big benefits, besides learning some great recipes, deals with nutrition and ways to avoid cross contamination of different foods like raw chicken and vegetables," Langdon said.

All episodes of "The Grill Sergeants" have been shot so far at Fort Lee, Va., home to the Army's Advanced Culinary Skills Course, where the military's best cooks earn their stripes in the kitchen. Members of an Army jazz quartet, the "Taste Buds," provide musical interludes and serve as official taste testers. Military members are encouraged to send in their favorite regional recipe and photo of themselves to info@pentagonchannel.mil

"The Grill Sergeants" will debut later this fall on the Pentagon Channel. It also will be available via podcast and video on demand at www.pentagonchannel.mil.

(--David Mays/AFIS)

## Wear testing for new Navy uniforms announced



MCS 1st Class Brian Aho photo  
**NEW UNIFORMS** - Three Sailors show off the prototype uniforms for service dress white and service dress khaki.

**Sharon Anderson,**  
Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Selected officers and Sailors will begin limited wear testing of new uniform proto types, service dress khaki for chiefs and officers and service dress blue and white for E-6 and below, late this

fall or early winter. "The service dress khaki uniform is in a traditional style, last worn during the Vietnam era," said Robert Carroll, Head, Uniform Matters Office.

The E6 and below service uniforms, which still look much like the "Crackerjack" of today, will feature hidden zippers for ease of dressing and new piping for service dress white. The service dress blue will be for men only, he explained.

The service dress whites will have limited wear tests in Key West, Fla., and Pearl Harbor. About 225 officers and Sailors are expected to take part in the wear tests.

Carroll also said delivery of a single Navy working uniform for wear by all Sailors E-1 to O-10, and a year round service uniform for all Sailors E-6 and below is on track to get to the Fleet in summer 2008. The new Navy PT uniform is on track for spring 2008.

The selected officers and Sailors will evaluate the uniforms' functionality, appearance and acceptability and provide their feedback to the Navy Uniform Matters Office, according to Carroll.

Testing of the dress khaki and service blues and whites will be in Norfolk, Va., Washington, D.C., Millington, Tenn., and Pearl Harbor, Hawaii. An overseas testing site may be added later according to Carroll.