

# the Post

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Shawn Morris

**FAMILY STRONG** -- Members of the Fort Dix Army Family gather in Timmermann Center Nov. 7 to celebrate the signing of the Army Family Covenant, a new program that recognizes the need for strong families in support of a strong Army.

## Army inks family support vow

David Moore  
Public Affairs Staff

If Soldiers are to be Army Strong, then their families need to have equal support at home and even when loved ones deploy to dangerous war zones. On Nov. 7, post and command Army leaders signed the Army's Family Covenant at Timmermann Center to reaffirm the military's commitment to family and to show the recent quality-of-life improvements at the post with more to follow locally and Army-wide.

Right now more than 50 percent of the military is married—the highest number in military history, leaders report.

In addition, when leaders are reviewing unit readiness and indicators to deploy to a war zone, there are none to gauge if families are ready.

Lt. Gen. Jack Stultz, chief of the

Army Reserve and commanding general, United States Army Reserve Command, who is a three-time deployed Soldier, said to the uniformed personnel and families crowded into the center that with deployments at an all-time high, there is only one

“The Army recognizes how important families are in sustaining a long war,” said Stultz. “The Army right now is one-million strong. But that’s not the full picture. Additionally, there are 500,000 spouses, and 700,000 children. That puts the total number over the two-million mark.”

“If the families aren’t ready, the unit isn’t ready,” he said. “We’re here today on Fort Dix—An Army

Reserve installation—to sign the covenant. But it extends beyond Fort Dix—it extends to all our communities and training centers,” he said, addressing health care, communications and other Army services.

The Army Family Covenant sign-

*“The Army recognizes how important families are in sustaining a long war. The Army right now is one-million strong. But that’s not the full picture. Additionally, there are 500,000 spouses, and 700,000 children. That puts the total number over the two-million mark.”*

Lt. Gen. Jack Stultz,  
Chief, Army Reserve/Commanding General  
Army Reserve Command

ing came at the end of the installation’s Family Action Planning Conference, where community members attended fact-finding seminars and discussed ways to improve quality-of-life issues.

In recent years, installation leaders have invested \$705,000 to upgrade

Child Development Center playgrounds; purchased new video surveillance systems at School Age Services and Youth Services; and received a \$100,000 grant for year-long Global Positioning System Tracking/Mapping for youth. An

additional \$194,000 is expected to be used to expand Child and Youth Services program options.

In the arena of the privatized family housing, the Army is ear-marked for 582 Army-owned homes and 1,782 Air Force-owned homes under a Joint Fort Dix-McGuire AFB program that will provide more than \$300 million in housing area redevelopment work.

An estimated 605 Soldiers have experienced renovated barracks at a

cost of \$20.5 million. The post exchange has experienced \$5 million in improvements and the commissary has seen \$1.7 million in upgrades and additional services.

An additional four barracks at a cost of \$18.8 million are expected to be upgraded. Five barracks are expected to receive new heating, air conditioning and ventilation (HVAC). Nearly \$1 million is expected to be spent to build a new Soldier and Family Assistance Center.

In the quality-of-life improvements, the Hearts Apart Program for families of deployed Soldiers has been expanded. Services for foreign-born family members and free respite care for exceptional family members have grown.

During the ceremony, several families were present who exper-

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## Dix welcomes new CSM



Fort Dix Command Sgt. Maj. Bonita Davis

### Davis returns home, takes on challenge of top enlisted Soldier

Wayne Cook  
Public Affairs Office

After serving as the post command sergeant major for two weeks, Command Sgt. Maj. Bonita Davis has a few observations about Fort Dix.

“Soldiers on the installation seem upbeat. They appear to be doing well and like what they are doing. They seem happy. The leadership here is very good – military, government service and contractors. Everyone seems like they are working well together,” she said.

After 26 years, Davis returned to her roots in central

New Jersey to assume responsibility as the Fort Dix command sergeant major during a change-of-responsibility ceremony on Sharp Field Oct. 22.

The sun was warm and bright, there was not a cloud in the sky, a slight breeze caused the colors to snap and wave and everything seemed to be as it should for Davis, who as a child grew up just 20 miles from the installation in Trenton.

During the ceremony, Command Sgt. Maj. Albert “Ken” Davidson relinquished responsibility as the senior enlisted Soldier on post to Col. Ronald Thaxton, installation commander, who handed the installation guidon to Davis.

Davidson thanked those present and all the Soldiers assigned to Fort Dix for being the very best. “My assignment has been truly enjoyable and my tenure here so fulfilling. You, the Soldiers, have done the heavy lifting at Fort Dix. Each and every experience here has enriched my life,” Davidson said.

With those words he turned to Thaxton and said, “Col. Thaxton, sir, mission complete, Davidson out.”

Davis took the podium and said, “I thank God for this, for without Him none of this is possible. I know now that this is one of the best jobs in the Army to have.”

“I am here to work as a team with Col. Thaxton and Mr. Lichtneger. We are here to take care of Soldiers,” Davis said.

When asked what her vision or goals might be or what she wants to see happen on the post, she answered, “I know this is a Reserve installation, but I would like to see the mission grow and expand so we are able to serve and bring more Soldiers to Fort Dix for training. I would also like to see more permanent-party Soldiers, families, and civilians on the post. A larger contingency of permanent-party people means a more stable environment for those we serve and the communities around us.”

A Soldier who believes that a leader should lead by example, Davis is not afraid to roll up her sleeves and help a junior Soldier accomplish an assigned task or mission.

Davis believes that you cannot lead if Soldiers don’t believe you will wade into the mire alongside them to get the job done.

(continued on page 3)

## Mission prompts Soldier dental care relocation to Mills

David Moore  
Public Affairs Staff

Soldiers performing base-operations mobilization missions and receiving dental care at the 305<sup>th</sup> Dental Squadron’s facility on McGuire Air Force Base will soon be treated at the Mills Dental Clinic on Fort Dix.

“If a Soldier is not under a current dental treatment plan at McGuire AFB and requires a new course of treatment and follow-up care, he or she should contact the Mills Dental Clinic,” said Lt. Col. James Thompson, the officer in charge of dental operations at Fort Dix.

The telephone number for the clinic is 562-2610. Soldiers who are assigned at the post’s Mobilization Readiness Battalion and trainers are likely to be impacted by this change.

In the past, the Mills Clinic leadership did provide a dentist and two dental technicians to work at the McGuire facilities. But due to increased mission requirements at both installations, restructuring was necessary and those Army personnel have now returned to work at Mills.

Thompson said at this time 305<sup>th</sup> Dental Squadron is processing respective Soldiers’ dental records and forwarding them to the Mills facility. Soldiers having questions regarding their records can call the air force clinic at 754-3524.

“The Air Force is committed to completing the active treatment that is ongoing and has been initiated by them,” Thompson said. In the pre-mobilization and post-mobilization beginning later this month and running until Jan. 26, 2008, nearly 4,260 patients are expected to be seen.

For the arena of demobilization, more than 820 Soldiers have received demobilization care. Dental workers at Mills are also responsible for the dental care for warriors in transition—formerly known as Wounded Warriors.

The expected troop spike is a result of the New Jersey Army National Guard’s 50th Brigade Combat Team (BCT) Soldiers who are conducting pre-mobilization medical and dental care, as well as selected training requirements before going to their assigned mobilization station.

Of the 4,260 patients, about 2,500 Soldiers are from the BCT. While many of the troops receive their dental exams at the post’s Joint Readiness Center, most treatment is conducted in one of the 10 treatment room facilities at Mills Dental Clinic. There are plans underway to expand the number of treatment rooms at the clinic to a dozen to speed treatment for patients.

The Mills Dental Clinic is comprised of a group of nearly two dozen staff members who are active-duty, contracted, and part-time personnel to meet the dental mission of preparing Soldiers to support the Global War on Terrorism.

**Veterans Day salute**

**Who's your military hero?**



Sgt. 1st Class Edgar "Kangaroo" Jansons First Army Division East

*"Patton... He was blood'n guts but got the job done. His Soldiers took some casualties but his success was determined by the missions he accomplished. He was a student of military history who used what he learned - reading Rommel's books on tanks, for instance. I also like Eisenhower, who was in charge of many troops."*

Gen. George S. Patton >



Lawrence Thomas Social Assistant Soldier/Family Support JRC ACS

*"Audie Murphy. Audie was my hero because he was always focused. He concentrated on the job at hand and was dedicated to his men. He sacrificed for his men, putting himself on the line. He got hurt, helping his fellow Soldiers."*

Audie Murphy >



Glenda Klein Personnel Assistant JRC

*"I admire Benjamin Franklin and Thomas Jefferson. They set up our system of government which included the military and judicial branches which have co-existed and worked pretty well for almost 300 years now."*

B. Franklin, J. Adams T. Jefferson, (l-r) >



William Feeny CBRN Instructor Fort Dix CBRN School

*"Well, I was in both the Army and the Marines. On the Army side, I like Patton, he was a no-nonsense Soldier who got the job done. As a Marine, I've always admired Chesty Puller. He came up the hard way, through the ranks as a Mustang. Although he never made Commandant (of the Marine Corps), he held his own with any Soldier I'm reading a book about him."*

Lt. Gen. Lewis "Chesty" Puller >



Arlee Cane, Officer Motor Transportation

*"General Patton. He believed in what can be done today and got it done right away. He's the one who said Soldiers shouldn't die for their country but make the other guy die for his."*

Gen. George S. Patton >



Isabella McLeod CBRN Lead Instructor TLC

*"(Winston) Churchill. He believed in getting the job done once it was started. He didn't believe in failure. He stood up and never backed down. He had the power, persona, of a great leader. Churchill never lost his purpose even when he became a grand old man."*

Winston Churchill >

**Anybody here ever hear of Ridgway, Crazy Horse ...?**

Steve Snyder Public Affairs Staff

The lower circle of hell must be populated with fans of the late General Patton who style themselves knowledgeable about military history because they've memorized a few lines from the movie (*Patton*, 1970). May one humbly suggest that other giants have strode across bloody battlefields of American history, sitting today, one supposes, in the great hall of Valhalla.

My favorite is Gen. Matthew Bunker Ridgway, whose meat-grinding tactics pushed masses of Red Chinese and North Koreans out of South Korea after Gen. MacArthur lost both his cool and command in the Korean War.

It is not often in wartime that a single battlefield commander can make a decisive difference. But in Korea, Ridgway would prove to be the

exception. His brilliant, driving leadership would turn the tide of battle like no other general in our history," said Gen. Omar Bradley, Chairman of the Joint Chiefs of Staff when Ridgway did his thing.

Other military buffs may worship at the shrine of bombastic blowhards like Patton or MacArthur. I prefer the cold steel of Matthew Ridgway.

And what about some legends which sprang out of our earliest wars?

Maj. Robert Rogers formed the first American Rangers during the French and Indian War and went hand-to-hand with fierce tribesmen in encounters as celebrated as the battle of Snowshoes. Gen. John Sullivan led a famous punitive raid against marauding tribes from the Iroquois Nation during our revolutionary war. Gen. "Mad Anthony" Wayne took on Tecumseh and other Indians in the Indiana territory at the

exception. His brilliant, driving leadership would turn the tide of battle like no other general in our history," said Gen. Omar Bradley, Chairman of the Joint Chiefs of Staff when Ridgway did his thing.



**Firestorms melted the Rising Sun**  
**Tibbets' death recalls U.S. air attacks that devastated Japan**

Steve Snyder Public Affairs Staff

The pilot whose plane dropped the first atomic bomb in combat died recently, inspiring retrospection among many within the military community.

Paul Tibbets flew a B-29 bomber, named *Enola Gay* after his mother, over Hiroshima, Japan on Aug. 6, 1945, and dropped the A-bomb which killed between 80,000 and 140,000 people, leaving that city in charred, smoldering ruins.

Tibbets, 92, died of heart failure at his home in Columbus, Ohio, on Nov. 1.

To his dying day, Tibbets believed that dropping the bomb helped shorten World War II, cutting short an invasion of the Japanese islands that President Truman thought might cost 500,000 Allied lives and even more belonging to Soldiers and civilians living in the land of the Rising Sun.

"I'm not proud that I killed 80,000 people, but I'm proud that I was able to start with nothing, plan it and have it work as perfectly as it did," Tibbets said in one interview. "You've got to take stock and assess the situation at that time. We were at war. You use anything at your disposal."

Tibbets was hounded by critics over the years, but insisted "I sleep clearly every night."

"Why be bashful? Tibbets asked an interviewer from the *Columbus Dispatch* in 2003. "That's what it took to end the war."

Tibbets wanted no funeral service or headstone because he wished to avoid a protest at his final departure.

Most, but not all, experts agreed with Tibbets' assessment that exploding two atom bombs over Japan helped hasten the war's end, saving many lives in the balance.

Albert Einstein, among the first to conceive of the weapon, said he later regretted urging President Roosevelt to build the bomb.

But in the Pacific in 1945 Allied casualties were running at 7,000 men per week! The Japanese surrendered only six days after a second bomb was dropped, this time on Nagasaki. So it's pretty hard to argue that use of nuclear weapons did not directly shorten the war.

It's also not clear whether repeated firebombing of Tokyo throughout the summer of 1945, using conventional weapons, did not kill more people than the nuclear blasts did.

"I knew when I got the assignment it was going to be an emotional thing," Tibbets once said. "We had feelings, but we had to put them in the background. We knew it was going to kill people right and left. But my driving interest was to do the best job I could so that we could end the killing as quick as possible," he concluded.

Tibbets told his biographer, Bob Greene, "What they needed was someone who could do this and not flinch - and that was me."

Tibbets fit in well with other members of his generation, called the Greatest Generation, who won World War II after surviving the Great Depression. They believed in victory and fought to earn it. RIP, general.

no one ever mentions Robert E. Lee, or Longstreet, or U.S. Grant, or Gen. Sherman etc. during one of the *Post's* man-on-the-street forays?

Instead we get Patton, Patton, Patton, with an occasional MacArthur thrown in and maybe, if we're lucky, even an Eisenhower.

I was heartened that a Dixan above mentioned Audie Murphy, the most decorated American Soldier in World War II. And I was thrilled that Bill Feeny from CBRN (the old NBC School) is a fan of "Chesty" Puller and is actually reading a book about him.

And why not? A hint to the clueless. Military history, on film or in print, is more interesting and relevant to our world than reality TV shows, soap operas, celebrity faux pas, sexual aberrations, conspiracy theories, illicit drugs, heavy drinking, whatever... Get a life. Get into history.



www.militarymuseum.org

**HISTORIC MISSION -- U.S. Army Air Force Col. Paul Tibbets stands in front of the B-29 bomber he piloted, the Enola Gay, that dropped the first atomic bomb over Hiroshima, Japan on August 6, 1945, killing anywhere from 80,000 to 140,000 Japanese and encouraging the Emperor of Japan to sue for peace.**



http://www.theenolagay.com

**AIR LEGEND -- Paul Tibbets served in the U.S. Army and then Air Force from 1937-1966, receiving the Distinguished Service Cross, Distinguished Flying Cross, Legion of Merit, Purple Heart and Air Medal, becoming being promoted to Brigadier General in 1959.**



Wikipedia

**FIRE FROM HEAVEN** American B-29 bombers unload on Japanese cities during the summer of 1945.

**the Post**

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photos by Shawn Morris

**ONE VOICE** — Children from Fort Dix School Age Services perform an acappella rendition of "It's a Grand Old Flag" during the Army Family Covenant signing ceremony at Timmermann Center Nov. 7.

## Family Covenant

(continued from page 1)

During the ceremony, several families were present who experienced first-hand the support they received from Army Community Service programs.

Sgt. Daniel Beck, an Army Reserve Soldier and a firefighter from New York City's Engine 291, Ladder 140 in Queens who deployed for Operation Desert Storm and Operation Iraqi Freedom, was on his second deployment in Iraq when he received the tragic call that his daughter, Heaven Ariella, had died.

"The Army got me home as fast as humanly possible," Beck said. When he arrived home, his fire company made the arrangements for the family's daughter's funeral expenses. But then the Army Emergency Relief organization also came forward to reimburse those expenses.

But the family struggles were still not over. His wife, Abella Victoria, was risking deportation. The family had spent thousands of dollars to navigate the immigration system to keep her in the United States without success. After using the Fort Dix ACS program and guided by Amada Espinoza, the family overcame their first obstacle when, in October, Abella received her



**COMMITMENT** — Soldiers and Army Family members witness the signing of the Army Family Covenant by Col. Ronald R. Thaxton, Fort Dix commander, Lt. Gen. Jack C. Stultz, Jr., chief, Army Reserve, and commanding general, United States Army Reserve Command, Command Sgt. Maj. Leon Caffie, command sergeant major, United States Army Reserve Command, and Command Sgt. Maj. Bonita E. Davis, Fort Dix command sergeant major, from left at table, during a ceremony at Fort Dix's Timmermann Center Nov. 7.

work permit cards that now permit her to work and get a social security card, in addition to securing a driver's license.

Now the family is scheduled to receive a residence card in December.

"ACS sped everything up," Beck said.

Sgt. 1st Class Anthony Ruiz, a Soldier at the post's Mobilization Readiness Battalion, also received support

when he lost his wife, Wanda, nearly three months ago. He became a sole family member to raise six children.

He has received support through the use of what is known as "wrap-around day-care" that allows parents to receive child care before and after school hours and the military person has to work.

"It's quite a community; all the families and programs are

involved," he said. "There are available baby sitters, family cookings, and even time available for when I need to take a break."

Robert Maguire, Civilian Aide to the Secretary of the Army for New Jersey, and numerous veterans, retirees and Fort Dix Honorary Commanders were included in the audience for the covenant signing.

## New CSM at work

(continued from page 1)

Born in Wilmington, N.C., Davis was raised in Trenton.

She enlisted in the Army, active component, on Aug. 26, 1978. As an administrative specialist, she served tours of duty with the 2nd Infantry Division, Korea; the United States Army Finance and Accounting Center, Fort Sill, Okla.; 1st Battalion, 3rd Basic Training Brigade, Fort Dix, and the 147th Aviation Co., Barbers Point, Naval Air Station, Hawaii.

In July 1985, Davis joined the Army Reserve and served assignments with the 404th Civil Affairs Co., Trenton, and the 307th Military Police Detachment, Criminal Investigations, Jacksonville, Fla. She was selected for the Active Guard Reserve (AGR) Program in Aug. 1989 and reclassified as a personnel administration specialist.

Her AGR assignments included: Detachment 1, 447th Military Police Co., Wooster, Ohio, during which she deployed in support of Desert Shield/Desert Storm to Pirmasens, Germany; 1st Brigade, Philadelphia Recreation Battalion, Phil., Pa.; Army Personnel Command, St. Louis, Mo.; Force Programs Directorate sergeant major with the U.S. Army Reserve Command, Fort McPherson, Ga.; and the 326th Maintenance Battalion, Sparks, Md.

Davis has one son, Sgt. Mark Fowler II, who is an Airborne Ranger assigned to the 3/75th Ranger Regiment, Fort Benning, Ga. She also has a nephew who is serving in the Army — Sgt. James Forman III, also an Airborne Ranger assigned to 2/75th Ranger Regiment, Fort Lewis, Wash.

**NCO  
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at Club Dix  
Wednesday evenings  
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For more information call  
Denise Horton at 562-4011

# NEIGHBORHOOD

## THE CORNER

### Patriot Loan seminar coming to Fort Dix

Amy Community Service will host a seminar about the Small Business Administration's Patriot Loan Program for veterans and their spouses.

The seminar will be held Nov. 9 from 9 to 11 a.m. in Bldg. 5201 Maryland Avenue.

Learn about SBA's new program to help Veterans and their Spouse. Learn what involved in writing a Business Plan and where to get help writing it. Learn what Lending Institutions look for in order to approve a Commercial Loan and finally learn how the SBA really works and how it may be able to help you secure your Business Loans.

To register, or for directions and access to Fort Dix, call Rod Martell at 562-2186.

### Finance Office adopts new hours of operation

The Fort Dix Finance Office is now open Monday through Wednesdays and Friday from 9 a.m. to 3 p.m. and Thursdays from 1 to 3 p.m. The office is located in Building 5418.

### ACS, RE/MAX to host real-estate seminar

Amy Community Service and Operation RE/MAX will present Becoming a Real Estate Agent with Joseph A. Trela Nov. 16 from 5 to 7:30 p.m. in Bldg. 5201 Maryland Avenue.

The seminar is open to active and retired service members, military spouses and veteran service personnel.

A question-and-answer session will follow the presentation. Call Rod Martell at 562-2186 to register. Seating is limited to 20 attendees.

### DoD taking nominations for ESGR Freedom Award

The Department of Defense opened the nomination season for the 2008 Secretary of Defense Employer Support Freedom Award Nov. 1.

Nominations will be accepted at [www.esgr.mil](http://www.esgr.mil) until Jan. 21, 2008. The Secretary of Defense Employer Support Freedom Award is the U.S. government's highest recognition given to outstanding employees.

For questions regarding the nomination process, please call Hank Pierre of the New Jersey ESGR Committee at 562-0156.

## Wrightstown set for change

Gerry Zanzalari  
Public Affairs Staff

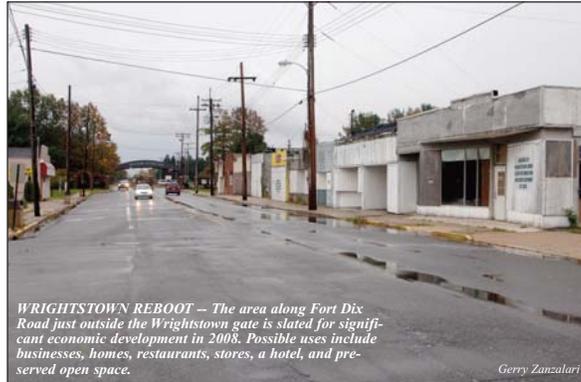
On a dreary, rainy November day, the area right outside the Wrightstown gate along Fort Dix Road looks dismal. Right now, the area is rife with dilapidated buildings, empty lots and streets in dire need of repair.

But, according to Wrightstown Mayor Tom Harper, not for long. Wrightstown is intent on improving the area on a grand scale. Visions of a four-star hotel, grocery store, a medical center, bank and age-restricted and assisted-living housing dance in Harper's head.

"Bid packages have gone out to 12-14 bidders for development of the 44-acre parcel," said Harper. Bids are due by early December 2007 for the selection of a short list of contractors who can also submit their vision of what might actually be developed. Harper said that he expects to award the development contract by early spring 2008.

A selected contractor is expected to begin demolition in the immediate future with demolition to begin sometime this winter. There are also plans for the preservation of open space connected with this proposed mixed-use development. Environmental studies have already been completed and the area has received a clean bill of health.

This land once owned by Wrightstown, acquired by Fort Dix and subsequently reacquired by Wrightstown is eligible for a tax-incentive program known as PILOT - Payments In-Lieu-



**WRIGHTSTOWN REBOOT** — The area along Fort Dix Road just outside the Wrightstown gate is slated for significant economic development in 2008. Possible uses include businesses, homes, restaurants, stores, a hotel, and preserved open space.

Gerry Zanzalari

Of Taxes. Instead of authorizing taxation, Congress has usually chosen to create various payment programs designed to make up for lost tax revenue. Under current federal law, local governments are compensated through various programs for losses to their tax bases due to the presence of most federally owned land. The level of payments is calculated under a complex formula.

Local businesses that decide to

make this area home will also benefit from what's known as the HUBZone Empowerment Contracting Program, which is part of the Small Business Reauthorization Act of 1997.

This program is designed to stimulate economic development and create jobs in low-income communities by providing federal contracting preferences to small businesses that are located within a HUBZone, and that hire employees who live in a HUBZone.

This program applies to firms that are currently located within the zones, start-up businesses located in these areas, and existing firms that choose to move their business to qualified areas.

"Wrightstown has been waiting a long time for this development and we expect that it will be a huge benefit for our residents, retirees and our nearby military community," said Harper. It's a vision we can all look forward to.

## New chapel NCOIC focused on mission

Wayne Cook  
Public Affairs Staff

With nearly three months on post, Master Sgt. Anthony Pamplin, non-commissioned officer-in-charge of the installation chapel staff, has had a chance to gain an awareness of the community and chapel environments.

"My first impressions of Fort Dix and the community are really good. I enjoy it here. The Soldiers, family members and civilians on the installation are receptive and nice. The chapel staff has taken real good care of me and the staff at Army Community Service has been great to my family and me," said Pamplin.

Pamplin has more than 18 years in the Army with 10 years in the active component and eight in the reserve component. Every one of those years he has served as a chaplain assistant, although the past six years were spent in Recruiting Command as a chaplain recruiter.

After attending Basic Training at

Fort Dix in 1987, he attended the Chaplain Assistant School at Fort Monmouth.

In 1997, Pamplin decided to take his leave of the Army, but in 1999 he felt the urge to return to service. He joined the Army Reserve and a year later was selected for the Active Guard/Reserve program.

His ability to strive for excellence and his mindset of there is only room for victory landed him in the United States Army Recruiting Command (USAREC) as a member of the Chaplain Recruiting Team. In 2006, Pamplin and his team members achieved an unheard of event in recruiting — they met their annual goal before the end of the third quarter.

Pamplin said his team's success was a product of confident determination and a refusal to accept anything less than complete victory. For their accomplishment, the team received special recognition from Maj. Gen. Tom Bostick, commanding general, USAREC.

"Recruiting is where I really

excelled. During my tenure in USAREC I managed to earn my gold recruiting badge and my recruiting ring," said Pamplin.

While at Fort Dix, Pamplin's goals are to provide the best religious support to Soldiers and their families and the rest of the community. His desire is to help others with their spiritual fitness and growth.

"By working with the rest of the chapel team, we will meet the needs of our community together. I use an acronym to explain my philosophy - FOCUS. F is for Filter distractions, O is for Overcome obstacles, C is for Commit to the cause, U is for Understand our uniqueness, and S is for Shoulder responsibility. By utilizing this philosophy, our team will maintain our drive forward and will be able to successfully fulfill our mission," he said.

Pamplin is joined at Fort Dix by his wife, Roberta, and their four daughters; Angelic, Anita, Ashley, and Aaliyah. Their son, Anthony Jr., is attending Liberty University.



Wayne Cook

**MAN ON A MISSION** — Master Sgt. Anthony Pamplin, non-commissioned officer-in-charge of chapel assistants, has been assigned to the Main Chapel since August.

## Chapel offers support to preschoolers' moms

Wayne Cook  
Public Affairs Staff

Military mothers of preschoolers have their hands full every day. Between raising the children, caring for the house, preparing meals and too many other chores to list here, it is a wonder they maintain their sanity and are able to get anything accomplished.

Nowadays with the high operations tempo of training and deployments, a lot of these same moms have to handle it all by themselves while their husbands are mobilized, deployed, or just working extremely long hours to get the mission accomplished.

To help these moms take a break from the routines of their day and provide them with a little relaxation and the opportunity to network with other moms in similar positions, the staff at the Main Chapel is sponsoring a religious education program known as Mothers of Preschoolers (MOPS) International.

"We are new as a group on Fort Dix. This is only our second meeting. We have moms from the post, McGuire, and Lakhurst," said Molly Hughes, co-coordinator of the local group.

MOPS International is headquartered in Denver, Colo., and exists to encourage, equip and develop every mother of preschoolers to realize her potential as a woman, mother, and leader.

The organization focuses on meeting the needs of the mothers and helping them establish relationships with other mothers. Through programs including special speakers and creative activities, the ladies gain new ideas and insights on raising preschoolers and also get to take a break from all of the hustle and bustle of the day.

While the moms are doing their thing, their children — known as MOPETS — take part in a program developed especially for them. A curriculum based on fundamental religious teachings, peppered with lots of play and activity time, provide the tiny tots an opportunity to play with other children they may not normally see. Volunteers and the moms, on a rotational basis, oversee the children during their program.

"Right now, we are maxed out with our attendance, so many moms responded to the invite to participate. But moms who are interested to join us should call and get on the waiting list. Openings may come available any time. Right now we have 30 moms and 54 children in our program. It is turning out to be a big success, so far," said Erica Thompson, co-coordinator.

MOPS meets every first and third Tuesday morning from 9:15 to 11:15 a.m. in the Main Chapel. Any questions about the program can be directed to Thompson by calling 723-3037. More information about the program can be found on the Internet at [www.mops.org](http://www.mops.org) or [www.nj.military-mops.hobbies.homepagenow.com](http://www.nj.military-mops.hobbies.homepagenow.com).



photos by Pascual Flores

**Zachary Houle, a second grader at the Fort Dix Elementary School, left, competes against other classmates in a potato sack race during a Fall Fun Festival. Other activities included a doughnut-eating contest, above, face painting and dodge ball. Students also created a scarecrow using some old clothing and shredded paper.**

## Fall fun feels fab





Wayne Cook

## Veterans remembered

First Army East Soldiers Spc. Lynn Davis, left, and Sgt. Sergio Rangel, right, stand with students Sarah Chung, Crystal Ortiz and Allie Stillwell from the New Jersey United Cristian Academy, Cream Ridge, during a school Veterans Day program Nov. 5. Every year the school students put on a program to honor and remember veterans, fallen comrades, and serving military members.

## Army safety awards available

Bob Van Elsberg  
U.S. Army Combat  
Readiness/Safety Center

**FORT RUCKER, Ala., Nov. 2, 2007** — Each year, Army proponents as well as individuals are singled out and recognized for their accident prevention efforts as well as safety minded service via recognition through the Army Safety Program.

Timely, accurate and public recognition of deserving units and individuals reinforces accident prevention efforts, increases safety awareness and enhances a positive safety culture. The following are awards that organizations and individuals may receive for remaining vigilant in keeping the Army Strong through safety:

● **Army Headquarters Safety Award.** This plaque is awarded by the Secretary of the Army and Chief of Staff, Army, to Army Commands, Army Service Component Commands and Direct Reporting Units that have demonstrated significant improvements and sustained excellence and leadership in accident prevention programs. Submission deadline is Nov. 15 annually.

Note: Organizations are encouraged to develop programs providing local safety awards. Receiving a safety award does not preclude an individual from receiving a military award as described in AR 600-8-22, Military Awards.

● **Army Exceptional Organization Safety Award.** This plaque is awarded each fiscal year to the battalion through division and garrison organization with the most effective overall safety program. Annual submission deadline is Nov. 15.

● **Army Individual Award of Excellence in Safety.** This plaque is awarded each fiscal year to individuals who, in each of four categories; officer, noncommissioned officer/enlisted, Department of

the Army Civilians and Army contract employees, make the most significant contribution to accident prevention. Annual submission deadline is Nov. 15.

● **Director of Army Safety Composite Risk Management Award.** This plaque is awarded by the DASAF to organizations or individuals who have made significant contributions to Army readiness through composite risk management. Submissions can be forwarded anytime during the year. This award can be given to a single unit or individual per year.

● **Sergeant Major of the Army Superior Soldier Safety Award.** The SMA awards this plaque to the Soldier who demonstrates "Pockets of Excellence" or "Best Practices" in safeguarding Army operations or personnel. Submissions can be forwarded anytime during the year. This award can be given to one Soldier per year.

● **United States Army Safety Guardian Award.** This award is presented by the DASAF to individuals who, through extraordinary individual action in an emergency situation, prevent an imminently dangerous situation, prevent injury to personnel, or minimize or prevent damage to Army property. Nominations should be submitted as soon as possible after the occurrence of the event.

● **Army Aviation Broken Wing Award.** This award is presented by the DASAF to individuals who, through outstanding airmanship, minimize or prevent aircraft damage or injury to personnel during emergency situations. Submissions can be forwarded anytime during the year.

● **United States Army Aircrew Member Safety Award.** This award is presented to Army military personnel, Department of the Army Civilians and Army contract employees who fly as aircrew

members and have at least 500 flight hours in U.S. Army aircraft without having a contributing role in a human factors-related Class A, B or C aviation accident. Submissions can be forwarded anytime during the year.

● **Unit Safety Certification.** This is used to identify units, platoon size or larger, that have achieved levels of safety that deserve recognition. Upon verification of qualification criteria by the commander at the next level, a certificate will be issued by the local safety office recognizing the unit's achievement for the given period of time. See AR 385-10, Chapter 8-6.

● **Army Accident Prevention Award of Accomplishment.** This award is presented by MACOM commanders to units having an accident-free year. DA Form 5775 is used for this award and criteria, policies and procedures are outlined in DA PAM 385-10, Army Safety Program.

● **Unit Impact Awards.** These can be used to promote safety and also provide on-the-spot recognition.

● **Certificate of Achievement.** Units may use a DA Form 1119-1 or equivalent signed by the organizational leader to recognize individuals. Appropriated funds may be used to purchase items such as trophies.

In addition to the accident-prevention awards listed above, there are two other safety-related awards that can be used to recognize individuals—the Driver Badge and Mechanic Badge. Information on these awards can be found in paragraph 8-31 of AR 600-8-22.

For examples of award submissions, visit the USACRC Web site at <https://crc.army.mil/home/> and click on "Awards Program" and then "Awards Programs and Policies."

## Army reverses conviction in largest WWII courts-martial

ANNANDALE, Va., Army News Service — The U.S. Army has reversed its conviction of a private in 1944, a conviction that has stood for nearly 63 years, but today Booker Townsell can finally rest in peace.

In an epic tale involving intrigue, racism, deceit, international relations and national security, the Secretary of the Army, acting through the Army Board for Correction of Military Records (ABCMR), overturned the Army private's 1944 conviction. Booker Townsell was one of 43 "Negro" Soldiers charged with rioting at Fort Lawton, an Army base in Seattle, Wash., where an Italian POW was found hanged the next morning.

The two defense attorneys were given a mere 13 days to prepare for a trial in which all 43 Soldiers were tried at once. All faced life sentences. Three of them were also accused of first-degree murder. It was the largest and longest Army courts-martial of World War II.

The Secretary of the Army recently set aside the Dec. 18, 1944, conviction of Townsell. The ruling paves the way for the remaining 28 convicted Soldiers to be issued honorable discharges. In addition, "all rights, privileges and property lost as a result of the convictions" will be restored to them or their families. (Thirteen of the 43 were acquitted in 1944; charges against two others were dropped.)

The decision is a stunning rebuke to Leon Jaworski, the military officer and lawyer who prosecuted the Fort Lawton case. Jaworski - one of the most famous trial lawyers of the 20th century - gained notoriety as a special prosecutor in the 1974 Watergate trial involving the impeachment of

President Richard Nixon. In the Fort Lawton case, the ABCMR found the "most egregious error" of the trial involved Jaworski's complete access to a confidential Army's Inspector General report about the incident, a right repeatedly denied the defense counsel.

The Townsell family believes the information in that report would have exonerated Townsell. Jaworski died in 1982. Townsell died in 1984.

*"The pride and dignity of these men were stripped and the results impacted them for the rest of their lives... for the Army to admit that they were wrong took courage."*

Jerome Edwards

Counsel for the Townsell family, Howard G. Cooley, of the law firm Patrick Henry LLP, says he is hopeful that the ruling will "serve as a springboard" to similar relief in other courts-martial, "particularly in those cases which involve racism but lack the blatant smoking gun of wrongfulness" as in the Townsell case.

In 2005, Seattle journalist Jack Hamann wrote "On American Soil," an account of the Fort Lawton riot and trial. In the book, Hamann documents the Army's Inspector General report which detailed widespread errors in the investigation of the riot and lynching, and harshly castigated many of the Army's own officials, including the fort's commander. "On American Soil" also presented compelling evidence that the Italian POW,

Private Guglielmo Olivetto, was likely lynched by a white Soldier, not by any of the black defendants. Hamann's book was the principal reason contributing to relief in the Townsell case.

After reading "On American Soil," Rep. Jim McDermott (D-WA) introduced HR 3174, demanding that the Secretary of the Army reevaluate the Fort Lawton convictions. The recent action is the result of more than 15 months of evaluation by the Army Board for Correction of Military Records.

But it's been nearly 63 years of waiting for the Booker Townsell family of Milwaukee, Wis. Eldest daughter Marion Williamson said, "This is about justice. It's about righting a wrong."

"The pride and dignity of these men were stripped and the results impacted them for the rest of their lives... for the Army to admit that they were wrong took courage," said son Jerome Edwards.

"I always knew that my father was an honorable man; now the world knows it, too," said daughter Carol Blalock.

Families of other defendants are currently living throughout the United States, including California, Texas, Illinois, Missouri, Louisiana, Florida, and elsewhere. The families of many of the defendants, however, have yet to be located.

Congressman Jim McDermott and Milwaukee Mayor Tom Barrett have tentative plans to host a celebration of life for Booker Townsell at the War Memorial in Milwaukee in January 2008. That celebration will be open to the public.



Ryan Morton

## NCOA wins with three sevens

Sgts. 1st Class Michael Houle, Keith Jones, and Anthony Francis of the Fort Dix Noncommissioned Officer Academy (NCOA), from left, display their new rank during a promotion ceremony at the academy Nov. 2.

**NCO Call**  
at Club Dix  
Wednesdays at 6 p.m.



photos by Ryan Morton

**AIMING FOR SUCCESS** -- Staff Sgt. Robert Santos, Charlie Battery, 103rd Field Artillery Battalion, Rhode Island National Guard, above, communicates with team members during mobilization training at Fort Dix's Military Operations on Urban Terrain (MOUT) site.

## Field Artillery Soldiers tackle MOUT training

Ryan Morton  
Public Affairs Staff

"I want to go to help my friends because I feel that if I didn't go, I'd feel really bad if something happened to them," Sgt. 1st Class Mike Zompa, Charlie Battery, 103rd Field Artillery Battalion, said.

Zompa, along with other Soldiers in the 103rd of the Rhode Island National Guard, recently put down his tools and volunteered for an upcoming deployment to Iraq in support of the Global War on Terrorism. He and his unit are currently at Fort Dix preparing for the mission at hand.

Zompa, who by trade in the civilian world works as a union sewer service technician, felt as though he had to be there with his Soldiers, especially because he's been downrange before. He served in Iraq from 2004 through 2005 for Operation Iraqi Freedom.

"I feel like because I've been there before I can really help the other guys out and make a difference," he said.

Zompa and his crew arrived at Dix in late September to prepare for a detainee operations mission. The 103rd is from Bristol, R.I., and they have participated in training missions at the installation such as Improvised Explosive Device (IED) detection training, weapons familiarization and qualification, land navigation, and Military Operations on Urban Terrain (MOUT) training.

The MOUT training scenario was transporting ammo through a simulated town at Dix's Balad training range. During the transport, the Soldiers are faced with obstacles or challenges such as sniper fire, dealing with crowds, and simulated roadside bombs.

"The hardest part for these Soldiers, or any of the Soldiers who come here to train, is grasping the military mindset and working together as a team," Sgt. 1st Class John Avedisian, a trainer with the 2/309th Regiment said.

"The main thing they have to keep in mind, especially out here on the MOUT site, is maintaining proper command and control and getting people in proper positions to maintain a 360-degree security area,"



**TRAINING TASKS** -- Sgt. 1st Class Mike Zompa, 103rd Field Artillery Battalion, above, pulls Sgt. Scott Choquette out of "danger" during training at the Fort Dix MOUT site.

Sgt. Scott Choquette, right, patrols the MOUT streets with his fellow Soldiers, while Sgt. John Carvalheira, below, deals with Civilians On the Battlefield (COBs).



Avedisian said.

Some of the Soldiers who have deployed before mobilized through Dix. Sgt. Scott Choquette came through the installation in 2004 and talked about how much better the training has become.

"I notice that the communication between the unit and higher ups is better. The training quality has greatly improved and there's a much more realistic component to the training compared to the last time I was here," Cho-

quette said.

After the unit completed its MOUT training, the Soldiers performed an After Action Review (AAR), which is an educational session designed to go over strengths and weaknesses, as well as lessons learned. The 103rd Soldiers appeared to feel good about where they are.

"This was a good exercise. We were able to identify our strengths and weaknesses at the same time and get good practice," Zompa said.



Pascual Flores

**LT. Col. Joseph Chirico, Mobilization Readiness Battalion commander, left, presents 1st Lt. Catherine Schenning and 1st Sgt. Keith Kempke of the 629th Military Intelligence Battalion, Maryland National Guard, a plaque of appreciation for completing a year-long duty in Kosovo (KFOR8).**

# Muscles, bones and balance Ergonomics no stretch for NCOs



Ryan Morton  
Public Affairs Staff

Imagine yourself at work. You're sitting at a computer, typing a report. All of a sudden a sharp pain invades your lower back. You attempt to get up. But the pain persists. What to do?

Believe it or not, these types of ailments are very common in the workplace. Many are caused by improper posture or awkward positioning at a desk while completing writing tasks on a computer, laptop, or even moving the mouse.

In order to help Soldiers deal with these injuries, Fort Dix's Non-Commissioned Officer Academy (NCOA) has taken action. They've contracted for physical therapists from Aspen Therapy of Mount Holly to conduct classes instructing Soldiers on how to avoid provoking ergonomic injuries.

Ergonomics is the study between an individual and his or her work place. In this case, it's the individual's physical relationship in terms of how the body functions and reacts to the office environment.

According to Loretta Langan-Russo, a physical therapist at Aspen, ergonomics deals with body proportion.

"The ergonomic discussion tends to deal with having everything within the body properly positioned, promoting good posture, preventing fatigue, and taking strain off various areas of the body such as the back, shoulders, neck, and wrist," she said.

The Aspen therapists have worked with numerous Soldiers from the Dix community before and came to the post to offer the Soldiers of the NCOA advice and tips on how to deal with ergonomic issues and other physical concerns that may arise in workplace settings.

"We had Aspen Therapy come out last spring to do a class for our Soldiers because we had many who were experiencing back pain. They offered and taught us a better way to take care of ourselves. We were able to get them to come back recently to teach our newer Soldiers and it's worked out really well," Master Sgt. James Howell said.

Another part of the class covered something called core stabilization, which according to Langan-Russo, involves the promotion of healthy posture. It works by reducing the risk of injury to the back, neck, and

shoulders by promoting basic movements," Dyann Esposito-Henske, Aspen physical therapist, said.

The therapists used exercise balls to show the Soldiers exercises designed to strengthen smaller muscles in the back and neck as well as the core.

"I have lower-back problems and I find that if I use the techniques that they teach in terms of sitting and having proper posture, it really helps," Sgt. 1st Class Mary J. Knight said.

"The goal is to make people more aware of their body and how we do everyday menial tasks, because many times we don't think about doing simple

*"The ergonomic discussion tends to deal with having everything within the body properly positioned, promoting good posture, preventing fatigue, and taking strain off various areas of the body such as the back, shoulders, neck, and wrist."*

Loretta Langan-Russo  
Aspen Therapy

were treated to a surprise. They received a couple of thank you plaques from one of their former clients, Staff Sgt. Troy

Boxton. He was a patient at Aspen and worked with Esposito-Henske. Boxton suffered

excruciating back pain that became so encompassing he could not hold his infant son. He also had trouble bending down, getting into and out of a vehicle, walking up stairs, and lifting objects. It was all a large chore.

This past April, he was referred to and started going to Aspen and worked extensively with Esposito-Henske. Now, she's back and can do the regular life activities again without the pain.

Boxton thinks highly of the Aspen trainers who helped him.

"They do everything with compassion and honesty care. They won't quit. They will try anything and everything to help people out. Every Soldier who I've talked to who has gone there has been impressed and shown vast improvement with their treatment," Boxton said.

"I just wanted to show my appreciation and also show that the Soldiers care about the work the therapists do for them," Boxton said.



photos by Ryan Morton

**ERGONOMIC EXCELLENCE** -- Dyann D'Esposito-Henske, a physical therapist from Aspen Physical Therapy in Mount Holly, far left, displays a model of the spine to identify pressure and tension points in the back during a class held at the Fort Dix Non-Commissioned Officer Academy. Dianne Schneider, another instructor with Aspen, above right, shows Staff Sgt. Esteban Andrade exercises to perform to relieve stress on the spine. The therapists focused on how the body functions and reacts to the office environment.

# Enlisted Soldiers tally promotion points

**Human Resources Command, WASHINGTON, D.C.** The Army recently announced the first dramatic change to the enlisted promotions system for active duty Soldiers since the Vietnam era.

The Army sees this web-based program, titled the "Soldier Self-Service DA Form 3355", as a bridge to DIMHRS (Defense Integrated Military Human Resource System), and a way to empower Soldiers to directly impact on the management of their careers.

"Trust and verify are key components of the system" said Sergeant Major Tom Gills, Chief of Enlisted Promotions at Human Resources Command. "This new program has numerous advantages over the current system, and the majority of those benefits stem from three key features," he added.

"First, this system eliminates the need for Soldiers to accumulate 20 or more points before adding them to their file," Gills said.

The Army uses an 800 point system that allows Soldiers to distinguish themselves from their peers by accumulating points among performance categories such as physical fitness, weapons firing, civilian education, military education, and awards.

"Under the current system, Soldiers must accumulate 20 points in one or more areas before they can add them to their files. With this new program, as soon as Soldiers earn points, they can add them to their file, making them immediately more competitive with their peers," Gills said.

The accumulation rule, a personnel workload manage-

ment-based requirement for more than 34 years, has long irritated Soldiers and their families.

This long-needed improvement translates into faster promotions.

The second key improvement is also related to speed. Currently, when Soldiers update their files with new points, or are newly recommended for promotion, they must wait until the first day of the second month before those points become effective in the system, approximately two months.

With the self-service application, Soldiers recommended for promotion or those adding points will have those points in the system the first day of the following month, provided they add them in by the eighth day of the month.

"We have to take a snapshot of the current points across the Army, while allowing time to forecast accurately how many Soldiers we need in a given MOS. According to the experts who developed the program, the eighth is that pivotal day," Gills said.

Finally, because of the self-input capability provided to Soldiers for some of their administrative points, recomputation evaluations conducted across the Army at Human Resource Offices every month will immediately become a thing of the past.

This time-consuming requirement for Soldiers and managers across the Army is burdensome.

With the elimination of Personnel Service Battalions across the Army in support of transformation, this workload reduction factor will be a wel-

come relief for units.

"This is just one more example of how the Army is transforming into a more agile force, and improving processes using existing technology," Gills said.

While the Army continues to drive hard towards the DIMHRS solution, this program provides some of the DIMHRS-type improvements now, and will help Soldiers by ensuring their records are accurate when we do make the DIMHRS transition in October 2008.

Concerns about the new self-service system have been brought up, and largely relate to Soldiers putting in false data.

"That concern is valid to a point, but appears somewhat overstated," Gills said.

A few Soldiers have, for the past 20 years, tested the system. Some will likely try to go around this new system. The numbers are small. This is the trust and verify part of the system. We trust our Soldiers. They live by the Warrior Ethos. We trust them with expensive equipment. We trust them with enormous responsibilities. We trust them with the lives of their fellow Soldiers. Certainly, we can trust them with keeping accurate records.

"We actually have a fairly robust verification process built into the system," Gills said.

"When a Commander recommends a Soldier for promotion, he is doing so based on the chain of command's recommendation as well as his own observation of the Soldier's character and performance over time.

A Command Sergeant Major and panel of senior NCOs then certify that Soldier

in a formal board process. Once those two actions have occurred, the Human Resources specialist adds the points into

the system and the Soldier is at that point allowed to add points to roughly half of the measured areas of performance."

Finally, Human Resources Command will randomly audit a percentage of promotable Soldiers across the force.

# Announcements



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

**Friday, November 9 @ 7:30 p.m.**

**Good Luck Chuck** - Dane Cook, Jessica Alba, Dan Fogler, Elliot English, Sasha Pieterse - It all started when Charlie Logan was ten years old. Breaking the cardinal rules of spin-the-bottle, Charlie refused to lip-lock with a demented Goth girl - and she put a hex on him. Now, twenty-five years later, Charlie (Dane Cook) is a successful dentist...and still cursed. While his plastic surgeon best friend, Stu (Dan Fogler), pursues as many of his patients as possible, Charlie can't seem to find the right girl. Even worse, he discovers that an ex-girlfriend's wedding that every woman he's ever slept with has found true love - with the next guy after him. Before he knows it, Charlie's reputation as a "good luck charm" has women - from sexy strangers to his over-weight receptionist - lining up for a quickie. But a life filled with all sex and no love has Charlie lonelier than ever - that is, until he meets Cam (Jessica Alba). An accident-prone penguin specialist, Cam is as hard-to-get as she is beautiful.

**MPAA Rating: R** - sequences of strong sexual content including crude dialogue, nudity, language and some drug use

Run time: 96 minutes

**Saturday, November 10 @ 7:30 p.m.**

**The Game Plan** - The Rock, Madison Pettis, Kyra Sedgwick, Roselyn Sanchez, Morris Chestnut - Quarterback Joe Kingman (Dwayne "The Rock" Johnson) is known as one of the toughest players to ever take the field. But his dream is suddenly sacked for a loss when he discovers Peyton, the daughter he never knew existed, on his doorstep. Now, just as his career is soaring, Joe must learn to juggle his old lifestyle of parties, practices and dates with supermodels while tackling the new challenges of ballet, bedtime stories and baby dolls - all without fumbling. Equally perplexed is his hard-edged mega-agent, Stella Peck, herself without a parental bone in her body. But, as the championship grows nearer, Joe is about to realize that the game that truly matters has nothing to do with money, endorsements or even touchdowns - it's all about the really tough stuff: patience, teamwork, selflessness and winning the heart of the one little fan who turns out to count the most.

**MPAA Rating: PG** - some mild thematic elements

Run time: 107 minutes

**Future Features...**

**Elizabeth: The Golden Age**

Friday, Nov. 16 @ 7:30 p.m.  
PG-13, 114 minutes.

**The Heartbreak Kid**

Saturday, Nov. 17 @ 7:30 p.m.  
R, 115 minutes.

**24-hour Hotlines**

**Sexual Assault**.....562-3849  
**Victim Advocacy**.....694-8724

**Child/Spouse Abuse**.....562-6001

**Emergencies**.....911

Or, visit the Fort Dix Department of Defense Police Department in Bldg. 6049 on 8th Street.

**Main Chapel**

562-2020

**Sunday Services**

**Protestant** 9 - 10 a.m.  
**Catholic Mass** 10:15 - 11:15 a.m.  
**Gospel** 11:30 a.m. - 1 p.m.

**Camp Victory - Chaplain's tent**

**Protestant** 8 a.m. - 9 a.m.  
**Catholic** 8 a.m. - 9 a.m.  
**Mormon** 8 a.m. - 9 a.m.  
**Jewish** 8 a.m. - 9 a.m.

**Wednesday Services**

**Main Chapel**

**Protestant Bible Study** noon  
Chapel Library

**Protestant** 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

**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.

**Jewish services** available by request

For additional services or Religious Support please call 562-2020

Religious materials are available at the JRC, the Main Chapel, and Camp Victory

**MWR**

**Calendar of Events**

**Nov. 9 - Bring Your Boss Night**  
Club Dix @ 4 p.m.

**Nov. 9 - Wine and Gourmet Cheese Tasting. Enjoy the sounds of the Palmer Jenkins Jazz Trio. Advance tickets available at the club during normal business hours. Call 723-3272. Club Dix @ 5 p.m.**

**Nov. 11 - Veterans Day Golf Tournament. Shotgun start @ 11 a.m. Call 562-5443**

**Nov. 15 - Annual 5K Turkey Trot. Call Griffith Field House to register - 562-4888**

Come to the Arts and Crafts Center, Bldg. 6039, to create your holiday decorations. Special classes available for cards, wreaths, gingerbread houses and more. Call 562-5691

**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.

**Nov 9 - 15**

**\*Friday\***

School Closed  
Full Day Middle School

**Open Rec.**

2 - 7 p.m.

**\*Saturday\***

DDR Tournament

2 - 4 p.m.

Volley ball

4 - 6 p.m.

**\*Monday\***

VETERANS DAY  
Schools and Youth Center

CLOSED

**\*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 and Fitness

3:45 - 4:45 p.m.

(weight training)

Computer Lab

4 - 6 p.m.

**\*Thursday\***

Power Hour

2:30 - 4:30 p.m.

Tech/Video Club

4 - 5 p.m.

Computer Lab

4 - 6 p.m.

Torch Club

3:45 - 4:45 p.m.

**Goals for Growth Program** runs through Nov. 20. Call for more information.

**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)

**Volunteers are needed**

for

**Fort Dix Special Observances Committees**

**Martin Luther King Jr. Birthday**

**Black History Month**

**Women's History Month**

**Holocaust Remembrance Day**

**Asian Pacific Heritage Month**

**Women's Equality Day**

**Hispanic Heritage Month**

**Native American Heritage Month**

For more information call Denise Horton at 562-4011

**Read**

**the Post**

to get your command and community information and news

**Dining Facility Schedule**

Bldg.	5501	OES	Closed
Breakfast	6 - 8 a.m.		
Lunch	11:30 - 1:30 p.m.		
Dinner	4:30 - 6:30 p.m.		
Bldg.	5517	NCOA	Every Day
Breakfast	6:30 - 8 a.m.		
Lunch	11:30 - 1:30 a.m.		
Dinner	4:30 - 6 p.m.		
Bldg.	5610	Surge	Every Day
Breakfast	6 - 7:30 a.m.		
Lunch	11:30 - 1:30 p.m.		
Dinner	4:30 - 6 p.m.		
Bldg.	5640	Surge	Closed
Breakfast	6 - 7:30 a.m.		
Lunch	11:30 - 1:30 p.m.		
Dinner	4:30 - 6 p.m.		
Bldg.	5985	Camp Victory (FOB)	Closed
Breakfast	5 - 6:30 a.m.		
Dinner	6 - 7:30 p.m.		
Bldg.	5986	Surge	Every Day
Breakfast	6 - 7:30 a.m.		
Lunch	11:30 - 1:30 p.m.		
Dinner	4:30 - 6 p.m.		
<i>Meal Rates B - \$2.00 L - \$3.65 D - \$3.65</i>			

To ensure delivery of holiday cards and packages by December 25 to military APO/FPO addresses overseas and to international addresses, we suggest that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush and take your mail to your Post Office by these suggested dates. And don't forget you can print postage, labels, and Customs Forms online 24/7 using Click-N-Ship at [usps.com/clicknship](http://usps.com/clicknship).

Remember, all mail addressed to military post offices overseas is subject to certain conditions or restrictions regarding content, preparation, and handling. APO/FPO addresses generally require Customs Forms. To see a table of active APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes, go to [usps.com](http://usps.com) and click "Postal Bulletins." Go to the current issue and see the heading "Overseas Military Mail."

	Dec 18	Dec 11	Dec 4	Dec 27	Nov 13
APO/FPO AE ZIPs 950-952	Dec 18	Dec 11	Dec 4	Dec 27	Nov 13
APO/FPO AE ZIP 963	N/A	Dec 4	Dec 4	Nov 27	Nov 13
APO/FPO AE ZIPs 954-959	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27
APO/FPO AA ZIPs 340	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27
APO/FPO AP ZIPs 962-966	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27

- EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.
- PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.
- SAM: SAM parcels are paid at Parcel Post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

	Dec 19	Dec 12	Dec 4	Dec 4
Africa	Dec 19	Dec 12	Dec 4	Dec 4
Asia/Pacific/Am	Dec 19	Dec 12	Dec 11	Dec 11
Australia/New Zealand	Dec 19	Dec 12	Dec 11	Dec 11
Canada	Dec 20	Dec 18	Dec 11	Dec 11
Caribbean	Dec 19	Dec 12	Dec 11	Dec 11
Central & South America	Dec 19	Dec 12	Dec 4	Dec 4
Mexico	Dec 19	Dec 12	Dec 11	Dec 11
Europe	Dec 19	Dec 12	Dec 11	Dec 11
Middle East	Dec 19	Dec 12	Dec 11	Dec 11

4/ GXG is available to over 190 countries via an alliance with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details, or go to [usps.com](http://usps.com) and click "International Rates and Fees," then "Country Listing." You can also use the Merchants' GXP issue of Monthly. Some restrictions apply. Free shipping supplies are available. Purchase postage online and receive 10% discount

5/ EMS is available to over 190 countries with delivery in 3 to 5 average business days. Guaranteed, money-back guarantee is available to Australia, China, Hong Kong, Japan and Korea (Republic of South). Flat rate shipping options and free packaging are available. Purchase postage online and receive an 8% discount

6/ Priority Mail International is available to over 190 countries with delivery in 6-10 average business days. Flat rate shipping options and free packaging are available. Purchase postage online and receive a 5% discount

\*Average number of days may vary based on origin and destination

# MILITARY MATTERS



Maj. Cotton Puryear photo

**MISSION SUCCESS** — Brig. Gen. Douglas Earhart and Command Sgt. Maj. Robert Jenks case the colors of the 29th Infantry Division during the Transfer of Authority ceremony held Nov. 2 on Camp Bondsteel, Kosovo. The ceremony and the casing of the colors mark the official end to the KFOR 8 rotation which officially took over the Multi-National Task Force (East) mission Dec. 6, 2006.

## Authority change marks official end to KFOR8

Maj. Cotton Puryear  
KFOR8 PAO

The nearly year-long peace-keeping mission in Kosovo for the KFOR 8 rotation came to an official end Nov. 2 with the transfer of authority ceremony held at Camp Bondsteel, Kosovo. The traditional exchange of guidons between Brig. Gen. Douglas Earhart of the 29th Infantry Division and Brig. Gen. John Davoren of the 35th Infantry Division marked the end of the KFOR 8 rotation that began Dec. 6, 2006.

In his closing remarks at the transfer of authority ceremony, Earhart reflect on his 11 months in command and explained that the unit contributed nearly \$1,000,000 dollars in quality of life improvements for the people of Kosovo in addition to maintaining a safe and secure environment in the area of operations.

"That is a something that will make a significant impact

for years to come," Earhart said. "Perhaps our most important accomplishments can't be measured by numbers. Because of our efforts, there is a new level of trust for the institutions in Kosovo and as the status process continues to run its course, we have helped make sure that the people of Kosovo continue to remain patient and give the status process time to work."

Earhart said that he is often asked by the news media about the security status in his area of operations. "The security status in our area is good, because the people want it to be that way," he replied. "The Soldiers of KFOR can provide a stable influence on the security situation, but Kosovo is more stable and secure today because that is what the people want it to be."

Lt. Gen. Xavier Bout de Marnhac, the commander of the Kosovo Force, told the crowd that even though he had only worked with Earhart for a

short time, "it has been obvious he provided excellent leadership for this Task Force." He went on to commend the strong relationships with municipal and religious leaders in the task force had built and shared that he had received much positive feedback from leaders as well as the population.

"As with every rotation, the people in the area are at first unsure how the new Soldiers will behave towards them," de Marnhac said. "I have seen reports indicating that this was one of the most successful US rotations in building strong, positive relationships at all levels, from the leadership all the way down to the lowest ranking Soldiers."

Since most of the Soldiers from the KFOR 8 rotation have already begun the return trip home, de Marnhac said it was unfortunate they were not present to be commended for their outstanding efforts. "For those of you that are in the incoming

US rotation, your predecessors have set the bar very high."

De Marnhac told the Soldiers of KFOR 9 he was confident they would continue to maintain peace and stability in the MNT(FE) area of operations. "It is important that you and your Soldiers remember that every member of KFOR must and will act in an even-handed manner in order to maintain and strengthen the outstanding reputation your predecessors have built for you," he said. "You and your Soldiers are now US ambassadors and must remember that everything you do is observed by the population and other members of KFOR in that manner."

**EDITOR'S NOTE:** Demobilization for more than 1,000 KFOR Soldiers is expected to wrap up at Fort Dix with Soldiers returning to their citizen role next week. The demobilization mission was split between Dix and Camp Atterbury, Ind.

## Navy set to fund credentialing exams for Sailors

Ensign Jan Shultis  
Navy Public Affairs

**PENSACOLA, Fla. (NNS)** — Sailors pursuing occupational credentials can now receive funding to pay for approved credentialing exams, according to NAVADMIN 293/07, released Nov. 2.

By using Navy Credentialing Opportunities Online (COOL), Sailors can see how they can earn civilian certifications and licenses based on their ratings and jobs.

"COOL offers Sailors tremendous opportunity of having the Navy fund the entire cost of exams for credentials closely aligned with their Navy jobs and training," said Vice Adm. John C. Harvey, Chief of Naval Personnel.

The Navy is funding approximately 14,000-16,000 credentials this year. The Navy may issue a pre-paid voucher or reimburse costs associated with credential exams, as well as renewal and maintenance fees, provided funding is available.

Some occupations have certain professional and technical standards. The process of meeting these standards and earning official recognition (in the form of credentials, licenses or certificates) is called credentialing.

The Navy's credential program is designed to further develop the personal and professional capability of the total Navy force, thus enhancing force readiness. Credentialing offers new, non-traditional training to enhance individual's capabilities and improve force readiness through workforce initiatives.

"The COOL Web page went live in July of 2006 and it's a great tool giving Sailors comprehensive information on how to obtain credentials and apply for funding," said Harvey.

Currently, more than 1,500 occupational credentials have been identified as having a strong correlation with Navy jobs that qualify them for exam funding.

The program is being administered on a first come, first served basis, with funds being released each quarter of the fiscal year. This will ensure availability of funds during the latter part of the year for Sailors who were not able to participate earlier due to deployments or other constraints.

Capt. Connie Frizzell, program manager for the Navy Credentialing Program and commanding officer for the Center for Information Dominance, said the new funding policy will enable more Sailors than ever to achieve their educational and professional goals.

"The strong usage statistics on Navy COOL indicate that Sailors are very interested in taking advantage of credentialing opportunities to build their professional qualifications," Frizzell said. "The new funding policy will make credentialing even more appealing, and is a significant step forward in the professionalism of our Navy workforce. We're presenting Sailors with another key to career success that will benefit them while they're serving in the Navy and beyond."

Credentialing is important for several reasons; federal, state, or local law may require specific credentials to legally perform some jobs; employers may choose to hire only employees who have certain credentials; or to pay those employees more; credentials may improve an employee's prospects for promotion; credentialing service members demonstrate to prospective civilian employers that their skills are on par with their civilian peers; and civilian credentialing can contribute to military career development, and may be accepted for self development requirements and in performance evaluations.

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For more information, log on to Navy COOL at <https://www.cool.navy.mil>. Navy funding information is available on the Cests and resources page.

## U.S. postpones bilateral defense meetings with Pakistan leaders

Jim Garamone  
American Forces Press Service

**BEIJING, Nov. 5, 2007** — The United States is watching the developing situation in Pakistan closely and will review all assistance programs to the country, Defense Secretary Robert M. Gates said here today.

"Pakistan is a country of great strategic importance to the United States and a key partner in the war on terror," the secretary said during a news conference at the Chinese Ministry of National Defense. Gates spoke after meeting with Chinese Minister of National Defense Gen. Cao Gangchuan.

Gates said the United States urges Pakistani President Pervez Musharraf to return his consultative talks were postponed and not canceled.

soon as possible." The review of defense assistance will be "mindful to not undermine on-going counterterrorism efforts."

The United States will postpone bilateral defense consultative meeting with Pakistan, Pentagon Press Secretary Geoff Morrell said here today.

"In light of President Musharraf's declaration it was thought wise to postpone this meeting until such time that all parties can focus on the very important issues at hand that they have to discuss," Morrell said.

Undersecretary of Defense for Policy Eric Edelman was set to head the U.S. delegation to the meetings in Islamabad, which were scheduled for Nov. 6-7.

Morrell emphasized that the consultative talks were postponed and not canceled.

Morrell said that no military operations in Afghanistan have been affected by Musharraf's declaration in Pakistan.

NATO and Afghan soldiers routinely cooperate with Pakistan's army to stop al Qaeda and Taliban fighters from infiltrating into eastern Afghanistan.

The talks between Pakistan and the United States are annual talks and cover the range of U.S.-Pakistani shared interests.

"These are important bilateral meetings that require an atmosphere where the issues can be addressed with the full attention of all participants," Morrell said to reporters traveling with Gates.

"We hope to reschedule these meetings as soon as conditions are more conducive to the important objectives at hand," he said.

The message to President

Musharraf is uniform throughout the U.S. government, Morrell said. "There is a degree of disappointment that General Musharraf has taken the steps that he has taken, and we would urge him to return to a law-based, constitutional democratic government as early as possible," Morrell said.

Musharraf declared a state of emergency in Pakistan Nov. 2. U.S. response was quick in coming.

"The United States is deeply disturbed by reports that Pakistani President Musharraf has taken extra-constitutional actions and has imposed a state of emergency," State Department spokesman Sean McCormack said in a release.

McCormack said a state of emergency would be a sharp setback for Pakistani democracy.

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**WDIX Channel 2**  
24/7 information

# Credit czar creeps up on 42nd year here

Steve Snyder  
Public Affairs Staff

What do George Foreman, John McCain and Bertha M. Kerner have in common?

They're all senior citizens who have demonstrated, over the years, formidable prowess on the job.

Bertha Kerner began working as a collector for the Fort Dix Federal Credit Union on Dec. 1, 1965 when the Union had been operating for only two years, here. And she's still there, a manager now, ready to begin her 42nd year serving customers.

Child and Youth Services manager Jacqueline Walker recalls her friend's long tenure on post.

"I've known Bertha Kerner since 1960 when we both held offices in the Fort Dix Non-commissioned Officers' Ladies Club. She was into finance operations even then, (serving) as club treasurer.

"We had one main NCO Club and seven annexes at the time," Walker continues. "and John Kerner, Bertha's husband, was post sergeant major.

"I remember admiring their loving and lasting marriage, and the fact that they were so honest and down to earth people.

"Bertha is the same today as she was 47 years ago, a person with the highest integrity," concludes Walker.

Born in Reading, Pa. on Oct. 16, 1922, Bertha M. Witmyer graduated from Reading High School in 1940. She immediately went to work, finding a job with Woolworth's Five and Ten, a popular food center at the time. She worked there about two years before marrying John E. Kerner in 1942.

Kerner was in the Army and the young couple set out to see the world, at least that part of it touching the military.

"I liked Army life," Bertha recalls.

Fort Monroe, Va., was the first post she lived on and she and John were there at the beginning at neighboring Fort Eustis, which still had dirt roads for a time.

The Kerners spent about five years at Fort Kobbe in Panama where John served as a first sergeant. They lived in Omaha for a while, John teaching ROTC but Bertha remembers really liking Fort Mon-



Bertha Kerner, today

Steve Snyder



**NEWLYWEDS** -- Bertha and her husband John embarked upon their marriage in 1942 at Fort Monroe and Fort Eustis in Virginia. "We opened up Fort Eustis," Bertha recalls, "when Eustis started up, they still had dirt roads."



**CEREMONIAL DUTY** -- Bertha joins Fort Dix's Command Sgt. Major John Kerner in an Honor Guard ceremony held on post on March 13, 1968.



**HOME, SWEET HOME** -- The Kerners graced their first housing on Fort Dix at Laurel Hill with Christmas decorations on Dec. 14, 1962.

Sp5 Calvin Early, Signal Command



**GOLDEN YEARS** -- The Kerners celebrate 50 years of connubial bliss in January 1992 at Fort Dix.



**DIXANS TO THE CORE** - The Kerners came to Fort Dix when it was commanded by Maj. Gen. Charles E. Beauchamp, sometime in the 1962-66 time frame and thoroughly enjoyed their stay.

## 24-hour Hotlines

- Sexual Assault.....562-3849
- Victim Advocacy.....694-8724
- Child/Spouse Abuse.....562-6001
- Emergencies.....911

Or, visit the Fort Dix Department of Defense Police Department in Bldg. 6049 on 8th Street.

# Chargers prepare for postseason

Ed Mingin  
Public Affairs Staff

One year after failing to make the playoffs, the Fort Dix Mites finished the regular season undefeated, beating Hamilton East 34-0 and grab-

bing the division title this past weekend. "The Chargers will be the number one seed in the playoffs," said coach Steve Uzleber. "Our record is 8-0-2. Our first opponent will be Hamilton West this Saturday." Four different Chargers

reached the end zone for a score. Cameron Tucker and Jacob Carver each scored rushing touchdowns. Robert Lowder found the goal line twice. Sean Higgs sealed the game, recovering a fumble in the end zone for the final score. With the game under con-

trol, Uzleber used the opportunity to play some of his younger players.

"This was another game where many players got to play different positions. It's fun to watch this team play the game, they do it the right way," he said. The Peewees also finished the regular season on a high note, beating the Hamilton North Stars 26-0.

Nelson Randolph, J.C. Cotton and Brandon Cromwell each scored rushing touchdowns from 20-yards or more. Quarterback Joseph Oswald connected with Devin Terry for a 26-yard score.

Randolph also led the defense with three interceptions.

"It just seemed Nelson was all over the field today," said coach Rob Oswald. "That kid has some extraordinary speed and he put it all together today. Cassiano Weir and Devin Terry stepped it up today as well, just tearing up the North Star offense."

"All in all the whole team played fantastic and as usual, my coaches had the kids very well prepared. The Peewees will be busy this week as they prepare to face the Palmyra Panthers in the first round of playoffs Saturday night."

This will be the third consecutive year the Peewees have made the playoffs. Look in next week's Post for playoff results.



Ed Mingin

**SCORE --** Brandon Cromwell, above, scored on a 23-yard run against Hamilton to help the Fort Dix Peewees to a 26-0 victory. The team will take on the Palmyra Panthers in the first round of playoffs this Saturday.



photos by Ed Mingin

**DOUBLE THREAT --** Nelson Randolph follows the blocking of J.C. Cotton, above. Randolph reached the end zone after a 20-yard run against the Hamilton North Stars this past weekend. He also led the Peeewe defense with three interceptions. The Midgets', Brandon Jacobson and Melvin Moore shown below, had to forfeit their game because they didn't have enough players.



Ed Mingin  
Public Affairs Staff

"Fort Dix Youth Sports, SAS (School Age Services) and CYS (Child and Youth Services) have several programs in place to keep kids engaged with constructive activities," said Stephen Wilkes of Youth Sports.

Wilkes is instructing a basketball basic-skills class at the Doughboy Gym every Thursday.

"It's very similar to the Start Smart program, but it's directly about basketball and its fundamentals," said Wilkes.

"We start with some very basic drills and get more challenging as we go along. We're now working on dribbling, shooting, ball control and footwork," he said.

The basketball program is for kids 5-10, and is just one of the programs hosted by Wilkes.

"We're doing bowling right now for some of the older kids, 11-16. That's every Wednesday. We have a few more sessions at the bowling alley, then we'll do some strength and conditioning training," said Wilkes.

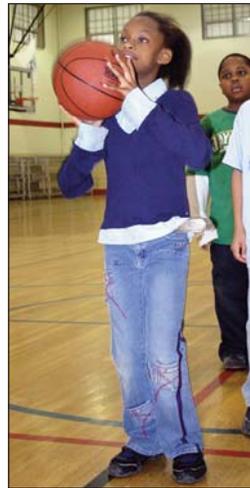
Things get really competitive Friday nights, when CYS hosts its 3-on-3 basketball games at the Doughboy Gym.

"The Fort Dix community is welcome to attend the Friday 3-on-3" said Wilkes. "It gives the kids something to do on Friday night and get out for a bit."

The Friday night program will get a boost Nov. 20, when it's Cops vs. Kids.

"That's always a lot of fun," said Wilkes. "The kids are really competitive, and they're pretty good."

For more information Cops vs. Kids, or any of the programs, call 562-2819.



Ed Mingin

**STRAIGHT SHOOTER --** Jasmine Mann gets some shooting practice at the Doughboy Gym.

## Sports Shorts

**Griffith Field House**  
Saturday & Sunday  
9 a.m. to 5 p.m.

Monday - Friday  
6 a.m. to 9 p.m.

**Griffith Class Schedule**

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

**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.

**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 - 3 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.

**5K (3.1 mile) Turkey Trot Fun Run**

Date: Nov. 15, 2007  
Time: 1200  
Fee: \$8.00  
Place: Griffith Field House

Turkeys will be raffled off to participants! Only REGISTERED participants will receive a FREE t-shirt as they cross the finish line.

**Boys & Girls Basketball**  
ages 3-15 yrs

**Cheerleading**  
ages 5-13 yrs

**Ft. Dix Basketball and Cheerleading**  
Registration Dates: Oct. 1-Nov 30  
Cost: \$50.00  
\$15.00 Late Registration fee after 30 Nov.  
Youth MUST BE a current CYS member to register (costs \$18.00)

[www.dixmwr.com](http://www.dixmwr.com)

All family members of Active Duty, Retired Military, DoD, Civilian and Contract employees are eligible for participation. To register call Child & Youth Services Central Registration at 562-4702/2531 or for more information please contact Child or State at 562-2819-5519.