

the Post

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NEWSNOTES

Dix Tax Center offers return help

The Fort Dix Tax Center, located in Building 5407, is open Monday through Thursday from 9 a.m. to 4 p.m., and closed Friday. Tax returns will be prepared by appointment only; please call 609-562-6859 for an appointment.

Fort Dix is able to provide free basic tax preparation and e-filing to military personnel and their families through the Internal Revenue Service (IRS) sponsored Volunteer Income Tax Assistance (VITA) program.

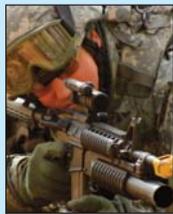
Militaryonesource.com also provides free on-line income tax preparation for active duty, National Guard, and Reserve service members and their families. Free tax preparation and electronic filing are also available through the Internal Revenue Service at www.irs.gov; click on the link "Use Free File to Prepare Your Taxes."

Military pre-retirement orientation set for March

Army regulations require all retiring military personnel attend a mandatory pre-retirement orientation (PRO). Soldiers are required to attend a PRO within 120 days of the retirement date or date of departure on transition leave.

The next PRO will be conducted Wednesday and Thursday, March 12 and 13, at the Timmermann Conference Center.

Registration is required, so call Faye Marshall-Dease at 562-2666 to register or for more information. You may also email her at fay_marshalldease@us.army.mil



Ryan Morton

TAKING AIM -- Sgt. Larry Bronson, 220 Military Police Company, part of the Colorado National Guard, stays ever vigilant as he and his fellow Soldiers train at Dix in preparation for an upcoming GWOT mission.

WEATHER

FRIDAY -- Flurries through the day, high of 36 degrees and overnight low of 32.

SATURDAY -- Continued flurries, breezy, daytime high of 40 and low of 26 degrees.

SUNDAY -- Clear and sunny, high of 44 and overnight low of 26 degrees.

MONDAY -- Fair and breezy, mostly sunny skies, daytime high of 44 and low of 31.

TUESDAY -- Afternoon rain showers, high of 46 degrees, overnight low of 31.

WEDNESDAY -- Chance of light rain, high of 47 and low of 26 degrees.

THURSDAY -- Colder, windy, chance of afternoon or evening snow flurries, high of 32 degrees and overnight low of 21.

Soldiers celebrate SFAC



Ed Mingin

ALL TOGETHER NOW -- The Fort Dix Soldier and Family Assistance Center on Doughboy Loop is officially launched Feb. 20 by Post Command Sgt. Maj. Bonita Davis; Col. Ronald Thaxton, installation commander; Rep. James Saxton; SFAC chief Sharon Brady, and Watson Medical Support Element representative Master Sgt. Michael Brooks.

Carolee Nisbet/Jennifer McCarthy
Fort Dix PAO

The ground may have been frozen, but spirits were high Feb. 20 at the Groundbreaking Ceremony for the Soldier and Family Assistance Center on Fort Dix's Doughboy Loop.

The ceremony -- coupled with an information session about the new program -- was one of many worldwide this month as the Army presented a public view of the progress it has made in caring for wounded Soldiers since last year's public turmoil at Walter Reed Army Medical Center.

"I'm sure there are some questions about what happened with our soldiers at Walter Reed," said Col. Thaxton at the ceremony, "but I can tell you for certain today that we are here to take care of our soldiers and their families."

The Soldier and Family Assistance Center (SFAC) is a one-stop source for Warrior Transition Unit (WTU) Soldiers and their families. The center provides a place that promotes healing for wounded Soldiers and provides services dedicated to the needs of those Soldiers and their families.

The center, which is an interim facility until a large structure that will house the Warrior Transition Unit and the SFAC is built, will offer Soldiers and their families a broad spectrum of

(continued on page 3)

Army campaigns to help its own

Washington, DC -- Army Emergency Relief Headquarters (AER) announced the start of the Army's Annual AER Campaign, which runs from March 1 through May 15.

The theme of this year's Campaign is "Army Emergency Relief: Strength for Soldiers and their Families."

The purpose of the Army's annual AER Campaign is twofold according to retired Lt. Gen. Robert F. Foley, director of Army Emergency Relief.

"First, to create greater awareness of the Army Emergency Relief benefits and programs available to Soldiers and their families," Foley said.

He further explained that the campaign provides an opportunity for Soldiers

to help their fellow Soldiers by making a donation to Army Emergency Relief and continue the proud legacy of "Helping the Army Take Care of its Own."

AER was founded in 1942 in response to Soldiers and their families needing financial assistance during World War II.

Since its founding, AER has provided over \$1 billion in financial assistance in the form of no interest loans or outright grants.

In addition to emergency assistance, today's AER provides educational assistance in the form of scholarships to children and spouses of active duty and retired Soldiers.

In 2007, AER provided more than 64,000 Soldiers, active and retired, and their families well over \$70 million in assistance Army wide. AER provided assistance for unexpected and financial stress including travel, housing, car repair, utilities, medical expenses, funeral costs and disaster relief.

AER assistance is available to Soldiers and their families, wherever they are located, and the amount of assistance is only limited by a valid need. Soldiers and their family members requiring AER assistance can contact their unit chain of command or go to their local installation AER office at

5201 Maryland Ave. The phone is 562-4245.

AER's Command Referral Program has increased dramatically in Soldiers' access to AER assistance. The Command Referral Program gives Company/Battery commanders and first sergeants the authority to approve up to \$1,000 in interest free loans for their Soldiers. It is a meaningful way for the Company/Battery chain of command to be directly involved in addressing financial problems of their Soldiers.

Full details on AER's assistance programs may be found by contacting Bobby Brown at bobby.brown15@us.army.mil.

Tune in, dial up: Weather info to go

It may be almost March, but New Jersey residents know that some of the worst winter storms in memory have hit the post in early spring.

To help Soldiers, civilian employees and family members deal with inclement weather, Fort Dix has an information system in place.

First, the Weather Hotline posts closures and delays by 6 a.m. and can be reached at 609-562-4065.

Second, the same information is placed in a scroll bar at the top of the Fort Dix web site, www.dix.army.mil.

Third, weather hotline news runs on WDX, Comcast channel 2, the Commander's Channel for post.

And last, the information runs on local radio stations. Please note that the stations don't run announcements unless there is a change -- for example, there will not be an announcement that Fort Dix is open and operating at normal duty hours, only if there is a delay or closure.

Road conditions are often listed in weather announcements as green, amber or red. As a reminder, here's a definition of those terms:

- Green -- Normal driving conditions. Roads are clear and dry. No special precautions are required.

- Amber -- Road conditions range from difficult to hazardous. Dispatch of military vehicles must be approved by the unit commander, section or activity chief. Non-tactical vehicles will be dispatched only for mission-essential purposes, and the dispatch must be approved by DOL or the Joint Operations Center.

- Red -- Road conditions are extremely hazardous. All dispatches are suspended except for emergency vehicles.



Sgt. 1st Class Kryn P. Westhoven

FAREWELL SALUTE -- Members of Company A, 2-104 General Aviation Battalion, New Jersey National Guard, file into their farewell ceremony at Lakehurst Naval Air Engineering Station Feb. 16.

Jersey aviation company launches Iraq deployment

Sgt. 1st Class Kryn P. Westhoven NJ National Guard PAO

It was just after sunrise on Sunday morning when a small group of aviators and family members shielded their eyes from the bright rays to watch a formation of four Blackhawk helicopters pass by the hanger on Lakehurst Naval Engineering Station. They waved goodbye to the 37 members of the Company A, 2-104th General Support Aviation Battalion knowing that

these New Jersey Army National Guard members would not return to this tarmac for nearly a year.

This was a very personal sendoff compared to a day earlier when the Army Aviation Support Facility #1 hanger was filled with family, friends, veterans from several wars and the leadership of the New Jersey Army National Guard.

"I'm not so sure we can get away with calling ourselves the 'Black Sheep' when we have standing room

only at our farewell send off," said Capt. Sean Roughnecht of Mountaintide, commander of A Company as he spoke of the nickname the unit took on after being formed just twenty months ago.

A total of eight aircraft are flying to Fort Sill, OK filled with personal belongings and unit equipment to start the mobilization process as they join up with the Utah Army National Guard's 2-

(continued on page 3)

Reviving the brain-dead Books open minds, stir souls



Steve Snyder
Public Affairs Staff

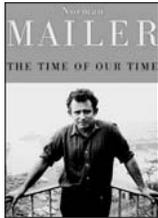
"It is better to be human being dissatisfied than a pig satisfied; better to be Socrates dissatisfied than a fool satisfied."

philosopher John Stuart Mill
Utilitarianism (1848)

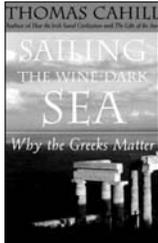
Mill seems to be suggesting that humans are in thrall to a philosophic imperative that compels them to strive to understand the world around them. To live is to search for the meaning(s) reality imposes upon us. But who says the search has to be riddled with dissatisfactions? Other great thinkers didn't regard it as such.

Searching for understanding can be a serene, even ethereal, enterprise. Curling up with a good book sure beats succumbing to torpor induced by the harsh, grey swirls of winter. And Fort Dix lies in close proximity to well-stocked bookstores such as Borders, down on Route 38, and Barnes and Noble, further down that road in the East Gate Shopping Center in Moorestown's Mall.

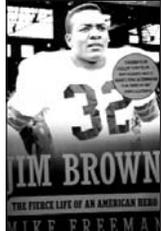
The accompanying selection of books is only an example of the diversity, quality and cut-rate prices available to bookstore patrons here. So read. And grow.



(The Time of Our Time by Norman Mailer, Modern Library, paper, 1,328 pages, \$24.95) This anthology of Norman Mailer's work includes the best from 31 books, fiction and non-fiction, and samples from every other kind of literary concoction Mailer conceived over the years. Especially perceptive are his journalistic pieces on topics as diverse as war in the Pacific, Moon landings, black power, sex, women's rights, the hipsters, the Kennedy assassination, coverage of the 1960s political conventions, the real meaning of the right wing, boxing, etc. No other American novelist stood as tall during his lifetime.



(Sailing the Wine-Dark Sea: Why the Greeks Matter by Thomas Cahill, Anchor Books, paper, 304 pages, \$14.95) Cahill's fourth volume exploring "the hinges of history" examines the glory that was Greece; the Greek spirit that found the world delightful and beautiful to live in; Greek ways in love and war; Greek gods who shook Olympus and Greek philosophers who changed the world forever.



(Jim Brown: The Fierce Life of an American Hero by Mike Freeman, Harper Perennial, fiction, paperback, 289 pages, \$14.95.) Perhaps the best running back in the history of pro football, Jim Brown became Hollywood's first black action hero, fought for civil rights but was also charged with beating wives and girl friends in what appears to be a tumultuous personal life. The man apparently never backed down on anything. Fascinating.



(The Schopenhauer Cure by Irvin D. Yalom, Owl Edition, paper, 848 Harper Perennial, fiction, paper, 358 pages, \$13.95) Novel concerns a psychotherapist who's facing cancer and his own mortality. He turns to a sex addict who jargon or cheap dramatization has been cured by the pessimistic legends like Churchill, postulates of philosopher Patton, Mark Clark, etc. Arthur Schopenhauer, acted in the crucible of Can our shrink find World War II. He's relationship with mentor help, by studying ravings of a famous thinker? Is makes for an especially interesting chapter.



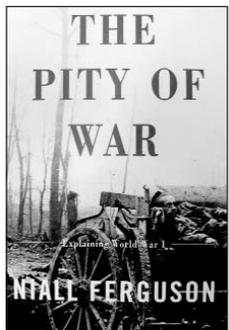
(Eisenhower: A Soldier's Life by Carlo D'Este, Owl Edition, paper, 848 pages, \$18) A formidable military historian looks at Eisenhower's military career and charts its ups and downs in an easy to read style that avoids to a sex addict who jargon or cheap dramatization has been cured by the pessimistic legends like Churchill, postulates of philosopher Patton, Mark Clark, etc. Arthur Schopenhauer, acted in the crucible of Can our shrink find World War II. He's relationship with mentor help, by studying ravings of a famous thinker? Is makes for an especially interesting chapter.



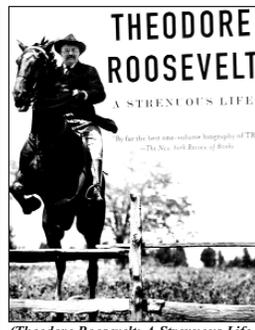
(The Man Who Saved Britain: A Personal Journey into the Disturbing World of James Bond by Simon Winder, Picador, paper, 285 pages, \$14) The author holds that James Bond whom he calls "the ultimate British hero" was "the necessary invention of a traumatized country whose self-image as a great power had just been shattered by the Second World War." But Winder whines too much about Bond's (both in the books and films) aristocratic attitudes towards sex, the monarchy, food, class, and America. If Ian Fleming still lived he'd feed the prissy writer to Ernst Stavro Blofeld's piranhas or perhaps shove him in front of Goldfinger's laser beam or under 007's Aston Martin.



(Death of a Revolutionary: Che Guevara's Last Mission by Richard L. Harris, W.W. Norton, paper, 315 pages, \$15.95) Argentinian Che Guevara was a legend in his own time, helping Fidel Castro impose communism in Cuba in 1959. But Guevara held higher ambitions. After success in Cuba, Che tried to foment rebellion throughout the Third World, fighting in the Congo before being killed in Bolivia in 1967. A tireless writer on the theories of revolution and a dashing figure physically, Guevara attained iconic status, especially among students, in Latin America. Author Harris shares their hero worship. But Guevara's vision of a perpetual world-wide revolution proved to be a pipe dream bathed in the blood of thousands of innocents.



(The City of War: Explaining World War I by Niall Ferguson, Basic Books, paper, 563 pages, \$19.95) The Great War was a disaster for England and mostly the fault of the English, argues the author. Fatalities decimated Great Britain's ruling class who conscientiously served as officers leading their troops into one slaughter after another. More British soldiers were killed in the first day of the Battle of the Somme than Americans lost in the entire Vietnam War. After the battle was finished about 420,000 Brits were counted dead, exceeding American fatalities for both World Wars. As Robert E. Lee said, "It is well that war is so terrible, or we should grow too fond of it."



(Theodore Roosevelt: A Strenuous Life by Kathleen Dalton, Vintage Books, paper, 708 pages, \$17) He was a sick, asthmatic child who wound up on Mount Rushmore. Born into wealth, he came to mistrust his own class in politics. Scorned by some as a militaristic jingoist, he won a peace prize for brokering a truce between Russia and Japan. He began his political career as an archconservative but came to foster progressive causes. He was city-bred but loved the frontier, becoming a cowboy and Rough Rider and eternal champion of the environment. He seldom spoke softly but did carry a big stick. Teddy Roosevelt was terrific. Dalton captures the spirit of the man and his times and his evolution into one of America's great statesmen. Her book is a bully good read, worthy of its subject.

Dixan on the Street

compiled by Steve Snyder

What book that you've read in your life is your favorite? And why?

"The Bible.
No matter how screwed up you are, when you read it you are forced to confront what you really believe."

David Difuntorum
photographer
military spouse
Philadelphia



"Danielle Steel's Malice.
I was drawn into it. The lesson learned was that no matter how bad things were, they can only get better. Get into what you're doing until things change."

Jennifer Simmon
bankteller
Armed Forces Bank



"Roots.
It made you feel like you were really there. The book had a lot more depth than the film. I read the book before seeing the movie."

Marvin Austin
truck driver
wife is civilian DoD



"The life of Montel Williams (Mountain, Get Out of My Way). I didn't know that he had such an impressive military career and did so many other things, too."

Ruth Canfield
spouse/retired military



"Catcher In The Rye.
When I read it I identified with its character, Holden Caulfield. Some of what he was going through I recognized. But if you have my parents that's as far as it (teen rebellion) will go."

Sgt. Robert Green
2nd Bde., 312th Training
Services Bn.



"The last good one I read was Reading People, about body language, it was fascinating, I also enjoyed 1984 by George Orwell. It was a very close look into communism and the way people can make mistakes."

Staff Sgt. Michael Gibson
30th Space Wing,
Vandenberg, AFB, Cal.



The Post

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Sgt. First Class Kryn Westhoven

FAREWELLS — PFC Christina Shewchuk gives her 4-year old sister Bailey a goodbye hug, left, during the farewell ceremony Feb. 17 for a unit from the New Jersey National Guard. Above, Brig. Gen. Maria Faico-Dodson, Deputy Adjutant General New Jersey National Guard along with Brig. Gen. Frank Dulfer and Capt. Phillip L. Beachy, Lakehurst Naval Engineering Station commander welcome the 37 New Jersey Army National Guard members of Company A, 2-104th General Support Aviation Battalion into the hanger for their deployment ceremony.

Jersey unit heads for Iraq

(continued from page 1)
211 General Support Aviation Battalion. Task Force 2-211 will provide aviation support to the Combined Forces Land Component Command in Kuwait.

The past year has been difficult and time consuming for the citizen-soldiers with the

many requirements to be prepared for the Operation Iraqi Freedom deployment. "This has taken a significant and large amount of their personal time. Time that might otherwise have been spent with their families or pursuing personal interests and that sacrifice and that service cannot be

overlooked and they should be commended for it," added Roughneen. For Roughneen and nine other unit members this is their second deployment in support of the Global War on Terrorism. These veterans know that preparation is the key to suc-

cess; it also helps a new unit gel as a team giving every member confidence. "We are absolutely prepared. We have had a ton of training the past year. There is going to be more training as we go alone go, so we are definitely ready for it," said Chief Warrant Officer Todd Collins of

Bayville, a Blackhawk pilot who joined the Guard four years ago. "They are chomping at the bit, they are really ready to get out the door and really ready to get to the next phase of this deployment," added Roughneen. "It has been a long, hard taxing year for everyone involved."

Soldiers celebrate SFAC

(continued from page 1)
of services such as: transition and education assistance, social services to include financial counseling, stress management, and Exceptional Family Member services, substance abuse information and referrals for Soldiers and Family members, pastoral care, legal assistance and vehicle registration and issuing and renewing ID cards. "We are working hard to make sure every Soldier gets the services he or she needs to

get on with life," said Rep. James Saxton at the ceremony. The \$663,000 structure, which is an addition to the Mobilized Unit Inprocessing Center, will be ready to go in June, according to the Directorate of Public Works. Guests at the ceremony were also invited to check out a specially formatted van donated by the Elks to make transportation to medical appointments easier for Soldiers in the WTU. Well represented at the event

was the Vietnam Veterans of America, an organization whose members work with WTU Soldiers weekly to help them back to mainstream life. Members of the SFAC staff will also contact the family of the WTU Soldier within the first five days of the Soldier being assigned to the unit to assess the need of the wounded warrior's family. "Sometimes people don't realize what they need until we go down the list," said SFAC director, Sharon Brady, who delivered an information overview on the program in the WTU Barracks day room after the groundbreaking event.

Visiting the SFAC will be part of every Soldier assigned to the WTU's in-processing. More than 175 are currently assigned to the unit, and the number fluctuates often as Soldiers recover from their injuries and return to duty or to civilian life. Prior to services such as the SFAC, the list of programs available to the Soldier was "limited to the knowledge of the squad leader," said Crymes. "Before I went active duty I didn't know about all the different things available." For more information on the SFAC and the services available to Soldiers and their families, call 562-6538.

Correction

Last week's article about a Marine Corps Reserve unit training at Fort Dix contained errors. The following information is correct: 2nd Battalion, 25th Marine Regiment, 4th Marine Division, Marine Corps Air Ground Combat Center and "Marines are primarily from northeast and eastern seaboard."

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

Call 562-4011

NCO Call at Club Dix

Wednesday evenings at 6 p.m.

NEIGHBORHOOD

THE CORNER

Art Therapy sessions help kids deal with separation

Army Community Service Hearts Apart support group is sponsoring Art Therapy sessions for children who are experiencing any type of separation due to deployment, remote assignments, divorce, etc.

Art Therapy provides children an opportunity to use art, their first language, when words are not enough. Art therapy allows children to express their concerns and feelings more genuinely and spontaneously.

Sessions will be offered once a week for six consecutive weeks every Wednesday starting Feb. 27. Children ages four to eight will attend sessions from 4:30 to 5:30 p.m.; children nine to 13 will attend from 5:30 to 6:30 p.m.

For more information and registration, call Army Community Service at 562-2767.

Walton Aid Station changes sick call hours

Sick call hours for Soldiers mobilizing or demobilizing at Fort Dix have changed for the Walton Aid Station located at the McGuire Air Force Base clinic. The new daily hours are 7 to 8 a.m. For more information, personnel can call 562-5481.

Positions available for Soldiers at MRB

The Mobilization Readiness Battalion (MRB) has the following vacant positions:

IHC XO (2LT-1LT)
A Co XO (2LT-1LT)
PER MGT NCOIC (E7)
JRC/HRM-MUIC OIC (E2)
Senior HRM NCO (E7)

Call Sgt. Maj. Ricky Orange at 562-3996 for more information.

Medication disposal poses environmental threat

It happens to everyone for a variety of reasons; you end up with a medicine cabinet full of expired or unused medications. Proper drug disposal is an emerging environmental issue. As with any household waste, the disposal method chosen can have a direct effect on safety and the health of the environment.

Disposal via the toilet or the sink takes your drugs into the local sewage system. Modern water treatment plants are not fully designed to deal with medication disposal. The full extent of environmental damage and the long-term health risks of even a small amount of medications in our drinking water remain unknown.

Any unused or expired medications can be brought back to your pharmacy for a safe, environmentally friendly disposal.

(Article provided by the Walton Medical Support Element.)

Call 562-3309 to become a trainer with the 72nd Field Artillery Brigade

Self Help Store hours changing in March

Effective in March, the Self Help Store, located in Bldg. 5322 behind DPW on Delaware Avenue, will be open Monday through Friday from 7:45 a.m. to 4:30 p.m., closed Saturday and Sunday.

The Fort Dix Self Help Store serves the directorates and tenant organizations on Fort Dix by providing a variety of do-it-yourself items to customers, to include light bulbs, air filters, snow melt, gardening tools, and many other common items.

Exceptional Family Member Program Easter Egg Hunt scheduled

Army Community Services is sponsoring its annual Exceptional Family Member Program Easter Egg Hunt, March 8, from noon to 2:00 p.m. at Doughboy Gym.

Activities include balloon sculpting, hand printing, face painting, egg dyeing, door prizes and other fun games. Also there will be a visit from the Easter Bunny. Advance registration is required and open only to Exceptional Family Member Program families. Please contact Evelyn Dingle at 562-2767 to register no later than March 5.

Rollicking one-woman show dazzles Dixans



Steve Snyder
Elaine Bromka
as
Lady Bird Johnson



Steve Snyder
... as Pat Nixon



Steve Snyder
... as Betty Ford

LETTING THEIR HAIR DOWN — Elaine Bromka's stunning portrayals of (l-r) Pat Nixon, Lady Bird Johnson and Betty Ford wowed theater-goers at Club Dix Friday night who took in "Tea For Three," which featured sharply-honed vignettes of three radically different first ladies talking about their triumphs and tribulations in the White House.

Steve Snyder
Public Affairs Staff

Shakespeare's *Hamlet* advanced the notion that "The play's the thing wherein I'll catch the conscience of the King." Emmy-award winner Elaine Bromka went the bard two better Friday night, capturing the psyches of no less than three queens (a la First Ladies) in a bravura performance at Club Dix that left dozens in the audience viscerally transported back in time to days filled with political turmoil at the White House.

Lady Bird, Pat & Betty: Tea For Three consisted of three vignettes running about 25 minutes each which portrayed Lady Bird Johnson, Pat Nixon and Betty Ford reflecting on their respective reigns as First Lady of the land. Written by Eric H. Weinberger with assistance from Bromka, the play aims to effect a fictional conversation between the first ladies and the audience with many lines of dialogue based upon quotes contained in respective memoirs of the years involved.

For audience members the effect is like sitting down and listening to someone reminisce about their years in the limelight.

Lady Bird Johnson was first under the stage lights and Bromka, with subtle speech inflections, body movements and an appropriate wig, actually convinced viewers they were hearing the real McCoy.

Bromka's Lady Bird was interrupted by a phone call from her husband, Lyndon, then president of the United States. He was urging her to change her dress which he didn't like for

some reason. Lady Bird didn't object, "It's easier to take off the dress than the pounds," she confided, laughing.

Bird was old fashionedly dedicated to serving her husband. She came across as being much more intelligent than she was generally given credit for.

"Mrs. Kennedy said I would crawl up Pennsylvania Avenue on my knees across shards of glass for Lyndon... Well, I would say to her, 'depends on how big those shards were.'"

But Bromka's Bird controls hubby despite all the bombast. "Over the centuries women have been the prodders," she notes, adding "You just have to know when to prod."

Bird also reveals, interestingly, telling her daughters that women's liberation in fine - for their time. But in hers she was forced to play by different rules.

Pat Nixon, of course, was trapped in the White House with her husband when the Watergate scandals broke and Bromka does a superb job of showing how she hated almost every minute of it. Bromka captures the very private Mrs. Nixon, who seems to feel violated at all the political invective tossed her husband's way.

"Vietnam is killing him," Bird remarks with a quiet poignancy. You can feel her tears, inside.

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and Bromka does a superb job of showing how she hated almost every minute of it. Bromka captures the very private Mrs. Nixon, who seems to feel violated at all the political invective tossed her husband's way.

"Why do they hate him so," she asks, and confesses she doesn't know because he won't talk to her. She feels at ease answering her correspondence, calling letter-writing more important than speeches because in the end it's more personal.

Pat regrettably acknowledges that she misses dancing and other little things taken for granted by people who don't have to swim in a public fish bowl.

Bromka captures her palpable unhappiness which is accented by the song, *Imagine*, which plays when she exits the stage.

Bromka's Betty Ford pops pills, like to drink, enjoys partying and admits she likes sleeping with Gerry. "I'm the First Lady," she cackles, "not the Virgin Mary."

Betty reviews the years; she was an aspiring dancer, went back home to get married, it didn't take, but then she met another big blond, Gerald Ford, they hitched up and things have generally gone hunky dory since.

Betty seems surprised to admit that her popularity stands at a whopping 70 percent. She says she realized she could use her good standing with the public to accomplish some worthwhile goals.

She speaks up, then, about popping pills, coping with breast cancer and in defense of her husband who she calls a fine, considerate man.

"I love this job," Betty confesses, a sentiment her immediate predecessors probably wouldn't share. And I loved this play.

Tea for Three runs on there with Gary Sines's Truman and Randy Quaid's LBJ. High praise, indeed.

Activities highlight African heritage

The following are some of the local activities celebrating Black History Month:

• The Burlington County College will host a Fashion Show, Feb. 23 in Honor of African-American History Month African-American Cultural Events Committee is celebrating African-American History Month in style. The Annual Fashion Show Extravaganza and Dinner will be held Saturday at the Enterprise Center at BCC on the College's Mount Laurel Campus. A gourmet social food buffet dinner will be served at 6:00 p.m.

Master of Ceremonies Rick Williams of WPVI Channel 6 News will Emcee the show featuring original clothing by designers Lamar Johnson and Na'Dine Artist-Small. Scheduled to model these extraordinary wardrobes are Former Eagles, Irving Fryar and Ike Reese; former New England Patriot and Super Bowl



Veverly Wakefield

HELPFUL VET - Warren George from Veterans of Foreign Wars (VFW), Post 6590 speaks to attendees of the National Guard Joint Forces Headquarters, Black History Month seminar event held Feb. 20. George spoke of the services available through the VFW. The VFW is a non profit organization, with more than 200 posts in New Jersey, dedicated to assisting military personnel and their families.

Champion Fred Baxter; and Heisman Trophy winner Mike Rozier. "The Men of BCC," back by popular demand, will also strut their stuff on the runway. Produced by LIAJ Productions in partnership with Burlington Coat Factory, Brian's Famous Furs, Sabrina Bridal, Burlington County College's Fashion Design Department and The Office of Community Enrichment, this much anticipated event is sure to delight the audience. Tickets are on sale for \$55 per person and can be purchased at BCC's Willingboro Center or the Pemberton Public Safety Office. All proceeds will benefit BCC's student scholarship fund. For more information please call 609-894-9311, ext. 1457.

• The annual Annual Octavius V. Catto Honor Ceremony, will be held Feb. 23 at the corner of 6th & Lombard Streets, in Philadelphia, PA Honoring the great Black civil rights and military leader. All military units, period civilians, veterans and heritage groups are encouraged to participate. Colors, wreaths and music encouraged. 11:00 AM, 215-204-452.

• The Willingboro Public Library will host a Black History Teaching Celebration Feb. 23. Join family and friends to experience this Black History Celebration with local writer and performer Kamaya Lewis as she brings to life many of the most significant women in black history. This teaching celebration is sure to entertain, educate and inspire all of those who attend. 2:30 PM. 609-877-6668. www.willingboro.org

• On Feb. 24 at 2:00 p.m. the Cherry Hill Public Library will sponsor *Sweet Potato Pie*. Kat Lindsey is an African American historian who uniquely combines her talents of quilting and storytelling in theatrical performances, bringing awareness and understanding to all nationalities. This free program will entertain, educate and delight children of all ages. Kids will hear the story of "Sweet Potato Pie" followed by an interactive craft that goes along with the story. *Sweet Potato Pie* is a timeless tale of how family unity and love can conquer the ups and downs of life. Call

609-667-0300 or visit www.chpinj.org for more information.

• The Mount Holly Library, will host the lecture, *Africanisms and Black American Life*. Giles Wright of the New Jersey Historical Commission will lecture on Africanisms and

Black American Life. A discussion of the presence of African cultural traditions among black Americans. Various aspects of black life are examined as examples of how African-Americans have retained the African cultural heritage Free Admission. For Registration call 609-267-7111.



Jennifer McCarthy

Hearts together

Army Community Services Hearts Apart program volunteer, Dorcas Hanko holds 18 month old Angelica Keffler at the Hearts Apart meeting held Feb. 12 at Army Community Services. Heart Apart offers family members of deployed Soldiers an opportunity to learn about available resources and make new friends. Hearts Apart meets the second and fourth Tuesday of the month. For more information call Amada Espinoza at 562-3271.

Job opportunities for future abound at fair

Wayne Cook
Public Affairs Staff

The McGuire Service Club was the site of the recent Fort Dix/McGuire Air Force Base mini career fair Feb. 19.

Representatives from more than a dozen organizations made themselves available to the members of the local military communities, as they made known the many employment opportunities available in today's job market.

More than 150 curious job seekers availed themselves of the chance to see what might lie in their employment futures, as they perused the many booths adorned with pamphlets and handouts and spoke to the recruiters on hand.

"I'm not getting out for another year but I want to have kind of an idea of what might be out there. Maybe get something in the works for the future," said Sgt. David Palczewski, 1/321st Training Support Battalion, 72nd Field Artillery Brigade.

The goal of the Army Community Service and the Airmen and Family Support Center was

to provide a tool to make transitioning to the civilian world easier for Soldiers and Airmen by putting them in touch with some premier employers, who are seeking to hire prior military personnel for their companies.

"We want the Soldiers and Airmen to have the best chance at success when they leave the military, so we try to provide them with a venue that exposes them to some of the best companies and organizations around. Our military members and their families have had a pretty good rate of success finding jobs at these job fairs," said Rod Martell, employment readiness program manager, Army Community Service.

A few of the companies present were the Federal Bureau of Investigations, Philadelphia Police Department, New Jersey Department of Corrections, the Secret Service, NADE, New Jersey State Police, Northrop Grumman, Contemporary Staffing, GSA, Waste Management, Protocol Staffing, Advanced Career Technology, CSI International, and McGuire NAF.

The next scheduled Job Fair will be held at Club Dix May 29. Call Rod Martell at 562-2186 for more information.



Wayne Cook

READY TO EMPLOY - Senior Corrections Officer James Morris, New Jersey Department of Corrections, explains some of the benefits of working for the DOC to Sgt. David Palczewski, 1/321st Training Support Battalion, 72nd Field Artillery Brigade, during a joint Fort Dix/McGuire Air Force Base Job Fair at the McGuire Services Club Feb. 19.

Concert mixes music, military

Shawn Morris
Public Affairs Staff

Country music star Toby Keith lit up the Izod Center in East Rutherford like the Fourth of July Feb. 15 for nearly 17,000 fans, including service members who attended the concert free-of-charge.

The free tickets were provided by United Service Organizations (USO) at several locations in the New York area.

Keith is an outspoken supporter of the military. He has performed for troops around the world in locations such as Iraq, Afghanistan, Africa, Cuba, Belgium, Kuwait, Bosnia, Kosovo, Macedonia, Italy and Germany. He completed his fifth USO tour in 2007.

"Never apologize for being patriotic," he told the crowd during this past week's concert.

Following his own advice, Keith capped his two-hour show with an unapologetic tribute to the nation's men and women in uniform.

Keith began the show's finale with "American Soldier," a song highlighting the hardships and heroism associated with serving in the military. The performance was accompanied by images of troops at home and abroad projected on several large screens.

The anti-terrorist anthem



US Army Photo

RED, WHITE AND "TRUE-BLUE" - Country singer Toby Keith plays during a previous tour of U.S. military bases in Europe. Keith, performed in New Jersey last week, and free tickets were made available for service members.

"Courtesy of the Red, White and Blue" finished things off with a bang as power chords and fireworks were nearly drowned out by the crowd's cheers and applause.

For more information on Keith's upcoming performances, visit <http://tobykeith.music-citynetworks.com/>.

New director named to Liberty chapter of USO

Gerry Zanzalari
Public Affairs Staff

After more than a quarter of a century in a successful, lucrative private-sector career in public relations, marketing and advertising, Bob Baumann had an epiphany. He felt that the rewards of his chosen profession just did not provide the "emotional capital," as he calls it, that he needed to feel fulfilled in his life.

With family roots in naval aviation and logistics, he felt that he wanted to do more for his country. The events of September 11, 2001 underscored this desire since Bob's brother, who was an officer in the US Navy at the time, was scheduled to attend a meeting at the Pentagon that very day.

In January, Baumann was hired as the new president and chief operating officer of the Liberty USO located at Philadelphia International airport. Baumann sees his involvement with the Liberty USO as his opportunity to achieve his dream of giving back. Baumann has his work cut out for him.

The Liberty USO, a chartered affiliate of the worldwide USO organization, has for over six decades served our dedicated men and women in uniform and their families who are located in Pennsylvania and New Jersey. The Liberty USO



Gerry Zanzalari

WELCOME - Bob Baumann was named Liberty USO Director in January

served over 180,000 armed forces and family members in 2006, largely through the efforts of over 300 volunteers who provided over 22,000 hours of community service. The mission of the USO is to enhance the quality of life of US Armed Forces personnel and their families worldwide and to create a cooperative relationship between US military communities and involved or supporting civilian communities. Since 1941 the Liberty USO has supported active duty, reserve and guard armed forces members at military installations and service centers throughout Pennsylvania and Southern New Jersey—including in New Jersey at McGuire Air Force Base, Fort Dix, Naval Air Engineering Station Lakehurst, and the United States Coast Guard in Cape May and Atlantic City, and in Pennsylvania at Fort Indiantown Gap, Willow Grove Naval Air Station/Joint Reserve Base, United States Coast Guard in Philadelphia (Sector Delaware Bay) and at Philadelphia International.

Chairman assess state of war in Middle East

Jim Garamone
American Forces Press Service

HONOLULU, Feb. 20, 2008 - The United States will continue to face military risks even when the wars in Iraq and Afghanistan end, the chairman of the Joint Chiefs of Staff said yesterday.

Navy Adm. Mike Mullen, in an interview while on a six-day trip to California, Hawaii and Australia, shared the philosophy he applies to assessing military risks.

First, he said, he constantly assesses the readiness of troops fighting in Iraq and Afghanistan.

"It impacts overall readiness, equipment readiness and people," he noted. Second, the admiral said, he speaks with the service chiefs about readiness.

He said that Army Chief of Staff Gen. George W. Casey Jr. and Marine Corps Commandant Gen. James T. Conway "have expressed concerns - which I share - about full-spectrum training and that we need to broaden the capabilities for which we are training right now."

Finally, Mullen said, he stays in constant contact with the combatant commanders to solicit their views about the missions they must carry out around the world and the

resources they will need. The missions range from military-to-military engagement to training, right up to carrying out war plans should the situation call for it, the admiral said.

The chairman said his assessment of risk "is made in terms of what we're ready for and tied to that is the probability of what's the likely occur-

just isn't getting done. That builds risk over time, and we have to assess that."

Even when major operations in Iraq and Afghanistan finish, the Middle East and Central Asia will remain an unstable part of the world, Mullen said.

Further, "if I were to magically wave a wand and get everybody back from Iraq and Afghanistan," he added, "it's still going to take a while to reset. It will take some time to reset the Army and a shorter time to reset the Marine Corps."

"If I were to magically wave a wand and get everybody back from Iraq and Afghanistan," he added, "it's still going to take a while to reset. It will take some time to reset the Army and a shorter time to reset the Marine Corps."

- Adm. Mike Mullen
Chairman, Joint Chiefs of Staff

Resetting doesn't mean just mean replacing equipment and enhancing training, the chairman explained.

It also means giving soldiers and Marines well-earned rest. Contributions from allies and other U.S. government agencies also play a significant part in assessing and mitigating risks, Mullen said.

Noting that dealing with risks facing the nation involves more than bringing the military's capabilities to bear, Mullen said he fully agrees with Defense Secretary Robert M. Gates' emphasis on the importance of "soft power" - diplomacy, humanitarian aid and economic and political efforts.

"No one can do it alone any more, especially us," he said. "We've got to do it together."



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

Stars for volunteers

Capt. Daniel Evans, commander of the 251st Military Police Company poses with the Adjutant General of the Tennessee Army National Guard, Maj. Gen. Gus Hargett, during his visit to the mobilizing Tenn. unit on Feb. 15. The 251st Military Police are preparing for a scheduled deployment in support of Operation Iraqi Freedom.

FORT DIX WANTS YOU

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

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

For those residents who want to make sure the Fort Dix community is the best it can be please
Call Army Community Service at 562-2767

Awards recognize accomplishments of Dixans



BRVAI, BRAVO - Awards and recognitions were on the menu at Club Dix Feb. 13 as the following individuals were recognized for their efforts. Master Sgt. Linda Clayton, right, received lateral transfer to first sergeant of Headquarters and Headquarters Company, Mobilization Readiness Battalion, Master Sgt. Pentti Forsman, left, receives the Meritorious Service Medal for two years service as the Mobilization Readiness Battalion S-3. Forsman is joined by wife Kimberly and daughter Victoria.



courtesy photo



ACTION JACKSON - During an awards ceremony held at Club Dix on Feb. 13, Sgt. Aaron Jackson, above, received the Meritorious Service Medal for his service with the Mobilization Readiness Battalion. Pinning on Jackson's medal is Lt. Col. Joseph Chirico, Mobilization Readiness Battalion commander.

photos by Shawn Morris
JOB WELL DONE- Cpl. Patrick Nichols, right, receives a Certificate of Achievement for service. Nichols salutes Lt. Col. Joseph Chirico, Mobilization Readiness Battalion commander, after relieving the honor, Feb. 13 at an award ceremony held at Club Dix.



MAKING THE RANK - Sgt. Darlin Abraham receives promotion to staff sergeant during an awards ceremony at Club Dix Feb. 13. Pinning Abraham's new rank is 1st Sgt. Gary Morris.

Living the mission



Jennifer McCarthy

Robert Gajewski, Quality Environmental and Safety Manager, IAP World Services, accepts the National Safety Council's Million Work Hours Award from Fort Dix commander, Col. Ronald Thaxton Feb. 13. The award recognizes a milestone in safety management. From Jan. 14, 2005 to Dec. 27, 2007, IAP worked one million man hours without incurring an occupational injury or illness that resulted in days away from work.

Fort Dix STAR Program

Suspected Terrorist Activity Reporting (STAR)

Countering terrorism requires the help of everyone in the community. Only you know who or what belongs -- or doesn't belong in your building, neighborhood, or work area. The simple act of recognizing suspicious behavior and reporting it to the authorities could prevent terrorist acts and save lives. Become a STAR -- please help Fort Dix by being alert and reporting any of the following:

Surveillance: Someone recording or monitoring activities using cameras, note taking, drawing diagrams, creating maps, using binoculars or other vision-enhancing devices. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

Elicitation: People attempting to get information. These attempts may be made by mail, fax, telephone, e-mail or in person and may seem like very innocent questions about what you do and where you work.

Security: Any attempt to measure reaction times and action by security forces. A test of security can be disguised as a simple mistake such as a vehicle approaching a security barrier and then turning around or an attempt to circumvent access control procedures to assess strengths and weaknesses of the security forces and equipment.

Report any of the above to:
Fort Dix Police (609)562-6001 / 6002

MPs prep at Dix



photos by Ryan Morton

Hailing from Denver, Co., Sgt. Robert Anderson and Spc. David Siskasalkin, 396 MP Detachment, take cover as their unit goes through training at Fort Dix, above. Training along with the 396th are members of the 220th MP Co., Colorado National Guard. Below, 1st Lt. Michael Fields and Staff Sgt. Bryan Whyard, of the 220th perform a casualty assistance exercise, while Spc. David Chavez, and Sgt. Adam Foisy assist Pfc Sean Kleinschmidt, top right photo. At right, Spc. Garrett Gilliam, of the 220th, provides cover during the training.



Civil Affairs set for deployment



Ryan Morton

Maj. Mark Canada, commander, Delta Company, 412th Civil Affairs Battalion, right, and 1st Sgt. Richard Overman, Delta Company first sergeant, display their unit's yellow banner during a ceremony held at Griffith Field House Feb. 18, left photo. Before the battalion received their yellow banner, they were living and training at the FOB. Sgt. Matt Merino talks to civilians on the Battlefield (COBs) during mobilization training at Balad Training range. The battalion hails from Whitehall, Oh., and was training at Fort Dix to participate in the Global War on Terrorism.

Shawn Morris

WANTED

1000 Soldiers with the Boldness, Audacity, Aggressiveness, and Stamina to train our nations finest Soldiers, Sailors, and Airmen.

Make History with the BEST of the BEST



72d Field Artillery Brigade

For information on how to join us, call our Brigade Recruiting and Retention Team at (609) 562-3309 or email us at DIVEAST72FABDEREUP@usar.army.mil



Staff Sgt. Adam Navarro, 72nd FA BDE

Congressional visit

North Dakota State Representative Earl Pomeroy visits with Soldiers of the 191st MP Co., North Dakota Army National Guard. The 191st is conducting mobilization training at Fort Dix, and are scheduled for deployment in the support of the Global War on Terrorism.

**FORT DIX
WANTS YOU**



MAKE A DIFFERENCE

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

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

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Announcements

Cinema Schedule

754-5139
McGuire Air Force Base

Friday, Feb. 22 @ 7:30 p.m.

First Sunday - Ice Cube, Kat Williams, Tracy Morgan, Loretta Devine, Michael Beach - Durell and Leclohn are best friends and bumbling petty criminals. When Durell learns that his ex-girlfriend plans to move to another state with their son--unless they can get her \$17,000 to pay off a debt--they come up with a desperate scheme to rob their neighborhood church. But when the duo fumbles their way through the break-in, they discover someone has beaten them to the punch. In order to get their hands on the money, Durell and Leclohn are forced to spend the night in the presence of the Lord and his followers--and end up getting a lot more than they bargained for.
MPAA Rating: PG-13 - language, some sexual humor, and brief drug references
Run time: 98 minutes

Saturday, Feb. 23 @ 7:30 p.m.

Sweeney Todd The Demon Barber of Fleet Street - Johnny Depp, Helena Bonham Carter, Alan Rickman, Timothy Spall, Sacha Baron Cohen, Jamie Campbell Bower - Unjustly sent to prison, a man vows revenge, not only for that cruel punishment, but for the devastating consequences of what happened to his wife and daughter. When he returns to reopen his barber shop, he becomes Sweeney Todd, the Demon Barber of Fleet Street, who "shaved the faces of gentlemen who never thereafter were heard of again." Sweeney's amorous accomplice, Mrs. Lovett, creates diabolical meat pies. Based on the hit Broadway musical, which tells the infamous story of Benjamin Barker, also known as Sweeney Todd.
MPAA Rating: R
Run time: 117 minutes

Future Features...

The Bucket List

Friday, Feb. 29 @ 7:30 p.m.
PG-13, 97 minutes.

27 Dresses

Saturday, Mar. 1 @ 7:30 p.m.
PG-13, 111 minutes.

Chapel Services

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

Hour of Power
Protestant.....8-9 a.m.
Catholic.....8-9 a.m.
Mormon.....8-9 a.m.
Jewish.....8-9 a.m.

Wednesday Services

Main Chapel

Protestant 7:30-8:30 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

Special Events

Stations of the Cross
Every Friday, February 8 - March 14, 6 p.m.

--Coming in March--

Installation Prayer Breakfast

Wednesday, March 12, 7:30 a.m.
at Club Dix

For additional services or Religious Support please call 562-2020

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

The Main Chapel staff is in need of piano and organ players during the Protestant and/or Catholic services on Sundays to fill in as needed. For information please call the chapel at 562-2020.

MWR presents

Texas Hold'em Tournament

Mar. 19 at Club Dix

ACS Meetings

Friday, Feb. 22

Newcomers Orientation

9 a.m. - 2 p.m.

ACS Bldg. 5201

Youth Center

562-5061

Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday from 2-7 p.m.

Saturday from 1-7 p.m.

Sunday CLOSED

Administrative Hours:

Tuesday - Friday from noon-6 p.m.

Weekly Schedule

Friday, Feb. 22

Photo Club

3:45 - 4:45 p.m.

Power Hour Store

2:30 - 4 p.m.

Computer Lab

4 - 6 p.m.

Saturday, Feb. 23

Annual Keystone Black History Celebration

4 - 6 p.m.

Teen Center Closed

Monday, Feb. 25

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Tuesday, Feb. 26

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Wednesday, Feb. 27

Power Hour

2:30 - 4:30 p.m.

Sports & Fitness

3:45 - 4:45 p.m.

Computer Lab

4 - 6 p.m.

Thursday, Feb. 28

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Torch Club

3:45 - 4:45 p.m.

Dining Facilities

Bldg. 5610 Open Every Day
Breakfast 6-7:30 a.m.
Lunch 11:30-1 p.m.
Dinner 4:30-6 p.m.

Bldg. 5986 Open Every Day
Breakfast 6-7:30 a.m.
Lunch 11:30-1 p.m.
Dinner 4:30-6 p.m.

Meal Rates: Breakfast - \$2.10
Lunch - \$3.85 Dinner - \$3.85

PT uniforms are not to be worn when eating at Fort Dix dining facilities

Helpful Hotlines

Family Advocacy

562-5200

Chaplain

562-2020

American Red Cross

562-2258

Army Emergency Relief

562-2767

Sexual Assault

562-3849

Victim Advocacy

694-8724

Child/Spouse Abuse

562-6001

Emergencies

911

Providence House hotline

871-7551

NJ Domestic Violence hotline

800 572-SAFE

Fort Dix Victim Advocate

562-2767

McGuire Victim Advocate

754-9672

Arts and Crafts

562-5691

Bldg. 6039 Philadelphia Street

Hours of Operation:

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

Wednesday to Thursday from noon - 5 p.m. and 6 - 8:45 p.m.

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

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

Programs

Adult Craft Classes

March 6 - 27; April 3 & 10

Intro to Drawing & Painting Course - \$30

Kids Craft Classes

Saturdays, 2:30 - 4 p.m.

March 1 & 8; 22 & 29 Intro to Drawing Class \$20 plus materials

5\$ pre-registration fee

for other classes call Arts & Crafts 562-5691

Crafty Birthdays

Arts & Crafts offers Crafty Birthday Parties! Parties include up to 2 hours of party room use, one craft project with instruction and all materials, with many exciting projects to choose from. When making party reservations, please make sure to stop by in order to select the craft and make payment.

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. It makes a great last-minute gift idea, too.

Hearts For Heroes

Show your appreciation for our active duty and retired military. Come in anytime and paint a small heart which will be given to a military member. All hearts will be donated so there is no cost to participate!

Frame Shop

Stop by to learn about all kinds of framing techniques. In no time you'll be framing your own photographs, paintings and posters.

Off Post

Combat Stress Support Group

Informal gathering for dinner and discussion with Chap. (Lt. Col.) Dave Hunter every Mon-

day at 6:30 p.m.
Brother's Diner 1 in Browns Mills
127 Trenton Road (Texas Avenue)
They offer a 10 percent military discount.

*Joining the group soon will be members of the Vietnam Veterans of America who will offer their support and experience to today's Soldiers.

VFW Post 6590, Cookstown

Will be having a 2 for 1 steak night at their post right outside McGuire AFB. Representatives from the state will be on hand and available for questions. Event is scheduled for March 15 at 6 p.m. Cost is \$24.95
Any questions call 758-7466

Veterinary Clinic

The Fort Dix/McGuire Veterinary Treatment Facility has February appointments available Feb. 25. Your animal must be registered prior to being scheduled for an appointment.

Clinic hours are Monday through Friday, 8:30 a.m. to noon and 1 to 4 p.m. Call Dawn at 562-6636 with any questions.

CREATE IN '08 at the

Arts & Crafts Center

call 562-5691 for more information

NCO Call at Club Dix

Wednesday evenings at 6 p.m.

FORT DIX WANT'S YOU



TO BE A VOLUNTEER

Call Army Community Service at 562-2767

United Communities Housing Information

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

United Communities is now offering Self-Help Delivery!

Please check the United Communities Web site for details:

www.mcguiredixuc.com

Fort Dix/McGuire Residential Re-use Collection Schedule

MONDAY

McGuire AFB

3800's & 3900's

TUESDAY

ALL OF FORT DIX INCLUDING QUARTERS: 201, 502, 1900

THURSDAY

McGuire AFB

4000's EXCEPT 4013-4027

4200's EXCEPT 4252-4260

FRIDAY

McGuire AFB

4013-4027

4252-4260

4300's, 4400's and 4500's

*** IT IS VERY IMPORTANT THAT YOU ONLY PUT TRASH OUT ON YOUR SCHEDULED DAY. THIS HELPS KEEP YOUR NEIGHBORHOOD CLEAN***

RECYCLING IS PICKED UP EVERY THURSDAY

IT IS VERY IMPORTANT THAT ONLY RECYCLABLES ARE PUT IN YELLOW/BLUE RECYCLING BINS

GREEN WASTE IS PICKED UP EVERY MONDAY AND TUESDAY.



AIR FORCE NEWS



Assistance available for loved ones of deployed Airmen

Airman 1st Class Rebekah Pry
305th Air Mobility Wing Public Affairs

MCGUIRE AIR FORCE BASE, Jan. 10, 2008 — Military families are unlike many other families. Frequent relocations - uplifting children from school and spouses from jobs - and the ever-present reality of overseas deployments, can cause stress for those families. Single servicemembers and their families, back home, also have to deal with the stress that accompanies the military lifestyle.

The Phoenix Spouse program, offered through the McGuire Airman and Family Readiness Center, provides

military families with someone who can assist them in dealing with that stress before, during and after a deployment.

"The Air Force-wide Phoenix Spouse program is a great experience for all parties involved," said Tech. Sgt. Kevin Casciano, AFRC readiness NCO. "For families, it's a great tool for assistance of any kind - Phoenix Spouses are trained to help families access any resources necessary.

"For Phoenix Spouse volunteers, it's an amazing opportunity to help others and change their life for the better," he said. "We are also re-vamping our recognition program that highlights the contributions of our volunteers."

As the 305th Aerial Port Squadron Phoenix Spouse for

the past year, Kimberly Henne has a lot of experience with the program. Her husband, Master Sgt. Andrew Henne, 305 APS first sergeant, informed her of the program and its need for volunteers.

"As a Phoenix Spouse, I act as a liaison between family members in the command," Ms. Henne said. "I call spouses of deployed members and parents of single Airmen to make sure everything is ok, to see if they need anything or have questions or concerns. Basically, I make sure they are aware of all resources available to them, and I try to help solve any problems they may be having. And we have full confidentiality; unless there is a danger to themselves or others."

The best part about Phoenix Spouse for Ms. Henne is helping families through a problem and seeing the problem solved.

"One of the families I worked with was a woman with three young children," she said. "Her husband was deployed during the winter, and it was pretty cold. She started having leaks in her house, which maintenance crews could not tend to, so we had to address the issue.

"We were able to find a gentleman on base who checked it out and found her gutters to be frozen," Ms. Henne said. "He was able to fix it and prevent her from relocating her children and their belongings. I was really glad to help out and help solve that problem."

During her husband's

deployment, Julie Wagner got involved with the Phoenix Spouse program. As her friend, Ms. Henne was able to step in as a Phoenix Spouse and help with any problems she was having.

"I really believe in the Phoenix Spouse program, and the people involved with it are truly amazing," Ms. Wagner said. "Knowing you can call someone for outside help or information and knowing they care is a great feeling. We are very privileged to have Phoenix Spouses help out as much as they do."

For Ms. Henne, after 15 years as a military spouse, the Phoenix Spouse program was a way for her to give back to others; the squadron, the base and the base community.

"I've been around the military community for a long time, so I've learned about the resources out there available to military families," Ms. Henne said. "Some people don't know everything out there for them, so as a Phoenix Spouse, I get to pass along that information."

"If we (Phoenix Spouses) can help keep families happy, that encourages active-duty members to stay with the Air Force longer, be ready for the mission and be part of a happier Air Force family."

Phoenix Spouses are still needed within certain McGuire organizations.

To volunteer or get involved with the Phoenix Spouse program, call the Airman and Family Readiness Center at (609) 754-3154.

Programs aid in reconnecting families

Melodye Giovanni
Family Advocacy Program Outreach Manager

MCGUIRE AFB, Jan. 14, 2008 — Although deployments are typical and expected across a military career, each deployment is unique and has its own set of challenges and rewards. It is important to understand the distinct set of circumstances surrounding each deployment, particularly when it comes to maintaining and sustaining emotional ties to your partner. Deployments can be a positive growth-producing experience for the military and family member if they have the proper set of skills and information to successfully navigate time apart and together.

Access to e-mails and cellular phones have made it easier to stay connected to family and friends. While this is a vast improvement over days gone by, it does not and can not replace time together. Dedicated time to getting reacquainted and reconnected is essential to the longevity and health of your relationships. By understanding how relationships work you will be able to deliberately target the five essential relationship areas to know and grow. They are as follows:

● Knowledge: Getting to know someone is a life-time

event. Take time to sit and talk with your partner. Show interest by giving your partner your undivided attention. Set aside uninterrupted time to talk and listen. Be patient as it takes time to open up. Show interest in what the person is saying even if the topic is unimportant to you. Nonverbal cues can be a source of encouragement. Maintain eye contact, face your partner, smile and nod your head to show that you are listening and are interested in what is being said. Ask questions and listen to the answers. Open up and share your thoughts and feelings. A solid friendship-based marriage can be a source of joy and support, and strengthen your relationship.

● Trust: Trust is essential to building intimacy and securing emotional safety and security. Every marriage should have a mutually agreed upon set of expectations and behaviors that guide behavior and establishes limits. Couples should set aside time to discuss their expectations about money, friends and fidelity, to name a few. Once there are jointly established expectations, each member should do his or her part in maintaining the agreements through his or her behavior and actions. What you say should match what you do.

● Reliance: Can you be

counted on? Do you follow through with commitments? Do you make yourself emotionally available and support your partner emotionally by listening - "being there" - routinely, consistently and in times of need? Reliable behavior supports trust and is a critical relationship building block. At times you may falter in "being there", but as a rule it is important to be as consistent as



possible. Again, what you say should match what you do. This is the root of trust.

● Commitment: Are you in your relationship for the long haul? Have you communicated this to your partner? Has something happened to make you question your commitment? Do you feel emotionally secure? These are questions that can arise at any time during the course of a relationship.

Communication is the key in addressing this critical area. Commitment is demonstrated by being trustworthy, reliable and open. At times we all need reassurance; be sure to periodically tell your partner that you

love him or her and are deeply committed to the relationship. It is important not to take each other for granted. If you have doubts about the status of the relationship sit and talk with your partner about what's affecting your ability to feel and stay committed. Don't be afraid to broach the subject. Problems left unattended can worsen. Seek professional help if you are unable to settle this on your own.

● Touch: Re-establishing affection and sexual intimacy is important after periods of separation. Getting reacquainted by spending time together and talking can help you and your partner open up. The area of touch is deeply affected by the other aspects of relationships - including knowledge, trust, reliance and commitment - and can have a tremendous impact on your ability to receive and give affection and enjoy sexual intimacy.

Remember that deployments bring change for each person. If recognized as normal and managed well, these changes can enrich your relationship and help you grow closer. It is important to be patient with one another as you adjust to time apart and together. A program that can help is the Sweet Hearts Seminar. This program teaches and supports couples in the areas of

Summer job seekers have options on base

RANDOLPH AIR FORCE BASE, Texas, Feb. 19, 2008 -

Students and certain other eligible persons can gain marketable skills and earn money while enjoying their summer vacations with the Air Force Summer Hire Program. Air Force Personnel Center officials here said Feb. 19.

Job vacancies will be posted on the USAJobs Web site and may be advertised locally by a base's civilian personnel flight via bulletin boards, services squadron newsletters or base newspapers.

Also, many civilian personnel flights interact with local community colleges and high schools and have already identified eligible and interested students. In either case, the job request and the name of the hire will be sent to AFPC and processed.

In most cases, the request for personnel action will be sent to an AFPC Management Advisory Clearing

House, or "MACH," inbox. There is a specific MACH for every major command. There it will go through normal checks and balances, advertised for hire, and a list of qualified names sent to the requesting official, just as any recruitment action would do.

Applicants must be able to show proof of their eligibility; either school enrollment paperwork, proof of citizenship, or other proof before being hired.

"These great temporary jobs will run from May through September," said Robbie Brown, a technical adviser to the deputy director of Civilian Force Integration at AFPC.

"Bases are looking for clerical workers, lifeguards, recreation aides, computer clerks and general laborers," he continued.

This program gives Air Force bases a highly qualified and enthusiastic group of temporary workers to fill important seasonal positions.

information and registration about the next Sweet Hearts Seminar and other programs, contact the Family Advocacy Program at (609) 754-9680.

Young basketball star has high hopes



Lisa Evans

DOMINATING FORCE -- Trey Calloway is one of the reasons the Golden Nuggets are 4-1. A player well beyond his years, he hopes to land in the NBA.

Lisa Evans
Public Affairs Staff

He calls himself an athletic nerd. At 5 feet, 10 inches tall and 190 pounds, Trey Calloway isn't the typical 12-year-old basketball player. Playing for his Fort Dix team, the Golden Nuggets, he is head and shoulders above his, and most of the other, teams' players. Add in his Presidential Fitness Award for both physical and educational standards, enrichment classes and straight-A grades, and it isn't hard to imagine Calloway will succeed at his dreams of playing pro basketball.

Calloway takes basketball seriously enough that he plans to attend either North Carolina or Duke University and major in athletics. He hopes to play for the NBA, but will be a coach, or an assistant coach or a manager, as long as it is in bas-

ketball. Since the age of seven, Calloway has loved basketball. "When I get older I want to play like Kevin Garnet because he's a very good all-over player and he gets down low. I want to play like that," Calloway said.

When the opportunity came up to attend a professional game, the Harlem Globetrotters, Coach Robert Williams said Calloway was the first to bring in his money. Williams said Calloway wants to see the big boys play.

"I can learn more watching games in person and not on television," Calloway said.

Calloway said he pays attention to the coach, listens carefully, and likes to play by strategy and planning. Calloway takes the game so seriously that when he is confused or unsure about a play or how the game is going, he asks questions. During practice Calloway will ask the coach and

the other players how he is doing and what he can do to improve his game. His favorite position is defense.

"I like the feel of getting rebounds and blocking people. I like defense more than offense, but I can score if I need to," Calloway said.

Williams believes Calloway is NBA bound and definitely can score, sinking at least seven percent of his throws. Williams said Calloway has running floor abilities, and agility and coordination unusual in a kid that age, especially with his height and weight.

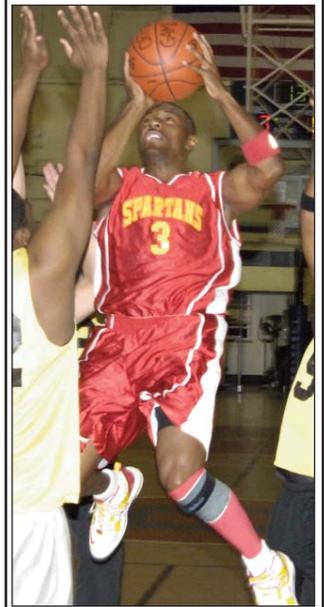
"He's a dominating little force to me. He has a future, has a good awareness of where he's at on the court. He tries to get everybody involved and is very well minded, easy to get along with. I call him Little Shaq," Williams said. "He is the instrumental kid on my team.

That's why we are 4 and 1."

Since the rules of the game require all team members to play at least two quarters of the game, Calloway only plays half the time. But, Coach Williams said Calloway still manages to average 10-15 points, 10 rebounds and seven to eight blocks per game.

Calloway said, for now, he doesn't worry about formal training, for exercise and physical training he runs the treadmill when he goes to the gym with his dad, rides a bike and plays outside with his friends.

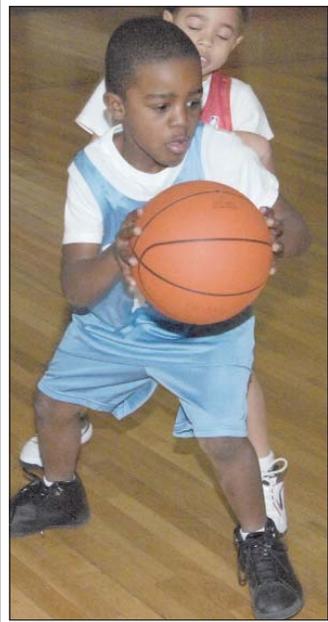
He is still a kid, but whatever the future brings, Calloway does have the three things all athletic stars need if they want to shine - intelligence, physical ability and the drive to succeed. He has another few years to work on his plan. And who knows, maybe someday we will see him playing with the NBA as Coach Williams believes.



Ed Mingin

High flying

The Spartans, Lebaron Gordon shown above, are tied in first place with the Renegades in the Griffith Field House basketball league with a record of 3-0. FCI is also perfect, standing at 2-0. Pre-season champs, the Wildcats, are still within striking distance at 3-1. The Road Runners follow close behind at 2-1. Navy and JTF both stand at 1-2. HIB 72nd and TLC are 0-2. Lightning and the Stallions trail at 0-3.



photos by Ed Mingin

Back to basics

It's not always about the score. Before they even care about score, players need to learn the basics. In the 5- thru 6-year-old division, players develop all the skills that will take them to the next level. Andre Brantley, left, and Daniel May were busy honing their game skills this past weekend at the Doughboy Gym. In other Fort Dix basketball action, the Panthers remain undefeated, beating the McGuire Raptors 24-20 in the 9-10 division. Fort Dix #2 lost 28-14 against Pemberton #2. The Fort Dix Golden Nuggets beat the McGuire Spurs 39-19 in the 11-12 division. In the 13-15 class, Fort Dix lost 34-30 to Pemberton.

Bowler reaches perfection



courtesy photo

Patricia Fox bowled her second perfect game Jan. 10, 2008, during the McGuire Intramurals at the Fort Dix Bowling Center. Fox, an Air Force Major, bowled her first perfect game in 2001 and fell one pin short last year, bowling a 299. She has competed on the Ladies Air Force Bowling Team in 1995 and was a part of the winning team in 2001. Fox has bowled since age 10, and has become a competitive bowler while she was stationed in Minot, ND.

Ft Dix 2008 Madden Bowl

5 Minute Quarters
Skill: All Madden

XBOX 360

PS2

MADDEN NFL 08

Sign up for free today at Griffith Field House!

Open to Fort Dix Personnel Only. Must be 18 years old or above.

May 3rd-4th at the Ft. Dix Rec Center

For more information contact Chris O'Donnell @ 562-2768/3961

Sports Shorts

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

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

Joint Forces Invitational

The Joint Forces Invitational Dig and Dive Racquetball Tournament will begin March 15.

All entries must be received by 5 p.m. March 12. Entry into the competition is free.

The event will be held at the McGuire Fitness Center, Griffith Field House and the Doughboy Gym.

Call Chris O'Donnell 609-562-6495 or e-mail christopher.odonnell@us.army.mil for entry form and more information.

Little League

The Fort Dix Little League Baseball Program will be holding registration Feb. 18 - March 28. The program is open to all family members of active duty, retired military, civilian or contract employees.

Cost to register is \$50 for children 3-15.

For more information, or to register, call CYS at 562-4702 or 562-5231. Chris and Steve at Youth Sports, 562-

2819 can also provide additional information.

Bowling

The Fort Dix Bowling Center will remain open while new lanes are being installed.

Monday - Thursday

5 p.m. - 10 p.m.

Friday

5 p.m. - midnight

Saturday

10:30 a.m. - midnight

Sunday

2 p.m. - 9 p.m.

Ultimate Bowling

Saturday 8 p.m. - midnight

Sunday 5 p.m. - 9 p.m.

League nights are Tuesday, Thursday and Friday. Limited open lanes Tuesdays and Fridays. No open lanes Thursdays from 5 p.m. - 8:30 p.m.

For more information call 562-6895.

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.

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.

Plates Fusion

5:15 p.m. - 6:15 p.m.

Friday

Spin-It

noon - 12:45 p.m.

Roller Derby

The Penn-Jersey She Devils Roller Derby team will be at the Doughboy Gym Feb. 28. Doors open at 7 p.m. for the free event, which starts at 8 p.m.