



## 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-Deuse at 562-2666 to register or for more information. You may also email her at fay\_marshalldeuse@us.army.mil

### 305th Med Group posts cancellation number

Soldiers who cannot get to scheduled medical appointments on time at the 305th Medical Group, McGuire Air Force Base, may cancel their appointments by calling 754-9287. The phone will be staffed until 2 p.m., when it will switch to a message system that will be checked hourly.

### Weather Hotline offers latest info on delays

Looking for information on Fort Dix weather-related closures and delays? Call 562-4065 after 6 a.m., check WDX Channel 2 TV, or log on to www.dix.army.mil for the latest information on time and schedule changes for the post.

## WEATHER

**FRIDAY** -- Afternoon and evening rain, high of 40, breezy into evening with a low of 29 degrees.

**SATURDAY** -- Partly cloudy changing to rain in afternoon, high of 44 and overnight low of 23.

**SUNDAY** -- Sunny and cool with a high of 46 degrees and an overnight low of 32 degrees.

**MONDAY** -- High of 53 degrees and chance of sprinkles, overnight low of 36.

**TUESDAY** -- Chance of light showers, daytime high of 46, overnight low of 28 degrees.

**WEDNESDAY** -- More than 60 percent chance of snow, high of 33 degrees and low of 29.

**THURSDAY** -- Partly cloudy and warmer, daytime high of 48 degrees and low of 34.



Ryan Morton

## Training to standard

Soldiers with the 744th Military Police Battalion out of Bethlehem, Pa., stay on guard during mobilization training at the Fort Dix Military Operations on Urban Terrain (MOUT) site, commonly known as Balad. The 744th is preparing to deploy in support of the Global War on Terrorism. For more photos, see page 12.

## Stability ops now core mission

WASHINGTON, Army News Service, Feb. 25, 2008 — Soldiers have been in Iraq keeping the peace, battling insurgents, protecting civilians and helping to rebuild that country for nearly five years. The Army now recognizes that work, called "stability operations," as part of a Soldier's core mission and made it so in the new field manual for operations, FM 3-0, which will be released later this week.

The change comes because the U.S. government has identified that failed and failing states are breeding grounds for terrorists and insurgents,

said Lt. Col. James H. Boozell, an Army G3 branch chief for the stability operations and irregular warfare division at the Pentagon.

"When local government can't provide the civil security and civil control necessary for its people, terrorists are allowed to thrive," he said. "If we stabilize governance, it will provide the level of civil security and control that disallows the growth of terrorism and insurgency."

Inside the new operations manual, the Army elevates the status of stability operations, putting it on par with

the two traditional core Army missions: offensive and defense operations.

But stability operations are not new for the Army, Boozell said.

"We have actually been doing stability operations for over 200 years," he said. "But responsibility for lead agency was never assigned; it will never be incorporated by United States government agencies. Now, the Department of State has been assigned responsibility for the conduct of stability operations; the military will support. In contested envi-

ronments, the Army will conduct those operations until it is safe for civilian officials to enter the country, but the State Department will continue to provide guidance, Boozell indicated.

By adding stability operations as a third core mission, the Army indicates what it is doing now in Iraq and Afghanistan, and what it has done in the past in places like Bosnia, Herzegovina, Somalia, Haiti and Kosovo.

When combat operations subside, it has a further mandate to create condit-

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## Investigator trains for deployment 14

Pascual J. Flores  
Public Affairs Staff

For most Soldiers mobilizing through Fort Dix for the Global War on Terrorism, the training is either something new or a refresher course on skills learned in the past while serving in the military.

Such is not the case for Sgt. 1st Class Gregory Remenicky of the 744th Military Police Battalion (LR) out of Bethlehem, Pa., who when not on duty with the military is a member of the Fort Dix Department of Defense Police Department's Criminal Investigation Unit.

"The unit I am deploying with is one of the best I've deployed with both in-theatre and in providing training. And I have been involved in 14 deployments during my career," Remenicky said.

Enlisting in the Army in 1987, Remenicky served 13 years active duty as a military policeman before joining the Army Reserve in 2000 and being activated with the 1079th Garrison Support Unit (GSU) at Fort Dix as a part of both Operation Noble Eagle and Operation Enduring Freedom.

Prior to joining the ranks at Fort

Dix, Remenicky deployed with the 988th Military Police Battalion in Panama in support of Operation Just Cause in 1989 while he was stationed at Fort Benning, Ga., from 1988 to 1991.

He was later stationed at Johnston Island, 717 miles from the Hawaiian mainland, with the 24th Military Police Company (Mech), at the Aberdeen Proving Grounds (APG), Md., with the AFG Military Police Company, and lastly at Fort Bragg, N.C., with the 21st Military Police (Airborne) from 1996 to 2000 with deployments to Bosnia and, in 1999, to Fort Dix for a Kosovo assignment in support of the Kosovo Refugee operation.

It was during that time that Remenicky joined the DoD Police Department at Fort Dix and a true professional emerged as he began putting into practice his military police experience, combined with what he was learning at the department.

Combining his military and civilian training, Remenicky would gain recognition among both his peers and supervisors as an exceptional leader and dependable team member in all aspects of law enforcement.

(continued on page 3)



Jennifer McCarthy

## Ex-POWs launch AER drive

Ex-Prisoners of War -Continental Chapter commander, Joe O'Donnell presents installation deputy commander, Lt. Col. Roger Cotton with a donation check to kick off the Army Emergency Relief Campaign on Feb. 25. The campaign, which lasts from 1 March to 15 May, hopes to raise \$45,000 to support Soldiers, family members and retired Soldiers in need. Last year AER provided \$940,000 of aid to Soldiers and their families.

# Is there a geography of bliss?

**Steve Snyder**  
Public Affairs Staff

A psychologist from the University of Leicester in England produced the first "world map of happiness" last year by analyzing data published by UNESCO, the CIA, the New Economics Foundation and other think tanks. Social psychologist Adrian White evaluated responses given on questionnaires and other tests, the world over to determine the degree of happiness various nationalities had.

Interesting tidbits among White's findings included:  
• ... a nation's level of happiness was most closely associated with health levels, followed by wealth and then provisions of education.

• The belief that capitalism leads to unhappy people is false. Wealth, indeed, is among the variables encouraging happiness.

• White was "surprised to see countries in Asia scoring so low, with China 82nd, Japan 90th and India 125th. These were countries thought of as having a strong sense of collective identity which might have led to feelings of happiness.

• Many countries with large populations did badly on the happiness barometer. China at 82, India at 125 and Russia at 167th illustrate that many people are not happy in bigger countries.

The happiest nations are:

- (1) Denmark, (2) Switzerland, (3) Austria, (4) Iceland, (5) the Bahamas, (6) Finland, (7) Sweden, (8) Bhutan, (9) Brunei, (10) Canada, (11) Ireland, (12) Luxembourg, (13) Costa Rica, (14) Malta, (15) The Netherlands, (16) Antigua & Barbuda, (17) Malaysia, (18) New Zealand, (19) Norway, (20) The Seychelles, (21) St. Kitts & Nevis, (22) UAE, (23) USA, (24) Vanuatu, (25) Venezuela, (26) Australia, (27) Barbados, (28) Belgium, (29) Dominican, (30) Oman, (31) Saudi Arabia, (32) Surinam, (33) Bahrain, (34) Colombia, (35) Germany, (36) Guyana, (37) Honduras, (38) Kuwait, (39) Panama, (40) St. Vincent, (41) The United Kingdom, (42) Dominican Republic, (43) Guatemala, (44) Jamaica, (45) Qatar, (46) Spain, (47) St. Lucia, (48) Belize, (49) Cyprus, (50) Italy, (51) Mexico, (52) Western Samoa, (53) Singapore, (54) Solomon Islands, (55) Trinidad & Tobago, (56) Argentina, (57) Fiji, (58) Israel, (59) Mongolia, (60) Sao Tome & Príncipe, (61) El Salvador, (62) France, (63) Hong Kong, (64) Indonesia, (65) Kyrgyzstan, (66) Maldives, (67) Slovenia, (68) Taiwan, (69) Timor-Leste, (70) Tonga, (71) Chile, (72) Grenada, (73) Mauritius, (74) Namibia, (75) Paraguay, (76) Thailand, (77) Czech Republic, (78) Philippines, (79) Tunisia, (80) Uzbekistan, (81) Brazil, (82) China, (83) Cuba, (84) Greece, (85) Nicaragua, (86) Papua New Guinea, (87) Uruguay, (88) Gabon, (89) Ghana, (90) Japan, (91) Kenya, (92) Portugal, (93) Sri Lanka, (94) Tajikistan, (95) Vietnam, (96) Iran, (97) Cameroon, (98) Croatia, (99) Poland, (100) Cape Verde, (101) Kazakhstan, (102) Madagascar, (103) South Korea, (104) Bangladesh, (105) Congo Republic, (106) Gambia, (107) Hungary, (108) Libya, (109) South Africa, (110) Cambodia, (111) Ecuador, (112) Kenya, (113) Lebanon, (114) Morocco, (115) Peru, (116) Senegal, (117) Bolivia, (118) Haiti, (119) Nepal, (120) Nigeria, (121) Tanzania, (122) Benin, (123) Botswana, (124) Guinea-Bissau, (125) India, (126) Laos, (127) Mozambique, (128) Palestine, (129) Slovakia, (130) Burma, (131) Mali, (132) Mauritania, (133) Turkey, (134) Algeria, (135) Equatorial Guinea, (136) Romania, (137) Bosnia & Herzegovina, (138) Cameroon, (139) Estonia, (140) Azerbaijan, (141) Jordan, (142) Syria, (143) Sierra Leone, (144) Azerbaijan, (145) Central African Republic, (146) Macedonia, (147) Togo, (148) Zambia, (149) Angola, (150) Djibouti, (151) Egypt, (152) Burkina Faso, (153) Ethiopia, (154) Latvia, (155) Lithuania, (156) Uganda, (157) Albania, (158) Malawi, (159) Chad, (160) Ivory Coast, (161) Niger, (162) Eritrea, (163) Rwanda, (164) Bulgaria, (165) Lesotho, (166) Pakistan, (167) Russia, (168) Swaziland, (169) Georgia, (170) Belarus, (171) Turkmenistan, (172) Armenia, (173) Sudan, (174) Ukraine, (175) Moldova, (176) Congo Democratic, (177) Zimbabwe and (178) Burundi.

\* war-torn conditions in Iraq probably forced its exclusion from the survey

An interesting and ideal companion to the report was published this year, Eric Weiner's *The Geography of Bliss: One Grump's Search for the Happiest Places in the World*. The National Public Radio reporter visited the Netherlands, Switzerland, Bhutan, Qatar, Iceland, Moldova, Thailand, Great Britain, India and the USA to file some arresting conclusions.

"Happiness is other people, our relationships with them," Weiner believes. Americans tend to equate money with happiness, excluding other factors. And you can often change your level of happiness by moving to another place.



scene from 1946 film, *The Razor's Edge*

"In these days of wars and rumors of wars, haven't you ever dreamed of a place where there was peace and serenity, where living was not a struggle but a lasting delight?"  
— from 1937 film *Lost Horizon*



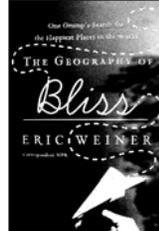
**HANGING OUT** — Patrons of a coffee shop in Syria might at a glance buttress author Eric Weiner's thesis that "Most of our happiness is derived from our relationships with other people." But Syria ranks only 140th on the happiness scale based upon 100 different studies produced by Britain's Leicester University. According to the university's study, "a nation's level of happiness was most closely associated with health levels, wealth and then education." Healthy, wealthy and wise seem to be the ticket by those standards.



**SOLID SWISS** — Hikers in Zermatt, Switzerland, approach the Matterhorn which looms over the town. The Swiss were rated second in national happiness in the Leicester survey. In *The Geography of Bliss*, the author notes the Swiss are content "because everything runs like clockwork" and they also eat a lot of chocolate. They conceal their money, too, suspecting that envy breeds unhappiness. But bourgeois routine apparently doesn't.



**GOING THROUGH THE MOTIONS** — Dancers add zest to a tribal ceremony in Nginga, Burundi. The Republic of Burundi is a small country in Africa bordering Lake Tanganyika, Rwanda to the north, Tanzania on the south and east and the Congo to the west. The country is geographically isolated, overpopulated, poor in natural resources and has the lowest GDP per capita in the world. Not surprisingly then, it finishes dead last in the happiness quotient measured by the University of Leicester study. Burundi citizens hope to leave clan divisions, inflamed by a long civil war between the Hutu majority and Tutsi ruling elite, way behind them.



*The Geography of Bliss: One Grump's Search for the Happiest Places in the World* by Eric Weiner. Twelve, hardcover, 329 pages, list price \$25.99. National Public Radio correspondent Weiner has been around, reporting from more than 30 countries and being based in New Delhi, Jerusalem and Tokyo during the last decade.

He decided to explore the relationship between the contentment and place in his new book and came away with some astute observations.



**NO MELANCHOLY DANES** — The statue of the Little Mermaid greets ships in Copenhagen's harbor. Contra Hamlet, today's Danes are anything but melancholy. They are, in fact, rated as the happiest people on earth according to a recent study released by Leicester U. in England.



**DUTCH TREAT** — Boats cruising the canals in Amsterdam make it easy to understand why the Netherlands finished 15th in the happiness survey.



**NATURAL DELIGHTS** — A young lady joins the crowd in the Blue Lagoon, a famous geothermal spring in Iceland. Surprisingly (given its name), the country is rated number four in the University of Leicester's World Map of Happiness and even rates a chapter in *The Geography of Bliss*, written by an admitted grump.



**MALTA** — This archipelago of seven islands, three inhabited, lies 37 miles south of Sicily giving it a warm Mediterranean climate. Once ruled by the Knights of St. John and the place where St. Paul was shipwrecked, Malta ranks 14 on Leicester's world map of happiness.



**CLIFFHANGER** — Thimphu, the capital of Bhutan, looks out over the Himalaya Mountains. Bhutan is sandwiched between India and China in South Asia and is rated eighth in happiness in the Leicester survey. According to Eric Weiner, "Bhutan is probably the closest thing on Earth to Shangri-La, that fictional paradise."



**O CANADA!** — A cyclist peddles around Lake Ontario in Toronto. Our hardy neighbors to the north came in 10th place in the happiness sweepstakes compared to the U.S.'s 23rd standing.

## the Post

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photos by Ryan Morton

**SURE SHOT** — Sgt. 1st Class Gregory Remenicky of the 744th Military Police Battalion (LR) out of Bethlehem, Pa., takes aim during mobilization training at Fort Dix. Remenicky, who works as a Fort Dix DoD Police investigator, is preparing for deployment in support of the Global War on Terrorism.

## Investigator trains (again) —

(continued from page 1)

"He's completely dedicated to the completion of any and all missions assigned," said Maj. Jack Warlow, Directorate of Public Safety (DPS). "A team player, his actions are above reproach."

After 9/11, Remenicky — under the direction of Steve Melly, director of Public Safety, along with Warlow and Maj. John Dove, DPS — became an active participant and NCOIC in the creating of the Special Reaction Team (SRT), a high-speed group of individuals charged with providing safety to the installation against acts of terrorism.

Qualified as a member/NCOIC of the SRT, Remenicky is also a qualified sniper, weapons instructor, distinguished shooter, and is trained in anti-terrorist and counter-terrorist procedures.

Only a talented individual such as Remenicky could say, "If you're in a fair fight, your tactics suck."

In 2005, at a Town Hall Meeting, Remenicky and other members of the Fort Dix community received their just recognition for their many contributions.

Col. R. David McNeil, installation commander at that time, presented Remenicky with the Achievement Medal for Civilian Service, and the First Quarter Award, FY 05, Civilians of the Quarter, Goal 1, Be the Training Center for the 21st Century, to Remenicky and Sgt. Paul



Imhof of DPS.

Remenicky's energy and attention to detail never faulted. Moving from patrolman to investigator with the Criminal Investigation Unit, Remenicky took on the challenges of general crime investigation, surveillances, as well as most of the tasks associated with the Criminal Investigation Division (CID), while also serving with the Joint Terrorist Taskforce.

"As a Soldier, Rem is an inspiration in the military police corps. He is a shining example of a non-commissioned officer that we should all look up to," said Kevin Henkel, patrolman, DPS, and a

staff sergeant with the 77th Sustainment Brigade "He makes people want to learn to be better; that's his whole life." "Greg Remenicky was selected by Command Sgt. Maj. Anthony Young to serve as first sergeant (of the 1079th GSU) due to his exceptional leadership and proven dependability," said Maj. Jonathan Moyer, last commander of the 1079th's Headquarters and Headquarters Company.

"It was not until I had the opportunity to have Remenicky serve as my first sergeant that I truly appreciated the depth of his knowledge and his quality of leadership first hand," Moyer continued.

Remenicky has assisted in the training and validation of approximately 5,560 Soldiers since his time at Fort Dix, and is currently preparing himself and the Soldiers of the 744th Military Battalion for their participation in the Global War on Terrorism.

"If people ask if I miss my family, I say yes, then I look to my left and my right and I am with my family," Remenicky said.

Remenicky is married to Lisa, with daughters Gianna, age 4, and Sophia, who is 18 months old, and resides in New Jersey. He also has a daughter Jessica, 17, and son Tyler, 14, who reside at Fort Bragg.

## Stability ops core mission —

(continued from page 1)

itions where additional elements of U.S. national power can be applied to help create stable governments and economies.

Stability operations consist of five "lines of effort," including: civil security, civil control, support to governance, provision of essential services, and support to infrastructure and economic development.

Those lines of effort mean the Army might provide security in the civilian community until a legitimate civil government is able to assume that responsibility for itself. The Army will help governments rebuild judiciary and corrections systems, provide shelter for persons displaced by war activities, help prevent the spread of epidemic disease, and assist in developing public infrastructure such as roads, railways, airports and telecommunications systems.

"The Army will work to help establish micro-economic programs to stimulate the economy, stand up police forces and correctional institutions and begin re-establishment of the judicial process," Boozell said.

The Army will also have to redefine what it means when it



U.S. Army photo by Staff Sgt. Russell Lee Klika 133rd Mobile Public Affairs

**IN THE MARKET FOR PEACE** — Spc. Nicholas Rogers of Alpha Company, 1st Battalion, 187th Inf Regiment, 3rd Brigade Combat Team, 101st Airborne Division on patrol in the market center in Baiji Iraq.

talks about a successful operation, he said. In the past, success meant the culmination of a successful offensive operation — that may no longer be the

case, Boozell pointed out. "Now that we have a third core mission, it causes us to re-evaluate what is success. In the case where we are going to do

a stability operation, success is no longer the ability to remove the enemy. Success is now the host nation's ability to govern and protect itself."

**NCO Call**  
at Club Dix

Wednesday evenings at 6 p.m.



# NEIGHBORHOOD

## THE CORNER

### Walson Aid Station changes sick call hours

Sick call hours for Soldiers mobilizing or demobilizing at Fort Dix have changed for the Walson 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:

- HHC XO (2LT-1LT)
- A Co XO (2LT-1LT)
- PER MGT NCOIC (E7)
- JRC/HRM-MUIC OIC (O2)
- Senior HRM NCO (E7)

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

### 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.

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### Hope Fire Company hosting pair of meals

The Hope Fire Company Ladies Auxiliary is hosting a pair of events in March.

● An all-you-can-eat pasta dinner will be held **March 7** from 3 to 8 p.m. at the Hope Fire Company, 82 Route 526, Allentown, N.J. Tickets cost \$10 per adult, \$5 for kids ages 5 to 12, and children 4 and under eat free. Call Gerri Carter at 208-0127.

● An all-you-can-eat pancake breakfast will be held **March 16** from 7 to 11 a.m. at the Hope Fire Company. Tickets cost \$5 per adult, \$4 for kids ages 6 to 12, and children 5 and under eat free. E-mail Roberta Cole at pbreakfast82@aol.com

### Easter Egg Hunt set for EFMP kids

Army Community Services is sponsoring its annual Exceptional Family Members Program Easter Egg Hunt **March 8** from noon to 2 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.

Call Evelyn Dingle at 562-2767 to register no later than March 5.

### Officers Association offers college scholarships

The Reserve Officers Association (ROA) offers \$500 merit-based scholarships for both undergraduate and postgraduate study at accredited colleges and universities. Undergraduate scholarships are available for children and grandchildren of ROA members, and graduate scholarships are available to ROA members.

Sponsors must be ROA members and membership is available to any active, reserve, retired, or former officer who served in the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service, or NOAA.

Application deadline for the 2008-09 School Year is April 10. ROA membership & scholarship applications are available at [www.ROA.org](http://www.ROA.org). E-mail questions to [grallen@comcast.net](mailto:grallen@comcast.net).

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

## Red Cross, Fort Dix share long history

Wayne Cook  
Public Affairs Staff

The American Red Cross has a long history with Fort Dix and McGuire Air Force Base, one that dates back to 1942.

The Fort Dix/McGuire Service Center in Bldg. 6051 was built shortly after the beginning of World War II on the corner of 8th Street and Doughboy Loop. The Burlington County Chapter of the American Red Cross established the center to support the men and women of the military as they performed their duties during their nation at war.

Sixty-five years later, the service center is still in operation, and ironically the men and women of the post and air base are again supporting their nation at war.

A few of the ways the center provides for the military community are through donations of cleansing and hygiene items called "Touch of Home" packages that are handed out at the Joint Readiness Center (JRC) to deploying and returning Soldiers, providing CPR and first aid courses, and hosting blood drives, clothes and food drives.

The surrounding communities assist the Red Cross through donations of items and money to support the organization's programs and also by people volunteering to work the projects.

There are currently 24 volunteers working with the Red Cross on Fort Dix and McGuire. They man a booth at the JRC, handing out information and the comfort kits. They provide coffee and cookies, tea and Twizzlers, and hot chocolate and hard candy, along with other snacks. They also assist with gathering donations during the clothes and food drives and also teach the CPR and first aid classes.

This past year, a Boy Scout from

Pennsauken made it his Eagle Scout project to collect and deliver 186 boxes of donated items for the "Touch of Home" packages.

"We live on the support of the military and the surrounding communities. We exist on donations here at Fort Dix," said Patricia Selk-Welkenbach, the service center's volunteer manager.

Selk-Welkenbach, herself a volunteer of many years, joined the American Red Cross back in 1970 when she decided she wanted to get involved in the community. She joined as a dental assistant on McGuire and began helping with blood drives. Now, 37 years later, she is the volunteer manager of the center and refuses to take a salary for her services.

"I do this for the Soldiers and Airmen and wouldn't feel right if I took money for it," she said.

Selk-Welkenbach tells her volunteers during orientation that she hopes they enjoy volunteering as much as she does.

Most of the volunteer staff is made up of retired people.

"We can always use more volunteers to staff the JRC and handle projects. The people we have now are great but you can always use more help. I want the younger people to know that they can volunteer also if they want to, even if it is only a few hours at a time. We support activities on Fort Dix and McGuire Air Force Base," she said.

The relationship between the Red Cross and Fort Dix/McGuire has been a long-standing one and looks to last quite a bit longer into the future.

"As long as we have Soldiers and Airmen on Fort Dix and McGuire, we will always have the Red Cross here to help them," declared Selk-Welkenbach.

Call the Red Cross Service Center for information on events and ways to help and donate by calling 562-2258.



Wayne Cook

**HISTORY OF HELPING - Patricia Selk-Welkenbach, American Red Cross volunteer manager, stands outside building 6051, the Red Cross Service Center on Fort Dix Feb. 25. The Red Cross built the center in 1942 to help take care of the Soldiers and their families on Fort Dix.**

## Gift of life needed at Red Cross blood drive

AFGE Local 1999/American Red Cross will sponsor a blood drive **March 14** at the Main Post Chapel from 8:30 a.m. to 2 p.m. Everyone able to do so is encouraged to donate the "Gift of Life," as blood supplies are extremely low. Blood type O+ (universal donor) and O- are urgently needed, as are A-, B-, and AB-. If you wish to be a donor, call your directorate POC NLT 7 MARCH to register in order to allow for proper staffing at donation site. To eliminate waiting in line, the best time to donate is between 0830 and 1100 - no appointments are needed. Please ask about qualification for Sickle Cell Donor and Double Red Blood Cell Donor programs. If you plan to donate blood, please bring your ID card and list of any medications you are taking. It is also recommended that you increase your fluid intake and eat normally prior to donating.

It is requested that you obtain your supervisor's approval for absence from the work site before going to donate blood. Federal employees are permitted 4 hours of administrative leave (with supervisory approval) as "recovery time" following donation. Please take time to read the attached flyers for tips and information on donating blood. Also, the American Red Cross has a website [www.pleasegiveblood.org](http://www.pleasegiveblood.org) with extensive information on this subject.

Your participation will be greatly appreciated by those in need. Please

share this information with personnel who may not have access to e-mail.

Please mark these dates on your calendar for the next upcoming blood drives:

<b>MAY 23</b>	Main Post Chapel	8:30-2:00
<b>AUG 29</b>	Main Post Chapel	8:30-2:00
<b>NOV 26</b>	Main Post Chapel	8:30-2:00

For more information call:

<b>DOIM</b>		
Anne Lamkin		562-2044
<b>MPD</b>		
Ed Vanzozi		562-4355
<b>RMO</b>		
Bonnie Armstrong		562-2698
<b>CPAC</b>		
Lillian Agostini		562-2507
<b>DOL</b>		
Georgie Harkel		562-3557
<b>DOC</b>		
Karin Koos		562-2777
<b>DPTMS-SMD</b>		
Bill Laloma		562-5867
<b>DPS</b>		
Nancy Owens		562-2858
<b>DPW</b>		
Vera Borum		562-3690
<b>DMWR</b>		
Kelly Czar		562-5881
<b>Chapel</b>		
MSG Pamplin		562-2020
<b>DOL</b>		
Bob Takakjy		562-2264



Wayne Cook

### World of thanks

Chap. (Col.) Larry Biederman, installation chaplain, presents I. Patricia Selk-Welkenbach, Red Cross volunteer manager, with a check for \$2,835.55 Feb. 21. The money was donated from designated offerings from the chapel congregations to support Tornado Relief Victims.



### Bevy of awards

Certificates of achievement are awarded to three of Engineering and Professional Services' (EPS) highest achievers for their efforts in maintaining 18 dormitory style buildings that billets Fort Dix mobilizing and demobilizing Soldiers. Ashley Hill, left, deals primarily with administrative matters concerning issuing and clearing the unit billets. She also handles service order distribution and service calls. Heather Adicks, center, and Jodie Flandinette maintain the common areas of the buildings. Their devotion to the comfort and well-being of the troops is displayed in their daily upkeep of the facilities. The three EPS employees are also college students furthering their education during their off-duty hours.

Ed Mingin



1st Lt. Antonia Greene, 72nd Field Artillery Brigade

### Painting the post red

Staff Sgt. Allan Bean, a Warrior Trainer with the 2-312th Training Support Battalion, right, shows Lt. Gen. Thomas Miller, commander, First U.S. Army, how to employ the non-lethal FN303 weapon -- also known as a paintball gun -- at the post detainee operations training facility Feb. 21.

## Father of six changes career path from painter to private

Lisa Evans  
Public Affairs Staff

Pfc. James Shealey, 29, of the 894th Quartermaster Corps joined the Army Reserve a year ago and is now on his way to Iraq for his first tour. "I sort of joined with the idea of going to Iraq," Shealey said. Before joining, Shealey painted cars in a paint and body shop in Dothan, Ala. For a long time he had thought about joining the military, waiting to see how the rest of his life would turn out. Because he had started a family at a young age, he worked to support his family, putting off the decision. But, during that wait, he spent years thinking about his grandfather who had died in Vietnam, thinking about the

**The youngest of Pfc. James Shealey's six children, aged 6 months, was born while he was at basic training. With his other children aged 3, 6, 9, 11 and 14, Shealey said he thought joining the Army was the best thing he could do for his children.**

military, and how he too could serve his country. A little more than a year ago, after considering the question for so long, he left work one afternoon and told his wife what he wanted to do. When he asked her what she thought, she simply said she would back him 100 percent. And since it was wartime, she said, go now.

Very shortly afterward, he signed with the Army Reserve. The youngest of Shealey's six children, aged 6 months, was born while he was at basic training. With his other children aged 3, 6, 9, 11 and 14, Shealey said he thought joining the Army was the best thing he could do for his children. "I'm going over there to serve my country and come back in peace. I love the military life," Shealey said. As proof, Shealey intends on joining full-time when he comes back. He has already spoken to a recruiter and asked that the paper work be started. When he comes back from Iraq, he hopes that everything has gone through and he will begin his career with the Army, not as a Reserve Soldier, but as a full-time career Soldier.

## Army Reserve, employers create 'operational force'

Gary Sheftick  
Army News Service

WASHINGTON, Feb. 25, 2008 — Transforming the Army Reserve into an "operational force" includes forging a partnership with American businesses to share not only talent — but eventually health care, retirement plans and training as well. "Partnership for a Shared Workforce" is the vision of Lt. Gen. Jack C. Stultz, chief of the Army Reserve, and he's pitching his plan to chambers of commerce and business forums across the country.

He wants the Army Reserve to be a preferred hiring pool for the private sector. He sees Soldiers of the future transferring back and forth seamlessly between the active component, the Army Reserve and their civilian occupations. And he sees them doing so with a continuity of health care and other benefits.

"One biggest challenge right now is manning the force," said the former Proctor and Gamble executive who took over the reins of the Army Reserve two years ago.

Under his Army Reserve Force Generation model, known as ARFORGEN, units would deploy every four or five years. About 22,000 to 25,000 Reserve Soldiers are normally mobilized to support the war on terror, and Stultz said due to the current demand in theater, units are actually rotating now about every three or four years. New units and Army Reserve transformation should move the rotations back, he said.

Many leaders see the frequent mobilizations as a problem for employers, Stultz admitted.

"I'm trying to turn that equation around a little bit," he said.

The general has been working hard to convince companies that employing Reserve Soldiers will save them money

in the long run and provide "value added" to their operations.

"If a Soldier is in the ranks of the Army Reserve, he's already been drug tested; he's already been background checked; he's already been physically tested; he's already passed an aptitude test."

Hiring Soldiers will save companies resources on security clearances and health care, Stultz said, adding that military training in leadership, team-building and technical skills also benefits employers. A number of companies are beginning to see the light, he said.

**The Army Reserve and businesses share the same challenge of trying to man the force with the best recruits.**

Trucking companies realize that Army Reserve drivers are often on the road 10 days straight transporting equipment from Kuwait to Iraq. They rest a day and then go on the road again. That kind of experience and stamina is valuable to big companies always seeking more drivers, Stultz said.

Cable companies would benefit from hiring Signal Soldiers who can lay fiber-optic cable.

Law enforcement agencies can never find enough qualified personnel, Stultz said, adding that the Army Reserve has a lot of Soldiers who are either military policemen or who would like to get into law enforcement.

"Let's look at the civilian skills that transfer over to Army Reserve skills," Stultz said.

Hospitals are often short x-ray technicians and can turn to Army Reserve medics and technicians to fill their positions, he said. The Army sends them to school to be x-ray

technicians. When they graduate, they're certified. All hospitals need to do is put them to work, Stultz said.

"Hospitals say this is win-win," he said. "We fill their hospitals with good x-ray technicians. We just need them back every five years."

The Army Reserve and businesses share the same challenge of trying to man the force with the best recruits. Stultz said only three out of 10 of the Army's target recruiting population (males aged 17-24) actually qualify to enlist. About 40 percent can't qualify educationally or pass the aptitude test, he said. A certain percentage can't qualify morally, and a percentage can't qualify medically.

"Who is American business trying to hire? Those same three out of 10," Stultz said. "They're looking for those same individuals."

Stultz is talking to employers about sharing the cost of medical and retirement plans. "Almost like a 401K where everybody's contributing," he said.

"When I talk to employers, that resounds. Because cost of benefits is huge to them."

He has discussed this plan with employers at chambers of commerce in New York, San Antonio, Los Angeles, Kansas City, and Washington, DC. He has met with business forums in Kansas City, Atlanta, Minneapolis and New York.

"I'm getting a lot of employers who are saying, 'you know that's not a bad idea; if we could just mine the Army Reserve as kind of a pool of potential employees, that would save a lot of time and guarantee us quality.' So we're starting to do some pilot work with employers out there who are anxious.

"That's what I see as the future: We're partnering to help American business grow economically by providing them good employees. — they're also good Soldiers."



Sgt. Ed Smith, 444th MPAD

## Leading the team

The New Jersey Army National Guard officially welcomed a new commander of the 50th Infantry Brigade Combat Team (IBCT) during a change of command ceremony Feb. 23 at the National Guard Training Center in Sea Girt. Col. Steven Ferrari, left, incoming 50th IBCT commander, receives the unit colors from Brig. Gen. Paul C. Genereux Jr., 42nd Infantry Division commander, as division Command Sgt. Maj. Richard Fearnside watches the handoff.

## Main Chapel to host Alpha Course

Wayne Cook  
Public Affairs Staff

The staff at the Main Chapel will be offering the Alpha Course free-of-charge to all who wish to attend starting March 26.

The Alpha Course is an event that encompasses a meal and an exploration period for those who wish to discuss some of the more meaningful questions in life with others who are also seeking answers to those same questions. It is a safe time where no question is too insignificant and no opinion is taboo or scoffed at.

British retired Army Lt. Col. Noel Dawes, national director for Alpha in the Mil-

tary, directed a training session for members of the chapel staff, lay leaders, and civilian clergy Feb. 21 - 24.

He trained the participants on the principles of the Alpha Course and how to run the 10-session program.

The course provides a different forum for people to discuss their faith openly and safely. The sessions begin with dinner and then moves into a video presentation on a different topic each session. After the video, the class breaks up into smaller groups to discuss each individual's feelings and ideas on the topic. Each member shares only if he or she wishes to and nobody speaks in reprisal of

anyone's thoughts. The object is to get many people to share their input or questions with the group to allow for more information to be available to the group members. No ques-

*The sessions begin with dinner and then moves into a video presentation on a different topic each session. After the video, the class breaks up into smaller groups to discuss each individual's feelings and ideas on the topic.*

tion is seen as too simple or too hostile.

The small groups each ensure the safety of each person's opinions and to keep the discussion moving.

The course will begin March 26 at 6 p.m. and will last for 10 weeks. The sessions will be held every Wednesday following March 26 until the course finishes, and will last

two-and-a-half hours each night.

The Alpha Course is free. The only thing required is the time to attend and the curiosity to seek out the answers to your questions.

"The course looks exciting and practical for reaching out to those unfamiliar with the Christian faith. This course is a great opportunity to share personal understandings of Christianity and to hear other people's thoughts and beliefs," said Master Sgt. Anthony Pamplin, NCOIC chapel staff.

For more information or to register to attend the Alpha Course, stop by the Main Chapel and speak to Chap. (Maj.) Allen Raub or call 562-2349 or 562-2020.

More information about the Alpha Course is available at [www.alphausa.org](http://www.alphausa.org).

## Managing credit properly key to saving money

Capt. Nick Mitchell  
Judge Advocate

Loans and credit cards provide great consumer benefits, but as with any form of borrowed money, you have got to be careful about how you manage credit. Here are some tips to save money when it comes to credit.

1. Pay your bills on time to maintain a good credit record and qualify for low rates. Do not wait until the last minute to pay your monthly bills. Not only will you incur late-payment fees, but you risk triggering higher interest costs. The payment history on your debts or both when you apply for any type of loan or credit card. Lenders put more emphasis on your recent payment history, so be particularly careful with payments in the months before you apply for a loan.

While one or two late payments over a long period of time may not significantly damage your credit history, if at all, making a habit of missing payments can result in a higher interest rate, higher fees or both when you apply for any type of loan or credit card.

Consumers who pay their credit card bill late may face a major hike in their interest rate - often to 29-35 percent. Late payments on that credit card can also trigger rate increases on other cards and loans, especially if your credit record shows other signs of risk.

2. Do not have too many credit cards. There are good reasons to have at least two credit cards, but some people collect a stack of credit cards, including those from stores and oil companies, several of which they rarely use. One problem with having a lot of credit cards is that lenders look at the ones with no existing balance or a very low balance and conclude that you have the potential to use them and get into debt. Even if you have proven, in the past, to be a responsible user of credit, these extra cards could come

back to haunt you the next time you apply for a mortgage or other loan.

Example: You have several credit cards and the combined outstanding balance on them is \$15,000 below your credit limit. Then you apply for a home loan. The mortgage lender may question your ability to repay both a mortgage and \$15,000 worth of new purchases on your credit cards.

Your overall credit score can suffer, resulting in the lender charging you a higher interest rate or denying the loan altogether.

One solution is to cancel the credit cards that you rarely or never use, preferably well before you apply for another loan. Start by closing your newer credit card accounts - that is because your credit score can be lowered if your credit history appears shorter than it really is. Another option is to ask your credit card issuers to reduce your credit limit.

3. Check your credit report for accuracy. Correcting incomplete or erroneous information in your credit record may be enough to qualify you for a better interest rate on a credit card or loan, and save you hundreds of dollars each year in interest payments.

By federal law, you are entitled to one free copy of your credit report every year from each of the three nationwide credit bureaus - TransUnion, Experian, and Equifax. Each company issues its own report, so it is smart to check each one.

You can go to [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or telephone toll-free 1-877-322-8228 to order free credit reports. Although you can ask to receive copies from all three credit bureaus at the same time, you can also spread out your requests throughout the year to check for inconsistencies or major changes. Identity theft is another reason to regularly review your credit reports. Make sure an ID theft has not opened credit cards or other accounts in your name to commit fraud.

## Chaplains' Corner

Sgt. 1st Class Frederick Cohen  
Chaplain Assistant

In the Army, teamwork is a big deal. Being able to work together as a team will make or break a unit.

This ideal is drilled into the head of every Soldier starting the very first day of basic training. One of the first things they do is assign you a battle buddy, and over the years of a Soldier's career the battle buddy system gets lost.

Even some of the heavy hitters in the Bible needed help. In Exodus 17:8, Moses told Joshua to go fight the Amalekites and as long as Moses was able to hold up his hands, Joshua's forces would prevail. When Moses was too tired to hold up his arms, Aaron and Hur held them up for him. This is the epitome of teamwork - Moses supported Joshua, and when he needed help, Aaron and Hur were able to help Moses.

This idea of working together toward a common goal isn't found only in that one passage: It can be found throughout the Bible. Working together, we can achieve the extraordinary.

Read The Post!

## Predatory lenders can bring troops financial woes

Bobby Brown  
Army Community Service

Congress passed a law to help keep our Soldiers from falling prey to predatory lending practices such as payday loans, rapid refund loans, etc.

The extremely high rates of interest make them difficult to pay off and the Department of Defense has realized that Soldiers who are financially insecure and have credit problems tend to have greater issues with "mission readiness."

The average interest on a Rapid Refund is 521 percent, for a very short-term loan. By law military personnel can not get a loan with more than 31-

percent interest to prevent military members from going to pay day advance or cash advance places, or auto title advance loans.

It's also harder to get a security clearance with credit problems. So that is why military personnel can no longer get the rapid refund. The rapid refund falls under those guidelines.

If you have been the "victim" of a payday lender in the past 120 days or you are experiencing a financial difficulty, please call the Army Community Service Financial Readiness Program Manager Bobby Brown at 562-4245 or send e-mail to [Bobby.Brown15@us.army.mil](mailto:Bobby.Brown15@us.army.mil)

**WDIX Channel 2**  
24/7 information



Pvt. Saul Rosa, 444th MPAD

## Taking his best shot

Lt. Oladineji Alade, New Jersey Army National Guard, injects Staff Sgt. Mark Wynings with a flu vaccine during Soldier Readiness Processing.

# Announcements

## Cinema Schedule

754-5139  
McGuire Air Force Base

Friday, Feb. 29 @ 7:30 p.m.

**The Bucket List** - Jack Nicholson, Morgan Freeman, Sean Hayes, Beverly Todd, Alfonso Freeman - Two terminally ill men try to fulfill a wish list known as "The Bucket List" before each kicks the bucket. After they break out of a cancer ward, they head off on a road trip with an itinerary that includes racing cars, eating giant plates of caviar and slinging poker chips in Monte Carlo.

MPAA Rating: PG-13 - language, including a sexual reference  
Run time: 97 minutes

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

**27 Dresses** - Katherine Heigl, James Marsden, Malin Akerman, Judy Greer, Edward Burns - After serving as a bridesmaid 27 times, a young woman (Katherine Heigl) wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.

MPAA Rating: PG-13 - language, some innuendo and sexuality  
Run time: 111 minutes

## Future Features...

### Cloverfield

Friday, Mar. 7 @ 7:30 p.m.  
PG-13, 85 minutes.

### Meet the Spartans

Saturday, Mar. 8 @ 7:30 p.m.  
PG-13, 84 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.....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

Easter Egg Hunt  
Saturday, March 15, 9 a.m.

Palm Sunday Gospel Service  
Sunday, March 16, 11:45 a.m.

Holy Thursday Catholic Service  
Thursdays, March 20, 6 p.m.

Holy Thursday - Play - "Jesus - From Crib to  
Cross"

Thursday, March 20, 7:30 p.m.

Good Friday Catholic Service  
Friday, March 21, 6 p.m.

Holy Saturday Catholic Service  
Saturday, March 22, 7 p.m.

Easter Sunday Sunrise Service  
Sunday, March 23, 7 a.m.

Easter Sunday, Regular Services  
Sunday, March 23

Gospel Joy Night  
Saturday, March 29, 5:30 p.m.

Gospel 33rd Anniversary Service/Dinner  
Sunday, March 30, 11:30 a.m. service  
followed by dinner

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

**Joint Forces Racquetball Tournament**  
The two day, single elimination tournament is  
scheduled for March 15 & 16. Trophies for 1st  
and 2nd place finishers.  
Call or come by Griffith Field House for more  
information 562-4888.

Texas Hold'em Tournament  
Mar. 19 at Club Dix

## ACS Meetings

Monday, Mar. 3

Playgroup

18 mo. - 3 yrs.

11 a.m. - 12:30 p.m.

McGuire CDC #2

Wednesday, Mar. 5

Playgroup

Birth - 18 mo.

11 a.m. - 12:30 p.m.

McGuire CDC #2

Thursday, Mar. 6

Army Family Team Building

Instructor Training Course

8 a.m. - 4:30 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. 29

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Saturday, Mar. 1

Open Rec.

3:30 - 7 p.m.

Midnight B-Ball

Teens/Guests ONLY

7 p.m. - 12 a.m.

Monday, Mar. 3

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Keystone Day of Service for dr. Suess

at CDC and SAS

3:30 - 4:30 p.m.

Tuesday, Mar. 4

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Wednesday, Mar. 5

Power Hour

2:30 - 4:30 p.m.

Sports & Fitness

3:45 - 4:45 p.m.

Computer Lab

4 - 6 p.m.

Thursday, Mar. 6

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 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

April 24

Scrapbooks for your Graduate

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 Craft Birthday Parties!

Parties include up to 2 hours of party room use,

one craft project with instruction and all mate-

rials, 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 tech-  
niques. 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. Representa-  
tives from the state will be on hand and avail-  
able 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 March appointments available.  
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.

**NCO Call**  
at Club Dix  
Wednesday evenings at 6  
p.m.

## Read the Post

CREATE IN '08  
at the

Arts & Crafts Center

call 562-5691 for more information

## 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.mcguredixuc.com](http://www.mcguredixuc.com)

## Fort Dix/McGuire Residential Refuse 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.

# Awards, promos abound



Sgt. 1st Class Faith Hopper, RTC-East



Sgt. 1st Class Faith Hopper, RTC-East

Senior drill sergeants Sgt. 1st Class Bruce Boughton, Sgt. 1st Class Mark Howe and Master Sgt. Leon Reed, and unit armorer Cpl. Charles Ganoung, Alpha Company, 2nd Battalion, 389th Regiment, 95th Division, U.S. Army Reserve, Ithaca, N.Y., from left above, receive promotions while deployed at Fort Dix for a year establishing the new Regional Training Center-East. The RTC will begin the 21-day training for mobilizing Soldiers in March.

Lt. Col. Brian Keith, operations and training officer with the Regional Training Center-East, above left, receives encouragement and congratulations from Brig. Gen. Blake Williams, commander, US Army Reserve Training Support Division-East and deputy commander, First Army Division-East, after his promotion Feb. 21. Williams visited the RTC-East headquarters this past week to check on progress of the newly established training headquarters for mobilizing Reserve Soldiers.



1st Lt. Antonia Greene, 72nd Field Artillery Brigade

Sgt. 1st Class Travis Tate and Sgt. 1st Class Gregory Alexander, 72nd Field Artillery Brigade, from left above, receive the Army Commendation Medal for exceptionally meritorious service during the fiscal year 07 Sergeant Audie Murphy board.



photos by 1st Lt. Antonia Greene, 72nd Field Artillery Brigade

Soldiers from the 72nd Field Artillery Brigade receive the Major General Aubrey "Red" Newman Award. Sgt. 1st Class Robert Mickle, above right, receives his award from Lt. Gen. Thomas Miller, commander, First U.S. Army, as do Sgt. 1st Class Stephen Detrick, top left, Sgt. 1st Class Derrick Brown, left, and Sgt. 1st Class James Tilley, top.

**Read The Post!**

# MILITARY MATTERS

## Bullets

### Sensors may lead to faster treatment for brain injuries

● **WASHINGTON, Jan. 14, 2008** - While it still may be years away, military medical officials hope to one day place a sensor on every troop that would measure a blast's impact and alert a combat medic to the possibility of a brain injury.

The latest fielding of helmets fitted with sensors throughout their deployments to Afghanistan and Iraq, respectively. The sensors will record routine impact data, as well as any blasts, or "events," to which the soldiers are exposed.

Leggieri is quick to point out that at this stage, however, the data will not be used in diagnosing or treating soldiers. Still in its infancy, the technology's first hurdle will be to prove that a sensor reading can be matched to an event, he said.

"We need to figure out if we can actually, with some confidence, say that 'Yes, these data are representative of an ... event.' We don't know that yet," he explained.

The sensor data will be recorded along with other operational data that is typically gathered after an event such as a bomb explosion. That data is entered into an intelligence database with the National Ground Intelligence Center that already is in use in the field. At the same time, if an injury occurred, patient data is recorded in a trauma registry already in place.

The two databases are kept separate, Leggieri said. "These helmet sensors, they are not medical devices. The data that they record are not medical data. So you can't take, and we won't allow anyone to take, the raw sensor data and make any kinds of decisions about medical treatment, or injuries or anything else," Leggieri said.

After the blast data is studied, and officials determine that it is reliable, they will then go back and match the event data with injury data. The medical community has access to the data through the Joint Trauma Analysis and Prevention of Injury in Combat Program. Officials want to see if they can make a connection between what is seen on the sensor reading and any resulting injury. This will help them to begin "unraveling" some of the causes of brain injury, Leggieri said.

"We know that if you hit your head against something, or if something hits your head, that you can get a brain injury. But the mechanism, at the cellular level -- how does that happen? There are still a lot of unknowns there," Leggieri said.

For example, Leggieri said that despite reports that exposure to a blast - or primary blast overpressure - can cause mild traumatic brain injury, there are no definitive studies to show that link.

"We don't know, in fact, if being exposed to primary blast overpressure can cause a mild traumatic brain injury, we don't know what the mechanism would be," he said.

The specific cause of the injury, or the mechanism, is used to develop protection strategies and to design diagnostic tools and treatments.

Within the next year, if the data proves reliable, the impact data may be used as an "event monitor," Leggieri said. Similar devices are used in football players' helmets, where a particularly hard hit would signal a doctor's need for review. Combat leaders on the ground could use the data to refer the servicemember to medical officials who would then use diagnostic tools to determine if an injury occurred.

But, first things first, Leggieri said. What makes this project valuable, he explained, is that researchers will be able to gather actual impact data from soldiers in combat, as opposed to research conducted in a laboratory.

"Right now we are getting an understanding of what happens out there - what kinds of impacts are the soldiers seeing - trying to understand that first, and then linking it to resulting injuries," he said.

Currently, data collection from only these two deployments is planned.

To harvest information, a soldier simply connects it to a computer using a USB port, hits "save" and sends the data to a secure database.

### eCYBERMISSION program sets new participation record

● **WASHINGTON, Feb. 14, 2008** - Setting a new record for participation, 11,533 students representing all 50 states and four U.S. territories have registered for the U.S. Army's 2007-2008 eCYBERMISSION competition.

eCYBERMISSION, now in its sixth year, is a free web-based science, math and technology competition for students in grades six through nine.

The competition allows students to compete for regional and national awards by using the scientific method to propose solutions to their local community's challenges and concerns. This real-world application of science, math and technology encourages students to consider these areas for future study and careers.

Created by the U.S. Army in 2002 to emphasize the importance of science, math and technology to the nation's continued global competitiveness, eCYBERMISSION has awarded more than \$4.6 million in U.S. EE Savings Bonds to regional and national winners. This year's student participation brings the total number of participants to more than 46,000 students, with participants drawn from all U.S. states, the District of Columbia, Guam, Puerto Rico, U.S. Virgin Islands, American Samoa, and from Department of Defense Education Activity schools worldwide.

"As we look at the global economy in the 21st century, we need a national workforce skilled in the use of science, math and technology," said Dr. Michael Doyle, U.S. Army eCYBERMISSION program manager. "We want to get students excited about these subjects early in their education as a way of encouraging them to explore careers in math, science, engineering and technology."

The eCYBERMISSION competition replicates today's modern workplace with students preparing and submitting their projects on-line. This year's submissions are due February 19. From this year's submissions, 96 teams will be selected as regional winners with the 16 regional first place teams invited to participate in the annual eCYBERMISSION National Judging and Educational Event in Washington, D.C. in June 2008.

For more details visit [www.ecybermission.com](http://www.ecybermission.com) or call 1-866-GO-CYBER (462-9237).

## Chief of Staff reflects on new operations manual

Staff Sgt. Raymond Flores  
Army News Service

**WASHINGTON, Feb. 26, 2008** - Crafted from the hard lessons in Iraq and Afghanistan, the Army is releasing this week an updated version of FM 3-0, the field manual for "Operations."

Army Chief of Staff Gen. George Casey Jr. said the manual is a blueprint for how the Army will conduct missions in the 21st Century.

Gen. Casey outlined the three biggest contributions of the updated manual, scheduled for distribution to the field beginning Thursday. The first major change elevates "stability operations" to the level of offensive and defensive operations.

The Army's top Soldier said when he was a division commander back in 2001, his main focus for training was conventional warfare. He doesn't believe that's necessarily the case for divisions and brigade combat teams any more.

"What's clear to us is that every operation -- whether it is combat operations, irregular warfare or even peacetime engagement -- will include some form of offensive operations, some form of defensive operations and some form of stability operations," Gen. Casey said.

The second major contribution is approaching hard military problems from an intellectual standpoint. He hopes this



Staff Sgt. Jason Barr

**STABILITY** -- First Sgt. Wayne Lawrence of Company A, 3-7th Infantry, 4th Brigade Combat Team, 3rd Infantry Division, was among Soldiers handing out school bags to children in Jurf al Sakhr, Iraq. The new FM 3-0 elevates "stability operations" to the same level as offensive and defensive operations.

will take the Army away from a process-oriented decision-making method.

The updated manual describes how commanders must first understand the complex issues they have to deal with, he said.

"They have to visualize it in a way that enables them to describe it to their subordinates, so they can direct the execution of plans and orders," Gen. Casey said.

The updated FM 3-0 also stresses the importance of information in the 21st Century.

"Any operation that we conduct will be conducted under the unblinking eye of the 24-hour media cycle," Gen. Casey said.

"That's not a bad or a good thing. It just is. It's clear that information is far more important now than it has been in the past," he said.

The new doctrine is not meant to affect the Army's resources today or provide cookie-cutter solutions, he said, but rather, "it's designed to spur debate and thinking about how we fight and how we will use it to adapt and how we develop our equipment."

Gen. Casey said that Soldiers still remain the center piece of the Army. "And they will remain our ultimate asymmetric advantage."

## US general denounces attacks against Iraqi religious pilgrims

Gerry J. Gilmore  
American Forces Press Service

**WASHINGTON, Feb. 25, 2008** - While much progress has been achieved against insurgents in Iraq in recent months, the terrorist bombing that killed dozens of religious pilgrims yesterday illustrates that much work remains, a senior U.S. military officer posted in Iraq said today.

Anti-insurgent efforts by coalition and Iraqi security forces and the contributions of concerned local citizens' groups have achieved "operational momentum" against the terrorists, Army Maj. Gen. Kevin Bergner told reporters at a news conference in Baghdad.

"Their collective efforts have certainly improved security for the Iraqi people in Baghdad and across Iraq, but there is still much work ahead of us," Bergner, flanked by Iraqi Maj. Gen. Qassim Atta, told reporters.

The extremists remain dangerous and seek to commit barbaric attacks, Bergner pointed out, citing yesterday's terror bombing near the town of Iskandariyah that killed at least 40 religious pilgrims and injured nearly 70 others who were en route to commemorations in the holy city of Karbala.

"I want to join the government of Iraq and the United States Embassy in Baghdad in condemning yesterday's attacks on innocent civilians making their way to Karbala," Bergner said. "This indiscriminate violence against people participating in a religious commemoration again shows the danger of this al Qaeda in Iraq enemy."

The bombing in Karbala demonstrates the importance of having coalition and Iraqi security forces work in tandem against the insurgents, Bergner said, citing the unity effort in enforcing the law against terrorists and criminals during Operation Fardh al Qaon.

During his portion of the news update, Atta cautioned religious pilgrims to travel only on security-force-patrolled routes and to report any suspicious packages they may encounter.

**"This indiscriminate violence against people participating in a religious commemoration again shows the danger of this al Qaeda in Iraq enemy."**

Maj. Gen. Kevin Bergner

August pledge of honor to halt attacks "is an important commitment that can broadly contribute to further improvement in security for all Iraqi citizens," Bergner said.

The extended cease-fire pledge also "can foster better prospects for national reconciliation and allow coalition and Iraqi security forces to focus more intensely on al Qaeda in Iraq," Bergner added.

## Honoring the Colors

**Reveille**  
6 a.m. (0600 hours)

**Retreat**  
5 p.m. (1700 hours)

**Military personnel in uniform**

Stand at attention, face the flag and salute at first note.

Stand at attention, face the flag for Retreat, then salute at first note of *To the Colors*.

**Military personnel not in uniform, civilians**

Stand at attention, face the flag and place right hand over heart at first note.

Stand at attention, face the flag for Retreat, then place right hand over heart at first note of *To the Colors*.

**Military personnel in formation or in a group**

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of *To the Colors*, then "Order, Arms" at conclusion.

**Individual military personnel, civilians in a vehicle**

Stop vehicle and exit. Follow steps above.

Stop vehicle and exit. Follow steps above.

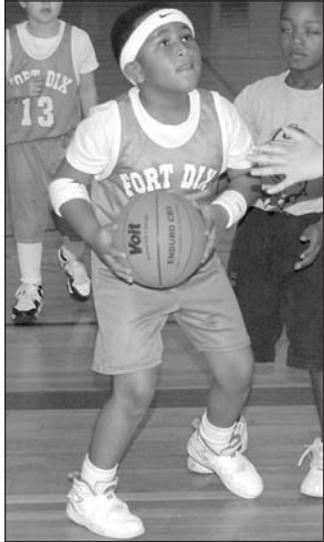
**Group of military personnel in a vehicle**

Stop vehicle. Individual in charge exits and follows steps above.

Stop vehicle. Individual in charge exits and follows steps above.

**Other bugle calls heard on post are:**  
Tattoo.....9 p.m. (2100 hours)  
Call to Quarters.....9:30 p.m. (2130 hours)  
Taps.....10 p.m. (2200 hours)

# Nuggets get hot as playoffs approach



Robert Williams  
Fort Dix Nuggets' coach

Kyle Kerr led the Fort Dix Golden Nuggets 11- thru 12-year-old basketball team with 11 points and three rebounds to give the Nuggets a 44-28 win over Pemberton #2.

Michael Sifford, a forward/center, hauled in 11 offensive and defensive boards, while scoring three points. Trey Calloway, the Nuggets leading scorer, had nine points, six rebounds and five blocks. Hashim Russell, Dustin Rice and Anthony Elliot added six points each. Elliot also pulled down five rebounds. Isaiah Wilson, Jalen Hooks and Carlton Wright played great defense, making it hard for Pemberton to get off any outside shots.

The Nuggets are 7-1 and have one more regular-season game against McGuire's Heat this Friday, Feb. 29. The game will be at the McGuire Fitness Center at 7 p.m.

The 11- thru 12-year-old teams will start their playoff March 7 at Pemberton High School.

The Nuggets wish to thank everyone who has supported them throughout the season, and hope you come out during the playoffs and continue to



photos by Ed Mingin

**SOMETHING TO CHEER ABOUT** -- Fort Dix Cheerleaders, above, have plenty to celebrate this season, as the Golden Nuggets are 7-1 and the Panthers are undefeated as teams prepare for the playoffs. Brelun Brown, left photo, and the rest of the Fort Dix players had their games cancelled last week because of weather. The Golden Nuggets and Fort Dix #2 played make-up games this week. The 11- thru 12-year-old Nuggets beat Pemberton 44-28, while Fort Dix #2 lost 20-13 in the 9-10 division.

support us. In case you missed any of the games this year, come out during the playoffs. There are some good teams representing Fort Dix, McGuire Air Force Base and Pemberton. In the 9-10 division, Fort Dix #2 lost 20-13 to Pemberton Tuesday night. All other games had been cancelled because of weather.

## Sports Shorts

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

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.odonnell1@us.army.mil for entry form and more information.

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.

**Joint Forces Racquetball**

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

**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,

**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.

Fort Dix Outdoor Recreation Rod & Gun Club

### 23rd Annual Kiddie Fishing Contest

5 April 2008 from 8:00-10:00am





**Contests:**  
1. Smallest Trout by Length caught in EACH age group.  
2. Longest Trout by Length caught in EACH age group.

**Rules:**  
1. Children MUST BE accompanied by an adult. All participants must check in at registration table. Registration will be from 0730-0830. Everyone should try to register beforehand.  
2. Fishing will start promptly at 0800 hrs and will continue to 1000 hrs. There will be no fishing before 0800 hrs. All fish must be presented to the judging area before 1000 hrs. Children can fish past 1000 hrs but fish caught after this time will not be eligible. Trout are the only eligible fish to enter in the contests.  
3. What the kids will need: Rod, reel, tackle, bait. There will be a limited number of Rod and reels available, at no charge, for check out. Bait will be available at no charge.  
4. Children must set the hook, reel in fish and get it on shore. Adults may assist in casting, removing the fish from the hook, untangling lines and rigging bait.  
5. Awards ceremony will be presented at 1030 hrs. The raffle will follow the awards ceremony and the child must be present to receive a door prize.  
6. Sign up by 4 April at Outdoor Recreation Bldg. 6045.; by phone 609-562-2727 or 609-562-6667 or by email: dave.bertagnoli@us.army.mil or katrina.kerr@us.army.mil

\*All Children WILL BE eligible for a door prize!!!  
\*\*Limited Refreshments will be provided.

## Earth Day Fun Run

April 22nd  
1200

\$7 pre-registration fee  
\$9 same day registration fee



Register today at Griffith Field House, Bldg. 6053  
\*ALL runners will receive an Earth Day Fun Run T-shirt  
ALL participants MUST BE registered in the retract system

Make checks payable to WYOMI FC, Inc.  
For more information contact Griffith Field House at 609-562-4800

# Military police tackle field-training obstacles

**POINTING TO SUCCESS** - Sgt. Nicholas Girou from the 744th Military Police Battalion out of Bethlehem, Pa., right, signals to his fellow Soldiers during Military Operations in Urban Terrain (MOUT) training at Dix's Balad training range Feb. 20. The 744th completed this training in preparation for an upcoming deployment to Iraq supporting Operation Iraqi Freedom. On Feb. 25, Sgt. Jared Erhart of the 191st Military Police Company, part of the North Dakota National Guard out of Fargo, N.D., below, navigates his way through the Individual Movement Technique (IMT) portion of the Improvised Explosive Device (IED) range, commonly known as range 86. The 191st completed this training as part of their preparations for an upcoming deployment in support of the Global War on Terrorism.



Ryan Morton

**BRING IT** - Staff Sgt. Mark Broughton, 744 MP Bn., below, surveys the area during a patrol he and his unit conducted during MOUT training at the Balad range.



Ryan Morton



Ryan Morton



Pascual Flores

**READY FOR THEIR CLOSE-UP** - Cameraman D. R. Barrell from WFMZ-TV 69 News out of Allentown, Pa., far left, follows Sgt. Joseph Marks and other Soldiers from Pennsylvania's 744th MP Battalion through training at the Military Operations in Urban Terrain (MOUT) site, known as Balad, Feb. 20



Ryan Morton



Ryan Morton

**CLOSE COUNTS** - Sgt. Zach Follman, 191 MP Co., right, throws a grenade to hit a mock-insurgent while his fellow Soldiers provide cover for him during the final phase of Individual Movement Technique (IMT) training. Above, 191st MP Co. Soldier Sgt. Travis Sand holds the concertina wire up with his rifle while Spc. Sterling Klein goes through onto the next stage of the IMT course at Dix's range 86. Above right, Sgt. Scott Werner, 191st MP Co., covers his area while he and his fellow Soldiers navigate through a portion of the IMT lane on the Improvised Explosive Device course, located on Range 86.

