thePost

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Ed Mingin

TERROR ON WHEELS -- An unusual teaching aid is created at the Verdun Range as ten teams at an FBI Large Vehicle Bomb Countermeasure Course watch April 9. The course offered students the opportunity to learn how to defeat vehicle bombs -- one of the deadliest weapons in use against Soldiers in Iraq today -- and in techniques for investigating incidents to learn more about employing countermeasures.

FBI detonates bomb course

Jennifer M. McCarthy
Public Affairs Staff

If it is true that the Lamp of Knowledge is lit by only a spark, then there must have been a whole lot of learning going on April 9 at the Explosive Ordnance Range on Fort Dix.

Education's small spark was replaced with a big boom, as members of the New York Federal Bureau of Investigation(FBI), Newark FBI Special Agent Bomb Technician program, New Jersey State Police, Department of Defense Police and Army and Air Force personnel gathered at Verdun Range to participate in a Large Vehicle Bomb Countermeasure Course demonstration.

The demonstration saw a large box truck, a sports utility vehicle, two sedans and mini-van ripped asunder by explosives and sent soaring into the air.

The vehicles were purposefully rigged with controlled explosive devices which were then detonated as part of a week-long joint training course that helped hone the law enforcement officials' skills in the tools and techniques used to identify and neutralize Vehicle-Borne Improvised Explosive Devices.

"This is a chance for bomb techs, EOD, to train on the tools we use to defeat vehicle bombs." said Don Breecre, Chemical, Biological, Radiological, Nuclear and Environmental bomb Technician.

As well as allowing participants a chance to earn a certificate from the FBI Bomb Data Center. This advanced course provides real world experience, particularly to Soldiers and Airmen who are deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom .

"The training was good. It is useful in principle," said Air Force Staff Sergeant Michael Bramble, 305 Civil Engineer Squadron, EOD Flight. Bramble recently returned from a deployment in Afghanistan. "This training is geared towards populated areas, It decreases collateral damage," he continued.

All Improvised Explosive Devices, IEDs, pose one of the greatest hazards to service members deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom. According to military record keepers, about 600 IEDs explode each month in Iraq, There were 64 bombings in Afghanistan in February,

This number actually represents a decrease in IED attacks in Iraq. The troop surge and other counter-IED initiatives, which include training courses such as the the Large Vehicle Bomb Countermeasure Course, are part of what contribute to this decline..

"Perfect practice makes perfect," said Breccre.

One of the earliest uses of a car bomb was the attempted assignation of Sultan Abdul Hamid II in Istanbul in 1905 by Armenian separatists. Since then the car bomb has been used by numerous terrorists groups as a way to try to cause chaos and destruction.

NEWSNOTES

Tax Center posts return prep hours

With the April 15 deadline for filing taxes looming around the corner, there no time to waste.

If your tax forms are not filed yet, it might be time to consider a visit to the Fort Dix Tax Center for some assistance with the massive task.

The 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 sponsored Volunteer Income Tax Assistance program.

Walson Hospital Alums to meet for brunch

The Walson Army Community Hospital Alumni will meet for Brunch at Club Dix, located on Alabama Avenue at 6th Street, Sunday, April 13, from 11 a.m. to 1 p.m.

If you are a former employee of Walson Army Community Hospital (WACH), and are interested in meeting for brunch with other former WACH employees, please call Fay Marshall-Dease at (609) 562-2666, no later than April 7.

Burlington High School salutes Soldiers

Students at Burlington City High School will offer a "Salute to Soldiers" variety show tonight and Saturday at 8 p.m.

Soldiers in uniform or with identification cards will be admitted free to the high-energy student-produced event. For more information, call Joe Zarzaca at 609-723-3131.

ACS nabs second accreditation for Soldier services

Lisa Evans
Public Affairs Staff

Fort Dix has won recognition for excellence once again.

The post's Army Community Services program has been recognized after a grueling review by a multi-echelon inspection team as meeting the highest standards of service to Soldiers and their families.

"Fort Dix ACS (Army Community Services) staff is a team of competent, compassionate, 'can do' professionals who regularly go the extra mile to ensure program quality and customer satisfaction.

"The program managers and their staffs have worked long hours for almost a year preparing for this assessment in addition to a full workload," said Joan Cole, Director, Army Community Services.

ACS has been fully accredited for another three years.

This is the second accreditation since accreditation was mandated in 1999. Fort Dix ACS was the third of 95 installation ACS's world-wide to earn full accreditation with commendation back in 2000.

Now Fort Dix ACS is one of only two installations that have been fully accredited both times since the rating system began.

Accreditation isn't easy. A team of six inspectors from the Department of the Army (DA), the Northeast Installation Management Agency (IMA) and the Regional Medical Command visit the installation, study five areas of service and rate them using strict guidelines.

The inspectors interviewed personnel, reviewed case files and records, and studied the security clearances for personnel.

Fort Dix ACS met all standards in structure, oversight, management, services and volunteers.

Accreditation looks at the level of performance, integrity and quality support contributing to the well-being of Soldiers and families as well as mission readiness.

This includes the Family Advocacy Program (FAP) and Exceptional Family Member Program (EFMO) activities.

A total of 151 standards were assessed and evaluated as being fully met in Category One, Cole said, with an additional 72 other standards in Category Two.

Fort Dix surpassed accreditation standards by receiving 98 percent for all standards.

"We accomplished this with some key personnel shortages during this period of time, so it took extra staff effort," Cole said.

After studying everything, the inspectors briefed the commander's office in what is called an 'out brief.'

"The out brief included many accolades acclaiming the staff as 'mission-focused, professionals, well organized, with excellent initiatives, collegial, experienced and dedicated.' Several of the staff were singled out by the team and asked if their documents and program ideas could be used as 'best practices' for others in the field," Cole said.

"We are very proud of the competency the staff shows and demonstrates daily," Cole added.

Staff Sgt. Pascual Flores

Hooked on fishing

Year-old Kenny Wisniewski IV gets a grip on his fishing pole at the Kiddie Fishing Derby April 5 at Laurel Pond. More than 130 junior anglers and their parents fished for the largest, longest, first and more categories. More photos, page 12.

World War I modernized military

Lisa Daniel
American Forces Press Service

WASHINGTON, March 5, 2008 - Serbian nationalists who attacked the U.S. embassy in Serbia last month over recognition of Kosovo's independence provided a somber reminder of how another violent incident nearly a century ago in that faraway place spiraled into a world war.

On June 28, 1914, Bosnian Serb nationalist Gavrilo Princip shot to death Archduke Franz Ferdinand, heir to the Austro-Hungarian throne, and his wife, Sophie, in an attempt to break up Austria-Hungary's south Slav provinces so they could be combined into a greater Serbia.

Princip was part of a young nationalists group that opposed independence for Kosovo and other Serbian provinces. Within a month of the assassination, most of Europe was at war, as nations aligned themselves in long-held military and political alliances.

Known as "The Great War" and "The War to End All Wars," World War I was neither. It was, primarily, Europe's war, having followed a longstanding arms race and power play among European nations, and it was contained mostly to European interests and locations. U.S. President Woodrow Wilson held firm to this belief, keeping the United States in a neutral stance as long as possible.

It wasn't until three years into the war and following numerous German provocations that Wilson, with support of Congress, declared war on the German-Austro-Hungary alliance, known as the Central Powers, on April 6, 1917.

Now, 90 years after the war's end, World War I seems to have little resonance among Americans. Maybe it is because U.S. Soldiers and Marines fought there on the ground only seven months until the armistice was signed on Nov. 11, 1918.

Despite that, the first World War caused momentous and lasting change.

momentous changes

The war broke up Europe's monarchies and created many of the independent nations that exist today. It caused changes in military tactics, weapons and strategy that either exist today or that leaders vowed never to use again. It was the war that introduced military air power, aircraft carriers, submarines, tanks, machine guns, radios, and, regrettably, trench warfare and chemical weapons.

For Americans, it was the war that spawned Selective Service registration and the draft - and made Puerto Ricans U.S. citizens so they could be drafted. It prompted the National Defense Act of 1916, which grew the military into a superpower, created the Reserve Officer Training Corps and allowed for federal call-up of the National Guard.

Another reason World War I will be remembered was its tremendous casualties - 20 million killed and at least 20 million wounded. It also shed light on the United States' lack of preparedness in the early 20th century.

"World War I was the war for which we were least prepared," said retired U.S. Army Col. Michael D. Doubler, a military historian and author.

When the United States declared war in April 1917, it had fewer than 400, 000 Soldiers. The target strength for American troops in Europe was 4 million.

While France and Britain looked to the United States to be their savior, they soon learned it would take a year for U.S. troops to deploy in any significant way and be prepared to do battle. France and Britain appealed to Gen. John J. Pershing, commander of the American Expeditionary Force, to allow Americans to be pulled out to augment French and British units. Pershing refused, except for one unit of African-American Soldiers, the 15th New York Infantry, who were dubbed the "Hell Fighters" by their French counterparts for their fighting prowess.

Pershing was given extraordinary autonomy in military decisions, and he insisted he would not break American military cohesion or submit to coordination problems that hurt the French and British.

Despite the slow start, Americans rallied around the war effort in a flurry of patriotism, fueled by Wilson's propaganda campaign, and allowed the military to meet many of its goals. By the end of the war, Army troop strength was at 3,685,458.

World power

"It's the war that marked the U.S. as a world power, militarily," Doubler said in an interview with American Forces Service. "It proved to the world that we were willing to go anywhere to promote democracy."

In his speech to Congress to request war authorization, Wilson famously said, "The world must be safe for democracy. We have no selfish ends to serve. We desire no conquest, no dominion. We seek no indemnities for ourselves, no material compensation for the sacrifices we shall freely make. We are but one of the champions of the rights of mankind. We shall be satisfied when those rights have been made as secure as the faith and the freedom of nations can make them."

Wilson was elected to a second term in 1916 based on his platform of isolationism and staying neutral on the war. But Americans found out that to stay neutral in a world war is easier said than done. Despite the neutral stance, trade was strong among the allies, and the United States maintained the right to trade with anyone.

But when Germany made unprovoked declarations of war on Britain and France and began disrupting U.S. shipments, the United States increasingly partnered with Britain and France and less with Germany. Allied news reports of German bombings of civilian London and other British communities - as well as Germany's use of poison gas in battle and unrestricted submarine warfare against commercial shipping - softened American attitudes on neutrality.

By 1917, U.S. businesses and banks had contributed so much to the Allies that they depended upon an allied victory. If the allies lost and had to pay war reparations to Germany, it would have devested the U.S. economy.

To do business with the allies, the United States needed freedom of the seas. Germany made this impossible with submarine warfare against merchant and passenger vessels. Even ships of neutral nations that ventured into the "war zone" that Germany declared around the British isles in February 1915 were subject to attack.

American attitudes became sharply anti-German after Germany sank the British ocean liner Lusitania, killing 124 Americans and 1,198 others on May 7, 1915. Wilson issued a stern warning to Germany, which caused Secretary of State William Jennings Bryan, a firm neutralist, to resign in protest that the United States might enter the war.

Germany sank another passenger ship, The Arabic, in August 1915 before restricting its submarine operations to avoid drawing the United States into war.

In December 1916, Germany crushed Romania in the Battle of Arges River. More than 300,000 Romanians died either from combat or disease. Germans gained much with control of Romanian grain and oil fields. The win emboldened German Chancellor Theobald von Bethmann-Hollweg to propose a peace agreement that would have annexed parts of France and Belgium to Germany. The Allies considered the proposal outrageous and soundly rejected it.

Wilson intervened by requesting peace talks with the Allies and Central Powers, in which both sides would state their intentions in the war. The peace talks collapsed, however, when it became clear to the Central Powers that the United States was colluding with the Allies.

In January 1917, Wilson tried again at mediation with a suggestion of "peace without victory." The Allies and Austria-Hungary accepted the proposal. Germany balked, however, and returned to a policy of unrestricted submarine warfare, ending Wilson's position that the United States would remain a "champion of peace."

Shortly thereafter, Britain intercepted a German telegram to try to lure Mexico into a war with the United States that would serve as the tipping point for the U.S. entering the war in Europe. In what became known as the Zimmerman Telegram, German Foreign Minister Alfred Zimmerman hoped to capitalize on U.S.-Mexican tensions by asking Mexico to be its ally against the United States. Zimmerman promised Japan's support and said Germany would help Mexico reclaim Texas, Arizona and New Mexico.

Britain forwarded the intercepted telegram to Wilson before it was received by Mexican officials, who rejected the idea of starting a war with the United States. Wilson then had the telegram published in American newspapers to increase U.S. support for entering the war.

In February 1917, Wilson severed diplomatic ties to Germany after it sank another U.S. warship. He received approval from Congress to arm U.S. merchant vessels in a policy of "armed neutrality."

Preparing for war

Despite Wilson's longstanding position of neutrality, a so-called "preparedness movement" was afoot in the United States, led by interventionist-minded leaders such as former President Theodore Roosevelt, financier J.P. Morgan and Wilson rival Henry Cabot Lodge.

Following the sinking of the Lusitania, U.S. Army Chief of Staff Gen. Leonard Wood opened the first "businessmen's military training camp" at Plattsburg, N.Y. By the summer of 1916, 40,000 men had gone through the "unofficial" basic training led by military members.

When Wilson finally agreed to send U.S. troops to war, he enlisted the help of advertising executive George Creel, who led a propaganda effort to sell Americans on the war.

Wilson attempted to bring American business and industry on board by facilitating a war economy with his creation of federal agencies such as the Council of National Defense, the Civilian Advisory Committee and the Shipping Board. Still, America was unprepared to fight, and significant war production didn't start until 1918.

As America was ramping up, Germany was winding down. German casualties in the spring of 1918 were at 270,000, and things were bad on its home front with a weak economy and growing anti-war sentiment. By that time, the United States was making up for lost time. By the summer of 1918, it was sending 10,000 Soldiers - Doughboys, as they were known because of their uniforms - per day to France.

On April 20, 1918, the first major U.S. battle occurred at Seicheprey, along the Lys River near the Belgian-French border. It was a successful German that left 669 Americans dead or wounded while fighting in support of the British.

By May 30, the Germans had reached the Marne River - the site of previous battles - just 50 miles outside of Paris. Pershing rushed the U.S. 2nd and 3rd divisions to reinforce the French along the Marne. Meanwhile, Maj. Gen. Robert Lee Bullard launched the first U.S. offensive of the war at the French village of Cartigny, 60 miles north of Paris.

Cantigny was a German observation point and was heavily fortified. On May 28, the U.S. 1st Division, known as "The Big Red One," drove out the Germans over two days of fighting. Back on the Marne, the 3rd Division defended the Marne bridges and inspired exhausted French troops so that, together, they pushed the Germans back across the Marne. Sadly, four companies of U.S. 28th Division became stranded in the Allies initial retreat and were mostly killed or captured.

The Americans won another hard-fought battle in June when, over two weeks, the Marines and the Army's 2nd Division took, lost, and re-took the French town of Belleau Wood at least six times before the Germans were permanently ejected. The Marines and Soldiers incurred 9,500 casualties and lost 1,600 as prisoners of war.

By the end of the summer, Allied wins would reach a turning point. In August 1918, the Hundred Days Offensive began. The assault from British, French, Canadians, and Australians marked the beginning of Germany's downfall. The Battle of Amiens on August 8, 1918, was called by a German commander "a black day for the German army."

The collapse of the Central Powers came quickly. Bulgaria surrendered on Sept. 29, and the Ottoman Empire on Oct. 30. The Austro-Hungarian empire fell in October with Budapest, Prague and Zagreb declaring independence.

Having suffered 6 million casualties, German Chancellor Prince Max von Baden agreed to negotiate with Wilson, who demanded the abdication of the kaiser. On Nov. 9, 1918, Germany was declared to be a republic. Imperial Germany was dead, and the Weimar Republic was born.

Although the United States went in unprepared, historian Doubter said, "it was the greatest full-bore effort the U.S. has ever done. It's amazing what was accomplished."

It was the full mobilization of some 2 million U.S. troops into France that led to the German surrender, Doubter said. "Once Pershing's men were in battle, the Germans realized it was over."

On June 28, 1919, the Germans entered into the Treaty of Versailles to end the war. The terms of the treaty were harsh to Germany. They included an admission of guilt for the war, a loss of 10 percent of its territory and population, German disarmament and Allied occupation and oversight.

The German populace was so angered by the treaty that is widely recognized as the impetus for the rise of Adolph Hitler and the Third Reich.

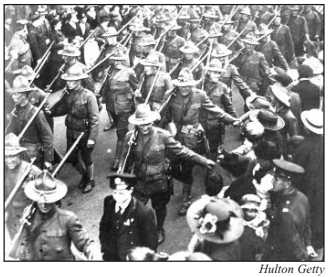
Sunday, April 6 marked exactly 91 years since the United States entered World War I.

William D. Moss

OVERSEAS -- Transport to the European theater during World War I was most often executed by sea, courtesy of the U.S. Navy or Merchant Marine.

postcard by Underwood & Underwood

MARCHING OFF TO WAR -- Camp Dix was established on July 18, 1917, to mobilize, train and deploy Soldiers, then called Doughboys, to fight in World War I.



Hulton Getty

OVER THERE -- American troops march through London in 1917, reinforcing sorely-depleted English and French troops in World War I. The U.S. Army had only about 208,000 troops at the beginning of the Great War but mobilized and eventually landed over two million men into France.

www.chemical-corps.org/emhist.htm

GAS ATTACK -- The U.S. Army Chemical Corps traces its history back to World War I when the use of chemical weapons led Gen. John J. Pershing to urge creation of a specialized gas unit so that the American Expeditionary Force (AEF) had the same capability as both allies and enemies. The Chemical Warfare Service (CWS) trained and equipped American Soldiers for chemical combat, providing a chemical offensive arm for U.S. forces during the Meuse-Argonne and St. Mihiel campaigns.

photo courtesy of Photos of the Great War

TANK OFFENSIVE -- American armored troops go forward in the Argonne, France, on Sept. 26, 1918.

the Post

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Mobilization Readiness Battalion, post bid farewell to commander

Wayne Cook
Public Affair Staff

After a relationship of more than nine years with the post, Lt. Col. Joseph Chirico, commander, mobilization readiness battalion, is set to say a final farewell.

"I've had a great time here, it's been a great tour-of-duty," said Chirico.

At the age of 17, Chirico got his parents to sign for him to join the New York Army National Guard. After serving two years as an enlisted Soldier he followed his grandfather's advice and went to Reserve Officer Training Course where he earned his commission as a second lieutenant from Hofstra University in 1983.

"I was 19 when I received my commission. My grandfather suggested that becoming an officer was the better way to go in the Army. He served back in World War I. His advice has worked for me thus far," he said.

Chirico remained in the NYNG for three years and then moved over to the active duty component. He was sent to the Armor Officer Basic Course and then shipped out to Friedberg, Germany where he served as a platoon leader, company executive officer, and battalion liaison officer.

After completing the Armor Officer Advanced Course at Fort Knox, Ky. he was assigned as the regimental plans officer for the 3 Armored Cavalry Regiment at Fort Bliss, Texas in June 1990.

In August 1990, Chirico deployed with the regiment to South West Asia in support of Operation Desert Storm where he served as both the regimental plans officer and then the squadron operations officer for Air, 2/3 Armored Cavalry Regiment.

"While serving in South West Asia there were times when things got pretty intense. My tankers and I had pretty solid relationships because we knew when to be serious and when to laugh. The secret to getting through the rough times was being able to maintain a sense of humor, at appropriate times, of course, to help keep the atmosphere light and not have the guys get over wound. I have found that humor is a very effective tool in maintaining an efficiently run unit. There are times when you must be serious and take things seriously, but it can't be all the time," he said.

"Something that really has stuck with me throughout my career is that a former commander, Gen. Charles C. Campbell, now the FORSCOM commander, worked hard to instill in his Soldiers the bonds of brotherhood. We have to look out for each other and take care of each other. The hardest part of my duties is when I have to dress down a Soldier for not adhering to the regulations or policies or doing what he or she was told to do. I hope they have learned from their mistake and say the right things to show me they want to stay around and be productive for the Army," he added.

Wayne Cook

ON TARGET -- Lt. Col. Joseph Chirico, commander, Mobilization Readiness Battalion, prepares to turn over the reins of command April 11, after serving an accumulated 9 years on the post supporting the Global War on Terrorism. He will return to his civilian life and career and continue at the same time to fulfill his reserve duty with the 77th Regional Readiness Command as the assistant plans and operations officer. Below, Chirico takes aim with a flying disc during a Team Dix Day commander's competition on Doughboy Field in June 2006.

Upon return to the states from the War Chirico pulled duties as the logistics officer and then the troop commander with the 2/3 ACR at Fort Bliss.

In 1994 he was selected to serve as an assistant professor of military science at Rutgers University after which he left active duty and joined the Army Reserve in May 1996.

Once in the Reserve he became the operations officer with the 78 Division in Edison. In December 1998 Chirico was introduced to Fort Dix when he was assigned as the Headquarters and headquarters Company commander for the 1079 Garrison Support Unit.

After 9-11 the 1079 GSU was mobilized and Chirico reported for active duty where his roles made a few turns as he served also as the battalion executive officer, Headquarters Battalion Provisional.

"When we mobilized in October 2001 we were short manned, we had specialists doing sergeant first class work. People stepped up to make sure that things got accomplished. We received a lot of calls from Soldiers letting us know they were available if we needed them to mobilize," Chirico said.

When he demobilized in October 2003 he reverted back to reserve status but served as the battalion commander of the 1079 GSU.

In April 2006 Chirico volunteered for an additional tour of duty at Fort Dix and served as the officer-in-charge of the Mobilization Unit In-processing Center and then was selected to command the Mobilization Readiness Battalion.

"My first challenge was to get great people on board. With the right people on your team your job is easier. Here we deal with problems and come up with solutions as soon as we can; its mainly common sense and taking care of Soldiers. I've had great fortune with the people that work with me and all of the commanders up and down the line. The goal is to attract, train, and maintain quality people," said Chirico.

"I try to make a difference. That's what drives me – to make a difference for the better in these Soldiers lives. I also believe that as officers we need to remember our roles and treat people as they should be treated. Officers are supposed to be leaders and managers. We re supposed to come up with the vision or mission and have our non-commissioned officers and Soldiers execute it. We should not be out there pounding nails and things like that when our troops should be getting the training and experience. There are times when we must or should get involved to help and lead by example but essentially we are to lay out the goals and let our people carry out the mission. The purpose of leadership is to make a difference every day," he said.

Chirico has a keen sense of what military families go through because he too, is married.

"One of the hardest parts of being in the military is knowing what the families go through when we are at war. We know when we are in danger and when things aren't quite as bad as others may say but our families think danger is a constant state for Soldiers. They live under extreme amounts of stress and still have to maintain the home front," he said.

"I'd like to thank all of the people who have supported me in my command, they have helped make my time here a really great time," he said.

Chirico will revert to the Reserve force and report to the 77 Regional Readiness Command as the assistant operations and training officer. He was tapped in February for promotion to colonel.

He returns to his civilian life as a service delivery manager for American International Group, Inc. and his home on Long Island with his wife Niccole and two sons Joseph and Michael.

LATE AD CALLED IN TUESDAY BY CARL

3X5

nade

POLICE LOG

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of March 31 through April 6.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live of work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5952. Investigation revealed cause of the alarm was unknown.

●Police and Fire Department personnel responded to a CO alarm in the Garden Terrace housing area. Investigation revealed cause of the alarm was unknown. United Communities responded to assess the situation.

●Police and Fire Department personnel responded to a fire alarm in the Garden Terrace housing area. Investigation revealed cause of the alarm was a smoking oven.

●During a routine credential check of a vehicle attempting to enter the installation via the Wrightstown Gate, police discovered the vehicle operator, a Soldier NAFD, had a suspended driver's license and that the vehicle was unregistered. The subject was cited and the vehicle towed from the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by a Soldier assigned to Fort Dix, had expired registration. The subject was cited and the vehicle towed from the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by a Fort Dix civilian employee, was uninsured and uninspected. The subject was cited and the vehicle towed from the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Browns Mills Gate, police discovered the vehicle operator, a contractor, had a suspended driver's license and active warrants out of the Gloucester County Sheriff's Office. The subject was transported to the police station and released to the custody of the Gloucester County Sheriff's Office.

●Police and Fire Department personnel responded to a fire alarm at the Burger King. Investigation revealed water had gotten into the system causing a malfunction.

●Police, Fire Department, and EMS personnel responded to a traffic accident at Range #39. Investigation revealed a tactical vehicle, operated by a Soldier assigned to Fort Dix, overturned after striking soft sand. The subject refused medical treatment and the vehicle was towed from the scene.

●Police responded to a traffic accident near Bldg. 5213. Investigation revealed a vehicle, operated by a civilian NAFD, struck a parked vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a report of a suspicious package near the Post Museum. Investigation revealed the item was a shoebox containing trash.

●Police responded to a report of damage to Government Property at Tac #13. Investigation revealed that person(s) unknown had damaged the access gate from Rt. 70 onto Grand Concourse. Range Control was advised.

●Police responded to a report of larceny of Government Property at Bldg. 5250. Investigation revealed that person(s) unknown had removed scrap metal from a loading dock. Investigation continues.

●Police and Fire Department personnel responded to a smell of smoke at Bldg. 5136. Investigation revealed the odor was coming from the heating system. A work order was placed.

●Police, Fire Department, and EMS personnel responded to a traffic accident at the intersection of Texas Ave. and Trenton Rd. Investigation revealed a vehicle, operated by a McGuire AFB contract employee, struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police and Fire Department personnel responded to a CO alarm in the Garden Terrace housing area. Investigation revealed high levels of CO in the quarters. The quarters were ventilated and United Communities notified to respond.

●Police responded to a motor vehicle crash on Range Rd. Investigation revealed a vehicle, operated by a Soldier NAFD, was struck by a deer. The deer was killed on impact. The vehicle was released to the operator at the scene.

●There were 4 expired identification cards confiscated during the period.

●There were 13 Magistrate Court Citations issued for moving violations. DWI incidents remain at four for the year.

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Log on today

Ed Mingin

FBI training sparks interest

Fort Dix's Verdun Range was the classroom for members of the FBI, New Jersey State Police, DoD Police and Army and Air Force personnel learning to identify and neutralize Vehicle-Borne Improvised Explosive Devices. The training, held April 9, drew media attention. Kevin B. Cruise, assistant special agent in charge of training, fields questions about the training from reporters, below. The highlight of the event was the destruction of several vehicles, including a large van, above.

Petraeus, Crocker finish marathon testimony round

Fred W. Baker III
American Forces Press Service

WASHINGTON, April 9, 2008 – U.S. Rep. Howard L. Berman has a gavel, and he's not afraid to use it.

At the fourth appearance in front of a congressional audience by the United States' top military commander and envoy to Iraq, Berman, chairman of the House Foreign Affairs Committee, cut to the chase. Already, Army Gen. David H. Petraeus and Ambassador Ryan C. Crocker had both seen more than 12 hours of combined testimony before the start of their final appearance on Capitol Hill this afternoon.

Berman asked for only a summary of their previous testimony so the committee members could get straight to their questions on security in Iraq, the strength of its government and when, or if, U.S. troops could come home for good.

At the start, Berman warned his committee members that they had only five minutes each, and that included the time for the witnesses' responses. He wanted the meat of the message, not political statements.

Each committee member started out complimentary, but with the time constraints, they were forced to go straight for the jugular on the issues behind the war.

"How do get out of this mess is the real question. How do you fix it?" asked Rep. Gary Ackerman. "How do you know we've won?"

Crocker fielded the response, saying it's a question he and Petraeus ask themselves constantly.

"It's through asking that question and answering it on a localized basis that it is possible, in our judgment, to execute the redeployments that are currently under way," he said. "And I think that that will continue to be the answer. It's going to be not one grand sweeping moment in which we can say it's all fixed, but it's going to be area by area, circumstance by circumstance. It is complicated. It will continue to be complicated, but I think it's doable."

Rep. Donald Payne asked pointedly, "How many years and what cost and -- in your opinion, can we continue to sustain the financial cost in addition to the human cost?"

Crocker responded, "I believe that we and the Iraqis are making progress, that the trajectory is moving up in the areas I described in my statement and that I believe that the consequences, the cost, if you will, of major failure in Iraq are so great that the two together require us to keep going."

Rep. Dan Burton said he wanted to know "and the American people really want to know, what would happen if we -- with a new president, said, 'We're going to jerk everybody out of there in six months.'"

Crocker gave a grim estimation of the consequences.

"My judgment is that where conditions are at this time, that you would see a spiral down. And that would lead to expanded sectarian conflict at levels we probably have not seen before. It would bring the neighbors, especially Iran, into the fight. And it would create space for al-Qaida to root itself on Arab soil," Crocker said.

Would Petraeus draw up plans to withdraw troops if a new president was elected who wanted an expeditious withdrawal?

"Congressman, I can only serve one boss at a time, and I can only execute one policy at a time," the general replied.

NEIGHBORHOOD

THE CORNER

Applications available for EFMP grants

Army Community Service (ACS) Exceptional Family Member Program (EFMP) is once again able to provide grants to help defray the cost of camp for children with special needs. These grants known as "Camperships" are made possible from donations this year from the United Way of Burlington County, the Combined Federal Campaign and the Fort Dix Spouses' Club.

The amount of these grants is dependent upon the number of eligible families applying for the "Camperships." These grants can help parents with the cost of summer camp or summer programs offered through Child and Youth Services (CYS). Grants may be used on and off the installation to the camp of your choice.

Applications for the grants are available at ACS, Bldg. 5201 Maryland Avenue, from **April 7 to May 5**. Applications are to be returned to the ACS Center. Faxed or e-mailed applications will only be accepted under special circumstances. Children must be enrolled in the EFMP program of the sponsor's branch of service to be eligible.

For more information call Evelyn Dingle at 562-2767.

First and 5th Cavalry reunions coming soon

●The 5th Cavalry reunion will be held **May 18-22** in Branson, Mo. Correspondence should be sent to the 5th Cavalry Association, 2351 Robertson Mill Way, Nixa, MO, 65714-6113.

Call (417) 724-8257 or e-mail Jimrecamper@Hughes.net

●The 1st Cavalry Division reunion will be held **June 18-22** in Jacksonville, Fla. Correspondence should be sent to the 1st Cavalry Division Association, 302 N. Main Street, Copperas Cove, TX, 76522-1703.

Call (254) 547-6537 or e-mail firstcav@1cda.org

Alcoholics Anonymous meetings held weekly

Part of the mission of the Army Substance Abuse Program is to support 12 Step Programs in the community. There are two Alcoholics Anonymous meetings on Fort Dix.

Each Tuesday night at Bldg. 9013 is a closed meeting for members from 7:30-8:30 p.m. On Thursday nights, there is a meeting at the Main Chapel from 7-8 p.m. (use the 8th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall)

There is no cost except the desire to stop drinking behaviors that are harmful to self and others. If you or someone you care about needs help, these meetings are ANONYMOUS. For more information, call 562-2020 or 4011, or stop by Bldg. 5203.

Volunteers needed for speaking engagements

The Fort Dix Public Affairs Office is looking for officer and senior NCO volunteers to help us in our community relations efforts by becoming part of our speaker's bureau. All that's needed is enthusiasm, personality, the ability to read and engage the audience.

So if you have the availability to connect with our neighbors and bring a personal touch to the Fort Dix community, please call Gerry Zanzalari at 562-4034.

Medication disposal poses environmental threat

Proper disposal of unused or expired medicine 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 safer, environmentally friendly disposal.

(Article provided by the Walson Medical Support Element.)

Teen takes Youth of the Year competition

Wayne Cook
Public Affairs Staff

The Fort Dix Boys and Girls Club of America selected its Youth of the Year. The recipient is among hundreds of local Youth of the Year winners across the country recognized for their sound character, leadership skills and willingness to give back to the community.

The program, which was founded more than 60 years ago, through the generosity of the Reader's Digest Foundation, recognizes the outstanding contributions to a member's family, school, community, and Boys and Girls Club.

This year's recipient is LaShanda Dargan, 16, of Browns Mills. Dargan is a sophomore at the Burlington County Institute of Technology – Medford Campus where she is an exemplary student.

An active member for more than five years of the Boys and Girls Club and the Keystone Club, Dargan has participated in many projects, including collecting and delivering donated baby clothes and items for unwed mothers and raising sponsorship monies to help with the awareness and prevention of HIV/AIDS in Burlington County and Africa.

"Part of the process of being selected was I had to write essays, one entitled 'The Importance of Post-High School Education' and the other, 'What the Boys and Girls Club Means to Me,'" said Dargan.

"I also had to have letters of recommendation from my school and church," she said.

Leading by example while attending Boys and Girls Club and Keystone Club activities was another reason Dargan was selected for the honor.

Dargan said that her two greatest role models are her mother, a retired Soldier and single mother who has raised two daughters by herself. Her mother instilled in them strong values, Dargan's other role model is Tyra Banks, a former super-model who has shown by example that you can do whatever you want to do and be successful at it.

"I want to be an OB/GYN. So to achieve that goal I plan on attending John Hopkins University," she said.

Later this spring, Dargan will compete against other Boys and Girls Club members for the state title of New Jersey Youth of the Year and a $1,000 scholarship from Reader's Digest. If she is successful in Trenton, she will move onto the regional competition and compete for the North-East Region Youth of the Year and an additional $10,000 scholarship. The winners from the five regions will move on to Washington, D.C., in September to compete for the national title. The national Youth of the Year receives a $15,000 college scholarship and is installed by the President in an Oval Office ceremony.

"I feel very privileged to be selected as Youth of the year because I think of the others who tried out for the honor and didn't make it. I am honored to represent everyone at the Fort Dix Boys and Girls Club of America," said Dargan.

Wayne Cook

TERRIFIC TEEN - LaShanda Dargan, 16, of Browns Mills was selected to represent the Fort Dix Boys and Girls Clubs of America as this year's Youth of the Year. She will move on to the state level competition in Trenton to compete for the New Jersey title and a $1,000 scholarship from Reader's Digest.

Jennifer M. McCarthy

SAS fields blue ribbon speakers

Members of the School Age Services program show off the ribbons they won for the 4-H Public Presentation Competition held at the Rutgers Extension Office in Pemberton, March 28 and April 4. Participating in the program were Jessica Hill, Natalia Youva, Diamond Ayres, Chelsea Livingston, Anastasia Titus, Robert Antonelli, Joseph Antonelli, Sierra Grmek, Jeffrey Grmek, Bailey Wohlman, Bailey Appleba, Kiana Perry and Taylor Williams. The kids spoke on a variety of topics from cranes to That Girl, Marlo Thomas.

Dice game ready to roll at Dix

Jennifer McCarthy
Public Affairs Staff

It is Bunco time at Fort Dix and the dice are ready to roll. On April 25, May 16 and June 27, anyone wishing to play or learn to play the game craze that is sweeping the nation, is invited to Club Dix to indulge in an evening of fun.

Each night has a special theme. April 25 is Gourmet Night, May 16 is Spa Night and June 27 is Clothing and Accessory Night. Prizes will be awarded each night and coordinate with the evening's theme, with items from places such as William Sonoma and Spa Finder up for grabs. Anyone who comes and plays will be entered for a chance to win the Army-wide grand prize, a $4000 Spa Finder gift card. The grand prize will be awarded in July.

The doors open at 5:30 p.m. and game play will start at 6:30 p.m. There is no need to worry about getting hungry during the game because the club will have food available to purchase. Registration is requested and may be done by calling 562-2772. It is free to register and play.

Bunco is easy to learn and no experience is necessary to enter the games. Women as well as men are invited to join in the fun.

"The more the merrier. Anyone can play this game, "said Bob Vogt, who coordinated the game for the Directorate of Families, Morale, Welfare, and Recreation.

According to Wikipedia, Bunco is a game a chance and requires no skill. The object is to get three of a kind of a specified number by throwing three dice. The game is played in six rounds. In each round you have to get the dice to match the number of the round. For example, if it is round one and you roll a one, you get one point. If you get two ones, you get two points, etc. If you get three ones on a single roll in round one you get a bunco worth 21 points, certain rules dictate that one exclaim "Bunco" much like the card game Uno. If you get three of a kind in any other number in round one you get trips and earn 5 points.

Bunco and the military have a long history together. "Bunco's relationship with the Army came about as a way for spouses to get together while their husbands or wives were deployed, said Vogt.

For more information call 562-6772

Students walk for HIV/AIDS awareness

Wayne Cook
Public Affairs Staff

Twenty-three members of the Fort Dix Boys and Girls Clubs of America' - Keystone Club have signed up to participate in the annual 5K HIV/AIDS Walk hosted by the Cathedral of Love Community Church and the Willingboro Recreation and Park Department, May 3.

The youths will join members of other local communities to help bring awareness to the epidemic of HIV/AIDS in New Jersey and Africa.

"I want to support the Keystone Club and help with the plight of HIV/AIDS in the world. I think I can be of help by raising money to help prevent the devastation being caused by HIV/AIDS," said Shawn McKeen, 15, of Browns Mills.

This year, the 5K HIV/AIDS Walk is being organized to raise funds in support of Save Africa's Children and the Hyacinth AIDS Foundation. Save Africa's Children is an organization which provides direct support to orphaned children affected by HIV/AIDS, in the poverty and war stricken areas throughout Sub-Saharan Africa. The Hyacinth is the first and largest AIDS service organization in New Jersey.

"There are a lot of teenagers with HIV/AIDS in New Jersey, and being able to help them and educate others while giving them support, especially if they are not getting support from home, is what I want to be able to do," said Breanna Robinson, 13, of Browns Mills.

"I wanted to find a different way to get involved with my community. One of the major issues in the world today is HIV/AIDS and I thought this could be a way to really help others," said Johari Gardner, 16, of Pemberton.

The adult advisors of the Keystone Club are also big supporters of the upcoming event.

"I've been a supporter of Save African Children for five years. The Hyacinth AIDS Foundation in New Jersey helps to educate kids about HIV/AIDS. I work around children all the time. That's my job. I want to educate them about HIV/AIDS. New Jersey has a high rate of sexually transmitted diseases and HIV/AIDS among the teens. Most parents are unawares of this fact," said Cheryl Shervington, Keystone Club advisor.

"The children in Africa are our children and it tugs my heart to want to help them whenever they are in need," Shervington continued.

The event will take place in the Mill Creek Park in Willingboro from 8 a.m. to 12 p.m.

The youth members are seeking Soldiers, Airmen and others to sign up to sponsor them, or to walk with them. Their goal is to have at least 100 plus committed uniformed military members participate in the event. Those who are interested in signing up can call 562-5061.

Wayne Cook

WALKING THE WALK - Members of the Boys and Girls Clubs of America- Keystone Club will help to bring awareness to the worldwide HIV/AIDS situation when they participate in the 5K HIV/AIDS Walk in Willingboro , May 3.

Airmen master Soldier Skills Training

Lisa Evans

photos by Ryan Morton

Air Force Capt. Chris Hess, sights in on targets as USAF Class 25 trains at Fort Dix, above. Master Sgt. Sherri Rhoades eases her way under the wire during Individual Movement Technique training, left photo.

Senior Airman Elisabeth Remondini, above, tosses a grenade as she makes her way through the Individual Movement Technique (IMT) course. The training, held at the Improvised Explosive Device range, teaches troops how to conduct maneuvers in an unknown, often hostile, environment.

Staff Sgt. Victor Montilla, USAF Class 25, throws a hook to check for explosives during Individual Movement Technique (IMT) training at Dix's Improvised Explosive Device (IED) range, above. Tech Sgt. Mercedes Hicks, also of USAF Class 25, runs through a smoke screen on her way to her next point, bottom photo. At right, Airmen at the Military Operations in Urban Terrain (MOUT) site hold their position as the unit sweeps the area during an exercise. The Airmen are undergoing Soldier Skills Training at Fort Dix, as they prepare for various deployment around the globe. There are about 75 Airmen currently going through the month-long course.

Lisa Evans

AIR FORCE NEWS

Clinic transformations improve overall care

Airman 1st Class Rebekah Phy

DOSE-E-DOS --Airman 1st Class David Rushforth, 305th Medical Group pharmacy technician, fills prescriptions here with "Robotx", a robotic medication filing system. Robotx can fill up to 100 prescriptions each hour, allowing the pharmacy staff to spend more time with customers.

Senior Airman Danielle Johnson
305th Air Mobility Wing

The 305th Medical Group has implemented a transformation of the clinic's customer service aspect, which in turn, has affected all aspects of patients' health care experiences, clinic officials say.

"In September 2006, we first started trying to come up with a program to embody the Can Do attitude," said Chief Master Sgt. Jennifer Hooks, 305th MDG superintendent. "(We asked ourselves) 'What do people want?' They want caring, timeliness, flexibility - that's what they are judging when they come in here. So how can we incorporate their needs into what we do?"

To reach their goal of a 98 percent overall customer satisfaction rating, clinic leadership scheduled for select clinic personnel to attend a customer service training program provided by Integrity Healthcare Training.

Armed with the customer service program knowledge, and the concept of "G-VAL-HI" - Greet People, Value People, Ask How to Help People, Listen to People, Help People and Invite People Back - the personnel returned to the clinic and began spreading the word, so to speak.

An internal training program was developed based on the professional training program's concepts. Each member of the medical clinic receives an initial half-day seminar followed by six weekly staff follow up sessions that will last an hour up to an hour and 15 minutes. Providing the training to all clinic personnel - both current and incoming - is driving a culture change, which clinic leadership believes is key to ensuring outstanding customer service performance.

The result is astounding: the clinic is well on its way to reaching their goal. The clinic's overall customer satisfaction rating was 94 percent in December, up nearly 10 percent from the December 2006 rating of 85 percent. Clinic officials also note that specific areas of the customer satisfaction survey have at times reached 100 percent during a given week.

"We have seen an overall improvement in our customer satisfaction," said Lt. Col. Patricia Brown. "I think the culture may not be where we want it to be, but I think everyone in the Medical Group knows something about customer service."

"When the staff is happy with the workplace, the customers see that and it carries over." - Master Sgt. David Curtis, 305th MDG medical services flight chief

"(And) it's not just about customer service," said Master Sgt. Garry Zimpelmann, 305th MDG patient advocate. "It's about how we're treating (each other) in the clinic. When we are treating ourselves better, it translates to (our customers)."

"It's driven so many other things because we're trying to improve service to everybody," Sergeant Zimpelmann said. "Some of the things we've done have ended up increasing access to care, both in house and downtown."

Some additional services that have been added as a result of the clinic's transformation - which has included several AFSO 21 initiatives and 64 Rapid Improvement Events - are the Joint Minor Injury and Illness Center, which offers after-hours care to base personnel and beneficiaries; Joint Physical Therapy; on-base MRI capabilities; walk-in services and late clinic; one-stop referrals service; extended mental health services hours; physical therapy aquatic services; and physical therapy and mental health services that are now available to family members.

"We're trying to work smarter not harder," said Master Sgt. David Curtis, 305th MDG medical services flight chief. "When the staff is happy with the workplace, the customers see that and it carries over."

Some technological improvements to the clinic have helped save time and ensure both clinic staff members and patients stay informed. Staff members now have walkie talkies and head sets to communicate information such as patient wait times, and V-Kiosks allow patients to check in for their appointments while customer service desk personnel provide service to patients/customers who have additional needs.

The clinic is also using technology to check the pulse of customer satisfaction with in-house opinion meters located in the clinic lobby and a survey located on the clinic's Web site, http://305thmedicalgroup.com/

"Patients should know that they don't have to leave here unsatisfied," said Sergeant Zimpelmann. "There are people to talk to: every section has designated customer service representatives and if they aren't able to meet your needs, then people like myself - the patient advocate - and the flight chiefs are here to help."

Clinic leadership emphasized that they welcome all comments and suggestions for improvement that patients might have, whether positive or negative.

"The best thing about customer service is listening to our customers because they tell us what they want and we see if we can provide it," said Sergeant Curtis. "Customer service is an ongoing thing. There's always a better way. We're always trying to find a better way to take care of customers."

New program manager joins ACS

Wayne Cook
Public Affairs Staff

The Army Community Service (ACS) Family Advocacy Program (FAP) welcomed their new program manager to the team March 17.

Leona Rader, a social worker with more than 20 years in the business, after persistent requests by Joan Cole, director of Army Community Service, decided to leave the beautiful isle of mainland Japan and travel half-way around the world to New Jersey. Leaving her position as clinical social worker at the U.S. Naval Hospital at Yokosuka, Rader decided to accept the challenge of managing the FAP here in the Garden State.

Rader's home was originally in Marion, Ill. But when her husband, an Air Force retiree, put his uniform away home became Dayton, Ohio.

Having grown up with six siblings – two brothers and four sisters – it is not hard to understand how Rader could make the choice to move into the line of social work; helping families.

Married to an Air Force member, she and her husband were stationed at Clark Air Base, Philippines in 1982, when they adopted their daughter and became aware of the world of social work. Rader decided that this was a line of work she could really get involved with.

After the completion of the adoption, Rader and her husband put together a step-by-step process binder of proper adoption procedures and counseled others while volunteering at the Family Support Center.

Rader's husband's career took them to Wright-Patterson Air Force Base, Ohio where she attained a bachelor's degree in social work at Wright State University, and later, her master's degree at Louisville.

She took a job with the U.S. government as a social worker, and since her husband's retirement from the military, they have moved back and forth between America and Japan.

In 2007, while serving in Japan, she received a phone call from Cole letting her know that the position of family advocacy program manager was available and that Cole wanted her to take the position. After a lot of discussion with her family and a bit of persuading from Cole, Rader decided to accept the position and moved her family half-way around the world to Fort Dix.

"I want our community members to know that the programs are here for families and children and for them to feel free to walk in and take advantage of it all. I also want single Soldiers to know that we are available to them. Single Soldiers, one day, may be married Soldiers with children and have need of the services we have available here," said Rader.

Rader has set some goals for herself and her team. Her first goal was to walk along and observe her team members as they finished their accreditation process which they completed successfully. Her second goal is to assess the program as a whole and develop achievable goals for the next year. The assessment results will determine what changes if any need to be made or if they continue to serve the community in the same manner as they have in the past.

Rader is impressed with her team and looks forward to the challenges ahead and serving the community to the best of her ability.

Wayne Cook

FAMILY AFFAIR -- The staff of the Family Advocacy Program at Army Community Services welcomes Leona Rader to the family. Rader, second from right, joined the program March 17 as program manager. Shown with Rader are Jennifer Warren, FAP parent educator, Elizabeth Dailey, FAP sexual assault trainer, and Theresa Juarez,, FAP assistant. Rader brings 20 years of experience in social services to the job.

Commissary keeps military fit to fight

Airman 1st Class Rebekah Phy
305th Air Mobility Wing

With such busy days, fast food chains at every corner and the fierce competition of 90-second "drive-thrus", it's no surprise Americans are facing an obesity epidemic. In fact, according to the U.S. surgeon general, nearly two out of every three Americans are considered overweight or obese.

In an effort to fight the epidemic, as well as support the Air Force's "Fit to Fight" campaign, the Health and Wellness Center's registered dietitian recently held a tour at the commissary here. The tour focused on helping people choose healthier food options in a shorter amount of time.

"With the obesity epidemic we are facing today, eating healthy is so important," said Dana Maurer, HAWC registered dietitian. "I want people to understand the difference between product marketing and what foods are actually healthy."

Maurer explained how to read food labels, ingredient lists and offered several helpful tips to choose healthier foods.

First, if time is an issue, keep to the perimeter of the supermarket. This is where the fresh, whole foods are featured, such as fresh produce, meat, chicken, fish, dairy and whole grain breads. Typically, in the aisles, processed foods and marketing ploys take over.

Airman 1st Class Rebekah Phy

GOING GREEN - Right, Dana Maurer, Health and Wellness Center registered dietician, talks about nutrition labels and marketing during the recent supermarket tour here. The tour focused on helping people choose healthier food options in a shorter amount of time.

When it comes to sodium, the average person should have no more than 3,000 milligrams each day. In order to combat sodium, watch out for lunchmeats, processed, pre-packaged and frozen foods. For a lower-sodium lunchmeat, try roast beef or turkey breast.

All fruit naturally contains sugar, however, people's bodies are better able to breakdown naturally-occurring sugars.

Although canned, dried or fresh fruits are all created equal, watch out for canned fruit packed in syrups or dried fruits coated in high fructose corn syrup. When buying canned fruit, look for fruit packed in 100 percent fruit juice or dried fruit with no additional sugar added.

When choosing vegetables, fresh and frozen vegetables are the best options. If buying canned vegetables, look for no salt added. One exception to this rule is canned tomatoes; when tomatoes are exposed to air and light, lycopene is destroyed, therefore, lycopene is more prominent in cans. Lycopene is associated with reduced risk of macular degenerative disease, serum lipid oxidation, and cancers of the lung, bladder, cervix and skin.

Nuts, rice cakes and granola bars can be great for snacks. Nutrition labels should still be compared for the amount of sodium and sugar.

For a fiber-filled diet, look for whole-wheat pasta, cereals and breads. Make sure "whole wheat flour" is listed in the first three ingredients. If buying cold cereal, it's recommended to choose cereals with less than eight grams of sugar and more than three grams of fiber.

"Let's continue to fight the obesity epidemic together," Ms. Maurer said. "With education and planning, we can all eat and live healthier!"

For those interested in a supermarket tour, or healthy eating or nutrition education class, call the Health and Wellness Center at (609) 754-2462.

Organization provides recreation funding

Samantha L. Quigley
American Forces Press Service

WASHINGTON, April 8, 2008 – Military children and their sacrifices took center stage here last night during a reception attended by Defense Department dignitaries.

"Our Military Kids," a non-profit organization that provides grants that keep children of deployed National Guardsmen and reservists engaged in extracurricular activities, honored these special members of the military community.

"Our servicemen and women may be called to pay the highest price," Defense Secretary Robert M. Gates said. "Their families — and children in particular — make a significant sacrifice, as well.

"Organizations like this one help our military kids feel special and loved," he continued. "They make a tremendous difference in the lives of America's youngest heroes."

Several of these young heroes attended the event, but two brothers, Will and Jake Bacon, got a little special attention.

With their father, Missouri Army National Guard Maj. Matt Bacon, deployed to Iraq, the boys qualified for, applied for, and received a pair of $167 grants to play baseball from Our Military Kids.

The grants were special to the boys because they meant being able to continue an activity they love, but they were special for Our Military Kids, as well. The pair of grants pushed the organization over the $1 million mark in awards.

"At first, they thought they won a million dollars," said Christine Bacon, the boys' mother. "Once I explained it, 'No, your grant put them over the million-dollar (mark),' they thought it was pretty cool."

And it turned out to be even cooler; it earned them a trip to the nation's capital for the event. With that trip came a visit to the International Spy Museum, some sightseeing and a visit with "Grammy and Grandpa" Bacon. All this was exciting, but each brother had his own opinion on what his favorite part of the trip had been.

"My favorite thing was riding around on the bikes," Jake said of the sightseeing tour the family took. Will disagreed, preferring the National Hockey League to the national monuments. "We got to go to a Capitals game," he said.

> ***"Organizations like this one help our military kids feel special and loved,"***
> ***-Robert M. Gates***

The one thing the brothers can agree on is that they miss their dad, who has been deployed since June 10. Though they get to talk to him every Saturday and Sunday and get daily e-mails, it's just not the same as having him home coaching.

"He tells me to scoot back or to go forward when I'm catcher," said Will, who's looking forward to playing first base this year.

"It's a bit easier because it's more accurate, and (the ball isn't) going that fast."

Bacon is expected home around the first of June.

Gates said the Bacon family exemplifies the patriotism and dedication of the country's reserve force.

Bacon's father is a retired Army Reserve chaplain, and his mother is an Army Reserve judge advocate general officer. All three — mother, father and son — were deployed to Iraq in 2003.

Will and Jake are just two of the nearly 3,000 children of deployed Guardsmen and reservists who have benefitted from Our Military Kids' $1 million in grants in the three short years since the group began.

"This event provides Our Military Kids an opportunity to publically recognize the military children that are asked to be supportive of their parents who serve our country," said Linda Davidson, Our Military Kids co-founder. "We applaud these families for the daily sacrifices they make and the many challenges they overcome during lengthy deployments and separations."

Gail Kruzel, the organization's other co-founder, said Our Military Kids will continue to applaud these families and will strive for even bigger goals in the future.

"Tonight we're celebrating the fact that we have given out a million dollars in grants," she said. "But this year, we plan to give out a million dollars in 2008."

Wayne Cook

Right to know

Staff Sgt. Regla Flores, 2/315, 72 Field Artillery Brigade, and Maj. Craig Casucci, 2 Brigade, 75 Division, browse through information at the Sexual Assault Awareness Month info booth set up at the PX/BX April 8. Assisting with any questions they may have is Roxanne McElroy-White, Sexual Assault Response Coordinator, Army Community Service, far right.

Quartermaster tackle various missions

photos by Ryan Morton

SCHEDULED MAINTENANCE -- Sgt. Chiquita Dozier, 894 Quartermaster Co., out of Jackson, Miss., connects a fuel hose to an airplane at McGuire Air Force Base, above. At right, Sgt. Joseph Bellardine, 894 Quartermaster Co., repairs a humvee at Fort Dix April 9. The Quartermaster Co. is currently training at Fort Dix in preparation for their upcoming mission.

Ryan Morton
Public Affairs Staff

Repairing humvees, fueling jets, and purifying water: These very diverse activities are all in a day's work for the Soldiers of the 894th Quartermaster Company, or "Fuel Warriors."

This unit, hailing from Jackson, Miss. is responsible for many different jobs when it comes to assisting other Soldiers. In addition to the tasks mentioned, they also perform warehouse operations, inventory and logistics, to name a few.

They are currently conducting operations at Fort Dix and McGuire Air Force Base in preparation for a Global War on Terrorism mission supporting Operation Iraqi Freedom.

They arrived at the installation in late February and will soon wrap up their stateside training. They have participated in a variety of both individual and unit training exercises, such as convoy operations, Military Operations in Urban Terrain (MOUT), and base defense.

"Much of the training was new to many of us, but we came in with our eyes and ears open, with a willingness to learn, and it's gone well," said 894th Quartermaster Commander Capt. Willie Rayford.

What helps Rayford further in preparing his Soldiers for battle is the fact that roughly 10 percent of them have deployed before to various OIF and OEF missions.

"It's a welcomed knowledgebase. It's great having those experienced vets because they can help the younger Soldiers out with possible things to expect or anticipate," he said.

The "Fuel Warriors" are now into their final stanza of training and will dot the Is and cross the Ts in the next couple of weeks.

"We just want to take in the training and build on it to help benefit us over there," said Rayford.

Commendation Medal recipient NCO of Year

Ryan Morton
Public Affairs Staff

"I had all of a sudden this renewed energy. It was one of the best feelings of accomplishment I've had in my entire life," said 72nd Field Artillery Brigade Soldier, Sgt. 1st Class Gregory Alexander after being told that he'd won his brigade's Non-Commissioned Officer of the Year competition.

After collecting himself after three nearly sleepless days and nights in the tough competition, he drove to Fort Meade, Md. April 5 to see his wife and kids.

According to Alexander, this is one of the greatest honors he, a 17-year Active Duty Army Veteran, has ever received.

His three-day quest began April 4, when he and seven other 72nd NCOs gathered at Dix to take part in the competition.

Among the tasks they had to complete were a written exam on the history of the 72nd and First Army (the 72nd's major command), the Army Physical Fitness Test (APFT), Weapons Qualifications with the M-16 and M-249 rifles, and land navigation tests, to name a few.

Each day the NCOs were tested to the highest standards of Army qualifications with each event appearing, according to Alexander, to bring more pressure than the last.

To make matters worse, the competitors performed the APFT in a cold rain. The APFT is a test that consists of three events; the push-ups, sit-ups, and two-mile run. The competition culminated with the board on day three. This is a process that involves the NCO in his or her class A dress green uniform seated before a board of senior NCO officials.

Each of the senior NCOs take turns asking questions on various Army issues and standards such as leadership, land navigation, Army Regulations, drill and ceremony, and survival.

At the end Alexander, although exhausted, felt a unique sense of accomplishment and relief.

"It's not so much about winning the competition, but more about everything I learned along the way. It was great because I had a chance to meet and bond with different Soldiers. It's also about bettering yourself as an NCO," he said.

During the competition Alexander had other work to do at the end of the day as well. He is currently a student at Columbia College, and takes classes online working towards his bachelor's degree in business.

At the end of the contest, as excited as Alexander was upon hearing the good news, he was also very surprised as well.

"The whole time everything was a mystery. The evaluators never told you how you did in any of the events at anytime or if you got any of the questions asked right or wrong. In fact, even now, neither my fellow NCOs, nor myself even know our actual scores," Alexander said.

It's not over for Alexander as he doesn't have much time to savor this victory. He's now studying up for the next phase of competition where he will represent the 72nd Field Artillery Brigade in the First Army East NCO of the Year competition in Florida coming up in mid-May.

1st Lt. Antonia Greene

TOP NOTCH -- Sgt. 1st Class Gregory Alexander is awarded the Army Commendation Medal by Lt. Gen. Thomas Miller, commander, First Army. Alexander has been recognized as NCO of the Year by the 72nd FA Bde.

Aerial porters train anytime, anywhere

Tech. Sgt. Scott T. Sturkol
Air Force Expeditionary Center

Air transportation Airmen across the Air Force can access training anytime, anywhere through the U.S. Air Force Expeditionary Center's distance learning program.

Offered by the center's Mobility Operations School Air Transportation Branch, or ATB, "aerial porters" can train in eight courses: Air Freight, Passenger Service, Air Terminal Operations Center, Aerial Port Vehicles, Data Records, Global Air Transportation Execution System, Aerial Port Expediter for the C-17 Globemaster III and Aerial Port Expediter for C-5 Galaxy.

"Seventy-five percent of MOS distance learning is developed and maintained by the Air Transportation Branch," said Master Sgt. Jeff Norway, NCO in charge of air transportation formal schools. "Four of the eight air transportation courses earn Community College of the Air Force credit hours and all are CCAF accredited."

Tech. Sgt. Scott T. Sturkol

DISTANCE LEARNING -- Air transportation Airmen work on computers during the U.S. Air Force Expeditionary Center's Aerial Port Operations Course. In addition to the in-residence courses at Fort Dix, "aerial porters" have numerous distance learning courses available to them through the center's distance learning program.

The ATB also has two on-line certification programs for C-17 and C-5 aerial port expediters. Additionally, two more on-line courses are in the works, covering customer service and load planning.

"All of our courses are heavily influenced with subject matter experts from the field," Norway said. "They are part of every course design or redesign we do. Their input is crucial because they are out there doing it every day at both strategic aerial ports and deployed locations."

Norway said the on-line courses are built to accommodate the total force.

"Approximately 70 percent of the air transportation force is Guard and Reserve," Norway said. "We use the blended learning approach so all can learn. As a matter of fact, some of the courses are mandatory for skill-level upgrade and are incorporated into our qualification training packages. Essentially, we build lesson plans for each task within the Career Field Education Training Plan."

The courses "more than pay for themselves" providing a "huge" return on investment, Norway said.

"The biggest return is for the student and the command he or she is from," Norway said. "Our blended learning approach for the courses gets them on the same level prior to attending the traditional stand-up class in aerial port operations."

Statistics don't lie either, meaning the taxpayer is getting a return as well. According to course tracking documents, the current savings when comparing "in classroom" training to the air transportation on-line courses since 2004 is more than $21 million.

"For example, you can see this success in one of our more popular on-line courses, Air Freight," said Norway . "The course went on line in November 2004 at a development cost of $265,000. Since then, we've had more than 4,700 students take the course.

"In a traditional classroom setting, the cost would have been nearly $4.3 million. Subtract the development cost of $265,000 and you've just saved the Air Force and the taxpayer more than $4 million in training dollars."

In 2007 alone, 10,699 students accessed the on-line training. "That number is only going to grow as we add more courses," Norway said.

Air transportation Airmen interested in learning more about available courses should see their unit training managers or access the U.S. Air Force Expeditionary Center site on the Air Force Portal.

Staff Sgt. Pascual Flores

Tie a Yellow Ribbon

First Sgt. Marty Faulker and 1st Lt. Michael Pangia, 320th MP Co. Combat Support. Accept their unit's yellow banner in a ceremony April 6. The Army Reserve unit from the 81st Regional Readiness Command from St. Petersburg, Fla., completed its training at Fort Dix and is set for deployment.

Announcements

Cinema Schedule

754-5139
McGuire Air Force Base

Friday, April 11 @ 7:30 p.m.

College Road Trip- *Raven Symone, Martin Lawrence, Donny Osmond, Will Sasso* - A college-bound girl (Raven-Symone) has her hopes of independence shattered when her overbearing police chief father (Martin Lawrence) insists on escorting her on a road trip to prospective universities.

MPAA Rating: G
Run time: 83 minutes

Saturday, April 12 @ 7:30 p.m.

Jumper - *Hayden Christensen, Jamie Bell, Samuel L. Jackson, Rachel Bilson, Diane Lane* - A smart kid with a tough family life discovers that he has the ability to teleport. Empowered, he leaves home for NYC. While using his abilities to track the man he blames for the death of his mother years earlier, he draws the attention of both the NSA and a possibly nefarious guy his own age who has the same abilities and enters into a dangerous game of cat and mouse with both.

MPAA Rating: PG-13 - sequences of intense action violence, some language and brief sexuality
Run time: 88 minutes

Future Features...

Doomsday
Friday, April 18 @ 7:30 p.m.
R, 109 minutes.

10,000 BC
Saturday, April 19 @ 7:30 p.m.
PG-13, 109 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.

Sunday School.....10 - 11:15 a.m.
CCD.....9:15 - 10 a.m.

Chapel 5 - Bldg. 5950 Church Street
General Protestant Service.....6:30 p.m.

NCO Academy Protestant Field Service - Bldg. 5417, Texas Avenue
8:30 a.m.
April 6, 13/May 4, 11/June 8, 15/July 13, 20/ August 10, 17/ September 7, 14

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
Alpha Course
Beginning March 26, 6 - 8:30 p.m.

Religious Services

Islamic Prayer room
open 7 a.m. - 4:30 p.m. Monday through Friday - Room 24
Christian Women of the Chapel - Bible Study - Tuesdays, 9:30 - 11:30 a.m.
Christian Men of the Chapel - Prayer Breakfast - Fourth Saturday of each month, 9 - 11 a.m.

Jewish services available by request

****Special Events****

--Coming in April--

April 13
Protestant/Gospel Choir Appreciation Day

April 26
Sight and Sound Trip to Lancaster, Pa. "Daniel"

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. Please call the chapel at 562-2020.

ACS Meetings

Monday, April 14
Playgroup
18 mo. - 3 yrs.
11 a.m. - 12:30 p.m.
McGuire CDC #2

Tuesday, April 15
Child Abuse Prevention Booth
11 a.m.- 1 p.m.
PX/BX

Volunteer/AFTB/AFAP Council
9:30 - 10:30 a.m.
ACS, Bldg. 5201

Sexual Assault Prevention Luncheon
11:30 a.m. - 1 p.m.
Club Dix

Financial Readiness
1:30 - 2:30 p.m.
ACS, Bldg. 5201

Thursday. April 17
Newcomers Orientation
9 a.m. - 2 p.m.
ACS, Bldg. 5201

EFMP Support/Focus Group
10:30 a.m. - 12:30 p.m.
ACS, Bldg. 5201

Child Abuse Prevention Unity Walk
11 a.m. - 1 p.m.
Griffith Field House

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

Pottery
April 2 - May 7 (6 week class)
Classes cover both hand building and wheel throwing techniques. Pre-registration required.
Held *Wednesdays 6:30 - 9 p.m.*
$60 registration fee plus materials.

Green Bag
April 16
In honor of Earth Day, sew your own "green bag" totes with pockets for your coupons and water bottle. $20 fee

April 24
Scrapbooks for your Graduate

Kids Craft Classes

Kid's Introductory Painting Course

April 12, 26 & May 3
Children will explore various paint media and techniques. (4 - week class)
$20 fee plus materials
Saturdays, 2:30 - 4 p.m.

Tween Pottery Class
April 5 - 26 (4 - week class)
Classes cover both hand building and wheel throwing techniques. Pre-registration required.
$30 fee
Saturdays, 1 - 2:30 p.m.

Kids Pottery Class
April 5 - 26 (4 - week class)
Class covers both hand building and wheel throwing techniques.. Pre-registration required.
$30 fee
Saturdays, 10:30 a.m. - 12 p.m.

$5 pre-registration fee
for other classes call Arts & Crafts - ***562-5691***

April 12
Quilts for Kids Marathon
11 a.m. - 9 p.m.

Crafty Garden Party
11 a.m. - 9 p.m.

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 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!

Off Post

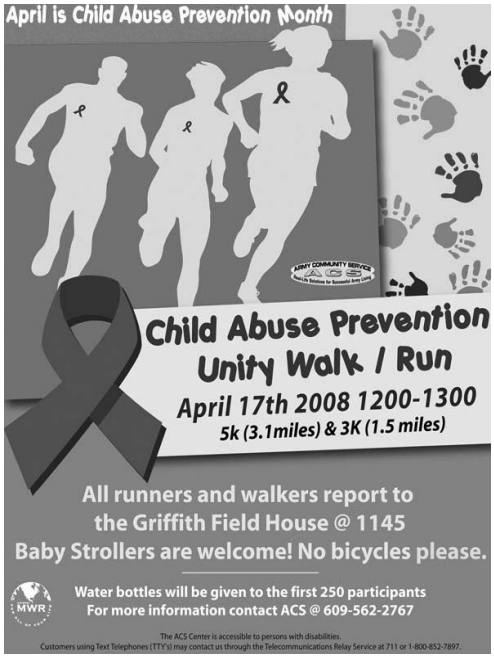
Combat Stress Support Group

Informal gathering for dinner and discussion with Chap. (Lt. Col.) Dave Hunter every Monday at 6:30 p.m.
Brother's Diner I 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.

Burlington County WIC Program

WIC (Women, Infants and Children) Program of Burlington County is a federally funded program to help provide proper nutrition to pregnant and breastfeeding women, infants and children under the age of 5. Eligibility is based on income and nutritional and/or medical risk. WIC can provide infants with iron-fortified infant formula, cereal, and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna.
The Burlington county WIC Program has a clinic site located on post at the Recreation Center, Bldg. 5905.
To find out if you may qualify, or to make an appointment call WIC at 609-267-4304.



MOBILIZATION NEWS YOU CAN USE

WDIX *Commander's Channel 2*

WDIX *Commander's Channel 2*

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

Dix Shoppette/Class Six/ Gas Station
723-0044
Bldg. 5359, Texas Avenue
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall
723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

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

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

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

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

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

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

Java Cafe & Computer Lab @Club Dix
723-3272
Monday - Friday - 7 a.m. to 10 p.m.
Saturday-Sunday -Closed.

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

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

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

Club Dix
723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Fort Dix Post Office
723-1541
6038 West 9th Street
Monday to Friday -- 8:30 a.m. to 4:30 p.m.
Saturday -- 9:00 a.m. to noon
Lobby hours
Monday to Friday 7:00 a.m. to 7:00 p.m.

Army Community Service
562-2767
Bldg. 5201 Maryland Avenue
Community Newcomer's Orientation held the third Thursday of each month

Chaplains' Corner

Chap. (Col.) David Forden
Installation Staff Chaplain

It is easy to be critical of others. And yet we know that feedback, when it is given out of love, can be amazingly helpful. Whether we are talking about Soldiers or our family, the way we treat people will be a key factor influencing the effectiveness of our words and thoughts.

There is a poem that I re-read from time to time that helps to bring me back on course in my thinking when I discover that I am becoming too critical. I am not sure who wrote it but it is very helpful because it reminds me of those people that God has placed in my world to guide me along life's way. It is appropriately called Children Learn What They Live.

Children Learn What They Live

If a child lives with criticism,
He learns to condemn.
If a child lives with hostility,
He learns to fight.
If a child lives with ridicule,
He learns to be shy.
If a child lives with shame,
He learns to feel guilty.
If a child lives with tolerance,
He learns to be patient.
If a child lives with encouragement,
He learns confidence.
If a child lives with praise,
He learns to appreciate.
If a child lives with fairness,
He learns justice.
If a child lives with security,
He learns to have faith.
If a child lives with approval,
He learns to like himself.
If a child lives with acceptance and friendship,
He learns to find love in the world.

Anonymous

Each of us would do well to ask ourselves how we are treating those we work with and live with on a daily basis.

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)*

Army Community Service

Financial Readiness

» Banking/Credit Union Services
» Budget Development
» Consumer Rights/Obligations
» Credit
» Debt Liquidation
» Insurance
» Personal Financial Readiness
» Record Keeping

Come and acquire skills in any or all of these areas!

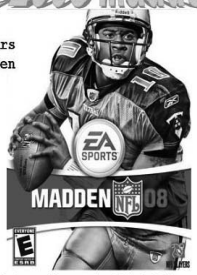
April 16, 2008
1:30 p.m. - 2:30 p.m.
ACS Bldg. 5201 Maryland Ave.

For registration and program information please contact Bobby Brown at 562-4245.

MWR

Ft Dix 2008 Madden Bowl

5 Minute Quarters
Skill: All Madden



Sign up for free today at Griffifth Field House!

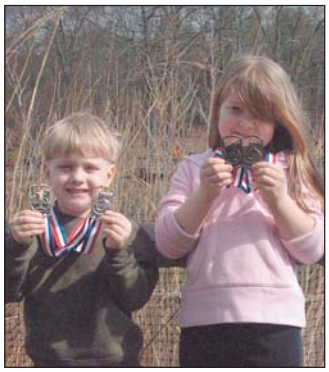
Open to Fort Dix Personnel Only. Must be 18 years old or above.

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

For more information contact Chris O'Donnell @ 562-2769/3961

Kiddie Fishing Derby kicks off season

photos by Staff Sgt. Pascual Flores



Fort Dix youth competed April 5 in the annual Fishing Derby. Cousins and friends Hanna Sullivan, 9, and 8-year-old Zachary Brown, above, get comfy at Laurel Pond while waiting for the fish to bite. Andrew and Brandon Cannuli, both 10, had a successful day, winning first and third place in the 10-13 class, top right photo. Nathan and Kylie Grant, left photo, were the big winners of the derby, pulling in a 17 1/2 inch trout. Nathan and Kylie not only won for the biggest fish in their age bracket and the over-all event, they each took third place for smallest fish.

courtesy photo

Wildcats champions

The Wildcats, above, are winners of the regular season championship at the Griffith Field House, with a record of 9-1. FCI took second place at 8-2. The Renegades and TLC ended with a 7-3 tie for third place.

Sports Shorts

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

Army Ten Miler

Runners will have a chance to represent Fort Dix in the Army Ten Miler. The event, scheduled for Oct. 5 in Washington D.C. is America's largest 10-mile race, and one of the biggest in the world.

More than 26,000 runners are expected to compete in this year's race.

A qualifying run will be held June 7 to pick Team Dix. Race start is scheduled for 10 a.m. at the Griffith Field House. Runners should arrive early and be ready at the start line.

The six-mile course will challenge this year's hopefuls as it winds through Fort Dix.

The qualifier is open to all Active Duty, Reserve, and Guard Soldiers, with the top runners representing Fort Dix in D.C.

Civilians, contractors, spoused, dependents, etc. will not be able to compete for a spot on Team Dix, but have been encouraged to run in the qualifier in past years.

For more information, call Chris O'Donnell at 562-4888.

Joint Forces Racquetball

The Joint Forces Invitational Dig and Dive Racquetball Tournament has been rescheduled and entries are still being accepted.

Entry into the competition is free.

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

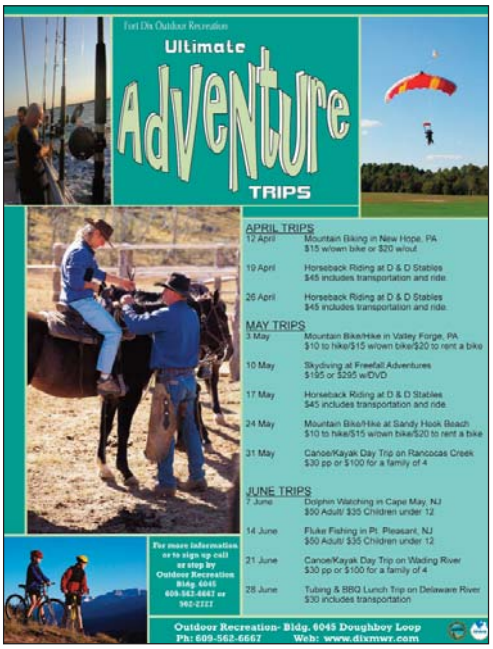
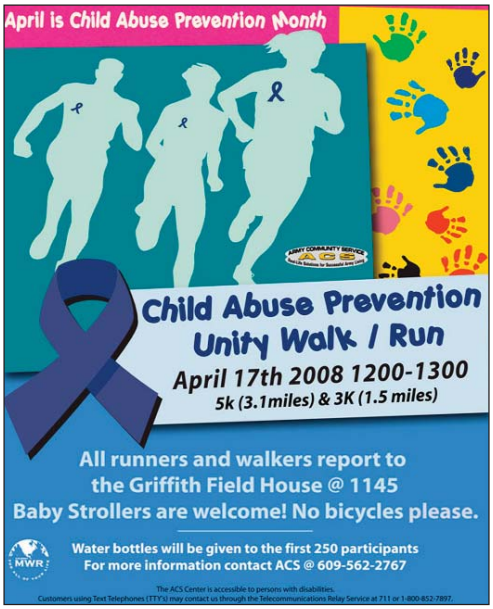
Call Chris O'Donnell 609-562-6495 or e-mail christopher.odonnell1@us.army.mil for entry form or information.

Golf Tournament

The T3BL Soldiers' Association Annual Golf Tournament will be held on Friday, May 9 at Fountain Green Golf Course, Fort Dix. As in previous events there could even be a Celebrity Four-some on the links with you.

The tourney starts at 8:30 a.m. with a shotgun start and prizes will be awarded to first, second, third and fourth place teams for low gross; closest to the pin; longest drive for men and women; and straightest drive.

A 2008 Lexus courtesy of Lexus of Cherry Hill with be Hole in One prize.

Entrance fee is $90 per person and includes greens fees, cart, refreshments, door prizes and buffet lunch.

Register your four-some by April 22 by calling Master Sgt. Bud Scully at 609-562-0565.