



thePost

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NEWSNOTES

ASMC Jersey Devils host benefits workshop

The ASMC Jersey Devil Chapter will host a luncheon workshop at the Garden State Diner May 7 at 11:30 a.m. on "Your FED Benefits and Your Future." You will learn how to avoid the most costly mistakes made by Federal Employees and take advantage of some of the best Solutions. RSVP NLT May 1 to your ASMC POC or Neen Raspa, 609-562-5432.

Town Hall Meeting May 15 at Timmermann

The next Fort Dix Town Hall Meeting will be May 15 at 3 p.m. in Timmermann Center. Topics to date include: Joint Base Update and Impacts to the Workforce; Drinking and Driving/Alcohol Awareness leading up to the Memorial Day Weekend; Training and Mobilization Training Lead Impact to the Installation; Changes to Pemberton Township School District; Awards Presentations, and more. Anyone with suggested topics or questions should e-mail them to Andre Mixon at andre.mixon@us.army.mil.



CAC pin resets now available at MPD

Effective today, anyone in need of a CAC Pin Reset can obtain it at the Customer Service desk on the First Floor, Bldg. 5418, center wing, Military Personnel Division (MPD) Room 113. The hours of operation are Monday through Friday, 8 a.m. to 4 p.m. For additional information or questions, please contact Luis Lopez at (609) 562-3306 or HRM Customer Service desk at (609) 562-3088/3167.

WEATHER

FRIDAY -- Sunny and continued warm, high in upper 70s. Partly cloudy into evening, low of 55 degrees.

SATURDAY -- Mostly cloudy, chance of showers with possible thunderstorms. High of 75 degrees and overnight low of 50.

SUNDAY -- Mostly cloudy, 50 percent chance of showers. Daytime high of 60 and low of 47 degrees.

MONDAY -- Cloudy, more showers, high in upper 60s and overnight low of 48 degrees.

TUESDAY -- Mostly cloudy, chance of morning showers, high of 55 and low of 42.

WEDNESDAY -- Partly sunny and breezy, highs in lower 60s, overnight low of 42.

THURSDAY -- Sunny and warmer, high in mid-70s, overnight low of 48 degrees.

Reserve marks centennial

Col. Randy Pullen
Retired

The U.S. Army Reserve marks its first century of service to the nation Wednesday with a re-enlistment of 100 Soldiers at 10 a.m. on the west lawn of the U.S. Capitol, a wreath-laying ceremony at 2:15 p.m. at Arlington National Cemetery and a gala ball in the evening.

Army Reserve Soldiers have served wherever America sent its Army since April 23, 1908. It was on that date 100 years ago that Congress passed legislation that created the Medical Reserve Corps, the Army's first federal reserve force. From this pool of trained medical professionals, the secretary of War was able to order Reserve officers to active duty during time of emergency.

Army Reserve Soldiers served on the U.S.-Mexican border in 1916; in the trenches and forests of France in 1918; at Civilian Conservation Corps camps across the United States in the 1930s; on the

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First Lt. Dean Hillman, Bravo Company, left, and Spc. Michael Bush, Office of the SJA, cut the Army Reserve's 100th birthday cake at Club Dix April 23.

Shawn Morris

Soldier marks 40 years in uniform

Kentucky native ready for last deployment with Military Police

Wayne Cook
Public Affairs Staff

A Soldier with the 223rd Military Police Company, Kentucky Army National Guard, recently celebrated his 40th anniversary as a member of the United States military.

Master Sgt. Arnold Pelfrey was born and raised in Paris, Ky. Raised with four sisters and three brothers, he grew up in a town that was slowly dying. By the time he was 19, many of the businesses and factories in town were shut down because it had been discovered that labor was much cheaper in some foreign nations.

"I felt like I was born at the wrong time. I had no trade and no experience. I thought the only way to get

some experience in life and to learn a trade was to join the military. So, in 1967, I went to the Air Force recruiter and they didn't have any openings for me at the time. They told me I would have to wait. I walked out of that recruiter's office, and down the street was the Marine recruiter. I thought, "Why not? What have I got to lose?" They offered me a slot right away and I joined. My mom wasn't happy. She thought I was going to get killed," Pelfrey said.

"I thought I was going over to Paris Island in South Carolina, but the Marines had other plans. They sent me out to San Diego to Camp Pendleton. There I started out as a grunt and finally trained as a cook. My stint in support of Vietnam consisted of duty at Okinawa, Japan, where we were a

staging unit for those going in country, and then Camp Lejeune, N.C. At the end of three years of active duty I served three more in the Marine Reserve," he said.

After serving three years in the Marine Reserve, Pelfrey was discharged and someone talked him into joining the Army National Guard. It seemed like a great way to continue serving while being able to stay at home, or so he thought.

The Kentuckian joined Delta Company of the 201st Engineers out of Ashland. While assigned to this unit, he was involved in activations to assist state authorities during trucker strikes, tornados, floods, and snow removal - including transporting doctors and nurses during a few storms.

In 1985, the 201st Engineers became the 206th Engineering Battalion and transferred to Richmond. "We did a lot of humanitarian missions in those days. We activated and went to Barbados and established a peacekeeping force. While we were there, we rebuilt a school and a hospital. Another time, we went to

(continued on page 3)



Wayne Cook

SENIOR SOLDIER -- Master Sgt. Arnold Pelfrey, 223rd Military Police Company, celebrated 40 years in service to the country April 10. This veteran Soldier is returning for his third tour to Iraq in support of the Global War on Terrorism.

Services meet recruiting goals

Jim Garamone
American Forces Press Service

FORT BELVOIR, Va., April 22, 2008 - The military services continue to make their recruiting numbers despite the most difficult recruiting market in years, the chairman of the Joint Chiefs of Staff told noncommissioned officers here today.

However, Navy Adm. Mike Mullen said at a quarterly NCO breakfast, there is concern in some quarters that the Army is letting in too many recruits with physical or criminal waivers.

"We're recruiting at the most difficult time," he said.

Mullen stressed that standards to enlist are high. Out of the total pool of 18- to 24-year-olds, only three out of

10 qualify to come into the military without a waiver, the chairman said. "And out of that three, a lot of them want to do something else besides come into the services," he said.

The services must meet their goals, because not making them causes a long-term problem. "It creates a hole that takes you 20 years to recover from," Mullen said.

The military services must com-

pete with private industry for the most talented young people, Mullen said. "In the long run, it's going to be about us competing in the marketplace," Mullen said.

Regarding paying bonuses to qualified recruits, Mullen said the practice does not mean that the military is moving toward a mercenary force.

"(We are) competing with the best companies in the world for these young people," he said.

"(We have a) noble cause, a higher calling, get an education, gain a skill, whatever you do you can set yourself up for life, whether you stay or not. There's an awful lot to offer in the military."

Another challenge faced by the services is that Iraq has affected the way "influencers" - parents, relatives, coaches, scoutmasters, etc. - advise young people about military service, Mullen said.

"Because of what is an unpopular war in Iraq, the counselors across the board are not inclined to send their young people to the services," he said.

Mullen said he also is watching the number of high school graduates who join the services.

Historically, completing high school is a good indicator that recruits will complete their terms of service, he said.

In a broad-ranging question-and-answer session, Mullen said he does not want to see a one-uniform, joint service for the U.S. military.

"It is a wonderful mix of cultures that I would not change at all," Mullen said. "This is the best military in the history of the world. These five services provide a capability that is unique."

50th IBCT readies for OIF



Soldiers take first steps in Military Operations in Urban Terrain training at Fort Indiantown Gap, Pa.

New Jersey drivers entering Pennsylvania see the billboards along the highway that read "America Starts Here." For Soldiers of the New Jersey Army National Guard's 50th Infantry Brigade Combat Team (IBCT), these signs should read, "Deployment Starts Here" because their road to war began at Fort Indiantown Gap, Pa. See full coverage inside on pages 4 and 5.

• Soldiers tackle pre-mobilization training

• Females infiltrate infantry ranks

• Deployers wear new unit patch



BARREL OF FUN -- I spent countless hours staring down the barrel of my M4 rifle while humming the "James Bond Theme" during three weeks of pre-mobilization training at Fort Indiantown Gap, Pa. Like Great Britain's most famous secret agent, I'll soon embark on an important mission to an exotic land filled with mystery and danger. Unlike 007, I'll be undertaking said mission without the benefits of fancy gadgets, a fitted tuxedo, or Miss Moneypenny. S'ai la vie.
photos by Steve Snyder

Soldier surveys lighter side of pre-mobilization training

Staff Sgt. Shawn Morris
50th IBCT Public Affairs

This is the second in a series of articles detailing the personal experiences of Staff Sgt. Shawn Morris, a civilian contractor with the Fort Dix Public Affairs Office and Soldier in the New Jersey National Guard's 50th Infantry Brigade Combat Team, who is set to deploy with the unit this summer in support of Operation Iraqi Freedom.

War is serious business, and so is the training that prepares Soldiers to fight and survive in combat.

However, one can always step back and find the humor in any situation. Often times, laughter can offer much-needed relief from worry and stress, the natural byproducts of preparing for deployment.

With that in mind, I decided to take a light-hearted look at the top-notch instruction I received during three weeks of pre-mobilization training at Fort Indiantown Gap (FTIG), Pa., from March 28 to April 19, courtesy of the New Jersey Army National Guard.

First off, as an Army journalist, I get the opportunity to shoot way more photographs than I do bullets. This may explain my four attempts to qualify on the M4 rifle range.

I did, however, shoot an almost perfect score on my first-ever visit to the M9 pistol range. One bit of advice for first-time pistolers -- keep your thumbs where you're supposed to keep them or they might become acquainted with some of the weapon's moving parts. Turns out bullets aren't the only way a gun can draw blood.

Speaking of drawing blood, I had the pleasure of giving an IV to my battle buddy, Spc. Bill Addison, during a three-day Combat Lifesaver course. The most important thing I learned -- besides several ways to save a life -- was to always let your buddy stick you first, in case he does a poor job. Revenge can be sweet.

The buddy system also came in handy during three days of HUMVEE driver training: One Soldier sleeps while the other constantly pokes and prods him to stay awake. Of course, this system is only advisable during the Power Point portion of the class and should not be used while behind the wheel.

In all seriousness, HUMVEEs handle quite well and are fun to drive over various types of terrain. Obstacles such as rocks, logs, Ford Pintos and annoying civilians pose no problem for the Army's go-to vehicle.

Physical training was also an important part of the Fort Indiantown Gap experience. Running at Fort Dix or on the boardwalk at the Jersey Shore is quite different from the Gap in one important way: No hills. On the main drag at FTIG, there is an unforgiving incline that challenges the heart, lungs -- and knees, for those of us over a certain age.

Another pleasant diversion was the FTIG Recreation Center, a facility straight out of summer camp that offered ping pong, billiards, (occasional) Internet access, and -- most importantly -- lunch. There's nothing like a greasy burger and fries to remind one of home.

The Rec Center also showed free movies every night, with offerings ranging



SOLDIER'S SOJOURN -- Motivational reading kept spirits high during down time, above. Getting the Pennsylvania mud out of my clothing, left, was nearly as challenging as the training that put it there.



from gritty cop films to modern horror flicks to children's movies. It's amazing how "Alvin and the Chipmunks" becomes quality cinema when one is desperate enough.

The most memorable moments from FTIG, however, are the humorous ones: Making up lyrics about my battle buddy for a never-ending song known as "The Ballad of Coffee Cup Bill Addison;" hiding behind a tree while calling my first sergeant in order to see him do the Macarena as he frantically searches for his cell phone; pulling a handful of female unmentionables from an unattended dryer at the laundrette and turning a bright shade of red; or inadvertently wandering into a female barracks building, realizing my mistake, doing an immediate about face and beating a hasty retreat.

Yes, these are the moments one never forgets.

Hopefully, such moments will continue during mobilization training at Fort Bliss, Texas, and our deployment to Iraq, because it's the funny times -- and the ability to see humor in everything -- that's going to keep me sane during what promises to be a challenging endeavor.

But it's an endeavor I feel well-prepared to face thanks to the training I received at FTIG and the Soldiers with whom I'm deploying. And that's no joke.



BLAST FROM THE PAST -- This image represents the most dangerous moment I spent at Fort Indiantown Gap, as photographer and certified Baby Boomer Steve Snyder encouraged me to dodge traffic to get "just the right shot" in front of a Nike missile display. Even I felt young next to that Cold-War relic. And the missile was pretty cool, too.

Army Reserve celebrates 100 years of service

Lt. Gen. Jack C. Stultz
Chief, Army Reserve
Commander
USAR Command



Lt. Gen. Jack C. Stultz
Chief, Army Reserve
Commander
USAR Command

There has never been a better time to be an Army Reserve Soldier. At no period during a century of service to the nation have we undergone the monumental change that is currently underway. We're on a positive course to deliver even greater value and service to the Army, the nation, our communities and our families.

The Army Reserve is a dynamic organization that fully recognizes that we owe our success of the past, present and future to the backing of our families and employers. To show our appreciation and gratitude in response, we're funneling resources into tangible and meaningful benefits and programs that make it easier for families and employers to continue valuable support to Army Reserve Soldiers.

On April 23, 1908, Congress created the Medical Reserve Corps, a group of 160 doctors formed to provide the nation with a reservoir of trained medical professionals for employment in times of national emergency.

The Army Reserve of 2008 has 195,000 Citizen Soldiers with technical, specialized and professional skill in logistics, transportation, training, health care, engineering, information technology, communication networking and law enforcement, to name a few of our capabilities. Army Reserve Soldiers are actively involved in improving the lives of people around the world through nation-building and humanitarian assistance, providing quick response for homeland defense missions and natural disasters, and supporting and sustaining the operating force during war. At the heart of my vision for the Army Reserve of tomorrow is an organization filled with Soldiers who eagerly continue to take on new missions around the world, and are just as excited about new opportunities to learn and improve as they are today. I also envision an organization that gives Soldiers more ways to serve,

more benefit options, and more flexibility to design military career paths that complement and advance life goals and civilian career objectives. The Army Reserve has served with excellence and honor in every major military and humanitarian engagement of the past 100 years, playing integral roles in World War I, Korea, Vietnam, the Cold War, Panama, the Persian Gulf, Somalia, Haiti, Bosnia, Kosovo, the Iraq War and the Global War on Terrorism.

Since 9/11, nearly 193,000 Army Reserve Soldiers have mobilized and deployed to support the GWOT and homeland security; almost 28,000 are mobilized today. We don't know where the next unrest in the world might occur, we don't know when the next natural disaster will hit, but the Nation is confident that we're trained and ready. As we mark 100 years of service to America, we must also remember the service and sacrifice of our fellow Soldiers who have given their lives for our freedoms. We will always be grateful.

On this momentous occasion, I am especially proud to serve with trained and ready Army Reserve Soldiers who serve the nation and their communities. They are "twice the citizen." Each generation of Army Reserve Soldiers serves the nation with honor and distinction, and our current Soldiers are no exception.

If the past is any indication, we can expect a bright and successful future for the Army Reserve in the 21st century.

The Army Reserve is ready to go for the next 100 years!



FIRST FIGHT -- The first mobilization for the Army Reserve came in 1916 when Reserve Soldiers joined a punitive expedition against Mexican bandit Pancho Villa along the Texas border. They were led by Brig. Gen. John J. Pershing, above.

the Post

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Reserve celebrates centennial

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worldwide combat fronts of World War II; the mountains of Korea in 1950; the jungles of Vietnam in 1968; the Middle East in 1990 and 1991; and the Balkans in the late 1990s.

Army Reserve troops helped dig through the rubble at the World Trade Center and the Pentagon after 9-11. They have served in Afghanistan since late 2001 and in Iraq since early 2003, and at the same time helped with disaster relief in Louisiana and Pakistan in 2005.

Hundreds of thousands of American Citizen-Soldiers and Warrior-Citizens have served America since April 1908. In June of that year, the first 160 Reserve medical officers received their commissions.

The concept of bringing civilian professionals into the Army in a disciplined and quickly-accessible manner soon expanded beyond the medical profession and beyond officers.

Following Mexican revolutionary Francisco "Pancho" Villa's 1916 raid into the United States and Brig. Gen. John J. Pershing's subsequent punitive expedition after him into Mexico, relations between Mexico and the United States deteriorated to the point where U.S. troops were sent to the United States' southern border in preparation for a potential war that fortunately did not take place. These troops included some 3,000 Army Reserve Soldiers, which was almost 70 percent of the entire Army Reserve. This was the Army Reserve's first mobilization.

A much bigger mobilization occurred when the United States entered the First World War in 1917. Thanks to the framework established by the National Defense Act of 1916, the Army Reserve's contribution in World War I was substantially larger than for its Mexican mobilization. More

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for the children," said Pelfrey.

"I spent 180 days in Ecuador in 1997 thru 1998 after El Nino devastated that country. We went down and spent a lot of time and energy fixing that country up. Six months later, I was sent to Honduras to help them recover from Hurricane Mitch," he said.

According to Pelfrey, the 206th Engineering Battalion dissolved and reformed into the 617th Military Police Company, and while assigned to this unit he heard that the 223rd Military Police Company out of Louisville needed manpower assistance for a deployment to Operation Iraqi Freedom (OIF) I. Having not served in Desert Shield/Desert Storm, this would be the first of three times that the old sergeant would visit the land of

than 170,000 Reserve Doughboys (about 80,000 enlisted Soldiers and almost 90,000 officers) served in every division of the American Expeditionary Force in France.

They included President Theodore Roosevelt's son, Lt. Col. Theodore Roosevelt Jr., who served in the 1st Infantry Division; Maj. Charles Whitelsey, who led the 77th Infantry Division's "Lost Battalion" during its heroic battle in the Meuse-Argonne; and Capt. Eddie Rickenbacker, "America's Ace of Aces." The Reserve Doughboys of 1917 and 1918 proved the viability of the Army Reserve concept and set the standards for Army Reserve Soldiers ever since.

As it was for the entire Army, the inter-war era was a tough time for the Organized Reserve (as the Army Reserve

was known from 1920 to 1952). Few enlisted men served. There was no pay for unit drill. There was no retirement plan. During the 1930s, training dollars were hard to get so that, at the most, less than 30 percent of Reserve officers attended annual training in any year of that decade. The low year was 1934, when only 14 percent went to annual training.

One training opportunity for Organized Reserve officers did contribute significantly to the success of one of President Franklin D. Roosevelt's key New Deal programs. Between 1933 and 1939, more than 30,000 Organized Reserve Corps officers were involved in running some 2,700 Civilian Conservation Corps camps. The CCC program provided jobs to unemployed young men across the country. It also provided extra money to Organized Reserve officers, as well as giving them organizational and training experience

could only deploy if he signed a waiver stating he would retire upon his return in April 2009. He will turn 60 years old while in country and will have maxed out his time in service.

When asked why he would volunteer for another deployment at this point of his life and career, the craggy old sergeant replied, "I want to look after the young Soldiers and make sure they have what they need to do their missions. I'm an older Soldier; chances are they aren't going to put me out in the thick of things, but I can make sure the troops have everything they will need when they head out the door. I also have the opportunity to mentor the younger Soldiers and provide fatherly advice and support when needed."

When asked what he saw in his future once he retired, Pelfrey smiled and was quick with his response.

When asked what he saw in his future once he retired, Pelfrey smiled and was quick with his response.

Africa, Normandy and Italy; and Capt. Ronald Reagan who used his experience as a Hollywood movie star to make Army Air Corps training films.

Senator Harry S. Truman was a colonel in the Organized Reserve when war broke out. Turned down from coming on active duty by no less than Army Chief of Staff Gen. George C. Marshall, Truman stayed in the Senate. He gained national prominence as head of a special sub-committee investigating wastefulness and fraud in the nation's defense programs.

In 1944, he was chosen to be President Roosevelt's running mate. When the president died on April 12, 1945, Vice President (and Organized Reserve Colonel) Truman became the commander in chief and led the nation to final victory in World War II.

Following the North Korean invasion of South Korea on June 25, 1950, President Truman called upon Organized Reserve men and women — women were authorized to join the Organized Reserve in 1948 — to help strengthen the dangerously hollow Army. Within the first few weeks of the war, about 25,000 individual Organized Reserve Soldiers were called to active duty. More than 10,000 of these were junior officers and noncommissioned officers, whose World War II combat experience was desperately needed.

The first major test of the Total Force Policy and the biggest deployment of Army Reserve Soldiers overseas since the Korean War took place in 1990-1991 with Operations Desert Shield and Desert Storm. More than 63,000 Soldiers from 647 units were activated to accomplish both continental U.S. and overseas missions. Thousands of Individual Ready Reserve Soldiers, Individual Mobilization Augmentees and 1,000 retirees volunteered or were ordered to active duty as well. In all, almost 84,000 Army Reserve Soldiers answered their coun-

"I look forward to spending time with my wife, Stella, and my dogs and living life to the utmost. I work at some of the race tracks in Kentucky where I run five kitchens and 17 concession stands. Between that and running our 38-acre farm in Jeffersonville, raising strawberries and other fruits and vegetables, and managing five pieces of property that we rent out, I should stay pretty busy. I also look forward to visiting with my six children, 10 grandchildren, and one great-grandchild," he said.

Pelfrey has a great outlook on life and wishes others saw things in a more positive light. "It's really a shame that people don't see the military as an opportunity to have a career and then retire from it and start over with a second career. Most people don't think they'll live to need a second job or retirement," Pelfrey said.

can or coalition unit in the war suffered such a high casualty rate.

On March 20, 2003, Operation Iraqi Freedom began, with Army Reserve Soldiers fighting their way to Baghdad alongside their U.S. and coalition comrades-in-arms. Pakistan following a devastating earthquake in October. As the Army Reserve's first century came to a close, it remained heavily committed in Iraq and Afghanistan. In

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 April 4 through 20.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or 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; CPH stands for Checkpoint Number.

●Police responded to a motor vehicle crash at the Browns Mills gate. Investigation revealed a vehicle, operated by a civilian NAFD, exited the gate parking area at a high rate of speed and struck the curb and a pole causing disabling damage to the vehicle. There were no reported injuries. The subject was cited for careless driving and the vehicle towed from the scene.

●Police and Fire Department personnel responded to a report of noxious odor at Bldg. 5919. Investigation revealed negative findings.

●Police responded to an incident at the Main Shoppette. Investigation revealed three children had been left unattended in a parked vehicle while the operator went into the shoppette. Investigation continues.

●Police, Fire Department, and Emergency Medical personnel responded to a motor vehicle crash on Cookstown Rd. Investigation revealed a vehicle, operated by a military dependent, lost control, struck a berm, rolled over, and struck two trees. The operator was treated at the scene and transported to VMHBC for further evaluation. The vehicle was 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 operator, a civilian NAFD, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police detected two vehicles on Saylor's Pond Rd traveling at a high rate of speed. The second vehicle, operated by a Soldier assigned to Fort Dix, stopped and informed police the operator of the first vehicle was despondent and may have had suicidal ideas. A traffic stop of the first vehicle was conducted and the subject, also a Soldier assigned to Fort Dix, was taken into protective custody and transported to the police station for processing. The vehicle was secured at the scene. The subject was cited for the traffic violations and released to the custody of his chain of command.

●A resident of the Garden Terrace housing area entered the station and reported inappropriate behavior by a worker in the housing area. The victim reported the subject had made comments and gestures that are offensive. Investigation continues.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 4429. Investigation revealed it was a false alarm.

●Police and McGuire AFB EOD responded to a report of found munitions at Bldg. 3137. Investigation revealed the items to be training grenades.

●Police responded to an incident near the intersection of New Jersey Ave and 8th St. Investigation revealed electrical wires were arcing on a pole. The utility company responded and corrected the problem.

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

●There were 11 Magistrate Court Citations issued for moving violations. DWI incidents are now at five for the month.

Jersey Soldiers charge ahead toward Global War on Terrorism



REACH OUT AND TOUCH SOMEONE — Combat arms Soldiers of the 50th Infantry Brigade Combat Team, headquartered in Lawrenceville, practice their sniper skills, above, at Fort Indiantown Gap, Pa., during three weeks of Annual Training from March 28 to April 19 before deploying to Fort Bliss, Texas, this summer. New Jersey Army National Guard Soldiers, below, walk through the procedures of setting up security to clear a building. More than 3,000 Soldiers conducted training or served as trainers preparing the 50th for an autumn deployment to Iraq.



50th IBCT fills Gap for MOB training

1st Sgt. David Moore
50th IBCT

New Jersey drivers entering Pennsylvania see the billboard along the highway that reads "America Starts Here." For Soldiers of the New Jersey Army National Guard's 50th Infantry Brigade Combat Team (IBCT), these signs should read "Deployment Starts Here," because their road to war began at Fort Indiantown Gap, Pa.

For three weeks, about 2,800 Jersey Blues Soldiers conducted training that encompassed warrior tasks, weapons, driving and combat lifesaving, with support from approximately 400 Soldiers from other Garden State Army Guard commands.

"This was the first time the various elements of the 50th IBCT were in one place preparing for the next phase of training at Fort Bliss, Texas — the IBCT's mobilization station for their mission in Iraq. Nearly every Battalion in the New Jersey Army National Guard has contributed either units or Soldiers to form the IBCT.

Soldiers are proud of what they have done at Fort Indiantown Gap, according to Col. Steven Ferrati, 50th IBCT commander. He explained, "Our goal was to reach 80 percent of our deployment requirements, and I think we've done that."



STICK TOGETHER — The Combat Lifesaver Course becomes challenging for all Soldiers of the IBCT who are required to certify in medical tasks to save lives. The troops, as part of the test, are required to successfully start an IV on one another.

summer. New Jersey Army National Guard Soldiers, below, walk through the procedures of setting up security to clear a building. More than 3,000 Soldiers conducted training or served as trainers preparing the 50th for an autumn deployment to Iraq.

NJARNG female Soldiers begin new legacy filling infantry ranks for mission

Staff Sgt. Shawn Morris
50th IBCT

Sgt. Kathleen Wilson took one small step several weeks ago when she joined the 50th Infantry Brigade Combat Team's 2-113th Infantry Battalion.

She hopes it will one day lead to a giant leap forward for women in the military.

Wilson was transferred into the 2-113th Infantry's Bravo Company from the 250th Brigade Support Battalion as part of the 50th Infantry Brigade Combat Team's (IBCT's) efforts to integrate nearly 250 female Soldiers into units preparing for detainee operations missions in Iraq, duties normally carried out by military police.

"When you talk detainee operations, you're going to be handling male and female detainees," explained Lt. Col. Mark Pierski, 2-113th commander. "You need female Soldiers if they come into contact with a female Iraqi adult. An Iraqi male does not like a male Soldier searching an Iraqi female. The last thing you want to do is lose that relationship or not gain that trust."

"In our mission, it's extremely important to have female Soldiers work on our team just prior to the start of pre-mobilization Annual Training at Fort Indiantown Gap, Pa. She wasn't sure what to expect.

"I never really heard of females coming into military companies before, so I was a little surprised," admitted Wilson, an X-ray technician in both military and civilian life. "I don't know why I was chosen."

The answer to that question is clear to her fellow 2-113th Infantry Soldiers.

"She's really high-speed," said 1st Sgt. Ruben Rodriguez, Bravo Company first sergeant.

"She's very motivated," said Sgt. 1st Class Marco Chavez, Bravo Company platoon sergeant. "I like to think that everybody's treating her as a sergeant."

She is one of the best NCOs I've had the pleasure to work with," said Sgt. 1st Class Stephanie Millholin, Bravo Company platoon sergeant, who was also recently integrated into the 2-113th. "I believe she's a natural leader."

"You wouldn't think she's a new NCO," Millholin added, noting that Wilson graduated the Warrior Leader Course with superior ratings in October 2007.

Despite Wilson's and the other female Soldiers' qualifications and abilities — and the fact that they will perform combat support duties — the idea of integrating females into combat arms units has met with some opposition. Detectors claim that women cannot physically keep up with men, that inevitable romantic relationships would lead to jealousy and competition, and that women lack the "killer instinct" needed for that combat arms.

All these factors, it's argued, would lead to a lowering of standards, a decline in unit morale and cohesiveness, and reduced effectiveness when carrying out missions.

Supporters of integration point out that nearly 200,000 women have served in Iraq and Afghanistan since Sept. 11, 2001, that female pilots and military police officers have served with distinction for years, and that the non-linear nature of combat in the Global War on Terrorism has already forced all Soldiers — regardless of rank, Military Occupational Specialty or gender — to become warriors.

Although the debate will likely continue, reaction to integration in the 2-113th has been largely positive.

"For the most part, the integration has gone well," Pierski explained. "I think the units that have been successful have had strong female NCOs who have been mentors to the junior females and soldiers."

"Bottom line: We haven't worked with fo-



444th Mobile Public Affairs Detachment
YOU'VE COME A LONG WAY — Sgt. Kathleen Wilson was transferred into the 2-113th Infantry Battalion's Bravo Company from the 250th Brigade Support Battalion as part of the 50th Infantry Brigade Combat Team's (IBCT's) efforts to integrate nearly 250 female Soldiers into units preparing for detainee operations missions in Iraq, duties normally carried out by military police. Wilson hopes her performance and the performance of her fellow female Soldiers will open the door for future generations of women to serve in combat arms units.

Experience leads Jersey Guard to training support package success

Pvt. Saul Rosa
444th MPAD

As the 50th Infantry Brigade Combat Team prepares to deploy to Iraq, the unnamed heroes are the support groups behind the scenes who help the command-and-control aspect of the 50th IBCT. The Regional Support Group (RSO) was the transition from citizen to Soldier.

The 42nd Regional Support Group (RSO) was the command-and-control aspect of the 50th IBCT's pre-mobilization training at Fort Indiantown Gap, Pa., from March 28 to April 19. The RSO was made up of Soldiers from the 117th CSB Support Brigade (CSB), the 50th Personnel Service Battalion (PSB), and the 50th Finance Battalion, who put the mobilizing troops through their paces.

The Pennsylvania National Guard training facility played host to the 50th IBCT and its approximately 2,800 troops, as well as the 450 supporting Soldiers of the 42nd RSG. The training marks the first time the entire brigade has been together in one place since its inception this past year.

The 117th CSB, with the help of the 253rd Transportation Company and the 50th Military Police Company, maintained a shuttle bus, built and guarded the Ammo Holding Area, and completed various transportation-related missions.

"That is their general day-to-day mission: they pick up missions as required," said Maj. Dave Majury. "Anything the brigade asks for comes to our support office and we see if we have the available assets to move it or provide it. If we do, then we task out the 117th to move it."

The 117th CSB moved more than 1.7-million rounds, 10,000 gallons of water, and 75,000 MREs during the first half of the pre-mobilization training, according to Majury.

The 50th PSB ran multiple M4 ranges, an M203 range, an M9 range, a slatgun range, an M249 range, an M250 caliber range and a hand grenade range, explained Majury.

"The range group is probably the hardest-working group overall during this Annual Training period," he noted.

The 50th Finance Battalion began the process needed to convert inactive guard numbers to active status and assisted the 50th PSB with the ranges.



Jersey troops make most of training time

Soldiers of the 50th Infantry Brigade Combat Team (IBCT) tackled more tasks than the prescribed weapons qualification, HUMVEE driver training, and Combat Lifesaver Course during pre-mobilization Annual Training at Fort Indiantown Gap, Pa., March 28 to April 19. They also practiced Drill and Ceremony, above, conducted physical training, right, and ran through various drills including tactical movement, room clearing, and reacting to fire. The 50th IBCT consists of the 114th Infantry Battalion, the 113th Infantry Battalion, the 112th Fires Battalion, the 102nd Cavalry, the 50th Special Troops Battalion, and the 250th Brigade Support Battalion. The brigade is preparing for an upcoming deployment.



444th Mobile Public Affairs Detachment photos



NJ troops don new unit patch

Spec. Bill Addison
50th IBCT

On a sunny Wednesday afternoon April 16 at Fort Indiantown Gap, Pa., Col. Steven Ferrati gazed out upon the approximately 2,800 Soldiers under his command who make up the recently formed 50th Infantry Brigade Combat Team.

The occasion marked Ferrati's first chance to see his whole brigade in one place since its inception March 1 during a ceremony to officially welcome and affix the left-shoulder patch of the 50th IBCT.

"We are now a brigade combat team united by a left-shoulder patch," said Ferrati as he addressed the 50th IBCT Soldiers.

"This left-shoulder patch is our common bond now — we stand as one," he added.

Maj. Gen. Glenn K. Rieth, the Adjutant General of the New Jersey National Guard, kicked off the ceremony by patching Ferrati, who in turn proceeded to patch his brigade command sergeant major and battalion commanders.

"Today is truly historic and it's a privilege for me to be part of it," Rieth told the troops.

"This is history — you have to understand that. This is history and everything you do going forward is part of history," he added.

The National Institute of Heraldry approved the new left-shoulder patch on Jan. 22 as a tri-colored septagon with the traditional blue, yellow and red of the brigade's higher command, the 42nd Infantry "Rainbow" Division, and is also representative of the brigade's armor heritage. The insignia has three stars, which represent the brigade's heritage and as well as the brigade's home state, New Jersey, which was the third state of the union to sign the United States Constitution. The middle reversed triangular shape also suggests the letter "V" for victory.

The patch ceremony came at the end of the brigade's three-week, pre-mobilization training that began March 28 and ended April 19. The brigade will be deploying to Iraq this summer.

"This day marks the beginning of the next chapter in the 50th Brigade's history," said Ferrati.

Rieth congratulated Ferrati and his Soldiers for everything they've achieved thus far in the process of transitioning from citizens to Soldiers.

"All of the reports I've gotten back about the brigade is that it wasn't just meeting the standard, it's exceeding standard."

"This brigade combat team is off and running and there's no question that whatever the nation asks of this IBCT, you will fulfill the mission," he added.



50th IBCT Distinctive Unit Insignia
PATCHING THINGS UP — Pfc. Peterson Pierre-Paul, Foster Company, 250th Brigade Support Battalion, center at left, joins his fellow Soldiers in affixing the 50th Infantry Brigade Combat Team left-shoulder patch during a ceremony at Fort Indiantown Gap, Pa., April 16.

Staff Sgt. Shawn Morris

Soldier lifts comrades' spirits with levity



Wayne Cook

LIFE OF THE PARTY -- Pfc. Jeff Flynn, 223rd Military Police Company, Kentucky Army National Guard, also known as 'Cornbread Moses,' uses his quick wit and love for laughter to keep the atmosphere light around the Soldiers in his unit. This natural entertainer even has his own Youtube video.

Wayne Cook
Public Affairs Staff

When the Soldiers of the 223rd Military Police Company, Kentucky Army National Guard, get to feeling worn down, spent, exhausted, lonely, depressed, or just in general need of a laugh, they can count on Cornbread Moses to come to the rescue.

This jester from the town of Irvington revels in the opportunity to joke with someone and cause them to laugh.

Cornbread Moses, otherwise known as Pfc. Jeff Flynn, is a natural funnyman with the innate ability to drop a one-liner and leave those in his presence rolling with laughter.

A week or so ago, his unit returned to the training forward operating base from the ranges after a long day of grueling training. The Soldiers were exhausted and many appeared nearly asleep on their feet. This company cook grasped the chance to throw a zinger and see what kind of response he would get.

"C'mon on fellers," he

drolled with a wide grin, "We've got crow and taters for ya tonight."

The Soldiers, whose faces had just been hanging to the floor, lit up and laughter peeled throughout the dining tent.

"I just love making them laugh. It works wonders for the soul and takes a lot of weight off of them when they are able to relax and just have a good time," said Cornbread (Flynn).

Looking at and listening to Flynn brings to memory the earnestly hysterical character of Ernest T. Bass on the Andy Griffith Show during the 1960s. Earnest was a hillbilly who lived in the woods with his kin and loved playing bluegrass music and drinking his moonshine. His other favorite pastime was sneaking into the town and harassing the sheriff and his deputy.

With one front tooth missing and a crooked grin, Flynn utilizes his Kentucky drawl to the max and his quick wit to entertain anyone who is within his general vicinity.

At 42 years old, this Soldier has only been in the Army for 15 months. A contract painter

by trade, he has always had an affinity for the military.

At nine years old, he began hanging around the local American Legion hall, listening to all the stories told by the veterans. At 17, he joined the Sons of the American Legion, an auxiliary organization that supports the veterans and the main organization. As a member of the color guard, he assisted in the performance of many veterans' funerals.

"After 9-11, I saw a real need and I wanted to help and do my part, and then I finally got my chance," he said.

With the blessings of his wife Debbie and their two sons, he joined the Army National Guard.

Flynn garnished the nickname, Cornbread Moses, from his step-father Don Moses, who he loved very much and who looked up to. His step-father had been a truck driver and his handle had been Cornbread.

The Soldier is relatively famous in his home area. Known for his clogging and dancing, and taking whatever opportunity there is available to be thrust into the center of

attention to entertain people, he even has his own Youtube video. He can be seen clogging in the streets of his hometown to his favorite band, Blind Corn Liquor Pickers, playing a song they wrote about him called the Ballad of Cornbread Moses.

The Soldiers in his unit seem to love having him around and constantly ask him to sing.

"I once had a colonel at basic training tell me he thought I was a dumb hillbilly. I replied the only way I knew how. I said 'Yes, sir,'" said Flynn.

"I do what I do because I love people and I want to help make it easier for the Soldiers I serve with. I truly love this country," he said.

Cornbread Moses and the 223rd MP Co. are taking his show on the road to Iraq, where they will provide aid and support to the people of Iraq and the other men and women of America and the coalition who are fighting the Global War on Terrorism.

Look out Iraq, here comes Cornbread Moses.

Med unit goes through rounds at range



photos by Capt. Theresa Bunn



Sgt. Gregory L. Short gets in some work on the firing range, above, while Spc. Yvonne A. Davis, medical specialist, prepares her M16 magazines with three rounds each prior to zeroing her weapon, below. Both Soldiers are with the 427th Medical Battalion.



Pascual Flores

Getting the call

Steve Pelicano, a contractor with the International American Products, holds up one of the many gifts given to him at a farewell ceremony at Fort Dix April 17. Pelicano was as a general manager for IAP, providing contract services to the Regional Department of Public Works (RDPW). A member of the NJ Air Guard, Pelicano has recently been reactivated to active duty and promoted to the rank of major, with an assignment to Fort McCoy, Wis.

Senior Drill Sgt. Leon Reed talks with Drill Sgt. Aaron Bickal, as they serve as trainers and range safety NCOs at the M16 zero range at Regional Training Center-East, above. Reed and Bickal are both from A Co., RTC-East. The newly formed Regional Training Center-East, 108th Training Command, located at Fort Dix, is a 21-day pre-mobilization intense train up conducted for deploying Army Reserve units. In the first 45 days since the RTC-E kick off, Reed and Bickal have had close to 700 Soldiers zero their weapon on the range.

Above left photo, Spc. Jeremy L. Sonnier and fellow Soldiers from the 427th Medical Battalion (Logistics), Forest Park, Georgia, take their first look through the close combat optics they have just mounted on their weapons during the pre-mob 21-day train up phase conducted for deploying Army Reserve units at the newly formed Regional Training Center-East (108th Training Command), Fort Dix. The 427th Medical Battalion will be providing medical logistics support for the US Army Medical Materiel Center-Southwest Asia (USAMMC-SWA), in Qatar upon full mobilization in a few months. The unit also provides maintenance support for medical equipment and makes prescription glasses in a field environment.

Couples build bonds

Wayne Cook
Public Affairs Staff

Fifty lucky couples will get to participate in the Army Chaplaincy's Strong Bonds Couples Retreat in the peaceful and serene setting of the mountains of eastern Pennsylvania May 16-18. The program, which is designed to strengthen relationships, inspire hope, and rekindle marriages, is being sponsored and hosted by the Army Chaplaincy and the staff of the Main Chapel on Fort Dix.

As a gift to participating couples, all expenses will be paid. The retreat will be held at the Inn at Pocono Manor, where the rooms are top class and the food is exceptional.

The couples will experience different workshops and activities throughout Friday evening, Saturday and Sunday, with plenty of free time for them to enjoy each other and build on their relationships.

Whether a military couple has celebrated one anniversary or 20, they tend to experience a lot more excitement and more challenges than

the average civilian couple. Long separations, frequent relocations, and the stress of deployments and returns from deployments can subject Army marriages to extreme hardships. A staff of highly trained and competent personnel will be on hand to lead the events and provide important information, guidance, counseling and encouragement.

The event is open to garrison Soldiers, Airmen, and Soldiers from the New Jersey and Delaware Valley area who have completed the demobilization process.

Rooms will go fast and are limited, so those desiring to attend must respond as soon as possible to take part in this weekender of fun and fun, healing and growing, and marriage enrichment.

Couples should pack leisure clothes and might want to bring something formal to wear for a possible surprise event.

Reservations are required and must be made no later than May 2. For registration forms, look on the Announcements page of the installation newspaper, *The Post*, or call the Ccappel staff at 562-2020 and speak to Ceretter Williams or Ray Perkins.



Ryan Morton

Graduating class

Members of the Chemical, Biological, Radiological, Nuclear, Environmental Class 06-08 graduated this past week. Pictured above are class members Spc. Joshua Buccino, Sgt. Leilani Ballard, Sgt. Mark Wendling, 2nd Lt. Jeffrey Bolin, Warrant Officer 2 Zackary Roy, Sgt. Rudolph Byarse, 1st Lt. Michael McIntosh, Sgt. Joshua Cravens, Pvt. Benjamin McNaughton, Staff Sgt. James Vanderwielen, Sgt. Michael Ratts, Staff Sgt. Ryan Moeller, Staff Sgt. Juan Rodriguez, Sgt. Anthony Paulino, Spc. Thomas Radtke, Spc. Arron Fones, Spc. William Wilson.

MILITARY MATTERS

NCOs' vital to nation during dangerous time

Jim Garamone
American Forces Press Service

FORT BELVOIR, Va. — Navy Adm. Mike Mullen told noncommissioned officers that this is the most dangerous period he has seen in his more than 40 years in uniform.

Mullen, the chairman of the Joint Chiefs of Staff, said the threats of extremism and changes happening around the world associated with energy and resources make the present day "the most uncertain and potentially the most dangerous time since I've been serving," he said at a noncommissioned officer quarterly breakfast.

Mullen told the NCOs that their service at this time is absolutely vital.

"(Your service) is bedrock to this country," he said. "Without that service and without that dedication, we could not

be the country that we are; that's just flat-out the truth. We shouldn't take that for granted."

The increasing pace of change also puts challenges to all military leaders, Mullen said.

"I can rack and stack it: whether it's the missions, whether it's where we are, whether it's what we're doing, how we're doing it, the skills that we are evolving — this kind of change will continue as far as I can see in the future," he said.

The changes are not limited to warfighting, but are systemic, he said.

"It's how we're going to recruit, how we're going to train, how we're going to educate, what our career paths are, how do we incentivize our people now and in the future," he said.

"It can be difficult to adapt to change, but change also can

lead to tremendous opportunities, the chairman said.

"For our younger people, it's an exciting time," he said. "We bring more and more young people in who quickly adapt to change, who see opportunity, and we need to figure out how to adapt the institutions ... as rapidly as possible."

Change is happening particularly fast within the military reserve components and in health care. These areas are evolving "almost as fast as the clock ticks," Mullen said.

He told the NCOs to think back to the way the military did business in 2001 and to look at the services today. He said that change was "probably not possible without the sense of urgency that war brings."

The world has entered an era of persistent conflict, he said, and NCOs must be ready to confront and lead change. NCO experiences will be

important to the force of the future.

"This is the most battle-hardened force we have ever had," and retaining and capitalizing on that experience will be essential to the armed services' future, he said.

Mullen also addressed President Bush's decision to reduce Army deployments from 15 months to 12.

"That's a big deal," he said. "(My) view was that 15 months was just too long."

In addition, the admiral said, the military must work to build dwell time, the amount of time at home station between deployments. "I believe we're not home enough right now," he said.

Ultimately, Soldiers will be 24 months at home station for every year deployed and Marines will look to 14 months at home station for every seven months deployed, Mullen said. He said he is "cautiously

optimistic" a modification of the Montgomery G.I. Bill would allow servicemembers to transfer their benefits to their spouses or children.

"There is broad bipartisan support, as far as I can tell, to push this through, and it speaks to the recognition that the support of our families is so vital," Mullen said. "I'm cautiously optimistic. What's different is we've never had this kind of proposal on the Hill before."

Mullen challenged the NCOs to think of ways to better serve their fellow servicemembers. Keeping servicemembers connected was one example. He said a reserve component Soldier, for example, serves in Iraq or Afghanistan and then comes home.

"You get off a plane and your transition time is zilch: Boom! You are back in Minneapolis, and you are going back to work in two, three

weeks," he said. "You've been in 15 months of combat, and you've seen things you never thought you would see that again have changed your life forever. Where is your contact with people who have been through what you've been through?"

Young servicemembers who separate from the service shortly after leaving a war zone are another example. "They cross that bridge, and they are standing on the other side of that bridge alone without any support mechanisms," the chairman said. "How do you know they will be okay? How do you know? We owe them connectivity."

The services track those who get out for 120 days after their separations, but then lose touch. He said the military can and should do a better job of ensuring servicemembers make good transitions to civilian life.

Guard, Reserve serve as connection to society

C. Todd Lopez
Army News Service

WASHINGTON -- Americans maintain a connection to the military through the Soldiers that come from their own communities, Army Chief of Staff Gen. George W. Casey Jr. said.

During a presentation April 23 at Georgetown University, Gen. Casey said the American public maintains a very real connection to the war on terror through friends and neighbors that deploy as part of the Army National Guard and the Army Reserve -- ensuring that America's military does not become an isolated society.

"Our connection is the Guard and the Reserve -- Guard and Reserve units from all over the country are deploying, and have been since Sept. 11," he said. "That is a connection. As these Soldiers come and go for their mission, that affects the whole United States."

The presentation, entitled "Meeting the Challenges of Persistent Conflict in the 21st Century," was hosted by the Center for Peace and Security Studies and the Georgetown

Lecture Fund. The general is a 1970 graduate of the university, earning a Bachelor of Science degree there in international relations.

Casey spoke to a crowd of students and Reserve Officer Training Corps cadets from the school about the developing trends that will shape the global environment in coming years, and how America's military must be ready to adapt. Those trends involve globalization, technology and population demographics.

"There is no question that the impact of globalization is bringing prosperity to people around the world," the general said. "Unfortunately, that prosperity is unequally distributed." In places like South America, the Middle East and South Asia, the effects of globalization are not as positive as they are in other places, the general said.

"What we see emerging is the potential of a 'have' and 'have-not' culture," he said, adding that estimates say about 2.3 billion people will live below the poverty level by 2030. "These have-not groups are much more susceptible to recruiting" by terrorist organi-

zations, he said. The emergence and the distribution of technology is also a trend America's military must stay abreast of, he said.

The same technology that is allowing knowledge to be brought to anybody with a computer and a hookup anywhere in the world, is also being used by terrorists to export terror around the globe," he said.

Population demographics are also "working in the wrong direction," the general said. The population of some developing nations are expected to double by 2020, "adding to the already difficult situation ... governments have in supporting their populations."

By 2030, 60 percent of the world is expected to live in cities, Casey said. "That says a lot to us in the Army about where we will operate."

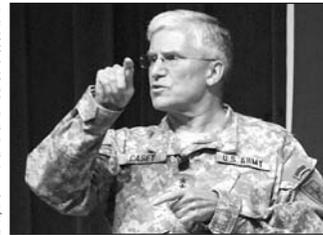
For the U.S. military to operate in that environment, it must operate with all the elements of national power behind it, including those that exert diplomatic, international or economic power, Casey said.

The U.S. military must also be able to work with indigenous forces in the areas it operates. "No great power has ever

prevailed in a counterinsurgency without ... a partner," he said. "We are actively working that in Iraq and Afghanistan. It is a different intellectual challenge because doing something yourself is always easier than getting somebody else to do it."

The general told audience members the U.S. Army is working now to build a force that is capable of operating in what will be a changed environment in the 21st century.

"As we look to the future, taking into consideration persistent conflict and the nature of conflict in the 21st century, we are working to build an agile -- both individually and institutionally -- campaign quality army, with the ability to sustain operations over a period of years to accomplish our national objectives," he said.



C. Todd Lopez

MAKING THE CONNECTION -- Army Chief of Staff Gen. George W. Casey Jr., spoke April 23 at Georgetown University about the trends that will shape the global environment in coming years, and how America's military must be ready to adapt.

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Call Army Community Service at 562-2767



Lisa Evans
ROW YOUR BOAT -- Zach Edwards, 13, Robbie Henne, 11, and MJ Corbell, who was celebrating his 14th birthday, row along Laurel Pond on Earth Day.

Earth Day is simpatico with Army green

Lisa Evans
Public Affairs Staff

"Thanks to the efforts of our Soldiers, Families, Army Civilians, and contractors, the Army earned in 2007 the prestigious 'White House Closing the Circle Award' for being a national leader in sustaining the environment. However, our work is not yet done. To achieve our goal of minimizing the Army's 'boot print' requires the continued personal commitment from every member of the Army team. The Army observes Earth Day as an

opportunity for reflection and re-dedication to being good stewards of our planet -- and for a more secure future."

From the 2008 Army Earth Day Message

Laurel Pond was beautiful with morning mist over it and the sun casting a glow across the waves. A sense of serene calm surrounded the lake though there were dozens of people around.

Earth Day April 19 began slowly with the Boy Scouts leaving their tents and displays setting up for a day of activity and fun. With a theme this year

of "Trees Do More Than You 'wood' Think," the emphasis was on trees and the role they play in our lives.

This is the seventh Earth Day for Fort Dix and the biggest turnout yet, with over 500 people in a one day event, said Jan Tronco-Armento, of Fort Dix Natural Resources, organizer for the event.

On display was the United States Department of Agriculture (USDA) weather station. Employees explained carbon cycle science telling how carbon uptake and outflow

show growth of a forest and predict weather patterns.

An old-fashioned sawmill from the Forest Research Education Center manned by John Burkle of Jackson produced boards the old fashioned way. And Artist Bob Eigenrauch manned a chainsaw as he showed how to make wood statues of bears, foxes and eagles.

Tall trees overlooking Laurel pond were the hit of the day. Aspen Tree Experts Mark Chisholm and David Ossowski lifted kids, smiles splitting their faces as they rose to

twenty feet and more into the air. Steve Chisholm helped older kids don safety harnesses and become tree climbers.

Children made 'tree cookies,' drawing rings on a paper plate to show how old they were in tree years.

Mary Santiago, a volunteer, made understanding a tree's age easy for even those with the fewest rings.

"The children thought about how old the trees are compared to their tree cookies," Santiago said.

Kudos to Fort Dix Natural Resources for pre-



ROBO CLEAN -- Lt.j.g. Kuk Brownie, US Coast Guard, helps Liam Patrick, 3, pick up a plastic bottle using the HAZMAT robot.



FLYING HIGH -- Steve Chisholm, of Aspen Tree Experts, helps Matthew May, 4, settle into a safety harness used by professional tree climbers. Matthew rose about 25 feet up into the tree, higher than his brother Daniel, 6, who went about 20 feet.

Photos by Lisa Evans

NEIGHBORHOOD

THE CORNER

Application 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 "Campsips" 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 "Campsips." 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 Jimcamper@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 at 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.

Paper Clips to Help Appreciation Day

The management and staff of Paper Clips invites members of Team Dix to Customer Appreciation Day, held May 8 from 11 a.m. to 2 p.m., at Paper Clips.

There will be free food, giveaways and the opportunity to meet with vendors and check out new products.

Baby and Toddler Expo to be held at McGuire

The McGuire Family Advocacy is sponsoring a Baby and Toddler Expo, May 2 at the Club from 10 a.m. to 1 p.m.

More than 30 vendors will be there to answer questions and provide information about topics such as doula, local maternity units, car seat checks, toys, cord blood banking and much more.

For more information call Family Advocacy at 754-9680.

Thrift Shop to host Yard Sale

It's time to clean out those closets and sheds and join us at the annual yard sale! May 17 is yard sale day in the Fort Dix Thrift Shop parking lot! Set-up will begin at 9 a.m. and the sale will run from 10 a.m. until 2 p.m. Bring your own tables. Cost to rent a space is \$10. Advance registration is appreciated but not necessary! For more information call the Fort Dix Thrift Shop at 723-2683 or email fordixspouseclub@comcast.net.

Help available to alleviate vices

Lisa Evans
Public Affairs Staff

April is Alcohol Awareness Month and there is a host of information on the US Department of Health and Human Services website, so check it out. <http://ncadi.samhsa.gov/seasonalaprilalcohol/>

Denise Horton, Alcohol and Substance Abuse Program (ASAP) counselor, has worked hard to get information out to Soldiers and civilians at Fort Dix.

"I just feel really passionate about trying to get people to think before they go out to drink. They say two things when they come in for treatment. I was within 10 miles or less of being home and I didn't feel intoxicated," Horton said.

With Memorial Day approaching and sunny skies and warm weather here, people are outdoors more and there are more traffic and boating accidents, mainly because of alcohol consumption.

Horton said she spends a lot of time trying to make people aware of what alcohol does to their bodies. For this year's Alcohol Awareness drive, Horton is taking a scientific approach to teach what the health and physical effects are. Horton aims to have people understand what the effects on the body are, what the cost of being drunk on duty are, and what a driving under the influence (DUI) costs both financially and personally.

Since alcohol is a readily available drug, and it is a drug, Horton said she wants people to consider several

things before drinking. What is your body weight, your gender, your medical history and any recent illnesses? These are questions your doctor would ask before prescribing a medication and they are questions you should ask yourself before drinking. Consider the health risks for your body and not just DUI or traffic crashes.

of beer, one small glass of wine or one small shot. Lower blood alcohol level laws have shown effective in reducing alcohol related traffic deaths.

At Fort Dix and the surrounding area, most offenders now are those coming back from war, according to Horton. The Soldiers she is treating at ASAP are in Warrior Training.



Lisa Evans

GRIZZLY GNASHERS- The effects of smoking on the teeth and mouth can be seen on the model, Mr. Gross Mouth.

"Be dose-wise," Horton said. "Be aware of blood alcohol concentration before, not after, an offense."

In 38 states, the legal limit for driving is .08. But for the military, the limit is .05, the equivalent of two drinks. Informally, a drink is one can

have money in their pockets and are unaware of the effects of alcohol. Worse, Soldiers are using alcohol to medicate post traumatic stress disorder (PTSD) and to help them sleep.

"Judgment goes out the window and they are not considering what

happens when they self-medicate," Horton said.

To help educate Soldiers, the Army has a contract to supply breathalizers for free to all Soldiers and employees of Fort Dix. These nifty little key chain breathalizers will turn up to .04 blood alcohol and will turn bright yellow to show you are at the limit. They come with directions for use, but always have a buddy read the test since alcohol interferes with judgment.

Unit commanders can pick up boxes of the breathalizers and hand them out. Horton has nearly 1000 of them and can order more, so don't be shy. Remember though, the key chain breathalyzer will not stand up in court, so don't try to use it as a defense.

Further advice to those who wish to drink: keep a key chain breathalyzer with you and use it, and always have a Battle Buddy who is a designated driver. Let your buddy test your breath and give up the keys and let your buddy drive. If you don't have a Battle Buddy, keep some cash on hand to call a taxi or take a bus, but do not drive drunk!

Designated drivers, don't give in to pressure from your drunken buddies. One unfortunate Soldier at Fort Dix didn't drink all night, but gave in and drank in the car - until the police officer pulled him over. Don't be the next DUI from Fort Dix.

Horton has further advice: slow down, pace yourself, stop and think. This isn't about complete abstinence, but don't gulp those drinks, drink

(continued on page 10)



Pascual Flores

Red, hot and new

Fireman Pat DeDella, inspects equipment on the new fire truck, April 23. This new rescue vehicle is larger in size, equipped with a built-in light tower for illumination in the dark, able to be set-up for anchor points and winching on all four sides. The latest addition to Fort Dix Fire Station 2 motorpool can be used for most motor vehicle accidents and extraction of trapped individuals in confined space emergencies. With its larger generator, the truck is capable of operating five power tools compared to the two from the older model. Another important improvement from the older model is that the firemen ride in a large cab with the driver, allowing for better communications with the team.



Assault prevention topic of discussion

Lisa Evans
Public Affairs Staff

Dr. Dee Myrick, PhD in Business, National Sexual Assault Prevention Trainer, spoke to Soldiers at the Timmermann Center April 16. Speaking on sexual assault awareness and stalkers, Myrick presented facts and statistics on who stalkers are, how to prevent stalking and how to act if you think you are being stalked.

Myrick engaged the Soldiers in discussing their own experiences, cited examples of behaviors to watch for, and then told Soldiers to use their military training to defend themselves.

When Myrick asked the Soldiers if any had been stalked, a number of hands were raised. He pointed out that statistically those who had been stalked were stalked by members of the opposite sex, but that it wasn't uncommon for same sex stalkers to strike. And, he said, men were being stalked more and more.

"Men get stalked, too. But they are too macho to say anything about that. That can be a mistake, a deadly mistake," Myrick told the Soldiers.

For safety, Myrick told the Soldiers to be vigilant. He told Soldiers that when they walked out the gate, they were still trained Soldiers and should use

that training to protect themselves, their spouses and their children.

Asking the Soldiers how many of them walked around talking on the cell phone, many raised their hands.

Myrick stressed that cell phones aren't protected by the same laws

land lines are. Cell phone conversations are out there for anyone passing by to listen to. And anyone can buy a simple scanner to listen to any cell phone they want.

He stressed that cell phones are listened to all the time by the government, other governments, and by anybody who wants to listen.

Using the cell phones as an opening,

Myrick then related other ways and means stalkers will get information about their victims citing the need for shredding documents and mail, checking the vehicle when returning conversations are out there for anyone passing by to listen to. And anyone can buy a simple scanner to listen to any cell phone they want.

When Myrick began speaking about sexual assault and children, the Soldiers became silent while Myrick spoke on Internet safety. He then laid out the need to speak to children about sexual assault so that they can protect themselves, not so much from strangers, but from family or close friends - as statistics show.

Myrick told the Soldiers that children are stalked by their abusers before the assault occurs, so it is important to teach children what to watch for and to be wary of certain behaviors and events.

After presenting a video, Myrick handed out several pamphlets about victim's rights, technology and safety, stalking recognition, and outreach programs for spreading the word on how to be safe from predators and stalkers.

Vets to sponsor kids trip

Jennifer McCarthy
Public Affairs Staff

On May 16, the Vietnam Veterans of America, Chapter 899 is offering children of deployed military the opportunity to sleep on the Battleship New Jersey overnight, free of charge.

The organization is paying for 25 children between the ages of six and 17 and one adult chaperone per family, to participate in the overnight program.

The trip includes dinner, breakfast, the opportunity to sleep in real bunks, a trip on a flight simulator, and as a special treat, the chance to chat with people from around the globe.

"As an added event, since I am a licensed ham radio operator, call sign K2VET, I will be at the ship's radio controls while children experience talking around the world to other radio stations," said Michael Engi, chapter president.

The children of currently deployed military are given first preference for this trip, followed by active duty military who have been deployed, and then the family members of any veteran. Individuals who cannot be accommodated this month will be put on the list for subsequent trips.

For more information about sleepovers on the Battleship New Jersey please visit www.battleshipnewjersey.org/overnights.

To register for the Vietnam Veterans sponsored trip please email Michael Engi at Michael@vva899.org.

Help to alleviate vices

(continued from page 9)
water in between to stay hydrated and eat before heading out to drink. These practices slow down the blood alcohol process.

"Always have a Battle Buddy, a designated driver you can depend on to stay sane, rational and act rational to get you home. Be educated, learn your own limits and stick to them," Horton said.

For self-assessment to find out if you might have a drinking problem, Fort Dix has purchased this screening tool: <https://www.mentalhealth-screening.org/screening/login-page.asp>. The password is FORTDIX.

One thing people who go to bars understand is that smoking and drinking go together. Watch any video about nightclubs and bars and the people are smoking. Smoking is legal and alcohol is legal, and like excessive alcohol, smoking is injurious to your health.

People are stressed, Horton said, and use cigarettes in a variety of ways.

"This is not the default answer to stress. Women smoke for weight control. Soldiers complain of not being able to sleep, but smoking is a stimulant," Horton said. She adds that when smokers quit, they sleep better.

Some Soldiers try to quit before going to war, but that is not the time, Horton believes. Smoking is a stimulant, but people use it to calm them-

selves with familiar movements and actions. Trying to quit during a stressful time is almost doomed to failure.

For most smokers, quitting is something that they can do over and over. Permanently quitting is a very difficult thing to accomplish. The relapse rate for nicotine is the same as for heroin, Horton said. Most smokers require some sort of outside help, both physical and emotional, before they can hope to stop the addiction.

Army Regulation 63 sees cigarette as an addiction and treats the smoking habit the same as other addictions, Horton said, and will therefore offer prevention programs to stop smoking and reduce stress in other ways.

"It's a really preventable problem that people spend their money on; hurt their lives in the field," Horton said about the Soldiers who smoke.

Fort Dix and McGuire Air Force Base are geared up to help smokers quit. McGuire has a link on their webpage for those who want to quit: <http://www.mcguire.af.mil>.

Col. Balan Ayyar, 305th Air Mobility Wing commander, ambitiously wants McGuire smoke free by July 4. Since smoking cannot be totally banned legally, he has sought to have as many as possible ex-smokers instead. McGuire is sponsoring a "Is your not the time, Horton believes. Smoking is a stimulant, but people use it to calm them-

Squadron Fit to Quit?" contest and where units can sign up anonymously on line to commit to

quit smoking. The unit who has the most smokers quit smoking wins the contest, but no prize has yet been decided.

Fort Dix has an ongoing program called "Quit Smart" which is individual choice and is effective. The program is designed to conquer three different areas: cognitive, behavioral and physical.

The "Quit Smart" program uses a booklet that tells how much nicotine is in each brand of cigarette, a CD for hypnosis, a fake cigarette to use when the urge to hold a cigarette becomes overpowering, and vegetable replacement snuff to mix with regular snuff for non-smoking tobacco users.

This method is designed to gradually lessen nicotine content in the tobacco products and lead to complete physical and mental withdrawal in two weeks.

Both Soldiers and civilians can use ASAP counseling sessions to help them quit smoking. There are four sessions to the counseling program that stress nutrition and nicotine replacement, direct the smoker to a healthcare provider for a checkup and for the best medical choice to replace cigarettes, as well as methods for handling withdrawal.

So take advantage of the programs out there and do yourself a favor. Quitting is the best thing you can do for you and your family. Be smoke free and alcohol smart for your life, and the lives of those you love.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of these questions, you may have a problem with alcohol.

- Does you drink alone when you feel angry or depressed?
- Does your drinking sometimes make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever have blackouts or forget what you did while drinking?
- Do you have headaches or a hangover after drinking?

Who Has An Alcohol Problem?

As many as 15 million Americans could be classified as having a drinking problem. Nearly half of American families say they have an alcoholic in the family. Nearly 75% of all Americans over age 21 meet alcohol problem guidelines at least once in their lives. More than 18% of Americans experience alcohol abuse or alcohol dependence at some time in their lives.

Harmful Effects of Alcohol

- There are no safe thresholds for drinking during pregnancy. Fetal alcohol syndrome can occur with very limited alcohol intake during the first three months of pregnancy.
- Women overall drink less than men but are more likely to experience adverse consequences including damage to the heart muscle, liver, and brain trauma resulting from auto crashes, interpersonal violence, and death.
- In excess in men and women causes damage to the heart muscle and liver over time and eventually will cause death from cirrhosis of the liver or heart disease. Excessive drinking will cause mal-nutrition creating a host of other health problems.
- Is involved in about one-third of suicides, one-half of homicides, and one-third of child abuse cases.
- Is frequently a factor in the three leading causes of death (motor vehicle crashes, homicides, and suicides) for 15 to 24 year olds.
- Costs to American society are thought to be nearly \$200 billion yearly.

Announcements

Cinema Schedule

754-5139
McGuire Air Force Base

Friday, April 25 @ 7:30 p.m.

Horton Hears a Who - Jim Carrey, Steve Carell, Carol Burnett, Will Arnett, Seth Rogen, Isla Fisher - The imaginative elephant Horton hears a cry for help coming from a tiny speck of dust floating through the air. Suspecting there may be life on that speck and despite a surrounding community which thinks he has lost his mind, Horton is determined to help.

MPAA Rating: G
Run time: 86 minutes

Saturday, April 26 @ 7:30 p.m.

Never Back Down - Sean Faris, Amber Heard, Cam Gigandet, Evan Peters, Leslie Hope - Jake Tyler (Sean Faris) is the new kid in town with a troubled past. He was a star athlete on the football team at home, but in this new city he is an outsider with a reputation for being a quick tempered brawler. After he is unwittingly pulled into a fight, defeated and humiliated, a classmate introduces him to the sport of Mixed Martial Arts (MMA). It is immediately apparent to Jake that MMA is not street fighting but rather an art form he wants to master, and he soon finds his mentor in Jean Rougeau (Dijmon Hounsou), who takes Jake under his wing.

MPAA Rating: PG-13 mature thematic material involving intense sequences of fighting/violence, some sexuality, partying and language - all involving teens
Run time: 114 minutes

Future Features...

Drillbit Taylor
Friday, May 2 @ 7:30 p.m.
PG-13, 102 minutes

Penelope
Saturday Matinee, May 3 @ 1 p.m.
PG, 89 minutes

Tyler Perry's Meet the Browns
Saturday, May 3 @ 7:30 p.m.
PG-13, 100 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.
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. to 4:30 p.m. Monday through
Friday - Room 24
Christian Women of the Chapel -
Bible Study - Tuesdays, 9:30 to 11:30 a.m.
Christian Men of the Chapel -
Prayer Breakfast - Fourth Saturday of each
month, 9 to 11 a.m.

Jewish services available by request

Special Events

-Coming in April-
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. For information please call the chapel
at 562-2020.

MWR presents

CLUB DIX - 723-3272

Boss Night featuring snacks nd beverage specials.
Doors open at 4 p.m.

April 25 at Club Dix

BUNCO

Great prizes, fun and more! Army wide Grand Prize
- \$4,000 Spa Finder gift card. Visit
www.dcmwr.com for registration information.

April 25 at Club Dix

Games start at 6:30 p.m.

Kick of Cinco de Mayo at Latin Disco Night
May 3 at Club Dix

Comedian **Jamie Kennedy LIVE!!!**
Tickets go on sale soon, watch for details.

Mother's Day Brunch

May 11 at Club Dix

Facing a summer child care dilemma? Fort Dix
Child and Youth Services offers all day Summer
Camp for children 1st thru 8th grade. Call 562-5231
for more information.

Youth Center

562-5061
Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday from 2-7 p.m.
Saturday from 1-7 p.m.
Sunday CLOSED

Administrative Hours:

Tuesday - Friday from noon-6 p.m.

Weekly Schedule

Friday, April 25

Power Hour Store

2:30 - 4 p.m.

Power Hour Activity begins at
3:15 p.m.

Saturday, April 26

TEEN TRIP to Track & Field

Penn. Delays

Philadelphia, Pa.

1 - 6:30 p. m.

Cost: \$1.00

Monday, April 28

Power Hour

2:30 - 4:30 p.m.

Computer Lab

4 - 6 p.m.

Strength Conditioning

4 - 5 p.m.

Tuesday, April 29

Power Hour

2:30 - 3:30 p.m.

Career Explorers

3:45 - 4:45 p.m.

Computer Lab

4 - 6 p.m.

Wednesday, April 30

Power Hour

2:30 - 3:30 p.m.

Sports & Fitness

3:45 - 4:45 p.m.

Computer Lab

4 - 6 p.m.

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

Off Post

Combat Stress Support Group

Informal gathering for dinner and discussion
with Chap. (Lt. Col.) Dave Hunter every Mon-
day at 6:30 p.m.

Brother's Diner 1 in Browns Mills

127 Trenton Road (Texas Avenue)

They offer a 10 percent military discount.

REGISTRATION FORM Strong Bonds and Ready Families Retreat The Inn at Pocono Manor May 16 - 18, 2008

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE _____ WORK/DUTY _____

E-MAIL (MILITARY) _____

RANK _____ UNIT _____

SSN _____

SPOUSE NAME _____

SSN _____

ARE YOU A DUAL MILITARY FAMILY? Yes ___ No ___

(If Yes) UNIT SPOUSE ASSIGNED TO _____

MODE OF TRANSPORTATION YOUR SPOUSE WILL BE
USING TO TRAVEL _____

ABOVE INFORMATION IS REQUIRED TO COMPLETE TRAVEL ORDERS

Fort Dix water-quality report released

IAP Worldwide Services Public Water System (PWS)

Fort Dix Drinking Water Consumer Confidence Report For Water Quality Calendar Year 2007

IAP Worldwide Services is pleased to present our 2007 Consumer Confidence Report for Water Quality. This report is designed to inform you about the quality of water and services we provided to you every day during the calendar year of 2007.

Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water sources. We are committed to ensuring the quality of your water. The U.S. Environmental Protection Agency (USEPA) requires all water providers to produce and distribute Consumer Confidence Reports on an annual basis under the Safe Drinking Water Act Amendments of 1996.

The Fort Dix Source Water Assessment Report and Summary for the water supply system can be obtained by logging on to the NJDEP's Web site at www.state.nj.us/dep/swap or by contacting NJDEP's Bureau of Safe Drinking Water at 202-5550. You may also contact the Fort Dix Environmental Office for information regarding a source water protection plan that provides additional potential sources of contamination.

Source of Drinking Water
Water being delivered to you is pumped from the Rancocas Creek and the Potomac-Raritan-Magothy (PRM) Aquifer System; as well as the Englishtown, Cohasset, and Wenonah-Mt. Laurel Aquifers. An aquifer is an underground geological formation, or group of formations, containing water, and a source of groundwater for wells and springs.

The amount of water that is diverted from the Rancocas Creek is restricted under Fort Dix's water allocation permit which sets a maximum permissible diversion flow rate. Restrictions limit Fort Dix from withdrawing any surface water from the Rancocas Creek, if the downstream flow rate falls below the minimum flow rate specified in the water allocation permit.

Water from the Rancocas Creek is classified by the State of New Jersey, Bureau of Safe Drinking Water, as Fresh Waters, Category Two (FW-2). The water classification declines from generally good to poor from the headwaters of Rancocas Creek to the main stem. Degradation takes place primarily around

developed areas. Agricultural runoff and failing septic systems are causes of pollution in the headwaters of the Rancocas Creek.

Fort Dix is currently permitted to divert groundwater from four main wells located within the Fort Dix containment area: Well Nos. 2, 4, 5, and 6 (there is no Well No.3 and Well No. 1 has been permanently sealed) as well as a number of range wells. Wells located within a depleted portion of the New Jersey Department of Environmental Protection Water Supply Critical Area of the PRM aquifer are subject to withdrawal limitations (Well No. 2).

Water Filtration Plant
The Fort Dix Water Filtration Plant is a conventional rapid sand filter plant consisting of the following unit operations: rapid mixing, flocculation (a process where solids in water aggregate through chemical action so they can be separated from water), sedimentation (solids settling by gravity), and multimedia filtration. The water is treated at the Water Filtration Plant with aluminum sulfate for flocculation and clarification. Chlorine is introduced for disinfection and Fluoride for the prevention of tooth decay.

The main source of raw water for the Water Filtration Plant is from the Rancocas Creek. Additionally, on a need only basis, the facility production can be supplemented with groundwater from Well Nos. 5 and/or 6 (information on these wells will follow). In the past few years, several components of the Water Filtration Plant are continuing to be upgraded. The construction of a new sedimentation basin at the Water Filtration Plant is 95-percent completed which will lengthen the detention time, thus increasing removal efficiency.

While prior improvements to the Water Filtration Plant have enhanced potable water (water that is safe for drinking and cooking) supply quality; hence, meeting or exceeding state and EPA requirements, the treatment capacity of the facility has not been increased. The following additional enhancements were made to the system in 2006:

1. To reduce turbidity in the finished water, the gravity sand filter has been replaced with a new computerized command control software and hardware was upgraded and reprogrammed.

2. To improve finished water pumping efficiency rates, two high duty split case pumps were rebuilt.

IAP World Services and Fort Dix Department of Public Works received a permit from the New Jersey Department of Environmental Protection to introduce a pH process adjustment for wells 5 and 6. This

process adjustment consistently maintains iron and manganese removal rates well below the State maximum contaminant levels. Water quality at Wells No. 5 and No. 6 has been dramatically improved.

Completed Projects
1-An improvement project for the facility has been completed to increase the size of the clear-well by 500,000 gallons. By adding this clear well, chlorine contact time will be increased which will benefit the disinfection process.

2-A new hydrated lime feed system has been installed at the New Lisbon facility intake station to replace an old outdated hydrated lime feeding system. It will provide a more consistent lime feeding rates and pre-

The Table of Detected Contaminants must show the date of monitoring.

The Consumer Confidence Report must contain a brief statement explaining that the data presented is from the most recent monitoring performed in compliance with regulations. USEPA and the State of New Jersey allow us to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Therefore, some of our data through representation may be more than one year old but, that is not the case for 2007.

We constantly monitor for various contaminants in the water supply to meet all regulatory requirements.

Organic chemical contaminants, including synthetic and volatile organic chemicals are by-products of industrial processes and petroleum production and also can come from gas stations, urban storm water runoff, and septic systems.

Some of these contaminants can be naturally occurring or the result of oil gas production and mining activities. Sources of drinking water include rivers and wells. As water travels over the surface of land or through the ground, it dissolves naturally occurring minerals and in some cases, radioactive materials and can pick up substances resulting from the presence of animals or human activity.

In order to ensure that tap water is safe to drink, USEPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits of contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the New Jersey Safe Drinking Water Hotline at 1-800-426-4791.

Health Information
Some people may be more vulnerable to contaminants in drinking water than the general population, such as Immuno-compromised persons, persons undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, elderly persons, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA and Center for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the New Jersey Safe Drinking Water Hotline (1-877-927-6337).

Possible Sources
Within our environment there are contaminants that naturally occur and then there are those that are man-made. For instance, Cryptosporidium naturally occurs as a microbe associated with the disease cryptosporidiosis in humans. The disease can be transmitted through ingestion of drinking water, person to person, or may come from a variety of acute diarrhea, abdominal pain, vomiting, and fever.

Special consideration should be taken regarding children, pregnant woman, nursing mothers, and other vulnerable populations. Children may receive a slightly higher amount of contaminant present in the water than do adults, on a body weight basis, because they drink a greater amount of water per pound of body weight than do adults. For this reason, reproductive or developmental effects are used for calculating drinking water standard if these effects occur at lower levels than other health effects of concern.

If there is insufficient toxicity information for a chemical (for example, lack of data on reproductive or developmental effects) an extra uncertainty factor may be incorporated into the calculation of the drinking water standard. This would make that standard more stringent to account for additional uncertainties regarding these effects. In the case of Lead and Nitrate, effects when ingested in excess of standards in drinking water.

Arsenic - While your drinking water meets the EPA's and NJDEP's standard for arsenic, it does contain low levels of arsenic. The standard balances arsenic's possible health effects against the cost of removing arsenic from drinking water. The EPA continues to research the health effects of low levels of arsenic which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Copper - Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. While other people drinking for the same quantities at longer durations could suffer liver or kidney damage. People with Wilson's disease should consult their personal physician.

Fluoride - Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Children may get mottled teeth.

Iron - The Secondary Recommendation Upper Limit (RUL) for iron is based on an unpleasant taste of water and the staining of laundry and plumbing fixtures. Iron is an essential nutrient, but some people who drink water with iron levels well above the RUL could develop deposits of iron in a number of organs in the body.

Lead - Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. (continued on page 12)

IAP Worldwide Services is pleased to announce that the Fort Dix 2008 Water Quality Consumer Confidence Report for the 2007 calendar year is now available. The report can be picked up at the locations listed below:

Fort Dix Housing Office
5212 Maryland Avenue

Fort Dix Self-Help Store
5352 Delaware Avenue

Army Community Service
5201 Maryland Avenue

Additionally, the report can be viewed at:
<https://teamdix.dix.army.mil/DIRECTORATES/RDPW/rdpw.htm>

vent minute lime particles from being carried along by air movement inside the facility while batch and feeding lime.

Monitoring Requirements
The Safe Drinking Water Act regulations require every community water system (serving at least 15 service connections and/or 25 people year round) to prepare and distribute a Consumer Confidence Report. The regulations also mandate specific monitoring requirements. In some cases, monitoring waivers are granted to reduce or eliminate monitoring requirements for certain constituents such as asbestos, volatile organic chemicals, and synthetic organic chemicals.

Our system received monitoring waivers for all pesticides and herbicide contaminants. All data contained in this Consumer Confidence Report is from the calendar year 2007 must contain the most recent data. However, the regulations provide that if the system has monitoring waivers, or for some other reason monitors less than once per year; data older than five (5) years cannot be used. If the Consumer Confidence Report contains detection data that is not for calendar year 2007, the following must occur:

There were no "Notice of Violations" issued by the New Jersey Department of Environmental Protection nor were there any violations for the calendar year 2007.

Results of Calendar Year 2007

The Fort Dix Water Filtration Plant routinely monitors for contaminants in your drinking water according to Federal and State laws. The table at bottom shows results of our monitoring from the period Jan. 1 to Dec. 31, 2007.

Contaminants and Their Possible Sources
Contaminants that may be present in source water include:

Microbial contaminants such as: viruses and bacteria may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants such as: salts and metals, can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

| Contaminant | Violation (Yes/No) | Level Detected | Unit of Measurement | MCLG | MCL | Likely Source of Contamination |
|-------------------------------------|--------------------|----------------|---------------------|------|---------|---|
| Microbiological Contaminants | | | | | | |
| Total coliform bacteria | No | ND | None | 0 | 0 | Naturally present in the environment |
| Turbidity | No | 0.09 | NTU | N/A | 0.3 | Soil runoff |
| Inorganic Contaminants | | | | | | |
| Antimony | No | ND | ppb | 6 | 6 | Discharge from petroleum refineries, fire retardants, ceramics, electronics, and solder |
| Arsenic | No | ND | ppb | 0 | 5 | Erosion of natural deposits runoff from orchards, runoff from glass and electronics product waste |
| Barium | No | ND | ppm | 2 | 2 | Discharge from drilling waste, discharge from metal refineries, erosion of natural deposits |
| Beryllium | No | ND | ppb | 4 | 4 | Discharge from metal refineries and coal burning factories, discharge from electrical, aerospace, and defense industries |
| Cadmium | No | ND | ppb | 5 | 5 | Corrosion of galvanized pipes, erosion of natural deposits, discharge from metal refineries, runoff from waste batteries and paints |
| Chromium | No | ND | ppb | 100 | 100 | Discharge from steel and pulp mills, erosion of natural deposits |
| Copper | No | ND | ppm | 1.3 | AL=1.3 | Corrosion of household plumbing systems, erosion of natural deposits, leaching wood preservatives |
| Cyanide | No | ND | ppb | 200 | 200 | Discharge from steel/metal factories, discharge from plastic and fertilizer factories |
| Fluoride | No | 0.82 | ppm | 4 | 4 | Erosion of natural deposits, water additives which promotes strong teeth, discharge from fertilizer and aluminum factories |
| Lead | No | 0.005 | ppb | 0 | AL=.015 | Corrosion of household plumbing systems, erosion of natural deposits |
| Mercury (inorganic) | No | ND | ppb | 2 | 2 | Erosion of natural deposits, discharge from refineries and factories, runoff from landfills, runoff from cropland |
| Nitrate (as Nitrogen) | No | ND | ppm | 10 | 10 | Runoff from fertilizer use leaching from septic tanks sewage, erosion of natural deposits |
| Nitrite (as Nitrogen) | No | ND | ppm | 1 | 1 | Runoff from fertilizer use leaching from septic tanks sewage, erosion of natural deposits |
| Selenium | No | ND | ppb | 50 | 50 | Discharge from petroleum and metal refineries, Erosion of natural deposits, discharge from mines |
| Thallium | No | ND | ppb | 0.5 | 2 | Leaching from ore processing sites, discharge from electronics, glass, and drug manufacturing factories |
| Organic Contaminants | | | | | | |
| Total trihalomethanes (TTHM) | No | 61.1 | ppb | N/A | 80 | By-product of drinking water chlorination |
| Toluene | No | ND | ppm | 1 | 1 | Discharge from petroleum factories |
| Vinyl chloride | No | ND | ppb | 0 | 2 | Leaching from PVC piping, discharge from plastics factories |
| Xylenes | No | ND | ppm | 1 | 1 | Leaching from PVC piping, discharge from plastics factories |
| Methyl tertiary butyl ether (MTBE) | No | ND | ppb | 70 | 70 | Leaching from underground gasoline and fuel oil tanks, gasoline and fuel oil spills |
| Naphthalene | No | ND | ppb | 300 | 300 | Discharge from industrial factories, exposure to mothballs |
| 1,1,2,2-Tetrachloroethane | No | ND | ppb | 1 | 1 | Discharge from industrial factories |
| Secondary Contaminants | | | | | | |
| Iron | No | 0.025 | ppm | 0.3 | 0.05 | |
| Manganese | No | ND | ppm | 50 | 50 | |
| Sodium | No | 4.50 | ppm | | | |

Systems that sample < 40 times per month, the MCL is 1 positive monthly sample. More than 40 times per month, of coliform bacteria in 5% of the monthly samples.
Note: The USEPA requires monitoring for over 80 drinking water contaminants. Those contaminants listed in the table above are the only contaminants detected in your water.

| | | | |
|---------------------------------------|---------------------------------------|------------------------------------|-------------------------|
| MCLG - Maximum Contaminant Level Goal | ND - None Detectable at Testing Limit | NTU - Nephelometric Turbidity Unit | ppm- parts per million |
| MCL - Maximum Contaminant Level | RUL - Recommended Upper Limit | AL - Action Level | ppb - parts per billion |

Water-quality report released

(continued from page 11)
opment. Children could show slight deficits in attention span and learning disabilities. Adults who drink such water over many years could develop kidney problems or high blood pressure.

It is possible that levels at your home may be higher than at other homes in the community as a result of materials used in your home plumbing system. If you are concerned about elevated lead levels in your water, you may wish to have your water tested. You also may choose to flush your tap for 30 seconds to 2 minutes before using the tap water. Additional information is available from the NJDEP Hotline (1-800-426-4791).

Manganese – The Secondary RUL for manganese is based on the staining of laundry. Manganese is an essential nutrient, and toxicity is not expected from levels that normally would be encountered in drinking water.

Nitrate – Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill, and if untreated, may contribute to the death of the infant. Symptoms include shortness of breath and blue-baby syndrome. Ni-

trate levels in the environment may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should seek advice from your health care provider.

Sodium – For healthy individuals, sodium intake from water is not important because a much greater amount of sodium is found from salt in the diet. However, sodium levels above the RUL may be of concern to individuals on a sodium restricted diet.

Total Trihalomethanes (TTHMs) – Some people who drink water containing Trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer. TTHMs are a by-product of the chlorine disinfection process.

Turbidity – Turbidity itself has no health effects. However, turbidity can interfere with disinfecting and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms including bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and headaches.

Definitions

Several terms used in this Consumer Confidence Report may be abbreviations and definitions you are not familiar with. To help you better understand these terms, for your convenience, we have provided the following definitions.

Action Level – The concentration of a contaminant, which, if exceeded, triggers treatment or other requirements.

We at the Fort Dix Water Filtration Plant work hard to provide top quality water to every tap of our 15,829 customers.

Maximum Contaminant Level (MCL) – The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) – The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Nephelometric Turbidity Unit

(NTU) – Is the measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Non-Detects (ND) – Laboratory analysis that indicates the constituents is not present.

Parts per billion (ppb) or Micrograms per liter (µg/l) – One part per billion corresponds to one minute in 2,000 years or a single penny in \$10,000,000.

Parts per million (ppm) or milligrams per liter (mg/l) – One part per million corresponds to one minute in two years or a single penny in \$10,000.

Recommended Upper Limit (RUL) – Recommended maximum concentration of secondary contaminants. These reflect aesthetic qualities such as: odor, taste, or appearance. RULs are recommendations and not mandates.

Parts per million (ppm) or milligrams per liter (mg/l) – One part per million corresponds to one minute in two years or a single penny in \$10,000.

Recommended Upper Limit (RUL) – Recommended maximum concentration of secondary contaminants.

These reflect aesthetic qualities such as: odor, taste, or appearance. RULs are recommendations and not mandates.

Secondary Contaminant – Substances that do not have an impact on health, but affect aesthetic qualities such as: odor, taste, or appearance. Secondary standards are recommendations and not mandates.

Treatment Technique (TT) – A required process intended to reduce the level of a contaminant in drinking water.

Contact Information

We at the Fort Dix Water Filtration Plant work hard to provide top quality water to every tap of our 15,829 customers. We ask that all of our customers help us protect our water sources, which are the heart of the Fort Dix community, our way of life, and our children's future.

If you have any questions about this report or your water, please contact Michael A. Stephens, Fort Dix Water Filtration Plant, IAP Water Manager, who can be reached Monday through Friday from 6 a.m. to 2 p.m. at 562-5040/5468. We want our valued customers to be well informed about their water quality.

Runners double up to start season



photos by Ryan Morton and Ed Mingin

BIG TURNOUT -- More than 70 runners showed for the Earth Day Fun Run April 22 at the Griffith Field House, above. The Child Abuse Prevention Unity Walk/Run was just a few days earlier, and had about 50 runners. Sgt. 1st Class Sandra Armstrong, right photo, was the top female finisher in both events, completing the 3.3-mile Earth Day run in 29 minutes 54 seconds. Maj. Jesse Arnstein, NJ Air National Guard won the Earth Day event, crossing the line at 20:05, below left. Spc. Amauri Cordero, below right, was the top finisher in the Child Abuse Prevention Unity Walk/Run.



Fort Dix runners had double the opportunity to do some competitive running this past week. First up was the Child Abuse Prevention Unity Walk/Run, held April 17.

Spc. Amauri Cordero topped all runners, crossing the line first. Following closely behind were 1st Sgt. Gary Davidson and Lt. Col. Keith Kandel.

The first female runner across the finish was Sgt. 1st Class Sandra Armstrong. She was trailed by Jennifer Davis and Nurit Anderson.

There were no official times for the event.

In the Earth Day Fun Run, April 22, Sgt. First Class Sandra Armstrong scored another first place finish. Armstrong completed the 3.3-mile course in 29 minutes 54 seconds.

Next across the line in the female division was Sgt. 1st Class Ana Vega, 2/309th, who finished the run at 31:41.

Staff Sgt. Trokon Pate, 1/309th, rounded out the top three, finishing with a time of 33:07.

Maj. Jesse Arnstein, NJ Air National Guard, was the overall winner for the Earth Day event, finishing the course at 20:05.

Following Arnstein was Staff Sgt. Rohan Osborne, 1/309th, who finished with a time of 21:41. The 1/309th, also known as the Wolf Pack, had a strong showing during the Earth Day run, having three runners finish in the top 10.

Third across the line was Staff Sgt. Ian Lumley, 2/309th. Lumley finished the run at 23:22.

There was a big turnout for both events. More than 50 runners participated in the Child Abuse Prevention Unity Walk/Run.

The Earth Day event had a few more runners, with 72 runners starting the race.

Sports Shorts

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

Boxing

Former Heavyweight Boxing Champion Smokin' Joe Frazier will be at the Griffith Field House July 18, when the Marine Corps Boxing Team fights against the Muhammad Ali Boxing Club.

The event begins at 6 p.m. For more information, call 562-4888.

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, spouses, 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.

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 will 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.

Volleyball

The Fort Dix Intramural Volleyball League is now signing up players for the 2008 season, which starts in May.

Anyone wanting more information can call Chris O'Donnell at 562-2769 or 562-3961.

Aerobic Marathon

Think you're up for the challenge?

The Griffith Field House will be the scene for the "Think Green" Aerobic Marathon.

Not for the faint of hearth, this is a 3-hour aerobic marathon that will surely challenge all who participate. The May 3 event features Cardio Kick/Dance, Total Toning & Mind and Body Yoga.

Call 562-4888 for additional information.

Military Long Drive Championship

Fort Dix is scheduled to host a first-round competition in the Military Long Drive Championship Aug. 16, starting at 4 p.m.

Local winners will advance to four second-round qualifying venues where they will compete for spots in the Military Long Drive Championship at Mesquite.

The competition is open to all active-duty service members, Reservists, National Guardsmen, retirees and family members 18 and older from all branches of the military.

For more information, call Fountain Green Golf Course at (609)562-2166.



photos by Ed Mingin

Navy edges TLC in final

Navy, above, took top honors in the Post Season Championship at the Griffith Field House, beating TLC, below, 71-69. TLC lost their first game in the double elimination series to Navy, but fought their way back to the championship game by beating the Wildcats, FCI, and the Spartans. Navy went undefeated the whole way, beating the Wildcats, FCI, the Roadrunners, and twice against TLC.

