

# the Post

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## NEWSNOTES

### Pemberton Gate closed for construction work

The Pemberton Gate will be closed for construction of an overhead canopy through Aug. 14. The Special Events Gate will be open to handle traffic in the area from 6 a.m. to 6 p.m. daily.

### Town Hall Meeting August 8 at Timmermann

The next Fort Dix Town Hall Meeting will be Aug. 8 at 3 p.m. in Timmermann Center. Topics to date include a Joint Base Update and the presentation of a various awards.

The Town Hall Meeting is the place of duty for all employees within mission requirements.

Anyone with suggested topics or questions should e-mail them to Andre Mixon at [andre.mixon@us.army.mil](mailto:andre.mixon@us.army.mil).

### Art Therapy sessions set to draw kids

Art Therapy sessions will be offered for children faced with separation from their parents through Army Community Service Hearts Apart Support Group. Sessions will be offered each Wednesday starting August 20 for six weeks.

Children ages 4 to 8 years of age are invited to attend sessions scheduled from 4:30 p.m. to 5:30 p.m.; children 9 up to 13 years of age will attend sessions scheduled from 5:30 p.m. to 6:30 p.m.

A professional Art Therapist will conduct these sessions. Children do not have to be artistically inclined to attend. Space is limited.

Please call Amada Espinoza or Patricia Toler at 562-2767 to register your child or children.

## WEATHER

**FRIDAY** -- Thunderstorms and light rain showers, high of 84 and overnight low of 63 degrees.

**SATURDAY** -- Slight chance of thunderstorms, light rain, high of 83 degrees and low of 62.

**SUNDAY** -- Chance of light showers, thunderstorms, high of 82 and overnight low of 63 degrees.

**MONDAY** -- Chance of showers, warmer with high of 90 degrees and overnight low of 63.

**TUESDAY** -- Rainy and cooler, high of 78 and low of 62 degrees.

**WEDNESDAY** -- Afternoon clouds, high of 78 and overnight low of 65.

**THURSDAY** -- Possible showers, high of 79, overnight low of 68.

# Future force high-tech previewed

## C4ISR rolls out land, air system prototypes

Jennifer Chupko  
Public Affairs

Cutting edge technology for successful missions, both land and air, were viewed at Fort Dix Aug. 5. With military enhancements and advancements in mind, Command, Control, Communication, Computers, Intelligence, Surveillance, and Reconnaissance, On-the-Move Event 2008 (C4ISR OTM E08) rolled onto Range 1 to demonstrate the latest and greatest technologies supporting future force capabilities.

The event provided a venue with products on display. These systems are still under assessment and C4ISR OTM's initial results will be published in November.

"We tested or assessed over 100 live systems, but we also augmented those systems with virtual and constructive entities to make sure we are providing a representative network that the Army would field in the future," said Lt. Col. William Uroska, Product Manager C4ISR OTM.

After the results of the final assessments are completed, the product is then put into a "System of Systems" (SoS). SoS is explained as a structure of one entity working into a collaborative entity. This is to allow the programs to look at how the technologies perform and make technical decisions on how that program is going to con-



C4ISR ON THE MOVE -- Soldiers, civilians and contractors work at Fort Dix's Range 1 during a four-month exercise designed to test new technologies for the military.

tinuing in the future. This protocol measures how the system will contribute to the Army in the future. C4ISR OTM conducts live events stimulated by virtual and constructive simulations to expand the number of systems and expand expansion of military development as part of their testing.

C4ISR OTM E08 presented an opportunity for emerging technologies such as the Boeing A160T Humming Bird unmanned aerial system to help soldiers on the ground communicate with each other.

Another emerging technology created for Soldiers out in the field was the Digital Alert Display, a computer that wraps around the Soldier's forearm. It allows a Soldier to communi-

cate with other soldiers via text messaging, while remaining motionless and keeping a grasp on his weapon.

E08 allowed soldiers to use this technology and provide commentary and an assessment of the equipment, which had both positive and negative aspects. The light weight of the product and the ability to communicate in a modern, well known method was part of the positive feedback. The amount of time it took for transmission, however, was a negative feedback that Soldiers did not anticipate.

This kind of feedback, both positive and negative, is the type of information Uroska is looking for. His motto is "Success is success and failure is success."

"If the Army makes a decision in

technology, and then it does not appear as promising as we had originally thought, it is more beneficial to use that information as a map -- a path not to go down. We find out what is wrong and that helps us find out what is right," said Uroska.

The military's technological knowledge at Fort Dix will keep up with modern ways. It is venues such as PM C4ISR OTM that put the Army on the forefront of contemporary successful missions.

Uroska says that Fort Dix is a huge partner in supporting the transformation of the Army. The strong partnership Fort Dix has with PM C4ISR OTM allows cutting edge military technology to move forward with fewer detours.



Jennifer Chupko

**DAMP DIG** -- Ongoing reconstruction of the Amphibious Lake Dam off Texas Avenue awaits a water level control valve for completion.

# Spillway project to keep Texas dry

Jennifer Chupko  
Public Affairs Staff

Drivers exiting Fort Dix through the Browns Mills Gate have seen reconstruction at Amphibious Lake Dam since July 14.

Engineers of the Fort Dix Directorate of Public Works (DPW) discovered deterioration of the wooden spillway and erosion of the dam while investigating the low water-level of the lake in January, and started work on the project.

A spillway is a structure used to provide the controlled release of waterflow from behind a dam so

water doesn't over-top and damage or even destroy the dam. It will regulate the waterflow and the dam height.

The Amphibious Lake Dam spillway box failure occurred about six or seven feet below the top of the spillway box making it invisible to normal inspection but detectable when crews did a detailed check on the structure.

The new construction includes a new concrete spillway-box, water level control valve, stone retaining walls, cleaning the spillway pipe underneath the road, and dredging downstream of the spillway.

The old spillway was constructed of wood and was deteriorating

(continued on page 4)

# Dix projects funded in defense budget

WASHINGTON, D.C. - Congressmen Jim Saxton (NJ-3rd) and Chris Smith (NJ-4th), whose districts include Joint Base McGuire-Dix-Lakehurst, announced today that a record-breaking string of 10 new construction projects worth \$179.1 million is included in the fiscal year 2009 Defense budget.

The bill, H.R. 6599, passed Friday by a vote of 409-4

"This smashes the records for projects in a single year at the three bases," said Saxton. "Chris and I are very excited. I've been in Congress for a long time, and I've never seen this many projects in a single budget. It took over 15 years to get to where we are today. The South Jersey economy will benefit tremendously from new construction jobs, and the new joint base itself will benefit from the

modernization it needs to receive new missions."

"The establishment of the joint base is already proving to be a tremendous benefit for the three services and our local economy," said Smith. "These 10 projects are the most in decades, and will continue the transformation to modernize infrastructure. Joint Base McGuire-Dix-Lakehurst will be the nation's premier

joint installation, and will serve national defense for many, many years to come."

Smith cited the particular importance of the funding to the future of Lakehurst workers.

"The \$15.4 M in this bill for a new arresting gear testing facility ensures that Navy Lakehurst remains the epicenter for development and design of

(continued on page 3)



PERSPECTIVE -- Cadet Candidates for the United States Military Academy at West Point take a recreation break during training on Fort Dix Aug. 5. Candidates played football and Frisbee in John Mann Park, but many found the playground irresistible. Story on page 10. Photo by Lisa Evans

# BBC reporter takes sentimental journey back to basic training days 49 years ago

story & photos by  
Steve Snyder  
Public Affairs Staff

Peter Franklin completed basic training at Fort Dix in the summer of 1959 and never recovered from the experience.

"I loved it," he recalls. Franklin, alias the "Gabby Cabby" for *BBC Radio 5 Live* out of New York City, visited Fort Dix for a few days last week. Ostensibly covering British parachutists involved in Operation Black Warrior, Franklin took some time in the middle of the week to visit several haunts he first discovered here during basic training 49 years ago.

Accompanied by his gracious wife Lalina, the garrulous newsman visited Timmermann Center, recalling seeing movies there when the since-renovated building served that function. He also stopped at Youth Sports, site of what used to be the bus station which served so many transient Soldiers during



**FRANKLIN FAMILY** -- Accompanied by his wife Lalina, BBC correspondent Peter Franklin drops in at the Public Affairs Office on Fort Dix. Franklin was covering activities of visiting British Soldiers from the 4th Parachute Regiment last week when he decided to check out several sites remembered at Fort Dix when he was a basic trainee here in 1959.

the era when Dix's mission was to train raw recruits. Franklin says he vaguely recalled training in various activities on Doughboy Field and

graduated from the fabled City College of New York in 1959 shortly before joining the Army Reserves. There he met Colin Powell, among others, and prepared to fulfill his military obligation in those days of a military draft via Selective Service.

"Mom didn't want me to be a Soldier," he remembers. "I was your typical, (wise guy) college kid. We kids were all kept together in like units. I was in the 4th Training Regiment in a company having mostly Italian-Jewish students," he says.

All of his officers were from New York City and he knew most of them.

Franklin laughs and says he wanted to be a cook, so naturally he was sent out to learn to be a medic at Fort Sam Houston after basic.

He admits that he never planned to stay in the Reserve for very long but responsibilities he deemed important and friends he cherished led to his

completing 30 years. He retired from the 8th Medical Brigade in 1998 as an E-8.

His children have followed suit, too, at least so far. His son Alexi is a U.S. Army officer who's already completed several tours in Afghanistan while his daughter Kathryn has completed a Ph.D. in military history from a university in Oklahoma and is currently contracting studies out for the Pentagon. His youngest son, Nicholas, is also in the Army. Franklin worries about his kids, naturally, and gripes that the military has not proved especially proactive in mastering counters against IEDs (Improvised Explosive Devices) in the war. But his patriotism remains unshaken. He's a throwback to America's melting pot ideal, enlisting at a time and place when Americans got together to defend their country and discovered that they liked each other.

It's hard not to like the "Gabby Cabby," a patriot with one helluva sense of humor.



**COMMAND AURA** -- Peter Franklin, a former first sergeant with an Army Reserve unit out of New York City, practices his command voice on a recent visit to Timmerman Center.

Franklin recalls seeing movies in the building Timmerman now occupies during his basic training on Fort Dix in 1959.

## In 1959, many recruits met the Army at Fort Dix



An officer shows recruits how to throw a grenade.

all photos from the basic training yearbook spotlighting Co. F, 2nd Bn., 3rd Training Reg., at Fort Dix, whose Soldiers graduated Feb. 14, 1959



Wooden barracks weren't the Club Med but proved congenial to the military lifestyle.



Individual Soldiers were always the ultimate weapon at Fort Dix.



Rope climbs build muscles - and men.



Novice Soldiers were introduced to time-honored traditions in the Army, none more revered than bugle calls summoning one and all to events or ceremonies.



Soldiers from cities became accustomed to the splendors of nature in downrange Fort Dix.



A team loads a 3.5 Rocket Launcher.



They may have felt emasculated after getting their first Army haircut but most grew to like the comfort and convenience that only short hair provides.



Doing squat benders with your M-1 rifle is a lot of fun. Just ask veterans of basic training in the 1950s.



Soldier fires flame thrower in demonstration of the weapon's capabilities.

### the Post

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# Iraqi self-reliance growing

**Tim Kilbride**  
American Forces Press Service

WASHINGTON, Aug. 4, 2008 — A robust national intelligence apparatus will be a key enabler for the independent operation of the Iraqi security forces, but the necessary capabilities are still being developed, a coalition advisor said Aug. 1.

"Intelligence information is essential to defeating the insurgent, terrorist threat and establishing Iraqi self-reliance," Steve Bond, director of the Intelligence Transition Team under Multinational Security Transition Command Iraq, said during a call with military bloggers.

But Bond added that much work remains to make the Iraqi security forces' intelligence agencies self-reliant.

Bond's unit, responsible for training members of the Iraqi intelligence community, supports the Iraqi ministries of Defense and Interior, as well as the Iraqi Counterterrorism Command. A major initiative is encouraging the national-level intelligence agencies to provide representatives to work together in interagency intelligence fusion cells, Bond said.

"In the past few months, we've seen an unprecedented level of cooperation among the agencies to support the tactical commanders at the regional operations command centers, providing strategic and opera-

tional intelligence, as well as targeting information to those commands," he said.

"The capability to produce and action targets has significantly improved in all the agencies over the last quarter," Bond noted. "[The Iraqi Security Forces have] removed a significant amount of terrorists and criminals — over 1,200 from April through June — as a result of this focused targeting."

Another initiative, taking place in the Ministry of Defense's Directorate General for Intelligence and Security, is

istry are developing a signals intelligence capability, Bond said.

Despite some successes, he said, "numerous challenges remain for the overall intelligence program. Processes and procedures within the fusion cells need to be refined, he explained, while overall trust throughout the intelligence community sometimes is lacking.

"I'll just say that trust remains an issue, both internally within the agencies and external[ly] among the agencies," Bond said. "Personnel vetting and associated security

**"Intelligence information is essential to defeating the insurgent, terrorist threat and establishing Iraqi self-reliance."**  
-Steve Bond

the development of imagery and mapping capabilities, supporting the security forces with Arabic-language specialty maps and imagery products.

Separately, the Iraqi air force is expanding its ability to conduct intelligence, surveillance and reconnaissance missions.

"We're also looking at adding small, 'throw-and-go' unmanned aerial vehicles and some increased analytical capabilities," Bond said.

To supplement the current heavy reliance on human intelligence and produce more robust information feeds, the Iraqi army and Defense Min-

istry are developing a signals intelligence capability, Bond said.

procedures, while improving, are not yet sufficiently mature."

In the Iraqi provinces, especially along the borders, thin intelligence infrastructure and resources present a challenge. Similarly, Bond said, the intelligence capabilities of the Iraqi navy and air force need to be expanded.

Finally, Iraq's Military Intelligence Academy is vital for "establishing, improving and sustaining a professionalized intelligence corps, but the academy needs to expand its facility to add additional instructors and increase the output of graduates from 2,000

a year in 2009 to about 3,000 a year by 2010 [or 2011]," Bond said.

To address the immediate intelligence needs of the Iraqi security forces, Bond explained, his team would focus in the near term on supporting operations and targeting at the tactical levels. They will also seek to expand capabilities in the provinces, he said.

Longer term, Bond noted, his team will work to mature the Iraqi organizations.

In the meantime, the coalition continues to provide the bulk of the intelligence, surveillance and reconnaissance functions the Iraqi security forces depend on, Bond said, though he predicted Iraq's major intelligence organizations will be effective, with minor limiting factors, by the end of 2008.

The relationship thus far has paid off, Bond noted.

"During the past five months, we've seen the Iraqi security forces take the lead in significant operations in Basra, Sadr City, Baghdad, Mosul, Al Amarah and now just this week in Diyala," he said. "The successes by the ISF in these operations are a result of investments made by the United States, the citizens of Iraq and the work of the coalition forces to improve the capacity, capability and professionalism of the Iraqi security forces."

*(Tim Kilbride works in the New Media Directorate of the Defense Media Activity.)*

# Violence drop-off inspires optimism

**John J. Kruzic**  
American Forces Press Service

WASHINGTON, Aug. 6, 2008 — For the eleventh straight week, violence in Iraq continues at the lowest levels in four years, despite ongoing threats from al-Qaida in Iraq and Iranian-backed militants, a coalition general said today.

Army Brig. Gen. David Perkins, a Multinational Force Iraq spokesman, attributed the nearly three-month lull in attacks to the Iraqi and coalition forces working toward establishing security, enforcing the rule of law and rebuilding Iraq.

"We have entered a phase where the progress in security is building upon itself and is allowing for Iraqi government institutions, economic development, and civil society to mature at a quicker pace," he

said during a news conference in Baghdad.

Few security incidents have occurred in recent weeks in Basra, an oil-rich port city in southern Iraq with the country's second-largest population. The success of Iraqi forces there has allowed for new public works projects to proceed, along with repairs to the electrical grid, Perkins said.

In the far-reaching Anbar province, which stretches westward from Baghdad, the security situation is stable, as troops continue to uncover illegal weapons caches and capture al-Qaida Iraq operatives in the province's more rural parts.

The general also highlighted an operation north of Baghdad, where coalition and Iraqi forces caught two influential operatives of al-Qaida in Iraq. The men had been involved in recruiting Iraqi boys and manipulating them to conduct

suicide bombing attacks, including one that killed more than 15 local sheiks and three U.S. Marines in June.

"Operating side by side and coordinating intelligence, Iraqi and coalition forces are increasingly denying terrorists the ability to operate or hide in Iraq," Perkins said.

But the general tempered his positive assessment, saying that members of al-Qaida in Iraq, as well as Iranian-backed "special groups" and other criminal elements, still are capable of launching attacks against the combined force.

"Our optimism is real, but cautious," he said. "As coalition forces disrupt terrorist networks in northern Iraqi areas, al-Qaida in Iraq operatives continue to try to incite ethno-sectarian violence, especially targeting Iraqis who dismiss the terrorists' 'violent ideologies,'" Perkins said.

In Mosul and the Ninevah

province, for instance, a "decreasing number of small groups" of al-Qaida in Iraq members still are conducting violent attacks primarily aimed at Iraqi security forces and their recruiting drives, he said.

Iranian-backed operatives continue leveling attacks in Amarah, though the number of such incidents is decreasing as Iraqi security forces frequently interdict the militants' money and weapons supply lines.

Perkins credited the improving capability of Iraqi security forces with strengthening the partnership of Iraqi and coalition forces.

"Our partnership is strong, and we remain committed to helping Iraqis rebuild their nation," he said. "While the security situation is steadily improving, we continue to pursue those who oppose a united and flourishing Iraq so we can continue to build on our gains and not surrender them."

# Dix projects in budget

*(continued from page 1)*  
launch and recovery systems for the next generation of aircraft carriers," said Smith who led the fight to save the base from closure in 1995.

"This critical investment by the Navy underscores their confidence, support and faith in our talented and skilled workforce at Lakehurst—Ocean County's largest employer."

Smith's district includes Lakehurst Naval Air Engineering Station, and a portion of Fort Dix. Saxton's District includes McGuire, and a portion of Fort Dix. McGuire is Burlington County's largest employer.

Saxton said the 2009 would break the record in current 2008 budget, which holds \$112 million — the most ever when it passed — for construction at the joint base, most of which is in the Base Realignment and Closure (BRAC) section of the budget.

"We already have more than \$500 million in construction underway at the bases, aside

from the 2008 and proposed 2009 funding," said Saxton, a senior member of the House Armed Services Committee.

Much of the funding comes through plans to build the

**Congressman Saxton said the 2009 would break the record in current 2008 budget, which holds \$112 million — the most ever when it passed — for construction at the future joint base, most of which is in the Base Realignment and Closure (BRAC) section of the budget.**

nation's first and only Army-Navy-Air Force "mega base" installation.

The joint base will also have considerable Marine and Coast Guard assets on the contiguous 60-square mile tri-base complex. The 2005 BRAC recommendations, which are now law, direct that Fort Dix, McGuire AFB and Lakehurst be transformed into Joint Base McGuire-Dix-Lakehurst by 2011.

The proposed 2009 funding is as follows:

On Fort Dix: \$3.4M for a modified record fire range in support of annual weapons training for more than 30,000 Army Reserve and National Guard soldiers.

McGuire Air Force Base: \$41.9M for the second and final phase of constructing helicopter hangars & a Marine Air Group HQ (Will be built on Fort Dix); #37M for an Navy Aviation Supply Department & Operations Facility (Will be built on Fort Dix); #28.9M for the second and final phase of Navy VR Fleet Logistics Operations Facility, which would provide around-the-clock worldwide air logistic support for Active and

Reserve units;

#512M for Aviation Support Facility Hangar Renovation;

#7.4M for a Joint Warfighter and Family Support Center to serve deploying airmen and their families;

#54.3M for a Navy C-130 Flight Simulator Facility;

#1.8M for a Navy Munitions Maintenance Facility. On Lakehurst:

#527 million for a storage and maintenance facility to serve Army Reserve operations.

The warehousing facility will be 55,000 square-feet, and the maintenance shop will be 20,000 square-feet;

#15.4M for Advanced Arresting Gear (AAG) at Lakehurst.

This project will be integrated with recovery test sites in support of the new CVN 78 carriers in order to provide a reliable, updated recovery system for controlled deceleration of landing aircraft.

This is not part of the BRAC funding.

# 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 July 28 through Aug. 2.

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; CP# stands for Checkpoint Number.

●Police and emergency medical personnel responded to an incident at the FCI Range. Investigation revealed an FCI employee accidentally discharged his weapon, resulting in injury to his hand. The victim was treated at the scene and transported to Community Medical Center in Toms River for further treatment. Investigation continues.

●During a routine credential check of a vehicle attempting to enter the installation via CP#9, police discovered the operator, a civilian NAFD, had a suspended driver's license and an outstanding warrant from Mansfield Township Police. Mansfield Township was contacted and issued a new court date. The subject was cited and the vehicle released to a licensed driver.

●While on routine patrol, police discovered a vehicle, parked near Bldg. 5136, that was unregistered, uninspected, and uninsured. Attempts to contact the last registered owner were unsuccessful and the vehicle was towed from the scene.

●Police responded to a traffic accident at the Shopette. Investigation revealed a government vehicle, operated by a Fort Dix civilian employee, struck another government vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police and Fire Department personnel responded to a gas leak in the Garden Terrace housing area. Investigation revealed a malfunctioning stove caused the leak. United Communities was contacted.

●Police responded to a traffic accident at the Shopette. Investigation revealed a vehicle, operated by an Airman NAFD, struck a parked and unattended vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine credential check of a vehicle attempting to enter the installation via CP#9, police discovered the vehicle operator, a civilian NAFD, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police responded a report of wrongful damage of private property near Bldg. 5402. Investigation revealed a vehicle, belonging to a Fort Dix civilian employee, had been damaged by person(s) unknown. Investigation continues.

●Police responded to a motor vehicle crash on Range Road. Investigation revealed a vehicle, operated by a Mid State DOC-NJ employee, was struck by a deer. The deer fled into the woods. There were no reported injuries and the vehicle was released to the operator at the scene.

●During a routine traffic stop on Fort Dix Road, police had probable cause to believe the vehicle operator, a civilian NAFD, had been drinking. After failing field sobriety tests, the subject was transported to the police station for processing. The vehicle was towed from the scene.

●Police, Fire Department and emergency medical personnel responded to an incident in the Garden Terrace housing area. Residents reported a strange odor emitting from the vents in the quarters. Tests conducted by the Fire Department were inconclusive. One resident, experiencing light-headedness, was transported to VMHBC for further evaluation and treatment.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 3109. Investigation revealed all was in order. The alarm was reset.

●Police responded to an incident in the Garden Terrace housing area. Investigation revealed the occupants had a verbal dispute which did not escalate into violence. Occupants declined to speak to any counselors.

●During a routine credential check of a vehicle attempting to enter the installation via the Browns Mills gate, the vehicle operator, a Soldier NAFD, refused to follow directions of police, turned into the outbound lane, and exited the gate at a high rate of speed. Police followed at a safe distance and requested assistance from Pemberton Township Police. The subject was eventually stopped in Browns Mills, where he was taken into custody. The subject was transported to the police station for processing and received numerous citation including reckless driving, eluding police, failure to maintain insurance, failure to inspect, failure to produce driver's license, and obstructing administration of law. The subject was released to his chain of command.

●Police responded to a report of accidental damage to government property near the Arts and Crafts Center. Investigation revealed a vehicle, operated by a civilian NAFD, struck a government vehicle, causing a fluid leak. The Fire Department and Environmental responded to clean up the leak. There were no reported injuries and the vehicles were released to the operators at the scene. The subject was cited for failure to produce a valid insurance card and driving in an unsafe manner.

●There were 5 expired identification cards confiscated during the period.

●There were 30 Magistrate Court Citations issued for moving violations. DWI incidents are at eight for the year.

## Correction:

Incorrect pool hours were mentioned in last week's Post. The correct hours for the outdoor pool are:

**Lap Swim**

Monday - Friday 11 a.m. though 1 p.m.

**Rec Swim**

Saturday noon - 4 p.m.

Closed Sundays

The indoor pool is open during its regular summer hours. Call (609)562-2313 for additional information.

# Dixans earn honors, recognition



CarolAnne Capewell, custom framer, Arts and Crafts Center, right, holds the plaque she was awarded for being named the External Operational Excellence Employee of the Year 2007 for the Family, Morale, Welfare and Recreation directorate during a ceremony at Club Dix July 30. She was also presented a bouquet of balloons and a cash award for \$1,250 for her outstanding performance.

Wayne Cook



Wayne Cook



Wayne Cook

Col. Ronald Thaxton, installation commander, above, presented Lee Gravely, quality assurance specialist, Weapons Shop, with a flag and retirement certificate during a small ceremony at the Weapon Shop, July 31. Gravely is transitioning to retired life after more than 39 years of federal service including 10 years on active duty as a Marine. He is moving to North Carolina. At left, G. Robert Baumann, Jr., USO President of Pennsylvania and Southern New Jersey, presents a coin to Victoria Kennedy of Comcast, Aug. 7 at Infantry Park. The company donated \$1,710 to the USO.



Ryan Morton

Lt. Col. William Ayers, installation deputy commander, presents Natasha Bryant, program assistant, Army Community Service, above, with a plaque and balloons for being awarded the Internal Operational Excellence Employee of the Year 2007 for the Family, Morale, Welfare, and Recreation directorate during a ceremony at Club Dix July 30.

## Spillway project

(continued from page 1)  
below the waterline," said Paul Valentine, DPW Chief of Contract Management. This deterioration was unintentionally lowering the water level of the lake and causing erosion of the bank adjacent to the roadway.  
The construction, according to plan, will see the existing primary spill-way removed in its entirety. This rework means all parts of the spillway and the dam's original wooden structure will be replaced with concrete structures. The outcome of the project will then decrease any dam structure

malfunction in the future. The dam, which is approximately 300 feet long, runs directly under Route 545, Texas Avenue. It is approximately 1200 feet south of the check-point and has been a nuisance to people coming on to Fort Dix through the gate. Motorists have been made aware of the construction work by the speed-bump they must cross to enter the installation.  
The Contractor, Ella Construction, is working on the fixture of the spill-way and is currently awaiting delivery of the water-control valve. This part of the project must be installed

before moving forward with the construction. The valve normalizes flow through a pipe to a changing set point. There is not an estimated time of arrival of that part.  
By a legal agreement, Ella Construction has installed temporary pumps to carry the Amphibious Lake water that runs into the dam. This is to avoid over-topping and destruction of Texas Avenue.  
The contractor coordinates his work with the Fort Dix Department of Public Safety and a Fort Dix Quality Assurance Representative.  
"At this time, it is approxi-

mately 60 percent complete," said Valentine. "After the installation of the control valve, the temporary dam will be removed and the lake returned to its normal level."  
The construction is estimated to be complete on or about September 12.  
Although there is no record of when Amphibious Lake Dam was built, DPW has documentation that both Amphibious Lake and Dam were increased in size in 1973.  
"Without repair of the spill-way, the roadway was in jeopardy of sinking and possible collapse," said Valentine.



Jennifer Chupko

**DAM IT** - A temporary dam holds water until the new dam at Amphibious Lake is finished.

# NEIGHBORHOOD

## THE CORNER

### AAFES holds young writer's contest

School may be out for the summer, but the Army & Air Force Exchange Service (AAFES) has one more assignment for military dependents. The "Back-To-School Essay Contest" will give students in grades one through 12 the opportunity to submit an essay of 200 words or less on "What AAFES means to me and my family."

The essay contest, which runs from June 27 to August 31, will consist of four categories, with three winners from each category. First place winners in each category will receive a computer, second place winners will be awarded \$500 savings bonds and \$200 savings bonds will be issued to third place winners.

Complete rules, including release forms and specific instructions on submitting essays, are available at [www.aafes.com](http://www.aafes.com) under the Patriot Family Connection link.

### Children's Art Therapy sessions offered

The Army Community Service Hearts Apart Support Group is offering art therapy sessions for children. These sessions are recommended for children experiencing any type of anxiety because of deployment, extensive TDY's, relocation or divorce. Six consecutive weekly sessions will be offered every Wednesday starting August 20. Children ages four to eight years of age will attend sessions scheduled from 4:30 p.m. to 5:30 p.m.; children nine to 13 years of age will attend sessions scheduled from 5:30 p.m. to 6:30 p.m.

A professional art therapist will conduct these sessions. Children do not have to be artistically inclined to attend. The art therapist will use different approaches in a friendly and safety environment so attending children will be able to talk and discuss their feelings and concerns.

Space is limited. Please call Amada Espinoza or Patricia Toler at 562-2767 to register your child or children.

### Babysitter's Training Course offered

For youth aged 12-18 years who are interested in babysitting, Child and Youth Services (CYS) is offering the 4-H babysitter's training course.

To learn more on leadership, basic child care, safety and play tips, and first aid for children, simply sign up at the Central Enrollment Registry (CER) Office at 5203 Maryland Ave.

Youth, 13 and over, who successfully complete the course will be eligible to sign up on the CYS resource and referral teen babysitter list available through the CER to eligible families in the community who need a babysitter.

For more information call 562-4702 or 562-5231.

### Help available for voter registration

Human Resources-Military (HR-M) will be offering voting registration assistance to Soldiers. Absentee Ballot request forms, absentee ballots, and voter registration guides are available for all states, as well as U.S. territories.

Guides and absentee ballot request forms can be picked up Monday through Friday, 8 a.m. to 4 p.m. at the MPD Customer Service office located at 5418 Delaware Ave., central wing, first floor.

For more information contact voting assistance officers Maj. Marisol V. Lanza at 562-2598, or Master Sgt. Barbara Bookard at 562-2746.

### Alcoholics Anonymous meetings held weekly

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

A closed, members-only meeting is held every Tuesday night at Bldg. 9013 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 5th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall).

For more information, call 562-2020 or 4011, or stop by Building 5203.

## Jazz, wine to flow at Club

Jennifer McCarthy  
Public Affairs Staff

Renowned jazz musician Gerald Albright will bring his satin saxophone sounds to Club Dix on Aug. 21 as part of the Hot August Night Wine and Jazz Celebration.

For only \$15, attendees can listen to the sax man ply his trade while sipping an array of local and international wines and spirits. A variety of beverage-complementing international cheeses will be offered for guests' nibbling pleasure. The entrance fee also includes a pin and commemorative wine glass.

The doors open at 5:00 p.m. The music is scheduled to begin an hour later. Tickets are available at Club Dix and Family Morale Welfare and Recreation (FMWR) headquarters located at 6043 Doughboy Loop.

Seating is limited so purchasing tickets in advance is strongly encouraged. The event is open to valid ID card holders and their guests only. All attendees must be at least 21 years old.

Gerald Albright is among the most respected, multi-dimensional and sought after saxophonists to straddle the fence of jazz and R&B.

This Colorado resident has sold over a million albums in the United States alone. His most recent CD, *Sax for Stax*, pays homage to Stax Records, the legendary Memphis-based recording company that defined southern soul from the late '50s to the mid '70s.

The album consists of eight passionately rendered covers of Stax classics such as "Never Can Say Goodbye" and "Whatcha See is Whatcha Get," as well as three original songs written with Memphis in mind.

Albright was born in Hollywood, Calif. and



courtesy photo

**BLOWING HIS OWN HORN-Jazz musician Gerald Albright will perform at the Hot August Night Wine and Jazz Festival to be held at Club Dix Aug. 23.**

raised in south central Los Angeles. His mom and dad had him taking piano lessons at age 7, but he didn't like it much.

Noting his disinterest, his teacher George

Turpeau intuitively dug an old alto saxophone out of his garage to see if Albright liked that better. Almost instantly, the youngster found an axe he could, literally, embrace.

His primary influences became alto legend Julian "Cannonball" Adderley and tenor greats John Coltrane, Eddie Harris, and Maceo Parker. Albright's playing was nurtured to fertile fruition upon attending famed Locke High School and the University of Redlands.

After graduating, Gerald hit the road as a member of Locke alumnus/keyboardist Patrice Rushen's band. After recording a now signature tenor solo on her Top 5 R&B smash "Forget Me Not," Albright swiftly found himself a first-call fixture on the studio and touring scenes.

His saxophone and electric bass work have graced hundreds of recordings by legends such as Barry White, Phil Collins, Nancy Wilson, The Temptations, Stanley Clarke, Randy Newman and Teena Marie... to name only a few.

Spotted backing Anita Baker, Gerald was personally signed by Sylvia Rhone to Atlantic Records in 1987 where he recorded seven albums that cemented his reputation as a chart-topper with critically acclaimed chops.

He moved to the Verve family in 1998 for Pleasures of the Night with Will Downing then released two more solo CDs Groovology (2002) and Kickin' it Up (2004).

Albright signed with Peak Records the following year and released his first album for the company in 2006 with *New Beginnings*, which topped Billboard's Contemporary Jazz Chart - his first to do so since *Dream Come True* in 1990.

For more information about Gerald Albright visit [www.geraldalbright.com](http://www.geraldalbright.com). For more information about the Hot August Night Wine and Jazz Festival call FMWR at 562-5881.

## Fest offers Dixans fun, facts

Amada Espinoza  
Army Community Services

The annual Family Fun Fest will be held Aug. 20 from 10 a.m. to 2 p.m. at the Youth Center located in the Garden Terrace Housing Area.

The Family Fun Fest complies with the Army Family Covenant that recognizes the commitment and increasing sacrifices that military families are making every day. The fest lets families enhance their strength and resilience by providing them with information while they build memorable moments by enjoying all the free activities.

Some of the organizations that will be offering information are: Army Community Service, McGuire Airmen and Family Support Center, Army and Air Force Family Advocacy Program, Child and Youth Services, Fort Dix Chapel, Military One Source and TRICARE.

All of the organizations present at the fest will offer information as well as a fun activity. For instance, the Fort Dix Arts and Crafts Center will provide crafts activities for the children to improve their imagination.

The DoD Police will offer the 1-Ident-a-Kid program as a prevention measurement for the safety of the children and the Griffith Field House will measure body fat and offer tips to stay in shape and live a healthy life.

The Fort Dix Fire Department will have their Smoking House and run children's safety demonstrations. Massages will be available for military family members who well deserve to be pampered for their support and sacrifices. Teens and adults can test their agility and flexibility by climbing the Extreme Climbing Wall sponsored by the New Jersey National Guard. A petting zoo will be available for the enjoyment of everyone. The Camden Adventure Aquarium will bring their Touch Tanks. Home Depot will return to the fest to offer their well-attended children's woodshop. The Home Depot workshop is a great opportunity for parents and children to have fun together by working on a building project. Batman and his Bat-Mobile and a Hannah Montana look-a-like will be also at the fest.

With the start of school just around the corner, the Family Fun Fest is a great way to make special summer memories with the whole family.



Pascual Flores

**Chloe Holmes pets a camel at last year's Family Fun Fest. This year the Family Fun Fest will be held Aug. 20 from 10 a.m. to 2 p.m. at the Youth Center located in the Garden Terrace Housing Area. The event provides free food, fun, entertainment and information to military families. This year the fair will feature appearance by Batman and a Hannah Montana look-a-like.**

## Fun around every corner



Lisa Evans

**Ricardo Davis, 18, in the green cart, Carlo Austria, 15 in the yellow cart, and Ashley Austria, 12, in the red cart, race around the track at John Mann Park at the Air Force 305 Command Squadron picnic held July 31. The amusements at John Mann Park are open Wednesday and Thursday from 1 p.m. to 7 p.m. and Friday through Sunday from 1 p.m. to 8 p.m. The park is closed Monday and Tuesday. For more information call 562-6667.**

## Rare frog found in Pine Barrens

Jennifer Armento  
Fort Dix Environmental Division

As its name suggests, the Pine Barrens tree frog (*Hyla andersonii*) is critically linked to the Pine Barrens ecosystem and serves as an indicator species for the health of this region.

New Jersey is one of only three locations worldwide where Pine Barrens tree frogs are found. The other two locations are the northern "panhandle" of Florida and Alabama and in the Carolinas.

This species has many unique identifying characteristics. It has a nasal, honking "quonk-quonk-

quonk" call, vibrant coloration, a tiny inch-and-a-half long body, and an appetite for mosquitoes. Its body is a vibrant green with a purple stripe and whitish border extending from its snout through the eye and down the sides of the body. The inner surfaces of the front and hind thighs are an orange color.

The Pine Barrens tree frog requires two specialized acidic habitats, which both exist on Fort Dix. These requirements are Atlantic white cedar swamps and pitch pine lowlands that are carpeted with dense mats of sphagnum moss.

Breeding takes place in shallow pools in late spring in New Jersey.

During May, June, and July, males Pine Barrens tree frogs call to attract females to breeding pools. This is where mating occurs.

Biologists study the species by using the mating call of the males to locate the body. The male's number of the front and hind thighs are an orange color.

These tree frogs have been heard on a number of sites at Fort Dix. During August and September they are dispersing into uplands, bogs and wet meadows.

Next spring surveys will be conducted at various vernal pools where the Pine Barrens tree frog breeds to estimate populations and to help indicate habitat health.



www.nj.gov

**AMPHIBIAN FRIEND - New Jersey is one of only three places the Pine Barrens tree frog calls home.**

# Army program offers GED opportunity

**John Harlow  
Chris Rasmussen  
Army News Service**

**FORT MONROE, Va.** — The Army Preparatory School (APS) at Fort Jackson, S.C., opened its doors to begin offering help to young men and women who fall short on the

education needed to join the service. The four-week course is an Army pilot program to help young men and women who want to enlist in the Army to obtain their General Educational Development, or GED, certificate. It will be open only to applicants who score in the top 50 percentile on the Armed

Services Vocational Aptitude Battery (ASVAB) and those who aren't eligible to return to high school. "This program is meant to give people an opportunity," said Gen. William S. Wallace, commanding general of U.S. Army Training and Doctrine Command. "This is an opportunity they can't get elsewhere

and an opportunity to serve in the Army." Currently two young men are attending class at the prep school, and the next class is expected to have 37 students when it starts, Aug. 11. "This is an attempt on the Army's part to get at the educational deficit that could be out there for young people who made a choice early in life to drop out of high school," said Wallace. "They now recognize the value of education and the Army is able to provide them that education."

The students are enlisted in the Army when they arrive at the Army Prep School, but according to the general there is an off-ramp. "If they don't meet our physical standards or educational standards successfully, they go back to their hometown with no prejudices," said Wallace. "We're confident that we can capture their imagination and give them the quality of education. The drop out rate will be very small." Soldiers enter the Army Prep School immediately after leaving the 120th Adjutant General Battalion (Reception). Upon completion of the course, students will then be shipped to their brigade combat team (BCT) battalions.

"They are Soldiers from the day they walk in and arrive at the reception station for in-pro-

cessing," said Col. Kevin Shwedo, Fort Jackson deputy commanding officer. "They will be embraced by the cadre at the Army Prep School where they will immediately begin testing in their classes. They will go through standard physical training, are subject to UCMJ (Uniform Code of Military Justice), will learn customs and traditions, but their focus will be to get their education."

Pvt. Kyle Rucker, the school's first student, decided to drop out of high school when his father passed away so he could help provide an income for his family. Desperately wanting to join Army, Rucker was unable to because he did not have a GED.

"I am so thankful this program came around," Rucker said. "If it hadn't I would still be working a dead-end job." Gaddis said Rucker, who he did not have a GED, is the epitome of who this new program is for.

"Pvt. Rucker went to three recruiters looking for ways to get in the Army," he said. "Lucky for him, the Army started this APS program."

The APS will help provide the Army with dedicated young men and women who until now were unable to serve their country, said Capt. Brian Gaddis the APS company commander.

"Because of education requirements, there are high-quality, motivated citizens who can't join," he said. "The APS gives them an opportunity to serve their country."

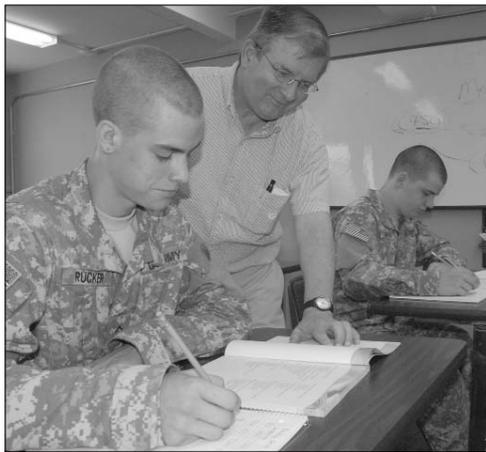
Pvt. Zack Briggs, 17, who is the courses' second student, said APS has given him an

opportunity to fulfill a lifelong dream. "I have always wanted to join the Army and help the country," he said. "I like this course because I would rather get into the Army life rather than waiting around until I got my GED on my own."

The Army will evaluate the prep school throughout the first year and, if results are favorable, officials said the program could expand at Fort Jackson or be opened at the other basic training installations at Fort Benning, Fort Sill, and Fort Leonard Wood. TRADOC is also working with the South Carolina Department of Education to explore the possibilities of the state granting students with an actual high school diploma. Wallace believes that the health and fitness of America's youth is rapidly becoming a national security issue.

"Today only 28 percent of the 17 to 24 year-old population qualifies to wear a military uniform. The other 72 percent fail to meet minimum standards on education, character and health," said Wallace. "We will not lower our training standards so we're faced with helping to raise the health and education standards for our young people who want to serve."

When the APS reaches full capacity, the school will educate 240 recruits at a time in core academic subjects over the course of four weeks, which may be expanded to ten weeks. It is expected to yield nearly 3,000 graduates in its first year who, upon completion, will continue directly to basic combat training and advanced individual training.



Chris Rasmussen

**SCHOOL DAYS** — Army Prep School instructor Tom Gandy goes over coursework with Pvt. Kyle Rucker. Rucker, who dropped out of high school when his father passed away, was able to enter the Army thanks to a new program which provides Soldiers their GED before being shipped out to Basic Combat Training.

## Immunizations key for healthy servicemembers

**Gerry J. Gilmore  
American Forces Press  
Service**

**WASHINGTON, Aug. 5, 2008** — Obtaining proper immunizations against disease is a key factor in sustaining the health of servicemembers, military retirees and their families, senior defense health officials said here today.

"As an infectious disease doctor, I've always felt that a vaccine is that ultimate victory in our war against bugs," Dr. Michael E. Kilpatrick, the Military Health System's deputy director for force health protection and readiness programs, said at the Pentagon's DiLorenzo Tricare Health

Clinic during the military's Immunization Awareness Month kick-off ceremony.

The military's immunization awareness program mirrors National Immunization Month, which is observed across America each August, and reminds servicemembers, retirees and their families to safeguard their health by keeping their shot records up to date.

"I think this month we really want to focus on the full spectrum, from the newborn to the older person, and the importance of vaccines and understanding when those are due throughout your life," Kilpatrick said.

The Defense Department works hard to offer less-reac-

tive, comfortable vaccines that provide tremendous protection for servicemembers, military retirees and their families, Kilpatrick said.

August is a good time to remind adults to check their personal and children's shot records, Kilpatrick noted, because school will soon begin and the flu season follows soon afterward. Obtaining an annual flu shot remains an important measure, Kilpatrick pointed out, noting that about 36,000 Americans die from the flu each year.

The American military has been in the vaccine business for a long time, Kilpatrick said.

Continental Army commander Gen. George Washington, he said, ordered that his

troops be inoculated against smallpox during the Revolutionary War.

Today, he added, the military's vaccination program protects overseas-deployed troops against potential biological threats such as anthrax and smallpox.

Pneumonia vaccine shots provided to older military retirees and their families also are extremely important and

are known to save lives, he added. Yet, "because we have the vaccines doesn't mean they get used," Kilpatrick said.

Programs like Immunization Month are important, Kilpatrick said, because they remind hospitals and clinics to activate customers to obtain needed vaccines.

"Are you up to date on your shots?" Kilpatrick asked. The DiLorenzo clinic pro-

vides vaccinations to about 17,000 servicemembers, defense civilians and contractors who work at the Pentagon, Army Col. Dale K. Block, the clinic's commander, said.

Keeping immunization records current "is a big deal," Block said, noting it affects force readiness as well as the individual health of servicemembers, retirees and their families.

## Business improvement program initiated by VA

To upgrade its financial and asset management systems, the Department of Veterans Affairs (VA) announced two requests for proposals (RFPs) for the Financial and Logistics Integrated Technology Enterprise (FLITE) Program.

"FLITE makes good business sense because it will allow VA to do a better job of managing its resources," said Dr. James B. Peake, Secretary of Veterans Affairs. "Strong business systems are vital to supporting delivery of our services to veterans, and we expect FLITE to be the cornerstone of this effort."

The purpose of FLITE is to standardize business practices and modernize information technology that supports financial and asset management. The program has two components -- Strategic Asset Management (SAM) and Integrated Financial Accounting System (IFAS). Both components are Web-based and will automate many manual procedures.

The RFPs released are for the SAM component. One is for the SAM pilot implementa-

tion at the Milwaukee VA Medical Center; the other is for hardware to support the SAM application. The SAM project will use the VA-owned Maximo software application to manage all classes of physical assets, supply inventories and work management activities.

The release of the SAM RFPs moves the FLITE Program from the planning phase to the development phase and begins a multi-year process to consolidate asset management and improve access to data for decision making, evaluation and action.

**FORT DIX  
WANTS YOU**  
  
**TO BE A  
VOLUNTEER**  
Call Army  
Community Service  
at 562-2767



The U.S. military is seeking help from other entities to improve cyber and electronic security.

## Protect your deposit

Nurit Anderson, Esquire  
JAG Office

With Permanent Change of Station (PCS) season at its peak, many relocating military members are terminating their existing lease agreements and entering into new agreements at their new duty station.

As a legal assistance attorney, clients frequently come to my office seeking help with getting their security deposit back.

In many cases, the landlord refuses to return all or some of the security deposit claiming that the tenant caused damage to the property.

Conversely, the tenant claims the damage either did not exist at all or was pre-existing damage.

Unfortunately, what the tenant states and what he or she can actually prove are not one and the same. The following information will help you to get as much, if not all, of your security deposit back when you vacate your property.

First, know the law in your state. Most states hold landlords to strict guidelines as to when and how to collect, maintain, and return security deposits. Landlords who violate these laws can be held to stiff penalties. In New Jersey, the Rent Security Deposit Act states that a landlord can collect up to one and a half month's rent as security deposit.

The landlord is required to put the security deposit in a separate bank account that pays interest and is required to notify you in writing, within thirty days of getting the security deposit, the name and address of the bank where the deposit is being kept, the amount of the deposit, the type of account, and the current interest rate for that account.

Within thirty days of moving out, the landlord must return your security deposit and interest, less any rent you owe or any charges for repairing damage that you have done to the property.

If the landlord deducts any amounts for damages or rent, he or she must give you a complete list of the damages and the cost of repairs. The landlord must send you the list of damages by registered or certified mail and must return to you any money left over from your security deposit. The landlord can only charge you for property damage that is more than ordinary wear and tear.

This does not include cleaning or painting fees if the property is left broom clean. If, after 30 days, the landlord has not returned your security deposit, you can file a complaint against the landlord in Small Claims Court. The law states that if the court finds that a landlord wrongfully refused to return all or part of a tenant's security deposit, the court must order the landlord to pay the tenant double the amount of the security deposit if it is not returned at all, or double the amount that the landlord wrongfully deducted from the deposit.

There are steps you can take to prevent a landlord from charging you for damages. Read your lease carefully before signing it because it probably will contain a provision about how and when the security deposit will be returned to you. Make sure to get a receipt for any security deposit you put down. Before moving in, you should conduct a move-in inspection detailing and photographing all pre-existing damage. Both you and the landlord should sign the inspection so there is no dispute later over what damage occurred during your tenancy. Likewise, before moving out, ask the landlord or superintendent to personally inspect the apartment and ask them to sign a note stating that you left the apartment clean and undamaged. If you cannot get the landlord or superintendent to inspect the unit, have a friend do so. Ask your friend to take photographs, and sign and date them. If you have a friend do this, make sure the friend can go to court with you if necessary.

If you have any questions or need assistance, you can contact the Installation Legal Office at (609) 562-3043.

# Collaborative process to guide cyber future

Tim Kilbride  
American Forces Press Service

WASHINGTON, Aug. 6, 2008 — Faced with a rapidly evolving and borderless technological landscape, the U.S. military is reaching out to government, academia and industry for help in developing capabilities for protecting the nation's cyber infrastructure, an Army electronic warfare expert said yesterday.

Col. Wayne A. Parks outlined for military bloggers the broad effort under way to keep up with technological change and the resultant emerging threats to the United States' defense.

Parks is Electronic Warfare Proponent director of computer network operations and Training and Doctrine Command capabilities manager for the Combined Arms Center, Fort Leavenworth, Kan.

The challenge is immense, Parks said, and research partnerships have been critical in framing the mission.

"Our understanding of the science of cyber-electronics is relatively immature at this

point," Parks said. "It includes the study of both the physical and the virtual."

Part of the task is to ensure that the Army works through these concepts carefully and defines them in a way that doesn't limit intellectual exploration of potential and emerging concepts or capabilities, he said.

In that exploration, the Army must balance evolving

network operations, space superiority, electronic warfare and the electromagnetic spectrum operations," Parks said. "Each represents a different slice of the cyber-electronic continuum within which different capabilities must exist."

At the strategic level, the Army's two main responsibilities are maintaining its internal capabilities and networks to be able to deploy around the world and defending the United States' borders and inside its borders, Parks explained.

But cyberspace has no distinct, physical borders, Parks said.

"There is no nation-state border where we're talking now," he explained. "There are nation-state sponsors, and we have to look at it in terms of nation-state sponsors, as well as those who are not nation-state sponsors — I might call them cyber-state sponsors — who are really developing on their own out there."

The military is working with interagency partners to officially define its way ahead with regard to defending areas of the financial, travel and related industries that operate across nation-state and cyber-state boundaries, Parks said. The same collaborative approach applies to fielding technologies, he said, and the Army has developed the mind set of "go work with your sister services as they get things approved."

One potential technology is what Parks described as "self-healing networks," virtual worlds wherein the system can isolate a weak point and regenerate or repair itself without human intervention. These types of networks could stand up to cyber attacks, he said.

**"There is no nation-state border where we're talking now."**  
-Col. Wayne A. Parks

## Web tips to avoid scams

Lisa Evans  
Public Affairs Staff

So many people now have access to the internet, whether at home, at work, at a friend's house or an internet café that criminals have found a whole new and lucrative playground. Cyber crimes made headlines with hackers and the multi-million dollar spam case in Washington, but more money is made every day from the "little" scams that take money from students, business people, anyone and everyone. Scams are cleverly disguised and cleverly worded ways to take your money and sometimes your identity.

Scam artists will find ways to develop new and more sinister ways to trick you online. But following these steps can help you protect your personal information.

**Phishing:** Never respond to requests for personal information via e-mail or in a pop-up window. If in doubt, call the institution that claims to be the sender of the e-mail or pop-up window.

Visit Web sites by typing the URL into your address bar. Never click on a link sent to you in an email.

Check to make sure the Web site is using encryption. This is a little padlock or a Bobby icon or the letters SSL at the bottom of the page. But, even those can be fake if you click on a link from the email.

Routinely review your credit card and bank statements. Report suspected abuses of your personal information to the proper authorities.

For a list of sample phishing scam e-mails now going around, check the www.FBI.gov Web site where they keep an updated list of all the new and old viruses, worms, and scams going around the web.

**Claim your prize:** Everyone gets the e-mail about claiming your new laptop or Wal-Mart gift card, or any number of other free gift items. They are never free. Once you have claimed your gift item, the scammer has your bank information and your mailing address. That is all they need to continue sending you items you don't want and deducting the money from your bank account.

If any email asks for personal information, address, phone number, credit card numbers or bank numbers DO NOT RESPOND.

Delete these emails unread since they not only will scam you when you send a response, they frequently also carry worms that will mine your computer for further information about you. They will look at the websites you visit and send you offers for everything you show any interest in and think of new ways to scam you.

**E-mail us back now for a quick loan:** No matter what circumstances you are currently suffering, never fall for this email scam. If you need a legitimate loan, your bank, a savings and loan or the Small Business Administration are where to look. (That is if you don't have close family with the means to help.)

Military members on Title 10 orders, retired military, the widows or spouses of military members are eligible for help from the Army Community Services (ACS). They will talk with

you and give you credit advice and help. They can also give you a loan or grant that will get you through the rough times.

If a bank turns you down for a loan, be sure you understand why. You have the right to a free credit history check once a year. Military members can also use the financial counselors at the ACS who can check your credit history and advocate for you with creditors.

**Repair your credit report overnight:** Don't expect anyone to offer you miracles. People can help you manage your debts, but they can't restore your good name overnight nor can anyone clean up your credit history for you. Paying off those debts is the only way to "clean" your credit history.

The military has credit counselors that will work with you to clear up your credit history. Either contact the Army Community Services or look on the military web page: <http://www.militaryhomefront.dod.mil>

There are plenty of other legitimate credit counselors locally, in the phone book, and on the Web.

### Volunteers are needed

for  
**Fort Dix Special Observances Committees**

- Martin Luther King Jr. Birthday**
- Black History Month**
- Women's History Month**
- Holocaust Remembrance Day**
- Asian Pacific Heritage Month**
- Women's Equality Day**
- Hispanic Heritage Month**
- Native American Heritage Month**

For more information call  
Denise Horton at 562-4011

**Community Newcomers' Orientation**

Information • Tour • Free Lunch • Free Child Care • and Much More!

Every 3rd Thursday of Each Month  
(9:00am - 2:00pm)

At the Army Community Service  
(ACS) Building 5201 Maryland Avenue

For More Information Call:  
(609) 562-2767

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# Announcements

## Cinema Schedule

754-5139  
McGuire Air Force Base

Friday, August 8 @ 7:30 p.m.

**Wanted - James McAvoy, Morgan Freeman, Angelina Jolie, Terence Stamp, Thomas Kretschmann, Common** - 25-year-old Wes (James McAvoy) was the most disaffected, cube-dwelling drone the planet had ever known. Until he met a woman named Fox (Angelina Jolie). After his estranged father is murdered, the deadly sexy Fox recruits Wes into the Fraternity, a secret society that trains Wes to avenge his dad's death by unlocking his dormant powers. As she teaches him how to develop lightning-quick reflexes and phenomenal agility, Wes discovers this team lives by an ancient, unbreakable code: carry out the death orders given by fate itself. With wickedly brilliant tutors—including the Fraternity's enigmatic leader, Sloan (Morgan Freeman)—Wes grows to enjoy all the strength he ever wanted. But, slowly, he begins to realize there is more to his dangerous associates than meets the eye. Wes will come to learn what no one could ever teach him: he alone controls his destiny.

MPAA Rating: R - strong bloody violence throughout, pervasive language and some sexuality

Run time: 110 minutes

Saturday Matinee, August 9 @ 3 p.m.

**Kung Fu Panda - Jack Black, Dustin Hoffman, Angelina Jolie, Ian McShane, Seth Rogan** - Po the panda (Jack Black) works in his family's noodle shop and dreams of becoming a kung-fu master. His dream becomes a reality when, unexpectedly, he must fulfill an ancient prophecy and study the skills with his klob, the Furious Five. Po needs all his strength, strength and ability he can muster to protect his people from an evil snow leopard.

MPAA Rating: PG - sequences of martial arts action

Run time: 92 minutes

Saturday, August 9 @ 7:30 p.m.

**Kit Kittredge: An American Girl - Abigail Breslin, Julia Ormond, Chris O'Donnell, Wallace Shawn, Jean Casac** - Aspiring reporter Kit Kittredge can't resist bringing home strays, whether it's Grace, an abandoned basket hound, or Will (Max Thieriot) and Countee (Willow Smith), a pair of young hobos willing to trade work for meals. But her happy childhood is abruptly interrupted when her father (Chris O'Donnell) loses his car dealership and must leave Cincinnati to look for work. When a crime spree sweeps Cincinnati, all signs point to the local "hobo jungle" where Will and Countee live. Kit convinces her friends to take her to see the hobo camp for herself and writes an article that creates a sympathetic portrait of the camp's residents. But when Kit's mother and her boarders become the latest victims in a string of robberies, Kit's loyalties are tested. Will is accused of the crimes and, with all of their savings gone, the Kittredges face losing their home to foreclosure. Kit recruits her friends Ruthie (Madison Davenport) and Stirling (Zach Mills) to help her track down the real culprit.

MPAA Rating: G

Run time: 101 Minutes

## Future Features...

### Get Smart

Friday, August 15 @ 7:30 p.m.  
PG-13, 110 minutes

### Wall-e

Saturday Matinee, August 16 @ 3 p.m.  
G, 98 minutes

### Hancock

Saturday, August 16 @ 7:30 p.m.  
PG-13, 100 minutes

## Chapel Services

562-2020

**Sunday Services**  
Protestant.....9 to 10 a.m.  
Catholic Mass.....10:15 to 11:15 a.m.  
Gospel.....11:30 a.m. to 1 p.m.  
**Sunday School**.....10 to 11:15 a.m.  
CCD.....9:15 to 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.

August 10, 17/September 7, 14

Camp Victory - Chaplain's tent

**Hour of Power**  
Protestant.....8 to 9 a.m.  
Catholic.....8 to 9 a.m.  
Mormon.....8 to 9 a.m.  
Jewish.....8 to 9 a.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** - On Summer Break. Will resume  
in September.

**Christian Men of the Chapel -  
Prayer Breakfast** - Fourth Saturday of each  
month, 9 to 11 a.m.

Jewish services available by request

For additional services or Religious Support  
please call 562-2020

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

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.

## FMWR presents

CLUB DIX - 723-3272

### Club Dix Hours of Operation

Java Cafe - Monday-Friday 7 a.m. - 1:30 p.m.

Comp. Lab - Monday & Tuesday 7 a.m. - 1:30 p.m.

Wednesday - Friday 7 a.m. - 10 p.m.

Saturday noon - 10 p.m.

Sunday 10 a.m. - 6 p.m.

Lunch Served Tuesday - Friday 11 a.m. - 1:30 p.m.

Saturday - Monday Closed

Bar Hours Tuesday - Wednesday 5 - 10 p.m.

Thursday - Saturday 6 - 10 p.m.

Sunday - Tuesday Closed

\*Still not sure what to do with the children this summer? Fort Dix Child & Youth Services has Summer Fun Camp for children grades 1-8. Camp includes breakfast, lunch, weekly field trips and MUCH MORE! Call 562-4702 to register your child today.

\*Ballroom Dancing is coming to Griffith Field House. Every Thursday starting September 4 learn basic routines for the waltz, swing/jitterbug, foxtrot, and an introduction to Latin Dance. Partners not required. Call 562-4888 for details.

\*Wine and Jazz Festival - Thursday, August 21 at 5 p.m. - Featuring renowned saxophonist Gerald Albright. Jazz performance is free of charge. Taste wines from local wineries and cheeses from around the world. \$15 fee includes a commemorative wine glass. Seating is limited. Tickets available at Club Dix and FMWR Headquarters, Bldg. 6043, Doughboy Loop.

\*Operation Rising Star - September 12, 19 and 26, 7 to 10 p.m. - The Army version of American Idol. Win the ultimate recording music experience. Open to Active Duty, National Guard or Reserve from any branch of the services and Family members at least 18 years of age. Registration deadline is September 12. All auditions are open to the post community. Call Bob at 562-6772 for more details.

\*Texas Hold'em Tournament at Club Dix - September 19 - Pre-registration is \$19, at the door is \$24. Call 723-3272 or 723-3273 for details.

\*Latin Arts Festival at Doughboy Field - September 27, 1 to 6 p.m. - Featuring comedian George Diaz and performing artists Frankie Negron & Oro Solido. Admission free.

\*BUNCO at Club Dix - October 10 at 6 p.m. - \$7 to play. Games begin at 7 p.m. Call 723-3272 or 723-3273 for details.

\*Soldier Show at Timmerman Theatre - October 12, two performances - noon and 6 p.m. Admission free.

\*Sesame Street Experience - USO Sesame Street Live at Timmerman Theatre - October 18 - Time to be determined. Admission free.

## ARTS & CRAFTS

Bldg. 6039  
562-5691

\*Ice Cream Sundae Bouquet - August 9 - Delicious summer craft for the whole family. Join us for this cool class to create an ice cream sundae made of colorful carnations and foam in an old fashioned ice cream dish. When you are finished, create your own ice cream sundae and enjoy a tasty treat. \$10 pre-registration fee includes materials.

\*Quilts for Kids - August 9 - Join us from 11 a.m. to 3 p.m. every second Saturday of the month as we stitch for children in long term healthcare facilities, safe houses, wounded warriors and families. Share this awesome experience of giving. Learn new techniques or improve old ones. Just bring your desire to help others while you learn to machine quilt. All experience levels welcome. Yes, men and teens are welcome too.

\*Summer Art Camp - Kids will be able to do a variety of crafts using clay, paper, paint, and more! Sessions are held Tuesday through Friday, 12:30 to 2 p.m. for ages 6 to 12. Pre-registration required. \$50 registration fee (per session) includes all materials. Sign up for one session or all of them since projects will be unique to each session. Family and multiple session discounts available!

- Session III: August 19 to 22

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

\*Framing Qualification Classes - Get qualified to use this great facility and equipment. You will complete one piece as you learn to operate the equipment. You are required to bring something in to frame such as an 8 X 10 photo or certificate. All materials are available at the frame shop which will be purchased at the end of class. Held Saturday, August 9, 9 to 11:30 a.m. or Wednesday, August 20, 6 to 8:30 p.m. Pre-registration fee of \$10 is required prior to class. Materials not included.

\*Contemporary Ceramics & Mosaic Studio - The Contemporary Ceramics Studio offers a large selection of Bisque pieces to choose from to decorate and paint. All finished pieces are food, microwave, oven, freezer and dishwasher safe. We have lots of kiln books, traceable designs, tools, and an experienced staff to help you create a finished piece you will love. Mosaics are a great way to express yourself with colorful glass. From mirrors to wall plaques, we have many items to make as gifts or add pizzazz to your home decor. Just come in, pick out your piece, and we will help you with the rest. There is no time limit on completing your project, so you can relax and enjoy our friendly, creative atmosphere for as long as you like.

\*Sony Picture Station - Do it yourself instant, high quality prints are easy to create and affordable too. Sizes are available from wallets to 8" x 10". Personalize your prints with wording, borders, picture collages, scrapbook pages, cards, calendars, and more. Just slip in the card from your digital camera, or a photo CD, and you're ready to print. Scan some old photos and burn them onto a CD, or just copy onto a CD from your memory card. This machine does it all.

\*Create-a-Critter - Adorable Critters to stuff. It's easy and fun. Choose from an assortment of Critters: Bears, puppies, unicorns, frogs, tigers and a whole lot more. You can even add an outfit. Create your own designs for t-shirts and canvas backpacks. Stop in today and have tons of fun stuffing your very own plush animal or you can take one home to stuff or give as a gift. Critter Birthday Parties are also available. Call Arts and Crafts Center for details.

## AQUATIC CENTER

Indoor Pool  
562-2808

Hydro Aerobics Mondays 5:30 to 8:30 p.m.,  
Wednesdays 9 to 10 a.m. & Sat. 10:30-11:30 a.m.  
in the indoor pool. The Outdoor Pool is open Sat.  
Noon to 4 p.m. Closed Labor Day weekend.

The indoor pool will be closed for maintenance September 2 to 9.

Book a party any day at the Indoor Pool. Sign up for sign lessons, or maybe a safety class at the Indoor Pool. Both classes will fill fast so don't hesitate. Call 562-2808 for prices and availability.

## RECREATION CENTER

Bldg. 5905 (Military Only)

Monday thru Friday.....4 to 10 p.m.  
Saturday and Sunday.....12 to 10 p.m.

\*Annual Family Funfest - Wednesday, August 20 at 10 a.m. to 2 p.m. at the Fort Dix Youth Center. Door prizes, FREE food, fun, entertainment and more.

## BOWLING CENTER

Bldg. 6054  
562-6895

\*Monday Night Madness lives on at the Bowling Center. 5 to 10 p.m. \$2 Bowling, \$1 Shoe Rental

## OUTDOOR RECREATION

Bldg. 6045  
562-2727/6667

## John Mann Park Summer Hours

Wednesday through Thursday 1 to 7 p.m.  
Friday through Sunday 1 to 8 p.m.  
Mondays and Tuesdays Closed

For more information call 562-6667

## GRIFFITH FIELD HOUSE

Bldg. 6053  
562-4888

\*Fort Dix Olympics - August 11 - Compete for medals in Track and Field, 3-on-3 Basketball, Kayaking, and other events. Visit [www.dixmvr.com](http://www.dixmvr.com) for a complete listing of events and dates.

\*2008 American National Rugby League Championship Final - Saturday, August 23 - Prepare for a full day of matches featuring the AMNRL All-Star Squad versus the Auckland Metropolitan Police Team from New Zealand. The post match celebration includes a large party with live entertainment. For more information contact Bob Vogt at 562-6772.

\*East Coast Wrestling is coming to the Griffith Field House September 11 at 6 p.m. Admission is \$5.

## FOUNTAIN GREEN GOLF COURSE

Bldg. 3152  
562-5443

\*Commander's Cup Golf Tournament - August 13  
\*2008 Military Long Drive Championship -

Read  
the Post

August 16 - Win a \$300 Pro-shop gift certificate and a chance to compete in the Re/Maz World Long Drive Championship. Contact The Fountain Green Pro-shop at 562-5443 or visit [www.armymvr.com](http://www.armymvr.com) for more information.

ROD & GUN CLUB at Range 14  
Bldg. 906, Range Road  
562-4676

### Hours of Operation:

Wednesday 1 to 8 p.m.  
Friday 1 to 8 p.m.  
Saturday/Sunday 8 a.m. to 4 p.m.

\*Upcoming Rod and Gun Club Meetings - August 13 @ 7 p.m.

\*Upcoming Hunter Education Course Dates - Sunday, August 24

## ACS

562-2767

Bldg. 5201 Maryland Avenue

Monday, August 11

AFTB Level 1 Training

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

Red Cross

Tuesday, August 12

Hearts Apart Bowling Party

10 a.m. to 1 p.m.

Bldg. 5201, ACS

Thursday, August 14

EFMP Kidz plus Swimming

5:30 to 6:45 p.m.

Indoor Pool

Youth Center

562-5061

Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday from 2 to 7 p.m.

Saturday from 1 to 7 p.m.

Sunday CLOSED

Administrative Hours:

Tuesday - Friday from noon-6 p.m.

Weekly Schedule

Friday, August 8

Open Rec.

Hip Hop Aerobics

5 to 6 p.m.

Karaoke Night

7 to 9 p.m.

Saturday, August 9

Open Rec.

Karaoke Night

7 p.m. to 9 p.m.

Monday, August 11

MS Summer Camp

Tuesday, August 12

Open Rec.

Boys in Tech

2 to 4 p.m.

Manicure and Skin Care for Teens

3:30 to 4:30 p.m.

Wednesday, August 13

Open Rec.

Triple Play with Mr. Jacob

4:45 to 5:45 p.m.

Thursday, August 14

Open Rec.

Ready, Set, Bake

4:30 - 6 p.m.

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

# Cupboard not bare at ACS

**Lisa Evans**  
Public Affairs Staff

"No one's going hungry if we can help it here," said Bobby Brown, Personal Finance Management/Army Emergency Relief officer with Fort Dix Army Community Services (ACS).

"You can get a way to work, whether you drive or use a buddy system, or pedal. But food, food is important to me. It is a priority. If I had to decide between a gas card and food—the children are a priority. They must have food," Brown stressed.

In spite of rumors to the contrary, Fort Dix food donations are as strong as ever, Brown said. Nationally, it is bad. According to most major news outlets, charitable donations have fallen nationwide as the economy has taken a downturn and disasters have

increased the demand for donations world-wide. With rising prices on fuel oil, gasoline, and food, everyone is affected, and for a great many families, choices must be made on what will be paid for and what won't be.

"I do see an increase in a need for assistance. Food will be one of the issues I see that people will need this year. And believe me, I have seen that rise lately," Brown said.

The ACS once had three cabinets of food, but had to move food from its old location to meet fire codes. So the pantry was moved and reduced to one cabinet, to make it more manageable, Brown said. And, although he has had to downsize the pantry, the support is still there.

Child and Youth Services (CYS) conducts food drives that fill the pantry. CYS donates baskets, especially during the Thanksgiving and

Christmas seasons, which in years past have been able to meet the holiday demand. And there are other groups Brown credits with keeping needs met.

"A lot of support comes from the South Jersey Vietnam Vets, who will go out of their way to support families. And the Knights of Columbus, who are giving \$500 today (Aug. 4); those groups are here 365 days a year saying 'call if you need something,'" Brown said.

ACS buys \$25 gift certificates to be used at the commissary and Acme stores. The certificate cards are going rapidly, Brown said, with utilities, gas prices, and food being the highest bills this year.

"I've seen Soldiers coming in needing food, but overall, it's spotty. People come in looking for rent, car repairs, utility help and we give them food when they come in. We

offer the food cabinet first. If what is needed isn't there, we give them a food card that can be used for baby foods and Pamper's."

Only military members under Title 10 orders, widows, or retired military persons can receive loans or grants, but other military personnel are feeling the need as well. The Judge Advocate General office (JAG) sends reservists and National Guard members to ACS for help, Brown said, but while they cannot receive cash, ACS can give them food from the pantry or gift certificates to free up some of the cash they do have. Joan Cole, the Army Community Services Officer, has suggested giving gas cards worth \$25 to those with needs so people can divert some funds from gasoline to the grocery store.

Nationwide, the United States Department of Agriculture (USDA) reports that 38.2 million homes are "food insecure" with 13.8 million children among the hungry. Households with adults going hungry to feed the children are increasing, said the USDA, because of the decrease in donations that have occurred in recent months and because of the increased need.

Fort Dix has not followed the recent downward trend, but there is increased need. Brown has set his priority: "Food! That's the most important thing for me."

Though the cabinets are full at ACS, donations are still being accepted, as the need for this service will continue.



Lisa Evans

**CHECKING IT TWICE -- Bobby Brown checks Food Pantry items at the Army Community Services building Aug. 4. Though the pantry is small, it is inspected quarterly and has enough food for service members and families who need help. ACS is still accepting donations so they can help those in need.**



Jennifer McCarthy

## Knights help slay hunger

Col. Ronald Thaxton, accepts a check in the amount of \$5,500 on behalf of the Army Emergency Relief Fund from members of the Knights of Columbus-Delran Council, from left to right, Walter Brady, Nicholas Zacchei and Don Faber. The donation, made Aug. 4, will be used to purchase commissary gift cards. The Knights raised the money during the annual golf tournament held June 27 at the Fort Dix Golf Course.

## Commissary tips help prepare customers for unseen disasters

**Kevin L. Robinson**  
Defense Commissary Agency

FORT LEE, Va. — No one can predict when or where the next disaster will occur. However, when it happens, conventional wisdom says that you need to be prepared to survive for a period of three days to a week without running water, electricity or access to stores for food and medicines.

For the past few years, the Defense Commissary Agency (DeCA) has promoted disaster preparedness through its "What's In Your Closet" campaign. That effort continues as commissaries stock large amounts of nonperishable foods, water, batteries and more to encourage customers to collect the necessities they may need in the event of an emergency.

"Although hurricane season started June 1, a natural or man-made disaster can occur anytime and without warning," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. "We owe it to the military community to help them be ready for any emergency. That preparation can be done at savings of 30 percent or more by using their commissary benefit."

DeCA stores in certain geographic regions have routinely helped customers prepare their emergency survival kits with items related to the disasters that tend to strike in those areas. This year, DeCA has gone a step further and added disaster preparedness items to its "summer club pack" product assortment. Club packs are oversized or multiple products similar to the bulk items sold at commercial warehouse club outlets.

DeCA offers seasonal club packs that often cater to holidays and certain events such as "Back to School" or in this case, disaster preparedness.

The latest summer club pack includes several types of emergency lights and flashlights, batteries, a household fire suppression device and a first aid kit. The pack already included nonperishable foods such as canned green beans, peas, corn, fruit cocktail, cases of water,

juices and sports drinks, energy bars, crackers and cookies, vienna sausages, cereals, pop tarts, nuts, pet food, toilet tissue, paper towels, disinfectant wipes, diapers, trash bags and plastic flatware.

"Our suppliers have always worked with us to keep our stores stocked with the items that our customers need in the aftermath of a disaster," said Charlie Dowlen, promotions manager for DeCA's sales directorate. "In some areas, suppliers have pre-positioned pallets of emergency-related items at major distribution points, especially in the Southeast, to move to needed locations rapidly."

Before the next disaster occurs, DeCA is asking its customers to check their emergency preparedness and ensure their survival kit includes the following:

**Water** — at least one gallon daily per person for three to seven days.  
**Nonperishable foods** — canned meats, fruits, vegetables, foods for infants and the elderly, dried fruits, nuts, raisins, granola and peanut butter, cereal, crackers, cookies and energy bars.

**Paper goods** — paper plates, paper towels, toilet paper.

**Cooking items** — pots and pans, charcoal, manual can opener and utensils.

**First aid kit** — including medicines, bandages and individual prescription drugs.

**Cleaning materials** — liquid bleach, hand soap and sanitizing spray.

**Special diet foods** — any foods required by someone with a special diet.

**Toiletries** — personal hygiene items and moisture wipers.

**Pet care items** — food, water, medications, ID and immunization tags and records, a carrier, muzzle and leash.

**Flashlight and batteries** — including candles and matches.

Customers can find out more about what should be in their emergency closet by going to <http://www.commissaries.com> and clicking on DeCA's disaster preparedness page. For more information on disaster preparedness, visit these sites: [www.fema.gov](http://www.fema.gov); [www.dhs.gov](http://www.dhs.gov); [www.redcross.org](http://www.redcross.org).

**"We owe it to the military community to help them be ready for any emergency."**

—Philip E. Sakowitz Jr.

## Employees with garnished wages protected by CCPA

**Capt. Nick Mitchell**  
Judge Advocate

Title III of the federal Consumer Credit Protection Act (CCPA) protects employees from discharge by their employers because their wages have been garnished for any one debt.

The CCPA limits the amount of an employee's earnings that may be garnished in any one week. Title III applies to all employees and individuals who receive earnings for personal services (including wages, commissions, salaries, bonuses, and income from a pension or retirement program, but ordinarily not including tips).

Wage garnishments occur when an employer withholds the earnings of an individual for the payment of a debt as the result of a court order or other equitable procedure. Title III prohibits an employer from discharging an employee because his or her earnings are subject to garnishment for any one debt, regardless of the number of levies or proceedings brought to collect it. Title

III does not protect an employee from discharge if the employee's earnings are subject to garnishment for a second or subsequent debt.

Title III also protects employees by limiting the amount of earnings that may be garnished in any workweek or pay period to the lesser of 25 percent of disposable earnings or the amount by which disposable earnings are greater than 30 times the federal minimum hourly wage (\$6.55 as of July 24, 2008). This limit applies regardless of how many garnishment orders an employer receives. If a state wage garnishment law differs from Title III, the employer must observe the law resulting in the smaller garnishment, or prohibiting the discharge of an employee because his or her earnings have been subject to garnishment for more than one debt.

In court orders for child support or alimony (spousal support), Title III allows up to 50 percent (50%) of an employee's disposable earnings to be garnished if the employee is supporting a current spouse or child, and up to

60 percent if the employee is not doing so. An additional five percent may be garnished for support payments over 12 weeks in arrears.

"Disposable earnings" is the amount of earnings left after legally required deductions (federal, state, and local taxes, Social Security, unemployment insurance, and state employee retirement systems) have been made. Deductions not required by law (union dues, health and life insurance, and charitable contributions) are not subtracted from gross earnings when the amount of disposable earnings, for garnishment purposes, is calculated.

Violations of Title III that result in reinstatement of a discharged employee, payment of back wages, and restoration of improperly garnished amounts. Where violations cannot be resolved informally, the Department of Labor may initiate court action to restrain violators and remedy violations. Employers who willfully violate the discharge provisions of the law may be prosecuted criminally and fined up to \$1,000, or imprisoned for not more than one year, or both.

The Wage and Hour Division of the Employment Standards Administration accepts complaints of alleged Title III CCPA violations. The Wage and Hour Division can be contacted at [wagehour.dol.gov](http://wagehour.dol.gov) and it has a help line at 1-866-4USWAGE (1-866-487-9243).

## Army sponsors student web-based competition

The U.S. Army recognizes the fundamental importance of science, math and technology to our global competitiveness and national security. In response, the U.S. Army sponsors eCYBERMISSION—a free, web-based science, math and technology competition for students in grades six

through nine. There are four categories of eCYBERMISSION Volunteers structured to match individual expertise and preference.

**Ambassadors**—Serve as the "Face of eCYBERMISSION" by promoting the competition and recruiting other Volunteers in their community.

**CyberGuides**—Provide on-line assistance to eCYBERMISSION teams by answering questions and providing guidance through the use of Discussion Forums, Chat Rooms and Instant Messaging.

**Virtual Judges**—Evaluate and score team Mission Folder submissions on-line based on an interest or background in science, math, technology or education.

**Team Advisors**—Assist student teams with registration, Mission Challenge selection and Mission Folder submission, and provide guidance during project development.

Accept the challenge and register at [www.ecybermission.com](http://www.ecybermission.com). Registration is completed in four easy steps:

1. Click on the "Volunteer Information" button at the top of the homepage.

2. Select the desired Volunteer role, then Register Now.

3. Enter the pass code on the next screen: AKO.

4. Complete the on-line registration form(s).

For more information about the eCYBERMISSION Volunteer Program, send an e-mail to [volunteerprogram@ecybermission.com](mailto:volunteerprogram@ecybermission.com) or phone 1-866-GO-CYBER.

# MILITARY MATTERS

## Future officers train at Fort Dix

**Wayne Cook**  
Public Affairs Staff

Cadets from the United States Military Academy Preparatory School (USMAPS) at Fort Monmouth were introduced to the military way of life as they were run through a week of 'basic training' at Fort Dix July 30 through August 4.

The cadets, 240 strong, are a conglomeration of high school graduates from across the country that have been awarded athletic scholarships to West Point Military Academy but need some brushing up on their academic requirements. Others are prior-service military members who have been selected to attend the academy and also need to be acclimated to the military school life.

The cadets began their tour at Fort Dix with a visit from Lt. Gen. Franklin Hagenbeck, superintendent, United States Military Academy at West Point, who encouraged them in their endeavors.

The cadets were introduced to weapons training, land navigation, team building, the

obstacle course, self-defense techniques, and leadership skills training while attending the one-week 'basic training' session.

"The reason I am here is because I want a future at West Point. While I am at the prep school I can better prepare myself for success at the academy," said Cadet Darius Stodghill from Atlanta, Ga.

"It has been a lot of fun. I'm learning a lot. I've developed friendships that will last the rest of my life. We have the best cadre possible here. They give us tips and hints that will enable us to be better officers. I'm really happy to be here," he said.

On August 4, the cadets were joined by a special guest during training on the obstacle course. Brig. Gen. Michael Limington, commandant of cadets, West Point Military Academy, cheered on the new cadets.

To show that no obstacle is insurmountable, the general needed up a climbing rope to a platform that led to a ladder which climbed to a height of approximately 35 feet and then descended down a rope net, impressing many cadets and

cadre members along the way with his speed and coordination.

"This is a great program. I can't thank Fort Dix enough for providing these facilities to us. We don't have facilities available to us to do this kind of training so it provides us the ability to impart this training to the cadets. These are the best facilities we have had use of in quite a few years. We are very grateful for all of their support," Limington said.

"These cadets are truly amazing. They step up to each new challenge and meet it head on. I'm very proud of them and am excited to see what they are able to accomplish over the next few years," he said.

The training course was led, not by active military members, but by senior cadets from West Point. They bore the responsibility of planning, coordinating, conducting and evaluating the week's training session. The cadre members found that their leadership skills were called upon quite regularly and often were forced to grow to meet the needs of the cadets.

"This has been challenging from day one," said West Point Cadet Captain Sally White, battalion commander of the training event.

As a senior class member at the academy, she and other cadets chose to participate in the USMAPS 'basic training' as one in many summer details available for the senior cadets to gain leadership skills between class years.

"The Prep School leadership has been hands off, leaving the running of the training to the student cadre. It's totally different from West Point. I am the only member of the cadre to return from last year. I was

the first sergeant for Charlie Company last year, but this is totally different, being the senior leader making decisions that affect everybody. It has been a great experience. I would definitely do it again. Knowing what I know now, I would have made this my first choice for summer detail," White said.

For some of the cadets this was a first look at military life, for others it is a transition from the enlisted side of the house. Cadet Joey Scott and Cadet Scott Obney are both prior service Soldiers. Scott was a private first class in the infantry and Obney was a specialist in the military police. They were looking for a better lifestyle and an opportunity to further their education when they decided to apply for the Military Academy Preparatory School and West Point.

"It sounds cliché, but I want to be all that I can be," said Scott.

"I've had good leaders and some bad leaders. I decided I would like to be one of those good leaders," said Obney.

The training was rough at times - pushing the cadets to their limits to stretch their confidence in themselves.

"The training was challenging at times but the camaraderie and our battle buddies helped us get through," Scott said.

"It's easy to spot those who are prior service and those who are not. It is just easier for me to hang with someone who has had similar experiences with me," Obney said about having Scott as his battle buddy.

"It's been a great learning experience. You learn more about yourself and what you can do here. The only thing that limits you is your ability to learn," Scott added.



Wayne Cook

**HELPING HANDS -- A United States Military Academy Preparatory School cadet gets a lesson in confidence and balance during training at the Fort Dix obstacle course August 4.**

The Prep School is the first step in a long career in the Army for many. Here they build their foundation upon which years of service will be built. For the cadets and the cadre it is an opportunity to discover new skills and abilities and to hone the leadership skills they have already exhibited which have gotten them this far.

"I think the Prep School 'basic training' is over for the new cadets. Soon classes will begin and those who make it through will begin their careers in the Army by attending summer detail because it enables us to have more one-

one influence with the cadets to help them prepare for life in the Army. It's been a good summer. I'm looking forward to this last year of school. It takes so much training and discipline. I look forward to my service in the Army," said West Point Cadet Lt. Mike Savagau, a senior classman and son of an Army intelligence officer.

"Basic training" is over for the new cadets. Soon classes will begin and those who make it through will begin their careers in the Army by attending summer detail because it enables us to have more one-



Wayne Cook

**CROSSING -- Cadet Steven West shimmies along an obstacle during training for USMAPS cadets. The cadets were at Dix from July 30 to August 4.**

## Changes recommended for retirements

**Jim Garamone**  
American Forces Press Service

WASHINGTON, Aug. 5, 2008 - A panel looking at military compensation has recommended dramatic changes in the military retirement system.

The recommendations are part of the second volume put out by the 10th Quadrennial Review of Military Compensation.

The first volume — released in March — looked at cash compensation. Retired Air Force Brig. Gen. Jan D. "Denny" Eakle was director of the panel, and she briefed the press during a Pentagon news conference today.

Eakle said critics of the current military retirement system say it is not equitable, it is not flexible, and it is not efficient.

"There is a perception that the system we have today is inequitable because only 15 percent of all enlisted personnel and less than half of officers will ever receive anything in the system," she said. Reserve-component personnel also believe the current system discriminates against them, especially at a time when reserve forces are being called on more, she said.

The retirement proposal would offer a defined benefit, defined contributions, "gate" pays and separation pays.

The defined benefit would be 2.5 percent of the average basic pay for the highest 36 months of the individual's career multiplied by the number of years of service, with servicemembers vested at 10 years of service. Payments to retirees would begin at age 60 for those with less than 20

years of service and at age 57 for those with 20 years of service or more.

Servicemembers could opt for an immediate annuity, but the payout would follow the Federal Employee Retirement System methodology — a 5 percent penalty per year for early withdrawal.

The defined contribution portion would be an automatic government-funded Thrift Savings Plan.

Servicemembers would not have to match any government payment. The government would not put any money in for the first year, but would put in 2 percent of base pay for two years of service, 3 percent for three and four years of service, and 5 percent for five and more years of service. Again, this would be vested after 10 years of service.

The military also would make "gate pays" to servicemembers who reach specific years of service. These would vary by years of service and skills, Eakle said.

"This is a payment made for achieving a particular year of service," she explained. "And within the services, they would have the flexibility to vary this by year of service as well as by skill. That way, they could begin to shape the skills by dragging people further into their career by offering them an incentive."

Finally, the system would include separation pays to servicemembers that would also vary by years of service and skills.

"The separation payments would be made available by the service to members that they wished to entice to leave," Eakle said. This would be a permanent tool services would

have available, she added.

The panel used a Rand Corporation computer model to test the recommendations, but Eakle said the panel members would like a large-scale test in the Defense Department.

"Therefore, the recommendation of this QRCM is that the Department of Defense conduct a multi-year test of this system," Eakle said. "The way the test would work is this: All four services would be asked to identify some skills that have different types of retention patterns — some that stay not very long, some that stay longer periods of time — and ones they wish to influence."

The test would offer people in those skills in the first eight years of service an opportunity to volunteer.

"If someone was selected for the test, they would be paid all of the TSP that they should

have earned up until that point, and it will be put in their TSP account for them," she said.

"The program's vesting rules would allow in fact up to those individuals. So should they achieve 10 years of service while they are in the test, they would fully own it."

At the end of the test period, people who are in the new system who wish to revert to the original retirement system would be allowed to do so, she said.

Any change in the retirement system would require action by Congress. DoD officials said they will carefully examine the panel's recommendations and then decide if they should move forward.

The study will take at least six to 12 months, so any decision would be made by the next administration, DoD officials added.

## Chiarelli takes office as Army vice chief of staff

**Heike Hasenauer**  
Army News Service

WASHINGTON, Aug. 5, 2008 - In a Pentagon ceremony Monday afternoon, Secretary of Defense Robert Gates promoted Lt. Gen. Peter W. Chiarelli to four-star general and Army Secretary Pete Geren administered Chiarelli's oath of office as the Army's vice chief of staff.

Gates, who was Chiarelli's boss in his most recent position as senior military assistant to the secretary of defense since March 2007, called the ceremony "bittersweet," saying, "I'll miss him. But I can think of no one better to take the job [as vice]."

From moving into a position as the Army's director of operations a month before the tragic events of Sept. 11, 2001 to commanding the 1st Cavalry Division based at Fort Hood, Texas, in August 2003 and deploying to Iraq as the commander of Task Force Baghdad - from February 2004 to March 2005 - Chiarelli hasn't soldiered from the sidelines.

Soon after he arrived in Iraq, eight 1st Cav. Div. Soldiers were killed. "He'll never forget their names," Gates said in his introduction to a man he clearly reveres.

"Pete will tell you that our men and women [in uniform] are our greatest asset," Gates said. The Soldiers, in turn, have referred to Chiarelli as everything from "a father figure to a health advisor and marriage counselor," because he cares about Soldiers.

**"This is an important day in the life of the Army and in the Chiarelli family. We all know service [in the armed forces] is a family affair."**

-Army Secretary Pete Geren

"His beliefs [about our purpose in Iraq] only solidified during his second tour in Iraq," Gates said about Chiarelli's role as commander, Multi-National Corps-Iraq from January 2006 to December 2006.

"As long as there's a single Soldier in harm's way" or a family missing their Soldier who's far from home, "Pete will never rest," Gates continued.

Today, with 36 years in service to his country under his belt, Chiarelli said, "I thank you for your confidence, trust and this opportunity. I look forward to serving as part of your team," he told Secretary Geren. "Your compassionate leadership has been [an inspiration]."

"This is an important day in the

life of the Army and in the Chiarelli family," Geren said. "We all know service [in the armed forces] is a family affair," Geren added, as he introduced Chiarelli's wife Beth and children, Peter, Erin and Patrick. Chiarelli's mother Theresa, a daughter-in-law and a granddaughter also attended the event.

On the lighter side, Chiarelli joked that his family has always been willing to "forgive my Type-A-ness," and "Beth, you've always been quick to remind me that I'm just

Pete Chiarelli [a regular guy]. The new vice chief reflected on his time in service - which began in 1973 at Fort Lewis, Wash., as a lieutenant and platoon leader and then executive officer of the 9th Infantry Division's Headquarters and Hqs. Troop, 3rd Squadron, 5th Cavalry - and the lessons he's learned along the way from comrades.

"They taught me that leadership, competence and accountability count," Chiarelli said.

In his role as the Army's vice chief of staff, Chiarelli will serve as the principal advisor and assistant to the chief of staff of the Army, advising and assisting the CSA on issues related to personnel, logistics, operations and plans.



Heike Hasenauer

**TAKING THE OATH -- Beth Chiarelli joins her husband, newly promoted Gen. Peter W. Chiarelli, center stage at the Pentagon auditorium Aug. 4 as he takes the oath as vice chief of staff of the Army.**

# Chaplains' Corner

**Second Lt. Joel Wiggan**  
Chaplain Candidate

Few people realize that there is such power in prayer. It has become to us such a simple thing that we often do it without thinking. We say grace before we eat, and just about every religion encourages people to pray to God in their own way.

While we do not all agree on the best and most proper way to pray, there is no doubt that prayer is a universally accepted concept. At the same time, it can be very misunderstood and misused. We need to have a better understanding of what prayer really is, and the power that it holds. We must understand who it is we are praying to, that we cannot take it for granted, and that God really does answer prayer.

First of all, it is important to remember who we are praying to. We are not just having a casual conversation, we are praying to Almighty God.

When we pray it is easy to forget that the God to whom we pray is the same one who is the creator of the world. He is a God of judgment, power, and perfection. The same God a child kneels to in prayer before he or she goes to sleep is the same God who reigned down fire and brimstone on Sodom and Gomorrah.

Yet we cannot come to him shaking in our shoes.

We pray to a God who loves us, a God whose love cannot be measured. It exceeds our greatest expectations and wonder.

A famous hymn says, "Could we with ink the ocean fill or were the skies of parchment made, were every stock on earth a quill and every man a scribe by trade. To write the love of God above would drain the ocean dry, nor could the scroll contain the whole though stretched from side to side."

God cannot wait to hear us talk to him. We are his children, and while he is a Father of righteous judgment he is also our Father, and we are to come to him like children.

Remember, when we come to God in prayer, we are exercising an undeserved privilege. Remember that God owes us nothing at all. Because he does not have to listen to us, but chooses to. We should be humbled to our very core.

So when we go to sit down to dinner

tonight, we should not simply say a prayer of repetition. We should pray in reverence, with full meaning, remembering that the food sitting in front of us was given by God. He has provided above and beyond what we need.

Does our prayer reflect this, or is it dead, full of repetition and without real meaning? Above all, it is important to remember there is power in prayer. God not only hears us, but when we pray in faith believing, he answers us. This means that we need to be able to take what we are asking for and wholly entrust it to God, leaving it in his control.

Praying is not simply about reverence, it can have great benefits.

I once recall hearing a story about a man named George Mueller. He was a man who God used greatly. One of the things he did was start orphanages for street children, but times were tight. It is said that often Mueller and the children would sit down to dinner, not knowing where the next meal was coming from.

On at least one of these occasions as Mueller bowed his head and prayed for God's providence, the door bell rang. He opened it up to find the groceries necessary to feed the children. While God's answer may not always be what we want or expect, there is no question that he will hear us and answer us. Sometimes he will answer immediately, and other times he will make us wait. Still at other times he may simply tell us no. In all these things God is faithful, he knows what we need, but he expects us to ask for it.

As military personnel, or anyone who deals with the military or their families, the idea of prayer should be especially close to our hearts. Few people need prayer like military personnel and their families. We are called to face hardships, separation, wars, and even death. The great part is that as his children, the privilege of being able to come before God is a huge tool that we need to use.

God is listening to us and our families, he is hearing us. He sent his Son to die for us, and he cares what happens to us.

We must not hesitate to pray that he will protect us and our families when we are away, or that he will sustain us in whatever our current job is. He is listening to us, and it has never been more important to heed the words of the Apostle Paul when he said, "Pray without ceasing" (1 Thes 5:17).

# Honoring the Colors

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

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

**Military personnel in uniform**

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

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

**Military personnel not in uniform, civilians**

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

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

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

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

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

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

Stop vehicle and exit. Follow steps above.

Stop vehicle and exit. Follow steps above.

**Group of military personnel in a vehicle**

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

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

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



**Army Community Service (ACS)**

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

\*A Department of the Army-Accredited Soldier and Family Service Organization

Looking for information and assistance? ACS is here to serve you.



**MAKE A DIFFERENCE**

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

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

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

Call Army Community Service at 562-2767

# SPORTS

## Olympians compete at Fort Dix

**Ed Mingin**  
Public Affairs Staff

Olympic competition begins in Beijing this week, but local athletes will be able to compete closer to home in the 2008 Fort Dix Olympics, August 11 - 23.

The event will contain standard Olympic-type games - basketball, beach volleyball, track and field, etc., and is open to athletes 18 and older, who are a part of Team Dix.

"It's for everyone who works at Fort Dix - Contractors, civilians, Soldiers every-one can compete," said Chris O'Donnell, Griffith Field

House sports coordinator. "It's going to be serious competition. These are the best athletes at Fort Dix. There are some great athletes here."

Many will be competing for the glory of an Olympic medal - gold, silver and bronze medals will be awarded to the top competitors in each event, but others are more interested in having some fun.

"It's for fun," said Spc. Mike Issenman, 21st Civil Support Team, as he got in some canoe practice on Willow Pond. "I've done some canoeing before but it was just for fun, not competition."

Issenman and Pfc. Jeff Whalen, also with the 21st

Civil Support Team, were taking advantage of one of the two practice opportunities available to those competing in the canoe/kayak events August 5.

Another round of practice for canoe/kayak will be August 12, starting 6 p.m. at Willow Pond.

"We are all looking forward to this program. It should be a fun-filled event for everyone," said Marianne Tatcher, recreation programmer for Fort Dix Outdoor Recreation.

Participants are eligible to sign up for any event up until it takes place. Schedule and sign up information is available by calling Chris O'Donnell at 562-4888 or David Bertagnoli at 562-6667.



Ed Mingin  
**GO TEAM** - Pfc. Jeff Whalen, front, and Spc. Mike Issenman, both with the 21st Civil Support Team, get some practice August 5 for the upcoming Fort Dix Olympics. The games begin August 11, starting with the shot put and long jump, and conclude August 23 with a swimming event. The canoe and kayak races, which Whalen and Issenman are training for, will be held August 19 at 6 p.m. at Willow Pond.

## Field House offers Fox Trot

**Lisa Evans**  
Public Affairs Staff

Why sit at home and watch "Dancing with the Stars" when you can learn how to dance like the stars?

Griffith Field House adds a new twist on exercise, getting people up off the exercise machines and into ballroom dancing beginning Sept. 4. Ballroom dancing for beginners will teach Waltz, Swing/Jitterbug, and the Fox Trot.

Waltz steps are a formal box step with the man waltzing forward and the woman backward in a long arc across the floor, bodies turning slowly, like the earth around the sun. The waltz has a slow 2/4 beat with a stylized step creating a graceful sway while the man places a hand at the lady's waist. That close contact, with a foot or so between the dancers, scandalized matrons of the early 1800's in England, though the dance had been in fashion in Austria since 1750.

Swing is a blend of several dances from Charleston to Jazz.

Born 90 years ago in the South, Swing moved up to Harlem and from there to 100 or so movies in the first half of the last century, picking up bits and pieces from other dances as it evolved. Swing uses two slow beats followed by two quick beats translating to a quick, quick dance that incorporates moves from the

Lindy Hop, using the 'breakaway,' a move allowing the partners to dance beside each other instead of facing one another, holding hands or not, and improvising some fancy footwork.

Borrowing steps from the Charleston, Swing uses quick foot work, incorporating some tap, and from jazz comes loose limbs with the torso close to the ground and large arm movements.

From the Jitterbug, Swing incorporated the jumps and slides immortalized in movies from the forties and fifties.

For even faster footwork, dancers will move up to the Fox Trot, a quick stepping, hip swinging introduction to the Latin Dances for people with the urge to really exercise.

Intermediate classes will move on to full-fledged Latin Dance. Here the energetic will learn how to Cha-Cha, Rumba, Merengue, and Tango. The thing to remember is that Latin Dancing has all to do with footwork and hip movement, graceful arms and hot climate culture. So dust off your shoes, twinkle your toes, and sign up for dance classes at Griffith Field House.

Beginner classes begin Sept. 4 and run through Oct. 10.

Intermediate classes begin Oct. 9 and run through Nov. 6.

Cost is \$45 per person.

Contact the Griffith Field house at 562-4888 for more information.

### Sports Shorts

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

**Military Long Drive Championship**

The 2008 Military Long Drive Championship comes to Fort Dix's Fountain Green Golf Course Aug. 16. The 2008 events are open to all branches of Active Duty, Reserve, National Guard, retirees and military family members 18 and older.

Local winners will vie for three prizes:

1st Place: \$300 Pro Shop Certificate  
2nd Place: \$150 Pro Shop Certificate  
3rd Place: \$50 Pro Shop Certificate

The entry fee to join the Long Drive Championship is \$10.00 for six balls.

All military personnel within 90 miles of Fort Dix are eligible to enter the contest. Two winners from Fort Dix will compete at Fort Meade, Md., Sept. 26 for a chance to be a winner from the Eastern zone and advance to be one of six regional winners. The six regional winners will compete for the grand prize of \$10,000 at the military division of the RE/MAX

World Long Drive Championship scheduled Thursday, October 23 in Mesquite, Nev.

For more information call the Fountain Green Pro-shop at 562-5443 or visit [www.armymwr.com](http://www.armymwr.com).

**Bowling League**

The Tuesday Nite Keglers (Mixed-HCP) league is forming for the 2008/2009 winter season. Sign up at the Fort Dix Bowling Center. Teams and individual bowlers are needed.

League will begin 6:30 p.m., September 9.

Call Willie Williams at (609) 893-8430 for more information.

### Ballroom Dancing Lessons

Starting September 4th at Griffith Field House. Every Thursday night!

**Ballroom Dancing: 7:00pm-8:00pm**

*Fun and easy!* This course is an introduction to Ballroom Dancing. It will give you the confidence and comfort to get out on the dance floor at weddings and parties. This is a great beginner class for those with little or no dance experience. Whether you've always wanted to learn how to dance or just want to have a good time with friends, this is your chance. Just don't sit at home and watch "Dancing with the Stars" - learn how to dance like stars!

Basic routines will include the Waltz, Swing/Jitterbug, Fox Trot, and introduction to Latin Dancing.

**Latin Dancing: 8:00pm-9:00pm**

This course will explore the vibrant Latin Dances. If you've always wanted to take Latin Dance, now is your chance! This is also another great beginner class for those without much experience. You will learn the Cha-Cha, Rumba, Merengue, and Tango.

FORT DIX  
INTRAMURAL  
**FLAG FOOTBALL**

2008 Season begins in October!  
**Sign Up TODAY!**

\*Open to ALL Team Dix employees, dependents and contractors.

For more information contact the Griffith Field House (Bldg. 6053) Ph: (609) 562-3961/4888 or Sports Programmer Chris O'Donnell at [chriso@afcc.com](mailto:chriso@afcc.com) or [carry@afcc.com](mailto:carry@afcc.com)

Fort Dix 2008  
**Olympics**

Monday, 11 August 1800 Shot Put & Long Jump	Saturday, 16 August 1200 Basketball (3 vs 3)	Tuesday, 19 August** at Willow Pond 1800 Kayaking 1845 Archery 1930 Canoeing
Wednesday, 13 August 1200 5k Run 1800 Bench Press	Sunday, 17 August 1200 Beach Volleyball (2 vs 2)	*Practice sessions will be held on 5 & 12 August.
<b>Sign Up TODAY AS UNITS OR INDIVIDUALS</b>		Saturday, 23 August 1000 50m Swim

\*\*Meds will be awarded in each competition for teams and individuals. Participants MUST BE 18 years or older and be part of Team Dix.

For more information contact: Griffith Field House Bldg. 6053 8th & Millville Street Ph: 609-562-4888/3961 or Outdoor Recreation Bldg. 6054 Douglas Loop Ph: 609-562-6667/2727