



## NEWSNOTES

### Labor Day hours

<b>Commissary Exchange</b>	10 a.m. - 6 p.m. 10 a.m. - 6 p.m.
<b>Shoppette</b>	6 a.m. - 10 p.m.
<b>Gas Station</b>	8 a.m. - 8 p.m.
<b>MCCS</b>	Closed
<b>Pool</b>	
<b>Lap Swim</b>	10 a.m. - noon
<b>Rec Swim</b>	noon - 5 p.m.
<b>Club Dix</b>	Closed
<b>Comp. Lab</b>	10 a.m. - 6 p.m.
<b>Arts &amp; Crafts</b>	Closed
<b>Youth Center</b>	Closed
<b>Griffith Field House</b>	
	9 a.m. - 5 p.m.
<b>Outdoor Rec.</b> Closed	
<b>John Mann Park</b>	
	1 p.m. - 6 p.m.
<b>Bowling Center</b> 5 p.m. to 9 p.m. ACS Closed	
<b>Fountain Greens Golf Course</b> 6 a.m. to Dusk	

### Fort Dix opens doors to retirees Sept. 20

The Annual Fort Dix Retiree Appreciation Day (RAD) is scheduled for Saturday, Sept. 20.

The 2008 RAD will be held in the Timmermann Conference Center, located on Eighth Street at Pennsylvania Avenue, Fort Dix, from 8 a.m. to 2 p.m., and all military retirees from all services are invited to attend this information filled morning.

The RAD luncheon will be held at Club Dix, on Alabama Avenue at 6th Street.

The entrée choices are Salmon Fillet, Roast Top Round of Beef and Roast Turkey. The cost per entrée is \$25.

If you would like to attend the luncheon, send a check or money order, made payable to the Fort Dix Retiree Council, to SGM(Ret) Norman Pallotto, 15 East Central Ave., Moorestown, NJ 08057. Payment must be received by Aug. 30.

### 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 5303 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.

## WEATHER

**FRIDAY -- Rain showers and 30 percent chance of thunderstorms, high of 80 and overnight low of 63 degrees.**

**SATURDAY -- Chance of thunder with light rain showers. Daytime high of 81 degrees and low of 61.**

**SUNDAY -- Clear and sunny, breezy, with high of 87 and overnight low of 59 degrees.**

**MONDAY -- Clear and warm, high of 84 degrees and low of 59.**

**TUESDAY -- Clear and sunny, high of 83 degrees and overnight low of 61.**

**WEDNESDAY -- Cloudy, slight chance of rain, high of 86 and low of 63.**

# 1079th holds discontinuation

Staff Sgt. Pascual Flores  
Fort Dix PAO/1079th GSU

Soldiers from the 1079th Garrison Support Unit (GSU) reunited at Fort Indiantown Gap, Pa., Aug. 23, with former unit members from days gone by to pay final tribute to the colors that originated there 22 years ago.

Armed with plaques, trophies and newspaper articles showing the history and accomplishments of the unit throughout their tenure at Fort Dix, Col. Andrew Burns, the eighth and final 1079th GSU commander, and several Soldiers, conducted a casing of the colors ceremony for past commanders and command sergeants major before the official deactivation of the unit scheduled for Sept. 15.

In a room decked out with all the state flags, unit members both past and present watched as the honor guard marched down the aisle proudly carrying the American flag, the Army flag and, for the last time, the colors of the 1079th Garrison Support Unit.

Lt. Col. Stuart Knade, master of ceremonies, a member of the 1079th since 1994, introduced the past commanders and command sergeants



Retired Master Sgt. Angela Rehms

**RETURNING HOME --** Command Sgt. Maj. Michael Grandy, left, command sergeant major of the 1079th Garrison Support Unit (GSU) and Col. Andrew A.R. Burns, commander 1079th GSU case the colors at its discontinuation ceremony held at Fort Indiantown Gap Aug. 23.

major to those in attendance of the event.

The first commander of the unit, Ret. Col. Philip Petter, a 31-year veteran with the Army Reserve, who assumed command of the unit in 1986, was the first to address the audience.

"When the unit first started, we did not even have a flag," Petter said.

Other former commanders who were present included retired Col. William Staub, second commander; retired Brig. Gen. Alan Davis, third commander; and Maj. Gen. William Terpeluk, commanding general of the 77th Regional Readiness Command and fourth commander of the 1079th.

"I've been to a number of deactivations and you can see the hurt in the eyes of the Soldiers and with the hurt goes the pride," said Petter.

For Col. Burns, the ceremony represented two major accomplishments in his military career - the inactivation of his present command and his promotion to colonel while on assignment to Fort Bragg, N.C.

"I've been to a number of deactivations and you can see the hurt in the eyes of the Soldiers and with the hurt goes the pride," said Petter.

## I.A.M. set to launch

Hank Mintrez  
Army News Service

**LANSDOWNE, Va., Aug. 27, 2008.** The I.A.M. Strong campaign will empower Soldiers to "Intervene, Act, and Motivate" to prevent sexual assault, Sgt. Maj. of the Army Kenneth O. Preston said.

Preston "soft-launched" the new peer-to-peer training effort with an announcement to young Soldiers attending the 2008 Better Opportunities for Single Soldiers Conference in Lansdowne, Va., Aug. 6.

The I.A.M. Strong campaign will officially be announced Sept. 9 when Secretary of the Army Pete Geren launches the Sexual Assault Prevention Campaign and Strategy, setting the tone for all Soldiers to shift from a response focus to prevention.

"I need your help with an issue that is affecting our Soldiers - sexual assault," Preston told Soldiers attending the BOSS conference.

"We've been on the defensive concerning this crime - and it is a criminal act," Preston said. "The Army was focused on response. Now, we're going on the offensive. We're implementing a new prevention campaign."

Soldiers attending the BOSS conference came away understanding that preventing sexual assault is one of the highest priorities of the Army's most senior leadership. Hearing it straight from the Army's top non-commissioned officer served to underscore that point.

"As the Army moves out front in these efforts, I need you to ask yourself and each other, 'What can we do now to prevent sexual assault?'" said Preston. "It's about bringing the team together, being a leader. Looking out for our fellow Soldiers and taking them under your wing to keep them safe."

"Our Army values and the Warriors Ethos should make it a given," said Preston. "But to remind you and all our Army Soldiers, I want to reinforce that it's your duty as a Soldier to:

### INTERVENE:

"When you recognize a threat to a fellow soldier, I expect you to have the personal courage to INTERVENE and prevent sexual assault. As a warrior and a member of a team, you must INTERVENE.

### ACT:

"As a brother, a sister, a fellow Soldier, it is your duty to stand up for your battle buddies, no matter the time or place. Take ACTION. Do what's right. Prevent sexual assault.

### MOTIVATE:

"We are Soldiers. MOTIVATED to engage and keep our fellow Soldiers safe. It is our mission to prevent sexual assault and to live the Army Values and take care of our fellow Soldiers."

(continued on page 3)



## Kiwis stomp US in rugby exhibition ...

American National Rugby League player Sal Ranniello is lifted off his feet by an Auckland Metropolitan Police Rugby League Team member during the American National Rugby League Playoffs Aug. 23 on Fort Dix. Story, more photos, page 4.

Lisa Evans

# Deadly virus was scourge of Soldiers

Jennifer McCarthy  
Public Affairs Staff

The United States entered World War I in 1917. Allied forces, who had been fighting the war for three years prior to American involvement, welcomed the influx of fresh troops. By the Spring of 1918, the effects of sending thousands of young men to fight the Kaiser were beginning to be seen. In March of that year, 84,000 American troops set sail for Europe. A month later, another 118,000 eager and anxious "Doughboys" boarded ships for the transatlantic crossing. Months of training had prepared these Soldiers to fight the enemy, but no amount of training could prepare them to face the killer that lurked among them.

On the morning of March 11, 1918, company cook Albert Gitchell reported to the infirmary at Camp Funston, Kansas complaining of a "bad cold." Corporal Lee Drake followed shortly after him reporting similar symptoms. He had a fever, sore throat and a headache. **By noon, more than 100 Soldiers had inundated the clinic, all suffering from the same ailment, a virulent and dangerous form of influenza, or the flu.**

Living in close quarters such as barracks and ships, the virus spread quickly among troops headed overseas. During the April transatlantic troop crossing, the 15th U.S. Cavalry reported 36 cases of influenza and six deaths. Once in Europe, the disease spread quickly to the local population. The influenza outbreak was commonly called the Spanish Flu because of the reported millions of people killed by the disease by May of 1918. Once in Europe, the disease did not show favor. Soldiers and civilians on both sides of the war were sickened and died. War plans that had taken months to prepare had to be postponed due to the shortage of healthy men.

As Spring grew into Summer, the virus extended its reach



historic photo

**SICK CALL - In 1918, Camp Dix Soldiers who came down with the flu were housed in Ward 39 of the Base Hospital. Sick Doughboys slept on the screen porches because fresh air was believed to help prevent the spread of the disease.**

from the United States and Europe into Russia, Africa and India. Even an ocean was no match for the killer virus, as the disease was reported in China, Japan, the Philippines, and even New Zealand.

By July 1918, tens of thousands of people around the globe had fallen ill and died, but this was just the first wave in a tsunami of illness that was about to sweep over the world.

The influenza virus is a tiny particle that consists of a genetic material known as ribonucleic acid, or RNA, inside a protein coat. Like other viruses, influenza must take over another cell in order to receive nutrients and reproduce, but the virus is not particularly picky in its choice of host. It is commonly found in birds and livestock, as well as in humans, and can jump between species. This is because the virus mutates and forms variants. These variants often can be more deadly than the original, as the world was about to discover.

On Aug. 27, 1918, several sailors stationed on board the Receiving Ship at Commonwealth Pier in Boston, Mass. reported to sick call complaining of symptoms of the flu. Three days later there were 60 reported cases and two weeks after that, 2,000 military men in the Boston area were ill with the disease.

On Sept. 3, Boston Hospital admitted its first civilian patient and five days after that, the flu reached Camp Devens, 46 miles west of Boston.

At Devens the flu ran rampant. The disease struck strong, healthy young men with a rapid ferocity. Unlike most influenza outbreaks which are deadliest for the elderly, the infirmed and the very young, **this outbreak proved most fatal to people in their prime, men and women from ages 20 to 40.**

Dr. Victor Vaughn, acting Surgeon General of the Army, received orders in late September to report to Camp Devens immediately. What he found there was, "... hundreds of young, stalwart men in uniform coming into the ward of the hospital... the faces were a bluish cast, a cough brought up the blood stained sputum. In the morning the dead bodies are stacked about the morgue like cordwood." Sixty-three men died from the flu the day Vaughn arrived at Devens.

Men were not the only victims of the flu. Army nurses, who had unselfishly answered the call to tend to the war's wounded, fell victim to the disease as well. In 1918, a group of Army student nurses began training to tend to sick and wounded Soldiers. Their 1921 graduation annual tells how 22 of their number succumbed to the disease.

It did not take long for the flu to spread. By Sept. 27, a Soldier at Camp Dix became the disease's first victim. In November, Sick Soldiers were treated at Ward 39 of the Base Hospital, located off what is now Wrightstown Circle. To try to prevent the spread of the disease, Soldiers had to routinely air out their bedding. Stagnant air was believed to be one of the sources of the disease, so ill Soldiers often slept in screened-in porches off the hospital ward.

Face masks were another step taken to prevent the spread of the illness. In many places, citizens were not allowed out on the streets without a face mask.

Unaware or unconcerned about a dead Soldier in nearby Camp Dix, some 200,000 patriotic souls gathered on the streets of Philadelphia, Sept. 28 for a 4th Liberty Loan Drive Parade. A



historic photo

**BEDSIDE MANNER - Nurses tend to a sick Soldier at the Camp Dix Base Hospital in 1918. The influenza outbreak of 1918-1919 is believed to have originated with Soldiers stationed in Camp Funston, Kansas and rapidly spread through the barracks and troopships of Soldiers headed to Europe to fight World War I. The resulting pandemic remains one of the deadliest events in world history.**

few days later, 635 new cases of influenza were reported. By that time, the disease had made its way to the West Coast, claiming its first life, a resident of San Francisco, on Sept. 24.

City officials had to admit that they were in the middle of an epidemic. Schools, churches, amusement parks and other public places were forced to shut their doors, many to never re-open. Mail stopped being delivered. Morgues were overwhelmed and coffins were in short supply. Entire families were wiped out in the matter of a week.

On Oct. 6, just over a month after reaching the Boston shores, influenza claimed the lives of 289 Philadelphia residents in a single day. In all, **October 1918, has the gruesome distinction of being the deadliest month in American history.** The souls of 195,000 people were claimed by the Influenza virus.

On Nov. 11, 1918, the Great War came to an end, but the Spanish Flu signed no treaty. Fueled by crowds gathering to celebrate the Armistice, the virus continued to claim lives. In December, 5,000 new cases of flu were reported in San Francisco alone.

By the time the pandemic had abated in the Fall of 1919, the disease had claimed an estimated 675,000 Americans, one quarter of the country's population. Across the globe some 50 million people lost their lives.

## Sagging spirits saved by written words

Lisa Evans  
Public Affairs Staff

OMGYG2BK CUL. (Oh my God, you've got to be kidding. See you later.)

Change comes, no doubt about it. If you could read this text message, you certainly understand how technology

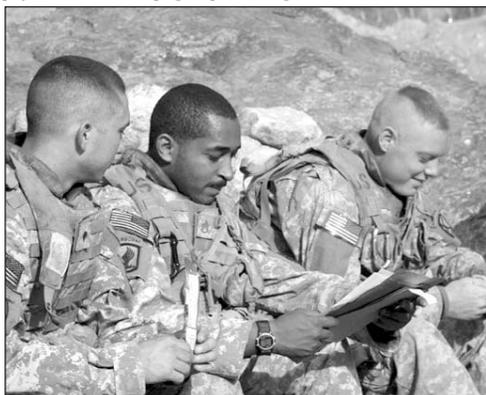
has changed communications. Why spell it out when you can say the same thing with a simple string of letters and numbers?

Most younger people understand type of writing and it doesn't require much time or effort. Forget about paper and pen, that old-fashioned stamped,



historic photo

**WRITE ON - World War I Soldiers gather in the day room to write letters to loved ones. Mail has always played a vital role in keeping troop morale high.**



Cpl. Thomas Childs

**MAIL CALL - U.S. Army Soldiers from 1st Battalion, 32nd Infantry Regiment read letters from a 3rd grade class from Florida at a vehicle patrol base along the Pesh River in Afghanistan Aug. 1, 2006.**

sealed and mailed method of communicating, when we can communicate instantly with only a little bit of finger tapping.

Do you remember when you received a letter from a grandparent, uncle or aunt or a friend or parent away from home?

Do you remember when the mail that came to your home wasn't all bills or junk mail?

Do you remember the last time you wrote a pen and ink letter instead of an email or text?

What would history say of George Washington, Benjamin Franklin, or Thomas Jefferson without the letters they wrote discussing and planning the revolt leading up to the Declaration of Independence? Yes, we have the documents, but more importantly, we have their reasoning and passion because of the letters they wrote to one another and others involved in the birth of our nation.

We also have letters they wrote to their families. From George Washington to his wife

"Phila. June 23rd 1775.

**My dearest,**  
As I am within a few Minutes of leaving this City, I could not think of departing

from it without dropping you a line; especially as I do not know whether it may be in my power to write again till I get to the Camp at Boston—I go fully trusting in that Providence, which has been more bountiful to me than I deserve, & in full confidence of a safe return.

**Yr entire Go: Washington"**

Letters can be of great historical value, but the personal letters written during times of trial and conflict, or of times of joy or humor, are of great psychological value to the recipient.

John Michael Montgomery said it pretty clearly in his song Letters From Home:

**"I hold it up and show my buddies like we ain't scared and our boots ain't muddy. But no one laughs, cause there ain't nothing funny when a soldier cries. I and I just wipe my eyes. I fold it up and put it in my shirt, pick up my gun and get back to work and it keeps me drivin' on home."**

Letters can be carried into battle, pressed against the heart, and read and re-read. The PDA or cell phone can too, until the battery dies or a beep or the glowing screen gives away a Soldier's position to a sniper.

You can't hug an email; you can't re-read it or handle it or smell the faint scent of the sender on it. And you can't pull it out fifty years later and read it again, relive the sweet memories of being loved and cared for from afar as this Soldier has.

**Dec. 24, 1943**  
**Dearest A.J.,**  
I received your letter containing the snapshots. One of which I cut down to fit my cigarette case, so every time (sic) I have a cigarette I must first take a look at you. As of yet I haven't received the large picture; it may be in the mail tonight (the mail clerk just left—I told him not to come

back without a letter from you.)

**I just finished censoring some of the Company mail and by their letters the men are a little homesick. It is tough to spend Xmas here with artillery in lieu of sleigh bells, but it could be much worse. First we should be thankful to be alive and well, and we are much better off than most of the Italian people whose homes and towns are left in a pile of debris by war.**

**Honey I am a little homesick and hope and pray that next Xmas I will be home and with you.**

**Did you receive the package I sent you? I hope you like the gloves.**

**Well Honey I will close this short note and will write tomorrow.**

**All my love,**  
**Heather**

In the romance novel "A Season of Miracles, Heather Graham wrote about letters

from the Civil War and both world wars: "They were so poignant, creating flesh-and-blood tales that conveyed the sorrow of warfare with much greater effect than any simple recitation of dates and times."

Letters aren't a cold recitation of facts; they give form to facts, depth to emotions, breathe ideas, hopes, and long-

ing. Letters written on paper are, practically, forever. They can be saved and treasured, pulled out and read, hugged and kissed, put away for the future.

Much of what we know about our ancestors, our country, and the people who have formed our country is from their letters: business letters, love letters, and friends' letters. Letters aren't just an antiquated form of communication; they expose the threads of our lives, tell our histories, and teach future generations.

More than that -they give joy.

## the Post

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1st Sgt. David Moore, Staff Sgt. Shawn Morris both from 50th Infantry Brigade Combat Team (IBCT)

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# Benefits key reason people join military

**Jennifer Chupko**  
Public Affairs Staff

In a swearing-in ceremony held at Fort Dix's Military Entrance Processing Command (MEPS) on Aug. 19, Navy Ensign Travis Godwin spoke to a group of 35 military enlistees. "If you are willing to put the needs of your country and your service ahead of your own, you'll find several rewards in your military career," Godwin told the group.

Joining the armed forces is more than just talking to a recruiter and raising your right hand. Men and women undergo weeks of processing and interviews and tons of paperwork before they ship out.

"All the processing stuff is interesting. You learn a lot just through all the info we have to give. It makes you really think about who you are and you come to know who you are better," said Fisher Maise, 32. "I am actually re-enlisting."

One reason some of these men and women are enrolling is because it is a family tradition. Many Soldiers have a long lineage of family mem-

bers that served the country. "My grandpa was in the military and my uncle and father were in the military. I can't imagine life otherwise, really," said Timothy Vernon, 41, who was re-enlisting.

During the ceremony, new members were enlisting and re-enlisting not only to serve our country, but to take advantage of the benefits Godwin was speaking of. "I am joining the Army for many reasons," said Alfredo Mercado, 21. "I want to fight for America, but I want to be in the Army to go college. To become an officer means to also become more educated."

According to statistics kept by the US Army Combined Arms Center, during the 2007 Fiscal Year, only 79 percent of the new recruits entering the Army possessed a high school diploma. The DOD standard is that at least 90 percent of new recruits should have a high school diploma.

The other services met or exceeded the 90 percent goal. But furthering education whether it is getting a high school diploma or an advanced degree is a benefit the military

offers. "I already have a bachelor's degree in Political Science. I want to continue on to get a master's degree in business," Maise said.

One of the most common reasons why people join the military is the bonuses and compensation that they will receive along with a steady and satisfying job.

"Stability, not worrying anymore what to eat and where to buy food and clothes," said Mike Kelley, 29. "It is a secured future for me and my family."

"The military has many benefits to offer. You have the chance to use them, so use them," said Godwin.

Benefits are a way to draw people into the military, but the overriding reason given by the new recruits remains that people want to serve their country, with the benefits as a definite advantage.

These enlistees and re-enlistees were agreeing to serve and protect the United States of America — most planning on making the military their career with the several benefits offered by the Army, Air Force, Navy, Marine Corps, Reserves,

and National Guard. People who are adventurous seek the military and new skills that they can master. Military life is seen as a way for the adventurous to gain expertise and the chance to prove their courage, to themselves or to others.

"It is as if when you join the military, you have somewhat proven to your neighborhood that you are brave enough to face Saddam or Bin Laden," said Barry Haraway, 22.

There are people who join the armed forces because it offers an opportunity to travel while serving the nation. Traveling also offers the ability to be grateful for one's own country.

"I want to go all around the world," said Haraway. "I think being in the military is exciting in that way."

In his final message before administering the Oath of Enlistment, Godwin said "Find out what MOS (Military Occupational Specialty) you want. That will guide you in the direction that is going to fit you. That is a serious part of your future and helps you achieve the goals you set by enlisting."



Jennifer Chupko

**TO DEFEND AND PROTECT -- New inductees of the military swear-in at the Fort Dix Military Entrance Processing Station August 19.**

## 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 Aug. 18 through 24.

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 responded to a traffic accident near Bldg. 5501. Investigation revealed an unknown vehicle had damaged a parked and unoccupied vehicle belonging to a Fort Dix contract employee.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5912. Investigation revealed dust had activated the alarm.

●Police responded to a traffic accident at CP#9. Investigation revealed a truck, operated by a civilian NAFD, struck a sign while backing. There were no reported injuries and the vehicle was released to the operator at the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5213. Investigation revealed the alarm was accidentally activated.

●Police responded to a motor vehicle crash near Bldg. 3601. Investigation revealed a truck, operated by a civilian NAFD, struck overhead utility lines. There were no reported injuries. The area was taped off and the utility company contacted.

●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. Further investigation revealed the subject had an outstanding warrant out of Hudson County. The subject was transported to the police station for processing, cited, and transferred to the custody of the Hudson County Sheriff's Office. The vehicle was released to a licensed driver.

●During a routine traffic stop on Julustown Rd, police discovered the vehicle operator, a civilian NAFD, was an unlicensed driver. The subject was cited and the vehicle towed from the scene.

●While on routine patrol, police observed an unregistered vehicle, owned by a civilian NAFD, parked near Bldg. 4302. The owner was cited and the vehicle towed from the scene.

●While on routine patrol, police observed an unregistered and unlicensed vehicle, owned by a Soldier NAFD, parked near Bldg. 5432. The owner was cited and the vehicle towed from 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 was released to a licensed driver.

●Police responded to a motor vehicle crash in the Club Dix parking lot. Investigation revealed a parked and unoccupied vehicle, owned by an Airman assigned to McGuire AFB, rolled backwards from its parking space and struck another parked vehicle. The vehicles sustained no damages, there were no injuries, and the vehicles were released to the operators at the scene.

●Police responded to a motor vehicle crash near Bldg. 5220. Investigation revealed a Fort Dix civilian employee was parking a government vehicle when his foot slipped off the brake and made contact with gas pedal, causing the vehicle to jump the curb, striking a sign and another vehicle. The sign fell and struck a third vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to an incident in the Garden Terrace housing area. Investigation revealed a resident's spouse had been verbally abusive to her. Victim advocates for Fort Dix and McGuire AFB responded and will follow-up.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5258. Investigation revealed dust from construction work had activated the alarm.

●Police responded to a report of wrongful damage of commissary property at the Main Shopette. Investigation revealed an unknown person drove off after fueling with the pump and nozzle still attached to their gas tank. Pump and nozzle were later found in the parking lot.

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

●There were 27 Magistrate Court Citations issued for moving violations. DWI incidents remain at nine for the year.

# Family Action plan sustainable

**J.D. Leipold**  
Army News Service

WASHINGTON, Aug. 26, 2008 - Maj. Gen. John Macdonald told bloggers last week in a Pentagon teleconference that the Army Family Action Plan through its series of workshops has resolved or reviewed some 633 Soldier and Army family issues since inception in 1983 and that it will continue to be sustainable.

The nearly 25-year-old plan, first formulated by then-chief of staff of the Army Gen. John A. Wickham's "white paper," speaks to the principle that "the stronger the family, the stronger the Army, because strong families improve combat readiness."

"It has words in it that resound today, in terms of resilience, in strength," said Macdonald, commander of Family, Morale, Welfare and Recreation command. "This is not welfare, not 'gimmies,' but things that Army families depend on to be able to persevere through this persistent conflict."

Addressing the Army Family Covenant which came into play last year, Macdonald said the impact across installations has been dramatic and sustainable.

"Most of programs are

funded by our global war on terrorism supplemental dollars," he explained. "They will be sustainable, because we've taken about half of those dollars and put them into the base funding program. In the long term, we won't retain an all-volunteer force unless we retain Army families."

Within the covenant, the Army has also been modifying and developing Family Readiness Groups further, which has opportunities for spouses that are home when units are deployed.

Becky Pillsbury, wife of Maj. Gen. James H. Pillsbury, who also attended the teleconference and has served on the workshops to determine Soldier and Family needs and wants said the Army has started a grassroots effort called "Still Serving Veterans."

"Only 3 percent of those returning have lost limbs and yet that is who the people think of when they think of severely wounded veterans; the rest of them have multiple injuries," she said. "Most of them have post traumatic stress disorder or traumatic brain injury and these are the ones who may decide to get out of the military."

The military is doing everything it can to keep these veterans, if they wish to continue serving, Pillsbury said.

Many are National Guard and Reserve Soldiers, and she said if they get out and return to their hometowns many don't realize the many benefits to which they are entitled.

"So we wrap our arms around them and their families to provide some of them counseling and to help them get job skills," she said.

"We have a university that will broadcast classes into their room at Walter Reed, at no charge so they can go ahead and get their bachelors, their masters. They will get life-skill credits in the college and we do everything to get them employable and help to find them jobs."

Family Readiness Support Division and Family needs and wants said the Army has started a grassroots effort called "Still Serving Veterans."

"We're finally getting after our geographically dispersed Soldiers. Before we really couldn't conceive of how to use the technology to get to our Reserve, National Guard, Engineer District, ROTC recruiting battalion Soldiers and Families," said Macdonald.

"We're doing that with Military One Source and what we call the 'Army Integrated Family Support Network' which will be unveiled in October."

Macdonald also said the Army is looking at teaching

combat lifesavers to look for PTSD symptoms in Soldiers.

He has been talking with Brig. Gen. Loree K. Sutton, director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury about incorporating an additional two days of training so combat lifesavers can identify PTSD symptoms.

Pillsbury also said the Military Child Education Coalition has been a huge change.

With military families moving from one duty station to another, children often have a tough time adjusting.

"So, we're doing things like getting counselors in the schools to help the military child with transition," she said.

"The hardest thing in the world the first day of school is who are you going to sit with at lunch? They made sure that they would assign a buddy to go with them. Just knowing things like this as a mother was a huge thing for me. That made a tremendous difference in the ease of moves for my children and thus for my husband and me."

Macdonald, whose father was a career-Army and whose wife is also in the Army added: "It's the Army taking responsibility not for just its on-post schools, but for where 70 percent of its families live, and that's off-post."

# 'I.A.M. Strong' launched

(continued from page 1)  
diers. We are all MOTIVATED to take action, to promote SAPR programs and become advocates within our communities. We are strongest together."

This change moves the Army's efforts from risk reduction (potential victim focus) to prevention, which is focused on stopping potential offenders and their inappropriate behaviors and actions that may foster sexual assault.

Just as Soldiers would not assist the enemy in harming one of our own, Preston said the Army expects that Soldiers will not tolerate the mistreatment or assault of a fellow Soldier.

The I AM Strong program features influential role models, provides peer-to-peer messages and a social network to encourage Soldiers to participate in prevention and accountability behaviors and offers community workshops, proj-

ects, and awards. In addition to an upcoming sexual assault prevention summit Sept. 9-12, Army G-1, in partnership with commands' I AM Strong programs, will launch a tour this fall featuring live, interactive training.

The training focuses on cultural expectations, gender role stereotypes, and unrealistic expectations that contribute to unhealthy intimate and social situations.

The training program addresses issues of dating, sex, and non-stranger rape among young people.

It fosters the dialogue to encourage thoughtful, accountable behavior.

Some Soldiers enter into military service with social beliefs that do not align with Army values, officials said, particularly in the area of tolerance of inappropriate attitudes, behaviors or actions of a sexual harassment or sexual assault nature.

They said these social beliefs may affect Soldiers' actions as they enter the Army and establish relationships with fellow Soldiers.

Although Soldiers may have experienced a tolerance for these social beliefs before they enlisted, officials said these beliefs are counter to who American Soldiers are, and the faith and trust Soldiers place in each other.

"You're here today because you're already actively engaged in your command and community's efforts to provide better opportunities for Soldiers," said Preston.

"I call on you to be an active member of the I AM Strong program. With your support, we can proactively combat this crime that is being committed against our Soldiers."

The goal of the Army Sexual Assault Prevention and Response Program is to create a climate where Soldiers live the Army Values, thereby elim-

inating incidents of sexual assault.

Soldiers must understand that they can report incidents when they occur, without fear, knowing they will receive the help and care they deserve, officials said, adding that leaders must ensure that offenders are brought to justice.

But responding to a sex crime that has already occurred is only one part of the equation, Preston said, adding that preventing it before it even happens is where Soldiers need to focus their efforts.

"Sexual assault goes against our Army Values and Warrior Ethos," Preston said.

"I need you to intervene before an assault happens. Have the personal courage to take action and be motivated to make the program a success - take ownership."

More information on the SAPR program can be found on the internet at [www.sexualassault.army.mil](http://www.sexualassault.army.mil).



## Kiwis, Warriors rule rugby

Ed Mingin  
Public Affairs Staff

The eyes of the rugby world were focused on Doughboy Field Aug. 23, when Fort Dix hosted the American National Rugby League Championship, and a game between the Auckland Metropolitan Police and the American National Rugby

League (AMNRL) All-Stars. When the dust settled, the New Haven Warriors stood as champions, beating the Aston Bulls 50 - 18, and the Kiwis were victorious over the All-Stars 46 - 12.

Rugby has been increasing in popularity in the U.S., as people get a better understanding of its rules and game-play. "We don't grow up playing it as kids, like we do with foot-

ball or baseball," said Air Force Tech. Sgt. Laz Acosta, who was training at Fort Dix. "We don't get introduced to it until we're older, like in college or the military. That's one of the big problems, most of us aren't aware of it until later in life."

Acosta grew up in Florida, and wasn't introduced to rugby until he was an adult. "I was stationed in England and that's when I was introduced to it," he said. "It was about 10 years ago."

Now a big fan, Acosta jumped at the chance to catch some rugby action stateside.

Though the final score of both games was a bit lopsided, the action was fast and furious throughout. The Kiwis and the All-Stars started their competition with some pushing and shoving during the first half of the game, with the Kiwis leading 18 - 4 by the close of the half.

Things calmed down a bit for the second half, with the Kiwis dominating and going on to a 46 - 12 victory.

"My favorite quote about the game is that football is a gentleman's sport played by hooligans. Rugby is a hooligan's game played by gentlemen," said Acosta. "One of the best things about rugby is it's not just a sport, it's a brotherhood. After the game, everyone gets together and has a few

beers." Proving Acosta's statement true, after the Kiwi vs. All-Star game, the two teams met mid-field, exchanged handshakes, then sat together to watch the championship game between the Aston Bulls and the New Haven Warriors.

"We learn a lot every time we play a team from overseas. We've come a long way. Believe me when I say we started with nothing," said Jeff Preston of the AMNRL All-Stars after the game against the Kiwis.

Action for the championship game picked up where the All-Star game left off. The Bulls got on the scoreboard first, but the Warriors answered quickly with a score of their own. It was all New Haven from there, with the Warriors going on to a big 50 - 18 victory.

The Bulls have been the dominant team in the AMNRL since the league's inception. They have appeared in all 11 AMNRL championship games, though this loss marks the third year in a row that Aston has lost in the final.

More information about the American National Rugby League can be found at [www.amnrl.com](http://www.amnrl.com). More information about the Kiwis can be found at <http://www.policerugbyleague.co.nz/>.



photos by Ed Mingin



**FREE TRADE** -- Col. Ronald R. Thaxton, Fort Dix installation commander, and Command Sgt. Maj. Bonita Davis, installation command sergeant major, present an Ultimate Weapon statue and plaque to Metu Egalani and the Auckland Metropolitan Police rugby team, above. Thaxton and Davis were presented with a New Zealand national flag by the team. Top photo, Matt Doeg, of the New Haven Warriors tries to escape the grip of defenders. The Warriors went on to a 50 - 18 victory over the Aston Bulls to win the AMNRL championship.

**READY FOR BATTLE** -- The Auckland Metropolitan Police rugby team perform a Haka before the start of their game against the AMNRL All-Stars, below. The Haka is traditionally performed before a battle in order to invoke the god of war and to discourage and frighten the enemy, or in this case, the opposing team. The tactic seemed to work, with the Kiwis victorious 46 - 12 over the All-Stars. Craig Bryant, above, wears a traditional Bobby uniform to support his Kiwis.



# NEIGHBORHOOD

## THE CORNER

### Thrift Shop accepting Fall clothing consignments

The Fort Dix Thrift shop is now accepting Fall clothing consignments. Consignments are accepted Tuesdays and Thursdays from 10 a.m. to noon. Appointments are also available by calling 723-2683.

The Summer Clearance Bag Sale is also underway. For only \$2, shoppers can fill a bag with all the TSP and PO6501 clothing that will fit.

The Thrift shop is open Tuesday and Thursday from 10 a.m. to 2 p.m., the first and third Saturday from 10 a.m. to 2 p.m. and the first Wednesday of the month from 3 p.m. to 7 p.m.

For more information call 723-2683.

### Job Fair scheduled for Club Dix

Fort Dix Employment Readiness and the Job Fair Company will present a job fair Sept. 17, at Club Dix. The event starts at 10 a.m. and will continue until 2 p.m.

For more information, call Donna Brady at (800) 632-5532, or e-mail dbrady@jobfairco.com.

### 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.

Voter 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.

### Medication disposal can pose environmental threat

Proper disposal of unused or expired medicine is an emerging environmental issue. As with any household waste, the disposal method chosen can have a direct effect on safety and the health of the environment.

Disposal via the toilet or the sink takes your drugs into the sewage system. Modern water treatment plants are not fully designed to deal with medication disposal.

The full extent of environmental damage and the long-term health risks of even a small amount of medications in our drinking water remain unknown.

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

### Volunteers needed for speaking engagements

The Fort Dix Public Affairs Office is looking for officer and senior NCO volunteers to help us in our community relations efforts by becoming part of our speaker's bureau. Please call Gerry Zanzalari at 562-4034 for more information.

### 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 8th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall.)

There is no cost except the desire to stop drinking behaviors that are harmful to yourself and others.

If you or someone you care about needs help, these meetings are ANONYMOUS.

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

## The Post!

# Music, cheese and wine headline Hot August Nights Jazz Festival

Jennifer McCarthy  
Public Affairs Staff

The Hot August Night Wine and Jazz Festival was held Aug. 21 at Club Dix, and while the evening's weather was not particularly sultry, the sounds, sips and snacks were.

Renowned Jazz saxophonist Gerald Albright headlined the sold-out musical extravaganza which also featured musician Jaii Stylz.

Prior to the concert, ricket holders sampled wine and spirits from six area beverage distributors. A dazzling display of fruits and cheeses from around the globe were available to complement the drink.

Many of the wines tasted that evening are available through AAFES at the Class Six Store and the Base Exchange/Post Exchange.

"We've been serving here for 20 years. They (AAFES) have been very good to us. We feel obligated to give back," said Bill Buckley, Vice President of Regional Sales for Tomassello Winery.

The winery is home to a number of wines and sparkling wines created from local produce such as cranberries and blueberries. A pomegranate wine is new to the list.

"People like it for the antioxidants," said Buckley.

Pomegranates were not on the cheese table, but a variety of other fruits and berries were. The staff of Club Dix transformed the produce into whimsical edible sculptures.

Following the wine and cheese tasting, the crowd convened in the

Ballroom to listen to the smooth sounds of Albright. But before the sax man took the stage, he took a few minutes to mingle with the crowd, among them Sailors from the Expeditionary Combat Readiness Center.

"We appreciate the time he took to notice us and come talk to us," said PS2 Maynard Baza.

Though Albright has family members who served in the military, this was the first time he played on a military installation.

"It would be nice to do a whole tour of military bases," he said.

While this might have been the first time he played for an all-military audience, Albright has experience playing for military leaders. He was hand selected to play for the Commander-in-Chief. Albright performed at former President Bill Clinton's first inauguration.

"We're friends," Albright said of Clinton, "We still send Christmas cards."

Warm greetings seem to be the message of Albright's music.

"We want our audience to feel 200 percent better than when they came in. It's the musician's job to make people feel better, feel good, love. We want listeners to learn something about Jazz and improve," Albright said.

Albright recently released a new CD, *Stax on Sax*, a collection of cover songs from the late 50's to the mid-70's recorded at the legendary Stax Record Company in Nashville, Tenn.

For more information on Albright visit his website at [www.geraldalbright.com](http://www.geraldalbright.com).



Veverly Wakefield

**SMOOTH SOUNDS AND TASTES -- Saxophonist Gerald Albright blows away the crowd during a free concert at the Hot August Nights Wine and Jazz Festival held at Club Dix Aug. 21.**

## Teen volunteers at Red Cross station

Wayne Cook  
Public Affairs Staff

Besides volunteering at the Red Cross, Casciano volunteers regularly at the post chapel.

Earlier in the summer he was a volunteer mentor during Vacation Bible School. He also wants to become a Sunday school teaching aide.

His father, Technical Sgt. Kevin Casciano, is the NCOIC of Family Readiness at the Family Support Center on McGuire Air Force Base, and his mother, Angie, a former Senior Airman in the Air Force, is now employed in Princeton. He has an older brother, John, and a younger sister, Sophie.

"I think volunteering is very beneficial to you and those you serve. It gets your name known and opens doors of opportunity. It gives you the opportunity to help others and shows you really care about those around you," said Casciano.

While at the Red Cross, Casciano unpacks new donation items and organizes them in bins of like items. He also packs new comfort kits which are given out to deploying and returning Soldiers. In his spare time he helps with the custodial duties around the office.

"Earvin is always cheerful. He works on his own and doesn't need constant supervision. He is very valuable to us here at the Red Cross," said Patricia Selk-Welkenback, volunteer manager, Fort Dix Red Cross Station.

"It's good for my resume for school. It makes me feel good to help others. My family feels they've raised a good kid. I really like helping people in the community," Casciano said. When he finishes his morning of volunteering, this motivated young man goes quickly to the commissary where he begins his job as a bagger, again serving people.

Casciano's future goals include attending college and then joining the military to serve his country.

The theme of service seems woven throughout the fabric of this young volunteer's life.



Carolee Nisbet

## Securing her future

Any Koch and daughter Zoe accept a packet of U.S. Treasury Bonds earmarked for Zoe's education from Jay Renwick, secretary of the Marine Corps Law Enforcement Foundation at an Aug. 22 ceremony at Fort Dix. The foundation presented the \$30,000 gift to Zoe in recognition of her father, Cpl. Steven Koch's patriotism and heroism. Cpl. Koch was killed in an improvised explosive device attack in the Sabari District of Afghanistan March 3, 2008, while serving with the 82nd Airborne.

## Star card patrons save at AAFES gas stations

Judd C. Anstey  
Army & Air Force Exchange Service

DALLAS, Aug. 15, 2008 -- Army & Air Force Exchange Service gas stations in CONUS, Alaska and Puerto Rico are being programmed to reflect a discount of three cents a gallon for drivers who pay with a Military StarSM Card.

"Anytime a customer uses a bank issued debit or credit card, the retailer pays a portion of the transaction to a third party financial institution," said AAFES' Chief of Corporate Communications Lt. Col. Dean Thurmond.

"Because the Military StarSM Card is administered by the Exchange Credit Program, AAFES is not subject to the additional fees incurred through other 'pay at the pump' options. As a result, we're able to pass savings on to authorized exchange shoppers."

AAFES started applying the three

cent a gallon discount to transactions at all CONUS installations and Alaska and Puerto Rico August 19.

"I encourage drivers during the first week or so of this new effort, to touch base with the attendant at their local gas station to ensure the software upgrades have taken effect before fueling up," said Thurmond.

"As is the case with anything technical, we expect a few glitches could occur during the first few weeks of the program."

Officials hope to extend the Military StarSM Card three cent a gallon discount at all AAFES facilities in the future, but do not have a time table for worldwide implementation at this time.

"This effort is a priority of AAFES command," said Thurmond.

"Entire teams are dedicated to working through the technical challenges to extend the Military StarSM Card discount to drivers at all AAFES locations."



Wayne Cook

**HEART OF A SERVANT -- Earvin Casciano, 15, volunteers two hours a day, three days a week at the Fort Dix Red Cross Station. Here he is packing comfort kits for deploying and returning Soldiers. He also volunteers his time at the chapel.**

# MILITARY MATTERS

## Beneficiaries get benefit news by e-mail

American Forces Press Service

FALLS CHURCH, Va., Aug. 21, 2008 — The Tricare military health system's 9.2 million beneficiaries now have an easy way to receive the latest newsletters and stay informed about changes in coverage, pharmacy updates and other news.

A new electronic delivery system is up and running, Tricare officials said, and subscribing is fast and secure by clicking on the "little red envelope" on Tricare's Web site, www.tricare.mil.

"We're excited to offer beneficiaries a chance to sign up for the Tricare benefit news they want and need," said Army Maj. Gen. Eldon Granger, deputy director of Tricare Management Activity.

"We have offered some limited e-mail delivery options in the past, but this new subscription service enables anyone interested in Tricare news to sign up for a wide range of topics. It's one-stop shopping."

Subscribers can choose alerts by topics or beneficiary category, and delivery is safe and secure — an e-mail address is the only information collected. Subscribers also have a unique page they can manage any time, and they can choose to be notified as soon as news or benefit changes are posted, or select daily, weekly or monthly updates.

"One of our highest priorities is communicating with our beneficiaries and providers," Granger said. "E-mail is now the method most people use to receive news and that will only continue to increase. This new service helps us take advantage

of the technology."

The new subscription service also links users up to similar alerts available on other Military Health System Web sites, including health.mil, which features MHS news, debates, videos and blogs, as well as Force Health Protection and Readiness and the Uniformed Services University of the Health Sciences. Partnership subscription options with other health-related federal Web sites include the Centers for Disease Control and Prevention and DisabilityInfo.gov. Tricare's e-alerts are sent through GovDelivery, which also provides services to dozens of other Defense Department and federal agencies including the FBI, the Department of Health and Human Services, the CDC and the Food and Drug Administration.



WEB OF INFORMATION — The Tricare military health system joined the 21st century when it comes to delivering benefit information to their more than 9.2 million beneficiaries. Tricare users can now receive information in their e-mail accounts.

## Mental health, well-being programs available

The U.S. Army is reminding Soldiers and their Families of the many available mental health and well-being programs to assist them with stress during the traditionally busy summer months, said Soldiers and their Families often move from one duty assignment to the next in addition to many wartime stresses.

"Army leaders are fully aware that repeated deployments have led to increased distress and anxiety for both Soldiers and their Families," said Secretary of the Army Pete Geren.

"This stress on the force is validated by recent studies of Iraq and Afghanistan veterans reporting symptoms of post traumatic stress disorder or major depression. The Army is committed to ensuring that all Soldiers and their Families receive the behavioral health care they need."

Services that are available for Soldiers and Families

include combat and operational stress control for deployed units, behavioral health care programs in garrison, and suicide prevention programs. Chaplains, Military One Source, and Army Community Service offer additional support.

All Soldiers redeploying from the theater of operations are required to complete the Post-Deployment Health Assessment (DD Form 2796) before leaving theater. This process screens for PTSD, major depression, concerns about Family issues, and concerns about drug and alcohol abuse.

A physician, physician assistant or nurse practitioner reviews the form, interviews the Soldier if needed, and can refer the Soldier to a behavioral health care provider either on-site or at a military treatment facility. About 5 to 6 percent of Soldiers are referred for behavioral health care.

Soldiers complete the Positional Health Reassessment (PDHRA) screening program three to four months after returning from deployment.

Soldiers who report problems can be offered care through military medical treatment facilities, Department of Veterans Affairs medical centers or VET centers, or by private health-care providers through TRICARE. About 12 percent of Soldiers are referred for behavioral health care after this screening.

Although the challenge is great, these efforts are meeting with success. The Army's Battlemind training helps Soldiers and Families anticipate the challenges they may face before, during and after deployments. Battlemind has proved to reduce the number of Soldiers with symptoms of behavioral health problems.

This has been so successful the program is being expanded to be standard for all Soldiers. Units can use videos and printed materials available at www.battlemind.org. As part of the effort to remove any stigma that is attached to

behavioral health care, Soldiers now do not have to report counseling undertaken to deal with stress from combat or related to marital, family or grief issues when they apply for a security clearance unless the treatment was court-ordered or was the result of violence.

All Soldiers, both active and reserve, participated in training on mild traumatic brain injury and PTSD last year. This chain teaching program provided leaders and Soldiers information and resources on concussions and post combat and operational stress. Over 900,000 Soldiers received the training.

The 2007 Mental Health Advisory Team (MHAT) evaluated behavioral health support in theater last year. That MHAT concluded that programs such as Battlemind and chain teaching programs are helping, and there is a slow but steady decrease in perception of a stigma attached to behavioral health treatment.

Since last fall, the Army has added more than 190 contract behavioral-health providers to

work on its installations. Additional help will come from Public Health Service providers detailed to work at military installations.

There are an additional 93 social workers now employed by the Warrior transition Units. Across the Army, we have over 2000 providers, including psychiatrists, psychologists, social workers, psychiatric technicians, drug and alcohol counselors and marriage and family therapists.

From the beginning of Iraq War, the Army anticipated the value of a robust combat and operational stress control presence on the ground, and deployed more than 200 behavioral health providers in Iraq and 30 in Afghanistan.

All deploying behavioral health providers are required to complete the Combat and Operational Stress Control Course, which has been revised to include lessons from the war on terrorism.

The Department of Defense this year established the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, led by Army Brig. Gen. Loree Sutton.

This organization will pool expertise for treatment, education and research on these issues. The Army has made a concerted effort to improve suicide prevention programs. Army personnel officials,

and chaplains are coordinating education and training efforts for Soldiers and Families.

The Army Suicide Event Report system provides surveillance and analysis.

Analyses of suicides have resulted in new educational products, which are currently being distributed, both in theater and throughout the continental United States.

These include "tip cards" such as the ACE (Ask, Care, Escort) card, and updated videos.

However, the Army recognizes more needs to be done, and is committed to doing everything it possibly can to decrease suicides.

Health care providers face their own stress as they care for injured Soldiers day after day, and so they now receive Provider Resiliency Training.

All health care providers will be screened, and based on those results care teams may be installed at each military treatment facility, specifically to focus on the needs of the health-care providers.

A wealth of information is available at www.behavioral-health.army.mil on the World Wide Web.

Soldiers or Family members also can call toll-free to Military One Source at 800-342-9647 for assistance, including referral for behavioral health counseling.

## Army makes new uniform official

C. Todd Lopez Army News Service

WASHINGTON, Aug. 25, 2008 — Out with the old, in with the blue. The Army has made it official; the green service uniform, which has defined the service since the mid-1950s, is on the outs.

In place of the green uniform will be a variation of the blue uniform, something many Soldiers already own. Official word on the new Army Service Uniform, or ASU, was released Aug. 20, in a message to all Army activities. The message defines the wear policy and the bridging strategy for transition to the new uniform.

"It's a culmination of transformation efforts that started in 2004," said Sgt. Maj. of the Army Kenneth O. Preston of the new ASU. "We had three 'Class A' style uniforms, all the same style jacket, with just a different color — the policies on how we wore accoutrements on them were different. We asked the question — if we wear one only, which would it be? And the blue uniform was the most popular of the three."

The new ASU coat, similar to the existing blue coat, will be made of a wrinkle-resistant material and will have a more athletic cut.

Other changes to the uniform include authorization of a

combat service identification badge to recognize combat service, overseas service bars authorized on the jacket sleeve for both enlisted Soldiers and officers, the wear of distinctive unit insignia on the shoulder loops of the blue coat for enlisted Soldiers, authorizing paratroopers to wear the black jump boots with the blue ASU, and the decision to transition to a new short sleeve and long sleeve white shirt with shoulder loops.

It is also permissible for enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat. Officers and Soldiers in the grade of corporal and above will additionally wear a gold braid on their slacks to indicate leadership roles.

"That is kind of a right of passage as you transition from being a (junior) enlisted soldier to a noncommissioned officer," Preston said of the gold braid.

New items for the ASU will be available in military clothing sales after July 2009.

Soldiers will be expected to possess the entire uniform by July 2014. The two key components of the uniform, the coat and slacks, are expected to cost around \$140, with modifications bringing the total cost to \$200. Enlisted Soldiers will receive an increase in annual uniform allowance to help offset the cost of the uniform.

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# Awardees get warm and fuzzy with WTU



The Warrior Transition Unit (WTU) awarded certificates of appreciation to the members of the Job Fair held on May 19 and 20. There was record setting attendance with the help of several civilians and military. Over 500 service members and their families attended. Maj. David Dean, left, stands next to Sgt. 1st Class Loranda Taylor, who was awarded for being a committee member. Maj. David Dean and Sgt. Maj. James Clark, at right, awarded Sgt. McCall, squad leader, with both a certificate of appreciation and a warm-fuzzy throw provided by DoD. Several others were also given throws, for their help with the event's success during an awards presentation Aug. 26.



photos by Jennifer Chapko



Lisa Evans

GRADUATES -- Chemical, Biological, Radiological and Nuclear Defense Course Class of 11-08 (from left) Sgt. 1st Class Regina Espy, Warrant Officer Curt Tucker, Cpl. Karl Smith, 2nd Lt. Andre Ballard, Cpl. Shawn Webster, 2nd Lt. Frederick Dickens, Cpl. Damon Adams, Cpl. Gene Staggs, 2nd Lt. Addison Taylor and 2nd Lt. Emerson Slack graduated Aug. 26.



HEAVENLY AWARDS -- Chap. (Col.) Larry Biederman, installation chaplain, (left) presents Sgt. 1st Class Frederick Cohen with the Army Commendation Medal for exceptional duty as a chaplain assistant at the installation chapel for the period January 2005 to July 2008 during a ceremony on Aug. 20. Wayne Cook

## Commander recognizes heroes

Don Kramer  
Northwest Guardian

**FORT LEWIS, Wash.** - The Army Vice Chief of Staff, Gen. Richard A. Cody, saved one of his favorite things until the end of the first day of his visit to Fort Lewis June 11. Cody, who has announced his retirement, came to the installation to give the keynote remarks at the Army birthday ball the following evening. The vice chief talked to many I Corps Soldiers last week, often interrupting his itinerary to chat with an individual or group. He told the assembled members of the 571st Military Police Company, that he relished the opportunity to present awards to 10 of its Soldiers, among his last official tasks before leaving the Army. Cody presented the Bronze Star Medal with valor device to Staff Sgt. Dwight Cross for leading his 12-Soldier contingent through more than five hours of combat against insurgents who had overrun an Iraqi police station in the Buhritz neighborhood of Baqubah in December 2007. He continued an escort mission, leading his Soldiers and their four-vehicle convoy

through an ambush, pushing an officer out of harm's way and suffering a bullet wound to his leg. The 11-year Army veteran had spent his first eight years as a mortarman before transferring to the MP Corps. As the mission developed, he put his infantry experience to good use. Cross also received a Purple Heart and was re-enlisted by the vice chief in front of his company. The NCO said he was impressed. "This is pretty neat," he said. "I've never been presented an award by a general." Cody also swore Cross to his re-enlistment oath after the award ceremony and jokingly asked him how Cross had liked serving under him at Fort Campbell, Ky. Cody, a former helicopter pilot, commanded the 101st Airborne Division while Cross served there in the 3rd Battalion, 187th Infantry Regiment. "We were at Campbell together," Cody said. "(Staff) Sgt. Cross was with the Rakkasans. How was I as your division commander?" He didn't wait for a response. That Cross had decided to re-enlist, Cody told

the MPs, reflected well on the entire company. "He is re-enlisting for all of you, because of all of you," he said. "I'm proud of you all." Cross leaves at the end of the month to report to Fort Leonard Wood to continue his career as an instructor at the MP School. Cody presented awards to nine other Soldiers: Sgt. Christopher Dowling, Army Commendation Medal with V-device; Sgt. Bryan Lynch, ARCOM with V-device; Sgt. Andrew McMillan, ARCOM with V-device; Staff Sgt. Roy Parker, Bronze Star Medal; Sgt. 1st Class Spencer Frost, Bronze Star Medal; 1st Lt. Audrey Quinby, Bronze Star Medal; Sgt. Ryan Payne, Purple Heart; Spc. John Bowles, Purple Heart; and Spc. Holly Keyes, Combat Action Badge. Three of Cross' Soldiers

received medals with V-devices for the same mission: Dowling exposed himself to insurgent fire to help clear a malfunction in the .50 caliber machine gun. He then ran 25 meters across an open area to retrieve a pair of AT-4s; Lynch coordinated an air weapons team support and helped drag Cross to safety after he was wounded; and McMillan coordinated rear security to allow evacuation. Three others received Bronze Star Medals for excelling during their tours of duty during Operation Iraqi Freedom: Frost, a platoon sergeant, trained the staffs of six Iraqi police stations who conducted more than 800 missions. Parker trained more than 300 Iraqi police officers; Quinby served as police transition team leader at district level, making improvements in route security.



Wayne Cook

YELLOW BANNER -- Leadership from the 398th Combat Sustainment Support Battalion hold their unit's Yellow Banner before raising it over Infantry Park during a ceremony Aug. 22. Left to right: Command Sgt. Maj. Ronald Merritt, 1st Sgt. David Babin, Capt. Adam Renner, company commander, and Lt. Col. William Arther, battalion commander, will lead their charges as they support the Global War on Terrorism. The unit hails from Rockville, Md. and will be stationed in Baghdad for a one-year tour.

## Brigade awarded bronze star for WWII service

**Washington D.C.** - The Army has authorized award of the Bronze Star Medal for Service to the living Canadian veterans of the 1st Special Services Force for their service to the U.S. Army during World War II. The unit was known as "the Devil's Brigade" during the war and was one of the first U.S. special operations forces units in the war. The unit included U.S. Army soldiers and soldiers of the 2nd Canadian Parachute Battalion and 2nd Canadian Special Service Battalion of the Special Operations Group. From 1942 to 1944, about 2,500 soldiers served in the unit under U.S. Army command. Members from both nations were assigned interchangeably to the squad level and below. The Canadians wore U.S. Army uniforms and carried American weapons. The unit deployed to the Aleutian Islands in 1943 and then moved to Italy. The force participated in actions at the Aozio beachhead, the liberation of Rome and into southern France. The unit took so many casualties that officials dis-

banded it in January 1945. The unit earned the name the Devil's Brigade during the Italian Campaign from words found written in the diary of a dead German officer: "The black devils are all around us every time we come into line and we never hear them." The award of the Bronze Star Medal for Service is a conversion award of the Combat Infantryman Badge authorized for almost 1,200 Canadian veterans in 2005. Under Army policies, only Combat Infantryman Badges and Combat Medic Badges awarded during World War II may be converted to the Bronze Star Medal for Service. "This is an added award to these Canadian veterans," said Shari Lawrence, a spokeswoman for the Army's Human Resources Command. Although approved for the unit as a whole, the almost 120 eligible veterans must submit verification documents showing their complete name, rank, service number and dates of service when they apply for the medal. Force veterans are meeting in Helena, Mont., this week for their last reunion. "It's only fitting we make this announcement this week," Lawrence said. The unit trained in at Helena's Fort William Henry Harrison before leaving for war. Eligible veterans may send their request and copies of their verification documents to: U.S. Army Human Resources Command, 200 Stovall Street, ATTN: AHRC-PDO-PA; Alexandria, VA 22332-4000.

**Volunteers needed**  
**Fort Dix Special**  
**Observances Committees**  
For more information call  
Denise Horton at 562-4011

# Troops to Teachers seminar hosted by ACS

Wayne Cook  
Public Affairs Staff

A Troops to Teachers/Spouses to Teachers seminar was hosted by Army Community Service at Building 5201 Aug. 20 for persons interested in seeking a profession in education.

The federal Troops to Teachers/Spouses to Teachers program assists eligible military personnel and their spouses with the transition into a second career as kindergarten through 12th grade public school teachers.

"We help ensure that the applicants meet state certification requirements. We also evaluate transcripts to make sure that the credits earned translate to those needed for the certification.

Our goal in the Troops to Teachers/Spouses to Teachers program is to facilitate a smooth and seamless transition into the world of teaching for the military members and their spouses," said Melissa Fantozzi, program coordinator, Troops to Teachers/Spouses to Teachers for New Jersey and Delaware.

Troops to Teachers (TTT) was established in 1994 as a Department of Defense pro-

gram. The National Defense Authorization Act for Fiscal year 2000 transferred the responsibility for program oversight and funding to the U.S. Department of Education but continued operation by the Department of Defense.

The No Child Left Behind Act of 2001 provides for the continuation of the TTT Program. Troops to Teachers is managed by the Department Activity for Non-Traditional Education Support (DANTES).

The goal of the program is to help recruit quality teachers for schools that serve students from low-income families throughout the country.

"Nationally we have helped to place 11,000 veterans in the system since the inception of the program. The retention rate of the former military teachers is just over 75 percent.

Eighty-four percent of those teachers are male. The majority of the teachers, 48 percent, teach at the high school level, with the remainder pretty much evenly split between the elementary and middle school levels," Fantozzi said.

To help recruit a larger number of teachers and to provide an opportunity in the education field for spouses of military members, the Spouses to

Teachers Program was created in October 2007.

To date, the state of New Jersey has had 55 registrations into the program.

"We are not an employment service, rather we give guidance and counseling to those seeking employment in the education field through these programs.

We have found that school systems like to have steady and mature workers in their schools and being in the military helps provide the discipline and dedication to profession that they seek," said Fantozzi.

"I think the two programs are excellent programs for the troops and spouses who want to teach. They provide a smooth and seamless transition into the education world," she said.

Another briefing will be held in the next few months. For more information, interested persons should contact Porfino Rodriguez-Martell at Army Community Service by calling 609-562-2186 or 609-562-2767.

For more information on Troops to Teachers/Spouses to Teachers Programs, call 850-452-1241 or 800-231-6242, or check on the Internet at <http://www.dantes.doded.mil/dantes>.



Photo by Wayne Cook

**Melissa Fantozzi, program director, Troops to Teachers/Spouses to Teachers of New Jersey and Delaware, briefs Fort Dix members on the need for quality educators in the nation's public school system during a seminar hosted by Army Community Service Aug. 20.**

## Operation Rising Stars to shine on installation

Lisa Evans  
Public Affairs Staff

Calling all military amateur singers — raise your voices and sing in competition.

Operations Rising Star 2008 is looking for military voices to compete a la American Idol. Competition is open to all Active Duty, National Guard or Reserve members from any branch of Service, or a family member older than a valid military ID card.

Visit the online website [www.OpRisingStar.com](http://www.OpRisingStar.com) for complete rules and information about the competition. On Fort Dix call Marianne Tatcher at 562-2727 for tickets and information about Fort Dix competitions.

Formerly called Military

Idol, Operation Rising Star 2008 is happening now at installations around the world and comes to Fort Dix Sept. 12 for first round competition.

This is a vocal competition only with the first round being a capella, so no music unless worked out with the judges in advance.

Taped or live music accompaniment can be used in the second and third rounds.

Prizes at Fort Dix include a \$500 first prize, \$200 second prize, and \$150 third prize. Winners of the first round held on Sept. 12 will compete in the second round Sept. 19 with the chance to go on to the third round on Sept. 26.

A video will be made of the singers during all three rounds. The video will be posted on the web for viewer voting making it possible for friends, relatives

and the viewing public to have a say in the final winners. Judges will decide on the grand prize winner after taking the voting into account.

The grand prize winner gets an all expense paid trip to Los Angeles for the singer and a guest for three days.

There, the winner will receive vocal coaching, professional music arrangement and sound engineering to produce a CD.

The winner and guest will also receive tickets to a late night talk show.

Second place winners in the overall competition will receive a \$1000 cash prize and the third place winner will take a \$500 cash prize.

Military contestants can not have any adverse actions pending or have any flags or UCMJ actions on their records.

## Chaplains' Corner

Chap. (Maj.) Eric  
Albertson  
The Mountain View

One of our fundamental desires in life is happiness. Everyone wants to experience joy and a sense of fulfillment, resulting in happiness.

Several years ago, advertisers would make the pitch, "Happiness is..." and then follow with a series of statements attempting to define happiness as something met by the use of their product.

Certainly, most of us would agree that "Happiness is driving my own Corvette." Our imaginations can run wonderfully wild as we ponder how to answer this question.

However, before we get too carried away making plans for the purchase of our new Corvette, it is good to approach this pursuit from the spiritual perspective as

well. Research shows that many who attempt to define happiness only through material items still end up with an absence of fulfillment and an inner sense of loss.

We have all heard the surprising stories of an occasional millionaire who commits suicide.

The notes they left behind often state that even amid their wealth, success and fame, life still seemed to be without meaning or happiness.

This can serve as a warning to us. Without God, owning a great many things or having worldly success or fame does not satisfy the deeper cravings of the human heart.

In the final analysis, happiness will not be found in these things, nor can it be purchased. The Beatles said it well in their song, Can't Buy Me Love. For those of Faith, true happiness is the result of our spiritual development.

Our inward journey toward God helps us to know and

appreciate genuine happiness in this life as we grow in appreciation of God's love for us.

As we continue this journey, we find that it more often comes from a heart of charity, a heart that has learned to give and share.

It is this happiness that becomes a foretaste of the eternal happiness promised to us in Heaven, a place that has been called the Kingdom of Eternal Happiness.

The Army teaches us the importance of "selfless service," and our military history provides many instances of extraordinary heroism.

If we keep this world in proper perspective, and cultivate our relationships with God, we will discover his promise of a happiness far beyond what we can imagine in this world, and we will learn that true joy is found in the fundamental maxim: it is better to give than to receive.

## Soldiers have more flexibility with naming of beneficiaries

Office of the Chief, Public Affairs  
Army News Service

WASHINGTON, Aug. 25, 2008 — Based on changes to law over the past two years, Soldiers now have greater flexibility in determining whom they designate to receive their \$100,000 death gratuity.

On July 1, the law began allowing Soldiers to designate up to 10 beneficiaries, or \$10,000 increments, none of whom are required to be a spouse or Family member.

To accommodate the change, the Office of the Secretary of Defense has published an updated version of the Department of Defense Form 93, Record of Emergency Data.

Since July 1, however, a number of Soldiers filled out the 1988 version of the DD

Form 93. These Soldiers must now complete a new DD Form 93 using the January 2008 version.

Forms sent since July 1 need to be redone.

Before the new form was available, the Department of the Army issued guidance designed to allow for the new beneficiary options.

Feedback from the field, though, indicates that the work-around does not adequately allow Defense Finance and Accounting Service to clearly determine Soldier intent regarding their death gratuity choices, officials said.

Only Soldiers who completed the old DD Form 93 since July 1 are required to go back and complete the new version, officials said, but they added that all Soldiers are eligible to update their beneficiaries.

DD Forms 93 that were completed or updated prior to July 1 remain valid, officials said.

They added that Soldiers are encouraged to update their DD 93s on the new forms as soon as practicable.

"This is a command issue," said Gen. Pete Chiarelli, the vice chief of staff of the Army.

"All commanders and leaders must ensure that Soldiers receive proper guidance and counseling related to their expanded death gratuity options.

Talk to your Soldiers; tell them to talk to their Spouses and help them make appropriate decisions."

For more information or questions regarding the death gratuity and the DD Form 93, Soldiers and their Family members should contact their local servicing personnel administration center.

## Back to School

•Plan a walking route to school or the bus stop. Choose the most direct way with the fewest street crossings and, if possible, at intersections that have crossing guards.

•Walk the route with your child beforehand. Tell him or her to stay away from parks, vacant lots, fields and other places where there aren't many people around.

•Before crossing the street, stop at the curb, edge of the road, or corner before proceeding. Look left-right-left and, if it's clear, begin crossing, looking over your shoulder for turning vehicles. Continue to check for traffic while crossing.

# Announcements

## Cinema Schedule

754-5139  
McGuire Air Force Base

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

**Mamma Mia!** - Meryl Streep, Pierce Brosnan, Colin Firth, Stellan Skarsgård, Julie Walters - Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, Donna's spirited daughter, has a plan of her own. She secretly invites to the wedding three men from her mother's past in hopes of meeting her real father and having him escort her down the aisle on her big day.

MPAA Rating: PG-13 - some sex-related comments  
Run time: 1 hr. 48 min.

Saturday, August 30 @ 3 p.m.

**Space Chimps** - Andy Samberg, Cheryl Hines, Patrick Warburton, Jeff Daniels, Omid Abtahi, Stanley Tucci  
- Three NASA chimps are sent to a galaxy far, far away. Two chimps have 'The Right Stuff,' and the other, a good natured goofball, has 'The Wrong Stuff.' Together all three find themselves on a strange, uncharted planet, where they embark on a fantastical journey to save its inhabitants from a tyrannical leader.

MPAA Rating: G  
Run time: 1 hr. 21 min.

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

**The Dark Knight** - Christian Bale, Heath Ledger, Aaron Eckhart, Michael Caine, Maggie Gyllenhaal, Gary Oldman, Morgan Freeman  
- With the help of Lieutenant Jim Gordon and District Attorney Harvey Dent, Batman sets out to destroy organized crime in Gotham for good. The triumvirate proves to be effective, but they soon find themselves prey to a rising criminal mastermind known as the Joker, who thrusts Gotham into anarchy and forces the Dark Knight ever closer to crossing the fine line between hero and vigilante.

MPAA Rating: PG-13 - Intense sequences of violence and some menace.  
Run time: 2 hr. 32 min

## Future Features...

**Swing Vote**  
Friday, Sept. 5 @ 7:30 p.m.  
PG-13, 120 minutes

**Wall-E**  
Saturday Matinee, Sept. 6 @ 3 p.m.  
G, 98 minutes

**The Mummy: Tomb of the Dragon Emperor**  
Saturday, Sept. 6 @ 7:30 p.m.  
PG-13, 112 minutes

## ACS

562-2767  
Bldg. 5201 Maryland Avenue

Friday, August 29  
International Spouse Group -  
11:45 a.m. to 1 p.m. ACS

Tuesday - Thursday, Sept. 2-4  
Transition Assistance Workshop  
8 a.m. - 4:20 p.m., Timmermann Center

Tuesday, September 2  
Family Readiness Group/Rear Detachment  
Commander Training  
10 a.m., JRC Rm 130

Wednesday, September 3  
Everything You Need to Know about  
Money: Budgeting  
1:30-2:30 p.m., ACS

**Banking/Credit Union Services**  
Bldg. 5201, ACS 1:30 to 2:30 p.m.

**Fountain Green Golf Course**  
Bldg. 3152 562-5443

**Rod & Gun Club at Range 14**  
Bldg. 9060, 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.

## Chapel Services

562-2020

### Sunday Services

Combined Protestant/Gospel Service will be held on Sunday, September 14 at Willow Pond Park, corner of 8th Street and Texas Avenue at 10 a.m. Following the combined service a picnic will be held. All are invited and welcome to attend.

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.  
September 7 and 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** - All are invited to a Welcome Tea at the Main Chapel on Sept. 9, 7 p.m. A time of fellowship, games and praise is planned, with munchable munchies and mingle time after a program to introduce the 2008-2009 program and Bible study plans.

**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 or Catholic services on Sundays to fill in as needed. For information please call the chapel at 562-2020.

## Youth Center

562-5061  
Bldg. 1279 Locust Street

### Hours of Operation:

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

### Administrative Hours:

Tuesday - Friday from noon-6 p.m.

### Weekly Schedule

Closed Monday for Labor Day

Tuesday - Friday  
Open Rec.  
MS Summer Camp

### Saturday

Open Rec. 3:30-7 p.m.  
Midnight Basketball  
Teens only 7-12 p.m.

### Outdoor Recreation

Bldg. 6045 562-6667

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

\*East Coast Wrestling September 11 at 6 p.m. Admission is \$5.

## Arts & Crafts

Bldg. 6039 562-5691

### Arts & Crafts will be closed August 30 for Labor Day

Registration Hours: Tues. 9 a.m. - 4:45 p.m.; Wed. & Thurs. 12 - 5 p.m. and 6-8:45 p.m.; Fri. 11 a.m. - 4:45 p.m. and Sat. 9 a.m. - 4:45 p.m.

\*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 to select the craft and make payment.

\*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 idea 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. Sizes range from 4x6 to 8x10. 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.

\*Framing Qualification Classes - Saturday, Sept. 6; 9-11:30 a.m. or Wednesdays, Sept. 3 or 17; 6 to 8:30 p.m. Cost \$10 prior to class, plus cost of materials - Get qualified to use our great facility. You will complete one piece as you learn to operate the equipment. You are required to bring something to frame such as a 8X10 photo or certificate. All materials are available at the Frame Shop for purchase.

\*Kids Introductory Drawing & Painting Course (Ages 6 & up) Sept. 6 - 27; 4 Saturdays 2:30-4 p.m. Cost \$30  
As the school year approaches, let the kids "brush up" on their creative skills at Arts and Crafts while learning how to draw and paint! They will enjoy 4 weeks of creativity while exploring various drawing & painting methods which include: scratchboard, cray-pas, chalk pastels, acrylic and watercolor paint.

\*Kids Pottery Course (Ages 6-9) - Sept. 6-27; 4 Saturdays, 1 to 2:30 p.m. Cost \$30  
Classes cover both hand building and wheel throwing techniques. Pre-registration is required.

\*Tween Pottery Course (Ages 10-13) - Sept. 6-27; 4 Saturdays, 1 to 2:30 p.m. Cost \$30  
Classes cover both hand building and wheel throwing techniques. Pre-registration is required.

\*Adult Pottery Course - Sept. 10 to Oct. 15; 6 Wednesdays 6:30 to 9 p.m. Cost \$60 plus materials: Classes cover both hand building and wheel throwing techniques. Pre-registration is required.

\*Adult Introductory Drawing and Painting Course - Sept. 11 to Oct. 16; Thursdays 6:30 to 9 p.m. Cost \$30 plus materials - Explore landscape, still-life, and portrait drawing. Work with drawing and paint media including pencil, charcoal, chalk/oil pastels, acrylic and watercolor paints. Sharpen previous art skills or develop new ones!

\*Beginning Sewing - Sept. 11, 18, 25; 6:15 p.m. to 9 p.m. Cost \$55 including materials - Our sewing studio has modern equipment and tools to make it fun and easy. Join us for the ageless art of sewing and become the next great fashion designer!

## FMWR presents

CLUB DIX - 723-3272

### Club Dix Hours of Operation

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

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

### Bar Hours

Wednesday 5 - 10 p.m.  
Thursday - Saturday 6 - 10 p.m.  
Sunday - Tuesday Closed

### Computer 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.

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

\*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 Timmermann Theater - October 12, two performances - 10 and 6 p.m. Admission free.

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

## 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 indoor pool will be closed for maintenance September 2 to 15.

### Outdoor Pool open until Sept. 16

Monday-Friday 6-8 a.m.  
Military retirees/Adult Military dependants 10-11:30 a.m.  
Working DoD/Active Duty 11:30 a.m. - 1 p.m.  
Recreational Swim 1-5 p.m.  
Saturday  
Lap Swim 10:30 a.m. - 12 p.m.  
Recreational Swim 12-6 p.m.

### Sunday Closed

### Closed Labor Day weekend.

Book a party any day at the Indoor Pool. Sign up for swim lessons, or maybe a safety class at the Indoor Pool. Both classes 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.

### 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

# SPORTS

## Dix Olympics close with splash



photos by Ed Mingin

**POOLSIDE** -- Oscar Dudley, above, beat all comers at the outdoor pool in the 50-meter swim Aug. 23. Dudley earned a gold medal for his effort in the closing event of the 2008 Fort Dix Olympics. He was followed to the finish by Jeff Whalen, who took silver, and Matt Miksit, right photo, who won bronze. Miksit proved to be a tough competitor on the water, as he earned a gold medal earlier in the week in the Kayak race, held at Willow Pond Aug. 19.



**STRONGMEN** -- Ronshawn Dunston, center in above left photo, did some heavy lifting to win the bench press competition Aug. 13. LeVar Curry, left, finished second, with Gary Gainey getting bronze. Johnne El Lineah, Dey, center in above right photo, won gold in the over-35 bench press. Nick D'Alessandro, left, won silver and Luis Gonzalez took bronze.



**STRAIGHT AS AN ARROW** -- Alex Ushomirsky, center, won the archery competition Aug. 19, with Jeff Whalen, left, taking silver and Jason Harayda winning the bronze medal.



**HEAVY DUTY** -- Lisa Youngsang, above left, won gold in the female division of the bench press Aug. 13. Tiffany Mohammed took silver.



**5K** -- The Aug. 13, 5K run was won by Phill Wiles, left photo - center, followed by Walt Jackson, left, and David Webb. In the female division, Sandra Armstrong, center of above photo took gold, followed by Isabel Mackey, left, and Milagros Vega.

**Bench Press - Aug. 13**  
**Under 35**  
**Gold** - Ronshawn Dunston  
**Silver** - LeVar Curry  
**Bronze** - Gary Gainey

**Over 35**  
**Gold** - Johnne El Lineah, Dey  
**Silver** - Nick D'Alessandro  
**Bronze** - Luis Gonzalez  
**Female**  
**Gold** - Lisa Youngsang  
**Silver** - Tiffany Mohammed

**3 on 3 Basketball**  
**Aug. 16**  
 Thomas Graves, Eric Royal and Daries Newton won gold.

**Volleyball - Aug. 17**  
 Mychal Omar and Charles Hahn won the gold.

**Kayak - Aug. 19**  
**Gold** - Matt Miksit  
**Silver** - Alex Ushomirsky  
**Bronze** - Rafael DeJesus

**Canoe - Aug. 19**  
**Gold** - Gary Gainey, Brendan Shimizu  
**Silver** - Jason Harayda, Kris Kerr  
**Bronze** - Alex Ushomirsky, Kyle Kerr

**Archery - Aug. 19**  
**Gold** - Alex Ushomirsky  
**Silver** - Jeff Whalen  
**Bronze** - Jason Harayda

**50-Meter Swim**  
**Aug. 23**  
**Gold** - Oscar Dudley  
**Silver** - Jeff Whalen  
**Bronze** - Matt Miksit

The Fort Dix Olympics brought two weeks of competition and sportsmanship, just like the Beijing games.



**WATER SPORTS** -- Oscar Dudley, above center, won gold in the 50-meter swim. Jeff Whalen, left, won silver and Matt Miksit took home bronze. Miksit, shown center of below photo, grabbed gold in the Kayak race Aug. 19, and was followed by Alex Ushomirsky, left, and Rafael DeJesus.



### Sports Shorts

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

**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.

**Flag Football**

Flag football season begins in October and interested parties can sign up at the Griffith Field House. Call Chris O'Donnell at (609) 562-4888 for more information about how to sign up for flag football.

**Combat Fitness Training Challenge**

Maximize the benefits of standard physical fitness training at the Griffith Field House. The Combat Fitness Training Challenge, every Monday and

Wednesday from 6:30 a.m. - 7:30 a.m. is an intense military-style group workout given by certified Griffith Field House personal trainers and Army master fitness trainers.

The class includes running, military-style calisthenics and drill exercises, cardio kickboxing and more. Call (609) 562-4888 for more.

**NFL Youth Football**

The National Football League is coming to Fort Dix Sept. 4. Members of the NFL will conduct a youth football clinic to teach football skills and exercise tips to youth aged 7 - 13. The clinic will be held at Doughboy Field.

This clinic is for unformated military member's family members only. Registration is by e-mail only and is limited to 100 children.

You must register by e-mail, megureus@libertyuss.org, and print the confirmation. That confirmation is the ticket to the clinic and must be presented on Sept. 4. Early or late registrations will be ineligible.

Your e-mail must contain the name and ages of children, sponsors name, rank and duty assignment. Indicate NFL Clinic in subject line.

Military volunteers are needed to assist the NFL with the skill stations. Clinic organizers are looking for 16 military volunteers. Volunteers must be in service PT uniform when they come to the clinic.

If volunteering and not registering a child for the clinic, indicate NFL Clinic-volunteer in the subject line.

### WATERFRONT PARK

**BENEFIT BASEBALL/SOFTBALL GAME**  
**(TRENTON THUNDER)**  
**ONE THUNDER ROAD**  
**TRENTON, N.J.**

**Friday, September 26, 2008**  
**7:00PM**  
**(Rain Date: Sunday, September 28, 2008)**

### ARMY VS JERSEY TROOPERS

**BENEFICIARIES:**

Family of DSFC Dwayne M. Kelley #4806 & Wounded Soldiers (Fort Dix-WTU) of NJ

CONCESSIONS WILL BE OPEN  
 TICKET DONATION: \$10.00

**FOR TICKETS CONTACT:**

Mark Wettengel - (848) 992-1643 Troopers  
 James Fish - (609) 915-8106 Troopers  
 Miguel Cartagena - (609) 203-1186 Troopers

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