

# thePost

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Photos by Spc. Kevin Harrison

**PROUD TO BE AMERICANS** -- New Hanover School student Elizabeth Alexander leads fellow students and guests in the Pledge of Allegiance Sept. 16 at the Community Covenant Signing Ceremony marking the partnership among the post and its surrounding communities.

## NEWSNOTES

### Chapel hosts seminar for married couples

The Fort Dix Main Chapel will host "The Marriage Course," an eight-session seminar designed to give all married couples practical tools to strengthen their relationships and enable their marriages to grow. There are no attendance fees, dinner and dessert are provided and child care is free. The seminar begins Oct. 8 at 6:30 p.m. For more information, or to register in advance, call Leona Rader, Army Community Service, at 562-5200.

### Soldier Show slated for Timmermann Center

Fort Dix will host the Army Soldier Show Oct. 12 at 6 p.m. in the Timmermann Center. There will be only one performance of the Soldier Show at Fort Dix this year, so plan early to attend this popular entertainment extravaganza by the troops for the troops.

### Civil Affairs, PSYOPS instructors wanted

Do you have recent Civil Affairs or Psychological Operations experience in the theater of operations?

Do you want to share that experience and your professionalism as a TASS Instructor?

The 5th Battalion (CA/PO), 3rd Brigade (CA/PO), 100 Division, 80th TNG Command has E-5 through E-7 instructor slots for qualified Soldiers.

The unit's mission is to provide high-speed reclassification training to Soldiers aligned with CA and PO units that are preparing for worldwide deployments.

So, if you really have what it takes, contact Major Michael G. Floru, S-3 5th Battalion, at michael.g.floru@us.army.mil.

## WEATHER

**FRIDAY** -- Fair and sunny, high of 68 with breeze from the northeast. Overnight low of 50 degrees.

**SATURDAY** -- Cloudy, with very slight chance of showers, daytime high of 75 and low of 49 degrees.

**SUNDAY** -- Cloudy with chance of showers, high of 78 and overnight low of 55 degrees.

**MONDAY** -- Cloudy, chance of showers and drizzle, daytime high of 72 degrees and low of 52.

**TUESDAY** -- Clear in morning, some clouds in afternoon, high of 71 and low of 51 degrees.

**WEDNESDAY** -- Clear and sunny, high of 72 and overnight low of 52 degrees.

# Dix, communities ink pact

Spc. Kevin Harrison  
99th RSC PAO

Members of the Fort Dix community and the surrounding towns signed a Community Covenant at New Hanover Township Elementary School in Wrightstown Sept. 16. The covenant marks the continued part-

nership between Fort Dix and the surrounding communities in support of Soldiers and families.

The ceremony began with a colorful, red, white and blue performance by the New Hanover Township School students. The children, ranging from kindergarten to eighth grade, showed their support for our military with a lively rendition of "God Bless

America," followed by a tribute honoring our service members, singing "Proud to be an American," by Lee Greenwood.

The mayor of Wrightstown, Thomas Harper, thanked Fort Dix for its long-standing commitment to community and the long partnership between the two.

"If Fort Dix wasn't here, I don't think Wrightstown would be," said Harper, "most of our people in some way work with Fort Dix."

Fort Dix is an essential part of the socioeconomic infrastructure surrounding the post. Many communities, including Wrightstown, New Hanover and Springfield have relied on Fort Dix for local business development and employment for more than 91 years.

The Army Community Covenant is a relatively new concept of a long-standing tradition. It is designed to develop and foster effective state and community partnerships with the Army in improving the quality of life for Soldiers, families and civilians.

It is tailored to the local level, bringing together Army installations with their local government representatives recognizing and reinforcing commitment and partnership between the Army and its neighbors. The Fort Dix Army Community Covenant is the fifty-fifth such event across the nation.

Maj. Gen. William Monk III, com-

mander of the 99th Regional Support Command, presided over the event.

Monk spoke on the importance of the covenant signing and how it reaffirms the Army's reliance on a pyramid of support in its neighboring communities.

Monk referred to the document as a "covenant committing us all to reinforcing partnerships that support the strength, resilience and readiness of Soldiers and their Families."

Col. Larry C. Boyd, Deputy Commander for Mobilization at Fort Dix, represented the Installation's commitment to the Fort Dix Community Covenant, while Col. Timothy R. Williams, Commander of the 72nd Field Artillery Training Support Brigade, denoted the Army's active component support. Col. Nicolas Chimienti was also in attendance, marking the New Jersey Army National Guard's appreciation of the seven communities surrounding the Post.

The mayors of neighboring towns also signed the covenant, showing their gratitude for the military's presence in their communities and their appreciation of the two-way support between the Army and civilians.

Boyd stressed the importance of the covenant and expressed his thanks on behalf of the installation before introducing George Duell, State Field Chairman for employer Support of

(continued on page 3)



**ON THE LINE** -- Major General William Monk III, commander of the 99th Regional Support Command, joins Col. Timothy Williams, commander, 72nd Field Artillery Training Brigade, in signing the Army Community Covenant during a ceremony at the New Hanover Elementary School Sept. 16.



Lisa Evans

Members of the 320th MP Battalion train for riot abatement and rescue operations in a training area for internment operations at Fort Dix Sept. 12. Thirty-two role-playing civilians-on-the-battlefield played detainees for the training.

# Soldiers polish internment operations skills

Lisa Evans  
Fort Dix Public Affairs

Soldiers of the 320 Military Police Battalion are dedicated to the fair care, custody and control of all detainees in their custody, according to their commander, Lt. Col. G. Scott Carlson.

They are polishing the fine points of their specialty during mobilization training at Fort Dix, and will soon head for Iraq.

"To avoid another Abu Ghraib situation, battalion leadership has to be extremely knowledgeable and proactive about the situation and the detention facility. And battalion leadership

must be extremely knowledgeable of the situation under their command," said Carlson.

"This is done by the leadership of the battalion getting out and literally walking among the Soldiers, interacting with the Soldiers, and overseeing them, going out among them daily."

Carlson believes the most important requirement for a successful mission is leadership being proactive and involving themselves with junior leaders.

He said that his focus is the training his Soldiers are now receiving. The Soldiers from the 320th are preparing for duty in Iraq where approximately 8,000 detainees are pris-

oners in one detention facility. As their leader, Carlson is experienced and knowledgeable about the demands that will be placed on the unit. While serving 14 months in Iraq during 2004 and 2005, he was a brigade operations officer whose mission was planning and coordinating MP operations, route security, police transition teams, and detainee operations.

"Second," Carlson continued, "drill into their heads thoroughly and exhaustively during the training that they are there to observe and safeguard the detainees."

"The training at the training site is directly on target. The focus on using least force necessary to control the

prisoners is what they need to know."

Lt. Col Thomas Shabazz, commander of Detainee Operations for Fort Dix, and the trainers under him know exactly what Carlson wants his Soldiers to learn and are there to ensure the Soldiers of the 320th are prepared for any contingency.

Shabazz and the instructors at Fort Dix Detainee Operations are all knowledgeable about prisoner control. All of them gained experience in Iraq, Afghanistan, Guantanamo, or Guam, or a combination of places.

"The instructors have experience so they can incorporate what they learned in country. It's very critical that

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the mind field

# Classics still relevant Seeking a 'higher' education

Steve Snyder  
Public Affairs Staff

Achilles reflects on honor and memory and yearns for the beauty of youth (Homer's *The Iliad*). Shakespeare defends love against the ravages of "sluttish time." Dr. Pangloss praises "this best of all possible worlds" (Voltaire's *Candide*). Philosopher Jean Jacques Rousseau laments that while "Man is born free, and everywhere he is in chains," (*The Social Contract*). Seeking to prove that his own existence is not an illusion, Rene Descartes suddenly bursts out, "I think, therefore I am." Captain Ahab in his crazed pursuit of the great white whale, observes "...in the soul of man there lies one insular Tahiti, full of peace and joy, but encompassed by all the horrors of the half known life" (Herman Melville's *Moby Dick*). The half-mad German thinker Friedrich Nietzsche concludes that life is simply a "will to power." Guilt and anxiety paint a picture of a dark existence in Norwegian painter Edward Munch's paean to existential woes, *The Scream*. America's rugged individualist, Ralph Waldo Emerson, postulates that "Discontent is the want of self-reliance: it is infirmity of the will." Aldous Huxley anticipates the demise of freedom undertaken by eager scientists in a *Brave New World*.

Ain't them humanities something?

Humanities are studies in the liberal arts encompassing the exploration of the human condition in art, literature, culture, history, philosophy and politics.

"Our students deserve... a good general education - at a minimum, a systematic familiarization with our own, Western tradition of learning: with the classical and Jewish-Christian heritage, the facts of American and European history, the political organization of Western societies, the great works of Western art and literature, the major achievements of the scientific disciplines - in short, the basic body of knowledge which universities once took upon themselves as their obligation to transmit... from ages past to ages present and future," said then-Secretary of Education William Bennett in a speech at Harvard over 20 years ago.

But the general consensus is that humanistic studies at most institutions of higher learning - whether at community colleges, colleges or universities - are woefully inadequate.

Why? Reasons abound, as wittily described in seminal studies such as Allan Bloom's *The Closing of the American Mind* (Simon & Schuster, 1988,

**SCHOOLS OF THOUGHT**  
"To do is to be." - Socrates  
"To be is to do." - Sartre  
"Do-be,do-be,do." - Sinatra



Raphael's "St. Paul Preaching in Athens"

**TWO CITIES, TWO WORLD VIEWS -- St. Paul debated philosophers in Athens, then the cultural center of the world, in a famous confrontation in 51AD that symbolized the clash of two great world views that were destined to shape Western Civilization. The world view or intellectual tradition associated with Athens is philosophy, a critical exercise of mind employing rationality or reason. Jerusalem, the birthplace of Judaism and Christianity, is associated with monotheism, a religious belief or faith in one God. The traditions embodied by reason and faith eventually lost their hostility to each other, philosophers accepting humanity's need to explore spiritual questions and religion's imperative not to ignore critical thinking in pursuit of the truth. Today, both traditions have been attacked as agents of cultural imperialism but the question then arises: If you throw both reason and faith to the winds, what remains?**

paper, 400 pages, price varies), *Great Books: My Adventures with Homer, Rousseau, Woolf, and Other Indestructible Writers of the Western World* (by David Denby, Simon & Schuster, 1997, paper, 496 pages, price varies), and now just out on bookshelves, *Education's End: Why Our Colleges and Universities Have Given Up on the Meaning of Life* (by Anthony T. Kronman, Yale University Press, 2008, hardcover, 308 pages, \$27.50).

A major reason for the decline of interest in teaching humanities in academe is, as Kronman notes, the "research ideal" of specialization in knowledge which has given us wonders in the fields of medicine, agriculture, electronics, engineering, etc.

Also, students shell out up to \$50,000 a year in some chic schools and expect to be trained in a profession that pays well enough to readily pay off their college debts, if nothing else.

But Kronman and other critics of the neglect of the humanities are not advocating the abandonment of professional research at universities. Most critics merely want to reinstate a "core curriculum" of courses every student must take - in addition to courses proscribed for their professional advancement like pre-Law, pre-Med and the like.

"My proposal is a modest one," Kronman said in a recent interview. "Let's make some space in the curriculum for the organized study of great works of philosophical and literary

imagination, recognizing that students (and faculty) have many other worthwhile things to do as well."

So where does all this leave the young Soldier passing through Fort Dix with college years still distant in the future? Or an aging civil servant with kids a screamin' and bills to pay?

Why not test the bath water before jumping in? Why not embark upon your own, informal survey, reading books before possibly signing up for a formal course sometime that promises to enhance your understanding and appreciation of what it means to be



Elbert Hubbard, "Hypatia," 1908

**MARTYR FOR TRUTH-- Hypatia of Alexandria was a gifted female philosopher and follower of Plato who was killed by an envious mob in the streets in 415 AD. Like Socrates before her and Giordano Bruno after, she died for truth.**

human. Think selfishly. Why don't you deserve what some aristocratic brats take for granted? College is nice but not necessarily a necessity. Books are. We don't want to become so specialized that we become blind to the big picture. Grab the gusto. You won't live forever.

Following is a core curriculum for mature adults who would like to learn at their own pace and avoid spending a fortune at a bastion of higher education. The list is in no way definitive but just a smidgen of titles off the top of one's head.

*The Greek Way* by Edith Hamilton and *Sailing the Wine-Dark Sea: Why the Greeks Matter* by Thomas Cahill are excellent historical and literary surveys exploring what made the founders of Western Civilization tick.

Will Durant's *The Story of Philosophy* traces the lives and opinions of the great philosopher while Bertrand Russell's *History of Western Philosophy* surveys the vast history of the intellectual discipline. *The Prince* by Machiavelli illustrates that pursuing and holding power is far from child's play.

Anton Myrer's mammoth novel *Once An Eagle* electrifies, describing a Soldier's rise up the ranks from World War I through Vietnam. *War: Ends and Means* by Paul Seabury and Angelo Cokeville is the best philosophic study of the subject I've read.

Robert Pirsig's fictional *Zen and the Art of Motorcycle Maintenance* investigates Far Eastern nuances behind tasks that apply to bikers on the road while William Barret's *Irrational Man* is a sober but fascinating study of existentialism that the average reader can grasp.

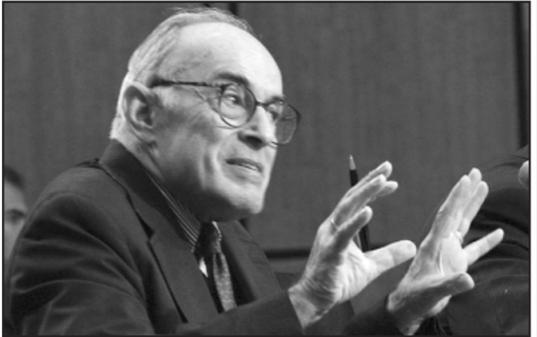
*The Time of Our Time* is a not to be missed 1,306 page collection of the best of Norman Mailer's fiction and non-fiction celebrating the life and wild times of Brooklyn's radical hipster as he climbed up the literary ladder.

Great historical fiction that explores man's search for meaning includes Voltaire's *Candide*, Somerset Maugham's *The Razor's Edge*, Mikos Waltari's *The Egyptian*, Gore Vidal's tale of the apostate Roman emperor who tried to roll back Christianity in *Julian*, and Robert Graves' masterful literary duo about another Roman emperor in *I, Claudius*, and *Claudius the God*.

Thornton Wilder's *Our Town* was a charming play that came across because of the expertise of a teacher I had. *The Jungle* by Upton Sinclair was a savage look at an immigrant's life in Chicago during the Great Depression and the *Brothers Karamazov* proved that siblings don't have to be peas in a pod.

We'll save the political works for November. Ciao.

# Soldier-scholar laid to rest at Arlington



AP/Dennis Cook

**POWERFUL INTELLECT -- Retired Lt. Gen. William E. Odom speaks before the Joint House-Senate Intelligence Committee. Odom was among the leading military intellectuals of our time. He was buried at Arlington Cemetery on Sept. 8, a tribute to his contributions to the nation.**

Steve Snyder  
Public Affairs Staff

The effectiveness of a public servant is not always measured by high visibility. Lt. Gen. William Odom is a case in point.

Odom was a warrior intellectual who influenced policy makers in Washington since the Carter Administration in the 1970s. For the most part, he did so behind the scenes.

The flinty Tennessean preferred sober discussions of geopolitics. Unlike many of the retired brass, Odom didn't have the patience to engage in histrionic posturing on mindless TV talk shows.

He was a steely patriot who feared neither the enemies of his country nor feckless conformists posing as political savants.

Odom died of a heart attack on May 30 at his vacation home in Vermont. He was 75 years old. On Sept. 8 he was laid to rest at Arlington Cemetery.

The old Soldier had returned home.

Not surprisingly, Odom gravitated toward a military career very early in life. His one ancestor had served with George Washington and two great grandfathers had fought for the Confederacy. And his only son Mark was injured last year while on field operations in Iraq.

Second Lt. Odom graduated from West Point in 1954. He went on to serve in both the United States and Germany from 1954-60 before earning a Masters Degree from Columbia University in 1962. Odom taught at West Point as an assistant professor of government from 1966-69, completing a Ph.D. at Columbia in 1970.

In Vietnam, Odom served on the staff of Plans, Policy and Programs from 1970-71, Returning stateside, he became a visiting scholar on Communist affairs at Columbia from 1971-72 before serving as a military attache at the U.S. embassy in Moscow from 1972-74. After filling various teaching posts at West

Point and Columbia from 1974-77, Odom was named military assistant to Zbigniew Brzezinski, hardline assistant to the president for national security affairs (NSA) from 1977-81.

At ease with Brzezinski in the realist realm of real politik, Odom became a staunch opponent of "detente" with the Soviet Union, even speculating about an impending break up of the Soviet empire before the turn of the century (something which happened in 1989 and which almost no one else foresaw.)

In 1985 General Odom took over the National Security Agency, serving there until retiring from the military in 1988. For the next 16 years Odom commuted from Washington to Yale where he taught classes and found time to write seven influential books.

Odom's *The Collapse of the Soviet Military* called the tune on that bloated war machine and his *On Internal War* is a masterly dissertation on Third World insurgencies while *America's Inadvertent Empire* views the U.S. as a benevolent hyperpower.



Odom was never a fan of either the Vietnam or Iraq wars and took some flak for forging criticism of the two. He did adopt what amounted to an isolationist position, i.e., it was not in America's interest to get involved in too many wars in too many places around the world - especially if Uncle Sam insisted on going at it alone. But policy aside, no one doubted Odom's unswerving dedication to the Army and devotion to the country it served.

He believed in America.

# the Post

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# delectations Valenzano Winery hosts festival this weekend

Valenzano Winery presents WineFest 2008 Saturday and Sunday, September 20 and 21, from noon until 6 p.m. at the winery on 1320 Old Indian Road in Shamong.

For a \$10 cover charge (\$8 if you buy an advance ticket by contacting [www.valenzanowine.com](http://www.valenzanowine.com) on the web), patrons can liberally sample over a dozen scintillating house wines straight from the vineyards of New Jersey's Pinelands.

In addition to wine tasting, guests can take in a jazz and blues festival if they attend Saturday or a rockin' oldies classic rock concert Sunday.

Local craftsmen will display some of their proudest handiwork while restaurants in the area plan to have plenty of good food to help make the wine go down.

Children should enjoy the free pony rides and helicopter rides while everyone can socialize in the sun under the shade of gazebos.

In addition, a classic car show is scheduled to unveil some classic roadsters, but on Sunday only.

Valenzano wines are no



Steve Snyder



file photo by Steve Snyder

**DOWN THE HATCH -- Wine festivals at the Valenzano Winery provide taste delights with samples available on over a dozen wines in an outdoor picnic area surrounded by vineyards. Other attractions this Saturday and Sunday include different bands, tours of the winery, a classic car show, and fun and games for the kiddies, courtesy of connoisseurs conscious of their convivial craft.**

strangers to the Class Six store here. Among the stellar vintages are dry reds like the *Cabernet/Merlot* (\$9.99 a bottle) and *Chambourcin* (\$11.99), dry whites like *Vidal Blanc* (\$9.99), semi-sweet wines such as the ever-popular *Shamong Red* (\$7.99) and *Pinelands*

*Blush* (\$7.99) and dessert wines which include *Strawberry*, *Blueberry* and *Raspberry* flavors (all priced) at \$9.99.

And the Valenzanos are never stingy in pouring out portions to sample.

For a complete imbibition experience, drive south down

Route 206 past Route 70 at the Red Lion Circle. Keep going about four-and-a-half miles until you reach the traffic light at Turnkerton Road where you turn left and head towards 1320 Old Indian Mills Rd.

Tell 'em the Post sent you!

-Steve Snyder



Sgt. Nicole Dykstra

**THE PASS** - Incoming 2nd Battalion, 309th Training Support Regiment commander Lt. Col. Trevor A. Austin passes the unit guidon to Sgt. Maj. Ronald Klug in a change of command ceremony at the Kelley Reserve Center Sept. 8.

## New leader for 309th

**Capt. Gaetano J. DiSalvo**  
2nd Battalion, 309th Training Support Regiment

In a traditional change of command ceremony at the Kelley Reserve Center, Lt. Col. Trevor A. Austin assumed command of 2nd Battalion, 309th Training Support Regiment, 72nd Field Artillery Brigade Sept. 8, relieving Lt. Col. Andrew D. Lyons.

Col. Timothy Williams, commander of the 72nd Field Artillery Brigade, gave words of encouragement and thanks to Lyons, and welcomed and challenged Austin to continue the success the battalion has

had, as well as improve upon it. Austin brings a tremendous amount of expertise to the unit. His assignments include serving as Vessel Chief and later Brigade Assistant Operations Officer for the 1185th Transportation Terminal Brigade, operating in Ash Shaiba, Kuwait. After returning from Operation Iraqi Freedom, Austin was selected to serve as the Brigade S3 for the 1185th Transportation Terminal Brigade.

Austin emphasized the importance of the mission at Fort Dix and its vital role in the war on terrorism. He told the crowd he looks forward to

serving as commander of the 2-309th and he hopes to continue the legacy of training our nation's heroes.

The battalion has a long history of accomplishing missions with a high standard of excellence, and Lyons, who took command of the 2-309th last October, thanked his Soldiers for providing such high-quality training for servicemembers preparing for combat and for making his experience as their commander so enjoyable.

During his command, the 2-309th, whose motto Esse Quam Videri, "to be, rather than to seem," trained and mentored 14 mobilizing units with Soldiers, Airmen, and

Sailors totaling more than 2,000. The 2-309th is responsible for conducting training in the techniques of mounted and dismounted patrolling. Improved Explosive Device (IED) awareness, and the most physically demanding task in the Mission Specific Program: Individual Movement Techniques (IMT). Soldiers of the 2-309th also continue to work towards expanding the capacity of the Military Operations in Urban Terrain (MOUT) site, better known as "Balad," and integrating Counterinsurgency Operations into mobilization training with a proactive IED defeat program and static IED recognition displays.

## Soldiers polish skills

(Continued from page 1)

people who have experience in detainee operations stay in and teach the Soldiers," Shabazz said. "We try to train them as close to conditions as possible."

Detainee Operations covers all aspects of keeping prisoners under control. MPs from the 320th have been learning unarmed combat, use of non-lethal weapons, and riot control with riot batons and shields.

They also have learned gate control, prisoner classification, and how to feed, clothe, shelter, and medically attend prisoners while understanding cultural differences.

"Taking young MPs and molding them, helping them experience detainees in a training situation, then they will excel in a real facility," Carlson said. He added that he knows the training at Detainee Operations is extremely accurate.

Shabazz said he teaches starting with the very basics, using the crawl, walk and then run scenario.

Training starts in the classroom, but by the time Soldiers have spent nine days on 24-hour shifts wearing full "battle rattle" while controlling 50-60 role players as miserable and angry prisoners, the Soldiers are as ready for deployment to their field of operation as possible.

Training scenarios cover every contingency the MPs may encounter in country.

Soldiers begin training with classroom instruction that is reinforced and permanently imprinted into muscle memory

with body-on-body training. Unarmed combat training includes Aikido and pressure point control. These two practices give MPs the ability to control a prisoner without causing physical harm.

Fourteen pressure points approved by Geneva Conventions are taught. Soldiers using other Soldiers for practice, by manipulating pressure points,

**"Detainee Operations play a vital role in the United States' overall success in Iraq. And the 320th MP Battalion is ready to accept the mission."**

**- Lt. Col. G. Scott Carlson, commander, 302nd Military Police**

causing a brief period of intense pain, prisoners can be controlled and subdued quickly and efficiently.

When more than one prisoner is fighting, leading a revolt, or inciting a riot, non-lethal weapons are used for control. For close-in fighting, Oleoresin Capsicum (OC) spray is a non-lethal weapon used to temporarily blind and subdue prisoners.

When Sgt. Latressa Smith-Nealy of the 320th said, "I feel like I'm very blessed to be going to Iraq to serve my country and to be a good role model for my children," she meant it. Smith-Nealy was speaking through the skin-and-eye-burning, nose-running, breath-choking effects of OC spray.

Soldiers each stood and allowed trainers to spray them in the face. Once sprayed, they fought through seven stations where they had to correctly use

a baton, subdue prisoners, or fight for control of volatile prisoners, all within 20 seconds per station while battling the stinging spray.

Every Soldier endured the OC spray to understand its effects. The training conditions Soldiers to protect themselves even when affected by OC Spray, whether the spray occurred because of wind

changes or accidental sprayings, or enemy attack. "I feel as though we're sending people over there with that much more confidence," Shabazz said, ensuring success in country because they are trained to succeed in every facet of the mission.

Other non-lethal physical means available to Soldiers to control prisoners are tasers, shotguns, and paintball type weapons to mark and/or subdue prisoners.

Soldiers can use a weapon similar to a paintball gun to mark troublemakers for identification from towers above the compounds so they can be accurately identified and dealt with.

Using riot shields and non-lethal batons, Soldiers can go into the compound to force prisoners back to rescue injured prisoners or arrest troublemakers using a riot shield guarded rescue squad.

Soldiers remove prisoners causing dissent from the general population and place them in solitary cells. Once in solitary cells, if they continue disruptive behaviors, training allows Soldiers to remove them safely from the cell to search the area and the prisoner for contraband and to subdue violent behavior.

During training at Detainee Operations, Soldiers play the part of disruptive prisoners in cells. Using five-man teams, MPs subdue the prisoner, tie his hands behind his back and truss his feet. The prisoner is carried out face downward, laid down on the floor and professionally searched.

Soldiers treat the role player as though he were a real prisoner with possible weapons hidden on or in his body.

All of the Soldiers treat the exercise as though it were a real extraction from a real cell and conduct a complete body search.

Carlson believes the training given to his Soldiers will create a unit with extreme attention to detail, a knowledgeable battalion mission, and said "They will know the job until it becomes second nature. We immerse Soldiers also into knowing about detainee's culture and what may offend them, the special holidays and things of that nature so it's not so foreign to them."

"Detainee Operations play a vital role in the United States' overall success in Iraq. And the 320th MP Battalion is ready to accept the mission," Carlson concluded.

## 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 Sept. 8 through 14.

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.

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

●Police responded to a report of accidental damage at Bldg. #5431. Investigation revealed a backhoe, operated by a contractor, struck and ruptured a gas line. The utility company responded and repaired the leak. Further investigation revealed the accident was caused by failing to survey and mark the location being excavated.

●Police responded to a report of accidental damage to private property near Bldg. 5352. Investigation revealed an FCI inmate failed to set the parking brake of a lawn mower, resulting in the mower rolling and striking a parked and unattended vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a traffic accident near the Burger King. Investigation revealed a government vehicle, operated by an unknown driver, backed into a parked and unoccupied vehicle. The subject vehicle then fled the scene. There were no reported injuries. Investigation continues.

●During a routine traffic stop on Edith Avenue, police discovered the vehicle, operated by a Soldier assigned to Fort Dix, had expired registration. The subject was cited and the vehicle towed from the scene.

●Police responded to a motor vehicle crash on Cedar St. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, struck a parked and unoccupied vehicle while backing from a driveway. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine traffic stop on Fort Dix Road, police discovered the vehicle, operated by an Airman assigned to McGuire AFB, had an expired registration and no proof of insurance. The subject was cited and the vehicle towed from the scene.

●Police responded to a report of weapons being fired in the Garden Terrace housing area. Investigation revealed the occupants, Airmen assigned to McGuire AFB, had been placing dry ice in water bottles and sealing them so that the chemical reaction would cause the bottles to explode. Further investigation revealed no weapons were present.

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

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



Pascual Flores

**HONORED** - Under Secretary of the Army, Thomas F. Hall presents Maj. Gen. William Monk III, Commanding General, 99th Regional Readiness Command, with the Seven Seals Award Sept. 16 during the Community Covenant signing. **T he award is for meritorious leadership and initiative in support of the mean and women who serve America in the National Guard and Reserve.**

## Pact inked

(continued from page 1)

the Guard and Reserve. Duell chose this venue to present Monk with the Seven Seals Award in recognition of the fact that transition from enlistment to employment exemplifies the essence of the Community Covenant.

Duell presented Monk with the Seven Seals Certificate in recognition of his work with the Employer Support of the Guard and Reserve. Employer Support of the Guard and Reserve (ESGR) is a Department of Defense organization that promotes cooperation and understanding between Reserve component members and their civilian employers and assists in the resolution of conflicts arising from an employee's military commitment.

After the presentation of the award, mayors and military representatives took turns signing the covenant. Other individuals in attendance were encouraged to sign a book extending the covenant to show their support as well. The documented commitment solidifies the cohesion servicemembers and surrounding supporters.

# NEIGHBORHOOD

## THE CORNER

### Issues sought for AFAP Conference

The Army Family Action Plan Conference will be held Oct. 23 at Timmermann Center. Members of the Fort Dix community, Soldiers, employees, family members, residents and retirees are invited to let Army leadership know what works, what doesn't and what can be done to fix it. Please submit your comments to Fran Booth at frances.booth@us.army.mil.

### 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 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.

### 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.

### 305th Med Group makes cancellations easy

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

### 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.

### 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 local sewage system. Modern water treatment plants are not fully designed to deal with medication disposal. The full extent of environmental damage and the long-term health risks of even a small amount of medications in our drinking water remain unknown.

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

(Article provided by the Walson Medical Support Element.)

### Pool closed for renovations

The indoor pool will be closed for renovations through Oct. 1.

The outdoor pool will be open until the repairs are completed. The pool is open Monday through Friday, from 6 a.m. to 8 a.m. and 11 a.m. to 1 p.m.

Call 562-2808 for more information.



## Fest highlights heritage

Jennifer M. McCarthy  
Public Affairs Staff

Fall is upon us and the weather may be growing cooler but Fort Dix should prepare to sizzle as Llegamos! Live, the hottest English language, Latin-themed, comedy show performing on a national stage takes over Doughboy Field, Sept. 27.

This free event runs from noon to 5 p.m. and is open to the public. Anyone wishing to attend should have proper photo ID to gain access to the installation.

The show features Oro Solido, with "El Presidente del Merengue," Raul Acosta, as well as Grammy-nominated Salsa artist, Frankie Negrón. Comedians, food and fun are also in store that day.

Raul Acosta was born in Santo Domingo, Dominican Republic on September 8, 1971. Born into a musical family, at the age of seven, he and his older brothers, Ivan and Rafael, together with local neighborhood kids, started a pre-adolescent music group called "Los Sobrinos Del Rey." This was the Dominican version of the Jackson 5. When he was nine, Acosta's family relocated to the United States, settling in Jersey City and Union City, New Jersey.

In 1994, he formed New York's hottest and most established merengue band, Oro Solido. That same year, the band released his self-titled debut album, Oro Solido, which was an instantaneous hit.

The albums came almost every year after that. With hits like "Ta Cache," "La Tanguita Roja," "Maria se Fue," "El Baile del Bepser," "Una Nalgadita," "La Morena," and many more, Oro Solido positioned itself as

one of the biggest Latin music groups in the world.

Oro Solido has been nominated for, and won, numerous awards throughout the years, including Premios Estrella, Premios ACE and Premio Lo Nuestro.

The group has performed regularly on some of Spanish-speaking TV's most distinguished and popular shows. Oro Solido was the first merengue band to perform on Fox 5 News New York and The Jerry Lewis Telethon. The group has also per-



courtesy photo

**MERENGUE MUSIC - Raul Acosta and Oro Solido will be appearing at the Fort Dix Hispanic Heritage Month Festival to be held Sept. 27 on Doughboy Field. This event is free and open to the public.**

formed many times at the renowned Madison Square Garden, as well as other famous arenas, like the Universal City Amphitheater in Los Angeles, El Zócalo de Mexico, Estadio Modelo de Ecuador, El Monumento in Dominican Republic and the Meadowlands in New Jersey. The

group has shared the stage with artists such as 50 Cent, Leann Rhymes, Celia Cruz, Marc Anthony, Fat Joe, Johnny Ventura, Wilfrido Vargas, Tito Puente, El Gran Combo, and Pitbull and The Temptations.

This month the group released their latest creation, Fantasia Urbana, from which has already had three successful singles: "Sazon," "Mueve la booty" and "Chocolate."

Also hailing from northern New Jersey, Frankie Negrón is one of Salsa music's hottest names.

Negrón blends his Puerto Rican background and Newark upbringing to create a unique sound. He was 16 years old and singing in a doo-wop group in Jersey City when he met the legendary Paul Simon. Frankie made original demos for doo-wop songs for Paul Simon's musical, The Capeman, and was part of the original company for the Broadway run.

He released his first album 10 years ago and has continued to garner attention. His eighth production, Mejor Que Nunca (Better Than Ever), has won the hearts of fans and critics everywhere.

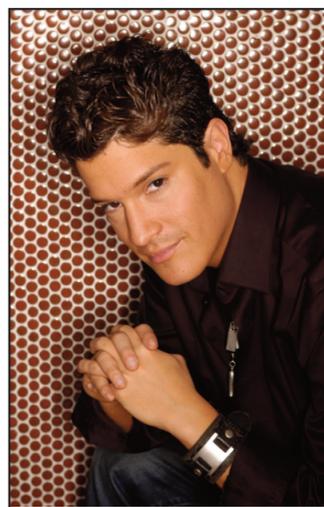
Negrón has earned two Platinum Record awards, two Gold Record awards, a Grammy nomination for "Best Salsa Album," a Latin Grammy nomination for "Best Tropical Production" and has two "greatest hits" albums.

This Latin American Heritage Month celebration is sponsored by the Fort Dix Family, Morale, Welfare and Recreation (FMWR) in partnership with TMEG-Funny Biz Spread the Laughter. It honors the achievements and contributions of Latinos in the military.

Hispanic-Americans have a proud record of military service dating back

to the Revolutionary War. They defended America with unwavering valor and honor. We celebrate their "Call to Duty" during Hispanic Heritage Month, which began on Sept. 15 and ends Oct. 15. It's the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16 and Chile on Sept. 18.

For more information about the Latin American Heritage Festival call 562-6772.



courtesy photo

**HOT SALSA - Salsa musician Frankie Negrón is just one of the many artists appearing at the free Hispanic Heritage Month festival Sept. 27 on Doughboy Field.**

## Contest lets Dix talent shine

Lisa Evans  
Public Affairs Staff

Operation Rising Star 2008 opened at Fort Dix Sept. 12 with seven hopefuls singing for a chance to become the next military singing idol.

For this first round, judges voted on the contestant's choice of song, presentation, and talent. Contestants sang a capella giving judges a chance to judge on voice quality. No instrumentation was allowed during the first elimination round, but singers may accompany themselves during the second round.

A panel of three judges, Edwardo Marino and husband and wife team Alycia and Mikhael Lerer, listened to the seven contestants.

The Lerer's donated their time and talents to judging the contest. Owners of TMEG, a production agency affiliated with many entities within the public relations, marketing and entertainment industries, the Lerers have worked with entertainers like, Jamie Kennedy, Britney Spears, Chrissette



Lisa Evans

**SONG BIRD - Lt. Col. Denise McCleary sings a rendition of Patsy Cline's "Crazy" at the first round of the Operation Rising Star competition held Sept. 12 at Club Dix**

Michele and Gerald Albright. Recently they were responsible for bringing the band Lonestar to the Fort Dix Sept. 11 commemoration. Mikhael Lerer is a graduate of the

University of Kazan. He has experience in international entertainment marketing including television, sports, literature and music.

His focus in TMEG is operations and management as well as creative support and development. Lerer is trilingual in Russian, Spanish, and English making their company truly international.

Alycia Lerer is a versatile business professional with a career spanning more than 20 years. She has senior level management experience at Time Warner Cable and a broad spectrum of production, marketing, managerial, and organizational skills. Her managerial and entrepreneurial expertise has been honed through highly challenging business ventures in a variety of business arenas such as creative design and artistic director of multimedia presentations, including television.

Edwardo Marino is employed by TMEG as a sound technician with a varied musical career of his own.

Just as judges do on American Idol, the judges critiqued the contest-

ants and offered advice for improvement and kudos for what was done well.

Lt. Col Denise McCleary opened the contest with Patsy Cline's "Crazy." McCleary said, "I just love her voice and music. I sang in a basement band once but it never made it out of the basement."

Sgt. First Class Levar Curry performed his own composition, a blend of rap and hip hop saying he wanted to "keep it real for the Soldiers." Curry played the saxophone for 13 years and played with a college jazz band.

Staff Sgt. Jason Knight sang, "New York, New York," changing his mind at the last minute on the piece he would sing. "The way I would like to see music, where we are now isn't where we ought to be. It's sexist. We should like music not just for performers looks, but for the mind; music on a deeper level," Knight said.

Sgt. Jerald Wilkins has performed with music theater and recently earned a Bachelor's of Fine Arts

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## Center earns accreditation

Wayne Cook  
Public Affairs Staff

The Fort Dix Child Development Center (CDC) was awarded a five-year accreditation from the National Association for the Education of Young Children (NAEYC) Aug. 31, after a grueling process that examined numerous aspects of the management and procedures of the institution.

The administration, teaching staff, and families of the CDC received kudos from the NAEYC for being one of the first programs in the country to earn such high marks of quality represented by the reinvented NAEYC accreditation system.

"I am so proud of all of our staff, especially our administration accreditation team members, who put literally hundreds of hours of work, on- and off-duty, into the successful completion of our mission which was to receive this accreditation and make the Army proud of us," said Darleen White, CDC director.

In 2006, the NAEYC introduced a new accreditation system for child care facilities. The Military Child Care Act of 1989 requires all military child care facilities to maintain accredited status.

When the CDC staff heard there was a change in the accreditation process

(continued on page 7)



Wayne Cook

**LADIES WHO LUNCH - Rilda Jones and Kathleen Drannon sit down to a healthy lunch with the children in their pre-school class at the Child Development Center Sept. 10. The Child Development Center recently earned their five-year accreditation from the National Association for the Education of Young Children.**

# Soldier makes career of deployments

Ryan Morton  
Public Affairs Staff

For Sgt. Alan McClain, a soon-to-be Basic Non-Commissioned Officer Course (BNCOC) graduate from Fort Dix's NCO Academy, the idea of deploying has become second nature. In an Army career spanning nearly 20 years, McClain has either served in or been deployed to many of the major "hot spots" that have shaped much of the U.S. foreign policy around the world.

McClain began his Army adventure in 1989 fresh out of high school in Westfield, Mass. Initially enlisting in the Army Reserves, he became Military Occupation Specialty (MOS) qualified as a light-wheel mechanic, repairing vehicles such as humvees and 2 1/2 ton cargo trucks. Soon after completing MOS school, McClain deployed with his unit, out of Worcester, Mass. to a series of locations in Central America and the Middle East for three and four month stints. He spent time in El Salvador, Panama, Honduras, and Libya where he worked recovering damaged military vehicles from breakdowns and attacks and in the motor pool doing as he said "turning wrenches."

Shortly after these deployment rotations McClain transferred to a new MOS as a tank mechanic. Not long after working his new craft, his unit was called up and deployed to Kuwait and Iraq for Operations Desert Shield and Desert Storm in 1990-1991, where he honed his new skills repairing tanks and tactical vehicles such as Abrams, Bradley Fighting Vehicles, and various personnel carriers. McClain transferred to Active Duty and upon his return from Iraq and Kuwait, began his first of two assignments at Fort Stewart, Georgia.

"I liked Fort Stewart because of the weather being warm and the constant deployment possibilities," he said.

He repaired tanks at Stewart until 1995 when he embarked on a year-long tour in South Korea. For him Korea was a very interesting experience and he noticed "strange" things right away.



Ryan Morton

**CAREER TRAVELER** — Sgt. Alan McClain has spent much of his 20-year career traveling the globe serving in some of the toughest war environments and hot spots the Army has had the honor in which to serve.

"On the bus trip from the airport to the hotel I noticed two men carrying a ladder with a washer and dryer attached to the back of a moped actually passing the bus. You don't really see things like that in America," he said chuckling.

McClain enjoyed his time in Korea and had a lot of fun exploring and experiencing the culture; however he wasn't much of a Korean food fan.

"No Kimchee for me," said McClain.

Following his tour in Korea, McClain returned to where he started his active duty career at Fort Stewart, in September 1996. During his time there he was assigned to the tank repair shop. McClain intentionally requested to be re-assigned to Fort Stewart for the deployment potential, and got his wish. He was later deployed to Bosnia and Kosovo for six

month rotations. In 2001, he left Fort Stewart once again and made a return trip to South Korea, and said that the second time was even better than the first. He was able to explore and travel extensively to various places including a trip to China's Tiananmen Square, the Demilitarized Zone tunnel tour, the Seoul Museum, and other historical sections of the city. While in Korea, McClain gained an appreciation for the ancient architecture.

"I saw these structures and I was amazed and still can't figure out to this day how they got the wood to contour in various directions and hold up," he said.

He returned from South Korea in 2002 and found, much to his chagrin, his new duty station would be Fort Carson, Colo. He again requested assignment to Fort Stewart, but strongly believed that the Army just didn't want to send him back to the same place again, so Fort Carson it was. At this point, he felt a need to change job specialties so he transferred to the military police.

"I was just burnt out from being a mechanic and needed a real change," said McClain.

The way he came to pick this MOS was not, as he says, the recommended or conventional way to do so.

"I was in the counselor's office and he opened the MOS book and put it out there in front of me and told me to take a look and tell him what I'm interested in. Before I even looked I closed my eyes and randomly dropped my finger on the page. I then opened my eyes and MP was right there under my finger. I then said, ok, this is it," he said.

McClain says, although it was an unconventional way to choose a job, he was excited to have the opportunity to learn another skill while in the Army. He found the MP assignment to be very diverse as a result of the various assignments, from detainee operations and security forces to law and order operations, just to name a few.

In 2003, he answered the deployment call once again and was shipped out with his

unit from Fort Carson to Cuba, working the Guantanamo Bay detainee facility.

"It was very interesting because we had to keep an eye on people imprisoned from Iraq, Afghanistan, and England and learning about cultural awareness, such as why some of the cultures go on hunger strikes or why some have religious protests," McClain said.

He returned to Fort Carson from Guantanamo Bay after a nine month assignment and quickly found out his unit would be in demand again very soon, this time to go to Iraq to participate in Operation Iraqi Freedom.

McClain shipped out to Iraq with his fellow Soldiers in February of 2004 after a mere three months at Fort Carson. This was 13 years after he was last there as part of Desert Storm in 1991. This experience, as he says, was very different than before. He and his unit performed convoy and

major supply route security operations, and checkpoint security in places such as Fallujah, Mosul, Tikrit, Baghdad, and Balad. They also led training classes for Iraqi Police cadets.

"On the OIF deployment, when we first got there, there was some animosity towards us by some of the Iraqi people because many were unsure of what our intentions were or what we were doing, and after they saw what we were doing and that we were trying to help, they really warmed to our presence," said McClain.

McClain returned to Fort Carson from Iraq in March 2005, and immediately started clearing the installation to transfer from Active Duty to the Reserve side of the house, and by May he was back home in Massachusetts.

For a while he was drilling in Worcester and working his regular job as a diesel tractor trailer mechanic.

Earlier this year, his home unit, the 344th MP Co., deployed to Iraq and, from what McClain says, his unit commander kept him out of this deployment and assigned him to the Reserve Center in Worcester, in part because of his prior deployments.

Command Sgt. Maj. Henry Jetty, commandant, NCO Academy, found McClain to be so inspiring and motivating to other Soldiers that McClain was asked to speak to the Warrior Leadership Course graduates on Sept. 20.

McClain will soon embark on a new journey in the Active Guard Reserve (AGR) at the end of the September in Chattanooga, Tennessee, in a position that will take him back to his roots as a light wheel mechanic.

This time though, he feels better about going back to that job and is just very happy to be able to continue to serve his country.



Spc. Kevin Harrison

## Soldier's Reward

Sgt. Roger Williams, Headquarters Headquarters Battery, 72nd Field Artillery Brigade, is presented the Army Commendation Medal by Capt. Javier Cortez, commander, HHC, 72nd FA Bde., in recognition of his meritorious achievement in mobilization training. Williams, served as an Operation Warrior Trainer for two years and will be returning to Iraq for a third tour with the Virginia Army National Guard in February. Williams is both a Desert Storm and Operation Iraqi Freedom veteran.

## Top students earn rewards

DALLAS, Sept. 16, 2008 — The Army & Air Force Exchange Service (AAFES) is moving military students who excel in the classroom to the head of the class with its "You Made the Grade" program.

Now in its eighth year, the education rewards initiative recognizes students who maintain a "B" average or better with a booklet chock full of complimentary prizes for every qualifying report card.

AAFES' "You Made the Grade" booklet includes coupons for a variety of free offers such as admission for two to a Reel Time Theater, a Burger King Hamburger Kid's meal, a magazine of the student's choice and even a slice of Anthony's pizza along with a medium drink. Each booklet also contains an entry form for a quarterly drawing in which three winners are randomly awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations.

"You Made the Grade" is a great vehicle for recognizing military students who excel, oftentimes through adversity

that the average student does not face such as a deployed parent or frequent moves," said AAFES Public Affairs Officer Maj. Edwina Walton.

To receive the AAFES "You Made the Grade" booklet, students must present a valid military ID card and proof of an overall "B" or better average to

their local BX/PX. Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar year. Military Families can contact their local AAFES Main Store Manager or General Manager for more information.

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

**Read  
The Post!**

# Conference planning underway

**Ryan Morton**  
Public Affairs Staff

Enjoying 2-foot long hoagies from Wawa, various representatives from the Fort Dix and McGuire Air Force Base communities convened for a luncheon at the Fort Dix Army Community Service (ACS) building Sept. 17, to discuss plans for the Army Family Action Plan (AFAP) Conference, scheduled in October.

Officials from organizations such as the 72nd Field Artillery Brigade, McGuire Air Force Base's 305th Medical Group, the 77th Sustainment Battalion, the Military Entrance Processing Station (MEPS), and Family Readiness Group (FRG) were instructed on con-

ference set-up and organizations by AFAP Coordinator, Frances Booth. This year's conference is significant not just because it seeks to find solutions to various problems and issues with the installations' communities, but because it also marks the 25th anniversary of AFAP's existence.

"AFAP really blossomed from three words, 'where's my father,'" said Booth.

"When the military member deploys, in many ways the family deploys as well, so we need to do what we can to take care of the family members. AFAP is important because it helps insure the quality of life for all military personnel, family members, and civilians, regardless of the service

branch," she said.

According to Booth, the AFAP Conference is important because in years past, 60 percent of issues that have been approved through the AFAP process have benefited all branches of the military. The structure of the upcoming conference will encompass small group dynamics where the groups will converge and discuss the issues and brainstorm various solutions. Servicemembers, family members, retirees and civilians living and working on Fort Dix are invited to attend the conference which will be held Oct. 23, from 8 a.m. to 4:30 p.m. at Dix's Timmermann Center. Call Frances Booth at 562-3930 for more information or to suggest an issue.



Ryan Morton

**READY FOR ACTION** - Frances Booth, Army Family Action Plan (AFAP) coordinator, fields a question Sept. 17, during a planning meeting for the AFAP Conference to be held at Timmermann Center Oct. 23.

# Center earns accreditation

(continued from page 5)

they requested a self-study packet from the NAEYC which was compiled of 10 books. The books covered topics such as: relationships, family, health, procedural requirements for teachers, development assessment and leadership/management.

In November 2007, the CDC applied for accreditation candidacy with the NAEYC. One of the biggest keys to success was the fact that the director and her staff kept the families and the entire staff apprised of where they were in the process, and how well things were going all along the way.

The CDC staff received assistance from Jan Whitte and Linda Vollentine, technical assistance advisors and regional accreditation advisors from Family, Morale, Welfare and Recreation, Northeast Region.

They provided guidance, observational feedback and support as the staff prepared for the accreditation assessment.

The CDC administration accreditation team included White, Jackie Doyle - assistant director, Marcella Atwood and

Donella Schearer - Abbott family liaison workers, and Carmen Ayala and Valerie Buckie - training and curriculum specialists.

The team compiled resources and information for the candidacy process and for the final assessment, while leading the rest of the CDC staff in preparations for the visit. They still conducted the normal everyday business of the center as well.

Amy Stansfield, NAEYC accreditation assessor, arrived at the center July 10, and for two days she poured over the gathered resources and reports of the center and observed operating and child care procedures. She reviewed staff and family surveys and sources of evidence documenting required criteria areas. The information was gathered and sent to the NAEYC Academy for analyzing.

Upon conclusion of the assessment Stansfield praised the CDC staff for their attention to detail and thanked them for the time and effort that was put into the preparation for the assessment.

They were told that they would be notified of the results

within an approximate three month period.

"It would have taken only one faulty act on our part to have gotten a deferment. One incorrect touch or reaction by the staff could have sunk us," said White.

"We had to be in sync as a team in order for the staff to see a commitment form the leadership team. I saw a professional growth in some of our staff members, while a passion for this profession was evident across the board. The team was very support of each other. When things got tough or stressful another member would step in to help out. At the conclusion of the visit we felt good about what we had accomplished. We appreciated the awesomeness of the task," she said.

"During the whole process the families have been great and supportive. They stood by us. The most telling sign of our success is that the children enjoy what they are doing. Our facility staff did an amazing job with the visual presentation of the center, also," she added.

As with any task of this magnitude, every organization and team requires the full sup-

port of their chain of command.

"The support we received from the installation leadership and FMWR was outstanding. I can't say enough about Sarah Johnson. She trusted us enough to support us with whatever resources we requested. She even took the opportunity many times to come over and visit us and hold the children and just give us solid encouragement," White said.

White and her staff received notification via email on Sept. 2 that they had been granted the accreditation for which they had worked so hard.

"We were so thrilled. It basically validated what we already knew about our staff and center. We realize how hard this was and wanted to make the Army proud. We think we have accomplished that," declared White.



Wayne Cook

**SUPER STAFF** - The Child Development Center accreditation team proudly displays the 5-Year Accreditation Certificate that was awarded to the center by the National Association for the Education of Young Children. Right to left, Marcella Atwood - Abbott family worker, Valerie Buckie - training and curriculum specialist, Donella Schearer - assistant director, Darleen White - center director, Jackie Doyle - assistant director, Carmen Ayala - training and curriculum specialist.

# Dix stars shine

(continued from page 5)

degree. He sang a Garth Brooks tune, "The Dance."

Tanya Hansen, wife of an Air Force staff sergeant, writes her own music, said she plays the guitar a little, and has been singing since the six grade with church groups. Hansen sang a Tim McGraw song "All We Ever Find."

Sgt. Kenitra Flores sang "I'm Going Down" by Mary J.

Blige. Flores said she has a strong background singing for her church.

Senior Airman Melony McBride finished the contest singing a Martina McBride song, "A Sugarland Stay." No relation there, she said, although she said she has been know to say they were cousins, just joking with her friends.

These seven contestants will all go on to round two to

be held on the Sept. 19 at Club Dix.

Judges decided that all were comparable singers and wanted to hear them with accompaniment before eliminating anyone.

A \$300 "Spirit Award" for the best supportive unit or family readiness group (FRG) was awarded to the 448th Civil Affairs Battalion unit or its FRG fund.

Any unit or FRG may compete for the Spirit Award regardless of contestant participation. Support will be determined each night of the contest by level of applause.

Operation Rising Star Continues Sept. 19.

Winners of the second round will be invited to the third round Sept. 26. The same voting and balloting rules will apply. During the third round the winners will be taped and the videos will be available on the web for voting from the public.

Prizes will be awarded to the first, second and third place winner at the installation level. The first place winner will receive \$500 and advance to the Army-wide finals. The second place winner will receive \$250 and the third place contestant receives \$100.

Military Family Members must have a sponsor that is Active Duty, Reserve or National Guard.



Lisa Evans

**SINGING SERGEANT** - Sgt. 1st Class Levar Curry performs an original composition, a blend of rap and hip hop during the Operation Rising Star competition held at Club Dix Sept. 12.

# Soldier beats odds, serves second tour

Lisa Evans  
Public Affairs Staff

Not every hero pulls a buddy from a burning vehicle, or pulls a child from a swollen stream. But every hero has the same driving force: they disregard their own safety to help others, thereby earning the name.

Sgt. John Buckley, 27, is once again putting his life on the line, getting ready for a second deployment to Iraq. Why? Somebody had to do it, he said.

"I played with G.I. Joes as a kid, so that's what I always wanted to do. It seemed like the right thing to do, the whole civic duty sort of thing. They all do it for civic duty, that's the reason, whether they know it or not, in their hearts, not their heads," Buckley said.

Growing up in the heart of the Midwest in Indiana, Buckley's family supported him in his dreams. A member of the Army Reserve since 1998, signing up when he was 17, Buckley started his first tour in Iraq with a new nickname — nine-and-a-half.

"I was shot by somebody trying to mug me in 2002. I had been called up. We were on alert and prepared to go to Iraq," Buckley began his tale.

During the wait between being notified and leaving for

training, he was out with his girlfriend one night and was mugged.

"I was going to the University of Cincinnati, was a student, and one night got mugged by a guy with a shotgun. He was trying to kill me and I just moved out of the way quick enough. He swung it up. I caught the barrel and he shot my finger off," he said nonchalantly, holding out what remains of his left index finger.

"He wanted my wallet. We wrestled for a while over the gun, then I realized that if he reloaded, he was going to kill me, and my girlfriend was at risk. It wasn't worth it so I gave him my wallet," Buckley concluded.

Five and a half months later, Buckley was at war. He was in Iraq, January 2003, when he was hit by a roadside Improvised Explosive Device (IED).

"It was like getting punched with a bullet instead of shot with a bullet," said Buckley.

The IED blast sent shrapnel through his right temple and into his brain. Evacuated out, Buckley endured brain surgery and months of recovery.

During this time, he said his wife, the girlfriend he had given up his wallet for, and he grew apart and finally divorced amicably. Smiling, Buckley said it was for the best as he had since met his current wife and has two beautiful sons.

With diagnoses of Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD), Buckley can leave the military anytime he wants, but he won't quit. He surrendered his wallet to save someone's life, but he won't surrender his right to fight for America. He received a Purple Heart in June 2005 and reenlisted at the same time.

"I'm here now because I can still do my job and it's not fair to make somebody else do it just because I don't want to," Buckley declared. "I like these guys. I want to be with my sons, but I am dedicated to the war effort and want to finish it."

Buckley is nearly deaf in his right ear. He has memory loss and has to write things down to remember them. As a squad leader with personnel under his command, he has plenty of people to remind him of things he may forget.

As a professional Soldier, Buckley takes extra precautions to ensure safety for himself and his unit to eliminate any lapses on his part.

Speaking emphatically, several members of his unit agreed that he forgot things, saying that they constantly reminded Buckley of things, whether he needed reminding or not. They laughed and teased him, but more importantly, all agreed, they trusted him with their

lives. Watching Buckley train and drive for his unit, there is no way to see that he has suffered severe injuries.

Buckley is hyperactive while running, working, joking and leading his troops. He has great coordination, does his job with ease, drives a fuel truck and oversees details that can help save a convoy.

Quoting a motto from another Soldier, "It's not if, but when," Buckley said, saying he learned this motto from his first company commander. During his first deployment training, the commander liked to put the fear of war in his Soldiers.

Buckley said that he uses the quote now, not to instill fear, but to remind Soldiers and families that war is a looming factor. He said every Soldier must assume they will be deployed every couple of years, and maintain readiness to serve.

In his civilian life Buckley is a fleet administrator for Plains Moving & Storage, a national moving company.

He manages drivers' licenses, work licenses, permits, accidents, and vehicle maintenance and repairs. He is on call for the business 24-hours-a-day, seven days a week. Whether in the Army, his civilian job, or home with his family, Buckley gives his all.



Lisa Evans

**DOUBLE DEPLOYMENT** — Sgt. John Buckley, 353rd Transportation Company, steps from the truck he drove during a training exercise on Fort Dix, Sept. 10. Buckley is training for his second deployment to Iraq.

# Visitor Center closed during renovations



Jennifer Chupko

Jennifer Chupko  
Public Affairs Staff

The Fort Dix Hemingway Welcome Center at the main gate is undergoing renovations to spruce up the interior and make it more accommodating to all who walk through the doors.

A temporary tent is set up next to the Center to accommodate Fort Dix visitors, military and community personnel. The renovations are forecasted to be complete in roughly four weeks.

The Center is the first step for visitors and personnel entering Fort Dix for the first time and will soon be more user friendly, especially for the personnel who have endured uncomfortable conditions in the past.

The changes that will occur are in the main room with the first issue being addressed is the skylight. The hot temperatures from the skylight have been a nuisance affecting the comfort level by raising temperatures.

"The temperature reaches 106 degrees when it gets 85-90 outside. It is like an Easy Bake oven over the front desk," said Sgt. Gary Gasset, Department of Defense police officer.

The skylight will be coated with an opaque tint to allow light to shine through it but will keep the heat of the sun's rays out.

The atrium, where the public waits, measures 115 degrees in those same hot outdoor conditions and will also have tint applied to the windows.

The blistering conditions are a concern with the elderly who enter the building. Those specifically with breathing conditions, such as asthma, are affected most from the heat radiating from the skylight and windows.

Behind the front desk where the personnel work, the space is cramped. It makes moving around and trying to work behind it difficult. That desk will be extended three feet to allow more room and more privacy for personnel.

"This is going to serve the public at a better capacity," said Gasset.

The countertops will be getting a facelift, as well. The color will be lighter and more attractive according to Gasset. The lighter color will generate less heat and will probably prevent the problem of peeling desktops.

There will be desks installed to the processing stations on one side of the room. The fold out chairs and tables will be replaced with updated permanent stations similar to the front desk. These

new stations are an attempt to speed up processing vehicle decals, Fort Dix passes and paperwork issuance.

The flooring is next on the priority list. The floor becomes a safety issue when the tiles become wet from rain or snow. The biggest concern is slippage issues for children and the elderly.

This seems to be a bigger issue than originally thought during initial construction of the center.

With the new changes, carpeting will be added to some areas and new tiling installed. In the center of the entrance is the Fort Dix "Ultimate Weapon" mosaic made of tile. Despite the floor changes, that part of the tiling will stay.

Gasset said "There is a crack in it, but it is staying here. This is something I don't want replaced."

A closet sized section behind the front desk is currently being used as storage space and break room. This will become two separate rooms.

Welcome Center personnel will soon have a space to eat lunch without tripping over a fax machine or copier sitting on the floor because there is no other place for it.

Even the waiting area is getting some modification. A new wall mounted television will be installed for those waiting for assistance.

In order to keep the Hemingway Welcome Center from having communication problems, the telephone and fax machine numbers will remain the same. Certain processing systems will be re-routed however. Department of Defense Common Access Cards (CAC cards) and military identification cards will now be created in Building 5418 (MacDonald Hall) on the second floor.

The renovations, done by GMT Contracting on Fort Dix Road, will be completed and the Welcome Center re-opened on or around October 6. Until then, the temporary tent will be hosting the personnel.

Gasset also believes that Veterans Appreciation Day, to be held in the Timmermann Center on September 20, will be of help. He says anyone will be able to have decals issued there, veterans or otherwise. This is just another way to provide accommodation to individuals.

## 'We the People' signing celebrated

Nurit Anderson  
Judge Advocate's Office

This week commemorates the signing of the Constitution of the United States, the supreme law of the United States, providing the framework for what is, in the opinion of many, the greatest form of government the world has ever known.

On September, 17 1787, in Philadelphia, Pa., the Constitution Convention adopted the United States Constitution. In just four hand-written pages, the Constitution defined the separate powers of the central government, the powers of the states, the rights of the people, and how the representatives of the people should be elected. Nine months after the state ratification process had begun the Constitution went into effect. In the two centuries since

its ratification, many changes have been made to the Constitution. However, the basic premises on which the Constitution was framed—the protection of individual rights and liberties, limited government with separation of powers and checks and balances, the federal system, and judicial review—remain at the heart of this "living" document.

In celebration of Constitution Day, take a few moments to recite and consider the preamble to the Constitution:

"We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America."

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# Announcements

## Cinema Schedule

754-5139  
McGuire Air Force Base

Friday, Sept. 19 @ 7:30 p.m.

**Pineapple Express-** Seth Rogen, James Franco, Gary Cole, Rosie Perez, Danny R. McBride Stoner Dale Denton's (Seth Rogen) enjoyment of a rare strain of marijuana may prove fatal when he drops his roach in a panic after witnessing a murder. Upon learning that the fancy weed can be traced back to them, Dale and his dealer (James Franco) go on the lam, with a dangerous drug lord (Gary Cole) and crooked cop (Rosie Perez) hot on their heels.

**MPAA Rating: R** - sexual references, pervasive language, and drug use  
Run time: 1 hr. 42 min.

Saturday, Sept. 13 @ 7:30 p.m.

**The Sisterhood of the Traveling Pants-** Amber Tamblyn, Alexis Bledel, America Ferrera, Blake Lively, Rachel Nichols

Four teenage girls who have been close friends since they were babies (and even before). However, fate has dictated that for the first time ever the young women will be spending their summer apart -- Carmen will be visiting her father, whom she hasn't seen in years, Lena will be visiting her grandparents in Greece, Bridget is attending a soccer camp in Mexico, while Tibby is stuck working at a discount store. A few days before Carmen, Lena, and Bridget leave, the four go shopping, and while at a thrift shop they discover an unusual pair of blue jeans that, despite the fact they're all of different height and weight, fits all four women perfectly.

**MPAA Rating: PG-13** -mature material and sensuality.  
Run time: 2 hrs.

### Future Features...

Friday, Sept. 26 @ 7:30 p.m.

**Death Race-R**-strong violence and language  
Run time: 1 hr. 45 min.

Saturday, Sept. 27 @ 3 p.m.

**Star Wars: The Clone Wars**  
PG-SciFi action violence, brief language and smoking  
Run time: 1 hr. 38 min.

Sat., Sept. 27 @ 7:30 p.m.

**Tropic Thunder -R** pervasive language, sexual references, violent content and drug material  
Run Time: 1 hr 47 min.

## 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 Mas.....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.

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

#### Jewish High Holy Days

Monday, Sept. 29

Rosh Hashanah  
Candle lighting 6:24 p.m.  
Service 6:30 p.m.

Tuesday, Sept. 30

Shacharis & Shofar blowing 9 a.m.  
Mincha/Maariv 6:25 p.m.

Wednesday, Oct. 1

Shacharis & Shofar blowing 9 a.m.  
Mincha/Maariv 6:25 p.m.

#### Islamic Prayer room

Open 7 a.m. to 4:30 p.m.  
Monday through Friday  
Room 24

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

#### Job Openings

The following appropriated fund non-personal services contracts are available. The contract period is Oct. 1, 2008 - Sept. 30, 2009 with two option years.

GOSPEL CHOIR DIRECTOR  
CHAPEL YOUTH SPECIALIST

Contact  
Mrs. Deborah Terrell,  
(609) 562-2093

## ACS

562-2767

Bldg. 5201 Maryland Avenue

### Calendar of Events

Monday, Sept. 22

#### Early Childhood Parenting Made Fun

(Birth to 6 years) Part 2  
10 a.m. - Noon, ACS

Tuesday, Sept. 23

#### Hearts Apart Support Group

10 a.m. - 1 p.m., Club Dix

Thursday, Sept. 25

#### Becoming a Love & Logic Parent of School Aged Children, Part 2

10 a.m. - Noon, ACS

#### Understanding How Credit Works Part 1: Getting and Keeping Good Credit

10 - 11 a.m. & 1:30-2:30 p.m., ACS

Friday, Sept. 26

#### AFTB Level 1

11 a.m. - 12:30 p.m.  
American Red Cross

#### International Spouse Group

11:45 a.m. - 1 p.m., ACS

### 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 Noon-6 p.m.

#### Weekly Schedule

##### Monday -Friday

Power Hour, 2:30-3:30 p.m.  
Computer Lab, 4-6 p.m.

##### Thursday

Defensive Driving 4-8 p.m.

##### Friday

Defensive Driving 4-8 p.m.

Torch Club 4-5 p.m.

##### Saturday

Candy Bar Bingo, 4-6 p.m.

## Arts & Crafts

Bldg. 6039 562-5691

### 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.

**\*Sewing Boot Camp For Youth Sept. 27, 9:15 a.m. - Noon, Class and materials fees: \$25 each class.**  
Project One: Drawstring Backpack. Calling all youth ages 11-14, boys and girls. Learn to sew in our studio using state of the art sewing machines. This is a one day class to introduce you to machine sewing. All project supplies are included. Class size is limited to the first 6 students

**\*Surprise in a Box! - October 2 - 6:15 - 9:00pm, \$20 fee.**

It's back! The class everybody loves. All levels of sewing are welcome but you must know how to use a machine. All materials are included in the box and the project is a surprise. No peeking.

**\*Introduction to World Crafts Ages 6 & up, Oct. 4- Nov. 1, Saturdays, 2:30-4:00 p.m. \$30 Fee**

Take a journey across the globe during this exciting multicultural crafts class. Learn how to create Indonesian Batik, Egyptian Metal Tooling, Japanese Calligraphy, and African Printmaking.

### BANDITS ROB PASSENGER TRAIN

The Covered Bridge Gang will be returning to Flemington, New Jersey on September 20 and 21. Passengers aboard Black River & Western Railroad (BRW) trains will watch as the dreaded Covered Bridge Gang chases down the train on horseback and climbs aboard to steal "Black River Bucks".

When the train arrives in Ringoes, passengers will get to see the bandits brought to justice by the Sheriff. The robbery is always different, so families that have ridden this popular train before are sure to experience something new and exciting. Kids are encouraged to bring their cowboy hat, bandana and cap gun, and help the Sheriff protect the train against the bandits!

Round-trip trains will depart Flemington Station, located next to Liberty Village, at 11:30 a.m., 1 p.m., 2:30 p.m. and 4 p.m. on September 20 and 21. Tickets are sold on a first come first serve basis. Black River Bucks will be sold outside Flemington station by volunteers of the Black River Railroad Historical Trust (BRRHT).

### CRAZY TRAIN MAZE OPENS AT PUMPKIN JUNCTION

From September 26 to October 31 passengers on the Black River & Western Railroad (BRW) can experience the new 10 acre Crazy Train Maize at Pumpkin Junction. Trains will depart from Ringoes Station and travel to the corn maze and pumpkin patch.

Inside the maze over 4 miles of twisting turning trails will challenge visitors to find their way out. Visitors are encouraged to bring flashlights, or purchase flashlights or glowsticks at the maze entrance. Also at the maze entrance, each child will receive a free baby pumpkin. Additional pumpkins will be available for sale.

The Crazy Train Maize at Pumpkin Junction will operate weather permitting every Friday, Saturday, and Sunday beginning September 26 with the final day of operation on October 31. Trains to Pumpkin Junction depart Ringoes Station every 30 minutes on Friday 6:00 p.m. to 8:00 p.m., Saturday 2:00 p.m. to 8:00 p.m., and Sunday 2:00 p.m. to 5:00 p.m. The maze and return trains will operate for 90 minutes following last scheduled Ringoes departure. Passengers wishing to take the train from Flemington Station to the maze may board the 1:00 p.m. or 2:30 p.m. departure on Saturdays and Sundays only. Based in Ringoes, NJ, the BRRHT's mission is to preserve the heritage and history of railroading while educating the public about railroad safety. For additional information visit brrht.org or call 908-782-6622.

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## 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 & Tues. 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.

**\*Operation Rising Star - September 19 and 26, 7 to 10 p.m.** - The Army version of American Idol.

**\*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.

**FORT DIX  
WANTS YOU**



**TO BE A  
MAYOR!**

CALL 562-2767

Or Stop by Army Community Services  
Bldg 5201, 5th St. & Maryland Avenue

**IT'S YOUR PATRIOTIC DUTY!**

# Soldiers hang banners at Infantry park



Deploying Soldiers hung their unit's yellow banners at Infantry Park Sept. 12, as they finished training at Fort Dix. Above left photo, 1st Lt. Joseph Schneider, company commander and 1st Sgt. Clarence Ross, 157th Combat Sustainment Support Battalion from Willow Grove, Pa. Sept. 12. Above photo, acting first sergeant, Sgt. 1st Class Patrick Plaskett and 2nd Lt. Manjung Wong, company commander, 140th Quartermaster Company, Detachment 2, Fort Totten, N.Y. Above right photo, Maj. Michael Lawson, company commander and acting 1st Sgt., Navy Chief Donald Robertson, Headquarters, Headquarters and Active Duty Sailors stationed around the world.

photos by Ryan Morton

## Youth Explosion hosted by Dix, McGuire chapels

Wayne Cook  
Public Affairs Staff

The Fort Dix and McGuire Air Force Base chapel youth programs joined together to celebrate Youth Explosion at Chapel 1 on McGuire Sept. 13. The youth programs, known as Club Beyond, are ministries tailored for youngsters in the sixth through twelfth grades, are held on Wednesday evenings at the Main Chapel on Fort Dix and Chapel 1 on McGuire.

"We want to provide for the military community youth a place where they can come

together in a safe and fun environment to encourage one another, build strong friendships, and grow in the knowledge of God's love," said Oscar Rivera, youth leader at McGuire's chapel.

The Youth Explosion was an event where the youth could relax, listen to music, join in

games and snacks, and hear words of encouragement from Rivera.

More than 25 children and a dozen adult volunteers attended the gathering.

For more information about Club Beyond call 754-5904 or send an e-mail to them at club.beyond@yahoo.com.

games and snacks, and hear words of encouragement from Rivera. More than 25 children and a dozen adult volunteers attended the gathering. For more information about Club Beyond call 754-5904 or send an e-mail to them at club.beyond@yahoo.com.



Ryan Morton

**FORT DIX WANTS YOU**

**TO BE A VOLUNTEER**

Call Army Community Service at 562-2767 to find out more.

**MAKE A DIFFERENCE**

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

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

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

Call Army Community Service at 562-2767

**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 - (609) 992-1643 Troopers  
James Fish - (609) 915-8106 Troopers  
Miguel Cartagena - (609) 203-1186 Troopers

Media checks payable to United Polio Memorial Association



**Fountain Green NFL theme**

The Sept. 10 Commander's Cup gave a tip of the hat to the start of football season with an NFL themed competition. The winning team was, from left, Ron Piccolo, Anthony Tropea, Bob Gaeta, and John Scirrotto. More golf action is in store for Sept. 20-21, when the Fountain Green Golf Course holds its annual Senior and Club Championship. Call (609)562-5443 for more information.

# Soldiers shape up with combat fitness



Jennifer Chupko

**STEP IN TIME** -- Sgt. 1st Class Sandra Armstrong and Master Sgt. Anthony Pamplin kick it out during the Combat Fitness Challenge class at the Griffith Field House. The class offers Soldiers combat-style exercises to help them stay fit, and score better with their Army PT test.

**Jennifer Chupko**  
Public Affairs Staff

With an upbeat workout, the Combat Fitness Challenge class, offered at Griffith Field House every Monday and Wednesday at 6 a.m., is the choice some Soldiers make for toning their bodies.

The combat-style aerobics class, instructed by Richelle Weiland, offers the physical challenge of a half-hour of punching and kicking techniques which help with flexibility. It is a great way to work out a little frustration and get rid of the hum-drum of early morning sluggishness.

"We were looking for a way to help Soldiers with their physical fitness training, and help them pass their PT test," said Weiland.

The Army's fitness program strives to develop and maintain all the workings of physical and motor skills through progressive and mission-driven

training. The workout packs a punch in the morning, makes a great addition to a normal exercise routine and offers an alternative to the normal coffee and donut.

"The majority of the class is cardio, which really helps with weight loss," said Weiland. "I've had Soldiers who have lost pounds and inches, and they've decreased their time on the run for the PT test and maxed out on pushups and sit ups."

Factors such as speed, agility, muscle-power, eye-hand coordination, and eye-foot coordination all affect a Soldier's survivability on the battlefield. Training in combat-like aerobics will improve these factors if done correctly.

Combat style aerobics brings muscular strength that puts forth the greatest amount

of force a muscle or muscle group can exert in a single effort. Muscular endurance is the ability of a muscle or muscle group to perform repeated

movements for extended periods of time. Combat style aerobics easily accomplishes this with upbeat music and practice, practice, practice.

"It's a lot of fun. I think they like it because it's a group setting. We all help motivate each other and stick with it," said Weiland.

If you are not interested in any of the above activities, this class is not for you. The bagel in your hand is all you may need for that morning elbow workout. However, when you stand on the scale and find your weight creeping up a bit higher than you'd like, combat-style aerobics might just be the way to punch off those pounds.

The class is for reserved for Soldiers and Weiland invites them to come test their mettle.

"We want to challenge units to come in and see if they're up for it," she said.

For more information about the Combat Fitness Challenge, call the Griffith Field House staff at 609-562-4888.

## Sports Shorts

### Griffith Field House

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

### Combat Fitness 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 information.

### Pool Hours

The Indoor Pool will be closed until Oct. 1.

The Outdoor Pool is open Mon. - Fri. 6 a.m. - 8 a.m., and 11 a.m. - 1 p.m.

More information about the pool can be found by calling (609) 562-2808.

### Flag Football

Time is running out to sign up for the 2008 Fort Dix Flag football season, which begins in October.

Interested parties can sign up at the Griffith Field House. Call Chris O'Donnell at (609) 562-4888 for more info.

### Fountain Green

The Fountain Green Senior and Club Championship will take place Sept. 20 - 21. Tee time is 7:30 a.m.

For more information about this event, or the Fountain Green Golf Course, call (609) 562-5443.



Ed Mingin

## FCI locks championship

FCI, shown above, won the post softball championship Sept. 17, beating City Coffee 14 - 4. FCI and City Coffee had battled all season, finishing tied at the end of the regular season. City Coffee won the tie-breaker, scoring more runs during the regular season games between the two teams.

# Music, laughs commemorate 9/11

Spec. Kelly Anne Beck  
123rd MPAD

The country music band Lonestar performed a free, outdoor concert at Doughboy Field Sept. 11 for an audience of Soldiers and the greater Fort Dix community.

Before the music started, comedians Tim Krompner and Dustin Chafin warmed up the crowd.

The Remembrance and Celebration of Life Concert was performed to honor those who died during the September 11 attacks and to pay tribute to the troops serving overseas.

"We originally just thought we were going to play a show for troops, but then finding out it was on 9-11 was an added bonus," said Dean Sams, keyboardist and background vocalist for Lonestar. "It just felt so appropriate to be here because September 11 changed all our lives, so we were glad

we could do this particular show to pay tribute."

Lonestar has been recognized for its dedication and support of American troops, receiving the National Fatherhood and American Country Music/Home Depot Humanitarian awards.

"I'm not even a fan of country music, but I had fun," said Spc. Greg D. Barhorst of the 320th Psychological Operations from Portland, Ore.

The band frequently performs for military audiences, said Michael Britt, the lead guitarist of Lonestar.

Lonestar has sold more than 10 million albums, had 27 singles on the country charts and is scheduled to release an eleventh album on its own label in the fall.

"Any time we are asked to do anything for the military, we try to do it because we want to show them we support them and their country supports them," Britt said.

"We are heading to Detroit tomorrow and even though it's embarrassing to say, I don't even know where we were yesterday," Sams said. "Our schedule's crazy, but there was no way we were going to miss playing for the troops on this day."

The concert was produced by the Fort Dix Family Morale, Welfare and Recreation Directorate along with Trans Media Entertainment Group-Funny Biz Spread the Laughter, an event planning company dedicated to providing troops with entertainment.

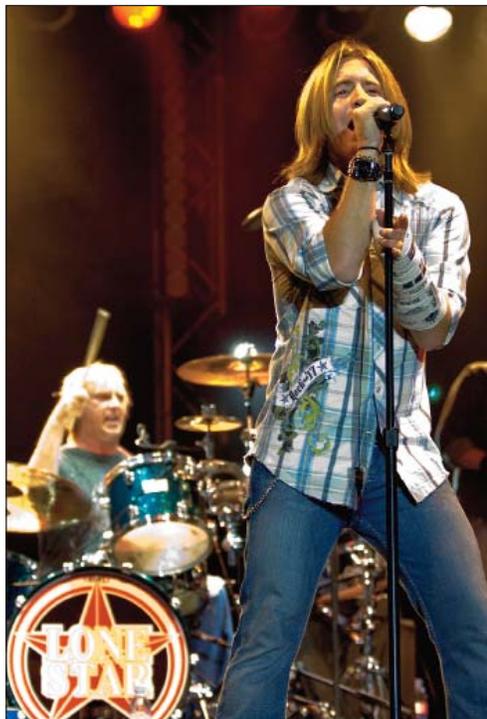
"It really raised our morale to see a band and so many people supportive of our mission and country," said Barhorst.

Plus, it was a great break from training."



Spec. Brian A. Barbour

**LONG MAY SHE WAVE** - Fort Dix firefighters Toby Scott, Dave Bahrenburg, Fire Captain Jay Hannum and Jerry Jewell, raise the American flag Sept. 11, at the Remembrance and Celebration of Life Concert to honor the event of Sept. 11, 2001. Concert-goers took a minute before the music began to hold a light stick vigil, below, to honor those who made the ultimate sacrifice.



Sgt. Alex Snyder

**SHOW TIME** - Lonestar's lead vocalist Cody Collins, left, sings "Front Porch Looking In" from the band's 2003 album "From Here to There" while drummer, Keech Rainwater keeps time, during the Remembrance and Celebration of Life Concert held Sept. 11 on Doughboy Field.



Wayne Cook



**'FAN'TASTIC** - Number-one Lonestar fan, Felicia Cooper, 9, left, is all smiles as she stands on stage with Lonestar keyboardist, Dean Sam, during the Remembrance and Celebration of Life Concert, Sept. 11. Cooper was invited on stage as a show of appreciation for a drawing she presented the band.



Spec. Brian A. Barbour

**FOR THE TROOPS** - Soldiers, above, sing along during the show. More than 2,000 people from Fort Dix and the surrounding communities attended the Remembrance and Celebration of Life Concert, Sept. 11 featuring the band Lonestar. The free event was hosted by the Fort Dix Family Morale, Welfare and Recreation Directorate and Trans Media Entertainment Group-Funny Biz Spread the Laughter. Lonestar took time before the show to meet with a few servicemembers at a reception held at the Fort Dix museum. Navy Petty Officer 3rd Class Athos Cyrano Johnstone, Expeditionary Combat Readiness Center, below, shakes hands with keyboardist Dean Sams, while band members Keech Rainwater, and Michael Britt sign an autograph.



Wayne Cook

**READY FOR THEIR CLOSE-UP** - Members of the Arizona National Guard's 123rd Mobile Public Affairs Detachment (MPAD) interview comedians Tim Krompner, left, and Dustin Chafin. Chafin and Krompner opened the Remembrance and Celebration of Life Concert held Sept. 11 on Doughboy Field. The 123rd MPAD is at Fort Dix preparing for an upcoming deployment to Iraq.



Spec. Brian A. Barbour