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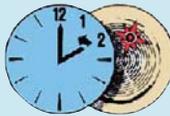
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NEWSNOTES

Change your clocks



Change your batteries!

Daylight Saving Time for 2008 ends at 2 a.m. November 2. Set your clocks back one hour and don't forget to change the batteries in your smoke detectors.

Dix ID Card Facility announces Saturday hours

Need a new ID card but just can't squeeze out the time during the week? The Fort Dix ID Card Facility will host Saturday hours for issuing identification cards Nov. 1 and Dec. 6 in Building 5418 on the first floor.

Hours of operation will be 8 a.m. to 4 p.m. For further information contact Geneva Sturdivant at 609 562-3373/2177.

Political activities prohibited in Privatized Housing

As Election Day nears, the temptation to show support for candidates of choice is strong -- but if you live or work on a military installation, public display of partisan political support is prohibited.

Department of Defense Directive 134410 prohibits displaying any partisan political signs, banners, or posters on federal land to include privatized housing areas on military installations.

Residents not adhering to this directive could be subject to military discipline under the Uniform Code of Military Justice. For more information, call Mary Davis, Government Housing Office, 609-754-2438.

WEATHER

FRIDAY -- Fair with mostly sunny skies and high of 61 degrees. Breezy into evening, overnight low of 40 degrees.

SATURDAY -- Mostly clear skies, high of 58 and low of 38 degrees.

SUNDAY -- Fair, breezy, high of 55 and overnight low of 37 degrees.

MONDAY -- Partly cloudy, slight chance of showers. Daytime high of 60, with overnight low of 40 degrees.

TUESDAY -- Clear and sunny, with a daytime high of 65 degrees and low of 46.

WEDNESDAY -- Clear, warmer with daytime high of 67 and overnight low of 51 degrees.

THURSDAY -- Morning clouds clearing in afternoon, high of 63 degrees and overnight low of 52.

**Do Your Part
VOTE**

Dix, FOP sign contract

Fort Dix Commander Col. Ronald Thaxton joined representatives from Lodge 168 of the Fraternal Order of Police in signing a new three-year bargaining unit agreement Oct. 28 at Wurman Hall.

The police union, which has more than 80 members on Fort Dix, was represented by Patrolman Brad Whiting, president of Lodge 168, and Danny Schick, New Jersey FOP Labor Council staff representative from Lakewood.

Representatives from the Civilian Personnel Advisory Center and Directorate of Public Safety have been in negotiations on the detailed contract for eight months.

The contract is a completely new agreement with the bargaining unit, since the previous agreement expired before negotiations to replace it were underway.

The hefty agreement covers in detail every aspect of working conditions for the police, from working hours to uniforms.

The Fraternal Order of Police is the world's largest organization of sworn law enforcement officers, with more than 325,000 members in more than 2,100 lodges. The organization's goals are to improve the working conditions of law enforcement officers and the safety of those they serve through education, legislation, information, community involvement, and employee representation.



Carolee Nisbet

SECURING THE FUTURE -- Members of the Fraternal Order of Police Lodge 168 join Fort Dix Commander Col. Ronald Thaxton and Patrolman Dan Whiting, FOP 168 president, in signing a new contract after lengthy negotiations. Standing, from left, are Danny Schick, New Jersey FOP Labor Council staff representative from Lakewood; Patrolman and chief negotiator Ronald Alameda; Patrolman William D. Smith Jr.; Patrolman David M. McCannon, Patrolman John J. Walaszek and Fort Dix Chief of Police Jack Warlow in a ceremony in the commander's office at Wurman Hall Oct. 28.

Poll hours, duty day set time off for voting

Election time always questions concerning granting employees excused absences in order to get to the polls in time to vote.

Such excused absences are limited and must be requested and approved in advance of Election Tuesday, For 2008, Election Day is Nov. 4.

Generally, where the polls are not open at least three hours either before or after an employee's regular work hours, an agency may grant a limited amount of excused absence that will permit the employee to report for work three hours after the polls open or leave from work three hours before the polls close, whichever requires the lesser amount of time off.

An employee's "regular work hours" should be determined by reference to the time of day the employee normally arrives at and departs from work.

The voting hours across New Jersey this year will be from 6 a.m. to 8 p.m.

Voting hours in Pennsylvania are from 7 a.m. to 8 p.m.

If the New Jersey resident employee's tour of duty begins at 7:45 a.m. and ends at 4:30 p.m., the employee has three hours and 30 minutes before the polls close at 8 p.m. to vote after the end of his or her duty day. Therefore, there is no basis to grant excused leave.

Another example would be those employees whose work day runs from 9 a.m. to 6 p.m.

The polls are open three hours before the beginning of the work day. Therefore, there is no basis to grant excused leave for the employee to reach the polls in time to vote.

An employee working a compressed work schedule, for example from 8 a.m. to 6 p.m., could be excused for one hour in the morning or evening to ensure that he or she has time to vote.

If an employee's voting place is beyond normal commuting distance and vote by absentee ballot is not permitted, the employing agency may grant excused absence (not to exceed one day) to allow the employee to make the trip to the voting place to cast a ballot.

If more than one day is needed to make the trip, the employee may request annual leave or leave without pay for the additional period of absence.

Employees should contact their supervisor, the Civilian Personnel Advisory Center or their local union official for more information or assistance.

Caring prompts sharing for community assistance day

Ryan Morton
Public Affairs Staff

More than a dozen people from the Fort Dix and McGuire Air Force Base communities volunteered their time to give to others during the annual nationally recognized Day of Caring, Oct. 24.

The Day of Caring is designed to encourage and promote community and volunteer work and involvement in an effort to get people to give back and help others in need.

The event, held at Fort Dix by Army Community Services (ACS) and Morale, Welfare, and Recreation (MWR), started off with a pizza luncheon with Col. Ronald Thaxton, installation commander, followed by volunteers rolling up their sleeves and doing good deeds.

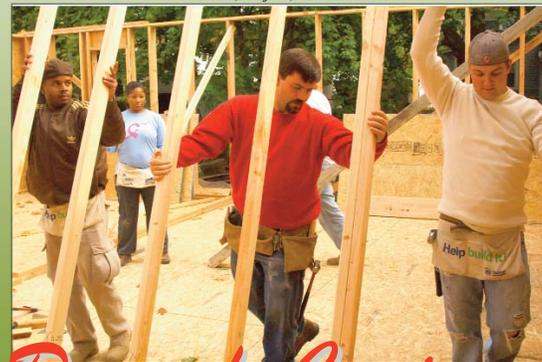
"I appreciate what you do for the installation and what you will do today. Thank you," said Thaxton at the luncheon.

The majority of volunteers stayed on post at the American Red Cross and the Arts and Crafts Center (continued on page 4)



Wayne Cook

A STITCH IN TIME -- Sgt. Heather King, right, assists Spc. Layla Mansberger with threading the needle on a sewing machine at the Arts and Crafts Center Oct. 24. Both of the Soldiers are assigned Mobilization Readiness Battalion, and volunteered their time and energy to the Day of Caring hosted by Army Community Service and Family, Morale, Welfare, and Recreation.



Day of Caring

GOING UP -- Air Force Master Sgt. Jose EsteMcDonald, Todd Ermer, Burlington County Chapter Habitat for Humanity Construction Manager, and Air Force Staff Sgt. Richard Plesenic walk a wall into place for a house under construction in Beverly Oct. 24. The Airman, out of McGuire Air Force Base's 305th Aircraft Maintenance Squadron, volunteered for the house construction with "Habitat for Humanity" as part of the Day of Caring organized and hosted by Army Community Service on Fort Dix. (Photo by Ryan Morton)

Saluting women who served America



www.cfo.doe.gov/.../images/WACsOakRidgeLarge.jpg

STANDIN' TALL AND LOOKIN' GOOD – The Women's Auxiliary Army Corps (WAAC) became the Women's Army Corps (WACs) on July 1, 1943, becoming full members of the Army for the first time. Over 1,700 WACs served overseas during World War II, providing clerical support for Army headquarters and service organizations.

Army observes 30th anniversary of integrating WACs

external audiences.
Melissa K. Wiford
Army News Service

WASHINGTON (Oct. 20, 2008) - Thirty years ago, on Oct. 20, 1978, President Jimmy Carter signed Public Law 95-485 disbanding the Women's Army Corps as a separate corps within the United States Army following 36 years of dedicated service.

Beginning today and until mid-November, the Army will be celebrating the 30th anniversary of the full integration of women into the regular Army, said Lt. Col. Mike Moose, spokesman for the Army's deputy Chief of Staff for Personnel, G-1. He said the G-1 is looking for former members of the Women's Army Corps who might like to share their stories and memories with both internal and

external audiences.
Originally established as the Women's Army Auxiliary Corps, or WAAC, by President Franklin D. Roosevelt during World War II, the WAC went through many different organizational statuses throughout its history.

Congresswoman Edith Nourse Rogers of Massachusetts introduced legislation in May 1941 to establish a women's auxiliary to the U.S. Army based on the premise that the addition of women's labor would "free a man for combat," if and when the United States entered the war.

Even though Rogers compromised on the issues of women's military status and benefits, the legislation languished in Congress until the United States was attacked by Japan at Pearl Harbor in

December.

In January 1942, Rogers added an amendment to her bill that would grant women the same military status and benefits as men. Bitterly contested in Congress, the bill only passed after it was decided that women would not be given military status, and on May 15, 1942 President Roosevelt signed Public Law 77-554 establishing the Women's Army Auxiliary Corps.

Recognizing that the United States Army could not provide benefits to the women stationed overseas and that the auxiliary system had proved to be cumbersome, General George C. Marshall, Chief of Staff of the Army, requested that Congress give women military status for the duration of the war.

In January 1943, Congress-



photo courtesy of the Library of Congress



www.history.army.mil/photos/WWII



www.history.army.mil/books/wwii/Wac/ch2.htm

WACs AT WORK IN THE WAR – WACs performed 155 different jobs in the Army, freeing men for combat. On the left, WAC Pvt. Mary Delesion from Philadelphia works at the mechanics trade at Gowen Field, Idaho. At right, WACs on Leyte Island check their supplies on Dec. 27, 1944.

end of hostilities.
woman Rogers and Oveta Culp Hobby, Director of the WAAC, drafted a bill which was endorsed by General Marshall and introduced into Congress. Even though military status was again contested in the House, the bill eventually passed, and President Roosevelt signed Public Law 78-110 on July 1, 1943, establishing the Women's Army Corps.

Even though the WAC provided the Army dedicated and loyal service in World War II, it was scheduled to disband at the

the answer to the shortages that the Army was projecting for the 1980s and 1990s in male recruitment. Many different studies - to include the Women's Enlisted Expansion Model, Women Officer Strength Model, Women Content in Units Force Development Test, Women in the Army Study and Evaluation of Women in the Army - were developed and conducted by the Departments of Army and Defense to examine whether the rapid increase in women's recruitment would affect military readiness.

Eventually the findings of these different expansion studies, combined with the new environment, Congress finally approved regular and reserve component status for women. On June 12, 1948, President Harry S. Truman signed Public Law 625, the Women's Armed Services Integration Act.

During the next 20 years, the WAC followed the Army's path of recruitment, whereby it became a small well-trained force of officers and enlisted members were maintained and during wartime a recall of reserve Soldiers to active service was employed as well as increased recruitment.

These fluctuations remained the pattern until the early 1970s, when in response to President Richard Nixon's intention to reduce and eventually eliminate the drafting of men, a plan was developed to expand the WAC.

The recruitment of women was seen as part of

the recruitment of women was seen as part of

(Melissa K. Wiford served in the U.S. Army. Instead of eliminating the drafting of men, a plan was developed to expand the WAC. contact G-1 at g1pao.hqda@us.army.mil)

Hip, heart-stopping Halloween horror

Steve Snyder
Public Affairs Staff



Who knows what evil lurks in the hearts of men?
Baby boomers knew!

Yeah, we discovered cracks in the human condition in all of those 1950s horror films that were distributed primarily to (1) make money and (2) permanently war the brain cells of anybody fortunate enough to view them. Include me in the latter category because I loved them.

Succeeding generations have been obsessed with Freddie and other slasher type movies which don't exhibit a modicum of the class that oozed forth effortlessly from many movie screens in the 50s.

Fifties schlock flicks (and a few films made later) realized that it took more than mere buckets of blood or unvarnished sadism to arouse the beast in teenage psyches. It took wit, imagination and a sense of humor to explore the horror humanity and other life forms (ghouls, vampires, aliens, etc.) were capable of inflicting on the innocent.

Attack of the Crab Monsters (1957), Daughter of Dr. Jekyll (1957), Theater of Blood (1973), I Married a Monster From Outer Space (1958) and Creature From The Black Lagoon (1954) are pictured on the page. But do you recall?

Christopher Lee putting the bite on British aristocrats in Horror of Dracula (1958), pagans sacrificing humans to The Wicker Man (1973 version), aliens in Invasion of the Body Snatchers (1956 version), The Thing (1982 version) menacing scientists in the arctic, Peter Cushing and Forrest Tucker searching for The Abominable Snowman (1957) in the sinister Himalayas, macabre fortunes told to five men on a train in Dr. Terror's House of Horrors (1965), another doctor performing gruesome experiments in The Unearthly (1957) and a loving debunking of the horror genre in An American Werewolf in London (1981).

That was entertainment.



img.photobucket.com/...Album2/d88f515b.jpg

DAUGHTER OF DR. JEKYLL (1957) – Scream queen Gloria Talbott is examined by her father (who turns out to be a nasty werewolf). Arthur Shields in this foreboding tale of parental love gone horribly wrong. Talbott vamped it up in several cult classics, including "The Cyclops" (1957), "I Married A Monster from Outer Space" (1958) and 1960's "The Leech Woman."



www.monsterlandtoys.com

ATTACK OF THE CRAB MONSTERS (1957) – Roger Corman classic about people trapped on a shrinking island by giant, brain-eating crabs who bite human heads off and then call their next victims over to the pit. Sounds crazy but terrified every 11-year-old in my circle.



http://briansdriveintheater.com

I MARRIED A MONSTER FROM OUTER SPACE (1958) – No, the title does not refer to interstellar sex but merely the usual alien plot to take over earth. Paramount spent only \$170,000 on the film, reaping a huge profit.



www.avelmusic.com

THEATER OF BLOOD (1973) Witty tale of Shakespearean actor (Vincent Price) who kills his critics by recreating famous death scenes from the Bard's plays. "Only Lionheart would have the temerity to re-write Shakespeare," moans one victim.



www.imdb.com

CREATURE FROM THE BLACK LAGOON (1954) The creature checks out Julie Adams' form as she paddles across an amazonian lagoon in the film that set the standard for teen horror flicks beloved by baby boomers in the fabulous 50s.

the Post

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Ryan Morton

IT'S A PLAN -- Denise Horton, far left, and Lisa Williams, far right at the easel, facilitate group 2 during the Army Family Action Plan (AFAP) Conference, Oct. 23 at Fort Dix's Timmermann Center. All groups addressed a myriad of issues and all who came out were thanked for their participation.

Conference offers forum for Quality of Life issues

Ryan Morton
Public Affairs Staff

Soldiers and Fort Dix civilians gathered to discuss major issues confronting the Fort Dix community at the annual 2008 Army Family Action Plan (AFAP) Conference at Timmermann Center, Oct. 23.

Separated into five groups, officials from all walks of life such as Soldiers, retirees, Installation civilians, and teen-aged Junior Reserve Officer Training Corps (JROTC) cadets from Pemberton High School were on hand to discuss issues

relevant to the Fort Dix community.

Throughout the day, the groups discussed a wide range of issues and concerns including housing access to job fairs,

physical fitness runs to name a few.

Other issues involved traffic issues at the Dix/McGuire Commissary/PX gate, inadequate lighting in some housing

areas, and resurfacing of the Doughboy Physical Training (PT) track.

Approximately 50 issues were generated by the groups and at the end of the day, Col. Ronald Thaxton, Fort Dix Installation Commander, came in to listen to issues and concerns expressed by the groups.

"I think the AFAP conference went very well and we were able to address a lot of important issues," said AFAP coordinator Frances Booth.

Responses and follow-ups to the issues will be provided after the commander's AFAP steering committee convenes in January, 2009. As in past years, some issues considered very important but beyond the scope of the installation will be forwarded for consideration at higher command levels.

Representatives from all sections of the community brought a wide variety of Quality of Life issues to the table for resolution at the Army Family Action Plan Conference.

Army Guard, Reserve have 95,327 troops on active duty

Department of Defense News -- This week the Army and Coast Guard announced an increase, while the Navy and Air Force announced a decrease.

The Marine Corps number remained the same. The net collective result for all services is 112 more reservists activated than last week.

At any given time, services may activate some units and individuals while deactivating others, making it possible for these figures to either increase or decrease during a given seven-day period.

The total number currently on active duty from the Army National Guard and Army Reserve is 95,327; Navy Reserve, 6,177; Air National Guard and Air Force Reserve, 10,606; Marine Corps Reserve, 7,197; and the Coast Guard Reserve, 758.

This brings the total National Guard and Reserve personnel who have been activated to 120,065, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel who are currently activated can be found at <http://www.defenselink.mil/News/Oct2008/d20081028ngr.pdf>

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 Oct. 20 through 26.

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

●Police, Fire Department, and emergency medical personnel responded to a motor vehicle crash near Bldg. 5601. Investigation revealed a government vehicle, operated by a civilian government employee, was struck by a running pedestrian. The pedestrian was stabilized at the scene and transported to VMHBC for further evaluation and treatment. Further investigation revealed the driver had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver. Investigation continues.

●During a routine credential check of a vehicle attempting to enter the installation via the Pemberton Gate, police discovered the vehicle, operated by a civilian NAFD, had expired inspection. Further investigation revealed the subject had a suspended driver's license. The subject was cited and the vehicle towed from the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Pemberton Gate, 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 and Fire Department personnel responded to a report of a brush fire near Range 32.

Investigation revealed a small fire burning down range. Fire Department personnel determined there was no potential danger for the fire to develop and they let it burn out.

●Police responded to a motor vehicle crash in Tac 13. Investigation revealed a tactical vehicle, operated by a Fort Dix contract employee, struck a tree.

There were no reported injuries and the vehicle was released at the scene.

●Police responded to a report of unlawful/forced entry and larceny of private funds at Bldg. 4302. Investigation revealed person(s) unknown had broken into a secured locker, belonging to a Fort Dix civilian contractor, and removed property. Investigation continues.

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

●Police responded to a traffic accident at the Main Gate. Investigation revealed a vehicle, operated by a Soldier NAFD, struck another vehicle from the rear. Further investigation revealed the subject had a suspended driver's license. There were no reported injuries.

The subject was cited and the vehicle released to a licensed driver. The victim's vehicle was released to the operator at the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5517. Investigation revealed no cause for the alarm.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 3601. Investigation revealed the alarm was faulty. A work order was submitted.

●Police, Fire Department, and emergency medical personnel responded to a traffic accident on Pointville Road. Investigation revealed a vehicle, operated by a Fort Dix civilian employee, struck a utility pole and the installation perimeter fence.

The subject refused medical treatment. The vehicle sustained disabling damage and was towed from the scene. The subject was cited for careless driving and failure to maintain lane.

●During a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered the operator, a civilian NAFD, had a warrant out of Camden County. The subject was transported to the police station for processing and transferred to the Custody of the Camden County Parole Office.

●While on routine patrol, police observed a vehicle parked along the side of the road. Investigation revealed a strong odor of alcohol emitting from the driver, a Soldier assigned to Fort Dix. The subject was unable to maintain balance or follow simple directions.

The subject was transported to the police station for processing, cited, and was released to his unit. The vehicle was towed from the scene.

●While conducting a routine credential check of a vehicle attempting to enter the installation via the Pemberton Gate, police discovered the operator, a military dependent, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police responded to a traffic accident on Texas Avenue. Investigation revealed a vehicle, operated by a Soldier NAFD, struck a tree while swerving to avoid a deer. There were no reported injuries and the vehicle was released to the operator at the scene.

●During a routine traffic stop in the Garden Terrace housing area, 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 theft of personal property at Bldg. 3650. Investigation revealed person(s) unknown had taken property from a locked cabinet. Investigation continues.

●Police responded to an incident at Tac #12C. Investigation revealed a Fort Dix contract employee was working while intoxicated. The subject was removed from work pending disciplinary action by the contractor.

●There were 2 expired identification cards confiscated during the period.

●There were 18 Magistrate Court Citations issued for moving violations. DWI incidents are now at 10 for the year.

Volunteers serve community

(continued from page 1)
Center, while a couple went off post into Beverly to help construct a house for the organization "Habitat for Humanity." Joining the "Habitat" crew in Beverly, were a couple of Air-men volunteers from McGuire's 305 Aircraft Maintenance Squadron, Master Sgt. Jose EsteMcDonald and Staff Sgt. Richard Plesenic.

"I'm having a good time out here," said Plesenic, "I want to try to get the rest of the squadron out here in the future too," he said.

In fact, EsteMcDonald and Plesenic were assisting the recipient, Keisha Cook, who will move into the house with her three children upon its completion.

"It feels wonderful to have this kind of help and support. My family and I will have a home for the first time, so it

means a lot," Cook said.

The Burlington County chapter of "Habitat" has enjoyed a steady stream of military volunteers for quite a while and, as Todd Ermer, the construction manager says, the help is much appreciated.

"The help they offer is great because they offer a steady source of volunteers and it helps us build the homes more quickly. Also, many of the volunteers that come out here have some building experience and are willing to do whatever's asked of them," said Ermer.

Back on Dix, the volunteers put together comfort kits filled with toiletry items that were given to mobilizing Soldiers at the American Red Cross, and sewed "Hearts for Heroes" and "Quilts for Kids" at the Arts and Crafts Center.

The "Hearts for Heroes" are

hearts with goodwill messages that are given to mobilizing Soldiers and the "Quilts for Kids" are quilts given to children of deployed service members, children's hospitals, and to veterans in veterans' hospitals.

"Overall the 'Day of Caring' was very successful and seemed to be enjoyed by all," said Fort Dix "Day of Caring" organizer Frances Booth.

The Dix community always welcomes volunteers for ongoing projects throughout the year as does the Burlington County chapter of "Habitat for Humanity."

If you are interested in volunteering your time to either of these organizations call Frances Booth at 609-562-3930 or the "Habitat for Humanity" Burlington County Chapter office at 856-303-8080.



photos by Ryan Morton and Wayne Cook



HELPING HANDS --
Volunteers from the Fort Dix, McGuire community served at many locations during the Day of Caring Oct. 24. Air Force Master Sgt. Jose EsteMcDonald, above, 305th Aircraft Maintenance Squadron, McGuire Air Force Base, drives a nail into a wall board during the construction of a house for Habitat for Humanity in Beverly. John Ulrich and his wife, Mid, left, fill Comfort Kits at the American Red Cross building, while Marquita Kimmel, right, applies a creative touch to a ceramic heart at the Arts and Crafts Center for the Hearts for Heroes program.



Thrift Savings Plan participants urged to remain calm

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, Oct. 29, 2008 — Defense Department civilians and military members who participate in the Thrift Savings Plan should try to stay calm after recent stock market gyrations have reduced many retirement account balances, senior officials said.

"The last few weeks have

been difficult times for all of us," Gregory T. Long, executive director of the Federal Retirement Thrift Investment Board, wrote in an Oct. 7 letter addressed to TSP participants.

Long also is the chief executive officer and manager of the TSP that serves federal civilians and military members. The TSP is similar to 401(k) retirement plans used by private-sector enterprises.

Amid the global economic crisis, the TSP's stock-market-

invested C, S, and I Funds "have experienced sharp declines," Long acknowledged in the letter. However, TSP participants should view the present situation "as a time for prudence, not panic," he wrote.

Many participants, both those nearing retirement and people with years to serve until retirement, have transferred their TSP assets from C, S and I Funds into the more-stable G Fund, which is backed by the U.S. government, said Tom Trabucco, director of external affairs for the Thrift Investment Board, which oversees TSP.

Echoing Long's belief that TSP participants should not panic, Trabucco said people shouldn't constantly switch

their TSP funds back and forth according to stock market conditions.

"It's unfortunate, because what happens is, as people are running away from the stock funds, they are missing the potential for when those stock funds snap back, as they did yesterday with a 10-percent return," Trabucco said, referring to the Dow Jones' recent near 900-point rally.

A much-better course is to develop a balanced, long-range retirement investment plan, Trabucco said, instead of routinely switching TSP monies between various funds.

"If you don't think that you're capable of putting together a long-term investment plan, you are exactly the

type of person who had in mind when we created what we call our 'L' Funds, or life-cycle funds," Trabucco said.

The L Funds represent a good choice for both younger and older employees, he said, because they use risk strategies that are weighted according to the participant's age and proximity to retirement.

Trabucco acknowledged that the stock market has been very volatile, "with very big swings" over the past two months.

However, regardless of economic conditions, it is imperative that TSP participants develop long-term retirement-savings investment plans, he said.

"You just can't get overwhelmed with these short-term ups and downs" in the stock market, Trabucco said.

"If you have a long-term plan, stick with your long-term plan. If you don't have a long-term plan, maybe it's time to start thinking about putting one together."

FICTIONHOOD

THE CORNER

Fort Dix Home School Group to meet

The Fort Dix Home School Group meets every Wednesday at the Fort Dix Youth Center from 10 a.m. to noon. Snacks and social time are from 10 a.m. to 10:30 a.m., followed by sports, an arts and crafts or technology activity. Registration and activities are free. For more information call 562-6271.

Tickets on sale now for music events

Tickets are on sale now for the Fort Dix Apollo Night featuring Ray Chew & the Apollo Band. The show will be held Nov. 21 in Club Dix at 7 p.m. Tickets are \$10. I.D. card holders and their guests can participate in the show by registering by Nov. 21. A \$500 prize will be awarded to the local winner. Entrants must provide his or her own music tracks.

Tickets are also available for Patti Labelle & Friends in concert at Timmermann Center, Dec. 2 at 7 p.m. Tickets are \$25. Tickets for either event are available at Club Dix or at FMWR Headquarters. Call 562-2767 for more information.

Thrift Shop offers holiday deals

The Fort Dix Thrift Shop has lots of gently used and new decorating and gift-giving items for the holidays, as well as everyday practical items. The array changes regularly. Now is also a great time to consign items to raise a little extra holiday cash.

November Thrift Shop hours are: Saturday, Nov. 1 and Nov. 15, 10 a.m. to 2 p.m.; Wednesday, Nov. 5 from 3 p.m. to 7 p.m. and every Tuesday and Thursday from 10 a.m. to 2 p.m. with consignments taken those days from 10 a.m. to noon. The shop is located at 6501 Pennsylvania Avenue.

For more information call 723-2683.

Homework help available at Youth Center

The Fort Dix Youth Center offers homework assistance for grades 6 through 12. Call Central Registration at 562-5231 to find out more about this and other great programs for your child.

Donations sought for Thanksgiving baskets

The Fort Dix Main Chapel is seeking food donations for Thanksgiving baskets. Donations of canned goods, boxed potatoes, and stuffing can be dropped off at the Main Chapel during business hours, Monday through Friday from 7 a.m. to 4:30 p.m. and Sunday from 7 a.m. to 1 p.m. Families wishing to receive a basket should call 562-5245 for application information.

Children's art therapy sessions offered

Army Community Service will be hosting Art Therapy sessions for children who are experiencing any type of separation.

Art Therapy is a unique, non-threatening approach that uses art material, images, and discussion to help children express their thoughts and feelings.

Sessions will run for six consecutive weeks every Wednesday starting November 5. Two sessions will be offered each Wednesday; the first session will start at 4:30 p.m. to 5:30 p.m. for children four to eight years old. The second session will run from 5:30 p.m. to 6:30 p.m. for children ages nine to 13.

Military family members from all branches are invited to attend these sessions. For more information and registration call Amada M. Espinoza at 562-3271.



Happy Halloween

Trick or Treat on Fort Dix will run from 6 p.m. to 8 p.m.

Young Leek makes Dix debut

Jennifer M. McCarthy
Public Affairs Staff

Griffith Field House was transformed from gym to dance club Oct. 24 when singing sensation Young Leek and other musicians performed a free concert there.

Among the songs the 18-year-old artist performed were 2005 hit song Jiggle It, as well as a song he recently recorded in collaboration with Sean Kingston.

While Leek's music has a hip-hop



RISING STAR -- Brian Michaels belts out a tune during the Young Leek concert Oct. 24.

beat, it appeals to a wide variety of people.

"I don't use profanity in my songs; I appeal to everybody- young people, old people. I appeal to young kids, teen-agers, because I am a teen-ager," said Leek.

Leek hopes to parlay that appeal into non-musical ventures in the future.

Like many musicians before him, Leek hopes to lend his name to franchises such as a clothing line and restaurants. He also aspires to work for Disney.

He realizes such ambitions do not come easily.

"You have to work hard for whatever you get. You put 100 percent effort into the work or you are going to fail," said Leek.

Clearly Leek is working hard. In addition to his musical endeavors, the performer recently completed filming a movie with Will Smith. Leek also heads Baker Boyz Entertainment, his own record label.

Two acts signed to his label appeared on stage with him, Full Proof and Brian Michaels.

"This is a great experience," said Full Proof, of his chance to perform at Fort Dix. Michaels echoed his sentiment and added that getting signed to Baker Boyz Entertainment and having the opportunity to perform was a "dream come true."

Also appearing on stage that evening was Music for Soldiers, featuring Army recruiters, Sgt. 1st Class LeVar Curry and Staff Sgt. Jason Knight.

"This is a great combination. Lots



photos by Jennifer McCarthy

CROWD PLEASER -- Young Leek wows the audience during a concert held at Griffith Field House, Oct. 24.

of talent here," said Robert Baker, Leek's manager and father.

He added that he would like to be able to bring the talent to other military installations in the United States

or overseas. For more information on Leek visit his web site at www.myspace.com/youngleek, or call (445) 744-2543.

Mailing deadlines approaching

To help the families and friends of military personnel, the Postal Service is offering a discount on its largest Priority Mail Flat-Rate box.

Mail sent to overseas military addresses is charged only domestic mail prices.

The domestic mail price for the largest Flat-Rate Priority Mail box is \$12.95,

but for packages to APO/FPO addresses overseas the price is reduced to only \$10.95.

Flat-Rate boxes are free at any Post Office, or can be ordered online at usps.com.

Postage, labels and customs forms can be printed online any time using Click-N-Ship at www.usps.com/clicknship.

"Flat-Rate Priority Mail boxes offer the best bargain in holiday shipping," says Paul Vogel, managing director, Global Business and senior vice president. "The contents can be any weight for one low rate. If it fits, it ships."

The Postal Service continues to show its support by offering free Military Care Kits, designed specifically for military families sending packages overseas.

The mailing kits can be ordered by phone by calling 1-800-610-8734 and asking for the Care Kit.

Each kit includes two Priority Mail boxes, six Priority Mail Flat-Rate boxes, eight Priority Mail labels, one roll of Priority Mail tape and eight customs forms with envelopes.

However, the first recommended

"The best support for the troops this holiday season is a gift that's on time, so mail before the deadline," Vogel advises.

To ensure delivery of holiday cards and packages by Dec. 25 to military APO/FPO addresses overseas, the Postal Service recommends that mail for service members be entered no later than the mailing dates listed.

Mail addressed to military post offices overseas is subject to certain conditions or restrictions regarding content, preparation and handling.

restrictions regarding content, preparation and handling.

APO/FPO addresses generally require customs forms.

To see a table of active APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes, go to usps.com and click "Postal Bulletins" in the left column.

Select the current issue and look for the heading "Overseas Military Mail."

Non-APO international holiday mail destined for Africa, Central and South America and the Middle East should be mailed by the end of October in order to arrive by Dec. 25.

The U.S. Postal Service provides several international delivery options, including Global Economy, the most economic way to ship for customers sending holiday letters and packages sent overseas.

However, the first recommended

mailing deadline for Global Economy

shipping for mail destined for Africa, Zealand, Central and South America and Asia and the Pacific Rim has just passed.

However, there is still time to ship by other U.S. Postal Service options.

Global Express Guaranteed, Global Express Mail and Global Priority Mail may choose an enhanced, expedited shipping service to Australia, China, Hong Kong, Japan and the Republic of South Korea.

In an historic agreement, the Postal Service last year joined with postal administrations of these coun-

tries to offer enhancements to the Postal Service's Global Express Mail to provide day-certain, guaranteed delivery to the Pacific Rim and United States - without any hidden surcharges.

Expedited delivery options include Global Express Guaranteed, Global Express Mail and Global Priority Mail. Standard shipping options are Global Airmail Services and Global Economy Services.

More detailed information on international delivery options can be found at usps.com/global/deliveryoptions.

MAILING DEADLINES ENSURE DELIVERY BY DEC. 25

Military mail addressed to:

APO/FPO AE ZIPs 090-092

Dec 18 - Express Mail® Military Service (EMMS) (1)

Dec 11 - First-Class Mail®

Dec 11 - Letters/Cards

Dec 4 - Priority Mail®

Nov 28 - Parcel Airlift Mail (PAL) (2)

Nov 13 - Space Available Mail (SAM) (3)

APO/FPO AE ZIP 093

N/A - Express Mail® Military Service (EMMS) (1)

Dec 4 - First-Class Mail®

Dec 4 - Letters/Cards

Dec 1 - Priority Mail®

Nov 21 - Parcel Airlift Mail (PAL) (2)

Nov 13 - Space Available Mail (SAM) (3)

APO/FPO AE ZIPs 094-098

Dec 18 - Express Mail® Military Service (EMMS) (1)

Dec 11 - First-Class Mail®

Dec 11 - Letters/Cards

Dec 4 - Priority Mail®

Nov 28 - Parcel Airlift Mail - (PAL) (2)

Nov 13 - Space Available Mail - (SAM) (3)

APO/FPO AA ZIPs 340

Dec 18 - Express Mail® Military Service (EMMS) (1)

Dec 11 - First-Class Mail®

Dec 11 - Letters/Cards

Dec 4 - Priority Mail®

Nov 28 - Parcel Airlift Mail (PAL) (2)

Nov 13 - Space Available Mail (SAM) (3)

APO/FPO AP ZIPs 962-966

Dec 18 - Express Mail® Military Service (EMMS) (1)

Dec 11 - First-Class Mail®

Dec 11 - Letters/Cards

Dec 4 - Priority Mail®

Nov 28 - Parcel Airlift Mail (PAL) (2)

Nov 13 - Space Available Mail (SAM) (3)

(1) EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO address.

(2) PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

(3) SAM: SAM parcels are paid at the Parcel Post postage rate with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.



Jennifer McCarthy

Refurbished shed finds new purpose

Xzavier Mahadocon, Jessica Hill, Bailey Appleba, Anais Nolasco, Caitlin Sexton, Alysa Yochum, Tahj Sellers, and Joshua Dudley cut the ribbon at the unveiling of the new playhouse located at the School Aged Services (SAS) building, Oct. 24. Lisa Troche, SAS program assistant, and the children transformed the former store shed into a colorful play space.

Louisiana's 39th MPs prepare to train Iraqi police

(Editor's note: This is the first in a series of articles about the newly-formed Louisiana National Guard Unit, the 39th Military Police Company, and how they are training at Fort Dix to meet a challenging mission in Iraq.)

story & photos by
Lisa Evans
Public Affairs Staff

Only 37 percent of all Iraqis feel safe outside their homes, officials from DoD told Congress in a recent report.

"The Iraqi Police Service (IPS) mission to enforce the rule of law, safeguard the public, and provide local security remains unchanged," the report stated.

To create a police force capable of completing its mission, the United States Army has been sending Soldiers to train Iraqi police since 2003. In December, Louisiana's National Guard 39th Military Police Company joins the effort to do its part in the training of nearly 300,000 patrol, station, and traffic personnel manning the Iraqi Police Service.

The 39th MPs bring a wealth of talent and experience to the job.

"We have a lot of civilian law enforcement and military instructors so we'll be teaching them how to be effective police officers," said Capt. Calvin Foreman, commander of the 39th MPs.

Teaching Safety

"Our job is to go into an area in Baghdad to train, coach and mentor the Iraqi police so they can sustain themselves. When they can effectively manage the law on their own, that's when we're not going to be needed," Foreman explained.

A large percentage of the 39th MPs are police officers, SWAT specialists, training officers and military instructors in civilian life. Thirty to 40 percent of the company is also combat veterans, Foreman said. So, even though the company is only a year old, they have a lot of experience that makes them ideal for training the Iraqis, he explained.

"A lot of the laws we're teaching them are general laws: do not steal, do not kill, the basic laws of society," Foreman said. "The values of a good society is what we're going to try to impose on them."

"Different cultures have different ways of doing things, but we're trying to get them to be better citizens. Our laws may not fit them, but we're trying to get them to fit our laws to their culture," Foreman summed up.

Sgt. Jacoby Carter, from Franklin, Va., said, "We love what we do." Carter added that he looks forward to helping the Iraqis become a professional police force as he begins his second tour of duty to Iraq.

But loving what they do isn't enough. Getting the company together to train the Iraqis wasn't an easy task. When the unit



SHOOTING THE AZIMUTH — Spc. Charles Reagle, above, of the 3/315th Warrior Training unit, Fort Dix, teaches Spc. Thomas Bottoms, from Franklin, Va., National Guard 39th Military Police Company out of Minden, La. how to shoot an azimuth during land navigation training on Fort Dix Oct. 23. Right, Bottoms shoots the azimuth to keep the unit on the correct path. Four Soldiers of the 39th worked their way along the trail within the time limit as they learned land navigation during their first day of training.



EYEING THE AREA—Sgt. Jacoby Carter, from Franklin, Va., brought up the rear to ensure maintained unit safety during training.

ON THE TRAIL — Sgt. 1st Class Melvin Jackson, from Alexandria, La., follows the trail as he moves through the training course. The Soldiers worked together to keep to the trail and maintain safety protocol during land navigation training.

HAND SIGNALS — Sgt. Ilonka Greer, from Bossier, La., of the 39th MP Company raises her arm to help Bottoms shoot the azimuth. Greer walked ahead of the unit with a map to help locate the correct trail. Staff Sgt. Karen Johnson of the 2/312th Warrior Training unit watched while refreshing her skills before teaching the course in November.

formed on Oct. 1, 2007, Foreman said they were short on equipment and personnel so he worked fast to get the equipment together and to find qualified Soldiers to fill it.

The company is now drawing from 14 or 15 states to fill the roster, Foreman said.

Louisiana's National Guard has tried to recruit in-state with a call for volunteers from other battalions and brigades, but the

company left Fort Dix on Oct. 22 at only 70 percent strength. Fifty Individual Readiness Reserve (IRR) soldiers have volunteered and by the time they punch out for Iraq, Foreman expects the unit to be up to 100 percent of its allotted manpower.

Foreman said when the new volunteers come into the company they will do make-up training to catch up to their bat-

tle buddies. His struggle to find the right Soldiers for his company promises to be synonymous with the job of finding proper prospects for the Iraqi Police Force.

But the Soldiers of the 39th are dedicated and motivated to succeed, he said.

Winning Attitudes

"I know we have a lot of new Soldiers in the company, but the leadership in the company has done a good job of building team cohesion. The whole company has a can-do attitude and a very positive outlook on everything. We feel that nothing's impossible," Foreman said.

Spc. Thomas Bottoms had just moved from Alexandria, Va. to New Hampshire when he received a Fed-Ex package with orders to report to Fort Dix for mobilization training with the 39th MP Company.

"I'm just here to serve my country and make it home," said the 22 year-old specialist with five years experience. As an IRR Soldier, Bottoms was

waiting for the call and is happy to be with the 39th.

Sgt. Ilonka Greer from Bossier, La., with 10 years of military experience, went from the Army Reserve to the Louisiana National Guard. During land navigation training on Fort Dix Oct. 23, she said that she was looking forward to this deployment. She had mobilized to go to Iraq during Desert Storm and then wasn't sent at the last moment. This mobilization makes up for not being able to fulfill that duty, she said.

"One of the biggest factors of the company's success to this point is the dedication and motivation of our Soldiers. They're the best," Foreman said.

This is Foreman's second

tour of duty as a company commander. He commanded the 239th MP Company in Louisiana for a year and a half before taking over the newly formed 39th Company last year. From Baton Rouge, La., Foreman has been with the Army and the National Guard for 14 years.

He was a police officer for seven years and is a business development management specialist who coordinates with municipalities needing infrastructure repairs. He will translate these political, managerial and police skills into commanding the 39th, ensuring the MPs successfully pass their skills on to the Iraqi Police Service.



MEETING OF MINDS — Spc. Thomas Bottoms takes a reading while Sgt. Jacoby Carter walks around a tree with Sgt. 1st Class Melvin Jackson waiting in the rear. Spc. Charles Reagle of the 3/315th Warrior Training at Fort Dix ensures navigation and compass readings are successful.



Army Community Service (ACS)
562-2767
Bldg. 5201, on the corner of 8th Street and Maryland Avenue
Hours of Operation:
Monday through Friday, 7:45 a.m. to 4:30 p.m.



Wayne Cook

Graduation a gas, gas, gas

Members of the Chemical, Biological, Radiological, Nuclear, and Explosives Defense Course, Class 01-09, prepare for course graduation as they complete mandatory training for Soldiers in today's Army. In the back row, left to right, Sgt. Ernest Speck, Spc. Jacob Davis, Maj. Jorge Rodriguez, 1st Lt. Brian Osowieki, and Spc. Andrew Edge. Front row, left to right, Spc. Nhung Le, Spc. Eric Barnett, Spc. Angela Dudley, and Spc. Steven Leury.



Wayne Cook

Personnel unit to Kuwait

First Lt. Juan Pastrana, commander, and Master Sgt. Astrid Molina, acting first sergeant, 350th Adjutant General Company, Detachment 4, Grand Prairie, Texas, hold their unit's Yellow Banner during a ceremony at Infantry Park Oct. 24. The unit is deploying to Kuwait to assist a personnel support battalion and the chief of Army personnel while engaged in the Global War on Terrorism.

Redeployment adds stress to marriage

Mary Markos
USAG Grafenwoehr Public Affairs

GRAEFENWOEHR Germany - All Eva Creel wanted for 12 months was for her husband to come home from Afghanistan to be by her side. When he returned, she found she wanted nothing more than her own personal space. Creel - like many spouses of Soldiers returning from downrange - discovered firsthand that the rush of emotions after redeployment can both draw a couple together, and pull them apart.

"When they're gone you miss them terribly, but you become very independent. I had my routine, my schedule, and my plans... he kind of got in the way of all those things," Creel explained.

Redeployment is an overwhelming joy and a roller-coaster ride of emotions, including everything from feelings of guilt from a newfound independence to the insecurity and frustration of getting to know one another again.

But these strange new emotions are 100 percent normal, according to U.S. Army Garrison Grafenwoehr Deputy Chaplain Lt. Col. David Scheider.

The key to getting back on track, he said, is communicating expectations and emotions with one another.

Great Expectations
During extended separations, it is common for couples to develop unrealistic expectations of a physical and emotional reunion.

One of the most common types of expectation building is for Soldiers to develop an unrealistic image of their spouse in their minds. A very high number of deployed

spouses do this, the chaplain said. "There is really not much of a place to get away from it all (while deployed)," explained Scheider, "so they develop a place in their brain to go to, in their memories. And they start to build this safe place... The star of that safe place in their mind is usually their wife (or husband).

"After awhile, they'll begin to develop this expectation of (the spouse) as this perfect person," he said. "It is totally unrealistic... it is half fantasy and half reality."

must evaluate the reality - who they have become - and get to know each other again.

But don't take anything for granted. Communicate even the most obvious expectations and desires, even something as simple how much time you expect to spend alone together or who will take out the trash.

Many spouses look forward to handing over the job of disciplinarian and household organizer to the redeploying Soldier. Often, however, recently returned servicemembers simply can't make this decision because they are

tional storm of reintegrating. Another sticking point is when an increasingly confident spouse, who has grown independent during the deployment, begins to resent when their Soldier expects them to put their life on hold during redeployment.

Returning Soldiers, however, may expect their spouses to pay little attention to their friends or hobbies, devoting all of their time to the Soldier.

While each couple will experience variations of these common scenarios, each relationship and every individual is

attempt to make their Soldier feel needed.

Husbands and wives will need affirmation that the strength of their relationship is as strong as ever, or at least growing. The question couples most often ask one another during reintegrating is, "Are you there for me; are we still connected emotionally?" said Scheider.

Connecting on an emotional level after redeployment may take some time.

Soldiers who experienced a high level of stress during the deployment may feel shame

experiences, the best thing they offer the servicemember is space to work through their feelings. He said spouses should avoid asking questions about what happened in combat and never pressure the Soldier for details.

If, however, the Soldier is still struggling with his feeling after six weeks, Scheider said the Soldier should seek help.

Throughout reintegrating, as Soldiers readjust to their new home life, they may seek a comrade in arms to confide in and relate to. This may leave the spouse feeling unloved and alone.

"It calls into question the whole relationship... the loyalty and the bond," said Scheider. Soldiers, he added, should resist the urge to close their circle of support to only those they served with.

As did the Soldier, the spouse learned to rely on those around her or himself for support and assistance during the deployment. When troops return, they may experience hurt feelings and disappointment if those support groups begin to crumble.

"I had a few friends whose husbands were deployed at the same time as mine... We were like family. We talked to each other every day. They were in my routine... but when our husbands came back, we barely talked to each other," Creel explained. "It is sad that you lose that friendship..."

It is important, however, said Scheider, for the marriage, not the friendships, to be the couple's main priority.

For couples who are still having trouble reconnecting on an emotional level after six weeks, Scheider suggested reaching out for professional help.

"Healthy couples," he said, "gung up on the problem, not each other."



Back at home, said Creel, a spouse may experience the same thing.

"I did turn him into this perfect husband (during the deployment)," admitted Creel. "The reality is different."

To prevent reality shock from upending the marriage, the Soldier and spouse should reevaluate the "fantasy" image they have created of their loved one.

Everyone changes during deployments. As couples reunite, Scheider said they

unsure of what the rules were in their absence, or what the rules should be.

And at the same time, the spouse is ready to hand off the disciplinarian hat, the Soldier, having missed important family events (a child's birthday), is ready to make up for lost time by overindulging the child.

Talk, talk and more talk is the key, said Scheider. Maintaining open communication - detailing large and minute expectations - is one of the

unique. The bottom line and the driving factor for a smooth reintegrating is to make reconnecting as a couple a top priority.

A rollercoaster ride
Soldiers may find themselves feeling both hurt and proud that their spouse coped so well without them. They may question whether or not they are needed in the relationship, and may even feel like an outsider in the family.

Spouses are encouraged to understand these feelings and

for something they did or guilt for something they did not do in combat.

This can be a contentious area, Scheider noted.

"The most hurtful thing (to a spouse can be) wanting to have that significant reconnection, waiting for this time to really sit down and talk, and (the Soldier) stiff-arms her thinking, 'I want to protect her from who I am,'" explained Scheider.

He said while spouses may be curious about their Soldier's

Be mindful of Winter driving safety tips



Lisa Evans

WINTER WONDERLAND - A car makes its way through an unexpected Autumn snow storm by Fort Dix's Dogwood Lake, Oct. 28.

Fort Dix had its first snowfall of the autumn season Oct. 28. Knowing that winter is right around the corner, it's time to consider the techniques to take when preparing to drive and maneuver in the climate.

● First, get your car serviced. Don't risk breaking down in any season, especially a cold and snowy winter setting. Make sure your car is running in optimal condition.

● Check your battery. Often when the temperature drops, battery power follows suit. Get your mechanic to check your battery for sufficient voltage, as well as having the charging system and belts checked, too. If necessary, make system repairs and/or replace the battery.

● Check your cooling system. Coolant expands when it freezes and that expansion can potentially damage a vehicle's engine block beyond repair. Make sure your vehicle is stocked with enough coolant

that's designed to be able to withstand winter temperatures in your given area. Usually a 50/50 mix of coolant to water is sufficient for most country regions. Be sure to check your vehicle owner's manual for exact types and amounts. Also, if your system hasn't been "flushed," which means draining the system and replacing the coolant, for many years, do it as soon as possible. Rust inhibitors in anti-freeze break down and become ineffective over time. Coolant needs to be refreshed periodically to remove dirt and rust particles that can clog the cooling system and cause failure.

● Be sure to fill your windshield wiper reservoir. During a snowstorm you can go through a lot of fluid relatively quickly, so be sure to completely fill your vehicle's reservoir before the first snow hits. Also, use high quality "no-freeze" fluid and keep extra on hand in your vehicle.

● Check your windshield wipers and defrosters. You must maintain the best visibility possible to help achieve safe winter driving, so make sure your wipers work and replace worn blades if necessary. Also, consider installing heavy-duty winter wipers if you live in an area that gets a lot of snow and ice. Make sure your front and rear window defrosters work.

● Check your tires for excessive wear, cracking, and uneven wear. It is paramount to have good tires during snowy and icy conditions to ensure a sure grip on the roadways. Make sure you have a spare tire and it is in good condition as well.

● Keep a shovel, flares, flashlight, candles, matches, can, blanket, and emergency rations in the trunk in case your car gets caught in the snow or goes of the roadway and you have to wait for help to arrive. An extra set of clothing is not a bad idea to keep on hand.

The Chaplain's Corner

Chap. (Lt. Col.) Ronald R. Huffman

Winston Churchill, who perfected the art of the clever put-down, once described a political opponent as "a modest little man who has a good deal to be modest about." Pride and humility are subjects that are rich sources of cutting humor in our society. A person only needs to look at Saturday Night Live's recent satire on the presidential race to see a perfect illustration of humor mixed with a splattering of truth.

At the core of most jokes lay some bit of truth that prompts us to laugh. Our laughter is an affirmation of observed truth. We accept humor from our own family and often laugh at ourselves.

Deploy anywhere in the world and you will soon discover that Americans have a far different perception of our own self-image than does the average person in the other country. Military life nurtures an environment of pride and competitiveness that can easily lead to arrogance. We have all seen our fair share of superiors consumed with themselves and their careers.

As tempting as it might be to focus on pride, this article is not actually intended to be about feeling guilty for being proud or criticizing prideful superiors. By contrast, there is a difference between false pride and humility.

A trappist monk, Thomas Merton, one of the most influential Roman Catholic writers of the twentieth century, said, "pride makes us artificial and humility makes us real."

Why does it make us real? Humility is about honestly assessing ourselves, examining our lives, and realizing that we "have a good deal to be modest about." Honest assessment is not about comparing ourselves with others and their performance.

Humility, at its best, is about openness, respect and confidence. While pride shuts down conversations and closes the door for creative thinking and resolution, humility opens new avenues to growth and discovery from sources that most would otherwise never be open to consider. Humility enables us to extend respect to those of lesser station and/or rank or intellectual capabilities and thus allows us to tap into their wisdom.

Humility should be associated with confidence in who we are and what we are about. Christians are often called on to assume a posture of humility. The power of choosing the virtue of humility is that it comes from the example of Christ. According to scripture, Christ chose to empty Himself of his heavenly role and "made himself of no reputation..." He did this so that he might relate to humanity in every way. He has provided us with the ability to choose humility from strength not weakness. The words of Paul are a perfect example. Paul encouraged humility among the Philippians when he wrote, "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others." Philippians 2:3-4

Famed American printer and inventor Benjamin Franklin pulled these thoughts together profoundly when he stated, "To be humble to superiors is duty, to equals is courtesy, to inferiors nobleness."

Financial Readiness

Love the Home You're With

This seminar will focus on addressing the needs of Service members (any branch) and their Families while planting seeds for a secure future.

Facilitator: Bobby Brown
Place: Army Community Service* Bldg. 5201 Maryland Ave
Time: 1100-1200
Date: 26 November 2008

Army Community Service
Bldg. 5201 Maryland Ave, Fort Dix, NJ 08640
Ph: (609) 562-2767 or 1 (800) 873-2380 Fax: (609) 562-6339
Web: www.armycomserv.com



Military pets have chance to fetch \$1,500 AAFES shopping spree

The AAFES "Patriot Family Pet Photo Contest," runs through Dec. 15 and allows pet owners to submit a photo of themselves or family members with their pet along with a 50-word or less description of their furry friend. Grand prize is a \$1,500 AAFES shopping spree. First place is a \$1,000 shopping spree, two second place \$500 awards and two third place \$350 shopping sprees. Winning photos will be used for AAFES advertisements as well as on Exchange TV, AAFES' in-house television network.

Send entries to PatriotFamily@aafes.com mail to: PatriotFamily@aafes.com with "Patriot Family Pet" in the subject line. Entries must include name, address, phone number, rank/occupation and pet's information (name, breed or type of pet) in the email. More contest details can be found at www.aafes.com.

Announcements

Cinema Schedule

754-5139

McGuire Air Force Base

Friday, Oct. 31 - 7:30 p.m.

My Best Friend's Girl -
Dane Cook, Kate Hudson, Jason Biggs, Alec Baldwin, Dora Baird, Lizzy Caplan
-Smart, beautiful and headstrong, Alexis is the girl of Dustin's dreams. But after only five weeks of dating, the love-struck Dustin is coming on so strong that Alexis is forced to slow things down - permanently. Devastated and desperate to get her back, Dustin turns to his best friend, Tank, the rebound specialist. A master at seducing - and offending - women, Tank gets hired by freshly dumped guys to take their ex-girlfriends out on the worst date of their lives - an experience so horrible it sends them running gratefully back to their beaus. But when Tank works his magic on Alexis, he ends up meeting the challenge of a lifetime. Alexis is the first girl who knows how to call his bluff, and Tank soon finds himself torn between his loyalty to Dustin and a strange new attraction to his best friend's girl.

MPAA Rating: R-strong language and sexual content throughout, including graphic dialogue and some nudity

Run time: 1 hr. 43 min.

No Matinee

Saturday, Nov. 8 - 7:30 p.m.

Burn After Reading - George Clooney, Frances McDormand, John Malkovich, Tilda Swinton, Brad Pitt, Richard Jenkins
-A dark spy-comedy from Academy Award winners Joel and Ethan Coen. An ousted CIA official's (Academy Award nominee John Malkovich) memoir accidentally falls into the hands of two unwise gym employees intent on exploring their find.

MPAA Rating: R-pervasive language, sexual content and violence

Run Time: 1 hr. 36 min.

Future Features...

Nights in Rodanthe

Friday, Nov. 7 - 7:30 p.m.

MPAA Rating: PG-13 some sexuality

Saturday, Nov. 8 - 7:30 p.m.

Igor

MPAA Rating: PG-some thematic elements, scary images, action and language

Morale program brings affordable cruises/rewards program to military

By Rob McIvaine
FMWR Public Affairs

If a cruise to "nowhere" or the best "somewhere" has been on your horizon of luxurious vacations for a long time, now's the time to act.

Thanks to an agreement between the Army's Family and MWR Command and International Cruise & Excursions, one of the country's top cruise wholesalers with 46 cruise lines originating in ports of call around the world, it's now made cheaper and easier for members of the military to take to the seas and sail towards the setting sun.

The program, "Government Vacation Rewards," became effective September 8, 2008 and offers discounted prices, rewards points, and the ease of online booking.

According to Col. (Ret.) John R. Cully, I.C.E. vice president, this program enables National Guardsmen, Reservists, and retirees who do not live near an installation to take part in discounted travel traditionally available to the active military only through ticket agencies.

"We want members of the military and their families to be recognized for the stress they've been put under during this persistent conflict," Cully said, "and we want to reward them."

Five thousand reward points may be instantly redeemed on www.govvacationrewards.com and applied towards lowering the price of the first booking. With each successive booking, more points are awarded.

Through this agreement, Family and MWR programs

Chapel Services

562-2020

Sunday Services

Protestant 9 a.m. to 10 a.m.

Catholic 10:15 a.m. to 11:15 a.m.

Gospel 11:30 a.m. to 1 p.m.

Sunday School 10 a.m. to 11:15 a.m.

CCD 9:15 a.m. 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 a.m. to 9 a.m.

Catholic 8 a.m. to 9 a.m.

Mormon 8 a.m. to 9 a.m.

Jewish 8 a.m. to 9 a.m.

Religious Services

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 a.m. to 11 a.m.

Christian Women of the Chapel

Meets every Tuesday 9:30 a.m. to 11:30 a.m. at the Chapel and the 4th Tuesday at Burtonwood Hospital.

Residential Refuse Collection

Monday

McGuire AFB -3800s and 3900s

Tuesday

All of Fort Dix

Thursday

McGuire AFB 4000s; 4400s; and 4500s

Thursdays

Recyclables are picked up

Monday and Tuesday

waste picked up both installations

ACS

562-2767

Bldg. 5201 Maryland Avenue

Calendar of Events

Monday, Nov. 3

Lunch & A Movie: The Secret to a Satisfied Life 11:00 a.m. to 12:30 p.m. ACS

Friday, Nov. 7

Love and Logic: Parent Training for Parents of School Aged Children (5-12), Part 1 9 a.m. to 11 a.m. ACS

SKIES Unlimited

Ballet

Wednesdays 3-5 years

3:30 p.m. to 4:15 p.m. 4 and up

4:30 p.m. to 5:15 p.m. \$45 Fee

Child Development Center

Marital Arts

Wednesday & Friday 7-18 years

7 p.m. to 8 p.m. \$57 Fee

Youth Center

Gymnastics

Weekly

2-3 year olds - 30 min. classes \$40 per month

4-6 year olds - 45 min. classes \$45 per month

Child Development Center

Piano Lessons

Fee \$20 for 1/2 hour

Griffith Field House

Bldg. 6053 562-4888

November 18 & 19

CrossFit Certification

visit www.crossfit.com for more information

Monday, Wednesday, Friday

Combat Fitness Challenge

Military Only 6:30 a.m. to 7:30 a.m.

Monday

Mind & Body Yoga

Noon to 12:45 p.m.

Total Toning

5:15 p.m. to 6:15 p.m.

Cut Buster!

6:15 p.m. to 7 p.m.

Tuesday

Retirees in Motion

9:00-9:30am

Spin-It

Noon to 12:45 p.m.

Intro to Fitness

5:15 p.m. to 6:15 p.m.

Wednesday

Turbo Kick

Noon to 12:45 p.m.

Circuit Training

5:15 p.m. to 6:15 p.m.

Thursday

Kick Boxing Interval

Noon to 12:45 p.m.

Pilates Fusion

5:15 p.m. to 6:15 p.m.

Turbo Kick

6:15 p.m. to 7 p.m.

Friday

Spin-It!

Noon to 12:45 p.m.

Arts & Crafts

Bldg. 6039 562-5691

Registration Hours:

Tuesday

9 a.m. to 4:45 p.m.

Wednesday & Thursday

Noon to 5 p.m. and 6 p.m. to 8:45 p.m.

Friday

11 a.m. to 4:45 p.m.

Saturday

9 a.m. to 4:45 p.m.

Adult Introductory Painting Course -

Nov. 6 - Dec. 18,

Thursdays 6:30 p.m. to 8:30 p.m. (6-week course)

\$30 registration fee, plus materials

Build on techniques learned in Introductory Drawing or discover all new painting skills.

The course will cover various paint media including acrylic and watercolor paints. Come join us for a "colorful" and fun experience!

Santa's Workshop -

November 8

Card making workshop

10 a.m. to 1 p.m.

Ornament painting workshop

1 p.m. to 4 p.m.

Quilts for Kids

11 a.m. to 3 p.m.

The holidays are coming quick, and it's time to get busy! Set aside a day for card making, ceramic ornament painting, and learn some new quilting techniques in "Quilts for Kids". Bring in your digital images and get 20% off any holiday cards you make with the Sony Picture Station. Bring a friend or the whole family for a fun-filled day.

Framing Qualification Classes -

Saturday, Nov. 1 or Wednesday, Nov. 5, 6 p.m. to 8:30 p.m. (Pre-registration fee of \$10 is required prior to class. Materials not included.)

Get qualified to use this great facility and equipment! You will complete one piece as you learn to operate the equipment. You are required to bring something in to frame such as an photo or certificate. All materials are available at the frame shop which will be purchased at the end of class.

All-Army Digital Photography Contest -

Deadline Dec. 7

Access the contest website and enter your favorite digital images at artsandcrafts.fmwrc.army.mil. Contest is open to all Active Duty and civilians. Contest information and assistance is available at the Arts & Crafts Center.

November Gallery Exhibit

Illustrations by Joseph Russo

Joseph Russo displays his prints in the gallery through the month of November. Mr. Russo worked on Fort Dix as an illustrator over 25 years, and his work focuses on military themes.

Youth Center

562-5061

Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday 2 p.m. to 7 p.m.

Saturday 1 p.m. to 7 p.m.

Sunday CLOSED

Administrative Hours:

Tuesday - Friday Noon to 6 p.m.

Weekly Schedule

Monday - Friday

Power Hour 2:30 p.m. to 4 p.m.

Computer Lab 4 p.m. to 6 p.m.

Saturday

Open Rec. 3 p.m. to 7 p.m.

Nov. 1, Midnight Basketball

Teens Only 7 p.m. to midnight

Tuesday

Journalism 3:45 p.m. to 4:45 p.m.

Wednesday

Fashion Design 3:45 p.m. to 4:45 p.m.

Shutterbugs 4 p.m. - 6 p.m.

Thursday

School's Out/ MS Care

Interior Design: Upholstery 3:45 p.m. to 4:45 p.m.

Friday

School's Out/ MS Care

Keystone Meeting 6 p.m. to 8 p.m.

Scrapbooking 3:45 p.m. to 4:45 p.m.

FMWR presents

CLUB DIX - 723-3272

Club Dix Hours of Operation

Java Café

Monday - Friday 7 a.m. to 1:30 p.m.

Lunch Served

Tuesday - Friday 11 a.m. to 1:30 p.m.

Saturday - Monday Closed

Bar Hours

Wednesday 5 p.m. to 10 p.m.

Thursday-Saturday 6 p.m. to 10 p.m.

Sunday - Tuesday Closed

Computer Lab

Monday and Tuesday 7 a.m. to 1:30 p.m.

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

Saturday Noon to 6 p.m.

Equipment Rental Center

Monday - Friday 10 a.m. to 5 p.m.

John Mann Park

Fall hours of operation

1 p.m. to 6 p.m.

Recreation Center

Bldg. 5905 (Military Only)

Monday through Friday 4 p.m. to 10 p.m.

Saturday and Sunday Noon to 10 p.m.

Read The Post!

Fort Dix STAR Program
Suspected Terrorist Activity Reporting (STAR)

Countering terrorism requires the help of everyone in the community. Only you know who or what belongs - or doesn't belong in your building, neighborhood, or work area. The simple act of recognizing suspicious behavior and reporting it to the authorities could prevent terrorist acts and save lives. Become a STAR - please help Fort Dix by being alert and reporting any of the following:

- Surveillance:** Someone recording or monitoring activities using cameras, note taking, drawing diagrams, creating maps, using binoculars or other vision-enhancing devices. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.
- Security:** Any attempt to measure reaction times and action by security forces. A test of security can be disguised as a simple mistake such as a vehicle approaching a security barrier and then turning around or an attempt to circumvent access control procedures to assess strengths and weaknesses of the security forces and equipment.
- Acquiring Supplies:** Purchasing or stealing police and military uniforms, emergency responder type vehicles (such as police cars and ambulances), installation access passes and other government identification or the equipment to manufacture them.
- Dry Run or Practice:** People or vehicles appear to have been purposely placed in a particular position or area. This is especially true when planning a kidnapping, but also pertains to bombings.
- Actual Deployment of People and Assets:** People and supplies getting into position to conduct an attack. This is the last chance to alert authorities before an attack occurs.
- Suspicious Persons Out of Place:** People who don't seem to belong or fit in the surrounding environment, especially if involved in any of the above listed activities.

Report any of the above to:
Fort Dix Police (609)562-6001 / 6002
Fort Dix Antiterrorism Officer (609) 562-2153 / 2417

Military family members take top prize

Tim Hippi
FMWRC Public Affairs

ARLINGTON, Va. - First-time marathoners with strong military ties won the men's and women's open divisions of the Thirty-third Marine Corps Marathon Oct. 26.

Andrew Dumm, 23, of Washington, D.C., won the men's race with a time of 2 hours, 22 minutes, 42 seconds. He was recruited by his older brother, fifth-place finisher Air Force 1st Lt. Brian Dumm, 25, who is stationed at Molesworth Air Force Base in England, and their father, Kenneth, to make his 26.2-mile race debut in "The People's Marathon."

They also were joined at several points on the course by their oldest brother, Tim, who ran onto the streets to urge them along.



Tim Hippi

MONUMENTAL RUN — U.S. Army 2nd Lt. Kenneth Foster and Jose Miranda of Mexico receive water from Marines during the thirty-third running of the Marine Corps Marathon Oct. 26. "The People's Marathon" starts and ends near the Marine Corps War Memorial in Arlington, Va., and goes past Washington's most famous monuments.

Cate Fenster, 37, of Wooster, Ohio, and the daughter of a former Army Ranger, won the women's division with a time of 2:39:32.

"I was crying in pain coming up that last hill, the last 200 yards," Fenster said.

She held off runner-up Lindsay Wilkins to win the women's race by 11 seconds.

"At mile 26, I was crying. I felt good for most of the way, but about mile 20, I could feel the bricks coming," Fenster said.

Fenster is a neurobiology and physiology instructor at the College of Wooster on assignment at the National Institute of Health in Bethesda, Md.

She was born in Frankfurt, Germany, and remembers running with her father through boot camp-like training exercises as a young girl.

"On the weekends, dad

would always want to go out on some adventure," Fenster recalled of her father, Gary Pichon, who she said served in the Army from 1969 through '73.

"You always had to end up freezing or crying or cold or hungry or caught in some crazy storm for it to be complete. So my husband is always telling me,

"We are not going on one of your dad's-style adventures. Dad doesn't do those adventures anymore, though, because he's 62. He's slowed down some."

Andrew Dumm also slowed down some during the second half of the race, but he managed to win by 1 minute, 10 seconds over runner-up Fred Joslyn, 24, of Rochester, Mich., who finished in 2:23:52.

"I knew it was my first (marathon), and I knew it was going to be okay if I hit the wall because you usually do in your first marathon," Andrew said.

"So I was expecting and fearing that would happen, but being my first marathon also freed me up a little bit to make kind of a bold move."

Brian Dumm, a graduate of the U.S. Air Force Academy, was elated to watch his brother Andrew, a University of Virginia graduate, run to victory.

"When he took off and went to the front, I couldn't have been happier for him," Brian said of Andrew, who holds UVA's second-fastest 10-kilometer time of 28:59, set at the Stanford Invitational.

"We traded off the family records. I've got the 5K; he's got the 10K."

Brian won the Armed Forces division and finished sixth overall in the 2007 Marine Corps Marathon.

This year, he finished second in the Armed Forces divi-



Tim Hippi

PRIDE OF THE PACK — U.S. Army 2nd Lt. Kenneth Foster leads some of the 18,281 finishers in the 33rd running of the Marine Corps Marathon Oct. 26.

sion.

The event that featured 18,281 runners and wheelchair finishers started and ended at the Marine Corps War Memorial and wound around several of Washington's most famous monuments. It marked the first time the Dumm brothers had run a race together since they were cross-country teammates at nearby Robinson Secondary School.

U.S. Army 2nd Lt. Kenneth Foster set the pace for a lead pack of five runners through the first 11 miles.

He finished 10th overall in 2:29:59 and was the first Army Soldier to cross the finish line.

"I just started running for the All-Army marathon team and this is my first Marine Corps Marathon," said Foster.

He finished 22, who ran four seasons of cross country for Mercyhurst College in Erie, Pa., where he holds the 10-kilometer school record of 33:25.

"I'm also trying to qualify for the Army World Class Athlete Program." Foster ran the 2006 Philadelphia Marathon in 2:43:41 and completed the 2007 Chase around the City of Brotherly Love in 2:32:50.

At Marine Corps, he knocked almost three more minutes off his personal-best time.

"I was on the lead pack for the first 12 miles — then my pace started to drift off, but I was really happy with the way I performed today," said Foster, whose sights are set on qualifying for the 2012 U.S. Olympic Marathon Team Trials.

"That's been my goal ever since I was a freshman in college.

When I was younger, I wanted to be the new Steve Prefontaine and dominate the 5K. I just never had that turnover, so that led me to the marathon."

Andrew Dumm joined Fos-

ter in the lead pack during the sixth mile and made his winning move near the 12-mile mark while running in East Potomac Park along the Potomac River and around Hains Point.

"That's a pretty early spot for a move, but I just wanted to use Hains Point because that's a little bit of a lonely stretch of the race to make a move," Dumm said. "It's a pretty good psychological area to do so."

Dumm surged past a stage band playing the theme song from "Rocky" near the 13.1-mile mark and maintained a 150-meter lead the rest of the way.

He exchanged high-fives with his brother as they passed each other while running in opposite directions through Crystal City late in the race.

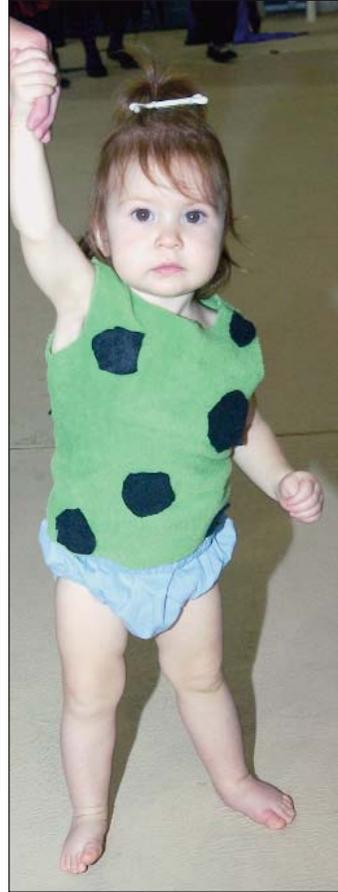
"I was actually pretty surprised at about the halfway point that I had a little bit of a gap," Andrew said.

Halloween spirit infiltrates Dix



art therapy photos by Amada Espinoza

SPOOKY FUN -- Above, from left, Brandi Boozer, Ralya Ragin, and Yara Ragin strike a pose during the Army Community Services (ACS) art therapy session costume party, Oct. 29. The art therapy session is set up to offer counseling through doing art activities to kids of deployed, divorced or deceased parents.



photos by Wayne Cook



HALLOWEEN BONANZA -- Yara Ragin, above, applies make-up to the face of Brandi Boozer during the ACS art therapy class costume party, Oct. 29. Jacob Papciak, below, has a ball while playing in the pool during the Halloween Pool Party held Oct. 23 at the Indoor Pool. A pumpkin patch outside the pool proved to be a great place for Cinderella, Madison Hoffman, to look for a new pumpkin to transform into a coach while, Iron Man, Anthony Kai Hutchins, proves just how strong he really is. Zoe Colbert, right took most original costume honors as cave-cutie, Pebbles Flintstone.



photo by Jennifer Chupko

TRICK OR TREAT -- Nancy Owens, police department administrative support assistant, fills a bag with Halloween treats, Oct. 29. The bags will be given out to trick-or-treaters at the Youth Center on Halloween.



Wayne Cook



Elementary students say no to drugs

Jennifer Chupko
Public Affairs Staff

At the Fort Dix elementary school Oct. 24, students learned about the effects of drugs and alcohol. Denise Horton, Alcohol / Drug Control Officer and Employee Assistance Professional Counselor, discussed with the elementary school students the hazards of substance abuse.

The Parent Teacher Organization, in conjunction with the Army Substance Abuse Program, coordinated the all-school assembly for the annual drug awareness Red Ribbon week.

The assembly was followed by several other activities, such as baking red cookies, to promote awareness of the issue. Tamra Garbutt, Principal, said the interactive approach is a good way of teaching the grade schoolers.

"The younger the children get this information, the longer it will stay with them," she said. "Children do well with the visuals and the pictures. It connects with them."

Horton showed the kids the

difference between a healthy lung and a sickly one, and encouraged the kids to ask questions.

"We educate the children about tobacco use and some go home and tell their parents to stop smoking because they love them," said Horton. "It shows they are listening and that is the point of the assembly."

A display of some household products was shown to the students by teachers at the assembly and Horton spoke of the potential dangers associated with using the products in an inappropriate ways.

"It is important that they learn how to live a healthy lifestyle," said Horton.

The school was read a book called "Max and the House of Medicine" and were given red bracelets to remember the day. There were also classroom coloring exercises.

The assembly was concluded after the children learned the motto for Red Ribbon week: Stay safe, strong and drug free.

"The more frequently they hear it, the better it stays with them," said Horton.



Jennifer Chupko

DON'T DO IT -- Denise Horton, Alcohol / Drug Control Officer and Employee Assistance Professional Counselor, and her Fort Dix Elementary School student helpers, react to a story told to them at the Red Ribbon Week assembly held Oct. 24.