

the Post

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NEWSNOTES

ID Card facility offers Saturday hours

The ID Card facility located at 5418 S. Scott Plaza will be open Saturday, Feb. 7 from 8 a.m. to 4 p.m. For more information call 562-3373 or 562-6143.

ACS plans Tax Seminar

Army Community Service is sponsoring a Tax Rights and Responsibilities Seminar offered by the Legal Services of New Jersey, Inc.

Come to the seminar to become an informative tax payer, to be aware of deceptive tax preparers that offer fast and large refunds and to ask questions.

Tax season is already here; it is time to prepare and file your tax returns for 2009. Come to find out how to request an extension if you are not able to file your tax return on time.

Be aware that if you owe money to the IRS you need to file by April 15, 2009. If the IRS do not get paid by April 15, 2009 you will have to pay them the money you owe plus additional penalties.

Service and family members as well as DoD civilians are invited to attend this informative seminar that will be presented by Senior Attorneys Marcie Harrison and Mary Acevedo.

Mary Acevedo, Esq. is the Senior Attorney & Director of Outreach & Community Legal Education at the Legal Services of New Jersey, Inc.

Marcie Harrison is Head of the Tax Legal Assistance Project. Harrison is very learned in Tax Law and worked with the IRS for 10 years prior to becoming part of the Legal Services of New Jersey, Inc.

The seminar will be held at Army Community Service building 5201, corner of Maryland Ave. and 8th St, on Feb. 17, 2009 from 11:30 a.m. to 1 p.m.

For more information and registration please call Amada Espinoza or Patricia Toler at 562-2767.

Medicine disposal poses environmental threat

Medication disposal can pose environmental threat.

Proper disposal of unused or expired medicine is an emerging environmental issue.

As with any household waste, the disposal method chosen can have a direct effect on safety and the health of the environment.

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

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

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

WEATHER

FRIDAY -- Clear and sunny, high of 41 degrees and overnight low of 27.

SATURDAY -- Cloudy, warmer with daytime high of 51 and low of 36 degrees.

SUNDAY -- Fair and breezy, afternoon clouds, daytime high of 55 and overnight low of 38 degrees.

MONDAY -- Sunny and slightly cooler with daytime high of 46 degrees and low of 31.

TUESDAY -- Cloudy, breezy, high of 50 and overnight low of 41 degrees.

Joint Basing moves forward

Services hash out details of transition at third workshop, incoming leaders named

Carolee Nisbet
Editor

Representatives from Fort Dix, McGuire Air Force Base, Naval Air Engineering Station Lakehurst met with members of the Joint Base working Group Office of the Secretary of Defense in a three-day workshop this week aimed at ironing out the final issues in the Memorandum of Agreement on Joint Basing.

The MOA outlines each facility's responsibilities, and is set to be completed this month.

Col. Mike Polhemus, Joint Basing Director for McGuire, told the crowd in the Timmermann Center that the group had 231 comments on the draft MOA to resolve during the workshop in order to have the document approved.

"Thank you for all the hard work you have put in to bring this project to the finish line," he said.

Polhemus was followed by Col. Kenny Weldon, DoD joint basing program manager, who said that four of the five phase-one joint bases have signed agreements.

Weldon said the workshop would also provide a forum to address remaining budget and manpower issues.

While representatives from all directorates were on hand to review issues in these arenas, work on the MOA remained in progress Thursday

as The Post went to press. Information on other facets of Joint Basing was released last week, along with answers to frequently asked questions.

Who are the new Joint Base Commander and Deputy Joint Base Commander?

Air Force Col. Gina M. Grosso was named as the Joint Base Commander, McGuire-Dix-Lakehurst and Commander of the new Air Base Wing. Grosso is currently the Director for Colonel Management, Air Force Colonels Management Office, Washington.

Army Col. Joseph M. Poth will serve as the Deputy Joint Base Commander, as well as the Deputy Air Base Wing Commander. Poth is currently the Assistant Chief of Staff, U.S. Army Reserve Command, Fort McPherson, GA.

The Joint Base Commander and Deputy Joint Base Commander will be responsible for all Installation Support functions for the Joint Base.

Will there be Navy Leadership in the new Joint Base?

At this time, a Navy Captain (O-6) is slated to serve as a Deputy Mission Support Group Commander.

What about the heritage and history for McGuire, Fort Dix, and Lakehurst?

Leadership will continue to maintain the heritage and history of each military service, at each location, as



Ed Mings

FINAL DETAILS -- Representatives from Fort Dix, McGuire and Lakehurst met at Timmermann Center to iron out final issues in the Memorandum of Agreement on Joint Basing this week. Rebecca Rowe and Fred Renz review their notes prior to the start of the workshop Feb. 4.

joint basing progresses.

They will not be undermined as a result of the creation of Joint Base McGuire-Dix-Lakehurst.

Will there be degradation in service that personnel receive?

Folks should not see or experience a change in service or degradation in the mission at McGuire, Fort Dix, and Lakehurst.

Joint Base McGuire-Dix-

Lakehurst will be one of 12 joint bases that result from the merging of what are currently 26 installations among all military services. It is the only facility that will merge support activities for three services.

The Base Realignment and Closure Commission requires that joint basing be complete by 2011.

Saga of Dix Six recounted by FBI

Carolee Nisbet
Editor

On a stifling May afternoon in 2007, the U.S. District Courthouse in Camden drew a crowd of reporters for a startling announcement: Five South Jersey men had been arrested on charges they plotted to attack Fort Dix and kill as many Soldiers as possible in a home-grown jihad. The sixth man arrested was charged with aiding and abetting the others in the possession of firearms.

The facts of the case shocked the world and jolted the Fort Dix community, although the command had been working quietly with the Joint Terrorism Task Force for almost a year before the arrests were made.

Fort Dix and the Dix Six, as the group of Muslim men became known, hit the headlines regularly for more than a year before the trial began. Coverage ramped up sharply during the trial, and remains steady as the convicted men await sentencing in April.

Seven members of the Task Force representing the Federal Bureau of Investigation, the Delaware River Port Authority, the Camden County Prosecutors Office and the New Jersey State Police detailed the events of the case for senior leaders and staff at Club Dix Feb. 4.

According to the criminal complaint filed in the U.S. District Court, the six conducted surveillance at Fort Dix and Fort Monmouth, Dover Air Force Base and the U.S. Coast Guard Building in Philadelphia; collected numerous weapons, including AK-47s, M-16 firearms and handguns; conducted weapons training in the Pocono Mountains in Pennsylvania and tactical training in Cherry Hill; and possessed numerous jihadist videos.

Special Agent James Doolin introduced the group and presented an overview of the investigation.

"The two-year investigation was very important, and we used every possible technique," he said. "The trial is just as important, and you must be able to present evidence to

(continued on page 3)

Super Bowl bash scores super fun at Griffith

There may have been a lot of controversy during the 2009 Super Bowl, but the nearly 700 Soldiers, Sailors, Airmen and Marines at the Fort Dix Super Bowl party at Griffith Field House were in perfect accord: it was great event staged as a thank-you for those in uniform.

The thank-you had food -- lots and lots of food -- three wide screens, games and prizes provided by the Directorate of Family, Morale, Welfare and Recreation and a healthy rivalry between Cardinal and Steeler fans. "It was advertised as a party, but we didn't expect anything like this," said Sgt. Cristyl Burton, 56th Brigade Combat Team from Pennsylvania. "We all walked in the gym and it was like WOW!"

For the fifth year, sponsorship of the Fort Dix Super Bowl XLIII bash for mobilized military was led by Braun Research, Inc., with Honorary Commander Paul Braun and his assistant Ivy Halton lining up a special event for those serving their country.

Third Congressional District Congressman John Adler also dropped in for a visit.

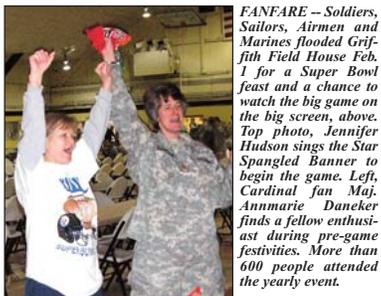
This year's extravaganza was the biggest yet, and one of the best.

"It's always a great event for me," said Braun, who welcomed Soldiers, handed out doughnuts and kept an eye on the score. "But watching these Soldiers stand at attention for the national anthem makes it really special."

The crowd at Fort Dix joined celebrations nationwide as the military shared the Tampa, Fla., event with flyovers and the pre-game presentation of the colors.

Army Gen. David Petraeus, commander of U.S. Central Command, drew a louder cheer from the crowd than the quarterbacks when he

(continued on page 12)



FANFARE -- Soldiers, Sailors, Airmen and Marines flooded Griffith Field House Feb. 1 for a Super Bowl feast and a chance to watch the big game on the big screen, above. Top photo, Jennifer Hudson sings the Star Spangled Banner to begin the game. Left, Cardinal Jun Maj, Annmarie Daneker finds a fellow enthusiast during pre-game festivities. More than 600 people attended the yearly event.

culture

International Spouses favor friends, food & frolic

Steve Snyder
Public Affairs Staff

To say that Amada Espinoza is a people person is somewhat akin to saying Gen. Petraeus is a military man or that the Pittsburgh Steelers are a football team. The description just doesn't go far enough.

Indeed, it would be very difficult to do justice to the range of programs and people whose existence has been enhanced by efforts pouring forth from the indefatigable veteran of 27 years at Army Community Services (ACS) on Fort Dix.

Amada Espinoza is in a class by herself.

Espinoza has just released the new year's schedule for one of her programs which have transformed the quality of life on the premier military installation within the Garden State. And 16 years have not slowed the pace or dimmed the luster shining from the International Spouses Group.

Amada recalls that the ACS-sponsored group began here in 1993. International Spouses was designed to help "foreign spouses feel welcome" and to facilitate their adjustments both into the military lifestyle and within a new country.

"Through the years we've had foreign spouses from Germany, Philippines, Denmark, England, Ireland, Japan, Korea, Thailand, Norway, Dominican Republic, Panama, Peru, Ecuador, Columbia, South Africa, Egypt, Sudan and many other countries," notes Amada, with a touch of pride in her voice.

Amada herself is a naturalized American who was born and raised in Peru and remains "very proud to be an American citizen and a native of Peru."

She brings that pride with her to spark interest in different cultures highlighted in meetings of the International Spouses.

The Spouses meet once a month, on the last Friday of every month, from 11:45 a.m. to roughly 1:30 p.m. at a homey conference room at ACS. There, they meet and make friends while studying other countries through presentations or informal talks in everything from posters to slide shows and photos.

And lunches always have a theme involving the exploration of an exotic culture.

"We have celebrated Fasching (a German tradition of partying), learning how to polka while tasting authentic German food and [accompanying] fantastic desserts," Amada confides.

"Philippine spouses have taught us about their country, sharing authentic dishes and graciously dancing to tunes of their music. We have celebrated 'Cinco de Mayo,' recalls Amada and even La Tomatina Day, where the people in a small Spanish village throw tomatoes at each other. Amada's group, though, very sensibly concentrated on savoring exotic tomato dishes, instead.

International Spouses take in some sights, too, visiting New York City, Philadelphia, Philly's Italian Market, and Peddler's Village. They're also frequent visitors to the Arts and Crafts Center on Dix, sharing pride and sometimes laughs at their artistic creations.

Spouses have also sit through classes in English as a Second Language, gratis Burlington County College and can avail themselves of any of ACS' Citizenship and Immigration Services (CIS) programs.

This year, the Spouses intend to do something in the spirit of black history during February, take a trip to the United Nations in March, share egg-citizing dishes in April, honor Asian-Pacific Heritage Month in May, visit an Italian market in June, stage a barbecue party for July, swim up a storm at Sea Girt during August, get down with celebrating Mexican Independence Day in September, celebrate Germany's Oktoberfest in October, tear into a Thanksgiving meal in November, and, of course, throw a genuine Christmas party during December.

Current members of International Spouses appreciate all the hoopla. They belong to the "grab all the gusto you can" school of sociological discourse.

Marianne Fontillas, married



Steve Snyder

HIGH SOCIETY -- On the left, members of Amada Espinoza's International Spouses Group (ISG), gather round to check out Amada's latest travel photos Jan. 30 at the Army Community Services (ACS) building on 8th Street. Amada, holding camera with the pictures, is flanked by Cavira Della Site (originally from the Philippines) on the left and by Maria Schenck, of German origin, at right. Standing is Estrella Dapiton, also originally from the Philippines. Members of ISG attending Friday's meeting and holding Teddy Bears include (first row) Dapiton, again, on the front left, joining Schenck, center, with Marianne Fontillas (Philippines), rounding out the front row. Standing at the rear are Robbielee Delle Site, far left, Roxanne Delle Site, Carina Delle Site, Maria Tapia (Peru), Amada, and Veverly Wakefield, a representative from the Post newspaper.



Steve Snyder



PERUVIAN CHARM -- A young native of Lima, Peru appears dazzled by an ethnic festival held near Lake Titicaca in September 2008. The photo is among the collection taken by Amada Espinoza and shared with her International Spouses at group meetings every month.

to first lieutenant in the Air Force stationed at McGuire AFB, says "The International Spouses Group not only allowed me to gain friends but offered me the opportunity to meet and communicate with other spouses sharing similar experiences about adjusting to military life and to a new country. It is difficult to handle all of these changes but these wonderful spouses helped me to make things better. For someone whose family is far away, they are, somehow, my family," Fontillas exclaims.

Twelve-year group veteran Carina Delle Site enjoys "meeting interesting people" at International Spouses and admits "I always have a great time at these meetings and the best thing after all is that I still keep meeting people."

Maria Estrella Depiton "loves to meet people from other countries" and credits ACS for giving her "my first start to meet people and it was a great start to understand the English language."

Spouses from all military branches as well as spouses from DoD civilians are welcome to attend or join meetings of the International Spouses Group. Prospective members can phone Amada at (609) 562-2767.

Members are promised only intellectual stimulation, friendship, sumptuous meals, and sites to expand horizons.

Unless otherwise indicated, photos are courtesy of Amada Espinoza



PANAMA CANAL -- Even a century after it was built, the Panama Canal remains an engineering wonder. Amada Espinoza visited it on Jan. 24 this year and was suitably impressed.



MUSEUM PIECES -- Amada Espinoza, left, joins other visitors in admiring artifacts in a museum in Chiclayo in northern Peru in 2008. The irrepressible Espinoza works at the Army Community Services (ACS) center at Fort Dix and never lets any grass grow under her feet before moving on to new adventures.



TASTY MORSELS -- A marinated fish and seafood dish called Leviche is just one taste treat that makes Peruvian dishes a delight for travelers interested in the finer points of gastronomy.



HISTORIC FORT -- El Morro is a very old fort first built by the Spanish near San Juan, Puerto Rico centuries ago. Remnants survive, making tourists happy and history buffs, well, ecstatic. Espinoza took this shot in January 2008.



BACARDI FACTORY -- Amada toured a Bacardi (rum) factory in San Juan, in 2008 and reports that they make an excellent Mojito - a rum drink composed of 1.5 oz. of Bacardi rum, 12 fresh spearmint leaves, 1/2 a lime, 7 oz. of club soda, 4 teaspoons of sugar and crushed ice. Salud, amigo!



PANAMA CANAL -- Even a century after it was built, the Panama Canal remains an engineering wonder. Amada Espinoza visited it on Jan. 24 this year and was suitably impressed.



FORCE OF NATURE -- The Stone Forest in Cajamarca, Peru is 14 hours from the capital city of Lima, a mere pittance of a journey for adventurers like Espinoza.



MUD IN YOUR EYE -- Amada, left front, seems to be freaking out when she got stuck in the mud in a mud bath inside the Volcano del Totumo near Cartagena, Colombia this January. Natural gases emitted by decaying organic matter underground forms mud that has, supposedly, medically beneficial qualities for bathers. All that Espinoza would say is that it was warm and nice and relaxing before things got sticky. Bathers had the advantage of washing off afterwards in a nearby lake.

the Post

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Dix Six recounted

(continued from page 1)

Doolin interrupted his presentation to praise Col. Ronald Thaxton, Fort Dix commander, and his cohorts from the other military bases involved for their testimony during the trial about security measures. "They did a great job on the stand."

Doolin said the bureau's first information about the plot came in January 2006, when an electronics store employee was disturbed by a video brought in by a customer to be converted to a DVD.

He turned the video in to local police, who passed it on to the FBI.

The presentation included clips from the video, showing young men who appeared to be in their early 20s shooting assault weapons at a firing range in a militia-like style while calling for jihad and shouting in Arabic "Allah Akbar" (God is great).

"They made a couple of mistakes," Doolin said, "and the first was that they videotaped the trip to the Poconos showing them firing weapons

and yelling 'Allah Akbar,' then having the video burned to a DVD at a local Circuit City."

It wasn't just that they were firing, he added, but that they were making tactical moves and what they said. "Then the issue became, were they just young men being goofy or were they serious in their intent?"

The team was able to identify six of the ten men shown in the video, which gave them enough information to launch a more in-depth investigation.

The men identified were: • Dritan Duka, Shain Duka and Eljvir Duka ethnic Albanians from the former Yugoslav Republic of Macedonia.

The Duka family entered the United States illegally through Mexico in October 1984.

In 1989, father Ferik Duka moved to the United States with the Immigration and Naturalization Service and acknowledged the family's illegal entry into the country.

• Mohamad Ibrahim Shewer, Dritan Duka's brother-in-law, a Palestinian cab driver from Jordan, who became a

naturalized citizen.

• Serdar Tatar, born in Turkey, who worked at his father's pizzeria just outside Fort Dix.

• Agron Abdullahu, an Albanian from Kosovo who first came to the United States as part of the refugee group housed at Fort Dix, and who provided weaponry instruction to the group.

The team of investigators had two special weapons of their own — Mahmud Omar and Besnik Bakalli, informants who allowed themselves to be recruited, reported on the actions of the others and recorded many conversations with them, Doolin said.

He added that Shewer was the main recruiter, and the one in possession of many videos showing violence against the U.S. and its allies, including beheadings and other graphic depictions of murder.

Over the summer of 2006, Shewer introduced Omar to the rest of the men, and said he was looking for another person to join them. The FBI arranged for a second informant, Bakalli, to be overheard speaking Albanian at a doughnut shop frequented by the others, a setup that led to his introduction and recruitment.

By August, Doolin said, Shewer was overheard on one of the tapes saying he had people "looking forward to martyrdom."

According to evidence gathered, the group considered other installations, but settled on Fort Dix because of their familiarity with the post and because they had a map from the pizzeria.

In August 2006, the group moved into the planning phase of the attack, and Jack Stroul a case agent, took over the briefing.

Recorded conversations among the group include discussions for the plan of attack, including Tatar's statement that he has maps of Fort Dix.

Stroul recounted evidence of an additional training trip to the Poconos, including the use of balloons as targets because they are about the same size as

a human head.

The prosecution showed footage taken from the group, "music videos" depicting American Soldiers being shot by snipers, he said.

"The courtroom was dead silent while it played. The defense argument that these men were not serious about their plan didn't work."

The group also revealed in videos showing beheadings, he said, images so gruesome most who saw them turned away.

On one recording from the time, Duka is heard saying, "Jihad is a constant obligation to do it and to do it now!"

With people and plan in place, the group turned to acquiring weapons to carry out the assault, and Fred Lang of the Camden County Prosecutors Office recounted this final and deadly phase.

Though the group had visited gun shops during their Poconos training sessions, those in the county illegally could not buy weapons, he said, and the high-powered weapons they wanted were not available on the open market.

After weeks of negotiation, the two informants brought weapons supplied by the anti-terrorism team to a recorded meeting with Dritan and Shain Dukas, Lang said.

With video cameras recording the deal from an adjacent apartment, the brothers checked out weapons and discussed what they wanted and what they could afford. (Ammunition was not offered nor present, for the safety of the officers.) Agents were covering all of the men, and once the Dukas were arrested, the rest were brought in.

The arrested men were soon dubbed the "Dix Six" by the media, though that sobriquet quickly dropped to the "Dix Five" as co-defendant, Agron Abdullahu pleaded guilty to charges that he aided and abetted the Duka brothers in their illegal possession of weapons. He was sentenced to 20 months in prison.

Lang noted that the trial opened in October of 2008, and the jury delivered a verdict of guilty on all but two counts Dec. 22, 2008.

The men were found guilty on charges they plotted to kill members of the U.S. military and face sentencing of any number of years up to life in prison. Sentencing is set for April 22. Lang thanked the military members of the audience for their service.

Two queries from the audience were answered:

1) Were they in contact with Al Qaida?
"They were inspired by but not directed by Al Qaida."

2) What happened to the informants?
Information about the informants has been withheld to ensure their safety, the pair is alive and well, he said.

Col. Thaxton presented a plaque of appreciation to the group, and commander's coins to each agent to close out the event.

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 Jan. 26 through Feb. 1.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live of 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 (MAFBC); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

• While conducting a credential check of passengers on a NJ Transit Bus attempting to enter the installation via the Wrightstown Gate, police discovered one passenger, a civilian NAFD, had a fraudulent NJ ID card. Further investigation revealed the subject was an illegal alien. The subject had a digital camera in his possession, and photos on the camera showed the subject and other individuals with weapons and making gang signs. The subject was transported to the police station for processing and transferred to the custody of the Burlington County Jail. Immigration and Customs Enforcement was notified. Investigation continues.

• While conducting a credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by a Fort Dix civilian employee, had an expired inspection and was uninsured. Further investigation revealed the operator had a suspended driver's license. Police also noted an odor of CDS in the vehicle. A search conducted by police and a State Police K9 unit revealed minor residue. The subject was cited and the vehicle towed from the scene.

• Police and Fire Department responded to a report of a fire near Bldg. 5640. Investigation revealed a small fire on the side of a gas grill due to a gas leak. The fire was extinguished.

• While conducting a routine credential check of a vehicle attempting to enter the installation via the Wrightstown Gate, police discovered the vehicle operator, a civilian NAFD, had two outstanding warrants from Trenton and Mercer Counties. The subject was transported to the police station for processing and transferred to the custody of the Mercer County Sheriff's Office.

• Police responded to a motor vehicle crash on Range Road. Investigation revealed a vehicle, operated by a NJ State employee, slid on ice and struck a tree. There were no reported injuries and the vehicle was released to the operator at the scene.

• Police responded to a motor vehicle crash at Texas Avenue and Range Road. Investigation revealed a vehicle, operated by a Fort Dix contract employee, struck another vehicle from the rear. There were no reported injuries and the vehicles were released to the operators at the scene.

• Police and Fire Department personnel responded to a fire alarm at Bldg. 5403. Investigation revealed the alarm was caused by faulty wiring.

• Police responded to an incident at Bldg. 5611. Investigation revealed a Soldier, assigned to Fort Dix, was taking a shower when she noticed an unidentified male peeping through the shower curtain. The subject then fled the scene. Investigation continues.

• During a routine credential check of a vehicle attempting to enter the installation via the Wrightstown Gate, police discovered the operator, a civilian NAFD, had five outstanding warrants from Voorhes, Cherry Hill, Stratford, and Jefferson County, Texas. The subject was transported to the police station for processing. All jurisdictions were contacted and the NJ townships issued new court dates while the Texas county opted for extradition. The subject was transferred to the custody of Burlington County.

• While processing a vehicle attempting to enter the installation via CP #9, police discovered the operator, a civilian NAFD, had a firearm in his possession with prohibited ammunition. The subject was transported to the police station for processing, cited for possession of a firearm on federal property and for possession of a prohibited device, and ejected from the installation.

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

• There were 15 Magistrate Court Citations issued for moving violations. DWI incidents remain at one for the year.



Staff Sgt. Russell Bassett

FOILING THE PLOT -- Brian Morgenstern, the Circuit City employee whose phone call helped thwart a terrorist plot against Fort Dix, center, stands with Soldiers from Indiana's Fox Company, 151st Infantry during the Fort Dix 2007 Fourth of July Celebration. Members of the Joint Terrorism Task Force detailed the events of the case for senior leaders and staff at Club Dix Feb. 4.

National Vision Inc
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FORT DIX WANT'S YOU

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

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

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Call Army Community Service at 562-2767

TO BE A VOLUNTEER

The Enkismment Center

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Tickets:
Can be purchased from 1st Sergeants
or
McEntire Chapel at 754-4096
or
Religious Services Office - 662-2020
732-323-7579

Cost: \$8.00

Carol Simpson
Comethenne

"So help me God."

Generations carry Bible into battle

Staff Sgt. Shawn Morris
JASG-C Public Affairs

Soldiers typically carry an abundance of Army-issued gear. Firearms, canteens, radios and rations help troops survive in the harshest conditions.

Master Sgt. Richard A. Koch, a New Jersey Army National Guard Soldier with the 50th Infantry Brigade Combat Team who is currently deployed to Baghdad's International Zone as fleet vehicle manager for the Joint Area Support Group-Central, is carrying on a tradition of military service that began when his grandfather arrived at Camp Dix in 1918.



courtesy photo

HISTORY REPEATING -- Floyd Peter Koch trained at Camp Dix during World War I. Today his grandson, Master Sgt. Richard A. Koch, is deployed to Iraq.

Koch, however, carries something even greater -- a legacy of selfless service that dates back three generations.

"It's a part of history," said Koch as he pointed to the diary and Bible that once belonged to his grandfather, a doughboy who fought in Europe during World War I, and his father, who sailed the seas as a Merchant Marine in World War II. "It's the closest thing I have to them right now," he added.

Koch, a New Jersey Army National Guard Soldier with the 50th Infantry Brigade Combat Team who is currently deployed to Baghdad's International Zone as fleet vehicle manager for the Joint Area Support Group-Central, is carrying on a tradition of military service that began when his grandfather arrived at Camp Dix in 1918.

Floyd Peter Koch -- known as "Pappap" to his grandson -- spent nearly three months training at the newly formed camp before deploying to Europe with a machine gun company in the 78th Division's 309th Infantry Regiment. Floyd returned to the United States in December 1918 after receiving shrapnel wounds in the Battle of St. Mihiel in France three months earlier. He was honorably discharged from the Army at Dix in January 1919 and returned to civilian life as a mechanical-drawing teacher in Phillipsburg, where he lived until his death at age 64.

During his tour of service, Floyd kept a diary filled with detailed accounts of his experiences. This and his Bible were handed down to his son, Charles Floyd Koch, when the

latter joined the U.S. Merchant Marine in May 1945. He served as a boiler tender on the Liberty Ship SS James Ford Rhodes until January 1947, taking his father's tradition of service -- and his Book of Scripture -- across the globe.

"That Bible has been to Liverpool, England, the Suez Canal, the Panama Canal,



courtesy photo

SAILING INTO THE PAST -- Charles Floyd Koch, son of Floyd Koch and father of Master Sgt. Richard A. Koch, was a U.S. Merchant Marine during World War II.

Japan, Germany, and also was in Egypt," explained Koch.

The well-travelled tome continued its journey when Koch received it from his dad upon entering basic training in 1972.

"After my dad gave it to me, that Bible went wherever I went. It went to Fort Polk, La., it went to Fort Sill, Okla., Boise, Idaho, Camp Shelby, Fort Drum, Fort Bliss, Kuwait; it finally ended up in Iraq," Koch explained. "That Bible's been around the world."

Koch has had many experiences during his 36 years in the National Guard -- including an ongoing 32-year stint as the full-time shop chief at New Jersey's Picatinny Arsenal -- but his current sojourn in Iraq marks his first deployment.

To Koch's disappointment, he won't get to share this experience with his dad -- Charles died in February 2008 at the age of 81.

"Even though he was on his deathbed, he'd say, 'See that young man there? He's going to Iraq.' He was proud -- he'd still be proud today," Koch said. "We were there when he took his last breath; he knew we were there. That was a choker."

"I wish he would have held on until I got back out of this," he added.

Koch still holds on to memories of his father, recalling his dad's uncanny ability and creativeness with tools, his love for his great-granddaughters Mylee and Ericka, and his fondness for seeing his son in uniform.

"I was at his side at the funeral. I wore my dress blues; he loved me in my dress

blues," Koch said.

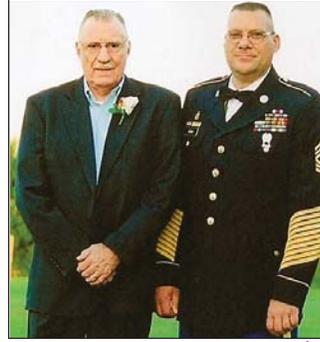
"He was my go-to guy," Koch added. "I miss him."

As he prepared to deploy, Koch wasn't going to miss the chance to add Southwest Asia to his Bible's travel record. But prior to his departure from McGuire Air Force Base in June 2008, Koch's mother managed to slip a note of encouragement inside his Bible's cover.

It seemed to have its intended effect.

"My Mom said, 'It brought your grandfather and father home safe; it will do the same for you,'" Koch explained. "This year was hard for the family: I'm not there, my father's not there -- but I'm coming home."

When he does, his Bible will come full circle by ending a three-war, 91-year journey where it began -- at an Army fort in central New Jersey known as the Home of the Ultimate Weapon.



courtesy photo

A FAMILY AFFAIR -- Master Sgt. Richard A. Koch, and his father, Charles Floyd Koch, share a special moment. Richard is currently deployed to Iraq with the New Jersey Army National Guard's 50th Infantry Brigade Combat Team. Three generations of the Koch family have served in the military, and the same Bible traveled with each of them into battle.

Training begins at new medical facility

Ryan Morton
Public Affairs Staff

Fort Dix's new \$2 million Medical Simulation Training Center (MSTC) opened its doors and ushered in the first class of Combat Life Savers (CLS).

During the four-day class Jan. 26 to Jan. 29, 16 Soldiers from the 978th Quartermaster (QM) Company from Newtown Square, Pa., and one Soldier each from the 723rd Installation Medical Support Unit (IMSU), Fort Hamilton, N.Y., the 724th IMSU, Picatinny Arsenal, and the 311th Military History Detachment, Fort Totten, N.Y., played the role of pilot class, the first to take advantage of the realistic battlefield medical training the facility provides.

"We've learned a lot. This training is good because it gets us more prepared if we're on the battlefield and have to help (administer medical aid) to our battle buddies," said Spc. Jessica Clark, 978th QM Co.

The MSTC is geared to certify personnel in CLS training, the Medic Sustainment Course, Cardiopulmonary Resuscitation, Emergency Medical Technician, and Combat Medic Advanced Skills Training.

Students participate in hands-on exercises such as performing intravenous venipuncture sticks on each other and running exercises in a training environment simulator dubbed the Medical Education Technology Inc. (METI).

The METI allows students to practice treating battlefield casualties represented by training mannequins known as Emergency Combat Simulators (ECS).

The ECSs add a unique dimension to the training because they have extremely lifelike features such as breathing, blinking, and bleeding.

"I've done CLS before, although it's been a while, but with the new techniques and technologies I'm really learning a lot," said Spc. Robert Weidman, 978th QM Co.

For the Army's sake the CLS class helps meet mission essential readiness by having roughly one Soldier per squad with certification.

"It's a good program especially because overseas there's such a shortage of medical personnel in theater, that it's important to have CLS providers within the unit," said Staff Sgt. Robert Rivera, 978th QM Co.

Inside the METI simulator is where things get intense for the students. They are given a scenario where they must treat casualties (ECSs) and react in dark conditions while machines add distractions such as fog and simulated gunfire and explosions.

"The conditions make it very tricky and everything feels like it moves very quickly, but eventually you get used to it and adapt to your

surroundings," said Spc. Doral Jones, 978th QM Co.

"This is as realistic as it can possibly be without actually being in a combat zone. The class is good because it helps reinforce what you've already learned," said Sgt. Tron Harris, 978th QM Co.

The ECSs, according to CLS coordinator Paul Lapadula, work well to effectively train students because the computers they are attached to can react accordingly.

"The ECS lets the Soldiers see how their inaction can cause harm or good and can react if the Soldier is performing the proper procedures. For example, the ECS can hemorrhage more or less if the tourniquet is not adjusted properly," he said.

This was the first class to utilize the MSTC and according to Lapadula, mechanically everything went well.

The students, he said, were highly motivated and did a very good job.



STICK IT TO THEM -- The new Medical Simulation Training Center hosted its first students Jan. 26 through Jan. 29. The center offers students the opportunity to train in a realistic battlefield environment. Sixteen members of the 978th Quartermaster Co., from Newtown Square, Pa. had the opportunity to learn new skills. Sgt. Tiffany Alle, left, practices administering IV drips to Spc. Ed Johnson during Combat Lifesaver (CLS) training Jan. 28. On Jan. 29, Spc. Genevieve Braun, above, checks a training mannequin for vital signs while Sgt. Tron Harris, above right, administers an IV to a mannequin. The high-tech dummies not only simulate bleeding, they breathe and move as well.

photos by Ryan Morton



Unit welcomes new leadership

Jennifer Chupko
Public Affairs Staff

The Soldiers of the Warrior Transition Unit (WTU) welcomed a new commander at Club Dix Jan. 30. Incoming commander Capt. Robert Crymes brings 11 years of military experience to the WTU as Maj. David Dean steps down from his company command position.

While Crymes, the company's executive officer for the past year and Dean, who took command of the WTU in 2006, gave their incoming and outgoing speeches, the theme was similar throughout the entire ceremony: WTU will be seeing many changes.

"Taking this command is bittersweet for me," said Crymes. "Sweet in that I get to continue to be a part

of this important mission with some of the best staff the Army has to offer, but it is bitter in that there is a good chance the WTU will close its doors while I am in command."

Col. John Ekstrand, commander, Walston Medical Support Element, was the officiating officer who chose Crymes to be the next WTU commander. Ekstrand expressed his satisfaction about his new WTU commander choice.

"When I had to decide who the next commander for the WTU would be, I could think of no other person than Capt. Crymes," said Ekstrand.

Crymes welcomes the challenges he will face as commander; the challenge of coming into a unit to shut it down.

(continued on page 6)

NEIGHBORHOOD

THE CORNER

Drama, art highlight month

Job Fair to be held at Club Dix

Job-seekers are invited to attend a Job Fair at Club Dix Feb. 6 from 10 a.m. to 4 p.m. For more details call the Fort Dix Employment and Readiness office at 562-2186.

Child care available for deployed military

Families of Deployed Military, under TCS Orders, PCS accompanied Tour Orders, TDY Status for 90-179 Days Orders, Rear Detachment Cadre in support of immediate Families of deployed Soldiers, and Wounded Warriors or Fallen Warriors are eligible for many free and discounted services in Child Youth Services(CYS) respite child care, reduced full day care fees, free sports and instructional classes.

Please call 562-2242 for more information.

Free YMCA memberships available for families

Active duty families at McGuire Air Force Base, Fort Dix and Lackhurst Naval Air Engineering Station are eligible for free YMCA memberships as part of a pilot program.

Memberships will be issued on a first come, first served basis with 300 to 450 family memberships available. For more information, please visit <http://www.defenselink.mil/releases/release.aspx?released=12259>

Thrift Shop offers shoppers super-savings

The Fort Dix Thrift Shop is offering an additional 25 percent discount on seasonal items that were previously marked down for a total of 75 percent off the original price.

If you or someone you know is interested in volunteering at the Thrift Shop, please call Sylvia at the Thrift Shop at (609) 723-2683.

The Thrift Shop is open Tuesday and Thursday from 10 a.m. to 2 p.m. with consignments taken from 10 a.m. to noon. The store is also open the first and third Saturday of the month from 10 a.m. to 2 p.m. and the first Wednesday of the month from 3 p.m. until 7 p.m.

Chapel to hold New Testament seminar

The Fort Dix Chapel will hold a *Walk Thru the Bible* seminar on Feb. 28 from 9 a.m. to 3 p.m. A children's seminar will be held at the same time. Registration is \$5 per person or \$10 per family and includes lunch. For more information call 562-2020.

Retiree Council hosts luncheon at Club Dix

A Luncheon will be sponsored by the Fort Dix Retiree Council for retirees and guests Feb. 28. Guest speaker for the event will be Col. Ronald R. Thaxton, Fort Dix commander. He will provide an update on the status of the Joint Base Initiative.

The luncheon will be held at Club Dix, with the Social Time beginning at 11:30 a.m., followed by the luncheon at noon. The luncheon will be a Country Buffet that includes Barbecue Ribs, Chicken, Cat Fish, Corn Bread, Fush Puppies, Macaroni and Cheese, Vegetable, Coffee, Iced Tea, and Apple Pie.

Tickets for the luncheon are \$24, gratuity included. Checks may be made payable to the Fort Dix Retiree Council.

Retirees and guests are invited to send reservation requests and their checks to Sgt. Maj. (Ret.) Norman V. Pallotto, 15 East Central Avenue, Moorestown, New Jersey 08057 no later than Feb. 25.

ACS to host Troops to Teachers seminar

The Troops to Teachers Seminar will be held Feb. 18 at 9:30 a.m. at the Army Community Services Conference Room, located at 5201 Maryland Ave. To register or for more information call 562-2767.

Jennifer M. McCarthy
Public Affairs Staff

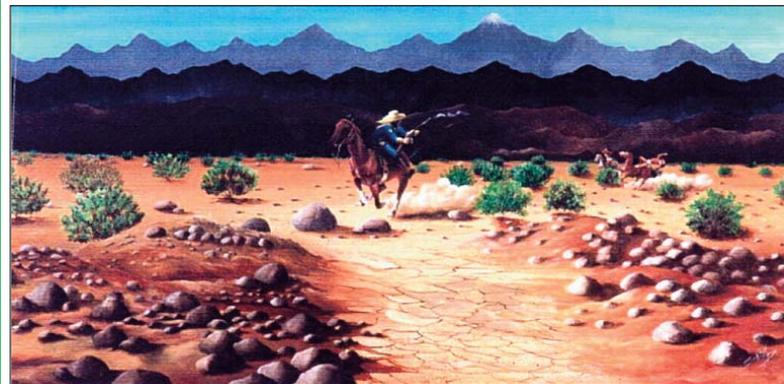
The February celebration of Black History Month started a bit early this year when Club Dix held a dinner theater presentation of *Held in Trust* Jan. 29. Artist, actor and historian Bob Sneed presented a one-man, one-act play about the life of Henry Ossian Flipper, the first black cadet to graduate the United States Military Academy at West Point.

Flipper was born into slavery in 1856. In 1873, he left his Georgia home to fulfill a life-long ambition to be a Soldier and entered the United States Military Academy at West Point.



Jennifer McCarthy

SOLDIER STORY -- Bob Sneed, above, portrays Henry Ossian Flipper during the Black History Dinner Theater presentation of *Held in Trust* at Club Dix Jan. 29. The one-man, one-act play told the story of Flipper, the first black cadet to graduate from West Point. In addition to acting, Sneed is an accomplished artist. His work, focuses on real events in the lives of the Buffalo Soldiers, such as *The Errand of Corporal Ross*, below. A number of Sneed's pieces, along with the artwork of Fort Dix employee, John Holmes, will be on display at the Fort Dix Arts and Crafts Center until Feb. 26.



Former smoker wins at quitting

Kim Walker
Army Substance Abuse Office

"You Can't Stop Until You're Ready."

I started smoking at the age of 17. I am now 25. It wasn't easy but one day I made a decision to quit. And I did.

Some days are better than others. And there are days that I want a cigarette, but I don't give in.

I could tell you how bad they are for you and for your pocket, but nothing I say can make you quit.

You will know when you are ready to quit because it will be a decision you make. And it helps to have a plan.

I started the "Quit Smart System" which is available at the Army Substance Abuse Center and followed it the way it was written.

I used all three steps: the hypnosis CD, the mock cigarette and the book-

let which gives you tips to gradually wean you off cigarettes. I thought I was ready when I first started to quit but I wasn't.

I relapsed because I truly did not commit and give 100 percent of myself.

I started over from the beginning trying to work through this system.

The system allows you to gradually reduce your dependence on tobacco.

It wasn't until my seventh try that I really gave my all and stopped making excuses for myself.

I've now been living smoke free since Nov. 9, 2008.

If you're interested in committing to quitting for good please inquire about the "Quit Smart System" by visiting the Army Substance Abuse Center at 5203 Maryland Ave.

You may also call 562-4011 for more information.



Lisa Evans

Fighting the cold weather
The Ultimate Weapon Statue braves the elements in Infantry Park during a snow storm Feb. 3. This year marks the 50th anniversary of the creation of the Ultimate Weapon statue.

sary officer in Texas, he was charged with embezzling funds and conduct unbecoming an officer and gentleman. While he was eventually acquitted of the embezzlement charge, he was found guilty of conduct unbecoming an officer and was dismissed from the Army.

While Flipper went on to serve his country as a distinguished civil servant, he always lamented the loss of his commission and tried to restore his good name.

In 1999, 59 years after Flipper died, President Bill Clinton granted Flipper a full pardon. He acknowledged Flipper's accomplishments and affirmed that his treatment had been unjust.

Sneed, a retired Army aviator, began portraying Flipper in 1985, when he performed a small experimental theater piece written by Bea Bragg and Richard Hobbs. Soon, Sneed had requests to perform *Held in Trust* all over the country and around the globe. Over the years, Sneed has taken his portrayal of Flipper to Europe and the Virgin Islands, as well as across the United States. He has performed at Flipper's Alma Mater, The United States Military Academy as well as Fort Davis, Texas, where Flipper was court martialled. Sneed has a standing arrangement to perform the play for graduating classes at the Sergeant Majors Academy at Fort Bliss, Texas.

"This is part of American history that is little known. It is especially important with what just happened, electing the first black President," said Sneed.

The play's title, *Held in Trust* comes from Flipper's belief that his role as the first black graduate of West Point was divine providence, an onus he bore with great regard.

"He believed a higher being tapped him to be the one," said Sneed

of Flipper. Being the first black West Point graduate was something that was "entrusted to him (Flipper). He had to do right by it," continued Sneed.

In addition to portraying Flipper on stage, Sneed took his personification of the former Soldier to the small screen. In 1985, *Held in Trust* was transformed into a made-for-television movie for PBS featuring the talents of Colin Powell and the late Ossie Davis. The movie was awarded a "Bronze Apple Award" for excellence and recognized for historical accuracy.

Portraying Flipper is just one of Sneed's many talents. He is also an accomplished artist.

A member of the El Paso International Hall of Fame for Visual Arts, in 2004 Sneed was appointed to the Texas Commission for the Arts for a term of six years. Four years prior to that, he was chosen by then Texas Governor, George W. Bush, to serve on the Texas Quarter Dollar Commission which selected the design for the Texas state quarter.

An exhibit of his paintings, "A Hundred Years Ago, The Buffalo Soldier Revisited," has traveled extensively throughout the United States, the Virgin Islands, Europe, and Africa. His art work served as the model for the Buffalo Soldier Memorial at Fort Bliss, Texas.

Sneed's art work is currently on display at the Fort Dix Arts and Crafts Center until Feb. 26. His paintings depict real life events in the life of Buffalo Soldiers. Prints will be available to purchase and range in price from \$350 to \$750.

The Arts and Crafts Center will also be displaying drawings by Transportation Motor Pool contractor, John Holmes.

For more information on the exhibits call 562-5691.

New leadership welcomed

(continued from page 4)
"Nothing has been decided yet as far as a timeline. We will eventually close, but it is part of an over all 'right sizing' the Army is looking at for WTUs across the board," said Ekstrand.

As the WTU prepares to close its doors, a new cell was created- the Warrior Movement Cell. Dean now takes on the role as the Transition Officer for the Warrior Movement Cell. This cell was created to reassign Soldiers from the Fort Dix WTU.

These WTU changes are already in progress as the unit has already begun sending Soldiers to other installations.

"It will be difficult to close a unit that I feel is so needed and that I have become a part of," said Crymes.

"Capt. Crymes is extremely dedicated to ensuring that the Wounded Warrior Soldiers are medically taken care of and ready to transition back to his/her civilian life," said Dean. "He has worked well as the company executive officer and is ready to assume the challenges associated with command."

Crymes plans on focusing on a proactive approach for the WTU. He said it is a mission he is confident his staff can handle.

"This confidence in my

staff is not based upon hope or wishful thinking- it is based on experience," said Crymes. "With the help and support of so many, I am looking forward to facing the challenges that lay ahead."

During the change of command ceremony, the Army of Hope announced a donation of a \$50,000 handicap bus and a coin was also presented by Mike Engi from Vietnam Veterans Association, chapter 899.

Flowers were given to Crymes' wife, Susan, who he thanked for her military encouragement and Dean's wife, Lauren, who he thanked for her constant support.

Deploying Soldier realizes ambitions

Lisa Evans
Public Affairs Staff

One of the 351st Military Police Company Soldiers out of Ocala, Fl. realized a childhood dream when he became a Soldier.

Spc. David Santana was born and raised in New Jersey. When Sept. 11 happened, he and his wife were deeply affected although they lived in Florida at the time.

They had been married in the World Trade Center 10 years earlier. Santana said, "Something's that always been, suddenly gone. My family is from the area and we used to always go there as kids."

Santana is 38 years-old and has a nine year-old son. His wife is always supportive of his decisions, he said, but there was a secret desire in his heart.

As a kid, Santana said, he always wanted to join the military. At 18, he did. He enlisted in 1988 and had just finished boot camp, when, three months into his enlistment, his mother had a heart attack.

Since it was just the two of them, the Red Cross notified him and helped him go home to care for his mother - ending his young military career.

Later, Santana got a job with the Department of Justice and later worked in Florida for the Bureau of Prisons. Since he thought he could not join the military, he hoped to be a U.S. Marshal.

Then one day a hiring official with the Marshal's Service told him why he wasn't being hired - he had no military experience. This depressed Santana as he thought he was too old to join the military.

But he was wrong. Santana's nephew was heading into trouble. He felt that his nephew, "would probably end up on the streets, in a gang, using drugs. And the boy was lazy," he said.

Santana kept telling his



Lisa Evans

TROOPER -- Spc. David Santana, 351st Military Police Company, takes a break from packing his gear before deploying to Iraq. Santana recently realized a lifelong goal of becoming a U.S. Marshal.

nephew to enlist in the military, but the boy wouldn't. So Santana called a recruiter in New York and asked him to go to the house. The recruiter did, the kid signed, and is now successfully in the military.

Santana and his family flew to Fort Leonard Wood, Mo. when his nephew graduated in a communications specialization, and then later Santana attended his nephew's graduation from Airborne school.

Santana's desire to join the military grew. His nine-year-old son saw the success his cousin had achieved and talked constantly of wanting to be an airborne officer. Santana said that with his son so eager and dedicated to joining the Army when he was old enough, he realized he didn't want his son to join the Army when he was 18 and then regret he didn't join as well.

Though he thought he was too old, he was determined to find a way to join. Santana went on line and started looking. He found out was not too old to enlist.

He also found that there was

a special Advanced Military Police School where he would be in training for three months instead of four, lessening the time away from his family and job.

He was already in shape, but he started working out and running, preparing to succeed. Three hundred people applied to the school which accepts 20, Santana was chosen. The school gave no second chances, all tests had to be passed the first time.

As the oldest person in the school, he found that he was also in the best shape.

"I actually beat those kids. I could do 25 pushups when I went in and 80 when I left. I ran two miles in 18 minutes going in and ran it in 15 minutes coming out. And, I was up to 50 sit-ups when I could only do 15 when I went in," he bragged.

Now, he had military experience. One dream was realized; Santana's second dream of becoming a U.S. Marshal was about to come true also.

He waited 20 years and finally accomplished one goal, had worked for eight years toward another and now the time had finally come.

"I was all excited. This was the last step in my career choice. Then I deployed," Santana said.

Both dreams came true at the same time. For one month before he deployed, Santana worked as a U.S. Marshal, as a deportation enforcement officer.

But for Santana, this is not a problem. He worked hard to realize both dreams and said that he will succeed at both. When he returns from Iraq, his civilian job will be waiting for him.

His supervisor is a retired military officer who told him that he had a job when he comes home from Iraq, just come home safe.

"When I come home, it's gonna be better, a new start," Santana said.



Jennifer Chupko

EMBRACING CHANGE -- Col. John Ekstrand, commander, Watson Medical Support Element, left, passes the guidon to Capt. Robert Crymes, right, during the Warrior Transition Unit's change of command ceremony at Club Dix Jan. 30. The new company commander will steer the unit by providing command and control for the wounded warriors as they travel through the medical process. Crymes will face several obstacles as the unit prepares to close its doors at Fort Dix.

Survey results available

Judd Anstey
Army & Air Force Exchange Service Corporate Communications

DALLAS, February 2, 2009

The results of an exhaustive Market Basket Survey that shows the Army & Air Force Exchange Service saves authorized shoppers 20.38 percent, compared to other retailers, are now available at <http://www.aafes.com/docs/savingsbyMarket08.pdf>.

The complete results, sorted by category of merchandise, retailer and market, have all been posted online.

AAAFES Savings By Department found online at www.aafes.com/docs/pdfs/SavingsDept08.pdf, demonstrates savings by category of merchandise. Savings range from 6.57 percent for cameras to 56.29 percent for luggage.

AAAFES Savings By Department Retailer found online at the website, www.aafes.com/docs/pdfs/SavingsMarket08.pdf, provides category comparisons sorted by geographic location.

AAAFES Savings By Market Retailer available at www.aafes.com/docs/pdfs/SavingsMarket08.pdf, explains overall savings AAAFES offers, by survey location, compared to specific retailers.

AAAFES Savings By Market Dept. Retailer which can be found online at www.aafes.com/docs/pdfs/SavingsMarketDept08.pdf, lays out savings AAAFES provides for specific categories of merchandise sorted by loca-

tion. AAAFES prices with specific retailers sorted by categories including cosmetics, shoes and toys.

AAAFES Savings By Retailer available online at www.aafes.com/docs/pdfs/SavingsMarket08.pdf, shows savings AAAFES offers compared to specific retailers.

AAAFES Savings By Market available at www.aafes.com/docs/pdfs/SavingsMarket08.pdf, shows savings AAAFES offers in nine survey locations. Results range from 15.83 percent in Tacoma, WA to 24.71 in Ft. Walton Beach, FL.

More than 300 products,

"The convincing savings confirm that visiting the BX/PX and rediscovering the value of AAAFES is worth the drive."

- Lt. Col. Dean Thurmond, AAAFES' Chief of Corporate Communication

AAAFES Savings By Market Dept. found at www.aafes.com/docs/pdfs/SavingsMarket08.pdf, provides category comparisons sorted by geographic location.

AAAFES Savings By Market Retailer available at www.aafes.com/docs/pdfs/SavingsMarket08.pdf, explains overall savings AAAFES offers, by survey location, compared to specific retailers.

AAAFES Savings By Market Dept. Retailer which can be found online at www.aafes.com/docs/pdfs/SavingsMarketDept08.pdf, lays out savings AAAFES provides for specific categories of merchandise sorted by loca-

tion. "It is important that the results of this survey are available to authorized shoppers, especially Reservists, National Guard personnel and retirees," said AAAFES' Chief of Corporate Communication Lt. Col. Dean Thurmond. "The convincing savings confirm that visiting the BX/PX and rediscovering the value of AAAFES is worth the drive."

Conducted by an independent research firm in October of last year, the AAAFES Market Basket survey is a snapshot in time of prices compared to the competition.

including shampoo, diapers and makeup, were compared item by item. Example comparisons included four rolls of Charmin Bath Tissue for \$3.19 at AAAFES sold for \$3.99 at a leading drug store chain, 25 oz. Tide Ultra Liquid 2X original scent, available at AAAFES for \$5.19, was \$7.59 at a national big box retailer and 1.25 oz. Icy Hot Extra Strength Pain Relieving Cream was \$3.15 at AAAFES compared to \$3.89 at a national grocery store chain.

In addition to the national survey, each major AAAFES Exchange location conducts local price surveys monthly to ensure AAAFES pricing is consistently competitive.

Americans encouraged to show troops appreciation

Maj. Gen. Jerry A. White
National Infantry Museum and Soldier Center

I resolve to honor the American infantry Soldier in 2009, and I hope you will join me.

It's a promise we hardly had to make 12 months ago when such admirable young people were all over the news. Indeed, every year is comprised of what journalists call "story arcs." Some topic becomes all the rage for a few months, dominating opinion pages, blogs, magazine covers and TV news programs. In 2008, such arcs included home prices, the Tampa Bay Rays, economic stimulus checks, the iPhone, gasoline prices, Barack Obama and the financial crisis.

January 2008 was the first anniversary of President Bush's "surge," in which five additional combat brigades were sent to Iraq. That development helped make the American Soldier the first story arc of the New Year. There was reporting on com-

bat missions, video of fire-fights, blog posts from the front and dozens of stories about tearful reunions with family and friends back in the States as tours of duty concluded. For a while, the nation was clearly attentive to the dedication and courage of the military men and women devoted to protecting and projecting American ideals.

Then the arc faded. It always does. The presidential primaries experienced their own surge, and the spotlight of national focus moved on to other things. But the Soldiers kept fighting and sacrificing in a manner that befits a long and proud tradition.

George Orwell wrote "People sleep peacefully in their beds at night only

because rough men stand ready to do violence on their behalf."

In spite of historical episodes of unfathomably resilient personal character, the valor of the Army infantryman often has been insufficiently recognized.

We can all commit ourselves to acknowledge the contributions of these brave souls who have committed their youth, their intelligence, their devotion, and sometimes their very lives to the progress and propagation of America.

Maj. Gen. Jerry A. White

from the infantry.

More than half of the 3,467 Medals of Honor awarded since the Civil War have gone to infantrymen. No war in the history of the world has been won without infantry. Regardless of the remarkable advances in military hardware, armor, tactics, intelligence and weapons technology, the foot Soldier has endured as the simply indispensable element of

every winning force.

There are individual war heroes, of course, but collectively perhaps the greatest hero is the infantry itself - the legions of anonymous patriots whom history does not record but whose commitment is crucial to the achievements of our country. We can all commit ourselves to acknowledge the contributions of these brave souls who have committed their youth, their intelligence, their devotion, and sometimes their very lives to the progress and propagation of America.

So this year, mount a flag in your yard, cook a meal for the family of a serving Soldier, thank a veteran in your neighborhood, be visibly appreciative and proud of our fighting forces.

Honoring Soldiers is not synonymous with glorifying war. These fine young people serve regardless of their own ideology and political predilections. They serve because they consider it their duty to do so. That rare ethos is worthy of praise because, regardless of all other considerations, they fight for you.

Liberty Tax Service

HONORS AND AWARDS



Sgt. Nicole Dykstra, 72nd FA

Lt. Gen. Thomas G. Miller, First Army commanding general, above, shares breakfast and a lighthearted discussion on Soldiering with Spc. Michael Sullivan, 450th Civil Affairs Battalion, at the dining facility on Fort Dix, Feb. 4. The 450th, an Army Reserve unit from Riverdale, Md., is training for deployment in support of the Global War on Terrorism.



photos by Wayne Cook

Above, First Sgt. Jerry Robinson and Maj. John McGowon, commander, 450th Civil Affairs Headquarters and Headquarters Detachment and Detachment 14, hang their unit's Yellow Banner at Infantry Park during a ceremony Feb. 2. The unit, from Knoxville, Tenn., is enroute to Iraq in support of Operation Iraqi Freedom. Below, Maj. Annmarie Daneker, commander, and 1st Sgt. Anthony Martinez, 21st Public Information Detachment Mobile, attach their units Yellow Banner to the lanyard which will hang high over Infantry Park during the duration of their deployment. The unit hails from Bryan, Texas and is headed to Camp Victory, Iraq in support of the 1st Cavalry. The ceremony took place on Feb. 2.



Wayne Cook

Class 03-09 of the Chemical, Biological, Radiological, Nuclear, and Explosive School poses for the class' graduation picture Jan. 27. Rear row - Pvt. Nathan Paulson, Sgt. Ryan Bratts, Sgt. Craig Swartz, Capt. Friedrich Josellis, 1st Lt. Timothy Brown, 1st Lt. Lawrence Bogan, Spc. Terion Reynolds, Capt. Stephen Marsh, and Spc. Karrus Lee. Front row - Sgt. Leslie Allen, Spc. Bronson Brown, Sgt. Michael Ramage, Sgt. Antonio Gonzalez, Sgt. 1st Class Timothy Walker, Staff Sgt. William Benson, Sgt. Leroy Ennis, and Staff Sgt. Jack Vogt.



Sgt. Nicole Dykstra, 72 FA PAO

Sergeant gets pinned

Sgt. J'mar Scott, 72nd Field Artillery Brigade, has his staff sergeant stripes 'pinned' on by Master Sgt. Maurice Hall in a small promotion ceremony in the brigade headquarters Jan. 21. Scott is the lead Single Channel Ground and Airborne Radio System (SINCARS) instructor for the brigade and is responsible for providing training for units deploying through Fort Dix in support of the Global War on Terrorism.

Central Michigan University

Army battles rising tide of suicides

WASHINGTON (Army News Service, Jan. 29, 2009) - The number of suicides in the Army has risen again, for the fourth year in a row, and the problem is being addressed with an Army-wide "stand-down" and chain-teaching program.

The Army experienced 128 confirmed suicides in 2008, up from 115 in 2007, said Army leaders during a media roundtable Jan. 29. An additional 15 deaths are being investigated as suspected suicides, though Army experts say experience has shown that as many as 90 percent of suspected suicides are eventually classified as confirmed.

"The numbers represent tragedies that have taken place across our Army," said Secretary of the Army Pete Geren. Adding that the Army is doing all it can to address the problem, "Every suicide is a tragedy we take personally in the Army."

The secretary said if the Army is to succeed in counteracting the rising trend in suicides in the service, all components of the Army -- including the active-duty, Reserve and National Guard components -- must work together and also work with other organizations such as the Veteran's Administration.

To facilitate that collaboration, he appointed Vice Chief of Staff of the Army Gen. Peter Chiarelli to lead those efforts.

"We felt it was necessary to have a central figure at the top ranks of the Army to reach across those components and bring about the kind of progress we hope to achieve," Geren said.

Chiarelli said the Army must work quickly to reduce the trend of suicides in the

Army, saying that if the suspected suicides did in fact turn out to be confirmed suicides, the Army's rate for suicides would rise to about 20.2 per 100,000 individuals.

"That number is particularly noteworthy, because the last reported numbers from the Center for Disease Control -- which lags behind -- was 19.2," Chiarelli said. "That's important because the Army has always had a suicide rate quite a few numbers below the CDC rate -- the average American rate."

Chiarelli has directed an Army "stand-down" to address the problem, between Feb. 15 and March 15. During that time, he said, commanders will take time to direct the problem "head on," the general said, adding that the service is prepositioning materials for commanders to use when talking with Soldiers.

The general also said the Army would follow the stand-down with a chain-teaching program -- an Army method used to ensure every individual Soldier has been exposed to new material -- during the

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120-day period after March 15.

"The second thing that is absolutely critical is to reach out to Soldiers and tell them it is not wrong to reach out for help," Chiarelli said. "We have to change our culture."

In the past, he said, it has been a culture in all the military services, that accessing

mental health resources was detrimental to a servicemember's career.

"That is something we have got to turn around," he said. "We are committed to doing that. And that is all leaders --

techniques to intervene. While Secretary Geren has said the Army is unsure exactly why the numbers of suicides have risen over the last four years, Chiarelli said stress was probably a factor.

"There is no doubt in my mind that stress is a factor in this trend we are seeing," Chiarelli said. He also added that about a third of the suicides were amongst those deployed, a third were amongst those who had returned from deployment, and a third were amongst those who have had no history of deployment.

Army leaders also said that traditionally it has been both relationship and financial problems that have contributed to Soldier suicides -- and that increased deployment lengths then may contribute to suicides by adding additional stress on families and relationships.

Secretary Geren said when

trying to hire additional mental health workers, when we started putting additional resources into family support -- trying to reduce stress on the families and the stress on the Soldier who is worrying about the family back home," Geren said. "You saw a tremendous reallocation of resources within the Army budget."

Geren said the Army has changed the family support budget from \$700 million to nearly \$1.5 billion.

"We saw the stress, we recognized it, and we started putting resources to that challenge," he said. "I can tell you, senior leadership knew -- we could feel the pressure -- and we started moving resources to address those issues."

In October, Army senior leaders signed a memorandum of agreement with the National Institute of Mental Health to conduct a study to get to the root causes of why Soldiers commit suicide.

Under the MOA, the NIMH will conduct research for the Army that will evaluate the many factors that contribute to suicide.

The results of the study will be used by the Army to develop strategies to prevent suicides. The study is expected to last five years, during which time the NIMH may interview Soldiers, their families and their parents.

The study will include the active-duty force in addition to the National Guard and Army Reserve.

Suicide Prevention: Do ask, do tell

Chap. (Maj) Carl Rosenberg

Deputy Division Chaplain

Last year's Army suicide rate is the highest recorded. Awareness increased in the last few years, but still the rate climbed.

If you even slightly suspect someone may be having thoughts of suicide, ask. If you are having thoughts of suicide, tell.

What motivates someone to kill himself or herself is varied.

However, the most common thread is the loss of

hope, value and ability to overcome problems.

Most who commit suicide are isolated from others.

My experience with friends of those who have committed suicide is that they are angry with the deceased for not allowing them a chance to help.

Many who have committed suicide were good and helpful friends to others.

Their death became their solution to something many others would have liked the opportunity to help solve.

We are in a foreign land with a mission from our country. Part of our mission

requires that we care for our fellow citizens.

Sometimes people don't ask the question because they are afraid of the answer.

There is no reason to be afraid.

If the person you ask is thinking of suicide, they will likely be glad to have someone to talk to about it.

If they are not thinking of suicide, your question will not drive them any closer to it. In fact, they are likely to feel cared for and recognize that they have a source of help.

If you are having thoughts of hurting or killing yourself, you are not crazy.

But you do need some help. Talk to someone you trust.

If you don't feel like you know anyone you can trust, talk to a chaplain or see your medic.

The mission we have here is diminished every time we lose a Soldier.

It is worse when we lose a Soldier to suicide. If you think someone might be suicidal, ask. If you have suicidal thoughts, tell.

(Chaplain Rosenberg is the deputy division chaplain for the 10th Mountain Division. Article reprinted courtesy of The Mountain View.)

Dix doubly green with solar power

Ryan Morton
Public Affairs Staff

Fort Dix has always been green, but green will take on a new meaning in the coming months as solar panels are installed to power two large facilities on the installation.

The 99th Regional Support Command (RSC) Headquarters building, and Bldg. 3351, a warehouse, are being fitted with solar panels, which work by converting light from the sun to electricity, are expected to provide 700,000 watts of electrical power and save almost \$300,000 in energy costs annually.

"We foresee substantial energy savings costs and reduced emissions, which is good because New Jersey is one of the highest emission-

producing states," said John Lamb, Directorate of Public Works (DPW) contractor.

Installing the panels is not cheap. They will cost \$4.7 million to install, but the long-term savings and environmental benefits help offset those costs.

Installing the panels is not cheap. They will cost \$4.7 million to install, but the long-term savings and environmental benefits help offset those costs.

Fort Dix currently has two facilities utilizing solar power: McDonald Hall and the Army Substance Abuse Program (ASAP) office on Maryland Avenue. In fact, the McDonald panels have been up for

almost 13 years with nearly flawless effectiveness; quality cost savings, and reduced emissions.

Solar panels have no moving parts -- they are just mounted in the sun, hooked up with wires, and we collect power, without adding fuel or replacing worn-out parts. No one knows for sure how long a solar panel will last, because many of the very first photovoltaic panels are still producing power today.

Installation is expected to tentatively begin at the warehouse in March and at the 99th RSC Headquarters in late April to early May.

Additional solar panel projects for existing buildings are in the planning stages, as well as a photovoltaic field that could provide power to several structures.



photos by Ryan Morton

DOING THEIR PART -- Solar Panels on McDonald Hall, above and outside the Army Substance Abuse Program building, left, collect energy from the sun and transform it into power for the buildings thereby reducing emissions into the air and saving the installation thousands of dollars in energy costs.

Internal Revenue Service seeks officer candidates

MOUNTAINVIEW NJ - The Internal Revenue Service (IRS) is seeking qualified Revenue Officer candidates for positions in the Edison, Jersey City, Paramus, Parsippany and Paterson IRS Offices as well as nationwide. Applicants must apply by Feb. 20; see www.usajobs.opm.gov for more information on how to apply.

Interested applicants must be a United States citizen and have a bachelor's degree (with superior academic achievement -- 3.0 or higher overall or 3.5 or higher in a major) or equivalent work experience, or a combination of education and related work experience. Examples of related work

experience include:

- Reviewing individual or business financial condition, ability to pay debt
- Evaluating assets, equity and credit
- Collecting delinquent payments
- Establishing or operating a small business and/or administering a budget
- Counseling individuals on tax filing and paying obligations
- Dealing with various legal instruments (i.e., leases, wills, deeds and trusts)

Revenue officers are trained in both tax law and techniques necessary for the collection of delinquent taxes. Duties include investigations and

analysis of financial information for assigned cases. Revenue officers counsel taxpayers on their tax obligations and determine how they can best resolve delinquencies, while also ensuring that their rights are protected.

Starting salary varies by geographic area based on costs of living adjustments and range from \$38,177 - \$44,976. Individuals interested in a challenging career with excellent benefits, training and strong growth potential are encouraged to apply.

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Walson shuffles leadership

Wayne Cook
Public Affairs Staff

There has been more than one change on the second floor of the Joint Readiness Center, other than the calendar rolling over — there has been a change in the leadership roles that started in December 2008 and were completed in January.

On Dec. 23, 2008, Maj. Joyce Toriano moved up from her position as the officer-in-charge of Case Management Pending and was appointed to the role of officer-in-charge of the Walson Medical Support Element, Joint Readiness Center.

Her new duties include ensuring the smooth and efficient operation of the medical offices on the second floor.

"We are committed to facilitate the medical readiness of our mobilizing and demobilizing troops," said Toriano.

"One of the top priorities I have is to continue the communication and relationships with the installation, McGuire Air Force Base, troops, case managers and Tricare so that we can provide the best quality service to our joint service members," she said.

To aid her in her mission, Toriano has a new noncommissioned officer-in-charge of the WMSE JRC. Sgt. 1st Class Merlena Edwards, formerly the NCOIC of the immunizations section, was promoted to her new position Jan. 12.

Edwards' focus is completely in line with her OIC as her priorities are based around taking care of the military members that process through the WMSE.

"My goal is to ensure that we provide great customer service to our Soldiers, Sailors and Airmen. We will do our best to make sure that our technicians and specialists have everything they need to meet the needs of those processing through the center and if we can't take care of their needs we will make sure we find someone that can," Edwards said.

According to Toriano, if the JRC WMSE can't meet the need of the troop, he or she is then sent to the Walson Aid Station at the 305th Medical Group on McGuire.

"The people at McGuire provide further care that we can't provide. We have a great partnership between our facility and theirs," Toriano said.

One of the newest processes being employed at the WMSE is the Automated Neuropsychological Assessment Metrics — a screening tool being used by all services to test before and after deployments for possible Traumatic Brain Injuries.

"All services of the military use this test so we are able to use it with anyone who processes through the WMSE. It will help us to better gauge how we can help the troops," Toriano said.

Taking on a new role in an organization can be trying at times, but knowing you have the full support of and have earned the trust of your boss goes a long way towards being successful.

Lt. Col. Marie Morency, deputy commander of Health Services and chief nurse at the JRC WMSE, is grateful to have two exceptional leaders at the helm.

"Our mission is to support the Soldiers and make sure they get what they need before they deploy and when we welcome them back. I truly love my job because I have a great staff. They know what they are doing and they are very good at doing it. That goes for both the military and civilian sides of the house," Morency said.



Photo by Wayne Cook

SHIFTING LEADERSHIP — The Joint Readiness Center, Walson Medical Support Element has seen a change in leadership take place over the holidays with a new officer-in-charge and noncommissioned officer-in-charge being appointed. *Left to right — Maj. Joyce Toriano, new OIC, JRC, WMSE, Lt. Col. Marie Morency, deputy commander and chief nurse, JRC, WMSE, and Sgt. 1st Class Merlena Edwards, new NCOIC, JRC, WMSE.*

New GI Bill Carries Different Eligibility, Benefits

Samantha L. Quigley
American Forces Press Service

WASHINGTON, Feb. 2, 2009 — A series of educational assistance programs administered by the Veterans Affairs Department, commonly called the GI Bill, have helped servicemembers pursue post-secondary learning for decades.

Soon, another program will be added to the mix: The Post-9/11 Veterans Education Bill will be available to qualified individuals Aug. 1.

"We previously administered four major education programs before this bill came along," Keith M. Wilson, VA's education service director, said. "The new Post-9/11 GI Bill has different eligibility criteria [and] pays for different types of training."

The new GI Bill provides three separate types of benefit payments to those who have at least 90 days of aggregate active service after Sept. 10, 2001.

The first type of payment covers tuition and fees equal to what each state's most expensive state-run school charges for in-state, undergraduate study.

In addition, an allowance based on the Defense Department's basic housing allowance for an E-5 with dependents is available as a benefit paid monthly, Wilson said. The housing allowance's dollar amount depends on the location of the school the servicemember or veteran is attending, he added.

The third benefit is a stipend of up to \$1,000 a year for books and supplies.

"Now, each of those payments is subject to the amount of active duty an individual has," Wilson said. Eligible people with 36 or more months of active duty will receive 100 percent of the three payments.

Those with less than 36 months of active service will receive a prorated amount.

For example, Wilson said, someone with 90 days to six months of active service qualifies for 40 percent of each of the three types of payments.

The benefits increase with an individual's amount of active service, and extend to National Guardsmen and reservists who have at least 90 days of active service.

"Previously the Guard and

reserve members didn't really have a stake in the GI Bill program," he said. "Now, we have one program that covers both the active duty and the Guard and reserves."

For those who incur out-of-state tuition, attend a private school, or want to pursue graduate studies but find their tuition and fees above the cap set by the VA, there's the Yellow Ribbon program.

"The Yellow Ribbon program is a sub-element of the Post-9/11 GI Bill," Wilson said. "The program allows schools to enter into an agreement with VA by which the school will waive up to half of the difference of their tuition and fees charges and what the cap is for that state, and VA will match the amount that the school waives."

"It's basically a supplemental amount of tuition and fees that would be payable to the school," he added.

Wilson said he thinks the voluntary supplemental program has been well received by schools. He cautioned, however, that the VA still has steps to take before any formal agreements between any institution of higher learning and the VA can take place, including finalizing regulations and setting tuition caps.

"So no school, public or private, that would be interested in the Yellow Ribbon program really has enough information yet to make [the decision to participate]," he said.

It remains to be seen, Wilson said, what effect the country's current economic situation may have on the Yellow

Ribbon program.

"The important thing to remember is that the Yellow Ribbon program is available to all schools," he said. "Speculation about whether or not schools' financial situations are going to impact their participation or not is a little bit premature. They don't have all the information they need from us yet."

More information on the Post-9/11 GI Bill, eligibility, and how this new bill could affect those with service prior to Sept. 10, 2001, is available on the Veterans Affairs GI Bill site or by calling 1-888-GIBILL-1. Along with answers to frequently asked questions, visitors to the site will find a link that allows them to receive updates on the new GI Bill via e-mail.

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CMS is currently looking for delegates for their upcoming Focus Group: Soldiers (AD/AR/NG) and Family Members (AD/AR/NG). If interested, please contact the CMS Customer Service Officer.

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Reserves playing key military role

Jim Garamone
American Forces Press Service

WASHINGTON, Feb. 2, 2009 — The reserve components are now an integral part of American military might, the chairman of the Joint Chiefs of Staff told the Reserve Officers Association here today.

More than 600,000 reservists have been called up to serve in the U.S. Central Command area since 2001, Navy Adm. Mike Mullen told about 2,000 members of the association. The reserve components serve vital roles in Iraq and Afghanistan and other areas of the globe. Reservists play an increasingly important role in national defense. During the Cold War, the reserve components were a strategic reserve, only called up if the Soviets went over the East German border.

Mullen addressed the changing situations in Iraq and Afghanistan. "The elections in Iraq over the weekend were a signature event," Mullen said. "The outcome in Iraq was positive for the people. As conditions permit, I would hope that we can continue to draw forces down, because we also have change in Afghanistan."

As Afghanistan moves to the head of the queue for military resources, planners should keep in mind that the military cannot solve all problems. "Good governance is the lead issue in Afghanistan," he said. "The Afghan people are the center of gravity in the country."

Mullen said that when he visits troops overseas, he can't tell just by looking at the troops which are active duty and which belong to the reserves. This says much about the integration between the active and reserve components. "It is a clarion call to a future that is more and more integrated," Mullen said.

Mullen stressed that the department must do more to address the problems of training, mobilization, deployment and demobilization, keeping the focus on reserve-component reintegration. "One of the biggest concerns I have for the reserves is, you go to the fight for 12 months, you come back, you get off the airplane on Friday, and Monday you are in your job," he said, noting that more has to be done to help these returning servicemembers.

"I am 100 percent convinced that if we get it right for our people and their families, we will be able to continue and sustain a military second to none," Mullen said.

The department also must do more to evolve career fields in civil affairs, military police, logistics, intelligence and areas that are under-manned, yet in high-demand.

"We need to make sure we never forget the fallen and the families of the fallen," Mullen said. "We must also do whatever it takes to take care of the people wounded in this conflict."

This includes helping those suffering from post-traumatic stress and traumatic brain injury. The services and the Veterans Affairs Department must connect with people and give them a "lifetime of life preserver when problems crop up," he said.

The military is operating in a time of tremendous change and officials are "dependent on our young leaders for their feedback and to translate the lessons we have learned in what is now our eighth year of war," Mullen said.

He told the young officers to capture those lessons.

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Announcements

Chapel Services

**Fort Dix
562-2020**

Sunday Services

Traditional
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**

Traditional Service
6:30 p.m.

COL - 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.

Islamic Prayer Room

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

**McGuire
754-4673**

Sunday Services

Contemporary
9:45 a.m. Chapel 2

Gospel
11:15 a.m. Chapel 1

Religious Activities

**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
fourth Tuesday at
Buttwood Hospital.

**Remembrance Ceremony
and plaque unveiling**

Honoring Chap. (Maj.-R)
Leon Bell, Jr. and Command
Sgt. Maj. (Ret) Deacon David
Deas

Friday, Feb. 27, 1 p.m. at the
Fort Dix Chapel. All are invited
to attend. 562-2551

Griffith Field House

Bldg. 6053 562-4888

Monday, Wednesday, Friday

Combat Fitness Challenge

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

ACS

562-2767

Bldg. 5201 Maryland Avenue

Overview

Calendar of Events

Monday, Feb. 2

AFAP/AFTB/AVCC

10 a.m. to 11 a.m.
American Red Cross

Tuesday, Feb. 10

**Hearts Apart
Support Group**

10 a.m. to 1 p.m.
ACS

**Compassion Fatigue
Workshop Part 1 of 2**

2 p.m. to 3:30 p.m.
SFAC

Wednesday, Feb. 11

**Get It Together:
Organizing Your
Financial Records**

1:30p.m. to 2:30 p.m.
ACS

Thursday, Feb. 12

**Becoming a Love and
Logic Parent,
Birth-6 yrs. Part 1**

1p.m. to 3 p.m.
ACS

**Fort Dix
Thrft Shop**

723-2683

Hours of operation:

Tuesday and Thursday:
10 a.m. to 2 p.m.

1st and 3rd Saturdays:
10 a.m. to 2 p.m.

1st Wednesday: 3 p.m. to 7
p.m.

Easter and Spring are just
around the corner and the
Thrft Shop is taking consign-
ments of Easter items and
Spring clothing. (No shorts,
capris, sleeveless or halter
tops and no swimsuits.)

Children's clothing of all
sorts is always needed - from
infants to teens.

You may consign up to 15
items, 30 items with permanent
change of station orders.

No winter clothing will be
accepted after Feb. 12.

Volunteers needed -
Volunteers are always wel-
come. If you or anyone you
know is interested in volun-
teering, call Sylvia at the
Thrft Shop.

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Thrft Shop.

ACS

562-2767

Bldg. 5201 Maryland Avenue

Overview

Calendar of Events

Monday, Feb. 2

AFAP/AFTB/AVCC

10 a.m. to 11 a.m.
American Red Cross

Tuesday, Feb. 10

**Hearts Apart
Support Group**

10 a.m. to 1 p.m.
ACS

**Compassion Fatigue
Workshop Part 1 of 2**

2 p.m. to 3:30 p.m.
SFAC

Wednesday, Feb. 11

**Get It Together:
Organizing Your
Financial Records**

1:30p.m. to 2:30 p.m.
ACS

Thursday, Feb. 12

**Becoming a Love and
Logic Parent,
Birth-6 yrs. Part 1**

1p.m. to 3 p.m.
ACS

**Fort Dix
Thrft Shop**

723-2683

Hours of operation:

Tuesday and Thursday:
10 a.m. to 2 p.m.

1st and 3rd Saturdays:
10 a.m. to 2 p.m.

1st Wednesday: 3 p.m. to 7
p.m.

Easter and Spring are just
around the corner and the
Thrft Shop is taking consign-
ments of Easter items and
Spring clothing. (No shorts,
capris, sleeveless or halter
tops and no swimsuits.)

Children's clothing of all
sorts is always needed - from
infants to teens.

You may consign up to 15
items, 30 items with permanent
change of station orders.

No winter clothing will be
accepted after Feb. 12.

Volunteers needed -
Volunteers are always wel-
come. If you or anyone you
know is interested in volun-
teering, call Sylvia at the
Thrft Shop.

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SPORTS

Military continues Super Bowl tradition

Staff Sgt. Michael J. Carden
American Forces Press
Service

WASHINGTON, Jan. 29, 2009 — From fighter jet flyovers to military performances at halftime shows, the National Football League and U.S. military have shared more than 40 years of Super Bowl history.

The tradition continues Feb. 1 in Tampa, Fla., during Super Bowl XLIII, with Army Gen. David H. Petraeus, commander of U.S. Central Command, performing the ceremonial coin toss for the Arizona Cardinals and Pittsburgh Steelers' team captains.

"It is a privilege to represent our soldiers, sailors, airmen, Marines and Coast Guardsmen in the coin-toss ceremony," Petraeus told American Forces Press Service today in an e-mail. "And it is an honor to thank the NFL commissioner and the teams and players for all that they have done in recent years to recognize the service of our troopers and their families."

The Air Force Thunderbirds aerial demonstration squadron is set for a pregame flyover, and an all-service U.S. Special Operations Command color guard is planned to present the nation's colors during the game's national anthem.

Air Force Tech Sgt. Holly Bracken will be on the field in the color guard formation, presenting the Air Force colors. She's privileged to represent her service and the military, she said, adding that it just wouldn't be a Super Bowl without military support.

"It's such an honor to go there and present the colors," said Bracken, who grew up near Pittsburgh rooting for the Steelers. "You can't have the presentation of the colors without [military] representation."

The NFL-military Super Bowl partnership stems from the first Air Force flyover in 1968 over Miami's Orange Bowl for Super Bowl II. Ever since, flyovers have become a staple of the Super Bowl, NFL spokesman Brian McCarthy said, citing military flyovers as "an unbelievable experience" to watch from the football field.

Since then, the military has supported flyovers for nearly every Super Bowl, he said. Also, military choirs have performed the pregame national anthem twice, with the U.S. Air Force Academy Chorus singing for Super Bowl VI in 1972, and a combined chorus from the U.S. Military Academy at West Point, the U.S. Naval Academy and the U.S. Coast Guard Academy singing for Super Bowl XXXIX in

2005. The Marine Corps Silent Drill Platoon performed at halftime for Super Bowl VI in 1972, and the U.S. Air Force Band did the same in 1985 for Super Bowl XIX.

The military even has taken on its normal role as peacekeeper and protector for past Super Bowls, with the Florida Army National Guard taking part in security efforts in 2005 and 2007 along with other federal and state agencies.

"The NFL has had a long-standing tradition of supporting the military," NFL spokesman Brian McCarthy told American Forces Press Service during a phone interview. "We have a great appreciation for what the military does and feel honored to include the military in the Super Bowl."

Throughout the years, the Super Bowl has become one of the most highly rated televised events of the year. This year, the broadcast to more than 230 countries to a potential worldwide audience of more than 1 billion viewers, including military members serving in Iraq and Afghanistan.

McCarthy said the NFL is working with NBC, which has the broadcast rights for Super Bowl XLIII, to coordinate a "look-in" from some of those



USAF SSGT Bradley Lail

COMMANDER'S CALL — U.S. Army General David H. Petraeus, Commander, United States Central Command, ready to toss the coin at Super Bowl XLIII here Feb. 1, at Raymond James Stadium in Tampa, Fla.

military members serving abroad. A live satellite feed will show military football fans watching the big game from a military post in the Middle East, he explained.

The NFL wouldn't give specifics on whether the feed

would air from Iraq or Afghanistan, but McCarthy said the "look-in" has generally become another staple of Super Bowl broadcasts and tradition, as it's occurred regularly throughout recent years.

"[The NFL] feels that the

70,000 fans attending the Super Bowl this year should be cheering louder for the military than the two teams playing," he said. "It is, indeed, very important for the NFL to look for every opportunity to support the troops."



photos by Camlee Nisbet

PROUD SPONSOR — Honorary Commander Paul Braun of Braun Research, Inc. in Princeton once again led the organization of the annual Super Bowl Bash held for mobilized Soldiers at the Griffith Field House Feb. 1. Besides coordinating sponsors and greeting Soldiers to the party Braun also took time to hand out doughnuts to the ravenous crowd.



THANKS FOR THE MEMORIES — Col. Ronald Thaxton, installation commander, center, takes a moment to thank Tom Farrell and Warren George of the Veterans of Foreign Wars and the other sponsors for putting together an excellent Super Bowl Bash for mobilized Soldiers at Fort Dix. The event was held at the Griffith Field House Feb. 1.

Super Bowl bash

(continued from page 1)

stepped up to perform the ceremonial coin toss for the game.

Obviously abiding by the adage that life is uncertain and one should eat dessert first, the horde of Soldiers, Sailors, Airmen and Marines gobbled doughnuts and other treats before heading for the dinner buffet table. There they were faced with a feast provided by On The Border, Hooters, Starbucks, Veterans of Foreign Wars, United Communities and Dixon Marketing Associates Inc.

"It was just a real honor to be asked to participate in this

event," said Stephanie Ramsey from Olive Garden Restaurant. "What we didn't realize was that it would be so much fun."

Diners at the feast had many grateful comments, but the most common question was, "Can we go back for seconds?"

Spc. Daryn Westley, a recent arrival at Fort Dix slated to join the 56th SBCT in Iraq, said the event will be a super memory for him. "I was a little down thinking I would miss the party my friends usually throw for the Super Bowl, but being here not only with all my fellow Soldiers but with all of these great people who have been so generous to us, well,

it's something you just never forget."

Most of the troops were Steelers fans, so when the game tightened up in the second half, cheering and boeing increased in volume. The final fingernail-biting touchdown pass that gave the game to the Steelers 27 to 23, was the high point — and the high volume — for the crowd.

Fort Dix Commander Col. Ron Thaxton handed out thanks and commanders' coins to sponsors and volunteers, with special note of the many hours put in by the field house staff and the cadets of the New Jersey National Guard Youth Challenge.



FOOTBALL FOOD — Stephanie Ramsey, Ashley Kraska, Rob Jennes, and Susie Silverstein from the Olive Garden Italian Restaurant dished out pasta and salad at the Super Bowl Bash at Griffith Field House Feb. 1. The Olive Garden was one of many sponsors who made the spectacular event possible for the Soldiers.

These MWR Activities Host Birthday Parties and Group Outings!

Aquatics (609) 562-2808
Arts & Crafts (609) 562-5691

John Mann Park (609) 562-6667
Bowling Center (609) 562-6895

Call today and leave the fun to us!

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.

Valentine Workout

Treat a friend to a Hydro

10:30 a.m. to 11:30 a.m. Two for one special at the Indoor Pool. Call 562-2808 for details.

Diving Classes

Aquatics is hosting Diving Classes starting Feb. 23. Come out and meet the instructor and get more information on Feb. 10.

Coming Soon

Hip Hop Fitness Class - every Thursday, in March.