

NEWSNOTES

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 at 11 a.m. The luncheon will be a Country Buffet that includes Barbecue Ribs, Chicken, Cat Fish, Corn Bread, Hush 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. Norman V. Pallotto, 15 East Central Avenue, Moorestown, New Jersey 08057 no later than Feb. 25.

Town Hall Meeting video now available

The Feb. 5 Fort Dix Town Hall Meeting video is now available, on the Video Furnace, for viewing. It will be available through March 20 at 9 a.m. and 2 p.m. every weekday. Click on hyperlink <https://dixx24.com/0001:34500/sites/dixportal/default.asp> x and then the IPTV Watch TV tab at the top to access the video.

Joint Base Financial Fair offers info resources

Army Community Services will host a Joint Base Financial Resource Fair Feb 27 at Timmermann Center from 9 a.m. to 3:30 p.m. The event will include seminars on credit, foreclosure avoidance, debt management, investment strategies and more, and is open to anyone with a valid ID card. Call 562-4245 for more details.

Black History Month Luncheon set at Club Dix

Command Sgt. Maj. Sylvia P. Laughlin, Fort Hamilton, will be the guest speaker at the annual Black History Month Luncheon, Thursday, Feb. 26 from 11:30 a.m. to 1 p.m. at Club Dix. Tickets for the event are \$15. For tickets, please contact Fay Marshall-Dease, 562-2666; Fran Booth, 562-3930; Kelly Cezar, 562-5881, or Gaylor Simons, 754-5346.

WEATHER

FRIDAY -- Cloudy and windy, with gusts up to 40 mph, daytime high of 40 and low of 22 degrees.

SATURDAY -- Afternoon rain showers, continued cool with high of 42 and overnight low of 26 degrees.

SUNDAY -- Strong chance of snow flurries throughout the day, high of 38 and overnight low of 22 degrees.

MONDAY -- Clear and cold, with a daytime high of 36 degrees and low of 25.

TUESDAY -- Fair and slightly warmer, high of 40 degrees and overnight low of 26.

WEDNESDAY -- Chance of rain mixed with snow, high of 41 degrees and overnight low of 33.

THURSDAY -- Daytime showers, warmer, with daytime high of 49 degrees and low of 46.

Foundation targets employment Experts combine skills to garner jobs for Soldiers

Wayne Cook
Public Affairs Staff

Fort Dix Soldiers were treated to an intense new career placement program Feb. 12 hosted by the Tip of the Arrow Foundation.

For the Soldiers, the program is a high-speed opportunity to use the special talents they have obtained in life and in service to find employment that best fits their skills and ambitions.

For the dedicated volunteers providing the opportunity, the program is payback. "The organization was formed to assist you, to pay you back for the work you did for us overseas," said Carl Blum, founding partner of the Tip of the Arrow Foundation.

"We do this because these Soldiers protected us while we slept in our beds. The Tip of the Arrow was formed to protect them the rest of their lives," said Blum.

Blum and his partner, Bob Deissig, have relied upon more than 70 years of combined experience as recruiters, career counselors, employment specialists, and private business owners to launch a foundation that meets a need in the job search market that no other company provides.

"I went to the Wounded Warrior Job Fair last year and was thoroughly disappointed to find that only two of the prospective companies had interviewers actually present.

"The Soldiers were being asked to go to Web sites and submit their resumes and hope that someone would get back to them," Blum said.

Blum initially approached military leaders, congressmen, and other business leaders with his vision but was pretty much ignored.

He then met with Lt. Col. Cynthia Palinski, officer-in-charge, MUIC, and Sgt. Maj. James Clark, MUIC sergeant major.

"They believed in what I wanted to do," Col. Palinski and Sgt. Maj. Clark, along with Bob and me, went to the Pentagon and got United States Army Reserve Command to see the value of our program for Soldiers," Blum said.

Clark said that he wanted to have a relationship with a company that would work with Soldiers from beginning to end in the employment process ever since he was back in C Company, Mobilization Readiness Battalion.

"Carl Blum was on the committee for the Wounded Warrior Job Fair in 2008. He shared his ideas on how he wanted to help Soldiers who were coming back from overseas and at the Warrior Transition Unit gain employment. I was able to put him in contact with the Army Reserve Employer Partnership Program.

"We built relationships with people within the program and they liked his ideas," said Clark.

(continued on page 6)



Wayne Cook

PAYBACK -- Bob Deissig, co-founder, Tip of the Arrow Foundation, welcomes Soldiers and volunteers to a meeting at the Mobilized Unit Inprocessing Center Feb. 12. He also explained the purpose behind the Tip of the Arrow Foundation which is to provide an employment placing service to guide Soldiers from resume to follow-up after employment begins. The foundation exists for one purpose and that is to give back to Soldiers just a bit of what they gave the country by serving.



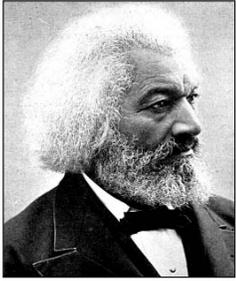
Photos by Pascual Flores

Fort Dix turns up HEAT for training

Sgt. 1st Class Alejandro Arroyo, RTC-E, top photo, guides Soldiers from the 542nd Quartermaster Co., through a practice session on how to safely return a gunner to the interior of a humvee if it rolls. Above, the Humvee Egress Assistance Trainer takes Soldiers for a spin while other Soldiers wait their turn. Left, an interior view of the gunner seat, which features quick-release straps to drop the Soldier back into the vehicle. To learn more about the trainer, see page 4.



Americana



"It is easier to build strong children than to repair broken men."
abolitionist
Frederick Douglass



"Misfortunes will happen to the wisest and best of men. Death will come and always out of season. It is the command of the Great Spirit, and all nations and people must obey."
Omaha Chief, Big Elk, 1815



"You better not compromise yourself. It's all you got."
singer **Janis Joplin**

Pragmatism (what works), idealism (what's right) and populism (power to people) shape the American mind

Steve Snyder
Public Affairs Staff

Susan Jacoby is the latest to take umbrage at American anti-intellectualism in her new book *The Age of American Unreason* (Pantheon, 384 pp., \$26). Her work pretty much picks up where Richard Hofstadter left off in his Pulitzer Prize-winning *Anti-Intellectualism in American Life* in 1963.

Both writers scorn what they considered to be commercial society's indifference to the life of the mind, i.e., a society that does not appreciate reflection for its own sake or the pursuit of higher ideals which don't pay off in immediate or tangible benefits.

But Americans have for the

most part revered education and taken great pride in fruits flowing from it — especially in science or technology. While Americans respect the intellect they don't live, exclusively, to exercise its powers. But words and other abstractions are the raison d'être for intellectuals.

Americans typically do not usually like or understand people slavishly devoted to the cultivation of their own minds. They frequently lose patience with the arrogance, elitism or power hunger manifest in many less than noble thinkers.

In addition to pragmatism, idealism, and populism, much American thought has been concerned with God (religion) and mammon (wealth). Fascinating subjects, all.



"Damn the torpedoes. Full speed ahead."
Admiral David Farragut
Battle of Mobile Bay
August 5, 1864

"Can we actually know the universe? My God, it's hard enough finding your way around Chinatown."
comedian **Woody Allen**

"The future is not a gift; it is an achievement."
Senator **Robert F. Kennedy**

"The intellectuals and the young, booted and spurred, feel themselves born to ride us."
longshoreman/philosopher **Eric Hoffer**

"Courage is the price that life exacts for granting peace."
aviatrix **Amelia Earhart**

"If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be."
President **Thomas Jefferson**

"They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety."
founding father **Benjamin Franklin**

"Man is the only animal that blushes. Or needs to."
author **Mark Twain**

"When you call me that, smile!"
from Owen Wister's book, *"The Virginian"*

"Put your trust in God, my boys, and keep your powder dry!"
Valentine **Blacker**

"The philosophy which is so important in each of us is not a technical matter: it is our more or less dumb sense of what life honestly and deeply means."
psychologist/philosopher **William James**



"On certain levels of the American race there seems to be a positive libido for the ugly."
journalist **H.L. Mencken**



"The will to excel and the will to win, they endure. They are more important than any events that occasion them."
coach **Vince Lombardi**



"I look forward to a great future for America, a future in which our country will match its military might with moral restraint, its power with wisdom, its power with purpose..."
President **John F. Kennedy**



"I don't believe in shrinking from anything."
actor **John (Duke) Wayne**

Black History Month

Escort duty 'in presence of greatness'

1st Lt. **Antonia Greene**
72nd Field Artillery Brigade
PAO

Sgt. Maj. **Charles Hawkins**, 3-315th Engineer Training Support Regiment, 72nd Field Artillery Brigade, spent his Martin Luther King holiday in the presence of greatness. Not only was he in Washington, D.C. the night before the historical swearing in of our first black American president, but Hawkins was chosen to escort Congresswoman **Eleanor Holmes Norton**, named one of the most important and powerful women today, who worked alongside Dr. King during the civil rights movement.

"She can dance, too," said Hawkins, recalling the memorable evening.

When asked how he managed to get the VIP invite, Hawkins traced it back to his his volunteering to work the polls in the Trenton, N.J. general election this past November. He met several key political figures from the area while aiding voters and over the holiday break, Hawkins received a call from the U.S. Department of Transportation (DOT). Mr. Herbert Bruce asked if Hawkins would like to be an escort officer and accompany a high-ranking government official to a presidential gala in honor of our 44th president, Barack Obama.

For Hawkins, it was a no-brainer, he was honored to be selected to perform such a

duty. Little did he know he would be accompanying one of Washington's finest. But when Hawkins first reported to the Thursday night rehearsal at the DOT, his hopes of attending the presidential gala were suddenly threatened; along with the 100 plus volunteer escorts awaiting assignment, only 50 were needed. As Hawkins was exiting the facility he heard his name called - 'Sergeant Major, we want you to escort Congresswoman **Eleanor Holmes Norton**, District of Columbia.' Hawkins recognized the name and after he went back home and did some research he was blown away.

"Her biography was more than impressive, she is a pioneer, a role model for women," said Hawkins.

Hawkins mentioned that he has met several significant political figures over the course of his career, but Congresswoman **Holmes is, without doubt, the most striking.** She's been breaking barriers across the political landscape for decades. Ms. Norton was named by President **Jimmy Carter** as the first woman to chair the Equal Employment Opportunity Commission. She has a full vote in House committees and for the first time in the city's history, Congresswoman **Norton** won a vote on the House floor in the Committee of the Whole for Washington, D.C. Ms. Norton's other first time breakthroughs



PRESIDENTIAL GALA - Sgt. Maj. Charles Hawkins, 3-315th Engineer Training Support Reg., 72nd Field Artillery Bde, escorted Congresswoman Eleanor Holmes Norton to the presidential gala recently in our nation's capital.

include first vote on D.C. statehood and senatorial courtesy achieved for the first time during the Clinton administration, even without a vote.

Today, she is easily one of the most effective members of the House in producing legislation, even without a vote.

"It was all my pleasure; Congresswoman **Eleanor Holmes** is a lovely and articulate woman, a leader with unmistakable class," said Hawkins. "She was honest and straight forward with me about endorsing President **Obama**

the Post

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Lisa Evans

Civil Affairs takes to the streets

Staff Sgt. Robert Valencia speaks with Patrolman Scott Zapora of the Borough of Fieldsboro, during real world civil affairs training Feb. 17. Students attending the Civil Military Operations Center on Fort Dix conducted a mission to the town to assess what help the town may need. Valencia and the Soldiers in his team documented historical and religious sites to ensure they were listed as protected areas. They also noted an industrial area as a place of interest to military operations.

Sharing prescription medications illegal

Illegal sharing of prescription medications

Any prescription medication you receive from the pharmacy comes to you only after your healthcare provider has reviewed your medical history, your history of drug allergies, examined you and written a prescription for a specific medical diagnosis, and a separate team of pharmacy specialists have double- & triple-checked any medication you receive.

Take your prescriptions as your healthcare team has advised and if you have extra pills, dispose of them in a way that prevents their use by anyone else.

Do not stockpile prescriptions that are no longer needed. These medications degrade with time and exposure to the elements (light, moisture, temperature extremes).

Because prescription medications are in such common use, many people mistakenly believe that they are harmless.

The truth, however, is that many prescription medications can be extremely dangerous or lethal when used improperly, when used in combination with other drugs (including drugs also mistakenly assumed to be harmless, such as over-the-counter medications or herbal remedies), or when used by someone with an unsuspected, undetected medical condition.

If you are using someone else's prescription medications, remember these facts

Medications at any dose can be dangerous or lethal. If you take or buy prescription medication from another person, you could have an allergic or unwanted reaction, an interaction with another drug or herbal remedy, long-term neurological or other health damage, or a reaction due to a health condition such as diabetes or heart problems.

You cannot predict your reaction to a drug that another person takes safely.

That is why many medications are available only by prescription from a medical provider who knows your history and health, and can monitor your condition and reactions to the medication.

It is important to ask yourself why you would take such a risk with your health — perhaps you are experiencing diffi-

culties with mood, stress, motivation/concentration, or lifestyle that can be much better addressed or permanently resolved in some other less dangerous way, for example with counseling/psychotherapy or a legitimate medication that is prescribed uniquely for you.

If you are sharing your prescription medications, remember these facts

Your medications have been prescribed for you — and only you — by a physician. Medications at any dose can be dangerous or lethal.

There is a reason that both a physician and a pharmacist check the patient's prescription medication for any interactions with a patient's allergies, other drugs, and disease states.

Without checking all those factors, that person may have an allergic or unintended reaction, an interaction with another drug or herbal remedy, potential long-term health damage, or even death may occur.

You cannot predict another person's reaction to a drug that you take safely.

It is illegal to share or sell your prescriptions

The distribution of your prescription medications to a friend or family member, or the possession and/or use of prescription drugs that are not yours, is strictly prohibited by law.

The selling of any prescription medications you have is ILLEGAL, period.

The legal consequences for the wrongful possession of and/or criminal sale of prescription drugs include fines and imprisonment. For civilians, violation could lead to prosecution under state and federal laws.

For military members, violation could result in action under the Uniform Code of Military Justice.

If you have questions or concerns

If you have questions about your prescription medications, please call the base pharmacy at (609) 754-9470 (option #4) to talk with a pharmacist. If you wish to report illegal sharing of prescription medications, please contact AFOSI at (609) 754-3353, or security forces at (609) 754-2001.

Looking for information about Fort Dix?
LOG ON
to www.dix.army.mil

All Starz

Armed Forces

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 Feb. 9 through 15.

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

●Police, Fire Department, and emergency medical personnel responded to a motor vehicle crash with injuries on Tenth Street. Investigation revealed a vehicle, operated by an Airman assigned to McGuire AFB, exited the roadway and went into a culvert resulting in disabling damage to the vehicle. The operator and two passengers were treated at the scene and transported to VMHBC for further treatment. The vehicle was towed from the scene. Investigation continues.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5913. Investigation revealed no cause for the alarm.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5602. Investigation revealed no cause for the alarm.

●While on routine patrol, police discovered a vehicle parked near Bldg. 6039 had expired registration. The owner, a Soldier assigned to Fort Dix, was located and cited. The vehicle was towed from the scene.

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

●A retired military member entered the police station and reported she had sustained chemical burns to both hands from exposure to soap solution at the Fort Dix Carwash. Investigation continues by the Safety Office.

●Police and Fire Department personnel responded to a report of a burning smell at Bldg. 5399. Investigation revealed the heating system in the building was dirty and in need of maintenance.

●Police responded to a traffic accident near Bldg. 5656. Investigation revealed a vehicle, operated by an Airman assigned to the USAF EC, backed into another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine traffic stop on Delaware Avenue, police discovered the vehicle operator, a Fort Dix contract employee, had a suspended driver's license and a warrant out of Pemberton Township. A passenger in the vehicle, a civilian NAFD, had two outstanding warrants out of Bordentown and Monroe Township. The subjects were transported to the police station for processing and were transferred to the custody of Pemberton and Monroe Police. The vehicle was released to a licensed driver.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by an Airman assigned to McGuire AFB, had expired registration and was uninsured. Further investigation revealed the operator had a suspended driver's license. The subject was cited and the vehicle towed from the scene.

●Police responded to a traffic accident on Lewistown Road. Investigation revealed a tree had fallen, due to high winds, onto a vehicle operated by a civilian NAFD. There were no reported injuries. The vehicle sustained disabling damage and was towed from the scene.

●Police responded to a traffic accident near Bldg. 5516. Investigation revealed a vehicle, operated by a Fort Dix contract employee, struck another vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police and 305th Explosive Ordnance Detachment responded to an incident near Bldg. 5433. Investigation revealed a suspicious package in the parking lot between two vehicles. A perimeter was set up and the area cleared. EOD checked the package using a robot and determined it contained personal items. The owner of the package, a Soldier assigned to Fort Dix, was located and stated he had been throwing away trash and forgot the bag in the parking lot.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5651. Investigation revealed burnt popcorn had set off the alarm.

●Police were notified of an incident near the Pemberton Gate. Investigation revealed a tree branch fell and struck a vehicle operated by an Airman assigned to McGuire AFB resulting in damage to a car carrier mounted on the roof. There were no reported injuries.

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

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5911. Investigation revealed dust kicked up by sweeping had activated the alarm.

●Police at the Pemberton Gate were approached by a Sailor, assigned to Fort Dix, who stated she had a domestic dispute with her intoxicated spouse at their residence in the Garden Terrace housing area. The victim then reported to the police station and met with Army Community Services. Police responded to the residence and investigation revealed the spouse, who was obviously intoxicated, had been throwing items in the residence and threatening suicide. The subject, who was using loud and abusive language, was transported by ambulance with police escort to Lourdes Hospital for evaluation and treatment. The subject was cited. Investigation continues.

●There were 0 expired identification cards confiscated during the period.

●There were 22 Magistrate Court Citations issued for moving violations. DWI incidents remain at two for the year.

Does the weather have you wondering?

Closure and delayed opening information for Fort Dix is available at 562-4065 by 6 a.m.; at www.dix.army.mil and on WDIX Channel 2 Comcast TV

Read
The Post!

Housing improvements usher in new era

Ryan Morton
Public Affairs Staff

Family housing on Fort Dix is currently undergoing a dramatic makeover to meet the demands of the installation being used as one of the nation's primary mobilization centers.

Garden Terrace, Grove Park, Holly Crest, and Scott Plaza housing areas have seen dramatic demolitions, renovations, and new housing units sprout up in the last few years with more to come. The original homes in those areas were built in the late 1950s and were built to the standards of the time with smaller and fewer rooms.

Of course, needs and standards change. The new or renovated homes now feature standards of living more appropriate with this era: larger rooms and storage areas, garages, and improved community settings.

"We modernized the homes to meet current demands," said Richard Sample, Fort Dix Housing Privatization Manager. "The Department of Defense established programs nationwide to privatize military housing to meet current standards," said Sample.

The results of this more than \$300-million housing community redevelopment project at Fort Dix and McGuire Air Force Base so far have been, according to Sample, "excellent."

Fort Dix partnered with the McGuire, who is spearheading this joint housing project with United Communities (UC) on both installations.

The housing redevelopment project on Dix is now 72 percent complete for the new homes and 99 percent complete for the renovation.



photos by Ryan Morton

MODERN TIMES -- Homes like these on the Fort Dix Garden Terrace housing area are now examples of the norm for the military families stationed on the installation. These recently constructed homes are part of the more than \$300 million housing project the Dix and McGuire Air Force Base communities are undergoing to meet the needs of military personnel and their families.

All the new single homes or duplexes are for enlisted personnel and officers and have either three or four bedroom units, and one or two car garages. Laurel Hill, Holly Crest, and Scott Plaza are completed with construction, renovations, and demolitions taking place in Garden Terrace and Grove Park. The new homes on Dix are expected to be completed by 2010.

"We're very happy with the progress of the homes and the positive feedback from the people who are now living in them," said Greg Belza, United Communities marketing

manager. "We want to provide the best homes possible to the military families. We're happy to be here and look forward to moving forward and continuing with the project," he said. Also, slated for construction within the next year is a new community center which will be built in the Garden Terrace housing area near the Fort Dix Youth Center. Between Dix and McGuire the net result will be 2,084 new or renovated homes.

(Reporter Ryan Morton may be reached for comments on this article at ryan.morton@us.army.mil.)



THEN AND NOW -- Other homes like these, above and below, in the Fort Dix Holly Crest housing area are further examples of today's standards for housing for the military families on the installation. The housing is offered for enlisted personnel and officers and comes standard with three or four bedrooms and one or two car garages. Housing for the military has undergone many fundamental changes. The Washington Daily News reported in February 1949 that 3,600 Soldiers assigned to Fort Dix were eligible to bring their families with them -- but quarters for only 340 were available on post. The Army launched a massive construction drive for on-post housing when it found Soldiers and their families living in run-down shacks like the one pictured at left in an unidentified town near the post. Some did not have even the basics of running water and indoor plumbing. The quality of living has come a long way since those days and now, with the installation used as one of the primary mobilization centers, the demand for quality housing is paramount. The overall project on Dix is nearly three quarters finished with completion set on the final stretch of houses slated for 2010.



Pascual Flores

TURNOVER -- A Soldier from the 542nd QM Co., Dubois, Pa., takes on the challenges of egressing from a roll over during HEAT training.

Fort Dix trainers turn up the HEAT

Spc. Anthony Jones
145th Mobile Public Affairs Detachment

Immediately following the sound of an artillery simulator, Soldiers of the 542nd Quartermaster Company sound off with "ROLLOVER! ROLLOVER! ROLLOVER!"

The Soldiers across the Army are undergoing new training to familiarize themselves on how to exit a rolled over vehicle thanks to the Humvee Egress Assistance Trainer or HEAT.

The trainer is a mock humvee suspended in a frame and designed to rotate, simulating an accident caused by a number of factors such as aggressive driving, inadequate training or a soft shoulder giving way. The main emphasis is a rollover accident caused by an improvised explosive device detonation.

The purpose of the HEAT trainer is to help Soldiers identify how to exit from a vehicle while turned upside down, said Sgt. 1st Class Alejandro Arroyo, non-commissioned officer-in-charge of the HEAT trainer. "Basically, it's to save lives."

Arroyo said during the beginning of the war Soldiers were using non- or lightly-armored vehicles. When the Army began using the larger, up-armored humvees to counter small arms and IED threats, the vehicle's center of gravity changed, decreasing the angle at which a

humvee will rollover.

The HEAT trainer is built to mimic actual humvees in Iraq and Afghanistan, said Arroyo. The trainer is complete with the newest style doors that include a safety mechanism that allows Soldiers to open the doors from the outside in the event the Soldiers inside are unable to unlock the combat locks.

"Combat locks are no different than the locks on daddy's Cadillac," said Arroyo. "The only difference is on the Cadillac you push a button down and on the humvee you push the handle down."

Arroyo said he when started his job as the NCOIC, he wanted to take the course back to basics. "I wanted the Soldiers to develop muscle memory, just like everything else in the Army," he said. "You need to have three to four rotations through to get that."

Another key point about training on the HEAT equipment, is learning to prevent injuries when exiting the vehicle. To learn how to properly train Soldiers to make a safe exit while maintaining situational awareness, Arroyo and his instructors videotaped themselves exiting in all possible ways from each seat of the humvee. The instructors discovered each seat has its own hazards. The driver, for instance, has the steering wheel and pedals in their way and the truck commander must deal with communication equipment.

The class is organized in the "crawl, walk, run" method of Army teaching. The crawl phase consists of classroom instruction and a single turn in the HEAT trainer supervised by Army instructors, giving Soldiers the experience of being upside down in a humvee.

The walk phase is done at "combat speed" and is observed by the instructors to ensure the Soldiers are properly maintaining security and situational awareness.

The run phase is also conducted at "combat speed". However, the run phase incorporates an Improvised Explosive Device simulator to give the Soldiers a sound to remember. Then, as the Soldiers exit they are confronted by any number of opposing forces. If the Soldiers don't eliminate the enemy threat or ignore it all together, the instructors set off simulated secondary IEDs, wounding or killing a Soldier and forcing the vehicle crew to provide first aid.

Arroyo said the enemy adjusts its tactics, training and procedures just as the U.S. does. In recent years the enemy has set up secondary IEDs and waited for Soldiers to attempt a rescue, thus creating a larger number of casualties.

Throughout his class Arroyo emphasizes his instruction is "a" way to exit the vehicle, not "the" way. He said for each body type and vehicle, egress techniques are different and the primary way to safely exit a rolled vehicle is to practice and maintain calm.

NEIGHBORHOOD

THE CORNER

Divorce Preamble workshop offered

Army Community Service is sponsoring a Divorce Preamble and Child Custody/Support Workshop. Mary Acevedo, Senior Attorney and Director of Outreach and Continuing Legal Education, Legal Services of New Jersey, Inc. will present an overview of New Jersey divorce laws for people considering a New Jersey divorce or filing a New Jersey divorce with issues to be resolved about child custody, child support, visitation and alimony.

This workshop will be held at Army Community Service, building 5201 Maryland Ave. Feb. 23 at 11:30 a.m. Registration is required. Call Amada M. Espinoza or Patricia Toler at 562-2767 for more information.

Acevedo will explain the divorce process, get you prepared for the initial client information for the consultation, and will provide you with insightful information on what to expect from your lawyer, child custody and child support. She will also provide information on how to file on your own (pro-se) if you are unable to afford an attorney.

Free YMCA memberships available for families

Active duty families at McGuire Air Force Base, Fort Dix and Lakehurst 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 www.defenselink.mil.

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 1 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.

Tickets available for Black History Luncheon

Tickets are now available for the annual Black History Month Celebration Luncheon to be held Feb. 26 from 11:30 a.m. to 1 p.m. at Club Dix. Command Sgt. Maj. Sylvia P. Laughlin will be the guest speaker. Tickets are \$15 and are available by calling the following individuals: Fay Marshall-Dease at 562-2666, Kelly Cezar at 562-5881, Fran Booth at 562-3930 or Gaylor Simons at 754-5346.

Joint Chapels to host prayer breakfast

The National Prayer Breakfast, featuring comedienne Carol Simpson will be held Feb. 26 at the McGuire Club. Breakfast begins at 8 a.m. Tickets are \$8 and must be purchased by Feb. 17. For more information call the Fort Dix Chapel at 562-2020.

Read Across America

The Fort Dix Elementary School will be celebrating Dr. Seuss' birthday as part of the national Read Across America program during the first week of March. As part of the celebration volunteer readers will spend time with the students, reading them stories March 5 at 10 a.m. If you are interested in being a volunteer reader call Sharon Gardner at 562-6271.



courtesy photos



COMING SOON – A new Child Development Center (CDC) is slated to be built across the street from the Fort Dix Elementary School. The new facility follows a standard Army CDC plan, shown above, and will feature playgrounds for each classroom.

New center in children's future

Jennifer Chupko
Public Affairs Staff

It has been more than two decades since a new Fort Dix Child Development Center (CDC) was proposed. With a sigh of relief from everyone involved, the first steps of construction of the new building are in sight. The final kinks of the project's construction still need to be passed by Congress, but everyone who has been part of the project for the past 20 years is elated about the strides that have been accomplished.

"Although much effort had been put into maintaining the building and keeping it operational, it has been quite a challenge," said Linda Severs, Fort Dix Child and Youth Services, Chief. "In the long run it is wiser and more cost effective to build a new CDC than to keep pouring money into the existing facility."

The current CDC is in an old Army recreation center from the 1950's and is not designed for the expanded needs of young children today. The building has had modifications over the years, but the estimated \$6.5 million new CDC will better serve the military's youngsters.

The new building will be a state-of-the-art modular construction that will include improved, heating, ventilating, and air conditioning (HVAC) issues, fire safety, accessibility and cost effectiveness will have major upgrades.

"Other installations that have gotten them are very pleased at the quality of the equipped buildings and the relatively short time frame in which they are built and ready for occupancy," said Severs.

Each newly furnished activity room will have a designated playground area accessible only from that particular room. This is very impor-

tant to the supervisors of the CDC office space, a reception area, a laundry area and storage spaces.

The new construction will be built on a plot of land across the street from the Fort Dix Elementary school by the Murillo Construction Group. The location is near the Youth Center which will prove convenient for the parents as their children grow.

The goal of the center is to provide what the CDC employees strive for an environment for children to feel comfortable, stimulated, and happy as they discover and follow their own paths to knowledge and understanding.

"It will provide our military families with the quality of the facility," said Severs. "It will bring us up to modern and current standards. Our children deserve it."

"Jennifer Chupko may be reached for questions or comments about this story at jennifer.a.chupko@us.army.mil

Toxic mushroom found on post

Jennifer Armento
Fort Dix Environmental Office

The American Yellow Dust Amanita (*Amanita flavoconia*), also called Yellow Patches, is distinguished by its bright yellow or orange cap adorned with warty patches. This mushroom can be found throughout Fort Dix at the base of both hardwood and conifer trees. Yellow Patches is a common mushroom belonging to the group Basidiomycetes that includes all gilled fungi.

In Amanita species the young fruitbody is contained within a membranous envelope called the universal veil. When the mushroom expands and breaks out, the veil remains as a cup encasing the base of the stalk. The patchy, warty texture on the cap are the remnants of this universal veil from the young mushroom.

Mushrooms that are mycorrhizal such as Amanita species are involved in a symbiotic (mutually beneficial) relationship with the tiny rootlets of plants—usually trees. The cells of the mushroom's mycelium surround the tree rootlets with a sheath, and the mushroom helps the tree absorb water and nutrients while the tree provides sugars and amino acids to the mushroom. The organisms may need each

other to survive.

It is estimated that about 85 percent of plants depend on mycorrhizal relationships with fungi. Many mushrooms are mycorrhizal with plants, including most Amanita and Russulas.

The Amanita species is mycorrhizal with conifers and hardwoods. It fruits from July through November and is common in the Northeast.

The cap of the Amanita ranges from two to eight centimeters. It is subovate to convex in shape, becoming broadly convex to flat in age. The mushroom is sticky when wet and the bright yellow to bright orange color fades as the mushroom ages or is in direct sunlight. Its scattered pale to yellow warts typically disappear easily. The margins of the Amanita are not lined or faintly lined. The mushroom has free white to pale yellow gills.

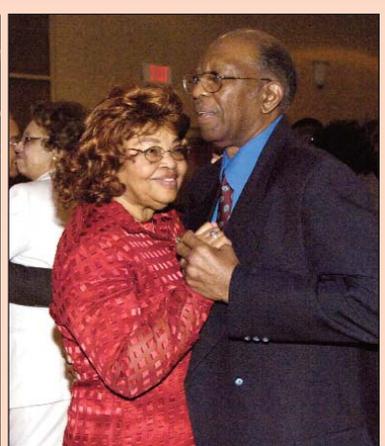
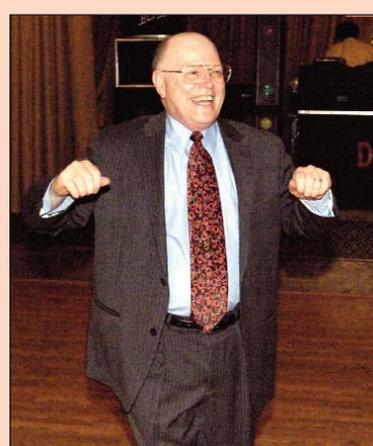
The stems of Yellow Patches range from four to 10 centimeters in length. It frequently tapers to apex and flares to an enlarged base. The stem is smooth or slightly scaly; with a persistent skirtlike ring and a whitish to yellow, bulbous base.

Many Amanita species contain amatoxins that are deadly even in minute amounts. This genera of mushrooms is not considered edible.



Jennifer Armento

FUNGUS AMONG US – This patch of *Amanita flavoconia*, more commonly called Yellow Patches, was found at Hanover Lake in November 2007. This mushroom is deadly, even in the smallest amount and should not be eaten.



photos by Veverly Wakefield

Chapel holds Valentine's Dance

Chap. (Col.) Larry Biederman, left, enjoys himself as he does the Chicken Dance during the Chapel sponsored Valentine's Dance held at Club Dix Feb. 13, while Mary Sherrer glides across the dance floor and shares a romantic moment with her Valentine and husband, Fred.

Hi-tech security tags target shoplifters

Jennifer Chupko
Public Affairs Staff

Grabby fingers beware: a new security system has a fix on you. The Army and Air Force Exchange (AAFES) BX/PX (Base Exchange/Post Exchange) is now using Electronic Article Surveillance (EAS) the newest security system for loss prevention and it seems to be proving its power. "Stolen merchandise totaled 1.2 percent in 2008," said Sheila Hall, store manager. "It is projected that this will significantly decrease to less than 1 percent in 2009."

EAS is a hi-tech method for preventing shoplifting from retail stores.

Special tags are fixed to merchandise and these tags are removed by the clerks when the item is properly bought or checked out.

"We are heightening our

security in the areas of vulnerability," said Hall. "EAS is on the front lines of the exchange's efforts to deter shoplifting and prevent unpaid merchandise from leaving the store."

The most frequently stolen items aren't in the popular electronics department like some may think. High-end purses, vitamins and in particular, the Gillette Mach 3 razor blades are the most desired and snatchable merchandise.

"Fortunately, our team is leveraging the latest crime fighting tools available to further strengthen the exchange benefit Soldiers or Airmen, and their Families, have come to depend on," said Hall.

Other popular items include make-up and leather jackets and AAFES has had enough of the merchandise floating out the doors unnoticed and unpaid.

The extra measures are an overall AAFES company



Jennifer Chupko

TAKE A BITE OUT OF CRIME – The Fort Dix/McGuire Air Force AAFES BX/PX managers have upgraded the security system. Coach purses are just some of the hot items that have been tagged with the new AGES system because of the high theft rate.

"The security is in the stores and our managers felt it was very important for every store," said Hall. "It is necessary to request

ty cameras in place in the store for years now. However, the Fort Dix/McGuire Air Force store is taking theft more seriously with this up-to-date measure.

The choice to bring this technology was decided by the managers of the store.

"Every loss prevention method we use has the common goal of discouraging theft before it even happens," said Hall. "Of course, visible reminders like security tags and camera systems not only deter criminal behavior, but also identify and document it."

"So, even if the equipment's presence doesn't prevent the crime from happening, the resulting video and/or alarm are almost always invaluable in the resulting prosecution."

The occasional shoplifter, not being familiar with these systems and their mode of operation, will either get caught by them, or will refrain from stealing.

"Hopefully just getting the word out that we are using this security system will deter shoplifters from even questioning whether or not they will try to steal," said Hall.

According to an AAFES press release, "Manufacturers have joined ranks with merchants by placing tags inside the packaging of many items to further reduce shoplifting."

New tags have also been deployed that sound an alarm if someone attempts to remove it without the proper device.

"We have been getting new shipments of merchandise with the tags already on them," said Hall.

"It goes to show you how well the AGES system has been using the tags and have had very nice results as well."

(For more information or comments on this article, e-mail the author at jennifer.a.chupko@us.army.mil)

Soldiers receive recognition at Dix



photos by Pascual Flores

HOME SWEET HOME – 1st Sgt. Johnny Madden, left and Capt. William McGray, right 38th Military Police Company, Indiana Army National Guard proudly display their Yellow Banner and Certificate of Appreciation Feb. 17 at the units Welcome Home ceremony.



1st Lt. Antonia Greene

FAMILY PRIDE – Capt. Johnathan Meisel, operations training officer, assigned to the 72nd Field Artillery Brigade, is promoted to the rank of major, Feb. 4. Meisel's godparents, Patti and Dale Meisel, from Allentown, Pa. attended their nephew's promotion ceremony held in 72nd Field Artillery Brigade conference room. Dale Meisel retired from the military after 20 years active service with the military police and special forces. Meisel is currently the warden at Lehigh County prison.



The REAL ES

STANDING TALL – Capt. Joe Cottone, left, and First Sgt. Christopher Warren, 384th Military Police Company, Indiana Army National Guard, display the Yellow Banner presented to them, Feb. 18, at Griffith Field Left, 1st Sgt. Dino Orlando, left, and Capt. Mollie Keith, 1175th Military Police Company, Missouri Army National Guard, display Certificate of Appreciation and Yellow Banner during a Welcome Home ceremony at Timmermann Theater, Feb. 15.

New foundation aids Soldier job search

(Continued from page 1)

"We have direct conduits to organizations that are hiring. Unless we had direct contact with employers we couldn't provide quality service to the Soldiers. We have relationships with companies like New Jersey Helmets to Hardhats, CACI, and Lockheed Martin," Blum said.

With the one-on-one career coaching provided, each Soldier is given information on where to look for jobs, how to write a resume and how to market themselves to employers. Career counselors keep in contact with the Soldiers to follow their progress in reintegrating into the civilian work force.

"It's not the people with the best skills that get the job, but the people who market themselves the best."

"I believe there is a thread of excellence that runs through everybody. Most people don't realize their value and that is what I like to help them discover and put them to work using it," said Blum.

The foundation's board of advisors includes retired Air Force Brig. Gen. (Dr.) Henry Schiller, a recipient of the Distinguished Flying Cross; Arnold Burns, former deputy attorney general of the United States and member of Army Reserve; Simon Levin, civilian aid to the Secretary of the Army during the senior Bush's administration and a Bronze Star recipient from Vietnam; Dennis Flanagan, former Marine and president and chief executive officer of Okidata; Palinski; Clark; and Maj. Jonathan Moyer, commander, B Company, Mobilization Readiness Battalion.

"We have 19 trained volunteers, mostly with military backgrounds, so far. They have all received seven hours of

training as counselors and there is more training to come. We will work with a core group of Soldiers initially to assess our effectiveness and weaknesses and make adjustments to our program so we can best serve the Soldiers," said Deissig, himself a Vietnam veteran.

"It's great to know that there are Americans supporting and dedicating their time for us...it feels good," said Staff Sgt. Michel Sauret, a member of the 354th Public Affairs Detachment out of Pennsylvania.

Sauret has already authored three books, "Breathing God," "Child, Hold Me" and "Tin Can Mind."

He said he plans to make a commitment to the program and follow the guidance of the counselors in seeking a position in either publishing or journalism.

Other Soldiers who attended the meeting have found their company's doors have closed since they first left for their deployment.

Sgt. Joseph Bellardine of the 175th Maintenance Company is one of those Soldiers. "I'm impressed with the tools and resources that the Tip of the Arrow Foundation is offering veterans," said Bellardine.

"I'm looking forward to working with the counselors." Blum's ultimate goal is to take a successful program and copy it at other military installations.

For more information on the Tip of the Arrow Foundation and the many services it offers, you may visit the Website www.tipofthearrow.net or call 973-265-8790.

(For more information or comments on this article, e-mail the author at wayne.a.cook@us.army.mil)

TRI-STATE

BIBLE BAPTIST

APELL

SULUKI

Hanover

PETRO

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 Fort Dix Main Chapel
and
the
fourth Tuesday at
Buttonwood Hospital.

Arts & Crafts
Bldg. 6039 562-5691

Registration Hours:

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

Wednesday & Thursday
Noon to 5 p.m. and
6 p.m. to 8:45 p.m.

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

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

Black History Month Exhibit
View prints of the work of
famous African American
artists on display through
February.

Arts and Crafts Classes

Breakfast at My Window
Classes -
Feb 21, 28 and
March 7, 21 and 28
Moving into a new home
always brings challenges of
window treatments. "Will the
drapes from our last home
look good here? Will they fit?
How can I update my win-
dows without spending a for-
tune?"
See the special flyer in Arts &
Crafts for details on this class.

Framing Qualification
Classes -
Get qualified to use this great
facility and equipment.
Framers make one piece as
they learn to operate the
equipment.
Students are required to bring
something in to frame such as
an 8 x10 photo or certificate.
All materials are available at
the frame shop which will be
purchased at the end of class.

Krafty Birthdays -
Arts & Crafts offers Krafty
Birthday Parties! Parties
include up to two hours of
party room use, one craft proj-
ect with instruction and all
materials. When making party
reservations, please make sure
to stop by in order to select
the craft and make payment.
Make your child's birthday a
krafty learning experience.

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

Calendar of Events

Monday, Feb. 23

Divorce Pre-ambles
11:30 a.m. to 1:30 p.m.
ACS

Parenting After Divorce
2 p.m. to 5 p.m.
ACS

Tuesday, Feb. 24

Hearts Apart Support
Group
10 a.m. to 1 p.m.
ACS

Compassion Fatigue
Workshop, Part 2 of 2
2 p.m. to 3:30 p.m.
SFAC

Wednesday, Feb. 25

AFAP/AFT/AVCC
Advisory Councils
9:30 a.m. to 10:30 a.m.
ACS

Get It Together:
Organizing Your
Financial Records
1:30 p.m. to 2:30 p.m.
ACS

Thursday, Feb. 26

Becoming a Love and
Logic Parent,
Birth to 6 yrs., Part III
1 p.m. to 3 p.m.
ACS

Friday, Feb. 27

Financial Resource Fair
(workshops / resources
for all areas of finance)
Timmermann Center
8:30 a.m. to 4 p.m.

International Spouse
Group
11:45 a.m. to 1 p.m.
ACS

Stress Management
11:45 a.m. to 1:30 p.m.
ACS

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Veterinary Clinic gets improvements

Ryan Morton
Public Affairs Staff

The Fort Dix Eakins Veterinary Treatment Facility is currently undergoing a facelift as the facility receives upgrades to better serve our animal friends.

Recently, the inside walls were repainted, new lighting was added, old light bulbs were replaced, ceiling tiles were replaced, and the front entrance door was enlarged for handicapped accessibility. Outside, the roof was

replaced and the housing area for military working dogs was extended.

"It's an old building and was starting to show its age and falling apart a bit. A better vibe was needed for the clinic and these upgrades provide it," said Sgt. Michael Player, veterinary assistant, Northeast District Veterinary Command, Fort Monmouth.

Also installed were air-conditioning and heating units for the K-9 housing area and security bars were added to the windows to offer better protection and security.

"It was felt that the clinic needed to be brought up to the standards the Army expects and the people deserve for their pets.

The animals deserve the best, too," said Russel Steele from Russel Steele General Contracting out of Pemberton who spearheaded the operation. The project, when completed, will cost more than \$100,000 and is expected to be completed by springtime.

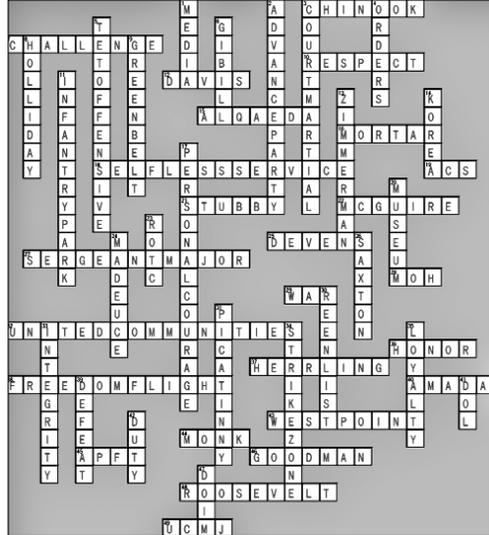
(For more information or comments on this article, e-mail the author at ryan.morton@us.army.mil)



Ryan Morton

IN THE DOG HOUSE -- Eakins Veterinary Clinic receives a facelift providing more comfortable, safer and secure environment for animal friends.

Dix Word Challenge Answer Key



Army game sets world records

Lori Mezzoff
Army News Service

SILVER SPRING, Md., Feb. 9, 2009 - The America's Army Personal Computer game, which lets players explore Soldiering, has been recognized with five records in the upcoming Guinness World Records 2009: Gamer's Edition.

The second installment of the "Gamer's Bible," began hitting book-store shelves Feb. 4, featuring the definitive collection of video game records, facts and trivia.

Guinness World Records is the universally recognized authority on record-breaking achievement.

In this year's Gamer's Edition, the America's Army PC game received awards in the following categories:

- **Largest Virtual Army** — In January 2007, America's Army recruited its 8 millionth registered user; at the same time, the actual U.S. Army had just 519,472 Soldiers on active duty. This makes the virtual America's Army 15 times larger than the real thing. Today the game has more than 9.7 million registered users.

- **Most Downloaded War Video Game** — According to official estimates, America's

Army, in all its various iterations, has been downloaded more than 42.6 million times. The most recent version of the game was downloaded almost 2.4 million times between January and July 2008.

- **Most Hours Spent Playing a Free Online Shooter** — According to the U.S. Army, as of August 2008, gamers have spent more than 230.9 million hours playing the PC version of America's Army. Gamers from more than 60 countries have played America's Army since it was launched in 2002.

- **Earliest Military Website to Support a Video Game** — The Web site americasarmy.com is the first military Web site to support a video game series. America's Army is also the first multiplatform game to receive a government-licensed trade-

- **Largest Traveling Game Simulator** — The Virtual Army Experience is a highly modified version of America's Army that includes six life-size vehicles surrounded by multiple flat screens, with room for up to 50 participants. Mounted in the vehicles are modified light-gun weapons. The teams inside each vehicle, which shakes in reaction to nearby explosions, are tasked to drive supplies to a beleaguered group of aid workers in dangerous territory. The exhibit takes up 19,500 square feet.

- **Most Authentic Weapons and Technologies** — The U.S. Army recently announced the upcoming America's Army 3 game will be released later this year. Highlights of AA3 include authentic weapons and technologies, realistic training and exciting gameplay missions.

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moved from page 6