

the Post

Vol. 84, No. 10

Published for the Fort Dix Community since 1942

March 13, 2009

NEWSNOTES

Mandatory Suicide Prevention Briefings set

Mandatory Suicide Prevention Briefings for Fort Dix civilian employees will be held today, March 13 in Timmermann Center. Two sessions will be offered, from 8 a.m. to noon and from 6 p.m. to 8 p.m. These sessions will be the last offered to meet this requirement.

Housing construction hits next phase, traffic shifts

Due to construction, streets in the easternmost portion of Falcon Courts North are blocked off. Residents cannot use East Castle Drive east of Bolling Boulevard. Homes along the east side of Prestwick Road are affected but the street will remain available for the residents on the west side of Prestwick. Residents in this area should use East George Street to Travis Street to enter and exit. For more information, please call Kelly Ledgerwood at the United Communities Construction Office at 609-723-4290, extension 2013.

Fort Dix honors President Cleveland

On behalf of the White House, Fort Dix will honor President Grover Cleveland with a wreath-laying ceremony March 18, the anniversary of his birth, at Princeton Cemetery in Princeton at 10 a.m. The community is invited to share in honoring the nation's twenty-second and twenty-fourth president.

Home Buying Seminar sponsored at ACS

The Camden County Board of Realtors is sponsoring a Home Buying Seminar at Army Community Service Wednesday, March 18 from 11:30 a.m. to 1 p.m.

Buying a home is usually considered the largest financial investment of a lifetime. If you are considering buying a home, you will be facing with many decisions. How do I choose a realtor? What is this Title Insurance stuff? Why do I need a home inspection? What area would best suit my needs? What price range can I afford? When do I know that I have seen enough homes in order to make and informed selection?

Come to the free Home Buying Seminar to get answers to your questions. Please contact Amada M. Espinoza or Patricia Toler at (609) 562-2767 for more information and advance registra-

Dix joins Read America

Lisa Evans
Public Affairs Staff

Young fans met children's literature icon Dr. Seuss once again March 5 at the Fort Dix Elementary School. Local disciples read Dr. Seuss and other classics to school children in honor of the great writer's birthday three days earlier.

Every February and March Dr. Seuss readings sweep across the country in the Read Across America event. Kids in every state listen to "Horton Hears a Who" or "Green Eggs and Ham," among other great adventure stories Seuss wrote for his own children.

The National Education Association (NEA) began organizing volunteers and going into schools as readers, officially launching Read Across America 12 years ago. This initiative is designed to encourage children to read, mastering basic reading skills in the process. In towns and cities everywhere, teachers, parents, librarians, politicians, anyone who wants to, can read to children during the event. Reading to children helps them do better in school in all areas, not just in reading.

On Fort Dix, bookworms volunteered from across the post, taking time to reacquaint themselves with their own favorites. Bob Vogt, chief of the Community Recreation Division, Family, Morale, Welfare and Recreation (FMWR) opted for "If You Give a Pig a Pancake" by Laura Joffe Numeroff. Vogt dramatized his reading with a fitting headpiece - a pink pig with wings.

Vogt said, "This is one of the most pleasurable things I ever get to do. It's the fifth or sixth time I've ever done it. And I always try to add something more when I read."

Vogt kept them enthralled when he read - after the kids had a go at the pig.

"When you sit down with a group of kids and you get their attention it's a wonderful feeling," Vogt said. "And

every one of them when they saw the hat, they didn't care about the story anymore. Every one of them wanted to pull the string to make the wings flap."

"After we finished the story we read a second story about pigs and I kept their attention and they didn't want me to leave. And that's always a sign that you did something right," Vogt concluded.

Capt. Javier Cortez, 72nd Field Artillery Bde., likes the kindergarten class. This wasn't his first time reading to children; he has a son he reads Dr. Seuss to. His wife is a fourth grade teacher in Trenton. She teaches a bilingual class, translating everything from Spanish to English and back again for her children. She is a dedicated educator, Cortez said, so to help her, Cortez frequently reads to her class in English and Spanish.

Taking his son's favorites to the children at the school, Cortez chose, "I Can Read With My Eyes Shut" and "Left Foot, Right Foot," books his son begs for, over and over.

"I truly enjoyed reading. To me it is giving back to the kids. I have a five-year-old son of my own. I think it's something that all military personnel need to get with to give back to the community, especially when dealing with the younger generation of America," Cortez said.

He refused to read the tongue-twister stories. With his Spanish accent, Cortez said the children corrected him on the simple things, helping him to pronounce the name Karen correctly.

Cortez is leaving for Iraq soon and hopes to have other opportunities to read to children before he goes.

More than 45 million readers participated this year in NEA's Read Across America Day. Authors and actors issue challenges to young readers each year to raise awareness. Teachers and school principals have been known to dye their hair green or be duct-taped to the wall to boost students' reading, according to the NEA website.



Sgt. Nicole Dykstra

THE CAT'S MEOW - Reading enthusiast Capt. Javier Cortez, 72nd Field Artillery Bde., adds his own twist while reading to kindergarten students at Fort Dix Elementary School on March 5, as part of the Read Across America celebration. The event is held on or near Dr. Seuss' birthday each year, in recognition of the profound effect his stories have had in interesting children in reading.

Reserve Iraq role to continue

American Forces Press Service - WASHINGTON, March 9, 2009 - As the Army Reserve prepares to deploy more troops to Afghanistan, its top officer said he anticipates no decrease, at least in the near term, in the need for Army reservists in Iraq.

Army Reserve Chief Lt. Gen. Jack C. Stultz said last week at a Pentagon town hall meeting that he doesn't expect the Army Reserve to mirror the force draw downs combat brigades are experiencing in Iraq - at least not immediately.

"I don't see any reduction" in the almost 9,000 Army reservists in Iraq,

Stultz told about 200 of his troops based in the Washington area.

In fact, he said, the demand in Iraq for reservists' skills actually could increase in the near term.

With its heavy complement of combat support and combat service support capabilities, the Army Reserve brings engineering, transportation, civil affairs, military police and other skills Stultz said will remain in demand after combat forces draw down.

"The enablers that we have don't come down when [brigade combat teams] come down," he said. "We still have to have the infrastructure there

when the BCTs come down."

Meanwhile, as more combat troops deploy to Afghanistan, Stultz said, he expects the need for Army reservists to increase there, too. Almost 1,400 Army reservists are currently in Afghanistan.

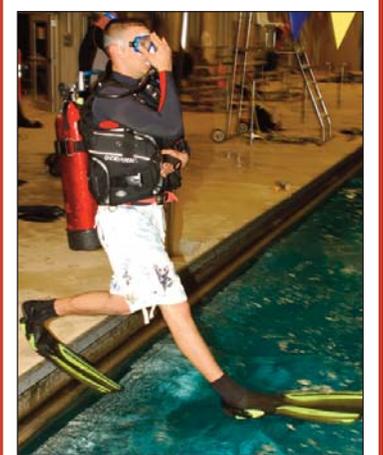
"As we have an increase, what are they asking for?" Stultz said. "More enablers. They need more engineers right now. They need more transportation. They need more military police."

He also cited a "huge demand" for civil affairs practitioners, the vast majority of them assigned to the Army Reserve.

If we met the bill on the civil affairs requirement right now in Iraq, in Afghanistan, in the Horn of Africa, in Kosovo, in Europe and in Africa, and also for the requirements in training units going through the National Training Center right now," he said, his voice trailing off before he finished the sentence.

"Well, let's just say we can't do that," he said. "There is a huge demand."

Wherever he travels, Stultz said, he receives "incredible" feedback about the value Army reservists bring to the operations they support.



Courtesy Photo

Divers step into adventure

Staff Sgt. Bobby Beck, 72nd Field Artillery Bde., steps off into the water after getting his gear on during scuba diving certification training at the Fort Dix indoor pool, March 5. For more photos, story, see page 9.

Fountain Green Golf Course goes public April 1

Wayne Cook
Public Affairs Staff

Golfers from the community will have the opportunity to play on one of the best golf courses in the area when the Fountain Green Golf Course goes public April 1.

Congress has approved the request by Families, Morale, Welfare, and Recreation on Dix to open to the general public. According to Heather Hoffman, assistant manager of Fountain Green, the move was made to better utilize open times in the golf schedule and to help generate more income for the establishment.

"The general public will not have the same benefits as military members, dependents or retirees. We will still offer our military related golfers special discounts, sales, and activities that the general public will not have access to," said Hoffman.

Members of the public who wish to play a round at Fountain Green will have to come to the main gate on Route 68 and have the officer on duty check for available tee times. The public cannot call ahead to reserve tee times - golfers will have the opportunity to fill in the gaps

between reserved tee times during daily play.

Once the officer has verified with Fountain Green that there is an available time, he or she will verify identification and issue a visitor pass to the golf club.

Opened in 1941, Fountain Green is a challenging course that tests the golfer's skills with well-placed sand traps, water hazards, and plenty of trees lining the fairways.

The par 72, 18-hole course provides challenges for beginners and experienced golfers alike. With a course rating of 70.6, the course draws golfers from near and far.

Fountain Green is a member of the United States Golf Association South Jersey Association, and the National Golf Foundation.

Fees for civilians at Fountain Green are \$5 per bucket of 65 balls at the driving range; \$38 per 18 holes for a walker, \$57 if riding a cart solo or \$54 if sharing a cart; \$22 per nine holes for a walker, \$35 if riding a cart solo or \$33 if sharing a cart.

Hours of the course are from dawn to dusk during the regular golfing season - April 1 to Oct. 31. For more information call the Fountain Green Pro Shop at 609-562-5443.

HEY, FORT DIX! We need your ideas.

This year's calendar is full of change -- and we would like to gather your suggestions to make certain your questions about the future are answered and your ideas are incorporated into the planning process.

In general, if you have questions about joint basing that haven't been answered at Town Hall Meetings and in your workplace, e-mail them to andremixon@us.army.mil, and he will find the answers for you if possible.

Specifically, the post is seeking suggestions and ideas for what would be a suitable recognition and sendoff for those Army personnel who have been identified as going to the Air Force side under joint basing. Some ideas could be recognition certificates, commander's coins etc. Maybe the post could do something special during Team Dix Day, or some other significant gathering.

The Public Affairs Offices from all three installations are seeking ideas for a name for the joint base newspaper that will begin publication in October, and will replace The Post and the Warrior Spirit. Please send your suggestions to carolce.nisbet@us.army.mil by May 1.

the mind field

🍀 Cheers for Irish who chased their dreams to America 🍀

Steve Snyder
Public Affairs Staff

Some tidbits, trivia and truisms honoring the Irish as St. Patrick's Day approaches (Tuesday, March 17).

● "Ireland has never been a rich or powerful country, and yet, since earliest times, its influence on the world has been rich and powerful. No larger nation did more to keep Christianity and Western culture alive in their darkest centuries. No larger nation did more to spark the cause of independence in America, indeed, around the world. And no larger nation has ever provided the world with more literature and artistic genius."

—President John F. Kennedy

● Before Germanic people swept into Europe, the Celts were already there. They were "the people who came out of the darkness," according to one historian. Celts were forest dwellers and in the 4th century BC Celtic tribes invaded the islands later called Ireland. The name Celt or Celtic meant "forest dweller" or "woods dweller."

The Gaelic culture and arts spread to Scotland in the 5th century AD. Migrating Irish left Hibernia (Ireland) for Scotland during the same century in which St. Patrick converted the Irish remaining in Hibernia to Christianity.

Saint Patrick or Sucat was at first enslaved by pagan Irishmen before he converted to Christendom and then took to blessing and converting the Irish Gaels. Ireland had been a neglected land, a wild land called Hibernia or Bernia by the Romans. But Patrick loved the Celtic tribesman and introduced them into Europe.

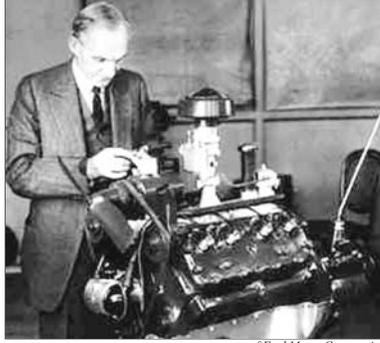
—"The Indomitable Irishry" website

● The Norman English first came to Ireland at the behest of Dermot King of Leinster in 1166 to help against his enemies. But the English stayed on for centuries, wearing out their welcome.

—"The Indomitable Irishry" website

● "Erin go bragh" means "Ireland forever," a phrase near and dear to the Irish.

● How come no one sings *Danny Boy*, *When Irish Eyes Are Smilin'* or other classic Irish songs anymore?



courtesy of Ford Motor Corporation

AUTOMOBILE PIONEER

Henry Ford tinkers with the V-8 engine in his first production model (as is now on display in the Henry Ford Museum in Dearborn, Mich.) Ford's Model T changed America - almost anyone could afford a car - as did his V-8 engine.



http://library.thinkquest.org

MEDIA SUPERSTAR

Nellie Bly was an American journalist famous for her record-breaking trip around the world in 72 days in 1888.



Frank Turgeon Jr. in Presidential Library, Boston

PATRIOT, PRESIDENT

Lt. J. G. John F. Kennedy sits for a portrait prior to saving his crewmen aboard the PT-109 later World War II. He went on to become one of America's most popular presidents despite his tragically short tenure in the White House.



http://kimberlywillsholt.com

LITTLE MO

Maureen Catherine Connolly was the first American female tennis player to win all four Grand Slam tournaments during the same calendar year. All in all, Little Mo won the Australian Championships in 1953; the French in 1953 and '54, Wimbledon in 1952, '53 and '54 and U.S. Championships five times - from 1949 to 1953. Tragically, she crushed her leg in a horseback riding accident in 1954 and had to retire from tennis at the tender age of 19!



http://images.google.com

WILD BILL

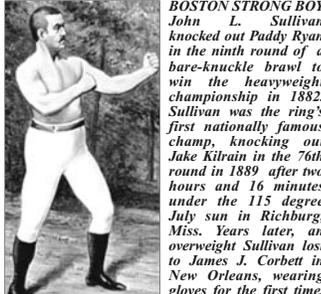
Col. Wild Bill Donovan was wounded three times leading the famous "Fighting 69th Infantry Regiment in World War I for which he won the Medal of Honor, he worked with OSS spies during the Second World War and became the first head of the CIA during the Cold War. Donovan's wild men are still legends within the intel community as is their "brilliant Irish hero, the bravest of the brave."



www.goworldtravel.com

SOUTHERN ROMANTIC

Atlanta-born Margaret Mitchell wrote mostly local histories and newspaper pieces before finishing her Civil War epic, "Gone With The Wine," between 1925 and 1930. The novel is among the most popular books of all time, selling more than 30 million copies. A film based on the novel was released in 1939 and went on to become the highest-grossing film in the history of Hollywood, receiving 10 Academy Awards in the process!



http://media-2.britanica.com

BOSTON STRONG BOY

John L. Sullivan knocked out Paddy Ryan in the ninth round of a bare-knuckle brawl to win the heavyweight championship in 1882. Sullivan was the ring's first nationally famous champ, knocking out Jake Kilrain in the 76th round in 1889 after two hours and 16 minutes under the 115 degree July sun in Richburg, Miss. Years later, an overweight Sullivan lost to James J. Corbett in New Orleans, wearing gloves for the first time. John L. was a corker!

Studies suggest exercise tonic for aging brains

Steve Snyder
Public Affairs Staff

Former pro wrestling great Verne Gagne is 82 and is afflicted with a form of Alzheimer's disease. He made the headlines recently when authorities revealed he apparently proved body-slammed another patient to death at the nursing home where both men lived in suburban Minneapolis.

Gagne's victim was 97-year-old Helmut Gutmann, a former cancer researcher who also suffered from dementia. Gutmann received a broken hip from the body slam and died three weeks later on Feb. 14.

According to Gutmann's wife, her husband had a prior altercation with Gagne. But she's not blaming Gagne, saying neither man knew what they were doing. But while most Alzheimer victims are old and fragile, Gagne still retained some strength and wrestling moves that proved fatal for Betty Gutmann's husband. That, at least, is the most plausible speculation making the rounds.

What is not speculation is that Alzheimer's, a degenerate brain disease of unknown causes that is characterized by progressive mental lapses and memory loss, striking more and more senior citizens every day with consequences that are never pleasant.

But help is on the horizon. Newsweek science columnist Sharon Begley notes in a recent article (March 7, 2009, Newsweek) that physical exercise not only lowers cholesterol counts and blood pressure but can increase the size of your hippocampus in the brain.

Old age threatens your hippocampus!

Your hippocampus is the structure in your brain that forms and stores new memories. It also helps you find your way around, building "spatial navigation" skills, in Begley's terms.

In a recent study due to be published shortly in the journal *Hippocampus*, scientists studied 165 adults from ages 59 to 81. "They measured the volunteers' hippocampus volume and gave them a test of spatial memory" before measuring their aerobic (air-breathing) fitness.

The scientists discovered what they called a "triple association" affect. According to scientist Ar Kramerer of the University of Illinois, "The higher fit people have a bigger hippocampus, and the people that have more tissue in the hippocampus have a better spatial memory."

Begley reports that many studies show that "Depression, stress, hypertension, chronic heavy drinking and getting old all shrink the hippocampus." But "there is no evidence that aerobic fitness slowed the rate the hippocampus shrinks in old age."

What you can and should do, instead, is center old age (roughly at 60 or more) after having built up your hippocampus all you can. Then you can begin to slow the sometimes inexorable slide into senility in style.



file photo by Spc Finbarr McCallion.

FINGERS INTO THE SEA

The west coast of Ireland boasts of cliffs that jut out spectacularly into the sea.



courtesy photo

HEADY BREW

Finbarr McCallion chugs a brew that made Ireland famous. The Irish-American lad visited the Emerald Isle several years ago and expressed no regrets at having done so.



http://members.virtualtourist.com

THE EMERALD ISLE

Connemara is near where the film, "The Quiet Man," was shot. Starring John Wayne and Maureen O'Hara, the film also offers Archie Stout's prize-winning cinematography which displays Ireland at its loveliest. A must see on DVD.

the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-PA-PA-CI, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser/user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided, and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

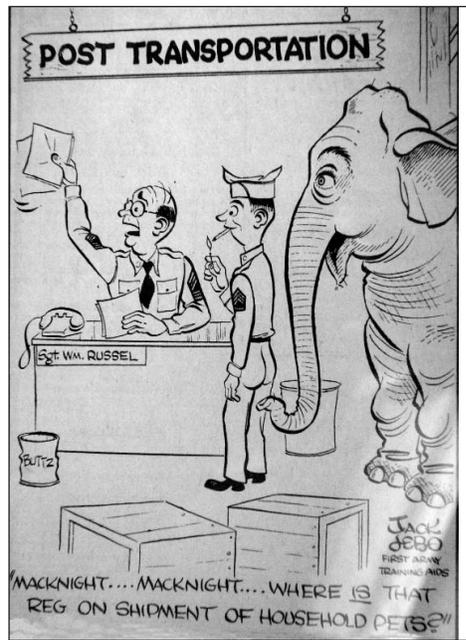
The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087. Visit Fort Dix on the Internet at <http://www.dix.army.mil>

Post Commander	Col. Ronald R. Thaxton
Public Affairs Officer/Editor	Carolee Nisbet
PAO Automation/Admin	Veverly Wakefield
PAO Media Relations	Pascual J. Flores
PAO OpEd/Features	Steve Snyder
PAO Community Relations	Gerry Zanzari
PAO Writer/Editor	Jennifer McCarthy
PAO Writer/Editor	Lisa Evans

Fort Dix Public Affairs Office Contract Workers
Jennifer Chupko, Wayne Cook, Ed Mingin, Ryan Morton

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

WE GUARANTEE DELIVERY of your Fort Dix Post
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper delivery please call us direct, 871-8000.



Illustrator added laughter to Army life



Nathan Maxfield
Special to The Post

Jack Lebo said his career as a cartoonist started informally in 1957, when at the age of five, he drew pictures on anything including the walls. Lebo went on to refine his skills and concentrate on the art of cartooning. With a different look at life, or a funny way to show public opinion, Lebo was sure to be hit in the cartoon world.

He spent 25 years in the military, some at Fort Dix, and retired as a master sergeant. In 1956 and 1957 he helped produce First Army Training Aids. This involved some writing but cartooning as well, and his cartoons drew an appreciative audience on post.

At this point in time Lebo drew cartoons depicting humor in everyday Army life.

He used Army regulations, the uniqueness of military terminology and the use of rank

in military interaction as prime subjects of his cartoons. Although the subject was humorous, it often pointed out the foibles of Army stereotypes.

He could draw Elvis Presley look-alikes as Army privates one day, and go on to depict sergeants or officers pulling rank on each other the next day.

He often used characters that could later be found on "Sgt. Bilko," a popular television show in the 1960s and 1970s that poked fun at military life.

His humor was a bond of inside jokes and jest for soldiers away from home, and a way to lighten the repetition and drabness of military life for young draftees.

The Army of the late 1950s that was Lebo's source of inspiration bears little resemblance to the modern technology and volunteer manpower of today. But those involved in the military can readily identify the humor in his work.

Lebo had his work published in publications all over the world when it went out in the Armed Forces Press Services.

He worked for the Fort Dix "Post" in 1984 as a writer. He has worked at McGuire Air Force Base as the Chief of Media Relations as well.

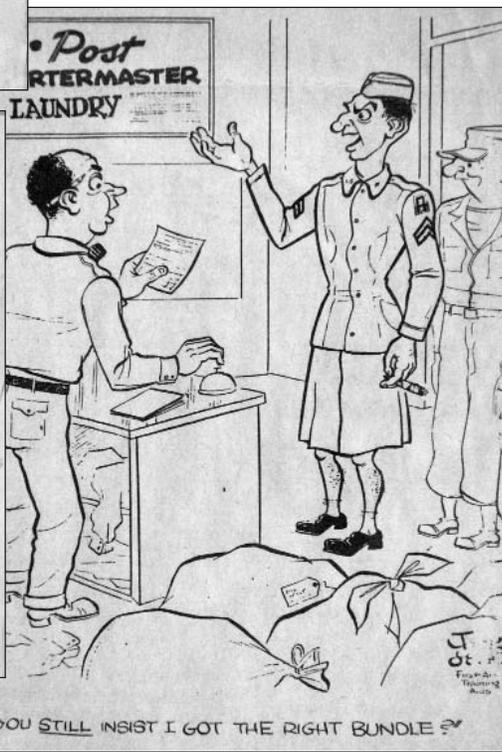
He retired again and is currently freelancing from his home in Levittown, Pa.

At present he is published by local newspapers including the Burlington County Times.

Lebo said he plans to keep drawing as long as people keep enjoying his work.

"I like to think that even after 35 years people can look at one of my cartoons and still laugh," Lebo said.

"Some of the things I drew back then seem to happen all over again and then become funny now."



Jack Lebo's humorous approach to the mundane facets of life in on a military installation life remain popular with Soldiers of every generation -- a basic connection that outlives changes in uniform and technology.

Customer Management Services offer real-time feedback response

Tiffany L. Colby
Customer Service Officer

In my short amount of time here at Fort Dix as the Installation Customer Service Officer for Customer Management Services (CMS) I have witnessed a lot of change. This installation is truly unique, current transition due to joint basing, our mission, not to mention location, make for an interesting mix and for some, a long commute. I would like to take a minute or five of your newspaper pursuing to provide you with some detailed information as to what exactly it is CMS is here to do for you.

Yes... YOU, our Service members, Active duty, National Guard and Reserve of any service branch and any military status, their families, whether they reside on or off post, our civilian workforce, retirees and veterans;

I say them separately because not all veterans are retirees and last but not least, our contractors. There is a large constituency of contractors who work on the installation.

I am here to represent YOUR VOICE. What matters most to you as you live, work and train here on this installation.

I would like to know everything, related to services we provide, what you like and dislikes are.

What services can we improve upon?

What services do we provide that are top notch and perhaps should be the benchmark for other installations to follow?

What would you like to see us do differently, are there additional programs and services that we could be providing you to make the service and sacrifices you make as the defenders of our nation and freedom, your families and our retiree/veteran and civilian workforce want to come to Fort Dix to work and or live?

All of these questions can be answered through the CMS three-tiered feedback process. The first way you can leave us feedback is by telling the staff directly through the Interactive Customer Evaluation (ICE) program, the first tier of the feedback process.

This quarter's constituency

supervisor of the section and gives you an immediate real-time response. Our promise is three business days, and it works well. We have had an increase in submissions by more than 58 percent from first quarter FY09 to present.

The garrison's satisfaction rating is at 98 percent, and there have been more than 1700 comment card submissions. Log onto the website and view the statistics for yourself at <https://ice.dismil.mil> under Army click CONUS and choose Fort Dix.

This program has come a long way from non-existent for some more or develop their own issues. Regardless, all issues submitted throughout the quarter are reviewed by the AFAP Commander's Steering Committee/ Installation Action Council, which has representatives from all directorates, our tenant organizations, AAFES, the commissary, our constituent groups, such as Spouses Club, Retiree Council, civilian workforce and veterans to name a few review the issues, address action plans developed by the responsible organizations which the issue applies.

You can go online or fill out a comment card the next time you are in an office and receive services. You should know that this goes both ways, we want to hear about great programs and services provided but we also would like to know what you

issues have been Family Members and Soldiers. It's an opportunity for you to voice issues and concerns and recommend ways to fix them, to network and meet other individuals and often times learn about a lot of great programs and services being offered on the installation. It requires customer participation. If you don't have the time to attend a focus group, you can submit an issue or concern on the AFAP/Community FIRST Issue submission form.

The focus groups are given the opportunity to address the issue, perhaps elaborate on it some more or develop their own issues. Regardless, all issues submitted throughout the quarter are reviewed by the AFAP Commander's Steering Committee/ Installation Action Council, which has representatives from all directorates, our tenant organizations, AAFES, the commissary, our constituent groups, such as Spouses Club, Retiree Council, civilian workforce and veterans to name a few review the issues, address action plans developed by the responsible organizations which the issue applies.

My hope is that you now have a better understanding of what CMS does and how you can assist me in making changes for you. None of these programs can improve upon the services provided unless you, the customer, provide feedback. So the next time you go to lunch at Café Dix on Rib Eye Wednesday, you visit the gym for a workout class, get your ID Card renewed, have your photo taken at the Training Support Center, attend a program through ACS or pick up your child at School Age Services, the Child Development Center or any other service provider on post, be sure to tell all of us how we are doing.

If you would like to participate in a focus group, have an issue or concern you feel needs to be addressed or perhaps want to tell me about something we are doing that works well, I can be reached at 609-562-2261 or email me at cms@comus.army.mil.

Your Voice does make a difference!



Tiffany Colby



Interactive Customer Evaluation

may feel is not so great, so we can improve upon it.

How do we fix it if we don't know that it's broke? The second tier is Community FIRST (Feedback, Issues, Resolution, Solutions, Today).

If an issue appears to be greater in scope than what we can correct here at the installation level, it is transferred over to the AFAP program for approval by the commander and submission to higher headquarters AFAP for resolution.

I invite you to attend the Installation Action Council meeting which convenes during the first month of every quarter. The CMS's programs are open to our customers.

issues that cannot be resolved are presented to the council as information briefs. The representatives vote to accept, modify or decline the unresolved issue.

If an issue appears to be greater in scope than what we can correct here at the installation level, it is transferred over to the AFAP program for approval by the commander and submission to higher headquarters AFAP for resolution.

I invite you to attend the Installation Action Council meeting which convenes during the first month of every quarter. The CMS's programs are open to our customers.

I invite you to attend the Installation Action Council meeting which convenes during the first month of every quarter. The CMS's programs are open to our customers.

Youth ChalleNGe cadets overcome adversity, earn high school diplomas

Spc. Pablo G. Vitzaino
444th MPAD

It was an exceptionally balmy Saturday afternoon, but there were 104 good reasons to spend part of March 7 indoors at Timmermann Center at Fort Dix.

Each of those 104 reasons represented a success story: the graduating class of the New Jersey National Guard's Youth ChalleNGe program, which helps at-risk youth earn high school diplomas as they learn leadership, discipline and other life skills.

For Class 29, the graduation marked both the end of a 22-week journey and the possibility of new beginnings. "You have worked hard, overcome adversity, and blossomed as responsible young men and women," Brig. Gen. John M. Nunn, the academy director, told the cadets.

He predicted bright futures for the cadets if they remain mindful of the lessons they learned while at Fort Dix.

"Over the course of your life you may encounter setbacks," Nunn said. "During those trying times, rely upon the discipline and lessons learned in Youth Challenge. Don't give up, continue to work hard and do the right thing. Success is over the horizon."

Col. James J. Grant, Director, Joint Staff, New Jersey National Guard, told the cadets, he was proud of them.



Spc. Mark O'Rear

THE WRITE STUFF – The award for Superior Performance in Academic Writing Skills is presented to Mariah King by Col. Anthony Formica, Commander, National Guard Joint Training and Training Development Center, Fort Dix at the Youth ChalleNGe graduation at Timmermann Center. King is one of 104 cadets who graduated March 7 with a high school diploma and a new set of life skills.

"Your success is our state's and nation's success. You have shown all that if you put your mind to it, you can achieve it. And you did all this in twenty-two weeks. Imagine what you can do if you continue these habits," Grant told the crowd. "The road to success is always under construction.

Never ever stop learning." More than 2,300 cadets have graduated from the ChalleNGe Academy and the Youth ChalleNGe program since it was established at Fort Dix in 1994. Tracking of graduates shows the long-term success of the program, with many graduates going on to military

service and college-level education. Applicants for the intense and rewarding program must be New Jersey residents between 16 and 18 years of age. They must also be drug-free, and not currently involved in the legal system.

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 March 2 through 8.

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 on Fourth Street. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, slid on ice and struck a tree. The operator had possible neck injuries, was stabilized at the scene, and transported by ambulance to VMHBC for further evaluation and treatment. The vehicle sustained disabling damage and was towed from the scene.

●Police responded to a motor vehicle crash on Lewistown Road. Investigation revealed a vehicle, operated by a civilian NAFD, swerved to avoid a deer and struck a tree. There were no reported injuries. The vehicle sustained disabling damage and was towed from the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5321. Investigation revealed a power surge caused the alarm.

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

●While processing a visitor at the Visitor Center, police discovered the subject, a civilian NAFD, had two outstanding warrants. The subject was transported to the police station for processing and transferred to the custody of the Burlington County Jail.

●Police responded to a report of larceny of government property at the Griffith Field House. Investigation revealed that government property had been taken from an unsecured locker by person(s) unknown.

●Police responded to a motor vehicle crash on First Street at Delaware Avenue. Investigation revealed a vehicle, operated by a civilian NAFD, failed to yield the right of way and struck another vehicle. There were no reported injuries. The subject was cited and the vehicles were released to the operators at the scene.

●Police responded to a motor vehicle crash in the Shopette parking lot. Investigation revealed a government vehicle, operated by a Soldier assigned to Fort Dix, struck another vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a motor vehicle crash on Range Road. Investigation revealed a vehicle, operated by a civilian NAFD, was struck by a deer. The deer was killed on impact. There were no reported injuries and the vehicle was released to the operator at the scene.

●Police, Fire Department, and emergency medical personnel responded to a traffic accident on Range Road. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, bumped into another vehicle. There was no visible damage to either vehicle. The victim's vehicle was mechanically inoperative and was towed from the scene. The victim complained of back pain and dizziness and was transported by ambulance to VMHBC for evaluation and treatment. The subject's vehicle was released at the scene.

●Police, Fire Department, and emergency medical personnel responded to a traffic accident on Cookstown Road. Investigation revealed a vehicle, operated by an Airman assigned to McGuire AFB, swerved out of control and struck a tree. The vehicle sustained disabling damage and was towed from the scene. The operator sustained injury to the face, neck, and back and was transported by ambulance to VMHBC for evaluation and treatment.

●While conducting a routine credential check of a vehicle attempting to enter the installation via the Wrightstown Gate, police discovered the vehicle, operated by a civilian NAFD, had expired registration. The subject was cited and the vehicle towed from the scene.

●Police responded to a traffic accident on Cookstown Road. Investigation revealed a vehicle, operated by a Soldier NAFD, failed to clear traffic while merging from the shoulder and struck another vehicle. There were no reported injuries. The subject was cited for careless driving and the vehicles were released to the operators at the scene.

●Police responded to a traffic accident at the Main Gate. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, failed to maintain lane and struck another vehicle. There were no reported injuries. The victim's vehicle sustained disabling damage and was towed from the scene. The subject was cited for unsafe lane change. The subject's vehicle was released at the scene.

●During a routine traffic stop on Tenth Street, police discovered the vehicle operator, a military dependent, had CDS material in the vehicle. The subject was transported to the police station for processing, cited, and released to the sponsor. Investigation continues.

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

●There were 23 Magistrate Court Citations issued. DWI incidents remain at three for the year.

Are you ready for a disaster?

What's in YOUR closet?!

Supply Closet Suggestions
*One Suggestion Recommended

- Canned meats, fruits and vegetables
- High-energy foods: nuts, raisins, granola
- Infants/child food and supplies
- Pet food
- Non-perishable food
- Over-the-counter medications
- Garbage bags
- Water (at least a gallon per person daily)
- Manual can opener
- Batteries
- Matches in a waterproof container
- Candles and charcoal
- Toilet paper, tissues
- Sponges/detergent, disinfectant/bleach
- Personal hygiene items
- Paper cups/plates, and plastic utensils
- First aid kit, hand sanitizer
- Plastic storage containers

Other suggested items: flashlight, battery-operated radio, extra clothing, blankets, emergency money, paper and toilet, sunglasses, and repair kit.

Be Prepared... Save Money!
Pantry loading at your commissary is a GOOD deal!

NEIGHBORHOOD

THE CORNER

Wings, women highlight comedy night at Club

Tickets are still available for the Women's All Star Comedy Night held at Club Dix March 13. The show will feature an all-female line-up of comedians including, Gina Britton, Carole Montgomery, Kerri Louise and Leighann Lord. Tickets are \$10 per person. Doors open at 7 p.m. and the show begins at 8 p.m.

Due to mature themes, audience members must be 18-years-old and over. Prior to the show, at 7:30 p.m., there will be a Wing Bowl. The person who can eat 60 wings the fastest, or eat the most in 10 minutes, will win \$100.

Tickets may be purchased at Club Dix or at Family, Morale, Welfare, and Recreation headquarters. For more information call 562-6772.

Volunteer Tax Center open for business

The Fort Dix Installation Legal Office Volunteer Income Tax Assistance (VITA) program is now open and stands ready to assist eligible clients with preparation of their income tax returns.

Active duty personnel, reservists on active duty orders for at least 30 days, military retirees, and their dependent family members are eligible for free tax assistance to include preparation of federal and most state returns and electronic filing.

The VITA tax site is located on Fort Dix in Building 2506, Room 105 and is open Monday through Friday from 8 a.m. to 4:30 p.m. Preparation of federal and state tax returns will be by appointment only. Eligible clients should call 562-3976 to schedule an appointment.

Thomas Edison offering Spring courses at Dix

Thomas Edison State College will be offering classes on Fort Dix and McGuire Air Force Base in April. For more information call Michael Sheridan, military education counselor for Thomas Edison State College at McGuire Air Force Base at 723-1592 or Ivette Zapata-Small, guidance counselor, at Fort Dix at 562-5001.

Thrift Shop seeking crafters, volunteers

The Fort Dix Thrift Shop is providing the opportunity for talented crafters to make some money by consigning items for sale at the Thrift Shop. This allows shoppers to buy unique items at a reasonable price while helping raise funds for community scholarships and grants.

The Thrift Shop is still having an additional 50 percent off their expired clothing.

Volunteers are also needed. Anyone interested in helping at the Thrift Shop should call Sylvia at 723-3683.

The Thrift Shop is located at 6501 Pennsylvania Ave. Hours of operation are Tuesday and Thursday from 10 a.m. to 2 p.m. with consignments taken from 10 a.m. to noon, and the first and third Saturday from 10 a.m. to 2 p.m. It is also open the first Wednesday of the month from 3 p.m. to 7 p.m.

Furniture available at Warehouse Sale

The Family, Morale, Welfare, Recreation Warehouse Sale will be held March 17 and 18 from 8 a.m. to 3 p.m. in Bldg 6043. Furniture and window Air conditioner units will be available at a great price. Visit www.dixmwr.com for photos.

Free Jazz concert coming to Timmermann

The Jazz Ambassadors, the United States Army's premier touring jazz orchestra, will be performing a free concert April 1 at Timmermann Center.

This 19-member big band, formed in 1969, has received great acclaim both at home and abroad performing America's original art form. Tickets are required for this event. Call 562-6772 for more information.

Exhibit honors women, Earth

Jennifer M. McCarthy
Public Affairs Staff

Mother Earth takes center stage this month as part of the annual Women's History Month celebration. The theme this year is Women Taking the Lead to Save the Planet. The month-long homage to women and the environment kicked-off March 10 with an exhibit of female artist's environmentally friendly art work at the Fort Dix Arts and Crafts Center.

Kim Walker, Army Substance Abuse personnel assistant II, used a variety of recycled materials to create her artwork. She even recycled the frames and reused some of her previous artworks to create new pieces.

"Recycling is more cost effective. You can go to Michaels and spend \$100 in two minutes. This lets you add funk and personalize your work. It teaches you to try new things when you use recyclables," said Walker.

Walker made use of fabric scraps left over from the Quilt for Kids project. The project recycles fabric to create quilts and wheelchair bags for children in hospitals.

Arts and Crafts sewing instructor, Jacquie Longacre, also made use of fabric in her recycled artwork, a colorful, woven masterpiece.

Recycled paper was used in creating Arts and Crafts painting instructor Taryn Paglione's Asian inspired cherry blossom triptych. She made the piece using recycled rice paper, cardboard and leftover paint she had from another project.

"I used lots of gold, like they use in Asian screens, and painted the branches in a calligraphic way, and mixed in a bit of me in it as well," said Paglione of her artwork. She also used recycled magazine pages to create butterflies with an oriental flair.

In addition to women's green art

exhibit, the Arts and Crafts Center is also featuring works by local female artists. Sculptures by Uneko Bennett and paintings by Sharon Shaw are on display in the Gallery as well. All the exhibits will be on display all month.

The women's history month celebration culminates in the annual luncheon held March 25, at the McGuire Club. The recipient of the Women of the Year award will be announced at the luncheon. Tickets for the event are \$12.

For more information about the luncheon call Jennifer Matney at 754-2794.

(Jennifer McCarthy may be reached for comment at jennifermccarthy@us.army.mil.)



photos by Jennifer McCarthy



ECO-ARTIST -- Artist Kim Walker discusses how she reused previous artworks to create new pieces for the Women's History Month Green Art Exhibit which opened March 10. The exhibit at the Fort Dix Arts and Crafts Center features eco-friendly pieces created by Fort Dix employees. Taryn Paglione's Asian inspired piece, above, is created from recycled paper.

Gospel concert lifts Dixans' spirits

Lisa Evans
Public Affairs Staff

Summing up a night of celebration, Chap. (Col.) Larry Biederman said, "I have never heard the choir sing so absolutely brilliantly."

The Fort Dix Main Chapel Gospel Service celebrated 34 years of worship by blowing out all the stops March 7. Rev. M. Jamal Foster led the celebration of service with a history of gospel music.

Soloists, the choir, guest singers and musicians sang or played music more than a century old. They sang old favorites to new favorites, slave music to pop gospel.

Craig Linton, bassist and a member of the Nu Tones, a 60 year old, Mount Holly men's gospel ensemble that sang during the celebration, said, "Finally, a night where people with respect for no shape, form or fashion, and just praising the Lord. It just goes beyond color, social status; it goes beyond everything we have."

Mary Hartsfield, assistant director of music for the Gospel Choir had the same idea. "It's just a blessing to come with one accord to uplift the Lord's name. It's been blessed throughout the years and he's going to keep on blessing us because we'll be running for Jesus a long time and we ain't there yet."

Members of the Fort Dix Gospel Service fully intend to keep on singing and praising for a long time to come.

The Gospel Service meets Sundays at Fort Dix Chapel from 11:30 a.m. to 1 p.m.

(Lisa Evans may be reached for comment at lisa.kay.evans@us.army.mil.)



Lisa Evans

SONGS FOR THE AGES -- The Nu Tones, a gospel group from Mount Holly, sang and played instruments during Joy Night, a gospel concert held at the Fort Dix Chapel March 7.

Flushing of water system scheduled

Worldwide Services will be flushing the Fort Dix Water Distribution System from April 8 to April 22.

The flushing plan starts at the fire hydrant nearest to the water treatment plant effluent and moves sequentially to the hydrants furthest from the source of water. System loops shall progress in a similar manner starting with the loop closest to the source of water. Loops can only be flushed after the water main that transports water to the loop is properly flushed.

Once flushing has started on a loop, work shall continue until the flushing of the loop is complete as with all water mains. Flushing the loops in the water distribution system can only be properly completed as previously mentioned.

Flushing shall be performed by opening the hydrant valve and allowing the water to flow until clarity is reached or for a minimum of 10 minutes. Water shall be considered clear when the turbidity of the water tests reaches acceptable level.

A visual inspection is required and will be made to determine when proper clarity of the water is achieved. The

Water Treatment Plant personnel shall run random test to verify water quality and to confirm standards are being met.

Flushing locations and times are as follows:

April 8 from 10 p.m. to April 9 at 6 a.m.
 ● Area 5900, 5800, (with the exception of both prison grounds) 5700, 5300, 5200
 ● 5100 and 6000
 ● Grove Park Area 0100

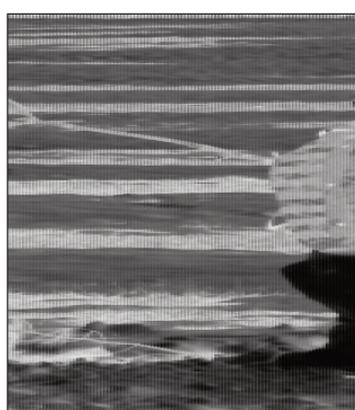
April 9 from 10 p.m. to April 12 at 6 a.m.
 ● Area 8400, 8300, 8100, 5000, 5300, 5400, and 3100

April 12 at 10 p.m. to April 16 at 6 a.m.
 ● Area 3200, 1500, 1600, 1400, 1200, 1100 and 900

April 16 from 10 p.m. to April 20 at 6 a.m.
 ● Area 4000, 6600, 6500, 6400 5400, 5300, and 4100

April 20, 2009 from 10 p.m. to April 22 at 6 a.m.
 ● Area 5500, 6700, 6900. Trouble areas if necessary

April 22 from 10 p.m. to April 24 at 6 a.m.
 ● Trouble areas if necessary



Jennifer Chupko

Fighting the freeze

A snow soldier stands guard by Dogwood Pond March 5. A late-winter storm dropped nearly a foot of snow on the area March 2, closing schools and delaying the opening of the installation.

MILITARY MATTERS

Stryker Brigade provides expertise

Capt. Maggie White
56th SBCT PAO

CAMP TAJI, Iraq - National Guardsmen from Pennsylvania are providing expertise and assistance for the Iraqi Army and civil engineers here.

The engineers from 56th Stryker "Independence" Brigade Combat Team, 28th Infantry Division, Multi-National Division-Baghdad recently assumed control of the battlespace north of Baghdad, and are working with Iraqi civil and military personnel to carry on the security and reconstruction missions of the engineers.

"The 56th SBCT engineers are responsible primarily for route clearance and sanitation, force protection, and restoration of essential services," said Capt. Phil Benner, assistant brigade engineer for the 56th SBCT, a native of Tucson, Ariz. The engineers work closely with the Iraqi min-

istries and their Iraqi Army partners to accomplish these tasks.

Soldiers from the 856th Engineer Company and the 1st Battalion, 108th Field Artillery

"We don't want Coalition forces to make the primary decisions in these processes. We want to support the Iraqi leadership as they step out in front during this process."
- Capt. Curtis Drake, 56th SBCT

Regiment conduct route clearance and sanitation. The brigade works with the 2nd Field Engineer Company, 9th Engineer Regiment, 9th Iraqi Army Division during route clearance efforts, Benner said. The 9th Engineers have a route clearance trained element and now conduct autonomous route clearing operations. Independence brigade engineers are helping the Iraqi Army expand that capability and more.

"We want to make sure the Iraqis have the tools they need

for success on their own," Benner said.

A school on Camp Taji teaches the Iraqi Army basic combat engineering, and the brigade builds on those skills

on a daily basis. Brigade engineers oversee the force protection mission at many of the remote joint security stations in the Independence brigade's operational environment. The Iraqi Security Forces are gradually taking command of these locations, so the engineers from 56th SBCT are preparing them for the task of fortifying the bases, said Capt. Curtis Drake, brigade engineer for the 56th SBCT, of Brookville, Pa.

"We conduct vulnerability assessments and quality con-

trol and quality assurance at the security stations," Drake noted.

Their work on restoring essential services for local Iraqi citizens, such as power, sanitation, and the availability of water for drinking and irrigation is an ongoing effort. The anticipated opening of the North Baghdad Power Plant is an example of a project where Iraqis are rebuilding the local infrastructure, said Drake.

The brigade engineers work full time with three Iraqi nationals who are civil and electrical engineers by trade. They conduct all work and planning through the Government of Iraq ministries with the 56th SBCT serving as mentors but working alongside experienced Iraqis.

"We don't want Coalition forces to make the primary decisions in these processes," Drake added. "We want to support the Iraqi leadership as they step out in front during this process."



Capt. Maggie White

Troops begin Iraq withdrawal

Samantha L. Quigley
American Forces Press Service

WASHINGTON, March 9, 2009 - Military leaders in Iraq have begun working toward achieving President Barack Obama's goal of a complete troop withdrawal from Iraq by the end of 2010, a Multinational Force Iraq spokesman said during a briefing for Iraq yesterday.

"Between now and September ... we'll be reducing by two brigade combat teams here on the ground in Iraq," Army Maj. Gen. David Perkins, the command's director for strategic effects, said. "We'll also be reducing the

number of various enablers." Enablers are the units that make it possible for the brigade combat teams to carry out their missions, such as military police, and engineer, logistic and transportation units.

An Air Force F-16 squadron also won't be replaced, Perkins said.

Additionally, "The British brigade down south will return back to the [United Kingdom] and not be replaced," Perkins said.

"What this gives you is the total of about 12,000 U.S. forces reduction, and 4,000 British forces reduced as far as total end strength."

The changes will not compromise security, though, the

general said. Assets will be repositioned throughout Iraq in coordination with the Iraqi government and Iraqi security forces based on the threat level at various locations.

This is the model previously followed, he said. Between the height of the troop surge and now, forces have been reduced by more than 20 percent, he said.

By the end of March, nearly 74 facilities, operating bases and areas that the United States has been occupying will be turned over to the Iraqi government.

To date, 30 have been turned over since January.

"All of this is made possible

because of the dramatic reduction in attacks and the increase in the overall security here in Iraq," Perkins noted.

MAKE IT RIGHT -- Capt. Phil Benner, assistant brigade engineer for 56th Stryker Brigade Combat Team, 28th Infantry Division, Multi-National Division-Baghdad, explains what needs to be done to make a pump operational at the Khark Water Treatment Plant south of Tarmiyah. The plant services much of the greater Baghdad area.



Lisa Evans

Statistics show solid recruiting success

Donna Miles
American Forces Press Service

WASHINGTON, March 10, 2009 - Defense Department officials today announced across-the-board recruiting and retention successes in February, with every service meeting or exceeding its active-duty, reserve and National Guard goals.

The statistics reflect solid recruiting performance during a month that Pentagon spokesman Bryan Whitman noted is traditionally a slow recruiting period.

Both the Army and Marine Corps, which are in the midst of growing their forces, exceeded their February goals. The Army led active-component recruiting, signing on 324 more soldiers than its 6,000-soldier goal for February. The Marine Corps, with 1,752 new accessions, topped its monthly goal by a whopping 36 percent, officials said.

Meanwhile, the Navy and Air Force met their February goals with 3,060 and 2,486 accessions, respectively.

In the reserve components,

the Army National Guard signed on 6,114 members, 109 percent of its goal. The Army Reserve, with 3,614 accessions, topped its goal by 15 percent.

The Air National Guard recruited 946 members, 110 percent of its goal. The Navy Reserve and Marine Corps Reserve both met their monthly goals of 602 recruits, and the Air Force Reserve met its 803-airman goal.

These recruiting successes continue a fiscal 2009 trend despite what the Pentagon's accessions chief described last week as a particularly challenging recruiting environment.

"The services have done a remarkable job in recruiting a quality force in an environment that has been characterized by most as the most challenging since the advent of the all-volunteer force in 1973," Curtis Gilroy, director of the

Pentagon's Accessions Policy Office, told Congress last week.

Gilroy cited a full range of recruiting challenges during a House Armed Services Subcommittee on Military Personnel hearing. Adult influencers have become increasingly hesitant to recommend military service, and young people are demonstrating a lower propensity to enlist than just four years ago, he said. In addition, the pool of qualified candidates is shrinking due to educational, physical fitness or health problems, including obesity.

But despite these challenges, Gilroy reported a strong year for military recruiting. "I'm delighted to report to you that the state of recruiting and retention for our active-duty force, as we are one-third of the way through fiscal 2009, is a success," he told the congressional panel.

Delaware Reserve preps for mission

Spc. Tabytha Hopkins, 946th Transportation Company, US Army Reserve, Delaware, trains on the Mark-19 grenade launcher March 7. As a donor unit, most of the company is being mobilized to Iraq in the next few weeks and used a normal battle assembly drill weekend to hone skills firing crew-served weapons.



Army Community Service (ACS)

562-2767
Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:
Monday through Friday, 7:45 a.m. to 4:30 p.m.

**A Department of the Army Accredited Soldier and Family Service Organization*
Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DoD civilian personnel and retirees. The ACS Center is accessible to individuals with disabilities.

NADE

Armed Forces COMM

The Real ES

HONORS AND AWARDS



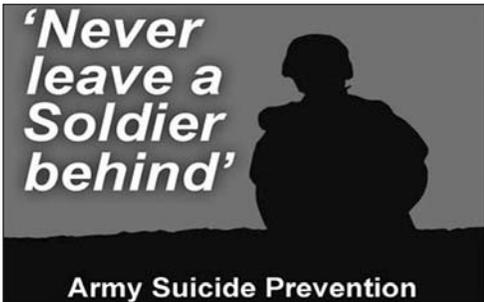
1st Lt. Antonia Greene

HAPPY TRAILS -- Lt. Col. Lester Layman, Headquarters, Headquarters Battery, 72nd Field Artillery Brigade, and his wife, Robin, enjoy themselves during Layman's retirement party held at Milano's Restaurant in Mount Holly March 6. Layman, a native of Virginia, served as the operations officer for the 72nd from March 2007 until his retirement. Layman shared a few of his lessons learned over the years with his friends in attendance; most importantly - nothing is more important than family, and training Soldiers is a mission well worth the long hours and must not be taken lightly. While he may not know exactly what the future holds, the 72nd wishes him the best in all endeavors.



Wayne Cook

DULY REWARDED -- Master Sgt. George Wilson, 810th Military Police Company, Tampa, Fla., is congratulated by Lt. Col. Michael Worth, commander, Mobilization Readiness Battalion, after being awarded the Meritorious Service Medal for outstanding service while serving as first sergeant of B Company, MRB, Fort Dix, from April 2006 to Jan. 2009. The ceremony took place at Infantry Park March 11.



National Vision INC



Wayne Cook

READY TO ROLL - First Sgt. Mark Ala and Capt. Calvin Graham, Jr., commander, 810th Military Police Company, Tampa, Fla., display the unit's Yellow Banner during a ceremony at Infantry Park, Fort Dix, March 11. The Reserve Soldiers from the Sunshine State are headed for a mission of Police Transition Training Team in Iraq in support of the Global War on Terrorism.

Calvary Baptist

Read the Post

Armed Forces COMM

Demonstration shows ways to go green

Jennifer Chupko
Public Affairs Staff

In celebration of Women's History month, 15 women attended a "get clean and go green" presentation given at Chapel one, McGuire Air Force Base, March 11. The women showed their support for an informative lesson on eco-friendly non-toxic cleaning and natural health and wellness products presented by Jen Armento, Fort Dix Natural Resource, Environmental Division, ecologist.

Armento gave the hour-long presentation representing Echo Environmental Associates, sponsored by the Shaklee Corporation. The theme for this year's Women's History Month celebration is Women Taking the Lead to Save Our Planet.

"One small change can really make a difference for you and others," said Armento.

Alternatives to comm-

cially-produced cosmetics, house cleaning merchandise, personal care products, pet products, baby care items and laundry detergents were on display. Books with directions for using ingredients such as lemon juice, baking soda and vegetable oil, among other eco-friendly everyday items, complemented the displays.

Cards arranged on a separate table held pictures of household items. On the flip side of the card was information on a toxic ingredient that the product has and the health effects.

"Ninety percent of poisonings happen inside a home," said Armento. "Of that number, another 90 percent has to do with bleach."

Alternatives to bleach easily work, but it depends on the fabric of the clothing. Some stains will lift when soaked in a bucket of cold water with a handful of salt. Others can be treated with a bicarbonate of soda paste which is again left on then rinsed off. Half a cup (up to two cups for large loads) of vinegar in the washer will give bright colors, prevent color bleeds and act as a fabric softener. Armento demonstrated making a carpet freshener and an all-purpose cleaning spray.

Making a drain or pipe cleaner is as simple as mixing baking soda and vinegar. Pour the baking soda down the drain and let the vinegar break up the gunk.

The women were impressed and surprised to see how much money they could save by using eco-friendly supplies. "I purchase my products in bulk," said Armento. "It saves packaging and cost."

There was a raffle of eco-friendly products from Armento's company, a book "Green goes with everything" by Sloan Barnett and everyone left with a green shopping bag that is also available at the base commissary.

(Jennifer Chupko may be reached for comment at jennifer.chupko@us.army.mil)



Jennifer Chupko

GREEN GOODNESS -- Jennifer Armento, Fort Dix Natural Resource, Environmental Division ecologist, right and Gerri Stiner, Echo Environmental Associates, left, display everyday eco-friendly household items that can be used to create cosmetics and cleaning products during a special Women's History Month demonstration March 11. The theme for this year's Women's History Month celebration is Women Taking the Lead to Save Our Planet.

Students recognized for fitness, academics



SUPER STUDENTS -- Members of the Fort Dix Youth Center's Boys and Girls Club of America received recognition for their academic and physical prowess March 6. Members of the Triple Play Activities program received new sneakers courtesy of Nike. Triple Play encourages young people to increase their knowledge of healthy habits, good nutrition and physical fitness while encouraging others to do the same. Receiving shoes are Willie Jackson, Anthony Elliott, Sierra Grmek, Mary Jackson Jacob Carver Felipe Hernandez, III, Rebecca Isales, Brianna Keller and Rachel Jones. Members of the Power Hour: Making Minutes Count program were also recognized for their academic achievements. The Power Hour program helps students ages 11 through 18 be more successful in school by providing homework help, tutoring and encouraging members to become self-directed learners. The honored students are Rachel Jones, Jacob Carver, Sierra Grmek, Willie Jackson, Phillip Grant, Breanna Robinson and Janay Taylor.



Ryan Morton

Clothing Sales now offers snacks

Bob Vetter, Frito Lay, stocks the shelves with chips at the new Shoppette located inside the Military Clothing Sales Store Shoppette, March 3. Future plans for the Shoppette include a coffee bar, an ATM, video rental machine, and magazine rack. The hours of operation are currently Monday through Friday, from 7 a.m. to 6 p.m., Saturday, 10 a.m. to 6 p.m., and Sunday from 10 a.m. to 2 p.m.



photos by Ryan Morton

WDIX
24 hour
information

**FORT DIX
WANTS YOU**



**TO BE A
VOLUNTEER**
Call Army
Community Service
at 562-2767
to find out more

Rita's

Suluki

SPORTS

Swimmers dive in for certification

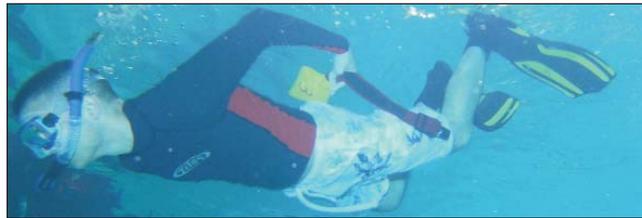
Ryan Morton
Public Affairs Staff

Novice diving enthusiasts gathered at the Aquatic Center to learn new skills and swim toward their goals of getting their Self-Contained Underwater Breathing Apparatus diving certifications, March 5.

When Staff Sgt. Bobby Beck, 72nd Field Artillery, was in the process of getting his scuba gear on, he recalled why he was going through the process of attaining his certification.

"The idea of being able to explore more than 70 percent of the world," said Beck, as he had his gear on and was ready to jump into the water.

Beck and five other students are currently taking part in a month-long National Association of Underwater Instructors (NAUI) scuba certification class on the installation. Once



Ryan Morton

BOBBING AROUND -- Staff Sgt. Bobby Beck, 72nd Field Artillery Brigade, puts his weight belt on during an exercise where he loses all his gear and has to find the pieces and put them back on while submerged in water during diving certification training, March 5.

they receive their NAUI certification, they are certified for life and can and dive anywhere NAUI is recognized. During this particular class, students learned the proper measures to take should they lose parts of their equipment while on a

dive, such as their mouth piece, air tank, mask, and weight belt. "We want to stress not to panic if those things should occur," said certified NAUI scuba instructor Gil Yeager, from Aqua Tech, a diving shop

weight belts, which were tossed separately into the pool, and were left with only their snorkels, masks, and fins.

Swimming in the pool, they had to locate those pieces of equipment, and put them on while submerged under water. The students met the challenge and moved that much closer to receiving their certifications.

The next steps on the road to certification are completing the rest of the class, passing a written exam, and completing five licensed dives with certified NAUI instructors to receive lifelong certification.

Yeager and his diving colleagues, Joe Lyons and Kristine Tsatsakos, plan to return to Fort Dix to teach the course again in May.

Interested persons who want to sign up or would like more information should call the Aquatic Center at 609-562-2808 or Aqua Tech at 856-482-1996.

Aerobics hoop it up

Ryan Morton
Public Affairs Staff

Nearly 30 people danced and shimmed their way to a healthier and fitter body during the "March Madness Hip-Hop Aerobics" class at Griffith Field House March 5.

The class is replacing kickboxing for the month of March at noon on Thursdays.

"We're very excited about this. We wanted to bring in something special for March to incorporate with the March Madness (college basketball tournament) kind of theme," said instructor and trainer Richelle Weiland.

Weiland mentioned that many people expressed an interest in this kind of aerobic workout and she and the officials at Griffith decided to give it a shot.

It's a high energy work-out that fuses hip-hop club-style dancing with aerobic movements to hip-hop dance music.

"We're really happy to see this kind of turn-out and it looks like people really enjoyed it and got a good work-out. We'll gather our feedback after the month and see if there would be an interest in adding it to the schedule," she said.

Weiland also incorporated the use of hula-hoops to a portion of the class in recognition of March 5 being "National



Ryan Morton

HIP HOP HOOP -- Branwen Ellis performs exercises with the hula hoop during hip hop aerobics class at Griffith Field House, Mar. 5.

Hula-Hoop Day."

The hoops were used as a prop for performing various aspects of the exercise routine.

During the month of April the staff at Griffith will usher in an aerobic work-out that is sweeping the nation called

"Zumba," which fuses international dances such as salsa, meringue, mambo, rumba and flamenco into an intense cardio work-out.

Those classes will kick-off April 2, on Thursdays 5:15 p.m. to 6:15 p.m.

(Ryan Morton may be reached for comments on these articles at ryan.morton@us.army.mil.)

Germ Farm



Scrub'em!

Armed Forces Bank



Ryan Morton

Youth share in big prize

The "Winners Take All Trophy" was presented to the teams at the Youth Center In-House Indoor Soccer League, March 6. The Youth Intramural teams played to a 3 - 3 overtime tie.

Sports Shorts

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

Energize with 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.

Aquatics offers scuba classes

The Aquatic Center is currently hosting diving certification classes. For more information call (609)562-2808.

Hip Hop Class comes to Griffith

Hip Hop Fitness Class - every Thursday, in March. Noon to 1 p.m.

Sign up for joint forces racquetball tourney

Compete in the 2009 Joint Forces Racquetball Tournament March 14-15.

Participation is free, with trophies going to the first and second place finishers in each division. All entries must be submitted by 5 p.m. March 12.

For more information call the McGuire Air Force Base Fitness Center at (609)754-6085 or Fort Dix's Griffith Field House at (609)562-3961.

Downhill skiing and snowboarding with Outdoor Rec.

Hit the slopes with Outdoor Recreation when they go to Bear Creek March 14. Beginners to experts are welcome to try their skills on the bunny slopes or the diamond trails. Skiing, snowboarding and tubing available. Call to reserve your seat at (609)562-6667. Visit the Web page on www.dixmw.com for details.

GoodYear

Law Offices

Chinese Buffet

Dix trainer wins five shooting medals

1st Lt. Antonia Greene
72nd Field Artillery Brigade Public Affairs

"Less than a quarter of one percent of the entire Army gets an opportunity like this. It's an honor and I plan to make the best of it," said Sgt. Patrick Franks, Operation Warrior Trainer (Virginia Army National Guard) attached to 3rd Battalion, 315th Training Support Regiment, 72nd Field Artillery Brigade at Fort Dix.



courtesy photo

SHARP SHOOTER -- Lt. Col. Frank Muggeo, commander, U.S. Army Marksmanship Unit (AMU), Fort Benning, Ga., awards Sgt. Patrick Franks the Secretary of the Army Edition M1 Garand Service Rifle, used in WWII and Korea, and a plaque honoring him as the 2009 All Army Small Arms Weapons Novice Champion. The plaque signifies the trophy, which remains at Fort Benning, Ga., and is engraved with Franks' name along with past champions. Franks awaits a letter of acceptance to the AMU and is looking forward to joining the distinguished lineage of great Army shooters.

Franks recently earned a spot on the Army Service Pistol Team, part of the United States Army Marksmanship Unit (USAMU), stationed at Fort Benning, Ga. During the 2009 U.S. Army Small Arms Championships, also referred to as the "All Army," at the Fort Benning and U.S. Army Infantry Center Feb. 21-28, Franks took home two gold medals, a silver medal, and two bronze medals. He earned the medals in individual matches using both the M16A2 Service Rifle and the M9 Service Pistol.

His most prized award, however, is the Secretary of the Army Edition M1 Garand Service Rifle, used in WWII and Korea, which Franks received from Lt. Col. Frank Muggeo, commander, U.S. Army Marksmanship Unit (USAMU), along with a plaque honoring his award as 2009 All Army Small Arms Weapons Novice Champion. The trophy remains at Fort Benning, Ga., so Franks received the plaque which is engraved with his name alongside past champions.

Growing up in Las Vegas, Franks enjoyed more than the bright lights and a city that never sleeps. Along with his grandfather, father, and uncles, Franks spent many days and weekends hunting, fishing, and taking part in outdoor sporting events with the boys.

"My father is definitely a major influence in my competing and he's my number one supporter as well," said Franks. "When I was a sophomore and junior in high school he sparked my competitive edge, encouraging me to enter high-power rifle competitions."

In 1994 and 1995, Franks began to aggressively pursue the sport of marksmanship. When just 14, he was invited to compete in the National International Indoor Rifle competition held at the U.S. Olympic Training Center in Colorado Springs, Colo., Headquarters of USA Shooting National Governing Body, the Olympic Shooting Center, is the largest indoor shooting facility in the Western hemisphere and the third largest in the world. The top 30 shooters in the country, in relative age categories, are invited to compete each year. In both 1994 and 1995 Franks placed among the top 10.

"It was my first real experience competing at that level. It definitely pushed me to excel and challenged me to train harder and continue to compete at a higher level," Franks said.

In October of 1996, Franks joined the United States Marine Corps. Both of Franks' uncles are former Marines. Both served in Vietnam, and Franks felt the urge to carry on the family tradition of serving the nation.

After nine years as an Infantry rifleman, and more fittingly as a small arms weapons and marksmanship instructor, Franks completed his commitment and was honorably discharged at the rank of sergeant. He transitioned to the civilian world, taking a position with a Department of Defense contractor as a counterterrorism instructor, but soon realized something was missing. It was the camaraderie.

"After a year without it, I missed the brotherhood the military

offers and found it to be a much more rewarding career and knew it could offer me a lot more than the civilian world," explained Franks.

So in 2007 Franks joined the Virginia Army National Guard (VAARNG) as an Infantryman, and within months of his enlistment he deployed to Kuwait with Delta Company 3rd Battalion, 316th Infantry Brigade Combat Team, 29th Infantry Division, in support of Operation Iraqi Freedom. Franks' unit provided the security force for Seaport of Debarcation (SPOD) Al Shuaiba, Kuwait. Again, Franks found a use for his marksmanship skills and organized and conducted weapons range sustainment training for the entire base.

When he returned in May 2008, Franks volunteered to be an Operation Warrior Trainer at Fort Dix, with hopes of sharing his marksmanship tips with mobilizing service members. In December, Franks was attached to 3rd Battalion, 315th Engineer Training Support Regiment and after a few miscellaneous assignments found his niche. Franks currently trains engineer members preparing for deployment on weapons systems familiarization.

And then an unexpected call came.

Soon after the holidays, in late January, Franks received a phone call from an old friend he served with in the Marine Corps, who is now a member of the Army Service Pistol Team. His friend extended an invitation to Franks to participate in the All Army at Fort Benning, Ga., but moreover, he wanted him to try out for a spot on the Army Service Pistol Team.

Honestly, my friend had more confidence in my abilities than I had at the time - I hadn't shot competitively in over five years," said Franks.

Nonetheless, Franks received approval from his commander and headed down to the home of the Infantry in late February to represent First Army and the VAARNG in the 2009 U.S. Army Small Arms Championships. Little did he know he would be bringing home the gold.

"My trout went extremely successful. Not only did I surpass the AMU's expectations of me, but I was told that I was the most prominent candidate they had seen in a trout since being there," Franks said.

Like all the Soldiers trying out, Franks trained with the Army Service Pistol Team, gaining an upper hand and applying the knowledge learned in practice during the competition. This proved extremely effective when Franks won the Excellence in Competition match, earning himself six points towards attaining Distinguished Marksman. Less than 1500 Soldiers in the history of the Army have been awarded such a high honor, and it seems Franks is well on his way to acquiring such status.

For Franks though, the most prized accomplishment is staying true to the mission of the USAMU.

The USAMU was established in March 1956 at the direction of President Dwight D. Eisenhower, with a mission to raise the standards of marksmanship throughout the U.S. Army. Franks is looking forward to raising the standard of marksmanship proficiency and combat readiness throughout the Army.

In addition to the traditional competitive mission, Franks hopes to share his knowledge gained from competing and winning in various pistol matches with fellow marksmen. When not preparing for, and competing in matches, the team conducts multiple Train the Trainer courses, including the renowned Close Quarters Marksmanship (CQM) course and Primary Pistol Marksmanship Instruction.

"I look forward to training CQM where we share the latest shooting tactics and lessons learned with other Soldiers, equipping them with the most up-to-date and relevant training," Franks said eagerly.

"This is my chance. The reality is, the AMU can propel you to an international level where the chance of competing in the world-wide Olympic Games is a definite possibility," he said with a smile.

Since 1956 members of the USAMU have gained worldwide respect by winning hundreds of individual and team national titles, including more than 40 World Championships and 23 Olympic medals.

"As part of my family lineage, I want to continue the positive example for my son, Domenic Anthony, and maybe someday his interest will be to carry on our tradition of marksmanship as well," said Franks.

Smokeless habit hard to quit

Carolee Nisbet
Editor

Staff Sgt. Eddie Munero died last year at the age of 28. He liked bass fishing, anything with an engine in it and baseball.

What killed him was a habit he picked up because he thought it was safer than smoking - Eddie chewed tobacco.

Chewing is something a lot of people do, especially since the Army cracked down on smoking indoors.

According to the Department of Agriculture, more people are using smokeless tobacco than ever before. And, like Eddie, they are paying the price.

Doctors diagnose some 30,000 new cases of smokeless tobacco-related cancer every year. Some take years to develop. Some, like Eddie's, steal life quickly.

He wasn't alarmed, especially, at first. His dentist noticed a couple of white spots in his mouth during a routine checkup, and sent him off to a doctor. The spots didn't hurt, Eddie said - he didn't even know they were there. He wasn't concerned enough to keep the first appointment, or the second, with his doctor. When he finally showed up for the exam, the diagnosis was enough to make anyone take the problem seriously: Eddie had oral cancer.

The symptoms were slight, but tests showed that the disease had spread into the bone in his jaw. Within a few weeks,

Eddie was in surgery, the first battle in the fight for his life.

Despite the surgery and other treatments, the disease persisted and spread, and less than two years after the diagnosis, Eddie was hospitalized for the last time.

After six months of eating and breathing through tubes and not being able to talk, he died.

At the end, Eddie wrote a note to his mother saying that he had committed suicide with no reason and no intent.

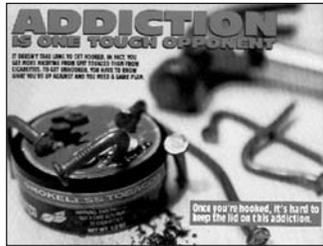
Eddie and others like him gave permission for cancer prevention groups to use his story in an effort to make people understand the serious threat posed by smokeless tobacco. The facts are clear:

Chewing tobacco and snuff can endanger your health. Smokeless tobacco has been associated with the development of mouth cancer, as well as cancer of larynx, esophagus, nasal cavity, pancreas, kidney and bladder.

Its use may also result in red or white patches in the mouth, gum disease, tooth loss, salivary gland disease, bad breath, discoloration of the teeth and fillings, and slowed healing of mouth cuts and sores.

People who dip snuff have a 50-times greater risk of getting mouth cancer than a non-tobacco user.

"Although smokeless tobacco does not expose others to side stream smoke, it is no safer for use than cigarettes," said Lt. Col. Gale Pollock, an Army nurse and analyst in the



Office of the Assistant Secretary of Defense for Health Affairs. "Because there are so many tiny blood vessels in the mouth, people seem to get a bigger jolt from dipping or chewing than from smoking. This makes smokeless tobacco extremely addictive."

The development of mouth cancer isn't usually painful, and a victim may not know there is a problem unless he or she gets an infection. So smokeless tobacco users should check often for red or white patches in their mouths.

Snuff and chewing tobacco contain nicotine, an addictive drug found only in tobacco. Nicotine speeds up the heart rate, raises the blood pressure and reduces the flow of blood to the hands and feet. Nicotine enters the body through the mouth tissues and reaches the brain in five to 30 minutes. The nicotine levels in the blood of smokeless tobacco users are usually higher than those of

heavy smokers. The chewing habit is tougher to kick than smoking, health care providers say, and at least as dangerous.

It's especially dangerous to kids. After all, Baseball players - our top sports heroes - chew. It's part of the major league image, right? They even market bubble gum in similar packages, aimed at ball players too young to get their hands on the real thing.

Some players, including Nolan Ryan, have kicked the chewing habit and joined in the established campaign to keep kids from starting. Ryan said he quit after deciding there were no positive aspects of chewing to balance out the negatives. He also didn't want young players to adopt the habit in imitation of him. His message to kids: Don't start. It's a major-league mistake.

Eddie would have agreed.

(Comments about this editorial can be sent to carolee.nisbet@us.army.mil.)

Volunteers are needed
for
Fort Dix Special Observances Committees
Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month
For more information call Denise Horton at 562-4011

ALSTARZ
Assurance

Hanover Dental

Read The Post!

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
Buttwood Hospital.

Friends of Fort Dix

Friends of Fort Dix is a
community organization for social
and philanthropic opportuni-
ties open to all members of the
Fort Dix community, military
and DoD employees and fami-
lies. Get involved with com-
munity members and make
friends through volunteer
efforts that provide scholar-
ships and donations and enjoy
social fun.

Bonnie Reed at 499-3969 or
Patricia Keffer at 893-7074 or
fortdixspousesclub@com-
cast.net.

Arts & Crafts

Bldg. 6039 562-5691
Registration Hours:

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

Wednesday and 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.

Women's History Month
Exhibit - Featuring the work
of painter Sharon Shaw and
potter Umeiko Bennett in the
gallery through the month of
March. Both women are multi-
ple year winners of the All
Army Arts & Crafts Contest.

March Specials - Wear Irish
Green anytime you stop in to
Arts & Crafts the entire
month of March and receive
15 percent off all Fine Art and
Scrapbooking supplies. Our
annual March Mosaic Mad-
ness is on. Take 20 percent
off all mosaics through the
month. It's easy to learn and
you can make great gifts or
enhance your home décor.

Krafty Birthdays - Arts &
Crafts offers Krafty Birthday
Parties. Parties include up to
two hours of party room use,
one craft project with instruc-
tion and all materials, with
many exciting projects to
choose from. When making
party reservations, please
make sure to stop by in order
to select the craft and make
payment.

Contemporary Ceramics &
Mosaic Studio - The Contem-
porary Ceramics Studio offers
a large selection of bisque
pieces to choose from to de-
corate and paint. All finished
pieces are food, microwave,
oven, freezer, and dishwasher
safe. There are lots of idea
books, traceable designs,
tools, and an experienced staff
to help you create a finished
piece you will love. Mosaics
are a great way to express
yourself with colorful glass.
From mirrors to wall plaques,
there are many items to make
as gifts or add pizzazz to your
home décor. Just come in,
pick out your piece, and the
staff will help you with the
rest. There is no time limit on
completing your project, so
you can relax and enjoy the
friendly, creative atmosphere
for as long as you like.

CREATE-A-CRITTER -
Adorable Critters to stuff
yourself! It's easy and fun.
Choose from an assortment of
Critters: Bears, Puppies, Uni-
corns, Frogs, Tigers and a
whole lot more. You can even
add an outfit.

ACS

562-2767
Bldg. 5201 Maryland Avenue

Calendar of Events

Wednesday, March 18
Volunteer Advisory Council
9:30 a.m. to 10:30 a.m.
ACS

Home Buyers Seminar
11:30 a.m. to 1 p.m.
ACS

Thursday, March 19
Newcomer's Orientation
9 a.m. to 3 p.m.
ACS

Fort Dix Thrift 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.

Special Happenings

Fight the tough economy by
selling **Crafts at the Thrift**
Shop. A special display for
talented crafters will help
crafters and shoppers.
Shoppers will find unique
items/gifts at great prices and
crafters will earn extra cash.
The low 25 percent consigna-
ment fee goes to fund schol-
arships and grants in the local
community. Help stimulate the
economy while earning extra
money. To consign crafts call
723-2683.

Savings Galore -
52 bags of fall and winter
clothing. There's still some
cold weather ahead and this is
a great way to fill any closet.
Sale runs March 17 to April 3.

Paid cashier position coming
soon -
Volunteers needed -
Volunteers are always wel-
come. If you or anyone you
know is interested in volun-
teering, call Sylvia at the
Thrift Shop.

Fountain Green
Golf Course

FGGC News and Events
Now open
The Golf Course remains
open for play - Conditions
permitting.

Visit the well stocked Pro-
Shop. Gift certificates are
available at the Pro-Shop.
Call 562-6071

FMWR presents

CLUB DIX 723-3272
Club Dix Hours of Operation

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

Smokehouse Restaurant
Lunch Served
Tuesday through Friday
11 a.m. to 1:30 p.m.
Saturday through Monday
Closed

Blue Room
Wednesday
5 p.m. to 10 p.m.

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

Sunday through Tuesday
Closed

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

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

Saturday
Noon to 10 p.m.

Sunday
10 a.m. to 6 p.m.

Outdoor Equipment
Rental Center
Monday through Friday
10 a.m. to 3 p.m.

Events Calendar

Women's Comedy Show at
Club Dix - March 13
Get your tickets now. Includes
Fort Dix's first **Wing Eating**
Competition.
Contact Bob Vogt at 562-6772.

FMWR Warehouse Sale
March 17 and 18
Furniture, Air Conditioning
Units and more. Watch for
details.

The Child
Development Center
Bldg. 5523 562-4702

Free Home School Meetings
Come out and join the Fort
Dix Home School Group
Wednesdays at the Fort Dix
Youth Center. Call 562-6271
for more information.

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 - You are eligi-
ble for many free and dis-
counted services in CYS
respite childcare, reduced full
day care fees, free sports and
instructional classes. Please
call 562-2242 for more infor-
mation.

Youth Center

562-5061
Bldg. 1279 Locust Street

Hours of Operation

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

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

Sunday CLOSED

Administrative Hours
Tuesday through Friday
Noon to 6 p.m.

Monday - Friday
2:30 p.m. to 4 p.m.

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

Saturday, March 14
Volleyball Game
4 p.m. to 5 p.m.

Tuesday, March 17
Triple Play
3:45 p.m. to 4:45 p.m.

Wednesday, March 18
Fashion Design
3:45 p.m. to 4:45 p.m.

Shutterbugs
4 p.m. to 6 p.m.

Thursday, March 19
Cosmetology
3:45 p.m. to 4:45 p.m.

Friday, March 20
Scrapbooking
3:45 p.m. to 4:45 p.m.

Keystone Club
5 p.m. to 7 p.m.

Saturday, March 21
Wii Sports Game
4 p.m. to 5 p.m.

Griffith Field House
Bldg. 6053 562-4888
Monday, Wednesday, Friday

Combat Fitness Challenge
Military Only
6:30 a.m. to 7:30 a.m.

Monday
Mind & Body Yoga
Noon to 12:45 p.m.

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

Gut Buster!
6:15 p.m. to 7 p.m.

Tuesday
Retirees in Motion
9 a.m. to 9:30 a.m.

Spin-It!
Noon to 12:45 p.m.

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

Wednesday
Turbo Kick
Noon to 12:45 p.m.

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

Thursday

Hip Hop Aerobics
Noon to 12:45 p.m.

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

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

Friday
Spin-It!
Noon to 12:45 p.m.

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

Cardio Muscle
9 a.m. to 10 a.m.

United
Communities

St. Patrick's Day Guess How
Many - Stop by the leasing
office and Guess how
many green M&M's are
in the jar. Your guess
just may be the winner!

Coloring Contest
St. Patrick's Day Coloring
Books will be avail-
able for pick up at the
LIC Leasing Office.
Coloring books are due
back to the leasing office by
Tuesday, March 17.

Lifeguards needed -
LIC is currently looking for
lifeguards for the pool on
McGuire. Call Progressive
Pool Management for more
information at 1-888-766-
POOL.

Need a computer?
Stop by the U C Leasing
Office and use the internet
café. This service is free to all
residents of United Communi-
ties.

Self Help Office Information
Saturday, March 21 will be the
last day the United Communi-
ties Self Help Office will be
open on Saturdays. The office
will continue to be open from
7 a.m. to 4 p.m. Monday
through Friday and closed on
Sundays.

Residential Collection

Monday and Tuesday
Green waste

Tuesday
Fort Dix Areas
201, 502, 1200s, 1500s, 1600s

Wednesday
McGuire AFB
4000s Except 4013 - 4027
4200s Except 4252 - 4260

Friday
McGuire AFB
4013 - 4027; 4252 - 4260
4300s, 4400s and 4500s

Bulk trash is picked up on
regular trash day.

March Recycling Days:
Thursday, March 26



Military OneSource Offers **FREE**

Tax Preparation and Filing

- Maximize your refund
- Simple, easy process
- Use your tax refund wisely – *save and pay off debt!*

Visit

*www.militaryonesource.com
to file your federal and state taxes.*

You name it. We can help – 24/7!

Provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their family members.

Club Beyond Youth Explosion



Wednesday, March 25, 2009
6:30pm - 8:00pm
Grades 6 - 12

Martial Arts Demonstration
Board Breaking and Weapons

Ft Dix Main Chapel
609-562-2020
Oscar Rivera 609-864-3429

Guest Speaker: Master Liciaga
•Over 30 years training in the martial arts.
•4th Degree Master-level Instructor
•Child & Youth development specialist
•Founder of Liciaga's Christian Karate Program

YOUTH EXPLOSION

YOUTHFORCHRISTUSA

