

the Post

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NEWSNOTES

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.

Easter egg hunt set for EFMP families

Army Community Service is sponsoring the annual Exceptional Family Member Program Easter Egg Hunt April 4 at the Fort Dix Youth Center, 1279 Locust Street from noon to 2 p.m. Activities include, face painting, egg dyeing, door prizes and other fun games. There will be a visit from a special bunny. Advance registration is required. Please contact Ken Papale 562-2767 to register no later than March 30. This event is open to all families with special needs children.

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 5506, 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.

ID Card facility offers Saturday hours

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

WEATHER

FRIDAY -- Snow and brisk winds throughout day, high of 38 degrees and overnight low of 28.

SATURDAY -- Clear and warmer, high of 49 and low of 32.

SUNDAY -- Clear, breezy, daytime high of 53 degrees and overnight low of 34.

MONDAY -- Clear and sunny, high of 48 and overnight low of 29 degrees.

TUESDAY -- Continued clear, daytime high of 44 degrees, low of 29.

WEDNESDAY -- Fair, slightly cloudy into evening, daytime high of 53 and overnight low of 35 degrees.

THURSDAY -- Cloudy, high chance of showers throughout day, high of 52 degrees and overnight low of 42.

Dix honors past president

Jennifer Chupko
Public Affairs Staff

President Grover Cleveland, who served as the twenty-second and twenty-fourth president of the United States, was honored in a wreath-laying ceremony at his monument in Princeton Cemetery March 18.

Fort Dix and the Princeton community join each year at the request of the White House to host the event on the anniversary of Cleveland's birth.

Col. Ronald Thaxton, Fort Dix commander, Mildred Trotman, Princeton Borough mayor, and Bernard Miller, Princeton Township mayor, offered tribute to a president who came to be known for his integrity, his honesty and his contributions to the nation. They placed a floral wreath by the towering tombstone as a sign of respect and honor in front of a crowd of about 30 spectators and a formation of 17 Soldiers from Fort Dix.

"I am honored and humbled to be part of this ceremony today," said Trotman. "Cleveland possessed honesty, courage, firmness, independence, and common sense."

Thaxton also noted Cleveland's reputation as an honest man. "Cleveland was a popular man who was said to be a good man to have as a friend."

Stephen Grover Cleveland, the fifth of nine children was born to a Presbyterian parson and Protestant-Irish mother in Caldwell U.S. After his father died in 1853, the 16-year-old joined the staff of a school for the blind in New York City.

He left after two years for Buffalo where he found employment with a prominent law firm. As a barrister, he gained a reputation for being thorough and hardworking.

Cleveland first gained public office in 1863, gradually working his way up the political ladder. He campaigned on the motto that, "Public office is a public trust." Abiding by

(continued on page 3)



HONORS -- A traditional wreath marks the Princeton Cemetery monument of President Grover Cleveland on the 172 anniversary of his birth. Fort Dix and the Princeton community honored the past president March 17 on behalf of the White House.

Jennifer Chupko

Afghanistan war winnable

Donna Miles
American Forces Press Service

WASHINGTON, March 18, 2009 -- The operation in Afghanistan "is absolutely winnable and will be won," the top U.S. and NATO commander in Afghanistan said yesterday on PBS's "Jim Lehrer Newshour."

But winning, Army Gen. David D. McKiernan stressed, will take more than military might.

"It's going to take security, it's going to take governance, and it's going to take socio-economic progress -- all three of those in a comprehensive way," he said.

As commander of the International Security Assistance Force in Afghanistan, McKiernan said, he's not seeing a greater al-Qaida presence in Afghanistan. "But we do know that al-Qaida provides facilitators, provides trainers, provides resources that assist different insurgent groups

inside of Afghanistan," he said. "I don't see any increase in it, but it is persistent."

The insurgency is regional, straddling the Afghanistan-Pakistan border, he said. "And I've always said that western part of the country. The goal, McKiernan said, is to reinforce coalition efforts in the south and break a "stalemate" there. Security and freedom of movement is not improving in that area, McKiernan conceded.

"There will be, initially, resistance on the part of those who don't want us there -- whether it's Taliban, whether it's narco-criminals, whether it's other sorts of criminal activity. The casualty numbers should reduce and level out as these groups are rooted out."

Gen. David D. McKiernan
U.S. and NATO Commander, Afghanistan

"Yet the insurgency is not increasing their control either," he said. "We need additional security presence in the south to break that stalemate and set a foundation where governance and reconstruction and development can improve."

More forces won't necessarily mean more casualties, McKiernan said. "I think in areas where we do

have some security presence and we're going to reinforce that presence, that's not necessarily going to be the case," he said. But in areas where the coalition hasn't had a security presence, there might be an initial period of increased casualties, he acknowledged.

"There will be, initially, resistance on the part of those that don't want us there -- whether it's Taliban, whether it's narco-criminals, whether it's other sorts of criminal activity," he said. The casualty numbers should reduce and level out as these groups are rooted out, he added.

McKiernan emphasized that Afghan civilian casualties are taken very seriously, and every effort is made to minimize them. "We do everything we can to avoid that," he said. Tactical units are trained to use an appropriate escalation of force and exercise good judgment in their operations, he said.

(continued on page 3)

After two conflicts, 56 years

Medals set for war hero

The Air Force and Army will host a military awards ceremony Sunday, March 22 at 10 a.m. in Timmermann Center.

While awards ceremonies are nothing new to the military, this one will be unique -- there will be only one recipient, and he last wore a uniform in 1953.

Tech. Sgt. Charles E. Wentzell, now age 86, served in the Army, the Army Air Corps and the Air Force during his military career. He took basic training at Fort Dix in 1943, but soon left the Army for the Army Air Corps. During the war, he served as a gun-

ner on a B-17 and flew 30 bombing missions over Germany. He was assigned to the 95th Bomb Group, 13th Combat Wing, 8th Air Force, England.

He left the military in 1945, but re-enlisted in the Air Force in 1950. He was a radio instructor to begin with and then he was sent to Korea where he was a radio operator on a jeep, serving as a spotter to direct air attacks.

Wentzell was taken prisoner during the Korean War, and was held in a Chinese prison camp for three months, when he managed to escape and return safely to friendly lines.

He was one of nearly 8,000 taken prisoner by the Chinese and North Koreans during the conflict.

He was formally discharged from the Air Force in 1953 after a stint in the hospital, and left the military without receiving any of the honors due him.

Through the efforts of Maj. (Ret.) Edward Rohan, a friend of the elderly veteran, the numerous honors and awards Wentzell earned during his military service have been gathered and will be presented during the ceremony.

Among the medals that will be presented are the World War II Victory Medal, the Air Force Distinguished Service Medal, the Prisoner of War Medal, the Korean Military Service Medal with Silver Star, the Distinguished Flying Cross, the United Nations Service Medal and the Purple Heart.

Rohan believes that Wentzell is entitled to additional medals, which may be forthcoming. Wentzell is a native of New Jersey born in Harnersville.

He currently lives in Salem, and has one son, Charles T. Wentzell, who will attend the ceremony with his father.

The community is invited to join in the ceremony honoring Wentzell for his service to the nation during two wars. The event will be hosted by the 514th Air Mobility Wing.

Timmermann Center is on Pennsylvania Avenue at Eighth Street, and there is ample parking beside and behind the building.



TWO WARS, MANY HONORS - Tech. Sgt. Charles E. Wentzell, who served in the Army, the Army Air Corps and the Air Force through World War II and the Korean War, will receive numerous honors due him during a ceremony March 22 at 10 a.m. at Timmermann Center Auditorium. Among the medals that will be presented are the World War II Victory Medal, the Air Force Distinguished Service Medal, the Prisoner of War Medal, the Korean Military Service Medal with Silver Star, the Distinguished Flying Cross, the United Nations Service Medal and the Purple Heart.

American women never wavered in defending the flag

Women's History Month



<http://usilitary.about.com>

GODDESS OF BATTLE
The nod of "Pallas Athene was approved as the insignia for the Women's Army Auxiliary Corps in 1942. Pallas Athene was a Greek deity who was wise in the arts of both peace and war and was also the goddess of storms and battle.

The first American woman Soldier was Deborah Sampson of Massachusetts. She enlisted as a Continental Soldier under the name of "Robert Shurtliff. She served for three years in the Revolutionary War and wounded twice; she cut a musket ball out of her own thigh so no doctor would find

out she was a woman. During the Civil War, Sarah Rosetta Wakeman enlisted under the alias of Private Lyons Wakeman. She served in the 153rd Regiment, New York State Volunteers. Her complete letters describing her experiences as a female Soldier in the Union Army are reproduced in the book, *An Uncommon Soldier: The Civil War Letters of Sarah Rosetta Wakeman, alias Pvt. Lyons Wakeman, 153rd Regiment, New York State Volunteers, 1862-1864.*

In the history of women in the military, there are records of female U.S. Revolutionary and Civil War Soldiers who enlisted using male pseudonyms, but a letter written by Annie Oakley to President William McKinley on April 5, 1898 may represent the earliest documentary proof of a political move towards recognizing a woman's right to serve in the United States military.

Annie Oakley, sharpshooter and star in the Buffalo Bill Show, wrote a letter to President William McKinley on April 5, 1898 "offering the government the services of a company of 50 'lady sharp-

shooters' who would provide their own arms and ammunition should war break out with Spain."

The Spanish-American War did occur, but Oakley's offer was not accepted. Theodore Roosevelt, McKinley's Vice President, did, however, name his volunteer cavalry the "Buffalo Bill's Wild West and Congress of Rough Riders of the World" where Oakley was a major star.

The Woman's Army Auxiliary Corps was established in the United States in 1941. However, political pressures stalled the wayid attempts to create more roles for women in the American Armed Forces. Women saw combat during World War II, first as nurses in the Pearl Harbor attacks on December 7, 1941. The Woman's Naval Reserve and Marine Corps Women's Reserve were also created during this conflict. In July 1943 a bill was signed removing "auxiliary" from the Women's Army Auxiliary Corps, making it an official part of the regular army.

In 1944 WACs arrived in the Pacific and landed in Nor-



defense link

mandy on D-Day. During the war, 67 Army nurses and 16 Navy nurses were captured and spent three years as Japanese prisoners of war.

There were 350,000 American women who served during World War Two and 16 were killed in action; in total, they gained over 1,500 medals, citations and commendations.

Virginia Hall, serving with the Office of Strategic Services, received the second-highest U.S. combat award, the Distinguished Service Cross, for action behind enemy lines in France. Hall, who had one artificial leg, landed clandestinely in occupied territory aboard a British Motor Torpedo Boat.

After World War Two, demobilization led to the vast

majority of serving women being returned to civilian life. Law 625, The Women's Armed Services Act of 1948, was signed by President Truman, allowing women to serve in the armed forces in fully integrated units during peacetime, with only the WAC remaining a separate female unit.

During the Korean War of 1950-1953 many women served in the Mobile Army Surgical Hospitals or MASH units, with women serving in Korea numbering 120,000 during the conflict. Records regarding American women serving in the Vietnam War are vague. However, it is recorded that 600 women served in the country as part of the Air Force, along with 500 members of the WAC, and over 6,000 medical personnel and support staff.

America's involvement in Grenada in 1983 saw over 200 women serving; however, none of these took part in direct combat. Some women, such as Lt. Col. Eileen Collins or Lt. Col. Celeste Hayes, flew transport aircraft carrying wounded or assault teams; however they were not deemed to have been in direct combat.

Several hundred women also took part in operations in Panama in 1989, though again in non-combat roles. On Dec. 20, 1989, Capt. Linda L. Bray, 29, became the first woman to command American Soldiers in battle, during the invasion of Panama. She was assigned to lead a force of 30 men and women MPs to capture a kennel holding guard dogs that was defended by elements of the Panamanian Defense force. From a command center about a half-mile from the kennel she ordered her troops to fire warning shots. The Panamanians returned fire until threatened by artillery attack, fleeing into nearby woods. Bray advanced to the kennel to try to stop them, using the cover of a ditch to reach the building. No enemy dead were found, but a cache of weapons was recovered.

The 1991 Gulf War proved to be the pivotal time for the role of women in the American military forces to come to the attention of the world media. A senior woman pilot at the time, Col. Kelly Hamilton, commented that "the conflict was an awakening for the people in the U.S. They suddenly realized there were a lot of women in the military."

As of now there are 50,000 females serving in Afghanistan and Iraq. Females make up about 15 percent of the Army.

In 2003, American Soldier Jessica Lynch was captured while serving in Iraq. Surrounded by Iraqi Soldiers, she attempted to defend herself, but her M-16 jammed. In the same action, Lori Piestewa, a U.S. Soldier, died after driving her Humvee through enemy fire in an attempt to escape an ambush, earning a Purple Heart.

She had just rescued Jessica Lynch, whose vehicle had crashed. Nothing has deterred America's daughters over the years from upholding the finest traditions of the American republic.

Champ had courage, charisma & clout Ingo's ring wars revived fight game



Steve Snyder
Public Affairs Staff

The shock still resonates. Ingegar Johansson is dead. Sweden's only heavyweight boxing champion, best known for his triad of bouts with Floyd Patterson, died Feb. 1 at 76 in a nursing home in Sweden when his heart simply stopped. Johansson had suffered from advanced Alzheimer's disease for several years. It was the same illness that killed Floyd Patterson in May 2006.

Punch-drunk boxers have provided powerful cliches to fuel anti-boxing crusades for decades now but Johansson had an answer for them that probably covered what Patterson thought, too.

"People with strong humanitarian feelings often lack knowledge and clear-sightedness to see through the outer brutality of boxing and to see it for what it really is - an image of our existence," wrote Ingegar.

Johansson was born Sept. 22, 1932 in Goteborg, Sweden. At 13 he joined a boxing club, quitting school two years later to become a street laborer and dock worker before completing 15 months of service with the Swedish navy after he turned 16. Winning 80 of 88 bouts, he became the Swedish heavyweight amateur champion at 19 but was shamed at the 1952 Olympics when he was disqualified by a myopic judge for "not trying" and denied his silver medal.

"For shame, Ingegar" cried one Swedish paper, imputing cowardice. Twenty-nine years later, Johansson, widely recognized for waging gummy heavyweight wars and his courage no longer questioned, finally received the medal.

After his Olympic fiasco, Ingo turned pro, knocking out Italy's Franco Cavichi in 1956 before KOing England's Henry Cooper (who later floored Muhammad Ali) and Joe Eskinie to dominate European rings. A stunning one-round KO of Eddie Machen followed (neither Patterson nor Sonny Liston ever floored Machen) and Ingo found himself in the ring with Floyd Patterson.

Johansson pawed Patterson with a feeble left jab for two rounds while retreating at every offensive move Floyd made. Patterson, finally, bought the notion that Ingo's right hand was a myth. Moving in, Patterson blocked a left hook but Johansson followed it up with a straight right that sent Floyd bouncing off the

canvas. "He was reachable with my left and he wasn't fast or cunning enough," Ingo recalled. "He pushed away my left and the right followed automatically. It landed smack on his face - if it had landed on his jaw, the match would have ended at that moment."

But it didn't and six knockdowns followed before the fight was stopped and boxing had a new heavyweight king. "Many years later Patterson explained to a friend the power of Ingegar's right. 'I did not see the first right hand, it basically knocked me unconscious when it landed. I do not remember going down but I remember getting up.' Floyd, insisted, furthermore, that Ingo hit harder than Sonny Liston.

"No one and I mean no one hit me harder than Ingegar with that right hand... His right hand would knock you unconscious and was very difficult to recover from, it was so hard. It was so hard that on his best night he could knock out anyone with it if he trained right all the time," Patterson concluded.

But Johansson's training regime was hardly Spartan. He would golf in the morning, box afternoons and sample New York night life in the evenings with his fiancée.

"Johansson likes publicity and the high life and possibly knows as much about the female form as any man since Vesalius," quipped writer Gay Talese, calling Ingo's victory "a setback for austerity, and a victory for the Copacabana."

But high living exacted a toll. In the rematch with Patterson, Johansson was knocked out for eight minutes in the fifth round by a left hook from hell. Floyd's southpaw slants had been chewing him up all right.

The third and final Patterson-Johansson fight proved even more exciting as Floyd ended it with a left hook in the sixth after being down twice in the opening round (see photo on bottom right).

Neither Patterson or Johansson was a great champion. Neither bothered much with defense, both had jaws resembling glass, and each favored slugging it out over a more cautious approach. But both men packed killer punches (Floyd's left hook, Ingo's right), tremendous courage and the will to win.

Those qualities made for three great fights in two years, all ending in knockouts, with a total of 12 knockdowns in only 14 rounds. And each fight was better than the one before.

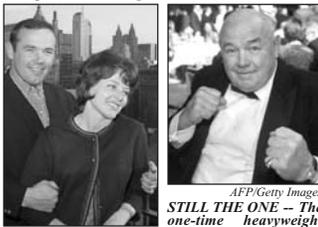
Their triad was topped in excitement only by Ali and Frazier, two great champions and much better fighters than Floyd and Ingo, who fought years later. But Ingo helped bring boxing back to the point where Ali could save it.

He will sit in the great hall of Valhalla where warriors celebrate past heroics. Ingegar, too, has much to celebrate.



www.bt.se/sport/sportkronika/bts-sportchefer

INGO'S RIGHT - The Swedish challenger for the heavyweight championship had promised that his right hand would "come so fast you will not see it." And Ingegar Johansson was as good as his word. On June 27, 1959, Johansson pummed the air with a feeble left jab for two rounds before crossing a short, straight right hand into the cheekbone of champion Floyd Patterson, sending him bouncing across the canvas for the first of seven knockdowns. Ingo, as friends called him, was the new champion. And boxing was back!



Bettmann/Corbis

LADIES MAN - Ingo stands with his second wife, the former Birgit Lundgren, on the terrace of the St. Moritz Hotel in New York in October 1962. Johansson had the looks of a matinee idol and won many female fans. No puritan, he trained hard, too. Ingo resembled no one so much as Max Baer, another fun-loving devil with a bone-shattering right hand.



vault.sportsillustrated.com

SLUGFEST - Heavyweight champ Floyd Patterson, left, and Ingegar Johansson go at it hammer and tong in the first round of their rubber match in Miami Beach on March 31, 1961. Ingo went on the attack immediately, dropping Patterson twice with smashing straight rights shortly after the bell had sounded. Just when it looked like curtains for Floyd he floored the Swede with a jarring left hook. Patterson won the slugfest, knocking Ingo out with a left under the ear in the sixth round.

the Post

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Army plans to phase out stop-loss program by 2010

Jim Garamone
American Forces Press Service

WASHINGTON, March 18, 2009 — The Army will phase out use of the so-called "stop-loss" program between now and January, Defense Secretary Robert M. Gates said today.

Since the beginning of his term as defense secretary, Gates has called on the services to eliminate their dependence on the controversial program that allows the involuntary extension of servicemembers' active duty past the scheduled end of their term of service.

The Army currently has 13,000 soldiers whose active duty status was extended through the program so they could deploy with their units. The Army is the only service using the program.

"We have the legal authority to do it," Gates said during a Pentagon news conference. "But ... I felt, particularly in these numbers, that it was breaking faith. It wasn't a violation of the enlistment contract. But I believe that when somebody's end date of service comes up, to hold them against their will, if you will, is just not the right thing to do."

The secretary said there will always be the need to hold a few people in the service, but it should be a small number. "I would like to get it down to scores, not thousands," he said.

The secretary's decision will eliminate the use of stop-loss for deploying soldiers.

"Effective this August, the U.S. Army Reserve will no longer mobilize units under stop-loss," Gates said during a press conference.

"The Army National Guard will stop doing so in September, and active Army units will cease employing stop-loss in January."

The goal is to cut the number of soldiers remaining in the Army under stop-loss by 50 percent by March 2010 and to near zero by March 2011. "We



DoD photo by R. D. Ward

PENTAGON BRIEFING — Defense Secretary Robert M. Gates responds to a reporter's question during a press conference at the Pentagon, March 18, 2009. Gates announced a comprehensive plan to eliminate the current use of stop-loss policy while retaining the authority for future use under extraordinary circumstances.

will retain the authority to use stop-loss under extraordinary circumstances," Gates said.

The Army will put in place a number of incentives to encourage soldiers to voluntarily extend their enlistments to mitigate the impact the decision will have on unit cohesion and strength.

Starting this month, the Army will pay stop-lossed soldiers \$300 a month. The program is retroactive to Oct. 1, which was when Congress passed the law permitting the payments.

While there is some risk, Gates said, he wants to do everything to make sure "soldiers are not unnecessarily forced to stay in the Army past their end of service date."

Army leaders spoke to the secretary recently on the proposal, and they are putting in place the directives and regulations to make it work, Army officials said.

"I think that the way the Army is approaching this mitigation those risks, so I feel comfortable with this plan," Gates said.

The Army is able to make this move because of three reasons, Army officials said: the changing conditions in Iraq, a new unit rotation program that is being put in place, and the increase in the size of the Army. Over the next 18 months, the drawdown in Iraq will far outnumber the increase in Afghanistan, Gates said.

The Marines used stop-loss

early in the wars in Afghanistan and Iraq. A total of 3,389 active-duty Marines served beyond their terms of service. About 5,000 Marine reservists were stop-lossed, but only 443 of them were mobilized, Marine Corps officials said. The Marines stopped using the program May 12, 2003.

The Air Force used the program sparingly in 2001, 2002 and 2003. It implemented stop-loss for 43 officers and 56 enlisted airmen for Operation Iraqi Freedom, and ended it on June 23, 2003.

The Navy has not used the program since the spring of 2003, and then it was for medical corpsmen to serve with the Marines, Navy officials said.

Dix honors former president

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that philosophy, Cleveland was elected sheriff of Erie County in 1870, mayor of Buffalo in 1881 and governor of New York in 1882 before successfully running for the presidency in 1884.

President Cleveland's first term was marked by an expansion of the Civil Service, tariff changes and strenuous efforts to promote a sound economy.

Cleveland called high taxes ruthless extortions and in the 1888 election, he lost to Republican Benjamin Harrison, primarily on economic issues as the nation slid into financial difficulties.

In 1892, Cleveland defeated Harrison and became the only person to win non-consecutive terms in the White House.

"Cleveland did not see himself as an activist President with his own agenda to pursue, but more as a guardian or watchdog of Congress," said Thaxton.

Despite his victory, Cleveland's second term was troubled. The financial panic of 1893 devastated his administration.

Labor strife, farm revolts, and monetary chaos buffeted the White House, but tribulations didn't even bother Cleveland. His strong character went

unappreciated and people blamed him for the country's financial woes. But history has been more realistic.

Since he left the White House in 1896, he has become the symbol of integrity in service to the nation even in the face of adversity.

"Cleveland set a pace for hard work and efficiency that impressed leaders," said Thaxton.

His example remains relevant for leaders today, as does his philosophy, to do what's right, not what will make you look good, get you a better job or make you wealthy.

President Cleveland firmly

believed that his ideals live on in every person who doesn't take the easy way out, but the best way, in every person who gives every job their best effort — in every person who believes honesty is the bottom line and in every person who understands that the integrity of a nation is based on the integrity of their people.

"Grover Cleveland died as he had lived: determined to be in control," said Thaxton. "I have tried so hard to do right," were his final words."

(Comments about this article may be sent to the writer at jennifer.a.chapko@us.army.mil)

Afghanistan war winnable



DoD Photo

Gen. David McKiernan

Joint Land Use Study for
Joint Base
McGuire-Dix-Lakehurst
Ocean and Burlington Counties

Jackson Township — Lakehurst Borough
Manchester Township — New Hanover Township
North Hanover Township — Pemberton Borough
Pemberton Township — Plumsted Township
Springfield Township — Wrightstown Borough

Public Meeting Notice Please attend an informational meeting regarding the Joint Land Use Study for Joint Base McGuire-Dix-Lakehurst. We will be summarizing our year-long study and encourage public participation. For more information: www.jointbasenj.org

Monday, March 30
New Egypt Primary School
6:30 p.m. - 8:30 p.m.
117 Evergreen Rd
New Egypt, NJ 08533

(continued from page 1)
A little-known fact, he said, is that a full 80 percent of civilian casualties in Afghanistan are caused by insurgents.

But in the unfortunate instances that ISAF or U.S. actions cause civilian losses, McKiernan said, action is taken to determine why and ensure a repeat doesn't happen. "We keep a very detailed accounting of every allegation of civilian casualties in this country," he said. "No matter where it's reported from, we go out and investigate it."

The coalition strives to base all of its operations on good intelligence, and to work in tandem with Afghan security forces whenever possible, particularly during house entries and searches, he said.

Ultimately, the general said, getting it right in Afghanistan is critical to the region.

"If we don't have a successful outcome in Pakistan and Afghanistan, that will allow a terrorist organization like al-Qaida to continue to have effects globally," he said. "That's why we're still here — as part of that, we are committed to achieving a level of security and stability in the country of Afghanistan."

McKiernan served as Deputy Chief of Staff, Operations, Headquarters, United States Army, Europe and Seventh Army during a period of simultaneous operations in Bosnia, Albania, and Kosovo. In September 2002, General McKiernan assumed command of the Third U.S. Army and U.S. Army Forces Central Command (ARCENT), and became the Coalition Forces Land Component Commander for COMCENT in preparation for Operation IRAQI FREEDOM (OIF). In March 2003, General McKiernan commanded all coalition and U.S. conventional ground forces that attacked into Iraq to remove Saddam Hussein from power. Following OIF 1, he was the Deputy Commanding General/Chief of Staff for United States Army Forces Command. Prior to assuming his current command, General McKiernan served as Commander U.S. Army Europe (USAREUR) from December 2006 to May 2008.

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 9 through 15.

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

●Police responded to a traffic accident near Bldg. 5520. Investigation revealed a vehicle, operated by a Soldier NAFD, slid on ice and struck a parked and unoccupied vehicle. There were no reported injuries and the vehicles were released to the operator at the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5989. Investigation revealed the alarm was caused by dust.

●Police and EOD responded to a report of suspicious item near Bldg. 6054. Investigation revealed the item was a bottle with tin foil wrapped around it to keep it cool. The item was disposed of by EOD.

●While conducting a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered the operator, a civilian NAFD, had an outstanding warrant out of Toms River. The subject was transported to the police station for processing and transferred to the custody of the Ocean County Sheriff's Office.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5991. Investigation revealed the alarm had been accidentally activated.

●During a routine credential check of a vehicle attempting to enter the installation via the Browns Mills Gate, police discovered the vehicle, operated by a retired military member, had expired registration and was uninsured. The subject was cited and the vehicle towed from the scene.

●Police operated a Sobriety Safety Checkpoint as directed by the Installation Commander. Nine vehicles were checked with negative results.

●Police responded to a motor vehicle crash (hit and run) in the Shoppette parking lot. Investigation revealed a vehicle, owned by a Soldier NAFD, had been struck while parked and unattended by an unknown vehicle.

●Police responded to a traffic accident on Pointville Road. Investigation revealed a vehicle, operated by a Fort Dix civilian employee, was struck by a deer. The deer fell into the woods. There were no reported injuries and the vehicle was released to the operator at the scene.

●While conducting a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered the operator, a civilian NAFD, had a suspended driver's license and an outstanding warrant out of Westampton. Further investigation revealed the vehicle had expired registration. The subject was transported to the police station for processing and cited. Westampton was contacted and issued a new court date. The vehicle was towed from the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5165. Investigation revealed the alarm had been accidentally activated by construction crews in the building.

●Police responded to a report of theft of government property at Club Dix. Investigation revealed an employee had been taking alcohol from the club inventory and drinking on the job. The subject was charged. Investigation continues.

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

●During a routine traffic stop at the Pemberton Gate the vehicle operator, a Soldier assigned to Fort Dix, was disrespectful, confrontational, and failed to follow the instructions of police. The subject was also unable to produce registration documents for the vehicle. The subject was cited and released to his chain of command.

●Police responded to a report of wrongful damage of private property in the Garden Terrace housing area. Investigation revealed glass had been shattered at a bus stop. United Communities was contacted. Investigation continues.

●Police operated a Sobriety Safety Checkpoint as directed by the Installation Commander. A total of 11 vehicles were checked with negative results.

●Police responded to a traffic accident near Bldg. 5403. Investigation revealed a government vehicle, operated by a Fort Dix civilian employee, struck a concrete barrier. There were no reported injuries and the vehicle was released to the operator at the scene.

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

●There were 18 Magistrate Court Citations issued for violations. DWI incidents remain at three for the year.

Watch your risk, fix your credit

account often. Opening a new account and transferring your existing balances to the new account will not improve your credit score.

When you shop for a loan, each lender will check your credit history. Every inquiry is listed on your credit report. The credit scoring system sees too many inquiries as a sign of risk.

You can avoid this problem by comparison shopping within a short period of time.

If you make several inquiries about one type of loan, say a motor vehicle loan, within one month, FICO (the most widely used credit scoring system developed by the Fair Isaac Corporation) counts this as only one inquiry. When you check your own credit report(s), you do not harm your credit score.

A bankruptcy or series of late payments can quickly lower your credit score, and it will take time to recover. Credit scoring formulas give more weight to recent positive history, and older poor credit performance eventually fades away.

Pay as much as you can on every account, and never less than the minimum. Your credit score also considers how much credit is available to you and how you use that credit. If you regularly charge close to the maximum on a credit card, you will hurt your credit score. If you apply for store credit to get a special discount, you may harm your score, even if you do not use the store

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or WWW.DIX.ARMY.MIL

NEIGHBORHOOD

THE CORNER

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.

DeCA accepting Commissary Certificates

The Defense Commissary Agency will accept outstanding CertifiCheck gift certificates from authorized customers thanks to a plan approved by the Department of Defense. The approved plan allows DeCA commissaries to honor CertifiCheck gift checks now through July 31.

CertifiChecks Inc., the Dayton, Ohio, company that has issued the commissary gift checks since 2002, announced Feb. 26 on its Website that it had ceased operations and was filing Chapter 7 bankruptcy.

Tickets available for benefit rock concert

The Irish rock band Blackthorn will perform as part of the first Liberty USO *Rock the Troops* benefit concert at PJ Whelan's Pub in Cherry Hill, April 5. Tickets can be purchased online at www.libertyuso.org. Tickets are \$15 in advance or \$20 at the door for military personnel with valid ID and \$20 in advance for civilians or \$30 at the door. The concert begins at 7:00 p.m. All proceeds benefit the Liberty USO of Pennsylvania and Southern New Jersey.

John Mann Park opening soon

John Mann Park opens for the season April 4 at 1 p.m. Go-carts, batting cages, miniature golf and a playground are available for parties, family outings, or an afternoon of fun. For more information call 562-2727.

Griffith Field House to hold Zumba classes

Join the millions of people who've decided that having fun and working out are not mutually exclusive. Join the party and Zumba. Classes are held every Thursday starting April 2 from 5:15 p.m. to 6:15 p.m. Classes are free. For more information call 562-4888.

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 andre.mixon@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 carolee.nisbet@us.army.mil by May 1.

Ultimate Weapon turns 50

Jennifer M. McCarthy
Public Affairs Staff

On March 20, the Ultimate Weapon statue will mark 50 years of standing as a proud symbol of the only indispensable instrument of war—the American Soldier.

Completed in 1959, the statue was the brainchild of Spc. 4 Stephen Goodman and Pfc. Stuart Scherr, two young Soldiers who were attached to the Fort Dix post and sign shop.

One day Goodman and Scherr passed the time by creating a small sculpture of an infantryman charging over a hill. Through word of mouth, the Deputy Installation Commander, Brig. Gen. John Heintges, learned of the statue and wanted to know if the duo could duplicate it on a larger scale. Fortified by youthful pride and enthusiasm, the two agreed they could create a masterpiece, although neither had any idea at the time how to construct a larger than life sculpture.

Not to be deterred, Scherr and Goodman used their military training

and the skills they received at the School of Industrial Arts in New York City to set about creating the design for a sculpture two times larger than life. They recruited a fellow muscular Soldier in their unit to pose as the model for the body of the statue, while Goodman's passionate yell, was replicated for the U l t i m a t e Weapon's face.

It took the Soldiers nine months to build the statue and cost just over \$1,000 in materials to finish the project.

The statue stands nearly 24 feet tall and weighs approximately 3,000

pounds. He carries an M-14 rifle that measures seven feet long and bears a backpack that weighs 185 pounds.

Afraid that lightning may strike an object that tall, the sculptors embedded a lightning rod in the frame.

"Lightning is not gonna hit that guy. That's the guy who keeps us free."

Whitmore, Director of Public Works, operations officer, who remembers watching Scherr and Goodman work on the statue.

"(The statue) is part of our never be taken away. It is the Soldiers

we have here," said Whitmore. Time and the elements took their toll on the sculpture though, and by 1989, a foot had broken off, the bronze paint that covered the statue had started to peel, and scratches marred the Ultimate Weapon's surface. A volunteer group called the AUSA Committee to Restore the Ultimate Weapon formed in 1987 to protect the statue by having it cast in bronze.

It took almost three years for the group to raise the \$100,000 needed to have the statue cast and to build a new black marble pedestal for it. On August 17, 1990, the newly cast Ultimate Weapon statue took its place in Infantry Park.

The original statue was refurbished and moved via helicopter to the Reception Center, which today houses the Air Expeditionary Center. After the Air Force took control of the building, in the mid-1990s, the statue found a permanent home on Sharp Field in front of Wurman Hall.

(Jennifer McCarthy may be reached for comment at jennifer.m.mccarthy@us.army.mil).



Comediennes crack up crowd

Pvt. Karin A. Leach
114th PAD

"I hope that I can inspire women in the audience to be who they want to be," said guest comedian, Gina Brillion. "Every woman can be a superwoman if she wants to."

March is Women's History Month across America and the Armed Forces. The month is designed to increase knowledge of women's contributions throughout history. It can be traced back to the first International Women's Day in 1911. In 1987, Congress passed a resolution, officially establishing March as Women's History Month.

Honoring women in the military, Fort Dix FMWR (Family, Morale, Welfare and Recreation) hosted the Women's All Star Comedy Night at Club Dix March 13. The comedy show featured Carole Montgomery, Gina Brillion, Kerri Louise, and Leighann Lord, all performing individual comedic routines, full of satire, keeping those in attendance laughing out loud.

"It was a nice change from the training schedule to relax a little bit and go out and enjoy some entertainment," said Spc. Amburr J. Reese, 114th Public Affairs Detachment, New Hampshire Army National Guard, currently conducting mobilization training at Fort Dix.

Most of the guest comics talked about relationships,

celebrities, female habits, and of course, sex. The majority of the audience was female; however, there were a handful of males sprinkled throughout the audience. Along with Family members and friends, the servicemembers responded enthusiastically to the sometimes off-color, but undoubtedly entertaining comedic acts.

When asked about performing for the military, Brillion expressed that it is on a whole other level; it's not just another comedy show for her.

"When I think of the pressure that everyone here is under, and how little leisure time Soldiers get to relieve some of the stress, it is almost like a gift to me - to make them laugh," Brillion said during an interview before taking the stage.

She went on to add that the Fort Dix audience is the most important audience she's ever been in, because of what Soldiers do, because of the service and freedom they provide.

Fort Dix FMWR has several other morale-boosters scheduled for the Spring. The U.S. Army Jazz Ambassadors are scheduled to perform April 1 at the Timmermann Center. An Easter egg hunt with prizes for different age groups is scheduled for April 4 and a Family Fun Fest is planned for April 15.

For more information, please visit the Website: www.dix.army.mil/fmwr.



Ryan Morton

FUNNY GIRL -- Comedienne Gina Brillion performs during the Women's All-Star Comedy Night show at Club Dix, March 13.

Wing chomping champ crowned

Spc. Amburr J. Reese and Staff Sgt. Luke Koladish
114th PAD

Punching the air with his sauce stained fists, Bill Velge celebrates as he is handed a \$100 cash prize after devouring two baskets of Buffalo wings in the first "wing bowl" held at Club Dix, March 13. The Fort Dix Family, Morale, Welfare and Recreation (FMWR) sponsored event is based on a long-standing Philadelphia tradition going back 16 years.

The event pits competitive eaters against one another in a ten-minute "wing off." The Friday night competition sold 288 tickets and featured seven competitors including Spc.

Richard D. Frost, a broadcast journalist with the 114th Public Affairs Detachment. "I entered the competition at the last minute," Frost said.

"Luckily I skipped lunch today, so I had the room. I focused my wing chi and managed to eat 32 out of the 40 wings," Frost said.

Velge, the kitchen manager at Mulligan's restaurant, polished off 40 buffalo-style wings in an impressive nine minutes, 45 seconds. The wings were prepared by Club Dix head chef Miggy Vega. The wings, made with "a secret Hawaiian sauce," were

brought in fresh Friday morning, Vega said.

"I am excited about being a part of the competition. They have to remember it is not how fast they eat it, it's the skill they use," she said.

"I like to take the drumstick by the end and the wings by the tip. It makes it easier to take the meat off the bone," Frost said.

"I didn't think I could finish 20, but then I found myself in the zone," Velge said. The funny thing is, I didn't ever consider entering the competition, he said, adding had never done anything like this before. "I was sort of nominated by my co-workers, so I knew I had to make a decent showing."

And a decent showing it was. The commentator counted down from five and the competitors began ripping into their first basket of wings.

"I knew that I could finish my first basket within five minutes, so I just tried to pace myself," Velge said. The competition was close, I remember

looking to my left and right and seeing that I was within a wing or two of my competitors. When I hit the halfway point I kicked it into high gear.

"I gagged a couple times, but I pushed through it trying to get every piece of meat off the bone."

As the final seconds ticked by the pace of gluttony slowed and the carriage of bone and gristle grew in front of the competitors.

Five, four, three, two, one...Velge was the first Fort Dix wing bowl champion.

"I feel good," Velge said. "I had fun, but I don't think I'll do anything like this again. I mean, I do like Buffalo wings but I normally just try and eat less for health reasons."

Rennee Lamberton, an audience member and a fitness instructor at the Fort Dix field house, speculated it would take about three hours of exercise a day, for three days to burn the calories consumed from 40 wings.

"It varies depending on your age and activity level," added Lamberton. "I think now I am going to buy myself a beer, and then take my family out for dinner with the money I won, preferably not for Buffalo wings," Velge said.

Dix chapel sponsors martial arts display

Ryan Morton
Public Affairs Staff

A martial arts weapons demonstration compete with a display of boards being chopped in half will be presented by martial arts instructor, Peter Liciga, at the Fort Dix Main Chapel, March 25, from 6:30 p.m. to 8:00 p.m. The demonstration is part of the Club Beyond semi-annual Youth Explosion activities, which are used to garner support for Club Beyond.

"Club Beyond is a youth-based ministry program on military installations throughout the world and helps instill values such as self-discipline, self-control and integrity," said Club Beyond director for the McGuire and Fort Dix communities, Oscar Rivera.

"Martial arts instill many of those same fundamentals which is why we thought this would be good for the

Youth Explosion," he said.

The martial arts instructor, Liciga, brings more than 30 years of training in a style of Korean karate known as Tang Soo Do which he teaches in Mount Laurel. He is the founder the "Christian Karate Program," which emphasizes many of the core values found in Christianity such as honor, integrity, and strong character development, according to Chap. (Maj.) Allen Raub, Main Chapel staff chaplain.

"This is the first time we've done something like this for the Youth Explosion and thought it would be fun and get the right messages across to the kids," said Raub.

If you have further questions about the program please call the Fort Dix Main Chapel at 562-2020 or call Oscar Rivera at 609-864-3429.

(Ryan Morton may be reached at ryan.morton@us.army.mil).



Ryan Morton

CHICKEN CHAMP -- Bill Velge, the 2009 Fort Dix Wing Bowl Champion, chows down on Buffalo wings at Club Dix, March 13. He ate 40 wings in 10 minutes and won \$100 for his efforts.

HONORS AND AWARDS



WAR BOUND -- Maj. Shuan Edwards, commander, and 1st Sgt. Peter Leyden, left, 450th Civil Affairs Battalion, Detachment 15, Riverdale, Md., hold their unit's Yellow Banner before hoisting it high overhead during a ceremony at Infantry Park March 16. The unit is headed to Sadr City, Iraq to complete a Civil Affairs mission in support of Operation Iraqi Freedom. Master Sgt. Paul Mills and Col. Kenneth Louis, commander, center, 351st Civil Affairs Functional Specialty Team, Detachment 4, show off their unit's Yellow Banner March 16. The unit is comprised of Soldiers from across the country and is deploying to Iraq in support of Operation Iraqi Freedom. First Sgt. Patrick McDougal and Maj. Stacy Babcock, commander, right, 305th Civil Affairs, Psypop Co., Fort Story, Va., display their unit's Yellow Banner during the same ceremony. The unit is deploying to Iraq to complete a tactical psyop mission. *photos by Wayne Cook*



HITTING THE ROAD -- Capt. Emilio Ocasio and Staff Sgt. Franzmil Baez, 273rd Transportation Company, Movement Control Team, from Fort Buchanan, Puerto Rico, hold their unit's Yellow Banner during a ceremony at Infantry Park March 16. The unit is headed for Afghanistan in support of Operation Enduring Freedom. *Wayne Cook*



WELCOME HOME -- Capt. Lonnie James and Sgt. 1st Class Sonya Driskell, 576th Transportation Detachment, commander and acting first sergeant, display their Yellow Banner and welcome home ceremonial plaque upon their return from a tour in Iraq March 16. The unit, from Panama City, Florida, mobilized out of Dix last year and deployed to Iraq where they performed missions in Kirkuk, Tikrit, and Mosul, as well as other areas of the country. *Ryan Morton*



THE GRAPPLER -- Sgt. Lukas A. Kneeland, 3rd Training Support Battalion, 315th Engineer Regiment, shows off the medal he won at the "Grapplers Quest: Beast of the East" submission grappling tournament at the Wildwood Convention Center in Wildwood, March 7. *Sgt. Nicole Dykstra*

Sailors tackle Army experience

Sgt. Kat Briere
114th PAD

Momentarily immersed in smoke and chaos, U.S. Navy Sailors scrambled to take cover during a training exercise at Fort Dix, March 17.

"Get down, get down, IED, IED," bellowed Petty Officer 3rd Class Derek Messenger, a native of Des Moines, Iowa. Acting as squad leader for the exercise lane, Messenger took charge in the midst of the confusion.

An explosion, simulating an IED detonation, rang out. Following some abrupt direction from the training noncommissioned officer on site, two Sailors dragged a few of their men, one at a time, from the mock explosion site.

"I lost my leg and am unconscious," said Petty Officer 3rd Class, Michael Garcia, the second man pulled out. "I was the front guy so I got hit first," he mumbled while pretending to be injured.

These Sailors are scheduled for an upcoming deployment to Iraq. They are expected to support detainee operations and are busy training mission essentials.

"We have three scenarios and you'll learn from each of

them today," said Sgt. Donald Davis, an instructor with the 2nd Battalion, 309th Training Support Regiment.

Addressing lessons learned from the scenario, Davis asked, "What went wrong here?"

"I should have called a halt," answered Garcia.

"Yes, once you see something like this," Davis said motioning toward a broken-down 90's-model Ford Taurus close to the blast site, "you need to reassess the situation immediately."

He went on to share his experience in theater, elaborating on enemy tactics and how vehicles are being set up as a distraction so servicemembers don't see the threats lying out in the open.

According to Master Sgt. Jamison L. Johnson, an Infantryman and the noncommissioned officer in charge of the range, servicemembers are rehearsing dismounted IED Defeat.

"On this range, Navy and Air Force get the same exact training as the Army," said Johnson. "It's a long day, but it's also some of the most important training they're going to get here. It is one of the biggest threats overseas."

"So far I've enjoyed all of



A DRAG -- Navy Warrant Officer Robert Mathews and Petty Officer 2nd Class Christopher 'C.J.' Dawson drag Chief John Jeffries during a training exercise at Fort Dix, N.J., March 17, after a simulated improvised explosive device detonates during a training exercise. Dix instructor Sgt. Donald Davis looks on as Jeffries pretends to be unconscious. *Sgt. Kathleen Briere*

training," said Navy Petty Officer 1st Class, Eric Brekke, from Norwich Springs, Iowa. "It's a unique experience for those of us in the Navy to come over here and learn a little bit about how the Army runs."

As another simulated IED sounded off behind him, Brekke finished with a satisfied nod and a smile on his face.

"This type of stuff is definitely good training."

Soldier takes grappler medal

Sgt. Nicole Dykstra
72nd FA Public Affairs

international expansion planned over the next 18-24 months.

The tournament consisted of a series of 4 minute elimination matches. Kneeland says his success in the competition was a result of his 17 months of experience as a level one and two Modern Army Combatives instructor for units mobilizing on Fort Dix.

"I wrestled a little in high school and college, but it was really the training and certification process in the Army that enabled me to excel," he said.

Kneeland took third place overall in the heavyweight division.

Kneeland plans on competing in the North American Grappling Association (NAGA) 2009 World Championship in early April in Newark.

Fight Germs and Stay Healthy

If you have a cold or flu:

- Avoid close contact when possible
- Germs are transmitted by sneezing, coughing and even while speaking

Cover your cough or sneeze

- Use a tissue or your sleeve to cover your mouth and nose while coughing or sneezing
- Throw used tissue in the trash

Wash your hands often

- Always wash your hands before eating and after using the latrine
- Wash hands for at least 15-20 seconds with warm, soapy water or alcohol-based gel

Avoid touching your eyes, nose or mouth

- Germs are often spread when people touch something contaminated with germs (for example, other people's hands or smooth surfaces) and then touch their own eyes, nose or mouth

<http://dhs.gov/ncm/npdm/npdm/npdm.htm>
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Calvary

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Tri State

MILITARY MATTERS

Dix Soldier joins elite Army club

Staff Sgt. Luke Koldash
114th PAD

Seattle native Sgt. 1st Class Dameron Bowers, 3/315 Engineer Training Support Battalion, was recognized as one of the Army's top noncommissioned officers (NCO) March 12.

Bowers is charged with training deploying units in the fundamental skills of soldiering at Fort Dix. He was nominated for the Sergeant Audie Murphy Club (SAMC) by Sgt. Major Charles Hawkins in December 2008.

NCOs inducted into the SAMC must exhibit the Army ideals and epitomize the American NCO leadership styles of America's most decorated war hero, Sgt. Audie Murphy.

Bowers put aside all extracurricular activities and began preparing all day, every day for the first of two interview boards.

"I was living and breathing it, to this day I still find myself quoting the NCO creed in the car without even realizing it," said Bowers.

Everywhere he went he carried with him papers, notebooks and army regulations.

He studied for hours, not only understanding each regulation, but knowing when the commander's responsibilities ended and the NCO's began.

Bowers and two of his fellow Soldiers reported on Feb. 13 for the first board at the Kelly Reserve Center just outside of Fort Dix.

He reported early Thursday morning to stand before four sergeants major and two master sergeants, one a member of SAMC.

"The first thing you have to do is recite perfectly from memory a page long bio on Audie Murphy. Get even one

day they went to Arlington to visit Audie Murphy's gravesite.

Murphy is the highest decorated Soldier in American history. The World War II hero's grave marker is online and identical to the rest, save a small walkway to the headstone to accommodate visitors.

"It was a humbling experience, a very humbling moment in my life," Bowers said quietly.

"The key is getting into the seat, once you're there it's your opportunity to sell yourself. They had one guy marching for the full 45 minutes while answering his questions."

-Sgt. 1st Class Dameron Bowers

word wrong and your done," recalled Bowers.

Bowers spent almost an hour answering situational questions and army regulations. Toward the end of the interview, Bowers had to answer his most difficult question, why he should be a member of the Audie Murphy Club.

Bowers told them he lives and breathes the Army Values and would never shy away from a difficult task or mission. He said he would use the honor as a tool for the rest of his career to train, lead and develop Soldiers.

All three NCOs passed the initial brigade board. The next

The final board began March 12 at 1st Army Division East Headquarters, Fort Meade at 7 a.m.

Bowers and his two buddies stood in the basement of the building trying to build each other's confidence. They were the last three of six to appear for the board. They shuffled back and forth joking among themselves trying to relax.

Bowers had changed his Class A's four times. He bought new patches, ribbons and replaced the buttons even though they had never been worn.

He walked in and reported to the board. After performing

a series of facing movements and marching commands, he was ordered to take a seat.

"The key is getting into the seat, once you're there it's your opportunity to sell yourself," explained Bowers. "They had one guy marching for the full 45 minutes while answering his questions."

After each of the five sergeants major and one master sergeant introduced themselves, another round of questioning began.

"You have to learn to control your nerves and look calm on the outside even though you got a basketball bouncing around inside of you," said Bowers.

He came out of the board smiling.

"I knew I had given the best I had," he said.

After the last Soldier finished his interview, Bowers was called back in to the room.

In order for a Soldier to be inducted, the board has to make a unanimous decision. First Army Command Sergeant Major Marvell Dean asked Bowers how he thought he had done.

Good was all Bowers said. At that point, each sergeant major shook hands with him and congratulated him on his induction into the SAMC.

On Tuesday and Thursday evenings at 6 p.m., Bowers oversees a NCO development



Staff Sgt. Luke Koldash

WELCOME TO THE CLUB -- Seattle native and recent Sergeant Audie Murphy Club inductee Sgt. 1st Class Dameron Bowers, 3rd Engineer Training Support Battalion, 315th Regiment explains the duties and responsibilities of noncommissioned officers.

program. The classes are divided into three sections; those preparing for a future SAMC board, another to better understand the role and responsibilities of an NCO and a third geared to preparing for promotion boards.

"I love teaching, this helps

open the doors to help others achieve their goals and overcome their fears," said Bowers.

"Soldiers need to be the best person they can be in uniform every day. You have to strive to better yourself as a person and as a Soldier to become a good person.

Oregon Civil Affairs set for Iraq return

Lisa Evans
Public Affairs Staff

Cleaning his M-240B, 7.62 mm machine gun, Sgt. Steven Long, of the 364th Civil Affairs unit out of Portland Ore., was relaxed, smiling at jokes sent his way by fellow Soldiers, in no rush to enter the melee of packing, travel arrangements and other details going on just outside the door. Around him, other quiet jokes and laughter spilled into the air. Soldiers cleaned their weapons and moved in and out on errands. Using laptops, a couple of officers communicated with loved ones or took care of the last-minute details -- the 364th was almost ready to deploy to Iraq.

March 16, the last day before a scheduled four-day leave, Soldiers from the 364th sat in the dayroom cleaning weapons or finalizing shipments. Lt. Col. Mary Prophet worked to finalize a medical appointment for a Soldier, others tried to get in one last conversation with family. Around them and outside, weapons were being crated, duffel bags sorted, personal belongings carefully stored.

A handful of Soldiers from the brigade left for Iraq March 17. The rest of the brigade will make the long flight after four days leave with family or friends.

Those arriving in theater early include Specialists Ray-

mond Magnussen and Samuel Long, who will manage the supply needs and coordinate movements for the brigade. They went ahead to ensure things go smoothly when the rest of the unit arrives in Iraq.

Magnussen is the Unit Supply Specialist. From Tucson, Ariz., he was cross-leveled to the 364th, he said, but he wanted to go to Iraq so he jumped at this chance for deployment.

"I chose civil affairs mostly because of the type of missions they have," Magnussen said. "It's been a good experience for me. I'm really glad to get a chance to deploy, especially now that Operation Iraqi Freedom is nearly over. So it will be a good experience to get over there. It's going to be nice to get the mission completed and be a part of OIF (Operation Iraqi Freedom)."

Magnussen will handle supply actions for people in the higher headquarters and will order anything they need from helmet brackets to whatever they ask for, he said. He keeps the property book at the company level showing who it signed for what equipment.

Spec. Long, the special operations coordinator for movement for all troops the 364th will oversee, said he will track what civil affairs is working throughout Iraq. Long was cross-leveled to the brigade in November. Long is an Arizona State Trooper who served in Afghanistan on 2007 and is experienced with civil affairs.



Lisa Evans

READY FOR ACTION -- Sgt. Steven Long of the 364th Civil Affairs Brigade, from Portland, Ore., takes a hard look at a building where suspected snipers could be hiding during mobilization readiness training on Fort Dix March 13.

This deployment was involuntary at first, he said, but "Once I got into the brigade I really enjoyed it. I came from a battalion and when I got into the brigade, I saw they were more mission-driven. Communication throughout the brigade from the highest of the officers to the enlisted Soldier was solid. It was very good communication lines, open and very good."

Those communication lines are what will make his difficult job easier when civil affairs activities he will track are spread throughout the country. As a Civil Affairs Brigade, the 364th will be the senior command for several Civil Affairs companies in Iraq, so the 364th is definitely officer-heavy.

While the brigade will not be involved with hands-on construction as it was during his first deployment to Iraq in 2004, when he was just a year out of high school, Long said

police chief etc.," Long explained. "As I understand it, the Iraqis are more than capable of doing the job. All they need is somebody steering them in the right direction."

Long explained that infrastructure in Iraq is now fairly secure, and what the Iraqis need, he said, is simply ways to finish the job.

"The team I'm on is a liaison between Iraq organizations and military organizations. If they want to undertake a project but don't have the means, say to dig a ditch. We'll say we have an engineering unit."

"We will liaise between the Red Cross, Doctors Without Borders, and the military. The liaison will need military assistance in an area and we will give directions on that," Long said.

The 364th has the experience to direct civil affairs operations in Iraq. In just the past few years, the 364th Civil Affairs Bde. has participated in Operation Provide Comfort in northern Iraq, immediately following the Gulf War, and Operation Sea Angel when a cyclone hit Bangladesh in April 1991 killing 100,000 people and leaving millions of others stranded on islands. The 364th also worked with Operation Maintain Democracy, in Haiti and helped organize the elections in Bosnia and coordinated repairs to that country's utilities.

"I'm not saying all the hard work is done. During this second deployment, we're not going to be doing a lot of building, but more or less a lot of public administration, us standing behind an Iraqi, the

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

Suluki

Hanover

Rita's

Military stopping Stop Loss

The Department of Defense announced a comprehensive plan to eliminate the current use of Stop Loss, while retaining the authority for future use under extraordinary circumstances. This is an important step along the path in adapting the Army into an expeditionary force.

The Army Reserve and Army National Guard will mobilize units without employing Stop Loss beginning in August and September 2009, respectively. The Regular (active duty) Army will deploy its first unit without Stop Loss by January 2010.

For Soldiers Stop Loss during fiscal 2009, the department will provide a monthly payment of \$500. Until the department

is able to eliminate Stop Loss altogether, this payment will serve as an interim measure to help mitigate its effects.

"Stop Loss disrupts the plans of those who have served their intended obligation. As such, it is employed only when necessary to ensure minimal staffing in deploying units, when needed to ensure safe and effective unit performance," said Bill Carr, deputy under secretary of defense for military personnel policy. "It is more easily rationalized in the early stages of conflict when events are most dynamic, but tempo changes in this war have frustrated our efforts to end it altogether."

The department intends to provide Stop Loss Special Pay to eligible service members until the point of separation or retirement, to include that time spent on active duty in recovery following redeployment. Stop Loss Special Pay will begin on the date of implementation, and will take effect for those impacted on or after Oct. 1, 2008.

Stop Loss Special Pay implements the authority granted by Section 8116 of the "Consolidated Security, Disaster Assistance, and Continuing Appropriation Act, 2009." The appropriation is available to secretaries of the military departments only to provide Special Pay during fiscal 2009.

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.

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.

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.
CD
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

Lenten and Easter Events

 Stations of the Cross
Every Friday
through
April 4, 6 p.m.

Holy Thursday, April 9
Catholic Mass, 6 p.m.
Play "From Crib to the Cross" 7:30 pm

Good Friday, April 10
Catholic Mass, 6 p.m.

Easter Sunday, April 12
Ecumenical Sunrise Service,
7 a.m.
Traditional (General)
Protestant Service, 9 a.m.
Catholic Mass, 10:15 a.m.
Gospel Service, 11:30 a.m.

ALSTARZ

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 5 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 21
Wii Sports Game
4 p.m. to 5 p.m.

Tuesday, March 24
Triple Play
3:45 p.m. to 4:45 p.m.

Wednesday, March 25
Fashion Design
3:45 p.m. to 4:45 p.m.
Shutterbugs
4 p.m. to 6 p.m.

Thursday, March 26
Cosmetology
3:45 p.m. to 4:45 p.m.

Friday, March 27
Scrapbooking
3:45 p.m. to 4:45 p.m.
Torch Club
4 p.m. to 5 p.m.

Saturday, March 28
Cooking Project:
Monkey Bread
4 p.m. to 5 p.m.

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.

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 eligible for many free and discounted services in CYS respite childcare, reduced full day care fees, free sports and instructional classes. Please call 562-2242 for more information.

ACS

562-2767
Bldg. 5201 Maryland Avenue
Calendar of Events
Tuesday, March 24
Hearts Apart: Poetry Expression
"An Ode to My Military Service Member"
10 a.m. to 1 p.m.
ACS
Compensation Fatigue Workshop Part 2 of 2
2 p.m. to 3:30 p.m.
SFAC

Wednesday, March 25
Navigating the Home Buying Maze
9 a.m. to noon
SFAC

Thursday, March 26
International Spouses Group: Celebrate Black History Month
11:45 a.m. to 1:30 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 consign-ment fee goes to fund scholarships and grants in the local community. Help stimulate the economy while earning extra money. To consign crafts call 723-2683.

Savings Galore-
S2 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.

Volunteers needed -
Volunteers are always welcome. If you or anyone you know is interested in volunteering, call Sylvia at the Thrift Shop.

Goodyear

Burlington County

United Communities

Lifeguards needed- UC 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 cafe. This service is free to all residents of United Communities.

Self-Help Office Information
Saturday, March 21 will be the last day the United Communities 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

As of Wednesday, April 1, the current trash schedule will change. **Trash will now be picked up every Wednesday in all areas** (except compactor areas). Please review the new trash schedule and only place your trash out on Wednesdays.

The recycling schedule has not changed and recyclables will continue to be picked up bi-weekly on Thursdays. Green Waste will also continue to be picked up on Monday for McGuire and Tuesday for Fort Dix.

NEW Trash Schedule
Wednesdays
McGuire AFB
4000, 4200, 4300 and 4400
All of Fort Dix including quarters: 201, 502, 1900,
1900.

Bulk trash is picked up on regular trash day.

Recycling Days:
Every other Thursday

Recycling Memo:
If you require a second recycling container, you may obtain one at the United Communities Self Help Office. Please call ahead so that we can have your bin addressed and ready for pick up. You can reach the Self Help Office at

Friends of Fort Dix
For great friends contact:
Bonnie Reed at 499-3969 or Patricia Keffler at 893-7074 or fort dix spouses club@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.

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 Madness 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 decor.

Framing Qualification Classes - Get qualified to use this great facility and equipment! Complete one piece as you learn to operate the equipment. You are required to bring something in to frame such as an 8x10 photo or certificate. All materials are available at the frame shop and may be purchased at the end of class. **Wednesday Class:** April 1 or 15 6 p.m. to 8:30 p.m. **Saturday Class:** April 4 9 a.m. to 11:30 a.m. (Pre-registration fee of \$10 is required prior to class. Materials not included.)

Surprise in a Box - April 2, 6:15 p.m. to 9 p.m. Fee \$12 Come out for a fun evening of sewing. All materials are included and ready to sew. If you know how to use a sewing machine and like to laugh, this class is for you.

Kids Introductory Painting Class (Ages 6 & up)
Saturdays April 4 - 25, 2 p.m. to 3:30 p.m. (4 week course) Fee \$30
Students will learn how to use acrylics, watercolor, chalk and oil pastels.

Kids/Tweens Pottery Classes

Ages 6-9: 10:30 a.m. to noon
Ages 10-13: 1 p.m. to 2:30 p.m.
Pre-registration required.
Classes cover hand-building (pinching, coiling and slab building) as well as basic wheel throwing skills. Students will be shown basic techniques that will lead to their own creative solutions. Clay, glazes and firings are provided.

NEW Junior Sewing Class -
Beginning sewing class for girls 8-14.
Saturdays - April 4, 18, 25
9:30 a.m. to 11:30 a.m. Note: No class April 11. Class fee: \$50.00, supplies additional. Learn to use a machine and how to choose patterns, fabrics and trims. A project will be completed in this 6-week class.

Krafty Birthdays - Arts & Crafts offers Krafty Birthday Parties. Parties include up to two hours of party room use, one craft project with instruction 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 Contemporary Ceramics Studio offers a large selection of bisque pieces to choose from to decorate 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 decor. 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, Unicorns, Frogs, Tigers and a whole lot more. You can even add an outfit.

Create your own designs for T-shirts and canvas backpacks. Stop in today and have tons of fun stuffing your very own plush animal to take home.

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 5 p.m.

Events Calendar
Army's Jazz Ambassadors in Concert - Free
Wednesday, April 1, Timmermann Center, 7 p.m. Doors open at 6:30 p.m. Custom compositions and arrangements highlight the group's creative talent and gifted soloists. This diverse repertoire includes big band swing, bebop, Latin, contemporary jazz, standards, popular tunes, Dixieland, vocals, and patriotic selections.

Women's Roller Derby - Free: Come see the Hot Rod Devils vs. Penn Jersey She Devils Thursday April 9, Doughboy Gym at 6:30 p.m. Call 562-5355 for more information.

Kiddie Fishing Derby - Free
Ages 2-13, April 11, 8 a.m. at Laurel Pond. Call Outdoor Recreation at 562-6777 and register your children.

Annual Family Fun Festival
April 15. This year we have a new location. The event will take place at the Griffith Field House 10 a.m. to 2 p.m.

The U.S. Army Soldier Show
is coming May 2 and 3! Mark your calendars.

Fountain Green Golf Course
FGGC News and Events
Mulligan's Restaurant
Now open
The Golf Course remains open for play - Conditions permitting.

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.
Pilates Fusion
5:15 p.m. to 6:15 p.m.
Turbo Kick
6:15 p.m. to 7 p.m.
Friday
Spin-It!
Noon to 12:45 p.m.
Step Fusion
5:15 p.m. to 6:15 p.m.
Cardio Muscle
9 a.m. to 10 a.m.

DRM's Barbara Baxter retires after 41 years From St. Louis to Fort Dix, civil servant enjoyed it all

Steve Snyder
Public Affairs Staff

Barbara Baxter is the closest thing to an institutional monument that a person can become on Fort Dix.

She completed about half of her 24 years in the Army Reserve here, serving with distinction under the auspices of the 78th Maneuver Training Command (MTC) for 10 years. And she's worked as a civil servant at Dix since 1971, completing jobs as a receptionist for the Criminal Investigation Division (CID) from Nov. 1971 - January '73, an intake clerk and receptionist for the Transportation Office from January 1973 to November '76, serving as a voucher examiner from November 1976 - February 1985 at the Finance and Accounting Office, jumping over to the status of an Army Guard Reservist (AGR) to tackle recruiting duties for the Army in the Philadelphia area from February 1985 - January '88, returning in triumph to Dix in 1988 to become an accounting technician at the Finance and Accounting Office until June 1994 when, holding the same job title, she worked on managerial accounting for the Directorate of Resource Management, going on to become a budget technician for DRM and the 1079th Garrison Support Unit from 1997 to '2002 and finally back to DRM.

Barbara retires this month. Team Dix will sorely miss her. Elle est magnifique!



Steve Snyder
**Barbara Marie Baxter
Dixan to the core**



HAPPY OFFICE -- Barbara Baxter, second from left, takes a break in her office with some buddies from the Directorate of Resource Management in 2003.



STANDING TALL -- Barbara first joined the Army Reserve in 1975 and went on to spend 10 years with the 78th Maneuver Training Command (MTC) at Fort Dix, three years as an Army guard Reserve (AGR) recruiter in Philadelphia (often working out of Camden), about nine years working on an IMA tour at the Pentagon as a Reservist, five years with the 228th Aviation Bn. at Horsham, Pa. before joining the 1079th Garrison Support Unit at Fort Dix when that group moved down from Fort Indiantown Gap in Pennsylvania in 1997. Baxter retired in 1999 while serving in the 1079th, ending her Reserve career with 24 years of stellar service. Above, she stands for her official photo in 1993 at Horsham.



WE ARE FAMILY -- Barbara and husband Al Baxter, a retired first sergeant from the U.S. Army, hope to play much golf together during retirement along with trying to maintain Barbara's 185 bowling average. The Baxters have four children and 17 grandchildren and will undoubtedly be spending some time with younger members of the family.



I'VE GOT ALL MY SISTERS AND ME -- Born into a large family in Cairo, Ill. (where the Ohio and Mississippi Rivers meet), family life has always been a major preoccupation with Barbara. Back in Cairo, her family included three sisters and eight brothers. The sisters, above, are (l-r) Patricia Thomas, currently residing in sunny California; Yolanda Simon, a resident of Carbondale, Ill.; Barbara herself, who has settled down into Lumberton while her remaining sister Rubie Gregory lives in Pemberton. It was Rubie who persuaded Barbara to make the trek up to Fort Dix from St. Louis long ago, finding not only a new job but a new life as well, one intimately connected with the United States Army. Barbara and all of her sisters, incidentally, are graduates of Southern Illinois University, nicknamed the Salukis (greyhounds thought to be oldest known breed of domestic dogs), and known for its fine business schools, automotive technology program, and an outstanding education department (Barbara majored in secondary education). Barbara says she hopes some of her family can attend her farewell lunch, today.



PAYING TRIBUTE -- In 1984 Barbara, right, visited the Vietnam War Memorial in our nation's capital to honor Soldiers who fought and died there. When Barbara began working at the Records Center in St. Louis in 1966, she recalls feeling "very, very sad" handling the files of American fatalities in that nightmare campaign.



MOVING UP -- Barbara Baxter is promoted to the rank of Sergeant 1st Class in a ceremony held on July 24, 1982, at Fort Dix by officers and troops of the 78th Maneuver Training Command (MTC).



PIN-UP -- Al Baxter's favorite picture of his wife taken when she was on recruiting duty in Philadelphia in 1985.

All photos courtesy of Barbara Baxter unless otherwise indicated.

RECRUITING DUTY -- Photo at left was taken in 1985 when Barbara Baxter began a three-year tour as an Army recruiter with the Philadelphia Recruiting Bn. Barbara says she enjoyed the tour but the hours were brutal and she was happy to return to Fort Dix to work as an accounting technician in the Finance and Accounting Office in 1988. She then helped to square away the Army Family Housing Management Account, here.

Central Michigan University

Iron Skillet

SPORTS

First responders pump iron for cause

Sgt. Nicole Dykstra
72nd Field Artillery Brigade

At a time when many people are making New Year's resolutions they will never keep, three Soldiers of the 3rd Training Support Battalion, 315th Engineer Regiment and one from the 2nd Training Support Battalion, 312th Infantry Regiment, began taking serious steps to improve their health - participating in the 911 Fitness Challenge.

"Team Sapper" consists of four Soldiers assigned to the 72nd Field Artillery Brigade: Lt. Col. David Knellinger, 3-315th commander; Capt. Joseph Knowlton, 3-315th Unit Mobilization Assistor (UMA) Officer in Charge; Sgt. 1st Class Martin Long, 3-315th first sergeant; and Sgt. 1st Class Gregory Throckmorton, 2-312th information technology and communications sergeant.

Feeling more in shape and basking in a glow of better health, the four are now hoping to beat out over a thousand other regional teams who also entered the nationwide challenge. The 911 Fitness Challenge is a 12-week weight loss contest for public safety personnel to lose body fat and gain muscle mass in a team of three to five members. The goal is to provide a motivational incentive for 911 responders to engage in fitness-oriented activities and to experience the benefits of a higher quality of life in fitness.

Teams are divided into four regions: Southeast, Central, Western, and Northeast. The team from each region that collectively loses the most weight and gains the most muscle mass will win \$5,000. Winning teams will fly to Las Vegas to receive their checks inside the Octagon during an Ultimate Fighting Championships (UFC) match in May.



Nicole Dykstra

MUSCLE MEN -- Lt. Col. David Knellinger, 3rd Training Support Battalion, 315th Engineer Regiment commander; Sgt. 1st Class Martin Long, 3-315th first sergeant; Capt. Joseph Knowlton, 3-315th Unit Mobilization Assistor Officer in Charge; and Sgt. 1st Class Gregory Throckmorton, 2nd Training Support Battalion, 312th Infantry Regiment, pause their workout at the Griffith Field House on Fort Dix, Mar. 11. "Team Sapper" is participating in the 911 Fitness Challenge, in which teams compete to lose the most weight and gain the most muscle.

Airfare and hotel expenses are paid by 911 Fitness.

"Team Sapper" had their "before" photos taken at the Griffith Field House on Fort Dix in the first week of January. The GFH staff also recorded their official pre-challenge weight and body fat percentage. These figures and photo were sent to 911 Fitness where they can be compared to their results from April. While they can't always work out together, the four Sappers

keep in close contact with each other in order to monitor progress and sustain motivation. In fact, the four of them have their own internal competition going on to see who can achieve the best results, said Long.

"We each have different goals, so we try to help out by being really supportive and encouraging each other," said Knellinger. "It's especially important during the winter months, when you tend to

slow down a little."

"Our goal is not only to improve our own health, but to promote an overall healthy lifestyle throughout the entire battalion," said Long. "And hopefully, that lifestyle will spread through the rest of the brigade. We want to lead by example."

To date, Knowlton has lost an inch off his waist, gained an inch in his neck, and improved his run time by three minutes. Knellinger has been able to

increase his daily distance on the rowing machine to 10 kilometers and has lost 15 pounds. Long has dropped 3 percent body fat and can nearly max the Army Physical Fitness Test (APFT), while Throckmorton has dropped 2 percent body fat and gained 3 pounds of muscle.

The results of the positive environment are obvious, and not just within the team. Soldiers who are not competing in the fitness challenge fre-

quently ask to join "Team Sapper" in their workouts, said Long, adding that several Soldiers who were in the weight control program have reached their weight goals, and APFT failures in the battalion have gone down considerably as well.

"We aren't trying to be these huge steroid freaks or anything, we were just looking to become more fit, have a better diet, and live a more healthy life," said Long.

"That's a good point," agreed Knellinger. "We want to develop the kind of fitness that lasts a lifetime rather than create a body that is good for a few years and then breaks down."

In order to be eligible for the challenge, team members must be active or retired police officers, firefighters, paramedics, EMS, servicemembers, corrections officers, nurses, physicians, or spouses of anyone falling under the 911 responder category. Proceeds from registration benefit the Shriners Hospitals for Children, which provide free medical services to children.

Teams must have their final weight in, body fat percentage and an "after" photo within a week of April 1, so Team Sapper will be back to the Griffith Field House to get their official calculations done. 911 Fitness will then enter the data from each of the teams and get an average, which will be the team score. Winners will be announced shortly after that.

Interested in participating in the 911 Fitness Challenge next year? Make sure you are setting realistic goals, suggests Long, and know your body's limitations.

"Nutrition is definitely a huge factor in your success, too," he said. "A healthy diet along with regular exercise goes a long way."

For more information, visit www.911fitness.com.

Students run for wounded

Wayne Cook
Public Affairs Staff

The Princeton University Army Reserve Officer Training Corps (ROTC) will host the First Run for the Warriors on the campus at 9 a.m. April 25. The run is dedicated to military members wounded in Afghanistan and Iraq and their families.

The Run for the Warriors is a celebration of the strength and resolve of wounded military members and their families; and a promise that their sacrifices will not be forgotten, nor their needs unmet. It

is a Hope for the Warriors event. The mission of Hope for the Warriors is to enhance quality of life for service members and their families nationwide who have been affected by injuries or death in the line of duty.

The race will take place on the Princeton campus near Jadwin Gym and Fitzrandolph Field. The course will wind through scenic Princeton University, Carnegie Lake and a portion of the route will be along the Delaware and Raritan Canal Towpath.

All runners are invited to participate. Discounts are available to students and military

members who show an identification card at packet pickup. There will also be discounts for multiple runners from a single family household.

Prizes will be awarded to the top three male and female runners of each age group and to the top three male and female runners overall. Door prizes will be raffled off and post race food and entertainment will be provided.

For information on registration or the event call Capt. Nicholas Sanchez at 609-258-4225.

(Wayne Cook can be reached for comment at wayne.a.cook@us.army.mil)

Hoopster takes it to the hole

Tyquan Curtis, 4, Dynasty, drives to the hoop for a lay-up during their 42-40 win over the Red Legs, March 3. In more recent action throughout the league, the Warriors defeated the Beasts, 58-52, March 12, the Dunkademics defeated the Renegades, 63-51, March 17, and FCI defeated Fort Monmouth, 62-38, March 17. The Wildcats lead in the overall standings with a 7-0 record, followed by FCI, at 7-1, Navy at 5-2, Fort Monmouth at 5-3, TLC at 4-3, and Red Legs at 3-4.

Ryan Morton

