

thePost

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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 -- Mostly sunny, high of 64 degrees and an overnight low of 42.

SATURDAY -- Mostly cloudy, chance of showers, high of 55 and overnight low of 46 degrees.

SUNDAY -- Cloudy, thunderstorms likely, high of 62 degrees and low of 46.

MONDAY -- Mostly cloudy and strong chance of showers, daytime high near 58 degrees and overnight low of 37.

TUESDAY -- Mostly sunny, high near 60 degrees, cloudy into evening with overnight low of 40 degrees.

WEDNESDAY -- Chance of showers, mostly cloudy, high near 61, overnight low of 42 degrees.

THURSDAY -- Partly cloudy, high of 58, low of 44 degrees.

Services keep 'Vigilant Guard'

Sgt. Kat Briere
114th Public Affairs Detachment

The tarmac of McGuire Air Force Base (AFB) bustled with activity March 22, as Airmen loaded the cavernous interior of a C-5 Galaxy aircraft with emergency vehicles of the Department of Homeland Security and Federal Emergency Management Agency (FEMA).

The equipment was bound for "Vigilant Guard," an exercise to test the capabilities of the Puerto Rican Army National Guard (PRARNG) and local agencies to respond to a natural disaster.

In this exercise scenario, Puerto Rico has a high magnitude earthquake that has disrupted electrical and telephone service and caused minor structural damage to some highway bridges throughout the southern part of the island. Resources stretched to the maximum, the government requests aid from FEMA to deal with the disaster.

"The Puerto Rican National Guard is training their troops to respond effectively to a natural disaster," said U.S. Air Force Capt. Justin Garren, an airlift coordinator, 621st Contingency Response Wing (CRW), McGuire AFB.

"FEMA wanted to participate and Puerto Rico agreed," Garren said. "Not long after, the 621st said, 'We'd love to play too.'"

"There is a cascading effect with the agencies and people involved," (continued on page 3)



Pascual Flores

DISASTER BOUND -- McGuire Air Force personnel watch as a Department of Homeland Security's FEMA command truck is loaded onto a New York Air National Guard C-5 Galaxy aircraft Sunday in preparation for Exercise Vigilant Guard being conducted in Puerto Rico.

Change: Here it comes again

Wayne Cook
Public Affairs Staff

Fort Dix employees find the questions going round and round in their heads as the change to Joint Basing takes shape: "Will I have a job, where will it be, will it be the same job I have now, will the Air Force RIF me and will the Army change its mind about ASA and Lord, I am tired of this never-ending chaos."

With the transition to Joint Base McGuire-Dix-Lakehurst looming ever closer, many installation employees are apprehensive about the future. It isn't, after all, like many of them haven't been through a lot of change already, with several rounds of Base Realignment and Closure

recommendations, contracting out and transformation on the post during the past 20 years.

Government employees had the chance last week to learn how to deal with the questions, even if the answers are still not clear, at a series

"People can have some control over their situations during change. They can decide to go along with the organization or move on to another venue of employment. An individual may decide to further his or her education to provide opportunities for advancement. The question is, 'What are you going to do for yourself?'"

Frank Trout

of informational seminars on Change Management at Timmermann Center March 17, 18, and 19.

Post Commander Col. Ronald Thaxton, target of many of the ques-

tions and concerns during the past two years, put in a request to Frank Trout, chief, Human Resources Development Division, Northeast Region, at Aberdeen Proving Ground, Md., to find any programs that could be shared with post employees that do to help themselves through the transition. The commander understands what the people are going through and wants to help them get through it," said Trout.

Trout and a co-worker, Henry Vargas, hosted the seminar and shared from their many experiences going through multiple changes and transitions during their long careers in the military and civilian lives. Using a slide show and accompanying brochure, Trout discussed some of the feelings that change generates in people such as fear, stress, uncertainty, frustration, resentment, depression, betrayal, and others.

According to Trout, most employment related changes are economically driven and are better for the majority of the employees. Change can (continued on page 3)

Pinning on the past

Veteran honored for Army, Air Force service in two wars

Jennifer Chupko
Public Affairs Staff

"Poor is the nation that has no heroes, but beggared the nation that has them and forgets."

Anonymous The United States is rich in heroes, and though it took 56 years, it remembered one of its own March 22 in an awards ceremony in Timmermann Center.

Tech. Sgt. Charles E. Wentzell, age 86, of Salem, walked sharply down an aisle lined with veterans and civilian supporters holding American flags. He stood proudly on stage accompanied by Air Force Col. Giordano McMullen and Army Lt. Col. Michael Worth, Mobilization Readiness Battalion commander. As he accepted the numerous awards, Wentzell said his toes still tingled from the frostbite he suffered during his escape from a Chinese prison camp almost 60 years ago.

It is the story behind those awards that matters the most. Wentzell's story is the saga of a prisoner of war (POW), a Soldier and Airman, a man who twice volunteered to serve his

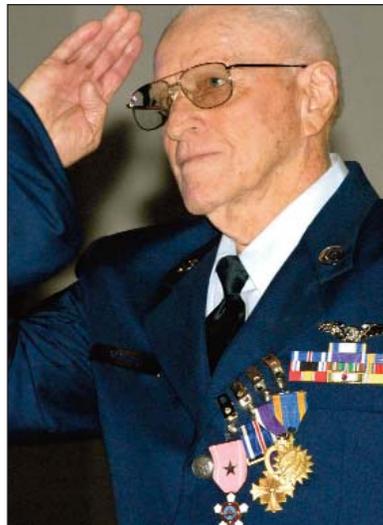
country. Wentzell joined the Army in 1942 and completed basic training at Fort Dix. A year later he volunteered to be a gunner in the Army Air Corp aboard a B-17 bomber with the 95th Bomb Group, 13th Combat Wing, 8th Air Force, England.

After flying more than 30 bombing missions over Germany, Wentzell left the military. It was a decision that didn't last long. After just five years, he was drawn back into the military with a mission to serve in the Korean War. He enlisted in the Air Force to satisfy his taste for flight, but none of the conflicts he saw in World War II equaled what he would endure in the Korean.

"We were all standing up for freedom," said Wentzell. "This is what America is all about."

As hostilities escalated in Korea, the United Nations Security Council recommended a unified command of allied forces in Korea. President Harry Truman appointed General Douglas MacArthur as Commander in Chief, United Nations Command.

The U.S. forces under MacArthur's (continued on page 4)



Spc. Ambrur J. Reese

HONORING A HERO -- Former Air Force Tech. Sgt. Charles E. Wentzell salutes after being presented with the Prisoner of War medal at a ceremony on Fort Dix March 22.

delectations

Bevy of classic brews, screens add spice for the sports-minded at P.J. Whelihan's

Epicurean delights



Steve Snyder
Public Affairs Staff

P.J. Whelihan's Pub and Restaurant is a sports bar worthy of the name, located in the sylvan splendor gracing Medford Lakes. It's only a little over a half-an-hour from Fort Dix, making for an idyllic drive as Spring finally arrives.

One of eight pub/restaurants in a chain pockmarked across northern New Jersey and southern Pennsylvania, P.J.'s maintains 18 television sets of various sizes constantly blaring to keep fans abreast of whatever's happening in jockdom at the moment. It's bar, what's more, offers an unusually wide variety of the finest beers available in this area - at very reasonable prices.

P.J.W. Copper Lager is the chain's very own home brew, first pouring out of spigets in 2006 and delighting savants of the suds ever since. It costs \$4 for 22 ounces of taste reminiscent of Old World gusto.

In addition to Copper Lager, other beers on draft include Bass Ale, Blue Moon, Guinness, Harp, Leinenkugel's, Peroni, Sam Adams Lager, Rolling Rock, and Stella Artois. Brews available in bottles include Dos Equis, Heineken, Killian's Irish Red, and New Castle Ale.

The bar also offers obligatory light beers for those resistant to imbuing the nectar of the gods or who simply lack taste buds.

Monday's beer special features pints of Stella Artois or Bass Ale for only \$3. Tuesday salutes Irish ales with Guinness, Harp and Smithwick on tap at three bucks while Wednesdays are reserved for Copper Lager all day at the same price.



DINING AREA - Rustic charm pervades the architecture lining the dining area and beer hall at P.J.'s.

Troop diets leading to another battle of bulge?

Veterans looking back on their military careers may have several different reactions when they recall mess halls they have known but perhaps not loved or field-expedited meals, eaten on the run or even with enemy forces breathing down their necks.

I was too young to try K-rations from World War II but remember my old puppy grousing about them. I did think the Vietnam era's C rations were okay. They had cigarettes, chocolates and, well, everything, stuffed within their plastic portals. Meals Ready-to-Eat or MREs, on the other hand, were hard to grow fond of.



COUNTRY CHARM - The sports motif is prominent in the P.J. Whelihan's chain of eight pub/restaurants stretching across New Jersey and Pennsylvania, and dedicated to spacious dining while serving some classic brews. Above, the P.J.'s at Medford Lakes is a spacious establishment featuring 18 televisions ideal for sports fans keen on catching major events, like the current NCAA college basketball tournament, on the tube. Just drive west on Route 70 until approaching the town of Medford, turn south at signs pointing to Medford Lakes and then travel south on Main Street at the Lakes until running into Stokes Road (Route 541) which you follow until Stokes intersects with Tabernacle Road (Route 532). P.J.'s lies at the intersection.



CAFE SOCIETY - P.J. Whelihan's is primarily a sports bar, i.e., it has televisions everywhere and channels remained glued to ESPN and the like. At left, a glass of P.J.'s home brew, P.J.W. Copper Lager, mesmerizes, its brownish-gold luster shimmering across the main bar's counter. Named for its color, the lager combines whole flower European hops with a variety of German malts including Pilsner, Munich and Vienna variants. It sells at \$4 for a 22-ounce drink and was introduced in 2006 simultaneously at all Whelihan establishments.

photos by Steve Snyder

Short order specialties dominate the menu at P.J.'s and variety pervades the offerings.

The pub's buffalo wings and shrimp comes with any of five sauces: mild, Chipotle Lime BBQ, hot, inferno and hot'n honey. Ten wings run at \$7.49, 20 at \$14.49, and 50 at \$29.99. Five shrimp cost \$6.99 while 10 run \$13.49.

Burgers are good but the usual with the exception of Bison Burgers at \$8.99 featuring the tangy taste of lean ground bison meat.

Variety abounds in their sandwich section which includes the crab cake sandwich (\$8.99), classic cheese steak (\$7.49), Pilgrim pub club described as oven-roasted turkey served with piping hot stuffing and cranberry sauce on a fresh kaiser roll at \$8.29, Guinness BBQ meatloaf featuring a healthy portion of meatloaf grilled and braised with Guinness and barbecue sauce and topped with fried onion straws and Swiss cheese on Texas toast for \$8.49 and Cajun Tilapia



CONGENIAL CLIENTELE - Customers appear friendly at P.J.'s, a ideal locale for keeping abreast of sports and meeting like-minded enthusiasts.

with grilled Tilapia dusted with Cajun spices and a side of creole mayo for \$8.99.

Malibu shrimp (\$8.99), Southwest Egg Rolls consisting of crispy flour tortilla stuffed with smoked chicken, black beans, corn, red pepper, spinach and jack cheese for \$7.99, Slider Starters for \$6.99 made of three mini sandwiches served on potato bread with Angus burgers, port BBQ or crispy chicken, Chesapeake

Crab dip (\$8.49), and Irish Nachos (\$9.99) are among the more interesting offerings listed as starters or first courses.

For those wanting to catch a drink and sample a meal without missing a smidgen of the big game, P.J. Whelihan's is worth serious investigation. The people there are nice, too, no small matter when the tempo of the times seems increasingly surly. Cheers for P.J.'s.



THANKSGIVING FEAST - Troops eat huge Thanksgiving meals at a Baghdad base last November.



CHOW TIME - A break for food was often among the few unalloyed pleasures that were not ruined by the rigors of combat. At left, a doughboy digs in during World War I. On the right, American Soldiers eat a meal in the mud somewhere in France in 1944 during World War II.

The ordeal of change



FALLING DOWN - Michael Douglas portrays an out-of-work defense contractor in "Falling Down" (1993) who, caught in a traffic jam with a broken air conditioner, finally loses it in the LA heat, walking home in a rage. On the way he tangles with a price-gouging immigrant shop-keeper, Hispanic gang members, fast food bureaucrats, a neo-Nazi gun nut, goldbricking construction workers, obnoxious seniors on a golf course, a plastic surgeon living in luxury and one good cop who tells him the truth. His is a classic case of too much change, too quickly, leading to stress bursting into catastrophe.

Change can slide into chaos

Steve Snyder
Public Affairs Staff

I attended last week's half-day session about Change Management conducted by Frank Trout, chief of the Human Resources Development Division, NE Region, Aberdeen Proving Ground, Md. and Henry Vargas from the same organization.

I enjoyed the classes, found them interesting and very topical, too. Change is certainly in the air as the Joint Task Force takes hold here but, come to think of it, major change has been a constant on Fort Dix since the end of the 1980s.

Nationally, humorless ideologues calling themselves reformers constantly harp about the sclerotic nature of the federal bureaucracy. In their view, civil servants are indolently dedicated to unbalancing budgets, breeding red tape and bloating their own workforce.

Double standards
They do not criticize, of course, the sharks feasting on Wall Street or puerile politicians clinging at all costs to elective office. Those folks have done such a wonderful job, after all, in stimulating the nation's economy.

If civil servants remain a part of the public's favorite whipping boys, the fact remains that we probably have, on occasion, sparked growth or led one to stumble upon new opportunities.

Change a pain
Rituals of change have proved to be mostly a pain in the ass. But they have, on occasion, sparked growth or led one to stumble upon new opportunities.

Change is often traumatic, then. It can best be endured by bending to its imperatives. We have to hang loose enough take advantage of avenues to grow but avoid following a philosophy of fear. We shouldn't construct edifices which only constrict stress to the point where it can even threaten the life of the afflicted.

Furthermore, studies show that major life changes don't to other people will do. Cultivating courage helps, too.

the Post

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Workforce works on change

(continued from page 1)
enable an employer to provide better benefits or pay package to the employees or provide a better working location or process for the organization.

Trout emphasized that during transitions each individual must take responsibility for how they will handle the change.

"People can have some control over their situation during change. They can decide to go along with the organization or move on to another venue of employment. An individual may decide to further his or her education to provide opportunities for advancement. The question is, 'What are you going to do for yourself?'" Trout said.

Trout pointed out that people need to let go of the things they have no control over and can't change.

The realization that there are things beyond the control of individuals helps everyone cope more efficiently with those things they can change.

They must also have a strong support system — family, spiritual leader, faith, and friends — to help them get through the transition.

"Without dealing with the feelings that are experienced due to impending change, the individual will be affected adversely, both professionally

and personally," said Trout. Those in attendance were shown a short film entitled Who Moved My Cheese, based on the award winning book by Spencer Johnson, which is a motivational book that helps

"We need to understand that change is hard on everybody. We need to have patience to allow transformation to happen and information to flow to us. Our sources of information should be the commander, our supervisors, and by attending and participating in Town Hall Meetings. We should not be getting our information from gossip and rumors."

the reader to recognize and accept change in his or her professional and personal lives, and even to take advantage of those changes to improve personal and work situations.

Vargas shared, "We need to understand that change is hard on everybody. We need to have patience to allow transformation to happen and information to flow to us. Our sources of information should be the commander, our supervisors, and by attending and participating in Town Hall Meetings. We should not be getting our information from gossip and rumors."

People should be aggressive information consumers, and take advantage of all sources of legitimate information available to them.

He said, in order to make a smooth change, the individual must be comfortable with the change and have the capacity (information) about the requirements for the change.

Vargas encouraged the attendees to remember that through all of the transformation they must not lose sight of the continuing on-going mission.

"They must remember that Soldiers are still priority one and the mission must be completed."

"Each individual must decide what success means to him or her," concluded Vargas.

The members of the audience seemed pretty intent on the message being delivered, with almost all attention focused on the two speakers

and the messages they brought. "They were very informative on how to deal with the feelings that I am having. I think it helped bring the staff workforce together, knowing that we are all going through this transition together," said Theresa Eckstein, a non-appropriated funds human resource assistant.

"The seminar was very helpful, not only for the transition to McGuire, but also for life. I think more people need to be more open. It helped take away some of the uncertainty," said Sharon Gardner, school liaison, Child and Youth Services.

The speakers were encouraged by the reception that the audience gave to the information they shared.

"I think the people are receiving what we share. They are realizing that there are things they can

do to help themselves," Vargas said.

Although some of the attendees voiced negative comments on the session, the overall mood was more upbeat and positive about what the future may hold.

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



SPREADING THE WORD — Frank Trout, chief, Human Resources Development Division, Northeast Region, at Aberdeen Proving Ground, Md., shares change management techniques with the Fort Dix workforce last week.

Commanders cite top security concerns

By Donna Miles
American Forces Press Service

WASHINGTON, March 25, 2009 — What keeps the top U.S. commanders up at night? Three four-star officers from Europe and the Pacific got asked that question yesterday during a House Armed Services Committee hearing and shared their most pressing concerns.

Army Gen. Walter "Skip" Sharp, commander of U.S.

Forces Korea, said his No. 1 concern lies directly north of his Seoul headquarters. "It's the Kin Jong II in the North Korea regime... and his willingness to be able to do everything he can for his regime's survival," even at the expense of his own people, he told the panel.

For Army Gen. Bantz J. Craddock, commander of U.S. European Command, the biggest concern is making sure NATO has a force "ready and adequate" to respond to a threat or direct attack.

Meanwhile, at U.S. Pacific Command, Navy Adm. Timothy J. Keating said he sees "the spread of radical terrorists and those who would support them" as the biggest threats in an otherwise stable region.

Sharp called North Korea "the primary threat to stability and security in northeast Asia."

"We continue to be concerned with the threat posed by North Korea's large conventional military, artillery, ballistic missiles and special-operating forces, all that are located

very near the North-South Korea border," he told the panel.

In addition, North Korea is the world's leading supplier to ballistic missiles and related technology, and a major proliferator of conventional weapons, he said.

Sharp pointed to North Korea's most recent provocations — including a planned satellite launch — "an attempt to ensure the regime survival and improve its bargaining position at international negotiations to gain concessions."

Meanwhile, Craddock said his biggest issue is ensuring the 26-nation NATO alliance is ready to respond to "Article 4 or 5 directives" issued due to a direct threat or attack on a NATO ally.

"It's when they tell me to do it, I have something capable to do it with," Craddock told American Forces Press Service.

Russia's incursion into Georgia last summer shook some long-held assumptions, he said during yesterday's testimony.

"For years — 15, 16 years — the assumption made in our focus on Europe was that there would be no invasions of any-

one's land borders," Craddock said. "Well, that turned upside down, and that created an angst, a sense of tension among many of the NATO nations."

The key in moving toward

"We continue to be concerned with the threat posed by North Korea's large conventional military, artillery, ballistic missiles and special-operating forces, all that are located very near the North-South Korea border."

Gen. Walter "Skip" Sharp, Commander, U.S. Forces Korea.

the future, he said, is to "find and strike a balance between Russia and the NATO members and NATO partners."

"I believe we need to open up a dialogue and an engagement both bilaterally, the United States with Russia, and also from an alliance perspective,"

Craddock said.

As the discussion turned to the Pacific, Keating told the committee, "We don't lose sleep over many things at our headquarters."

He called the threat of violent extremism a black mark in his area of operations that's otherwise characterized by "a remarkable level of stability."

Keating noted progress made in preventing its spread, particularly in Indonesia and the Philippines, during congressional testimony yesterday and last week.

"I think we're making reasonable to good progress on our efforts to make life difficult for them, to reduce their number and to reduce their support base," he said.

Pacom currently has about 650 special operations forces in the Philippines, training the Philippine military, Keating told the panel. As a result of this type of cooperation, the Philippines' armed forces are

"making great strides in reducing the vulnerability and the sustainability of the Abuay Sasyaf group and the Jamaah Islamiyah terrorists that have been trying to secure a foothold in the southern Philippines," he said.

Volunteers are needed
for
Fort Dix Special Observance Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

For more information call
Denise Horton at 562-4011

Honoring the Colors

Military personnel in uniform	Reveille 6 a.m. (0600 hours)	Retreat 5 p.m. (1700 hours)
Stand at attention, face the flag and salute at first note.	Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.	Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.
Military personnel not in uniform, civilians	Stand at attention, face the flag and place right hand over heart at first note.	Stand at attention, face the flag for Retreat, then place right hand over heart at first note of To the Colors.
Military personnel in formation or in a group	Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.	Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of To the Colors, then "Order, Arms" at conclusion.
Individual military personnel, civilians in a vehicle	Stop vehicle and exit. Follow steps above.	Stop vehicle and exit. Follow steps above.
Group of military personnel in a vehicle	Stop vehicle. Individual in charge exits and follows steps above.	Stop vehicle. Individual in charge exits and follows steps above.

Other bugle calls heard on post are:
Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

'Vigilant Guard' underway

(continued from page 1)

Barbara Lynch, spokesperson for FEMA said, "Today we're working with 621st CRW and the New York Air National Guard, who are providing airlift support to get these vehicles in place."

The goal of the exercise is to get the necessary people and equipment to the areas affected by the disaster using military federal and local agencies.

Gary Mitchelson, a tactical

communications officer with Immigrations Customs Enforcement watched as the Falcon, a van retrofitted for satellite communications was loaded onto the aircraft. "We're part of the incident response unit," said Mitchelson.

"We're taking this vehicle to provide inter-operable communications for federal and

local law enforcement agencies."

Vigilant Guard is an exercise sponsored by the National Guard Bureau that provides State/Territory National Guard Joint Force Headquarters, Joint Task Forces and Field Units an opportunity to improve command and control as well as operational relationships with internal, regional non-military, and military partners against homeland security threats.

"Working together comes from Hurricane Katrina," said Don Manuszewski, chief, Information Strategies Division, U.S. Army North. "We're learning how to better assist the American people. This is a fun exercise, and it will pay huge dividends for the way we work in a real disaster."

For the latest information on weather related delays or closings
Weather Information Line
562-4065
WDIX Channel 2 on cable system or WWW.DIX.ARMY.MIL

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

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

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

APARTMENTS FOR RENT

Second floor one-bedroom apartment, partly furnished, very clean, all utilities including cable included, no pets, \$650 per month.
First floor one-bedroom apartment, fully furnished, clean and with all utilities, no pets, \$550 per month.
On Lakehurst Road in Browns Mills.
For more information or to set up an appointment, call 609-893-7980.



William Bricker

FREEDOM RIDERS -- Members of the Warriors Watch Motorcycle Riders and Department of Defense Police escorted Tech. Sgt. Charles Wentzell to his award ceremony March 21. Wentzell received awards for his military service during World War II and Korea.

Veteran honored for service

(continued from page 1)
command included four divisions. The 7th Division was ordered to retrieve air-dropped supplies on a frozen, snow-covered spot in North Korea Oct. 24, 1950. Wentzell had an essential role as the radio operator, serving as a spotter for direct air-attacks.

"We made it to the Manchurian border when we were ambushed," said Wentzell.

The 7th Division was surrounded by Chinese forces the next day, but the Soldiers fought their way out of the encirclement after suffering heavy casualties. Every Soldier in the division was either killed or wounded.

"The enemy closed in, and we had orders to fight back," said Wentzell. "We fought them off as long as we could until the others made it back to safety."

The battle that began with uneven odds escalated into an overwhelming attack by the Chinese. Wentzell and four others held off the enemy to allow the other men an opportunity to scramble to safety.

Wentzell was the last line of defense. Overpowered by the troops, he was taken prisoner.

"We tried the best we could, but they surrounded us," said Wentzell. "They took me to a farm house in a Chinese prison camp and interrogated me," said Wentzell.

The POWs were given only frozen rice balls to eat and had to lay them in the sun to warm

them so they could be eaten. For three months, Wentzell braved the cold in the prison camp with other prisoners.

"At the farmhouse where they kept us, there were two gates on opposite ends, but one gate didn't have a guard for a short time at night everyday," said Wentzell. "After three

"Far too often we overlook those who deserve recognition. We must remember that some gave a lot, some gave a little and some gave it all."

— Edward Rohan

months, one day I wrapped my shirt around my feet to use as shoes and ran."

Without food or water, Wentzell was on the desperate run for safety for 13 days in mid-December.

"I ran for days and finally saw a troop," he said. "I took a fifty-fifty chance they were American."

Wentzell was in luck, and the troop was American Soldiers.

"I don't remember which troop, but I was sure happy to see them," said Wentzell.

Wentzell ended up in Walter Reed Hospital. He was formally discharged from the service without his uniform, without any recognition. After that discharge, Wentzell was a truck driver for Cross Trucking.

He is a widower with one son, Charles T. Wentzell, and a grandson who is in the Army.

Retired Civil Air Patrol Maj. Edward Rohan, who spends his life helping war veterans, became good friends with Wentzell at a Christmas party at the Vineland Veterans Facility in 2007.

"I want everyone to be proud. It is not the medals that are important," said Rohan.

"It is about this kind of recognition for all of the military, not just the Army and Air Force."

When Rohan submitted paperwork to get Wentzell the awards to which he was entitled, a package full of medals arrived in the mail.

Wentzell was never formally presented with any awards, and Rohan decided it was time.

"Far too often we overlook those who deserve recognition. We must remember that some gave a lot, some gave a little and some gave it all," said Rohan. "We sleep well at night, yet forget to thank our deserving military heroes both past and present. That's why we are here. Tech Sgt. Charles E. Wentzell is one of those heroes. This recognition of his contribution to this country is far overdue."

Wentzell was escorted to his medal ceremony by the Warriors Watch Motorcycle Riders and Department of Defense Police.

"This was the best day of my entire life," said Wentzell.

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



Spc. Ambrur J. Reese

WITH HONORS -- Tech. Sgt. Charles Wentzell receives a trio of awards from Army Lt. Col. Michael Worth, March 21, during a ceremony at Timmermann Center. The ceremony honored Wentzell for his World War II and Korean War service.

Dix bids adieu to installation chaplain

Wayne Cook
Public Affairs Staff

A long career of service to Soldiers will draw to a close when Chap. (Col.) Larry Biederman, installation chaplain, stands down from his position as spiritual leader of Fort Dix and enters the next chapter of his life, May 1.

Born in Sterling, Colo., when Biederman was a young lad, he served in the Civil Air Patrol and rose to the rank of lieutenant colonel. That was as close to the military he believed he could get, due to some maladies he suffered.

To prove to himself, once and for all, that he was unacceptable to the military, while the draft was on-going, he reported to the draft board and took a physical. To his surprise, he passed.

Prior to his physical and consequential induction into the Army, Biederman had been attending school and a Reserve Officer Training Course (ROTC), but really hadn't sunk his heart into it.

Upon completion of Basic Training in 1969, he decided ROTC might just be the way to go if he was going to be in the Army.

In 1971, 2nd Lt. Biederman became the first graduate of the ROTC program at Southern Colorado State College in Pueblo.

While studying in college, Biederman met his future bride, Eleanor. Wedded bliss would have to wait, because Ellie graduated first and moved to Boston for work.

The new lieutenant was assigned duties as ordnance officer and posted at Camp Casey, Republic of South Korea, as the division ammunition officer in Nov. 1971.

Reassigned to the Pueblo Army Depot as the assistant director of supply and trans-

portation upon his return from overseas, Biederman and Ellie ran into each other in Pueblo and picked up where they had left off. In 1973 he swept her off her feet and they were married.

In 1974, his service obligation completed, Biederman left active duty and entered United Theological Seminary in Dayton, Ohio, where he spent three years preparing himself for a life of ministry.

In 1976 Biederman and Ellie welcomed a new addition to their family, Eric, who is now a computer programmer in Menlo Park, Calif.

Starting in 1977 Biederman entered the ministry, serving churches full time. In 1980 he was ordained an elder in the United Methodist Church.

The Biedermans welcomed the birth of their second son, Evan, in 1983. Evan is a demobilized Soldier living in Jefferson, S.D., having served two tours in Iraq.

After accepting to become, and being accepted as a chaplain, Biederman signed up with the Army Reserve and was assigned to the 329th Regiment, 70th Division, at Camp Atterbury, Ind., in 1984. Two years later he applied to the active duty component and fulfilled his goal of becoming an active-duty chaplain.

Once on active-duty he was able to complete Chaplains' School in April 1986. His first active-duty assignment was at Fort McClellan, Ala., as the senior protestant chaplain at Soldiers' Chapel with the 785th and 40th Military Police Battalions.

The Army sent Biederman to Heilbronn, Germany where he joined the staff of the 49th Field Artillery Battalion (Pershing). The unit was involved in the missile treaties with Russia when the wall came down

in Berlin.

"Within 45 days of the wall coming down the Army deactivated the 4th Battery. I was given the responsibilities of an Engineering Battalion and other artillery troops. We were in the stages of standing down the rest of the units when the first Gulf War began. They deployed all of our enlisted Soldiers leaving the unit filled with officers and non-combat fit Soldiers. We became a forward unit for 1,500 replacement Soldiers to Iraq," Biederman recalled.

When the chaplain returned to the states from Germany in 1992, he concluded his service

"I know God will have something else for me to do once I get back to Nebraska, I just don't know what it is yet."

— Chap. (Col.) Larry Biederman

in the Active component and once again joined the Army Reserve. He returned home to Nebraska and was assigned to the 530th Military Police Battalion. Shortly thereafter, he received a promotion to major and was moved up to 5th Brigade, 75th Division, Leavenworth, Kansas.

"Some of my peers had been telling me about this program called the Active Guard Reserve (AGR) program. I had never heard of it before but I liked that it was another opportunity to serve Soldiers full-time. I applied to become an AGR chaplain in 1998," he said.

In June 1999 he attended AGR School at Fort McCoy, Wis. Upon completion of the school, the Biedermans moved to Salt Lake City, Utah, where he was assigned to the 96th Region Support Command at Fort Douglas.

"When the Sept. 11 terrorists attacks occurred I was notified to transfer to Fort

McCoy where I was involved in multiple memorial services. I was promoted to lieutenant colonel and became the installation chaplain. My stay was short-lived because seven months later the Army upgraded my position to a colonel slot and I had to be moved out," said Biederman.

He moved to the Personnel Center in St. Louis, Mo., where he served as personnel manager for all Reserve chaplains. Shining a seat wasn't his cup of tea and he was glad when he was reassigned in 2004 to Fort McCoy.

At the 84th Army Reserve Readiness Training Center Biederman helped develop the Senior Unit Ministry Team Orientation.

In 2006 he was promoted to colonel and transferred to Fort Dix. Over the past three years Biederman has directly and indirectly served thousands of Soldiers, civilians and family members as the installation chaplain. His mission is to help Soldiers, but he hasn't had to do it on his own. He has been blessed with having a very talented and supportive staff around him.

"Every place I have gone in my career there has always been a powerful Christian community for me to plug into. In a military context, there has always been someone hurting and thus an opportunity to help others. I became a colonel because it was the only opportunity to stay and help Soldiers. I've never been much into the awards, I just like serving others," Biederman said.

The members of Biederman's staff reinforced his statement about serving others when they share their thoughts and memories. "God sculpts our souls

through godly men and women who give themselves freely for others. Chap. Biederman is one of those unique people who give the best of themselves to others with open hands and heart," said Chap. (Lt. Col.) Ron Huffman, mobility support chaplain.

Biederman is very optimistic about his new challenges as a retiree and what the future brings for him and his bride.

"I know God will have something else for me to do before I get back to Nebraska, I just don't know what it is yet. As one door closes He always opens another," Biederman said.

Biederman will be missed at Fort Dix though.

"In 1 Peter 5:1-3, it says, 'To the elders among you, I appeal as a fellow elder, a witness of Christ's sufferings and one who also will share in the glory to be revealed; Be shep-

herds of God's flock that is under your care, serving as overseers—not because you must, but because you are will-

ing, as God wants you to be; yourselves to others with open hands and heart," said Chap. (Lt. Col.) Ron Huffman, mobility support chaplain.

Biederman has been a good shepherd and we wish him well in retirement," said Col. Ronald Thaxton, installation commander.

Biederman's retirement will be effective July 31. On April 16 he will relinquish his responsibilities as senior chaplain and prepare to make the move into his next mission as a retired pastor.

There will be a reception for Biederman at the Main Chapel at 7 p.m., April 16. All members of the installation community are welcome to attend.

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



Wayne Cook

CHAPEL CHUCKLES -- Always exhibiting a sense of humor, Chap. (Col.) Larry Biederman, installation chaplain, right, cracks up Chap. (Col.) David Forden, mobility support chaplain during a recent presentation. Biederman will retire July 31.

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 CertificiChecks

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

CertificiChecks, 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 are available 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.



Free entertainment, information offered

Jennifer M. McCarthy
Public Affairs Staff

It is not every day you can pet a starfish, build a birdhouse, get a massage and learn where to make a dental appointment all in one afternoon, but on April 15, the annual Family Fun Fest will offer area military families a chance to do that and much, much more.

"It is going to be fantastic. It is a great way to bring families together while providing information in a fun way," said Amada Espinoza, relocation/outreach readiness coordinator.

Due to construction in the housing area, the event will be held at Griffith Field House this year, instead of the Youth Center.

In addition to increased parking, this move allows for additional activities. John Mann Park will be open, so along with the fun to be had inside the Field House, visitors can use the batting cages, mini-golf course and go-carts.

The festivities run from 10 a.m. to 2 p.m. and all events, activities and refreshments are free.

For more than 15 years, the Family Fun Fest has offered military families an opportunity to learn about resources available in the area while having a great time.

"The event follows the Army Family Covenant, which recognizes the sacrifices and commitment military

families make every day. Providing the information to the families helps them be strong so they can face the challenges of a military lifestyle," said Espinoza.

Old favorites and new friends will be participating in the fest this year. Home Depot will once again be sponsoring a family building project workshop, while Chum the Shark will be visiting from the Adventure Aquarium with a tank full of touchable sea life.

Other family friendly activities and specials include free children's haircuts courtesy of Adorn Salon, a magic show, a petting zoo, discounted tickets to Clementon Park, visits from the Nesquik Rabbit, and a rock climbing wall.

The fest is not all about fun though--there is plenty of information available as well. Military organizations such as Army Community Services and the Airmen and Family Support Center, as well non-military groups such as the Burlington County Library and Lourdes Medical Center will provide information about resources available to military families.

Prizes, snacks and plenty of other goodies round out the event. For more information about the event, or to volunteer, call Espinoza at 562-3271.

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



FEROCIOUS FRIENDS -- Derek Pruitt, proudly shows off his ferocious face paint during the 2007 Family Fun Fest while the Adventure Aquarium mascot, Chum, takes a ride with a family during the event. This year's Family Fun Fest will be held at Griffith Field House on April 15 from 10 a.m. to 2 p.m. In addition to face painting and a visit from Chum, this year's fest will feature hair cuts for children, a magic show, a petting zoo, a Home Depot building workshop, a rock climbing wall and an array of information on local and military resources available to families.



photos by Pascual Flores

Seminar helps future home owners

Ryan Morton
Public Affairs Staff

Prospective home buyers received tips and input on what is for many, the largest investment in one's life -- purchasing a home, at the Home Buying Seminar luncheon, held at Fort Dix Army Community Service, March 18.

Professionals from all arenas of real estate including realtors, a real estate attorney, a home inspector, and a title agent, gave the potential home owners a presentation of how the process works and feedback on various issues that can arise.

"It's a very scary thing, but it shouldn't be as long as you have all the right information and proper knowledge," said Prudential Fox and Roach Realtor, Sheri Smith.

"A home is a great investment because historically, it's like money in the bank," she said.

The attendees received answers to

many of their questions such as what price ranges they could afford, what kinds of places they're looking for, what to do once they've found their ideal homes, obtaining the right mortgages, why they would need a title agent and a lawyer, and reasons for a home inspection before a purchase.

"The realtors and other professionals are in place to help fill in the blanks," said Smith.

The attendees ate pizza while watching each professional give his or her presentation. Victory Home Inspections home inspector, Kenneth

"You don't have to get a home inspection, but it helps because we might be able to see things you might not be able to see on the surface before purchase," said When.

"I did an inspection for a prospective buyer on a house one time that ended up having a \$20,000 repair for bat infestation issues inside the attic.

Afterwards, the buyer pulled out," he said.

Those in attendance appeared to be very happy with the information and feedback they received.

"This helps us know where to begin because in many ways, we have no idea of what to expect," said attendee, Bernadette Mastroianni.

"I feel like I'm learning more about not being taken advantage of and being a more informed buyer. I

feel like I can get honest answers because there's no major added gain for these people (real estate professionals) being here. They're giving us the info without the hustle and pressure," she said.

First time home buyers interested in more information should call the Relocation Readiness Program at 562-2767.

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

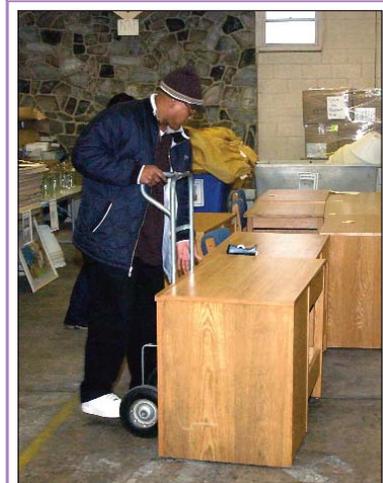
"I feel like I'm learning more about not being taken advantage of and being a more informed buyer. I feel like I can get honest answers ..."

- Bernadette Mastroianni, first time home buyer



Ryan Morton

QUESTIONS AND ANSWERS -- John Rothamel, a real estate attorney from Haddonfield, takes a question from prospective home buyer Bernadette Mastroianni during the Home Buying Seminar held at Army Community Services, March 18.



Wayne Cook

Deals abound at sale

Master Sgt. Peter Jarrett, 1/309th Training Support Regiment, 72nd Field Artillery Brigade, lays claim to one of many oak desks that were on sale at the Family, Morale, Welfare, and Recreation Warehouse Sale March 17 and 18. The hottest items were the oak desks with matching chairs, three drawer oak night stands, and oak wardrobes.

MILITARY MATTERS

Oklahoma unit trains to recognize risks

Lisa Evans
Public Affairs Staff

No matter how fast the trainers update their information, terrorists creating improvised explosive devices (IED) stay ahead of them. From a soda can to a dump truck full of explosives, people dedicated to creating terror disguise and deliver weapons in ever deadlier ways. As the Soldiers of the 3/164th Quartermaster Battalion, Broken Arrow, Okla., prepare for mobilization, they spent some time at Fort Dix learning how seemingly innocuous items become weapons of terror.

"I've been in the military for 27 years and have been over a few times, to Iraq a few times. Everybody's here to get their training and to do their job," said Sgt. 1st Class Paul C. Williams from Broken Arrow. "So far all the training I've been through, and I've been through it a lot of times, what they have to train with, they do well. They try to stay up with simulated outfits, but it changes from day to day."

One of the most important lessons instructors with the Regional Training Center-East (RTC-East) on Fort Dix must teach is that terrorists continuously update methods they use to kill as many people as possible, with as little risk as possible to themselves.

"I don't want to send people over there not knowing, with information one year or two years old," said Sgt. 1st Class Christopher Balch, a trainer.

That is why the trainers from RTC-East continuously seek information from the battlefield and incorporate it into the course, he added.

"Be the hunter, not the hunted!" is the motto for a handbook the trainers give to their students.

Telling Soldiers that most IEDs are found by the human eye, instructor Sgt. 1st Class James Barber explained various ways terrorists hide explosives and methods used for detonating them.

Displaying cords, switches and circuits, grenades, shell casings, and a host of other items, Barber stressed that the best defense is to always be vigilant.

Look for the thing that is out of place, newly turned dirt, bumps in or along the road, tires or trash piles along the road.

Asking what Soldiers would think if they saw a man by the side of the road with a shovel, they immediately responded it was suspicious. But Barber went further.

"They use children," Barber told the Soldiers. "Would you suspect an 8-year-old girl was carrying a bomb? Well they strap little kids up and tell them to walk from point A to point B and as they pass the target, they send the signal and blow them up." Nothing can be taken for granted. With an impressive array

of mortar rounds, grenades, propane tanks, soda cans and bottles, even a stuffed dog.

Barber walked the students through each item and explained how it can be used to maximum effect as a weapon against those who were not vigilant.

Dead animals along the road are stuffed with explosives. Someone sits nearby, and when the target approaches, a signal is sent - frequently by cell phone.

Over and over the instructors stressed that everything is a weapon in the hands of a terrorist. Vigilance is the only defense. Anything can be used as an IED, but they fall into three methods for firing: time, command and victim operated.

Time: Clocks, timers, fuses, many types of mechanical or electronic firing methods are used.

Command: There is a direct link between the IED and the insurgent firing it. They choose the exact moment of explosion against a specific target during routine or patterns of behavior.

Victim operated: These are placed so that the victim will carry out some action that will cause the device to function, i.e. pressure or light-sensitive devices, electronic switches or active infra red devices.

When an IED is seen or suspected, trainers teach the Five Cs: Confirm the presence of the suspect IED; Clear the area around the device of all personnel; Cordon off the area for 300 meters and set up a control point; Control the area allowing only authorized access; Check for secondary devices. For vehicle-borne IEDs the drill is the same except that the vehicles are to move to an area with a hard cover, moving 300 meters away before using radio communications to report the suspected IED to the convoy commander and higher headquarters.

The best defense is always offense.

Whether walking or driving along a road, entering a house, passing near people, the trainers stressed "watch for what doesn't seem right."

A wire along a doorway, disturbed earth, a wet patch in the sand, a pregnant woman who stands too close, all of these can signify an IED of some sort is waiting.

Because of training and Soldiers learning to recognize, identify and properly avoid IEDs, the rate of IED explosions has fallen. But more than that, with the cooperation of Iraqi soldiers, police and citizens, more and more is done to prevent IEDs from being made and distributed.

Caches of weapons and tools are being discovered and destroyed. The insurgents who make the devices are being arrested or neutralized. Raw materials have been reduced, making it harder for insurgents to find the components they need for the IEDs.

Together, with training and cooperation, there may come a



Lisa Evans

DIG IT -- Pfc. Brad Disel of the Army Reserve 3/164th Quartermaster Battalion, Broken Arrow, Okla., pulls an explosive device from a hole during convoy survivability training on Fort Dix March 16. The 164th was conducting pre-mobilization training at Fort Dix. They will return for mobilization exercises in April.

day when IEDs are no longer a concern. Until then, the trainers will do all they can to prevent injury and death to the Soldiers who must patrol the streets of Iraq and Afghanistan.

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

Freedom Flights receive warm welcome

Jennifer Chupko
Public Affairs Staff

America, home of the free and the brave. Freedom is the most important right for which our country stands - freedom of speech, freedom of religion and the right to life, liberty and the pursuit of happiness.

What better name to call the flights that bring our deployed Soldiers back to the United States than Freedom Flights?

"They raised their right hands to protect our rights and we all hold that dear to us as

Americans," said "Doc" John Kerner, United Service Organization (USO) volunteer.

Every Sunday at 5:30 a.m., volunteers from the USO and the Vietnam Veterans of America, New Jersey Chapter 899, donate their time and food and welcome home the Soldiers stepping off the planes. They work in conjunction with the Fort Dix B Company staff.

"Bravo takes pride in taking care of these Soldiers," said Keyifa George, personnel assistant. "Not only because it's our mission, but also because, for several people of

this company, it has a special, heartfelt meaning."

For 1st Sgt. Michael Zeeman, the Sunday flights are reminiscent of his return from deployment.

"From being deployed, I know the feeling that you get when you come here," said Zeeman. "I think about that when I am working the early Sunday hours and how I felt. I want to be able to give that to these Soldiers."

Preparation for the incoming Soldiers begins around 5 a.m., before the plane touches down. Food and drinks provid-

ed by veterans are set on the tables. Then the wait for the four letter sentence: "The bird has landed!"

An installation transportation office bus transports the Soldiers from the McGuire Air Force Base landing strip to Fort Dix where they are greeted by the veterans.

"It is an honor to be the first to shake their hands and welcome them home," said Don Mohr, Vietnam Veterans of America, N.J. chapter 899 treasurer. "We meet every flight that goes in and out of Fort Dix."

"It truly is a labor of love," said M.J. Flammer, who welcomes the Soldiers home on behalf of the USO. "It makes us work harder."

According to Buck Buchanan, Cdr. (ret.) United States Navy, USO President and chief operating officer, there are about 50 volunteers, one full-time and two part-time employees involved with the Freedom Flight welcome home events.

"We want to give back to the Soldiers who fight for our

country," said Buchanan. "This is one of the best ways to show our support."

For the staff of B Company, the mission is not over until the last Soldier leaves the building. "Our motivation is to thank them for the job they have done while fighting for our country," said George. "We want to thank them for the sacrifices they have made for our freedom."

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

Volunteers make tax help available

Nurit Anderson
Installation Legal Office

The April 15, 2009 deadline for filing federal income tax returns is fast approaching. The Fort Dix Installation Legal Office Volunteer Income Tax

Assistance (VITA) program has been open since Feb. 1 and will remain open to assist eligible clients with preparation of their income tax returns until the April 15, 2009 deadline.

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 (i.e. New Jersey, New York, Pennsylvania) returns and electronic filing.

This free service is provided by volunteers who received

limited training from the IRS, and therefore, certain more complex returns, such as those involving rental property, private businesses, foreign-earned income, and inheritance, fall outside the scope of the VITA program.

In order to find out whether the tax center can prepare your tax return, call (609) 562-3976 and make sure to have all tax-related documents available when you call.

Tax-related documents may include W-2 wage and earning statement(s); Form 1099 bank interest and dividend statements; Form 1099Rs; and 1099Bs.

The VITA tax site is located in Building 5506, Room 105 and is open Monday through Friday 8 a.m. - 4:30 p.m.

Eligible clients should call (609) 562-3976 as soon as possible to schedule an appointment.

All Starz



1st Lt. Antonia Greene

Diversity through dining

Celebrating diversity in the military, the Army linguists assigned to 3rd Training Support Battalion, 315th Engineer Regiment, 72nd Field Artillery Brigade, host a cultural awareness luncheon, March 20 at the battalion headquarters building. The hospitality festivities included a family-style platter of lamb and rice along with an array of traditional Middle Eastern cuisine. Arabic Linguist Spc. Lubna serves Mazin Ayoub, an Iraqi Culture Instructor with Leader Development and Education for Sustained Peace (LDESP) and David Dunford, former U.S. Ambassador to Oman. The afternoon affair symbolizes the generous nature and Middle Eastern etiquette inherent to the culture.

Volunteers needed

for

Fort Dix Special Observances Committees

For more information call

Denise Horton at 562-4011

www.dix.army.mil
Log on today!

HONORS AND AWARDS



Wayne Cook

FREEDOM FIGHTERS — Col. Kent Crossley, commander, 364th Civil Affairs Brigade, Maj. Barry Kimmons, commander, Headquarters and Headquarters Company, Command Sgt. Maj. John Koszykowski and 1st Sgt. William Smith display their units' Yellow Banner during a ceremony at Infantry park March 25. The unit, 82 strong, is deploying to Baghdad, Iraq in support of Operation Iraqi Freedom.



Wayne Cook

GUARD FOUNDATION — Sgt. Maj. Randy Ross and Col. Gary Machina, commander, 53rd Army Liaison Team, New York National Guard, out of the Park Avenue Armory, hold their unit's Yellow Banner before hoisting it high over Infantry Park during a ceremony March 25. The unit will be assigned to Multi-National Forces Iraq in the Strategic Operations Branch. The 53rd ALT holds the historic lineage to the beginning of the National Guard.

Obama salutes Medal of Honor recipients

American Forces Press Service

WASHINGTON, March 25, 2009 — President Barack Obama made an unannounced visit to Arlington National Cemetery today, surprising about 35 of the 98 living Medal of Honor recipients attending a wreath-laying ceremony.

Though it was first awarded some 150 years ago, only 3,448 troops have received the honor conferred for conspicuous courage at the risk of life above and beyond the call of duty.

Several hundred sightseers and tourists visiting the cemetery watched as the military heroes from World War II, Korea and Vietnam stood in two separate rows, facing the Tomb of the Unknowns.

Obama walked down the steps of the amphitheater toward the tomb, with two Medal of Honor recipients at his side, while two other recipients, using the aid of canes, followed down the steps.

The president was accompanied by retired Navy Lt. John W. Finn, a 99-year old veteran of World War II; retired Navy Capt. Thomas J. Hudner, an 84-year old Korean War veteran; retired Air Force Col. Joe M. Jackson, an 85-year old

Vietnam War veteran; and retired Army Col. Robert L. Howard, a 69-year old Vietnam veteran.

Obama and the medal recipients walked together toward a large flowered wreath, bearing the words, "Medal of Honor Day," that soldiers carried on a stand and placed between them and the Tomb. Obama then placed his hands on the wreath. As a drum roll began, and Taps was played, the president the four heroes placed their right hands on their hearts.

The assembled medal recipients formed a receiving line as the president stopped to shake hands and talk briefly with each one.

In a White House statement released later in the day, the president praised all who wear the uniform of the nation's armed forces and singled out Medal of Honor recipients, who he characterized as the "bravest of the brave."

"Members of our Armed Forces hold themselves to the highest standards and set an example of responsibility to one another and to the country that should inspire all Americans to serve a purpose greater than themselves," Obama said. "Today we pay our respect to those who distinguished themselves conspicuously by gallantry and intrepidity at the

risk of life above and beyond the call of duty — the recipients of the Medal of Honor.

"Since it was first awarded during the Civil War to the current battlefields of Iraq and Afghanistan, Medal of Honor recipients have displayed tremendous courage, an unflinching determination to succeed, and a humbling willingness to make the ultimate sacrifice," he said. "It is telling that so many Medal of Honor recipients received the award posthumously. These soldiers, sailors, airmen, Marines and Coast Guardsmen embody the best of American values and ideals.

"Medal of Honor recipients are the foremost example of greatness in service and sacrifice," Obama continued. "Their bravery and humble strength continues to reassure our nation of the strength of its character and ideals even in these difficult times. We owe these heroes a debt of gratitude that our nation can never fully repay.

"So, it is on this day that we salute that fact and celebrate their lives and heroic actions that have placed them amongst the "bravest of the brave," he said. "We must never forget their sacrifice and will always keep the Fallen and their families in our thoughts and prayers."



Ryan Morton

Food service manager wins big

The Fort Dix Food Service Manager of the Year Award recipient, Non-Commissioned Officer (NCO) Dining Facility Manager Maryouss Oliver, center, is congratulated by Keith McRae, right, installation food service officer, after receiving his award. To Oliver's left, Harry Eberle, Fort Dix Food Services Eberle Foods contractor and Nitte Lawrence, installation quality control officer. Far right, Adele Johnson, installation quality control officer. Oliver was chosen from among 11 other food service managers around the installation for the honor.

Servicemembers, civilians honored at Women's History Month event

C. Todd Lopez
American Forces Press Service

WASHINGTON, March 25, 2009 — Ten servicemembers and civilians were honored last week as part of the Defense Department's Women's History Month Observance and Awards Program.

The recipients were awarded the 2009 Foreign Language and Science, Engineering and Math Role Model Award on March 19 at the Women in Military Service for America Memorial at the gates of Arlington National Cemetery in Arlington, Va.

"For generations, women

across our great land have helped make our country stronger and better," Gail H. McGinn, deputy undersecretary of defense for plans, said.

"They have improved our communities and played a vital role in achieving justice and equal rights for all our citizens," she said.

Army Brig. Gen. (Dr.) Rhonda Cornum, director of the Army's comprehensive soldier fitness program, gave the keynote address.

The general said during her years as a junior officer, she was largely unaware of the challenges women had faced in military service prior to her arrival.

She said it was those who came before her who carved the path.

"We really need to recognize and celebrate those ladies who just kind of went through uncharted territory with machetes," Cornum said. "People like me who come after that think that path has always been there — and it just has not been. I really did not appreciate that until somewhat recently."

Many women are recognized as "firsts" in the military, Cornum said — first female general officer, first female commander of a unit, first female four-star general. Cornum said she believes many women don't want to be firsts, but rather just hope to progress in their career.

Coast Guard Lt. Cmdr. Andrea Lynn Sachetti was one of the 10 servicemembers recognized at the ceremony. She has served in uniform for 13 years and has been a helicopter pilot for the Coast Guard for about a decade.

She said that the women of the Coast Guard who came before her have paved the way,

allowing her to progress in her own career.

"I was chosen to be the senior aviator for the Coast Guard's first forward-operating location base up in Barrow, Alaska — I ran an aviation detachment up there," she said.

"We are doing research to see what kind of Coast Guard assets we may or may not need to place up in the Arctic as a result of sea ice moving away from the land," Sachetti said.

In the Arctic, she said, dangers include both weather and indigenous animals.

"The weather can be unpredictable, and in the Arctic you have to worry about predators as well, if you do have to do an emergency landing," she said.

Army Lt. Col. Felicia Langel, another recipient, is a veterinary corps officer and holds a doctorate in biomedical research. She works at the Uniformed Services University, and previously served at U.S. Army Medical Research Institute of Infectious Diseases at Fort Detrick, Md. There, she studied both anthrax and Q fever.

Langel also worked to help grade school and high school students develop a better appreciation for science and math by bringing them into the laboratory and exposing them to science and technology that many students would not see until college-level courses.

"For the younger students it's very basic chemistry and biology," she said. "But what we try to do is put it in a real-world scenario so they can appreciate there is a value to learning science — so it's not just science text books, but a real life application for science. In fact, we expose them to experimental procedures that usually people learn in college," Langel said.

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Rita's

Armed Forces

Good Year



Jennifer McCarthy

BOUNTY OF BOOKS -- An array of used books are available at the Red Cross and Thrift Shop.

Soldiers rock n' read with book donations

Lisa Evans
Public Affairs Staff

Reality resides in the pages of a good book. All around may be the chaos of life, but a quiet place and a good read are the best thing to unwind with at the end of a long shift.

Romance, suspense, space and time, killers and lovers, murder and marriage, finding what one longs for is just a page away.

On Fort Dix, Soldiers pass through at breathtaking pace on their way to war, to home,

to lands far away. What better way to relax than solving a mystery or fighting zybots on Gorf?

But finding a good book isn't always easy on a military installation.

The American Red Cross makes it a lot easier. The Red Cross takes in books and passes them on to the Soldiers. Every Soldier who mobilizes through Fort Dix goes through the Joint Readiness Center (JRC) where Soldiers can expect to wait in line.

The Red Cross ensures boxes of books are available

for any Soldier who wants a good read to pass the time while waiting for legal advice or a medical evaluation.

Anyone interested in clearing off a couple of bookshelves, lightening the load before moving, or just making waiting to be purchased, can donate books to the American Red Cross.

Paperback books are preferred. Hardcover books are great for the shelf, but for Soldiers, weight and size are serious considerations. So, when cleaning off bookshelves, take

the hardcover books to the Thrift Shop and donate them or sell them on commission, but carry those cartons of paperbacks to the Red Cross and let the volunteers there sort them out and get them to the Soldiers for you.

For more information about donating paperback books to Soldiers, call the American Red Cross at 562-2258.

For donating or selling hardcover books, contact the Thrift Shop at 723-2683.

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

Notices explain fiscal rights

Capt. Nick Mitchell
Staff Judge Advocate

You may have received privacy notices from banks and other financial institutions. Privacy notices explain what personal financial information the company collects; whether the company intends to share your personal financial information with other companies and what you can do to limit some of that sharing. They also tell how the company protects its personal financial information.

Financial companies share information for many reasons. They do it to offer you more services, to introduce new products, and to profit from the information they have about you.

If you do not want marketers and others to have your personal information or you prefer to limit the promotions you receive, you must take some affirmative steps.

It is important to read privacy notices. They explain how the company handles and

shares your personal financial information -- not all privacy notices are the same.

Federal privacy law (the Fair Credit Reporting Act and the Gramm-Leach-Bliley Act) gives you the right to stop or opt out of some sharing of your personal financial information.

If a financial company states, in its privacy policy, that it will not share your financial information except as permitted by law, then you do not have a right to opt out.

These laws try to balance your right to privacy with financial companies' need to provide information for normal business purposes.

Each financial company you have an ongoing relationship with must give you a notice of its privacy policy annually. The privacy notice

may be an insert with your monthly bill or separately mailed to you.

If you agree to electronic delivery, you may receive the privacy notice by e-mail or have it available on the company's web site.

Each financial company you have an ongoing relationship with must give you a notice of its privacy policy annually. The privacy notice may be an insert with your monthly bill or separately mailed to you.

If you have a joint account and the financial company provides an opportunity to opt out, it must let one of the account holders opt out for all of the joint account holders.

If you opt out, you limit the extent to which a company can provide your personal financial information to non-affiliates which are organizations not part of the same corporate group as your financial company.

If you do not opt out within a reasonable period of time, generally about 30 days after

the company mails you a privacy notice, then the company is free to share certain personal financial information.

If you did not opt out the first time you received a company's privacy notice, you can always change your mind and opt out of certain information sharing. You would need to contact your financial company for guidance on how to opt out.

Generally, any personal financial information that was shared, before you opt out, cannot be retrieved.

Companies that may send their customers privacy notices include: sellers of money orders/travelers checks, financial advisers and credit counseling services, check cashiers and payday lenders, motor vehicle dealerships that extend or arrange leasing and/or financing and mortgage brokers. Retailers that directly issue their own credit cards, securities and commodities brokerage firms, insurance companies, banks, savings and loans, and credit unions may also send privacy notices.

Chaplain's Corner

1st Lt. Jonathan Averill
Chaplain Candidate

Some of you may be familiar with the story of the prophet, Elijah, in 1 Kings 19:11-15. For those who are not familiar, Elijah is one of the main characters in the book of 1 Kings who opposed the unscrupulous reign of King Ahab.

In previous chapters you see that Elijah was able to accomplish much through God's power. In these chapters Elijah was enabled to do such things as stop and start the rain. He was also able to confront and win against false prophets who out numbered him 100 to 1. Finally, he was able to run a distance that would put most marathons to shame. Elijah was at the height of his spiritual and physical success.

However, even after Elijah accomplished all these things, Ahab's wife, Jezebel, still wanted to kill him. Elijah after hearing this became scared, and decided to run. He had become physically run-down and spiritually discouraged. Elijah was so discouraged that in verse 13 he actually asked God to end his life.

Some people after reading this story make the quick judgment that Elijah may have had a personality disorder or they dismiss his struggle by saying he didn't have enough faith.

In contrast to these perspectives, I believe that Elijah was responding as any other normal human being would to such difficulties.

It is amazing how we can accomplish great things and go through immensely stressful situations with no apparent problems. In contrast, it is usually when we have time to reflect on what just happened that is when the struggle and the depression come.

What we are doing is very natural - our bodies, minds and spirits need time to recover and readjust. In this light we can see that we are very much like Elijah. Elijah had reached his breaking point and as result he needed to be restored. If we look at this text, we see God restores Elijah in several ways.

First, God shows Elijah that he is there. The text is clear that God knew about Elijah's fragile state. That is why God doesn't come with a big brass band, strong wind, earthquake, or a raging fire.

Instead God comes quietly, with a compassionate gentle whisper.

This is an important example of what do when working with a discouraged Soldier. It is vital to realize that yelling at these hurting Soldiers won't solve anything; instead, we can and should, be gentle in our approach to the discouraged.

Secondly, God asks Elijah, "What are you doing?" Now, one gets the sense from the text that God already knew what was going on in Elijah's life. What God was really doing in verse 14 was he was allowing Elijah to talk out what was going on in his life. God was giving Elijah the chance to express how discouraged he was.

When God allowed Elijah to do this, God showed Elijah that he cared about him. The lessons we can draw from this is that it is essential to have the ability to listen to hurting people. It is pretty clear that listening is one of the most important things we can do for people in a similar situation.

The third thing that God does is he shows that he is aware.

God showed his awareness when, after giving Elijah the chance to vent, he then gave him a job to accomplish.

This is another important thing to remember when dealing with discouraged people. We should offer them something to do to keep them from focusing on their suffering.

It may sound cruel, but a lot of times the best way to fight discouragement is to give the suffering person a new job. This is why God tells Elijah to anoint Jehu.

The second part of God being aware is that God then tells Elijah that he is not alone. This is why God tells other people in Israel who shared in his struggle.

When we are in the depths of fear or despair it is easy to think that we are alone. However, from this text it is clear that we are not alone. Additionally, as long as we strive to remain a community that looks out for its fellow Soldiers, we can help the discouraged.

We can help those who are discouraged by doing the three simple things that God did for Elijah; be there for the Soldier by being quietly present; care for the Soldier by listening; and finally be aware by finding new jobs for these Soldier.

It may sound cruel, but a lot of times the best way to fight discouragement is to give the suffering person a new job. This is why God tells Elijah to anoint Jehu.



talk, listen, connect

Deployments, Homecomings, Changes

Talk, Listen, Connect:
Deployments, Homecomings, Changes

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

*A Department of the Army Accredited Soldier and Family Service Organization

Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DOD and non-military and retirees. The ACS Center is accessible to individuals with disabilities.

SPORTS

Pocket billiards champ eyes Vegas

Ryan Morton
Public Affairs Staff

For Sgt. 1st Class Dwight Crutchfield, an instructor at the Non-Commissioned Officer (NCO) Academy, going to Las Vegas to compete in the all expenses paid Billiard Congress of America (BCA) National Tournament May 13-16, will fulfill a dream he's had for nearly three decades.

A competitive amateur billiards player for nearly 30 years, Crutchfield has longed for the opportunity to play on the national stage and test his skills against the best players in the country.

The BCA National Tournament annually sponsors more than 200 teams comprised of pros, semi-pros, and amateurs around the nation who compete for more than \$750,000 in prize money. Crutchfield is part of the South Jersey Cash League, which is a BCA-sanctioned league that operates out of Playdrome Bowling Lanes, in Cherry Hill.

Crutchfield has been assigned to the Fort Dix NCO Academy for six years and competes in tournaments at Playdrome and Hot Shots in West Deptford.

"To play in a tournament like this with that kind of exposure is an opportunity that comes only so often and the

chance to rub elbows with pros I admire is something I'm really looking forward to," said Crutchfield.

"Of course, it will be extremely nerve racking too.

We're actually going out there a couple of days prior (to the tournament) to get some practice playing in some events, get our nerves down a bit, and settle in to prepare for the

tournament," he said.

Competition is nothing new for Crutchfield who has won many tournaments over the years and won his first billiards tournament in 1984,

while serving at Fort Stewart, Ga. He joined the BCA in 1997, while he was living in Houston, Texas and knows from experience that he'll experience intense competi-

tion in Vegas.

"The nerves will be phenomenal. When you're playing at that level, those guys can just break and run and you could be just stuck there holding your stick and never get to take a shot," said Crutchfield.

Break and run is when the person who breaks, hits a ball into a pocket and continues to hit every single ball in and the other player doesn't have a chance to respond and stroke a shot. There is also rack and run, which is when the person who racks the balls strikes after the breaker, gets a ball in, and continues to hit every shot without the breaker getting to cue a shot again. In this case, the game involves eight ball.

Crutchfield competes in eight ball and nine ball competitions.

Eight ball involves each player being assigned a type of ball by way of the break, solid or stripe, and hitting the eight ball into the pockets last and nine ball involves having balls numbered in sequential order from one through nine and having to hit them into the pockets in the sequential order, one through nine.

Crutchfield is currently ranked number three at Playdrome out of 102 players in the Cash League.

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



courtesy photo

CUEING UP -- Sgt. 1st Class Dwight Crutchfield, NCO Academy, lines up a shot while practicing at Playdrome Bowling Lanes in Cherry Hill, in preparation for the Billiard Congress of America (BCA) National Tournament, in Las Vegas, Nev., March 22. Crutchfield will compete in the tournament, May 13-16.

Servicemembers get in shape with combat fitness

Master Sgt. Mike Daigle
114th PAD

If pumping iron or running aimlessly around Fort Dix isn't working for a Soldier, he or she can consider taking the Combat Fitness Challenge Class at the Griffith Field House every Monday and Wednesday at 6 a.m.

"This program is designed to get Soldiers in better shape," said Richelle Weiland, Combat Fitness Challenge Class instructor. "It is also designed to help in the elements of their Physical Training (PT) test, shorten their run time and increase their pushups and sit-ups."

An additional benefit for some people is the inches they lose from their waist. Losing waistline fat can also help if

the Soldier needs to be taped to pass the height/weight ratio for military standards.

Weiland has a background in dance and has always been involved with physical fitness. She started the course about two years ago.

"She is a great instructor," said Capt. Susie Lonsberry, a pilot from the 2nd Refueling Squadron at McGuire Air Force Base. "There is a lot of energy in the class and we get a great workout."

There is a lot of interest in the class but it gets especially busy around the time people get ready to take their PT test.

"The ultimate goal of this program is to help Soldiers with their PT test," Weiland said. "And I would like to challenge every unit to come in and do some PT with us," said Weiland.



Master Sgt. Mike Daigle

STRETCHING OUT -- From right, Sgt. 1st Class Kevin Merrill and Air Force Capt. Susie Lonsberry follow along with the rest of the class during Combat Fitness Challenge Class, March 16.

Runners called to the line

Ryan Morton
Public Affairs Staff

With spring here and the weather getting more pleasant, runners are starting to get back to training outdoors for leisure, but also for upcoming road races.

First, the Princeton Reserve Officers' Training Corps (ROTC) Run for the Warriors 5k will take place at 9 a.m., April 25. It's a race that's dedicated to military service members wounded in Afghanistan and Iraq and their families. The event location will be at Princeton University and offer scenic views of the campus, Carnegie Lake, and the Delaware and Raritan Canal Towpath.

Registration is open at www.hopeforthewarriors.org/princeton.html and prizes will

be awarded to the top male and female finishers in each age group. Call (609) 258-4225 for more information.

The Armed Forces Ten Mile Run is coming May 16. The run will begin at Infantry Park. Runners should check-in no later than 8 a.m., and the race will kick off at 8:30 a.m. Registration is \$19 for early registration and \$25 for same day registration. Interested runners can register at Griffith Field House or online at www.quickcores.com/afdix. There is an online processing fee of \$2.50. The first 150 people registered will receive t-shirts. It's open to military and civilians and awards will be given to top male and female finishers.

"This race also serves as the qualifier for the Army 10-miler team which will compete in Washington D.C. in October

and overall, we're expecting more than 100 people," said Chris O'Donnell, Fort Dix sports coordinator.

Call 562-4888 for more information.

The Fifth Annual Sgt. Sam Nutter 5k Charity Run takes off May 31, at 10 a.m., at the Sea Girt National Guard Training Center. Nutter was a member of the New Jersey National Guard and died as a result of cancer on Jan. 2, 2005. Since 2005, the NJNG Officer Candidate School has hosted the benefit run in his memory, and the proceeds raised go to a fellow guardsman in need. This year's honorary recipient is Sgt. Raul Aponte, who is currently deployed with the 50th Infantry Brigade Combat Team (IBCT). His home was struck by lightning in 2008 and was destroyed by the resulting fire. The race will be followed by a barbeque. Visit www.nutterrun.com or call 1-877-428-4774 for more information.

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



Ryan Morton

STAYING FIT -- On a leisurely run on a spring day, 72nd Field Artillery Brigade Soldiers from left, 1st Lt. Annette Smith and Staff Sgt. Daisy Robles jog on the Doughboy Track, March 25.

Sports Shorts

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

Energize with Combat Fitness Challenge

Maximize the benefits of standard physical fitness training at the Griffith Field House.

The Combat Fitness Training Challenge, every Monday and Wednesday from 6:30 a.m. - 7:30 a.m. is an intense military-style group workout given by certified Griffith Field House personal trainers and Army master fitness

trainers of all levels. The class includes running, military-style calisthenics and drill exercises, cardio kick boxing and more.

Call (609) 562-4888 for more information.

Aquatics offers scuba classes

The Aquatic Center will host diving certification classes. The "meet and greet" is April 16 and the next class kicks off May 4. For more information call (609) 562-2808.

Softball season approaching

Intramural Softball season is nearly here. Sign up at the

Griffith Field House or call (609) 562-4888 for more information.

Womens roller derby coming

Come out and see the Hot Rod Hooligans vs. the Penn Jersey She Devils April 9 at Doughboy Gym, at 6:30 p.m. Admission is free. For more information call (609) 562-5355.

Kiddie Fishing Derby nears

Sign your kids, ages 2-13 up for the free Kiddie Fishing Derby April 11 at 8:00 a.m., at Laurel Pond. Call Outdoor Rec. at (609) 562-6777 for more information.

Read The Post!

Suluki

Taco Suave

Z Squared

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.

Friends of Fort Dix
For great friends contact:
Bonnie Reed at 495-3969 or
Patricia Keffler at 893-7074 or
fortdixspousesclub@com-
cast.net.

Youth Center

562-5061
Bldg. 1279 Locust Street

Hours of Operation
Monday through Friday
2 p.m. to 7 p.m.

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

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

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

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

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

Tuesday, March 31
Triple Play
3:45 p.m. to 4:45 p.m.

Wednesday, April 1
Fashion Design
3:45 p.m. to 4:45 p.m.

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

Thursday, April 2
Cosmetology
3:45 p.m. to 4:45 p.m.

Friday, April 3
Scrapbooking
3:45 p.m. to 4:45 p.m.

Torch Club
4 p.m. to 5 p.m.

Saturday, April 4
EFMP Spring Activity and Egg Hunt
Noon to 2 p.m.

Open Rec.
3:30 p.m. to 7 p.m.

Midnight Basketball
Teens/guests only
7 p.m. to midnight

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
Savings Galore-
\$2 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.

ACS

562-2767
Bldg. 5201 Maryland Avenue

Calendar of Events

Wednesday, April 1
Child Abuse Awareness
Proclamation Signing
2:30 p.m. to 3:30 p.m.
Lakehurst NAES Youth Center

Thursday, April 2
Love & Logic Parent
Birth to 6 years
Part 1 of 6
1:30 p.m. to 3:30 p.m.
ACS

Saturday, April 4
EFMP Spring Activity and Egg Hunt
Noon to 2 p.m.
Youth Center

Griffith Field House
Bldg. 6053 562-4888

Monday, Wednesday, Friday
Combat Fitness Challenge
Military Only
6:30 a.m. to 6:45 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.

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.

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

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

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

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 gift-
ed soloists. This diverse reper-
toire 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 Hooli-
gans vs. Penn Jersey She Dev-
ils Thursday April 9, Dough-
boy Gym at 6:30 p.m.
Call 562-5355 for more infor-
mation.

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, Griffith Field House
10 a.m. to 2 p.m.

Try the new location and find
plenty of family fun and games
for everyone in the Fort Dix
Community.

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

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.

Framing Qualification
Classes -
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. Mate-
rials not included.)

Complete one piece while
learning to operate the equip-
ment. All students are
required to bring something in
to frame such as an 8x10
photo or certificate. All mate-
rials are available at the frame
shop and may be purchased at
the end of class.

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. For
those who know how to use a
sewing machine and like to
laugh, this is the class to take.

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 10-1, 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. Stu-
dents 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: Class fee: \$50.00,
supplies additional. Learn to
use a machine and how to
choose patterns, fabrics and
trims. One 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
and one craft project with
instruction and all materials.

United Communities

Self Help Office Information
Monday through Friday
7 a.m. to 4 p.m.
Closed Saturday and Sunday
724-0550

Landscaping Information:
Crab grass control is sched-
uled to begin April 6.
Please be sure to clear front
and back yards as well as
fenced in areas of any personal
items and debris.

New Lawn Mowing and Landscaping Schedule

Monday
Ft Dix: Mahlenbrock, Aneiros
Ln, Froelich, Karolasz Ct,
Dixon Way

McGuire: Section: 4200

Tuesday
Ft Dix: Fir, Gum, Kalmia Ct,
Locust (North side), 1400 on
Juniper and Hemlock

McGuire: Sections: 2700,
2800

Wednesday
Ft Dix: Redwood, Pointville,
Locust (South side), Scott
Plaza, 1100 on Juniper and
Hemlock

McGuire: Starliner

Thursday
Ft Dix: 1500, 1600 on Ash,
Birch, Cedar, and Dogwood,
Grove Park and Holly Crest

Friday
Ft Dix: Finish Grove Park and
Holly Crest, Farm Houses,
Section: 1200 Business Cen-
ter, Maintenance Center

Call 723-4290 to be placed on
the "No Cut List" if this ser-
vice is not needed.

Green Waste
Monday: McGuire
Tuesday: Ft. Dix

Recycling
Thursday, April 9 and 23

Trash Collection Updates:
Beginning Wednesday, April 1
trash will be picked up every
Wednesday in all areas (except
compactor areas).

Residents in Compactor
Areas: The compactors are
being removed for servicing.
Please place trash in the tem-
porary drop-off dumpster pro-
vided.

**Schedule for compactor re-
moval and return:**

F-1 Gum Street
March 30 through April 2

K Mahlenbrock
April 6 through April 9

D Falcon Courts E
April 13 through April 16

G Grove Park
April 20 through April 23

