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NEWSNOTES

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.

Town Hall Meeting set at Timmermann

Do you have questions about facilities and services at Fort Dix? Are you curious about the effects of Base Realignment and Closure on the installations, and the impact of joint basing?

If you have questions or curiosity, the Installation Town Hall Meeting May 14 at 2 p.m. in Timmermann Center Auditorium is the place to get answers.

Employees are invited to submit questions in advance to bill.howard@us.army.mil.

WEATHER

FRIDAY -- High chance of rain with thunderstorms during the day, high of 62, overnight low of 50 degrees.

SATURDAY -- Skies partly cloudy, breezy during morning hours, daytime high of 58 degrees, low of 40.

SUNDAY -- Partly cloudy with daytime high of 60 degrees, slight chance of evening showers and overnight low of 39.

MONDAY -- Thunderstorms likely during day, high of 62 and overnight low of 38 degrees.

TUESDAY -- Cooler with daytime showers and a high of 49 degrees, overnight low of 32.

WEDNESDAY -- Partly cloudy, chance of showers, daytime high of 49 and low of 34 degrees.

THURSDAY -- Mostly cloudy, high of 53 and overnight low of 34 degrees.

Easter takes RTC-E flag

Unit celebrates first anniversary, welcomes second commander in Sharp Field ceremony



Sgt. 1st Class Jeffery Chase, RTC-East

HAND OFF - Maj. Gen. James Mallory, commanding general of the 108th Training Division, left, presents Lt. Col. Walter Easter with the unit colors during the change of command ceremony of the RTC-East, March 28 on Sharp Field.

Ceremony to honor NCOs at Fort Dix

Fort Dix will host a Year of the Noncommissioned Officer Ceremony April 9 at 3 p.m., and the community is invited to attend and honor this select group of military professionals.

Guest speaker for the event, scheduled at Club Dix, will be Maj. Gen. William Monk III, commander, 99th Regional Support Command. With more than 200 years of service, the U.S. Army's Noncommissioned Officer Corps has distinguished itself as the world's most accomplished group of military professionals.

In recognition of their commitment to service and willingness to make great sacrifices on behalf of our Nation, Secretary of the Army established 2009 as Year of the NCO. Historical and daily accounts of life as an NCO are exemplified by acts of courage, and a dedication and a willingness to do whatever it takes to complete the mission.

NCOs have been celebrated for more than two centuries for decorated service in military events ranging from Valley Forge to Gettysburg, to charges on Omaha Beach and battles along the Ho Chi Minh Trail, to current conflicts in Afghanistan and Iraq.

Whether helping local populations build a village in Southeast Asia or teaching young Iraqi soldiers to conduct operations, American NCOs are leading from the front and are some of our nation's best ambassadors. Through time, through various changes in tactics and technology, Army NCOs have emerged as the Army's most-unique leaders, trainers and guardians of standards.

On Fort Dix, from Drill Sergeants to today's high-speed mobilization trainers, NCOs have always played a vital role in the installation mission.

Pasquel Flores
 Public Affairs Staff

Soldiers of the Regional Training Center East (RTC-E) stood in formation on Sharp Field March 28 to celebrate two significant events in the unit's brief tenure on Fort Dix.

The first event was the unit's first anniversary, with the unfurling of the new organizational colors and unit patch, officially marking the beginning of the RTC-E mission to provide effective and efficient pre-mobilization training to Army Reserve Soldiers prior to their mobilizing for deployments.

The second significant event of the day was the change of command from outgoing Commander Col. Claude Schmid to Lt. Col. Walter Easter.

Lt. Col. Walter D. Easter Jr., the incoming commander, has served both Active National Guard and Army Reserve positions. After serving as an enlisted Soldier and non-commissioned officer (NCO), Easter received his commission as an Engineer Officer in 1984 from the Mississippi Military Academy, Jackson, Miss.

"We teach a portion of the Theater Specific Individual Readiness Tasks and Army Warrior Training, concentrating on the individuals and touching on their collective tasks," said Easter. "There are currently three Regional Training Centers (RTC) located

throughout the United States; RTC-East at Fort Dix; RTC-Central at Fort McCoy, Wis.; and RTC-West at Fort Hunter-Liggett, Calif."

The role of the RTC is to train Army Reserve units in the execution of specific ready phase training, resulting in reduced post-mobilization training time for the units.

The first phase of training for the Soldiers starts at their home station, followed by phase two, pre-mobilization training at one of the RTCs with emphasis on the individual task training to include marksmanship, crew served weapons systems and Humvee Egress Assistance Trainer (HEAT) with post-mobilization training conducted at an mobilization installation for the final phase of training and validation before being deployed.

Since the inauguration of RTC-E, "More than 3500 Army Reserve Soldiers have been trained and we are conducting studies to increase our throughput," Easter added.

Prior to his present assignment as the commander of the RTC-E, Easter served as the deputy commander/executive officer of the RTC - East.

His duty assignments range from the United States to Germany, Korea, Central America and Iraq.

Easter arrived at Fort Dix in December 2007 as the officer-in-charge of the advance party to begin the set

(continued on page 3)

"Leaders who are engaged at all echelons of command immediately promote a safer operational environment. Be a leader and be engaged!"

Sergeant Major of the Army
Ken Preston

Leadership - Discipline - Standards

I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.

THE BAND OF BROTHERS
A GATHERING

Army safe, Army strong

Carolee Nisbet
 Editor

Strong leadership, phenomenal technology and highly trained Soldiers -- while it sounds like a formula for a formidable Army, there's one thing missing.

Leaders can't supervise Soldiers 24/7.

The Deputy Commander of the U.S. Army Safety Center brought that message to Fort Dix March 27, along with a detailed overview of non-duty accidents and some new approaches that will hopefully tone down the rate.

"What Soldiers do off-duty is causing problems," Col. Glenn Harp told the crowd of Soldiers and civilians gathered in Timmermann

Center. "More than 80 percent of accidents are caused by human error."

While on-duty fatalities are decreasing, Harp said, off-duty fatalities, a large percentage of them from privately owned vehicle accidents, are increasing.

"In fiscal year '08, accidental deaths reached 208. Of those, 54 were accidents on duty, and 154 occurred while the Soldier was off-duty."

That's what is happening in the safety arena, Harp said. "What isn't happening is that the message is not reaching junior leaders and individual Soldiers, and the Band of Brothers mindset is not carrying over to off-duty hours."

For example, Harp said, battle buddies are accustomed to looking out for each other on the streets of

Baghdad, but the streets at home are a different story. "If you are in a bar with your buddy and he has had too much to drink, will you take his keys and make sure he gets home ok?" Harp said. "Too many times, that isn't happening."

Families must also foster a risk-mitigation culture, Harp said, to ensure that Soldiers already stressed by repeated deployments don't take needless risks at home and at play.

Of the 154 off-duty fatalities in 2008, 32 percent were the result of accidents on privately owned motorcycles.

While the details of the 61 fatal accidents differ, most carry a common theme: The driver lost control. Even worse, 22 percent were not wearing helmets, Harp said.

(continued on page 4)

Americana

Fondly recalling art, baseball & the Saturday Evening Post

Chris Anderson
Sarasota Herald Tribune

(February 14, 2009) -- He was spotted in a high school lunch line by a wispy-looking man smoking a long brown pipe, Sherman Safford walked to his table and began to eat, but before he could dunk another Tater Tot in ketchup he received a tap on the shoulder.

Norman Rockwell, the mysterious man across the cafeteria, wanted to see him.

Safford was a lanky, 17-year-old senior in 1956 with a slight build, a shaggy crew cut and an aw-shucks face. He fit perfectly into Rockwell's vision of a major-league baseball team during spring training.

Rockwell, already a famous illustrator for *The Saturday Evening Post*, was working on a magazine cover that would later be considered among his major works.

His illustration is called "The Rookie" and it is set inside the clubhouse of Payne Park in Sarasota, the spring training home of the Boston Red Sox from 1933-58.

Rockwell's illustration perhaps best captures the essence of spring training in Sarasota, of what it once was and what it's become.

The magazine cover, which debuted on March 2, 1957, fea-



tedwilliamsfans.com



Sarasota Herald Tribune



homegrown sunshine.blogspot.com

FABULOUS FIFTIES -- Ted Williams, left, was belting baseballs out of Fenway Park in the 1950s while Norman Rockwell, right, immortalized Americana on covers of most everybody's favorite magazine, the *Saturday Evening Post*. Sherman Safford, center, was high schooler in Florida who would soon be training as a Soldier at Fort Dix but first became entwined with Williams, other Red Soxers and a famous artist in a year, 1956, he'll always remember.

Safford, the focal point of the illustration, is "The Rookie," a talented hayseed who arrives in the clubhouse, bat, glove and suitcase in hand, fresh off a bus, convinced he's there to save the team.

Since 1924, Sarasota has hosted five teams during 80 springs.

But next spring, when the Cincinnati Reds moved to Arizona, Sarasota will be left without a team.

"You are the center of baseball," said the 70-year-old Safford, who lives in Rochester, N.Y. "Shame on those people for leaving. You have historic value there."

One of the best things about baseball has always been its stories, and Sarasota has been woven into many of them.

After this spring, the stories will be all that's left. Safford said Rockwell came to Sarasota and photographed the Payne Park clubhouse using an old camera with a cloth top.

He always did his illustrations off the photos he shot.

Unlike the illustration that appeared in the magazine, there weren't palm trees outside the window, so Rockwell added them to give a Sarasota feel.

He also omitted the snuffed-out cigarettes he photographed on the clubhouse floor.

"He said Sarasota was a wonderful place and that was high praise in those days," said Safford.

"It was baseball and he was such a fan and Sarasota was the basis for that picture so that's

high praise too."

In the picture is Boston pitcher Frank Sullivan, who spent 11 years in the majors and at 6-foot-7 was once the tallest player in the American League.

"It was fun," said Sullivan of Sarasota. "That was a great place."

"Baseball is a big business now and certain towns can't come up with what major-league teams are asking."

"It's damn sad as far as I'm concerned."

Sullivan is sitting on the bench, a partial number on his jersey, and his arm is across the shoulder of Boston right-fielder Jackie Jensen.

Catcher Sammy White is in the left foreground; in the far right, second baseman Billy Goodman.

The player in the rear left is not really a player at all, but a creation of Rockwell's. He named him "John J. Anonymous" for all of the faceless players who never made it.

The player in the back with the towel over his shoulder is Williams, who gave Rockwell permission to use his likeness but was the only player who didn't agree to pose for a photo.

The body of Williams is actually that of Sullivan.

There are those who feel Rockwell painted a less-than-flattering rendition of Williams' face.

"I think Rockwell did that as a joke on Ted because he was too big to come down and get his picture taken," Safford said.

Sullivan, a teammate of Williams, said the Hall of Famer never mentioned it.

"He must have been upset about his head," Sullivan said. "He was a good looking a guy -- but ooh."

Sullivan and Safford are the only two people in the picture alive today.

They only recently came in contact with each other after the cover was on display a few years ago in a Boston museum.

The 79-year-old Sullivan has lived in Kauai, Hawaii since 1964 and is retired from the golf business.

He remembers reluctantly agreeing to drive three hours

with the other players on an off-day to have lunch with "this little skinny guy" and then pose inside his studio.

The players forgot about it until the next year when they found themselves on the cover of one of the most popular magazines in America.

"It was wonderful," said Sullivan, "and by that time we knew who the hell he (Rockwell) was."

Safford still can't believe he was plucked from a high school lunch line.

He was in the Army the following year when the magazine came out, stationed in Fort Dix.

His mother called with the news.

He wasn't allowed out of the barracks, but he busted through a door anyway and came back with an armload of magazines.

His angry commander was waiting for him.

"The platoon sergeant said, 'I think you're in big trouble' but I was so pumped up I didn't give a damn."

"I said, 'I'm on the cover of the *Saturday Evening Post*.'"

And sure enough, on the index page as proof, Safford's name was there along with those of the players.

The magazine became an exhibit inside the Hall of Fame before his heroes did," Safford said.

Safford, who never saw Rockwell again after the day he posed, still has a few signed photos. He thinks the original illustration is out there somewhere.

"This is a part of America and a very popular part of America," he said. "It wouldn't surprise me if you could get one or two million dollars out of it."

Safford was asked what he sees when he looks at the picture now.

"It takes me back to when I was 17, which isn't a bad thing," he said.

In Sarasota, only one more spring remains to be 17 again.

One last time to saunter into the clubhouse, extend a hand to Ted Williams and naively act like baseball will be here forever.

Welcome to the team, rookie.

Fort Dix hosted champions



Bettmann/CORBIS



Bettmann/CORBIS

Fort Dix has welcomed many visitors over the years, especially during World War II when even the rich and famous dander Army brown to serve their country. Visiting celebrities were a common sight then and none stood taller than Joe Louis. The Detroit-bred "Brown Bomber" was among the greatest heavyweight boxing champions of all time. He was also a kind, down-to-earth American whose patriotism stood second-to-none among his countrymen. "We'll win [World War II] because we're on God's side," Louis said, endearing himself further to millions of non-fight fans. In top left picture, Pvt. Joe Louis Barrow, on the right, begins sparring in earnest with George Nicholson of Yonkers in preparation for Joe's upcoming 21st defense of his heavyweight crown against Abe Simon on March 27, 1942. Louis went on to make it 22 in a row with a savage sixth round knockout over the burly Simon at Madison Square Garden. At right, Louis lugs some boxing gloves and shoes to training quarters provided for him by Fort Dix for his upcoming fight against Simon. Louis trained on Dix for the fight and donated the bulk of his purse to the Army Emergency Relief Fund, a habit he continued throughout the war.

Dixans predict outcome of NCAA tourney

compiled by Steve Snyder

Which teams will make the finals of the men's NCAA basketball tourney, who will win there and why?

And then there were four. Remaining collegiate goliaths clash in Detroit on Saturday (April 4) night, bringing March Madness to an appropriately frenzied finish.

NCAA Semifinals
Connecticut (31-4) vs. Michigan State (30-6) at 6:07 p.m.
Villanova (30-7) vs. North Carolina (32-4) at 8:47 p.m., televised on Channel 3

So who will be crowned the next national champion? The odds-on favorite has to be North Carolina but this doesn't appear to be the year for smart money. Villanova's Wildcats are a gutsy five with superb guards, stingy defense and the will to win. So don't count Philly's finest out just yet. Michigan State is the real dark horse but just might stay loose and play well for that very reason. And Connecticut has romped over many foes one almost expects them to do it again.

It's once more into the breach, dear fans.



Ryan Morton
Public Affairs Staff

"I think [North Carolina] will win it all. They're really deep, have a deep bench, with superior talent. If they play the way they're capable of playing I don't see how any other team can stand up against them. Carolina is tough because they have all their starters back from last year."



Jacob Carver
CYSS/Youth Sports

"UNC [University of North Carolina] all the way. They've got the backcourt with point guard Ty Lawson and a good big man in Tyler Hansbrough. They're aggressive on defense, too."



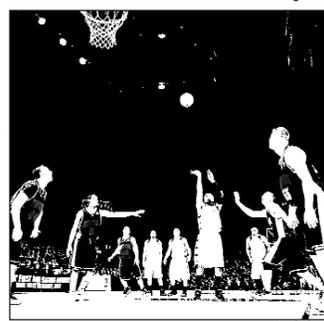
Annaleigh BearRobe
Sports Staff
Griffith Field House

Villanova and Michigan State will make the finals and Michigan State will win! I have a lot of friends in Michigan and they [Michigan State] have looked good all season."



Jim Campbell
MWR Sports

"Villanova and Connecticut will make the finals with Villanova winning. I'm a Philly fan and I liked Villanova's win over Pitt. They're hungry, too, have a better bench than anyone else and have been hot."



posterized photo

the Post

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Post Commander Col. Ronald R. Thaxton

Public Affairs Officer/Editor Carolee Nisbet
PAO Automation/Admin Nevery Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder
PAO Community Relations Gerry Zanzalari
PAO Writer/Editor Jennifer McCarthy
PAO Writer/Editor Lisa Evans

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

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

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Donley checks out joint base overview

Secretary of the Air Force Michael B. Donley is greeted by Brig. Gen. Michael Cunniff, left, commander of the New Jersey Air Guard 108th Air Refueling Wing at the Fort Dix command helipad on Wednesday as Sgt. Eric Chambers, crew chief of the New Jersey Army National Guard Blackhawk helicopter prepares the secretary for the flight over the joint base. (Photo by Mark Olsen, DMAVA-PAO)

Easter takes command

(continued from page 1)
up of the RTC and has continued throughout their growth and maturity as a pre-mobilization platform.

Easter and his wife, Sheila, have been married since 1979, and have two children, Sgt. Walter D. Easter III, an Active Guard Reserve Soldier with the Mississippi Army National Guard, and daughter Trevese, who is currently a college freshman.

Hosting the ceremony, Maj. Gen. James Mallory, commanding general of the 108th Training Command, gave accolades to the outgoing commander. He presented Schmid with a Bronze Star for his services in support of Operation Iraqi Freedom and the Meritorious Service Medal for exceptional devotion to duty and performance as commander of RTC-E. "Claude, thank you for taking charge of a premier training institution," said Mallory.

Addressing the Soldiers of the RTC-E that are comprised of Drill Instructor, NCOs and Soldiers from the Small Arms Readiness Group (SARG), Mallory said, "Your training is nothing short of spectacular, First Army, Forces Command and the Chief of Staff of the Army has recognized the work of the RTC-E."

(Pascual Flores may be reached for comment at pascual.j.flores@us.army.mil.)



Sgt. 1st Class Jeffrey Chase

FAMILY -- Sgt. Walter Easter III, left, an AGR Soldier with the Mississippi Army National Guard poses with his mother, Sheila, and dad, Lt. Col. Walter Easter incoming commander, during the Regional Training Center-East Change of Command ceremony held March 28 on Sharp Field. Officiating over the change of command was Maj. Gen. James Mallory, commanding general 108th TC.

NETCOM takes flag for Army installation IM functions

Sing Lee
IMCOM News Service

ARLINGTON, Va., April 1, 2009 -- Directorate of Information Management (DOIM) network-related functions at IMCOM garrisons were OPCONed to the Army's Network Enterprise Technology Command/9th Signal Command (Army) (NETCOM/9th SC (A)) on April 1 and will be subsequently reassigned to it by Oct. 1, 2009.

The OPCON transfer will be transparent to most government employees and customers shouldn't experience any service interruptions as the changeover goes into effect. The implementation and continual oversight is being led by Brig. Gen. Jennifer L. Napper, the commanding general of the 7th Signal Command (Theater) (7th SC(T)), headquartered at Fort Gordon, Ga.

The 7th SC(T) is responsible for the CONUS geographical area and is the final theater to be organized under a theater signal command to support the Army's Global Network Enterprise Construct (GNEC).

One of the list of key goals of the Army CIO/G-6 is to develop and maintain a secure, seamless, interdependent LandWarNet network. The command plans to create the network by leading development and enforcing the use of integrated enterprise architecture, according to Chris Poulsen, IMCOM chief information officer.

"This is a win-win situation for the Army," he said. "We're enhancing computer network defense, unifying the Army's global networks and providing enhanced enterprise capabilities."

By consolidating all DOIMs under a single Army command, NETCOM/9th SC (A) will be empowered to operate, manage and defend the Army's global network while also enabling enterprise capabilities of network service centers to the Warfighter through all joint phases of military operations.

The CONUS Directorates of Information Management will be managed by two 7th SC(T) brigades: The 93rd Signal Brigade, headquartered at Fort Eustis, Va., and the 106th Signal Brigade at Fort Sam Houston, Texas.

A plan to complete the reassignment of all other CONUS, DOIM and DOIM-like organizations, such as those associated with Army Materiel Command U.S. Army Medical Command, will be developed and implemented between fiscal 2010 and fiscal 2012.

Not all DOIM functions will be transferred to NETCOM/9th SC (A) under the realignment, nor will they remain with the DOIM structure.

The following functions will stay within the IMCOM garrison structure: photo lab; multimedia support; visual information (VI) broadcast/video/audio; graphic arts; VI media/equipment support; Land Mobile Radio (LMR) End-User Device procurement; records management; official mail and distribution; and forms and publication management.

A garrison Information Management Office (IMO) will also be established to monitor NETCOM network services delivery, perform information technology planning and acquisition of end user devices.

The IMO office will also generate and validate requirements, and execute information assurance tasks for the garrisons.

Handbook guides unit commanders in protecting info

FORT LEAVENWORTH, Kan. (Army News Service, April 1, 2009) - A new handbook to guide commanders in protecting and preserving vital data, records and historical information has been released by the Center for Army Lessons Learned.

CALL Handbook 09-22, "Commander's Handbook for Operational Records and Data Collection" is a collaborative effort between CALL, the Center of Military History, and the Records Management Declassification Agency.

The new handbook was designed to serve as a guide for the preservation and disposition of unit operational records, history, and data.

"This is not just a 'make-work' administrative chore; it is essential to the long-term preservation of your unit's history, part of your responsibility to take care of your Soldiers, and required by law and regulation," said Dr. Jeffrey J. Clarke, director of the U.S. Army Center of Military History, in the handbook's foreword.

The handbook begins with a scenario in March 1991 on the oil-smoke-covered battlefield in Kuwait following Operation Desert Storm.

It drives home the importance of keeping operational records. In this case, thousands of veterans and Soldiers had problems proving where they were and what they were doing during the operation, according to handbook.

It states that it took millions of dollars and thousands of man-hours to reconstruct the locations and operations of U.S. units during the operation.

The handbook states that during World War II, units kept records, even during the Battle of the Bulge. Units in Korea kept war diaries, staff action journals, operations reports, and intelligence summaries, even when on the verge of being overrun by the Chinese in the winter of 1950, the handbook states.

"Yet in today's military, despite the ready availability of high speed computers, e-mail, sophisticated word processing programs, portable digital storage devices, data base programs, and visually stunning graphics presentations, units often fail to preserve a record of what they were doing, where they were doing it, and when," the handbook's authors state.

The handbook not only provides a compelling argument of why unit operational records should be kept, it goes on to spell out exactly what should be kept and the best ways to accomplish this mission.

In addition, it explains how to forward documents to the Records Management Declassification Agency. It also explains what should be sent to CALL and to the Center of Military History.

Appendix B of the handbook provides a template for after-action reviews that should be sent to CALL.

The handbook is unclassified and can be downloaded from CALL's public Web site at call.army.mil. Print copies may be requested through the information product link.

Established by the Army in 1985, CALL has the mission to collect, analyze, disseminate, integrate and archive the Army's lessons learned.

WANTED

1000 Soldiers with the Boldness, Audacity, Aggressiveness, and Stamina to train our nations finest Soldiers, Sailors, and Airmen.

Make History with the BEST of the BEST



72d Field Artillery Brigade

For information on how to join us, call our Brigade Recruiting and Retention Team at (609) 562-3309 or email us at DIVEAST72FABDEREUP@usarmy.mil

What's Happening?

- On-duty fatalities are decreasing
- Off-duty fatalities are increasing

What's Not Happening?

- Message not reaching junior leader/individual Soldier
- Band of Brothers/Sisters mindset to off-duty activities

How Do We Influence The Action?

- Leader** — Instill a creative vs compliant safety culture; tailor tools and messaging (one size does not fit all)
- Peer** — Soldiers taking care of Soldiers, on and off duty
- Family** — Foster a risk-mitigation culture in the Family and community to support the Soldier

CG9-71

Project pushes Army Safe, Army Strong

(continued from page 1)
"One thing I am here to do in addition to presenting this briefing is to look for best practices," Harp said. "We want to capture new and innovative ideas and disseminate them across the country."

The Army Safety Center has several programs already in operation that point the way to safety, Harp said. All are accessible on the center's website.

Topping the list is the Army Readiness Assessment Program, a Web-based initiative that provides battalion-level commanders with data on their unit readiness posture through five segments:

Process Auditing - Assesses

the processes used to identify hazards and correct problems; Reward Systems - Assesses the unit's program of rewards and discipline to reinforce proper behavior and correct risky actions;

Quality Control - Places emphasis on high standards of performance;

Risk Management - Assesses the health of unit processes, and Command and Control - Assesses leadership, communication, and policies as they relate to Composite Risk Management (CRM).

Designed for use by battalion-sized units, the program asks several questions of battalion commanders.

Following the survey

administration (the assessment phase), the commander receives one-on-one feedback on key issues regarding command climate, safety culture, resource availability, workload, estimated success of certain safety intervention pro-

grams, and other factors relating to their unit's overall readiness.

The Travel Risk Planning System, or TRIPS, is an automated trip planning tool that incorporates the principals of

Composite Risk Management and facilitates a dialogue between supervisor and subordinate prior to travel by privately owned vehicle. The system provides checklists and detailed information on how long a trip should take

and what types of conditions the driver should expect. The program is designed to plan for both military and civilian trips.

The Ground Risk Assessment Tool (GRAT) was developed

by the U.S. Army Combat Readiness/Safety Center to augment the Composite Risk Management (CRM) planning and decision-making process. It assists in the identification, assessment and control of hazards associated with specified missions or tasks.

Harp added that other types of accidents, including fires

and electrocutions, are also hazardous to Soldiers on and off-duty.

"Soldiers are big on gadgets, and if they have them, they're going to find a way to plug them in," he said. "Every-

one has to remember to turn off and unplug before they leave their living area."

The Safety Center website has numerous other links and bits of information to help keep Soldiers safe during on- and off-duty activities, Harp said, and the center also publishes Knowledge, the official safety magazine of the U.S. Army.

(Carolee Nisbet may be reached for comment at carolee.nisbet@us.army.mil.)

"Just because you can drive a HUMVEE doesn't mean you can drive an up-armored HUMVEE, or any other heavy vehicle."

Col. Glenn Harp
U.S. Army Safety Center

Soldiers shine in Best Warrior Competition

Wayne Cook
Public Affairs Staff

Soldiers of the 75th Battle Command Training Division met on the field and in the classroom at Fort Dix, March 25 through 28 to determine the Best Soldier and Best Warrior for 2009.

The Best Warrior Competition, formerly known as the Soldier and Noncommissioned Officer of the Year, tests Soldiers' military knowledge and skills, physical fitness, and customs and courtesies to determine the top overall individual in the junior enlisted force and the NCO Corps.

The top competitors from four of the brigades in the division assembled at Fort Dix, home of the 2nd Brigade, to see who would earn the title as best in the organization and the right to represent the division at the U.S. Reserve Command competition at Fort McCoy, Wis., in July.

"As you would expect, these kids are very competitive. They want to win; they want to move on to the next level. It's tough for me because they are the very best Soldiers we have. They have to give extra hours to their studies and practice which means they have to take away time from their families, but they do it with a smile and they have great attitudes," said Command Sgt. Maj. Paul Belanger, 75th BCTD.

According to Sgt. 1st Class Tameka Murphy, competition operations NCO, 2nd Brigade, the events for the local competition reflect the USARC competition to give the Soldiers the clearest picture of what they are up against.

March 25, the competitors all gathered for an overview of

the competition from Belanger and the staff. Representing the brigades were: Sgt. 1st Class Ronald Griffin - 3rd Brigade, Staff Sgt. Timothy Jordan - 5th Brigade, Staff Sgt. Anthony DeVito - 2nd Brigade, Sgt. Joshua Skelton - 4th Brigade, and Spc. Marcos Sierra - 3rd Brigade.

Early the morning of March 26, the competitors took the Army Physical Fitness Test. They then moved to Range 15, and were tested on their M-4 rifles and M-9 pistols. They had to disassemble, clean and reassemble the weapons - normally routine procedures - this time under the pressure of the competition.

"It was really an honor to compete and win at division. I'm ready to move forward. I'm ready to buckle down and amplify my studies."

Sgt. Joshua Skelton

Competition board members kept a close eye on the Soldiers, observing their interaction and demeanor.

"The Soldiers are really getting into it and are very competitive. I think it's a good learning experience for these Soldiers," said Command Sgt. Maj. Jimmie Carpenter, 3rd Brigade.

The following day the Soldiers went to the Land Navigation Course to test map reading and land navigation skills. They closed out the day completing a written test on general military knowledge.

"I think it's been a great experience to come down here and compete. There's a lot of camaraderie and no sabotage and the Soldiers have come together quite well. The competition is challenging and you never know exactly what they are going to be in the competition," said Griffin.

First thing the competitors

had to do the morning of March 28, and the last step in the competition, was to appear before the competition board and answer a series of general Army knowledge questions while performing facing and marching movements. They also had to recite the NCO and Soldier's Creeds.

The competition board was comprised of six command sergeants major and one first sergeant. The board members were: Command Sgt. Maj. Paul Belanger - 75th Division; Command Sgt. Maj. Robert Boone - 1st Brigade; Command Sgt. Maj. Alan Anastasiades - 2nd Brigade; Command

Sgt. Maj. Jimmie Carpenter - 3rd Brigade; Command Sgt. Maj. Otha Allen - 4th Brigade; Command Sgt. Maj. Darby Reid - 5th Brigade; and 1st Sgt. Theresa Spagna - Headquarters 75th Division, Headquarters and Headquarters Company.

The competitors received coins from Belanger, and then it was time for the winners to be announced.

Taking the Soldier of the Year Award was Sierra, while the Best Warrior Award went to Skelton. Both were presented Army Commendation Medals and will move forward to the USARC Best Warrior Competition. DeVito was named the alternate to attend the competition at Fort McCoy.

The significance of the experience gained from the competition was not lost on any of the competitors.

"It was my first time to go

all the way to division. It was very challenging and eye opening. I am grateful to have been involved and gave it my best shot," said Jordan.

For the competition winners, reaching this pinnacle of success has stirred up a myriad of feelings.

Sierra was humbled and grateful for the opportunity to have competed at such a high level with such dedicated and professional Soldiers.

"Wow, I don't think this compares to any honor in my life except for the birth of my children. Without the outstanding support of my wife and my unit members back home I could not have accomplished this. It is simply amazing. It was amazing to not only compete, but to meet these wonderful people who run the competition and these top NCOs. It was incredible. This is only the beginning. I plan to continue on and to make my unit proud," he said.

Similarly, Skelton shared his determination to not let this level be his last win.

"This feels really good. It was a lot of fun, a great experience. The training was outstanding. I put a lot of preparation into this. The other Soldiers helped each other out; it really showed what being a Soldier is all about. It was really an honor to compete and win at division. I'm ready to move forward. I'm ready to buckle down and amplify my studies. I'm looking forward to moving on and winning a trophy and going on to the Army competition," said Skelton.

So, it is onward and upward for the top Soldiers of the 75th BCTD as they take on the best in the Army Reserve.

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



photos by Wayne Cook

TOP NOTCH - Spc. Marcos Sierra, above, and Sgt. Joshua Skelton, below, are presented the Army Commendation Medal by Command Sgt. Maj. Paul Belanger, for their participation in the 75th BCTD's Best Soldier Competition.



NEIGHBORHOOD

THE CORNER

Army Emergency Relief seeks donations

The Army Emergency Relief (AER) is seeking donations to help meet its 2009 fund-raising goals. The Army Emergency Relief fund is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers and their families. To donate to the fund call Bobby Brown at 562-4245.

John Mann Park opening soon

John Mann Park opens for week-end fun 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.

Kiddie Fishing Derby to be held

The annual Kiddie Fishing Derby will be held April 11 at Laurel Pond. Children ages two to 13 years-old are invited to sink their line. The fun begins at 8 a.m. Call Outdoor Recreation at 562-6777 for more information and to register.

Family Fun Fest brings information entertainment

The Family Fun Festival will be held April 15 from 10 a.m. to 2 p.m. This year the location has moved to the Griffith Field House. This free event features entertainment, snacks and information for all ages.

Derby rolls into Griffith Field House

The Griffith Field House will host women's roller derby April 9 at 6:30 p.m.. The event will feature the Hot Rod Hoologans vs. Penn Jersey She Devils. Tickets are not required for the event. For more information call 562-5355.

Mystery Dinner Theater to appear at Club Dix

The Riddlesbrood Touring Theater Company will present Sherlock Holmes and the Case of the Vanishing Van Gogh. May 1 at Club Dix. Tickets are \$19 for adults and \$12 for children 12 years old and younger. The doors open at 5:30 p.m. and the show begins at 7 p.m. A dinner buffet featuring baked chicken, roast pork, vegetable lasagna and more will be served from 5:30 pm. to 6:45 pm. Tickets are available to purchase now at Club Dix or at Family, Morale, Welfare and Recreation Headquarters. Call 723-3272 for more information.



Fort Dix Main Chapel Lenten and Easter Events

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

Easter Egg Hunt
April 4 at 11 a.m.
behind the Main Chapel

Holy Thursday - April 9
Catholic Mass at 6 p.m.
The play "From Crib to The Cross" will be presented at 7:30 p.m.

Good Friday - April 10
Catholic Mass at 6 p.m.

Easter Sunday - April 12
Ecumenical sunrise service at 7 a.m.
Traditional (General) Protestant service at 9 a.m.
Catholic Mass at 10:15 a.m.
Gospel service at 11:30 a.m.

Soldiers stuff sandwiches for cause

Wayne Cook
Public Affairs Staff

As part of the grand opening ceremonies for the Super Wawa in New Egypt, the convenience store corporation held a Hoagie Build-Off March 27, pitting the Army against the Air Force with corporate donations going to help each service's respective fam-

ily service organizations.

Wawa Incorporated, a staunch supporter of the military and its members, invited the teams to face off against each other in the making of hoagies - as many as could be made in five minutes.

When the signal to start was given, both teams began assembling the sandwiches - first methodically, and then the pace began to pick up. Rolls,

cheese, meat, lettuce, tomatoes and

condiments were passed along the line until the finished sandwiches were placed in boxes. The Air Force team jumped out to an early lead and never looked back. To add to the pressure, lettuce and tomatoes began to take flight in the direction of the opposing teams.

The whistle blew the end of the time limit and the judges began the

official count.

The Air Force team of Airman 1st Class April Oderfero, Airman 1st Class Stephanie Adams, Airman 1st Class Rhea Blandin, and Airman 1st Class Kelliesha Lyman, led by Tech. Sgt. Patricia Phillips from McGuire Air Force Base, bested the Army team consisting of Sgt. 1st Class James Avery, Staff Sgt. Noemi DeLaCruz, Staff Sgt. Thomas Flowers, and Spec. Rashad Wilson, and captained by Master Sgt. James Pampinto from Fort Dix.

Air Force - 36, Army - 23, was the final count.

"It was great seeing the community come together. It is great that they really appreciate the Armed Forces," said Phillips.

"It was a fun competition, but regardless of winner or loser we both are on the same team because we are fighting the war together," said Phillips.

Both teams were awarded checks for \$750 each to support their family support centers and they were given the sandwiches they had made to distribute amongst their work places.

"We are very delighted to open this store. When we can relocate a store and provide better services to the community we are very happy, especially with this community supporting the military. I'd like to express our gratitude and appreciation to the military for what they do, day in and day out, and their families back home who bear the burden while they are away," said Jim Bluebellow, vice president of the supply chain, Wawa Inc.

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



Wayne Cook

TEAM WORK -- The Army helped celebrate the grand opening of a new Super Wawa in New Egypt by participating in a Hoagie Build-Off against a team from McGuire Air Force Base. Representing Fort Dix were, from left, Master Sgt. James Pampinto, Sgt. 1st Class James Avery, Spec. Rashad Wilson, Staff Sgt. Thomas Flowers, and Staff Sgt. Noemi DeLaCruz. Though they did not take first place, the Soldiers earned \$750 to support Army family programs.



Ryan Morton

BUILDING STRONG STUDENTS --

The students and mentors in the Fort Dix/Helen A. Fort Mentorship Program gather outside the school March 26. The mentorship program helps students navigate the rocky road of adolescents by pairing them with an adult member of the community, who volunteers to serve as a positive influence in the young person's life. Mentors are still needed. Anyone wishing to volunteer should call 562-6271.

Mentor program helps teens succeed

Ryan Morton
Public Affairs Staff

The Fort Dix/Helen A. Fort Mentorship Program, which brings military and civilian personnel from the Fort Dix and McGuire Air Force Base communities to Helen A. Fort Middle School in Pemberton, is running and mentors for the kids are in high demand. Mentors attend the school one day a week for 30 to 40 minutes, usually during lunchtime, and aim to help students navigate their way through very challenging periods in life. According to Sharon Gardner, the Fort Dix School Liaison Officer, the mentors have a chance to positively impact these youngsters' lives.

"I think this program is so strongly needed, especially at the middle school level, because in many cases, it's the hardest time in life for kids to go through," said Gardner.

Mentors on hand March 26 had the opportunity to talk to the students and find out how they're doing in school and life, and maybe offer some helpful pointers or advice.

"This has been a good experience. I've been in the program for four months and have learned a lot about setting goals and I think it's helped me improve my grades in school, said student, Khalil Brooks, whose mentor is Air Force Tech. Sgt. John Haas.

"It's been a great experience working with Khalil. He's opening up more and being more personable. I feel like I've also gained a friend too," said Haas.

It's also been a positive experience for Airman Miranda Fersfield who comes in to mentor her student, Courtney Shields.

"I think Courtney has really matured a lot. She sometimes has trouble communicating with her peers and has really improved her communication skills," said Fersfield.

"It's been a fun experience. I find that I don't yell at people as much as I used to and I think my attitude's improved," said Shields.

This program, according to Rita Jenkins, school counselor and mentorship coordinator, helps foster many

long-lasting relationships between the mentors and students even after the students move onto the high school level.

"They develop bonds and attachments that extend long after, and some of the mentors still make it a point to see the kids even after middle school. It's really great to see," said Jenkins.

Some of the mentors, according to Jenkins, even go beyond working with the students.

"We have mentors that go the extra mile and even meet with the teachers and parents to try to help the kids out," said Jenkins.

"The mentors are invaluable and I can't say enough about how important they are for these kids. They're

truly a gift and give their time so unselfishly. We just hope to get more mentors because there are a lot more kids waiting," said Gardner.

Anyone interested in learning more about the mentor program should call Sharon Gardner at 562-6271 for more information.

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



Wayne Cook

Jewish celebration shared with community

Air Force Chap. (Capt.) Raphael Berdugo, Jewish Chaplain, McGuire Air Force Base Chapel, breaks the matzo during a model Seder at the Fort Dix Main Chapel March 29. Looking on, at left, is Chap. (Lt. Col.) Joseph Lim, Wing Chaplain, 87th Air Base Wing, McGuire Air Force Base, and to the right, Air Force Reserve Chap. (Capt.) Menashe Miller, Jewish Chaplain. The event was held to share with the community the meaning and importance of the Passover Seder. Passover is a Jewish holy day and festival remembering God sparing the Israelites when he killed the first born of Egypt, and is followed by the seven day Feast of the Unleavened Bread commemorating the Exodus from Egypt and the liberation of the Israelites from slavery. Passover begins April 8 this year.

Karate helps youth tackle obstacles

Ryan Morton
Public Affairs Staff

Master Peter Liciaga, a Tang Soo Do Korean karate instructor who has practiced martial arts for more than 30 years and teaches in Mount Laurel and Browns Mills, came to the Fort Dix Main Chapel, March 25 to show members of the Club Beyond program they can conquer any obstacle life throws their way.

As part of the semiannual Youth Explosion promotional event for Club Beyond, a youth ministry program, he illustrated his point by giving a martial arts demonstration and having the kids break boards with obstacles written on them which could impede them from reaching their goals. They were obstacles such as fear, nerves, doubt, gloating, selfishness, failure, and laziness.

"It's through those toughest of times that we build ourselves up. You actually can feel the strongest during those times because you can realize that you can get through them," said Liciaga.

Surviving and getting through difficult times is nothing new for Liciaga. He's a Puerto Rican from the Mott Haven section of the Bronx in New York City and had no formal education after the tenth grade. He was in a street gang called the Black Spades as a young teen in the 1970s and grew up in a family with members having severe alcohol, substance, physical, sexual, and emotional abuse issues.

Liciaga mentioned that his turning point in life came when he was about 15 during a gang-related confrontation where he fired his gun. No one was hurt, but it made him realize he had to get out of the city and leave that life behind.

"At that time I thought the whole world was just projects and gangs," said Liciaga.

One of his sisters and his grandparents lived in Fort Pierce, Fla., so Liciaga boarded a bus and moved there shortly before he turned 17.

This opened a whole new world for him as he pursued ballet dancing and continued his studies in martial arts. Liciaga has a background in dance and grew up performing salsa, meringue, and Latin hustle. He idolized Gene

Kelly and loved how, Kelly added a "terrific masculine element to dancing."

Liciaga worked construction jobs during the day and went to ballet and martial arts schools at night. He attended the Fort Pierce Ballet Company and became so good that he headlined show performances and moved on to perform in the Palm Beach Ballet Company.

In the mid-1980s, Liciaga packed up his beat-up Camaro with the bald tires and moved back up to New York with the hopes of making it in show business.

In New York, Liciaga attended a dance school called Steps and worked odd jobs to pay the bills. At Steps, he auditioned for classical ballet and modern dance productions where he landed a gig performing the "Nutcracker" with the Long Island Ballet.

"I was making a whopping \$300 a month and bought a sweatshirt that said Die to Dance," said Liciaga as he comically remembered those arduous financial times.

After his stint with the Long Island Ballet, he was hired for performing dance and musical shows at Hershey Park, in Hershey, Pa.

Liciaga said it was a special place for him because it was during that stint where he met his wife, Renee, a fellow dancer. From there they each performed on tour with the "Starlight Express." He also performed in plays such as "West Side Story," "Once on This Island," and "Joseph and the Amazing Technicolor Dreamcoat" throughout the United States and Germany.

In the 1990s Liciaga started to intensely study the Bible and as he states, discovered what his purpose is, and why he is here.

"All the things I experienced in my life, I was wondering why did I have to go through them and why? After studying and getting into my faith, it made me realize my purpose in this world and why God put me here," he said.

The message Liciaga tries to convey to people, such as the students at the Youth Explosion event, is that every obstacle is an opportunity to get stronger and to be empowered.

"When I talk to kids like the ones I talked to at the Youth Explosion, I use my experiences to help them with the difficulties they encounter in

their lives and let them know that God has a bring hope to people and getting to see lives transform," he continued.

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

"I feel like my purpose on this earth is to



TOUGH STUFF -- Master Sgt. Anthony Pamplin, non commissioned officer-in-charge of the Fort Dix chapel staff, breaks through a board which represents an obstacle to reaching a goal during the Youth Explosion martial arts event held at the main chapel, March 25. Master Peter Liciaga, a Tang Soo Do Korean karate instructor performed a demonstration for the group. Chap. (Maj.) Allen Raub, Main Chapel staff chaplain, presented Liciaga, left, with an Army coin as a token of appreciation for giving the demonstration.

photos by Ryan Morton

Heavy equipment operator finds new calling

Wayne Cook
Public Affairs Staff

The staff at the Fort Dix Main Chapel welcomed the newest chaplain candidate to the installation March 9.

Fulfilling one of the missions of the chapel staff, 1st Lt. Jonathan Averill arrived to complete the chaplain mentorship and training program.

A prior enlisted Soldier,

Averill enlisted in the Army Reserve in 1996 as a heavy equipment operator.

He started his career as a specialist, having already completed college and earning a bachelor's degree in engineering.

Averill was deployed to Kosovo in 1999. While serving in Eastern Europe he met a chaplain who was ministering to another Soldier. He was so impressed with what he saw

that the memory has stuck with him.

In 2001, when he completed his tour of duty, he left the Army Reserve and entered the Individual Ready Reserve (IRR). Not thinking he would be recalled he began to settle back into the routine of civilian life.

Averill received a phone call from the Department of the Army Reserve in August 2002, recalling him to duty status. While waiting for an assignment to deploy, he attended the Primary Leadership Development Course at Fort Dix.

After he completed the school he demobilized and returned to the IRR.

Before he could settle back at home he received another phone call in January 2003,

notifying him that he was being mobilized and his unit was deploying to Kuwait.

During his time in Kuwait, Averill observed a chaplain he felt wasn't providing adequate service to the troops. He started to think he could do the job as chaplain better than some that were serving in that capacity.

"That chaplain wasn't people oriented. I began to think that maybe that is where I should be serving," he said.

In 2004, when he returned to the states, he entered seminary at Gordon-Conwell Seminary, South Hamilton, Mass.

He also applied for the chaplain candidate program. In 2005, Averill received a commission in the Army.

In May 2005, Averill attended the Chaplain Course,

completing all phases of the program and then returned to seminary.

The Army mobilized him and assigned him to Hawaii, where he performed practicum duties as a chaplain candidate. After his stint in Hawaii, Averill was sent to Fort Lewis, Wash., for ten weeks where he performed clinical pastoral duties.

In the fall of 2008, while still attending Gordon-Conwell Seminary, Averill began attending Calvin Theological Seminary in Grand Rapids, Mich. He is slated to graduate from both seminaries in May.

Averill received his ordination from the Christian Reformed Church in North America in the beginning of March just before he reported for duty at Fort Dix.

While serving at the Main Chapel, he has been involved with Reintegration Training, Suicide Prevention Training and preaching one service a week.

"I have been able to get my feet wet in a few different ministries since I've been here. My goal is to help people to get to know God in their lives. I want to be a light to others' paths and let them make a choice for their lives.

"I would like to finish out my career in the Army and am grateful to the services I have received from chaplains in my past and I am hoping to pay it forward to others," Averill said.

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



Wayne Cook

A NEW FACE -- The Fort Dix Chapel welcomes 1st Lt. Jonathan Averill, chaplain candidate. Averill is temporarily assigned to the Main Chapel as part of the Chaplain Candidate Training Program. The program allows him to be mentored by the chapel staff while he prepares for his appointment to the Army chaplaincy.

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HONORS AND AWARDS



Wayne Cook

INFORMATION MANAGEMENT – Master Sgt. Michael Daigle, acting first sergeant, and Capt. Robert Burnham, commander, 114th Public Affairs Detachment, New Hampshire National Guard, from Concord, N.H., hold their unit's Yellow Banner during a ceremony at Infantry Park March 31. The unit is headed for Baghdad, Iraq where they will perform duties collecting and disseminating command information.



Ryan Morton

EXPLOSIVE FINISH – Soldiers in Chemical, Biological, Radiological and Nuclear (CBRNE) Defense School graduating class number 05-09 will complete the course April 3. Graduates are: Sgt. John Barton, Spc. Rodney Brown, Sgt. 1st Class Mark Reigelsperger, Capt. Andrew Cwierniewicz, Sgt. Marcus Adkins, Capt. Christopher Yackiel, Spc. Jeffrey Seamon, Spc. Marc Roy, Spc. Jeff Montange, Chief Warrant Officer 2 Jeremy Collins, and 1st Lt. Jose Ortizalvelo.



Sgt. 1st Class Jeffery Chase, RTC-East

SURE SHOTS – Maj. Gen. James Mallory, commanding general, 108th Training Command, left, presents Certificates of Appreciation to Soldiers of the Small Arms Readiness Group, March 29, after they returned from competing in the All Army Advanced Marksmanship Competition at Fort Benning, Ga., where members of the team earned gold, silver, and bronze medals.



Sgt. 1st Class Jeffery Chase, RTC-East

CAPTAINS, MY CAPTAINS – Maj. Gen. James Mallory, commanding general, 108th Training Command, left, attaches new captain's bars to the uniform of Capt. Joseph Lariviere during a ceremony where he also pinned Capt. Joseph Corso, Capt. Micah Thompson and Capt. Jonathan Clark of the Regional Training Center-East, March 29.

Volunteer lauded for years of service

Jennifer Chupko
Public Affairs Staff

At the Fort Dix/McGuire Air Force Base American Red Cross, Patricia Selk-Welkenbach has volunteered thousands of hours for more than 37 years. Most recently she took on the position of volunteer manager and exemplified the performance of the duties and hours of a full-time employee, as a volunteer.

She was presented a Commander's Award for Public Service March 27 at the Army Community Service conference room.

"Words cannot describe how happy I am about this," said Selk-Welkenbach.

As a dedicated volunteer, she lends a helping hand for local servicemembers, families and civilians, whether it is getting an emergency message to a Soldier on Fort Dix or participating in the restoration of Willow and Laurel Pond and their recreation areas.

"Time flies when you know you are making a difference, especially if you love what you are doing" said Selk-Welkenbach.

Selk-Welkenbach started her public service journey in 1970. She has donated more than 18,000 hours as a volunteer and advisor to the installation volunteer organizations that include the American

Red Cross, Army Community Service, Girl and Boy Scouts, Fort Dix environmental volunteer program and the Thrift Shop. She also gave time to help the Spouses Club, now known as the Friends of Fort Dix, and the old Walston Army Community Hospital.

"You are such a pleasure to work with," said Fran Booth, Army Volunteer Corps, program manager to Selk-Welkenbach at her award ceremony.

Throughout her years at Fort Dix, Selk-Welkenbach has supported many military operations, including Operation Desert Shield and Desert Storm, and the Kosovo refugee's temporary housing on Fort Dix.

Selk-Welkenbach is responsible for frequent blood drives and helps to greet donors with an effortless smile, providing refreshments after a blood donation.

The Red Cross, which is the largest supplier of blood plasma and tissues services, provides almost half of the nation's blood supply and one-fifth of the tissue for transplantation.

"When things needed to get done, we could always count on her to do them," said Steve Melly, Fort Dix Department of Defense police chief.

Selk-Welkenbach has set high standards throughout her career. She was awarded the Gold Level Pin at the 2008 Annual Volunteer Recognition luncheon,

the highest volunteer award level and a Certificate of Appreciation for giving over 1,700 hours of volunteer service from April 2007 through March 2008. She has received a total of six Commander's Award for work in Public Service.

"I've met some very nice people here," said Selk-Welkenbach. "If I were not here, I wouldn't have met them otherwise. I cherish my time and the people I have met."

Selk-Welkenbach, originally from Mainz, Germany, came to the United States after finishing her academic degree in high school.

She original lived in Newport, Va. and worked for a wholesale company. In 1969, she began her volunteering expedition as a regional chairman for the Girl Scouts of America.

She, and her husband, retired Airman Bill Welkenbach, moved when his orders stationed him at McGuire Air Force Base.

She began volunteering at the Fort Dix/McGuire Air Force Base American Red Cross in September 1972. Selk-Welkenbach found her niche and still loves the installation's American Red Cross after 37 years.

"I enjoy volunteering and if you don't enjoy what you are doing, you are doing a lousy job," she joked.

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



Jennifer Chupko

SERVICE WITH A SMILE — Patricia Selk-Welkenbach, a volunteer at the Fort Dix/McGuire Air Force Base American Red Cross, is presented a Commander's Award from Steve Melly, Fort Dix Department of Defense police chief March 27. Selk-Welkenbach was, recognized for 37 years of volunteer service.

Soldiers swing at jazz concert

Lisa Evans
Public Affairs Staff

There's Army Strong and then, there's Army jazz. The latter was represented by a group called The Jazz Ambassadors with a performance at Timmermann Center April 1.

Opening the show, Sgt. 1st Class Tim Young and Pat Shook revved up the audience with *Phin Home*, throwing out some fast-paced saxophone flourishes that set the tone for the evening. And what is jazz without vocals?

Sgt. 1st Class Jeff Adams sang the evocative *More*. The

song brought out a softer side of the band.

Master Sgt. Marva Lewis opened her vocal selections with 1939's *Day In, Day Out*. She opened strongly and brought out passionate melody line, full of intensity and angst. "That same old voodoo follows me about; That same old pounding in my heart, whenever I think of you; And baby I think of you; Day in and day out; Day out - day in."

Although it didn't seem possible, Lewis' second song evoked memories of Nina Simone, resurrecting Simone's voice in *Make It Easy on Yourself*. This whiskey-throated version, arranged by Sgt.

Major (Ret.) Darryl Brenzel, took a well-known tune and gave it a jazz twist so delicate it kept the original scolded intent with just an edge of anger seeping through.

Switching completely from whiskey to sweet tea, Lewis' vocals brought the first lady of jazz to mind. Billie Holiday, Lewis' lighter touch in *What a Little Moonlight Will Do* brought attention to the band as Lewis stepped back and let the musicians treat the lyrics with solid brass tones that wailed *ooh, ooh, ooh, what a little moonlight will do*. Staff Sgt. Brad Danho caressed the tune so skillfully with his alto saxophone, the plaintive cry of longing soared out.

After jazz so dark it made blood run slower, something lighter was needed. Col. Thomas A. Palmater, the band director and leader, recited a funny poem about Fort Dix then tore it in half and threw it from the stage. That done, he introduced the saxophone players for a round of *Salt Peanuts*.

A difficult piece to play, *Salt Peanuts* is an old standard. Written with close discordant notes, this can be a jarring piece. And though it was a little ragged in the opening notes, the saxophone artists pulled it together. Smoothed out, this spirited, fast-paced jingle is meant to be funny and draw the

crowd into the music. Master Sgt. Kevin Watt whipped out a flugelhorn and let some notes fly until the saxophones came back in with a much smoother set of discordant measures.

Pemberton High School student Ryan Zettlemoyer was invited to play with the band. His alto sax fit well into the professional band. When he played a solo during *The Second Time Around*, Zettlemoyer looked, played and sounded like a professional.

Lewis jazzed up *To Sir With Love*, completely blowing away Petula Clark's version. This was no sweet high school girl in love with an instructor. There were no false notes. This was a throatier, sexier tune, flattened out, smoother, moved straight from the classroom to the bedroom.

Winding down the evening, the band played the theme music from the five branches of service, Coast Guard, Air Force, Navy, Marines, and finally the Army. But being the United States Army Field Band, the Jazz Ambassadors, they jazzed up "and the Army goes rolling along."

To close out the evening, Lewis sang *God Bless America*, and invited the audience to sing along. The love of what she was singing shone through. (Lisa Evans may be reached for comment at lisa.kay.evans@us.army.mil.)



Andrew Edwards

Students showcase photography skills

The Fort Dix Youth Center's Boys and Girls Club participated in the Boys and Girls Club ImageMakers National Photography Contest held at the Arts and Crafts Center, March 31. Taking top prize in the Ages 13 to 15 category was Andrew Edwards for his photo, "Heterloom", above. Top honors in the nine and under category was Alita Meld for "The Dragon Picture." Alex Hayes received the blue ribbon in the ages 10 to 12 category for his work "Basketball View," and Marc Jones was awarded highest marks in the ages 16 to 18 category for "Rust Bucket." The winning photos in each of the age group are sent to the Northeast regional level. Winners at that level go on to compete at the national level. All the photos are on display at the Fort Dix Arts and Crafts Center through April 4.



Lisa Evans

TOOTING HIS OWN HORN — Sgt. 1st Class Paul Armstrong entertains at the Army Jazz Ambassadors concert held April 1 at Timmermann Center.

Issues sought for Family Action Plan

Jennifer Chupko
Public Affairs Staff

Throughout the Army, thousands of Soldiers, civilians, retirees, and family members voluntarily contribute to improving their community, National Volunteer Week, April 19 through 25, recognizes those who epitomize the 2009 National Volunteer Week theme, "Celebrating People in Action."

The Army Family Action Plan (AFAP) one of the 10 volunteer programs at Fort Dix, provides the Army community with a voice in shaping the standards of living and the environment on the installation. The 25th AFAP anniversary will be celebrated with the first official McGuire/Fort Dix/Lakehurst joint base AFAP conference April 22 at Club Dix.

The conference presents an

opportunity to discuss AFAP issues and to make suggestions to improve the quality of life. Volunteers solicit issues from the community, implement a conference and manage the conference issues. Leaders respond quickly to resolve the concerns, implement good ideas and guide policy structure.

"AFAP is one of the Army's principal programs to ensure that standards of living in the military keep pace with changing times. By giving Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, family members, retirees and civilian employees the opportunity to influence their own standards of living, AFAP helps the military become a better place to live and work," said Frances Booth, Army Volunteer Corps, program manager.

Issues may be submitted any time throughout the year. "There are roughly 600 volunteers across the installation and 30 to 35 volunteer through AFAP," said Booth. "Volunteers are an integral part of all our programs."

Issues and concerns should be submitted to Booth and should contain the following information: what the issue is,

why it is a problem and whom it affects, recommendations for alleviating the problem, and the name and phone number of the person identifying the issue.

For more information call 562-3930 or email Booth at frances.booth@us.army.mil. (Jennifer Chupko may be reached for comment at jennifer.a.chupko@us.army.mil.)

Law Offices of Jason

Alstarr Sports Bar

Tri State

Calvary

Burl Co. OB GYN

Goodyear

Sailors tasked for Iraqi care

Lisa Evans
Public Affairs Staff

Sailors swapped water for sand for the sixth time since late 2005 when they gave up their ships and submarines to become specialists in caring for prisoners in Iraq. Three newly formed companies of Sailors became members of the Navy Provisional Detainee Battalion-6 (NPDB-6), a part of the Joint Services Training Oversight (JSTO).

Ninety percent of B and C units, which are training on Fort Dix while A company trains at another site, are reservists who volunteered for this mission, said Petty Officer 1st Class Adam Aguilar.

"I knew the possibility was there and never expected it. But I am here to do whatever the nation needs me to do," Aguilar said.

During mobilization readiness exercises on Fort Dix March 30, Lt. j.g. LaTasha Ford, who will be the officer in charge of a detainee camp in Iraq, said she wasn't surprised by this mission.

"I was briefed that there was a possibility of going to Iraq, Kuwait or Qatar, but I didn't know when," said Ford. "But joint operations is a must in some situations, and for us to bring those three services [Air Force, Army and Navy] together and successfully complete our mission shows our capabilities for flexibility and accomplishing the mission."

Ford has a degree in information technology and three-and-a-half years with the Navy. Until a few months ago she served aboard the USS John Paul Jones out of San Diego. As a ship's training officer, she ensured all Sailors maintained skills needed for specializations or cross training. This mission is completely new to her and the other Sailors in B and C companies.

"Everything I'm learning here at Fort Dix is my introduction to detainee operations," Ford said.

Normally a nuclear engineer technician on a submarine, Petty Officer 1st Class Adam Toepper stationed in Groton, Conn. but a native of Chicago, said Sailors have learned more than the custody, care and control of detainees.

"This training will help build confidence in how to deal with chaotic situations. It taught me that I can handle myself in a chaotic situation," Toepper said.

Toepper thought this opportunity would be a change of pace and an opportunity to do something different.

For Petty Officer 3rd Class Lindsey Bricker from Denver, Colo., a Reservist with four years active duty service, this mission came at the right time.

"I did a semester of school and it wasn't as exciting as I thought it was going to be, so I volunteered to go to Iraq," said Bricker. "I think it is going to



SAFE MOVES - Petty Officer 3rd Class Deon Lee, plays a detainee being lead by Petty Officer 1st Class Tegenework Workneh to the detainee processing center. Sailors showed their detainee operations skills during mobilization readiness exercises on Fort Dix March 27 through April 2.



RUN TO EARTH - Sailors rush detainees to a bunker after simulated mortar rounds strike prisoner housing during training March 30.

photos by Lisa Evans

be a good experience for everyone, create camaraderie. And I hope to change the Iraqi outlook towards Americans."

Bicker will continue her education in sociology when she returns from Iraq.

Petty Officer 2nd Class Jean Dumel from Tucson, Ariz. agreed with Bicker.

"I wanted to be a part of the action instead of drilling once a month. I wanted to get involved," Dumel said.

"As far as this training goes, not only is it necessary, it's probably the difference between being alive and not making it home. This is serious stuff we're learning here: how to handle detainees, the care of them. I'm excited," he added.

The excitement is uniform throughout the two companies. Petty Officer 2nd Class Carl McIntyre from Cushing, Okla. said he was carrying on a family tradition.

A reservist, McIntyre said he volunteered this time "just because they needed people and I have extremely strong beliefs in the military. My father was in the military during the Korean War. I believe in the flag—" stopping to wipe tears, he added, "I get sentimental. I've had shipmates die before, so I'm just carrying on."

This is McIntyre's seventh visit to the area. It is his first mission to Iraq, but he has completed six missions to the Middle East as an Air Force aircraft mechanic.

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



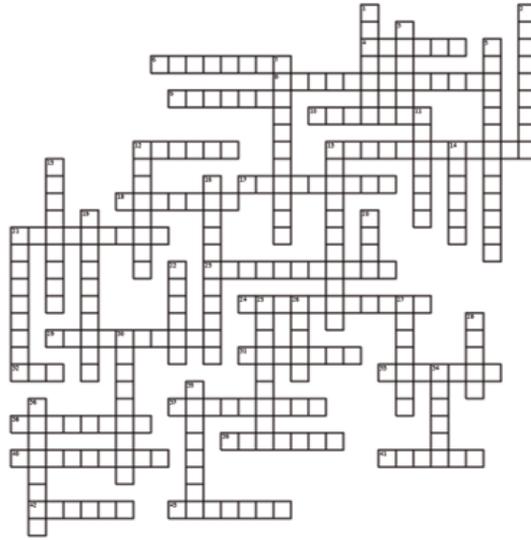
ROLE PLAYER - Petty Officer 2nd Class Marsellus Woods has his mouth searched by Airman Randall Campbell while Petty Officer 3rd Class Levi Feldman searches him. Mock prisoners were searched into the Fort Dix detainee operations training site March 27.

Diamonds Unlimited

Burlington Volkswagen

the Post Puzzler

by Gerry Zanzalari



*Look for the
answers in
next week's
Post.*

- | | |
|---|---|
| <p>Across</p> <p>4 It can kick your butt</p> <p>6 Member of a resistance movement</p> <p>8 There's 3 of them</p> <p>9 He can get things moving</p> <p>10 Location of Operation Urgent Fury</p> <p>12 Sudden, unexpected attack</p> <p>13 Called this before USAF</p> <p>17 Cease all operations except security</p> <p>18 Sing-song pace</p> <p>21 Around 400 or so...</p> <p>23 Full auto</p> <p>24 AK-47</p> <p>29 Disassemble to major components</p> <p>31 "Shot heard round the world" location</p> <p>32 Bomb folks</p> <p>33 Movement plan or procedure</p> <p>37 Two quick shots</p> <p>38 City 50 mi W of Baghdad</p> <p>39 Went all the way to Atlanta</p> <p>40 Where all the shootin' is</p> <p>41 Main ground force of the United States</p> <p>42 Gelatinous, flammable organic solvent</p> <p>43 MZA3</p> | <p>Down</p> <p>1 Ground conditions</p> <p>2 AKA Airborne instructors</p> <p>3 Reconciliation</p> <p>5 We do it at Jackson, Knox, Sill and Benning</p> <p>7 Exfoliant used in Vietnam</p> <p>11 Compass Heading</p> <p>12 One "Aw Rats" cancels 10 of these</p> <p>13 Star of "To Hell and Back"</p> <p>14 Military line of sentinels</p> <p>15 Not tactical</p> <p>16 Stormin' Norman</p> <p>19 It's in Carlisle, PA</p> <p>20 Article 86 charge</p> <p>21 Tactical, decisionmaking model</p> <p>22 Ragin' Cajun</p> <p>25 Never mind</p> <p>26 All-purpose, lightweight individual carrying equipment</p> <p>27 Shooting while standing position</p> <p>28 Another word for kilometer</p> <p>30 A switch, trigger or percussion cap</p> <p>34 You can see it in the dark</p> <p>35 Portable, short-barreled cannon</p> <p>36 Read it or load it</p> |
|---|---|

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
Protestant
8 a.m. to 9 a.m.
Catholic
10 a.m. to 11 a.m.
Mormon
8 a.m. to 9 a.m.
Jewish
8 a.m. to 9 a.m.
Protestant Service
6:30 p.m. to 7:30 p.m.
COL - Chaplain's tent
Hour of Power Protestant
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.
11 a.m. - April 4
Easter Egg Hunt
behind the Chapel
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.
April 24
Praise and Worship
Potluck Dinner
6 p.m.

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, April 4
Midnight Basketball
Teens/guests only
7 p.m. to midnight
Tuesday, April 7
Sports/Fitness
3:45 p.m. to 4:45 p.m.
Wednesday, April 8
Fashion Design
3:45 p.m. to 4:45 p.m.
Shutterbugs
4 p.m. to 6 p.m.
Thursday, April 9
Cosmetology
3:45 p.m. to 4:45 p.m.
Friday, April 10
Spring Break!
School Closed
MS full Day Care
6:30 a.m. to 6 p.m.
Open Rec.
2 p.m. to 7 p.m.
Saturday, April 11
Arts and Crafts activities
4 p.m. to 6 p.m.
The Child Development Center
562-4702
Bldg. 5523
Free Home School Meetings
Come out and join the Fort Dix Home School Group
Wednesdays at the Fort Dix Youth Center. Call 562-6271.
Families of Deployed Military, accompanied Tour Orders, TDY Status for 90-179 Days Orders, Rear Detachment Cadre in support of immediate Families of deployed Soldiers, and Wounded Warriors or Fallen Warriors- You are eligible for many free and discounted services in CYS respite childcare, reduced full day care fees, free sports and instructional classes. Please call 562-2242 for more information.

ACS

562-2767
Bldg. 5201 Maryland Avenue
Calendar of Events
Saturday, April 4
EFMP Spring Activity and Egg Hunt
Noon to 2 p.m.
Youth Center
Monday, April 6
AVCC/AFTB/AFAP Overview
10 a.m. to 11 a.m.
American Red Cross
Becoming a Love & Logic Parent (Part 1)
Ages 5-17 years
1 p.m. to 3 p.m.
ACS
Tuesday, April 7
RDO/FRG Training
JRC
10 a.m.
1-2-3 Magic: Discipline for ages 2-12
5:30 p.m. to 7:30 p.m.
ACS
Compassion Fatigue Workshop
2 p.m. to 3 p.m.
SFAC
Wednesday, April 8
Sexual Assault Awareness Month Proclamation Signing
9 a.m. to 10 a.m.
Ft. Dix Main Chapel
Being Your Own Boss
10 a.m. to noon
SFAC
or
1:30 p.m. to 2:30 p.m.
ACS
Thursday, April 9
Becoming a Love & Logic Parent for age Birth-6 years
Part 2 of 6
1 p.m. to 3:30 p.m.
ACS
Fort Dix Thrift Shop
5105 Pennsylvania Ave.
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.
Fountain Green Golf Course
The Golf Course is now open to the public.
Mulligan's Restaurant
Now open
Visit the well stocked Pro-Shop. Gift certificates are available. Call 562-6071

FMWR presents

CLUB DIX 723-3272
Club Dix Hours of Operation
Java Café
Monday through Friday
7 a.m. to 1:30 p.m.
Smokehouse Restaurant
Lunch Served
Tuesday through Friday
11 a.m. to 1:30 p.m.
Saturday through Monday
Closed
Blue Room
Wednesday
5 p.m. to 10 p.m.
Thursday through Saturday
6 p.m. to 10 p.m.
Sunday through Tuesday
Closed
Computer Lab
Monday and Tuesday
7 a.m. to 1:30 p.m.
Wednesday through Friday
7 a.m. to 10 p.m.
Saturday
Noon to 10 p.m.
Sunday
10 a.m. to 6 p.m.
Outdoor Equipment Rental Center
Monday through Friday
10 a.m. to 5 p.m.
Events Calendar
Women's Roller Derby - Free
Come see the Hot Rod Hoodlums vs. Penn Jersey She Devils Thursday, April 9, Doughboy Gym at 6:30 p.m.
Call 562-5355 for more information.
Kiddie Fishing Derby - Free
Ages 2-13. April 11, 8 a.m. at Laurel Pond. Call Outdoor Recreation to register the little ones 13 and under : 562-6777.
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.
Friday Night Dance Party with DJ Ace at Club Dix
April 17
The U.S. Army Soldier Show
is coming May 2 and 3!
Mark your calendars.
Hip Hop Aerobics is here to stay! You spoke and we listened! Due to the overwhelming success of the Hip Hop Aerobic class it has been extended. Join Richelle and the Crew Thursdays, Noon to 1 p.m. at Griffith Field House.

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.
Fire Sale
Photo Exhibit
To commemorate the 20th anniversary of the fire that destroyed the old Arts and Crafts building, 6508, on April 8, 1989, there will be many items on sale in the Arts & Crafts store. On display in the gallery are photos of the fire by a former Post photographer, Sgt. Phil Clark. Stop in for some hot deals April 7 through 11.
Framing Qualification Classes -
Saturday, April 4,
9 a.m. to 11:30 a.m. and
Wednesday, April 15, 6 p.m. to 8:30 p.m.
(Pre-registration fee of \$10 is required prior to class. Materials not included.)
Complete one piece while learning to operate the equipment. All students are required to bring something in to frame such as an 8x10 photo or certificate. All materials are available at the frame shop and may be purchased at the end of class.
Kids Introductory Painting Class (Ages 6 & up)
Saturdays, April 4 through 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
Saturdays, April 4 through 25
Ages 6-9: 10:30 a.m. to noon
Ages 10-13, 1 p.m. to 2:30 p.m.
Pre-registration required.
Classes cover hand-building (pinching, coiling and slab building) as well as basic wheel throwing skills. Students will be shown basic techniques that will lead to their own creative solutions. Clay, glazes and firings are provided.
Spring Art KAMP
Three fun filled days of crafting for ages 6 to 13. April 14, 16 and 17, 12:30 p.m. to 2 p.m. \$20 registration fee. Register early as classes fill up

United Communities

Self Help Office Information
Monday through Friday
7 a.m. to 4 p.m.
Closed Saturday and Sunday
724-0550
Spring Guess How Many -
Guess how many bunny combs are in the jar in the leasing office. Contest ends Thursday, April 30. Closest guess wins a prize.
Spring Coloring Contest -
Show off talent and creativity and join in this month's coloring contest. Winners are by age group and are chosen by our management staff. Each winner receives a prize.
Landscaping Information:
Crab grass control begins April 6.
Clear front and back yards as well as fenced in areas of any personal items and debris.
Mowing and Landscaping Monday
Fort Dix: Mahlenbrock, Aneros Lane Froelich, Karolaz Court, Dixon Way
McGuire: Section: 4200
Tuesday
Fort Dix: Fir, Gum, Kalmia Court, Locust (North side), 1400 on Juniper and Hemlock
McGuire: Sections: 2700, 2800
Wednesday
Fort Dix: Redwood, Pointville, Locust (South side), Scott Plaza, 1100 on Juniper and Hemlock
McGuire: Starlifter
Thursday
Fort Dix: 1500, 1600 on Ash, Birch, Cedar, and Dogwood, Grove Park and Holly Crest
Friday
Fort Dix: Finish Grove Park and Holly Crest, Farm Houses, Section: 1200 Business Center, Maintenance Center
Call 723-4290 to be placed on the "No Car List" if this service is not needed.
Green Waste
Monday: McGuire
Tuesday: Fort Dix
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 temporary drop-off dumpster provided.
K Mahlenbrock
April 2 through April 8
D Falcon Courts E
April 8 through April 15

SPORTS

Army wrestlers seek next crown

Tim Hippi
FMWRPC Public Affairs

ALEXANDRIA, Va. — The All-Army wrestling team will march into Las Vegas Convention Center in search of its ninth Greco-Roman crown in the past ten years at the U.S. National Wrestling Championships, April 9-11.

Following a dominating performance, in which they won 40 of 42 matches at the 2009 Armed Forces Wrestling Championships March 14-15 in Mountain Home Air Force Base, Idaho, the Soldiers are expected to dominate again in Las Vegas.

"Realistically, without stretching anything, we have the possibility of having a guy in the [Greco-Roman] finals of every weight class with the exception of 74 kilos," said All-Army coach Shon Lewis, who leads the U.S. Army World Class Athlete Program wrestlers at Fort Carson, Colo.

WCAP wrestlers Spc. Jermaine Hodge (55 kilograms), Spc. Aaron Sieracki (84 kilos) and Sgt. Kevin Ahearn (96 kilos) won gold medals in both the Greco-Roman and freestyle disciplines at the Armed Forces Championships, where Soldiers squared off in a two-day, round-robin format against the Marine Corps, Air

Force and Navy. All three Soldiers should be in the hunt to reach the national Greco-Roman finals in Las Vegas, where the All-Army team has won four consecutive Greco team titles. Hodge and Sahin both finished third at the 2008 national championships. Sieracki, who finished fourth, is now ranked number one in his weight class.

Staff Sgt. Glenn Garrison, who recently defeated top-ranked arch-rival Joe Betterman during a match in Slovenia, is a strong contender at 60 kilos.

The All-Army team stacks the 66-kilogram weight class with top-seeded Spc. Faruk Sahin and second-seeded Staff Sgt. Oscar Wood, a 2004 Olympian.

Sgt. Brad Ahearn returns to defend his national crown at 84 kilos. Seven-time national champion Staff Sgt. Dremiel Byers, a 2008 Olympian, anchors the All-Army team at 120 kilos.

Spc. Timothy Taylor, Byers' training partner in Beijing, is ranked second among the heavyweights. Sgt. Iris Smith, a 2005 world champion, will compete in women's freestyle.

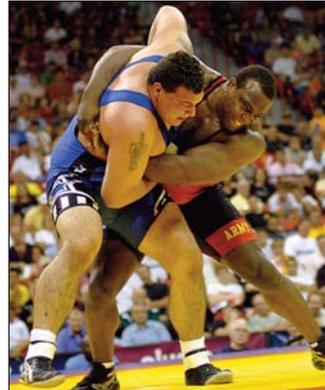
"We could possibly have six, if not more, in the finals at nationals," Lewis said.

Minnesota Storm Wrestling Club won the Greco-Roman national team title in 1999 and New York Athletic Club took the trophy in 2004.

"We're going to go in there with the aspirations of getting

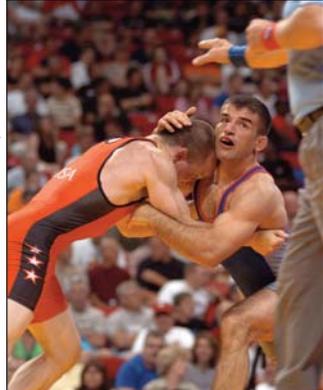
it done and coming away with another team title and some individuals as national champions," Lewis said.

The U.S. National Championships are a steppingstone to the 2009 U.S. World Team Trials, scheduled for May 30-31 in Council Bluffs, Iowa. The World Championships are set for Sept. 21-27 in Herning, Denmark.



GRAPPLING FOR THE GLORY — In the 120-kilogram weight class going into the 2009 U.S. National Wrestling Championships, April 9-11 in Las Vegas, left, Seven-time Greco-Roman heavyweight national champion, Staff Sgt. Dremiel Byers (left) and Spc. Timothy Taylor (right) are ranked first and second. In the 66-kilogram weight class entering the competition, right, Spc. Faruk Sahin (right) and Staff Sgt. Oscar Wood (left), a 2004 Olympian, are ranked first and second. The competition will take place at the Las Vegas Convention Center.

photos by Tim Hippi



Warm weather reinforces running safety

Leo Falanga
Installation Safety Officer

With the influx of personnel to Fort Dix there has been a significant rise in the number of runners all over post, particularly in the morning. Runners need to be aware of the rules on Fort Dix regarding running on our roadways and drivers need to be especially careful in the mornings because some runners may be hard to see.

Additionally, there is something we haven't seen at Fort Dix in awhile, units marching. So awareness is needed of the rules and regulations regarding marching and running on the installation. The information may be found in Fort Dix Regulation 385-10, Safety Program and Fort Dix Regulation 190-5, Traffic Safety. For more information call Leo Falanga, installation safety director at 562-2900.

TROOPS ON THE ROADWAYS:

Note: A formation is an assembled group of military personnel under the supervision of a leader and in two or more squad columns. Units conducting individual movement rucksack marches in a single file are not defined as formations.

When marching or conducting physical training (PT), commanders will maximize use of off-road areas, tank trails, firebreaks, and roads with speeds of less than 35 mph. The following guidelines apply: Prior to conducting any

road marches or troop foot movements from the cantonment area to the range complex, commanders are required to coordinate with Combat Readiness Division, and provide a Strip Map (FD Form 2070) of the movement to be conducted.

All soldiers will wear a reflective safety belt or vest while participating in PT, working in a detail, performing police call on or along an improved road, or performing duties as vehicle convoy guide on Fort Dix. The belt or vest must be visible from the front and rear and unobstructed by clothing or equipment.

Any four or more lane road, and roads where the speed exceeds 35 mph are off limits to formations (two or more squad columns). Texas Avenue, Pemberton Road, Fort Dix Road, 8th Avenue between Alabama to New Jersey Avenue, New Jersey Avenue, Delaware Avenue, Pointville Road, Lewistown Road, Julietstown Road, West 10th Street, and State Route 68 are specifically off limits for any formation.

Individual runners, individual movement rucksack marchers, and walkers will use off-road areas such as sidewalks, firebreaks, unimproved roads, and road shoulders. Individuals will walk, march, or run facing traffic.

Formations will proceed in the same direction as the vehicle traffic and should remain as far as possible to the right side of the roadway.



1st Lt. Antonia Greene.

EASILY SEEN — Soldiers from the 72nd Field Artillery Brigade wear their reflective safety gear during an early morning company run.

All formations will have the four corners of the formation marked by wearing reflective vests or belts and utilize front and rear road guards wearing reflective belts or vests. Flashlights must be used by road guards and other personnel designated by the leaders during periods of darkness and limited visibility.

Formations are prohibited from running through the housing areas except for Scott Plaza.

The wearing of all types of headsets while in formation is prohibited.

Leaders and supervisors

will conduct a briefing of these guidelines prior to runs and roads marches and ensure compliance is followed throughout the duration of the event.

A request for an exception can be submitted to the OSH Management Division, Directorate of Public Safety, a minimum of 10 days prior to the event.

Any formation on 4-lane roads or roads where the speed exceeds 35 mph must have Department of Defense police escorts.

RUNNING EVENTS:
 •Units and activities spon-

soring running events using Fort Dix roads will coordinate with the OSH Management Office by calling 562-2900 during the initial planning stage.

FORMATIONS, MARCHING TROOPS, OVERTAKING AND PASSING:

All vehicular traffic except emergency vehicles will yield to troops marching, troop formations, and physical training formations. Passing at a maximum speed of 10 mph is permitted as long as the safety of pedestrian personnel is assured.

Troop marching units,

troop formations, and training formations will march to the right of center-line of the roadway as near as possible to the right side of the road.

Troops marching or running in groups of five or more must be in an organized formation.

Unit commanders are responsible for the safe movement of marching troops. Physical training formations on the roadways will:

Use column movements to cross roadways.

Use road guards to halt traffic from all directions when crossing roadways and intersections.

Use road guards dressed in reflective material and carrying flashlights at the head, tail, and left flank of the marching and physical training formation when moving during the hours of darkness or limited visibility.

No vehicle shall follow within 25 feet of any troop formation.

JOGGING OR RUNNING:

Jogging or running on roadways where sidewalks exist is prohibited. Where no sidewalks exist, joggers will run against the flow of traffic on the extreme shoulder of the roadway. At least one item of reflective clothing must be worn.

Jogging during periods of extreme snow, rain, or sleet is prohibited.

Headphones are prohibited while jogging, walking, running, bicycling, or driving on Fort Dix roadways.



One Mile Track to be made safer

Beginning April 6, detours will be placed at the One Mile Track from 5:30 a.m. to 7:30 p.m. to afford runners freedom to run with maximum safety. Detours will be placed at 16th Avenue and Alabama Avenue, 18th and Alabama Avenue, and 18th Avenue and Buffalo Avenue. All side roads within the track to include 17th Avenue and Alabama Avenue will be blocked to prohibit entry of motor vehicles onto streets surrounding the track. Units utilizing the track area will be required to provide road guards at each detour location. Detoured areas will be monitored for safety and violations by Department of Defense police. The detoured locations will remain activated for a trial period of 30 days to support whether permanent detours will remain at the track.

Sports Shorts

Griffith Field House

Saturday & Sunday
 9 a.m. to 3 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 at 7 p.m. 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.

Women's 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, 8 a.m. at Laurel Pond. Call Outdoor Rec. at (609) 562-6777 for more information.

Princeton ROTC race is near

Come out and run in the Princeton Reserve Officers' Training Corps (ROTC) Run for the Warriors 5k April 25, at 9 a.m. on the Princeton University campus. Prizes will be awarded to winners. Registration is open at www.hopeforthewarriors.org/. Call (609) 258-4225 for more information.