

the Post

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NEWSNOTES

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.

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.

Retiree Council hosts luncheon at Club Dix

A luncheon will be sponsored by the Fort Dix Retiree Council for retirees and their guests Saturday, May 9.

The event will be held at Club Dix, with the Social Time beginning at 11:30 a.m., followed by the luncheon at 12:30 p.m.

The luncheon, an Italian buffet, will include tossed caesar salad, veal scallopini, lasagna, meat balls, penne vodka pasta, seasoned baked chicken, green beans with garlic and olive oil, garlic bread, hot/iced tea, coffee, and sorbet as dessert.

The cost for the luncheon plus gratuity is \$24.50. Checks may be made payable to Fort Dix Retiree Council.

Retirees and their friends and guests are invited to contact Sgt. Major Norman Pallotto, 15 East Central Avenue, Moorestown, New Jersey 08057, (Not Later Than April 30, 2009) to make reservations.

WEATHER

FRIDAY -- Cloudy, breezy, rain showers through day and early evening, high of 57 and overnight low of 43 degrees.

SATURDAY -- Continued rainy and windy, high of 51 and low of 33 degrees.

SUNDAY -- Mostly sunny, breezy, daytime high of 52 and low of 29 degrees.

MONDAY -- Partly cloudy, light winds, high of 54 and overnight low of 41 degrees.

TUESDAY -- Cloudy, showers throughout day, high of 56 degrees and low of 45.

WEDNESDAY -- Continued rainy, with high of 54 and low of 41 degrees.

THURSDAY -- Mostly cloudy, slight chance of showers, daytime high of 52 and low of 48 degrees.

Warriors welcomed home

Wayne Cook
Public Affairs

Fort Dix celebrated the return of its Soldiers April 14 with a Welcome Home Warrior Ceremony for members of A and C Companies, 404th Civil Affairs Battalion (Airborne), Kelley Reserve Center. The companies, which returned from deployment to Iraq in November 2008, gathered in formation in the drill room in front of battalion and family members to be recognized for their successful mission and return.

Col. William Gothard, commander, 353rd Civil Affairs Command, was the guest speaker for the ceremony.

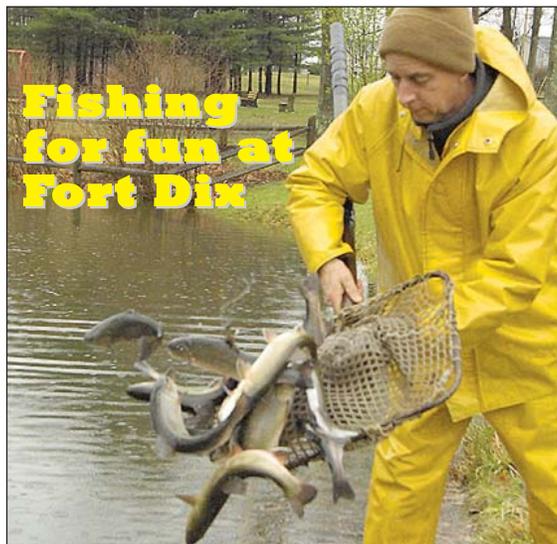
"It's important that we recognize you at ceremonies like this. It is important for your spouses and families to know what you have done for our country," Gothard told those assembled.

The commander of the 304th Civil Affairs Brigade, Col. Robert Philpott, (continued on page 3)



Wayne Cook

WARRIOR'S WELCOME -- Col. William Gothard, commander, 353rd Civil Affairs, presents a certificate to Staff Sgt. April Pashley, A Company, 404th Civil Affairs Battalion, for her second tour of duty to Iraq during a Welcome Home Celebration at the Kelly Reserve Center April 4.



Jennifer McCarthy

ROGER MYERS, IAP World Services, releases trout into Laurel Pond April 6 to prepare for the Kiddie Fishing Derby April 11. About 200 rainbow and brook trout, from 13 to 18 inches long, were placed in the pond. An additional 1,200 fish were released in Lake in the Woods. Fish are stocked twice a year, in the spring and fall. In addition to trout, catfish and bass may also be found in the water at various times throughout the year.

Cyber defense cost Pentagon \$100 million in six months

Jim Garamone
American Forces Press Service

WASHINGTON, April 8, 2009 -- Defending the Defense Department's global information grid from attacks cost the U.S. military more than \$100 million over the past six months, U.S. Strategic Command officials said yesterday.

Air Force Gen. Kevin P. Chilton, Stratcom's commander, and Army Brig. Gen. John Davis, deputy commander of Joint Task Force Global Network Operations, spoke from a cyber security conference in Omaha, Neb.

Chilton said Stratcom -- charged with overseeing cyber operations -- needs to treat computer network operations just as commanders treat operations on the land, in the air or on the sea.

Defense Department networks are attacked thousands of times a day, he said. The attacks run the gamut from "bored teenagers to the nation state with criminal elements sandwiched in there."

The motives of those attacking the networks go from just plain vandalism to theft of money or information to espionage. Protecting the networks is a huge challenge for the command, Chilton said.

"Pay me now or pay me later," Davis said in assessing how to handle (continued on page 9)

New commander takes MI flag

Jennifer Chupko
Public Affairs Staff

Soldiers of the Northeast Army Reserve Intelligence Support Center (NE-ARISC) welcomed new commander Lt. Col. Robert Anderson during a traditional ceremony at Club Dix April 3. Anderson assumed command from Lt. Col. Robert Michnowicz.

"Rough men stand ready in the night to visit violence upon those who would do us harm," Anderson said with great fervor, quoting George Orwell during the ceremony. "We in the military intelligence community are those men and women who stand ready in the night, who stand out front in defense of our nation and our countrymen."

NE-ARISC provides mission-related intelligence, training, facilitates real-world intelligence operational support for more than 45 reserve component units of all services. These forces support combatant commanders, service intelligence commands and national intelligence agencies.

Anderson's mission now encompasses support to myriad units from several services within a fourteen-state region, from New Hampshire to North Carolina.

"I challenge you with the care,

training and nurturing of your Soldiers and the successful training mission accomplishments required of the Northeast ARISC," said Brig. Gen. Leslie Purser, commander, U. S. Army Military Intelligence Readiness Command and reviewing official for the ceremony.

Coming into command, Anderson said he plans a steadfast continuation of the progress NE-ARISC has seen under Michnowicz's successful guidance. "By accepting this challenge, I take upon myself a very special kind of commitment, a commitment to both you and this command, but even more so to the nation itself," said Anderson. "We in the intelligence community have been entrusted with the safety and security of this nation."

NE-ARISC represents both the Army Reserve and the active component and includes Soldiers of detachment one at Fort Devens, Mass. and detachment two at Fort Meade, Md.

"We want to continue to train and produce intelligence specialists and to provide a platform for intelligence," said Anderson. "Our nation has entrusted us with the responsibility of providing the Army and our nation's leaders the tools they need to fight and win this war."

Anderson, originally from Montana, enlisted in the Army in 1981 for (continued on page 4)



Jennifer Chupko

TRADITION -- Brig. Gen. Leslie A. Purser passes the Northeast Army Reserve Intelligence Support Center colors to Lt. Col. Robert B. Anderson, charging him with the command responsibility at the Change of Command ceremony held at Club Dix, April 3. The essence of a military unit is symbolized in the colors under which it fights.

the mind field

How much do you know about the dismal science?

Steve Snyder
Public Affairs Staff

Before our current economic troubles swallow up everything (and everybody) in sight, it might be interesting to know how we got where we are in this labyrinth of fiscal and monetary miasmas which threaten to slowly devour any remnants of prosperity in the land.

The following quiz purports merely to clarify why many have come to describe economics as the "dismal science." It's also apparently the misunderstood science because no one seems able to find solutions for our economic train wreck. So, are practitioners of economic theory - economists - both dismal and misunderstood, too? No, because nobody else seems to know what's going on, either. And once we grasp that elemental fact, we can go blithely on our ways, smiling through the apocalypse with our ignorance and innocence blissfully intact.

- 1. What is the basic purpose of profits in our market economy?
a. Pay for wages and salaries of workers
b. Lead businesses to produce what consumers want
c. Transfer income to the wealthy
d. All of the above
2. He is the father of modern economics who saw that the market system acts as an "invisible hand" which leads people to unintentionally promote society's best interests while pursuing their own.
a. Adam Smith b. David Ricardo c. Karl Marx
3. The prices of meat products in a competitive market are determined by:
a. a government
b. supply and demand
c. supply and demand
d. Consumer Price Index
4. This classical economist started early 19th century society with his pessimistic prediction that population growth would outstrip food supply, condemning most of humanity to starvation.
a. John Stuart Mill b. Karl Marx c. Thomas Malthus
5. The purchasing power of people's incomes is most affected by:
a. the inflation rate b. the trade deficit c. balance of payments
6. He vitriolized saturated "conspicuous consumption" among members of the Gilded Age.
a. John Maynard Keynes b. Milton Friedman c. Thorstein Veblen
d. John Kenneth Galbraith

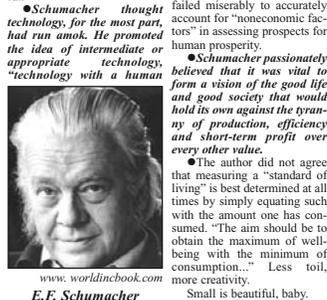
Revisiting a classic: 'Small is Beautiful'

Steve Snyder
Public Affairs Staff

Many of E.F. Schumacher's prescriptions for a healthier economic life seem familiar today, 36 years after the original publication of his groundbreaking treatise on the subject, Small is Beautiful: Economics as if People Mattered. But the threatened collapse of both the American and world economies just might justify another close look at a book that, in its time, knocked conventional wisdom topsy-turvy among big brains practicing the "dismal science."

Schumacher hammered home the following themes in his epochal work, causing thought patterns to be unleashed among even the dimmest intellects reading his book. Consider the following:

- Schumacher sharply criticized gigantic, overly regulated systems for being destructive of both the human spirit and Mother Earth.
He worried about the rapid depletion of natural resources worldwide and a corresponding destruction of the environment.
The British civil servant launched what seemed to be a never-ending tirade against acquisitiveness and unbridled consumption.
Furthermore, he attacked humanity's Promethean urge to dominate - instead of understanding and adapting to one's environment.
Schumacher thought modern societies needed some limiting principle to be able at some point to say "enough" to greedy, often unthinking, pillagers of the environment.
Humanity must return its economies and everything else back into what could be considered a human scale.
"Man is small," he wrote, "and therefore, small is beautiful."
Schumacher thought technology, for the most part, had run amok. He promoted the idea of intermediate or appropriate technology, "technology with a human face, that was at once simple, nonviolent and under the control of people (and not vice versa).
Ever bigger machines, entailing ever bigger concentrations of economic power and exerting ever greater violence against the environment, do not represent progress; they are a denial of wisdom," he wrote. "Wisdom demands a new orientation of science and technology towards the organic, the gentle, the non-violent, the elegant and beautiful."
Work needed to be humanized in Schumacher's view. Work should be considered a form of self-fulfillment rather than some sort of half-baked solution for the "problem of production." Buddhist economics sees work as a character builder not merely a mindless activity geared to endless producing and consuming.
Humans need to stay close to the land both in fact and spirit, he thought.
Traditional economics has failed miserably to accurately account for "noneconomic factors" in assessing prospects for human prosperity.
Schumacher passionately believed that it was vital to form a vision of the good life and good society that would hold its own against the tyranny of production, efficiency and short-term profit over every other value.
The author did not agree that measuring a "standard of living" is best determined at all times by simply equating such with the amount one has consumed. "The aim should be to obtain the maximum of well-being with the minimum of consumption..." Less toil, more creativity.



www.worldinbook.com
E.F. Schumacher



David G. Klein

- 7. Which one of the following is most likely to improve the wages of American workers?
a. an increase in business inventories
b. an increase in productivity
c. an increase in interest rates
8. He predicted that capitalism would ultimately be destroyed by its own contradictions.
a. Thorstein Veblen b. David Ricardo c. John Stuart Mill
d. Karl Marx e. Adam Smith
9. Which one of the following is the most widely used measure of inflation?
a. The Consumer Price Index
b. The Index of Economic Indicators
c. The prime rate
d. The Federal Funds rate
10. He favored the government intervening in the economy, using fiscal and monetary measures to mitigate the adverse effects of economic recessions, depressions and booms.
a. John Maynard Keynes b. Thomas Malthus c. Adam Smith
d. John Stuart Mill

- 11. What economic policy would most likely be used to combat a recession when inflation is low?
a. increase in taxes b. increase in money supply
c. increase in stock market prices
12. He claimed that monetary policy could have prevented the great Depression and stated further that Keynesian stimulation policies would only lead to "stagflation" (high inflation, low growth).
a. John Keynes b. Adam Smith c. Milton Friedman
13. There is a deficit in the federal budget when:
a. Federal government spending is greater than federal tax revenues
b. U.S. imports are greater than U.S. exports
c. The total demand for money is greater than the total supply of money
14. The founder of a philosophical system called Objectivism, this Russian-born thinker wrote novels praising unfettered enterprise and laissez-faire capitalism.
a. Russell Kirk b. Ayn Rand c. Susan B. Anthony
d. James Burnham e. Sarah Bernhardt

- 15. What is an example of fiscal policy?
a. Discount rate change
b. Prime rate change
c. Federal income tax rate change
d. All of the above
16. The author of "Small is Beautiful," and proponent of "Buddhist economics," favors technology that is appropriate and not too big for a developing economy, blasts notions that "growth comes from "bigger is better" and favors production by the masses instead of mass production.
a. Karl Marx b. Adam Smith c. E.F. Schumacher
d. Alan Greenspan

- 17. Economic growth is measured by a positive change in which of the following?
a. the money supply b. the Producer Price Index
c. The Gross Domestic Product d. The balance of payments
18. Which U.S. President criticized "malefactors of great wealth" and took to busting up trusts which he considered to be dangerous monopolies?
a. Teddy Roosevelt b. Franklin Roosevelt c. Harry Truman
19. Which U.S. president took the rap for the Great Depression even though many other factors other than his policies caused the economic "collapse"?
a. John F. Kennedy b. Herbert Hoover c. Warren Harding

- 20. What U.S. president destroyed the Second Bank of the United States, claiming it was a dangerous monopoly and took up the cudgels of populism or (economic) power to the people?
a. Thomas Jefferson b. Grover Cleveland c. Andrew Jackson
21. What Louisiana governor during the Great Depression intended to run for U.S. president under the platform of soak the rich populism, "Every man a king," etc.
a. Huey Long b. Jeb Stuart c. Jesse Unruh d. Tom Keane
22. What U.S. president pushed through the Transcontinental Railway, Homestead Act and Land Grant College system?
a. Andrew Johnson b. Abraham Lincoln c. U.S. Grant
d. James Garfield e. Grover Cleveland

- 23. Name the U.S. president who brought in the federal income tax, the Federal Reserve, the Sherman Antitrust Act, and the Federal Trade Commission.
a. William McKinley b. Woodrow Wilson c. Harry Truman
d. Teddy Roosevelt e. Franklin Roosevelt
24. He was the author of the New Deal, a president determined to try anything until he found something that worked (economically) in fighting the Great Depression. He was:
a. Franklin D. Roosevelt b. John F. Kennedy c. Richard c. Richard Nixon
25. His Great Society did a lot for the poor and underprivileged but also led to great inflation and chaos in the streets.
a. John F. Kennedy b. Lyndon Johnson c. Richard Nixon

ANSWERS TO ECONOMICS QUIZ
1. (b) lead business to produce what consumers want
2. (a) Adam Smith 3. (c) supply and demand
4. (c) Thomas Malthus 5. (a) the inflation rate
6. (c) Thorstein Veblen 7. (b) increase in productivity
8. (d) Karl Marx 9. (a) consumer price index
10. (a) John Maynard Keynes 11. (b) increase in money supply
12. (c) Milton Friedman
13. (a) federal government spending is greater than tax revenues
14. (b) Ayn Rand 15. (c) federal income tax rate change
16. (c) E. F. Schumacher 17. (c) Gross Domestic Product
18. (a) Teddy Roosevelt 19. (b) Herbert Hoover
20. (c) Andrew Jackson 21. (a) Huey Long
22. (b) Abraham Lincoln 23. (b) Woodrow Wilson
24. (a) Franklin D. Roosevelt 25. (b) Lyndon Johnson

Juan Carlos Luna-Lopez 1975-2009

Spc. Juan C. Luna, a proud Soldier serving with the 273rd Transportation Co. under the command of the 2/312 Field Artillery Support Bn., died with his family by his side on April 5 at the Beth Israel Medical Center in Newark.

The 33-year old Soldier had suffered a heart attack while training on Fort Dix earlier in the week which necessitated hospitalization.

Juan Carlos was born and raised in Puerto Rico and became a dedicated police officer with the Barranquitas City Police Department before joining the Guaynabo Police Department.

Surviving members of his family include his wife Janet; his children Carlos Daniel and Natasha; his father Sixto; his mother Elsa Nydia; plus one brother and sisters.

Visitation was held Wednesday, April 8, in Barranquitas, Puerto Rico.

Team Dix salutes Spc. Luna-Lopez and is as proud of him as he was when wearing the uniform of the United States Army. Rest easy, Soldier.

NATO more important than ever, says Secretary General

Jim Garamone
Armed Forces Press Service

WASHINGTON, April 3, 2009 - The North Atlantic Treaty Organization, now more than ever, must hold together to solve some of the world's most pressing problems, NATO's secretary general said on the eve of the alliance's 60th anniversary and summit.

NATO Secretary General Jaap de Hoop Scheffer said the leaders of the 28 NATO nations have much on their platters during the summit, which began on April 3.

In a commentary in today's Wall Street Journal, de Hoop Scheffer made the case that NATO is as relevant today as it was when founded 60 years ago.

The secretary general noted that many of the leaders who attended the G-20 economics meeting in London on April 2 also are attending the NATO summit today and on April 4 in France and Germany. In London, they concentrated on economic progress in the face of a global financial meltdown. At the summit, the leaders will stress security.

"This is not a total change of subject," de Hoop Scheffer wrote. "Imagine what would happen to the international financial system if there were another major terrorist attack. What would happen to investment and growth if the free flow of energy were seriously disrupted? Could struggling economies keep the wheels turning if they came under the same kind of cyber attacks that Estonia suffered two years ago?"

Security is not discretionary; it is something that enables all other aspects of life and progress, de Hoop Scheffer said. Like an economy, security can only be built through multinational cooperation, he added. That cooperation is illustrated, he noted, in France and Germany jointly hosting NATO's summit.

The leaders meeting this week will have to chart a common way forward on Afghanistan, the secretary general said. While there has been progress in the north and west of the country, he noted, al-Qaida and the Taliban remain a threat.

The insurgency continues in Afghanistan and Pakistan, and corruption and narcotics are endemic, de Hoop Scheffer said. International aid to the country is too fragmented, he added. "We must do better, before the endurance of the international community and the patience of the Afghan people begin to wane," he said.

President Barack Obama consulted extensively with allies as part of the U.S. Afghan strategy review, and the allies will consult extensively on the recommendations during the summit, the secretary general said. This would include more support for Pakistan, and more coordinated efforts to strengthen Afghanistan's police and army.

NATO's leaders also will discuss building a true partnership with Russia, de Hoop Scheffer said. NATO can work constructively with Russia on Afghanistan, missile defense and terrorism, he said. "It is no secret that when it comes to Russia, there are a wide range of views within NATO, from the very cautious to the forward-leaning," he acknowledged. "Until we narrow that range, it will be difficult to engage Russia effectively."

For its part, Russia must decide whether it wants to recognize NATO's desire for partnership "or whether it will continue to look at NATO through the prism of a Cold War that is long behind us," said the secretary general.

Summit participants will mark 60 years of the alliance. When the Soviet Union broke up in 1989, signaling the end of the Cold War, many forecast that the alliance would die. "But NATO is alive and kicking, because it still has a unique job to do: to be the place where Europe and North America stand together, consult together and act together to ensure their common security," de Hoop Scheffer said.

NATO celebrates 60 years of freedom!

the Post

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Civil Affairs welcomed home

(continued from page 1)
shared words of encouragement and congratulations with the battalion. "There is no better support group than your fellow Soldiers. You should take pride in what you've done."

It was noted that Civil Affairs Soldiers deploy often, as their numbers are few compared to their mission.

"There are two kinds of Civil Affairs Soldiers; those who have deployed and those who will deploy. I am eternally grateful that you have all returned safely and without incident," said Lt. Col. John Hope, commander, 404th Civil Affairs Battalion (Airborne).

Civil Affairs Soldiers deploy to troubled areas of the world to help bring restoration and stability to communities and countries wracked by economic strife and governmental collapse usually due to war or natural disasters. The men and women of Civil Affairs engage in operations to rebuild or refurbish essential services such as water treatment plants, schools, hospitals and sewage systems. They also work hand-in-hand with local leaders and government representatives to stimulate economic growth.

The Soldiers of the 404th were on missions like these when they deployed to Iraq in 2007 to 2008.

"I was part of a four-person Civil Affairs Team in Balad, where we worked with the local leaders to help them develop economic projects for growth and stability.

"This helped provide jobs for the local residents. It could be challenging at times working with the locals. They had a different work ethic than we did. Between the two deployments I have been on, Operation Iraqi Freedom One and this last one, I could see the difference in the desire to work with us to build a more secure and prosperous Iraq," said Staff Sgt. April Pashley of A Company.

Pashley holds the distinction of being the first female and one of the first Soldiers to receive the Combat Action Badge during OIF-1 in 2005.

Maj. Mike Gould, commander, A Company, said that between his first deployment to Iraq and this past deployment there were huge differences in the levels of government, local, provincial and national.

"They are learning their lessons and moving forward. It is going to take time to become a



Wayne Cook

WARRIOR AWARD — Encased flags and Welcome Home certificates sit on a table before the Welcome Home Warrior Celebration for A and C Companies of the 404th Civil Affairs Battalion at the Kelly Reserve Center April 4.

strong, viable republic," Gould said.

"We were in Salah Ad Din Province near Tikrit. It is primarily a Sunni area. There were major differences between my two tours in Iraq, almost night and day, from a security perspective there has been huge improvements. The professionalism of the Iraqi security forces has drastically improved. They are much more effective in getting things done than before. The sectarian vio-

"We were in Salah Ad Din Province near Tikrit. It is primarily a Sunni area. There were major differences between my two tours in Iraq, almost night and day, from a security perspective there has been huge improvements. The professionalism of the Iraqi security forces has drastically improved."

For Sgt. Gregory Ferguson of A Company, this was his first tour in Iraq. He served in Afghanistan previously.

"I served with an element at Contingency Operating Base Spiker outside of Tikrit. Most of the I performed duties as the company supply sergeant but often I would go on the convoys and then I was the gunner. I thought it was a nice tour. There were a couple of improvised explosive device scares, but we avoided them.

three months we were given a new mission in Sadr City and Adhamiyah. While there we focused on civil service projects like sewage, trash removal, school construction, medical facility construction or refurbishment as well as helping the local government build the capacity to be able to provide essential services for the Iraq people themselves. We were involved in more than 100 essential service projects. We refurbished somewhere in the order of 30 schools and assessed around 10 medical clinics. We also worked with the Iraqi army to provide humanitarian assistance (food packs, water, etc.) to the residents of Sadr City. Through the projects we were able to provide, at least temporarily, employment for 3,000 to 4,000 local Iraqis.

Maj. Mike Gould
A Company commander

lence was due to separation of Sunni and Shia governments. This last provincial election the Shia and Sunni both got involved.

"One of the really big positives was when the Iraqi soccer team won a tournament. It really created unity pride.

"I had five teams out in different locations working water purification plants and so forth. The biggest success story was probably in the city of Samarra which had been a huge insurgent safe haven.

"The citizens got sick of all the killing and have stood up against the insurgents; the city has become viable with functioning courts and government. There is, of course, some corruption, but the change has been drastic. The people are grateful for what the United States has done," said Gould.

"One of the biggest differences between my tours to Iraq and Afghanistan was it snowed in Iraq. The threat level was much higher in Afghanistan. All in all, we made it home," said Ferguson.

"I would like to shout out a sincere thanks to all my friends and family for their support and love," he said.

Maj. Jonathan Price, commander, C Company, remembers the tour as an opportunity to get the Iraqi leaders to take responsibility for their community's growth and providing for the children.

"We were stationed in the Diala Province at Forward Operating Base Warhorse near Baquba.

"We worked with sheiks and local government officials to develop projects and oversight procedures. After about

the biggest thing for me was knowing that I was able to do something to help the children by improving their living conditions. In the long run it is up to the local government to provide these services — we just helped get them started," said Price.

For the members of A and C Companies the ceremony marked the end of another deployment as they received their encased United States flags and certificates.

In a few months another element of the battalion will return home but no one knows when the call may come again for the warriors of the 404th to mount up and begin a new mission of rebuilding communities.

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

Police Log

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of March 30 through April 5.

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

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5991. Investigation revealed no cause for the alarm.

●Police and Fire Department personnel responded to a report of an odor of gas at Bldg. 5985. Investigation revealed no gas leak.

●Police responded to a report of larceny of private property near Bldg. 5957. Investigation revealed personal property had been taken from an unsecured rental vehicle operated by a Soldier NAFD. Investigation continues.

●During a routine credential check of a vehicle attempting to enter the installation via the Browns Mills gate, police observed the operator, a Fort Dix civilian employee, had slurred speech and the odor of alcohol. After failing field sobriety tests the subject was transported to the police station for processing. The vehicle was towed from the scene.

●Police responded to a motor vehicle crash near Bldg. 5509. Investigation revealed an unknown vehicle had struck a parked and unattended vehicle operated by a Soldier assigned to Fort Dix.

●Police responded to a traffic accident in the Garden Terrace housing area. Investigation revealed two vehicles, both operated by housing area residents, collided while backing out of their driveways. There were no reported injuries and the vehicles were released at the scene.

●Police responded to a traffic accident at the Main Shopping. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle while backing. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a motor vehicle crash on Texas Avenue at Brody Road. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle. There were no reported injuries. Both vehicles sustained disabling damage and were towed from the scene.

●While processing a visitor at the Visitor Center, police discovered the subject, a civilian NAFD, had outstanding warrants from Montclair and West Orange. The subject was transported to the police station for processing and transferred to the custody of the Montclair Police Department.

●Police responded to a report of theft at Bldg. 5990. Investigation revealed personal property belonging to a Soldier assigned to Fort Dix had been taken from a secured locker. Investigation continues.

●Police responded to a motor vehicle crash near Bldg. 5213. Investigation revealed a vehicle, operated by a civilian contractor, struck a utility pole. Further investigation revealed the vehicle had expired registration. The subject was cited and the vehicle towed from the scene.

●Police and Fire Department personnel responded to a traffic accident in the Garden Terrace housing area. Investigation revealed a bus, operated by a civilian NAFD, struck a pedestrian who had ran in front of the vehicle. The victim was treated at the scene and transported, by helicopter, to Cooper Medical Center where it was determined the victim had not suffered injuries. The vehicle was released to a representative of the bus company.

●Police responded to a report of larceny of government property at Bldg. 4455. Investigation revealed property was found to be missing. Investigation continues.

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

●Police responded to a traffic accident near Bldg. 5989. Investigation revealed a government vehicle, operated by a Soldier assigned to Fort Dix, struck a tree while backing. There were no reported injuries and the vehicle was released to the operator at the scene.

●During a routine traffic stop at the Browns Mills Gate, police discovered the vehicle, operated by a civilian NAFD, had expired registration. Further investigation revealed the vehicle had an expired inspection and the subject did not have his driver's license in his possession. The subject was cited for numerous violations and the vehicle towed from the scene.

●Police responded to a traffic accident at the Wrightstown Circle. Investigation revealed a vehicle, operated by a civilian NAFD, failed to yield when entering the circle and struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

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

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

●There were 14 Magistrate Court Citations issued for moving violations. DWI incidents are now at four for the year.

Correction

An article on National Volunteer Week in the April 3 edition of the Post incorrectly identified one of the events planned to celebrate the occasion. The event scheduled for April 22 at Club Dix for the 25th Anniversary of the Army Family Action Plan will be a luncheon. The Post regrets any inconvenience caused by the error.

Army Community Service (ACS)

562-2767

Bldg. 5201, on Eighth Street at Maryland Avenue

Hours of Operation:

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7:45 a.m. to 4:30 p.m.

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Present for the Child Abuse Prevention Month Proclamation signing April 1 were Capt. J.C. Harding, Lakehurst executive officer, Col. Glenn Yap, 87th Medical Group, David Rudnitsky, Northern Ocean Unity director, Kathy Callaghan, Division of Youth and Family Services Ocean District director, Lt. Col. William Ayers, Fort Dix deputy commander, Jennifer Bauer, Ocean County Providence House legal liaison, and Col. Scott Smith, 305th Air Mobility Wing commander. Below, Peyton Rader, age 10, gets a hug from the Easter Bunny during festivities after the signing.

Services, communities commit to Child Abuse Prevention Month

Patty Odoardo
Lakehurst Public Affairs

Members of the Joint Base community came together to attend the signing of the Child Abuse Prevention Month Proclamation April 1 at Naval Air Engineering Station Lakehurst.

The Joint Base team is committed to the prevention of child abuse in all its forms and is dedicating the month to an increased emphasis on the prevention of child maltreatment with a special focus on child neglect.

This year's theme for the campaign is Act Now - Prevent Child Abuse and Neglect.

The proclamation calls on families and friends to step up and lend a hand to parents in need of support.

John Clarke, NAES Lakehurst Fleet and Family Support Center individual deployment support specialist, served as master of ceremonies.

The program included Dorothy Day who sang a "If I Could," followed by her husband, Master Sgt. Robert Day, Airman and Family Readiness Center readiness NCO, who provided his own personal story on facing life's challenges as a young boy growing up.

Included in the signing of the proclamation were Col. Scott Smith, 305th Air Mobility Wing

commander, Col. Glenn Yap, 87th Medical Group commander, Lt. Col. William Ayers, Fort Dix deputy commander, Capt. J.C. Harding, Lakehurst executive officer, David Rudnitsky, Division of Youth and Family Services Northern Ocean Unity director, Kathy Callaghan, Division of Youth and Family Services Ocean District director, both Division of Youth and Family Services, and Jennifer Bauer, Ocean County Providence House legal liaison.

The event concluded with a special visit from the Easter bunny for the children present to observe the signing.

For more information on Family Advocacy programs, contact Fort Dix Advocacy at (609) 562-5200, Lakehurst Fleet and Family Support Center at (732) 223-1963, McGuire Family Advocacy at (609) 754-9677.



Jennifer Chupko

Brig. Gen. Leslie A. Purser, commander, U. S. Army Military Intelligence Readiness Command, awards Lt. Col. Robert G. Michnowicz the Meritorious Service Award in recognition of his dedicated service as the Northeast Army Reserve Intelligence Support Center commander for the past 21 months. The award was presented as part of the traditional change of command ceremony held at Club Dix April 3.

Anderson takes command of NE-ARISC

(continued from page 1)
the adventure as a military policeman.

He served with the 259th Military Police Company and then entered the Army Reserve.

He served three years in the 12th Special Forces Group, then attended New Mexico State University and Army ROTC, earning his commission as a second lieutenant as a Military Intelligence officer in 1989, along with a bachelor's degree in foreign languages.

Anderson served with the 108th Military Intelligence Battalion at the training center in Wildflecken, Germany

and then was assigned to the 194th Separate Armored Brigade. He supported a host of Department of Defense and governmental agencies in New York City and along the southwest border.

In 1999, Anderson was assigned as an assistant professor of military science at St. John's University where he served as both an instructor and Recruitment Operations Officer.

In 2003, Anderson served as the military intelligence division chief, managing all components of the military intelligence community for the U.S. Army Reserves. Outgoing commander,

Michnowicz, was commended by Purser for his performance as a leader.

"His dynamic leadership and management style coupled with his innovative training and mentoring methods have produced a cohesive team of professional and dedicated trainers," said Purser. "I personally requested him for his next position as the MIRC (Military Intelligence Readiness Command) G3 (component operations staff officer)."

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

Soldiers play role in preventing assaults

Elizabeth M. Collins
SHARP Director

WASHINGTON, April 8, 2009 - Every Soldier is responsible for stopping sexual harassment and assault, the director of the Army's Sexual Harassment and Assault Response and Prevention program said in an interview Tuesday at the second SHARP summit in eight months.

Carolyn Collins explained that the Army is counting on noncommissioned officers and Soldiers to help stop the problem before it starts by stepping in if they see disturbing behaviors.

For example, Soldiers can intervene by taking other Soldiers aside if they are harassing or intimidating others, or they can make sure a Soldier gets home safely if she's had too much to drink and can't refuse another Soldier's advances.

"We need every Soldier on board to be successful in this effort and ensure Soldiers' safety," Collins said. Known as "Army-wide conviction," this is the second phase of the Army's efforts to stem sexual assault and harassment in its ranks and is expected to last about two years. Launched in September, the first phase concentrated on leadership and the third will focus on culture change.

"NCOs are critical in assisting us and making sure every Soldier understands the Army's intent by encouraging them and really setting the standard that this is how they feel about it: they expect them to take care of their fellow Soldiers as they would on a battlefield, they would in a bar, in the barracks. When they see a red flag, they address it," she said.

According to Collins, the Army is also extending sexual harassment and assault prevention training to Reserve Officer Training Corps and West Point cadets in their freshmen year, and to new recruits before they even arrive at basic training. She said that because many attitudes and behaviors are

learned early in life, even Junior ROTC cadets in high school will benefit from training.

She added that an important part of prevention is making sure perpetrators of sexual assaults are prosecuted, and that starts with the victim. While assault victims can choose whether to make a restricted or unrestricted report, Collins encouraged unrestricted reporting, in which all evidence is turned over to the Criminal Investigation Command.

In a restricted report, a victim can go to medical authorities and receive help, and even a forensic exam if she wishes, but everything is kept confidential. If, after a year, the victim hasn't changed her mind and decided to make it unrestricted, the evidence is destroyed.

Victims can also report an assault to their unit victim advocate or a sexual assault response coordinator, CID or the military police, or their chain of command. All commanders are required to forward assault reports to CID, however. While commanders can decide to separate victim and alleged offender if they are in the same unit or order a military protective "no contact" order, they cannot determine

the case. CID and the Army's Judge Advocate General Corps are also changing how they handle sex crimes, Collins said. CID units are standing up civilian-style special victims units which will focus solely on sexual assault cases.

A specialized training team has already trained more than 230 CID officers as well as JAG officers in how to investigate and prosecute rape cases and the Army is in the process of hiring seven highly qualified experts, 35 specialized investigators and 30 new examiners for the Army Criminal Investigation Laboratory in Atlanta. The lab supports all DNA testing in these types of cases, not just for the Army, but for the Department of Defense.

"We are looking to be the nation's model for special victims units and how we respond to these crimes," she said. "Obviously, how we respond to crimes assists us when we build a community of prevention (because crimes are not tolerated and individuals are held accountable for their crimes. That also speaks to prevention and encouraging victims to come forward and report the crimes so they can be investigated and offenders can be held responsible."



Elizabeth Collins

TALK IT OUT - Carolyn Collins, director of the Army's Sexual Harassment and Assault Response and Prevention program, talks about the Army's new efforts to combat sexual harassment and assault in its ranks.

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 now open

John Mann Park is now open for week-end fun. Bring the family out for an afternoon of go-carts, batting cages, miniature golf and playing. The areas are also available for parties or family outings. 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.

Mystery Dinner Theater to appear at Club Dix

The Riddlesbrook 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.

Earth Day 2009 celebration planned

Earth Day will be celebrated on April 25 at Laurel Pond from 9 a.m. to 3 p.m.

Along with activities such as a woodlands creature puppet show, this year the Earth Day celebration will feature a Cell Phones for Soldiers drop-off location and a booth where you can trade in old light bulbs for free, energy efficient fluorescent bulbs.

For more information email fort dixearth@yahoo.com.

DeCA accepting Commissary Certif Checks

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

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

Thrift Shop seeking volunteers

The Fort Dix Thrift Shop is seeking volunteers. Anyone interested in helping at the Thrift Shop should call Sylvia at 723-3683.

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

Lifeguards needed for Indoor Pool

The Fort Dix Indoor Pool is hiring lifeguards. The pay is \$8.50 per hour. Apply at Civilian Personnel in Building 5418 or online at www.cpol.army.mil.

Ryan Morton
Public Affairs Staff

Elocutionists electrify judges

Students in the Fort Dix 4-H Club, part of the School Aged Services (SAS) program won ribbons of achievement as part of the New Jersey 4-H Youth Development Public Presentation Program competition, held April 3 at the Burlington County Animal Shelter, in Westampton.

The members spoke on a variety of topics, such as "Valkyrie: the plot to kill Adolf Hitler," soccer, "Sponge-Bob Squarepants," bearded dragons, poetry, gymnastics, and Yankee legends.

Anias Nolasco and Caitlin Sexton, two fifth graders who teamed up and took home blue ribbons of excellence, did their presentations on their favorite team, the New York Yankees.

"We did a lot of research, made posters, and dressed up as Yankee players while we gave our presentations," said Nolasco.

They each focused their efforts on three Yankee legends. Nolasco focused on Babe Ruth, Joe Dimaggio, and Mickey Mantle, and Sexton concentrated on Derek Jeter, Lou Gehrig, and Yogi Berra.

"We really liked doing this project because we learned a lot about the players and had a great time working together," said Nolasco.

Sexton felt the biggest problem she feels when giving a presentation is getting past the nervousness.

"You're nervous at first, but get more comfortable as you get into it," said Sexton.

"This one was fun because I love the Yankees and was excited to do it," said Nolasco.

The kids are judged on a wide array of areas within their presentation, everything from their appearance, voice projection, eye contact, attitude, visual aid usage, introduc-



Ryan Morton

SUPER SPEAKERS -- Students from the Fort Dix School Aged Services 4-H program show off the ribbons they won at the Youth Development Public Presentation Program held April 3 at the Burlington County Animal Shelter. Participating in the program were, Xavier Mahadon, Joseph Antonelli, Kendra Ward, Jeffrey Grmek, Jessica Hill, Anias Nolasco, Natalie Young, Sierra Grmek, Tahj Sellers, and Caitlin Sexton.

tion, and organization to name a few things.

"I've learned from doing this that you have to speak louder so that the people sitting in the back can hear you. I have to have good eye contact, and have my posters be able to be seen from those in the back too," said Nolasco.

The Fort Dix 4-H club meets at SAS on Mondays, at 4 p.m., and does activities that stress the "learning by doing" fundamentals, such as cook-

ing projects and arts and crafts.

4-H is a non-profit, worldwide, youth organization which has a primary mission of "engaging youth to reach their fullest potential while advancing the field of youth development" and represents four personal development areas: the head, heart, hands, and health.

The 4-H goal is to develop citizenship, leadership, and life skills through mostly experiential learning programs.

It focuses on citizenship, healthy living, science, engineering and technology programs.

Their motto is "to make the best people reach their fullest potential while advancing the field of youth development" and their slogan is to "learn by doing."

The organization serves more than 6.5 million members in the United States from ages five to 19 and has approximately 90,000 clubs nationwide.

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



courtesy photo

SINGING TEENS -- The band DIVERse will perform at the 2009 Family Fun Fest. This free information extravaganza will be held, rain or shine, April 15 at the Griffith Field House from 10 a.m. to 2 p.m.

Fest offers fun

The band DIVERse will perform at the Family Fun Fest April 15.

This quartet of local, crooning cuties will join a host of other entertainers at the annual information extravaganza held this year at Griffith Field House from 10 a.m. to 2 p.m.

In addition to DIVERse, the 2009 Family Fun Fest will feature a Home Depot building workshop and visits from Toys R Us mascot Geoffrey the Giraffe, the Nesquik Rabbit and Chum, the Adventure Aquarium shark, who will bring a tank of pettable sea life.

For those not interested in climbing the rock wall provided by the New Jersey National Guard, or taking a ride in the horse-drawn wagon,

messages, manicures and free haircuts will be available, as will a petting zoo, a magic show, a working dog display and a talking robot.

While the festival offers a good time for all ages, it also provides families with valuable information about area resources.

The 305th Medical Group, Army Community Services, Airmen and Family Support Center, Burlington County Library, and the United States Citizenship and Immigration Services, as well as other organizations, will be there.

All events, activities and information are free, including snacks and treats.

For information call 562-3271.



Ryan Morton

Concert raises dollars for United Service Organization

Football player, Jon Runyan, signs Air Force Maj. Audrey Brooks' flight suit during the Liberty USO "Rock the Troops" benefit concert at P.J. Whelihan's Pub, April 5. See page 7 for story.

Soldiers shave heads as sign of support

Lisa Evans
Public Affairs Staff

Staff Sgt. Michael Wells, 178th Military Police Co., Monroe, Ga., sped home from Fort Dix on his birthday, Dec. 20, 2008, when he received a call that his nine-year-old daughter was in the hospital.

Doctors didn't know why, but Ellie Willier had a high fever that wouldn't come down. Everyone feared Ellie's transplanted kidney was failing.

A series of tests gave no answers over the next few days, but for Ellie, being home for Christmas was more important. Doctors were unable to find anything pinpointing what was wrong, so on Christmas Eve when her fever finally went down, Ellie was able to go home for the holiday.

When the final test results came back Christmas Day, Wells said doctors at Children's Healthcare of Atlanta used compassion and waited until the next day to call with the test results: Ellie had Hodgkin's

Lymphoma, a cancer of the immune system.

No one could have guessed that a life-saving surgery six years earlier would be the source of a life-threatening affliction. In this rare case, the kidney transplant that had once saved Ellie's life triggered Hodgkin's years later by carrying the Epstein-Barr virus.

Nearly everyone has been exposed to Epstein-Barr, the same herpes virus that causes mononucleosis in young adults. But a more serious complication the virus can cause is Hodgkin's Lymphoma. Few people develop this serious complication, but when the immune system is already compromised, the chances rise dramatically.

To keep her transplanted kidney from being rejected by her body, Ellie must live on a regimen of drugs that effectively suppresses her immune system. Without a healthy immune system, Ellie could not fight against this rare complication carried in the very organ that saved her life.

(continued on page 7)

Fort Dix Main Chapel Easter Events

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.



New York company prepares to deploy

Lisa Evans
Public Affairs Staff

Training started for the 206th Military Police Co. as soon as boots hit the ground in Latham, New York April 4. Tasked to move the company and combat vehicles, Soldiers and all their gear, 240 miles in six hours or less, the troops showed they were equal to the logistical demands.

Arriving on Fort Dix for annual training as planned, the 206th succeeded in the first hurdle and immediately set out to master the rest of the training.

Concentrating on weapons and defensive tactics training throughout the next three weeks, these MPs are preparing for possible deployment in June.

Patriotism and personal reasons ran close together as reasons for joining the 206th. During a break in M-4 qualifica-

tions April 6, a few rested and talked for a few minutes. Staff Sgt. Craig Jones, 38, from the Bronx, N.Y., a city bus driver for two years, said he joined because he realized a change was needed.

"I joined to get off the block, get away. I needed the discipline. Being a Guardsman, I never thought I would have to go to war," said Jones.

The National Guard belongs to the State. You don't realize you can be federalized."

Jones learned that lesson when he deployed to Iraq in 2003-2004 with the 442nd MP Co.

"My first deployment I was able to save money. So I wanted to deploy as soon as I could again."

I found out the 206th was deploying and jumped on it," Grinning, Jones added.

"It also offered me the chance to defend my country

from foreign or domestic enemies."

Jones also joined to see the world. "Being in the National Guard I was able to do that. I never thought I would see Europe or the Middle East, but in the National Guard I did."

Spc. Ryan Jalim, 38, from Queens, N.Y., has been a police officer with the New York Police Department five years.

He was a Marine for eight years and has been with the National Guard two years.

"I went to Iraq in 2003. I joined up again because I have a new home, a mortgage, and a one year old child. I volunteered for the money. The first time I joined it was patriotic," Jalim said.

There are as many reasons for joining as there are members of the company, but money and job security were the most popular answers. One exception was Spc. Kim Hunter, 42, of New Rochelle, N.Y. Hunter has been a New York City bus driver for the past two and a half years. He has 13 years active duty in the Army and one year with the National Guard. He joined because he wanted to be a Soldier.

"I joined because all my uncles and everything were in. My mother influenced me by letting me watch war movies and things."

So one day I was tired of my job as a security guard and walked down to the recruiters and they said they could put me to work tomorrow, and they did."

The choice turned out to be the right one. Hunter said that he needed the discipline and he needed the boost the mili-



photos by Lisa Evans

ON TARGET — Spc. Tracy Bryant, 36, of the 206th National Guard Military Police Co. out of Latham, N.Y., qualifies on the M-9 during annual training on Fort Dix.

tary gave to his job prospects. "The discipline helps. I used to be a firecracker," Hunter said. "Being in the military helped me get a job. You make a lot of friends; meet a lot of people from other jobs. The military is why I got my job with the city. They were looking for military people to hire."

Second Lt. Stephen Groene, 22, from Long Island, chose the 206th when he became a cadet in 2006. He said, "I think the 206th is one of the best companies in New York and I wanted to be a part of it from the beginning."

Groene graduated in May 2008 with a bachelor's degree in psychology. As a member of the Reserve Officer Training

Corps (ROTC), he was commissioned an officer a day before he graduated. In preparation for command, he recently finished the Military Police Basic Officer Leadership course Fort Leonard Wood, Mo.

Groene is now officially a candidate for the city of New York Police Department where he plans to make a career.

Spc. Tracy Bryant, 36, from New Windsor, N.Y., is now a dental assistant at West Point and has four years active duty in the Army and one year National Guard experience.

Working for the United States Postal Service before joining the Army, Bryant said his supervisor there was in the

Marines which influenced him to join the military. He joined the Army.

"For me, it was just a change. I wanted to do something different, so I joined the military," said Bryant. "When I joined the National Guard, I wanted this unit because I wanted to go down range, something I never did when I was active duty for four years. But, I was in Germany four years with the 118th Infantry, training together every month," said Jones.

"My ten-year-old son is proud to say my dad is in the Army."

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



READY, AIM, FIRE — Sgt. Ric Sweet, of 206th Military Police Co. out of Latham, N.Y., sights in his M-4 prior to shooting at pop-up targets during annual training on Fort Dix April 7.

Dix embraces Joint Sourcing Training Oversight

Lisa Evans
Public Affairs Staff

No one cared what branch of service they belonged to. Navy and Army warriors came together in training to promote goodwill among citizens and found themselves under attack April 7 at Fort Dix.

Meeting for the first time, Soldiers of the 364th Civil Affairs Brigade, and Sailors from the Joint Sourcing Training Oversight (JSTO) group nine met on Fort Dix's Balad training site to walk through the mock city and meet with a sheik.

During the meeting, mortar

shells exploded sending every warrior into action.

The warriors moved as one body to protect the sheik and Lt. Col Scott Ross of the 364th while others went into action searching for the insurgents. Orders echoed through the air as buildings were searched and civilians on the battlefield (COBs) were rushed to safety.

Moving as a team, Soldiers next to Sailors, the group searched down one street then another. Suddenly, shots rang out and a Sailor was tagged down. More shots and trainers tagged Soldiers and Sailors as fallen warriors.

Regrouping, the Sailors and Soldiers fought back, shooting

an insurgent, played by a Soldier, who laid down his gun and relaxed for a while. Searching every building, the team missed an insurgent hiding one floor above in the building where they were tending their wounded. When that insurgent fired upon the team in the street, wounding two more warriors, Sailors left the wounded to team mates and crept upstairs to stop the insurgent. Successful, they

returned to the job of stabilizing the wounded and carrying them to the medic point.

This joint training has become more and more common as the war on terrorism has lengthened. Navy, Air Force and Army, the Marines and the Coast Guard have all come together as one fighting force to fulfill the mission of ending the threat of terrorism.

An Expeditionary Combat Readiness Center (ECRC) liaison

officer (LNO) for the Navy started the JSTO to help shift some of the burden of boots on ground in country from the Army and spread it out among the services. There is open dialogue which has led to better overall mobilization for Navy units to work with Army units, said Sgt. 1st Class Gerard Murray, a trainer with the 2/309th Training Support Battalion, 5th Brigade, 78th Division.

Chief Brian Morris, from Baxley, Ga. said, "Everybody's been helpful, everybody's been friendly," of his time at Fort Dix.

Petty Officer Heather Ramos, 34, based in Albuquerque, N.M., said the training was excellent. "I like it," Ramos said, "It gives a different point of view

to help the Navy and the Air Force understand what it will be like in Iraq on the ground. I think that without integration between services we have a lot harder time doing what the Army does."

Because now we understand what they're doing in Iraq and Afghanistan."

Building that understanding was a key part of the JSTO from the start, and now it seems to be working just as planned.

Joint Services will be taking on some detainee operations as well as some of the civil affairs work in Iraq in the coming months, and this joint training will be giving them the skills they need to succeed. (Lisa Evans may be reached for comments at lisa.kay.evans@us.army.mil)



photos by Lisa Evans

EYES WIDE OPEN — Soldiers from the Civil Affairs Brigade and Sailors of the Joint Sourcing Training Oversight (JSTO), search a street in a Fort Dix training site. Navy and Army military members trained together on April 7.

ALSTARZ

Calvary Baptist

Hanover Dental



HEADS UP — Petty Officer Heather Ramos checks overhead for snipers while Lt. James Keith watches ahead after their squad was attacked by mortars during a meeting with a sheik. Sailors trained with Soldiers from the 364th Civil Affairs Brigade, during JSTO exercise April 7.



LOOK OUT — Chief Brian Morris shouts ahead to the rest of his squad after encountering heavy sniper fire during training. Soldiers from the 364th Civil Affairs Brigade, and Sailors from the Joint Sourcing Training Oversight trained together on urban defense exercises April 7.

Concert raises dollars

Ryan Morton
Public Affairs Staff

A crowd of civilians and military personnel gathered at P.J. Whelihan's Pub in Cherry Hill to offer support to the Liberty United Service Organizations (USO) and to hear the music of Irish rock band Blackthorn, at the "Rock the Troops" fundraising concert event, April 5. Local dignitaries and celebrities including free agent tackle Jon Runyan; Miss New Jersey 2008, Ashley Fairfield; former Eagle and the inspiration for the movie *Invincible*, Vince Papale; former Eagle and radio personality, Gary Cobb; and U.S. Rep. John Adler were on hand to offer support.

Those who came out expressed their gratitude and thanks to the servicemembers for the work they do.

"I'm getting a chance to meet a lot of great people here, and I'm very proud to be associated with the USO and can do something to help them (the

military) out with the sacrifices they make for us," said Papale. "It's about protecting the American dream and that's what our Soldiers are all about."

"It's awesome to be able to come out and give back. It's very special what they (the military) do and I like to be able to do my part to help out

"It's awesome to be able to come out and give back. It's very special what they (the military) do and I like to be able to do my part to help out in whatever way I can."

- Jon Runyan

in whatever way I can," said Runyan.

The Liberty USO has been around for more than 60 years. It is a chartered affiliate of world USO, receives no public funding, and works to serve military personnel and their families around Pennsylvania and Southern New Jersey.

Their headquarters is at Philadelphia International Airport, and they have other locations at Fort Dix and McGuire Air Force Base. They also have

centers at Willow Grove Naval Air Station and Fort Indiantown Gap in Pennsylvania. The Liberty USO served more than 144,000 military personnel and their families during 2008.

Money was raised through ticket sales and a silent auction called an Irish Auction on items displayed at the event which included a signed football by Philadelphia Eagles' head coach Andy Reid; a 76ers jersey autographed by Elton Brand; ticket packages for the Phillies, Eagles, and Sixers; a Toys R Us gift card; a limo ride for five hours anywhere the winner wants to go; spa treatments; gift cards for Nordstroms and Victoria's Secret; and Kingling Bros. and Barnum & Bailey Circus tickets.

The military members appeared equally thankful to the supporters of the USO. "On behalf of all military servicemembers, it's because of support like this which helps us. If we can continue to get

this kind of support, we can continue to support those in uniform. Thank you," said Maj. Gen. Glen Reith, adjutant gen., New Jersey National Guard.

According to Eric Spevak, Liberty USO board member co-chairman, the event went very well.

"It's been better than expected. This is a great crowd and all the VIPs came out. With them here it gave us a great level of support and energy. It really helps to have these people show their support because it makes people feel empowered to show theirs. I'm really happy with the results and want to thank all the veterans," said Spevak.

If you would like to make a donation, log on to the website www.libertyuso.org.

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



Ryan Morton

ROCK ON -- Members of the Irish rock band Blackthorn perform during a USO benefit concert held April 5 at P.J. Whelihan's Pub in Cherry Hill.

Soldiers shave heads

(continued from page 5)

This was just one more battle for a child who has faced the steepest odds from the beginning.

Ellie's fight for life began at birth. Born in El Salvador in 2000 with kidney disease, she was left by her natural mother in the care of a mission where doctors could treat her. Barely a year old and diagnosed as needing a kidney transplant, Ellie's mother agreed to send Ellie to the University of Michigan where doctors had agreed to help her. The only caveat was that Ellie had to find a family in Michigan who could provide the expensive and lifelong care for her. Her mother would have to let her go forever.

When she arrived in Michigan in 2001, a nurse on the medical team fell in love with the baby who at 18 months weighed only 10 pounds. Tiny, sick, but with a smile to melt a heart, Lisa Willier took Ellie home with her pledging to provide the extensive medical care the child will require for the rest of her life.

When Willier began the adoption process, Ellie's natural mother signed the paperwork immediately, but she had no idea where the baby's father was. Hiring a private investigator to find him, Willier finally did and the adoption was completed in May 2002.

It took another year before a donor kidney was located. At the age of three, Ellie received an adult kidney. Doctors hoped that by giving her the adult organ, she would never need another surgery.

Healthier now and thriving after her surgery, Ellie gained not only weight, but a new father who adores her.

Wells and Willier had dated in high school and reconnected, spending time getting to know one another again. Willier moved Ellie to Atlanta and married Wells in Dec. 2005.

Wells has two other children by a previous marriage: two boys aged 13 and nine with whom he stays in contact. But now he has a girl as well.

"She's my Latin Shirley Temple," Wells said of Ellie. "She's nine years old and very tiny, only three feet tall, a little over, with dark curly hair, all natural. She has these big brown eyes. She never meets a stranger and she loves everybody."

Wells related a story about this little girl's spirit. After having a bone marrow test in the morning, she went outside in the afternoon and played football with the neighbors. Coming back inside late in the afternoon she complained that her back hurt, what did she expect, Wells asked.

"She pushes so hard when she needs to rest. This little girl has been fighting obstacles from day one," Wells said. "While we were on leave, some of the people from the company went to the hospital. She very much enjoyed it. One gave her a very large bear which she carries everywhere she goes."

Doctors started chemotherapy

on Jan. 7 and will repeat the treatment every 21 days for six months. Her outlook is good, the doctors said. Hodgkin's is curable, they told Ellie's parents.

"It was a hard decision to come back. But because of the diagnosis being treatable and in the care of a mission where doctors could treat her. Barely a year old and diagnosed as needing a kidney transplant, Ellie's mother agreed to send Ellie to the University of Michigan where doctors had agreed to help her. The only caveat was that Ellie had to find a family in Michigan who could provide the expensive and lifelong care for her. Her mother would have to let her go forever.

"She's now losing her hair and thinks it's hilarious. She'll get out of the shower or bath and hold up a clump of hair and laugh."

- Sgt. Michael Wells

It was important for me to come back and spend the time with them," Wells explained.

While finishing training on Fort Dix, Wells kept up with his family.

"She's now losing her hair and thinks it's hilarious. She'll get out of the shower or bath and hold up a clump of hair and laugh. Which is a good

attitude I guess," said Wells. To show support, Wells' entire squad of the 178th Military Police out of Minden, Ga. shaved their heads.

"When I returned from Christmas leave several of us had agreed that when she began to lose her hair we would all shave our heads. I didn't expect her to lose her hair so soon. We will shave when we reach Kuwait so that our heads don't freeze," Wells said in January.

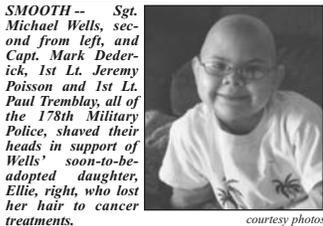
They 178th reached Kuwait on Jan. 30. On Feb. 4 Ellie was bald but in good spirits as she began another round of chemotherapy on Feb. 7. By the middle of February, Ellie was back in the hospital. She is now home again, her indomitable spirit still intact, and her kidney functioning fine. The Hodgkin's disease is under control, but not defeated yet. She will fight on.

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



SMOOTH -- Sgt. Michael Wells, second from left, and Capt. Mark Dederick, 1st Lt. Jeremy Poisson and 1st Lt. Paul Tremblay, all of the 178th Military Police, shaved their heads in support of Wells' soon-to-be-adopted daughter, Ellie, right, who lost her hair to cancer treatments.

courtesy photos



Z Squared

Suluki

the Post Puzzler

answer key for April 3

Across

- It can kick your butt
- Member of a resistance movement
- There's 2 of them
- He can get things moving
- Location of Operation Urgent Fury
- Stations, unexpected attack
- Called this battle: USAF
- Cause all operations except security
- Smoking pipe
- Armed 800 or so...
- Full job
- AK-47
- Disassemble to major components
- She found "near the world" location
- Bomb falls
- Movement plan or procedure
- Two quick shots
- City 50 mi W of Baghdad
- Went all the way to Atlanta
- Where all the showers are
- Main ground force of the United States
- Gastrolous, flammable organic solvent
- WAZ

Down

- Ground conditions
- ACH Airborne Assault
- Reconciliation
- We do it at Jackson, Knox, Sill and Benning
- Exhaust used in Vietnam
- Compass heading
- One "Air Base" contains 10 of these
- Star of "To Hell and Back"
- Military line of sentries
- Not tactical
- Storefront Norman
- It's in Carlisle, PA
- Article 64 charge
- Waver motor
- Ragin' Cajun
- Lightweight individual carrying equipment
- Shooting while standing position
- Another word for kilometer
- A switch, trigger or percussion cap
- You can see it in the ads
- Portable, short-barreled cannon
- Read it or load it

HONORS AND AWARDS



courtesy photo

VOLUNTEER RECOGNIZED – Lt. Col. Christopher Sands, commander, 3rd Battalion, 312th Training Support Regiment, 72nd Field Artillery Brigade, presents Mrs. Kelly Swoope-Holloway, wife of Maj. Tim Holloway, battalion operations officer, the Dr. Mary E. Walker Award during the battalion Dining-out April 4. Dr. Mary E. Walker is the only woman in United States history to receive the Medal of Honor. She was a humanitarian, devoted to the care and treatment of the sick and wounded during the Civil War, often at the risk of her life. General Charles C. Campbell, commander, U.S. Army Forces Command awarded Mrs. Swoope-Holloway the Dr. Mary E. Walker certificate of achievement and honorary medal for outstanding volunteer service and family readiness support.



Sgt. Nicole Dykstra, 72nd FA Bde.

MOVING UP – Master Sgt. Maurice Hall, signal communications noncommissioned officer-in-charge, Headquarters, Headquarters Battery, 72nd Field Artillery Brigade, is first to congratulate newly promoted Staff Sgt. Ameer Wingate April 1 as Capt. Javier Cortez, HHB commander, looks on. Wingate, a mobilized Reservist from Chesapeake, Va., is a computer technician and administrator and information management officer in the 72nd.

Soldiers earn top honors in Training Support Unit



Sgt. Nicole Dykstra, 72nd FA Bde.

A FAMILY AFFAIR – Newly promoted Sgt. Maj. Tania Brown-Berringer, Headquarters and Headquarters Battery, 72nd Field Artillery Brigade, receives her Sergeants Major Academy ring from her nephew, Quinn Powell, at her promotion ceremony at the 99th Regional Readiness Command Headquarters April 30. Her daughter, Taylor Berringer, pinned on her new rank in front of family, friends, and members of the 72nd. Brown-Berringer's next assignment takes her to the 75th Battle Command Training Division, currently located in Edison, N.J.



Sgt. Nicole Dykstra, 72nd FA Bde.

WELCOME TO THE TOP – Newly promoted Sgt. Maj. Milagros Vega, Headquarters, Headquarters Battery, 72nd Field Artillery Brigade, right, shares a congratulatory embrace with Sgt. Cynthia Fox, Vega's former sergeant major in the 2nd Training Support Battalion, 309th Regiment and longtime mentor April 1. Vega was promoted to the rank of sergeant major at the Kelley Reserve Center April 1. Her next assignment is with the 77th Regional Support Brigade headquartered at the 99th Regional Readiness Command.

SUPERIOR SERVICE – Karin Schieve, chief human resources administrator, 72nd Field Artillery Brigade, receives the Commander's Award for Civilian Service from Lt. Col. John Vinzant, brigade executive officer, April 2. Schieve, also a Reserve officer, is moving to the 244th Aviation Brigade, 11 Theater Aviation Command at the 99th Regional Readiness Command on Fort Dix, where she will serve as a supervisory human resource specialist.



1st Lt. Antonia Greene, 72nd FA Bde.

Sgt. Nicole Dykstra
72nd FA Bde. Public Affairs

Two Soldiers from 3rd Training Support Battalion (TSB), 315th Engineer Regiment were selected as the 72nd Field Artillery Brigade's Non-Commissioned Officer and Soldier of the Quarter for the second quarter of the fiscal year.

Sgt. Afrah, an Arabic linguist mobilized Reservist, was named 72nd FA Bde. NCO of the Quarter, and Spc. Christopher Quirk, an Infantryman attached to the 3-315th TSB from the Maryland National Guard, was selected as Soldier of the Quarter.

"These two Soldiers really stand out as strong individuals," said Sgt. 1st Class Dameon Bowers, 3-315th Non-Commissioned Officer in Charge of Operations and Plans. "They both demonstrate what to do in every day operations; setting the example for their peers."

Afrah, as an Arabic linguist, provides cultural awareness and Arabic language familiarization classes to servicemembers deploying in support of the war on terrorism. She also assists Bowers in battalion operations.

Afrah deployed to Iraq with the 4th Infantry Division in November 2005 until returning to the states in November 2006. During her time overseas, she served as an advisor to the 6th Iraqi Army (IA) Division, at times processing

identification records for IA recruits.

Towards the end of her tour, Afrah was reassigned as an interpreter on a military transition team in Baghdad.

Quirk utilizes his skills acquired during his tour overseas to instruct deploying servicemembers in base defense operations.

He deployed in support of Multi-National Division-North operations, with the 1st Battalion, 175th Infantry Regiment, 58th Brigade Combat Team out of Dundalk, Md.

From August 2007 until May 2008, Quirk conducted mounted patrols and convoy operations in and around Mosul.

Going before the competition boards was a first time experience for both Soldiers.

"Training for it was pretty hard, since we'd never been to a board and didn't really know what to expect," said Quirk. "But since we studied so much, we really knew our stuff. The board turned out to not be that bad after all."

"I'm really glad we competed, because it was such a great experience. You end up learning so much that will help you out long after the board is over," said Afrah.

The NCO and Soldier of the Quarter boards judge the Soldiers in a number of areas, including basic Soldier tasks, military bearing and appearance, familiarization of Army regulations, and knowledge of current affairs.

Soldiers are then quizzed on information from Army regulations, field manuals, and existing policies. In addition, there is a mystery challenge, which could include anything from answering military history questions to executing drill and ceremony movements. In this case, it was locating points on a map, every Soldier's favorite – grid coordinates and protractors.

"As a leader, it's important to be really familiar with the common regulations and field manuals so that you can refer your Soldiers to them when they need help," said Quirk.

To help set Afrah and Quirk up for success, Bowers and other 3-315th Soldiers held mock boards to get the two comfortable speaking in front of a board, because it's the nervousness, Quirk admitted, that you don't expect.

"We were lucky to have some great NCOs who really helped us out," said Afrah. "Sgt. 1st Class Bowers and Sgt. 1st Class Jackson went out of their way to make sure we were both comfortable and prepared."

"It's great that both of this quarter's brigade winners are from our battalion," said Bowers.

"The fact that these two were acknowledged solidifies the excellent job they do every day," Bowers said.

Both Soldiers look forward to competing for NCO and Soldier of the Year when the boards meet later in April.



Sgt. Nicole Dykstra, 72nd FA Bde.

CREAM OF THE CROP – Spc. Christopher Quirk and Sgt. Afrah, 3rd Training Support Battalion, 315th Engineer Regiment, pose with their battalion colors. The two Soldiers are this quarter's Non-Commissioned Officer and Soldier of the Quarter for the 72nd Field Artillery Brigade.

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MILITARY MATTERS

Company commander heads for home

Jennifer Chupko
Public Affairs Staff

As commander of Headquarters, Headquarters company (HHC) Capt. Hood ran his company like a unit in a battle zone - always prepared to guide his Soldiers and protect them throughout every battle they may come across.

As he stepped down from his command and entered civilian life, Hood was commended for his performance at an award ceremony held at B Company April 7.

Hood was awarded the Meritorious Service Medal and given a plaque from Lt. Col. Michael Worth, Mobilization Readiness Battalion (MRB) commander.

He was also presented a commander's coin from Col. Larry Boyd, installation deputy commander for mobilization and an appreciation coin from the Judge Advocate General's Corps.

His wife Kristen and their three sons, Colin, Ethan and Tyler attended the ceremony. Kristen was presented with flowers and a Certificate of Appreciation for, as Worth joked, "putting up with the HHC commander's 24-hour responsibilities."

Hood has been in command of HHC since 2007, following two successful years at the MRB.

"HHC is probably one of the hardest companies to run, but Capt. Hood did a very good job," said Boyd. "He truly

tamed the beast."

The company currently oversees 67 Mobilization Readiness Battalion Soldiers' administrative needs.

The MRB Soldiers' first steps on Fort Dix bring them into the care of HHC and their last steps before demobilizing.

"He has been remarkably consistent throughout his command. He has led his company in an exemplary fashion," Worth said of Hood's methods of easing Soldiers into and out of the mobilization processes.

HHC manages battalion strength reports every morning and is accountable for MRB Soldiers temporary duty, company approved passes and personal leave statuses.

When Soldiers come back from leave or pass, they are required to sign in at the company, even if time constraints require after work hours. HHC also handles all funeral honors and ceremony duties.

The staff tracks and sends deadline reminders to every Soldier within the three month completion due date of their Non-Commissioned Officer Evaluation Reports (NCOER) and Officer Evaluation Reports (OER).

Weekly commander's meetings led by Hood kept all information current and cross-levelled.

"Capt. Hood has seen a long list of challenges," said Worth. "I commend him on a job well done - it truly is a thankless job and one of the hardest commands."

A modest man, Hood is a

self-proclaimed low-key kind of commander. He gets the job done and he makes sure it is done right the first time.

"I never hear any problem coming from HHC," said Boyd. "When I don't hear anything, it is a good thing."

Originally joining the New Jersey National Guard in 1992, Hood entered the Army's ROTC program while attending Rutgers University where he completed his bachelor's degree in history.

"Maj. Moyer actually talked me into it," said Hood, who attended the university with Maj. Jonathan Moyer. "I couldn't pass up the great college benefits and promising future."

Hoods' orders brought him to Fort Dix in 2005. As a resident of Pemberton Township, Fort Dix is not unfamiliar territory.

Hood graduated from the Maneuver Captains Career Course, the Total Army Instructors Course, Tactics Certification, and Infantry Officer Basic Course, and AIT and the Officer Candidate schools.

He has been a police officer for the Pemberton Township Police Department since 1998 and is returning to that position after demobilizing from Fort Dix.

Though he will be one installation gate away, the company is in agreement - he surely will be missed.

(Jennifer Chupko can be reached for comments at jennifer.chupko@us.army.mil.)



courtesy photo



GANG'S ALL HERE - Mobilization Readiness Battalion Soldiers, top, on one of the ranges in 2005. Back row, Master Sgt. Pentt Forsman left, Sgt. 1st Class James Pampino, Capt. Robert Hood, Lt. Col. Cynthia Palinski, Maj. Brian Gilpatrick, 1st Sgt. Roger Chin. Front row, Sgt. Maj. Ricky Orange left, and Capt. Michael Stepnowski. At left, Hood, is presented the Meritorious Service Medal by Lt. Col. Michael Worth, MRB commander. Hood has been commander of MRB, HHC since 2007.

Jennifer Chupko



Pascual Flores

Commander extends welcome home

Col. Larry Boyd, deputy commander for mobilization, left, with Maj. Antonette Rainey and 1st Sgt. Michael Wagner, 444th Adjutant General, Human Resources Company, Pitsburg, Pa., display a Certificate of Appreciation for their contribution and service in support of Operation Iraqi Freedom, April 4 at the Mobilizing Unit Inprocessing Center.

Army unveils diversity policy

Eric S. Bartelt
Army News Service

WEST POINT, N.Y. / April 7, 2009 - Army diversity policy was unveiled last week at the U.S. Military Academy and West Point Association of Graduates' 10th annual Diversity Leadership Conference, April 2-4.

An Army policy memorandum on diversity signed April 1 by Secretary of the Army Pete Geren, Army Chief of Staff Gen. George W. Casey Jr. and Sgt. Maj. of the Army Kenneth O. Preston was presented to conference attendees. It calls for the Army to be the "national leader in embracing the strengths of diverse people in an inclusive environment."

The policy also calls for the Army to be an "adaptive, culturally astute" force. It states that Soldiers must be more effective at understanding the cultures and environments where they serve.

Brig. Gen. Belinda Pinckney, Army Diversity Office chief, presented the memorandum, blown up to giant size. She spoke Friday on behalf of Secretary of the Army Pete Geren, who was unable to attend, about what diversity means to the Army.

"Diversity makes us better and more equipped to meet the challenges and threats of the 21st Century," Pinckney said. "Diversity is an enabler. It enables us to benefit from a

pool of different skills and move beyond preconceived notions to look at new procedures, processes, methods and structures.

"It enables us to recognize different opportunities, views, cultures and with it, we recognize we're all components of America's society and the world, at large," she added.

She said the nation models integration and that the Army is, "building a strong foundation with the intent to invest in talent and to value and develop Soldiers and civilians who enhance our capabilities and who are prepared for the complexities of leadership and global engagement."

"The wealth of diverse backgrounds among our Soldiers and civilians enhances our abilities to operate effectively in different parts of the world," she added.

"The Army recognizes that it must rely on a dynamic force with (endless) talent, multicultural knowledge and skills necessary to accomplish the mission," she said.

The theme of this year's conference was "Building a Culture of Diversity and Inclusion."

The focus centered on the principles, practices and accomplishments of successful diversity and inclusion efforts in the private sector, government and academia. It was an opportunity for sharing innovations and ideas between military and corporate diversity

leaders.

The guest speaker for the luncheon was Gen. Kip Ward, commander of U.S. Africa Command and an energetic speaker on the importance of diversity in his life.

A son of a World War II Army combat-engineer sergeant who served in a segregated military, Ward spoke about diversity being more than a "check in the box."

"Why is it in our best interest to do our best in promoting (diversity) and give the sort of opportunities and things that cause every one of our citizens (whether they are) black, white, Asian, Hispanic, Native American, male or female to be offered and afforded the opportunity to be ... all that they can be?" Ward said. "That is important to our nation."

The message he wanted to pass on to the audience is that the Army or any institution must pay attention to diversity at its highest levels because if they don't do it there, no one else will.

West Point Superintendent Lt. Gen. Buster Haggenbeck spoke during the conference opening and referenced the need to graduate young officers who understand the value of similarities and differences inside and outside their units.

He said understanding diversity in our country can only aid future leaders as they pursue the cross-cultural awareness needed to participate in Iraq and Afghanistan.

Military registration process promotes seamless transition

Donna Miles
American Forces Press Service

WASHINGTON, April 8, 2009 - The best way to ensure servicemembers transition seamlessly from the Defense Department to the Department of Veterans Affairs when they leave the military is to start the process at the swearing-in ceremony, Veterans Affairs Secretary Eric K. Shinseki told American Forces Press Service.

"Seamless transition really has to begin when that servicemember is still serving, puts on the uniform, raises a right hand and takes the oath of allegiance," said Shinseki, who spent 38 years in uniform before retiring in 2003 as Army chief of staff. "We need to begin the transition then."

Shinseki said he's had several conversations with Defense Secretary Robert M. Gates about ways to continue improving the transition process between the two departments.

One concept, called "uniform registration," would enroll servicemembers automatically in a single Defense-VA management system when they join the military. As envisioned, the system would have two components: one for personnel files and another for medical files.

Shinseki explained the benefits of uniform registration last month during a Senate Veterans Affairs Committee hearing.

Online cleanup costs big dollars

(continued from page 1)

Defense Department's global information grid, Chilton noted. "We also have the responsibility to plan for and when directed to conduct offensive operations," he said. "As in all domains, a good defense relies on a good offense."

"As in land, sea and air domains, the United States wants to retain freedom of action in the cyber domain," Chilton said.

"We need to have the tools, skills and expertise in a time of conflict so we can maintain our freedom of action," he said.

Training is needed for personnel to launch both defensive and offensive operations, Chilton said. "We need to train all our folks and we need high-end skill training," he said.

ing. "Uniform registration will push both of us, both the VA and the [Defense Department], to create a single, electronic record that would govern how we acknowledge, identify, track and manage each of our clients," he said.

"That way, we could begin to track them throughout the course of their service in uniform - whether it's two years, four years, 10 years, 30 years," he told American Forces Press Service.

"And when the change in their status occurs and they take the uniform off and return to civilian life, the transition has already been done," he continued. "They are already a member of our department, we know who they are, and we have been watching their development."

The initiative, he said, would result in better, faster, more consistent management decisions, with less chance of lost files or destroyed claims and fewer backlogs in processing claims.

Servicemembers leaving the military would come to VA as known entities, and their entitlements would be clear, Shinseki said. Meanwhile, VA could better project veterans' needs.

Shinseki told the Senate committee both VA and the Defense Department "are in agreement about the goodness of such a system and have people working toward making this a reality."

Uniform registration is real-

ly just an extension of other VA-administered programs that cover those in uniform, Shinseki said. These include Servicemembers' Group Life Insurance, educational loans and guaranteed home loans.

"So this idea that your benefits begin when you take off the uniform is misleading," he said. "Those benefits are there in those categories from the time they begin serving."

The Defense and Veterans Affairs departments have been working diligently to eliminate gaps as servicemembers - particularly wounded warriors - transition from military to civilian life. Congressional panels, blue-ribbon commissions and in-house investigations all have pointed to the need for the two departments to improve their coordination and cooperation to better serve transitioning troops.

Shinseki told the Senate panel progress being made will help ensure better care and support for veterans. "Through a cooperative effort, we seek to improve the delivery of benefits and assure the availability of medical data to support the care of patients shared by VA and [the Defense Department]," he wrote in his written testimony.

"This will enhance our ability to provide world-class care to veterans, active-duty servicemembers receiving care from both health-care systems, and our wounded warriors returning from Iraq and Afghanistan," he said.

he said. "We need to change the way we conduct ourselves in cyberspace and hold our military folks to the same high standards that we hold our air, land and sea operators to."

A prohibition on using so-called "thumb-drives" and other portable data storage devices on Defense Department computers will remain in effect, Davis said. "I don't think anybody realizes how much better shape we'd be in if we just did the basics right," he said. "People need to just apply the basic rules and procedures that have been put in place to protect ourselves."

While this won't stop the more sophisticated threats, "it sure will get rid of the thousands of things that clutter the environment," Davis said.

It's not just a convenience. It's a dependency that we

Announcements

Chapel Services

Fort Dix
562-2020
Sunday Services

Traditional
9 a.m. to 10 a.m.

Catholic
10:15 a.m. to 11:15 a.m.

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

Sunday School
10 a.m. to 11:15 a.m.

CCD
9:15 a.m. to 10 a.m.

Chapel 5 - Bldg. 5950 Church Street

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 Prayer Street
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

Easter Events

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.

Religious Activities

Christian Men of the Chapel

Prayer Breakfast -
Fourth Saturday of each month
9 a.m. to 11 a.m.

Christian Women of the Chapel -
Meets every Tuesday
9:30 a.m. to 11:30 a.m.
at the Fort Dix Main Chapel and the
fourth Tuesday at
Buttonwood Hospital.

April 24
Praise and Worship
Potluck Dinner
6 p.m.

The Child Development Center

Bldg. 5523 562-4702

Free Home School Meetings
Come out and join the Fort Dix Home School Group
Wednesdays, 10 a.m. to noon
Fort Dix Youth Center.
Snack/Social time and Sports and Fitness Activities followed by Arts and Crafts or Science and Technology Activities. Call 562-6271 for more information.

Family Support
Families of Deployed or PCS-Military, Wounded Warriors or Fallen Warriors are eligible for many free and discounted services in CY's respite child-care, reduced full day care fees, free sports and instructional classes. Call 562-2242 for more information.

United Communities

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

For information regarding United Community events, contact Amber Stadler at 723-4290

United Communities Events

Pictures with the Easter Bunny - Hop into the Leasing Office on Friday, April 10 from 1 p.m. to 6 p.m., and get your picture taken with the Easter Bunny and receive a complimentary copy of the picture to take home and share with your family and friends.

Spring Guess How Many - Guess how many bunny cones 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.

United Community offerings

Free internet cafe - Stop by the United Communities Leasing Office and take advantage of the internet cafe fully equipped with Skype access. Come and video chat with your friends and loved ones or surf the net anytime during office hours. This service is free to all residents of United Communities.

Need a Job?
United Communities has the perfect summer job! The pool management company is currently looking for lifeguards for the pool on McGuire. Call Progressive Pool Management for more information at 888-766-7665.

Landscaping Information:
Fertilization for crab grass control began April 6. Clear front and back yards as well as fenced in areas of any personal items and debris. Note that weed and feed will only be taking place in areas where grass has grown. For areas where grass is beginning to grow, a starter fertilizer will be used instead.

Green Waste
Monday: McGuire
Tuesday: Fort Dix

Trash will be picked up every Wednesday in all areas (except compactor areas).

Residents in Compactor Areas: The compactors are being removed for servicing. D Falcon Courts E
April 8 through April 15
G Grove Park
April 20 through April 23

Recycling Schedule
Every other Thursday

Bulk Trash Memo:
Bulk trash will not be picked up without a work order. Call to put in a work order at 724-0500. Bulk trash should be put out on scheduled trash day, or if in new housing taken to the compactor areas. Cardboard from a new move? Call TMO at 754-2734 or 754-6205 and arrange pick up. Any other cardboard should be broken down and placed out at the curb on recycling days, or taken to the compactor areas.

NADE

Petro

Read The Post!
Joe Frazier
enjoys it!

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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.

United Community offerings

Free internet cafe - Stop by the United Communities Leasing Office and take advantage of the internet cafe fully equipped with Skype access. Come and video chat with your friends and loved ones or surf the net anytime during office hours. This service is free to all residents of United Communities.

Need a Job?
United Communities has the perfect summer job! The pool management company is currently looking for lifeguards for the pool on McGuire. Call Progressive Pool Management for more information at 888-766-7665.

Landscaping Information:
Fertilization for crab grass control began April 6. Clear front and back yards as well as fenced in areas of any personal items and debris. Note that weed and feed will only be taking place in areas where grass has grown. For areas where grass is beginning to grow, a starter fertilizer will be used instead.

Green Waste
Monday: McGuire
Tuesday: Fort Dix

Trash will be picked up every Wednesday in all areas (except compactor areas).

Residents in Compactor Areas: The compactors are being removed for servicing. D Falcon Courts E
April 8 through April 15
G Grove Park
April 20 through April 23

Recycling Schedule
Every other Thursday

Bulk Trash Memo:
Bulk trash will not be picked up without a work order. Call to put in a work order at 724-0500. Bulk trash should be put out on scheduled trash day, or if in new housing taken to the compactor areas. Cardboard from a new move? Call TMO at 754-2734 or 754-6205 and arrange pick up. Any other cardboard should be broken down and placed out at the curb on recycling days, or taken to the compactor areas.

NADE

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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 and 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.

April is Month of the Military Child-Our home art class has been busy creating and putting together an art exhibit. Works can be viewed in the gallery April 14 through 30. A reception will be held on April 16 from 2:30 p.m. to 4:30 p.m.

Framing Qualification Classes -
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.

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 quickly.

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

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

Create-A-Critter - Adorable Critters to stuff yourself!
It's easy and fun.

ACS
562-2767
Bldg. 5201 Maryland Avenue

Calendar of Events

Monday, April 13
Becoming a Love & Logic Parent (Part 2)
Ages 5-17 years
1 p.m. to 3 p.m.
ACS

Tuesday, April 14
Hearts Apart: Creating Memories
10 a.m. to 1 p.m.
ACS

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

Stress Management Workshop
2 p.m. to 3:30 p.m.
SFAC

Wednesday, April 15
Family Fun Fest
10 a.m. to 2 p.m.
Griffith Field House

Commanders AFAP Steering Committee
10 a.m. to noon
Post Headquarters

Stress Management
2:30 p.m. to 4:30 p.m.
ACS

Thursday, April 16
Newcomer's Orientation
9 a.m. to 3 p.m.
ACS

Becoming a Love & Logic Parent for age Birth to 6 years
Part 3 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.

Special Happenings

Annual Thrift Shop Yard Sale -
May 2, 10 a.m. to 2 p.m.
Booth set-up begins at 9 a.m. Sign up any time before the sale. Bring your own table to display your wares. This year the sale will be in the Fort Dix Main Chapel parking lot. Refreshments will be available all day: hot dogs, baked goods and drinks

Consignments of Spring and Summer clothing will be accepted starting the week following Easter.

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

Bible Ba

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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 11
Arts and Crafts activities
4 p.m. to 6 p.m.

Monday, April 13
Spring Break! School is closed
MS Full Day Care
6:30 a.m. to 6 p.m.

Open Rec.
2 p.m. to 7 p.m.

Tuesday, April 14
MS Full Day Care
6:30 a.m. to 6 p.m.

Open Rec.
2 p.m. to 7 p.m.

Wednesday, April 15
MS Full Day Care
6:30 a.m. to 6 p.m.

Open Rec.
2 p.m. to 7 p.m.

Thursday, April 16
MS Full Day Care
6:30 a.m. to 6 p.m.

Open Rec.
2 p.m. to 7 p.m.

Friday, April 17
MS full Day Care
6:30 a.m. to 6 p.m.

Open Rec.
2 p.m. to 7 p.m.

Saturday, April 18
Cooking Project: Cukeakes
4 p.m. to 6 p.m.

Fountain Green Golf Course

The Golf Course is now open to the public.

Mulligan's Restaurant is open. Visit the well stocked Pro-Shop. Gift certificates are available. Call 562-6071

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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

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

Annual Family Fun Festival
April 15, Griffith Field House
10 a.m. to 2 p.m. Roomy indoor location this year with 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 Michelle and the crew Thursdays, Noon to 1 p.m.

Now fitness buffs can try out the latest workout craze: **ZUMBA Fitness** 5:15 p.m. to 6:15 p.m. at Griffith Field House.

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SPORTS

Hot aerobic dance infiltrates Dix

Ryan Morton
Public Affairs Staff

Zumba, a workout that's sweeping the nation by storm is now at Fort Dix.

"It's the hottest class in the aerobics industry and we had to bring it here. Many people have been asking about it," said instructor and trainer, Richelle Weiland.

Nearly 50 people experienced Zumba -which fuses aerobic exercise movements with international dances such as the salsa, meringue, mambo, rumba, and flamenco into an intense cardio workout- at the introductory class held at the Griffith Field House, April 2.

Demand for this class was so high, at least 10 people were turned away due to space issues in the aerobics room. For now, it's capped off to the first 45 people who show. If this popularity continues, the class will be moved to the main gym basketball court

area, where more space is offered once the intramural basketball season concludes in May.

"This class relieves a lot of stress and makes you just want to move and shake your body," said participant, Staff Sgt. Julie Aymar, a Regional Training Center-East drill sergeant.

"It's different from running or weightlifting. With this you're having fun and getting a great workout. I'll recommend it to everybody I know," she said.

Weiland appeared to be very encouraged by the response.

"I'm very happy with the turnout. The energy was great, everybody was amped up, and I'm very excited about the next class. Zumba is said to be like a party and it definitely felt like a party tonight," said Weiland.

Zumba takes place Thursday nights at the Griffith Field House from 5:15 p.m. to 6:15 p.m.

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



Ryan Morton

IN STEP -- Participants perform the Zumba exercises during the introductory class at the Griffith Field House, April 2. For more information about the new Zumba classes, call 562-4888.

Wounded warrior gets his swing back

Tim Hipps
FMWRC Public Affairs

FORT BELVOIR, Va. - Six summers ago, Sgt. Roy Mitchell was a 2-handicap golfer who earned a tryout for the All-Army Golf Team.

Now he's a disabled golfer with an 8 handicap, striving to regain his form on a prosthetic leg and tinkering with a specialized golf cart.

On Nov. 23, 2003, Mitchell was riding in the front passenger seat of a Humvee that drove upon an anti-tank mine near the Pakistan border in Afghanistan.

Mitchell, 37, of Fort Drum, N.Y., survived the blast but lost three-quarters of his left leg.

four teeth and some jawbone, suffered third-degree burns on his right leg, shattered his left elbow, caught shrapnel in his midsection and right eye, and sustained a concussion.

He spent 10 months rehabilitating at Walter Reed Army Medical Center in Washington. "As soon as I got out of the hospital, I picked up a club and was trying to hit balls at the local MWR where they have an indoor net," Mitchell recalled. "But I got so discouraged with the way that I was hitting the ball that I just had to step away."

Four years later, thanks in part to the National Amputee Golf Association's First Swing program and the Army Family and Morale, Welfare and

Recreation Command, which partnered with the United States Golf Association, Mitchell is intent about getting back atop his game.

He wowed professional golf instructors, fellow wounded warriors, and a film crew from The Golf Channel during a recent First Swing clinic at Fort Belvoir. Strapped into a Solorider - a specialized adaptive golf cart - Mitchell drove balls deep onto the driving range like a pro warming up for a PGA Tour event.

"I've never played a round of golf in the cart," said Mitchell, who two weeks earlier climbed aboard a Solorider for the first time.

"Just by sitting here on the driving range and hitting the

ball, I could see the cart possibly being a little bit of a hindrance, but ultimately it's going to make the game easier because I won't be as tired at the end of a round.

"Rather than having my prosthetic on and worrying about getting to the ball and making a good swing the whole time, this is going to make the game more relaxing ... and that would make playing more enjoyable."

Helping servicemen and women enjoy life after injury is the primary purpose of the First Swing program, which was designed to teach therapists and golf pros how to use golf as therapy and teach disabled people how to learn or relearn to play and enjoy the game.

Fort Belvoir Director of Golf Jeff Lychwick said his club was fortunate to host 14 military PGA instructors from Aberdeen Proving Ground, Md.; Carlisle Barracks, Pa.; Fort Eustis, Va.; Fort Leonard Wood, Mo.; Naval Air Station Patuxent River, Md.; Naval Station Mayport, Fla.; and Marine Corps Base Quantico, Va. They instructed 47 disabled servicemen and women from around the National Capital Region.

"Absolutely, it's an honor," Lychwick said. "There's a strong sense of responsibility to deal with these gentlemen and ladies that have lost a limb for us. This kind of instruction has more therapeutic value than anything else."

Physical therapists from Belvoir's DeWitt Army Hospital helped spread the word about the clinic, and 10 Sol-

diers came from Walter Reed Army Medical Center.

"I work in the Military Advanced Training Center at Walter Reed and they are extremely active in the recreational opportunities that have rehab potential for the vets," said Drew Breakey, a physical therapy student. "They go on kayaking trips, skiing trips and fishing trips all over the country."

Breakey was impressed with the way Mitchell adjusted to the Solorider.

"This is actually the first time I've got to see him hit the ball and he's whacking it pretty good," Breakey said. "I challenge anybody to say, 'Hey, we're going to strap you into a chair and I want you to swing a club differently than you're accustomed to,' and first of all, even be able to make contact, or in this case, hit it 170 yards down the range."

Mitchell encourages all disabled Soldiers to get physically active as soon as possible.

"The Wounded Warrior Program should be high on every wounded Soldier's list of the people they should be getting in contact with," he said. "And, really, you don't even have to worry about searching them out - they're usually the first ones in your hospital room doing the grip-and-grin and dropping off paperwork and saying, 'Hey, we've got this going, and we've got that going, as soon as you get healthy and the doctors will let you go, we want to start taking you out.' And they have a full spectrum of sports available. Anything that you want to do, they've got it."

Four World War II veterans, who lost limbs but not their love of the game of golf, founded the National Amputee Golf Association in 1954. The association, which today has more than 4,000 members, is administered by amputees, all of whom are volunteers.

The First Swing clinic's next stop is Fort Bragg, N.C., on April 19-20. Mitchell encourages wounded warriors to take advantage of the opportunity rather than resist the challenge.

"In any branch of the service, you're taught to adapt and overcome, and that's the mentality that they've got to get into. You have to adapt to your situation and then overcome it," he said.

"Once you get them in that mindset, they will come out here and try golf for the first time, or go out and ski for the first time, or get on the water and try to water ski. The biggest hurdle for these guys is to convince them that they can do it."

Mitchell, thinks the program should be even easier for first-time golfers.

"I think it's harder for people like me, who had played golf before, to come back and try to play now because there is a lot about the golf swing that has changed because of our situation. I think it's easier for people that have never played the game before to come out and try it for the first time," he said.

Mitchell's father, Roy, never doubted that his son would return to the game he loved. He put a club in Roy's hand at age 9 and had him on golf courses at 12. He was at Belvoir to watch his 37-year-old son re-install the passion.

"He was good," dad said of his son's game before the injury. "He beat the crap out of me. He loved to play golf and he was dedicated to the game. "With his love of the game, he couldn't give it up. I think being able to get back out and play helped him a lot with his rehabilitation."

The elder Mitchell, who did two stints in the Vietnam War while serving in the Army from 1963 through '70, is proud of his son's resilience and of the Army for giving him a chance to stay enlisted.

"I think this is one of the best programs the Army has come up with as far as dealing with Soldiers' physical and psychological injuries," he said. "It was neglected for a while. When I was in the Army, we didn't have anything like this."

The younger Mitchell is glad that he gave golf another chance. Now Mitchell is intent on scoring in the low 70s.

"I think he can come back to where he was," his dad said. "He's determined. He might not hit as long a drive, but straighter. Just like us when we get older, we don't hit 'em as long, but we hit them straighter."

The younger Mitchell believes being disabled helped strengthen his resolve.

NATIONAL VISION INC.



Tim Hipps

BACK IN FORM -- Sgt. Roy Mitchell, who lost most of his left leg to an anti-tank mine in Afghanistan, admires his drive from a Solorider during a First Swing golf clinic for wounded warriors at Fort Belvoir, Va.

Soldier inspired by feminine strength

Wayne Cook
Public Affairs Staff

Born and reared in the Dominican Republic, Staff Sgt. Darlin Abraham, platoon sergeant, A Company, Mobilization Readiness Battalion, did not dream that as an adult she would live in the United States and serve in the U.S. Army.

"When I was growing up, we were a family of modest means, not poor, but not rich by any means, either. My father is a Soldier in the Dominican Republic and my mother was a teacher. They supported me in anything that I decided I wanted to do, even if they weren't all for it. When I was in high school I took college classes at the same time I was finishing my high school requirements. I graduated high school when I was 16 and college shortly after that," she said.

In 1989, at the age of 19, Abraham moved to the United States. Not knowing that her bachelor's degree was transferable to this country, she sought out employment at the local A&P supermarket as a clerk. Desiring a better paying job that offered more challenges, she went to work with the Department of Education in Yonkers, N.Y., working with sixth and eighth grade special education classes.

Feeling she had been blessed to live in the United States, Abraham took the necessary steps to become a citizen and received her citizenship in 1997.

Abraham was working as a bank manager in New York when the September 11 terrorist attacks occurred. Filled with a desire to serve in the Army, just like her dad, she sought out a recruiter.

"I told the recruiter to keep

the sales speech to himself; I just wanted to know what it would take for me to join the Army. He didn't tell me that my college degree was good for a commission, so I enlisted as an automated logistics specialist," said Abraham.

She joined the Army Reserve and attended basic training in 2003. "When I met my first sergeant and training NCO, my first question was, 'What do I need to do to get promoted?' The training NCO responded, 'Can you take a physical fitness test and do you have any college?' Then I was off and running," Abraham said.

Abraham received orders to Iraq in 2004. "While I was in Iraq, I remember the first night some of my battle buddies laid on the floor pointing their weapons at the tent entry. To this day we are like a family. We became a very cohesive unit. There is nothing beautiful about war, but we learned to appreciate each other and the little things we take for granted in the states. We appreciate our freedom, religions, and beliefs. When you have been removed from the environment of the United States, you really begin to understand and appreciate the benefits and rights we have here," she said.

One day while performing force protection duties, Abraham was assigned to an entry control point outside a warehouse. She was the non-commissioned officer-in-charge and her detail was made up of female Soldiers. The entryway for vehicles to enter the compound was a little of a gauntlet. There was a Soldier posted at the head of the gauntlet to check identifications and

delivery papers, a second Soldier, the NCO, was the next barrier as a backup to the entry point guard. Finally, at the end of the gauntlet, before entering the compound, was a short tower with a Soldier manning a machine gun.

On this particular day a delivery truck approached the entry point and failed to stop at the beginning of the gauntlet. Abraham signaled for the driver to stop while the other Soldiers called for a response team for back up. The driver continued forward with no regard for Abraham until she stepped in front of the vehicle, charged her weapon and pointed it at the driver. The driver stopped the vehicle, got out and said he had never had to stop for

"You need to be prepared always to be able to perform required tasks so Soldiers know they can come to you when they need your help."
- Staff Sgt. Darlin Abraham

her duties. "Sometimes you have to take a stand and push a little harder because not everyone takes you serious because you are a female. You need to be prepared always to be able to perform required tasks so Soldiers know they can come to you when they need your help. As long as you do that and earn their respect, then everything follows in line. I've discovered I don't have to know everything I just have to be able to help Soldiers get what they need. I totally love being able to work here and get up in the morning and be able to serve Soldiers," said Abraham.

Abraham has people in her life, and others she has studied, who have set the example by which she tries to live. "Command Sgt. Bonita Davis is someone I look up to because she is not someone

who flaunts her position, but instead uses it to mentor and lead those lower in rank. She is not arrogant but really cares about Soldiers. I have been blessed to work with her and learn from her. My commander, Maj. (Denise) Wurzbach, also has been a great help and example for me. Her boundless energies and self-discipline are focused to meet the needs of her Soldiers and she ensures their needs are met.

"I admire strong women who didn't let their circumstances dictate to them their future. Examples of two women I admire are Mary Edward Walker, the second woman to graduate medical school in the United States. She was also the first female Army surgeon and was the first female recipient of the Medal of Honor. Congress even changed the rules for award of

the Medal of Honor after she was awarded it and demanded she return it because she was a female. She refused to return it and wore it proudly every day of the rest of her life. "Another strong woman was Sojourner Truth, a slave, abolitionist, and women's rights activist. She was the first black woman to ever take a white man to court and win," shared Abraham.

"Of course the greatest role model I have had as a woman is my mother. I am everything I am today because of my mother. My mom and dad always supported me and made sure I had what I needed to succeed and pushed me to be the best at whatever I do. I am who I am because of my upbringing," she said.

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

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Wayne Cook

LEADING THE WAY — Staff Sgt. Darlin Abraham, platoon sergeant, A Company, Mobilization Readiness Battalion, serves as both a leader and example to others.