

# thePost

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## NEWSNOTES

### Walson friends invited to reunion event

A brunch is planned for the former employees and friends of Walson Army Hospital Sunday, May 24. The brunch will be held at the Prospectors Restaurant, (Route 38 at Ark Road, Mt. Laurel, New Jersey) from 11 a.m. to 2 p.m. The cost for the brunch is \$17. Reservations should be made no later than May 18 by calling Christa Kanycinski, 609-893-7599, or Mary Filipponi, 609-499-1289.

### Town Hall Meeting May 14 at Timmermann

The next Town Hall meeting is scheduled for Thursday, May 14, from 2 p.m. to 4:30 p.m. in the Timmermann Center Auditorium. Col. Gina Grosso, the 87th Air Base Wing and Joint Base commander, will attend the meeting and will respond to questions from Fort Dix employees.

Employees are encouraged to submit their questions in advance to Bill Howard at the Plans, Analysis, and Integration Office (PAIO). The E-mail address is bill.howard1@us.army.mil. His phone number is 562-6660. Questions will be kept confidential if requested.

### 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, and sent to Sgt. Major Norman Pallotto, 15 East Central Avenue, Moorestown, NJ 08057, (not later than April 30) to make reservations for the event.

### ID Card facility offers Saturday hours

The ID Card facility located at 5418 S. Scott Plaza will be open Saturday, May 2, from 8 a.m. to 4 p.m.

For more information call 562-3373 or 562-6143.

## WEATHER

**FRIDAY** -- Mostly sunny, breezy, with a high of 69 degrees and overnight low of 52.

**SATURDAY** -- Breezy, partly cloudy, warmer with high of 80 and overnight low of 61 degrees.

**SUNDAY** -- Partly cloudy, breezy, daytime high of 83, overnight low of 61 degrees.

**MONDAY** -- Partly cloudy, slight chance of showers, daytime high of 86 degrees and low of 61.

**TUESDAY** -- Cloudy, chance of thunderstorms, high of 81 and overnight low of 61 degrees.

**WEDNESDAY** -- Cloudy with showers in afternoon, high of 76 degrees and low of 52.

**THURSDAY** -- Continued cloudy, showers throughout day, high of 54 and low of 52 degrees.



Staff Sgt. Michel Sauret

Soldiers of the 99th Regional Readiness Command render a salute during the traditional casing of the colors ceremony held at the Soldiers and Sailors Memorial Hall in Pittsburgh, Pa., April 19.

## Pittsburgh farewells 99th RRC

Staff Sgt. Michel Sauret  
354th MPAD

Even Soldiers can cry."

Her own eyes were moist with emotion. Their tears were in contrast to Soldiers on stage who performed the ceremony with sharp movements and steady postures.

The retiring of unit colors has

**The transition of the 99th Regional Readiness Command to its new mission is just part of the bigger transformation happening throughout the Army Reserve to streamline the force and increase its capabilities and readiness to deploy.**

**PITTSBURGH (Army News Service, April 21, 2009)** - There were tears in the eyes of veterans as they watched the colors of the 99th Regional Readiness Command being cased on stage at the Soldiers and Sailors Memorial Hall April 19.

One of these veterans, Harry E. McCracken, was a World War II combat medic who fought with the 99th Infantry Division at the Battle of the Bulge. He tried to hide his tears as he watched the ceremony come to an end, surrounded by fellow Pittsburghers, veterans and Soldiers still in uniform.

At that moment, retired Maj. Gen. Karol A. Kennedy, a former commander of the 99th RRC, leaned over in her seat and whispered into McCracken's ear. "It's all right Harry.

come to be a frequent tradition in today's Army Reserve, which is constantly evolving to best adapt to lessons learned and better fight the war on terror.

In this case, however, the 99th colors are not being retired to a storage room in some higher headquarters.

They are moving from their historic home of Pittsburgh to Fort Dix, N.J., where the 99th has been re-established as the 99th Regional Support Command.

"It seems difficult to part with so many aspects of Pittsburgh that have always made the 99th Soldier feel

welcomed and at home," said Maj. Gen. William Monk III, commanding general of the 99th RSC, during his speech.

"I say to you today that the city of Pittsburgh will forever be etched in the lineage and honors of the 99th wherever its home, or whatever its

mission," he said.

At its new location, the 99th RSC will provide base operations support to units across 13 states of America's Eastern Seaboard, from southern Virginia to the northern tip of Maine.

This transition is just part of the bigger transformation happening throughout the Army Reserve to streamline the force and increase its capabilities and readiness to deploy, officials said.

The new structure intends to help regional commands focus more on training, leader development, unit readiness and shorter mobilization times. The transformation is also tailored to improve human resources staff, provide more stability for Soldiers (and their families) for deployment and increase the number of trained Soldiers in specific military occupational specialties available for individual augmentation.

(continued on page 3)



## Marines boost skills on 155-mm howitzers

A Marine from Headquarters, 3rd Battalion 14th Regiment out of Philadelphia, India Company, based in Reading, Pa., loads a 95-lb shell into the breech of an M777 155-mm howitzer while other members of his unit prepare to fire during artillery exercises on Fort Dix ranges April 18. The shells are inspected twice before being loaded in the breech. More than 400 Marines from four states took part in the weekend drill. During the exercise, Marines perfected skills in indirect support for ground troops and perimeter security for the howitzer batteries. See story, page six.

## New Chaplain assumes spiritual leadership

Wayne Cook  
Public Affairs Staff

Chap. (Col.) Thomas Brouillard, installation chaplain, received the mantle of spiritual leadership from Chap. (Col.) Larry Biederman during a Passing of the Stole ceremony at the Main Chapel April 16.

The stole is a spiritual vestment bestowed upon many ministers as a badge of ordination in the ministry. It symbolizes the mantle of responsibility that one has for the spiritual well-

being of those in his or her congregation.

For a chaplain, the imagery is clear — it is the mantle of spiritual leadership assumed in response to the call from God, specifically to minister to Soldiers in peace and war.

The military stole is bestowed upon the senior chaplain by the commander of the organization the chaplain serves. The chaplain serves as spiritual guide to the commander as well as leader and shepherd of the command.

During the Passing of the Stole

Ceremony, the senior chaplain relinquishes the gold and white stole to the senior chaplain assistant, who then hands it to the commander. The commander hands it back to the senior chaplain assistant, who then passes it to the new senior chaplain. This is not a change of command, as chaplains do not have a command, but rather the passing of the responsibility of spiritual nurturing of the command and the congregants.

"I would like to welcome to Fort Dix Army Support Activity, Chap. Col. Thomas Brouillard. Chap.

Brouillard is a man of compassion and concern. He brings to us unique insights, abilities and a caring leadership that will ensure we continue to develop leaders and Soldiers who are mission ready, morally focused, spiritually strong and ready to deploy and fight," said Col. Ronald Thaxton, installation commander.

Thaxton then charged Brouillard to carry the torch that protects Soldiers' right to religious freedom; to faithfully lead the Fort Dix Unit Ministry Teams, and carry on the mandate

(continued on page 8)

# Base captures 'feel' of Afghanistan

Fred W. Baker III  
American Forces  
Press Service

**FORWARD OPERATING BASE GARDEZ, Afghanistan, Feb. 10, 2009** -

My journey here started when I left Washington, D.C. on Jan. 28 for a week long intercontinental trek to Afghanistan. I was slated to media embed for 45 days with a provincial reconstruction team and an infantry unit in eastern Afghanistan in early February.

After transiting through Amsterdam, Kuwait, and Bagram Airfield, Afghanistan, I had a brief layover at Forward Operating Base Salerno, about 90 miles southeast of Kabul. After a day at the remote base, referred to as the "Florida of Afghanistan" for its temperate weather, I caught a flight Feb. 6 to my final, and much colder, destination here.

After two tries at catching a C-17 Chinook flight out of the base, I managed to catch a Blackhawk leaving on a night mission. It was a bitter-cold flight through the snow-covered mountain passes, and I sat across from the pilot-side gunner.

**Threat is real**

The gunners' windows on both sides were open and they constantly scanned the landscape using night-vision goggles, their gloved hands keeping a grip on mounted machine guns. For the first time since I have been in the country I realized that movement in these outlying areas comes with a very real threat.

The moon was bright, though, and the view beautiful as we climbed up and over the mountains that looked more suited for ski lodges and resorts than insurgent hideouts.

FOB Gardez feels like Afghanistan, as opposed to other larger FOBs that feel more like U.S. bases. There are no coffee shops here. No MacDonalds or Pizza Hut. No large gyms or places to buy cars for delivery back to the States.

The temperature is much colder here than in Salerno. The FOB sits nearly 7,700 feet above sea level, and snow and ice cover much of the area. The base sits just outside of Gardez City, in Pakia province, about 45 miles from the Afghanistan-Pakistan border. The rural province is about the size of Rhode Island and home to nearly a half-million locals.

**Afghan housing**

The provincial reconstruction team is housed in a traditional Afghanistan "qalat," which is a mud and straw fortress. It has thick, high walls with guard towers on each corner. Rooms are built into the walls and the center serves as a courtyard. There are two qalats on the FOB, and the other is occupied by members of the 1st Squadron, 61st Cavalry Regiment of the 101st Airborne Division's 4th Brigade Combat Team's 506th Regimental Combat Team from Fort Campbell, Ky., who conduct operations in the province.

The 80-person PRT is Air Force led, but also has members from both the Army and Army Reserve. A 40-Soldier Army National Guard infantry unit - Company B, 1st Battalion, 178th Infantry out of



Defense Dept. photo by Fred W. Baker III

**LIVING IN THE MOUNTAINS** -- Forward Operating Base Salerno sits in the "bowl" surrounded by mountains that peak as high as 10,000 feet. The base serves as the headquarters for Combined Task Force Currahee, a 5,000-strong NATO force made up of U.S. and Czech Republic troops.



DoD photo by Fred W. Baker III

**HUMANITARIAN MISSION** -- U.S. Air Force Capt. James E. Parris meets with officials at a midwife training facility on the Gardez provincial hospital campus in Gardez City, Afghanistan. The women, ages 18-40, attend the free, two-year school on the condition they return to their districts to deliver care.



DoD photo by Fred W. Baker III

**AIR SUPPORT** -- Helicopters provide the best means of getting around many of the mountainous parts of Afghanistan. Above, an Apache gunship provides air support for coalition clearing operations in a village in the Tangi Valley in Afghanistan's Wardak province on March 7. The operation was a massive show of military muscle new to the area with the recent deployment of the 10th Mountain Division's 3rd Brigade Combat Team.

Elgin, Ill. - provides security especially dangerous as some of the areas have a very small coalition force presence and this region has traditionally been an insurgent stronghold.

Part of the team's efforts to try to legitimize the local and central Afghan government, and efforts this weekend were to that effect. On Feb. 7, the head of the PRT engineer section, Air Force Maj. Kimberly Riggs, traveled to Gardez City for a contractors' conference.

**Big bucks for building**

Millions of dollars in Commander's Emergency Response Program funds are being funneled into the area to build roads, schools, health clinics and the like. Officials with the PRT want the local government to more involved in awarding the local contracts.

The conference took place at the provincial governor's complex, and it was led by local officials with about 50 potential contractors showing up for the event.

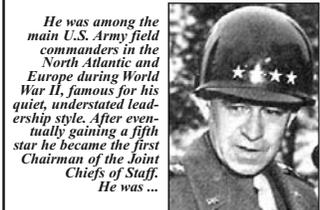
The team's commander, Air Force Lt. Col. Daniel Moy, traveled by helicopter with the provincial governor, Juma Khan Hamdard, and the provincial police chief to a rural outpost called "Wilderness," where U.S. forces team with Afghanistan National Army troops.

The camp is typically rocked during the summer months by insurgent forces firing mortars and rockets. Nine people were killed there in the past year, a senior noncommissioned officer there said. Because of security concerns in the area, PRT projects in the

# Name the brass

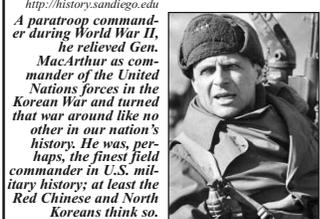
compiled by Steve Snyder

The Soldiers below were all exceptional leaders who distinguished themselves in combat during wars in the 20th century. They made history by triumphing (or coming close) over opponents who were no slouches, either. See how many you can correctly name and discover how vast or minuscule your knowledge is of their campaigns.



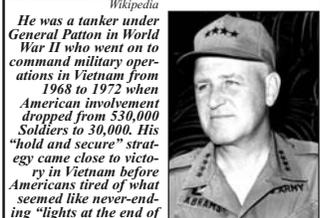
www.spartacus.schoolnet.co

**He was among the main U.S. Army field commanders in the North Atlantic and Europe during World War II, famous for his quiet, understated leadership style. After eventually gaining a fifth star he became the first Chairman of the Joint Chiefs of Staff. He was ...**



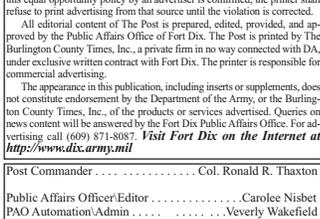
Life Magazine

**General Patton called him "too damned slick" but he became the youngest full General in the U.S. Army, serving in both World War II and Korea. He's remembered for ordering the destruction of the religious abbey at Monte Cassino and for his triumphant and controversial entry into Rome in 1944. He was ...**



Wikipedia

**A paratroop commander during World War II, he relieved Gen. MacArthur as commander of the United Nations forces in the Korean War and turned that war around like no other in our nation's history. He was, perhaps, the finest field commander in U.S. military history; at least the Red Chinese and North Koreans think so. He was ...**



Bettman/CORBIS

**The "Desert Fox" led the Deutsches Afrikakorps in the North African campaign during World War II into the history books, he also stood out at the Italian front and during the 1940 invasion of France. He led German forces opposing the Normandy invasion. A great field marshal, he was no Nazi, respecting foes and civilians alike. He was ...**

**He was a tanker under General Patton in World War II who went on to command military operations in Vietnam from 1968 to 1972 when American involvement dropped from 530,000 Soldiers to 30,000. His "hold and secure" strategy came close to victory in Vietnam before Americans tired of what seemed like never-ending "lights at the end of the tunnel."**

Identification (from top to bottom): Gen. Omar Bradley; Lt. Gen. Mark Clark, Gen. Matthew Ridgway, Field Marshall Erwin Rommel and Gen. Creighton Abrams

## the Post

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## Hero escaped Holocaust hell



**Survivor earned Medal of Honor**

Tibor Rubin was a Hungarian-born Holocaust survivor who went on to join the U.S. Army and earned the Medal of Honor for actions during the Korean War.

Rubin was confined for two years at the Nazi-run Mauthausen concentration camp in Austria after losing his family to the Nazis. Liberated by American troops at age 15, Rubin found a new home in the United States Army.

A private first class, Rubin was assigned to the 1st Cavalry Division's 8th Regiment, where records show he was often assigned the most dangerous missions because of the whims of an anti-Semitic NCO. On one occasion Rubin defended a hill against North Korean Soldiers for 24 hours so his company could safely retreat. Rubin was taken prisoner by the Chinese in 1950 for 30 months but the Reds couldn't break him anymore than the Nazis did. And he survived.

Rubin was finally presented the Medal of Honor in 2005 by the president of the United States. We salute a giant on Holocaust Remembrance Day. Giv' em hell, Tibor!

# Pittsburgh farewells 99th RRC

(continued from page 1)

"These sweeping changes are indeed in the best interest of the nation's defense ... and to develop the strategies as a force to always be ready to respond to the call to duty (that) 99th Soldiers have never failed to meet," Monk said. Several Soldiers involved with the 99th RRC called this day "bittersweet" and expressed mixed emotions. It pained them to see a unit so historically tied to Pittsburgh move to another location.

"I feel like part of me is leaving," McCracken said.

Since 1921, the 99th Division took up the patch symbolized by Pittsburgh's code of arms. Many of its Soldiers are local residents of Allegheny County who spent most of their career with this command.

McCracken also expressed his joy for being able to share this day with former generals of the 99th and said he was honored for being invited to the event. At one point during his

deployment to Europe, McCracken was offered a direct commission that would have sent him to Japan. He refused it because he wanted to stay with the unit.

The 99th Inf. Div. eventually led him to Camp Moosburg, Germany, where his own brother was held as a prisoner of war. The flag being rolled and cased before him was more than just an arrangement of colors and shapes. McCracken said he felt part of his own history being rolled up with that flag.

There was still comfort in some Soldiers knowing the colors were not being retired completely, but moving along to a new location.

"It's kind of unusual seeing these colors leaving this city where they've really been ... and having to go all the way to Fort Dix. But the good thing we can take heart in, as Soldiers of the 99th, is that ... although this unit is leaving, it's not going away," said Col. Steven Patariczy, chief of staff of the 200th Military Police Command.

The faces and changing uniforms of the 99th have seen many different enemies throughout time. They have engaged in combat during both World Wars; The Korean and Vietnam Wars; Operations Urgent Fury and Just Cause; Operations Desert Shield and Desert Storm; and Operations Iraqi Freedom and Enduring Freedom.

The history of the 99th is one of tough challenges. In 2001, Kennedy had been the commanding general of the 99th RRC for just four months when the untimely happened.

She was in a meeting in the Pentagon when she received a text message from her husband telling her a plane had hit a building in New York City. When she received the second text about the second hit, her own conference room shook.

"Just at that moment, our conference table lifted off the floor and plummeted down and ... the board president came back in and told us what had happened in New York and we real-

ized we had been hit as well," she said.

Since the beginning, the 99th responded against enemy threats and evolved in structure, size and function to do so. It began as cadre activated at Camp Wheeler, Ga., toward the end of World War I, then moved to Pittsburgh in 1921 as an infantry division, later becoming an Army Reserve command (1967), Regional Support Command (1995), Regional Readiness Command (2003) and now an RSC once again, but in a new location.

"It's sad for Pennsylvania because of the language and the connection, but I understand that we have to reorganize and we have to position ourselves as citizen-Soldiers and form units that can support the Army and its mission," Kennedy said.

Toward the end of the ceremony, Representative William Jones read a citation passed by town council declaring April 19 an official holiday for the city of Pittsburgh, known as 99th Infantry Division Day.

## Military community can't escape US economic woes

FORT MONROE, Va. - A PCSing Soldier can't sell his house and struggles with mortgage payments in addition to the costs of setting up a home at his new duty station.

An Army spouse is a victim of job cuts and the sudden loss of income leaves the family unable to pay their bills.

With the economy in a slump, scenarios like these are becoming more prevalent across the force, and service leaders are more than a little concerned about the dilemma. Vice Chief of Staff of the Army, Gen. Peter W. Chiarelli, recently issued a message that encouraged every military community to place heavy emphasis on the financial assistance and training programs available to Soldiers and their families.

"We need to understand how this problem (is impacting our community)," the memo read. "We need to make sure we are doing everything we can to help our families. We need to be proactive and communicate with Soldiers, and be prepared to address not only this issue, but other stressors that might be affecting them during these challenging times."

Serious and/or prolonged personal problems, financial or otherwise, can diminish a service member's quality of life and his or her ability to focus on the mission at hand, the general emphasized. "It has a huge impact on overall unit readiness. As leaders, we must always remember our primary responsibility is to take care of Soldiers and their families," he wrote.

Senior commanders at Fort Monroe expressed similar concerns earlier this year, and they asked Army Community Services to monitor the situation. Thus far, there's not much to report, according to Beverly Nicholson, the lead financial counselor for ACS.

There are second-hand stories about community members not being able to sell their homes, but nobody has stepped forward to ask for help with financial difficulties related to the economy.

"You can look at the situation a few different ways ... there aren't any problems, community members are hesitant about asking for assistance, or they're unaware of the financial education and support network that's available to them at no cost," Nicholson said. "I think we can safely rule out the first thought, which leaves us with a serious challenge. We need to push that Soldier and family support piece and increase the overall awareness of what's available to community members."

Gen. Chiarelli agrees. He said the Army is developing a training package for year, and they asked Army Community Services to monitor the situation. Thus far, there's not much to report, according to Beverly Nicholson, the lead financial counselor for ACS.

"Some believe that asking for financial assistance is a sign of weakness, and it will hurt a service member's career. Actually the opposite is true - having a money problem and not taking any action to fix it is the least favorable option."

The vice chief said it best. We need that Soldier and even that government civilian employee to be focused on the mission at hand, not worried about the financial problems his or her family is facing. It's just smarter to choose

counseling and assistance over bill collectors knocking down the door."

Turning her focus to the financial support programs managed by ACS, Nicholson said AER is getting a lot of attention these days. The campaign that raises funds for the program is ongoing through May 15, and a quarter of the installation's \$20,000 goal has been raised.

"I truly hope that more community members will contribute if they have the money available," she noted. "This is a program that has helped many Soldiers (since 1994, not one applicant at Fort Monroe has been denied financial assistance if they met AER guidelines Nicholson said. March 20 Casemate article), and I'm certain that it will become even more important during this long economic recovery period."

Some of the most common types of AER support include loans for car repairs when a family has no other means of transportation, financial assistance for travel or other expenses when an immediate family member becomes critically ill or passes away, and help with food, rent and utilities for Soldiers who experience pay problems or find themselves struggling with excess debt.

"Again, it's a matter of getting over the stereotypes," she continued. "If an individual sought the guidance of a 'financial counselor' off post, it's typically assumed that he or she is setting up a smart investment or retirement strategy. To get to that point, the client and counselor have to establish a budget and savings plan that is manageable with a given income."

"We offer the same thing, but we're not going to push investment products and we're not going to charge you membership or consultation fees. Our goal is the financial wellness of military families, whether it involves better spending habits, identifying a strategy for getting out of debt or helping to communicate budget difficulties to debtors and others in the community who may be able to provide assistance."

Education is another ACS offering that's particularly beneficial during these languid economic times. Through a regularly scheduled series of workshops, the agency provides a wealth of "how-to" information in the areas of job relocation, investments, buying real estate, finding employment in the federal workforce, and more.

"A good example is the free Military Spouse Employment Conference we're hosting on May 1," Nicholson said. "It will include a presentation about new DoD programs that put military spouses to work, a career assessment and portfolio building session, classes on resume writing and interviewing skills, and a whole lot more. It's a great opportunity for any military spouse or (employment-eligible) dependent who is looking for work."

Other money-related training on the horizon includes an investment strategies workshop on May 17 and a Home Buying 101 class on June 17. All sessions are facilitated by experienced subject matter experts, Nicholson noted. The only requirement for sign-up is a phone call.

"From classes to counseling, we just want everyone in our community to know that we're here to help," said Eva Granville, ACS director. "The economy is a serious issue right now, and our service leaders have called for active involvement. So, our message to every Soldier and military family member is: 'we have the programs and we're ready to help; the rest is up to you.'"

## 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 April 13 through 19.

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

Police responded to a report of an unattended barking dog in the Garden Terrace housing area. Investigation revealed a dog had been left tied outside with no food or water. The owner, an Airman assigned to McGuire AFB, was contacted and stated a neighbor was supposed to be caring for the animal.

Police responded to an incident at Lake of the Woods. Investigation revealed a civilian NAFD, made threats to another individual.

The subject was cited for simple assault. Investigation continues.

While conducting a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by an Airman NAFD, had expired registration.

The subject was cited and the vehicle towed from the scene.

Police responded to a report of a suspicious person near Range 1. Investigation revealed the subject, a civilian NAFD, was lost.

The subject was escorted off Fort Dix property and released.

During a routine traffic stop at the Main Gate, police discovered the subject, an Airman assigned to McGuire AFB, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

During a routine credential check of a vehicle attempting to enter the installation via CP 9, police discovered the operator, a civilian NAFD, had a warrant out of Camden County.

The subject was transported to the police station for processing and transferred to the custody of the Camden County Sheriff's Office.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5523. Investigation revealed smoke from a new heater caused the alarm.

During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered a passenger in the vehicle, a civilian NAFD, had two outstanding warrants from New Brunswick.

The subject was transported to the police station for processing and transferred to the custody of New Brunswick Police.

Police responded to an incident at Bldg. 5318. Investigation revealed an FCI inmate had illegal contraband. The inmate was returned to FCI. Investigation continues.

During a routine check of a vehicle attempting to enter the installation via CP 9, police discovered the operator, a civilian NAFD, had a handgun in the vehicle.

The subject could not produce any documentation for the weapon and was transported to the police station for processing. Investigation continues.

Police responded to a motor vehicle crash on Texas Avenue at Augusta. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, failed to yield at a stop sign and was struck by another vehicle.

There were no reported injuries. The subject was cited and the vehicles released to the operators at the scene.

Police responded to a traffic accident at the Visitor Center. 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 and Fire Department personnel responded to a fire alarm at Bldg. 3650. Investigation revealed the alarm was caused by cleaning.

Police responded to an incident in the Garden Terrace housing area. Investigation revealed property belonging to a resident had been damaged by person(s) unknown. Investigation continues.

Police and Fire Department personnel responded to a fire alarm at Bldg. 9650.

Investigation revealed the alarm was caused by dust stirred up by sweeping.

While conducting a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the operator, a civilian NAFD, had a suspended driver's license and an outstanding warrant out of Robbinsville.

The subject was transported to the police station for processing and cited. Robbinsville Municipal Court was contacted and issued a new court date. The vehicle was released to a licensed driver.

During a routine traffic stop on Texas Avenue, police discovered the vehicle operator, an Airman assigned to the USAF EC, was under the influence of alcohol.

The subject was transported to the police station for processing. The vehicle was towed from the scene.

There was one expired identification card confiscated during the period.

There were 13 Magistrate Court Citations issued. DWI incidents are now at six for the year.



# Wide-eyed in Washington, D.C.

Steve Snyder  
Public Affairs Staff

I had never toured our nation's capital. And that ranked.

I served in the military for almost 20 years, after all, and came to know Germany almost as well as Pennsylvania. Side trips over the years included several jaunts to Fort Ticonderoga in *Last of the Mohicans* country in upstate New York, Boston and the colonial war sites when I was a child, George Washington's home at Mount Vernon, several trips up to West Point, Harper's Ferry and scenes of smaller renown exploring authentic Americana.

But I had never taken the time to walk through Washington, D.C., if only for a day. Well, I remedied that defect on Good Friday, April 10, leaving with Lisa Evans, a friend from the office, to see the basic sights without spending a fortune.

An early morning train trip on AMTRAK from Trenton to D.C. wasn't especially scenic but cost only \$34.90 one-way. The compartment we sat in was stuffy, though and you'd think that with the governmental subsidies they get, AMTRAK would offer finer accommodations. But they don't.

Arriving at Union Station shortly after 9 a.m., we grabbed bus tickets from *ticketmaster* which supposedly were good for all day and picked you up anywhere. Not bad for \$27, we thought.

After getting off the bus near the World War II Memorial, we couldn't flag down another bus all day. Later we were compelled to tap a cabbie who was both knowledgeable and charged reasonable fares.

So we walked most of the day then. Buses weren't really needed if you had the time and wanted to see just the basic sites which for us were the World War II Memorial, the White House, Vietnam Veterans Memorial, Lincoln Memorial, Korean War Memorial, Jefferson Memorial and Washington Monument.

Arlington Cemetery and related memorials were across the Potomac River to the south and would have to wait another day.

So we went our merry way, snapping pictures, swallowing coffee and enjoying the sights in perfect weather. The cherry blossoms were past their prime, though, looking thoroughly wilted. But other flowers (see bottom of page) took up the slack.

I didn't come for the flowers, anyway. I wanted to see the landmarks of America's civic and political traditions and I wasn't disappointed.

The Washington Monument towered over the National Mall complex, visible from almost anywhere. The Lincoln Memorial was breathtaking, crowds swarming around, filled with enthusiastic tourists.

The enthusiasm was contagious and sometimes incongruous, as when one tourist would ask another for directions. But the locals were friendly, too. The bartender at the Old Ebbitt Grill regaled us with tales of visiting dignitaries and even the young girl sitting nearby enthusiastically gave directions to the White House as if she couldn't wait to explain the cosmos to yet another tourist.

Hours later, after eating and some shopping at Union Station, I reflected on the trip.

We were tired but the feeling resembled completing a mission downrange to everyone's satisfaction. I was impressed by the solemn dignity pervading the Vietnam and Korean memorials, both wars occurring within my lifetime.

Lisa mentioned that the White House was set amidst the populace. You see it on television or in the movies and you get the impression it's as pervasive as the Washington Monument. But it's not. It's a part of the American city, set in with all the other buildings.

Aside from the awesome monuments, I was impressed by the many people who had enough imagination to appreciate them. Count me among

flower photos by  
Lisa Evans

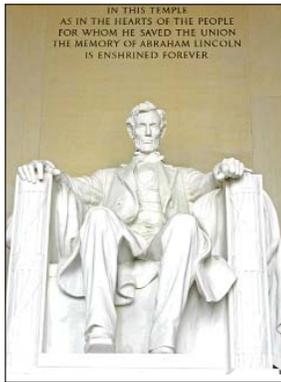


Lisa Evans

**WHITE HOUSE** -- One almost expects the president's home to be visible for about a half a dozen blocks at least but it's not. Post reporters stumbled upon the White House after a very pleasant mid-afternoon lunch at the Old Ebbitt Grill. As both the official residence and principal workplace for the president, the White House inspires awe for the history made there and because every American realizes that a great part of our collective futures will be shaped in this house of presidents.



Steve Snyder



Lisa Evans

**CHASING HISTORY** -- Tourists, left, smothered by surrounding cherry blossoms from Japanese cherry trees, work their way around the Tidal Basin toward the Jefferson Memorial. On the right, Abraham Lincoln gazes down upon an adoring public, his countenance in marble as splendid as his ideas were in life.



Steve Snyder

**"FREEDOM IS NOT FREE"** -- Nineteen stainless steel silhouettes stand guard over the Korean War Veterans Memorial, dedicated in 1995 to honor veterans of the "Forgotten War." And the effect is eerie. The memorial is a welcome addition to the already impressive National Mall.



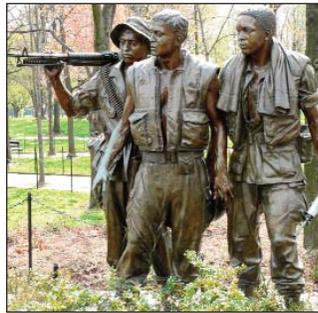
Lisa Evans

**D.C. AT DUSK** -- Dusk settles over our nation's capital, lending a bluish tint to the Washington Monument as spectators look south over the National Mall. Today's Washington is an impressive city as was the man it's named after. George Washington was "first in war, first in peace and first in the hearts of his countrymen." His descendants do well in honoring him and in the splendid traditions he - and other founding fathers - established.



Steve Snyder

**UNITED STATES CAPITOL** -- The building that serves as seat of government for the U.S. Congress is the United States Capitol which houses both the U.S. Senate and House of Representatives within its stately domains. The structure is located on the top of Capitol Hill at the eastern end of the National Mall.



Steve Snyder

**VIETNAM REMEMBERED** -- Frederick Hart's sculpture "Three Servicemen," above, pays tribute to those who served in the Vietnam War and is located near the black wall of names inscribed upon the Vietnam Memorial, below, at Constitution Gardens in West Potomac Park, just north of the Lincoln Memorial.



Steve Snyder



Steve Snyder

**WORLD WAR II MEMORIAL** -- Due to the efforts of former U.S. Senator and presidential candidate Bob Dole and other veterans, the World War II Memorial, above, was dedicated on Veterans Day in 2004. The memorial honors the 16 million Americans who served in the conflict and the 400,000 who lost their lives. They have been called, with good reason, the greatest generation.



Steve Snyder

**HONORING LEGENDARY LEADER** -- President Franklin Roosevelt served a record four terms in office, battling economic depression and the Axis Powers before coming out on top. And FDR never lost his humanity, a trait which endeared him to the nation. Above, he's pictured with his dog Fala in sculptures by Neil Estern at the Franklin Delano Roosevelt Memorial.



# 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.

### Mystery Dinner Theater to appear at Club Dix

The Riddlebrook 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.

### Soldier Show makes annual stop at Fort Dix

The 2009 Family Morale, Welfare, and Recreation United States Army Soldier Show rolls into Fort Dix for two performances at Timmermann Center, May 2, at 7 p.m. and May 3, at 3 p.m.

Soldiers from across the Army audition for this show which tours worldwide performing for Soldiers, families, and DOD civilians. They perform popular song and dance routines of many different styles from yesterday and today. Admission is free. Call 562-6772 for more information.

### Lifeguards needed for Outdoor Pool

The Fort Dix Outdoor Pool is seeking lifeguards. The pay is \$8.50 per hour. Qualified applicants may apply in person at the Civilian Personnel Center in Building 5418 or online at [www.cpol.army.mil](http://www.cpol.army.mil).

### Marriage Course offered

Starting May 6 at 6:30 p.m., the Fort Dix Main Chapel will be hosting the Marriage Course. The course is offered over eight sessions, and is designed to teach couples how to build a healthy marriage to last a lifetime.

Registration is free, and free childcare is provided. There is also free dinner and desert.

Registration is required. For more information, call 562-5200 or 562-2349.

### Army green gets greener for Earth Day

The annual Fort Dix Earth Day celebration will kick off at Laurel Pond April 25 at 9 a.m. and last until 3 p.m.

The goal of the event is to show military families and community members how they can reduce their ecological "footprint" and lighten their personal and professional impacts on the environment.

Earth Day activities will highlight many different ways that people can make small changes in various areas throughout their daily routines.

From wind & solar power, to nontoxic cleaning, to unpolluted waterways, to changing a light bulb, it is often these small changes by large groups of people that serve to make the biggest impact for a healthier environment.

Games, hikes, crafts and demonstrations will be held throughout the day.

For more information about Fort Dix Earth Day, call Jennifer Armento at 562-5428.

## Students' art takes stage

Jennifer Chupko  
Public Affairs Staff

Eleven children and teens of the homeschooled students' fine art class exhibited their creations at the Arts and Crafts Center April 17.

The class created ceramics, oil and acrylic paintings and heavy metal art pieces, inspired by April, the Month of the Military Child.

All of the art pieces are on exhibit throughout the month of April.

"The class came to fruition when parents of the homeschooled students came and asked if we had a program for them," said Taryn Paglione, art instructor.

"We thought the idea was great and created the class," said Paglione.

The class, instructed by Paglione and Jim Jansma, ceramics art instructor, has a combination of painting, drawing, and ceramic art.

"I like the painting more because it is more fun," said Luke Bettner. "I am also better at it."

The instructors teach new art techniques throughout the 10-week course for children ages 5 to 16. The class is separated into two groups by age and meets every Thursday at the Arts and Crafts Center.

"Five of the 10 weeks are spent working with Jim and ceramics and

the other five are spent with me working on drawing and painting," said Paglione. "I saw some inherent creativity develop into amazing skills in class."

The class takes the place of the student's art curriculum, however, some of the art techniques exceed normal standards.

"These students were incredibly enthusiastic about having their artwork displayed for the public," said Paglione.

"I like it when my art is displayed. It is nice to know that someone is looking at it," said Raquel Hanna. "I like drawing the best."

The results of the class have been so successful that additional fine arts classes have already been opened to all young artists at the request of their interested parents. A two and three dimensional art class has been formed.

Paglione and Jansma will be teaching a new class that has already created ceramic tiles with Chinese calligraphy.

Parents of budding artists are encouraged to contact Taryn Paglione at [taryn.l.paglione@us.army.mil](mailto:taryn.l.paglione@us.army.mil), call 562-5691, or visit Arts and Crafts Center, Bldg 6039

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



Jennifer Chupko

**BUDDING ARTIST** — Opal Lancaster paints a ceramic bowl in Spring Art Camp class. The ceramic art will be set on display at Arts and Crafts through April. (See Art on page 8)

## Volunteers recognized at luncheon

Jennifer Chupko  
Public Affairs Staff

Throughout the Army, thousands of Soldiers, civilians, retirees, and family members voluntarily contribute to improving communities.

These volunteers were celebrated during the first Fort Dix and McGuire Air Force Base joint base Volunteer Recognition Luncheon April 22.

The luncheon presented an opportunity to celebrate the volunteers who improve the quality of life on the installation.

Seventeen volunteer program managers were given medals and certificates to distribute to the men and women that work so hard for the programs' cause.

Certificates of Appreciation were given to those who volunteered up to 100 hours. Certificates of Appreciation and a Bronze Medal were given to volunteers who gave between 100 and 199 hours of their time.

Certificates of Appreciation and a Silver Medal were given to volunteers who gave between 200 and 299 hours of volunteering, and Certificates of Appreciation and a Gold Medal were given to those who volunteered 300 or more hours.

The programs on Fort Dix presented with Certificates of Appreciation were the 72nd Artillery Brigade, 99th Regional Support Command, American Red Cross, Army Family Team Building, Army Community Service, Arts and Crafts, Fort Dix Chapel, Child, Youth and School Services, Environmental Volunteer Program, Elementary School PTO, Military Entrance Processing Station, Friends of Fort Dix, NJ NG Challenge Youth Program Volunteers, Operation Santa Claus, Outdoor Recreation, Thrift Shop, and Youth Sports.

Programs on McGuire Air Force Base that were presented with Certificates of Appreciation were the 87th Medical Group, 514th Key Family Member Program, Family Life Program and Heart Link, Hearts Apart, Phoenix Spouses, Relocation Program, and The Attic.

"I am awestruck by this many individuals who give their time volunteering," said Col. Ronald Thaxton, Fort Dix commander.

"Nothing can do more for our joint base than what these volunteers accomplish. It is amazing," said Thaxton.

"I offer a heart-felt thank you to those who volunteer and support our joint base community," said Col. Gina Grosso, commander, 87th Air Base Wing.

"It is amazing how much labor goes in with little recognition," she said.

After the Certificates of Appreciation were presented to all volunteers, the seven 2009 Volunteer of the Year nominees were invited on stage. They were recognized with Certificates of Appreciation for being nominated. Anna Marie Perez, 99th Regional Support Command was the winner of the title, given a plaque and a basket full of goodies.

She gave a humble "thank you" to the crowd.

"As a volunteer and advisor for the 99th RSC, HHC Support Group (FSG), Anna Marie's willingness to share her knowledge and guidance has helped many of the Soldiers and civilian employees who are stationed or work at Fort Dix," said Maj. Andy Titsworth, Headquarters, Headquarters Company 99th Regional Support Command.

"Her assistance was instrumental during the transition of functions from the former 99th RRC in Pittsburgh to the newly created command here at Fort Dix. In short, Anna Marie is a force multiplier for the 99th Regional Support Command Headquarters," he added.

The sea of blue and green packed the Club Dix ballroom for the celebration. The luncheon included salad, fish or chicken, and dessert.

There was not an empty chair in the ballroom and more had to be set up as the attendees poured in out of the rain.

"There are roughly 600 volunteers across the installation" said Fran Booth, Army Volunteer Corps, program manager.

"Volunteers are an integral part of all our programs."

To inquire about volunteer opportunities contact Fran Booth, AFAP program manager at ACS at 562-3930 or [frances.booth@dix.army.mil](mailto:frances.booth@dix.army.mil).

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



photos by Jennifer Chupko

**GIVING RECOGNITION** — Anna Marie Perez, 99th Regional Support Command accepts a Certificate of Appreciation for winning 2009 Volunteer of the Year from Maj. Andy Titsworth, Headquarters, Headquarters Company 99th Regional Support Command during the Volunteer Appreciation Ceremony at Club Dix, April 22.

## African orphans receive support

Wayne Cook  
Public Affairs Staff

When a call for assistance was sounded, the Christian Women of the Chapel (CWOC) responded.

In late January, Command Sgt. Maj. Henry Jetty, commandant, Fort Dix Non-Commissioned Officers' Academy, sent an e-mail to Chap. (Maj.) Allen Raub, installation staff chaplain, about a Civil Affairs unit in Africa that was looking for some aid in supporting an orphanage.

The Civil Affairs team, led by Capt. Bernice Logan, A Company, 414th Civil Affairs Battalion, is deployed to Tanga, Tanzania on the east coast of Africa.

While performing duties in Tanga, the team visited an orphanage called Associazione Casa Famiglia Rosetta Onlus which houses 23 children, ages 9 months to 16-years-old. There are five nuns who devote their lives to the children.

Resources at the orphanage are minuscule, at best, so Logan and her team have been helping to subsidize some of the needs of the children. This is fiscally daunting and so Logan reached out to Jetty and asked if he knew of a way to get assistance. Jetty contacted Raub, who then passed the information to Thuan Donski, Fort Dix Protestant director for religious education.

Donski took the need before the CWOC and true to their nature; the women have arranged donations of children's clothing and money, which is used to purchase food locally in Tanga, saving considerable shipping costs. The ministry of the Main Chapel has agreed to pick up the cost of shipping the clothes.

The main needs are clothes, shoes, sheets and food. Logan and her staff are able to purchase 66 pounds of rice for \$28, 33 pounds of beans for \$13, cooking oil at \$5.50 per bottle, and 33 pounds of sugar for \$13.50. These are basic staples at the orphanage.

There are two 9-month-old girls, four girls around the age of 7 to 10, and boys ranging from 5 to 16 years old.

Anyone interested in providing aid to this outreach can contact Thuan Donski at the Main Chapel at 562-2020 or call 609-893-7627.

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



**CHECK'S IN THE MAIL** — Col. Gina Grosso, commander, 87th Air Base Wing McGuire Air Force Base and Col. Ronald Thaxton, Fort Dix commander, display a check for \$760,564, presented by McGuire Air Force Base/Fort Dix Volunteer Programs. The check was presented April 22 at Club Dix in recognition of 32,200 hours worked by volunteers.

# MILITARY MATTERS

## Soldiers focus training on training

Lisa Evans  
Public Affairs Staff

Trainers of the 2-312th, 72nd Field Artillery Brigade taught more than mobilizing Soldiers the first three weeks of April — 10 Soldiers from Fort Drum's 23rd Military Police have been studying Fort Dix techniques for teaching detainee operations.

"Our company is mainly a lot of new Soldiers right out of basic and AIT (advanced individual training). So they sent us down here as part of our deployment training to take the knowledge back to train our Soldiers more on detainee operations," said Spc. Paul Nuebecker, a three year veteran from Miami, Fla.

Fort Drum's military police company has three platoons preparing to deploy to Iraq in August.

This training, Nuebecker said, was to prepare the new Soldiers for their coming duty. Nuebecker was chosen for this duty because he is experienced and can apply this training to his store of knowledge.

"It has reinforced my knowledge from real-life situations in the past," Nuebecker said.

"I was in Germany for two years and we did law and order. And I was deployed in Bulgaria and got to evaluate one of their prisons. It's been extremely cool here, but it goes with the job," he said.

Spc. Zachary Watkins, a Soldier from Fort Drum whose home town is Rock Hills, S.C.



Spc. Paul Nuebecker, of the 23rd Military Police Company, observes a training session while naval personnel practice a show of force during detainee operations mobilization readiness exercises on Fort Dix April 16. The show of force is designed to exhibit force and deter violent action before actually having to engage unruly detainees in a prison or jail environment.



photos by Lisa Evans

**PRACTICAL EXPERIENCE** — Spc. Richard Adams, at left, of the 23rd Military Police Company from Fort Drum, N.Y., takes role player Petty Officer 2nd Class Jorge Rodriguez, through a three-step entry process into the compound holding detainees during detainee operations mobilization readiness exercises on Fort Dix April 16. Spc. Paul Nuebecker, of the 23rd Military Police Company, above and left, observes a training session while naval personnel practice a show of force during detainee operations mobilization readiness exercises on Fort Dix April 16. The show of force is designed to exhibit force and deter violent action before actually having to engage unruly detainees in a prison or jail environment.

ask us questions and we get together and find the information and we can answer and then we'll always know. Those are the questions our Soldiers will ask when we get back," Muse said.

Agreeing that the training was invaluable, all 10 of the active duty Soldiers focused

on learning as much from their trainers as they could during their three weeks on Fort Dix.

These specialists will take the knowledge they gain and pass it on to others in their platoons.

When they are deployed, all of the Soldiers from the 23rd MP will have the best training

possible, Nuebecker said.

"It's going to prepare us that you have to watch everything. It has trained us that you have to have your eyes on everyone and pay attention to detail," Nuebecker said.

(Lisa Evans can be reached for comments at [lisa.kay.evans@us.army.mil](mailto:lisa.kay.evans@us.army.mil))

## Marine artillery pound Fort Dix ranges

Lisa Evans  
Public Affairs Staff

Artillery fire rocked Fort Dix ranges with massive fire power as more than 400 Reserve Marines hit the ground April 17. The unit traveled from a four-state area to train as possible deployment draws near for Headquarters 3rd Battalion, 14th Regiment, Philadelphia.

Marines from the unit drove from New York, Pennsylvania, Virginia and New Jersey. In a ballet of precision, they unloaded, set up perimeter guards, emplaced camouflage, and ran miles of wire to set up satellite and direct communications capabilities within an hour of arrival. Satellite aerials dotted the landscape providing real-time communications for data transmission while wires by the dozens lay underfoot from the towers to the computers.

During this weekend of exercises, the Battalion responded to battle situations, receiving intelligence and plotting responses. Guards stopped and questioned visitors approaching any of the

encampments. Marines with 50-caliber weapons manned each entrance along with guards with M-16 rifles, snipers in hidden emplacements, all of them watching everything. Vehicles were stopped and held until safety could be assured before being allowed onto Marine holdings.

Setting up what the Marines call the "three eyes, brain and muscle," they placed the brain, headquarters, behind the muscle, howitzer batteries, and placed the eye, observers, forward between the batteries and their targets. Batteries Golf, India, Hotel and Mike were placed with all barrels pointed toward the target, the impact ground on Fort Dix.

Observers determine where fire power is needed, calling back to headquarters where the coordinates are plotted into a sophisticated computer program where the data is converted to cannon technology solutions and then sent to the gun line. There, Marines set the dials and send a 95-pound explosive to the exact coordinates given, providing indirect fire support to troops on the ground.

Marines brought four bat-

teries of five M-777 155mm lightweight towed howitzers capable of hitting targets up to 18,100 meters, or nearly 10 miles, within one square yard, said Cpt. Stephen Sarnecy in charge of Battery G out of Redding, Pa.

With a rocket assisted artillery shell, that distance expands to 30 kilometers, or 16 miles, he said, with the same precision.

Marine crews have howitzers fire capable within three minutes of stopping the tow vehicle. When howitzer batteries come under tank attack, Marines can begin towing them to safety in less than two minutes.

Just about the only thing the Marine Howitzer batteries will run from is tank attack, Sarnecy said. Because howitzers fire heavy explosive, they can be used for only very limited defense. Also, howitzer shells are not designed to punch through a tank, so the best defense is retreat, he explained.

The M777 is 7000 pounds lighter than its predecessor and can be carried in C-130s or under the belly of a V-22 tilt rotor Osprey, weighing in at



Lisa Evans

**BIG GUNS** — Marine Reservists of Golf Battery, 3rd Battalion, 14th Marine Regiment from Trenton, work to make an M777 155-mm Lightweight Towed Howitzer ready for operations after camouflage was placed over the weapons as they prepare for live-fire exercises on Fort Dix April 17.

less than the 10,000 pound specification. Marines like this lighter weight weapon because they can respond to a threat faster, carrying more howitzers to the ground and positioning them within minutes. Because the M777 has global positioning (GPS), capabilities, command knows exactly where

they are placed, giving command headquarters far greater accuracy in plotting firing solutions.

As with any weapon, these lethal weapons are only as good as the Marines who man them in man crews. HQ-314 Marine crews proved they had the ability to hit their targets

every time during this exercise using the only all-weather, all-time indirect asset in the marine arsenal that will ensure precise indirect fire support units engaged with the enemy on the ground.

(Lisa Evans can be reached for comments at [lisa.kay.evans@us.army.mil](mailto:lisa.kay.evans@us.army.mil))

## Soldiers begin competition to see who is best

Lisa Evans  
Public Affairs Staff

Five Soldiers from the 72nd Field Artillery Brigade (FA Bde.), competed in the brigade's Non-commissioned Officer (NCO) of the Year and Soldier of the Year (SOY) competition held on Fort Dix April 17 through 19.

Both winners are from the 2-309th, 72nd FA Bde.: Sgt. Brian Tarr, NCO of the Year and Pfc. Lamar Gordon-Holmes, Soldier of the Year. Other competitors this year were Sgt. Edu Bennett, 2-315th, Sgt. Afrah Ahmed, 2-315th, and Spc. Christopher Quirk, 3-315th.

All of the Soldiers competed in the same rigorous three-day contest on Fort Dix, faced the same challenges, and most difficult, the oral boards based on rank, for 50 percent of the grade.

Command Sgt. Major Louis Tinsley, Command Sgt. Major of the 72nd FA Bde, said, "The purpose is to take the best to compete and hope they will be

successful. Win or lose, they will gain knowledge and experience. They're all winners and I congratulate them all. It's a grueling event."

Winning wasn't a surprise to Tarr. "I was having fun. As a junior NCO, I am very confident," Tarr said. "Young Soldiers look up to a young NCO to be a team leader, show them you have confidence in what you do. If you're not confident they won't be confident in the mission."

Preparation was everything, Tarr said. "Definitely the way I prepared is why I won. Pfc. Gordon, we were giving each other back and forth, asking questions. Sgt. Major Klug, 2-309th had a big part in our winning because he studied with us. PT (physical training) week, we're extremely physically fit. Studying land navigation, we went over maps, read grids, plotting points."

"The hard work of the sponsors and the Soldiers, it's mostly on them," said Sgt. Major Ronald Klug. "I was just doing my job with the battalion being out there to make sure

they had what they needed."

Staff Sgt. Nelson Rojas sponsored Gordon-Holmes and Sgt. Let Class Gary Gainey sponsored Tarr.

The competition began with the five Soldiers' gear spread out neatly on a classroom floor at the Kelley Reserve Center, Fort Dix. A list of absolute must-haves was read out by raters as each Soldier proved to have or not have every item on a long list of items from three pairs of socks to perfectly presented dress uniforms. Immediately following the equipment check the contestants took a written examination to finish out the first day.

The Army Physical Fitness test began at 5 a.m. the next morning and the pressure didn't let up until 11 p.m. Through the long hours of April 18, the contestants plotted courses, conducted a day and a night land navigation course, completed 10 warrior tasks and a mystery task based on rank. They qualified on weapons, took very little time to eat, and drank gallons of

water the trainers frequently encouraged them to drink as the long day dragged on.

Sgt. Milagros Vega, 72nd FA Bde, said, "It is a very tough competition. Mentally and physically it is a very tough competition."

Sgt. Edu Bennett, 2-315th 72nd FA Bde, said, "It was a great experience. I learned a lot from it and I am definitely encouraged. Our Soldiers and non-commissioned officers should definitely participate in something like that in their careers."

The very difficult board was his downfall, Bennett said, because he was entered into the competition only 10 days before the event. But though he came in second place, he still believes the board examination was the best part of the competition.

"A lot of people have a misconception about the boards, thinking since they don't get points for it they don't need it," Bennett said. "But you learn a lot going to the board and that's the reward you get from it. A lot of the guys don't

go to the board because they don't get points from it, but preparation and the study time - they do learn a lot."

The competition takes the finest Soldiers from each battalion, nominated by fellow Soldiers, Tinsley said. They then compete for the top honor of the Brigade which was the first step for Tarr and Gordon-Holmes. The next step for the winners will be the division

level, First Army East, where the NCO of the Year and the Soldier of the Year will compete against Soldiers within Division East. If one or both succeed in the Division, the next step is the First Army competition, and maybe the top prize Army-level NCO/SOY competition.

(Lisa Evans can be reached for comments at [lisa.kay.evans@us.army.mil](mailto:lisa.kay.evans@us.army.mil))



Lisa Evans

**ELITE NCO** — Sgt. Brian Tarr, 2-309th, 72nd Field Artillery Brigade, shoots his initial acmuth before beginning the land navigation phase of the NCO of the Year competition on Fort Dix April 18. Tarr won the NCO competition for Fort Dix.

# Announcements

## 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.

### Friday, April 24

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

Teens and Hot Topics  
5 p.m. to 7 p.m.

### Saturday, April 25

Sports Day-Youth Choice  
4 p.m. to 6 p.m.

## FMWR presents

CLUB DIX  
723-3272

### Club Dix Hours of Operation

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

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

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

Friday Night Dance Party  
with DJ Ace at Club Dix  
Saturday, April 18  
9 p.m.

The U.S. Army Soldier Show  
Saturday, May 2, 7 p.m.  
and Sunday, May 3, 3 p.m.  
Timmermann Center



## Fort Dix Thrift Shop

5105 Pennsylvania Ave.  
723-2638

### 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. Consignments of Spring and Summer clothing needed.

### Volunteers needed.

Call Sylvia at the Thrift Shop.

### 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 Power Protestant  
8 a.m. to 9 a.m.

Islamic Prayer Room  
Open 7 a.m. to 4:30 p.m.  
Monday through Friday  
Room 24

### McGuire 754-4673

Sunday Services

Contemporary  
9:45 a.m. Chapel 2

Gospel  
11:15 a.m. Chapel 1

## 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

### Events

Guess How Many  
Guess how many candy  
corns are in the jar in the  
leasing office. Contest ends Thurs-  
day, April 30. Closest guess  
wins a prize.

Spring Coloring Contest  
Show off talent and creativi-  
ty and join in this month's color-  
ing contest. Winners are by  
age group and are chosen by  
management staff. Each winner  
receives a prize.

Internet Café with FREE  
Skype Access  
Stop by the United Communi-  
ties Leasing Office and take  
advantage of a free internet café  
fully equipped with Skype ac-  
cess. Come and video chat with  
your friends and loved ones or  
surf the net anytime during of-  
fice hours. This service is free  
to all residents of United Commu-  
nities.

Need a Job?  
United Communities has the  
perfect summer job! The pool  
management company is cur-  
rently looking for lifeguards for  
the pool on McGuire. Call Pro-  
gressive 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 tak-  
ing place in areas where grass  
has grown.

For areas where grass is be-  
ginning to grow, a starter fertil-  
izer will be used instead.

## Green Waste picked up.

Monday: McGuire  
Tuesday: Fort Dix

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

## New Lawn Mowing and Landscaping Schedule

Monday  
Fort Dix: Mahlenbrock,  
Anciros Lane, Froehlich,  
Karolasz Court, Dixon Way  
McGuire: 4200

Tuesday  
Fort Dix: Fir, Gum, Kalmia  
Court, Locust (North side),  
1400 on Juniper and Hemlock  
McGuire: 2700, 2800

Wednesday  
Fort Dix: Redwood,  
Pointville, Locust (South  
side), Scott Plaza, 1100 on Ju-  
niper and Hemlock  
McGuire: Starlifter

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

Friday  
Fort Dix:  
Grove Park and Holly Crest,  
Farm Houses, Section 1200

Should you mow your own  
lawn, call 723-4290 to be  
placed on the "No Cut List"

## 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.

### April is Month of the Military Child

The home art class has been  
busy creating and putting to-  
gether an art exhibit. Works can  
be viewed in the gallery  
through April 30.

### Krafty Birthdays

Arts & Crafts offers Krafty  
Birthday Parties. Parties in-  
clude up to two hours of party  
room use and one craft project  
with instruction and all materi-  
als, with many exciting projects  
to choose from. Select the craft  
and make a down payment  
today.

### Contemporary Ceramics & Mosaic Studio

The Contemporary Ceram-  
ics Studio offers a large selec-

tion of bisque pieces to choose  
from to decorate and paint. All  
finished pieces are food, mi-  
crowave, 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.

Chose from an assortment of  
Critters: Bears, Puppies, Uni-  
corns, Frogs, Tigers and a  
whole lot more. You can even  
add an outfit.

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

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WANTS YOU**



**TO BE A  
VOLUNTEER**

**MAKE A DIFFERENCE**  
Fort Dix is looking for interested residents  
who would like to volunteer

*"Fort Dix volunteers improve the  
quality of life for all residents"*

For those residents who want to make sure the  
Fort Dix community is the best it can be please  
Call Army Community Service at 562-2767

**Army Community Service (ACS)**  
562-2767

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

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

**FELLOWSHIP  
DINNER & MOVIE NIGHT**

**All are invited**  
Separate movies for teens and kids.  
Potluck dinner. Bring a covered dish.

Call Thuan Domski 893-7627  
or Chaplain Raub 562-2020  
or Chaplain Curtis 754-5907

Huge screen showing of:  
**"FIREPROOF"**  
No.1 Inspirational Film in America!

Friday April 24th at 6:00 PM - Fort Dix Chapel Fellowship Hall  
5240 New Jersey Ave Fort Dix, NJ 08640



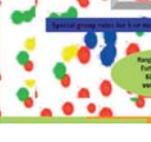
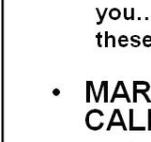
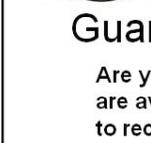
## Student art graces Arts and Crafts show



(continued from page 5) Eleven children and teens of the home-schooled students' fine art class exhibited their creations in a special show and display at the Fort Dix Arts and Crafts Center April 17.

Among the works exhibited by the budding artists are Tinkerbell, freehand acrylics from a photograph by Sylvia Poppaunt, left.

Ceramic pots, below right and bottom left by Andrew, Hannah and Raquel Lara. Upright ceramics below left by Trinity and Luke Betner, freestyle painting using pastels by Tyler Ferson, below right.



## Spiritual leader receives stole

(continued from page 1) of providing "Religious leadership for the Army... courageous in spirit, compassionate in service."

Brouillard entered military service as a chaplain candidate April 13, 1984. He was appointed to the Chaplain Corps on August 11, 1986. Brouillard has served in many roles and capacities throughout his career, including: chaplain; Reserves Actions Officer, Directorate of Personnel and Ecclesiastical Relations, Office of the Chief of Chaplains; Adjunct Faculty Member, Directorate of Non-Resident Studies, U.S. Army Command and General Staff College; and Chief, Chaplain Recruiting Branch, Special Missions Brigade, U.S. Army Recruiting Command.

Brouillard and his wife, Anja Maria Keller have four daughters, Renee, Rachelle, Vanessa, and Vivian.

Thaxton shared with the

congregation his thoughts on Biederman's service.

"I am personally sad to see Chap. Biederman leave Fort Dix," he said.

"As a member of my personal staff, his insight, spiritual guidance and practical common-sense approach have been immeasurably important not just to me, but the entire Fort Dix garrison. We have stronger leaders, more able warriors, and better people thanks to the encouragement and leadership of Chap. Biederman. He is not a spiritual leader who seeks the spotlight or awards but his motivation was simply to serve Soldiers and help someone who is hurting," Thaxton said.

Biederman, a veteran of 30 years of service to the Army, will retire July 1. He is returning to Nebraska, where he will be pastor at a church near Omaha, Neb.

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



Wayne Cook

**PASSING THE STOLE** -- Chap. (Col.) Thomas Brouillard with chaplain assistant Master Sgt. Anthony Pamplin, above. Col. Ronald Thaxton, installation commander, left, and Command Sgt. Maj. Bonita Davis, installation command sergeant major, present Chap. (Col.) Larry Biederman, center, a statuette of the Ultimate Warrior at his retirement ceremony held at the Main Chapel April 16.



## Guard & Reserve Retirement Benefit Seminar

Are you unsure of what benefits are available to you while waiting to receive retired pay? If this is you...this seminar can answer these questions & more.

### • MARK THIS DATE ON YOUR CALENDARS!

- Saturday, 9 May 09 at Fort Dix NJ
- Timmermann Center
- 0800-1600
- Free to all guard, reserve, spouses & retirees. Civilian attire is authorized.

Contact NCC(AW) Currie, 757-444-7295 x2005 or email [everett.currie@navy.mil](mailto:everett.currie@navy.mil) for details.

Presenters from Military Service Centers, Veterans Affairs, Depart of Labor, and various Military Transition Organizations will cover topics from guard/reserve perspective such as: Survivor Benefit Plan, Tricare/Dental, Veterans Benefits, Disability VA, and much more!

Undoubtedly, those who attend will gain a much clearer understanding and appreciation for Guard & Reserve associated benefits.

Open every Saturday & Sunday 0900-1600hrs.

Range 14 Paintball Field

### Outdoor Recreation Paintball

Operating May 2, 2009

Rental Package: \$15.00

Marker, Mask, Air & Hopper

**MUST USE RANGE 14 PAINT!!**

Field Fees:

- Whole day - \$10.00 pp - 0900-1600
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www.dlmar.com

MUST BE 18 YRS OR OLDER TO PARTICIPATE

GoodYear

Calvary

Suluki

Hanover

# HONORS AND AWARDS



Wayne Cook

**THEY SHALL RISE UP WITH WINGS AS EAGLES** -- Col. Ronald Thaxton, installation commander, left, presents Chap. (Col.) Larry Biederman, installation chaplain, with the Legion of Merit, for superior service during his retirement ceremony at the Main Chapel April 16. Biederman closes out a military career that has encompassed serving Soldiers and members of the other military branches for more than 30 years.



Sgt. Nicole Dykstra

**O CAPTAIN, MY CAPTAIN** -- First Lt. Antonia Greene, Headquarters Battery, 72nd Field Artillery Brigade is promoted to the rank of captain by Anthony Middleton, family friend and Greene's former ROTC instructor, April 17 at the Public Affairs Office.



Sgt. Nicole Dykstra

**ELITE TRAINER** -- Staff Sgt. Monique Plaza, 3rd Training Support Battalion, 312th Regiment is awarded Operation Warrior Trainer of the Cycle for the 72nd Field Artillery Brigade, by Col. Timothy Williams, commander, 72nd FA Brigade, April 16.



Pascual Flores

**WITH MANY THANKS** -- Col. Larry Boyd, deputy commander for mobilization, left, with Maj. Antionette Rainey and 1st Sgt. Michael Wagner, 444th Adjutant General, Human Resources Company, USAR, Pittsburg, Pa., display a Certificate of Appreciation for their contributions and service in support of Operation Iraqi Freedom, April 4 at the Mobilized Unit In-processing Center.



Pascual Flores

**DULY REWARDED** -- Col. Andrew Burns, above left, assistant chief of staff for logistics, United States Army Civil Affairs and Psychological Operations Command (Airborne), pins the rank of newly-promoted Master Sgt. Gerald Berrios, 84th Training Command, Small Arms Readiness Group (SARG) April 17.

## Read the Post

Burlington



Capt. Antonia Greene

**JOINING THE LEGION** -- Sgt. Major Ray L. Drinkard, 2nd Training Support Battalion, 315th Regiment is presented the Legion of Merit for his distinguished service and dedication to the training mission by Lt. Col. Gerald Dannon, commander, 2-315th TSBn, April 17 during a retirement ceremony held at building 5507 auditorium. Drinkard, after more than 26 years of service to the Army, will be retiring April 30.

Burlington

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VOLUNTEER**

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Community Service  
at 562-2767  
to find out more

# Soldier stumbles into artistic outlets

Maj. Darin Bremmer  
126 PAOC

I found a great resource here on Fort Dix that is a well-kept secret. This place has opportunities to create something that you alone can enjoy or share with friends.

The staff and the equipment are exceptional. The only limit to your creation is your imagination, time and patience.

You might have guessed it already, but, just in case, I am talking about the Fort Dix Arts & Craft Center located near the Post Office on Philadelphia Street.

I stumbled on this jewel after I sprained my ankle playing basketball. We had just finished all of our mobilization training, and we had a two-day pass.

I was limited as to what I could do and, on the way to the post office, I saw the Arts & Craft Center and decided to go in. The staff was friendly, and, after looking around inside, I started to watch a lady making a bowl on a pottery wheel.

She made it look easy, so I asked if I could try that.

James "Jim" Jansma is the instructor, or Art Specialist, who manages the Pottery Shop. Jim was more than happy to help me out and get me started.

He has been working at the Arts & Craft Center for the past seven years and has over 20 years of experience in the pottery business. His experience started with his BFA from Kansas City Art Institute and then his MFA from New York State College of Ceramics at Alfred University.

He taught the ceramics program at Princeton University from 1992 to 2003. Jim's true passion is sculpturing, and it is amazing to watch him at work.

Listening to Jim discuss pottery instantly lets you know that you are dealing with an expert. Jim said that Soldiers, families, and retirees can come here and have a great time exploring and creating things.

Even if you are a novice and limited on time you can purchase an item, paint it, and then have it glazed and finished to make it your own. In my few days, before heading over to Iraq, I was able to make a clay coffee cup which I will treasure since I made it with my own two hands.

It might not belong in the Smithsonian, but it will always remind me of my mobilization training at Fort Dix.

The Arts & Craft shop hours are Tuesday 9 a.m. - 5 p.m. Wednesday and Thursday noon - 5 p.m. and 6 p.m. - 9 p.m. Friday 11 a.m. - 5 p.m. and Saturday 9 a.m. - 5 p.m.

You can also check them out on the web at [www.dixmwr.com](http://www.dixmwr.com) or call 562-5691. They also offer classes so you can become an expert.



John C. Hall 126 PCH

**WITH A LITTLE HELP FROM MY FRIENDS -- Arts and Crafts offers pottery classes with Jim Jansma, above covering both hand building and wheel throwing techniques. Once completing the initial class, entry is allowed anytime during studio hours to use the pottery facility. The Contemporary Ceramic Art Studio has a large selection of bisque pieces to choose, decorate and paint. All pieces are food, microwave, oven, freezer and dishwasher safe.**

## Volunteers recognized



photos by Capt. Antonia Greene

**GRATITUDE -- Sgt. Maj. Tania Brown-Berringer, 72nd Field Artillery Brigade, gives Ellen Vincant, brigade volunteer of Friends of Fort Dix, a certificate of appreciation for continuous support to the brigade, left, William Erving and Sgt. 1st Class Phillip Schuessler, 2nd Training Support Battalion, 315th Regiment, are awarded certificates of appreciation for volunteer service to the 72nd Field Artillery Brigade, at the Volunteer Recognition Luncheon at Club Dix April 22.**



Pascual Flores

## Soldier moves up military ladder

**Col. Andrew Burns, left, Assistant Chief of Staff for Logistics, United States Army Civil Affairs and Psychological Operations Command (Airborne) affixes newly promoted Sgt. Christopher Fischer, at a ceremony on Fort Dix, April 17.**



**Army Community Service (ACS)**

**562-2767**

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

**Hours of Operation:**

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

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

Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DoD civilian personnel. The ACS Center is accessible to individuals with disabilities.

## Officers put to the test



**RACING THE CLOCK -- Pfc. Lamar Gordon-Holmes, 72nd Field Artillery Brigade, Fort Dix, works to bandage and secure a dummy representing a wounded warrior. As he meticulously focuses on his mending tasks, Sgt. Kathleen Khan informs him of the next detrimental injury and waits for his response, marking his score as he continues throughout the test. Gordon passed with flying colors and won the title of the Soldier of the Year at Fort Dix. The test was both mentally and physically grueling, left.**

photos by Lisa Evans

**ALWAYS BE PREPARED -- Sgt. Edu Bennett studies the equipment laid out for inspection at the Kelley Reserve Center, Fort Dix, April 17. The competition for the NCO of the Year began with an inspection to ensure competitors had everything they would need for the competition without adding to it as they went through all phases of mental and physical testing, right.**



Armed Forces

# SPORTS

## Dix athletic facilities receive facelifts

Ryan Morton  
Public Affairs Staff

You might be able to train harder and achieve higher fitness goals with the quality of life improvements instilled by the Griffith Field House and Doughboy Gym.

They have undergone makeovers worth more than \$500,000 which include new equipment upgrades, white fluorescent lighting and air conditioning. Each facility now has brand new state-of-the-art Life Fitness, Precor, Nautilus and Hammer Strength weight machines, elliptical trainers which also come equipped with TVs attached, exercise bikes, and treadmills. Griffith also has two new full-time massage therapists on staff with renovated designated rooms to work with clients.

"It is good because we received the new equipment and were able to donate the old equipment which is only a year old, to other units around post

and Lakehurst, which helps them save a lot of money," said Chris O'Donnell, Fort Dix Sports Coordinator.

The new cardio equipment comes equipped with large easy-to-read touch screens that have multiple workout formats and different language settings including English, French, Portuguese, Spanish, Chinese, Japanese, and German.

So far the response has been very positive.

"The equipment pieces run more smoothly, are more user friendly, and give you a better workout," said Griffith Field House client, William Laloma.

"We've had plenty of compliments on this new equipment. People appear to be very happy with it, especially the treadmills and weights," said O'Donnell.

"The weights are making a big difference because now there is more selection to focus on different parts of the body that they could not get before. Now they can do everything they need right there. They can

do legs, triceps, biceps, whatever muscle group they want," he said.

Besides the material upgrades, Fort Dix also offers 17 different aerobics classes including yoga hip hop aerobics, zumba, circuit training, a senior fitness class, combat fitness training, and spinning.

"We want to keep up with the trends and are always looking for ways to improve the facilities for the Soldiers and their families," said Floyd Winter, Fort Dix Sports and Fitness Director.

"It's really a great asset to have these things in the community for the Soldiers and their families and best of all, it's all free. We want to help assist and make it a lot easier for them to stay fit," he said.

These upgrades were made and continue to be made to enhance quality of living standards for Soldiers and their families.

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



Ryan Morton

**FEELING THE BURN** -- The new Precor elliptical trainers are in use by patrons at the Griffith Field House, April 20. They each have TVs and user friendly easy-to-read touch screens to help choose a proper workout program. The upgrades, totaling more than \$500,000, implemented at both Griffith Field House and Doughboy Gym, include new weight and cardio equipment, lighting, and bathroom renovations.

## Soldiers take home Greco-Roman crowns

Tim Hippias  
FMWRG Public Affairs

**LAS VEGAS** -- Four Soldiers won individual titles while leading the All-Army wrestling team to its ninth Greco-Roman crown in 10 years at the 2009 U.S. National Wrestling Championships April 10 at the Las Vegas Convention Center.

U.S. Army World Class Athlete Program wrestlers Staff Sgt. Dremiel Byers, Sgt. Brad Ahearn and Sp5c. Jermaine Hodges and Faruk Sahin won their respective weight classes as the All-Army team outscored the New York Athletic Club, 82-78, to win its fifth consecutive national team

title. "We've never had four individual champs." All-Army coach Staff Sgt. Shon Lewis said. "I think the most we [previously] had were two or three. We might have had three at one time, but that was when there were 10 weight classes. We won four out of seven this time, so that makes it even more impressive."

Sp4. Aaron Sieracki also reached the finals and won the silver medal at 185 pounds. "It was so nice to hear: 'In the next bout, for the U.S. Army ...'" Lewis recalled the tournament announcer's call of the parade of Soldiers in the finals. "That

was special." Hodges avoided getting pinned in the second period and rallied late to upset Sunkist Kids' two-time national champion Sam Hazewinkel, 1-0, 0-3, 4-4, in the 121-pound finale for his first national championship.

"I have to really thank the people in the wrestling room that I wrestle with and my coaches in the World Class Athlete Program," said Hodges, 27, a native of Hillsborough, N.C., who also credited himself for eliminating late-night snacks and sodas. "The biggest thing coach has implemented here in the past couple of months is 'nobody out-toughs us,' and if we go out there and wrestle tough, nobody can beat us."

"This is a turnaround in my career because I was almost losing faith in myself. With this win, and with the coaches behind me, it's pushing me on. When you come into our wrestling room, it's not like any other wrestling room -- it's hard to leave that wrestling room alive. And when you do, you've got to pat yourself on the back because everybody in that wrestling room is pushing everybody to their limits."

"That's what makes us so good."

Sahin, a two-time Turkish national champion, prevailed 2-0, 1-0 over Gator Wrestling Club's Mark Rial, the 2008 U.S. national champ, to capture the 145.5-pound division. Sahin said leaving his newborn son was the toughest part of the week. After having his hand raised, Sahin gestured rocking his baby to the crowd.

"The last 10 days, I've been changing the diapers and taking care of my son, so I

brought one of his socks and put it inside my singlet," said Sahin, 33, a native of Ankara, Turkey. "I miss him a lot, but I told him not to worry because I was going to make him the son of a champion. I'm just so happy to be following my dream of making the world team and going to the world championships to win the world."

Ahearn, 27, of Orange Park, Fla., won his second consecutive national championship with a 2-0, 1-0 victory over Sunkist Kids' R.C. Johnson in the 211.5-pound division. In 2008, Ahearn won at 185 pounds.

"He's been walking the walk, and I guess today he can talk the talk," Lewis said. "That's his second championship in a row. He's our one guy that nobody is going to out-tough. His fight is always going to be there. I would clone fight before I would clone technique because we can always teach the technique, but you can't teach heart."

Ahearn, however, is not about to get ahead of himself.

"I'm going to stay healthy, keep training like I'm training, and I've got to take it one match at a time, one period at a time," he said. "But I just feel the worlds (world championships) this year. I can't wait to get there, but I can't look ahead."

"Four or five guys are real solid in my weight class so I can't overlook anyone, but if I make it out of America, and I feel I will, I feel really good about my chances at the world championships."

Byers, 34, of Kings Mountain, N.C., won his eighth national championship with a

convincing, 5-0, 1-0 victory over New York Athletic Club's Brandon Rupp in the 264.5-pound weight class.

"I just wanted to utilize these extra lungs I've got now," Byers said. "I've been training a lot of cardio, keeping myself up and being more active on my feet, and I think it showed today, so I'm real happy about that."

Unlike previous national tournaments in which Byers battled with 2000 Olympic gold medalist Rulon Gardner, New York Athletic Club's Russ Davie and WCAP teammate Sp4. Timothy Taylor, there was little drama this time.

"In this quad, we're going to focus on getting on the road a lot more and going out to seek and conquer," Lewis said of Byers' quest to make Team USA for the 2012 London Olympic Games. "Dremiel is a great champion; he's a great team leader; he's a great individual to have around -- he's just a great person, altogether -- and then on top of that, he's a great wrestler. He has a lot of attributes he carries with him through his daily walk."

"Since 2002, he's been the guy that's expected to win. Every year, we know that everybody is shooting for Dremiel. He has to find something to motivate himself, which is not easy to do when you're not only expected to win, but expected to win big. That says a lot about his mental strength and his ability to focus."

Byers, a 2002 world champion, said his best days on the mat are yet to come.

"Any medal that I may have been blessed with in the past is probably resting somewhere right now," he said. "You're

only as good as the one you're going after and the one you just won, so this will last for a couple of days, it's going to spoil, and then we're getting ready for the trials, and then whatever is next."

Sieracki, 34, of Richland Center, Wis., finished second in the 185-pound division after losing 1-0, 3-0 in the finals to 2008 Olympian T.C. Dantzier of New York Athletic Club.

"Even though he came up a little short and ended up with the silver, I thought he wrestled a good match," Lewis said. "I think he's going to use this loss as a motivator and he's going to train harder, train smarter, and really prepare himself to do the extra things he needs to be victorious. When Aaron walked off the mat, he said, 'I'll never lose to him again,' and that makes me feel good."

The Soldiers who competed in Las Vegas are stationed at Fort Carson, Colo., home of the U.S. Army World Class Athlete Program and All-Army wrestling team.

The champions in each weight class earned No. 1 seeds for the U.S. World Team Trials, set for May 30-31, in Council Bluffs, Iowa.

"We're going into the World Team Trials with four number ones and one number two guy," Lewis said. "So we're in a good place right now."

All told, 18 Soldiers qualified for the World Team Trials.

Staff Sgt. Oscar Wood, a 2004 Olympian, finished third at 145.5 pounds.

"And he's not even in his best shape yet," Lewis said.

"This weekend wasn't his best, but at 80 percent he was able to place in the top three and get a medal."



Tim Hippias

**INTO SUBMISSION** -- U.S. Army World Class Athlete Program wrestler Sp4. Faruk Sahin locks atop Gator Wrestling Club's Mark Rial en route to victory in the Greco-Roman 145.5-pound finale of the 2009 U.S. National Wrestling Championships April 10, at the Las Vegas Convention Center.