

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 Filippini, 609-499-1289.

Town Hall Meeting May 14 at Timmermann

The next Fort Dix Town Hall meeting is scheduled for Thursday, May 14, at 2 p.m. at the Timmermann Center. Col. Gina Grosso, the Joint Base McGuire-Dix-Lakehurst commander, will provide a briefing. Questions may be asked at the meeting, or submitted in advance to Bill Howard at bill.howard1@us.army.mil. The name of the submitter will be kept confidential, if requested, or the question answered on an individual basis.

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.



Sgt. Darius Kirkwood

Sit up, take notice

Spc. Brandon L. Harp, a Military Policeman from the 304th Military Police Battalion in Bluefield, W. Va., and winner of the 200th Military Police Command's Best Warrior Competition cranks out situps during the Army Physical Fitness Test event at the competition held April 23-25 at Fort Dix. For more photos and information on the event, see page 7.



Jennifer Chupko

What on Earth (Day)?

Cassidy Livingston, age 6, meets a box turtle during Fort Dix Earth Day at Laurel Pond. April 25. Hundreds of community members took kayak rides, learned about landfills and solar panels and signed the light bulb pledge. Story, more photos, page 4.



Lisa Evans

Troops train to build neighborhood trust

Smoke billows from a mock bomb and U.S. Soldiers and Iraqi police assume defensive positions as a meeting between a sheik, role played by a foreign language speaker, and Soldiers of the 478th Civil Affairs Brigade is interrupted by small arms fire and smoke grenades simulating an insurgent attack. The 478th was in the midst of a mobilization readiness exercises during this event April 27 on Fort Dix, preparing for a mission to the Horn of Africa. See story on page 3.

Influenza a concern, not crises

Fort Dix is in the news this week for an event that happened 33 years ago – an outbreak of swine flu that claimed the life of a Soldier.

The virus surfaced in February 1976 at Fort Dix, New Jersey, where 19-year-old Pvt. David Lewis told his drill instructor that he felt tired and weak, although not sick enough to skip a training hike. Lewis was dead within 24 hours.

The world at large is much better prepared for influenza outbreaks. While emphasizing caution, the surgeon general of the Army said there's no reason to be alarmed by the H1N1 flu outbreak.

"It's important for you all to understand that there is no cause for panic or alarm," wrote Lt. Gen. Eric B. Schoemaker, U.S. Army surgeon

general in his blog. "Antiviral drugs are available in the event you become ill; and there are preventive measures you can take to stay healthy."

For now, the World Health Organization's breakdown of confirmed cases is: United States, 91, including one death; Mexico, 26, seven deaths; Canada, 13; Spain, 10; United Kingdom, five; Germany, three; New Zealand, three; Israel, two; Austria, one.

The H1N1 flu usually occurs in pigs, though certain strains can be passed to humans -- and from human to human.

"The most recent cases ... appear to have the ability to be passed from

person to person and have resulted in a number of cases in the United States as well as widespread disease in certain parts of Mexico," Schoemaker said. "It is likely that this ... flu will spread to many if not all parts of the United States."

The symptoms of H1N1 flu are similar to other kinds of flu, including fever, cough, sore throat, body aches, headache, chills and fatigue. In some cases, there may also be vomiting and diarrhea.

The H1N1 flu is passed from person to person much like other forms of the flu, Schoemaker said.

"Most people catch (H1N1) flu the same way they catch the regular

flu," he said. "You can catch (the) flu by coming in contact with droplets from infected people after they sneeze or cough. This can occur by being in the path of a sneeze or cough or touching something that has those droplets on it and then touching your mouth, nose or eyes."

Medication like Tamiflu and Relenza can treat the flu, Schoemaker said. These medications are not available over the counter, however, but by doctor's prescription.

"If you have (the) flu and need treatment, treatment should start within two days after you begin to feel sick," Schoemaker said. Those with chronic medical conditions are at risk for more severe illness from the H1N1 flu, he said.

(continued on page 4)

Soldier honored with Bronze Star, Purple Heart, CAB

Pascual Flores
Public Affairs Staff

"Today is a special day: I am privileged to present to Staff Sgt. Shaver these awards. These are awards for which Staff Sgt. Roy Shaver risked his life."

Those were the opening comments by Maj. Gen. William Monk, commanding general, 99th Regional Support Command, at the award ceremony at the Fort Dix Main Chapel, April 29, to a crowd of more than 150 Soldiers, Fort Dix directors and members of the community. They gathered to pay honors and recognition to a Soldier and his family for his contribution in support of Operation Iraqi Freedom.

Shaver, a member of the 38th Military Police Company, Indiana National Guard, has served two combat tours. The first was a deployment to Bosnia from Dec. 1996 to May 1997 and his most recent from Feb. 2008 to March 2009 in support of Operation Iraqi Freedom.

It was during Shavers' deployment in Iraq on Oct. 6, 2008, while conducting joint foot patrols with Iraqi Police outside of Baghdad, he sustained a gunshot wound to his lower abdomen from sniper fire.

Shaver, although wounded, man-

aged to crawl to a secure location which allowed his platoon leader and medic to reach him for treatment without exposing themselves to further sniper fire.

"My squad medic saved my life, along with the driver who applied pressure to the wounds," said Shaver. Shavers' actions and concern for the safety and security of his platoon personified the Army Value of Selfless Service.

"I want to close the loop. I saw the family when the Soldier came back through the recuperation period and this ceremony completes the cycle," said Command Sgt. Maj. James Brown, State Command Sgt. Maj., Indiana National Guard.

"It was my intent and initiative to come here and bring closure with the family. I'm happy and very proud and know the price that this family has had to pay," said Brown.

"In the eighth year of this war it is important to honor all those who serve in it," Brown said.

Shaver, in the presence of his wife Brea and their children, Alexis, Brooke, Cameron and Gianna, was awarded the Bronze Star, Purple Heart and Combat Action Badge, for his action while serving in Iraq with the 38th Military Police Company.

"They are prestigious awards, but not awards that you set out for." (continued on page 3)



Wayne Cook

HONORS EARNED – Staff Sgt. Roy Shaver, Warrior Transition Unit, wears a Bronze Star for meritorious service, the Purple Heart for wounds received in combat and the Combat Action Badge presented to him during a ceremony at the Main Chapel April 29 by Maj. Gen. William Monk III, commanding general, 99th Regional Support Command. Shaver received the awards for actions taken while serving alongside Iraqi Police outside of Baghdad October 6, 2008, when the joint foot patrol took sniper fire and he sustained a gunshot wound.

tributes

Lawrence E. Drybola 1945-2009

Lawrence E. Drybola, a Lumberton native who worked as a dispatcher for Fort Dix's Motor Pool for the last three years, died from the cumulative effects of lung cancer Sunday, April 26 at Samaritan Hospital in Mount Holly. He was 63.

Born in Quakertown, Pa., Drybola served over 20 years in the U.S. Air Force, working primarily with oxygen and navigation equipment, before retiring while on active duty at McGuire AFB.

According to co-workers, Larry was an easy-going sort who was a great Phillies fan and devoted husband.

He is survived by his wife of over 35 years, Anna Marie; a daughter, Stephanie Drybola; two sons, James and Thomas Drybola; a brother John; two sisters, Jeannie and Bernice and several nieces and nephews.

A Mass of Christian burial was scheduled to be performed on Thursday morning, April



courtesy of the Drybola family
Larry Drybola in his younger days.

30, at Sacred Heart Roman Catholic Church on High Street in Mount Holly. Interment was slated to follow at the New Jersey Veterans

Memorial Cemetery at Arnetown.

Friends called to pay their last respects Wednesday evening and Thursday morning before church services at Perinchief Chapels, also on High Street in Mount Holly.

The Drybola family requests that, in lieu of flowers, memorial contributions may be made in his name to the American Cancer Society, 1626 Locust St., Philadelphia, Pa. 19103.

Condolences may be sent to his wife: Anna Maria Drybola, 13 Neils Court, Lumberton, N.J. 08048.

Team Dix joins with Larry's family and friends in mourning a patriot, stellar family man, and staunch member of the military which guards our freedoms.

We salute Larry Drybola and thank God for airmen like him who believed so much in the country he served.

Team Dix believed in him, too.



courtesy of the Drybola family
A little over 35 years ago, Larry married Anna Marie Schneider. Together, they raised a fine family. Larry spent 20 years in the Air Force before working at Fort Dix.

Cardiff's camera created classic cinema



Steve Snyder
Public Affairs Staff

Jack Cardiff died in his native England last week at the ripe old age of 94. If one counts his stint as a child actor, Cardiff spent over 80 years in show business, bequeathing the industry some of the finest cinematography it's ever seen.

Cardiff may very well have been the finest cinematographer of all time. His career merged with the advent of Technicolor and continued through that technology's golden eras. Cardiff worked as a camera operator on *Wings of the Morning* (1937), Britain's first three-strip Technicolor film. Gradually he became an expert in the process, photographing many travel shorts in addition to working as a second unit cameraman in the rousing 1939 spectacle *The Four Feathers*.

Cardiff scaled the cinematographic heights working with famed directors Michael Powell and Emeric Pressburger on *A Matter of Life and Death* (1946), *Black Narcissus* (1947) and *The Red Shoes* (1948).

He won an Oscar for his camera work for *Black Narcissus*.

Cardiff's father was a professional soccer player who became a music-hall comedian. His mother was a chorus girl. Jack was born in Norfolk, England, and entered British films as a child actor at the age of four. He became a go-fer at Elstree studios at 14, continuing as a camera assistant, climbing up eventually to become a director of photography.

Cardiff spent World War II photographing dangerous war zones for the British Ministry of Information.

After the war he shot sweeping seascapes for the surreal *Pandora and the Flying Dutchman* (1951) in Spain, the stark jungle beauty of *The African Queen* (1951) in the Belgian Congo and captured the essence of hedonistic sun-worshippers on Spanish, Italian and French Riviera locations in *The Barefoot Contessa* (1954).

Screen divas the likes of Ava Gardner, Audrey Hepburn, Anita Ekberg and even Marilyn Monroe regarded Cardiff as "the man who makes women look beautiful" and strove to work before his camera.

"He's the best cameraman in the world, and I've got him," boasted Monroe.

But Cardiff was conquering more worlds than those inhabited by glamour girls. He soon became a cult figure among action/adventure fans for such stirring works as *The Four Feathers* (1939), *The Black Rose* (1950), *The African Queen* (1951), *War and Peace* (1956), *Legend of the Lost* (1957), *The Vikings* (1958), *The Long Ships* (1964), *The Liquidator* (1965), *Dark of the Sun* aka *The Mercenaries* (1968), *The Dogs of War* (1980), and James Clavell's *Tai-Pan*



ana-lee.livejournal.com
Jack Cardiff
1914-2009



http://mondo-esoterica.net
THE VIKINGS -- Kirk Douglas riles up his Viking brothers in their beer hall prior to a raid on England in the 1958 epic, "The Vikings." Jack Cardiff's photography was spectacular and he came back to direct another classic about the Normans in 1964's "The Long Ships." Both are revered classics.



olllblog.blogspot.com
WAR AND PEACE -- King Vidor's magnificent screen version of "War and Peace" in 1956 was expertly abetted by the visual genius of Jack Cardiff's cinematography. Above, Napoleon's French Army occupies Moscow.



www.rodattaylorsthe.com/darkofthesun.shtml
DARK OF THE SUN -- Mercenaries Rod Taylor, right, and Jim Brown prepare to blast away at the enemy in 1968's "Dark of the Sun," a rousing action film about a mercenary expedition to retrieve uncut diamonds and save besieged settlers in the Congo. Jack Cardiff directed and proved almost as talented in this role as he was a cameraman (or cinematographer). Sophisticated critics rate "Dark of the Sun" only slightly inferior to the swashbuckling "Wild Geese," 1978's recognized classic among mercenary war movies.

Delon. But as she nears his house, she's killed in a crash. C'est la vie, as the French say.

In the 1970s, Cardiff, happily returned to cinematography. He had had enough of directing.

"I lacked the guts and the bullshit-- necessary to make movie films as director," he explained. "I used to get what I wanted more often than not, but I didn't have enough ego to demand it."

Behind the camera again, he

www.cinematographers.nl

BLACK NARCISSUS -- Head sister Deborah Kerr rings bell for chapel in "Black Narcissus," 1947 film in which Jack Cardiff won an Oscar for his stunning cinematography. Film traces a group of nuns attempting to establish their religion and hospital in the alien -- and eerie -- environs of the Himalayas.

showed he still had the master's touch, directing photography in *Death on the Nile* (1978), *Conan the Destroyer* (1984) and *Rambo Part II* (1985).

In the late 1980s, Cardiff moved from a Swiss retreat back to Essex in England. In 2000 he was appointed Order of the British Empire (OBE) by the queen and in 2001 awarded an honorary Oscar for lifetime achievement.

What a life, and what a career!

Dixan on the street

compiled by Steve Snyder

"Where do you intend to spend your summer vacation and why?"



Meridith McCarthy
DPW Engineering Tech

"I'm going to Crater Diamond State Park in Muflessboro, Arkansas. I saw the site on Yahoo [on the web]. You can hunt for diamonds there - one of the few places in the world not owned by big companies where you can wander around and find diamonds and keep them!"



Christina Keefer
floral designer
Fort Dix Flower Shop

"I'm taking a summer vacation with the kids and mom. We're going down to Long Beach Island for two weeks. It's been a very difficult year and we need a break."



Rosie Morgan
co-owner
German Toasted Nuts
PX/BX plaza

"We work continually. My vacation comes with the travel. We've been going strong for three years now, from Seattle to Alaska, all over the U.S. We sell all the big military exchanges."



Belinda Jackson
baker, Commissary

"I'm not planning on taking any vacation. I just want to get down to Atlantic City for three days at a time and play the slots."



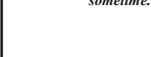
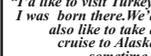
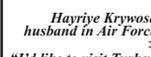
Karin Lora
bagger at Commissary

"We're not going anywhere because my husband is looking for work. Where would I like to go? Hawaii! I'd like to swim in the sun and be a real surfer girl."



Haiyiye Krywosa
husband in Air Force

"I'd like to visit Turkey. I was born there. We'd also like to take a cruise to Alaska sometime."



the Post

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Dix terror plotters sentenced, four to serve lives in prison

Donna Miles
American Forces Press Service

WASHINGTON, April 29, 2009 — The last of five defendants found guilty in a terror plot to kill soldiers at Fort Dix were sentenced April 29, with four to serve the rest of their lives behind bars and one sentenced to 33 years in prison.

Mohamad Shnewer, who a federal judge described as the "epicenter" of the plot, was sentenced in New Jersey the same day to life plus 30 years in prison.

Serdar Tatar, a convenience store clerk in Philadelphia who provided the other conspirators a map of Fort Dix he obtained from his father's pizza shop near Fort Dix, received a 33-

year sentence. Three brothers involved in the plot — Dritan Duka, 30, Shain Duka, 28, and Eljvir Duka, 25 — received life sentences April 28 without the possibility of parole.

"Their involvement in weapons training, their surveillance of domestic targets and their discussions of killing U.S. military personnel posed a serious threat that required the law-enforcement disruption and the prosecutions upheld by the jury."

Assistant Attorney General Patrick Rowan

Federal prosecutors said the five men, all Muslim immigrants arrested in Cherry Hill, in May 2007, were planning to attack Fort Dix and military personnel.

Assistant Attorney General Patrick Rowan said as the guilty

verdicts were rendered that they underscore the need for continued high levels of vigilance against homegrown terror threats.

Although the defendants weren't members of an international terror organization, "their involvement in weapons training, their surveillance of domestic targets and their discussions of killing U.S. military personnel posed a serious threat that required the law-enforcement disruption and the

prosecutions upheld by the jury today," he said. A 16-month FBI investigation led to the suspects' arrests May 7, 2007, as Dritan and Shain Duka tried to buy three AK-47 assault rifles and four semi-automatic M-16s from a confidential government witness.

"They identified their target, they did their reconnaissance, they had maps, and they were in the process of buying weapons," Jody Weiss, the special agent in charge of the FBI in Philadelphia, said a day after the arrests.

"Today we dodged a bullet," Weiss added. "In fact, when you look at the type of weapons this group was trying to purchase, we may have dodged a lot of bullets."

Civil Affairs troops embark on Horn of Africa assistance tour

Lisa Evans
Public Affairs Staff

Drop 1465 miles southeast from Baghdad to Djibouti, Somalia: Fanning out from there, Civil Affairs Soldiers are taking their know-how to the Horn of Africa.

Reserve Soldiers of the 478th Civil Affairs Brigade, from Perrine, Fla., took the field at Fort Dix this week for mobilization readiness training to take over that mission.

Soldiers of the 478th are trained to provide infrastructure support to villages and towns for this mission in the Horn of Africa. Their duties, said Spc. Max Wilson, a native of Seattle and a medic with the 478th, are to do what needs to be done to lessen the ability of terrorists to recruit support in needy areas.

"We go out to provide for them before somebody else can; like Al Qaida gets there and builds schools and roads and things like that. Our objective is to get there before someone else does and provide that support," said Wilson. "My objective is to keep my team healthy and able to perform its mission."

Providing needed infrastructure for the people and ensuring terrorist groups have no foothold is the prevailing goal among the Soldiers.

With judges, physicians, bankers, health specialists, fire professionals, contractors and building specialists, and a wealth of other specialties among them, Civil Affairs Soldiers bring experience to bear on the problems they set out to fix.

Civil Affairs Soldiers provide communication between civil authorities and military commanders making it possible for problems to be identified and ameliorated as quickly as possible.

Sgt. Michael MacDonald, "Sgt. Mac" from Charlotte, N.C., a civilian helicopter flight medic with Baptist Hospital, said, "I will enjoy this. It's been good training I think, and it's been a lot of fun. We're heading to the Horn of Africa to try and



Lisa Evans

EMERGENCY CARE — Soldiers from the 478th Civil Affairs Brigade out of Perrine, Fla. work to save a fallen comrade during mobilization readiness exercises on Fort Dix April 27. Capt. Jeremy Clark places tape on an I.V. while medic, Staff Sgt. Demetrie Emilien, positions Spc. Rildemaro Montejo's hand. Sgt. Marie Scott, a trainer from Fort Bragg's Civil and Psychological Operations Center watches the Soldiers' technique closely.

improve everybody's livelihood with schools, water, and things like that."

Part of the mission Civil Affairs and Psychological Operations Command (Airborne) (CAPOC) trains Civil Affairs Soldiers for is psychological operations (PSYOP) and language skills. Soldiers can use persuasion to influence perceptions and encourage desired behaviors. The cornerstone of PSYOPs is truth, presented to convince tribal chiefs or officers to cease resistance or take actions favorable to friendly forces. Using PSYOPs in the native language while presenting tangible solutions can mean the difference between success and failure.

As they rested between exercises, the Soldiers spoke of their lives, not the mission.

Sgt. Mac became a father for the fourth time in late March. His command allowed him to

go home for the birth and he was back just in time for the final exercises.

With six-and-a-half years in the military with one tour in Iraq, 2004-05, Spc. McKenzie Loope, Del Ray Beach, Fla. has been a pharmaceutical representative for a year.

She was home four years before being called up for this deployment, and said that after this mission she will concentrate on her career in pharmaceutical sales.

Headed for his first tour overseas, although he has more than two years active duty service behind him, Spc. Daniel Dubois, from Montville, said, "I just got out and a friend was in the unit down in Florida and asked me if I wanted to go to Africa. I said yes."

The military flew him down to Florida for training at Camp Blanding near Jacksonville, and

then back to New Jersey for more training at Fort Dix. Dubois is a licensed practical nurse on intensive care and medical floors in a hospital.

But Staff Sgt. Tony Vinas, from Hollywood, Fla., had a different take on the military.

A firefighter as a civilian, he has 19 years in the military, three years active duty with two tours of duty in the Horn of Africa, 2003-04 and 2006-07.

"I always liked being in the Army," Vinas said. "It changed my life, from a rough start. Every time I started to get out, I just re-enlisted. It's exciting for me, especially these tours."

Loope interrupted him to tell him to talk about his last reenlistment experience.

"I reenlisted Sept. 11, 2001 just one hour before the planes hit the towers," said Vinas. "I thought, Oh, man." He shook his head, and then they were called back into action.

MP honored for sacrifice—

(continued from page 1)

"I am thankful for the awards, I was just doing my job training the Iraqi Police," added Shaver.

"I've been away from my family enough and it is time to take care of my wife and family instead of them taking care of me," said Shaver.

"The fact that he is here is a miracle, he won't admit it but he is a hero," said Brea.

Shaver joined the United States Army in June 1996 and enlisted as a Military Police Specialist.

He served five years on active duty status prior to joining the Indiana National Guard in 2005.

Upon recovery from his injuries, Shaver is contemplating joining the Warrant Officer Program in the Criminal Investigation Division (CID) field.

"My dad is the bravest man who gave up his time to go war for us," said nine-year-old daughter Brooke.

The Soldiers of the 38th Military Police mobilized and demobilized through Fort Dix in support of Operation Iraqi Freedom.



Wayne Cook

FAMILY PRIDE — Staff Sgt. Roy Shaver, Warrior Transition Unit, is surrounded by his family during a ceremony at the Main Chapel where he was awarded a Bronze Star for meritorious service, Purple Heart for being wounded in combat, and the Combat Action Badge for service on behalf of the nation. With Shaver, to his right, Alexis, 14; being held by dad is Gianna, 2; to Shaver's left is Brea, his wife; in the front are Brooke, 9, and Cameron, 6.

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 29 through 26.

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; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CPR stands for Checkpoint Number.

●Police responded to a report of larceny of Government property at Bldg. 5505. Investigation revealed a trailer, containing government property, was missing. Investigation continues.

●Police responded to Bldg. 2101 to serve a warrant issued by the Mt. Holly municipal court. The subject, a Soldier assigned to Fort Dix, was transported to the police station for processing and transferred to the custody of the Mt. Holly police department.

●Police responded to an incident near Bldg. 5517. Investigation revealed a truck, operated by a civilian NAFD, became stuck in wet ground. The vehicle was towed from the scene.

●Police responded to a motor vehicle crash in the Garden Terrace housing area. Investigation revealed a vehicle, operated by an Airman assigned to McGuire AFB, 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. 5602. Investigation revealed the alarm activated for unknown reasons.

●Police responded to a motor vehicle crash near Bldg. 4302. Investigation revealed a vehicle, operated by an Airman assigned to McGuire AFB, struck another vehicle while parking. There were no reported injury and the vehicles were released to the operators at the scene.

●While conducting a routine credential check of a vehicle attempting to enter the installation via CP #9, police discovered the vehicle operator, a civilian NAFD, had two outstanding warrants out of Broward County, Florida. The subject was transferred to the custody of Burlington County Jail to await extradition. The vehicle was released to a licensed driver.

●While conducting a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a civilian NAFD, had a suspended driver's license. Further investigation revealed the subject had warrants out of Paterson and Hillsdale. The subject was transported to the police station for processing and cited. Paterson and Hillsdale were contacted and issued new court dates. The vehicle was released to a licensed driver.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a civilian NAFD, had an expired driver's license. The subject was cited and the vehicle released to a licensed driver.

●While processing a visitor at the Visitor Center, police discovered the individual, a civilian NAFD, had a warrant from North Bergen. The subject was transported to the police station for processing and transferred to the custody of the Burlington County Jail.

●While processing a visitor at the Visitor Center, police discovered the individual, a civilian NAFD, had a fake driver's license. Further investigation revealed the subject was in the country illegally. The subject was transported to the police station for processing and transferred to the custody of Immigration and Customs Enforcement.

●Police, Fire Department, and emergency medical personnel responded to an incident in the Garden Terrace housing area. Investigation revealed a resident, a military dependent, was depressed and had attempted suicide. The victim was transported by ambulance to the Lourdes Crisis Center.

●During a routine traffic stop on Cookstown Road, police discovered the vehicle, operated by an Airman assigned to McGuire AFB, had expired registration. The subject was cited and the vehicle towed from the scene.

●Police responded to a report of wrongful appropriation of private property near Bldg. 5432. Investigation revealed a trailer, owned by a Soldier assigned to Fort Dix, had been taken. Investigation continues.

●During a routine traffic stop on Cookstown Road, police discovered the vehicle operator, a civilian NAFD, had only a Learner's Permit with no other person in the vehicle. The subject was cited and the vehicle was towed from the scene.

●Police and emergency medical personnel responded to an incident in the Garden Terrace housing area. Investigation revealed a resident, an Airman assigned to McGuire AFB, and his spouse had a verbal dispute that escalated into violence. Both the subject and the victim had been consuming alcohol. The subject was arrested, transported to the police station for processing, and released to McGuire Security Forces. The victim was examined by emergency medical personnel but refused treatment and declined assistance from the Installation Victim Advocate.

●Police responded to a traffic accident at the Main Shopette. Investigation revealed a vehicle, operated by a Soldier assigned to Fort Dix, struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

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

●There were 11 Magistrate Court Citations issued for violations. DWI incidents remain at six for the year.

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Dix hosts environmental extravaganza

Jennifer Chupko
Public Affairs Staff

The Fort Dix community learned how simple everyday changes enhance our lives and provide us with hundreds of eco-friendly products during the seventh annual Earth Day celebration at Laurel Pond April 25.

The sunny 90 degree day proved perfect for the event, while solar panels provided power for the displays.

With more than 40 themed tents and just as many volunteers, the Fort Dix Environmental Division and Natural Resource Office was able to present variations on this year's theme, "Army Green is Army Strong."

"The goal of the event is to show the community their ecological footprint," said Jennifer Armento, Natural Resource, Environmental Division, ecologist.

Guests attending the event had the chance to take a kayak ride, a nature hike, enjoy a first-hand experience in the Coast Guard Emergency Response vehicle, see a puppet show and much more.

Hot dogs and hamburgers were provided by the American Red Cross, presenters enter-

tained the crowds every half hour and all productions gave a lasting memory of the day with goodies in a "Renew, Reuse and Recycle" bag handed out at the registration table.

Snacks were available at the Incredible Edible Landfill tent. A scoop of ice cream represented a landfill and each topping was to be toxic waste. The object is to help understand the advantages and disadvantages of using landfills for garbage disposal. The popular tent gave everyone a chance to cool down with some ice cream.

The Burlington County Library was also dispersing magnets, pens and pencils. A prize wheel game drew many children to the table for the winning items.

"The bags can be used for groceries or trips," said Armento. "We are giving away water bottles that decompose in five years, dog tags, pens and eco-friendly golf tees."

One of the main highlights was Kayak rides provided by Outdoor Recreation. Visitors were allowed 15 minutes to explore the lake and learn about the species and their habitats around it.

"It's a great day for kayaking," said Dave Bertagnoli, Families, Morale, Wellness and Recreation Outdoor Recre-

ation. "Everyone's loving it." The Youth Center hosted one of the more popular attractions, newspaper hats. The hats were made for each individual who sat down in one of the chairs for a recyclable accessory. Complete with a choice of bows or flowers, the ladies were very excited about the finished product.

"If you aren't here for fun, you should have stayed home," joked Bonnie Reid, Mobilization and Deployment Readiness Program manager as she sat with a newspaper hat. "This is a great event, I am happy I came- I just hope the ink from the newspaper doesn't run in my hair from the sweat!"

Non-toxic household cleaning products were displayed, as well as "Frogs R' Green 21" with a toad and different types of frog species information under a tent. The Rancocas Nature Center entertained the guests with a box turtle found in the woods.

"The turnout is amazing and very successful," said Armento. "It is a beautiful day and there are many more people than last year."

Savannah Moore and Alex Johnson, children of military members, came with their families, said they were proud to be there.

"I saw the Youth Center flyer that said 'Reduce the Carbon Footprint' and ask my parents if we could go," said Moore.

Parents took interest in the Military Operation pledge and signed the ban of incandescent light bulbs. They were signing the pledge at the Dix Nature Resources table. Once signed a free compact fluorescent light bulb was offered.

The scouts found particular interest in "Treeture" the squirrel, representing creatures that live in trees. His motto: "Save a tree, save a treeture." The children at the fair flocked to get their picture with the character.

"I really hope next year is just as good as Earth Day this year," said Armento. "It is a lot of fun, a lot of education and a lot of good memories."

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



GREAT CATCH — Christian Capara, and his grandfather, Bob Lichteneger, show off the trout Capara caught in Laurel Pond during the Earth Day event, April 25.



photos by Jennifer Chupko



ECO-CHIC — Command Sgt. Maj. Bonita Davis shows off her newly made, recyclable newspaper hat, complete with a flower accent during the April 25 Earth Day festivities, while participants gather around the Outdoor Recreation table to sign up to take a 15 minute canoe ride around Laurel Pond. Girl Scouts, Brownie Troops, Boy Scouts and Cub Scouts also took the opportunity to row around the pond with their leaders to pick up bottles, newspapers and other environmental pollutants that could harm the pond's creatures.

CDC offers prevention tips to beat influenza

The Centers for Disease Control is monitoring the spread of H1N1, and offers the following information to avoid getting or spreading the virus.

- **What can I do to protect myself from getting sick?**
There is no vaccine available right now to protect against H1N1, or what has been called swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:
● **If you are sick, limit your contact with other people as much as possible.**
Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.
- **What is the best technique for washing my hands to avoid getting the flu?**
Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. The CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
- **What should I do if I get sick?**

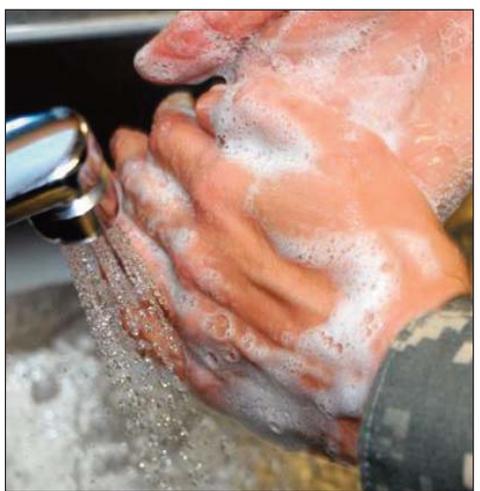
If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.
If you become ill and experience any of the following warning signs, seek emergency medical care.

- In children, emergency warning signs that need urgent medical attention include:*
- Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough
 - Fever with a rash
- In adults, emergency warning signs that need urgent medical attention include:*
- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
- **How serious is H1N1 flu infection?**
Like seasonal flu, H1N1 (swine flu) in humans can vary in severity from mild to severe. Between 2005 and January 2009, 12 human cases were detected in the U.S. with no deaths occurring.

However, the infection can be serious. In September 1988, a previously healthy 32-year-old woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died eight days later. The current strain appears susceptible to anti-viral medications.

● **Can I get swine influenza from eating or preparing pork?**
No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.
The CDC website, <http://www.cdc.gov/swineflu/>, is updated frequently with information on the current outbreak of H1N1, and also offers detailed information on all aspects of the infection.



C. Todd Lopez

PRIMARY PREVENTION — Washing your hands for 15 to 20 seconds with anti-bacterial soap is one of the primary influenza prevention methods.

Flu no cause for panic —

(continued from page 1)
According to Schoemaker, neither the Army nor the overall military population is showing any unusual spike in illness that might indicate H1N1 flu.

Additionally, the general said, he and other senior medical officials in the joint community are staying abreast of the issue in order to keep the force healthy.

"Rest assured that my staff and I are working the ... flu issue closely with the Joint Staff surgeon, the assistant secretary of Defense for Health Affairs, the other military services, Health and Human Services, and Centers for Disease Control and Preventive Medicine," Schoemaker said.

Deployed service members are at no increased risk of infection, according to information released by the Surgeon General's Office.

The Army Medical Command recommends Soldiers and their families avoid contracting the ... flu by avoiding those who already have the flu, and by washing their hands often.

"If you think you have (the) flu, contact your health care provider. He or she will be able to determine if you need testing or treatment," Schoemaker said.

Detailed and frequently updated information on the influenza strain, the outbreak and what it means to the public is available on several websites including <http://www.pandemicflu.gov/>; Centers for Disease Control at <http://www.cdc.gov/swineflu/>, and the World Health Organization at <http://www.who.int/en/>.

(Information for this article was provided by Army News Service, the Centers for Disease Control media releases, Armed Forces Press Service and Fort Dix historical files.)

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 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.

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.epol.army.mil.

Dix Chapel offers marriage course

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 dessert.

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

Dinner theater comes to Club Dix

The Riddlesbrook Touring Theater Company will present a dinner theater production of Sherlock Holmes and the Case of the Missing Van Gogh to Club Dix Friday, May 1. The doors open at 5:30 p.m. for dinner and the show kicks off at 7 p.m. Tickets are \$19 for adults and \$12 for children 12 years old and younger.

A dinner buffet featuring baked chicken, roast pork, vegetable lasagna and more will be served. Tickets are available to purchase now at Club Dix or at Family, Morale, Welfare and Recreation Headquarters. For more information call 723-3272.

Soldier show makes tour stop at Timmermann

The U.S. Army Soldier show rolls into the Timmermann Center for two shows on Saturday, May 2, at 7 p.m. and Sunday, May 3, at 3 p.m. Admission is free and the doors open one hour prior to show-time.

Dance nights heat up at Club Dix

This weekend on Friday and Saturday, May 2 and 3, are Dance Nights at Club Dix, from 8 p.m. to 12 a.m. Friday is ladies night with DJ Ace and Saturday is Latin Night with DJ Lzzy.

Paintball comes to the Rod and Gun Club

The new paintball facility opens for business at the Fort Dix Rod and Gun Club, located on range 14, Saturday, May 2. The hours of operation are on weekends from 9 a.m. to 4 p.m. For more information call 562-4676.

Armed Forces 10 mile run nears

Sign up to reserve your spot in the Armed Forces 10 mile run, which kicks off Saturday, May 16. It's open to military and civilians and will kick off rain or shine at Infantry Park. No pets are permitted and runners must check in no later than 8 a.m. Registration fees are \$19 for pre-registration and \$25 for same day registration. The first 150 people who register get free T-shirts. You may register in person at Griffith Field House or online at www.dixmwr.com. For more information call 562-4888 or 562-2769.

Local Soldier part of show



Kryn P. Westhoven, DMAVA-PA

MUSIC MAN -- Sgt. Jared Morgan, a member of the New Jersey National Guard, will man the audio controls at the 2009 Soldier Show. This free, touring song and dance extravaganza is coming to Timmermann Center May 2 at 7 p.m. and May 3 at 3 p.m.

Kryn P. Westhoven
DMAVA PAO

As Sgt. Jared Morgan worked the controls of a large audio mixing board fine tuning the sound of the 63rd Army Band in the War Memorial in Trenton this January it was hard not to notice the smile on his face. It was more than satisfaction of how well the band would sound for the hundreds of families gathering to send off the 1-150th Assault Helicopter Battalion on a deployment to Iraq, it was the news he received just a few days before.

Morgan was going on his own personal deployment, as he was selected to be part of what could be described as the all-star team for Army entertainers; this Jersey Guardsman was going to part of the 2009 Soldiers Show tour.

Morgan will be at the audio controls in the back of Timmermann Center when the curtain rises Saturday night on this year's edition of the show. These two shows at Fort Dix are in the early stages of a six-and-a-half month tour that will see the Soldiers perform nearly 100 times on 46 installations, including stops in Hawaii and Korea.

The 90-minute theatrical concert production with the theme "Lights! Camera! Action!" showcases the talents of the uniformed performers and highlights the capabilities of the technical staff.

The cast and crew handle 18 tons of equipment for each show. "As a kid I was always into hooking things up," added Morgan, a skill that will come in handy with four miles of cable in need of connecting to lights and speakers.

Morgan's interest for the Soldier Show came from another member of the New Jersey Army Guard band Sgt. 1st Class Dexter Hendricks, who had gone to see the show and returned with a program, telling him it was "something he should check out."

Following Hendricks' advice, he did a little research on the Soldier Show, learning more about this touring group that goes by the motto "Entertainment for the Soldier, by the Soldier" as part of the Morale, Welfare and Recreation programs. Morgan started sending e-mails and resumes; weeks later he got the invite to join this year's tour.

A combination of a four-year degree from Montclair State in Broadcasting and his work as an editor for the CBS network for five-years caught the Soldier Show's staff attention according to Morgan. He joined the 63rd as a French horn player and migrated to the technical side of the music business over the nearly dozen years he has served in the Guard band.

This opportunity to be part of national touring company is an extension of what he does in the National Guard. "I see this as a bigger opportunity for me," Morgan said as he plans to bring back many useful ideas to the Sea Girt-based band when he returns in November.

The 2009 Soldier Show will be held at Timmermann Center May 3 at 7 p.m. and May 4 at 3 p.m.

The show is free.
(Spc. Mark O'Rear, 444th MPAD contributed to this story)

Class helps explain Army ways

Ryan Morton
Public Affairs Staff

Red Cross board members, staff members, and volunteers from the Burlington County chapter took the opportunity April 24 to gain an education on the Army in areas including the chain of command and rank structure, customs and courtesies, and acronyms at an Army Family Team Building (AFTB) seminar.

Frances Booth, AFTB coordinator, used the acronym ball to break the ice and show the patrons that the Army and military for that matter, are full of acronyms. The ball was tossed around the room and when someone caught it the acronym their thumb was on became the one they tried to interpret.

"You'll see a lot of different acronyms all over the installation," said Booth.

The acronym patrons read on the ball included AFTB, AAFES (Army and Air Force Exchange Service), DOD (Department of Defense), AR (Army Reserve), and JRC (Joint Readiness Center). They also received a sheet with many of the acronyms they could likely encounter around the installation.

Next, they learned about the chain of command.

"It's really important when you're dealing with our military from all parts of the country, to understand what that chain of command is all

about," said Booth.

To help learn about the chain the patrons were given cards with different Army rank symbols and in small groups, determined which ranks where which.

Linda Kronemeyer, a Burlington County Red Cross staff member, found the class to be very educational and informative.

"I found it very helpful because I'll be working on the base and will need to know the proper base etiquette," she said.

The patrons were also given an overview on the rules and regulations to follow on the installation from DOD Police Officer, Sgt. Gary Gasser, who expressed his gratitude for the work the people of the Red Cross perform.

"You all do a great job with the Red Cross. I appreciate what you do and thank all of you," he said.

The Red Cross is a humanitarian organization that works to provide emergency assistance, disaster relief and education, community services to help the needy, communications services and comfort for military members and their family members, blood collection, and educational programs on health and safety.

It's a nationwide network with more than 700 chapters and more than 1 million volunteers and 30,000 employees.

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



Ryan Morton

MOVING THROUGH THE RANKS -- Dick Essex, Red Cross volunteer, and Ruth Mays, Red Cross staff member, use flash cards to help learn Army ranks during an Army Family Team Building (AFTB) meeting, April 24.

Family Action Plan helps resolve issues

Jennifer McCarthy
Public Affairs Staff

For 25 years the Army Family Action Plan has been an outlet for members of the military, their families, civilian employees and retirees to voice their concerns and offer solutions to issues affecting their daily lives.

"It is a powerful tool that gives a voice to Soldiers, retirees, DA civilians and families and provides leaders with real time information," said Frances Booth, Army Family Action Plan (AFAP) program manager.

"Leaders believe in AFAP. It gives them information on their community's satisfaction, concerns, and problems. It contributes to readiness and retention by allowing Soldiers and families to be actively involved in planning for the well-being of the Army," she continued.

AFAP holds an annual conference at installations around the country to address the issues raised throughout the year. The topics discussed range everywhere from playground safety to deployment issues. Most issues are resolved at a local command level but some issues are forwarded to Headquarters Department of the Army to be resolved.

One such issue raised by delegates at the 2008 AFAP conferences concluded that there was a need for a

standardized Army Wounded Warrior (AW2) information packet for Soldiers and family members.

In January the General Officers Steering Committee approved the creation of a standardized AW2 Information Kit. The kit will contain a resource book and six program fact sheets on a variety of topics. Some areas addressed in the packet include information on Continuation of Active Duty or Army Reserve (COAD/COAR), employment and education benefits as well as an AW2 fact sheet written in English and Spanish. Newly updated program brochures, program magnet, contact information card and a 10 minute AW2 information video are also included.

Kits will be mailed to all current AW2 Soldiers as soon as they become available. Incoming AW2 Soldiers will receive kits during the intake process. More information may be obtained by visiting the website www.aw2.army.mil.

The 2009 Fort Dix AFAP Conference will be held Oct. 2 from 8 a.m. to 4:30 p.m. at Timmermann Conference Center. Questions regarding the AFAP may be addressed to the program manager via email at frances.booth@us.army.mil or by telephone at 562-3930.

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



Wayne Cook

Military children honored

Kaila Tutmak, enjoys a special treat during the Month of the Military Child festivities held at the Fort Dix Elementary School April 24. The celebration featured an assembly, a display of military vehicles displays, and ice cream sundaes for everyone courtesy of the Fort Dix Family Association and volunteers from the 421st Combat Training School, Air Force Expeditionary Center. For story see page 8.

MILITARY MATTERS

Demob unit welcomes new boss

Jennifer Chupko
Public Affairs Staff

Soldiers of B Company, Mobilization Readiness Battalion (MRB), welcomed new commander, Capt. Michael Stepnowski, during a traditional ceremony at B Company Chapel April 23. Stepnowski assumed command from Maj. Jonathan Moyer.

"I have no doubt that Capt. Stepnowski will be a successful commander," said Lt. Col. Michael Worth, Mobilization Readiness Battalion commander.

"Capt. Stepnowski has a lot to offer," said Worth. "He will be an outstanding leader for B Company."

"I am humbled and honored to serve as your commander. I see the professionalism and dedication with which you do your job every day," said Stepnowski to the B Company staff. "You treat every demobilizing unit as if it was your own - every Soldier like he was your brother - and I owe you nothing less than my absolute best effort."

"Maj. Moyer did a great job building a solid team at B Company and I hope to continue his work," said Stepnowski. "My vision is to provide the best customer service our returning Soldiers deserve."

"It is essential to task-orga-

nize the company," said Stepnowski. "By accepting this mission, I take upon myself a very special kind of commitment, a commitment to both you and this command, but more importantly, to the demobilizing Soldiers."

He deems this proactive approach as a significant part of any successful mission and he plans on exemplifying that philosophy.

The sections of B Company require detailed steps to complete each mission assigned. The most important mission is the demobilization of Soldiers returning from deployment.

An important part of the Freedom Flight mission is the commitment made by the United Service Organization and the Vietnam Veterans. They are at B Company any hour of any day, welcoming the Soldiers home and cooking their first meal on U.S. soil.

These Soldiers are then dispersed throughout the country through B Company.

Upcoming missions have already started in preparation for the 50th and 56th brigades that will be arriving in the summer at B Company and Stepnowski is ready for this challenge.

Stepnowski graduated from Seton Hall University with a Science in Accounting bachelor's degree. He earned his commission through the uni-

versity's Reserve Officers' Training Corps (ROTC) program in 1999.

In 2001 he was mobilized in support of Operation Noble Eagle at Fort Dix and then again in 2003. Serving as the Executive Officer of C Company in 2006, Stepnowski opted to volunteer another year at Fort Dix in the Mobilization Readiness Battalion as the Battalion Adjutant. He assumed the position of Executive Officer of B Company in 2007.

The traditional bouquet of yellow flowers was given to his wife Laura, who attended with his two daughters Emma and Bridget, and bouquet of red roses was also presented to Moyer's wife Maggie.

It has been a mere seven months since Moyer assumed command of B Company, in September 2008, but his tenure comes to a close because he has received orders for deployment to Iraq.

"I am sad to go, but I know I'm leaving Bravo in the capable hands of my successor, Mike Stepnowski who I know will put everything he has into the mission," said Moyer.

Moyer will join the 395th Combat Sustainment Support Battalion as a staff officer overseas.

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



Jennifer Chupko

PASSING OF THE GUIDON -- Lt. Col. Michael Worth, Mobilization Readiness Battalion commander, passes the B Company guidon to incoming commander, Capt. Michael Stepnowski. Stepnowski took command from Maj. Jonathan Moyer during a ceremony at the B Company Chapel, April 23.

Battalion practices water survival skills

Jennifer Chupko
Public Affairs Staff

The Mobilization Readiness Battalion Soldiers practiced their Water Survival skills at the Aquatic Center April 24.

Soldiers may need to negotiate water during hazardous situations.

Master Sgt. James Pampino led the training to refresh unit members' memories on water survival skills.

"All of your equipment will keep you afloat," said Pampino to. "Every piece of your uniform can be used to save you in the water."

In case of an aquatic crisis, the Soldiers practiced how to rescue a frantic drowning victim and render first aid to him or her once rescued; how to

properly throw a flotation device to a swimmer in distress; and the proper way to swim while wearing combat gear.

Soldiers practiced filling the legs of uniform pants with air resulting in a field-expedient flotation vest that could make the difference between life and death.

The Soldier is instructed to tie the trouser legs together, and button the fly; use the thumbs and little fingers to hold the waistband in a circular opening on the surface of the water behind the head, and while kicking vigorously to stay afloat, sling the trousers over the head and scoop in the air that is trapped when the open end of the trousers hits the water.

"You are responsible for knowing how to use this equip-

ment," said Pampino. "When you are in the water, you need to rely on your own skills."

Unit members received a refresher course on the Full Gear Travel Stroke with Ruck Sack while holding the M-16 rifle at port arms.

The Soldiers leapt off the edge of the pool into the water with their upper body leaning forward, head up, legs spread in a stride position (one forward, the other back), and arms extended out to slap the water. This jump position keeps the head above water and allows the Soldier to maintain visibility. "I'm not here to teach you how to swim," said Pampino. "I am here to give you confidence to keep you alive."

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



Jennifer Chupko

LEAP OF FAITH -- Sgt. Abe Atse, Headquarters Company, Mobilization Readiness Battalion, jumps into the indoor pool at the Aquatic Center during Water Survival Training April 24, during a Full Gear Travel Stroke with Ruck Sack exercise with the M-16 at port arms. Battalion members practiced their skills at surviving in a water environment while in full combat gear. Soldiers must think quick and react to their training in order to endure and survive the rigors of extended exposure at sea or any other body of water.

Official explains updated GI Bill rules

Donna Miles
American Forces Press Service

WASHINGTON, April 29, 2009 -- With the Department of Veterans Affairs ready to begin accepting sign-ups for the Post-9/11 GI Bill May 1, the Defense Department is working to get word out on its proposed policy regarding the bill's transferability provisions to help servicemembers decide if the new benefit is right for them.

Bob Clark, the Pentagon's assistant director for accession policy, called the Post-9/11 GI Bill that takes effect Aug. 1 an important new benefit. In addition to providing broader educational benefits, it includes a provision that enables enrollees to transfer their benefits to immediate family members.

This long-sought-after pro-

vision is expected to be a boom for the military, Clark said, attracting and retaining the skilled force it needs.

"The Post-9/11 GI Bill is going to be an extremely good benefit to attract bright, young Americans to serve in the military," he said.

"The transferability is going to be a tool that will allow us to state to members who have earned that great benefit and share it with their family members and continue to serve," Clark said. "This gives them the opportunity to share those benefits that they have earned with those they love."

The rules for Post-9/11 GI Bill transferability are in the final stages, and Clark said the Defense Department expects few changes, if any.

In a nutshell, any enlisted or commissioned member of the armed forces serving on active duty or in the Selected Reserve

on or after Aug. 1 will be eligible to transfer their benefits - as long as they qualify for the Post-9/11 GI Bill in the first place and meet specific service requirements, Clark explained.

He emphasized that, by law, anyone who has retired or separated from the service before that date - even if it's July 31 - won't be entitled to transfer their benefits. Also excluded will be members of the Individual Ready Reserve and Fleet Reserve.

Most servicemembers who have at least six years of military service as of Aug. 1 and agree to serve an additional four years qualify, he said. But the Defense Department has proposed measures to cover several categories of servicemembers whose circumstances don't fit neatly into this formula.

For example, those with at least 10 years of service - but

who can't serve an additional four years because of a service or Defense Department policy - also would qualify, Clark said. They must, however, serve the maximum time allowed before separating from the military, he said.

"What we did not want to do was to penalize those people who had a service policy or statute that would not permit them to commit for the full four years," Clark explained.

Another Pentagon proposal would cover servicemembers who will reach the 20-year service mark, making them retirement-eligible, between Aug. 1, 2009, and Aug. 1, 2013.

Clark explained the breakdown, which basically enables those affected to transfer benefits as long as they complete 20 years of service:

Those eligible for retirement on Aug. 1, 2009, would

be eligible to transfer their benefits with no additional service requirement.

Those with an approved retirement date after Aug. 1, 2009, and before July 1, 2010, would qualify with no additional service.

Those eligible for retirement after Aug. 1, 2009, but before Aug. 1, 2010, would qualify with one additional year of service after electing to transfer their Post-9/11 GI Bill benefits.

Those eligible for retirement between Aug. 1, 2010, and July 31, 2011, would qualify with two additional years of service after electing to transfer.

Those eligible to retire between Aug. 1, 2011, and July 31, 2012, would qualify with three additional years of service after electing to transfer.

The servicemember's 36

months of benefits - the equivalent of four nine-month academic years - could be transferred to a spouse, one or more children or any combination, Clark said. The family member must be enrolled in the Defense Eligibility Enrollment Reporting System to receive the benefits. Servicemembers also have the option to use some benefits themselves and transfer what they haven't used to one or more family members. Even after transferring the benefits, they remain the "property" of the servicemember who earned them, who can revoke them or redesignate who receives them at any time.

More details about the Post-9/11 GI Bill are posted on the Defense Department and Department of Veterans Affairs Web sites, and the Pentagon's proposed transferability policy is on the Defense Department site.

Freedom Ride coming to Dix

The Burlington County Military Affairs Council Armed Forces Freedom Ride is scheduled to start May 19, at 10 a.m. at Barb's Harley Davidson in West Collingswood and will end at John Mann Park, Fort Dix. The ride is held to honor the men and women of the military. Participation is open to all and registration is free. For more info call 856-446-4141 or go to www.Armed-ForcesFreedomRide.org.



www.defenselink.mil

Aspirin pulled by AAFES

Judd Anstey
Army & Air Force Exchange Service

DALLAS, April 29, 2009 -- Per the Department of Defense's instruction, Army & Air Force Exchange Service (AAFES) operations in contingency locations are removing all products containing aspirin from their shelves.

According to the memorandum from the Assistant Secretary of Defense, aspirin in combat zones is to be controlled. Furthermore, the memo states that "there should be no over-the-counter access through AAFES outlets or other Morale, Welfare and Recreation activities."

The intent of the instruction to control aspirin products in

deployed locations is to reduce blood loss in the event of an injury and provide the widest margin of safety for evacuation of casualties.

All personnel, military and civilian, deploying to a combat zone are advised to stop taking aspirin at least 10 days prior to departure, unless advised by their health care provider to continue use.



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.

Military police host warrior contest

Sgt. Darius R. Kirkwood
200th Military Police Command

The newly formed Fort Meade, Md., based 200th Military Police Command achieved yet another milestone Sunday as it completed the first edition of its very own Best Warrior Competition here.

The top finishing non-commissioned officer and junior enlisted Soldier will represent the 200th MP Command at the U.S. Army Reserve Command Best Warrior Competition to be held at Fort McCoy, Wis., July 13 through July 17.

Winners of the Fort McCoy competition will move on to the exacting Department of the Army level competition scheduled in September at Fort Lee, Va.

Out of the 12,000 Soldiers assigned to the units of the 200th, six junior enlisted Soldiers and NCOs rose from the ranks to compete for the title of best warrior of the military police command at this weekend's competition.

The competition pitted them against each other in a number of tasks that evaluated their physical aptitude and soldiering skills.

"We wanted to make sure we had a well-rounded competition that would test the Soldiers in both their tactical as well as their technical skills,"

explained Sgt. Maj. Todd M. Pekel, the 200th's Operations Sergeant Major and competition senior noncommissioned officer in charge.

Though the contenders did what they could to prepare for the challenge, including competing in – and in several instances, winning – best warrior competitions at their battalion and brigade levels, the details of upcoming events were closely guarded secrets revealed at the last possible moment.

Not knowing exactly what to expect forces the contestants to have a thorough understanding of a wide range of subjects, and increases the long-term training value imparted upon them.

"The idea is not to get competitors that have studied for a test – and can pass a test. We want competitors that are prepared for anything – that are adaptable, flexible, show initiative, and can meet the challenges as they come," said Pekel.

Spc. Kyle R. Loch, a combat medic at the 391st Military Police Battalion in his native hometown of

Columbus, Ohio, appreciated the mystery clouding the competition.

"I think the best thing about it is not knowing what's gonna happen next,"

said Loch, who won best warrior competitions both at his unit and at the 300th MP Brigade.

The competition kicked off Thursday with a physical fitness test.

"The most challenging event was probably the ruck march. It was very competitive. It was not like a normal road march where you walk at a more leisurely pace with everyone else."

– Sgt. Lucas G. Heideman
415th Military Police Detachment

A written exam followed later that evening, wrapping up the first of several grueling days of events for the six high-

ly skilled entrants eager to mirror the tour de force accomplished by then-Spc. David Obrzy, who recently became the first Army Reserve Soldier to win the Best Warrior Competition at the Department of the Army level.

Sgt. Lucas G. Heideman was the other winner at the 300th MP Brigade's Best Warrior Competition.

This weekend Heideman, a military policeman at the 415th Military Police Detachment in Pocahontas, Iowa, was also able to claim the honor of being the 200th's first NCO of the Year when he finished first in the best warrior competition.

The Waukeo, Iowa, native agreed that the diversity of events would give him some-



photos by Sgt. Darius R. Kirkwood

TOP DOGS -- Command Sgt. Maj. Brendan R. Toth, 200th Military Police, stands with Best Warriors winners Sgt. Lucas G. Heideman, 415th Military Police Detachment and Spc. Brandon L. Harp, 304th MP Bn.

thing to take back to his unit in Bluefield, W. Va. The Knoxville, Tenn., native is currently majoring in biochemistry at Virginia Tech.

"It's wonderful," said Harp. "I put a whole lot of hard work into it. I guess it paid off. I didn't win every event, but I did pretty well."

Harp's extraordinary accomplishment during the event was certainly no accident by his account.

"I spent a week at my unit going over all of the Warrior tasks, taking apart weapons and putting them back together ... most Fridays I would go up to my unit and do whatever tasks the training NCO had me do that day," he explained.

The NCOs were also tested at skill level two for several events. Soldiers were evaluated on these warrior tasks and their land navigation prowess on the final day of competition, before cleaning up for a board appearance presided over by Command Sgt. Maj. Brendan R. Toth, the 200th's most senior enlisted Soldier along with two other command sergeants major.

Another Military Policeman, Spc. Brandon L. Harp, won the overall junior enlisted 200th best warrior competition.

Harp is assigned to the 304th Military Police Battalion in Bluefield, W. Va. The Knoxville, Tenn., native is currently majoring in biochemistry at Virginia Tech.

"Next year I'm going to be training the best warrior that we send up, so I'll know a lot more about what to prepare them for."

Like nearly every other participant in this year's competition, one particular event stood out as being the most difficult for Harp, which he will be sure to warn his future protégé to expect.

"I'm gonna tell them to practice ruck marching," he said. "They need to get their feet ready."



GETTING CARRIED AWAY -- Sgt. Lucas G. Heideman, 415th Military Police Detachment, and winner of the MP Command's Best Warrior Competition executes the fireman carry.

Body Art

USAA

School celebrates military children

Wayne Cook
Public Affairs Staff

Students at the Fort Dix Elementary School were honored by school staff members and volunteers from the Fort Dix Family Association (FDFA) and 421st Combat Training School (CTS), Air Force Expeditionary Center, during a Month of the Military Child celebration April 24.

Children from military families were honored for enduring stressors related to the military lifestyle which include the constant moving and separation from loved ones — mothers, fathers, or both — especially during time of war.

"My mommy is in the Army and is gone right now. She will be home soon," said Beyla Edwards, a student in Rosemary Gray's first grade

class. Those who have the privilege of teaching these children have nothing but positive things to say about the experience.

"I feel very fortunate to be able to work with the children of our military. The students come to us with such diverse and rich experiences. It is a joy to get to know the children and their parents. I have found the families to be friendly, outgoing and helpful to both their school and neighborhood communities. I can't think of any place I would rather be teaching than at Fort Dix Elementary School," said Janet Salkowski, kindergarten teacher.

"The students at Fort Dix are bright and loving children who have something in common with every student in his or her class. They share many

of the same experiences with their peers which help them to connect with one another. Because I have never experienced some of the things they have experienced, I am learning

more about life as a military child through their eyes. My passion for teaching continues to grow because of my experiences this past year teaching military children," said Kristin Gionta, kindergarten teacher.

The students were treated to the opportunity to climb in Humvees, a M1078A1 cargo and troop carrier truck, and on an All-Terrain Vehicle, courtesy of the 421st CTS. They

also enjoyed an assembly which highlighted poems from the fourth grade entitled, I am a Military Child, and a video showcasing each of the military students from throughout the school year.

The assembly started with the presentation of the flag by the Pemberton Township High School Junior Reserve Officer Training Corps color guard, followed by the Pledge of Allegiance led by Fort Dix's own Col. Ronald Thaxton, commander.

During the video the pictures were accompanied by patriotic songs and when you're a Grand Old Flag played the students all clapped

their hands and sang along. To cap off the event the children rejoiced in the fact that they were served ice cream sundaes with their choice of toppings by members of the FDFA and 421st CTS.

"I think it's better than cake," said Grace Pruner of Gray's class, as she plunged her spoon once again into a bowl of vanilla ice cream.

The teachers are very supportive of the children and appreciative of their unique lifestyles.

"I find that working with the military child is both gratifying and rewarding. The military child is very special and unique. They come from families where they are taught to be respectful and are well disci-

plined. I would not want to trade places and teach anywhere else but on the base with military children. I found my niche working with this special population — the military children," said Susan Austin, reading teacher.

"Teaching military children gives a whole new understanding to the word hero and its teach, particularly in times of war. It is amazing to see what sacrifices not only the Soldier, but also their children make. They are truly some of the most deserving children in our country and I couldn't be prouder to teach in a school such as this," said Angela Mas-simi, pre-kindergarten teacher.

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

2009 Youth of Year named

Ryan Morton
Public Affairs Staff

For the second time in three years, Devan Holliday is the 2009 Fort Dix Boys and Girls Club "Youth of the Year" winner. She first won the award two years ago at the age of 16. Now, a winner again at 18 years old, she feels more comfortable.

"It feels like I have a second chance to get it right. I was 16 at the time before and now I feel more mature and improved in everything. I feel a lot more confident than I was last time," she said.

Holliday wins a \$1,500 scholarship from Reader's Digest and moves on to compete at the statewide competition in Trenton, May 19, and

could win an additional \$10,000 in scholarship money. If she wins the state competition she will advance to the national Youth of the Year competition in D.C., in September, for a chance to win an additional \$15,000 scholarship.

To compete, Holliday wrote two essays: "The importance of post high school education," and "What my

Boys and Girls Club means to me," which she read to a panel of three judges where she was evaluated on variables including poise and knowledge. Aside from essays, she also needed ten reference letters about her character from various

people including teachers, church officials, her parents and community officials. Taking those things into account, she was also evaluated on her involvement in the Boys and Girls Club, her grades, and community work.

Throughout her seven years in the Fort Dix Boys and Girls Club, Holliday has performed

charity work including donating clothing baskets to teen mothers at the Crossroads in Burlington and the "Save Africa's Children" 5K AIDS walk.

She also participated in a program called "Goals for Growth," where she shadowed a professional in a field she aspires to go into: psychology. In fact, this fall Holliday will attend Kean University in Union Township, and major in psychology.

She wants to someday become a psychologist and work with military members who suffer from various neurological disorders including Post Traumatic Stress Disorder (PTSD).

Holliday will graduate from Pemberton High School in June and says she values her time with the Boys and Girls Club.

"I've learned a lot about leadership qualities, responsibility, how to work with others, time management, and the overall good feeling of giving back to the community," she said.



Ryan Morton

JOLLY HOLLIDAY -- Devan Holliday has been named the 2009 Fort Dix Boys and Girls Club Youth of the Year



Jennifer McCarthy

Gift cards lessen financial worries

Bill Howard, Plans, Analysis, Integration Office, presents Bobby Brown, Army Emergency Relief Coordinator, with two \$50 Acme gift cards, April 8. Howard makes a similar eleemosynary donation every quarter. The gift cards will go to help military families in need.

AAFES pays dividends despite weakened economic conditions

Judd Anstey
AAFES Corporate Communications

DALLAS April 27, 2009 — While many retailers struggled, or even closed their doors, in 2008, the exchange benefit continued to pay dividends for military Families.

Strong sales and earnings at Army & Air Force Exchange Service facilities, the Exchange Online Store and Exchange Catalogs helped deliver more than \$260 million to Army, Air Force, National Guard, Marine Corps and Navy Morale, Welfare and Recreation efforts last year.

"Historically, roughly two-thirds of AAFES earnings are paid to MWR and Services programs with the other third used to build new stores or re-

ovate existing facilities," said AAFES' Commander Maj. Gen. Keith Thurgood. "This structure means that authorized customers are essentially our 'investors.' Fortunately, thrifty shoppers rediscovering the value the exchange offers allowed AAFES to provide a healthy return on their investment."

With a mission to provide quality goods and services at competitively low prices and generate earnings to support MWR and Services programs, the dual benefit AAFES provides military Families goes

far beyond the clothes, electronics and snacks on shelves. Shoppers who exercise their exchange benefit at the BX/PX online at www.aafes.com, or over the phone through the Exchange Catalog actually help make the military community a better place to live and work.

In fact, purchases made in the past 10 years have provided more than \$2.4 billion to military quality of life programs such as Youth Services, post functions and aquatic centers.

Cooperative efforts, of course, mean that AAFES support is not limited to Soldiers and Airmen. Because AAFES operates catalog, online and credit programs on behalf of its sister exchanges, AAFES was also able to return funds to Marines and Sailors as well. The 2008 projected dividend of \$262.9 million was distributed as follows: the Army was allotted \$149.1 million, the National Guard received \$10.1 million, the Air Force's portion was \$90.5 million, the Marines got \$12.9 million and the Navy received \$6 million for a total of \$262.9 million.



Wayne Cook

RIDING TALL -- Air Force Sgt. Jacquiline Baker, 421st Combat Training School, Air Force Expeditionary Center, places a helmet on a student while children wait their turn to sit atop an All-Terrain Vehicle during the Month of the Military Child festivities held at the Fort Dix Elementary School April 24.



Ryan Morton

Remembering the Holocaust

Maj. Bill Heisterman, a Fort Dix installation chaplain, examines a photo on display during the Fort Dix Holocaust Remembrance exhibit at the Main Chapel, April 23. The exhibit commemorates the millions who were murdered under Nazi persecution. This year's theme, "Never Again: What You Do Matters," encourages all Americans to reflect upon the power of individuals to create a more just and humane world.

FORT DIX WANT'S YOU

VOLUNTEER
Call Army Community Service at 562-2767

Pizza

City Auto

Suggestions assist late taxpayers

MOUNTAINSIDE, N.J., April 28, 2009 - You meant to do your taxes, but the next thing you know the April 15th tax deadline passed. According to the Internal Revenue Service, you can still file your tax return, even if you didn't ask for an extension and in some cases you won't even face a penalty. The IRS also offers tips on recordkeeping and how to protect against tax related scams.

What if I have not yet filed? Electronic filing is available until Oct. 15 for extension and late filers.

IRS e-file is the most efficient way to prepare your taxes, particularly taking into consideration the latest tax changes including the Recovery Rebate Credit, First-Time Homebuyers Tax Credit, Additional Standard Deduction for Real Estate Taxes and the Educators Expense Deduction. E-filing will ensure you do not miss out on any tax breaks. Also, taxpayers who earn \$56,000 or less can file for free and online at the IRS.gov Web site using the Free File Program. For the traditional paper filer, tax forms and instructions are available at the IRS.gov Web site.

"If you overpaid your tax by April 15th and will get a refund when you file, there's no late-

filing penalty," said New Jersey IRS Spokesperson Gregg Semanick. "The penalty is based on the amount not paid by April 15. But don't get too relaxed - you have only three years from the due date to file for that refund. Miss that deadline and you kiss the money goodbye."

If you have not yet filed your tax return and you owe, file immediately to minimize the late filing penalty based on the unpaid balance. The late filing penalty is five percent per month up to five months that a return is outstanding.

File your return and pay as much as you can. The IRS will send you a notice for the balance due and will charge interest and penalties only on the unpaid balance. You can also request a payment plan prior to receiving the IRS notice.

You can ask to make monthly installment payments. You can apply for an IRS installment agreement using the IRS Web-based Online Payment Agreement application on IRS.gov.

This Web-based application allows eligible taxpayers or their authorized representatives to self-qualify, apply for, and receive immediate notification of approval. You can also request an installment agreement by submitting a complete

Form 9465, Installment Agreement Request, either when you file the return or when you later get a notice from the IRS.

"Missing the tax deadline isn't the end of the world. But doing something now will be the end of your worrying about it," Semanick said.

You must keep records so that you can prepare a complete and accurate income tax return. The law does not require any special form of records. However, you should keep all receipts, canceled checks or other proof of payment, and any other records to support any deductions or credits you claim.

Normally, tax records should be kept for three years, but some documents - such as records relating to a home purchase or sale, stock transactions, IRA and business or rental property - should be kept longer.

You should keep copies of tax returns you have filed and the tax forms package as part of your records. They may be helpful in amending filed returns or preparing future ones.

For more information on recordkeeping, see IRS Publication 552, Recordkeeping for Individuals.

Even after tax season, there

are numerous scams in which people receive unsolicited e-mails, phone calls or faxes that claim to come from the IRS, and which request personal and financial information that may be used to commit identity theft.

Typically, identity thieves

use someone's personal data to empty the victim's financial accounts, run up charges on the victim's existing credit cards, and which request personal cards, services or benefits in the victim's name, file fraudulent tax returns or even commit crimes.

Anyone who receives one of these bogus e-mails, phone calls or faxes should avoid responding, clicking on any links or opening attachments. Recipients may forward the e-mails or report the calls to the IRS using the e-mail address phishing@irs.gov.

International lunch offers world of fun

Club fan Muna Lee chats with Maria Schneck during the International Spouses Luncheon held April 24 at Army Community Services.

An International Spouses luncheon is held on the last Friday of each month at the Army Community Services. Each month's lunch has a different theme. The theme for April, presented by Marianne Fontillas, was Egg-citing Dishes and featured tasty treats such as egg salad and Indian veggie dish created with eggplant and eggs.



Lisa Evans

Recycled cell phones benefit troops, Earth

Lisa Evans
Public Affairs Staff

The average cell phone weighs 3.9 ounces. Ever wonder how cell phones can be so small and still have so much capability? The answer lies deep within the earth.

Columbo-tantalite, often known as colton or tantalum, a basic component of cell phones and the key to their small size, is a passive capacitor which regulates voltage and stores energy. This capacitor consists of a compound of powder made from the mineral, a rare earth. The principal sources of coltan, close to 97 percent of them, are found in Australia and eastern Democratic Republic of Congo. That is where the problem

lies. The advent of ever smaller, ever smarter, more technical and capable phones demands smaller, more complex circuit boards to manage memory and satellite communications needs. Longer battery life, up to 16 hours without charging, means more energy storage and heat control.

Colton is the key to keeping the 1.3 billion cell phones sold (per Information Week magazine) in 2008 operational. With that many sales, the cost of colton has skyrocketed. And that brings out the profiteers. The price of colton went from 50 dollars per pound in 2001 to more than 350 dollars per pound in 2002 and it has been rising since. Mining in the Democratic Republic of Congo has become a free-for-all, with

few safeguards in place for either the miners or the environment.

What does this mean to the average cell phone user? It means recycle the old phone when purchasing a new one and reduce demand for rare earth minerals. Programs such as Cell Phones for Soldiers helps recycle minerals while turning old cell phones into millions of minutes of prepaid calling cards for U.S. troops stationed overseas. The organization collects cell phones each month through a network of more than 3,000 collection sites across the country and sends the phones to ReCellular, which pays Cell Phones for Soldiers for each donated phone - enough to provide an hour of talk time to soldiers abroad.

Visit www.cellphonesforsoldiers.com for more information on where to recycle old cell phones.

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

Cell phone recycling drop-off points are located at:

Women's History Month Committee
3101 Vandenberg Ave - Room 213
McGuire Air Force Base, NJ 08004

Liberty Tax Service
527-15 Wrightstown-Sykesville Rd
Wrightstown, NJ 08562

Liberty Tax Service
1603 Route 38 West, Suite 4
Lumberton, NJ 08048

Liberty Tax Service
2501 Mount Holly Road
Suite 220
Burlington, NJ 08016

Medford Care Center
185 Tuckerton Road
Medford, NJ 08055



Ryan Morton

Warehouses demolished

Richard Weaver, Shanvrache Construction Inc., removes debris from the old warehouse buildings being leveled at the 3100 area on Fort Dix, April 28. New warehouses are slated to be built in the area.

Dix woodlands home to pale plant

Jennifer Armento
Fort Dix Environmental

Its ghostly appearance may make Indian Pipe (*Monotropa uniflora*) look like a fungus, but this flowering plant is actually in the same family as the blueberry plant.

Unlike most plants, it is white and does not contain chlorophyll. Instead of generating energy from sunlight, it is parasitic, more specifically a myco-heterotroph. Its hosts are

certain fungi that are mycorrhizal with trees, meaning it ultimately gets its energy from photosynthetic trees.

Since it is not dependent on sunlight to grow, it can grow in very dark environments as in the understory of dense forest. The complex relationship that allows this plant to grow also makes propagation difficult.

The plant is sometimes completely white but commonly has black flecks and a pale pink coloration. Rare variants may have a deep red color.

The stems reach heights of 10 to 30 centimeters, clothed with small scale-leaves five to 10 millimeters long. As its scientific name suggests, and unlike the related *Monotropa hypopitys*, (the stems bear only a single flower, which ranges from 10 to 15 millimeters with three to eight petals. It flowers from early summer to early autumn.

This plant can be found in rich habitats - dense moist forests with much surface leaf litter, often in a situation that is too shaded for autotrophic (photosynthetic) growth.

There are at least 3000 species of non-photosynthetic members of the plant kingdom. All of these are vascular flowering plants (angiosperms), except for one non-photosynthetic liverwort (*Cryptothallus mirabilis*). Many of these angiosperms are members of the Ericaceae, a family that also includes blueberries, cranberries, huckleberries, rhododendron, azaleas, arctostaphylos, and arbutus.

GoodYear

Bishop

Bible Baptist

Hanover Dental

Read the Post!



www.wikipedia.org

FASCINATING FLORA - Indian Pipe, also known as Ghost Plant, contains no chlorophyll like most plants. This unusual plant is related the blueberry plant and can be found on Fort Dix.

HONORS AND AWARDS



Wayne Cook

MISSION COMPLETE -- Col. Daniel Ammerman, commander, 304th Civil Affairs Brigade, Command Sgt. Maj. Welta Hill, command sergeant major, 304th CA Bde., Maj. Betty Cummisky, commander, Headquarters, Headquarters Company, 304th CA Bde., 1st Sgt. David Bernosky, Headquarters, Headquarters Company, 304th CA Bde., and Command Sgt. Maj. Daniel Heupel, command sergeant major, Civil Affairs and Psychological Operations Command (Airborne), hold the unit's Yellow Banner and Welcome Home plaque during a short ceremony at Timmermann Center April 26. The unit, which hails from Philadelphia, Pa., returned home from a deployment to Iraq in support of Operation Iraqi Freedom.



Wayne Cook

HOMEWARD BOUND -- Command Sgt. Maj. Neil Heupel, command sergeant major, Civil Affairs and Psychological Operations Command, 1st Sgt. Patrick Gongora, 404th Civil Affairs Battalion, and Maj. Michael Brockway, commander, 404th Civil Affairs Battalion, display their Yellow Banner and Welcome Home plaque during a ceremony at Timmermann Center April 26. The members of the 404th are stationed at the Kelly Reserve Center, Fort Dix.



Capt. Antonia Greene, 72nd FA

FLAG OFFICER -- Capt. Javier Cortez, commander, Headquarters, Headquarters Battery, 72nd Field Artillery Brigade, is presented the unit guidon by 1st Sgt. Garrett McAdoo during a farewell luncheon held at Club Dix, April 24. Javier Jr., Cortez' son, aids his father and McAdoo during the presentation. Cortez is scheduled to deploy in support of ongoing contingency operations in Iraq later this year.



Ryan Morton

GRADUATION DAY -- The Fort Dix Chemical, Biological, Radiological and Nuclear Defense School graduation class 06-09, April 20 - May 1, from left, Sgt. 1st Class Jason Williams, Capt. Daniel Reese, Spc. Marco Rojas, Pfc. Joshua Soto, Spc. Ernest Eubanks, and Sgt. Benito Mireles.



Wayne Cook

MISSION READY -- The members of the 323rd Military Intelligence Battalion form up at Infantry Park as they receive the unit's Yellow Banner during a ceremony April 27. The unit, led by Capt. Opher Heymann, commander, and 1st Sgt. Troy Kiessling, hails from Fort Meade, Md., and is deploying to Iraq in support of Operation Iraqi Freedom. Also receiving the unit's Yellow Banner was the 364th Civil Affairs Battalion, Detachment 12, not in photo. The members, Lt. Col. Ross Scott, commander, Maj. Eugene Williams, executive officer, and Sgt. 1st Class Serena Puckridge, acting first sergeant, headquartered in Portland, Ore., are enroute to Iraq to support Operation Iraqi Freedom.



Jennifer Chupko

MAJOR RECOGNITION -- Maj. Jonathan Moyer accepts his Army Commendation Medal from Lt. Col. Michael Worth, commander, Mobilization Readiness Battalion, during the B Company Change of Command ceremony April 23. Moyer relinquishes command after orders to be sent overseas.

Volunteers are needed
for
Fort Dix Special Observances Committees

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

For more information call
Denise Horton at 562-4011

Apell

TriState

Calvary

Burl Co

Announcements

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
9 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

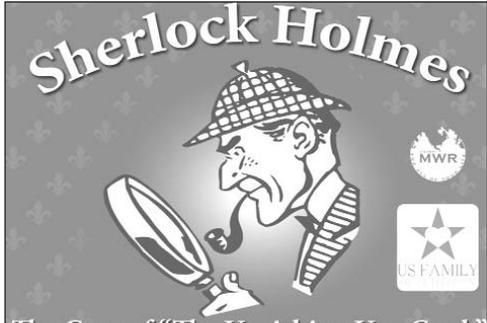
Youth Center
562-5061
Bldg. 1279 Locust Street
Hours of Operation
Monday through Friday
2 p.m. to 7 p.m.
Saturday
1 p.m. to 7 p.m.
Sunday CLOSED
Administrative Hours
Tuesday through Friday
Noon to 6 p.m.
Monday - Friday
Power Hour
2:30 p.m. to 4 p.m.
Computer Lab
4 p.m. to 6 p.m.
FMWR presents
CLUB DIX
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.
The U.S. Army Soldier Show
Saturday, May 2, 7 p.m.
and Sunday, May 3, 3 p.m.
Timmermann Center

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
Spring Coloring Contest
Show off talent and creativity and join in this month's coloring contest. Winners are by age group and are chosen by management staff. Each winner receives a prize.
Internet Café with FREE Skype Access
Stop by the United Communities Leasing Office and take advantage of a free internet café fully equipped with Skype access. Come and video chat with your friends and loved ones or surf the net anytime during office hours. This service is free to all residents of United Communities.
Need a Job?
United Communities has the perfect summer job! The pool management company is currently looking for lifeguards for the pool on McGuire. Call Progressive Pool Management for more information at 888-766-7665.
Landscaping Information:
Fertilization for crab grass control began April 6. Clear front and back yards as well as fenced in areas of any personal items and debris. Note that weed and feed will only be taking place in areas where grass has grown.
For areas where grass is beginning to grow, a starter fertilizer will be used instead.
Green Waste 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, Aneiros 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 Juniper 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.
Krafty Birthdays
Arts & Crafts offers Krafty Birthday Parties. Parties include up to two hours of party room use and one craft project with instruction and all materials, with many exciting projects to choose from. Select the craft and make a down payment today.
Contemporary Ceramics & Mosaic Studio
The Contemporary Ceramics Studio offers a large selection of bisque pieces to choose from to decorate and paint. All finished pieces are food, microwave, oven, freezer, and dishwasher safe.
There are lots of idea books, traceable designs, tools, and an experienced staff to help you create a finished piece you will love.
Mosaics are a great way to express yourself with colorful glass.
From mirrors to wall plaques, there are many items to make as gifts or add pizzazz to your home décor.
Just come in, pick out your piece, and the staff will help you with the rest.
There is no time limit on completing your project, so you can relax and enjoy the friendly, creative atmosphere for as long as you like.
Create-A-Critter
Adorable Critters to stuff yourself!
It's easy and fun.
Choose from an assortment of Critters: Bears, Puppies, Unicorns, Frogs, Tigers and a whole lot more. You can even add an outfit.
Create your own designs for T-shirts and canvas backpacks. Stop in today and have tons of fun stuffing your very own plush animal to take home.

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.



The Case of "The Vanishing Van Gogh"
Friday May 1, 2009
Tickets - \$19 Adult/ \$12 for children 12 & under

An interactive dinner show performed by The Riddlesbrood Touring Theatre Company
With plenty of audience participation, you can't help but be pulled into this show! A murder mystery fit for the whole Family!
Doors Open at 5:30pm. Show Begins at 7pm
Dinner Buffet (see below) will be available from 5:30pm-6:45pm
Advanced ticket sales begin April 1 at Club Dix and FMWR Headquarters (Bldg 6043) Get your Tickets Early!
For more information call (609) 723-2722
Sherlock Holmes and Dr. Watson's Buffet
Baked Chicken Stuffing, Pork Roast Loin, Vegetable Lasagna, Garlic Mashed Potatoes, Fried Apples, California Blend Veggies, Gravy, Rolls and Butter, Fresh Tossed Salad, Beverages, and Dessert

Fort Dix Main Chapel
Starting Wednesday
May 6, 2009 at 6:30

How to build a healthy marriage to last a lifetime.

THE MARRIAGE COURSE

Designed to give all married couples practical tools to strengthen their relationship and enable their marriage to grow.

8 sessions. Topics include: "The Art of Communication," "Resolving Conflict," "What Makes a Marriage Work" and more.

Free Registration (Registration Required)
Free childcare provided.
Free Dinner & dessert at 6:30 PM.

Contact:
Leoma Rader, ACS - (609) 562-4200 leoma.rader@us.army.mil
Chaplain Rauh - (609) 562-2309/2020, office.1.rauh@us.army.mil

SPORTS

Tiger treats troops for the Fourth

Tim Hipps
FMWRC Public Affairs

BETHESDA, Md. – Tiger Woods vowed April 20 to dedicate his AT&T National PGA Tour event to the men and women of the United States Armed Forces for the third consecutive year.

The AT&T National hosted by Tiger Woods will donate 30,000 tickets for retired veterans, active-duty troops, Reservists and their families to attend the tournament July 2-5 at Congressional Country Club.

Woods, who last year missed the tourney while recovering from knee surgery, will play the Earl Woods Memorial Pro-Am on July 1 with a foursome completed by servicemen and women, as he did in 2007, the first year of the tournament.

The Military Caddie Program again will feature troops serving as caddies for the pros on the seventh hole.

Two years ago at that hole, Woods handed his putter to Army Sgt. Michael Woods, who knocked down a 12-footer for the play of the day at Congressional.

Wounded warriors will serve as honorary starters on the first tee box for the tournament's opening ceremony July 1 at 11 a.m.

"Hopefully people come out, not only to watch the players, but also to say thank you to all of the servicemen and women that are coming out here," Woods said. "If it wasn't for them, what they are doing overseas, things might be different here."

Early commitments to play in the 2009 AT&T National have been received from past tournament champions K.J. Choi (2007) and Anthony Kim (2008), along with tourney newcomer Ernie Els, who won the 1997 U.S. Open at Congressional.

European Ryder Cup team member Paul Casey, Jim Furyk and Danny Lee also have committed, said Greg McLaughlin, president of the Tiger Woods Foundation.

"There are various other military initiatives we will be doing during the week," McLaughlin said. "Again, we want to continue our support of the military in this great community, and we plan on really making a nice showing here in 2009."

Tiger hopes to bring the buzz back to the nation's capital.

"To have the military there and to have everyone support the event like they did the first year ... having the players just rave about it, having all the fans rave about it, it was just such a huge success."



photos by Tim Hipps

PRO LESSONS – Sgt. Maj. Mia Kelly of Fort Belvoir, Va., discusses her play with Tiger Woods during the 2007 Earl Woods Memorial Pro-Am at Congressional Country Club. More recently, Tiger Woods returned to Washington on April 20 and vowed to donate 30,000 tickets for the AT&T National Hosted by Tiger Woods PGA Tour event to retired veterans, active-duty troops, Reservists and their families. The tourney is scheduled for July 2 through July 5 on Congressional Country Club's 7,173-yard blue course in Bethesda, Md.

T-Shirt submissions accepted

WASHINGTON, DC – The Army Ten-Miler is proud to announce that its annual t-shirt design contest is open and submissions are being accepted through June 1. Artists, designers and would-be artists are invited to submit a t-shirt design for the 25th anniversary race.

After the June 1 deadline, a Blue Ribbon Committee will judge the entries and the top five will be posted on the Army Ten-Miler Web site.

The 30,000 registered runners will be able to vote for their favorite design from June 10-19. The first, second and third place entries will be announced on June 24 at www.armytenmiler.com.

The grand prize winner will receive \$1,000 and will have

his/her design printed on over 30,000 official race and volunteer t-shirts.

The second place winner will receive \$500 and the third place winner will receive \$250.

The Army Ten-Miler t-shirt design contest is open to all U.S. residents, age 18 and older.

Designs must be original artwork and reflect the unique tradition and experience of the Army Ten-Miler. For design guidelines and specifications on the contest, visit www.armytenmiler.com.

The Army Ten-Miler is celebrating its 25th anniversary this year on Sunday, Oct. 4 in Washington, DC.

This unique road race has both its start and finish lines at

the Pentagon. Race weekend activities include a two-day race expo, fitness clinics, youth runs, post race party and HOCAM tents from Army installations around the world.

The ATM is produced by the U.S. Army Military District of Washington (MDW), with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families.

The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations.

For more information about this prestigious race, visit www.armytenmiler.com.

Basketball into final stretch



Ryan Morton

Corey Jackson, 55, Fort Monmouth goes up for a shot during his team's game against the Beasts, March 31. Fort Monmouth won the game 68-49.

With the Fort Dix intramural basketball season winding down into its final month of play the contenders are starting to separate from the pretenders and pull away from the pack. Leading the league are the undefeated Wildcats at 13-0, followed by FCI at 11-2, Navy at 10-3, Fort Monmouth at 10-4, and TLC at 7-6. Here are the overall league and divisional standings as of April 28.

League Standings

Wildcats	13-0
FCI	11-2
Navy	10-3
Fort Monmouth	10-4
TLC	7-6
Red Legs	7-7
Renegades	6-8
Warriors	5-8
Beasts	5-8
Dynasty	3-10
Retro	3-11
Dunkadelics	0-13

Division Standings

	Alpha Division	Bravo Division	
Wildcats	7-0	FCI	8-1
Renegades	5-3	Navy	5-2
Red Legs	5-2	Ft. Monmouth	4-2
Beasts	3-3	TLC	3-4
Warriors	2-6	Retro	2-5
Dunkadelics	0-7	Dynasty	0-7



Bowlers earn perfect game honors

Willie Williams, league secretary, above left, presents Christopher Scully a commemorative ring for bowling his first perfect game at the Fort Dix Bowling Center, Feb. 17. Below, Williams presents Leroy (Mac) McDougal a commemorative ring for bowling a tenth perfect game at the Fort Dix Bowling Center, March 10.



courtesy photos

Open every Saturday & Sunday
0900-1600hrs.

Range 14
Paintball Field

Outdoor Recreation Paintball

Opening May 2, 2009

Rental Package - \$15.00
Marker, Mask, Air & Hopper

MUST USE RANGE 14 PAINT!!

Red & Gun Club Members- no field fees & may bring up to 4 guests!!!
(gamers pay field fees)
Paintball Membership- \$10.00
Private parties available

Field Fees -
Whole day - \$10.00 pp
- 0900- 1600
1/2 day - \$5.00 pp
- 1300- 1600

Special group rates for 5 or more are available by appointment only.

Range 14 Mtd. 9060
Fort Dix, NJ 08640
809.562.4878
www.dix.com

MUST BE 10 YRS OR OLDER TO PARTICIPATE