

NEWSNOTES

Vets' personnel records available online

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online: <http://vetrecs.archives.gov/>

This may be particularly helpful when a veteran needs a copy of his or her DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

Census Bureau set for initial canvass

The United States Census Bureau is conducting its initial address canvassing on Fort Dix and McGuire Air Force Base. A team of 5 to 7 people are working in the housing areas to update address listings of all housing, including group quarters. All Census Bureau Personnel have Census Bureau identification. If you are asked any questions other than address information, or if the person does not present the correct identification, please call Master Sgt. Barbara Bookard / Maj. Marisol Lanza at 562-2746 or 2598, or Ronald Avery, Government Housing Office, at 754-3662.

Texas Avenue/Broidy Road traffic signal to change

The traffic signal on Texas Avenue at Broidy Road will be switched from regular cycle to flashing from 10 p.m. to 5 a.m. beginning June 2.

Document Automation Service sets open house

The Defense Logistics Agency's Document Automation and Production Service will hold an open house June 3 at Bldg. 6044 from 10 a.m. to 2 p.m. The community is invited to see and learn about the full range of services available, meet with the staff and tour facilities. For more information, call Maggie Batchelor at 212-264-1049.

The ID Card section in Bldg. 5418 will be closed for routine customers June 3, 9 and 10 in order to support Mobilization Processing. The Visitor's Center on Rte. 68 will remain open for normal processing.

Weather

FRIDAY -- Warmer with daytime showers and a high of 77 degrees, overnight low of 56.

SATURDAY -- Partly cloudy, breezy, high of 76 and low of 57 degrees.

SUNDAY -- Mostly sunny, daytime high of 74 and overnight low of 46 degrees.

MONDAY -- Partly cloudy, breezy, high of 76 degrees and low of 56.

TUESDAY -- Scattered thunderstorms, daytime high of 80 degrees and low of 45.

WEDNESDAY -- Mostly cloudy, slight chance of showers in afternoon and evening, high of 69 degrees and low of 50.

THURSDAY -- Showers, breezy, daytime high of 55 degrees and overnight low of 53.

FRIDAY -- Showers, continued cooler with high of 58 and low of 56 degrees.

Reunion worth wait

Wayne Woolley
NJDMAVA/PA

Bridgett Crum waited a year for Memorial Day 2009 for the opportunity to stand in the sun in the parking lot of the Joint Training and Training Development Center on Fort Dix on Sunday, holding a large orange sign emblazoned with the words: Welcome Home.

Sure, the 45-year-old mother of three from Union could have gone inside the air conditioned building, or even spent more time under a shady tree.

But she wasn't moving.

"When he comes walking down that street, I am going to be right out front," Crum said just after 10 a.m., a look of determination on her face.

The "he" she was talking about was her youngest son, New Jersey Army National Guard Spc. Carthaniel Crum Jr., who had just returned from Iraq and was due to begin demobilizing at Fort Dix.

True to her word, Crum was out front and shouting at the top of her voice when her son's formation marched past at about 3 p.m.

"It was worth the wait," she said after the formation broke ranks and she was finally able to throw her arms around her son.

"It's good to be home," her son said after his mother finally released him from her embrace.

Joyous reunions were the order of the day Sunday as the first three of the 26 companies of the 50th Infantry Brigade Combat Team arrived on Fort Dix. Families flooded toward their Soldiers as the formation was dismissed.

The arrivals marked the beginning of

the end of the largest New Jersey Army National Guard deployment since World War II.

New Jersey Gov. Jon Corzine and Maj. Gen. Glenn K. Rieth, the Adjutant General, greeted every soldier as he or she got off the plane on the tarmac at McGuire Air Force Base.

The brigade's Soldiers entered federal service in June 2008 and mobilized at Fort Bliss, Texas. During their Iraq tour, the brigade was responsible for the two main detention centers in Iraq. In January, the brigade also oversaw the transfer of control of Baghdad's International Zone to Iraqi forces, a milestone in American military operations in Iraq and a concrete example of the Iraqi military's ability to provide security in a critical region of the country.

"You should be proud of everything you accomplished in theater," Rieth told the Soldiers as he welcomed them home to Fort Dix.

The Soldiers, and more than 2,000 others from the 50th IBCT will spend about a week at Fort Dix working their way through the complex and detailed demobilization process.

The process covers everything from money to medical to extensive reintegration sessions designed to help the Soldiers ease back into family and civilian life after a year of stress.

The return of New Jersey's own, especially on Memorial Day, drew a full complement of media including the French equivalent of the Associated Press and local and regional media from five states.

More units are scheduled to return this weekend, with the flood not scheduled to end until June 10.

The Soldiers will be honored June 12 with a parade and ceremony in Trenton.



Kryn Westhoven, DMAVA PAO

FAMILY TIME -- Staff Sgt. Martin Fabiunke, 154th Quartermaster Company, New Jersey Army National Guard is greeted by his family as he returns from a year-long deployment. The first companies of the 50th Infantry Brigade Combat Team returned FROM Iraq on Memorial Day to demob at Fort Dix.

Army enlists new social media to tell Soldiers' stories

Jennifer Chupko
Public Affairs Staff

The U.S. Army has launched a fan page on Facebook and established access to social media internet sites such as Twitter and other web based e-mail, either browser or software based in an effort to allow Soldiers to "tell the Army story."

The Fort Dix Directorate of Information Management (DOIM) has modified the internet access to allow Twitter, Facebook, Delicious, Flickr, iReport, and Vimeo. Changes are also in the works to allow Blackberry users to utilize these very popular social internet sites.

The Army wants to "utilize all means available to reach the Army family and the American people," said Deputy Chief of Army Public Affairs Brig. Gen. Jeffrey Phillips to military bloggers April 24.

Twitter is a free social networking and micro-blogging service that enables users to send and read other users' updates known as "tweets."

Since its creation in 2006, Twitter has gained extensive notability and popularity worldwide.

Millions of users follow friends, family and more using the networking system regularly and often.

The Army's Twitter now has 5,000 followers.

The Army's Facebook page was launched in March and already has more

than 8,000 fans with entries including messages from the wives and husbands of Soldiers who have military questions or concerns, young men and women inquiring or researching enlistment and veterans sending support and prayers to the troops in combat.

Army Regulation 530-1 "Operations Security" restricts but does not prohibit blogging from combat zones.

Stringent security rules do apply, however, and military personnel have been blamed in the past for blogging or sending "tweets" from the battlefield

that contain sensitive information on plans, strategy and current actions. All that information sent in a "tweet" becomes instantly available to a wide audience, not all of whom may be friendly.

The new Online and Social Media Division of Army Public Affairs formed in January.

It hosted a conference at the Pentagon that included the Secretary of the Army, Pete Geren.

"We are an organization made up of the young and run by a newspaper generation that came into their adult years before the Internet and social media," Geren said at the conference.

"The future of our Army depends on how we communicate with our audience in between the ages 15 to 25."

Army social media sites do not include YouTube, Pandora, Photobucket, MySpace, Live365, Metacafe, MTV, BlackPlanet, StupidVideos, and Filecabi

The Army is blogging at <http://armylive.dodlive.mil>.



Memorial Day honors

Madison Little, Troop 55 of Crosswicks places an American flag on a grave at the Brig. Gen. William C. Doyle Veterans Memorial Cemetery in Wrightstown The annual placement of flags for Memorial Day of the nearly 44,000 gravesties was performed by more than 900 Boy and Girl Scouts May 22.

Gates poses leadership challenge to graduating cadets

American Forces Press Service

(Left of Defense Secretary Robert M. Gates' commencement address at the U.S. Military Academy at West Point, N.Y. on May 23, 2009)

"It's an honor to be here to deliver my first commencement at the United States Military Academy at West Point. Many of you might remember the last time I was here I gave a 45 minute evening lecture. Some of you may have even been awake at the end.

"A British nobleman, Lord Birkett, known for his long-windedness, once said: 'I do not object to people looking at their watches when I am speaking. But I strongly object when they start shaking them to make certain that they are still going.'

"As someone who presided over some 40 commencements as a university president, and who has given a number of graduation speeches since assuming my current post, I am well aware that at this point I am just about the only thing standing between you and a great party.

"In contrast to when I spoke here last year, my remarks today are not about the great and challenging policy issues of the day. Today I want to talk about you, and your families - because when you signed up, you also signed up all those who love you most.

"To the parents: Four years ago you dropped your son or daughter off on these grounds with no shortage of pride, as well as anxiety - about the famed rigors of the U.S. Military Academy, about the known dangers that come with the profession of arms at this time. That pride was well founded, the anxiety hopefully at least partially relieved. And I thank you for everything you have done to make them the outstanding young people they are, and for supporting them on the honorable yet arduous path they have chosen.

"To the faculty: In addition to being scholars and teachers, many of you are also veterans of Iraq and Afghanistan, and shared those experiences with your students. They will be wiser and better prepared leaders as a result, and I thank you for that.

"To the graduating class of 2009: Congratulations! Let me dispense with the easy and fun part first - which is, on behalf of our commander-in-chief, to grant full amnesty for any minor conduct offenses. I will leave the definition of "minor" to the superintendent.

"Consider that the future members of this class would have been filling out your academy applications in the fall of 2004, at about the time of the second battle of Fallujah - when thousands of Marines and soldiers cleared their way through that city house by house and block by block.

"As the class of 2009, you made your decision to serve knowing not only that America was at war - as did every man or woman who joined the military after September 11th - but that this war would be bloody and difficult, of indefinite length and uncertain outcome. In doing so, you showed courage, commitment, and patriotism of the highest order.

"One of the reasons I look forward to coming back to this bend in the Hudson River is the history of this place - a corner of the continent George Washington once called "the key of America." Just down the road is Verplanck's [vir-PLANKS] Point, a Continental Army encampment at the end of the Revolutionary War.

"It was later recorded that a group of officers got together there and issued a creed. It read: "We believe that there is a Great First Cause by whose Almighty [will] we are formed, and that our business here is to obey the orders of our superiors. We believe that every soldier who does his duty will be happy here, and that every such one who dies in battle, will be happy hereafter. We believe that George Washington is the only fit man in the world to head the American Army ... We believe that Baron Steuben has made us soldiers, and that he is capable of forming the whole world into a solid column, and deploying it from the center ... We believe in General Knox and his artillery. And we believe in our bayonets. Amen."

"Though the tools and tactics have changed, the basic principles of soldiering and leadership have certainly not. Now, this former Air Force lieutenant and CIA



GENERATIONS -- Underclassmen, left, salute Defense Secretary Robert M. Gates at the 2009 U.S. Military Academy's commencement at West Point, N.Y., on May 23. On the right, members of America's future warrior leaders toss their hats to the winds during commencement ceremonies at West Point.

officer cannot pretend to offer you advice on soldiering. However, as someone who is now working for his eighth president, I can say that leadership is something that I have observed and thought about for a good long time.

"I've come to believe that few people are born great leaders. When all is said and done, the kind of leader you become is up to you, based on the choices you make. And in the time remaining, I'd like to talk about some of those choices, and how those choices will be shaped by the realities of this dangerous new century.

"I would start with something I tell all the new generals and civilian executives that I meet with at the Pentagon. It is a leadership quality that is really basic and simple - but so basic and simple that too often it is forgotten: and that is the importance, as you lead, of doing so with common decency and respect towards your subordinates. Harry Truman had it right when he observed that **one of the surest ways to judge someone is how well - or poorly - he treats those who can't talk back.**"

"In this country, going back to its earliest days, the American soldier has been drawn from the ranks of free citizens, which has implications for how those troops should be led and treated.

"Two anecdotes from our country's founding capture the independent thinking of the American officer and the greatness of the Army officer who led them. During the Revolution, a man in civilian clothes rode past a redoubt being repaired. The commander was shouting orders but not helping. When the rider asked why, the supervisor of the work detail retorted, "Sir, I am a corporal!"

"The stranger apologized, dismounted, and helped repair the redoubt. When he was done, he turned toward the supervisor and said, "Mr. Corporal, next time you have a job like this and not enough men to do it, go to your Commander-in-Chief and I will come and help you again."

"Too late, the corporal recognized George Washington. The power of example in leadership.

"On another occasion, Washington was making his rounds and came across a Private John Brantley drinking some stolen



Gen. George Washington

wine. Brantley invited Washington to have a drink with him. The general declined, saying, "My boy, you have no time for drinking wine." Brantley responded, "Damn your proud soul - you're above drinking with soldiers."

"Washington turned back, dismounted and said, "Come, I will drink with you." The jug was passed around, and as the general re-mounted, Brantley said, "Now, I'll be damned if I don't spend the last drop of my heart's blood for you."

"A lesson in the independence of the American soldier and his loyalty, when treated with respect.

"In a novel about ancient Greece, the warrior Alcibiades is asked how to lead free men, and he responds: "By being better and thus commanding their emulation."

"How to lead free men? Only by this means: the summoning of each to his nobility."

"Treating soldiers decently also extends to making sure that they - and their families - are properly taken care of - body, mind, and soul. It is the families who often bear the harshest brunt of a soldier's overseas combat tour, particularly when it is a second or even third deployment. And as a small unit leader you must create a climate where those soldiers who may be suffering from post-traumatic stress or other mental illness are willing to step forward and get the help they need and deserve.

"A second fundamental quality of leadership is doing the right thing even when it is the hard thing - in other words, integrity. Too often we read about examples in business and government of leaders who start out with the best of intentions and somehow go astray.

"I've found that more often than not, what gets people in trouble is not the obvious case of malfeasance - taking the big bribe or cheating on the exam. Often it is the less direct, but no less damaging, temptation to look away or pretend something did not happen, or that certain things must be okay because other people are doing them; when deep down, if you look hard enough, you know that's not true. To take that stand - **to do the hard right, over the easier, more convenient, or more popular wrong - requires courage.**

"Courage comes in different forms. There is the physical courage of the battlefield, which this institution and this army possess beyond measure. Consider the story of Lieutenant Nicholas Eslinger, Class of 2007. He was leading his platoon through Samarra, Iraq, when an enemy fighter threw a grenade in their midst.

"Eslinger jumped on the grenade to shield his men. When the grenade didn't go off, the platoon leader threw it back over the wall. And then it exploded. At the time of this incident, then-Second Lieutenant Eslinger was only 16 months out of West Point. He would later receive the Silver Star.

"But, in addition to battlefield bravery, there is also moral courage, often harder to find. In business, in universities, in the military, in any big institution, there is a heavy emphasis on teamwork. And, in fact, the higher up you go, the stronger the pressure to smooth off the rough edges, paper over problems, close the proverbial ranks and stay on message.

"The hardest thing you may ever be called upon to do is stand alone among your peers and superior officers. To stick your neck out after discussion becomes consensus, and consensus ossifies into groupthink."

"One of my greatest heroes is George Marshall, whose portrait hangs over my desk at the Pentagon. As I said here last April, Marshall was probably the exemplar of combining unshakable loyalty with having the courage and integrity to tell superior things they didn't want to hear - from "Black Jack" Pershing to Franklin Delano Roosevelt.

"As it turns out, Marshall's integrity and courage were ultimately rewarded professionally. In a perfect world, that should always happen. Sadly, it does not, and I will not pretend there is no risk. But that does not make taking that stand any less necessary for the sake of our Army and our country.

"The moral principles of leadership I've just discussed are timeless - they apply to any military leader in any generation. So do a range of other choices you will face about the leader you aspire to become. I refer to those relating to the kind of judgment, wisdom, and mental skills - the intellectual attributes, if you will - that will be most needed to be successful as an Army leader in the 21st century.



Gen. George C. Marshall

"It has always been one of the hallmarks of the U.S. military to push decision making down to the lowest possible level. In Iraq and Afghanistan, we rely on our junior- and mid-level combat leaders to make judgments - tactical, strategic, cultural, ethical - of the kind that much more senior commanders would have made a generation ago.

"The Army has always needed agile and adaptive leaders with a broad perspective and range of skills. Now, in an era where we face a full spectrum of conflict - where high-intensity combat, stability, train-and-equip, humanitarian, and high-end conventional operations may be occurring in rapid sequence or simultaneously - we cannot succeed without military leaders who are just as full spectrum in their thinking.

"We will not be able to train or educate you to have all the right answers - as one might find in a manual - but you should look for those experiences and pursuits in your career that will help you at least ask the right questions.

"Maxwell Taylor - who was an Asia specialist in the 1930s before becoming the famed commander of the 101st Airborne Division and later Army chief of staff and chairman of the Joint Chiefs - once observed of his fellow academy grads that, "The 'goats' of my acquaintance who have leproppaged their classmates are men who continue their intellectual growth after graduation."

"To this end, in addition to the essential troop commands and staff assignments, you should consider, and in fact embrace, opportunities that in the past were considered off the beaten path, if not a career dead end. Those might include further study at graduate school, teaching at this or another first-rate educational institution, being a fellow at a think tank, advising indigenous security forces, becoming a foreign area specialist, or service in other parts of government - all being experiences that will make you a more successful military leader in the 21st century.

"In 1974, when I left the CIA



DoD photos by Air Force Master Sgt. Jerry Morrison

mother ship to take a staff job at the National Security Council, I was told by my boss at Langley that there probably would not be a job there for me when I returned. My career as a CIA officer was considered over. So you never know when taking some risk in your career will pay significant future dividends. It is important to remember that none of what I have talked about these past few minutes is alien to the best traditions of Army leadership - particularly at times of great peril for this country:

● Grant and Sherman were not exactly spit and polish soldiers - and in fact left the military for a stretch before they returned to lead the Union Army to victory.

● George Marshall spent 15 years as a lieutenant and never commanded a division; and Eisenhower spent years toiling in obscurity as what General MacArthur later called a "clerk" in the Philippines.

● Just over a half century ago, no less an Army institution than General Eisenhower said here at West Point: "Without the yeast of pioneers, the United States Army, or any other organization of men" - and today we would add women - "cannot escape degeneration into a ritualistic worship of the status quo."

Keep Ike's admonition in mind in the years ahead - **be a pioneer in the assignments you take, the learning you pursue, the assumptions you question.**

"Supreme Court Justice Oliver Wendell Holmes, reflecting on his service as a Union soldier during the Civil War, later said that "in our youth our hearts were touched with fire." I hope that as a result of coming to this place, in the instruction you have received, and in the friendships you have formed, that your hearts, minds, and spirits have been touched in a way that will prepare you for the trial by fire that may await you.

"In closing, as I said last April, know that I think of each of you as I would my own son or daughter. I feel a personal responsibility

for each of you. I have committed myself and the department I lead to see that you have everything you need to accomplish your mission and to come home safely to your families and to the honor and gratitude you will have earned. Know, also, that your countrymen are grateful for your service, and will be praying for your safety and your success.

"A final thought. We all seek a world at peace. After each war, we always hope we have fought the last war, the war to end all wars. I believe that such hopes ignore all of human history. I believe that for so long as we seek to be free men and women, for so long as the bright light of liberty shines, there will be those whose sole ambition, whose sole obsession, will be to extinguish that light.

"I believe that only strength, eternal vigilance, and the continuing courage and commitment of warriors like you - and your willingness to serve at all costs - will keep the sacred light of American liberty shining: A beacon to all the world.

"You have taken an oath to protect and defend the Constitution and we, the American people. The nation stands in awe of you, and I salute you. Thank you."



Sgt. 1st Class Peter G. Varisano, 24th Infantry Division, Operation Desert Storm, 1990

the Post

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

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Dix training pays off for NYPD detectives



DEAD ON—A detective from the NYPD Emergency Service Unit fires an M-4 during training on Fort Dix May 14.

Lisa Evans
Public Affairs Staff

New York Police Department detectives who trained on Fort Dix this month were selected to arrest suspects in a terrorism plot in the Bronx the next week.

Commissioner Raymond W. Kelly called the detectives of the Emergency Service Unit (ESU) to use their training in urban operations practiced on Fort Dix range 59 to arrest the suspects because he read the Fort Dix Post article about the training and liked Det. James McEniry's quote, said McEniry.

"It was unexpected, something fast. We were in training and then a week later we were taking down some terrorists in New York City.

So the quote I made for the Post newspaper was good, about fighting the global war on terrorism." Mayor Michael R. Bloomberg, Governor David A. Paterson, Police Commissioner Kelly and FBI Assistant Director in Charge Joseph Demarest, Jr. gave commendations to the detectives May 22, honoring members of the Joint Terrorism Task Force and the ESU.

"I want to congratulate the men and women of the NYPD, the New York State Police, the Federal Bureau of Investigation, and the Joint Terrorism Task Force who tonight foiled a terrorist plot that targeted Riverdale Temple and Riverdale Jewish Center in the Bronx for bombing. The same plot also targeted U.S. military aircraft in Newburgh for

Stinger Missile attacks. While the bombs these terrorists attempted to plant tonight were unknown to them - fake, this latest attempt to attack our freedoms shows that the homeland security threats against New York City are sadly all too real and underscores why we must remain vigilant in our efforts to prevent terrorism," said Mayor Michael R. Bloomberg May 20.

James Cromitie, David Williams, Onta Williams, LaGuerra Payen, were arrested.

The charges are the result of the cooperative efforts of the United States Attorney's Office for the Southern District of New York, FBI, NYPD, NYSP, Newburgh City Police Department, Town of New Windsor Police De-

partment and New York State Office of Homeland Security. Acting United States Attorney Lev L. Dassin praised the investigative work and efforts of these agencies.

"As alleged in the complaint, the defendants wanted to engage in terrorist attacks. They selected targets and sought the weapons necessary to carry out their plans. Fortunately, the defendants sought the assistance of a witness cooperating with the government," said Dassin. "Thanks to the extraordinary, collaborative work of our law enforcement partners, the defendants' plans were thwarted and the defendants are under arrest."

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

Most lethal driving mistakes: Top 10 errors that will kill you

From not buckling up to not getting enough shut-eye, here's a rundown of the 10 most common mistakes motorists make.

Claire Martin
MSN Autos

The National Highway Traffic Safety Administration estimates that 37,313 people were killed in motor vehicle traffic crashes in 2008.

If that isn't a reason to become a better driver, then we don't know what is.

In an ideal world, drivers would execute every road maneuver with precision and ease.

Sadly, we do not live in a never-never land, and not everyone walks away from metal-to-metal mayhem.

Truth is that drivers are not created equal. Some are too rash, others too conservative. Some are even downright clueless.

The common truth is that they can all turn a pleasant day on the motorway into a surreal nightmare in the blink of an eye.

And don't just blame it on "them." Everyone is guilty of making common driving mistakes that can endanger us all. Think about it: We'll bet you can recall with vivid exasperation a whole litany of stupid moves you've made throughout the years — some benign, some not so much.

To help you stay safe, here's a list of 10 driving behaviors to avoid.

Most Lethal Mistakes

If you are comfortable driving faster than the speed limit then you should be comfortable with the fact that speeding was

responsible for more than 30 percent of all of the auto-related fatalities in the U.S. last year.

Swerving

The No. 1 fatal mistake made by drivers is perhaps the most simple: not staying in their own lanes — i.e., running off the road or drifting into the adjacent lane. According to the National Highway Traffic Safety Administration, in 2007, 15,574 people died in crashes where the driver simply couldn't stay in the lane.

Driving While Drowsy

"Driving a vehicle when you are fatigued is as dangerous as driving while impaired by alcohol or drugs," National Transportation Safety Board Acting Chairman Mark V. Rosenker said after a fatal highway accident in 2003 in which a college student who had been awake for the previous 18 hours was driving a carload of fellow students at 5 a.m.

According to the NHTSA, in 2007 fatigued driving caused the deaths of 1,404 people, and more traffic fatalities occurred during the hours when most people are accustomed to being asleep (3 a.m. to 6 a.m.) than at any other time of day.

Drinking and Driving

"Every 40 minutes someone dies in a drunk-driving accident. (In all 50 states, a blood-alcohol level of 0.08 percent or more is considered illegal, but a little-known fact is that you can be charged with driving while impaired even if you're under the legal limit.)"

Young drivers are particularly prone to drinking and driving: The 21- to 34-year-old set is responsible for well over half of alcohol-infused fatal crashes.

Not surprisingly, the decision to get behind the wheel while intoxicated is made most often at night and on the weekends.

According to the NHTSA, 60 percent of drivers who died after dark in 2007 were legally drunk. Alcohol is also a factor in half of

pedestrian traffic deaths — both drivers and pedestrians are the culprits.

Overcorrecting

You get panicky when the wheels of your SUV hit the rumble patch on the shoulder of the highway, so you throw the steering wheel in the opposite direction to get the vehicle back on the road.

This is a classic example of overcorrecting or oversteering, and it's a particularly perilous maneuver when you're behind the wheel of an SUV driving on the highway at high speeds.

Consider it a rollover waiting to happen.

More than 4 percent of automobile fatalities a year occur because of drivers overcorrecting.

Speeding

Racing, driving faster than the posted speed limit or simply going too fast for road conditions — i.e., speeding — comprises the second highest cause of death in fatal crashes, according to the NHTSA.

Once you hit 55 mph, you're in the danger zone: 30 percent of fatalities occur at 55 or above.

The worst-case scenarios invariably involve speeding without wearing a seat belt or a motorcycle helmet.

Fatality rates for speeding motorcycleists are shockingly high: In 2007, speeding was a factor in 36 percent of motorcycle fatalities.

Of those, 41 percent of drivers and more than half of passengers were not wearing helmets (Right now, only 20 states and the District of Columbia require helmets).

Failure to Yield

For drivers age 70 and above, failing to yield while merging into traffic is the top cause of crashes.

In a recent study by the Insurance Institute for Highway Safety, drivers 80 and older simply

fail to see the other vehicle they should be yielding to.

Drivers 70 to 79 see the vehicle but misjudge whether they have time to proceed ahead of it.

Failure to yield right of way was the fifth leading cause of fatal crashes in 2007.

Reckless Driving

At its mildest, we're talking about weaving and tailgating; at its most severe, this kind of driving involves steering down the wrong side of the road, exceeding the speed limit by 20 mph or doing more than 80 mph, and worse.

Reckless driving can bring fines, jail time — and death.

More than 1,850 fatalities in 2007 were the result of erratic or reckless drivers.

Running Red Lights

A whopping 75 percent of automobile crashes occur in cities, according to the nonprofit Insurance Research Council. The most common cause of these accidents?

Hitting the gas when the light turns red.

Of the myriad types of collisions that can result, head-on and side-impact collisions are the most dangerous. NHTSA statistics show that of the 41,059 automobile fatalities in 2007, 54 percent occurred in cars that sustained frontal damage.

When you cut it too close while running a light, your front end or another car's front end is impacted.

Either way, it's a recipe for a deadly accident.

Not Wearing a Seat Belt

Despite the fact that seat belt use is far more prevalent than ever is a decade ago — not to mention being legally required — 33 percent of people who die in vehicle fatalities failed to buckle up.

Without a seat belt, car drivers and passengers put themselves at risk of being ejected from a vehicle, and 76 percent of the time the ejection ends in death, with others seriously injured.

Inattentive Driving

Eating, combing your hair, brushing your teeth, talking on a cell phone, typing text messages and fumbling with the car stereo all fall under the umbrella of inattentive driving, which was responsible for 4,704 deaths in 2007.

Of these bad habits, cell phone use behind the wheel is becoming standard practice, with an estimated one million Americans driving and talking on the phone at any given time.

With that comes a four-fold increase in the risk of crashing.

One example, which caused the NTSB to launch an inquiry, involved an SUV that veered off the left side of the road, jumped the median, flipped and landed on top of a vehicle driving the opposite direction.

The driver was trying to negotiate high crosswinds while talking on a handheld phone.

Surprisingly, using a hands-free device likely wouldn't have made a difference.

"You'd think using a hands-free phone would be less distracting," said Anne McCartt, author of a study on the systems published in the *British Medical Journal*.

"But we found that either phone type increased the risk."

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 May 18 through 24.

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; CPH stands for Checkpoint Numbers.

●Police and EOD responded to a report of found ordnance at Range 1. Investigation revealed the items were training aids.

●Police responded to an incident in the Garden Terrace housing area. Investigation revealed hogs dug by children in an open field presented a safety hazard. United Communities were notified and the incident referred to the Installation Safety Office.

●Police responded to a report of wrongful destruction of private property near Bldg. 5409. Investigation revealed person(s) unknown had slashed the tires on a vehicle belonging to a Fort Dix contract employee.

●While processing a visitor, a civilian NAFD, at the Visitor Center, police discovered the subject had two outstanding warrants out of Branchburg Township. The subject was transported to the police station for processing. Branchburg was contacted and made arrangements with the subject to resolve the warrants.

●While processing a visitor, a civilian NAFD, at the Visitor Center, police discovered the subject had a suspended driver's license. After police verified that the subject had driven to the Visitor Center, he was cited and the vehicle released to a licensed driver.

●Police and Fire Department personnel responded to a gas leak at Bldg. 5428. Investigation revealed a smell of smoke coming from the gas meter. DPW was notified to replace the meter.

●Police responded to an incident at Bldg. 6530. Investigation revealed damage on a back door as if someone had tried to break in. Investigation continues.

●Police responded to a report of larceny of government property at the Mini-Golf Course. Investigation revealed property on the golf course had been taken by person(s) unknown. Investigation continues.

●Police responded to a motor vehicle crash at the FCI. Investigation revealed there was a crash involving two vehicles. The operators, both FCI employees, related conflicting information. There were no reported injuries. Investigation continues.

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

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle, operated by a retired military member, had expired registration. The subject was cited and the vehicle towed from the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a Soldier NAFD, was unlicensed. The subject was cited and the vehicle released to a licensed driver.

●While processing a visitor, a civilian NAFD, at the Visitor Center, police discovered the subject had an outstanding warrant out of Bordentown. The subject was transported to the police station for processing. Bordentown was contacted and provided a new court date.

●While processing a visitor, a civilian NAFD, at the Visitor Center, police discovered the subject had an outstanding warrant out of Trenton. The subject was transported to the police station for processing. Trenton was contacted and provided a new court date.

●Police responded to an incident in the Garden Terrace housing area. Investigation revealed two occupants had a verbal altercation that escalated when water was thrown on a laptop. The military member, an Airman assigned to McGuire AFB, agreed to depart the quarters for the weekend. Investigation continues by McGuire AFB Family Advocacy.

●Police responded to a motor vehicle crash at Tac 13. Investigation revealed a government vehicle, operated by a Soldier NAFD, struck a fence while the driver was trying to secure a loose water bottle. There were no reported injuries and the vehicle was released to the driver at the scene.

●Police responded to a traffic accident on Range Road. Investigation revealed a motorcycle, operated by an Airman assigned to McGuire AFB, veered out of control on gravel. After the accident, the operator left the scene. Further investigation revealed the operator did not have a license for motorcycles and the motorcycle was unregistered. The motorcycle was towed from the scene. The operator was cited.

●While investigation a report of a vehicle being driven erratically, police discovered chunks of rubber and skid marks in the shape of a circle. Subsequently, police detected two vehicles behind ECS 27. A traffic stop was initiated and shredded tires were observed in the back of one of the vehicles. The operators, a civilian NAFD and an Airman assigned to McGuire AFB, were cited for criminal trespassing and reckless driving. Investigation continues.

●Police and New Jersey State Police responded to a report of shots heard being fired near Saylor's Pond Road. Investigation revealed a resident was having a barbecue and setting off fireworks. The incident was turned over to NJSP.

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

●There were 17 Magistrate Court Citations issued for violations. DWI incidents remain at seven for the year.



Wayne Cook

TRAIL BLAZERS — Petty Officer 3rd Class Caroline Pitts of Albion, R.I., front left, and Petty Officer 2nd Class Timothy Hicks of Boston, Mass., to her left, along with other members of Coast Guard Port Security Unit 301 (PSU), Cape Cod, Mass., take aim down range with their M203 grenade launchers during training on Range 7, May 22. The PSU will deploy in Support of Operation Iraqi Freedom and be assigned land-based port security duties with the South Dakota National Guard. The unit is the first Coast Guard to train for deployment to Iraq at Fort Dix.

Soldier earns First Army award

Sgt. Nicole Dykstra
72nd Field Artillery Bde.

"I am an American Soldier!" At eight months into their military service, most Soldiers are still feeling their way around — learning new acronyms, getting familiar with Army policies, and settling into his or her position in the unit.

Not so for Pvt. 1st Class Lamar Gordon-Holmes, a finance Soldier who joined the 2nd Training Support Battalion, 309th Regiment in February. Instead, he was competing for First Army Division East Soldier of the Year — and winning.

Enthusiastic yet reserved, Gordon-Holmes, a native of Sayreville, N.J. and New York Sports Club fitness trainer, first won the 72nd Field Artillery Brigade Soldier of the Year competition in April before defeating three other First Army Division East Soldiers at the division-level competition May 7-9.

Gordon-Holmes was in the midst of in-processing into the 2nd Training Support Battalion on May 18, when 1st Sgt. Richard Beck, Headquarters Headquarters Company first sergeant, asked him to compete in the brigade Soldier of the Quarter competition.

"He had just come back from ATT [Advanced Individual Training] in Feb., and we thought it would be a good experience for him to go before the board scheduled for May," said Beck.

Although he was fresh from basic training and his follow-on finance military occupational specialty (MOS) course, Gordon-Holmes was already demonstrating great potential, said Beck. During his nine weeks at Fort Jackson, Gordon-Holmes hit 40 out of 40 targets on the M16A2 qualification range and scored a perfect 300 points on his Army Physical Fitness Test (APFT). In addition, he was selected as the Soldier first sergeant for his basic training company, the highest leadership role for basic trainees and graduated among the top 10 percent, a feat that earned him a certificate of achievement from his company commander at Fort Jackson.

The Soldier of the Year competition for First Army Division East was held at Camp Shelby, Miss. earlier in May. Gordon-Holmes traveled there with his sponsor, Staff Sgt. Nelson Rojas, a fellow finance Soldier assigned to 2/309th and the unit Defense Travel System (DTS) administrator. Rojas, along with other non-commissioned officers in the battalion, helped Gordon-Holmes prepare for the competitions. They quizzed him on his knowledge of general military subjects and held mock boards in order to help him practice self-presentation, said Beck.

"I kept asking him if he was nervous, but he never said he was. He said he was ready to take it head on," said Rojas.

The competition focused on Soldier warrior skills. After an o' dark thirty (3 a.m.) wake-up on the first day, competitors completed an APFT as their first graded event. After a quick Camp Shelby breakfast, the competitors then launched into a three-mile-long full battle-rattle road march that had to be completed within 45 minutes. Gordon-Holmes ate an orange during the march to help keep him going, he said.

The next event took them to the shooting range, where com-

petitors first zeroed and then qualified on their individual assigned weapons. "They don't tell you your score after each event, so I had no idea who was in the lead," said Gordon-Holmes. "I just tried to focus on myself and my own performance."

And he did just that. After qualification on the range, the Soldiers were evaluated on a number of basic Army Warrior Tasks (AWT), which concentrated mainly on combat lifesaving skills, said Gordon-Holmes. Competitors had to correctly report a 9-Line Medical Evacuation (MEDEVAC) request, treat simulated head and chest wounds, and apply a tourniquet. The mystery event, unbeknownst to the competitors, required Soldiers to insert a nasopharyngeal airway into the nose of a mannequin as the culminating AWT.

The next series of events tested the Soldiers' land navigation skills. They had to locate five specific points hidden in heavy vegetation within a given time period during daylight hours and then find three points in an urban environment at nightfall. Gordon-Holmes found all his points, over 800 meters apart in the dark, finishing first, ensuring a good night's sleep.

The second day of the competition tested the Soldiers' overall appearance and military bearing. Going before the board of senior ranking NCOs is considered the most challenging part of the competition according to the Soldiers competing. Reporting to the board in their Class A dress uniforms, the Soldiers were asked a series of questions ranging from Army regulations, award policies, and field manuals to military history, current events, and basic survival skills. After hours of deliberation, the lowest ranking of the competitors proved to be the best. Gordon-Holmes was announced as the division Soldier of the Year at an award ceremony later that day.

"I had a frog in my throat," said Gordon-Holmes. "I was excited but humbled. I really didn't know how to react."

"We were really proud of him," said Beck. "He had assistance from a lot of great NCOs in the battalion, but he did all the work himself. You can see how dedicated he is the moment you meet him."

Gordon-Holmes will represent Division East at the upcoming First Army Soldier of the Year competition at Camp Blanding, Fla., in June.



Sgt. Nicole Dykstra

ARMY STRONG — Col. Timothy R. Williams, commander, 72nd FA Bde, presents Pvt. 1st Class Lamar Gordon-Holmes, 2nd Battalion, 309th Regiment (TS) with an award at the brigade town hall held at Timmermann Center May 18. Gordon-Holmes, was recognized for winning the Soldier of the Year (SOY) for the 72nd Field Artillery Brigade, an honor he also won at the First Army level.

Dix deploys first Coast Guard unit

Wayne Cook
Public Affairs Staff

Coast Guardsmen from Cape Cod, Mass., earned the distinction of being the first from their branch of service to mobilize and deploy through Fort Dix. They are members of Coast Guard Port Security Unit (PSU) 301, who have trained under the direction of the 72nd Field Artillery Brigade.

Coast Guard Port Security Units are deployable units organized and trained to perform port security, humanitarian, and readiness training assignments for both domestic and expeditionary operations. PSUs may operate in U.S. territorial waters under the direction of a Coast Guard or Maritime Defense Zone command or in foreign waters as part of the Harbor Defense Command within the Naval Coastal Warfare Command Structure.

They are able to deploy within 24 hours of being notified and can be operational within 72 hours.

"Most people quickly think of the Coast Guard performing rescue missions on the water, like in the movie, *The Guardian*, starring Ashton Kutcher and Kevin Costner," said Coast Guard Lt. Dan Orchard, public affairs officer, PSU 301. "The PSUs' missions are to provide security for the port, both on land and in the water."

Normally, Unit 301 trains under Coast Guard personnel at the Marine Corps base in Camp Lejeune, N.C., but for their upcoming mission in support of Operation Iraqi Freedom they will be assigned to the South Dakota National Guard.

The Coast Guard members are training with Soldiers to learn force protection and security measures and tactics, weapons systems and other necessary skills. "We were informed of our upcoming mission one-and-a-half years ago and began training to meet mission requirements as soon as we were notified."

"Last September we got some help from the Massachusetts Army National Guard. We are stationed next to each other on Camp Edwards but this was the first time we worked so closely together."

"We were taken to their tactical training base and went through rigorous training to meet Army standards. We trained to the Army Handbook. Our personnel are training to the relevant skill levels of their Army counterparts," said Orchard. "While on Fort Dix the unit members have trained on weapons systems including the M16 rifle, M9 pistol, M203 grenade launcher, M2.50 caliber machine gun and the M240 machine gun."

They also received instruction in chemical, biological, radiological, nuclear and explosive incident response, mine and improvised explosive device recognition and detection, and convoy operations.

The goal is for the members of the PSU to understand the Army language and culture so the integration into the Army unit overseas will be pretty much seamless.

Serving far from their New England and New York homes is not exactly a new experience to members of PSU 301. The unit was commissioned in August 2005 and began a six-month deployment to Guantanamo Bay in Cuba in December 2006.

"This is my second deployment with a PSU; my first was to Guantanamo Bay as the weapons officer for port security. I con-

ducted services for the other branches of the military there and ran the ranges on Guantanamo," said Petty Officer 2nd Class Timothy Hicks, from Boston.

"I'm excited to hopefully use my experience to train younger petty officers on weapons skills and to help provide security and a better life for Iraqis and other citizens of the Middle East," Hicks said.

Taking a break after training with the M203 grenade launcher, Petty Officer 2nd Class Jared Yaris from Manchester, N.H., shared that the upcoming mission will also be his second deployment.

"I deployed as a member of a tactical law enforcement team, training foreign coast guard and navy personnel in Bahrain and Saudi Arabia. We conducted intelligence gathering and boarding operations and also trained special naval services for the Saudis."

"I look forward to the opportunity to work on land with the Army."

"Our training here at Fort Dix has been very thorough, more advanced compared to what we have been used to in the past," said Yaris.

Another member of PSU 301, Petty Officer 2nd Class Sean McCarthy from Melrose, Mass., was deployed to Bosnia from 2001 to 2002 as a member of an international peacekeeping force.

"My unit supported special operations and counter-terrorism operations over in Bosnia. Some of the experience of the operation that I gleaned from that deployment should help us in Iraq."

"The training we are receiving here is good. The guys are getting functional knowledge on the weapons systems while here. It is my belief that it is better to have the knowledge and skills and not use them than need them," McCarthy said.

While at Fort Dix the members of PSU 301 have worked diligently to make the most of their training opportunities and their efforts have not gone unnoticed by the Army trainers and staff.

"I've been here for 16 months and this is the most squared-away unit I have worked with," said Master Sgt. Guillermo Pabon, non commissioned officer-in-charge of weapons team, 2/31st Training Support Battalion, 72nd Field Artillery Brigade, the unit that handles most of the mobilization training at Fort Dix.

"The discipline of the troops when working with the weapons for the first time is top notch. It is the first unit that I have worked with that showed up 45 minutes early before training was to begin. They have definitely left a good reputation at Fort Dix and have set the standard for other Coast Guard units that will follow," said Pabon.

The professional admiration reflects in both directions as the members of PSU 301 have appreciated the hospitality and service provided by Soldiers on the installation and ranges.

"The Soldiers here and the Army in general, have been extremely professional in their support to our unit throughout all of our training. In the beginning there had to be a level of blind trust on their part. We didn't understand each other's missions outside of Hollywood so we had to rely on them to provide for and take care of us. There has been an overwhelming amount of support and trust on the Army's behalf and it has not gone unnoticed or unappreciated," said Orchard.

"Most people quickly think of the Coast Guard performing rescue missions on the water, like in the movie, *The Guardian*, starring Ashton Kutcher and Kevin Costner. The PSUs' missions are to provide security for the port, both on land and in the water."

— Coast Guard Lt. Dan Orchard, PSU 301.

NEIGHBORHOOD

The Corner

Items available to rent at Outdoor Recreation

Add some fun to your family or community event this season by renting items from the Outdoor Recreation Equipment Resource Center. Baggos, three bouncy castles, and two sizes of table covers are available to rent. Canoes, boats, tents, tables, chairs, super cookers, mountain bikes and other equipment are also available to rent. Maximize your outdoor entertainment for not a lot of money. For more information call 562-6667.

Comedy Show coming to Club Dix

The comedic stylings of Dennis Ross along with Davin Rosenblatt and Paul Oates will be coming to Club Dix **June 12**. Tickets are \$8 and may be purchased at Family, Morale, Welfare, Recreation headquarters located at 6043 Doughboy Loop, or at Club Dix, 5455 6th St. and Alabama Ave. Doors open at 7 p.m. and the show begins at 8 p.m. For more information call 562-6772.

Youth Services offering Middle School Summer Camp

Students in grade six through eight are invited to attend the Fort Dix Youth Services Middle School Summer Camp. The camp runs from 6:30 a.m. to 6 p.m. Activities include swimming, bowling, arts and crafts, weekly trips and more. Breakfast, lunch and snacks are provided. Parent orientation is scheduled **June 11** at noon to 1 p.m. or 5:30 p.m. to 6:30 p.m. at the Fort Dix Youth Center, 1279 Locust Street. Sign-up at Central registration located at 5203 Maryland Ave. For more information call 562-4702.

Framing classes offered at Arts and Crafts Center

The Fort Dix Arts and Crafts Center is offering a framing qualification class for anyone wishing to use the equipment. Students are required to bring one thing to frame such as an 8x10 photograph or a certificate and learn how to use the equipment while completing a project. Classes are held **June 10 or June 17** from 6 p.m. to 8:30 p.m. or June 13 from 9 a.m. to 11:30 p.m. Registration fee is \$10 plus the cost of materials. Materials are available to purchase at the frame shop. For more information call 562-5691.

Hunter education classes offered on Dix

Any person on active duty in the Armed Services or non-resident stationed at Fort Dix who would like to obtain a New Jersey hunting license must show either a resident license from their home state or proof of successfully completing an appropriate Hunter Education Course in order to obtain a license to hunt or trap in New Jersey. Anyone wishing to hunt on Fort Dix or New Jersey this fall or winter and do not have a prior license from a different state or certification in hunter education, may attend a Fort Dix Hunter Education Course. The next course will meet **May 31**. Pre-registration with the state is required. More information may be found by at www.njfishandwildlife.com. For more information on hunting on Fort Dix call 562-4676 or visit the Rod and Gun Club at Range 14, 9060 Range Road.

Youth Sports seeks players, coaches for basketball

Fort Dix Youth Sports is looking for teens and coaches for Summer basketball. The teams are co-ed and will begin practices **June 22**. Call 562-4702/5231 for registration information.

Financial success class offered at ACS

Learn the 10 steps to financial success **June 10** from 10 a.m. to 11 a.m. at Bldg. 5644. Call Army Community Services at 562-2767 for more information.

Visit www.dixmwr.com for upcoming events.

Donor exceeds five gallon mark

Lisa Evans
Public Affairs Staff

While many people make charitable donations, few can match Paul Zimarowski, Sr. He was recognized May 22 for his dedication to donating

blood, receiving a pin for donating five gallons, and donating another two pints in the meantime. Having given blood as often as possible, he knows everyone with the local Red Cross and they know him.

"We just want to thank our veterans doing double duty - not only serving

our country, but serving other veterans as well," said Jim Gallagher, senior manager of operations for the Red Cross Penn-New Jersey region, as he gave the pin to Zimarowski.

"I just feel good giving blood," Zimarowski declared. "I really think I help and make a difference. And I can keep giving every two months as long as I'm healthy."

Zimarowski truly believes in donating blood. With a booming laugh and a t-shirt that proclaims his feeling for the troops, Zimarowski said he will always be there when the Red Cross brings a blood drive on post.

He also encourages everyone else to give the gift of blood.

"I would encourage anybody that's healthy to donate blood," he said. "Some people can't donate; but people like me can pick it up at least every six months for those who can't or don't want to donate."

Spe. Art Lochrie of the 1472 Civil Affairs Co. was donating the same day and agreed.

"I feel it's part of my patriotic duty to ensure there's enough blood supply for the troops who already serving in dangerous places," he said. "I believe in what the Red Cross does and I like to support them any way I can. I think that organizations like the Red Cross, the more they see the troops come out to their events, the better relationship they'll have with the military."

Commander for American Legion

Post 194 in Burlington, Zimarowski was elected as the Legionnaire of the Year 2009 by the post of which he has been a member of for 24 years.

Zimarowski is active in other projects. He collects the Post newspaper as well as several national papers and magazines and sends them to Soldiers on deployment every two weeks, using an APO address.

Closer to home, helping needy veterans, he collects what he called expired clothes, ones that don't sell at the Fort Dix Thrift Shop, and donates them to the Vietnam Veterans' Association.

"I feel like giving something back. I feel very blessed and have four beautiful children, two boys and two girls and have three grandsons and two granddaughters."

Employed by Fort Dix since 2000 in several positions, Zimarowski has been a range carpenter since 2007. In that position, he maintains obstacle courses, builds targets, and maintains all of the ranges and pop-up targets.

In the Navy from 1968-1971, Zimarowski was on the amphibious assault LST prototype ship, the USS Newport, LST 1179. It was the first ship of its type built in the Philadelphia Naval Ship Yard, he said. After the Navy, he returned to Philadelphia and worked at the shipyard for several years before working shortly at National Gypsum and then coming to Fort Dix.

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



THE GIFT OF LIFE -- Jim Gallagher, senior manager of operations, Red Cross of Penn-New Jersey presents Paul Zimarowski, left, a pin for reaching a blood donation bench mark, May 22. Zimarowski blood donations reached the five gallon mark.

Class teaches Dixans to tame HAZMAT

Ryan Morton
Public Affairs Staff

Workers from Fort Dix and McGuire Air Force Base donned protective suits and learned to handle scenarios involving hazardous waste operations during the week of May 18 through 22.

The participants from departments around the installations including IAP Worldwide Services, Environmental, and Safety, performed exercises and received instruction as part of the 40-Hour Hazardous Waste Operations Course at the Fort Dix Sewage Plant. It's an introductory course required by the Occupational Safety and Health Administration (OSHA) and with completion, permits entry into hazardous waste sites.

"This is the first time the course has been offered on Fort Dix. We emphasize the safety aspects and how to properly assess and enter hazardous waste sites in different scenarios," said Robin Aitken, course coordinator who is part of the Fort Dix Environmental Team.

Part of the training involved students donning protective clothing suits with cartridge respirators and being part of a recon team assessing an area for hazardous waste contaminants. The students would assess the situation and determine how to properly clean up the site in a safe and

timely manner.

"I found this training to be quite valuable because you never know where or when something is going to happen and you might need that knowledge," said Jennifer Armento, Fort Dix ecologist and class participant.

"The scenarios really prepared us in the event that if we had to aid in an emergency response, we could help to some degree and be able to lend a hand."

"This was a good hands-on learning experience," she said. Also on hand were members of the Fort Dix Fire Department who gave the class a lesson and demonstration on some of the tools they use to identify chemical agents, including the Altura, a hand-held chemical testing device, which is worth more than \$40,000.

"We're very pleased with how the students are doing in the class and how things are going and it's something we hope to do again in the future," said Aitken.

After completion of the class and certification is gained an annual physical, eight hour refresher course, and respirator testing are ongoing requirements to maintain valid certification.

If you or your section is interested in the class, call Robin Aitken at 562-3682 for more information.

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



CLEAN SWEEP -- Steve Domingue, left and Pat Boyle decontaminate Russell Briggs as part of a hazardous waste operations course May 20.

Ephemeral insects call Dix home for day

Jennifer Armento
Fort Dix Environmental Office

Mayflies are aquatic insects which belong to the Order Ephemeroptera, from the Greek *ephemeros* which means short-lived and *pteron* which means wing. The name refers to the short life span of adults. They have been placed into an ancient group of insects termed the Palaeoptera, which also contains dragonflies and damselflies.

Mayflies are aquatic insects whose immature stage, called naiad or, colloquially, nymph, usually lasts one year in freshwater. The adults are short-lived, from a few minutes to a few days depending on the species. Immature Mayflies, naiads, are aquatic and feed by scavenging small pieces of organic matter.

About 2,500 species are known worldwide, including about 630 species in North America. Common names for mayflies include dayfly, shadfly, Green

Bay Flies, Canadian Soldier, lake fly, and fishfly.

Adult mayflies are very short lived, surviving only one or two nights. During that time the adults mate in swarms in the air.

Eggs are deposited while flying low over the water, or by dipping the abdomen on the water surface or some even submerge themselves and lay eggs underwater. Adult females lay eggs into water and often die on the water surface.

Immature stages develop through several stages or instars by molting during development. The number of molts varies depending on the species, temperature and water conditions. Immature Mayflies then swim to the water surface or crawl onto rocks or plants. There, they molt into subimagos and wings develop in seconds or minutes. After molting they fly quickly from the water to nearby plants where they molt again into adults, imagoes.

Mayflies are the only group of

insects that molt after they have wings. In all other orders winged forms are as only found on adult forms, the last stage of development. A typical life cycle will last one year.

Since Mayflies live so briefly, adults do not feed and have no functional mouthparts.

The mayfly belongs to group I taxa, or pollution-sensitive animals. This means if mayflies are in or around the water, the water should be of a good quality.

Both immature and adult mayflies are an important part of the food chain, particularly for carnivorous fish such as trout, bass, and catfish.

Males generally fly in swarms that undulate in the air five to 15 meters above the ground.

The life of the Mayfly is very short. The flies usually live between 24 and 72 hours.

There are hundreds of species of Mayflies in the United States, there are over 2,000 species worldwide.



www.wikipedia.org

FLY AWAY -- *Rhithrogena germanica*, commonly known as the Brown March, is one of many varieties of Mayflies. Mayflies have a short life span, some live less than 24 hours.

Vietnam vet's pump runs dry, jumps into retirement

Steve Snyder
Public Affairs Staff

Lawrence "Web" Webre's cowboy hat has been a welcome and familiar sight at the Fort Dix Motor Pool for the last 18 years. Web always made time for Soldiers tired from duty, shooting the breeze while adding some refreshing home-spun humor to their day, pumping fuel into their vehicles, chatting away and listening to their troubles.

But all good things must come to an end and this month marks Web's 18th and final year on the job in a career that has spanned 38 years if you include Web's 20 years in the Army.

Born in Oscar, La., on August 20, 1945, Web never went to high school, being "too hot-headed" to sit still for the academic grind. Instead, he went to trade school before joining the Army in May 1969.

The Vietnam War was raging then but Web didn't care, figuring that was what Soldiers were for. He spent six months with the 1st Bn., 28th Infantry, 1st Infantry Division where he went out on numerous "search and destroy" patrols.

"I've seen my share of fire fights in Vietnam," he says, conservatively.

After that initial tour, he switched over to the 14th Aviation Co. stationed near Bien Hoa. There, he was a door gunner in a helicopter as his unit continually patrolled the Mekong Delta from the air.

He says the duty was "a little



Steve Snyder

BUSINESS AS USUAL -- Larry "Web" Webre has been in charge of dispatching fuel at the motor pool for the last 18 years.

better" on his feet but he still was charged with "taking care of both guns with 1,500 rounds of ammo apiece" per patrol.

Flying was "exciting" but hovering near no-fire zones became suicidal. Web remembers one occasion when five "helos went down and we were one of them."

"You could see the shots coming up at us," he recalls.

Web took away an Air Medal, and a Vietnamese defense medal out of Vietnam into his next assignment with an aircraft maintenance unit near Ansbach, Germany. He was there from 1970-74, training with Special



courtesy photo

PULLING RANK -- Web became first sergeant of the 95th Ordnance Bn. at Fort Dix in 1988, at right, above. In 1990, the Vietnam vet was promoted to master sergeant.

Forces and even some French troops in forests as thick and beautiful as almost no place else.

He married an Ansbach girl, too. Christine is still with him and accompanied him to Fort Hood, Texas, for his next assignment which was one tour he didn't enjoy.

Teaching ROTC at the University of Southern Mississippi didn't sit well with him, either. Finally it was back to Fort Polk which had changed a lot since his basic training days there.

Web wound up working for the 3rd Bn., 10th Infantry.

"I loved it," he admits, especially enjoying meeting the challenge to supply platoons promptly and despite any obstacles.



courtesy photo



Steve Snyder

Lawrence Webre today

spinning his web of minutiae painstakingly gathered over many years.

He plans to keep up on his hunting in retirement and spend more time with his grandchildren, too.

Web has no plans to leave Browns Mills. He's made a home here and insists he won't be a stranger to future post functions.

Team Dix salutes an old first sergeant, a Soldier who stood tall amid a tough breed but who never lost his humanity or sense of humor. Carry on, Soldier!

Soldier begins, ends career here

Jennifer Chupko
Public Affairs Staff

Sgt. 1st class Michael Malinoski began his career 21 years ago, completing basic training at Fort Dix. It only seemed fitting that it came to a close at Fort Dix during his retirement ceremony May 22 at Bldg. 5165.

"The Soldiers I met have been my true brothers since July 21 1987," said Malinoski.

Malinoski joined the military straight out of high school, bypassing a college education to serve the country because "It was the right thing to do," he said in his farewell speech.

"I found out that I truly love the Army and would complete college at a later time," said Malinoski.

Malinoski began his career as a food service assistant. His true calling, however, was working as a recruiter.

His next endeavor will be working with the Junior Reserve Officer Training Corps (JROTC) in Maryland.

"You have got to have heart to be in the Army," said Malinoski. "I think it is the most important thing for a military career."

Malinoski was on active duty during Operation Desert Storm. He has reenlisted three times since he first put on his military uniform.

"There hasn't been a day that I ever regretted joining the Army because I have met my greatest influences since the day I had



Jennifer Chupko

LONG WAY HOME -- Sgt. 1st Class Michael Malinoski receives a flag from Installation Chaplain (Col.) Wayne Kirk during his retirement ceremony May 21. Malinoski began and ended his career at Fort Dix.

basic training here at Fort Dix," said Malinoski.

During the ceremony, Chap. (Col.) Wayne Kirk gave the benediction and awarded Malinoski with a Certificate of Appreciation, Meritorious Service Medal, and a Certificate of Retirement.

Malinoski's wife Terri, was also awarded a Certificate of Ap-

preciation. Traditional flowers were given to Malinoski's wife and mother.

Malinoski is currently pursuing his bachelors degree in human resources management at Columbia University.

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

Farrell go brag

After over 29 years of combined federal service, Al Farrell retires at the end of the month as civilian paymaster for the Manpower and Agreements Division of the Resource Management Office on Fort Dix. He celebrated, with friends and acolytes, at a luncheon consumed on May 27 at the Garden State Diner. Proud of his Irish heritage, Al is equally proud to be a Soldier, an American and an important cog in the Fort Dix machine. We will miss you, Al, and promise to drown our sorrow in your own favorite libation.



Steve Snyder

Dix bids troops bon voyage, welcome home



Jennifer Chupko

Yellow Banners abounded at Infantry Park May 24. Hanging banners are: Lt. Col. Arthur French and Sgt. 1st Class Alfred Dumas, 308th Civil Affairs Bde. Det. 28; Lt. Col. Tim David and Sgt. Ricky Ervin, 308th Civil Affairs Bde, Det. 31; Master Sgt. David Calson and Lt. Col. Miguel Gerena, 308th Civil Affairs Bde, Det. 29; Sgt. 1st Class Jose Rivera and Lt. Col. Mike Pope, 308th Civil Affairs Bde, Det. 37; Lt. Col. Jeffery Austin and Staff Sgt. Roger Adkins, 364th Civil Affairs Bde, Det. 13. HHD 308th Civil Affairs, Bde, Det. 35; Lt. Col. Paul Hettich and Staff Sgt. Zach Jesko, 308th Civil Affairs, Bde. 33; Lt. Col. Al Lopez and Sgt. 1st Class Carol Howard, 308th Civil Affairs, Bde. 36; Lt. Col. Neve, and Staff Sgt. Christopher Julun, 308th Civil Affairs Bde, Det. 34; Lt. Col. Michael Mosquera and Cpl. Donald McDowell, 308th Civil Affairs, Bde. 32.



Jennifer Chupko

First Lt. Sean Mathews and Staff Sgt. Jeffery Keller, above, hang the yellow banner for the 444th Adjutant General Corps, 4th pl., Army Reserve, 99th RRC at Infantry Park May 24 while Sgt. 1st Class Cesar Munoz and Sgt. 1st Class David Holder, right, from Springfield, Mo., hang their yellow banner in Infantry Park, May 25.



Ryan Morton

Staff Sgt. Leonard Holmes, acting first sergeant and Lt. Col. Edward Henderson, commander, 364th Civil Affairs Bde., Det. 13, above, hang the unit's Yellow Banner at Infantry Park May 23. Col. Larry Boyd, Fort Dix mobilization commander, right, congratulates members of the New York National Guard 3/142nd Aviation Bde., Helicopter Bn. May 25. The brigade is returning from serving in Iraq.



Lisa Evans



Lisa Evans



Jennifer Chupko

Capt. Tim Wolters and Sgt. 1st Class Donald Grage, 858th Transportation Company out of Bay City, Mississippi, hang the unit's Yellow Banner in Infantry Park, May 24. Lt. Col. Richard Leonard, 422nd Civil Affairs Bde., below, attaches his unit's banner to the line in Infantry Park May 25. The brigade is from N.C.



Lisa Evans

Fort Dix garners environmental kudos

Lisa Evans
Public Affairs Staff

Usually unsung, Fort Dix's efforts to improve the environment received special recognition from the New Jersey Department of Environmental Protection (NJDEP) March 11.

The Post received an Environmental Stewardship award as a complete surprise through the mail, said Kenneth Smith, Chief of the Environmental Division. "We weren't expecting it and we didn't ask for it, but we're glad they sent it," Smith said.

Joe Bochanski, the Storm Water Program Manager, said "The reason this recognition is so gratifying is that it was unsolicited."

Fort Dix is considered a municipality, with regulations and annual inspections from the NJDEP. During a regular inspection in February, inspector Eileen Lloyd found areas that went beyond compliance standards. Because of these findings, Fort Dix was eligible for the award.

"It was basically the result of our annual Storm Water Public Complex permit inspection conducted by NJDEP," Bochanski explained. "During the inspection, the areas we were recognized for came to light. It was the state saying 'We appreciate your efforts for voluntary and proac-

tive measures taken to go beyond compliance in an effort to improve the environment.'"

This is not only an environmental award, Bochanski emphasized; it is for all of Fort Dix. There have been many efforts to protect the environment, Bochanski said.

"This is a great thing for the whole Fort Dix community to be singled out by NJDEP for its efforts in environmental stewardship. It also gives us more incentive not only to comply with environmental regulations, but continue to go beyond the norm to protect our precious resources."

Fort Dix was recognized for Community Outreach Programs such as Earth Day and Public Lands Day.

"I think that's the big thing," Bochanski said. "We have almost a thousand people, children, involved. We have a simulator with houses and a bus depot and businesses where it shows how water washes into the lake. The children can visualize that."

Solar panels and a plan to install photovoltaic panels, as well as the controlled humidity storage buildings in use, garnered recognition in the Green Building Implementation category.

"Our Flex Day schedule allows people to work one day less every two weeks which reduces commuting environmental im-

pacts which gave us recognition in the Employee Trip Reduction category," said Bochanski. "It gives us more incentive to work on the environment. This is a way for the NJDEP to say, 'We want to give you a pat on the back for what you are doing.'"

For Water Use Reduction and Environmental Enhancement Projects Fort Dix has a beneficial water reuse project for irrigating the golf course, reducing the use of chemicals and fertilizer costs. The tactical vehicle wash on Range Road utilizes a zero pollutant discharge process to treat and reuse wash water. And the wastewater treatment plant uses state of the art processes to eliminate the use of disinfectant chemicals. Erosion control projects have been implemented at Amphibious Lake, Laurel Pond and Willow Pond to limit sediment buildup.

"Some people perceive the state in a negative light," Bochanski said. "In reality, the result of regulation affects everyone. Think of when you go to the beach, or drink water from the tap. Everything we do affects the environment. The state is perceived as the bad guy, but Fort Dix has a good relationship with it. Fort Dix has been in business a long time, and we're both on the same page."

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



EXCELLENCE REWARDED -- Fort Dix was recognized by the New Jersey Department of Environmental Protection for excellence in five categories where Fort Dix went beyond regulation requirements.

Dix chapel to honor commander with environmental gesture

The Fort Dix Chapel will host a tree planting and dedication ceremony to honor Col. Ronald R. Thaxton, installation commander, on June 16 at 1 p.m.

A Crimson King maple tree will be planted in front of the Main Chapel, 5240 New Jersey Avenue, in appreciation of Thaxton's support of Soldier programs.

All are invited to attend.
A reception will follow.



Teams scramble for title during playoffs



Ryan Morton

David Spruill, Fort Monmouth, goes up for a shot during a game May 26. He scored 12 points, helping Fort Monmouth pull away in the second half to a 68-50 win over Dynasty in playoff action at Griffith Field House. Fort Monmouth will play FCI in the next round of the tournament, June 2 at 6:15 p.m. FCI earned its date with Fort Monmouth by defeating the Beasts 50-43, May 21. In other playoff action, the undefeated Wildcats took down the Renegades, 63-37. The Wildcats will next match-up against upstart TLC, June 2 at 7:15 p.m. TLC advanced by upsetting Navy 62-60 May 21. In the previous rounds the Renegades defeated the Warriors, 46-39 May 19, TLC defeated the Dunkadelics, 7-0 May 19, and the Beasts defeated Retro, 49-47 May 20. The championship game will be June 11 at 6:15 p.m.



MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer

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

For those residents who want to make sure the Fort Dix community is the best it can be please

Call Army Community Service at 562-2767