

NEWSNOTES

Help is available

In need of crisis intervention and support?

Do you or someone you know need help? Call Military OneSource at 1-800-342-9647 or Outreach Center at 1-866-966-1020.

New deadline for newspaper submissions

Deadlines for submitting articles to the Fort Dix Post have changed. The Fort Dix Public Affairs Office is realigning its newspaper deadlines to match those of Joint Base higher headquarters public affairs requirements.

Submissions prepared by writers from military and civilian organizations on the post must be submitted by 4:30 p.m. each Monday.

For more information, contact David Moore at 562-4035, of the Dix Public Affairs Office or e-mail david.l.moore@us.army.mil.

Pre-Retirement/ Separations briefing

The next Retirement/Separations Briefing will be held Aug. 18 - 21, from 8 a.m. - 4:30 p.m. each day. The seminar will take place in the Timmermann Conference Center, located on 8th Street and Pennsylvania Avenue.

This is a mandatory briefing for Soldiers within 120 days of retirement/transition leave. However, it is open to all Soldiers and family members interested in obtaining information on the retirement or separation process.

Reservations are required. Contact the Retirement Services Officer, Fay Marshall-Dease at 562-2666 or via email at fay.marshalldease@us.army.mil to make reservations.

New hours for ID cards

The ID Card Facility hours of operations have changed.

The Hemingway Visitor's Center new hours of operations: Monday-Friday 8 a.m. - 4 p.m., location: Bldg. 2270 Route 68; and ID Card Facility, Bldg. 5418 (Room 125) Monday - Friday 8 a.m. - 4 p.m.

Monthly Saturday hours of operation for the remainder of fiscal year: Aug. 1, Sept. 12 with operating hours: 8 a.m. - 4 p.m.

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.

Weather

FRIDAY -- Rain showers early with isolated thunderstorms developing later in the day. High 82.

SATURDAY -- Scattered thunderstorms likely. Highs in the low 80s and lows in the mid 60s.

SUNDAY -- Partly cloudy. Highs in the upper 80s and lows in the upper 60s.

MONDAY -- Scattered thunderstorms. High 84, with a low of 66.

TUESDAY -- Isolated thunderstorms. High 84, low of 67.

Shaping up with air assault PT

Soldiers increase training to prepare for demanding course

Sgt. Nicole Dykstra
72nd Field Artillery Brigade

Twenty Soldiers of the 72nd Field Artillery Brigade are kicking it into high-gear at Fort Dix, striving to attain one of the coveted Air Assault (AA) Course slots offered at Camp Edwards in Bourne, Mass., next month.

Instead of the usual push-up, sit-up improvement exercises and varied cardio activity, Soldiers in the pre-Air Assault physical training program are undergoing an intense physical fitness regimen. Consisting of physical endurance and stamina tests, the Soldiers compete in an alternating series of runs, timed road marches and obstacle course negotiation.

The goal of the eight-week physical training (PT) program is to ensure Soldiers will successfully make it through "Zero Day" of the actual Air Assault course, said Master Sgt. Bill Yenser, a Soldier in the 2nd Training Support Battalion, 315th Regiment. In addition to his other duties at the battalion, Yenser serves as the non-commissioned officer in charge of the pre-Air Assault program.

On "Zero Day," the grueling day of induction prior to the official start of the Air Assault Course, Soldiers double-time throughout the nine obstacles. Students must complete the first two obstacles - the ladder, often referred to as the "Stairway to Heaven," and "The Tough One" - up the rope, across the bars and down the cargo net. And then, the participants are permitted to fail one of the remaining seven obstacles in order to advance. Students are given just two chances to complete each obstacle.

Immediately following the obstacle

course, Soldiers must complete a 2-mile run, in boots, in less than 20 minutes. Those who do not complete the obstacle course or finish the run in less than 20 minutes will not be permitted to enroll in the Air Assault Course.

"I can get you to 'Zero Day,' after that, you're on your own," said Yenser.

The AA readiness PT is conducted Monday, Wednesday and Friday, with a start time of 6 a.m. Monday is designated as a speed-improvement day. For a duration of four miles, Soldiers run at a moderate pace, in a file formation, approximately 10 meters apart. The last Soldier in line sprints to the front, allowing Soldiers to continuously alternate between running and sprinting. This is called, "Last Man Up."

"Based on our experiences with the pre-Air Assault program last year, we knew some people needed to make some radical physical changes in order to complete the course," said Yenser. "We tried to make the program more strenuous this year."

On Wednesdays, the Soldiers march or jog the two and a half miles to the obstacle course, carrying 35 pounds of gear. Upon arrival, they practice negotiating the same nine obstacles they will face on "Zero Day."

The obstacles include "dead climbing" an un-knotted rope - using mostly upper-body strength, climbing and descending a two-story ladder, leaping over raised logs, one after another and climbing down a cargo net.

After completing the obstacle course, Soldiers pick up their gear and march back to the assembly area - but not before marching an extra mile or two around the post Army Physical Fitness Test (APFT) track.

(continued on page 4)



Sgt. Keith Vankompenberg

ALL THE WAY -- Spc. John Capellini, 1st Training Support Battalion, 309th Regiment, 72nd Field Artillery Brigade, completes the rope climb during "Air Assault PT" July 8 at Fort Dix. Members of the brigade organized a training program to prepare the Soldiers for the Air Assault Course at Camp Edwards, Mass.

'Ultimate Warriors' sought for positions

Ryan Morton
Public Affairs Staff

Fort Dix is doing its best to help today's veterans when they come home from war to not only recover from injury, but also to find work by hosting the Ultimate Warrior Workshop and Career Fair that will be held at the Timmermann Center, July 29-30.

More than 70 employers will be on hand to seek out qualified veterans and their spouses for careers in fields including engineering, retail, education, law enforcement, and warehouse operations, just to name a few. Already, more than 900 military personnel and spouses have registered and more than 1,000 are expected to attend.

"For the Soldiers that are coming back (from a deployment) who don't have employment or whose jobs have been disbanded, it gives them the opportunity to find a new job and be able to support themselves and their families," said event coordinator, Sgt. 1st Class Loranda Taylor.

"It's our way of giving something back to them after they've gone out and served and protected us," she said.

The Ultimate Warrior Workshop, on July 29, marks the start of the two-day event. Prospective job applicants will get tips on resume writing and job interview skills to help them succeed and nail down a potential job with help from more than 200 volunteers contracted by the Army Career and Alumni Program (ACAP), the Tip of the Arrow Foundation, and Curtis Consulting Group.

Day two, July 30, is the Career Fair where more than 70 organizations will be on hand to recruit veterans and spouses.

"This looked like a great opportunity to be able to come out and help out the veterans. We really want to show our appreciation for those in the service and look forward to what they have to offer us," said Christopher Jones of Best Buy, in Brick Township.

The Ultimate Warrior Workshop goes from 8 a.m. to 5 p.m., on July 29 and the Career Fair goes from 8 a.m. to 5 p.m., on July 30. Each will be held at Timmermann Center. A continental breakfast will be served both days at Timmermann, and lunch will be served both days from 11:30 a.m. to 1 p.m., at Club Dix.

For more information about the Ultimate Warrior Workshop and Career Fair, log onto www.dix.army.mil or call 609-864-2565.



Lisa Evans

Taking the lead

Col. John Ekstrand hands the guidon to Capt. Cassandra Gesse, Headquarters, Headquarters Det., Alpha Company commander, Walson Medical Support Element, July 17 at the Walson Medical Support Command building. Gesse takes over company command from Capt. Kevin Zippi. See story on page 3.

Dix recycles to win war on global warming

Jennifer Chupko
Public Affairs Staff

If the post's Contingency Operating Location (COL) is conducting "train as you fight" missions with day-to-day living in Afghanistan and Iraq, then recycling is as important as combat missions of any war-torn theater of operations.

Military personnel managing the installation training resource have placed a priority on reducing the global boot-print on the environment by recycling a variety of its refuse.

"This is an ongoing initiative at the COL," said Maj. Eileen Moxley, COL mayor. "We are currently awaiting a larger recycling dumpster so we can recycle old lockers, broken desks, and other bulk items of that nature."

The COL's new green campaign was implemented in April and currently recycles items such as glass, plastic bottles, paper, cardboard and metal.

Other recyclable materials include batteries, ink and toner cartridges, light

bulbs and plastic bags. The COL bulk recyclables come from tents, trailers, office buildings, and AAFES.

"We are marketing recycling with e-mails, stickers - whatever we can get the Fort Dix communities mind set on," said Maj. John Rocca, COL deputy mayor. "A campaign is only as good as the initiative and proactive approach."

For 2009, Fort Dix has generated and recycled 44,579 pounds of cardboard, 11,980 pounds of office paper, 5,200 pounds of newspaper, 1,890 pounds of shredded paper, 635 pounds of toner, 6,780 pounds of cans and bottles, 13,850 pounds of scrap metal and 645 pounds of aluminum, said Loren McMire, a post environmental protection specialist.

In preparation for the new extended recycling plan, the COL is obtaining a new 40 cubic yard container for co-mingled and mixed paper waste and is building a ramp to assist in the transfer of materials.

"This message is to get Soldiers used (continued on page 3)



Jennifer Chupko

CLEAN AND CLEAR -- The filtration system at the COL rushes 12,000 gallons of shower water a day through three filters. More than 75 percent of the water is reused after it has been purified. Ryan Eckert, above, tests the filtration monitor, July 20.

the mind field

Are you a military philosopher or armchair general? Test yourself.

Steve Snyder
Public Affairs Staff

1. Which legendary general wrote the early military treatise, *The Art of War*? (a) Homer (b) Sun Tzu (c) Philip of Macedonia (d) Julius Caesar
2. Which Macedonian leader conquered the Persian Empire as well as portions of Egypt and India? (a) Cyrus the Great (b) Ivan the Terrible (c) Alexander the Great (d) Richard the Lion-Hearted
3. Which military leader attacked the Roman Empire by transporting his army and a team of elephants from Spain over the Alps and into Italy? (a) Don Quixote (b) Kublai Khan (c) Charles Martel (d) Hannibal



Army Signal Corps Collection in U.S. National Archives

4. Gen. Douglas MacArthur, surrounded by aides above, conducted an operation during the Korean War which is considered a masterpiece by military historians. MacArthur's work of genius occurred at (a) the Pusan peninsula (b) the Inchon landing (c) the Chosen Reservoir (d) the capture of Seoul
5. Which emperor and military strategist is considered one of the greatest commanders of all time after conquering most of Europe and modernizing the nations he ruled. But defeat at Waterloo overshadowed many of his remarkable combat triumphs. He was (a) Charles de Gaulle (b) Charlemagne (c) Napoleon (d) Franco
6. In the 16th century, which sultan extended the Ottoman Empire far into Europe, northern Africa, and the Middle East, raising the empire to the height of its power? (a) Mustafa Kemal Ataturk (b) Suleyman I (c) Osman (d) Tamerlane
7. Which two Native American chiefs joined forces to defeat Lt. Col. George Armstrong Custer at the Battle of the Little Big Horn? (a) Geronimo & Cochise (b) Chief Big Foot & Black Elk (c) Chief Joseph & Tecumseh (d) Sitting Bull & Crazy Horse
8. Which despotic 18th-century ruler and military conqueror also wrote political philosophy and corresponded with France's renowned philosopher Voltaire? (a) Peter the Great (b) Frederick the Great (c) Catherine the Great (d) Alfred the Great
9. Name the general in America's Civil War who said, "it was that war is so terrible, else we would grow too fond of it." (a) William Tecumseh Sherman (b) Ulysses S. Grant (c) Stonewall Jackson (d) Robert E. Lee
10. Who were the U.S. presidents during World War II? (a) Franklin Roosevelt & Harry Truman (b) Theodore Roosevelt & William Howard Taft (c) Harry Truman & Dwight Eisenhower (d) none of the above
11. On what country did the U.S. drop two atomic bombs on in August 1945 during World War II, effectively forcing them to surrender (a) China (b) Japan (c) Manchuria (d) Russia
12. Name the longest continuous campaign of World War II, (a) Battle of Midway (b) Battle of the Atlantic (c) Invasion of the Philippines (d) Battle of the Bulge

Answers to quiz

1. Correct answer is (b) Sun Tzu. The legendary Chinese general wrote the earliest known military treatise "The Art of War" about 500 B.C.
2. Correct answer is (c) Alexander the Great. Alexander ruled most of the Western World by the time he died in 323 B.C. at 33.
3. Correct answer is (d) Hannibal. The Carthaginian general is best known for his march on Rome from Spain in 218-217 B.C. His force numbered 40,000, including many elephants.
4. Correct answer is (b) the Inchon Landing. Lt. Gen. Matthew Ridgway called the landing a "10,000 to 1 shot" but high tides proved no match for Gen. MacArthur's genius.
5. Correct answer is (c) Napoleon.
6. Correct answer is (b) Suleyman I or the Magnificent, who led the Ottoman Empire to its zenith in the 16th century by conquering much of the Balkans, northern Africa and the Middle East.
7. Correct answer is (d) Sitting Bull & Crazy Horse.
8. Correct answer is (b) Frederick the Great.
9. Correct answer is (d) Robert E. Lee.
10. Correct answer is (a) Franklin Roosevelt & Harry Truman
11. Correct answer is (b) Japan.
12. Correct answer is (b) The Battle of the Atlantic. Nazi U-boats took on North American convoys from 1939 to the defeat of Nazi Germany in 1945.
13. Correct answer is (b) China & Japan.
14. Correct answer is (d) the Soviet Union with approximately 27 million total fatalities (both military and civilian).
15. Correct answer is (c) Schlieffen Plan.
16. Correct answer is (b) tank, the first was the Mark I.
17. Correct answer is (d) four times.
18. Correct answer is (c) 16.
19. Correct answer is (b) Arthur St. Clair.
20. Correct answer is (b) The Civil War with 620,000 casualties!
21. Correct answer is (c) the French lost almost all of their North American possessions.
22. Correct answer is (b) Leonidas.
23. Correct answer is (c) Actium.
24. Correct answer is (a) Operation Rolling Thunder.
25. Correct answer is (b) Tet Offensive.
26. Correct answer is (a) Japan.
27. Correct answer is (b) Singapore, won by the Japanese.
28. Correct answer is (d) Dien Bien Phu
29. Correct answer is (b) Cuban Missile Crisis
30. Correct answer is (a) Moshe Dayan
31. Correct answer is (c) Chesty Puller
32. Correct answer is (a) Gen. John Pershing
33. Correct answer is (d) all of the above



He passed the test!



13. What two countries were already engaged in a war before the outbreak of World War II? (a) Germany & Poland (b) China & Japan (c) Soviet Union & Finland (d) Spain & Portugal

14. Which country lost the most lives, both civilian and military, in World War II? (a) Germany (b) Japan (c) France (d) Soviet Union

15. Germany's strategic blueprint for quickly knocking out the French before turning to take on a slowly-mobilizing Russian army was called the (a) Blitzkrieg (b) Von Moltke Plan (c) Schlieffen Plan (d) Hindenburg Plan

16. What new weapon was introduced in the Battle of the Somme during World War I? (a) U-boat (b) tank (c) poison gas (d) machine gun

17. Beginning with its capture by North Korean forces in June 1950, how many times did Seoul, the capital of South Korea, change hands during the Korean War? (a) only once (b) twice (c) three times (d) four times

18. Air Force Capt. Joseph McConnell was the top-scoring American air ace of the Korean War and was also the first "triple ace," shooting down three MIG-15s in a single day. What was the final tally of his aerial victories? (a) 8 (b) 12 (c) 16 (d) 24

19. A tribal confederation led by Miami Chief Turtle and Shawnee Chief Blue Jacket killed more than 600 American Soldiers and scores of women and children in The Battle of the Wabash in Indiana on Nov. 4, 1791. It was the worst defeat the U.S. Army would ever suffer at the hands of Native Americans. The American general who led the ill-fated campaign was (a) "Mad Anthony" Wayne (b) Arthur St. Clair (c) John Sullivan (d) Nathaniel Green

20. In what war were the greatest number of Americans killed? (a) Revolutionary War (b) Civil War (c) World War I (d) World War II

21. The French and Indian War lasted nine years and was fought between British and French colonists in North America with Indians fighting for both sides but mainly for the French. What was the result of this war? (a) British colonists gained new respect for their Native American neighbors (b) the French gained a foothold in Canada (c) The French lost almost all of their North American possessions (d) The English crown resented having to spend so much money on their American colonies

22. Who was the Spartan king who led his 300 warriors in a defense of Thermopylae during the Persian Wars. The Spartans were overrun and killed but they, and their leader, gained lasting renown.

(a) Spartacus (b) Leonidas (c) Alcibiades (d) Ajax

23. The final clash of the Roman Civil War happened at sea in 31 B.C. Octavian (later to become known as Augustus) crushed the ships commanded by Mark Anthony and Egyptian queen Cleopatra, both of whom proceeded to commit suicide. The battle took place at (a) Athens (b) Syracuse (c) Actium (d) Philippi

24. In 1965, the United States Air Force launched a sustained bombing campaign during the Vietnam War that was designed to stop the flow of men and supplies down the Ho Chi Minh trail and break the will of the North Vietnamese. These continuous air raids lasted for more than three years and it's estimated that the U.S. dropped almost a million tons of bombs on North Vietnam - more than the U.S. had dropped in all of World War II. The bombing campaign was called (a) Operation Rolling Thunder (b) Operation Thunderbolt (c) Operation Hellfire (d) Operation Valkyrie

25. On Jan. 30, 1968, the North Vietnamese launched simultaneous attacks on almost every major city in South Vietnam during the lunar new year festival, an important Vietnamese holiday. Communist forces massacred 3,000 civilians in the city of Hue but U.S. and South Vietnamese forces quickly counter-attacked and killed a great many of the enemy. But the offensive proved a major psychological victory for the North. It was called the (a) Battle of Khe Sanh (b) Tet Offensive (c) Battle of Hue (d) none of the above

26. During World War II, what nation invaded and occupied Vietnam? (a) Japan (b) USA (c) China (d) Russia

27. Japan defeated Russia in the Russo-Japanese War of 1904-5. The first time an Asian power had defeated a European one in the modern era. But Japan was a naval victory. During World War II an East Asian land power whipped a major European army in battle for the first time in over 400 years. Name the battle. (a) Stalingrad (b) Singapore (c) Manila (d) Java

28. One of the most important battles in history was a crushing defeat for France in the 1954 Battle of (a) Hanoi (b) Saigon (c) Dien Bien Phu (d) Dien Bien Phu



www.geocities.com

29. President John F. Kennedy talks with Air Force Generals Curtis LeMay, center, and Thomas Power outside the Strategic Air Command Headquarters at Offutt, Neb. in the early 1960s. Kennedy conferred with LeMay during October 1962 when the U.S. came the closest it's ever been to fighting a nuclear war with the Soviet Union during (a) Gulf Oil crisis (b) Cuban Missile crisis (c) Straits of Hormuz crisis (d) Taiwan crisis



www.dailymail.co.uk

30. Two Israeli legends confer during the Yom Kippur War of October 1973 when Israeli's existence hung in the balance after Egyptian and Syrian forces launched massive surprise assaults. But the Israeli Defense Forces recovered after two days of savage battering and once again routed Arab armies. Gen. Ariel Sharon, at right, was a tank commander during the war and years later became prime minister of Israel. The general with the eye patch on the left was defense minister during the Six-Day War and Yom Kippur War and had fought in all of his country's wars up to that time, becoming a legend in the process. He was (a) Moshe Dayan (b) Yitzhak Rabin (c) Levi Eshkol (d) Ben-Gurion

31. He's probably the best known Marine in the Corps' history but his fame doesn't extend very far from that. He won a record five Navy Crosses - the service's second highest decoration - for his actions in World War II and Korea. In 1950, as a colonel commanding the 1st Marine Regiment, 1st Division, he landed at Inchon, Korea, and then took part in the terrible retreat from Chosin Reservoir, an epic of endurance for Marines retreating from Chinese hordes in subzero cold. He was (a) Audie Murphy (b) Alvin York (c) Chesty Puller (d) Bulldog Drummond

32. Former bandit Francisco "Pancho" Villa led his band on an attack upon Columbus, N.M. in 1916 that led the U.S. to send more than 10,000 Soldiers deep into Mexico in pursuit of Villa and his men. The punitive expedition almost sparked war between the U.S. and Mexico but proved good training for World War I. Who led the American campaign? (a) Gen. John Pershing (b) Gen. Douglas MacArthur (c) Gen. Frederick Funston (d) Gen. Smedley Butler



Spanish conquistadores - Google Image Search

33. Spanish conquistadores were Soldiers, explorers, and adventurers who brought much of the Americas under Spain's flag from the 15th to 17th centuries. Hernan Cortes' conquest of Mexico and Francisco Pizarro's subjugation of the Inca empire in Peru were significant accomplishments (although sometimes morally dubious) that can be explained by (a) Spanish advantages in firepower and steel (b) diseases Spanish brought with them that decimated local tribes (c) Spaniards' skill, especially as practiced by Cortes, in splitting Indian tribes off from another, in gaining Indian allies to fight against major Aztec and Inca forces (d) all of the above

the Post

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New mission challenging

Wayne Cook
Public Affairs Staff

With the continuous need for civil affairs Soldiers around the world, many chemical companies have cross-leveled to fill the gap during the past few months.

Some chemical company personnel see the transfer of missions as a challenge.

For the past two or three months the Soldiers from the 314th Chemical Company (Civil Affairs), 411th Chemical Company (CA), 490th Chemical Company (CA), and 357th Chemical Company (CA) have been preparing for their new missions. From chemical operators to diplomat Soldiers, the shift in duty requirements has been drastic.

"We initially went through nine weeks of Civil Affairs School at Fort Bragg. That was really good preparation for the changeover. They put us through the paces of every aspect of the career field," said Chief Warrant Officer Sean Ryan of the 357th from Pennsauken.

According to Capt. Kristen Brockman, commander of the 411th, which is headquartered in Edison, the initial realization of

the change was a bit daunting.

"We found out it didn't matter what your MOS [military occupational specialty] is, but rather what skills you bring to the table from your civilian life. We're all Soldiers and we have a mission to complete," she said.

For 1st Lt. Jennifer Leathers, a team leader with the 314th from Decatur, Ga., the change has been an interesting one. An intensive care unit nurse by trade, she has to step outside of her normal skills and utilize her officer training because she will be performing duties leading other civil affairs Soldiers.

"I have to let go of my normal instincts of wanting to take care of every sick and injured Soldier," Leathers said.

Other Soldiers see challenges in the new situations and places they may find themselves.

Sgt. Robert Niesi is a nine weeks of Civil Affairs School at Fort Bragg. That was really good preparation for the changeover. They put us through the paces of every aspect of the career field," said Chief Warrant Officer Sean Ryan of the 357th from Pennsauken.



Wayne Cook

HEALING HANDS — Chief Warrant Officer Sean Ryan, right, applies a pressure bandage to a simulated head wound on 1st Lt. Gregory Andrews during mobilization training at Range 59F July 20.

Walson welcomes new commander

Lisa Evans
Public Affairs Staff

Capt. Cassandra T. Gesse assumed command of Headquarters, Headquarters Detachment, Company A, at the Walson Army Medical Support Element (WMSE) July 17.

In a ceremony held outdoors at the WMSE, Gesse took over company command from Capt. Kevin Zippi. The outgoing commander had served as WAMSC Company A commander for three years and now leaves for the 256th Combat Support Hospital (CSH) in Twinsburg, Ohio, where he will be the hospital adjutant.

As part of the time-honored ceremony, red roses were given to Zippi's wife, Victoria, and a single red carnation to his daughter Payton, age two. His eight-

month-old son Rowan was not present.

Gesse moves up to command after serving as Chief of Patient Administration with Company A.

"To each and every Soldier and civilian in Headquarters/Alpha, I look forward to serving with you," Gesse said in her inaugural address as commander. "You are the ones that make this company a success ... providing top notch services to thousands of mobilizing and demobilizing service members."

She also prematurely saluted a soon-to-be new addition to her family.

"To my son, who's due around mid-September, thank you for opening my eyes to look at the world in a new light. You are a blessing that I can't wait to share with the world," she said.

Looking around, Gesse said, "God bless you all. God bless this nation."

Gesse honored her father, Erol Robinson, by presenting him with a sculpture of an eagle. Company A also gave Zippi a bronze eagle sculpture, thanking him for his service.

With nearly the entire cadre at ease in the sun, Col. John Ekstrand, WMSE commander, briefly spoke first.

"We seem to do this a lot at WAMSC, but change can be good. Capt. Zippi, you have demonstrated what a company commander should do. You took care of the Soldiers and no higher praise can be given," Ekstrand told him.

Zippi said he looks forward to his new position but will always remember the Soldiers he worked with and in whom he had complete confidence.

"You have done what was asked of you and given far more," Zippi said. "I shall never forget your devotion to duty nor the friendships that have grown out of that. I know that, in you, our organization will continue to improve. May you always continue to strive to be the best organization within the medical command."

Gesse is a native of Kingston, Jamaica who moved with her family to Fort Lauderdale, Fla., at the age of 12. She graduated from Ely High School, a medical-science magnet program before attending Florida Atlantic University where she graduated with an associate degree, a baccalaureate degree in Health Administration and a certificate in Gerontology. She earned a masters degree in Health Services Administration and a graduate certificate in Information Resource Management from Central Michigan University located in Mt. Pleasant, Mich.

Militarily, the captain enlisted after high school in the Army

Reserve where her Military Occupational Specialty was as a unit supply specialist or 92Y. Encouraged by her recruiter and company commander, Gesse joined Florida International University's Reserve Officer Training Corp (ROTC) program. She excelled, becoming a distinguished military graduate thus earning the privilege to be commissioned into her top choice of careers: the Medical Service Corps.

As an officer, the captain has completed Officer Basic Course (OBC), Total Army Instructor Training Course, Captain's Career Course (CCC), and the Patient Administration and Associate Healthcare Course (70E).

Gesse's assignments include Unit Supply Specialist, HHD, 724th Military Police Battalion (enlisted); ROTC Advance Camp Cadre, Fort Lewis, Wash.; DISCOM Assistant Training Officer, Fort Drum, NY; Treatment Platoon Leader, 210th Forward Support Battalion, Fort Drum; Deputy Director of Military Training Network, Uniformed Services University of the Health Science (USUHS), Bethesda, Md., and Chief of Patient Administration, Fort Dix.

Her awards include the Army Commendation Medal, Army Reserve Component Achievement Medal, National Defense Service Medal, Iraq Campaign Medal, Global War on Terror Service Medal and the Overseas Ribbon.

Gesse is married to Kerick Gesse and they are expecting their first child (a boy) in September.

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 July 13 - July 19, 2009.

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

●Police responded to a motor vehicle crash on Range Road. Investigation revealed a truck, operated by a civilian NAFD, was struck by a deer. The deer was killed on impact. There were no reported injuries and the vehicle was released to the operator at the scene.

●Police and Fire Department personnel responded to a vehicle fire near Range Control. Investigation revealed a vehicle, operated by a contractor, had caught fire. The fire was out when police and fire personnel arrived on scene. There were no reported injuries. The vehicle was towed from the scene.

●While processing a truck at CP #9, the operator, a civilian NAFD, advised police he had a loaded weapon in the vehicle. The weapon was confiscated. The subject was transported to the police station for processing and cited.

●Police responded to a traffic accident at the Wrightstown Gate. Investigation revealed a vehicle, operated by a Sailor assigned to Fort Dix, struck a stopped vehicle from the rear. 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. 5517. Investigation revealed a smoke detector activated for unknown reasons.

●Police responded to a motor vehicle crash near Bldg. 5904. Investigation revealed a vehicle, operated by a Soldier NAFD, struck a parked and unoccupied vehicle while backing. There were no reported injuries, and the vehicles were released to the operators at the scene.

●Police responded to a motor vehicle crash at the Browns Mills Gate. Investigation revealed a vehicle, operated by a Sailor assigned to Fort Dix, struck another vehicle from the rear. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police responded to a traffic accident at ECS 27. Investigation revealed a vehicle, operated by a retired military member, drove into a culvert. There were no reported injuries. The vehicle was towed from the culvert and released to the operator at the scene.

●Police responded to a motor vehicle crash near Bldg. 5406. Investigation revealed a government vehicle, operated by a Soldier assigned to Fort Dix, struck a parked and unoccupied vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

●During a routine credential check of a vehicle attempting to enter the installation via the Browns Mills gate, the operator, a civilian NAFD, presented police with a driver's license with the expiration date scratched out. Investigation revealed the license was expired. The subject was cited and the vehicle released to the sponsor.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 3601. Investigation revealed a contractor accidentally bumped the smoke detector while replacing ceiling tiles.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5603. Investigation revealed the alarm had malfunctioned.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 2102. Investigation revealed water got into the alarm panel while personnel were cleaning the repair bay with a hose.

●Police and emergency medical personnel responded to an aggravated assault in the Garden Terrace housing area. Investigation revealed a resident, a military dependent, and her sister, a civilian NAFD, had a verbal altercation that escalated into violence. The first subject was treated at the scene and declined further medical treatment. The second subject was treated at the scene and transported by ambulance to VMHBC for further treatment. Both subjects were cited. Investigation continues.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5611. Investigation revealed the alarm activated for unknown reasons. A work order was placed.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5517. Investigation revealed the pull station was struck by an unknown Soldier's weapon. A work order was placed to repair the pull station.

●Police working at the Pemberton Gate observed the driver and passenger of a vehicle change seats prior to approaching the gate. Investigation revealed the individual who had been driving the vehicle, a civilian NAFD, had an expired driver's license. The subject was cited and the vehicle released to the other driver, who was licensed.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5418. Investigation revealed a malfunction in the elevator alarm.

●Police, Fire Department, and emergency medical personnel responded to an incident at Bldg. 5602. Investigation revealed a Soldier, NAFD, had taken medication and was unresponsive to knocking on the room door. Forced entry was made into the room. The victim refused medical treatment. A work order was placed to repair the door.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5214. Investigation revealed a visitor had inadvertently pulled the alarm.

●There was one expired identification card confiscated during the period.

●There were 18 Magistrate Court Citations issued for violations. DWI incidents remain at eight for the year.

Soldiers recycle

(continued from page 1)

to recycling when they go overseas," said Rocca. "Cleanliness is a lifeline in theater and safety is everybody's responsibility."

The COL recycles more than 55 percent of all trash and is making even more strides to conserve water and electricity. This can save energy and natural resources, reduce the depletion of landfill space, provide useful products, and generate economic benefits.

"We have converted all of the incandescent light bulbs to low-energy fluorescent bulbs to save energy," said Moxley. "We are truly making many improvements."

But the changes don't stop there. COL personnel and Army chemical engineers have taken water conservation to the next level by making sure every drop counts. By installing water saving shower heads and shortening shower time usage, the COL is making sure the green plan doesn't wash out.

"We have consolidated pumps for showers," said Frank Buckley, Heating American Products, Ventilation and Air Conditioning (HVAC) lead technician. "The shower water from the tents also flows through three filters allowing 75 percent of the water to be reused."

Recycling alone cannot solve an installation's municipal solid waste problem, but it can eliminate a significant portion of the waste stream, reducing the disposal of waste in landfills or incineration facilities.

"There are so many ways to consolidate and save energy, clean up the environment and do our part," said Moxley. "Solar power or windmills would make a huge power and money saver at the COL and we are investigating that."

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BAND OF BROTHERS & SISTERS

Shaping up with Air Assault PT

(continued from page 1)
"We add more distance to the return trip to help condition their feet for the actual course," said Yenser. The final task at the Air Assault Course is a 12-mile road march with gear, that must be completed in less than three hours.
Sgt. Demario Mitchell, live-fire gunnery trainer in the 2nd Training Support Battalion, 315th Regiment, said while the physical training he participates in with his unit is strenuous, he appreciates the challenge of the road marches.
"The PT we do with our bat-

talion is hard, but the road marches we've gone to here have been tougher yet," he said. "It's just not something you get to practice very often."

Friday's training consists of a long, slow-paced run designed to build endurance, said Yenser.

Soldiers in the program are running six miles at their own pace and in the coming weeks will work up to a 12-mile timed ruck march, identical to the culminating exercise at the AA Course.

Yenser hopes all 72nd Soldiers in this program will successfully complete the Air

Assault Course and return to the brigade proudly displaying the coveted Air Assault wings they earned. A graduate of the course himself, he understands the pressure and hopes this program will alleviate some of the anxiety.

"The Air Assault Course is almost all mental. There's a little bit of physical, but you just need to know that three hours and 12 miles are all that stand between you and graduation," said Yenser.

The final week of the training is quickly approaching. Come July 31, judgment day, the chosen AA warriors of the brigade will be named.



Keystone Soldiers set to provide transportation

Wayne Cook
Public Affairs Staff

More than 160 Keystone State Soldiers from the 733rd Transportation Company headquartered in Reading, Pa., are mobilizing to deploy to Iraq to provide transportation services for military personnel in the upcoming year.

The Soldiers have completed their training at Fort Dix in preparation for their upcoming tour of duty. The truckers will provide road transportation services up and down the highways of Iraq.

"We will provide convoy security and logistic supply transportation for the military in our area of responsibility," said

1st Lt. Karen Hassler, commander of the 733rd.

According to Staff Sgt. Amanda Ross, a truck driver in the company, the training the Soldiers received at Fort Dix is just what was needed to prepare them for the task ahead.

"The trainers helped us hone our security skills and over the road driving skills. It was really good training," Ross said.

The Soldiers in the 733rd come from eight states and six companies, said Hassler.

"This training period really helped us to bond together as one company. More than 80 percent of the company Soldiers have been cross-leveled, so we needed the training," Hassler said.

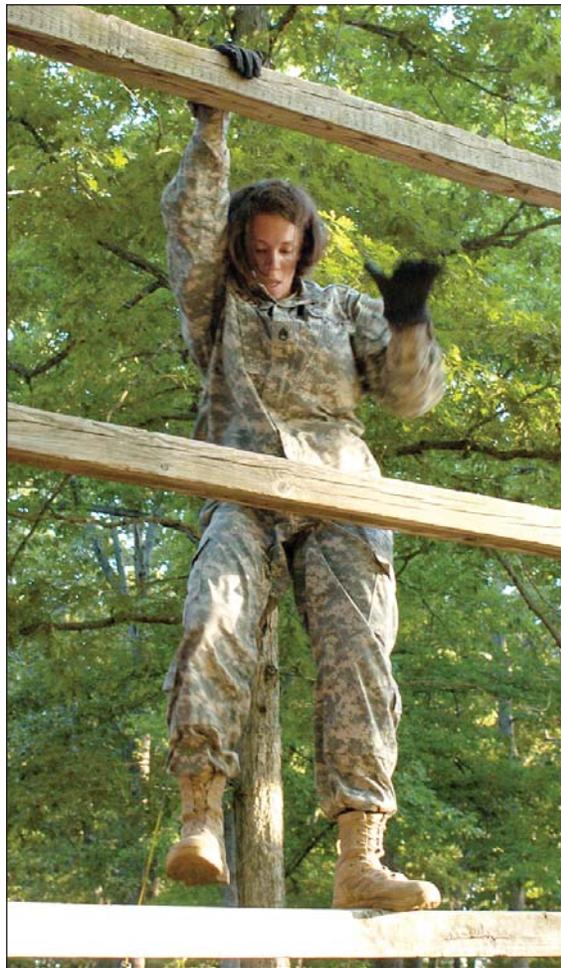
Hassler also said that many of the younger Soldiers in the com-

pany have never deployed, so she believed it would be good for them to get their first mission under their belts.

The Soldiers will be hauling all kinds of supplies including food, ammunition and fuel, and operating various types of trucks and equipment to get the job done.

Some of the equipment they will be operating includes the M915 14-ton line-haul tractor, the M923 five-ton truck, different versions of the Heavy Expanded Mobility Tactical Truck (HEMTT), and others.

"Our mission is to make sure that troops on the ground get the supplies they need to complete their missions. This company is ready to make that happen," said Hassler.



Sgt. Nicole Dykstra, 72nd Field Artillery Brigade

CLIMBING TO SUCCESS -- Staff Sgt. Monique Plaza, 3rd Training Support Battalion, 312th Regiment, 72nd Field Artillery Brigade, negotiates the ladder obstacle during "Air Assault PT" July 8 at Fort Dix, above. Plaza, who plans to attend the Air Assault Course at Camp Edwards, Mass., later this year, participates in the rigorous physical fitness training program three times a week. The program includes timed road marches, long distance running, and trips to the obstacle course. Sgt. Demario Mitchell, a member of the 2nd Training Support Battalion, 315th Regiment, makes his way down the cargo rope.

Negotiation skills critical key to mission, life success

Lisa Evans
Public Affairs Staff



Lisa Evans

SPEAKING OUT -- Retired Air Force Col. Stefan Eisen, Jr., director of the Negotiations Center of Excellence, Maxwell Air Force Base, Ala., teaches an Air Advisor Course at the Air Expeditionary Center, Fort Dix, July 17.

Retired Air Force Col. Stefan Eisen, Jr., director of the Air Force Negotiation Center of Excellence (NCE), teaches the art of negotiation in a four-hour course at the Air Expeditionary Center on Fort Dix. His course is part of expeditionary training designed for Airmen preparing to deploy in support of worldwide contingency operations.

Graduates from the July 10 training class are deploying to Iraq and Afghanistan. Since these Airmen will be working to ensure mission success in environments where they don't always have command authority, many operations will require negotiations with their host-nation counterparts, coalition partners, and/or other agencies. Eisen said that the Air Force Negotiation Center is part of a larger Air Force effort to strengthen Airmen and other service members by incorporating negotiation skills as a leadership competency. "Negotiation is considered a critical leadership skill for all ranks," he explained.

The American tradition of competitive negotiations, although effective, is only one of many negotiating tools available for deploying Airmen. Eisen's purpose in this class is twofold: reinforce when this traditional approach is useful and to introduce another major negotiating style, the cooperative or interest-based style of negotiating. Under many conditions, cooperative negotiation can lead to

superior outcomes for all parties.

In his capacity as the director of NCE, he has worked closely with many international officers attending Air University programs. They have provided Eisen with a tremendous breadth of perspectives. Through their insights, Eisen has increasingly come to better understand some essential differences in how people think and develop their worldviews. These factors also impact how they negotiate, especially with Americans.

In Eisen's view, understanding both negotiating essentials and cultural differences is crucial to successfully solving problems with host-nation representatives, coalition partners, and/or other agency members.

"This is a complex environment. Americans have solid basic negotiating skills, but in this environment, they need more," he said. "Since we can't and shouldn't go it alone in many operations, we need to add to our negotiation tool kit to make us more effective leaders in this environment."

Adding to his tool kit by attending this class, Tech. Sgt. Patrick Stone is an Air Force helicopter mechanic/crew chief who will be training Army personnel in Afghanistan. He said learning to negotiate would help him in Afghanistan as he "trains the trainers" in helicopter maintenance or if he needs supplies from another agency or from the local population.

"Overall it's a really good class since I've never deployed before and I've been in so long—twelve years. It puts you in the

right mindset," Stone said during the class.

Enhancing the way the military negotiates is so important to Eisen that he has collaborated with Army and Navy training programs by providing both curriculum and teaching classes at the host installation.

"The Air Force isn't trying to be at the forefront—but in a partnership. We have great relations with TRADOC (Training and Doctrine Command). I have provided services and materials to them at Fort Irwin California," Eisen said about sharing his program with sister services.

When Eisen was an Air Force captain during the 1980s, he went to work in the Pentagon with seven colonels. While there, he watched some extraordinarily savvy senior leaders work cooperatively to achieve great things, he said. There were a lot of active listening, critical thinking, and imaginative problem solving, all foundational elements of an effective negotiating skill set.

Eisen said he had come from a flying environment where mission success revolved around compliance to a set of operating orders as well as numerous validated flying techniques. Yet at the Pentagon, the senior leaders didn't have a completely clear operating environment, yet despite the complexity of their

environment, they worked tirelessly with sister services and different government agencies employing cooperative negotiation techniques and finding commonality. These colonels, he explained, overcame great obstacles to funding and planning with their uniquely effective style of communicating, thinking, and influencing.

During five subsequent command tours, Eisen said he constantly found himself using negotiating skills first demonstrated to him by those seven colonels. Years later, when he returned to school for his doctorate at the University of Alabama, he discovered there was more to learn. Watching one of his professors testify before Congress left Eisen in awe of the techniques he observed.

He noticed how the professor employed subtle negotiation techniques in speaking to Congressional leaders. They would nod in agreement about points the professor was making. Eisen was determined to master these techniques for himself. By 2006, when DOD and the Air Force asked him set up the NCE, he felt prepared.

"My priority is to support the war fighter—anywhere, anytime—that's what brings me here every 6 weeks," he said. "The cool part is by working with these deploying Airmen as well as the Sailors, Soldiers and Marines at other locations, I get to stay close to the warriors that defend our nation," he said.

"What an honor it is to teach and spend time with these heroes."

NEIGHBORHOOD

The Corner

Ultimate Warrior job fair coming to Fort Dix

Soldiers and spouses are invited to attend technical workshops and a career fair July 29 and July 30 from 9 a.m. to 3 p.m. at Timmermann Center. More than 60 employers such as the Federal Bureau of Investigation, Internal Revenue Service, Lockheed Martin, CACI, Global Options, Inc., Homeland Security and the Secret Service will be on hand to recruit new employees. Technical workshops covering topics such as resume writing skills, veterans' benefits and social security disability benefits will also be held. For more information call Sgt. Maj. James Clark at (301) 674-9428 or Sgt. 1st Class Loranda Taylor at (609) 864-2565.

Monthly Newcomer's Orientation scheduled

All new Service and family members are invited to attend the monthly ACS Community Newcomers' Orientation, July 30 at Army Community Services, Building 5201 from 9 a.m. to 3 p.m. The orientation includes a complimentary lunch at Club Dix and a tour of the Contingency Operations Location (COL). For more information and registration call Patricia Toler or Amada Espinoza at 562-2767. Free child care is provided but registration in advance is required. For child care information contact the CYS Central Registry at 562-4702.

Hot August Night Wine and Jazz Festival returns

Enjoy a night of wine and smooth jazz at Club Dix Aug. 14 at 5:30 p.m. Live performances by jazz greats Jeff Golub, Eugene Groove, Jeff Lorber and Jessy J, along with a variety of wines and spirits highlight the evening. The event is open to the public. Tickets are \$24 for ID card holders and \$29 for all others. Anyone attending the wine tasting must be 21 or older. Tickets may be purchased in person at Club Dix and FMWR Headquarters or over the phone by calling 562-6772.

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. Bago, 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. For more information call 562-6667.

International Spouses Group to meet at park

The ACS International Spouses Group will meet at the John Mann Park on July 31 at 11:45 a.m. to enjoy their monthly gatherings with an international style cook out. Please bring your favorite side dish or dessert to share with the group. The club will provide the traditional hamburgers, hot dogs and refreshments. Please come to enjoy the company of this diverse and interesting group while savoring delicious dishes and having fun at the John Mann Park. The International Spouses Group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for social, educational, and informative gatherings. Please call Amada Espinoza or Patricia Toler at 562-2767 for more information.

English as Second Language courses offered

Army Community Service will be offering English as a Second Language evening classes for beginners in August. These classes will help foreign born spouses and other foreign born family members to learn and improve their command of the English language. Please contact Amada Espinoza or Patricia Toler for more information and registration at 562-2767.

NASCAR simulator coming to PX/BX, 60s concert

The Official #24 Jeff Gordon Pepsi Chevrolet simulator will be at PX/BX parking lot Aug. 7 from noon to 6 p.m. It will also be at John Mann Park Aug. 8 during the 60s Flashback Family Day from noon to 6 p.m.



Ryan Morton

START YOUR ENGINES -- Ziyad Hassan takes the lead in a go-cart while Kierren McGhee, Miguel Cruz, and Winnie Feng race to catch up at the John Mann Park go-cart track July 16. Go-carts are

just one of the many summer activities the Fort Dix Family, Morale, Welfare and Recreation (FMWR) offers at its recreational areas.

Summer fun revs up at Fort Dix

Jennifer McCarthy
Public Affairs Staff

The Fort Dix Family, Morale, Welfare and Recreation (FMWR) offers numerous fun, inexpensive summer activities for the whole family.

Excitement and amusement abounds at John Mann Park, located behind the Bowling Center. In addition to a playground, a sand volleyball court, a basketball court, horseshoe pits and two pavilions for shelter to relax after a day of fun, the park features an 18-hole miniature golf course. A round of golf is \$3 for adults, \$2 for children 6 to 18 and

only a \$1 for children under 5. Anyone looking to improve their batting average or even work out a little stress, can take a swing at the park's softball and baseball batting cages. Ten balls cost \$1. For \$5 the go-carts offer speedy fun for anyone 12 years old and older and at least 58 inches tall.

The park is currently open Tuesday through Friday from 1 p.m. to 7 p.m. and Saturday and Sunday from noon to 8 p.m. The park facilities are closed on Mondays.

John Mann Park pavilions are available to rent for gatherings large or small. For more information call 562-4791 or email

JFMannPark@dixmwr.com to inquire about group rates.

Beat the summer heat by taking a thrilling ride down the Indoor Pool's three-story water slide or leisurely soak up the sun at the outdoor Memorial Pool. The Indoor Pool, located at 5901 Doughboy Loop, is open daily from noon to 7 p.m. for ID card holders and from 1 p.m. to 7 p.m. for the general public. In addition to the 120 foot slide, the Indoor Pool has a diving board, a splash pool for young children and a playground.

It also offers tanning beds for a year round glow. The cost of admission to the pool is \$3 for ID card holders ages 6 and

up, \$1 for children 4 and 5 and free for children under 3. The cost for the general public is \$7 for anyone over 6, \$2 for 4 and 5 year olds and free for children under the age of 3.

There is a \$3 fee for bringing in a cooler and outside food.

The pool is available to rent for parties and events. The group rate for parties starts at \$55 for 15 people.

Memorial Pool is open weekends from noon to 6 p.m., until Aug. 30, weather permitting. Fort Dix Aquatics also offers lifeguarding classes and swim lessons.

For more information about the pools or lessons call 562-2808.

Festival offers trip to groovier times

Jennifer McCarthy
Public Affairs Staff

It has been 40 years since throngs of people met on the muddy fields of Max Yasgur's dairy farm in upstate New York to participate in what would become one of the most legendary musical events of all time -- the Aquarian Exposition known as Woodstock. Fort Dix will pay homage to the music of the Age of Aquarius, Aug. 8, when it hosts its own musical extravaganza, the 60s Flashback Family Day, from noon to 7 p.m. on Doughboy Field.

The 60s Flashback event features live entertainment by Highway 41, the Doughboys, the Veterans Angels and Plainfield Slim & the Groundhogs.

Plainfield Slim, whose name is Gar Francis, will debut his new song "Rocket."

Francis wrote "Rocket" as a tribute to the men and women in uniform serving this nation.

"It gives me great pleasure to bring a little American rock and roll to the brave men and women who protect our great country. The last time I felt this proud was performing for the returning troops of Desert Storm at Fort Monmouth," said Francis.

Francis will also perform with the Doughboys. The Doughboys were one of the most popular bands on the central Jersey music scene back in the 1960s.

They were regulars on Zachere's Disco-teen, a teenage dance party TV show and won the show's coveted battle of the bands contest which earned them a music contract with Bell Records. As many garage bands do, the group eventually disbanded and its members went on to pursue other musical ventures that included jamming with Jimi Hendrix and working with Billy Idol. The band reunited a few years ago and in 2008 released the CD, Is it Now.

In addition to live music, the 60s Flashback event will feature a classic car show, boardwalk games, and food vendors selling tasty treats.

Children will have an opportunity to have their face painted, ride a pony, make a beaded necklace, create works of spin-art and sand masterpieces -- all for free. John Mann Park will also be open that day and offer pay-as-you-go fun.

Thrill seekers and NASCAR aficionados will want to make sure to check out the only full-sized NASCAR Nextel Cup Chevy Monte Carlo racing simulator in the world while at the fest. The official #24 Jeff Gordon Pepsi chevrolet simulator offers participants the chance to feel the excitement of high speed turns and hear the sound of the track in a car actually driven by Gordon.

There will also be giveaways and fun for the whole family throughout the day.

For more information call 562-5881.



courtesy photo

A BLAST FROM THE PAST -- Veterans Angel's, above, is just one many groups appearing at the 60s Flashback Family Day Aug. 8 from noon to 7 p.m. at John Mann Park. In addition to live entertainment, the festival will feature a NASCAR simulator, arts and crafts, games, pony rides, photo stands and giveaways.

Seminar helps couples stay connected

Michelle Hozey
Joint Base Public Affairs

When it comes to loving the most important people in our lives, no one can ever learn too much. This is the philosophy behind the Sweetheart Seminar offered by Family Advocacy Program and Airman and Family Readiness Center (A&FRC).

The Sweetheart Seminar is an all-day class held quarterly at the Airman and Family Readiness Center, 3011 Tuskegee Airman Avenue, McGuire Air Force Base. It is for all servicemembers as well as civilians employed at Joint Base McGuire-Dix-Lakeland.

The next class will be Saturday, Aug. 15 from 9 a.m. to 3 p.m.

Lunch is provided and there will be giveaways.

Couples wishing to attend should call 754-3154 to register or for more information.

"The Sweet Heart Seminar is a great opportunity for couples (dating, engaged or married) to spend an afternoon strengthening the connection that first brought them together," said Cynthia Bush, Relocation and Family Life Community Readiness Consultant for A&FRC.

She and Melody Giovanni, Family Advocacy Outreach Manager, conduct the class using the PREP (Prevention and Relationship Enhancement Program) manual.

"The class provides a worthwhile opportunity for couples to reconnect and strengthen their relationship," said Giovanni.

During the seminar couples will learn how to strengthen communication

"The Sweet Heart Seminar is a great opportunity for couples (dating, engaged or married) to spend an afternoon strengthening the connection that first brought them together."

- Cynthia Bush
Relocation and Family Life Community Readiness Consultant

skills, deal with stress in a respectful and constructive manner and solve problems together.

In addition, participants will be provided with tips on sharing expectations with each other and increasing intimacy -- both physical and emotional.

The class also provides tips on forgiveness and coming to terms with hid-

den issues.

"We've all heard it said before that healthy relationships are the ones that make time to renew and discover what makes being together worthwhile," Bush said.

-Editor's Note: Michelle Hozey is a volunteer at the Joint Base Public Affairs Office.

HONORS AND AWARDS



In the top photo from left, acting first sergeant, Sgt. 1st Class Dohn Rondeau and Maj. Steven Stewart, commander of the 1472nd Civil Affairs Company, of Chicago; 1st Sgt. Andrew Dooley and Maj. Jerome Austin, 414th Civil Affairs Battalion, Headquarters and Headquarters Company commander, of Southfield, Mich.; and 1st Sgt. Angie Mueller and Capt. Brad Sinkler, commander of the 139th Mobile Public Affairs Det., of Springfield, Ill., display unit Yellow Banners during a deployment ceremony at the post's Infantry Park, July 20.



photos by Ryan Morton

Sgt. 1st Class Marc Berkeyheiser and Chief Warrant Officer 4 Stephen Gaunt, 348th Military Police Detachment (Criminal Investigation Division) first sergeant and commander, above, display their unit's congratulatory plaque upon returning from a deployment to Iraq, July 20. The unit is from Fort Dix.



Col. John Handy, Functional Specialty Team - Multi-National Corps - Iraq, commander, and 1st Sgt. Olga Merino display the organization's Yellow Banner, July 16. The Civil Affairs Soldiers, headquartered in Mountain View, Calif., are heading for a tour of duty at the U.S. Embassy in Baghdad.



photos by Wayne Cook

Capt. Tomasz Zaremba, commander, and 1st Sgt. Michael Gudzinski of the 414th Civil Affairs Battalion, Bravo Company from Southfield, Mich., prepare to raise the unit's Yellow Banner in Infantry Park July 16.



Soldiers from the 320th Chemical Company Det. 4 (CA), of Fort Totten, N.Y., mark the end of mobilization training, July 16, at Fort Dix by the raising of a Yellow Banner at the post's Infantry Park. Doing the honors was Capt. Brandon Mills, detachment commander, and 1st Sgt. Gary Pianosi.



Wayne Cook

Heading for Afghanistan to provide news coverage of ongoing events are Soldiers of the 153rd Public Information Det., from Charleston, W.Va. Displaying the unit's Yellow Banner at Infantry Park during a ceremony July 16, are Maj. John Harrell, detachment commander, and acting first sergeant, Staff Sgt. Allison Hill.



Ryan Morton

The Fort Dix Chemical, Biological, Radiological, and Nuclear Defense School Class 008 graduated July 21. In the photo are the graduates - Sgt. Nigel Gardner, Spc. Mary Bull, Spc. Melyssa George, Spc. Keith Austin, Spc. Jacqueline Curate, Spc. Freddy Loffredo, Spc. Findlay, Sgt. Rosalie Sisco, Spc. Wifredo Tlatelpa, Spc. Don Valdez, Sgt. Winifred Olivaria, Spc. Drew Daddio, Capt. James Oshea, Staff Sgt. Cynthia O'Neal, Pfc. Tiffany Allen, Sgt. 1st Class Christopher Vanslam-brouck, Staff Sgt. Steven Fullmer, Staff Sgt. Yabronda Battles, Pfc. Rebecca Sobral, and Staff Sgt. Derek Pimble.

Historic Iraqi sites eyed as tourist locales



Sgt. Debratee P. Crankshaw

GATE TO THE PAST -- U.S. Soldiers and civilians prepare to enter the ancient city of Babylon for a tour as part of an assessment of the city in preserving and promoting it for tourism, July 18. The entrance to the ruins is a re-creation of Ishtar Gate, built by Nebuchadnezzar II in 575 B.C.

Sgt. Debratee P. Crankshaw
American Forces Press Service

HILLAH, Iraq, July 22, 2009 - Multinational Division South's leaders and troops received a tour of Iraq's ancient July 18 in an effort to assess its future.

The division's commander, Army Maj. Gen. Rick Nash, along with other U.S. military and civilian advisors, received a special guided tour of the famous high-reaching walls and ancient statues of Babylon as part of an assessment for preserving and promoting Babylon as a historic and tourism site for Iraq.

"The mission was to educate those on the command staff and some of the primary staff members on the importance of the religious aspects of this country and what there is to offer," Army Command Sgt. Maj. Doug Julin, the division's senior enlisted leader, said. "Even though we are at war, there are some very important things we have to preserve here and help them preserve as well."

Babylon is recognized by some as one of the first civilizations on Earth.

"Babylon was established as a settlement in 3000 B.C. and was a product of dynasty work which was already old here," said Ahmed Aziz Ibrheme, a Babylon archaeologist. "It has a long history of about 5,000 years."

Babylon's story not only is one of great length, but also one of much fame and historical significance. The earliest of this fame is Hammurabi's legal code, dating to around 1700 B.C. This code was displayed on tablets so everyone could read them. The only known surviving code has almost 300 laws, stands seven feet high and is displayed at Paris' Louvre Museum. The code covers many social and economic relationships, one law stating, "If a free person puts out the eye of a free person, then that person's eye shall be put out."

To archaeologists, the historic significance comes from the age of Nebuchadnezzar II in about 600 B.C. -- a time known as The Golden Period.

"Most of the great parts were built during this age -- the Hanging Gardens, which were one of the Seven Wonders of the World and, in addition to that, the construction of Babylon tower and other [structures] here, like the walls, temples and palaces," Ibrheme said.

Whether the Hanging Gardens truly existed is a matter of some doubt. However, a part of the tour featured an area with arched ceilings and indoor wells, where it is believed the gardens may have grown.

In early lists of the Seven Wonders, the Walls of Babylon were included. Later lists replaced the walls with the Lighthouse of Alexandria.

The walls are one of Babylon's claims to fame, and among the most famous of these was Ishtar's Gate.

The tour of the site begins by passing through a re-creation of the Ishtar Gate. This gate was built by Nebuchadnezzar II in 575 B.C. and dedicated to Ishtar, the goddess of love and war. It was decorated with glazed blue tiles with alternating rows of dragons and bulls. The dragons were a tribute to Marduk, the god of water, vegetation, judgment and magic. The bulls were dedicated to the rain god, Adad. The re-creation was built in the 1930s with site tiles. The foundation of the original gate remains at the site.

The city also is significant for military history. Alexander the Great conquered Babylon in 331 B.C., and it became the center of his empire for his 12-year campaign against the Persians and India. He died in Babylon in 323 B.C. His generals fought for control of his empire, causing the citizens of Babylon to disperse. Babylon never regained its position as a great world power.

To religious people, Babylon also has a strong significance.

"Babylon is a very important empire and city in the Old Testament. It figures prominently in the development of the Jewish faith as well as the Christian faith," said Army Chaplain (Lt. Col.) John Morris, the division's command chaplain. "About two-thirds of the Old Testament mentions Babylon in one form or another. Sometimes it's prior to the Babylonian exile of Jewish people from Israel to Babylon. Sometimes it's in the midst of that exile, and sometimes it's afterwards."

"The prophets particularly talk about Babylon as an instrument of God's wrath," the chaplain continued. "The Book of Daniel centers itself in Babylon, as well as the Book of Ezekiel. So, Babylonian history is very important for people of faith to understand."

Muslims and Christians also are an important part of Babylonian history.

"In addition, Muslims revere many of the prophets who were in Babylon who were mentioned in the Old Testament," Morris said. "Of course, Christians understand Babylon from the New Testament. It's mentioned prominently in the Book of Revelation as a city and as a metaphor for a gigantic civilization in opposition to God. So, that empire and that city are important for people of monotheist faiths to understand the development of their faith."

In recent history, Saddam Hussein had begun reconstruction of the ruins and built a palace on the site.

Many bricks of the reconstruction have an inscription in the imitation of Nebuchadnezzar II. Many of them state, "This was built by Saddam Hussein, son of Nebuchadnezzar, to glorify Iraq."

For Morris, the tour was an exciting prospect and unique opportunity.

"To be there today for me personally, as a person of faith and a Christian, is a sacred privilege," he said.

Gates calls for increase in number of Soldiers

John J. Kruzel
American Forces Press Service

WASHINGTON, July 20, 2009 - Defense Secretary Robert M. Gates announced plans to add up to 22,000 Soldiers to the U.S. Army's ranks.

The plus-up of active duty troops will take the Army from 547,000 to 569,000 forces in what Gates characterized as a temporary increase of the Army's "end strength" for three fiscal years.

"This is an important and necessary step to ensure that we continue to properly support the needs of our commanders in the field while providing relief for our current force and their families," the secretary told reporters during a Pentagon news conference.

Gates pointed to escalating violence in Afghanistan and an added U.S. presence there, political turmoil in Pakistan and elimination of the so-called "stop-loss" policy of involuntarily extending a Soldier's length of

service as reasons behind the decision.

"The cumulative effect of these factors is that the Army faces a period where its ability to continue to deploy combat units at acceptable 'fill rates' is at risk," he said. "Based on current deployment estimates, this is a temporary challenge which will peak in the coming year and abate over the course of the next three years."

Some 130,000 American forces are in Iraq and 58,000 are in Afghanistan, where an influx of deploying troops will bring the number to 68,000 by the end of this year, defense officials said.

"These additional forces will be used to ensure that our deploying units are properly manned, and not to create new combat formations," the defense secretary said, adding that the decision was made after consulting with the Army's top military and civilian leadership and with the backing of President Barack Obama.

Gates, who has described the

defense budget as "zero sum," said the cost of the Army increase would be absorbed in funding already allocated in the budget for the next two fiscal years.

"We will take that money from someplace that isn't as high a priority as [adding] more Soldiers and taking some additional steps to relieve the stress on the force," he said. "This is a very high priority."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, appeared alongside Gates and also weighed in on the decision.

"I've grown increasingly concerned over the last year and a half about stress on the force and our ability to meet the demands out there," he said.

"This temporary increase helps us address that concern. It will also help us get a better handle on [time at home between deployments] and boost the number of people we can deploy with the capabilities our commanders most need," Mullen added.



Sgt. Matthew C. Moeller

DUTY CALLS -- A U.S. Army soldier calls for an airstrike on the hills surrounding Barge Matal during Operation Mountain Fire in eastern Nuristan Province, Afghanistan, July 12. Defense Secretary Robert Gates has called for an additional 22,000 troops to support military missions in Afghanistan and across the globe.

Announcements

Chapel Services

**FORT DIX
562-2020
SUNDAY**

Traditional Protestant
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.

Jewish Prayer Room
Room 27

**Protestant, Catholic,
Latter Day Saints**
Sunday, 7:30 a.m.

Islamic Prayer Room
Monday through Friday
8 a.m. to 9 a.m.

COL: Chaplain's trailer
8 a.m. to 9 a.m.

**Chapel 5
Bldg. 5950 Church St.**
If Chapel is closed
call 562-3311
to schedule a time for prayer

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

Religious Activities

**Chaplain Corps Birthday
Celebration**
July 29

**Protestant Men of the Chapel
Prayer Breakfast**
Fourth Saturday of each month
9 a.m. to 11 a.m.

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

McGuire
754-4673

Sunday Services

Contemporary Gospel
9:45 a.m.
Chapel 2

**Fountain Green
Golf Course**

**Commander's Cup Golf
Tournament**, every third
Wednesday.
Sign up today. Call 562-5443

Mulligan's Restaurant and
the **19th Hole** sports bar open to
all comers.

Visit the Pro-Shop. Gift cer-
tificates available. Call 562-6071

FMWR Presents

**CLUB DIX
723-3272**

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.

Closed
Saturday, Sunday,
Monday

Blue Room
Wednesday
5 p.m. to 10 p.m.

Thursday through Saturday
6 p.m. to 10 p.m.

Closed

Sunday, Monday, Tuesday

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.

**Equipment
Resource Center**
Hours of operation:
Monday through Thursday
10 a.m. to 5 p.m.
Friday: 10 a.m. to 7 p.m.
Saturday: 9 a.m. to 4 p.m.
Call 562-4767 for details

**John Mann
Recreation Park**
Hours of operation:
Wednesday and Thursday
1 p.m. to 7 p.m.
Friday, Saturday, Sunday
1 p.m. to 8 p.m.

Paintball at Range 14
Saturday and Sunday
9 a.m. to noon
and
1 p.m. to 4 p.m.
Call 562-4767 for details

**Ultimate Adventure
Trips**

**Whitewater Rafting,
Kennebec River, Maine**
July 30 through Aug. 2
Adults:
Camping and rafting - \$395
Camping Only - \$180

Griffith Field House

Bldg. 6053 562-4888
Monday, Wednesday, Friday

Combat Fitness Challenge
Military Only
6:30 a.m. to 7:30 a.m.

Monday
Mind & Body Yoga
Noon to 12:45 p.m.

Total Toning
5:15 p.m. to 6:15 p.m.

Gut Buster
6:15 p.m. to 7 p.m.

Tuesday
Step and Sculpt
Noon to 12:45 p.m.

Pilates Fusion
5:15 p.m. to 6:15 p.m.

Mind and Body Yoga
6:15 p.m. to 7 p.m.

Wednesday
30/30
Noon to 1 p.m.

Mind and Body Yoga
5:15 p.m. to 6:15 p.m.

Circuit Training
6:15 p.m. to 7 p.m.

Thursday
Retirees in Motion
9 a.m. to 9:30 a.m.

Turbo Kick
Noon to 12:45 p.m.

Zumba
6:15 p.m. to 7 p.m.

Friday
Spin-It
Noon to 12:45 p.m.

Step Fusion
5:15 p.m. to 6:15 p.m.

Saturday
Cardio Muscle
9 a.m. to 10 a.m.

**Volunteers
needed**

for Fort Dix
Special Observances
Committees

For more information
call
Denise Horton at
562-4011

Arts & Crafts Center

**Bldg. 6039
Philadelphia Street
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.

Summer Art Camp
Ages 6 to 10
Tuesday through Friday
12:30 p.m. to 2 p.m.
Ages 11 to 16
3 p.m. to 4:30 p.m.
Pre-registration is required.
Session 2: July 28 through 31
Session 3: Aug. 18 through 21

A \$50 registration fee (per
session) includes all materials.
Explore a variety of craft tech-
niques using clay, paper, paint
and more.

Sign up for one or more ses-
sions since projects will be
unique to each session. Dis-
counts are available.

Sunset Sushi Platter
Thursday, July 23
6:30 p.m. to 8:30 p.m.

A \$20 fee includes all materi-
als. Create and paint a beautiful
ceramic sushi platter with sil-
houetted elephants marching at
sunset. It may look challenging,
but it's not.

**Framing
Qualification Classes**
Saturday, Aug. 1
9 a.m. to 11:30 p.m.
Wednesday, Aug. 5 or 12
6 p.m. to 8:30 p.m.

Pre-registration fee of \$10 is
required prior to class. (Materi-
als not included.) Become famil-
iar with the equipment and com-
plete one piece. You must bring
something such as an 8"x10"
photo or certificate to frame.

All materials are available at
the frame shop and can be pur-
chased at the end of class.

Krafty Birthday Parties

Parties include up to two
hours of party room use, and
includes one craft project with
instruction and materials. Many
exciting projects to choose from.
When making party reservations,
please stop by to select the
desired craft and to make your
payment.

Sony Picture Station
Do-it-yourself instant, high
quality prints are easy to create
and affordable too. Sizes avail-
able include wallets to 8" x 10".
Personalize your prints with
wording, borders, collages,
scrapbook pages, cards, calen-
dars, and more. Just slip in the
card from your digital camera, or
a photo CD, and you're ready to
print! Scan some old photos and
burn them onto a CD, or just
copy onto a CD from your mem-
ory card. This machine does it
all.

Create-A-Critter
Adorable Critters you can
stuff yourself. It's easy and fun.
Choose from an assortment of
bears, puppies, unicorns, frogs,
tigers and more. You can even
add an outfit. Create a design for
T-shirts and canvas backpacks.
Stop in today and have tons of
fun stuffing your very own plush
animal. Take one home to stuff
or give as a gift. Critter Birthday
Parties also available.

**FORT DIX
WANTS YOU**



**TO BE A
VOLUNTEER**

Call Army
Community Service
at 562-2767
to find out more.

United Communities

Self Help Office
Monday through Friday
7 a.m. to 4 p.m.

Closed Saturday and Sunday
724-0550

For information on events,
contact Amber Stadler at 723-
4290

McGuire Pool
Rock n' Raft Nite: 12-18 years
Tuesday, 5 p.m. to 10:30 p.m.
Movie "Tommy Boy"

Family night at the Pool
Thursday, 5 p.m. to 8:30 p.m.

Trash Schedule
Wednesday
Fort Dix: 1200s, older 1500s
and 1600s including quarters
201, 502, and 1900
McGuire: 4000s, 4200s

Recycling Schedule
Every other Thursday
Youth Center
562-5061

Bldg. 1279 Locust St.
Hours of Operation
Monday through Friday
2 p.m. to 7 p.m.

Saturday
1 p.m. to 7 p.m.

Closed Sunday

Administrative Hours
Tuesday through Friday
Noon to 6 p.m.

Summer Schedule
Monday through Friday
Middle School Summer Camp
6:30 a.m. to 6 p.m.

Open Rec.
1 p.m. to 7 p.m.

Friday, July 24
Swimming
1 p.m. to 4 p.m.
\$1 fee for Open Rec.

Saturday, July 25
Cooking Project-Monkey
Bread
4 p.m. to 6 p.m.

Read The Post!

SPORTS

Commanders' Cup winners get prizes



Commanders' Cup champs, from left, John Huda, Kevin Kaufman, Ed Walsh, and Jim Palmore, display their boxes of Titleist Pro V golf balls for winning the competition at the Fort Dix Fountain Green Golf Course, July 15. They golfed a total score of 57 to win the event.



photos by Ryan Morton

Commanders' Cup second place team, from left, Joe Dideo, Tom Juhnrol, Joe McMullen, and Al Patrone, display their Greg Norman golf shirts. They golfed a total score of 59. Below, from left, "Longest Drive" winner, Rob Challenger, displays his hybrid club and "Closest to the Pin" winner, Pete Boylan, displays his Srixon Wedge.

FORT DIX WANTS YOU



TO BE A VOLUNTEER

MAKE A DIFFERENCE

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

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

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

Call Army Community Service at 562-2767



Army Community Service (ACS)

562-2767
Bldg. 5201, on the corner of 8th Street and Maryland Avenue

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

