

## NEWSNOTES

### All-Ranks/Civilian Commander's Call set

Joint Base McGuire-Dix-Lakehurst Commander Col. Gina Grosso will host a Commander's Call Oct. 1 at 9:30 a.m. in Hangar 3336 to signify full operational capability of the nation's only tri-service joint base.

All Joint Base MDL military and civilian personnel are invited. Those attending must be seated by 9:15 a.m. Transportation will be provided as follows:

McGuire: Three buses will run from the Thrift Shop parking lot to the Chapel/Community Center, to the Passenger Terminal, to the 108th Hangar 3336. Buses will start at 8 a.m. and circle until 9 a.m.

Fort Dix: Three buses will run from Doughboy parking lot to the hospital parking lot, to the Timmermann Center parking lot, to the 108th Hangar 3336. Buses will start at 8 a.m. and circle until 9 a.m.

Lakehurst: Four buses will provide transportation to the Joint Base Commander's Call. Two buses will pick-up individuals at Public Works, Building 5 parking lot, one bus will pick-up at Command Headquarters, Building 150-rear parking lot, and one bus will pick-up at the Youth Program/Housing/Chaplain parking lot. Buses will start at 7:30 a.m., with the last departing at 8:30 a.m.

For more information, call JB MDL Public Affairs at 754-2104.

### Joint Base Dining Out scheduled for October

The Joint Base Dining Out will be held Oct. 2 in the McGuire AFB Community Center, Bldg. 2705, to celebrate the establishment of Joint Base McGuire-Dix-Lakehurst. Tickets are \$50 for O-5s and above and \$40 for all other servicemembers.

Cocktails will be served at 6 p.m., with dinner to follow at 7 p.m. Attire will be mess dress/semi-formal for military. As for civilians, ladies may wear after-five evening attire, such as a cocktail dress, tea-length dress or evening gown. Gentlemen should wear a tuxedo or dark suit with dark tie.

Meal choices will include chicken or steak portofino with potatoes, a vegetable, garden salad and French chocolate mousse for dessert. Wine will also be available at each table. Special requests may be made for vegetarian dishes.

Seats are limited, so visit <https://civinvitations.afit.edu/JointBaseDiningOut/anim.cfm> by Sept. 23 to RSVP.

### 99th RSC Center to be memorialized

A memorialization ceremony for the 99th Regional Support Command (RSC) Reserve Center in honor of Maj. John P. Pryor, M.D., is set for Sept. 27 at 2 p.m. at 5231 South Scott Plaza on Fort Dix.

Maj. Gen. William Monk III, commanding general, 99th RSC, chose Pryor as the Reserve Center's namesake. Pryor's family will also be in attendance at the ceremony.

## Weather

**FRIDAY** -- Mostly sunny with highs in the upper 60s, lows in the upper 40s.

**SATURDAY** -- Mostly cloudy with highs in the upper 60s, lows in the upper 50s.

**SUNDAY** -- Thunder showers with highs in the low 70s, lows in the upper 50s.

**MONDAY** -- Some showers with highs in the mid 70s, lows in the mid 50s.

**TUESDAY** -- Mostly sunny with highs in the mid 60s, lows in the low 50s.

**WEDNESDAY** -- Cloudy with highs in the upper 60s, lows in the mid 40s.

# Airfield Group earns wings

## Fort Dix A/DACG makes passengers fit for flight



Shawn Morris  
Public Affairs Staff

As one of the Army's premier power projection platforms, Fort Dix has a standing mission to help put boots on the ground wherever needed. As the inscription on the Ultimate Weapon statue in Infantry Park reads, "If they are not there, you don't own it."

But "they" cannot get there without the help of the Fort Dix Arrival/Departure Airfield Control Group (A/DACG), a team of three Soldiers and four contractors that works 24 hours a day, 365 days a year to make sure service members get to where they need to go.

"Every mission is a different challenge," explained Staff Sgt. Glenn S. Johnston, A/DACG Non-Commissioned Officer in Charge (NCOIC). A/DACG's primary mission is to help move mobilizing troops and their gear through the multi-layered aircraft boarding process at the McGuire Air Force Base Passenger Terminal.

"We almost live in this building," he said. "This is our second home."

And the Air Force personnel working at the terminal have become a second family to the A/DACG team, according to Johnston.

"We have a very good working relationship with the Air Force," he said. "We have a great relationship," added Air Force Tech. Sgt. Richard Dixon, Passenger Service NCOIC, 305th Aerial Port Squadron. "The A/DACG is extremely good at what they do."

That expertise may be owed in large part to plenty of practice. Since Jan. 1, the A/DACG has conducted more than 200 missions, moving more than 25,000 tons of equipment and 27,222 passengers, including Soldiers, Airmen, Sailors, Coast Guardsmen and Federal Emergency Management Agency (FEMA) employees. Passenger totals have increased by 5,000 per year for the past three years, Johnston noted.

"Our business just keeps on growing," he said, adding that the A/DACG mission isn't only about the number of missions accomplished or units moved, but also about treating deploying service members in the proper manner from the initial mobilization briefing to training on loading and palletizing equipment, to the final step of putting troops on a plane.

"You have to be sensitive to the troops," said Johnston, who spent 12 years as a Marine before joining the Army Reserve in 1999. "You have to be respectful."

Johnston and his team also have to be familiar with differing load plans for the various aircraft used to move troops and equipment, whether that equipment is to be loaded onto the plane by hand or on pallets. Gear must be distributed properly when loaded or palletized to help maintain the aircraft's safety in flight.

"Those pallets have to be perfect to go on the plane," Johnston said.

Air Force inspectors ensure the pallets are just that before they are loaded onto the aircraft, a process supervised

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**BOARDING PROCEDURES** -- Sgt. Wilfredo Jones, Arrival/Departure Airfield Control Group (A/DACG), right, helps process Air Force Chief Master Sgt. Taya Johnson through the McGuire Air Force Base Passenger Terminal.

Shawn Morris

# Rules for Navy extensions to change

Katie Suich  
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The Navy will change the Short Term Extension (STE) policy Oct. 1, affecting obligated service (OBLISERV) rules for enlisted personnel.

According to NAVADMIN 242/09, the reason for the change is that the Navy has noticed during the past several years the number of STEs has risen substantially.

"The impact of this change is that more Sailors will be directed toward re-enlistments," said Master Chief Petty Officer of the Navy Rick West. "It also gives our Sailors more flexibility to manage their careers early in the (career review board) process while taking advantage of monetary incentives. Standardizing the rules will assist our Sailors in managing their careers while allowing the Navy to better manage the force."

West should have done this years ago" Currently, a Sailor has to obligate for 12 months when they receive orders to sea duty, unless DoD area requirements are greater. The new policy will require 24 months of obligated service, with these exceptions:

**"The impact of this change is that more Sailors will be directed toward re-enlistments"**

— Rick West  
Master Chief Petty Officer of the Navy

● Sailors with less than 24 months until their high year tenure date must only obligate for the amount of time needed to reach that date.

● Sailors will obligate for the requisite time-on-station requirements for PCS orders to places that require less than 24 months, such as Diego Garcia and unaccompanied tours.

● All other obligated-service requirements will remain the same.

The maximum number of short-term extensions that a Sailor may now use will be two per contract. The length of an extension will be limited to 23 months, and the total of all extensions cannot exceed 24 months. Other rules include:

● Extensions counting against the Sailor's two-extension limit are those that help manage their careers or if they benefit to the Sailor. For example: Instead of reenlisting, a Sailor uses an extension to obtain OBLISERV so he/she can execute PCS orders.

● Extensions not counted are Navy-required ones, such as the PCS dated this past summer. Navy Personnel Command (NPC) can answer specific questions on what category an extension falls into. NPC also has procedures in place to handle unique situations that might require more than two extensions per contract.

● Extension policy for Sailors taking individual (continued on page 3)

# Seven-year-old joins in support for orphans

Senior Airman Bekah Hy  
Joint Base Public Affairs

"Mommy, Daddy - I want to help those less fortunate."

And with that said, 7-year-old Braiden was on a mission; he emptied his piggy bank and picked out some of his favorite clothes. He was going to help those less fortunate.

Braiden's generous donation - the entire contents of his piggy bank (\$4.10) and some of his wardrobe - went to help children in orphanages and schools in Djibouti, Africa, where many McGuire Air Force Base Airmen are currently deployed. United Communities, the McGuire-Dix housing privatization developer, is leading the drive with help from a former resident.

"This project started about four months ago when Master Sgt. Andrew Henne, a former UC resident, brought the need for assistance (in Djibouti) to our attention," said Denise Bleiler, UC property manager. "Sergeant Henne did a lot of work to assist UC in his role as a first sergeant... while he was deployed to Djibouti, we kept in contact with him and when I inquired about sending him a care package, he asked instead for donations to the local orphanages there."

"I started out making small purchases, and hitting up friends and family for children's clothing that was no longer needed, and I continued to send boxes to him on a weekly basis. Our owners heard about this and graciously supported this project - with personal donations,

as well as allowing me to publish this on our Web site and in our newsletter.

Chief Master Sgt. John Gillette, 305th Air Mobility Wing command chief, and Betsy Vicari, Warfighter and Family Readiness Center community readiness consultant, also assisted and were able to make many donations when they have had excess clothing," Bleiler said.

Braiden got word of the project through *The Post* newspaper, which ran an article about the need for donations.

"Braiden had a desire to 'help the poor' and he told us he wanted to donate his money to help those less fortunate," said Braiden's father, Special Agent Christopher Spangler, Office of Special Investigations Det 1. "My wife and I looked into worthy charities and we happened upon the article."

"We explained to Braiden that there were children overseas who needed clothing and supplies," Spangler said. "Braiden decided that would be a great charity to donate his money to, so we gathered up some clothing that he and his sisters had outgrown, he emptied out his piggy bank and we headed off to the UC office."

Bleiler said she was "moved by Braiden and his selfless act of giving us all of his savings and some of his own clothing to send to those less fortunate than himself. To me, this is a testimonial to both him and his parents, and how they have raised him."

His parents are equally as moved by Braiden's generous nature.

(continued on page 2)



U.S. Air Force photo/Wayne Russell

**'AND A CHILD SHALL LEAD THEM'** -- Seven-year-old Braiden Spangler, left, is honored by Chief Master Sgt. John Gillette, 305th Air Mobility Wing command chief, right, on behalf of United Communities. Braiden responded to a request in *The Post* newspaper requesting donations be sent to Djibouti, Africa, for two orphanages. Braiden broke his bank to give all his cash and two large bags of his own clothes to help others in need.

# Happy Birthday, Airmen



Photos by Carlos Cintron

Brig. Gen. Tim Zadalis, 21st Expeditionary Mobility Task Force commander, above left, serves as the guest speaker at the Air Force birthday luncheon Sept. 18 and spoke of the development of Joint Base McGuire-Dix-Lakehurst. Lt. Col. Joseph Lim, 87th Air Base Wing, and Airman 1st Class Peaches Rimarim, 87th Logistics Squadron, top right, cut the cake for 62nd birthday celebration Sept. 21 at the community center, McGuire AFB. In line with tradition, Lim held the honor of being the oldest of the members present, while Rimarim was the youngest. Airmen sample a variety of treats at the luncheon, right.



## Another flu shot?

# Why it's important

Lt. Col. (Dr.) Brad S. Winterton  
1st Air Epidemiologist

**TYNDALL AIR FORCE BASE, Fla. (AFNS)** — Two hundred years ago, the average life expectancy was about 40 years. Today, it is nearly 80 years. That doubling of life expectancy can be attributed almost entirely to just two things: improved sanitation and immunizations. All other medical advances combined don't even begin to come close to the effects of those two things.

The success of vaccines has become their biggest stumbling block. Only the very oldest Americans have seen family members die of diphtheria, measles, mumps, smallpox, tetanus or whooping cough. I remember my father telling me that his greatest childhood fear was contracting polio and spending the rest of his life in an iron lung; however, we no longer see children or adults crippled or dead from polio in our country.

Thanks to vaccines, we are insulated from most of the illness and death that were part of everyday life for almost the entire history of mankind (and still are in many parts of the world). Those who decry vaccines as dangerous or even as an evil conspiracy are able to do so precisely because of the success of vaccines; without vaccines there is a very high probability many of those individuals would not have lived past age 10 and, therefore, would not have had the opportunity to complain about vaccines.

Is immunization 100 percent effective? No. A few people can receive multiple doses of a vaccine and never develop immunity to that disease. Are vaccines 100 percent safe? No. No medical procedure is 100 percent safe. A few people have negative reactions to vaccines that cause serious illness or even death. However, given the choice of having a quarter to half of all children die before reaching adolescence (as still happens today in countries where sanitation is poor and vaccines are not available) versus having one child in a million suffer a serious negative effect of a vaccine, the choice is pretty obvious. It is a genuine tragedy for that one; it is literally lifesaving for the other hundreds of thousands.

Immunization is largely an individual choice. Those who do not wish to be immunized can refuse based on religious or philosophical objections. However, such individuals are still protected by the very vaccines they refuse by being surrounded with people who are immunized; it's called "population immunity." Once a certain percentage of the population is immune, diseases no longer can circulate because they can't find enough susceptible individuals to propagate effectively.

For most diseases, population immunity is achieved when about 80 percent of the population is immune. If the level dips below that, the disease has enough susceptible hosts to circulate again. But even when population immunity is reached, unimmunized individuals are still at risk and can (and often do) contract the disease when exposed to an active case.

This year, we face a new influenza virus circulating across the globe. We know it as H1N1, novel, or "swine" flu. It spreads easily from person to person but, gratefully, causes mostly nonlife-threatening illness, similar to seasonal flu. Still, seasonal flu sickens about 10 percent of the population and causes an estimated 36,000 deaths in the U.S. every year. The H1N1 virus is expected



Senior Airman Kasey Zickmund and Airman Megan Knutson, a medical technician with the 28th Medical Operations Squadron at Ellsworth AFB, S.D., prepares a vaccination.

to sicken more than 100 million Americans over the next two years, and could take the lives of 100,000. In addition, there is always a chance H1N1 could mutate to cause much more serious illness and much greater loss of life.

In response to this new flu, government agencies and vaccine manufacturers have partnered to prepare a vaccine against it. U.S. and European companies have been manufacturing seasonal flu vaccines for many years. The process is well developed and well understood, and generally takes about six months from beginning to end.

This year has been a challenge because the companies making the H1N1 flu vaccine are the same ones that also make the season-

al flu vaccine. They cranked up their capacity and completed the seasonal flu vaccine as quickly as possible, so they could then turn their efforts and resources to the H1N1 vaccine. Seasonal flu vaccine is available now across most of the U.S. and there is plenty for everyone who wants it. The H1N1 flu vaccine should begin to be available by mid-October; however, because there may not be enough for everyone, health officials have identified those groups who should receive first priority for the vaccine.

The Centers for Disease Control and Prevention officials strongly recommend the H1N1 vaccine for pregnant women, parents of infants less than 6 months old, children and young adults 6 months to 24 years, and adults under 65 with underlying illness that places them at higher risk for complications from flu. These CDC recommendations are based entirely on what has been observed with this virus so far.

A disproportionately high percentage of the serious illness and death due to H1N1 has been among pregnant women. It also affects children and young people up to age 24 more than adults, and causes more serious illness in children, young people, and adults with underlying illness. Adults over age 65 seem to have some immunity to H1N1, probably from exposure to a similar flu virus in the 1930s and/or early 1940s.

I believe in immunization. I believe Edward Jenner, the doctor who developed the very first vaccine against smallpox 200 years ago was inspired to do what he did. I believe vaccines are a great blessing to those who live in our day, allowing us to avoid many of the things that routinely killed our ancestors and their children.

Dr. Jenner's vaccine led to the eradication of smallpox from the face of the earth and the development of other vaccines against diseases such as anthrax, chicken pox, diphtheria, hepatitis A and B, measles, rubella, whooping cough, yellow fever and now even some types of cancer.

The Salk and Sabin polio vaccines led to the near-eradication of polio; only Afghanistan, Pakistan, India and Nigeria still have circulating polio virus, and intense efforts are underway to complete the eradication process there. Once polio is gone, World Health Organization officials plan to focus on the global eradication of measles. Vaccines against malaria and other illnesses are in development, will further benefit mankind, and may lead to the eradication of even more diseases.

Vaccine-preventable illnesses have caused unimaginable suffering and death; now most of them seem like ancient history. I will be in line, with my family in tow, to receive our shots as they become available, including the H1N1 vaccine.

to approach the holidays as they would any mission, by planning and developing controls that ensure success. Some common factors in privately owned vehicle fatalities are speed, fatigue, alcohol, reckless driving, failure to wear seatbelts in vehicles, or a helmet when operating a motorcycle.

Safety is everyone's responsibility. Leaders, fellow Soldiers, Family members and Civilian employees must be vigilant in identifying "at risk" individuals and, when necessary, intervene with appropriate action. Through positive leadership and personal involvement, we will raise safety awareness and help safeguard our personnel. Please remember our deployed Soldiers, fallen comrades, wounded warriors, and their

Families in your prayers. I thank each of you for your continued dedication, commitment and support

JACK C. STULTZ  
Lieutenant General,  
Commanding

## COMMANDER'S ACTION LINE

The Action Line is an integral part of the base feedback network. Base personnel are urged to use the chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, call (609) 754-3247. Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



Col. Gina Grosso  
Joint Base Commander

## CUSTOMER FEEDBACK

We value Customer Feedback and performance improvement.

It is important to the US Army Garrison Fort Dix that we will continue to remain a cornerstone to the operations as the Army Support Activity. Interactive Customer Evaluation (ICE) is your direct link to Army service providers on Fort Dix. This is your opportunity to rate products and service providers.

It is a vital piece in evaluating feedback and provides service providers with a tool that allows them to directly and quickly affect the well-being of our customers. You may also offer suggestions for improving the quality of service.



Col. Patrick Slowey  
Fort Dix Commander

Log on to ICE and let us know how we are doing at <http://www.ice.dta.mil>. Click Army CONUS then click Fort Dix.

# Child gives shirt off back

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"I am extremely proud of his generosity," Spangler said of his son. "We've taught all of our children to 'love others as you love yourself' and to represent our faith in our daily lives. It is very humbling to see my son exhibiting selflessness in this act and it inspires me to do the same."

Others who would like to follow Braiden's example can bring

donations to the UC Leasing Office. Items needed most are diapers, baby products, various baby supplies, infant and children's clothing (up to young adult sizes will be accepted), toys, and school supplies. All clothing should be washed before donating.

The UC Leasing Office is located at 3700A Circle Drive, across from McGuire. For more information, call 723-4290.

## Correction:

Tiffany James and Geneva Sturdivant, Human Resources Military-ID Card section, pictured on page 4 of the Sept. 18 edition of The Post, received honorable mention for the second-quarter 2009 Interactive Customer Evaluation Award for Customer Service.

# the Post

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## USARC commanding general sends fall message

The fall season is traditionally a period filled with festivities, travel, and opportunities to spend time with family and friends. America will celebrate three holidays: Columbus Day, commemorating the arrival of Christopher Columbus in the Americas; Veterans Day, to remember those who serve our country to preserve our Nation's freedom; and Thanksgiving Day, expressing our gratitude for the many blessings we have received throughout the year.

To often the overwhelming stress of separation from loved ones or the loss of a loved one due to an accident mar this season of celebration, reflection, and renewal.

During this same period last year, we experienced four suicides and four fatalities involving motor vehicles. With the loss of eight Army Reserve Soldiers from our ranks, we must pause and reflect on how we can prevent such tragic loss of life. Leaders and commanders must be decisively engaged to develop and execute loss prevention programs that address both accidents and suicides. They are a constant threat to our Army Reserve Family. Remind your Soldiers

# Ohio MPs depart for Iraq

Wayne Cook  
Public Affairs Staff

After a celebratory sendoff at the National Guard Armory in Marysville, Ohio, the Soldiers of the 585th Military Police Company spent the next five weeks training at Fort Dix for their Police Transition Team mission in Iraq.

More than 160 Soldiers from the Buckeye State arrived on the installation with one thing in their sights: get the training necessary for their deployment and get the mission underway.

According to company commander, Capt. Kevin Harrold, the unit itself is only three years from standup. This is the unit's first deployment, although more than 25 percent of the assigned Soldiers have deployed at least once to Iraq or Afghanistan.

There is plenty of experience among the troops as many of them are first responders in their civilian lives.

"Spec. Steven Fagan was sworn in as a member of his hometown fire department in Millflin Township, Gahanna, Ohio, two days ago via the phone," said Harrold. "Many of our Soldiers chose to put their college education on hold so they could deploy with the company."

Harrold is a career Soldier with more than 17 years in the Army. A prior enlisted military policeman, he says one of the highlights of his career thus far was when he served as a patrol supervisor and squad leader at Fort Hood in Texas - the world's largest military installation.

Harrold said, "I believe my enlisted service gives me a clearer and deeper understanding of the unit, its mission, and our Soldiers. We have an excellent group of Soldiers and leaders in the company. I'm very proud of them all."



Wayne Cook

**GET IT COVERED -- Sgt. Travis Tucker, a team leader with the 585th Military Police Company, left, relays information to the rear as Pfc. Jason Stille, kneeling, and Pfc. Erick Ferriman, turret gunner, provide cover fire during a training exercise at the Contingency Operations Location on Fort Dix Sept. 22. The 585th MPs are training for an upcoming Police Transition Team mission in Iraq.**

The 585th MPs underwent rigorous training while at Fort Dix, which included convoy operations, weapons familiarization and qualification, language orientation, and interaction with roleplayers acting as Iraqi police and village leaders.

Pfc. Jacob Parker, whose grandfather is a retired Army colonel, has a profound love for his profession as a law enforcement officer. He believes that training the Iraqi police is an opportunity to help the nation become more independent.

"Personally I like law

enforcement and the training that accompanies the job. So far this is right up my alley. I'm excited to deploy. I believe we have been trained well and are prepared for our mission and we will be successful," Parker said.

Fagan, one of his fellow Soldiers, is a former Marine with nine years in the military. After serving eight years in the Marines he felt it was time to focus on building his family so he returned to the civilian world. Still feeling the call to serve the country he joined the Army National Guard a year ago and is

ready to embark on his first deployment.

"I think everyone is a little nervous of the unknown, but I'm very confident in my training, the company, and all of our Soldiers. We have a squared away company and I know we will go overseas and accomplish our mission and return home," said Fagan.

The 585th finishes up the company's mission readiness exercise this week and will then move into theater to take on the mission for which it has trained so diligently.



Lisa Evans

## Having a blast at CBRN School

Graduates of the Fort Dix Chemical, Biological, Radiological and Nuclear (CBRN) Defense School for Sept. 25 are, kneeling from left, Spc. Leith Sullivan, Maj. Christopher Mason, Spc. Kenny Delgado, Spc. James Damico, Sgt. Harry Sober, Sgt. Clayton Evans, Sgt. Seth Greer, 2nd Lt. Arjun Nagra, 1st Lt. Toussunt Trammell and Sgt. 1st Class Gregory Jones, and standing from left, Sgt. Russell Hotell, Spc. Thomas Richie, Sgt. John Benham, Sgt. Timothy Carter, 2nd Lt. Michael Riggs, Spc. Michael Cardillo, Sgt. Darnell Thompson, Capt. Eric Marfull, Spc. Randy Gardner, Sgt. 1st Class Aro Ebenhahn and Pfc. Christopher Slaydon.

## Family services expand for Joint Base

Senior Airman Bekah Phy  
Joint Base Public Affairs

As Joint Base McGuire-Dix-Lakehurst moves toward full operational capability Oct. 1, family services will expand to support Air Force, Army, and Navy personnel and their dependents.

The Airman and Family Readiness Center at McGuire, along with Navy Fleet and Family Services, and Army Community Services will merge into one organization with a new title of Warfighter and Family Readiness Center. The W&FRC will adopt the best practice from any of the three services to support the health, welfare, and mission readiness of servicemembers and their families. "Air Force, Army, and Navy family readiness centers have built a reputation of providing exceptional customer service and activities, which will not change," said Don Divis, 87th Force Support Squadron flight chief. "All three centers have actually worked closely together for years; joint basing

opportunities have just placed these great programs and professionals under one leader."

All three family readiness center locations can now be utilized by military members regardless of their branch of service. Customers will also have the opportunity to register for any available activity, class or program.

**"Joint basing opportunities have placed these great programs and professionals under one leader"**

— Don Divis  
87th Force Support Squadron

program sponsored by any of the center's for which they qualify.

Such programs include Hearts Apart for families of those deployed, Bundles for Babies for expectant parents, Transition Assistance Program for servicemembers separating and retiring, several career-service programs, and many other programs, which are available to all JB MDL families.

In addition to programs the Warfighter

and Family Readiness Center offers, the 87th Medical Group Family Advocacy Program at McGuire will also gain strength as Oct. 1 approaches.

"Family Advocacy will continue to sustain, support and provide services for the psychological and emotional health of the new Joint Base community," said Melody Giovanni, Family Advocacy outreach manager, McGuire.

Fort Dix and Lakehurst Family Advocacy will become one program under the 87th MDG - combining staff from all three offices, she said.

Family Advocacy will continue to offer preventive domestic violence services, stress management classes, parent support programs and more to all servicemembers.

"Mission and family life are closely connected; when issues surface in either area, both are affected," Ms. Giovanni said. "Well-adjusted families and servicemembers can have a positive effect on the mission. It takes a lot to win a war, and family support programs do make a difference in that effort."

## 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 Sept. 14-20.

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 Checkpoint Number.

● During a routine traffic stop in the Garden Terrace housing area, police discovered the vehicle, operated by an airman assigned to McGuire AFB, had suspended registration. Further investigation revealed the operator had suspended driving privileges on the installation. The subject was cited.

● Police responded to a motor vehicle crash on Range Road. Investigation revealed a vehicle, operated by a soldier assigned to Fort Dix, was struck by a deer. The deer fled into the woods. There were no reported injuries and the vehicle was released to the operator at the scene.

● While processing a visitor at the Visitor Center, police discovered the subject, a civilian NAFD, was attempting to use someone else's ID to gain access. Further investigation revealed the subject was in the country illegally. Immigration and Customs Enforcement was notified but declined to respond. The subject was cited.

● Police responded to a motor vehicle crash near Bldg. 5514. Investigation revealed a vehicle, operated by a soldier assigned to Fort Dix, 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 near Bldg. 5275. Investigation revealed a vehicle, operated by a soldier assigned to Fort Dix, struck a mail box after the operator's sandal caught behind the clutch pedal.

● Police and Fire Department personnel responded to a report of a fire under a dumpster near Bldg. 5991. Investigation revealed a unit had been burning travel documents. The Fire Department extinguished the fire.

● Police responded to a traffic accident on Lexington Avenue. Investigation revealed a government bus, operated by a Soldier NAFD, was backing without a ground guide and struck another vehicle. There were no reported injuries and the vehicles were released to the operators at the scene.

● Police responded to an incident in the Garden Terrace housing area. Investigation revealed person(s) unknown had set fire to a lawn ornament. Investigation continues.

● Police responded to a report of criminal mischief near Bldg. 5951. Investigation revealed person(s) unknown had removed an anchor from its pedestal in front of the building.

● While processing a visitor at the Visitor Center, police discovered the individual, a civilian NAFD, had an outstanding warrant out of Irvington. Irvington Municipal Court was contacted and provided a new court date.

● Police responded to a report of a suspicious vehicle on Pointville Road near the Fort Dix property line. Investigation revealed the vehicle operator, a civilian NAFD, was a hunting guide scouting in the area. He was advised to stay off federal property.

● During a routine credential check of a vehicle attempting to enter the installation via the Wrightstown gate, police discovered the operator, a civilian NAFD, had two outstanding warrants out of Mount Holly and Gloucester. The subject was detained and transferred to the custody of the Mount Holly police.

● During a routine traffic stop on Route 68, police discovered the vehicle, operated by a Sailor assigned to Fort Dix, had expired insurance and was uninspected. The subject was cited and the vehicle was towed from the scene.

● Police responded to a traffic accident in the Laurel Hill housing area. Investigation revealed an unknown vehicle had struck a parked and unoccupied vehicle, owned by a soldier assigned to Fort Dix, and then left the scene.

● Police and Fire Department personnel responded to a fire alarm at Bldg. 3601. Investigation revealed smoke generated by an M-1 tank set off the alarm.

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

● There were 11 Magistrate Court Citations issued for violations. DWI incidents remain at 9 for the year.

## Airfield Group

(continued from page 1)

members from theater to the Passenger Terminal for demobilization. Johnston and his team are there to welcome them and move them through the deplaning process, bringing them one step closer to home.

"They're very willing to work with us," said Dixon, who added that this A/DACG is one of the best he's worked with in his 11-year career.

Of course, the A/DACG doesn't only deploy troops - it welcomes them home as well. Near every weekend, Freedom Flights bring returning service members closer to a warzone - or to home.

## Navy changes

(continued from page 1)

rate at end of obligated service augmentation/global war on terrorism support assignments (EAOS) or projected rotation date (PRD), whichever is closer. Those assigned "needs of the same. Once they have completed the GSA/IA assignment, they will fall under current detailing and extension policies.

Sailors choosing not to obligate for the required 24 months of contract time left will be assigned based on the "needs of the Navy" or, if eligible, will be encouraged to voluntarily separate from theater to the Passenger Terminal for demobilization. Johnston and his team are there to welcome them and move them through the deplaning process, bringing them one step closer to home.

For more news  
from Navy Personnel Command, visit  
<http://www.navy.mil/local/npc/>

# NEIGHBORHOOD

## The Corner

### Thrift shop to host Fall Yard Sale

The Fort Dix Thrift Shop at 6501 Pennsylvania Avenue will hold its Fall Yard Sale Oct. 3. The hours are 9:30 a.m. to 2:30 p.m. Setup begins at 9 a.m. A donation of \$10 is requested for one parking space display. Participants should bring tables.

Participants may register in advance at the Thrift Shop during regular hours or may leave requests at 723-2683. The Thrift Shop will be open from 10 a.m. to 2 p.m. on that date.

### Walson Alumni Brunch coming to Pemberton

A brunch has been scheduled for alumni and friends of Walson Army Hospital. The buffet brunch will be held Oct. 25 from 11 a.m. to 2 p.m. at Anapa's Country House in Pemberton. The cost for the brunch is \$18, payable at the door.

Call Christa Karycynski at 893-7559 or e-mail lolo102@comcast.net, or Mary Filippini at 499-1289 or e-mail maryfilippini@comcast.net to make reservations by Oct. 16. Call your fellow alumni and friends to inform them of this event. The brunch provides an excellent opportunity for fellowship, to reminisce, and enjoy good dining.

### Spouse group to host Fall Festival

The Fort Dix Spouse and Civilian Group will host a Fall Festival and Membership Drive Oct. 18, from 1:30 p.m. to 4:30 p.m. The event will be held at John Mann Park rain or shine.

This fun, free, event will feature snacks and fall crafts, kids' bounce house, door raffle prizes, and information on the Fort Dix women's group as well as United Communities and Joint Base Youth Sports and Community Services.

Half price ammbands for admission to the go-carts, miniature golf, and batting cages will also be available for \$5.00.

### Annual Mud Run seeks volunteers

Volunteers sought for 2nd Annual Mud Run. The Mud Run will be held Sept. 26, and volunteers are needed from 8 a.m. until 1 p.m. or completion of tear down. Volunteers are needed for crowd control, safety monitors, and various other positions. The first 150 volunteers will receive the Mud Run 2009 T-shirt. Volunteers can contact Katrena Holmes at katrena.holmes@mcguire.af.mil, or call 754-1645 (e-mail preferred) for further information.

The Mud Run is sponsored by the Burlington Military Affairs Committee (BMAC) and is open to the public.

### Issues sought for Family Action Plan Conference

Speak out and be heard at the Military Family Action Plan Conference, Oct. 29 from 8 a.m. to 4:20 p.m. at Timmermann Conference Center. For more information call 562-2767.

### United Communities offers Resident Referral Program

Need some extra cash? United Communities is now offering a resident referral bonus program. It's as simple as referring your friends and co-workers to live with United Communities. For more details call the United Communities Leasing Office at 723-4290.

### American Legion hosts made-to-order breakfast

The American Legion Post 455 will prepare a made-to-order breakfast of fried and scrambled eggs, biscuits, french toast, SOS, pancakes, omelets, coffee, tea and juice.

Step up to the special order window and place your order and the food will be delivered to your table while you stroll the extensive buffet line. Price is \$6 for adults, \$3 for children under age 12, and free for kids under age 5. The American Legion Hall in New Egypt is on Route 528 West, across from Agway. The breakfast is held every first Sunday of the month from 7 a.m. to 11 a.m. at 2 Meadowbrook Lane, New Egypt, Call (609)758-8131 for more information.



Lisa Evans

**INWARD GLANCE** -- Bonnie Reed watches Doris Otero react to questions from the Resiliency map, a means to identify personal strengths and weaknesses. Staff Sgt. Darlin Abraham reads questions more calmly as the three formed a group during resiliency training, part of suicide awareness month, in a training session held recently at the Fort Dix Main Chapel.

## Training raises suicide awareness

Lisa Evans  
Public Affairs Staff

Mental health providers have many problems to deal with. Among them is boredom. Attendees even boomed when, at a recent town hall meeting, a suicide prevention slide popped up on a screen. "People are sick of lectures on suicide prevention," Dr. Denise Horton, alcohol/drug abuse control officer, explained. She said she was surprised by the booring, but she deals with suicide prevention burn-out daily in her quest to ensure suicide prevention is actively practiced.

"We are using strategies a little out of the box," Horton explained. "We keep trying new strategies that aren't overtly lecturing, such as asking, 'do you have an ACE (Ask your buddy, Care for your buddy, Escort your buddy) card, do you know where your resources are?' and providing 15-minute massages for free."

Suicide prevention awareness must continue, she stressed, for the health of military members, families and civilian workers. Suicide rates continue to climb among Soldiers returning from deploy-

Army suicides in 2007 and 101 in 2006. Army reports do not pinpoint why suicide is on the rise, but Army mental health specialists believe multiple deployments may be a major contribut-

Horton calls responsibility overload. Compassion fatigue, depression and exhaustion are becoming common among the caretakers. She wanted to give her fellow mental health specialists better tools for combating fatigue.

"The people who did Beyond the Front conducted surveys and data collections and used that data to produce a program called Building Resiliency for LIFE, resiliency training for caregivers," Horton explained.

Essi Systems' Building Resiliency for LIFE, was created by Linda Fatkin of PRISM Resiliency Resources, a board certified expert in traumatic stress, and Abdoulaye Bah, of Lincoln University's Center for Suicide Prevention and Research Studies, Jefferson City, Mo.

"I believe that Suicide Prevention is more than the identification of risk factors and warning signs of those individuals at risk of hurting themselves or taking their own life," Fatkin said. "Suicide prevention must emphasize behavioral, psychological and spiritual protective factors, such as the development of resiliency characteristics."

Horton purchased the program and Fatkin and Bah conducted training at the Fort Dix Main Chapel Sept. 3. Army Substance Abuse Program employees, the psychologists and medical technicians at the 305th Medical Group, and sergeants working with mobilization/demobilization on Fort Dix participated.

"We chose all healthcare and family and Soldier support people for this training to create team building and as a secondary agenda to give them tools to learn something for themselves, to take

(continued on page 7)

## Soldiers get depression briefing

Wayne Cook  
Public Affairs Staff

Representatives of the American Foundation for Suicide Prevention and the Brick Survivors of Suicide Support Group from Brick Township, spent time with Soldiers from the Mobilization Readiness Battalion at the Main Chapel Sept. 9.

During a briefing on suicide prevention. According to the Army, there were 140 confirmed suicides last year and another seven probable suicides still under investigation. There were 115

each of the representatives shared personal stories which included the loss of a loved one through suicide.

Peggy Farrell, New Jersey Chapter president of the American Foundation for Suicide Prevention, Dave Thelen, facilitator and member of the Brick Survivors of Suicide Support Group, and Bonnie Lyons, also a member of the Brick Survivors of Suicide Support Group, spoke about the warning signs,

(continued on page 7)

Whatever the cause, professionals who work with military members and their families are experiencing what



Ryan Morton

**STORY TIME** -- Heather Tuller reads a book to children from left, Evelyn Todd and Lillian Casavant, during their time in day care while the mothers are in the first Mothers of Preschoolers (MOPS) meeting at the Fort Dix Main Chapel Sept. 22.

## Mothers' support group starts new season

Ryan Morton  
Public Affairs Staff

Mothers of Preschoolers (MOPS) kicked off its first meeting of the year at the Fort Dix Main Chapel Sept. 22 and said hello to familiar faces and new ones alike.

"We aim to offer fellowship and support to fellow military moms," said Jessica Follett, MOPS co-coordinator.

"I hope these moms gain self-importance, worth, and friendship. It can be lonely at times being a military wife and MOPS gives them a chance to meet other women in similar situations by their involvement in various groups and activities we do," she said.

MOPS is a faith-based international support group for mothers of children from pregnancy through kindergarten age. The Joint Base McGuire-Dix-Lakehurst chapter meets the second and fourth Thursday of each month at the Fort Dix Main Chapel from 9:15 to 11:45 a.m., September through June.

"I came to MOPS because I was just trying to connect

with some other women on the base through activities and meet some other moms with the same challenges, schedules, and interests," said Jennifer Powell, new MOPS member and mother to a 17-month-old son.

"It's nice that all these women here have young children, because often times it's hard to find moms with kids around the same age as mine. It's good to find other moms with kids of similar ages for play dates, too. This also seems to be a great way to develop friendships, have adult interactions, and get a good break or reprieve from parenting for a little while," she said.

The MOPS international theme for the 2009-2010 school year is, "Together on Planet Mom," which focuses on the changes and adjustments mothers undergo and adapt to within their lives and how it affects their relationships with their husbands, girlfriends, extended family, and community.

Childcare is provided at each MOPS meeting with the MOPPETS program at the Main Chapel. Call co-coordinators Jessica Follett at (585) 802-3308 or Chrissy Stanford at 752-2136 for more information.

## Fort Dix trio soars for stars

Lisa Evans  
Public Affairs Staff

Hands clapping, foot stomping, and whistles filled the air as six Operation Rising Star contestants took to the stage Sept. 18.

Although three contestants fell when the voting was counted, three moved on to round three.

Successfully garnering both the judges and audience votes, Sgt. 1st Class Eric Turner, Headquarters/Headquarters Company, Mobilization/Readiness Bn., Octaver Robinson, whose Air Force husband is deployed to Saudi Arabia, and Alisa Piteo, Air Force wife, have the chance for the big win Sept. 25 at Club Dix. They will be vying for a first prize of \$500 and a chance to have a video submitted for the national prize and a recording session, second prize of \$250 and third prize of \$100. The unit with the best representation will take home \$300 for spirit.

Singing Reba McIntyre's "Why Haven't I Heard From You," Piteo opened the singing war by abandoning the stage and heading out onto the floor. She raised the bar high as the judges agreed that she sang pure bottom notes and squalling upper notes in perfect

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# Honors and Awards



David Moore

Leadership from two companies of the 111th Infantry, 56th Stryker Brigade, Pennsylvania Army National Guard, receive Welcome Home plaques upon their return from an Operation Iraqi Freedom (OIF) mission from Fort Dix leadership Sept. 12 during a ceremony held at Timmermann Center. They are, from left, 1st Sgt. Gregory White and Capt. Anthony Passero, commander and first sergeant of Bravo Company, and 1st Lt. Patrick Smith and 1st Sgt. Lewis Walls, commander and first sergeant of Alpha Company.



Tech. Sgt. Christopher Wright, 87th Security Forces, receives the Bronze Star from Lt. Col. Timothy Heintzelman, SF commander, during a commanders call Sept. 17. While deployed in support of OIF, Wright led 15 personnel on more than 150 ground combat patrols and logged over 1,000 hours outside the defended base perimeter. Wright and his team neutralized five insurgent cells, eliminated 74 insurgent threats, and contributed to the capture of 23 enemy personnel.



Ryan Morton

Maj. Chuck Arnold and 1st Sgt. Tim Klima, 413th Civil Affairs Battalion, Bravo Company commander and first sergeant, display their unit's Welcome Home plaque and Yellow Banner upon their return from an OIF mission at Fort Dix's Timmermann Center Aug. 31. The unit is from Fort Lewis, Wash.



Capt. Antonia Greene, 72nd FA Bde.



Lisa Evans

Capt. Frank DiMartini and 1st Sgt. Mark Andre, Alpha, 2/104 Cavalry, 56th Stryker Bde., accept a Welcome Home plaque upon returning from an OIF mission during a ceremony in Timmermann Center Sept. 5.



Capt. Antonia Greene, 72nd FA Bde.

Newly promoted Staff Sgt. Michael Gallucci, 2nd Battalion, 312th Training Support Regiment, is pinned and congratulated by his girlfriend Rosalba Guerrero during a promotion ceremony held at Range 12C Sept. 11. Gallucci is an Observer/Controller Trainer and Operation Warrior Trainer of the Quarter for the 72nd Field Artillery Brigade.

Sgt. Debra Smith, 2nd Battalion, 312th Training Support Regiment, Sgt. Matthew Faith and Staff Sgt. Ana Ferreira, Headquarters Battery, 72nd Field Artillery Brigade, graduate Phase 1 of the Basic Noncommissioned Officer Course at the Fort Dix NCO Academy, Sept. 18.



Lisa Evans

First Sgt. Kim Morris and Capt. John Sheaf, 2/104 Cav., 56th Stryker Bde., accept a Welcome Home plaque upon returning from an OIF mission during a ceremony in Timmermann Center Sept. 5.



Lisa Evans

Capt. Joseph Fleishman and 1st Sgt. Courtney Cole, from the 856th Engineering Co., 56th Stryker Bde. out of Punxsutawney and Johnston, Pa., accept a Welcome Home plaque upon returning from an OIF mission during a ceremony at Timmermann Center Sept. 10.



Capt. Antonia Greene, 72nd FA Bde.

Soldiers of 1st Battalion, 309th Training Support Regiment, are recognized by the U.S. Forces Command Safety Program Management Team at the battalion headquarters Sept. 18 for their participation in creating the new FORSCOM ammunition explosives pyrotechnics safety video. The Soldiers received recognition plaques, coins and certificates of appreciation for their outstanding work and professionalism, demonstrating proper handling procedures and employment of simulators in training.

# Soldiers get depression briefing

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causes, shock of the unexpected loss, and strategies to help survivors live with the loss.  
The Soldiers viewed the video, Fatal Mistake, which featured Mariette Hartley, star of television and screen, who lost her father to suicide many years ago.

The film included people from all walks of life who had endured the similar tragedies and were willing to share their experiences to help others.

Thelen explained to the Soldiers that suicide is the ninth leading cause of death in the United States and that most suicides are preventable. Nearly all

suicides are caused by a disease, clinical depression. If Soldiers familiarize themselves with the signs of depression, especially clinical depression, they can intervene sooner and perhaps get an individual in time to avert a tragedy.

There are many symptoms of depression. A person at risk of suicide may exhibit a few, or many, of these symptoms.

Each age group manifests different symptoms. According to the booklet, SAVE/Suicide Awareness Voices of Education, the following is a partial list of common symptoms found in adults:

- Persistent sad or empty

- Feelings of hopelessness, helplessness, guilt, pessimism, or worthlessness.
- Drug and alcohol abuse (can often mask depression or anxiety).
- Chronic fatigue, loss of interest in ordinary, once-pleasurable activities, including sex.
- Disturbances in eating or sleeping patterns.
- Irritability, increased crying, and generalized anxiety, which may include chronic fear of dying or being convinced one is dying from an incurable disease.
- Apparent hypochondria, but the individual actually feels

symptoms. They are real, not imagined, yet there is no medical explanation.

- Difficulty concentrating, remembering or making decisions.
- Suicidal thoughts, plans, or attempts.
- Persistent physical symptoms or pains that do not respond to treatment such as headaches, stomach problems or pains in the back, neck, joints or mouth.

Depression can be categorized as either reactive or clinical.

Reactive depression may occur after a bad day or activity in a person's life. Clinical depression develops over a peri-

od of time and is most often signaled by a withdrawal from normal life activities.

According to Farrell, addressing one's own mental health has gotten a bad name.

"Depression and anxiety happen to all of us. We need to feel free to talk about it. To seek help if we need it," he said.

Thelen said that according to statistics females attempt suicide four times as often as males but males accomplish the deed more often than females. Men and

boys tend to use more catastrophic means to commit suicide.

"Suicide knows no boundaries; not age, ethnicity, religion, geographic, demographic, sex, or social standing. Everyone is affected by it," he said.

Thelen closed out the briefing by telling the Soldiers there are organizations out there that are prepared to offer support to anyone involved in or suffering from an attempted or completed suicide.

## Training raises awareness

(continued from page 5)  
care of themselves," Horton explained. "They can then translate those skills for the families they are helping."

Training the specialists to be resilient is key to helping others for the duration, Fatkin said. Defusing stress for caregivers and enabling them to continue helping others without succumbing to hopelessness or depression themselves is the driving force behind the program.

"The Building Resiliency for LIFE workshop was conducted as part of the Army Suicide Prevention training designed to enable participants to maintain a

high level of personal resiliency along with a balanced work life," said Fatkin. "Our leaders, health care providers, and caregivers at Fort Dix not only have what it takes to get the job done, but they also manage to perform it in an extraordinary manner."

"Our intention was to provide the Essi Systems' resiliency training as a way to give the participants something back," Fatkin explained.

In the two-day training, participants used the Essi System mapping tool to identify four performance zones: optimal, balance, strain and caution. Each participant chose to modify one

behavior from the strain category using a 21-day program. Pairing up with buddies gave the participants added strength to commit to the change. The goal is to recognize reactions to stress more quickly and respond constructively instead of physiologically; instead of developing high blood pressure, develop coping skills. Fatkin stressed taking care of self was important to caring for others and encouraged everyone to set aside personal time to relax and do things that please self, not someone else. Maintaining health includes saying no sometimes, eating well and getting plenty of rest.

These skills sound simple, but for mental health professionals, the simple things get shoved aside for a midnight call, a day stuffed too full of meetings and counseling sessions, emergencies — the list can go on and on.

"Fort Dix is a really helping community which is why we haven't had a completed suicide in several years," Horton concluded. "The goal with this program was to help caregivers stay healthy and motivated. Resiliency is to help caregivers work from a strength-base model to look for what is good in people and in themselves. They must take care of themselves."



Wayne Cook  
**REACHING OUT** — David Thelen, facilitator and member of the Brick Survivors of Suicide Support Group, speaks to Soldiers at the Mobilization Readiness Battalion Suicide Prevention briefing at the Main Chapel.

## Trio soars for stars

(continued from page 5)  
pitch, giving the audience a chance to show their own emotion from the top of the evening.

Robinson earned accolades from the judges and the audience staying with Gospel music, singing Bobby Jackson's "Vessal." Whether she was growling out the low notes or letting the upper notes soar, Robinson earned only top marks from all

three judges and the audience. Turner sang last, but was certainly not least. Crooning Luther Vandross's "Don't You Know That," Turner proved that a voice that can belt out the national anthem isn't at a loss when it comes to cigarette and whiskey blues. Never missing a note or a cue, Turner pulled the audience into the music perfectly, a slow love song that left the audience

and judges both loving him. Of the singers that won't be moving on, Sgt. Christina Kennelly, HHC, 28th Combat Aviation Bde., human resource specialist, rocked the place with her spirited version of Miranda Lambert's "Gunpowder and Lead." April Dingle stepped out of her comfort zone with "Everything I do, I do for You," and Staff Sgt. Jason Knight of the

Mid-Atlantic Recruiting Command reprised "Stormy Monday," from last year's competition, but both will have to try again next year. The judges endorsed both to keep on singing, saying they had the skill and the drive; they simply met stronger singers this time around.

Don't miss the three final rising stars battle it out Sept. 25.



Lisa Evans

**AIMING FOR THE STARS** — Sgt. 1st Class Eric Turner and Alisa Piteo advanced to the next round of Operation Rising Star Sept. Octaver Robinson also advanced to the final Fort Dix round of the competition.

Read The Post online at  
[www.dix.army.mil](http://www.dix.army.mil)

## Canine comrade deploys with MPs

Within the 49th Military Police Brigade's ranks is a special Soldier who's bark, literally, is bigger than her bite.

She's the typical noncommissioned officer: cares about Soldiers, well disciplined and yes, barks for attention.

When the pride of the California Army National Guard leaves Fort Dix on Sept. 24, Sophie, an Australian shepherd, will accompany the 49th as its force health protection dog. She won't live a dog's life, given her responsibilities. Sophie has an important role: Provide a means of morale to nearly 5,000 Soldiers during this Operation Iraqi Freedom tour.

"She's fun-loving. She goes to anybody and doesn't have a problem with big crowds," said Staff Sgt. Arlyce Baty, human resources sergeant and Sophie's handler. "She's basically here to boost everyone's morale. Not just for the brigade, but for all Soldiers."

Thus far, Sophie has done just that. Since her introduction during the 49th's Aug. 12 deployment ceremony at Travis Air Force Base, Calif., Sophie has been a dog lover's dream. She's an Australian shepherd who lives up to her breed's reputation as active, caring and dependable.

But Sophie's still a Soldier. She falls in during formations, eats when told, does physical training and has even been issued battle gear. Like her fellow troops, Sophie has been medically checked and cleared for deployment.

"She has kept our troops entertained and proven a welcome diversion for our Soldiers, as well as those in some of our subordinate units," said Brig. Gen. Donald J. Currier, commander of the 49th. "She has also kept our staff working hard to navigate every administrative hurdle to her deployment the Army might throw our way."

Better known as Aussies, Australian shepherds did not originate in Australia, according to [www.wikipedia.com](http://www.wikipedia.com). They

acquired their name because of association with Basque sheepherders who came to the United States from Australia.

Aussies have been used as seeing-eye dogs, or utility dogs to the physically handicapped. They're also used as hearing aid dogs, police and narcotics dogs and search and rescue dogs.

In Sophie's case, she's a therapy canine. When Soldiers return from missions and/or face emotional conflicts, Sophie's is a form of alternative care. Her activeness and ability to befriend everyone can be a relief source, according to Baty.

"So many Soldiers have pets, so it's easy for them to adjust to Sophie," she added. "Most of us are going to go through hard times especially being away from our families. We're all going to need friends. Sophie's one of the best friends we got."

The 49th will oversee operations of four battalions, accounting for nearly 5,000 Soldiers. The mission will combine National Guardsmen, Army Reservists and active duty forces. Its mission is to continue assisting Iraqi Police in areas such as security, law and order, and police operations. The focus is to create a self-supporting Iraqi police, fully functional in handling the government's effort to protect Iraqi people.



courtesy photo

**ADOG'S LIFE** - Sgt. Sophie is deploying with the 49th Military Police Brigade.



# Community Events

## Chapel Services

### **Fort Dix - 562-2020**

#### Sunday Services

##### **Main Chapel**

**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.

##### **Sunday School**

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

##### **Jewish Prayer Room**

Room 27  
7:30 a.m. to 4:30 p.m.

##### **Chapel 5**

**Bldg. 5950 Church St.**  
If chapel is closed  
call 562-3311

to schedule a time for prayer

##### **Protestant, Catholic,**

**Latter Day Saints**  
7:30 a.m. to 8:30 a.m.

##### **Islamic Prayer Room**

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

##### **COL - Chaplain's tent**

7:30 a.m. to 8:30 a.m.

### **McGuire - 754-4673**

#### **Chapel 1**

**Daily Catholic Mass**  
Monday through Thursday  
11:35 a.m.

**Catholic Reconciliation**  
Saturdays 4 p.m.

**Catholic Mass**  
Saturdays 5 p.m.  
Sundays 9 a.m.

**Protestant Gospel Service**  
Sundays 11:15 a.m.

#### **Chapel 2**

**Protestant Contemporary**

**Service**  
Sundays 9:45 a.m.

#### **Jewish Services**

Join Chap. (Capt.) Rabbi

Berdugo for Lunch and Learn

every Monday and Wednesday

from 11:30 a.m. to 12:30 p.m. at

Chapel 1.

**Yom Kippur (Day of Atonement) Services:**  
Sept. 27 - 6:35 p.m.  
Sept. 28 - 9 a.m. and 5:15 p.m.

All services and holiday meals will take place at the **McGuire AFB Community Center** on East Arnold Avenue across the street from Chapel 1. For more information and reservations, call Chap. (Capt.) Rabbi Berdugo at 754-5908.

## Religious Activities

### **Fort Dix Chapels**

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

#### **Protestant Women of the Chapel**

Tuesdays, 9:30 to 11:30 a.m. at the Fort Dix Main Chapel and the fourth Tuesday at Buttonwood Hospital.

### **McGuire Chapels**

#### **Protestant Women of the Chapel**

meeting at Chapel 2  
Wednesdays from 6:30-8 p.m.  
Thursdays from 9-11 a.m.  
(Wee Church Provided)

#### **Catholic Women of the Chapel**

Fridays 9 a.m.

#### **Joint Base Protestant Chapel Night**

AWANA Clubs at Chapel 2  
Wednesdays 6:30 p.m.

## FMWR presents

### **Equipment Resource Center**

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**

Wednesday through Thursday

1 p.m. to 7 p.m.

Friday through 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.

### **CLUB DIX 723-3272**

#### Hours of Operation

##### **Smokehouse Restaurant**

Lunch Served  
Tuesday through Friday

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

Closed Saturday to Monday

##### **Blue Room**

**Wednesday**  
5 p.m. to 10 p.m.

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

**Sunday through Tuesday**  
Closed

##### **Computer Lab**

**Monday and Tuesday**  
7 a.m. to 1:30 p.m.

**Wednesday through Friday**  
7 a.m. to 10 p.m.

**Saturday**  
Noon to 10 p.m.

**Sunday**  
10 a.m. to 6 p.m.

**Java Café**

Monday through Friday

7 a.m. to 1:30 p.m.

##### **Bingo Nights at the McGuire Club**

Bingo starts at 7 p.m. every

Monday and Wednesday evening

at the Club on McGuire Air

Force Base. Early Bird starts at

6:45 p.m. and features a variety

of games including a progressive number jackpot of \$2,000, consolation of \$200. Call 754-2396.

## Griffith Field House

**Building 6053  
562-4888**

### **Combat Fitness Challenge (Military Only)**

Monday and Wednesday  
6:30 a.m. to 7:30 a.m.

### **Go Around the World in 90 Days at McGuire Gym**

The Fitness Center's "Around the World in 90 Days" program takes you around the world while never leaving McGuire. This program is self paced and based on the honor system while each day will have an event that once performed will lead to the next day of your journey. Call 754-6085 for more information.

## Fort Dix Thrift Shop

**5105 Pennsylvania Ave.  
723-2683**

Summer clothes bargain: \$2.50 per grocery bag stuffed with summer clothing. Stuff your own bag with a large variety to choose from.

## McGuire Thrift Shop

**Building 3446  
353-1126**

The McGuire OSC Thrift Shop is now open and ready for business. After being closed for the past month, the store is open and stocked with a wide variety of clothing, shoes, accessories,

uniforms, books, toys, housewares, sporting goods, baby gear, and more! The hours are:

## Wednesday through Friday

10 a.m. to 2 p.m.

## First Saturday of the month

10 a.m. to 2 p.m.

For more information or to volunteer, call Jennifer Roberts at (609) 353-1126 or visit Bldg. 3446 (between the BX and Vehicle Resale Lot).

## The Attic

The Attic is in need of volunteers. For more information, call Valerie Fioretta, Airman & Family Readiness Center at 754-5748.

## Arts & Crafts Center

**562-5691**

**Bldg. 6039**

**Philadelphia Street**

**Registration hours:**  
Tuesday - 9 a.m. to 4:45 p.m.

Wednesday and Thursday  
Noon to 5 p.m. and  
6 to 8:45 p.m.

Friday - 11 a.m. to 4:45 p.m.

Saturday - 9 a.m. to 4:45 p.m.

## McGuire Family Advocacy classes

The Family Advocacy

Program is holding the following

classes. For registration and

information, call 754-9680.

**Anger Management:** Learn how to identify the warning signs of anger, learn how to express anger appropriately and keep anger from taking over. This is a three-part series held on the first three Fridays of the month at the HAWC from 1 to 3 p.m.

**Baby Basics:** This class helps prepare expectant mothers for upcoming labor and delivery experience. The class is offered once a month 5 to 7 p.m.

**Pregnancy 101:** Learn about a wide variety of topics on what to expect throughout each stage of pregnancy. Class is held the second Friday of each month.

## Child Birth Preparation:

This class helps prepare expectant mothers for upcoming labor and delivery and is held monthly on Saturdays from 9 a.m. to 4 p.m.

## Joint Base Library

**2603 Tuskegee Airmen Avenue  
754-2079**

Hours of operation

Monday through Thursday

10 a.m. to 8 p.m.

Friday and Saturday

noon to 5 p.m.

Saturday, 10 a.m. to 5 p.m.

Visit

[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)

for more information

# SPORTS

## Golfer finds niche at Fountain Green

Steve Snyder  
Public Affairs Staff

Kim Torrone shot a 58 recently at the Thomas G. Prendergast Golf Outing on the McGuire Air Force Base links, further establishing her status as a premier golfer among her peers at Fort Dix.

Torrone, who tends bar at the Fountain Green Golf Course on Fort Dix, won the club's women championship in 2008 and has been an avid golfer for years. Indeed, the sport seems to run in her family.

Kim was born in Bangkok, Thailand in 1954. She met and married Army 1st Lt. Joseph Torrone in 1969 in her native country and Kim Ohunsing became a nationalized American citizen in 1975.

Kim says she enjoyed the Army life, traveling with her husband to posts in North Carolina, Washington, Colorado and California. Fort Lewis, Wash. was her favorite post, she says.

The Torriones came to Fort Dix in 1986 where Joseph frequently indulged his passion for the sport at the Fountain Green.

Kim began to hit the links in 1997, just after her husband died. She worked at the old officers club (where the Public Affairs Office stands today) since 1986

and in 1992 moved over to tend bar at the golf course.

"I've known Kim for more than 20 years, going back to the old O'club days," says Pete Marci, from the Directorate of Contracting.

"She's a great bartender, and the longer you know her, a genuine friend. Kim is a true professional, hard worker, and, incidentally, a helluva golfer. If you wanted to write a history of the club system at Fort Dix, she should be the first person you interview," concludes Marci.

Working there fits her life to the tee since Kim's become just as much of a golf fanatic as her husband was. Golf is, in short, a Torrone family tradition.

Kim has two daughters, Maria and JoAnne, and a grandson, 14-month-old Dillon.

One suspects that somewhere, there's another golfer in the family about to blossom.

The Thomas G. Prendergast Golf Outing was sponsored by American Legion Eden-Stanley Post 294 of Pemberton and the Ancient Order of Hibernians Community Charities.

It is among prominent annual attractions sponsored by groups who regularly golf at Fountain Green.

Golf and good cheer are synonymous with the Fountain Green. So is Kim Torrone.



photos by Steve Snyder



**LINKING UP** -- Kim Torrone, above, demonstrates the form she's developed after being bitten by the golf bug.