



The State of New Jersey
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DMAVA Highlights Archives

29 July 2005
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NJ Dept of Military and Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson
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 Deputy Commissioner for Veterans Affairs

Contacting us is easy!

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We're on the Web!
<http://www.nj.gov/military>

The NJ National Guard Needs You!

Here is our featured
 Job of the Week

Wheel Vehicle Repairer 63W

The wheel vehicle repairer performs direct support and general support maintenance on wheel vehicles, material handling equipment (less propulsion motor electrical MHE), trailers, and associated items. Repairs diesel power plants/packs, wheel vehicle clutch assemblies, compression ignition air induction systems, vehicle liquid cooling systems, wheel vehicle chassis electrical

Restoring Hope in Iraq

The 50th Main Support Battalion continues to bring help and hope to the citizens of Iraq. 3-year-old Karawan was introduced to Army Aviation with a life saving medevac flight from FOB Speicher to Balad recently. Karawan has recurrent respiratory papillomatosis, which are growths on the lower part of her throat that prevent her from eating, drinking or breathing properly. MAJ Mike Moore, Commander of Echo Company and MAJ Lisa Shivers met Karawan during a Civil Affairs mission in Tikrit after she had been turned away from a Baghdad hospital without treatment or hope. MAJ Moore arranged for tests, but while waiting for results her condition worsened making it impossible for her to drink anything for 3 days. She was brought to the Medical Treatment Facility at FOB Speicher where Echo Company medics administered IV fluids. MAJ Moore then arranged for her to see a surgeon at the United States Air Force hospital in Balad. After a tracheotomy and the removal of some growths, Karawan is now doing very well. Battalion Surgeon, LTC Keith Morgan put it succinctly; "MAJ Moore and the staff at the FOB Speicher Medical Treatment Facility saved this little girls life". The motto for the 50th MSB stands true again, "The Best Don't Rest".

Paramus Veterans Home Helps a Hero (by helping their family)

Help a Hero by Helping Their Family was the slogan for a very successful donation drive by the employees of the Paramus Veterans Home. After reading about the Family Assistance Centers in the weekly DMAVA Highlights newsletter, nurse Mary Carroll called and asked what they could do to help. The Family Assistance Center, located in Teaneck, helps local families of soldiers serving in the military. When asked what their greatest need was at this time, (aside from money), they asked for donated paper products, such as toilet paper, paper towels, hygiene products etc. The staff responded immediately. On 22 July, a van load of paper goods was delivered to SGT Sarah Loureiro, HHD 50th MSB Rear Detachment Representative. SGT Loureiro said they do special projects with the soldiers' children, like taking them to Dorney Park, and they will be doing special activities for the upcoming holidays. Thank you to all who donated!

The 52nd Anniversary of the End of the Korean War

Wednesday, 27 July 2005 a ceremony was held at the New Jersey Korean War Memorial in Atlantic City marking the 52nd Anniversary of the end of the Korean War. Despite the oppressive heat, a capacity crowd filled the Brighton Park Amphitheater (adjacent to the memorial) to see twenty local veterans receive the Korean War Service Medal, presented by the Deputy Commissioner of Veterans Affairs, COL (Ret) Stephen Abel. Chaired by Thomas McHugh, State Commander of the Korean War Veterans Association, the event was supported by the Division of Veterans Services and the Division of Veterans Programs.

NJ Challenge Cadet Honored at National Award Ceremony

systems, standard transmission assemblies, automatic transmission assemblies, air controlled semiautomatic transmission assemblies, transfer assemblies, axle assemblies air (wedge, s-cam) brake systems, wheel vehicle hub assemblies, wheel vehicle mechanic (manual) steering systems, wheel vehicle hydraulic (power) steering systems & articulated steering systems. Repairs wheel vehicle using battlefield damage assessment & repair.

If you're interested in an exciting job opportunity, contact your Recruiting Office at 1-800-792-8396



Veterans' Organizations Contact Information

State Veterans Service Council

Mr. Richard Clark

RJClark21@msn.com

NJ Advisory Committee for Women Veterans

Mrs. Anna Hoffman

hoffmanannem@aol.com

BG Willam C. Doyle Cemetery
Advisory Council

Mr. William Rakestraw

warjrnj@msn.com

Veterans Hotlines

Benefits & Entitlements

1-888-8NJ-VETS

(1-888-865-8387)

Mental Health

1-866-VETS-NJ4

(1-866-838-7654)

New Jersey Freedom Loans

What is a Freedom Loan?

Last week, Cadet Michael Lowe Jr. of the New Jersey National Guard ChalleNGe Youth Program, was recognized for his winning essay at a national recognition ceremony held in Washington D.C. The event was originated by the Kuwait-American Foundation and sponsored nationally by the National Campaign to Stop Violence. Cadet Lowe was one of seven regional ChalleNGe winners from across the United States. Thank you Cadet Lowe for representing New Jersey with your outstanding efforts!

Anger Management Workshop for Teens

The Teaneck FAC is pleased to offer an Anger Management Workshop to 25 teens on August 13th. The workshop will begin at 9:30 and end at 3. Due to the fact that there are only 25 spaces in the workshop, parents are asked to R.S.V.P. for their teen as soon as possible (July 29th)! Teens will be provided lunch and snacks, they are only required to bring a note pad, pen, and good attitude. Please R.S.V.P. to the Teaneck FAC at 201-833-8241.

Servicemembers' Group Life Insurance coverage increases

The maximum level of Servicemembers' Group Life Insurance coverage will be increased from \$250,000 to \$400,000 on September 1, 2005. Anyone in service on September 1, 2005 will have their coverage increased to \$400,000, even if they previously declined or elected lesser coverage. If they still desire no coverage or less than the maximum, they will have to go to their Personnel Office and re-elect no coverage or less than the maximum. For more details see your Personnel Office.

The New Jersey War World II Memorial needs your help

WWII was by all account the greatest victory for the United States – along the front lines and the home front. Every individual alive during this period of history was involved and had a stake in the outcome. It was a war the United States and our Allies could not afford to lose. Now, America is slowly saying goodbye to its greatest generation of citizens. The State of New Jersey is taking the initiative to honor and remember them by establishing a Memorial in Trenton, across from the Statehouse in Veterans Park.

Fittingly, the theme for New Jersey's WWII Memorial is "Victory". The memorial hopes to honor and pay tribute to the many sacrifices made during WWII and celebrate the greatest victory our country has ever known. It is our goal to dedicate the memorial in the spring/summer 2006. Time is short – we need your help now in order to ensure that we can meet this ambitious goal. We urge you to support the New Jersey World War II Memorial through your generous contribution. We cannot afford to let new generations forget the legacy that has been left to them from what has been called "the Greatest Generation". To make a tax-deductible contribute, download a donation form from our website at www.state.nj.us/military/veterans.

Enlisted Association of the National Guard announces Enlisted Conference

The Enlisted Association of the NJ National Guard is proud to announce the Enlisted Conference at the Clarion Hotel & Conference Center in Atlantic City West. The Conference will be held 7 thru 9 October 2005. During the Conference we honor our Outstanding Soldiers and Airmen. There are various plans available. Friday night is the Halloween Masquerade Ball with Tex-Mex Buffet and Saturday is the Formal Evening Ball with dinner and dancing. For additional information contact SGM (Ret) Jerome Zebrowski @ 609-214-6959 or e-mail jcptfalc@aol.com or SGM Edward Goetschius @ 609-965-1972 or e-mail esgtmaj@comcast.net, or www.EANG-NJ.org to get application, plans and other activities offered. Thank you for your support!

NJ Friends of the Guard and Reserve Announce Golf Outing

The NJ Friends of the Guard and Reserve is proud to present the 2005 State Chairman's Annual Golf Outing. The golf outing will be held on Thursday, 22 September 2005 at the Falcon Creek Golf Course at McGuire AFB. The \$85 per golfer registration fee includes greens fees, cart registration, food and beverages on the course, door prizes and dinner at the McGuire AFB Officer's Club. Hole and cart

* Up to \$10,000

* Annual APR 6%

* Term: 5 years (no pre-payment penalty)

* Unsecured Loan (no collateral required)

Who is eligible to apply?

NJ residents who are:

* Members of the National Guard or Reserve

* Mobilized for one year or longer to fight in the Global War on Terrorism (GWOT) – excluding routine training.

Or

* Served 90 or more consecutive days in the GWOT on federal or state active duty (excluding routing training) and have received orders extending cumulative active duty a year or longer.

How do I apply?

* Contact participating banks. Call or visit your local branch office to obtain an application.

* Guardmembers, Reservists, or family members with Power of Attorney must submit copies of current mobilization orders with the bank's Freedom Loan application.

Current participants:

Commerce Bank
1-888-751-9000

Credit Union of NJ
609-538-4061, ext. 401

First Morris Bank & Trust
1-888-530-2265

Manasquan Savings Bank
732-223-4450

North Jersey Federal
Credit Union
1-888-78NJFCU

Peapack-Gladstone Bank
(908) 719-BANK

sponsors are being sought too. All proceeds to benefit the activities of the NJ Employer Support of the Guard and Reserve. For additional information please contact Hank Pierre at 609-530-6879.

New Jersey's Carol Fowler is honored by the Library of Congress

On July 18 the Library of Congress' Veterans History Project (VHP) honored 14 individuals who have conducted more than 3,200 interviews of veterans for the Veterans History Project. The VHP is a nationwide volunteer effort of the American Folk life Center at the Library of Congress to record and preserve the stories of wartime veterans and civilian war workers. To date, the project has collected more than 35,000 individual stories, many of which are online at www.loc.gov/vets. The effort relies on thousands of volunteers across the country that interviews veterans of all wars, as well as those who supported them on the home front. DMVA's own Carol Fowler, who works at the NJ National Guard Museum in Sea Girt has submitted 157 interviews to the VHP and was one of the chosen honorees. Congratulations Carol and keep up the GREAT work!

The New Jersey National Guard Magazine "Guardlife" Vol 31 No3 – now available on the world wide web.

Check out Guardlife on the web, it is now available in a user-friendly on-line version. www.nj.gov/military/publications/guardlife/volume31no3/index.html The "Hometown Team" magazine Guardlife provides up to date information on the happenings within the New Jersey Army and Air National Guard both at home and abroad. For all the current news on our soldiers and airmen take a look at the new issue today. To view past issues of Guardlife magazine on-line you can visit www.nj.gov/military/publications/ the DMAVA Publications homepage.

New Childcare Program Available

A new DoD program called Military Child Care in Your Neighborhood provides financial support and assistance in locating quality childcare for eligible military families who do not have access to the DoD's on-base child care options due to long waiting lists or geographic location, available funding and family circumstances. For more information on both childcare programs, go to www.naccrra.org/Military_Programs/ or call the Child Care Aware hotline at 1-800-424-2246.

The New Jersey Veterans Journal Summer 2005 Edition – now available on the world wide web

The New Jersey Veterans Journal Summer 2005 Edition is now available on the world wide web in a user friendly on-line web version at the following web address: <http://www.nj.gov/military/veterans/journal/summer2005index.html> The "NJ Veterans Journal" newsletter provides up to date information on New Jersey Veterans events, benefits and facilities throughout the state. For all the current news on issues affecting our NJ Veterans take a look at the new issue today. To view past issues of the Veterans Journal newsletter on-line you can visit <http://www.nj.gov/military/publications/> the DMAVA Publications homepage.

Shades of Green Offers Summer Specials

The Shades of Green at Walt Disney World Resort has announced 2005 end of summer specials available from 7 AUG through 30 SEPT. Members of the military community, including retired members, are eligible for package deals. Resort officials say that Shades of Green guests have exclusive access to discounted theme park tickets, reduced rates at Disney's PGA professional golf courses, extra Magic Hours at the parks, and much more. For more information, visit the Shades of Green website at www.shadesofgreen.org/funandsun.htm.

NJ Department of Labor teams up with Teaneck Family Assistance Center.

Pennsville National Bank
856-678-6006

PNC
1-866-PNC-4USA

Sovereign Bank
1-877-391-6365

Sun National Bank
1-800-691-7701

Thought for the day...

Imagination is everything. It is the
preview of life's coming
attractions...

- Fortune Cookie

The New Jersey Department of Labor and Workforce Development is teaming up with the Teaneck Family Assistance Center to provide all soldiers returning from deployment with the necessary information and tools to easily re-integrate into society. The Re-employment Opportunities briefing given by MSG (Ret) John Bautz will be held at the Teaneck Armory every Wednesday at 10 a.m. and again at 2 p.m. If you have any questions regarding this briefing, contact MSG (Ret) Bautz at 201-996-8950 or email john.bautz@dol.state.nj.us.

Tricare Reserve Select

TRS is here! This new health plan, launched on April 26, 2005, provides eligible Reserve Component soldiers, and their families continued care through TRICARE. Soldiers called to active duty for more than 30 consecutive days in support of a contingency operation AFTER September 11, 2001 are eligible for this benefit. They must have served continuously on active duty for 90 days or more. This benefit includes coverage that is similar to the coverage available through TRICARE Standard and Extra for active duty family members. Contact SFC Josephine Grey, Chief of Health Services at 609-562-0865 or e-mail @ Josephine.grey@nj.ngb.army.mil for more information on this program.

Sandy Cove offers a free stay for our military members & families at Operation Oasis on Chesapeake Bay.

Operation Oasis is an outreach program developed to offer a time of rest and renewal to military personnel involved in Operation Iraqi Freedom. Located in North East, Maryland, at the headwaters of the Chesapeake Bay, Operation Oasis offers a free 3-day, 2-night time of rest and relaxation. It is a thank you to those who seek to secure and sustain our freedom. Simply contact Carol Lee Lynch at c.lynch@sandycove.org or by phone at 800-287-4843 for additional information. You can also visit the website www.sandycove.org for a more detailed description of the facility.

American Legion Riders Motorcycle Chapter Forming in River Edge, NJ

American Legion Post 226 is sponsoring an American Legion Riders chapter. You don't have to be a direct member of Post 226, but you do have to be a member of the American Legion, Auxiliary or SAL and ride a motorcycle that's at least 750cc or higher. If you or someone you know is interested in joining, there is a form on the Post 226 website, www.alpost226.org or you can call Jim Morton, the Post 226 American Legion Riders Director, Adjutant and webmaster at 201-439-0053.

Part-time opportunities in Military Funeral Honors Program.

The New Jersey Army National Guard Military Funeral Honors Program has several part-time employment opportunities immediately available across the state for TDGs and Technicians. Earn one day's base pay and one retirement point for a few hours work providing Military Funeral Honors for our Veterans. If you are interested, please contact SFC Raymond Denson, Military Funeral Honors Coordinator, at 609-530-7090 or by e-mail at Raymond.Denson@nj.ngb.army.mil.

National Guard Family Day at Six Flags Great Adventure

Saturday, 24 September 2005, join the New Jersey National Guard for a day full of family, fun and excitement! Tickets to the NJ National Guard Family Day are \$17 each and they will go fast. Purchase your tickets today at your nearest Family Assistance center: Morristown, Teaneck, Lawrenceville, Woodbury, Toms River, Jersey City, Somerset or Pomona. Call for more information at 888-859-0352.

Enlisted Association of the National Guard announces Golf Tournament

The Enlisted Association of the NJ National Guard is proud to announce a Golf Tournament to benefit the Annual Scholarship Program. The tournament will be held

on Monday, 15 August 2005, at Miry Run Golf Club in Robbinsville, NJ. The \$80 per golfer registration fee includes all fees and a cart, beverage cart on the course, awards, door prizes, food at the turn and luncheon following the completion of play. Hole and cart sponsors are being sought, too. For additional information contact CMSGT (Ret) Lee Cisek at 562-0223 or SGM (Ret) Mike Amoroso at 562-0754.

CNN Attractions Free to Service Members

Turner Broadcasting Systems, Inc. is offering free admission for all active and retired U.S. military personnel who visit the CNN-themed attractions at CNN Center in Atlanta and Manhattan's Time Warner Center. Inside CNN Atlanta and inside CNN New York will open the gate to active and retired military members and reservists who present a valid I.D. They can visit the attractions at no cost, while their spouse, children, siblings or parents may enter at a discounted rate of \$7 at Inside CNN Atlanta and \$12 at Inside CNN New York. To receive the discount, family members must be accompanied by the military member. Groups depart several times each hour at both attractions. For hours and reservations at Inside CNN New York, visitors can call 1-866-4CNNNYC or visit www.cnn.com/insidecnn. For reservations for Inside CNN Atlanta, visitors can call 1-877-4CNNTOUR or visit www.cnn.com/StudioTour.

Ride with the 108 Air Refueling Wing!

The 108 ARW will serve as a rolling billboard advertising the 108 ARW NJANG to over 8,000 cyclists, volunteers and bystanders during a two-day ride from Cherry Hill to Ocean City, NJ and back on 24-25 September. They will be covering 175 miles through the flat terrain of NJ Blueberry fields and pine barrens. This ride is fully supported with catered rest stops, bike support and SAG transportation. Veterans News Anchor, Larry Kane will host the Awards Ceremony Saturday night. Cyclists will collect a minimum of \$250 in donations to participate. If you join the team between 6/25/05 - 8/26/05 the registration fee is \$45. For more information go to www.ms150biketour.org/. Road Warriors interested in joining the team contact Maj Dave LaTOUR @ 609-284-7743 or via e-mail @ david.latour@njmccgu.af.mil by 31 July 05.

Support the Troops

Here are some of the activities and fundraisers planned in support of our deployed troops and their families:

Free Military Care Package Kit of Priority Mail. The United States Postal Service is offering free packaging materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 and press 1 (for English), then 3 for an operator and request CAREKIT04. USPS will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.

Sign up for a chance to send your soldier Dunkin Donuts coffee. Dunkin Donuts will send a case of free coffee to your soldier if he/she is among the 50 selected in a monthly lottery. Just go to www.dunkindonuts.com, click on "About Us," click on "Contact Us," click on "Instore Visits," fill out the form, in the comments section put the soldier's rank, name and APO address, and say that you would like to send your soldier coffee. Then click "Submit." You can mail a request to Dunkin Brands, 130 Royall Street, Canton, MA 02021, Attention Customer Care or request the coffee by phone at 781-737-3000 (Customer Relations).

Operation Uplink. Visit <http://www.operationuplink.org/request.cfm> to request free phone cards for active duty military personnel deployed away from home. At this site you can fill out a request for a phone card to be sent to yourself or a loved one. One card per request per servicemember will be honored during a 60-day period.

Gifts from the Homefront. The "Gifts from the Homefront" program was begun last year by the Army and Air Force and enables people from all walks of life to rally around America's troops by purchasing gift certificates designed to lift the morale of deployed troops around the world. The certificates, which can be purchased by any individual or civic organization, allow service members to purchase items of necessity and convenience at PX and BX facilities around the world. "Gifts from the Homefront" certificates can be addressed to "any service member" or individual service members. Because the gift certificates can be used for merchandise already stocked at

contingency locations, "Gifts from the Homefront" are a safe alternative to traditional care packages that can strain the military mail system and present force protection issues. Those wishing to send a "Gift from the Homefront" can simply log on to the AAFES website, www.aafes.com, or call 877-770-4438 toll-free to buy gift certificates in \$10 or \$20 denominations. From there, the "Gift from the Homefront" may be sent to an individual service member designed by the purchaser or distributed to "any service member" through the USO, American Red Cross, Air Force Aid Society, or Fisher House.

Operation Mail Call. Operation Mail call is a program initiated by New Jersey Assemblymen Jack Conners and Herb Conaway that enables citizens to donate postage stamps for use by our troops and their families. Over 30,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. With Memorial Day 2005 approaching, we recall the unique sacrifices made by every generation that has served in uniform for the good of America. We are often asked what can be done to support the soldiers of this generation. If you would like to participate, please mail or drop off your postage stamps to the 7th Legislative District Office, Delran Professional Center, 8008 Route 130 North, Suite 125, Delran, NJ 08075.

American Hero Band - The American Hero Band is a free wristband worn by Americans to demonstrate their support of the "Defenders of Freedom" who are Army National Guard soldiers deployed across the globe. Engraved on the metallic wristband are the words IN HONOR OF AN AMERICAN HERO SERVING IN THE ARMY NATIONAL GUARD. These words are flanked left by the Army National Guard logo and right by the American flag. There is also an inscription of the National Guard website, <http://www.virtualarmory.com> and a unique serial number engraved inside this commemorative wristband. If you are interested in getting The American Hero Band, go to <http://www.virtualarmory.com> and click on the American Hero Band banner.

American Airlines: Special fare for military personnel and their dependants (you will need your military ID card and a copy of your soldier's orders to fly). Just call 800-433-7300 and ask for the military fare offer for your desired destination. You can also go to www.aa.com, but you cannot book a flight online.

Armory Happenings – Listed below are events taking place at your local armory.

Date	Event	Location
30 July	Recruiting Open House 10 a.m. to 4 p.m.	Cherry Hill Armory
17 August	Tool Show, Homier Dist. Co.	Toms River Armory
21 August	Sports Card & Memorabilia Show	Bordentown Armory
25 – 28 August	Tool Show, Homier Dist. Co.	Trenton Armory
26 August	Moscow State Circus	West Orange Armory
27 August	Flea Market, J&C Marketplace	Teaneck Armory

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Chronic Anger/Hostility May make you sick

People who are hostile or angry for longer periods of time are more at risk of health problems. Does chronic anger really affect health? Scientists at the University of California, Berkeley are pretty confident that it does.

According to the University Wellness Letter, preliminary evidence suggests that chronic anger may weaken the immune system and cause other health problems, perhaps by triggering bad habits such as smoking and drinking, or by boosting stress hormones, which may affect immunity.

The report describes two recent studies that found hostility could increase the risk of dying among both men with risk factors for cardiovascular disease and postmenopausal women with heart disease, among whom hostility also increased the risk of a second heart attack. Another study showed that nearly 40 percent of people, who had the most common type of stroke, called ischemic stroke, had felt angry or experienced something upsetting within two hours before the event.

In terms of treating anger, try to find the source of the anger and take steps to

change circumstances that contribute to it. Try relaxation therapy or meditation to quiet the body. Research also shows that anger management courses can help – but only if people volunteer for them, not if they are forced to attend, suggesting that “motivation” is a big factor.

Tell me what you would like to see in Fitness Corner. Write me at ernest.razzano@njdmava.state.nj.us.

Today is 29 July, the 210th day of the year with 155 days remaining.

On this day in history...

- * 1858 – 1st commercial treaty between US & Japan signed.
- * 1899 – 1st motorcycle race, Manhattan Beach, NY.
- * 1915 – US marines’ land in Haiti, stay until 1924.
- * 1920 – 1st transcontinental airmail flight from NY to SF.
- * 1928 – Walt Disney’s “Steamboat Willie” is released.
- * 1936 – RCA shows the 1st real TV program.
- * 1947 – Gas leak explodes in a beauty parlor, 10 women die in Harrisburg, VA.
- * 1967 – Explosion & Fire aboard carrier USS Forrestal in Gulf of Tonkin kills 134, \$100 million in damage.
- * 1968 – Mount Arenal, Costa Rica kills 80 in Pelee-type volcanic eruption.
- * 1975 – Gerald Ford becomes 1st US president to visit Nazi concentration camp Auschwitz.
- * 1978 – Penny Dean swims English Channel in record 7h 40 m.
- * 1981 – Prince Charles of England weds Lady Diana Spencer.
- * 1987 – Ben & Jerry’s & Jerry Garcia agree on a new flavor, “Cherry Garcia”.
- * 1988 – Last US Playboy Club (Lansing Michigan) closes.
- * 1991 – 1st Sunday Night game at Shea Stadium (Mets beat Cubs 6-0).

Heat Index and Ozone Warnings

Heat Index

This summer we find ourselves hearing a lot about the “Heat Index” and “Ozone Warnings”, but some may wonder what exactly it means. The heat index is the “feels like”, or apparent temperature. As relative humidity increases, the air seems warmer than it actually is because the body is less able to cool itself via evaporation or perspiration. As the heat index rises, so do health risks. When the heat index is 90* F – 105* F, heat exhaustion is possible. When it is above 105*F, it is probable. Heatstroke is possible when the heat index is above 105*F, and very likely when it is 130*F and above. Physical activity and prolonged exposure to the heat increase the risks.

Ozone Warnings

Ground level ozone is different from atmospheric ozone (the kind referred to when discussing “holes in the ozone layer”) in that it pollutes the air we breathe. Ozone is a main ingredient of smog. It is harmful because it irritates the airways and makes it harder to breathe. Older adults and children who spend a lot of time outdoors during the day and people with breathing problems such as asthma and allergies are particularly vulnerable to ozone’s effects. A network of outdoor air monitors continually operate to detect pollutant levels in the area. When meteorologists predict that atmospheric conditions are favorable for the production of high levels of ozone, an Ozone Watch is issued.

Beach Passes for DMVA employees available now.

The temperatures are rising and the sandy beach at the National Guard Training Center at Sea Girt is calling. You will need to sign your name and work location on

the second line on the back of the pass. Have guests sign the first line and be ready to show photo identification if requested. One pass will admit one car. You can also use your DMAVA or military pass to get on the beach. Call Gail Miller at 609-530-6911 for your Beach Pass.

Call today to volunteer at a Family Readiness Center near you.

If you are able to assist the families of our deployed soldiers and airmen, please call our Family Readiness Center at our toll-free number **888-859-0352**.

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