



The State of New Jersey
Department of Military and Veterans Affairs
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[Army Guard](#)
[Air Guard](#)
[Veterans](#)
[Administration](#)
[Leadership](#)
[Youth Challenge](#)
[Sitemap](#)

DMAVA Highlights Archives

15 April 2005
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NJ Dept of Military and Veterans Affairs

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 The Adjutant General

Brig Gen Maria Falca-Dodson
 Deputy Adjutant General

Col (Ret) Stephen G. Abel
 Deputy Commissioner for Veterans Affairs

Contacting us is easy!

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We're on the Web!

<http://www.nj.gov/military>



Veterans' Organizations
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State Veterans Service Council

Mr. Richard Clark
RJClark21@msn.com

NJ Advisory Committee for Women Veterans

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BG Willam C. Doyle Cemetery
 Advisory Council

You're Invited – Welcome Home Ceremony for the 2nd Battalion, 113th Infantry.

MG Glenn K. Rieth, The Adjutant General, extends an invitation to you to attend a Welcome Home ceremony for the 2nd Battalion, 113th Infantry on their return from Guantanamo Bay, Cuba. Their nine month long deployment was part of Operation Enduring Freedom in support of the ongoing global war against terrorism. The Battalion was an integral element of Joint Task Force Guantanamo (JTF-GTMO). The event is scheduled for Thursday, 21 April 2005, at 3 p.m. at the Jersey City Armory, 678 Montgomery Street, Jersey City, NJ.

108th passes the 6,000 hour mark for Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) support flights.

Since October 2001, the 108th Air Refueling Wing has flown more than 6,000 hours in support of Operation Enduring Freedom/Operation Iraqi Freedom. Currently the 108th refuels airlift aircraft that are hauling supplies in support of OEF and OIF. Previous flying hours occurred when the 108th was deployed to Oman to refuel the fighters in theater.

Three people make up the crew of the KC-135E: the aircraft commander, co-pilot and the boom operator. During their 4-5 hour flight, they will offload around 70,000 pounds of fuel. Men and women of the 108th wing have flown almost 1150 sorties that have off-loaded millions of pounds of fuel into aircraft as they fly in tandem in the air. In addition to the hours flown for OEF/OIF, the 108th has flown more than 3,200 hours in support of Operation Noble Eagle (ONE) since September 14, 2001, when the wing launched its first refueling mission in U.S. airspace after 9/11. Most of these hours have been flown in the northeast quadrant of the U.S. refueling F-15s and F-16s.

In support of OIF/OEF/ONE, the 108th Maintenance Group has supplemented the technician force with 16 crew chiefs who are traditional Guardsmen, to cover the launch and recovery of the KC-135s. The crews are working 24 hours a day, 7 days a week, including holidays. The 108th also has up to 12 additional Airmen who are on orders to cover the Maintenance Operations Center and the REDBALL teams – teams that stand by the aircraft ready to make repairs until the plane takes off.

The State of New Jersey collects 1,750 bulletproof vests for U.S. Troops.

On Monday, 11 April 2005, Acting Governor Richard J. Codey joined Brig Gen Maria Falca-Dodson, Deputy Adjutant General, law enforcement officials and other National Guard members at the West Orange National Guard Armory to assist packing the approximately 1,750 used bulletproof vests that have been collected as part of the Acting Governor's Body Armor Initiative. The used vests are being shipped to U.S. troops in Iraq for lining military vehicles to strengthen their protection against bombs. Brig Gen Falca-Dodson stressed that these vests are only for vehicles, and that every soldier being deployed has his or her own personal body armor.

Acting Governor Codey launched this statewide initiative in January and established drop off points for the vests at several of the state's National Guard armories. Under the program, local, state, and federal law enforcement agencies collected the used

Mr. William Rakestraw
warjrnj@msn.com

vests, and FedEx has agreed to ship the vests at no cost to Dubai, where they will be sent to military units in Iraq.

There are currently 1,500 NJ National Guard soldiers serving in the Iraqi Theatre of Operation. To date, 3,600 have been called to Federal active duty.

New Jersey Freedom Loans

What is a Freedom Loan?

- * 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

Jewish War Veterans Monument Dedication.

The Jewish War Veterans dedicated a Memorial at the Menlo Park Veterans Home on Sunday, 3 April 2005. Mr. Robert Richter, Commander of the New Jersey Jewish War Veterans, was the master of ceremonies. Guest speakers included Mr. Joseph Brandspiegel, Chief Executive Officer for the Menlo Park Veterans Memorial Home, COL (Ret) Michael B. Smith, the Department's Assistant Commissioner, and BG (Ret) Frank Carlini, Director, Division of Veterans Healthcare Services. COL (Ret) Stephen G. Abel, Deputy Commissioner for Veterans Affairs, was also in attendance. Rabbi Milton Kula performed the invocation and benediction. The inscription for the memorial reads:

"To perpetuate the memory of all members of the Armed Forces who made sacrifices to defend universal liberty, equal rights, and justice for all.

The State of New Jersey enacts legislation that enhances its commitment to military personnel and facilities.

Acting Governor Richard J. Codey recently signed two bills into law that will provide and extend benefits for New Jersey's veterans and National Guard members.

S-1139 – extends veterans benefits to members of the Armed Forces who participated in Operations Northern and Southern Watch. The bill's sponsors include Senators Joseph Coniglio and Robert E. Littell, Assemblyman Jack Connors, and Assemblywomen Linda Greenstein and Alison Littell McHose.

S-250 excludes from New Jersey Gross Income Tax the compensation NJ National Guard members receive for housing and subsistence while serving on state active duty. The bill's sponsors include Senators Coniglio and John Girgenti, and Assemblymen Douglas Fisher and Neil Cohen. The law is effective for tax years beginning January 1, 2004. Thus, personnel who have paid New Jersey income tax on these allowances received in 2004 may want to consider filing an amended return.

Korean War Commemorative Medal presented to Bergen County veterans.

On Thursday, 14 April 2005, a ceremony was held at the Teaneck Armory to award the New Jersey Korean War Commemorative Medal to 188 deserving veterans of Bergen County. COL James J. Grant, Commander of the New Jersey National Guard's Joint Training and Training Development Center at Fort Dix, had the honor of presenting these Medals. Employees of the Division of Veterans Programs assisted with the day's program.

Warren Grove Range hosts American Legion representatives.

Lieutenant Colonel Dave Haar, Commander, Warren Grove Range, hosted State Level Representatives from the American Legion on Tuesday, 12 April 2005. In attendance were State level committee members to include the Legion State Chairman. The purpose of the visit was to attend the American Legion's National Security Briefing. Chief Master Sergeant Charles Dudas gave the visitors a tour of the range and familiarized them with equipment used to conduct training. Lt Col Haar concluded the meeting with an in-depth briefing of the mission of the Range, the units who utilize it, and the real-world missions they support.

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

Fleet
1-800-841-4000

Manasquan Savings Bank
732-223-4450

North Jersey Federal
Credit Union
1-888-78NJFCU

Peapack-Gladstone Bank
(908) 719-BANK

Pennsville National Bank
856-678-6006

PNC
1-866-PNC-4USA

Sovereign Bank
1-877-391-6365

Sun National Bank
1-800-691-7701

Words of Wisdom..

April 15

is

TAX DAY!

"The income tax has made liars
out of more Americans than golf."

- Will Rogers

Operation Red Shield - Salvation Army continues it's ministry to our Armed Forces and their Families.

Operation Red Shield, a program of the New Jersey Division of the Salvation Army in support of members of the Armed Forces from New Jersey and their families, came into being in the first few days of Operation Iraqi Freedom. According to Major Stephen Banfield, State Commander of the Salvation Army, "The program is but another page in the history of the Salvation Army's ministry to members of the Armed Forces and their families dating back to the Spanish American War."

Operation Red Shield representatives have been familiar figures at more than 90 functions around the State in support of our members of the Armed Forces and families. Over 3,500 meals, 45,000 snack items, and 6,500 gift items have been provided to those in attendance.

Deployment kits containing personal care items have been an important piece of Operation Red Shield from the start, with over 5,600 kits distributed to date. In conjunction with the Community Food Bank of New Jersey, a program was developed, which provides needy families with a box containing enough food for a family of four for three days and referral to local "food pantries" to meet longer term needs. Also, emergency financial assistance to families for utility bills, rent and mortgage payments, medical bills, and other essential items has been made available on a case-by-case basis. To date over \$225,000 in such aid has been provided to service families.

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

The New Jersey Department of Labor and Workforce Development is teaming up with the Teaneck Family Assistance Center to provide soldiers returning from deployment with the necessary information and tools to easily re-integrate into society. Briefings will be held at the Teaneck Armory every Wednesday at 10 a.m. and again at 2 p.m., and will be given by MSG (Ret) John Bautz. The first Re-employment Opportunities Briefing will be held on Wednesday, 20 April 2005, at 10 a.m. In order to keep each workshop at a more personal level, please RSVP to SSG Loureiro or SPC Durango at 201-833-8356. If you have any questions regarding these briefings, call Mr. Bautz at 201-996-8950.

Welcome Home Bravo Battery, 3rd Battalion, 112th Field Artillery –

You are invited to an evening of dinner and dancing at the West Point Officers Club hosted by 1LT & Mrs. Donald Kennedy, Jr. to welcome home Bravo Battery 3rd Battalion, 112th Field Artillery who was deployed to Baghdad, Iraq in support of Operation Iraqi Freedom II (21 February 2004 to 2 February 2005), and honor our fallen comrades SSG Carvill and SPC Duffy, (killed in action on 4 June 2004) and SSG Timoteo and SGT Doltz (killed in action 5 June 2004).

The donation will be \$75 per plate and all proceeds above the cost will be given to the scholarship funds of the children of Bravo Battery's fallen heroes: Giovannie Timoteo (age 3) and Ryan Duffy (age 1).

The evening includes Open Bar, hors d'oeuvres and your choice of prime rib or pasta entrée, dessert, coffee or tea. Attire: Dress Blue uniform preferred or Class A uniform. RSVP by e-mail to Donald.Kennedyjr@us.army.mil.

New Jersey National Guard offers Marriage Enrichment Workshops.

The New Jersey National Guard Family Programs staff and Chaplains have teamed up to offer a truly outstanding program known as "PREP," Prevention and Relationship Enhancement Program. This program has proven so effective in recent years that it has been featured on 20/20, 48 Hours, Oprah, and in many articles of the printed media.

PREP offers a fresh approach. It is basic and straightforward. The workshop and materials teach couples the skills they need to nurture a lasting love. Couples spend

most of their time in special discussions or practicing skills. Key topics include expectations, commitment, fun, forgiveness, friendship, feeling understood, and sensuality.

PREP is NOT therapy, and is unlike anything to which you have been exposed. No encounter group or sharing of personal concerns, no dry psychobabble...simply thrilling insights into a more loving, growth filled relationship! PREP begins with teaching effective communication skills, and then addresses problem resolution strategies that work, how to discover the hidden issues in every relationship, and then move into forgiveness, fun, friendship, and sensuality.

These Marriage Enrichment Workshop Weekends are available free of charge to all soldiers and their spouses who have been deployed for more than 90 days since 9/11. Please call the Family Programs Office at 609-562-0668 or 609-562-0739 for more information, as well as the dates and locations for these exciting weekend retreats.

Highlights from the Division of Veterans Programs.

- During the period 18-20 April, the Division of Veterans Programs conducted Reconstitution Briefings at Joint Force Headquarters, Fort Dix. 367 returning soldiers from Guantanamo, Cuba were briefed on healthcare, education, Veterans Preference, real estate tax deductions, psychological counseling, and other topics that were appropriate to their reconstitution back into non-combat status.

- Our Veterans Service Officers had an outstanding month in March.

332 Veterans were seen or briefed.

346 New claims were filed.

385 Award letters were received.

\$5,723,887 was received in benefits for our state's veterans.

Air Force Junior ROTC is opening 48 new units – looking for instructors.

Air Force Junior ROTC (JROTC) is opening 48 new units in high schools throughout the country. These units will be ready for cadets at the beginning of the 2005 school year. Plans are to go from the current 746 units to a 945-unit goal by the start of the 2007 school year.

"JROTC is excited about the opportunity to expand our program. This expansion will allow us to open 199 new units across the world and reach an additional 20-30,000 students on top of the 104,000 already enrolled." The program is looking for Airmen who want to use the skills they learned and the education they received in the Air Force to prepare high school students to take their place as tomorrow's citizens. Retired Active guard Reserve Airmen interested in becoming JROTC instructors must have retired from active duty within the last five years. AGRs currently on active duty may apply for positions when they are within six months of their retirement date. Unfortunately, traditional Guardsmen and Reservists and Air Reserve Technicians are not eligible to become instructors at this time.

The mission of Air Force Junior ROTC is "Building Better Citizens for America." The Air Force Core Values of Integrity First, Service Before Self, and Excellence in All We Do, provide the basis for the program. The objectives of the program are to educate and train high school cadets in citizenship, promote community service, instill responsibility, character, and self-discipline and provide instruction in air and space fundamentals

For more information about instructor opportunities, call toll free (866) 235-78762, ext. 35275 or 35300. DSN number is 493-5725 or 5300. For complete instructor requirements and application information go to <http://www.afoats.af.mil/AFJROTC/juniorinstructors/default.htm>.

7th Annual Unity Day

"Come Share Your Heritage with Us." On Thursday, 9 June 2005, the NJ Department of Military and Veterans Affairs, Joint Force Headquarters will hold it's 7th Annual Unity Day at Building 3650, Fort Dix, NJ. This event is held to enhance cross-cultural awareness and promote harmony among all members of the New Jersey National Guard, and to recognize the contributions of women and minorities. This combined effort of Army and Air, State and Federal, community members and members of both Team McGuire and the Fort Dix Post contribute to the different ethnic and Special Emphasis groups being represented. If you are interested in participating by putting up a display, please contact Kathey McCready, State Equal Employment Manager at 609-562-0854.

Upcoming Job Fairs

Veterans Job Fair, Iselin – The NJ Department of Labor announced a Veterans Job Fair on 29 April 2005 at the American Legion Post 471, 25 Brown Avenue, Iselin, New Jersey, from 9 a.m. to 12 p.m. Participation is free for veterans and employers. Mr. Joe Battito, our Middlesex County Veterans Service Officer, will represent DMVA at the job fair. If you have any questions, please contact Veterans representative, John Leary, at 732-937-6205

Veterans to be honored at upcoming Medal Ceremonies.

The following ceremonies have been scheduled to honor our State's veterans.

16 Apr - 6 p.m.

Distinguished Service Medal

Camden County Veterans Affairs Office
315 White Horse Pike
Magnolia, NJ 08049

-

28 Apr - 11 a.m. & 1 p.m.

Vietnam Service Medal Distinguished/Meritorious Service Medal

Viet Nam Service Medal
NG Training Center
Building 35
Sea Girt, NJ

Support the Troops

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

Baby Sitting Certification and Training – 2 April 2005 – Training provided by the American Red Cross will be held at the Teaneck Armory, from 8 a.m. to 4 p.m. Cost is \$55 per person.

Pancake Breakfast – Steinert High School Cafeteria, 2900 Klockner Road, Hamilton, NJ -3 April Wachovia and the Rotary Club of Hamilton/Washington Township are sponsoring a Support the Troops Pancake Breakfast on Sunday, 3 April 2005, from 7 a.m. to 1 p.m. Hosted by Senator Peter Inverson, Assemblyman Bill Baroni, and Hamilton Councilwoman Eileen Thornton, proceeds will benefit the soldiers and families of the NJ National Guard Family Assistance Center. Tickets are \$6.00. Call 609-631-9988 for tickets or further information.

"Children's Day" – 3 April 2005 - The Teaneck Family Assistance Center has planned Children's Day for the children of our deployed soldiers. There will be fingerprinting, fire and bike safety programs, soccer games, and plenty to eat. If you are interested in attending, please call SSG Loureiro at 201-883-8356.

CPR Training and Certification, 9 April 2005 – The American Red Cross will provide CPR training and certification at the Teaneck Armory on 9 April 2005, from 8 a.m. to 4 p.m. Cost is \$65 per person.

Pancake Breakfast – Waterfront Café, Carlstadt, 17 April 2005. The Waterfront Café – Steak and Clam House, Paterson Plank Road, Carlstadt, NJ (right behind the Continental Arena) will host a Pancake Breakfast to benefit the families of our Army National Guard troops deployed out of the Teaneck Armory. The event will be held from 9 a.m. to 1 p.m. and is sponsored by the Nam Knights of America, VVA Chapter 800, and the Jewish War Veterans of USA. Cost is \$7.00 for adults and \$5.00 for Seniors and children under 12

JT2DC (T3BL) Soldier's Association Golf Tournament – 25 April 2005. The event will begin with a 9 a.m. Shotgun Start at the Fountain Green Golf Course, Fort Dix. Cost \$80 per person. Proceeds will assist the families of our deployed soldiers. For additional information, contact CSM Tim Maskery at 609-562-0539.

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, Camton, 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 designated 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 23,000 stamps have been donated to our National Guard soldiers and airmen and Family Readiness Programs. 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.

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.

The 2005 New Jersey Shore Invitational Tournament – Support the Troops Night, 23 April 2005.

The Jersey Shore Invitational Tournament (JSIT) is America's only NCAA Regional All-Star Tournament and it will bring the Country's top graduating senior basketball players to the Ritacco Center on April 27th – 30th. The Ritacco Center is located at the Toms River High School, 1245 Old Freedom Road, Toms River, NJ 08753. Come see Ricky Shields (Rutgers), Josh Pace (Syracuse), and the rest of the Northeast All-Stars take on Steve Moore (Arizona State) and West Regional All-Star team 7:00 p.m. Thursday night, April 28th.

The Colors ceremony will begin at 6:40 p.m. and all members of the Military receive free admission by presenting their Military ID. For more information, visit the website: www.jsitournament.com.

OCS Class 48 will host 1st Annual SGT Nutter Benefit 5K Run.

Officer Candidates from OCS Class 48 are hosting the first annual SGT Nutter Benefit 5K Run on May 14, 2005 at the National Guard Training Center in Sea Girt, NJ. SGT Sam Nutter was a member of the NJ Army National Guard assigned to the OCS Company at the 254th Regiment in Sea Girt. SGT Nutter passed away earlier this year at 39 years of age after a long and courageous bout with cancer.

SGT Nutter is survived by his wife, Michelle Mallozzi-Nutter and three daughters, Summer Ann, Samantha, and Sarah. Proceeds from the run will go to the SGT Sam Nutter's Children Fund.

The race will begin with a howitzer blast at 10 a.m. sharp. Registration and sign-in begin at 7 a.m. All ages are welcome to participate. Prizes will be awarded to 45 of our participants in various categories. For more information visit website: www.nutterrun.org

Sandy Cove Christian Conference & Retreat Center offers a free stay for our military members, their spouse and children 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. The purpose is to minister to our military men and women, their spouses, and children by offering them a mini-vacation in a Christian atmosphere.

Military stress takes an immense toll on both the soldier and his/her family. It is hard to imagine the trauma that results from the ravages of war. Operation Oasis helps families reconnect after a loved one returns home from deployment in the Middle East. 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 by email 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.

NJ Vietnam Veterans' Memorial and Vietnam Era Education Center's upcoming event schedule.

7 May - 11 am

NJ Vietnam Veterans Remembrance Day ceremony

14 May - 1 pm

Jenny 4 - Author lecture by Vietnam Veteran Paul Drew

30 May - 11am

Memorial Day Ceremony

11 June - 1 p.m.

On the River (memoir of an American advisor to South Vietnamese Rangers) -
Author lecture by Vietnam Veteran George L. Athas

18 June - 10 a.m - 4 p.m.

Military Vehicle Display

For more information about any of these events, please call the NJ Vietnam Veterans Memorial Foundation office at (732) 335-0033.

The Vietnam Era Educational Center is located adjacent to the NJ Vietnam Veterans' Memorial off the Garden State Parkway at Exit 116.

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Fitness Corner – Ernie Razzano, Certified Fitness Trainer

Why are we so fat?

- * One out of three Americans is obese, twice as many as three decades ago.
- * The Center for Disease control and Prevention (CDC) has declared obesity an "epidemic."
- * 15% of children and teens are overweight, three times as many since 1980.
- * Being overweight is now associated with over 400,000 deaths per year.
- * Obesity is associated with an increased risk of heart disease, Type 2 diabetes, osteoarthritis, stroke, and colon, breast, and endometrial cancers.
- * Next year, obesity is expected surpass smoking as the leading cause of preventable death in the United States.
- * One in four Americans gets ZERO exercise, one-third of Americans don't get the minimum amount the government suggests we need just to avoid chronic disease.
- * The average child will watch 10,000 commercials per year relating to junk food or beverages.

So, what's the answer to the question? The reason we are so fat is because we eat too much and exercise too little. Surprise, surprise! We are fat because we eat a lot. A whole lot more than we used to, and most of the increase comes from refined carbohydrates (sugar).

Come on, folks, how about some common sense? It's a simple matter of eating fewer calories. But nobody wants to talk about calories, because doing so doesn't sell books. No one wants to listen to that simple message, "Eat less, Exercise more," because everyone's too busy looking for the latest breakthrough or the "next big thing in fat loss." Permanent fat loss will always require sweat, discipline, and effort, and will often be a greater challenge for some than for others. But, if we stop allowing ourselves to be so caught up by all the different weight loss methods, including drugs, and accept some common sense, you will be pleasantly surprised.

Armory Happenings

Upcoming events taking place at your local armory.

Open House – Toms River Armory - An Open House is scheduled at the Toms River Armory on Saturday, June 18, 2005, from 11 a.m. to 5 p.m. There will be historical displays from the Revolutionary War to Operation Iraqi Freedom. For the children, there will be Hummer rides, camouflage face painting, paintball targets and a balloon grenade toss.

The purpose of the Open House is to inform the public about the Toms River Armory and let them know it is available for rent. Additionally, the open house will provide the NJ National Guard recruiters a change to support The Adjutant General's policy on "Strength Management."

17 April

Sports Card and Comics Show - Bordentown Armory

23 April

Flea Market - Teaneck Armory

29 April

Auction - Cherry Hill Armory

15 May

Sports Card and Comics Show - Bordentown Armory

12 June

Sports Card and Comics Show - Bordentown Armory

Today in History

Today is Friday, 15 April 2005. It is the 105th day of the year with 260 days remaining.

1865 – Abraham Lincoln died from injuries inflicted by John Wilkes Booth.

1892 – The General Electric Company was organized.

1912 – The ocean liner, Titanic, sank at 2:27 a.m. in the North Atlantic after hitting an iceberg the evening before. 1,517 people died and more than 700 people survived.

1923 – Insulin became generally available for people suffering with diabetes.

1952 – The first B-52 prototype was tested in the air.

1953 – Charlie Chaplin surrendered his U.S. re-entry permit rather than face proceedings by the U.S. Justice Department. Chaplin was accused of sympathizing with Communist groups.

1955 – Ray Kroc started the McDonald's chain of fast food restaurants (Illinois).

1964 – Chesapeake Bay Bridge opens (Bridge-Tunnel measures 17.6 miles and is considered the world's largest bridge-tunnel complex).

1989 – Students in Beijing stage pro-democracy rally.

1994 – The World Trade Organization was established.

1998 – Pol Pot died at the age of 73. The leader of the Khmer Rouge regime evaded prosecution for the deaths of 2 million Cambodians.

Support our Troops –

Call today to volunteer at a Family Readiness Center near you. Call toll free at 888-859-0352 to assist the families of our deployed soldiers and airmen.

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