



# DMAVA HIGHLIGHTS

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June 20, 2014

## Gods peed, 1-114th



Command Sgt. Maj. Thomas J. Clark, left, and guidon bearer Sgt. Adam E. Mattei, stand at parade rest during the departure ceremony for the 1st Battalion, 114th Infantry, New Jersey National Guard, at Doughboy Field in Joint Base McGuire-Dix-Lakehurst, N.J., June 18, 2014. The nearly 450 Citizen-Soldiers from the Woodbury, Freehold and Mt. Holly armories will deploy to the Middle East in support of Operation Enduring Freedom. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

# HIGHLIGHTS



Residents from the New Jersey Veterans Memorial Home at Paramus enjoy a beefsteak meal at the Home June, 13, 2014. The beefsteak meal was sponsored by the Fair Lawn's Veterans of Foreign Wars. (Courtesy photo by Giulia Kirsch)

## *Energy Conservation*

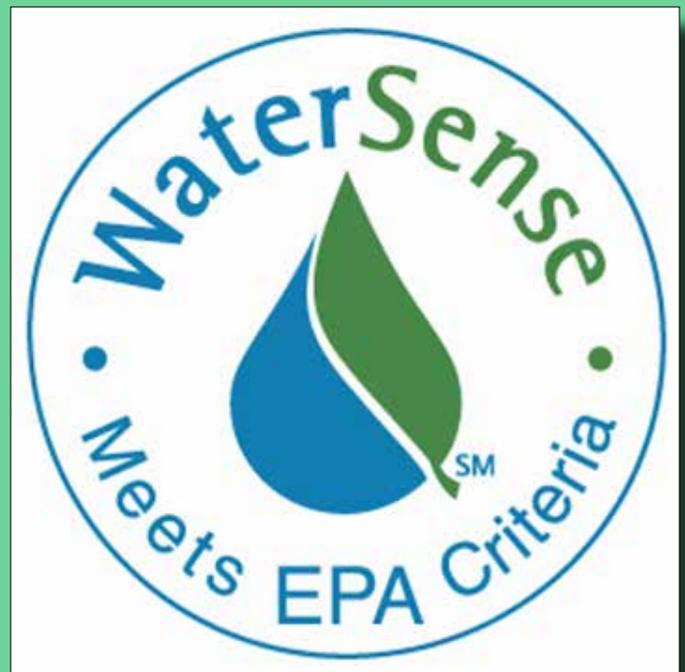
### **Energy Conservation Tip of the Week**

The U.S. Environmental Protection Agency developed the WaterSense label to educate consumers about water conservation and to encourage water efficiency. When choosing a faucet, toilet, showerhead or any other water consuming device, make sure you choose one with the WaterSense label to reduce your water usage by 20 percent or more!.

### **Did You Know?**

Only one percent of the earth's water is suitable and available for drinking. Approximately 20 percent of the world's population experience water scarcity. Water scarcity occurs when there is not enough water to meet demands and is caused by pollution, waste, and natural occurrences.

If you would like more information about our energy and water conservation efforts, please contact Christopher Moore, Energy Manager at [christopher.moore@dmava.nj.gov](mailto:christopher.moore@dmava.nj.gov).



## *NJNG Soldiers Bid Farewell to Family, Friends*

Photo by Master Sgt. Mark C. Olsen



**By Sgt. Bill Addison, 444th Mobile Public Affairs Detachment  
Joint Base McGuire-Dix-Lakehurst, N.J.** -- More than 400 Soldiers of the 1st Battalion, 114th Infantry, New Jersey Army National Guard, assembled on Doughboy field June 18, during a farewell ceremony here.

The Soldiers will depart for Fort Bliss, Texas for pre-mobilization training in preparation for a nine-month deployment to Qatar.

"These brave Soldiers stand ready to leave the comforts of their homes to defend the nation and its interests abroad," said Brig. Gen. Michael L. Cunniff, the Adjutant General of the New Jersey National Guard.

"I know you're all very well prepared, you're very well trained, and this is an experienced group of Soldiers who will do well," he added.

Rutgers football's head coach Kyle Flood thanked the crowd of Soldiers and family members in attendance.

"I want you to know that the Rutgers football family will be thinking about you, will be praying for you while you're out there defending the greatest nation on god's earth," he said.

Flood also announced the team will host a family appreciation day during training camp in August.

"I don't want that 'thank you' to be from just today," he said. "We're going to host your family members and try to give them an experience to try and make they're day brighter."

The mission represents the largest deployment of New Jersey Army National Guard Soldiers since 2008 and the battalion will be operating in an extremely culturally sensitive area, according to Lt. Col. Frederick Pasquale, commander.

In order to meet their mission requirements, the traditionally all-infantry battalion has integrated other non-combat Military Occupational Specialties into the battalion, to include more than 40

females into the fold he said.

"Most infantry battalions are all male," he said. "We have great young ladies in the formation, who are doing infantry tasks, and it's just awesome, it's historic."

Pasquale said it was important that all the new Soldiers were fully integrated into the battalion at the fire team level, and that meant training them to conduct infantry tasks, such as squad live fire training.

"Being able to synchronize the fire, for the team leaders to be able to manage the teams, cross talk to their squad leaders... this is the level where everything happens in the infantry," he said.

To that end, Pasquale said the unit's annual training period proved to be extremely successful.

"Our Soldiers are like sponges," he said. "They're young, they're focused, and they're going over those fundamentals. This battalion is ready for any mission."

The training served to do more than just build upon fundamental infantry skills, it also helped build camaraderie and teamwork amongst the infantrymen and the new augmentees.

"It's great, it's team building exercises, you really get to know the Soldiers you're going to be working with," said Staff Sgt. Sean Hodge of Bravo Company. "You can weed out who is strong and weak in different areas and you can see where you need to work on things."

This is the second deployment for the 27-year old from Gloucester City. He said that building upon those infantry skills here will help them conduct their mission overseas.

"Having this training here, along with some of the other training we're getting out here, you never know when you'll need it," he said. "You never want to be a soft target."

# HIGHLIGHTS

Wilmington VA  
Mobile Outreach Clinic

**VA**  
HEALTH  
CARE | Defining  
**EXCELLENCE**  
in the 21st Century

#### The Program

Wilmington VA Medical Center's Mobile Outreach Clinic offers a variety of opportunities for Veterans in rural areas of Southern Delaware and Southern New Jersey to allow access of quality healthcare in their communities. Wilmington VAMC continues to support the establishment and expansion of clinical programs to improve access for primary care, mental healthcare, and specialty care programs for male and female Veterans of all service eras.

#### Services Offered

- Primary care services including history and physicals, management of acute and chronic illnesses, women's health and patient education
- Ancillary services: immunizations (including flu and pneumonia vaccines), lab services (including blood draws, urine specimens, etc.)
- Outreach Events - Visit our website at [www.wilmington.va.gov](http://www.wilmington.va.gov) to view our upcoming events.
- Social Worker available for assistance with eligibility/enrollment, mental health referrals, identification of resources available to veterans

To Request an appointment with the Mobile Unit Provider call: Alisha Deigado at 302-668-4371

To Request the Mobile Unit for an event email or call the below point of contact:

Request at least 6-8 weeks in advance of event

Requires 6 parking spaces for 40 foot vehicle

#### Point of Contact:

Jeanne Mahoney, RN, MS, LPC  
Wilmington VA Medical Center  
1601 Kirkwood Highway  
Wilmington, DE 19805  
Phone: 302-994-2511 x4240  
Email: [Jeanne.Mahoney@va.gov](mailto:Jeanne.Mahoney@va.gov)

**On the Stockton Campus  
Tuesday, July 15th  
10:00 AM to 2:00 PM  
By the Athletic Center**



## MILITARY APPRECIATION DAY



WHERE: BELMAR, NJ - 6<sup>th</sup> Avenue Beach

WHEN: Saturday, June 28, 2014

TIME: 12PM-4PM

WHAT: Military Appreciation Day recognizes the sacrifice of our military and their families. It is a fun day filled with free beach access, parking, music, food and games. Veterans and Active Military are welcome. Any questions please email [Rclaudio@boro.belmar.nj.us](mailto:Rclaudio@boro.belmar.nj.us).

## An Event for Female Veterans Only A Brunch Honoring Our Female Veterans

Saturday, July 12, 2014

9:30am to 11:30am

The Brownstone, Paterson, NJ

\*See back of flyer for directions



### FREE brunch for all female veterans!

Space is Limited. RSVP Required to Meghan at 973-818-3606 by 7/7/14

Need a ride? Let us know when you RSVP!

Featuring Keynote Address from Cleopatra G. Tucker, Member of the General Assembly State of New Jersey, Assemblywoman of 28th District, Chair of Military and Veterans Affairs Committee

EVENT SPONSORED BY Catholic Family &  
Community Services

And S.O.S. VETS Women's Committee



## HIGHLIGHTS

# Fighting Through the Pain to Finish

By Staff Sgt. Wayne Woolley

It was her excellence in basic Soldier Skills that earned Sgt. Samantha Kirk the opportunity to represent the New Jersey Army National Guard at the Region 1 Best Warrior Competition in May.

But it was her skills as a medic that kept Kirk in the competition.

Kirk badly twisted an ankle on the night land navigation course at Camp Ethan Allen, Vermont, leaving her only a few hours to prepare for the competition's two final events – a marksmanship event that included a quarter-mile sprint followed by a six-mile ruck march over mountainous terrain.

She became her own patient, treating her injury with ice, elevation and lots of ibuprofen. She wrapped gauze around her ankle and made it through the shooting event, hitting all 20 targets. Then came the ruck march.

"The terrain was not Fort Dix terrain, there were parts where it felt like walking up a wall," Kirk said. "It was pretty intense."

And painful.

"I kept telling myself that no matter what, I was going to make it," she said. "I just dug in and kept going."

Kirk finished the march 20 minutes under the two-hour time limit and with state Command Sgt. Major Edward Santiago running alongside her, cheering her on.

Although Kirk, the 2013 New Jersey Army National Guard Soldier of the Year, did not finish well enough in the competition to advance to the Army-wide best Warrior Competition at Fort Benning, Georgia, she was proud to be able to make a strong showing for New Jersey even after suffering an injury that could have knocked her out of the competition entirely.

"I'm just glad I did as well as I did," Kirk said. "It was an amazing experience."

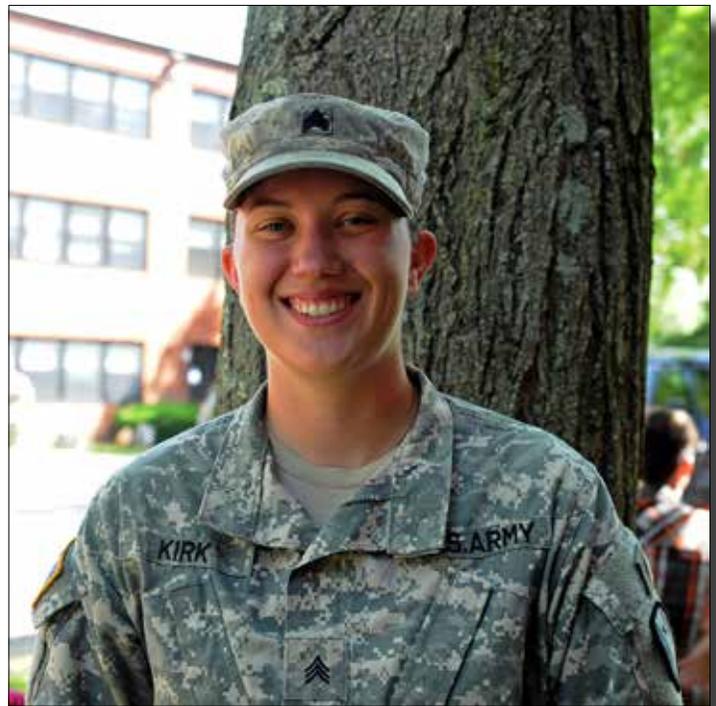
Preparing for the Best Warrior competition also gave Kirk confidence as she embarks on the next step of her five-year career in the National Guard – a deployment with the 1-114<sup>th</sup> Infantry in support of Enduring Freedom. The unit departed this week.

"I'm looking forward to deploying," she said. "The Soldiers in the unit have been great."

When Kirk, 24, returns, she'll continue with her studies at Montclair State University, where she is majoring in physical education. She hopes to continue with her studies and earn a doctorate in physical therapy.

She also plans to continue serving in the Army National Guard.

"I'm a lifer," she said. "I love it."



E-mail your Photo of the Week or  
Highlights submissions to:  
[Kryn.Westhoven@dmava.nj.gov](mailto:Kryn.Westhoven@dmava.nj.gov) OR  
[Mark.Olsen@dmava.nj.gov](mailto:Mark.Olsen@dmava.nj.gov)



## OLD DRUGS BRINGS NEW PROMISE FOR PTSD-RELATED NIGHTMARES

**By Christine Creenan-Jones, Uniformed Services University of the Health Sciences**

Every day, thousands of American service members relive the trauma of war in their sleep. They hear explosions, see the carnage of battle erupt around them and feel the crushing weight of a painful combat memory resurface in their dreams.

Unfortunately, frequent nightmares are common among service members with post-traumatic stress disorder. Moreover, they disrupt sleep, which can magnify the daytime symptoms of PTSD and stymie the recovery process significantly.

"Although psychotherapy is the best treatment for PTSD, it's less impactful when a patient is tired, irritable, anxious or unable to concentrate because recurring nightmares continuously disrupt their sleep," said Army Lt. Col. Jess Calohan, program director for the Psychiatric Mental Health Nurse Practitioner Program at the Daniel K. Inouye Graduate School of Nursing, part of the Uniformed Services University of the Health Sciences here.

In 2005, Calohan began working with Dr. Murray Raskind, who discovered that a largely obsolete blood pressure medication called prazosin appeared to be effective for treating PTSD-related nightmares. In his own practice, Raskind, director of the Northwest Network Mental Illness

Research Education and Clinical Center at Veterans Affairs, used prazosin to treat Vietnam War veterans with PTSD.

Theoretically, the drug blocks the effects of adrenaline in areas of the brain thought to be responsible for causing nightmares during sleep. Raskind found that prazosin was tremendously successful at improving sleep quality and other PTSD-related symptoms.

Still, Raskind wondered if prazosin also would work on active duty service members. Their combat experiences were different, and they weren't as far removed from the fight as the Vietnam War-era patients in his study.

Raskind, Calohan and colleagues partnered to investigate prazosin's crossover efficacy. In two separate studies funded by the Veterans Affairs Department, active-duty soldiers with PTSD reported experiencing better, more restful sleep while taking prazosin. Furthermore, in many cases, the combat-related nightmares that amplified other PTSD symptoms were eliminated altogether. This led to vast improvements in overall PTSD treatment for the soldiers Calohan treated at Joint Base Lewis-McChord in Washington state and at frontline clinics in Iraq and Afghanistan.

"Before our research, prazosin was a level C on the strength of recommenda-

tion scale on the [VA and Defense Department] clinical practice guidelines, a system that measures the quality and consistency of evidence for using a medical intervention," Calohan said. "Now, it's a level B, but we fully expect prazosin will move up to a level A soon."

Level A is the highest rating on the strength of recommendation scale. It's reserved for interventions validated by high-quality, evidence-based studies. The team's work is reaching for the top of the scale through research results and professional accolades. In fact, their study was the most-read article in last year's September issue of the *American Journal of Psychiatry*. It also was lauded as the No. 1 innovation in psychiatry for 2013 by the *New England Journal of Medicine*.

In an effort to continue improving patient care, Calohan is using his expertise to shape the way rising military health care providers deliver care to service members with PTSD.

"Now that I'm here at USU, I'm able to review the prazosin literature and its application in clinical practice with my students," he said. "It is definitely a good thing, because I'm educating providers about an effective method for treating sleep disturbances related to PTSD."

# HIGHLIGHTS



# HIRING OUR HEROES<sup>®</sup>

U.S. CHAMBER OF COMMERCE FOUNDATION

2014 Hiring Our Heroes Veterans Event – Joint Base McGuire-Dix-Lakehurst, NJ  
IN CONJUNCTION WITH THE 316<sup>TH</sup> ARMY RESERVE OPERATION SUSTAINMENT WARRIOR  
The Navy Hanger, Fleet Logistics Support Squadron 64  
3370 Wonnacott Ave, Joint Base MDL, NJ 08641  
Monday, July 28, 2014

EMPLOYMENT WORKSHOPS: 9:00AM - 11AM;  
11:00AM - 1:00PM; 1:00PM - 3:00PM

HIRING FAIR: 9:00AM – 4:00PM

A University of Phoenix-sponsored Hiring Our Heroes Job Fair for all veterans, military members and spouses will be proudly hosted in conjunction with the 316<sup>th</sup> U.S. Army Reserve Operation Sustainment Warrior. This job fair is being conducted by the U.S. Chamber of Commerce Foundation, the Department of Labor Veterans' Employment and Training Service (DOL VETS), the New Jersey Committee of the Employer Support of the Guard and Reserve (ESGR), the U.S. Department of Veterans Affairs, The American Legion, Goodwill Industries International, NBC News, and other local partners.

## EMPLOYERS

Must register for FREE at [HiringOurHeroes.org](http://HiringOurHeroes.org)

## JOB SEEKERS

Register for FREE at [HiringOurHeroes.org](http://HiringOurHeroes.org)  
to guarantee admission. Walk-ins welcome but space not guaranteed.

Three workshops for veterans and other military job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 9:00AM, 11:00AM and 1:00PM. To register for the Hiring Our Heroes Employment Workshops, visit [HiringOurHeroes.org](http://HiringOurHeroes.org).

For registration questions, please contact us at [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202-463-5807.



[HIRINGOURHEROES.ORG](http://HIRINGOURHEROES.ORG)

Find Hiring Our Heroes online:



Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.



# HIGHLIGHTS



*The two-dozen Albanian Officer Candidates completed their final road march at Joint Base McGuire-Dix-Lakehurst, N.J., June 14, 2014. The cadets started before dawn to complete the 10-mile route along the ranges of the base. (Photo by Kryn P. Westhoven/Released)*



*Members of the Cairola-Barber Post 2342, Fort Lee Veterans of Foreign Wars, donate 30 flat screen televisions to the New Jersey Veterans Memorial Home at Paramus June 17, 2014. Brig. Gen. Steven Ferrari, Director of Veterans Healthcare Services at the New Jersey Department of Military and Veterans Affairs, accepted the donations on behalf of the Home's residents. (NJDMAVA photo by Tech. Sgt. Armando Vasquez/Released)*

# HIGHLIGHTS



US Family Health Care, a Tricare Prime option providing a civilian based managed care network, will be holding Question and Answer sessions to provide information for servicemembers and families.

USFHP pushes forward effective Jan. 1, 2014, and they are adding an extra benefit to their already robust benefit package! Eye glasses for \$0 to low cost. To hear more about USFHP and this added benefit, come to one of their upcoming information sessions listed below:

**Fort Dix Housing Community Center**  
Bldg. 1134 Hemlock Street, JB-MDL  
June 2 and 23 / 10 a.m. to 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**JB-MDL McGuire Library**  
2603 Tuskegee Airmen Ave, JB-MDL  
June 16 / 10 a.m. to 2 p.m.  
Contact: Pam Kwiat at 646-341-2545

**JB-MDL McGuire Housing  
Jim Saxton Community Center**  
3811 South Boiling Street, JBMDL  
June 10 and 19 / 10 a.m. to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**108th Wing Airmen & Family Readiness Office**  
3327 Charles Blvd, JB-MDL  
June 25 / 1 to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**Picatiny Arsenal Army Community Service**  
Bldg. 119, Dover, NJ  
June 10  
Contact Darrel Hutchinson at 646-354-0126

**Pemberton Community Library**  
16 Broadway Street, Brownmills, NJ  
June 30 / 12 to 4 p.m.  
Contact: Pam Kwiat at 646-341-2545

**Mount Laurel Library**  
100 Walt Whitman Ave, Mount Laurel, NJ  
June 18 / 11 a.m. to 3 p.m.  
Contact: Josephine Grey at 347-501-2308

**Camden County Veterans Affairs**  
3 Collier Dr., Lakeland Complex, Blackwood, NJ  
June 2, 9, 16 and 23 / 11 a.m. to 3 p.m.  
Contact: Wil Acosta at 646-300-1312

**NJDMAVA Bldg**  
IASD Section,  
101 Eggerts Crossing Road, Lawrenceville, NJ  
June 16 / 11 a.m. to 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**177th Fighter Wing**  
Bldg. 229, 400 Langley Rd., Egg Harbor Twp, NJ  
June 5 / 12 - 4 p.m.  
Contact: Josephine Grey at 347-501-2308

**NJNG Jersey City Armory**  
678 Montgomery Street, Jersey City, NJ  
June 5, 12, 19 and 26 / 11 a.m. to 3 p.m.  
Contact: Darrel Hutchinson at 646-354-0126

**NJNG Toms River Armory**  
1200 Whitesville Road, Toms Rive, NJ  
June 5 / 10 a.m. to 3 p.m.  
Contact: Pam Kwiat at 646-341-2545

**NWS Earle**  
Bldg. C29, 201 Highway 34 South, Colts Neck, NJ  
June 18 / 1:30 to 3:30 p.m.  
Contact: Pam Kwiat at 646-341-2545

Call 1-800-241-4848 option 3 or visit [www.usfhp.net](http://www.usfhp.net) for more information.

**DMAVA Highlights** is published weekly by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard, Veterans Affairs or the state of New Jersey. Letters may be sent to: NJDMAVA, DMAVA Highlights, Public Affairs Office, PO Box 340, Trenton NJ 08625-0340. e-mail at [pao@njdmava.state.nj.us](mailto:pao@njdmava.state.nj.us).

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