



AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

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JANUARY 18, 2013

NEWSNOTES

Dates and times are subject to change. Check with the event coordinator prior to the event.

New 87th Medical Group Urgent Care Guidance

The 87th Medical Group has implemented new guidance with the closure of the Lourdes Medical Associates After-Hours Family Practice Clinic last year.

To schedule an appointment or to reach the after-hours on-call provider (option 3), call the 87th MDG appointment line at (866) 377-2778. The on-call provider can authorize after-hours urgent care in addition to providing advice and follow-up care in the 87th MDG. Call 877-TRICARE if you are unable to reach the 87th MDG on-call provider. TRICARE can also authorize urgent care.

Martin Luther King Day Meal

The 87th Force Support Squadron is set to host a Martin Luther King Day Meal from 11 a.m. to 1 p.m. Jan. 21, 2013, at the Halvorsen Hall Dining Facility. The holiday meal is in observance of Martin Luther King Day and is open to all active duty, guard, reserves, retirees and immediate family. Call 754-3252 for more information.

Military Family Action Plan Conference

The Military Family Action Plan Conference is set from 7:45 a.m. to 4:30 p.m. Jan. 23, 2013, and an out brief to installation command 9 a.m. Jan. 24, at the Timmermann Center located at 5441 Pennsylvania Ave., 2013. The MFAP Conference provides a unique opportunity for all military personnel, family members, retirees and civilians to submit quality-of-life issues directly to the joint base commander for review and resolution. The deadline for preregistration and submitting topics for review is today. Participation is highly encouraged. Call 754-3154 for more information.

6th AS Assumption of Command

The 6th Airlift Squadron is set to hold an assumption of command ceremony 10 a.m. Jan. 24, 2013, at 1823 Hangar Road. Lt. Col. Jason Ginn is the incoming commander. Call 754-4767 for more information.

Transition Assistance Program Seminar

The Military and Family Support Center is set to host a four-day Transition Assistance Program Seminar from 8:30 a.m. to 4:30 p.m. Jan. 24 through 27, 2013, at 3435 Brody Road. Call 754-3154 for more information.

A light into your future

The Joint Base McGuire-Dix-Lakehurst Education Services office is set to host "A light into your future" event from 2 to 7 p.m. Jan. 24, 2013, at 3829 Schoolhouse Road in Falcon Courts North. The one-stop event includes: transfer service from Montgomery to Post 9/11 GI Bill, information on Military Spouse Career Advancement Accounts Enrollment, a USAA representative, Community College of the Air Force academic counseling, a "How to Navigate the Scholarship Maze" briefing, on-base schools information display and a GI Bill question and answer session. Call 754-5346 for more information.

SOC seeks volunteers

The Joint Base Special Observance Committee is set to host its initial planning meeting at 1 p.m. Jan. 25, 2013, at 2906 Tuskegee Airmen Ave. The committee is seeking volunteers from the Joint Base McGuire-Dix-Lakehurst community to assist in organizing and staging upcoming special observance events. Call 754-2657 for more information.

International Spouses' Group

The Military and Family Support Center is set to host an International Spouses' Group meeting from 11:45 a.m. to 2:30 p.m. Jan. 25, 2013, at 3435 Brody Road. The group assists foreign-born spouses with cultural adaptation and serves as the first stop, as well as ongoing support, for multicultural families. Call 754-3154 for more information.

Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 6 to 7 p.m. Jan. 25, 2013, at 3811 South Bolling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

Resume Writing Class

The Military and Family Support Center is set to host a federal resume writing class from 9 to 11 a.m. Jan. 30, 2013, at 3435 Brody Road. The class is meant to give a clear understanding of the federal application process. Preregistration is required. Call 754-3154 for more information.

COVE Training

The JB MDL public affairs team is scheduled to host a training session for Community Outreach Volunteer Experience from 2 to 4 p.m. Jan. 30, 2013, in the Liberty Room at Tommy B's Community Activities Center. COVE is a program designed to integrate joint base service members and civilians with members of the local community. Volunteers will serve as speakers tour guides and community event participants. Call 754-2104 for more information.

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Cmdr. Trevor A. Blow, VR-64 commander, gets 'piped aboard' during the VR-64 change of command ceremony. Cmdr. Blow relieved Cmdr. Wayne D. Gunther to become the eighth commanding officer of VR-64 since its transition from Maritime Patrol to Fleet Logistics Support roles in September 2004. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

Condor's Nest receives new commander

By Petty Officer 1st Class David Kincaid
Fleet Logistics Support Squadron VR-64

Fleet Logistics Support Squadron VR-64 leadership passed the torch of command during a traditional Naval ceremony Jan. 12, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J.

Cmdr. Trevor A. Blow relieved Cmdr. Wayne D. Gunther to become the eighth commanding officer of VR-64 since its transition from Maritime Patrol to Fleet Logistics Support roles in September 2004.

Gunther, a native of Maple Grove, Minn., has subsequently assumed duties at the Office for the

Secretary of Defense, Washington, D.C. Gunther was awarded the Meritorious Service Medal for his service as commanding officer of VR-64 from October 2011 to January 2013.

"I must admit that today is truly bittersweet for me," said Gunther. "I love this Command and this job. While I realize that it is time for me to go, I don't want to leave. Many folks have asked me if I am ready to go; in some ways I am, but it is still so hard to walk away."

Hailing from Columbia, Md., Cmdr. Blow graduated from the University of South Carolina in 1990 with a Bachelor of Arts degree in

Government and International Studies. He attended flight training and was designated a Naval Aviator in January 1992 after graduation.

Cmdr. Blow served his sea tour with the "Mad Foxes" of Patrol Squadron 5 at Naval Air Station Jacksonville, Fla., where he made three overseas deployments and served as P-3C instructor pilot and mission commander, upon completion of initial P-3C Orion Fleet Readiness Squadron training. He transferred to Training Squadron 2, the "Doer Birds," as a T-34C standardization and evaluation pilot in 1995.

See **COMMANDER**, Page 11

Mobility Support Advisory squadrons reach full operational capability

By Tech. Sgt. Lesley Waters
621st Contingency Response Wing
Public Affairs

TRAVIS AIR FORCE, Calif. — One year after achieving initial operational capability, the Air Force's only two Mobility Support Advisory Squadrons reached full operational capability Dec. 1.

"Achieving full operational capability tells Air Force leaders we are ready to perform our mission in support of national security objectives," said Lt. Col. Gabriel Griess, 571st MSAS commander. "To date, our role has been to train ourselves in the art of air advising. Going forward, we will execute the mission as defined for us by the Regional Combatant Commands and their air components in conjunction with U.S. military groups in each respective country."

Collectively, the two squadrons are a key component of the Air

Force support to the Department of Defense building partner capacity efforts. By mentoring, advising and instructing partner nations air forces, squadron members will help achieve the goal set by Secretary of Defense Leon Panetta in last January's strategic guidance, namely to enable partners to share "the costs and responsibilities of global leadership."

The two squadrons belong to the 621st Contingency Response Wing, which is headquartered at Joint Base McGuire-Dix-Lakehurst, N.J. The 571st MSAS is based here and the 818th MSAS at JB MDL. The 571st MSAS supports U.S. Southern Command objectives in Central and South America while the 818th MSAS supports U.S. Africa Command.

Prior to full operational capability, MSAS Airmen have engaged in

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Staff Sgt. Javier Borges (left), 571st Mobility Support Advisory Squadron loadmaster air advisor, looks on as members of the Colombian air force tighten the side nets for a pallet sent to Barranquilla from Comando Aereo de Transporte Militar, Bogota, Colombia for Colombian air force's preparation to participate Red Flag June 25, 2012. Prior to full operational capability, MSAS Airmen have engaged in extensive training, including: an air advisor course, an academic instructor course, and a survival, evasion, resistance and escape course. (U.S. Air Force photo by Tech. Sgt. Lesley Waters/Released)

Rear Adm. Darrah visits JB MDL

Darrah and his staff received briefings and tours to update them on the myriad missions and labs at Lakehurst, to include the Electromagnetic Aircraft Launch System.



3

AF supports defense of Turkey

Mobility Airmen are enabling their Army counterparts to meet the Secretary of Defense's order to move two Patriot anti-missile batteries and hundreds of soldiers in support of a key U.S. ally.



4

Fatal accidents down in FQ 2013

The U.S. Army Combat Readiness/Safety Center recently released accident statistics for the first quarter of fiscal year 2013, and the data show a continued overall decline in both on- and off-duty accidental deaths.



5

The Weekend Weather

Today
High 35/Low 28
Partly Sunny



Saturday
High 48/Low 34
Sunny



Sunday
High 46/Low 24
Partly Sunny



Military time simplified

By Airman 1st Class Ryan Throneberry
Joint Base McGuire-Dix-Lakehurst Public Affairs

The 24-hour clock encompasses the entire day, so too, does the efforts of the men and women of the U.S. armed forces.

The military operates at all hours of the day and night, so it uses a 24-hour clock, commonly referred to as military time, to avoid confusion between a.m. and p.m. hours.

This method of time-keeping can be traced back to the Navy during World War I as all allied armies began using it starting with the United Kingdom. To this day, the Department of the Navy maintains the United States official time, with the Master Clock facility at the U.S. Naval Observatory in Washington, D.C.

As military time, or 'real time,' is not commonly used among United States civilians, it is no wonder why new service members don't necessarily comprehend it. I often find myself mixing up times for that very reason.

"Not too long ago, I missed a meeting because I misread the time sent in an email," said Airman 1st Class Zach Wodaage, 87th Air Base Wing Judge Advocate military justice paralegal, hailing from Maple Valley, Wash. "I feel as though it is a common mistake because military time doesn't come naturally to everyone. I certainly feel more comfortable with the system as I have grown in my service."

Many people who have never served in the military probably will never learn the simplicity of military time, only hearing it referenced in popular culture like war movies or military shows like "Zero Dark Thirty."

See **TIME**, Page 11



(U.S. Air Force photo illustration by 2nd Lt. David J. Murphy/Released)



(U.S. Air Force courtesy graphic/Released)

Physical fitness: Struggle between mind, body, pain

By Airman 1st Class Jared Trimarchi
Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. — Losing weight isn't easy. It took almost five months to accomplish my goal of losing 40 pounds.

I am physically average, but mentally I am tough. To lose the weight, I motivated myself after I experienced a humiliating personal setback. I was serving in a position my old eating habits did not support. In June 2012, I was released as a member of the Joint Base Charleston Honor Guard because my personal appearance did not measure up to their stringent standards.

I was devastated.

Being a member of the Honor Guard was my greatest and most humbling experience in the Air Force. I loved every part of the job ... from participating in retirements, change of command ceremonies and parades, to providing military honors to those service members who had given the ultimate sacrifice. I had two months of experience and performed my duties with military bearing and dedicated professionalism.

I failed in one important aspect of the job; maintaining a high standard of dress and personal appearance. I knew I was breaking the rules and my uniform was feeling snug. I knew that my appearance was a crucial, highly visible responsibility and I was representing the Air Force and the sacrifices of the service members who wore the uniform before me. The Honor Guard was better off without me.

The day I left I felt a mix of emotions. I was upset I let myself gain extra pounds. I put the blame on genetics; it runs in the family. I blamed fast food, candy, soda and even my PT leader.

Those emotions and feelings were wrong. The only one to blame was myself.

Realizing I was to blame, I understood I was the only one who could make a change. If I added all of the pounds, I knew I had to be the one to lose them. In order to improve my body, I had to change my mental state of mind and the way I thought about eating. I wanted to lose weight and get back into Honor Guard. Nothing was going to stand in my way.

Being hungry is not the same as starving to death. It took me a while to get used to eating proper portions. In my new mindset, when I was hungry I ate small meals. I would eat one turkey sandwich instead of the usual two. Then, I would tell myself I was full and I didn't need another, although, 10 minutes later I was 'starving.' Your body can lie to your mind and tell it you need to eat more. But my mind is smarter than my body and I reminded it I already ate.

After a week of consuming approximately 1,500 to 2,000 calories a day, my body adjusted to eating for one person again. I chose my meals carefully, too. A pound of cheeseburgers weighs less than a pound of grilled salmon, figuratively speaking. Cheeseburgers and sweets are my Achilles heel. It takes plenty of mind power to walk away from a perfectly grilled burger while watching your favorite team play at a sports bar. If your mind is strong enough to say no, your body will follow. A strong support network made the work easier. My wife was on board and helped push me to eat smarter, while my wingmen at work offered their encouragement.

However, eating less and making better decisions wasn't enough. I wanted to get back to Honor Guard as soon as possible. Many physical

trainers will tell you that "pain is weakness leaving the body." I say, pain is your mind fighting against your body. Waking up at 5 a.m. to go for a morning run when your body is sore from the workout the night before is rough mentally and physically. When you decide to push further and run that extra mile and your legs scream 'no' ... that's pain.

A balance of eating less, working out more and being mentally tough enough to maintain my new habits helped me lose 30 pounds in six weeks. My uniform fit better than before. I had more energy for PT, and to do my job effectively.

I felt my age again. I spoke with leadership from Honor Guard and they were pleased to have me back on the team. My goal to return had been accomplished, but my goal to lose 40 pounds was still in the works.

To be honest, losing the weight wasn't the hardest part of my new lifestyle. It's keeping the weight off that has become the real challenge. While

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COMMANDER'S ACTION LINE



Col. John Wood
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper 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, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

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.



AIR, LAND & SEA TIMES

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NEWS ONLINE

Joint Base McGuire-Dix-Lakehurst Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit: www.jointbasemd.af.mil



Child, youth supervision guide by JB MDL

By Family Advocacy Program Office

The Family Advocacy Program is committed to the welfare of Joint Base McGuire-Dix-Lakehurst children. The following guidelines will assist parents with the protection and security of children under the age of 18.

JB MDL Child and Youth Supervision Guidelines

Note: The ages specified are the maximum ages and are based on the child's ability to demonstrate age-appropriate behavior. Children who do not consistently demonstrate age-appropriate behavior should not be given the same degree of self-management responsibilities as those who do. In all instances below where a "yes" is indicated, the parent is responsible for using reasonable judgment and for any incident or mishap (not considered preventable) which occurs. Besides maturity of the child, parents should also consider the living environment, not limited to drugs, crime, and parental conflicts. Local curfew times must be followed.

Age of Child	Left Without Sitter in Quarters for 2 Hours or Less	Left Without Sitter in Quarters for More Than 2 Hours	Left Alone Overnight	Outside Unattended (To Include Playing)	Left in Car Unattended ⁴ or Unsupervised ⁵	Child Sit Siblings	Child Sit Others
0 - 4 ⁶	NO	NO	NO	NO	NO Must be attended / supervised	NO	NO
5 - 6	NO	NO	NO	YES Playground or yard with immediate access (visual sight or hearing distance) to adult supervisor ¹ , except at age 6 may walk to and from school.	NO Must be attended / supervised	NO	NO
7 - 9	NO	NO	NO	YES Adult recommended being in immediate area, except may walk to and from school.	NO Must be attended / supervised	NO	NO
10 - 11	YES During daytime hours before curfew, with ready access to adult assistance. ^{1, 2}	NO	NO	YES With ready access to adult assistance.	YES ² Keys removed, handbrake applied. Please see comments regarding maturity, living environment. Should be assessed on case-by-case basis.	NO	NO
12 - 14	YES	YES	NO	YES	YES ² Keys removed, handbrake applied. Please see comments regarding maturity, living environment. Should be assessed on case-by-case basis.	YES ² Please see comments regarding maturity, living environment. Should be assessed on case-by-case basis.	YES ² Please see comments regarding maturity, living environment. Should be assessed on case-by-case basis.
15 - 17	YES	YES	NO	YES	YES	YES ²	YES ²

1 "Home alone" information required for family
 2 Red Cross babysitting training or equivalent required
 3 Adult supervision/assistance is defined as someone who has or assumes responsibility for the child, e.g., parent, guardian, care provider, friend
 4 "Unattended" refers to a child who has been left in a motor vehicle by a parent, legal guardian or other person responsible for that child, when that parent, guardian or other person is more than 10 feet from the vehicle and unable to continuously observe the child
 5 "Unsupervised" refers to an unattended child when a person 14 years of age or older is not present in the motor vehicle
 6 0-12 Month: Constant direct supervision is required when the child is awake. These children should be checked periodically when sleeping. Responsible caregiver is essential at all times.
 (PER DoDI 6060.3)
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Rear Adm. Darrah Visits JB MDL

By Tom Woredale
 NAVAIR Public Affairs

Rear Adm. Mark Darrah, Naval Air Warfare Center Aircraft Division commander, along with members of his staff, visited the Naval Air Systems Command facilities Jan. 9, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The visit marked Rear Adm. Darrah's first trip to JB MDL since being promoted to admiral and assuming command of NAWCAD.

The admiral's staff who accompanied him were Navy Captains Chris Junge and Henry Jackson, Command Master Chief Petty Officer Sean Carolan and Retired Rear Adm. Robert Smith.

Darrah and his staff received briefings and tours to update them on the myriad missions and labs at Lakehurst, to include the Electromagnetic Aircraft Launch System and Advanced Arresting Gear that are slated for deployment aboard the USS Gerald Ford, the next aircraft carrier scheduled for commissioning in 2015.

Included in the visit were meetings with the Support Equipment and Aircraft Launch and Recovery division chiefs. Several engineering labs were also visited, along with a tour of the NAVAIR Prototyping and Manufacturing facility.

While addressing the membership of the Naval Civilian Managers Association Lakehurst chapter, Darrah likened the Lakehurst facilities and engineering talent to that of a national treasure.

"What you do enables the fleet to run smoothly, and my job is to make sure the operators know and appreciate that," said



Mechanical engineer Christine Farrell describes the three-dimensional printing and rapid prototyping capabilities of Lakehurst's Support Equipment Division to Rear Adm. Mark Darrah during his visit Jan. 9, 2013, to Joint Base McGuire-Dix-Lakehurst, N.J. Farrell is holding a 3D printed model of the MH-60R Oil Line Nut Wrench that saves 60 man hours per routine helicopter oil change. The models are used for fit and function testing, as well as early problem detection. Looking on are John Schmelzle and Kathleen Donnelly. (U.S. Navy courtesy photo/Released)

Darrah. "Our role as the technical experts for naval aviation is to stand accountable with our customers in the fleet, to engage in a respectful dialogue and to continue to foster innovation through our diverse workforce." With the importance of a timely and successful deployment of EMALS and AAG technology aboard the carrier fleet, Darrah is expected to become a regular visitor to JB MDL for continued updates on the progress

See VISIT, Page 10

87th CES says 'it's a dogs' world'

By Pascual Flores
 Joint Base McGuire-Dix-Lakehurst Public Affairs

Military community members and their four-legged furry friends will soon have a new place on-base to enjoy a day of fun in the great outdoors as the 87th Civil Engineer Squadron makes preparation, to unleash a new dog park here.

The dog park, situated near Mitchell Road and Falcons Court East, will provide an on-base off-the-leash recreation area for dogs to exercise and train.

"The beauty of the project lies with the fact that it was the need

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Mobility Airmen support Turkey

By 18th Air Force Public Affairs

ALTUS AIR FORCE BASE, Okla. — Mobility Airmen are enabling their Army counterparts to meet a Secretary of Defense order to move two Patriot anti-missile batteries and hundreds of Soldiers to support Turkey, a U.S. ally.

According to officials, Airmen worked around the clock to support a NATO request to deploy two Patriot batteries to Turkey. The deployment is a defensive measure intended to deescalate the situation along the Syrian border while demonstrating NATO resolve.

"This operation is a great example of how Airmen support our allies across the globe every day," said Brig. Gen. Larry Martin, the 618th Air and Space Operations Center (Tanker Airlift Control Center) vice commander. "The Air Force has the means to provide rapid global mobility in support of an important ally to demonstrate the strength and capability of both the U.S. and the NATO Alliance."

The operation is expected to extend into early next week, culminating in the deployment of approximately 400 U.S. service members and equipment.

One KC-10 Extender, KC-135 Stratotanker air refuelers, and six C-5 Galaxy airlifters will transport the Patriot batteries and much of the equipment and personnel belonging to the 3d Battalion, 2d Air Defense Artillery Regiment, Fort Sill, Okla., directly from Altus AFB to Turkey. Additionally, several C-17 Globemaster III aircraft will depart here to create an air bridge allowing further deliveries into Turkey, officials said.

According to air mobility leaders, an effort of this speed and scope in the midst of ongoing support to forces throughout Southwest Asia demands contributions from a total force team of active, Air National Guard and Reserve Airmen.

That team includes planners, mobility liaisons, contingency response Airmen, aircrews, maintainers and dozens of other support personnel. "Mobility Airmen are proud to be part of an amazing joint team supporting NATO," Martin said. "We take great pride in making complex global mobility requirements a reality."

Participating units include Airmen and aircraft from Bangor, Maine; Pease, N.H.; Joint Base McGuire-Dix Lakehurst, N.J.; Pittsburgh Pa.; Joint Base San Antonio-Lackland, Texas; Westover Air Reserve Base, Mass.; and Martinsburg, W.Va.

According to a NATO news release, Germany, the Netherlands and the United States offered to deploy two Patriot batteries each to Turkey. Germany will deploy its batteries to Kahramanmaraş, the Netherlands will deploy its batteries to Adana, and the United States will deploy its batteries to Gaziantep.



Airmen unload an M884 Wrecker from a C-5 Galaxy on the Altus AFB flightline Jan. 4, 2013. Airmen from 97th Air Mobility Wing, Kentucky Air Guard Contingency Response Group, 31st Air Defense Artillery Army Brigade, Fort Sill, Okla. and 167th Airlift Wing, Martinsburg, W. Va., together helped deploy Patriot batteries, more than two million pounds of equipment and approximately 300 personnel from 3-2 Air Defense Artillery Battalion to Turkey in support of the North Atlantic Treaty Organization. (U.S. Air Force photo/Airman 1st Class Levin Boland)

Service members can transfer leave

By Airman Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

The voluntary leave transfer program allows an employee in the Department of Defense who has a medical emergency and is without the availability of paid leave, to receive transferred annual leave directly from other employees.

An employee affected by a medical emergency can provide a leave recipient application to his first-level supervisor or leave approving official. The leave applicant or immediate family member may designate a personal representative in writing to make the application if such an employee is not capable of making application, due to physical or mental impairment.

An employee wishing to participate in the leave donation program must provide documentation from his or her physician stating the period of time he or she will be out of work. Employees must also complete an Office of Personnel Management Form 630 to be approved by his or her supervisor. The supervisor approves the employee's participation in the program by signing the OPM Form 630. All correspondence must be forwarded to the human resources office after supervisor's approval for further approval and processing through Defense Finance and Accounting Service, Indianapolis. The employee's supervisor is notified and the recipient is advised through the joint base for donations once approved by DFAS.

An employee in a shared leave status using transferred leave under the Voluntary Leave Transfer Program may use the donated leave only for the purpose which the recipient was approved. A potential leave donor must have a sufficient number of hours of accrued annual leave in order to donate leave. Donating leave earned in future pay periods is prohibited.

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Fatal Army accidents down in first quarter of 2013

By Julie Shelley
U.S. Army Combat Readiness Safety Center

PORT RUCKER, Ala. — The U.S. Army Combat Readiness/Safety Center recently released accident statistics for the first quarter of fiscal year 2013, and the data show a continued overall decline in both on- and off-duty accidental deaths.

Fiscal year 2012 was the Army's safest year since Sept. 11, 2001, and the third-safest year on record. Fatal accidents have

remained steady or declined every year since fiscal year 2007.

"Our leaders and Soldiers are continuing to do a remarkable job regarding safety," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "This downward trend in accidental fatalities is one of the longest that's ever been sustained in our Army, and it's never been done during ongoing combat operations."

"As our non-deployed population

increases with the drawdown in combat deployments, engaged peers and leaders at all levels will be more vitally important than ever," Edens explained.

Off-duty, accidental deaths remained stable with last year's first quarter figures. Fatal FMV-4 accidents were down slightly as were on-duty fatalities resulting from accidents. Aviation saw the largest decrease, with no accidental fatalities recorded during the quarter. Five Soldiers died in aviation accidents during the first quarter of fiscal year 2012.

Combined, fatal accidents were down 17 percent at quarter's end from the same time frame in fiscal year 2012.

Although the Army is poised to repeat this success during the second quarter, US-ACR/Safety Center Command Sgt. Maj. Richard D. Stidley urged all leaders, especially junior noncommissioned officers, to stay on top of what their Soldiers are doing.

"We're coming into that time of year where Soldiers will be eager to get on the road, whether in their cars or on their

motorcycles," Stidley said. "First-line leaders will have the most influence in making sure their troops are ready, which is especially important for Soldiers who might need a reintroduction to safe riding after the hall of winter."

The Army Safe Spring Campaign, an annual effort designed to raise awareness of driving hazards and other seasonal safety issues, will be released Feb. 28 at <https://safetyarmymil>.

Airmen urged to reenlist, extend current enlistment, retire, separate before Feb. 15

By Tech. Sgt. Steve Grever
Air Force Personnel Center
Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials are encouraging active-duty Airmen who are eligible to reenlist, extend their current enlistment, retire or separate in March to complete these personnel actions through the myPers website and their base military personnel sections by Feb. 15 to avoid processing delays and military pay issues.

Airmen need to accomplish these actions because the Air Force is upgrading and transferring the Military Personnel Data System to the Defense Information Systems Agency's Defense Enterprise Computing Center in March. The upgrade project is scheduled to take about 23 days to complete, during which time, MIPDS will not be available.

MIPDS is the records database for personnel data and actions that occur throughout every total force Airman's career. MIPDS is also used to initiate Airman pay actions, maintain Air Force accountability and strength data. MIPDS also supports a host of interactions with other active duty, Air Force Reserve and Air National Guard systems and processes that rely on this personnel data.

Reenlistments and enlistment extensions

Reenlistment-eligible Airmen or Airmen with permanent change of station or retraining orders should contact their base MPS and initiate their reenlistment or enlistment extension paperwork by Feb. 15.

"Airmen who accomplish their reenlistment or enlistment extension by Feb. 15 should not experience interruptions in their pay because their servicing MPS can process all appropriate transactions prior to the MIPDS upgrade," said Michael McLaughlin, the Air Force Personnel Center reenlistments branch chief. "Typically, Airmen can apply for voluntary separation or retirement through the virtual Military Personnel Flight application on the myPers website at mypers.af.mil as soon as possible.

"While a short-notice separation or retirement can be processed manually, we would like Airmen to be proactive and apply as soon as possible to process their request," said Maj. Michael Meek, the AFPC reenlistments and separations branch chief. "Typically, Airmen can apply for voluntary separation or retirement up to one year out."

Airmen will notice minimal processing delays if they initiate their retirement or voluntary separation applications before March. Processing these applications early will help base MPSs reduce their backlog of transactions to process after the MIPDS upgrade is completed. Airmen who intend to voluntarily separate or retire can have their approved dates of separation updated and potentially avoid being selected for a deployment or assignment.

separations

AFPC officials are also encouraging active-duty Airmen who are eligible to apply for retirement or request a voluntary separation in March to initiate these personnel actions through the virtual Military Personnel Flight application on the myPers website at mypers.af.mil as soon as possible.

"While a short-notice separation or retirement can be processed manually, we would like Airmen to be proactive and apply as soon as possible to process their request," said Maj. Michael Meek, the AFPC reenlistments and separations branch chief. "Typically, Airmen can apply for voluntary separation or retirement up to one year out."

Airmen will notice minimal processing delays if they initiate their retirement or voluntary separation applications before March. Processing these applications early will help base MPSs reduce their backlog of transactions to process after the MIPDS upgrade is completed. Airmen who intend to voluntarily separate or retire can have their approved dates of separation updated and potentially avoid being selected for a deployment or assignment.

Air Force Reserve and Air National Guard members

Air Force Reserve members are not required to take any immediate actions unless they are notified by their MPS. MPSs will receive specific instructions on critical personnel and pay processes related to accessions, unit training assemblies and participations, mobilizations and activations and casualties. These processes will continue to function during the upgrade. Other personnel and pay processes will be held during the cutover period and processed once the upgrade is complete. Servicing MPSs will notify their affected members as soon as possible of any required personnel actions. More information is available on the AFPC public website at www.afpc.af.mil and the myPers website at mypers.af.mil.

Air Force officials will continue to release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to continue to educate them on how the service will perform critical personnel and pay tasks during the MIPDS upgrade. For more information about the MIPDS upgrade, visit the myPers website at mypers.af.mil.

AF officials reschedule MilPDS upgrade

By Tech. Sgt. Steve Grever
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFAP) — Originally slated for December 2012, Air Force officials will perform a major upgrade to the Military Personnel Data System, or MIPDS, March 2013.

The Air Force Personnel Operations Agency here will upgrade and transfer MIPDS to the Defense Information Systems Agency Defense Enterprise Computing Center. The project is expected to take 23 days. During the upgrade, MIPDS will not be available.

The delay allowed officials to complete testing and validation to ensure the new system performs properly. Upgrades to MIPDS have not been accomplished previously because the system was scheduled to be replaced in 2008 by a new Department of Defense military personnel system. When the DOD program was cancelled, Air Force officials made the decision to bring MIPDS up-to-date in order to reduce risks.

"We are confident that we will be able to upgrade MIPDS in March so we can address security, reliability and sustainability risks with the current system," said Robert Corsi, the Air Force Assistant Deputy Chief of Staff for Manpower, Personnel and Services. "We will have processes in place to ensure personnel and pay service providers are able to work critical transactions for their customers during the upgrade."

Total Force Service Center representatives in San Antonio and Denver worked with Air Force component headquarters agencies and base-level personnel and pay service providers to develop procedures to accomplish critical functions for all Airmen during the MIPDS upgrade. Critical personnel and pay processes related to accessions, reenlistments, Guard and Reserve unit training assemblies, mobilization/activation, casualty and immediate separations will continue to function during the scheduled system downtime. Other personnel and pay processes will be held during the cutover period and processed once the upgrade is complete.

Air Force officials will release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to explain how the service will perform personnel and pay tasks during the upgrade and scheduled system outage.

For more information about personnel services and self-service applications, visit the myPers website at <https://mypers.af.mil>.

www.jointbasemdl.af.mil

Photo Lab, Marketing move under same roof

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst Public Affairs

The Joint Base Photo Lab and the 87th Force Support Squadron's Marketing, Publicity, Commercial Sponsorship and Design Center, will move to 3011 Tuskegee Airmen Ave. starting Jan. 22, 2013.

The building, formally the Warfighter and Family Readiness Center, will provide customers a single location to go to for photographic and marketing needs when the offices resume full customer service operations Jan. 28.

"By moving our two offices under one roof we are giving customers a one-stop shop for visual information services," said Monty Dunn, 87th FSS Marketing director. "Our office and the Photo Lab offer many similar services, but there are some things that we can offer that they can't and vice versa. Now instead of having to direct people across base we can direct them down the hall."

The Photo Lab provides the following services: alert, passport, VISA, Isolated Personnel Report, or ISOPREP, and gun card photography in addition to official portraits and location shoots. Passport services are available on a walk-in basis on Mondays from 7 a.m. to 5 p.m., while official portrait services are offered Tuesdays and Wednesdays from 8 to 11:30 a.m. The Photo Lab also provides members to opportunity to check out self-help still and video cameras for use in official functions. The Photo Lab is open Monday through Friday from 7 a.m. to 5 p.m.

The 87th FSS Marketing department serves a key role in the operation of all squadron activities and programs by conducting customer needs evaluations and providing maximum exposure and publicity for all programs and services. The commercial sponsorship program assists in providing corporate-level funding to offset costs, allowing for most events and programs to be offered at little or no charge. Marketing is open Monday through Friday from 8 a.m. to 4 p.m.

Call 754-3581 to reach the Photo Lab and 754-5327 to reach Marketing.

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Joint Base Intramural Sports Standings

2012-13 Lakehurst Intramural Basketball

Team	Win	Loss	GB
STOOFID GOOD	2	0	0.0
MAC ATTACK	2	0	0.0
CNATT-Medical	1	0	0.5
PDG	1	2	1.5
The Untouchables	0	2	2.0
The Destroyers	0	2	2.0

Game schedule

Week 3
Jan. 22 11:15 a.m. MAC ATTACK vs. The Untouchables

12:05 p.m. PDGvs. The Destroyers
Jan. 23 11:15 a.m. STOOFID GOOD vs. The Untouchables

12:05 p.m. The Destroyers vs. CNATT-Medical

Jan. 24 11:15 a.m. MAC ATTACKvs. CNATT-Medical

12:05 p.m. The Untouchables vs. PDG

Jan. 25 - Make up day

2013 Intramural Basketball JB McGuire-Dix

Team	Win	Loss	GB
NWS Earle	3	0	0.0
87th SFS	3	0	0.0
NCOA	2	0	0.5
Wildcats	2	0	0.5
3-314th FA	2	1	1.0
87th FSS/87th CS	2	1	1.0
87th CES	2	1	1.0
305th AMXS	2	1	1.0
621st CRW-A	1	1	1.5
305th OS	1	1	1.5
305th MXS	1	1	1.5
BCI-Heat	0	1	2.0
77th BDE	0	1	2.0
87th LRS	1	2	2.0
605th AMXS	0	1	2.0
621st CRW-B	0	2	2.5
244th AVN BDE	0	2	2.5
MAC 49	0	2	2.5
305th APS-A	0	2	2.5
6th AS-Bully Beef	0	2	2.5

Game schedule

Week 3
Jan. 22 CFH 5:30 p.m. 621st CRW-A vs. 605th AMXS

MFC 5:30 p.m. 305th AMXSvs. 87th SFS

GFH 6:30 p.m. 621st CRW-B vs. BCI-Heat

MFC 6:30 p.m. 244th AVN BDE vs. 6th AS-Bully Beef

GFH 7:30 p.m. 87th CES vs. Wildcats

MFC 7:30 p.m. MAG 49 vs. 87th FSS/87th CS

Jan. 24 GFH 5:30 p.m. 305th OS vs. NCOA

MFC 5:30 p.m. 305th MXS vs. 305th APS-A

GFH 6:30 p.m. 621st CRW-Avs. 87th CES

MFC 6:30 p.m. 305th AMXSvs. 621st CRW-B

GFH 7:30 p.m. 87th LRSvs. NWS Earle

MFC 7:30 p.m. 77th BDEvs. 3-314th FA

GFH = Griffith Field House MFC = McGuire Fitness Center

2013 Over 30 Basketball McGuire-Dix

Team	Win	Loss	GB
87th FSS	1	0	0.0
NCOA- 2	1	0	0.0
87th SFS	0	0	0.5
Wildcats	0	1	1.0
174th INF BDE	0	1	1.0
87th CES	0	1	1.0
305th MXS	0	1	1.0
305th OS	0	1	1.0
621st CRW	0	1	1.0

Game schedule

Week 5
Jan. 23 GFH 5:30 p.m. 87th FSS vs. NCOA-2

MFC 5:30 p.m. 174th INF BDEvs. 305th OS

GFH 6:30 p.m. 305th MXS vs. 621st CRW

MFC 6:30 p.m. 87th SFSvs. 87th CES

Wildcats- Bye

2012-13 Intramural Racquetball

Joint Base McGuire-Dix-Lakehurst

Team	Win	Loss	PCT
305th MXS-A	5	0	1.000
305th OS	3	1	0.750
621st CRW	2	1	0.667
87th CONS	2	1	0.667
87th MDG	2	2	0.500
VR-64	1	3	0.250
305th MXS-B	1	4	0.200
Lakehurst-Gunners 1	5	0.167	

PCT = Winning percentage

Game schedule

Week 8
Jan. 22 3 p.m. VR-64vs. 305th MXS-A

4 p.m. 621st CRW vs. 87th CONS

5 p.m. 305th MXS-Bvs. 87th MDG

Jan. 24 3 p.m. VR-64 vs. 305th MXS-B

4 p.m. 305th OSvs. 621st CRW

5 p.m. 87th CONS - Bye

All games played at McGuire Racquetball Court Current as of Jan. 15.

JB MDL basketball suffers loss after close game

By Airman Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

The Fort Belvoir basketball team brought an upsetting victory to the Joint Base McGuire-Dix-Lakehurst team Jan. 12, 2013, here, with a 91-87 ending score in overtime.

Top scorers for Fort Belvoir, Jayson Bradshaw, shooting guard, and Calvin Booth, point guard, put up 23 points in the first half of the game, putting Fort Belvoir in the lead with 33 points in the first half of the game. The Joint Base's Jack Smith, small forward, kept his team in the competition in the first half scoring 13 points. JB MDL fans retained confidence in their team as they taunted Fort Belvoir players from the stands.

The teams congregated in separate locker rooms during half-time break to discuss their first half performance. Advising one another and developing a strategy, the teams took a few minutes to practice shooting and recuperate from the first half.

The game heated up in the second half leaving both teams tied at 79 points. JB MDL's Joseph Harls put the team on his back with 13 points.

Bradshaw and Booth anchored their team by scoring 16 points and nine free throws combined, in overtime. The aggressive scorers also scored a combined 19 points with 2 and 3-pointers. Fans and players took a serious blow to their morale when Bradshaw, Clea and Calvin Booth, point guard, brought their team to victory, leaving JB MDL with a season record of 1-1 following their victory against Fort Myers.

Leviticus Robinson, JB MDL head coach, said the team is still a work in progress and went on to tell how the players can strengthen the team.



Joint Base McGuire-Dix-Lakehurst's Craig Bonnett tips off the ball to his teammates against Fort Belvoir's Miguel Sierra in the second game of the season Jan. 12, 2013, in the McGuire Fitness Center at JB MDL, Md. The visiting team, Fort Belvoir, won the game in overtime 91-87. (U.S. Air Force photo by Airman Sean M. Crowe/Released)

"The players have been relying on talent since the team came together recently," he said. "The team needs more cohesiveness and some of our veterans are stepping up to the plate."

The JB MDL team will play its next game, in the 9th Annual Martin Luther King, Men's and Women's Invitational Basketball Tournament against Joint Base Myer-Henderson Hall Jan. 19, 2013, at NSA Bethesda, Md.

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Announcements

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NEWSNOTES

JB MDL Monthly Installation Update

The monthly installation update meeting is scheduled for 1:30 p.m., Feb. 1, 2013, at the Joint Base Theater. All military, civilian, contractors, spouses and retirees are welcome to attend. The Exchange will have Valentine's Day Candy, perfume samples, balloons and posters available for all who attend. Additionally, the joint base school liaisons will be on hand to answer questions and address any concerns. Call the JB MDL Public Affairs Office at 754-2104 for more information.

Framing Qualification Class

The 87th Force Support Squadron is set to host a framing qualification class from 10 to noon Feb. 2, 2013, at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Preregistration fee of \$10 is required prior to class. Call 562-5691 for more information.

Children's Pottery Class

The 87th Force Support Squadron is set to host a pottery class for children ages six and up from 10:30 a.m. to noon Saturdays Feb. 2 through 23, 2013, at 6039 Philadelphia St. The class runs for four weeks and the cost is \$40. Call 562-5691 for more information.

Children's Drawing Class

The 87th Force Support Squadron is set to host a children drawing class for children ages six and up from 1 to 2:30 p.m. Saturdays Feb. 2 through 23, 2013, at 6039 Philadelphia St. The class runs for four weeks and the cost is \$40. Call 562-5691 for more information.

Air Force Assistance Fund

The 2013 Joint Base McGuire-Dix-Lakehurst Air Force Assistance Fund starts Feb. 4, 2013. Unit representatives will contact service members soon. Visit www.afassistancefund.org for more information.

Resume Writing Class

The Military and Family Support Center is set to host a federal

resume writing class from 11 a.m. to noon Feb. 8, 2013, at 488-2 Walsh Drive. The class is meant to give a clear understanding of the federal application process. Preregistration is required. Call (732) 323-1248 for more information.

Lensbaby Photography Class

The 87th Force Support Squadron is set to host a Lensbaby photography class from noon to 2 p.m. Feb. 16, 2013, at 6039 Philadelphia St. Students will learn to use these unique lenses for \$25. Students must have an SLR camera to participate. Call 562-5691 for more information.

Presidents Day Meal

The 87th Force Support Squadron is set to host a Presidents Day Meal from 11 a.m. to 1 p.m. Feb. 18, 2013, at the Halverson Hall Dining Facility. The holiday meal is open to all active duty, guard, reserves, retirees and family members. Call 754-3252 for more information.

CCAF graduation cut off

The Community College of the Air Force Spring 2013 graduation cut off is set for Feb. 22, 2013. CCAF must receive the transcripts on or before the cut off date to be nominated for April 2013 graduating class. CCAF is now accepting electronic transcripts from three electronic transcript delivery vendors - eSCRIP-SAFE, Parchment/Docufile and AVOV Systems, Inc. Applicants will need to request their school to send an official copy of their transcript to: CCAF/DFRS, 100 S. Turner Blvd., Gunter Annex-Maxwell AFB, AL 36114. Questions on how to request an electronic transcript should be addressed to your school's registrar, not CCAF. Note: Normal transcript processing is 30 days upon CCAF receipt of your transcripts. CCAF Progress report can be monitored on the Air Force Virtual Education Center web site www.my.af.mil.

75-day leave carryover extended

Airmen with more than 60 days of leave at the beginning of next fiscal year may be able to carry it into the next fiscal year thanks to a provision in the FY 2013 National Defense Authorization Act. The provision extends the maximum leave carryover of 75 days through Sept. 30, 2015.



(U.S. Air Force courtesy graphic/Released)

Park

Continued from Page 3

of the community that showed a desire for this recreation area for their dogs," said 1st Lt. Kenneth Hynes, 87thCES, operation support element chief.

The new 950-foot dog park will feature two different fenced-off recreation areas, one for small dogs less than 40 pounds and another larger area for dogs more than 40 pounds.

"The project required approximately 4,000 man-hours to build with a material cost of approximately \$90,000," said Hynes, originally from Las Vegas, Nev. "This park is for the entire joint base community."

Additional features and amenities include multiple entrances

for pedestrians and maintenance, transition areas for de-leashing, concrete pathways leading to the entrances, adequate recreation turf, large open-grass areas, obstacle and training stations, MuttMitt stations with waste cans and bag dispensers, shade structures with benches, dedicated parking area and dog drinking fountains.

The construction of the dog park was planned, designed and executed by the 87thCES met the requirement for a home station training exercise.

"We were able to execute this as a contingency construction home station training operation and performed the project from the ground-up," said Hynes.

The dog park is expected to open by the end of January with a ribbon-cutting ceremony scheduled for March.

Dog Park Rules

- Dogs and owner must enter at own risk.
- Open year-round from dawn to dusk.
- All dogs must be healthy and have up-to-date vaccinations prior to entering the park. Dogs must wear a collar displaying their current rabies and applicable license tags.
- Puppies must be at least six months old and fully vaccinated.
- Dogs with a history of aggressive behavior are prohibited.
- If a dog shows signs of aggression towards people or other dogs it must be removed immediately from the park.
- Female dogs in heat may not enter the park.
- Owners must clean up any droppings made by their pets. Bag all droppings before depositing them in provided receptacles.
- No human or dog food permitted inside the park. Small dog treats are permitted.
- No unsupervised children under 13 are allowed in the park.
- Dog owners must remain in the park and keep their dog in view at all times. No dog may go unattended.
- Dogs are not allowed to dig. Owners must fill in any holes made by their pet.
- Owners are responsible for the behavior of their animals.

Construction Corner

By 87th Civil Engineer Squadron

McGuire Power Plant Demolition Project
Demolition of the McGuire power plant and associated facilities will continue through June 2013. Additional truck and construction vehicle traffic can be expected in the area.

Road closures
Repairs and paving to existing Naval Air Systems Command access roadway will continue to enhance rideability and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as this work progresses.

Replacement of the sanitary sewer main that runs under Brody Run on the West side of the intersection with Texas Avenue is scheduled March 4 through 8, 2013. The turn lane from Texas Avenue South onto Brody Road Eastbound will be closed. Construction activity in the intersection may impact traffic flow during work hours.

Removal and replacement of manhole tops, frames, covers and interiors will continue through Jan. 25, 2013, on Lexington Avenue between Silver Lane and Gettysburg Avenue. Obstruction to traffic should be expected along Lexington Avenue as crews work on the manholes which are located adjacent to the

roadway.
Water Line Replacement
Water line replacement work is scheduled until Sept. 2013 in the 3000 area on Dix. The task includes replacement of water mains along Rancocas and Florida Avenues. The final ties will be accomplished as weather permits, remaining work is along Florida Avenues between Administration and Concord Streets, expect some road closures or delays once work resumes.

Vicinity indoor pool
Relocation of power poles and replacement of a sanitary sewer main located on the North side of the indoor pool are scheduled March 11 through 21, 2013. Power to the indoor pool will be off for as many as two days with some impacts on access to the indoor pool due to construction traffic during the noted period.

Tentative Electrical Shutdown
Installation of a new primary switch to bring redundancy service into the area is scheduled Feb. 17 9:30 p.m. through 18, 2013, 4:30 a.m. for the 2600 area on McGuire Boulevard. Power will be disconnected the following facilities: Bldg. 2603, 2610, 2619, 2620, 2621, 2622, 2623, 2624 and 2635.

Joint Base McGuire-Dix-Lakehurst Chapels

Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue
North Chapel - 2027 Schoolhouse Road
Dix Chapel - 5440 New Jersey Avenue
Soldier's Chapel - 4850 Church Street
Cathedral of the Air - R24 Bopp Chapel Road, Lakehurst NJ 08027

Worship Hours

Catholic

Tuesday through Thursday - 11:35 a.m. McGuire Chapel
Saturday - 9 p.m. McGuire Chapel
Sunday - 10:30 a.m. Soldier's Chapel

Protestant

Sunday - 8:45 a.m. Traditional - Soldier's Chapel
Sunday - 9:45 a.m. Contemporary - North Chapel
Sunday - 11 a.m. Liturgical - Cathedral of the Air
Sunday - 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity

Sunday - 7:30 a.m. LDS - Dix Chapel
Sunday - 7:30 a.m. Catholic - Dix Chapel
Sunday - 7:30 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday, 7:30 a.m. - 4:30 p.m., call 609-754-HOPE (4673).

For assistance after duty hours call the command post at 609-754-3035 or 3036.

Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base



Visit

Continued from Page 3

of both programs. According to Kathleen Donnelly, Senior Executive Service Director of SE and ALRE at Lakehurst, "having Admiral Darrah here at Lakehurst gave us a great opportunity to showcase the dedication of our engineers,

scientists, artisans and staff who work so diligently to support naval aviation. Launching, recovering and maintaining aircraft from ships at sea is a critical mission of the United States Navy, and could not be done successfully without the talent and expertise of our team here at Lakehurst. The visit by our new commanding officer and his staff goes a long way toward showing our folks how important their roles are in supporting the fleet."

Fitness

Continued from Page 2

in Honor Guard, I was on the road almost every day. Fast food and gas stations were our main sources for fuel. It's hard not to reward yourself with a cheeseburger, large fries and a large milkshake, but luckily fast food and even convenience stores have some pretty smart food options. Now, I eat a chicken sandwich, without the fries and a shake at a fast food mart. Food is fuel. Would you put regular gas in a \$100,000 sports car?

After about three months of chicken sandwiches, protein bars and running at 5 a.m., I lost another 10 pounds. My goal had been met. I finished

my tour with the Honor Guard and went back to my shop. Eating less and choosing better options for food is a mindset. It is harder to change a mindset than to change your diet. If you change the way you think about food and what food you put in our body, it's harder to lose the battle to temptations.

I look better and feel better, but the journey to meeting my goal would have never happened without the right mindset and support. I recommend setting a goal, finding support and never quitting. If you conquer your mind, your body has no choice but to follow.

I am not a nutritional specialist. I am merely sharing my personal experience with weight loss. I recommend using base resources such as the Health and Wellness Center for professional advice.

Time to quit smoking?

The Health and Wellness Center can put you on track.
Call 754-2462 for more information.

JB MDL Base Theater Movie Schedule



Tonight:
Flight
(R) 7 p.m.



Saturday:
Red Dawn
(PG-13) 7 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? E-Mail the recipe and a photo to the Air, Land & Sea Times staff at 87.abw.potus.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Honey Ginger Chicken

Sweet and salty chicken marinated with honey and ginger. Serves five.

- Ingredients:**
- 1 whole chicken, cut
 - 3 tablespoons diced onion
 - 2 tablespoons soy sauce
 - 1 tablespoon finely diced ginger (fresh)
 - 1 teaspoon diced garlic
 - 2 tablespoons honey
 - 1/4 cup diced green onions

- Instructions:**
1. Marinate chicken pieces in a oven safe dish. Combine the onion, soy, ginger, garlic and honey all together in a bowl; drizzle over chicken. Cover and place in the fridge for one hour, turning chicken over once.
 2. Heat the oven to 425 F (220 C).
 3. Bake in oven for half an hour. Turn chicken and sprinkle with green onion, then bake for additional fifteen minutes, when chicken is tender.

Recipes found at freerecipes.org



Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's the All American Inn. This world-class lodging facility is JB MDL's temporary living facility for all service members and their families transitioning to the base.

Support

Continued from Page 1

each MSAS requires language training - Spanish for 571st MSAS Airmen and French for 816th MSAS Airmen - enhancing the ability of Airmen to relate and communicate with partner nation Airmen.

"Our air advisors are language-ready and culturally-trained, so they can respond anywhere in the world," said Paul Judge, AMC Expeditionary Mobility Office. "Our mantra is 'build the Air Mobility System by building partner capacity,' so our mission focuses on sustained visits and hands-on training, until a partner nation operates independently and, when needed, in concert with AMC. It's absolutely imperative we do more than just visit - building capacity with highly-trained and dedicated Airmen results in true partners."

With the two squadrons finally at full operational capability, MSAS Airmen are now focused on forging relationships and sharing best practices with partner nations on an Airman-to-Airman level; a tactical mission with a global impact.

"In a time of fiscal constraint, the partnership between the military and the Department of State that allows us to send air advisors into a country to help enhance their capacity represents a sound investment for the American

taxpayer," said Paul Harrison, AMC political advisor.

The 152 MSAS air advisor billets in each squadron bring with them more than 30 different skill sets, enabling them to exchange ideas with partner nations on a host of subjects, including aeromedical evacuation, command and control, communications, airfield operations, aerial support, aircraft maintenance and other related support functions.

"The individual air advisor is the key," said Col. John Cairney, the 621st CRW's vice commander. "They have some equipment, but the value they really bring is themselves. These are well-trained and professional Airmen."

The Air Force has a growing base of air advisors with knowledge and real-world experience overseas. According to Air Force leaders, the goal is to capitalize on this base of talent by providing them with the resources to carry out their mission.

"We must ensure Mobility Support Advisory Squadrons are properly equipped and resourced to deploy to partner nations to develop, enhance and sustain core air mobility operational capabilities such as Command and Control, aerial port and aircraft maintenance," said Maj. Gen. William Bender, U.S. Air Force Expeditionary Center commander. "This emerging mission set is important because building partnerships is a core USAF function, and these squadrons will play an essential role in establishing and maintaining relationships with strategic partner nations."

Commander

Continued from Page 1

In 2002, Cmdr. Blow became a commercial airline pilot with United Airlines in 1999. He flew as First Officer on both the Boeing 737 and the Airbus A320 at bases in San Francisco, and Washington, D.C.

Cmdr. Blow joined the Navy Reserve in 2002. The next year he began serving with the "Condors" of Patrol Squadron 64 at Joint Reserve Base Naval Air Station Willow Grove, Pa., qualifying as a P-3C patrol plane commander. He served on active duty at the Chief of Naval Operations, Program and Planning branch during the squadron's transition to Fleet Logistics Support.

Cmdr. Blow returned to Willow Grove in 2004 with the newly established VR-64. While serving there, he completed the Naval War College Command and Staff Course (Distance) in 2007. He served a variety of roles with VR-64 including C-130 transport aircraft commander and detachment officer-in-charge.

Next, Cmdr. Blow served as the chief of staff for the Director, Office of the DOD Executive Agent for Maritime Domain Awareness in 2009. He joined the civil service with U.S. Customs and Border Protection, National Air Security Operations as an aviation advisor following that tour.

Personal awards for Cmdr. Blow include two Navy and Marine Corps Commendation Medals, three Navy and Marine Corps Achievement Medals and other personal awards and unit citations.

Blow spoke highly of Gunther before assuming command of VR-64.

"Skipper Gunther, you are a great leader for our team and a superb mentor to me," said Blow. "Thanks for taking the time to show me the ropes and thanks for creating an open environment in the 'Condors' Nest, an environment that makes for a great work place to work, a squadron where our Sailors, chiefs and officers are justifiably proud to serve. Your active engagement was key to that. Rest assured that the policies and guidance that you have put in place will continue to guide us.

Time

Continued from Page 2

The following is a chart to help clarify any questions our readers may have about military time.

- 12 a.m. - 0000 hrs
- 1 a.m. - 0100 hrs
- 2 a.m. - 0200 hrs
- 3 a.m. - 0300 hrs
- 4 a.m. - 0400 hrs
- 5 a.m. - 0500 hrs
- 6 a.m. - 0600 hrs
- 7 a.m. - 0700 hrs
- 8 a.m. - 0800 hrs
- 9 a.m. - 0900 hrs

- 10 a.m. - 1000 hrs
- 11 a.m. - 1100 hrs
- 12 p.m. - 1200 hrs
- 1 p.m. - 1300 hrs
- 2 p.m. - 1400 hrs
- 3 p.m. - 1500 hrs
- 4 p.m. - 1600 hrs
- 5 p.m. - 1700 hrs
- 6 p.m. - 1800 hrs
- 7 p.m. - 1900 hrs
- 8 p.m. - 2000 hrs
- 9 p.m. - 2100 hrs
- 10 p.m. - 2200 hrs
- 11 p.m. - 2300 hrs

This chart shows how simple military time can be and why it reduces confusion in the military's around-the-clock operations.

Another tricky aspect of military time is

referred to as 'Zulu time.' When it comes to operational matters, the military must often coordinate with bases and personnel located in other time zones. To avoid confusion in these matters, the military uses the time in Greenwich, England, which is commonly called Greenwich Mean Time. However, the U.S. Military refers to this time zone as Zulu time. The 'zulu' comes from the fact that each time zone is given a letter designation, 'z' being the 24th. I often wonder how many active duty service members actually realize where that term comes from.

At this point I think I may be an expert on the subject of military time. After reading this commentary, I hope you feel the same way.

(Some information used in this article was taken from Rod Powers, military historian).

www.jointbasemdl.af.mil