



# AIR, LAND & SEA TIMES

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

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## NEWSNOTES

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

### Pemberton Gate Closure

The Pemberton Gate is scheduled to close from today until April 1, 2013, during the scheduled school closure. Pemberton Gate hours were recently changed to support 87th Security Forces Squadron operations and meet the needs of the Fort Dix Elementary School buses. The 87th SFS is dedicated to ensuring a safe community for base personnel while also striving to meet the needs of individuals who live, work and play at Joint Base McGuire-Dix-Lakehurst.

### JB MDL Monthly Installation Update

The monthly installation update meeting is scheduled for 10 a.m. April 3, 2013, at the Joint Base Theater. All military, civilians, contractors, spouses and retirees are welcome to attend. Call the Joint Base McGuire-Dix-Lakehurst Public Affairs Office at 754-2104 for more information.

### Walk a Mile in Her Shoes

Joint base leadership is set to host a Walk a Mile in Her Shoes awareness event 11 a.m. today, at the McGuire Training Pad, located between the McGuire Chapel and Subway. The purpose of the event is to raise awareness to help end sexual assaults, gender violence and rape. Contact unit first sergeants for more information.

### Asian-Pacific American Heritage Month Events

The Joint Base Special Observance Committee is set to host a series of Asian-Pacific American Heritage Month Events at Joint Base McGuire-Dix-Lakehurst. A Cupcake/Fresh Fruit/Lumpia Tasting Sale is set to be held 10 a.m. to 2 p.m. April 1, 2013, at The 87th Medical Group Pharmacy, located at 3458 Neely Rd. Tickets to the AFAH Month Banquet/Luau will also be on sale during this event. The Luau is set to be held 4-9 p.m. May 11 at Tommy B's Community Activities Center, located at 2705 East Arnold St. Call 754-2044 for more information or to register. Attendees must register before April 30.

### Motorcycle Training Courses

The Joint Base Safety Office is set to host Motorcycle Training courses. All courses are held on the Lakehurst motorcycle range. Call (732) 323-2525 for additional information or to register, or visit <https://afkm.wpafb.af.mil/community/views/home.aspx?Filter=25618>.

### Experienced Volleyball Players Needed

Volleyball players with upper-level team experience are needed for a Joint Base McGuire-Dix-Lakehurst Varsity Volleyball Program. Membership is open to all Department of Defense ID cardholders. Interested players should email Senior Master Sgt. Vincent Lommen at [vlommen@us.af.mil](mailto:vlommen@us.af.mil) or Master Sgt. Tracy Lintz at [tracylintz@us.af.mil](mailto:tracylintz@us.af.mil) for more information.

### Quarterly menu planning board

Halvorsen Hall is set to host a quarterly menu planning board 1:15-2:15 p.m. April 3, 2013, at 2635 Tuskegee Airmen Ave. Patrons can share their concerns and ideas with Joint Base McGuire-Dix-Lakehurst Food Management. Call 754-8934 for more information.

### Anger and Stress Management

Family Advocacy is set to host Anger/Stress Management classes 1-3 p.m. April 4th, 11th, and 18th, 2013, at 488 Walsh Drive and 1-3 p.m. April 5th, 12th, and 19th at the Health and Wellness Center located at 2504 McGuire Blvd. Call 754-9680 for more information or to register.

### Relating to Children Workshop

Family Advocacy is set to host a Relating to Children Workshop 2-3:30 p.m. April 14, 2013, at the Librar-e and Resource Commons. Call 754-2079 for more information or to register.

### Medical Fitness Week Pedometer Challenge

The Health and Wellness Center and the Medical Fitness Association are set to host the 9th Annual Medical Fitness Week, April 22-28, 2013. The purpose of the MEA initiative is to promote an increase in physical activity levels in all ages by encouraging participants to walk 10,000 steps each day, for seven days. Registration for this year's pedometer challenge is from April 15-19 at the HAWC inside the McGuire Fitness and Sports Center, located at 2504 McGuire Blvd. Stop by the HAWC 7:30 to noon or 1-4:30 p.m. during that week to pick up participant packets which include a program guide and a Walk4Life pedometer. Wear the pedometer all day, write down your daily steps and report the weekly total to the HAWC by close of business May 6. Participants that achieve 70,000 steps in seven days and report totals by the deadline will receive a challenge t-shirt. Call 754-2462 for more information.

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Sgt. 1st Class Daniel Garcia of 1st Battalion, 307th Infantry Regiment trainer, trains Spc. Christina Dion, 300th Mobile Public Affairs Detachment journalist, in room clearing tactics and procedures at Joint Base McGuire-Dix-Lakehurst, N.J. Garcia is part of the 174th Infantry Brigade tasked with executing and certifying training for deploying service members. (U.S. Army photo by Staff Sgt. Donald L. Reeves/Released)

## 'Patriots on Point!'

By Capt. Antonia Edwards  
174th Infantry Brigade

Training is the foundation of everything we do. "Train for combat" is the mission of the 174th Infantry Brigade, First Army Division East stationed here.

The Patriot Brigade is responsible for executing and certifying individual and collective training for deploying service members in coordination with the joint base and other mission partners.

"Our brigade exists solely to prepare service members for deployment; therefore, we must be expert trainers," said Col. Craig A. Osborne, 174th Inf. Bde. commander, in his vision and command philosophy.

Patriot trainer/mentors prepare designated U.S. Army Reserve, National Guard, Navy, Air Force and Coast Guard service members for deployment in support of overseas contingency operations in accordance with theater-specific standards.

The 174th Inf. Bde. consists of eight subordinate battalions stretching from Fort Devens, Mass., to Fort Meade, Md., with two active-duty infantry regiments and two reserve combat service and support regiments stationed here at the joint base. More than 800 Patriot Soldiers are dedicated to training roughly 8,000 service members each year for overseas deployments.

Deploying service members receive mobilization training packages tailored to their theater mission. Individuals train specifically to combat the threats associated with the operational environment they will soon occupy. The 174th Inf. Bde. provides highly skilled instructors specializing in a wide range of military specialties including, but is not limited to: counter-insurgency experts, counter-improvised explosive device master trainers, experienced combat life savers, master gunners, Modern Army Combatives Program Level I and II instructors and a variety of cultural advisors.

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## Troops read Dr. Seuss books to Taunton Elementary School students

By Staff Sgt. David Carbajal  
Joint Base McGuire-Dix-Lakehurst  
Public Affairs

HOWELL TOWNSHIP, N.J. — "I do not like them, Sam-I-am. I do not like green eggs and ham," as stated in Dr. Seuss' "Green Eggs and Ham".

Military members don't often find themselves reciting these words, but once a year, several of them do just that.

A group of 13 service members from Joint Base McGuire-Dix-Lakehurst, N.J., celebrated Read Across America Day March 20, 2013, with Taunton Elementary School students in Howell Township, N.J.

Service members from every service branch and various career fields across the joint base came together to volunteer at the school in an effort to continue the Read Across America Day tradition.

"I thought it would be a good opportunity to interact with the children," said Capt. Ian Slazinski, 21st Air Mobility Operations Squadron tanker planner.

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Sgt. Shree Hughes, Marine Aircraft Group 49 legal chief, reads Dr. Seuss' "Horton Hatches the Egg" to Taunton Elementary School students during the Read Across America Day event March 20, 2013, in Howell Township, N.J. A group of 13 service members from every service branch and various career fields from Joint Base McGuire-Dix-Lakehurst, N.J., volunteered to read to the children at Taunton Elementary in an effort to continue the Read Across America Day tradition. Hughes is a Harrisburg, Pa., native. (U.S. Air Force photo by Staff Sgt. David Carbajal/Released)

### SERE trainers eat bugs

Your aircraft experienced a catastrophic engine failure and went down in the heart of a great forest. You survey the wreckage and find you are the only survivor.



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### 3D printing and local schools

Jill Dobrowsky, Lakehurst Board of Education superintendent, visited the Naval Air Systems Command, Naval Civilian Manager's Association March 5.



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### Mortars go "boom"

Soldiers from the New Jersey National Guard's 2nd Battalion, 113th Infantry Regiment, out of Riverdale, N.J., conducted training March 22-24, 2013, at ranges here.



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### The Weekend Weather

Today  
High 53/Low 35  
Mostly Sunny



Saturday  
High 55/Low 38  
Mostly Sunny



Sunday  
High 54/Low 45  
Few Showers



## Vietnam POWs experienced hardship, maintained honor

By Lt. Col. Anthony Polashek  
514th Operations Group

As many of our Airmen are still putting their lives in order after Hurricane Sandy, much is happening in the world, with ongoing mobilizations, federal sequestration and fiscal arguments occurring now and for the foreseeable future. As a result, we all are faced with the added stresses of uncertainty about how our country and military may be affected.

I recall a training film about Vietnam-era prisoners of war we watched early in my time with the Air Force. It discussed how they survived their ordeal.

One of the things that really struck me as odd when I first saw it was a comment one of them made about being "grateful" for the experience.

How on earth could he feel gratitude after the great deprivations and physical and mental torture of his ordeal in the Hanoi Hilton? I have met and spoken with some of his comrades from this

experience, and though they were all very different when they went in, they all seem to share some very strong and common changes in their approach to life as a result of their experience together there.

They speak about the code of conduct as a tool to survive successfully in captivity, and how it helped them maintain their pride, integrity and honor, which in turn helped them not give up and survive the experience. These men could not control many aspects of their life, but they could control what they were trying to do with their life.

They were able to keep faith with each other and they knew that no one could take away their integrity without their permission.

The images of the POWs returning on the C-141 "Freedom Bird" did not show beaten or disgraced men, but rather a group who stood tall and with a distinct aura of dignity and honor. This group had an extraordinary record of success in their lives after their return.

As our country grapples with the challenges ahead, much of what will happen may cause pain or adjustment on our part. I don't mean to compare our strife with that of our Vietnam POWs, but rather to share one of their great philosophies which allowed them to survive a difficult time with honor. How we deal with our trials and tribulations can strengthen our character, make us better people and help us live with honor and peace within ourselves.

Some subscribe to the philosophy that times of great stress don't so much build character as expose it, but I think the example of the POWs proves they helped to build greater character in each other, rather than accept the occasional slips as permanent flaws from within.

We need to take care of our families, both at home and here at the Freedom Wing, as we face these trials together. It may be years later and upon reflection, we too may be oddly grateful for the challenges we successfully confronted together.

## Service member spotlight: professional throughout



(U.S. Marine Corps courtesy photo/Released)

In honor of Women's History Month, this week's featured service member is Sgt. Rebecca Stinsky, Marine Heavy Helicopter Squadron 772 airframes NCO in charge, here. Stinsky is originally from Allentown, Pa.

**Q: Why did you join the military?**

My father and high school New Jersey ROTC instructor are both Marines. They serve as my mentors, and I always look to them for guidance. I admired their sense of pride and I learned early

on there is an unmatched camaraderie among Marines. I enjoyed the structure provided by New Jersey ROTC, and I knew the Marine Corps was an organization I wanted to be a part of.

**Q: What is your job and what is its impact on the mission?**

I perform and supervise maintenance tasks pertaining to the hydraulic, corrosion control and structural integrity of the CH-53E Sea Stallion aircraft. As an aerial observer, I assist in preparing the aircraft for flight, loading and unloading aircraft, and man weapon systems as the mission dictates.

**Q: Do you have any past and current family members in the military?**

My father and brother served in the Marine Corps. My mother was military police in the Army. My sister is a Naval officer stationed in Norfolk, Va.

**Q: Who most inspires you?**

My mother has always been an inspiration to me. She is the definition of unselfishness. She has always put the needs of others above her own. I would not be who I am today without her.

**Q: What is one thing you'd like your fellow service members to take away or understand about the military?**

I would like them to remember we have a responsibility to conduct ourselves as professionals on and off duty. You represent your entire branch of service. Even after you leave active duty to pursue school, work or retirement, others are going to recognize your service and hold you to a higher standard.

## Teams test trivia knowledge at Tommy B's



Members of the 87th Force Support Squadron work together to answer questions at their Hawaiian-themed table during the McGuire Officers Spouse Club Trivia Night March 22, 2013, at Tommy B's Community Activities Center at Joint Base McGuire-Dix-Lakehurst, N.J. Teams were judged not only on their trivia knowledge but also the quality of their table decorations and costumes. The trivia competition winners were: U.S. Air Force Expeditionary Center, first place; 87th Medical Group, second place; 305th Operations Group, third place. Table decoration contest winners were: 87th Logistics Readiness Squadron, first place; 87th Contracting Squadron, second place; 87th Security Forces Squadron, third place. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



Lt. Col. David Searle, 87th Contracting Squadron commander, emcees the McGuire Officers Spouse Club Trivia Night March 22, 2013, in Tommy B's Community Activities Center at Joint Base McGuire-Dix-Lakehurst, N.J. This was the third year of the competition, the proceeds of which go to the MOSC scholarship fund for military dependents. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

## 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.



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news & info visit:  
[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)



# Home on the range: local g

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

Soldiers from the New Jersey National Guard's 2nd Battalion, 113th Infantry Regiment, out of Riverdale, N.J., conducted training March 22-24, 2013, at ranges here.

The Soldiers took part in mortar firing training, M16 and M4 rifle qualification and squad live-fire exercises. "At any given time there is a unit ready to deploy, so this training ensures our readiness for future deployments," said 1st Lt. Roque Rodriguez, 2nd Bn., 113th Inf. Reg., training officer.

Distance plays a major factor in determining why the unit trains here as the ranges are located less than 100 miles from Riverdale.

"Traveling to upstate New York or Virginia would cut into the time we have to train because we only have these Soldiers for 48 hours," Rodriguez said. "This is the best place for us and it's the best resource we have."

First Lt. Patrick Moore, 2nd Bn., 113th Inf. Reg., executive officer from Fanwood, N.J. is in charge of certifying Soldiers on the squad live-fire range and echoed Rodriguez's remarks.

"We appreciate everything the base does to accommodate us," said Moore. "The range control guys who come out here in the field do their best for us. It's a very professional environment."

The joint base ranges also allow units to tackle multiple aspects of training during a single weekend.

"The ranges here provide us with a wide variety of uses," Rodriguez said. "We're able to execute our individual training, such as weapons qualification, and conduct collective training, such as the squad live-fire certification."

The weekend's training was designed to get the greatest results with the least impact on those involved.

"These Soldiers all have full-time jobs, so we want to maximize their time," Rodriguez said. "If we had to leave the area to train we would need these Soldiers for longer, costing the government more, and potentially inconveniencing employers. By using these ranges we are saving time and money and using that time to actually train."

The unit is also aware of the noise generated by deployment training, specifically from mortar round firing, noise which can impact surrounding areas.

"The noise is an inconvenience, but is necessary to maintain the readiness of the force," Rodriguez said.

Residents may hear more noise than usual coming from the ranges and may experience possible ground shaking during training activities. It is important to note that noise from the ranges may travel farther during overcast weather conditions.

Joint Base McGuire-Dix-Lakehurst works hard to minimize the impact training has on its surrounding communities and is committed to remaining good neighbors.



Members of the New Jersey National Guard's 2nd Battalion, 113th Infantry Regiment, Mortar Platoon, cover their ears during mortar firing training on Mortar Firing Point 4 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Mortar training was just one element of the brigade's annual training. The unit is based out of Riverdale, N.J. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



Mortar rounds sit ready to be used during mortar firing training on Mortar Firing Point 4 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Mortar firing training was just one element of the New Jersey National Guard's 2nd Battalion, 113th Infantry Regiment, training while at the joint base ranges. The brigade also took part in squad live-fire training and rifle qualification. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



New Jersey National Guard Pfc. Daniel Sung, 2nd Battalion, 113th Infantry Regiment, infantryman, rushes with his squad while carrying an M4 rifle during a squad live-fire exercise on Range 61 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Sung, a Hasbrouck, N.J., native, acted as a rifleman in the squad and provided the maneuver element. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



Pvt. Frank Barber, gunner, observes Pvt. Dillon Card, assist mortar round prior to firing during mortar firing training on 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The New Jersey National Guard's 2nd Battalion, 113th Infantry Regiment, Perth Amboy, N.J., and Freehold, N.J., respectively. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

# Guard unit trains at JB MDL



Cadet Christopher Hill (right), Darzel University ROTC student, acts as the platoon leader and provides guidance to New Jersey National Guard Staff Sgt. Erick Recinos, 2nd Battalion, 113th Infantry Regiment, squad leader, during squad live-fire training on Range 61 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Hill evaluated Recinos' situation reports evaluated his squad's maneuver. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



New Jersey National Guard Pfc. Leoneo Perez, 2nd Battalion, 113th Infantry Regiment, Mortar Platoon ammo bearer, prepares a 120mm mortar round for use during mortar firing training on Mortar Firing Point 4 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Perez, an Elizabeth, N.J., native, gave the mortar round to the assistant gunner for placement into the mortar. The unit is based out of Riverdale, N.J. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



New Jersey National Guard 1st Lt. Patrick Moore, 2nd Battalion, 113th Infantry Regiment, executive officer, discusses the performance of the squad following the squad live-fire exercise on Range 61 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Moore, a Farwood, N.J., native, was responsible for certifying the squad to ensure they are able to take part in company live-fire exercises. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



... a 120mm mortar round fires during firing training took place from ... (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



New Jersey National Guard Staff Sgt. David Pereda, 2nd Battalion, 113th Infantry Regiment, sniper-section leader, qualifies with an M4 rifle on Range 38 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Pereda, a Blairstown, N.J., native, who returned from Afghanistan about a year ago, has to qualify with an M4 rifle annually. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)



... assistant gunner, as he hangs the mortar on Mortar Firing Point 4 March 23, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

# EC honors veteran military painter

By Lt. Col. Laurie A. Arellano  
U.S. Air Force Expeditionary Center

Everyone in John Witt's art has a name, and every piece of art has a story. In fact, John Witt himself has a story, though he's reluctant to talk much about the man behind the latest contributions to Air Force Art Program's collection at the U.S. Air Force Expeditionary Center, March 15, 2013, here.

Officials unveiled eight works of art by three artists, including five by Witt, a military artist since 1963. Two of Witt's paintings will be permanently installed at the EC following Air Force CORONA, where all of the paintings will be turned over to the Air Force after being displayed for Air Force leadership.

"These are opportunities to educate," said Witt. "Seeing these pieces enables people to construct a larger picture of the Air Force story."

Witt's most recent works focused on the EC's training mission. He spent an initial visit at the EC sketching the people who represent many of the missions trained there, and then followed it up by traveling to Afghanistan to sketch people in those same missions doing their jobs in the theater.

"There's a historical significance," Witt said. "History is art."

Witt takes his contributions to history seriously. He's witnessed events that have steered his career as an artist from his 1963 enlistment in the Army and two Vietnam tours as a civilian commissioned by the Marines, to his recent years in Afghanistan and Iraq and in Thailand during the Asian tsunami.

"The experience does something to you," Witt said. In Vietnam, Witt sometimes had to resort to ink and spit sketches, and he carried a wood block in his map case to, he said, hopefully to protect him from shrapnel. He eventually carved it for one of his works.

"I wanted to record every aspect of what they did there," Witt said.



Members of the U.S. Air Force Expeditionary Center unveil the painting titled "Casualty" by John Witt, military artist, Mar. 15, 2013, at the U.S. Air Force Expeditionary Center at Joint Base McGuire-Dix-Lakehurst, N.J. Witt's paintings focused on the EC's training mission. He visited the EC and sketched the people travel to Afghanistan to sketch people in those same missions doing their jobs in the theater. (U.S. Air Force photo by Russ Meseroll/Released)

During the unveiling ceremony, Greg Hannon, EC chief registrar and unit historian, said the ceremony is an important reminder that military service is noble and worth remembering and art sustains our culture and contributes to our heritage.

"Paintings that were commissioned half-a-millennia ago still inspire to this very day," Hannon said. "Look at museums all over the world and people flock to see art, captured by the human hand and inspired by the human soul."

Hannon expressed the Air Force's gratitude to all of the artists who give their talents and time on a completely volunteer basis to help tell the Air Force story.

"There is something timeless and enduring about taking a piece of canvas, and through the God-given inspiration of the subject and the talent of the artist, something synergistic

can be produced that speaks to the dignity of human beings and the human spirit," Hannon said.

During his 50 years and hundreds of paintings with the military art program, Witt has focused on the people not only of the Air Force, but also of the countries in which the Air Force is operating.

"My feeling is this is history," said Witt. "The country needs to see what the people of the military are doing in these countries."

Witt's paintings begin with a sketch. Something tells him to draw, and from there, a piece of art begins to take shape. "The important thing is the concept," Witt explained. "What do I want to say with this piece?"

Every one of his thousands of sketches contains the names of the people he sketched and they're all signed by the person he sketched. Witt said he sketches people because they help tell the Air Force story.

"Sometimes a lot is written on the face," he said. Even foreign civilians help educate people about what the Air Force is doing abroad. He wants people to get a feeling of the country the Air Force is operating in.

Sometimes he sees an opportunity to make a bigger statement or convey a message through the people he sketches and the environment he visits. Good art lets people bring in their own emotion and experiences and draw their own conclusions, Witt explained.

The Military Art Program began in the 18th century in the U.S. and continues today via the heritage programs of the five services. The artists deploy into a country, and with no instructions and no restrictions, create works that, unlike a photo taken in the moment and reliant completely on the time and place it is taken, are composites of their experiences and the statement they hope to make.

Maj. Gen. William Bender, EC commander, said at the unveiling ceremony all of the artists in the military art program are patriots, and that he was grateful for the paintings of Airmen they donated as a result of their time at the EC.

"The focus is on the people," Bender said, "where it should be."

# NCMA interfaces with local school district



Christine Farrell, NAVAIR Lakehurst mechanical engineer, describes to Jill Dobrowsky, Lakehurst Board of Education School Superintendent, the concept of 3D printing and how it is used to support the Navy mission of aircraft launch and recovery and support equipment March 5, 2013, a Joint Base McGuire-Dix-Lakehurst, N.J. Dobrowsky met with NCMA officers to discuss the development of a science, technology, engineering and mathematics laboratory at the Lakehurst Elementary School, further champion STEM initiatives and learn more about the capabilities of 3D printers. (U.S. Navy courtesy photo/Released)

By Tom Worsdale  
NAVAIR Public Affairs

Jill Dobrowsky, Lakehurst Board of Education superintendent, visited the Naval Air Systems Command, Naval Civilian Manager's Association March 5, 2013, here.

Dobrowsky met with NCMA officers to discuss the development of a science, technology, engineering and mathematics laboratory at the Lakehurst Elementary School, further champion STEM initiatives and learn more about the capabilities of 3D printers.

NAVAIR currently utilizes 3D printers in support of its rapid prototyping capabilities. Christine Farrell, NAVAIR mechanical engineer, discussed this technology with Dobrowsky and described how it could be used in a STEM laboratory at the elementary school.

3D printing, or additive manufacturing, is a process of making a three-dimensional solid object of virtually any shape from a digital model. This is achieved using an additive process, where successive layers of material are laid down in different shapes. 3D printing is considered distinct from traditional machining techniques, which mostly rely on the removal of material by methods such as cutting or drilling.

A materials printer performs 3D printing processes using digital technology. The technology is currently being used in many fields to include: jewelry, footwear, industrial design, architecture, engineering, construction, automotive, aerospace, dental and medical industries and education.

Three-dimensional printing makes it as cheap to create single items as it is to produce thousands and thus undermines economies of

scale. It may have as profound an impact on the world as the coming of the factory did ...

Just as nobody could have predicted the impact of the steam engine in 1750 – or the printing press in 1450, or the transistor in 1950 – it is impossible to foresee the long-term impact of 3D printing. But the technology is coming and it is likely to disrupt every field it touches according to a 2011 article in "The Economist."

NAVAIR engineers at Lakehurst, as forerunners in this cutting-edge technology, are utilizing 3D printing to economically and efficiently design and construct products that support the fleet and the critical mission of

Aircraft Platform Interface – allowing successful and safe operation of Navy aircraft from carriers, ships and expeditionary airfields worldwide.

Farhad Choudhury, NCMA executive board member, presented a \$500 check to the Lakehurst Elementary School to be used toward STEM initiatives during Dobrowsky's visit to the joint base. This is the third consecutive year that the grant has been given to the school by the NCMA as a way of encouraging teachers to develop and design new ideas in STEM education.

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# SERE trainers eat weird stuff, chill in woods

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

Your aircraft experienced a catastrophic engine failure and went down in the heart of a great forest. You survey the wreckage and find you are the only survivor. Fear and panic begins to worm its way to the foreground of your consciousness. Then you begin to remember bits and pieces of survival tips from the Airman in the light-green beret. The words act as a beacon of hope in an otherwise dire situation.

Survival, Evasion, Resistance and Escape specialists are a specialized career field in the Air Force who prepare Department of Defense personnel to return with honor from isolating events. The training consists of learning to adapt to all biomes and their associated weather conditions, along with surviving various captivity situations.

Staff Sgt. Josh Schmitz, who calls Wadena, Minn., home, is a 305th Operations Support Squadron SERE specialist here. He is one of only 400 SERE specialists Air Force wide.

"My job is equipping anyone who has the possibility of being isolated with the knowledge and tools needed to survive in an inhospitable environment," said Schmitz. "Our training provided us with first-hand survival experience so we can then pass on that knowledge to our students."

A SERE specialist is an expert in the methods used to survive in isolated regions, in combat and captivity situations. They learn the skills necessary to pass the knowledge on to others and ensure personnel recovery operations are feasible and capable through training. The SERE specialists can "talk the talk," because they have "walked the walk." The intense instructional program authorizes them to wear the SERE Beret, SERE specialist Arch and the Air Education and Training Command instructor badge upon completion of tech school.

"I thoroughly enjoyed training, especially the fact that I can now build a fire from practically nothing," said Schmitz. "I feel pretty confident that if I were to wake-up in the woods with just a few simple tools, I would be able to survive."

SERE trainees spend six months at Fairchild Air Force Base, Wash., learning to teach service members how to survive in environments which include: temperate, desert, coastal, open-ocean, tropics, rough land (rocks) and the arctic. The majority of the tech school is spent in the Cascade Mountains learning the tricks of the trade. The trainees sometimes work as teams but are often tested individually, spending three to five days alone in the wilderness with a limited amount of food with very limited instructor supervision.

"The instructors would come by each day just to see how we were doing for safety reason," said Schmitz. "Otherwise, we were totally isolated."



Staff Sgt. Josh Schmitz, 305th Operations Support Squadron Survival, Evasion, Resistance and Escape specialist, displays his SERE specialist Arch March 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. SERE specialists are authorized to wear the SERE Beret, SERE specialist Arch and the Air Education and Training Command instructor badge upon completion of technical school because of the intense instructional program. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

Schmitz spoke of the 'exotic' local cuisine he and his wingmen would eat during field training.

"When we were out training in the desert, we would catch rattlesnakes, cut their heads off and fry them up," he said. "On other occasions, we would look for carpenter ants which taste surprisingly similar to lemon chicken when cooked."

It is important for the SERE specialists to experience things like hunting and eating various animals and fruits so they will be better prepared to teach their students down the road.

"I absolutely love this career field and I want to make it a career," said Schmitz. "Up until I actually got to my tech school, I had no idea my job would be so training-centric. I was definitely pleasantly surprised because I consider myself a people person and have always enjoyed sharing knowledge."

Of the 1,500 candidates who were initially chosen out of Basic Military Training, Schmitz included, only 29 Airmen graduated from his particular iteration.

"The training is not a walk in the park by any means; it's tough and most people can't cut it," said Schmitz. "I just didn't quit. I'd recommend this job to anyone who has a love for the outdoors."

### Schmitz's Survival Tips:

Here is a list of need-to-know survival tips that could save your life one day:

1. Get away from the flames and fumes.
2. Find a shelter location close to the crash sight.
3. Take care of any injuries and don't forget to drink water.
4. Take advantage of survival equipment that may have survived the crash.
5. If no food is readily available, check your surroundings.
  - Any grass is edible and a great source of Vitamin C.
  - Pine needles can be brewed to make tea.
  - Stick to plants with berries you know for sure are okay. If you second guess yourself, it's not worth taking a risk.
  - Pound for pound, insects have more protein than a T-bone steak. It may be out of your comfort zone, but the nourishment could save your life.
6. Remember, a person can survive for three weeks without food but only three days without water.

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# Joint Base Intramural Sports Standings

2013 Intramural Volleyball McGuire-Dix

| Team       | Win | Loss | PCT   |
|------------|-----|------|-------|
| 87th CBS   | 11  | 0    | 1.000 |
| 314th RCS  | 10  | 0    | 1.000 |
| 87th CS-A  | 10  | 1    | 0.909 |
| 87th MDG   | 9   | 2    | 0.818 |
| AMCTES     | 8   | 3    | 0.727 |
| 605th AMXS | 7   | 3    | 0.700 |
| VR-64      | 7   | 3    | 0.700 |
| 621st CRW  | 6   | 3    | 0.667 |
| 87th FSS   | 6   | 5    | 0.545 |
| 87th LRS   | 5   | 6    | 0.455 |
| 87th CS-B  | 4   | 6    | 0.400 |
| 305th MDS  | 4   | 7    | 0.364 |
| 99th RSC   | 4   | 7    | 0.364 |
| 305th OSS  | 4   | 7    | 0.364 |
| 87th CONS  | 4   | 7    | 0.364 |
| 87th WSA   | 2   | 8    | 0.200 |
| WMSE-A     | 2   | 10   | 0.167 |
| WMSE-B     | 1   | 11   | 0.083 |
| 305th MXG  | 0   | 4    | 0.000 |
| 7217 MSU   | 0   | 11   | 0.000 |

Game schedule  
Week 8

April 1 MFC 5:15 p.m. 87th LRS vs. 605th AMXS  
MFC 6:15 p.m. VR-64 vs. 621st CRW  
MFC 7:15 p.m. 87th CS - A vs. 87th MDG  
MFC 8:15 p.m. 87th CS - B vs. WMS-E - A

April 2 MFC 5:15 p.m. 87th CONS vs. 305th MDS  
MFC 6:15 p.m. 87th WSA vs. AMCTES  
MFC 7:15 p.m. VR-64 vs. 305th MDS  
MFC 8:15 p.m. 87th CBS vs. 314th RCS

April 3 GFH 5:15 p.m. 87th CONS vs. 99th RSC  
MFC 5:15 p.m. 305th OSS vs. 87th LRS  
GFH 6:15 p.m. VR-64 vs. 87th CS - A  
MFC 6:15 p.m. AMCTES vs. 87th FSS  
GFH 7:15 p.m. 605th AMXS vs. 314th RCS  
MFC 7:15 p.m. 305th MDS vs. WMS-E - B  
GFH 8:15 p.m. 87th MDG vs. 7217 MSU  
MFC 8:15 p.m. 87th WSA vs. 87th CBS

April 4 MFC 5:15 p.m. 87th FSS vs. 87th CONS  
MFC 6:15 p.m. 87th CS - B vs. VR-64 Condors  
MFC 7:15 p.m. 99th RSC vs. 305th MDS  
MFC 8:15 p.m. 305th OSS vs. 621st CRW

GFH = Griffith Field House MFC = McGuire Fitness Center

Lakehurst Volleyball - A League

| Team              | Win | Loss | PCT   |
|-------------------|-----|------|-------|
| Amish Ballers'    | 5   | 0    | 1.000 |
| Thump Thump       | 4   | 0    | 1.000 |
| Not Environmental | 3   | 2    | 1.000 |
| Unarmed Forces    | 2   | 2    | 0.667 |
| Crushers          | 2   | 3    | 0.500 |
| Silver Bullets    | 0   | 4    | 0.000 |
| IKEA Monkeys      | 0   | 5    | 0.000 |

PCT = Winning Percentage

Game schedule  
Week 4

April 1 Make-up Thump Thump vs. Bye  
12:05 p.m. Silver Bullets vs. Not Environmental

April 2 11:15 a.m. Crushers vs. Amish Ballers'  
Make-up Unarmed Forces vs. Bye

April 3 11:15 a.m. Not Environmental vs. Amish Ballers  
12:05 p.m. Silver Bullets vs. Crushers

April 4 11:15 a.m. Crushers vs. Unarmed Forces  
12:05 p.m. Thump Thump vs. Silver Bullets

April 5 11:15 a.m. Make-up game  
12:05 p.m. Make-up game

Lakehurst Volleyball - B League

| Team              | Win | Loss | PCT   |
|-------------------|-----|------|-------|
| Hangar Squad      | 5   | 0    | 1.000 |
| Rather Pickleball | 4   | 0    | 1.000 |
| Average Joes      | 3   | 1    | 0.750 |
| UPS               | 3   | 2    | 0.600 |

| Team           | Win | Loss | PCT   |
|----------------|-----|------|-------|
| CNATT/TEST     | 1   | 3    | 0.250 |
| The Gunners    | 0   | 2    | 0.000 |
| Little Giants  | 0   | 4    | 0.000 |
| OFF CONSTANTLY | 0   | 4    | 0.000 |

PCT = Winning Percentage

Game schedule  
Week 4  
April 1 11:15 a.m. CNATT/TEST vs. The Gunners

| Date    | Time       | Matchup                            |
|---------|------------|------------------------------------|
| April 2 | 12:05 p.m. | Average Joes vs. UPS               |
| April 2 | 11:15 a.m. | OFF CONSTANTLY vs. The Gunners     |
| April 2 | 12:05 p.m. | Little Giants vs. CNATT/TEST       |
| April 3 | 11:15 a.m. | OFF CONSTANTLY vs. Little Giants   |
| April 3 | 12:05 p.m. | Average Joes vs. RATHER PICKLEBALL |
| April 4 | 11:15 a.m. | Hangar Squad vs. The Gunners       |
| April 4 | 12:05 p.m. | UPS vs. RATHER PICKLEBALL          |

Games played at Volleyball Court 2  
Current as of March 19.

## We can dance if we want to



Yvette Dudley, wife of Chief Warrant Officer 3 Justin Dudley, entertains community members with a traditional Guadalupe Dance during the Women's History Month International Traditional Attire demonstration March 22, 2013, at the joint base's Library and Resource Commons. Yvette, an International Spouses Group member, represented Jalisco, Mexico, with traditional dance and information about the clothing of her culture. (U.S. Air Force photo by Wayne Russell/Released)



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Learn more about WilmU programs at [JointBaseMcGuire-Dix-Lakehurst](http://JointBaseMcGuire-Dix-Lakehurst).  
Visit [wilmu.edu/JBMDL](http://wilmu.edu/JBMDL)



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# NEWSNOTES

## Army Emergency Relief Campaign Provides Financial Relief

The Army Emergency Relief campaign is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of its Own." The AER campaign provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers. Funds from the campaign

are made available to commanders having AER sections that provide emergency financial assistance to active and retired Soldiers and their dependents in need. The campaign will run through May 15, 2013. Contact a local unit AER representative or stop by the AER office, located at 5428 Delaware Ave., for additional information or to contribute.

## Alterations for Wounded Soldiers

The Army & Air Force Exchange Service is offering free alterations and modifications to all severely wounded, ill and injured Soldiers at all 79 Army Military Clothing stores around the world. This Army-led initiative ensures all wounded Soldiers receive free alterations and modifications

on all issued uniforms in accordance with the Wounded Warrior Clothing Support Program to include the Army Service, Combat and Improved Physical Fitness uniforms as well as undergarments. Eligible Soldiers must present an approved Army Form 3078 along with the prescribed modifications by the physical or occupational therapist to receive free services.

## Volunteer coaches needed

The 87th Force Support Squadron is seeking volunteer coaches for the Joint Base McGuire-Dix-Lakehurst Youth Sports Programs. Baseball coaches are needed for three Start Smart, one T-Ball and two Minor Boys baseball teams and at least eight coaches for flag football. Call 754-5912 for more information.

## 87th FSS MPS Hours of Operation

Need an ID card or to make an update in DEERS? The 87th Force Support Squadron Military Personnel Section offers these services among others. Appointment hours are from 7:30-10:30 a.m. and 1-3 p.m. Monday through Friday. Walk-ins are welcome between the hours of 7:30 and 3 p.m. Monday through Friday. Go to [www.rapids-appointment.dmdc.osd.mil](http://www.rapids-appointment.dmdc.osd.mil) or call 754-1592 to make an appointment or for more information.

## Exploring Stress and Trauma workshop

The Library and Resource Commons, in partnership with the American Red Cross and New Jersey Chapter of Blue Star Families, is set to host a Exploring Stress and Trauma workshop 6 p.m. April 1, 2013, at 2603 Tuskegee Airmen Ave. The workshop is designed to help returning service members and families recognize and manage post-deployment stress and other war related conditions such as traumatic brain injury. The 60 to 90 minute workshop is limited to 15 participants. Contact 754-2079 or [newjersey@bluestarfam.org](mailto:newjersey@bluestarfam.org) for more information or to register.

## JB MDL Thrift Shops

### McGuire

The McGuire Officers Spouses Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit Joint Base McGuire-Dix-Lakehurst, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Brody Road. Call 754-2368 for more information.

### Dix

The Dix Thrift Shop hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3-7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses and Civilians Club. Email [fordixthrift@gmail.com](mailto:fordixthrift@gmail.com) for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

### Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1-5 p.m. at 158 Berry Road. The thrift shops sales income is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

# Construction Corner

## 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 smooth driving and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as the work progresses.

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

Replacement of the sanitary sewer main that runs under Brody Run on the southbound right turn from Texas Avenue to Brody Road is currently scheduled for completion by mid-March. Right turns from southbound Texas Avenue onto Brody Road may be restricted during the construction. Alternate routes to access Brody Road between Delaware and Texas Avenues via Delaware Avenue, or proceed south on Texas Avenue to Airfield Road, then north on Delaware Avenue to Brody Road.

## Water Line Replacement

Water line replacement work is currently scheduled through the end of 2013 in the 5500 and 5600 area, between Willow Pond and the U.S. Air Force Expeditionary Center, and between Doughboy Loop and Texas Avenue on Dix.

Access to the sidewalk along Texas Avenue will be impacted during construction. During work in the shoulder of 8th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to interior roadways and parking lots intermittently during the work. No road closures are anticipated.

## 87th ABW Lobby Renovation

The lobby to the 87th Air Base Wing headquarters, located at 2901 Falcon Lane, will be closed intermittently during renovation work today. Visitors and personnel seeking access to the building must use the side or back entrances.

## Griffith Field House Renovation

The main entrance to the Griffith Field House, located at 6053 Doughboy Loop will be closed for renovation work through April 5, 2013. Visitors and personnel seeking access to the facility must use the doors located on the East side the building (doors adjacent to the Smoothie Bar).



## Joint Base McGuire-Dix-Lakehurst Chapel Easter Schedule 2013

### Protestant Services for Lent & Holy Week

**March 29, Good Friday**  
11:30 a.m. - McGuire Chapel

**March 31, Easter Sunday**  
7:30 a.m. Easter Sunrise Service - Doughboy Field, Event followed by breakfast at Dix Chapel

Regularly scheduled services:  
9 a.m. Traditional Service - Dix Chapel  
9:45 a.m. Contemporary Service - North Chapel  
11 a.m. Liturgical Service - Cathedral of the Air  
11:30 a.m. Gospel Service - McGuire Chapel

### Catholic Services for Lent & Holy Week

**March 29, Good Friday**  
3 p.m. Celebration of the Lord's Passion - Dix Chapel

**March 30, Holy Saturday/Easter Vigil**  
8 p.m. - Dix Chapel

**March 31, Easter Sunday Mass**  
10:30 a.m. - Dix Chapel



## Joint Base McGuire-Dix-Lakehurst Chapel

### Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue  
North Chapel - 3027 Cabot/Jules Drive  
Dix Chapel - 5240 New Jersey Avenue  
Soldier's Chapel - 5950 Church Street  
Cathedral of the Air - 2671 Hope Chapel Road, Lakehurst N.J. 08527

### Worship Hours

**Catholic**  
Wednesday - 11:30 a.m. McGuire Chapel  
Saturday - 5 p.m. McGuire Chapel  
Sunday - 10:30 a.m. Dix Chapel

**Protestant**  
Sunday 9 a.m. Traditional - Dix 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

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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

# Read

Continued from Page 1

and one of the JB MDL volunteers. "Plus, I wanted to help encourage the students to read and stress the importance of education."

Several of the volunteers have a long-standing appreciation for the Read Across America namesake Dr. Seuss and his books.

"I love Dr. Seuss and so do my children," said Slaznik, an O'Fallon, Ill., native. "I have three young girls and I read to them as often as I can."

Volunteers chose two of their favorite Dr. Seuss books and had the opportunity to read to several students in different classrooms ranging from Kindergarten to 5th grade.

Some volunteers carefully selected their books before going into the classrooms.

"I chose 'Oh, the Things You Can Think!' because it's one of my favorite Dr. Seuss books," said Petty Officer 1st Class Kenneth Cook, U.S. Coast Guard Atlantic Strike Team response technician and a volunteer.

"I think the book encourages imagination and it's a great thing to teach kids - to always be thinking and come up with new ideas," said Cook, a Rapid City, S.D., native.

Read Across America Day, usually held annually March 2, is celebrated nationwide on the birthday of the children's author Dr. Seuss. The school was unable to celebrate Read Across America Day earlier in March because of school-wide testing.

The Read Across America tradition began in 1998 when members of the National Education Association wanted to find ways to motivate children to read according to the NEA website. Research has shown children who are motivated to spend more time reading do better in school.

"Who better to come and represent the need to read than people in our military," said Suzanne Gabriel, Taunton Elementary School lead teacher. "It shows children the importance of reading and the importance of what service members do."

The school's principal sees even more benefits to having service members around the children.

"It's so important to see the role models and how reading ties into everything we do," said Diana Rochon, Taunton Elementary School principal. "We read to the children all the time, but to have outsiders come in and share what they do is important."

"You're modeling young lives," the principal added.

The faculty hopes this type of event will have a positive long-term effect on the children.

"We hope that having positive role models around the children that it will help shape them for the better ... forever," said Gabriel.

## SQUAD/CRIBBLES



BY STAFF SGT. AUSTIN M. MAY

THANKS TO LT MELINDA BARTLETT FOR THE IDEA

**Joint Base Theater Movie Schedule**



Friday:  
7 p.m.  
Identity Thief (R)



Saturday:  
2 p.m.  
Jack The Giant Slayer 3D (PG-13)



Saturday:  
7 p.m.  
A Good Day to Die Hard (R)



**Is it time to FINALLY quit smoking?**

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

**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](http://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 a General Electric CF6-50C2 turbofan engine on a KC-10 Extender. The KC-10 is an Air Mobility Command advanced tanker and cargo aircraft designed to provide increased global mobility for U.S. armed forces. Although the KC-10's primary mission is aerial refueling, it can combine the tasks of a tanker and cargo aircraft by refueling fighters and simultaneously carry the fighter support personnel and equipment on overseas deployments.

**Recipe Roundtable**



Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at [87abwpa@us.af.mil](mailto:87abwpa@us.af.mil) to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

**Korean Barbecue Beef**

This delicious Korean barbecue beef recipe is quick and easy to prepare. It can be served on its own or with rice. Serves four to six.

**Ingredients**

- 1 lb of beef sirloin steak, thinly sliced
- 1/4 cup of sesame oil
- 1/4 cup of soy sauce
- 2 garlic cloves, crushed
- 2 tablespoons of fresh ginger, grated
- 1 tablespoon of rice wine
- 2 tablespoons of spring onions, chopped
- 1/4 cup of white sugar

**Cooking Instructions**

It's good to leave some fat on the steaks for flavor, but remove some of the fat from the steak and thinly slice.

Add rice wine, garlic, ginger, sesame oil, soy sauce, spring onion and sugar in a small bowl and mix really well with a spoon.

Dip the beef slices into the marinade and coat really well. Allow the beef to marinate for at least one hour, or even overnight if possible so the beef really develops the flavors from the marinade.

Preheat a lightly oiled BBQ plate or grill. When very hot add the beef and brown on all sides until the meat is well sealed. Remove, wrap in foil and cook on the barbecue, turning occasionally for a further 15 to 20 minutes, depending on how rare or well done you like your meat.

Allow the Korean bbq beef to cool down for 10 minutes before serving. Using some of the marinade is delicious as a sauce.

Recipes found at [freerecipes.org](http://freerecipes.org)

**Patriots**

*Continued from Page 1*

and foreign language experts.

Counter IED training is part of every service member's mobilization training.

"IEDs are still the number one enemy weapon of choice, whether employed roadside or by means of insider attack," said Sgt. 1st Class Clint Buchanan, 1st Battalion, 307th Infantry Regiment counter-IED trainer/mentor. "My job is to stay current and provide the best training I can for my comrades preparing for overseas contingency operations."

Osborne's command vision illustrates Buchanan's point.

"We are a trained, disciplined and cohesive brigade that distinctly contributes to the success of overseas contingency operations by providing deploying service members the best training throughout First Army," said Osborne. "The 174th executes all tasks to standard with quiet professionalism and a minimum amount of guidance."

"Conducting Army training for sister services requires a crawl-walk-run approach," explained Buchanan. "I am a subject matter expert, but many trainees are experiencing this type of information for the first time. I Break it down so they become not only familiar with the concepts, but confident they can identify key components during combat operations."

Osborne's command philosophy is based on

six key pillars - culture, people, leading, training, sustaining and caring.

"The two most important pillars are culture and people," expressed Osborne during a monthly brigade town hall meeting. "This brigade is ours - not mine; I am the commander and responsible for its success, but I will fail without the support and efforts of each member of the team."

Joint Base McGuire-Dix-Lakehurst remains the busiest First Army mobilization force generation installation, training more small units and JSTO classes than any other MRGI. Since 9/11, the enduring mobilization training station has trained, deployed and redeployed more than 5,000 contingents, roughly 250,000 service members in support of Operations

IRAQI FREEDOM, NEW DAWN and ENDURING FREEDOM.

The 174th Inf. Bde. trains the most First Army joint service training oversight classes, supporting Sailors, Airmen and Coast Guardsmen deploying as individuals for overseas contingency operations.

"Our job as instructors is never complete," stressed Buchanan.

"Until every service member returns home, we continue to stay relevant and train every last troop."

Contact the brigade public affairs office at 562-2834 or visit [www.facebook.com/174InfBr](http://www.facebook.com/174InfBr) for more information on the 174th Infantry Brigade and its mobilization training capabilities.



**Time to get Healthy!**

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