

## NEWSNOTES

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

### AMC Seeks 2013 Air Force Marathon Participants

The Air Mobility Command is set to sponsor an active duty team for the 17th annual U.S. Air Force Marathon to be held at Wright-Patterson Air Force Base, Ohio, Sept. 21, 2013. The teams will comprise of male and female runners representing various age groups. Team members will be selected based upon submitted Air Force Form 303. Applicants should submit completed forms through respective base fitness center by May 1, 2013. Visit [www.usafmarathon.com](http://www.usafmarathon.com) or your base fitness center for more information.

### Maj. Gen. James Ursano Scholarship Program

The Army Emergency Relief is providing a scholarship opportunity to Army families in the form of the Maj. Gen. James Ursano Scholarship Program. The submission deadline for the scholarship is May 1, 2013. An application can be found by going to [www.aerhq.org](http://www.aerhq.org). To find out more about the scholarship and eligibility requirements go to <http://1.usa.gov/17riHQJN>.

### 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 MFA 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 between the hours of 7:30 to noon and 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.

### 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>.

### Library Display

Holocaust and genocide related books and movies will be on display for readers to check out at the Librar-e and Resource Commons, located at 2603 Tuskegee Airman Ave., throughout the month of April. Call 754-2079 for more information.

### Free pass to National Parks

In celebration of National Park Week April 20-28, 2013, service members can get a free annual pass to any of the national parks. Visit [gomdl.com](http://gomdl.com) for more information.

### Army Emergency Relief Campaign

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.

### Family Bingo Night

The Flight Deck Recreation Center is set to host a Family Bingo Night, located at 484 Lansdowne Road, Today. Doors open at 5 p.m. and bingo starts at 5:30 p.m. The fee is \$4 per person. Space is limited. Call (732) 323-2405 or (732) 323-1648 make your reservations.

### Relating to Children Workshop

The Librar-e and Resource Commons, in partnership with the American Red Cross and New Jersey Chapter of Blue Star Families, is set to host a Relating to Children Workshop 2 p.m. April 14, 2013, at 2603 Tuskegee Airman Ave. The workshop offers an opportunity to help participants build on personal strengths and increase the ability to address the issues of children's adjustment to the return of a military family member following deployment. The 60-90 minute workshop is limited to 15 participants. Contact 754-2079 or [newjersey@bluestarfam.org](mailto:newjersey@bluestarfam.org) for more information or to register.

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# 'On time, on target' brigade bids farewell to Soldiers

By Staff Sgt. Nicole Dykstra  
72nd Operations Brigade  
Public Affairs

One of the most sacred traditions in the Army is recognizing service members who are retiring from a career of dedicated, honorable service.

Two such 72nd Operations Brigade Soldiers were honored in a ceremony here March 27, 2013.

Upon retirement, Lt. Col. Andrew B. Decker, Headquarters and Headquarters Battery, and Sgt. 1st Class Brian T. Goodheart, 3rd Battalion, 314th Field Artillery Regiment, had more than 43 years of combined military service.

"By honoring these two Soldiers today, we are also honoring our profession of arms - our professional military ethic," said Col. Michael ShROUT, 72nd Ops. Bde. commander. "We cannot allow ourselves to be too busy or too distracted from ensuring we continue this custom."

The two retiring Soldiers had five deployments to combat or conflict, serving four Presidents through six administrations between them. The Soldiers served in such places as Fort Sill, Okla., Babenhausen, Germany, and the Beirut U.S. Embassy.

Decker joined the Army for the adventure and also to gain credibility and respect among his peers. His family has a tradition of military service and he always enjoyed hearing the stories about their service when he was growing up he said.

Decker completed flight school and served as a UH-60 Blackhawk helicopter pilot during his 23 years of service, which included time in both the Georgia Army National Guard and on active duty. He took part in a XVIII Airborne Corps War Fighter while assigned to the 101st Airborne Division and supported the U.S. Drug Enforcement Agency's Operation WEED EATER in Trinidad and Tobago, helping to eradicate marijuana fields in the jungle.

In retirement, he looks forward to going back to school and spending time with his family he said.

Goodheart enlisted in the Army to better himself as an



Col. Michael ShROUT, 72nd Operations Brigade commander, honors two retiring servicemembers, Sgt. 1st Class Brian Goodheart and Lt. Col. Andrew Decker, during a ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., March 27, 2013. The servicemembers received a folded U.S. flag and the retirement pin during the ceremony, signifying the last event of their military careers. (U.S. Army photo by Staff Sgt. Nicole Dykstra/Released)

individual and to pay respect to his family's tradition of military service, he said. His father served as an Abrams mechanic in the Army for nine years, and Goodheart wanted to serve honorably as well. His favorite assignment was serving as a drill sergeant for Basic Training and Advanced Individual Training Soldiers, because he was able to have an impact on the Army's future leaders. In retirement, he hopes to transition smoothly into civilian employment he said.

The service members both received a folded U.S. flag and the retirement pin during the ceremony, signifying the last event of their military careers.

"Gentlemen, your country owes you a tremendous debt for your years of faithful service," said ShROUT during the ceremony. "On behalf of a grateful nation, let us, your comrades, start that process by offering you an ovation of thanks."



Petty Officer 2nd Class Justin Riker, Fleet Readiness Center East and Aviation Support Detachment warehouse quality assurance petty officer, conducts a quality assurance check on consumable parts in the inventory system in the FRC-E/ASD warehouse at Joint Base McGuire-Dix-Lakehurst, N.J., April 8, 2013. Ruler goes through items stored in the Hanel Rotomat to ensure 100 percent accountability for all consumable parts. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

## Joint base FRC earns 'Outstanding' in Supply Management Inspection

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

The Fleet Readiness Center East and Aviation Support Detachment here recently earned an overall grade of "Outstanding" in their Supply Management Inspection.

The FRC-E/ASD received the results from the Commander, Naval Air Forces (CNAF) during an inspection that concluded Feb. 1.

The inspection team consisted of logistical experts from both CNAF and CNAF Reserve. The team graded areas related to part-issue response time; inventory accuracy; tracking

and reporting of retrograde as well as training and security. Parts-issue response time deals with speed at which a unit is able to respond to a part request. High-priority items require a one-hour response time.

Inventory accuracy requires units to have 100 percent accountability for every item in their inventory, either by having it physically present or signed for. This item is considered the "bread and butter" of logisticians, said Lt. Cmdr. Juan D. Cabral, FRC-E/ASD assistant officer in charge.

Tracking and reporting of retrograde involves refurbishing

See SUPPLY, Page 12

### Community leader gives back

"Attention building, there are pretzels and bagels in the command section. Get 'em while they're still here."



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### Remembering victims, honoring survivors

Tears were shed on more than one occasion during the Holocaust Remembrance Ceremony hosted by the 174th Infantry Brigade.



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### Man on the Street

This month we asked service members from around Joint base McGuire-Dix-Lakehurst a question: How do you relieve stress?



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### The Weekend Weather

Today  
High 63/Low 47  
Showers



Saturday  
High 63/Low 40  
Sunny



Sunday  
High 59/Low 42  
Sunny



## Alcohol, drunk driving put lives at risk

By Jessica Rawlings  
U.S. Army Public Health Command

Drunk driving kills. On average, someone dies as a result of drunk driving every 53 minutes, and someone is injured as a result of drunk driving every 90 seconds.

According to the National Safety Council, at any given moment one in 50 drivers is not just impaired but legally intoxicated; this number jumps to one in 10 on the weekends. In 2012, there were nearly 300,000 incidents of drinking and driving each day. Drunk driving costs the U.S. an estimated \$132 billion per year, and costs each adult in the U.S. almost \$500 per year in increased taxes due to the higher demand for law enforcement.

In an effort to draw attention to this national tragedy, the NSC has designated April as "Alcohol Awareness Prevention Month."

Alcohol is a depressant that slows down the brain and body. The first abilities that are altered are judgment and coordination. An impaired driver cannot recognize a dangerous situation and react quickly enough to avoid an accident. Unfortunately, because judgment is impaired, impaired drivers do not often realize they have had too much.

Heavy alcohol consumption is a problem nationally and in the military. The Institute of Medicine recently reported the use of alcohol has spiked since the wars in Iraq and Afghanistan began. Nearly half of active-duty military personnel report being binge drinkers. Binge drinking is having five or more drinks on a single occasion at least once in the past 30 days; one drink is equal to 5 ounces of wine, 1.5 oz. of 80-proof distilled spirits, or 12 ounces of regular beer. Unfortunately 20 percent of the population still admits to drinking and driving. Drunk driving can be prevented in

these ways: appoint a designated driver who sticks to non-alcoholic beverages. If a designated driver slips or cannot be decided on, call a taxi (and keep a taxi company telephone number in your cell phone).

If you are throwing a party, offer non-alcoholic drinks, arrange for a cab for someone that has had too much to drink and do not be afraid to take someone's car keys. You may save someone's life.

Even if you have not been drinking, there are ways to protect yourself on the road by knowing what to look for. Signs of drunk driving include: wide turns, weaving, swerving, drifting, driving on the wrong side of the road, driving at a very slow rate or stopping without reason according to law enforcement officials. If you encounter someone on the road who you think is driving under the influence, keep a safe distance and call 911.

## DOD program works to help stressed military parents

By Nick Simeone  
American Forces Press Service

WASHINGTON – The Department of Defense is highlighting its commitment to preventing child abuse and neglect among military families, especially through the Family Advocacy Program, and providing those who need it with counseling.

The FAP focuses on strengthening family resilience through visits and counseling with new military parents, as well as on educating young families about the stresses of parenting and what it takes to maintain healthy relationships especially when some members are deployed.

DOD personnel have created the New Parent Support Program, a voluntary home-visiting program aimed at helping parents-to-be or those with young children adapt to parenthood through classes, community support groups and other forms of instruction.

"Our whole goal is to provide a safe, stable and nurturing environment for our military families, especially for our military children," Kathy Robertson, Family Advocacy Program director said to the American Forces Press Service and the Pentagon Channel. The key to that, she said, is helping families find the social connections and resources within their base or

community to get through the challenges of military life.

"We have young military families who are away from their own immediate family who need to rely on us and we need to support them," she said.

Robertson said the level of child abuse and neglect in the military is comparable to society at large, noting the services had more than 15,000 reports in 2011 of allegations of child abuse and neglect. Neglect – often related to a lack of supervision, rather than abuse – is the most frequent situation in those cases, she added.

"We believe it has risen with the result of the wars, with the number of deployments, with levels of depression in some of the parents," said Robertson. "So we're doing all we can to reach out to these families."

Families wanting to learn more about programs designed to prevent abuse and those seeking counseling are urged to contact family centers on their base or installation or through [militaryonesource.mil](http://militaryonesource.mil).

"We have over 1,900 professionals working for DOD and family advocacy who work tirelessly every day and are very dedicated to support families," Robertson emphasized. "Child Abuse Prevention Month gives us the opportunity to really look at what we're doing, how effective it is, and what more we can do."

## 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](mailto: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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## Service member spotlight: Aspirations

Petty Officer 1st Class James Ampley, Fleet Readiness Center East and Aviation Support Detachment command career counselor, is the joint base's featured service member of the week. Ampley hails from Stamford, Conn.

Q: Why did you join the military?

A: I joined the military because I wanted to do something better with my life. I worked several jobs after graduating high school, but I didn't find anything that I wanted to make a career out of. I had a newborn baby and my plans were to get married, so I wanted to be in a better position to take care of my family.

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

A: My job in the Navy is to perform office personnel administration, maintain records and official publications, perform administrative functions for legal proceedings, serve as an office manager, offer career guidance, counsel individuals on career opportunities and implement and manage a career information program. My impact on the mission is vital because I am normally the first point of contact when a Sailor has to make a decision on their career. The information and guidance I provide may determine whether the Sailor is retained or decides to separate.

Q: Do you have any past or current family members in military?

A: My brother served in the Army for four years.

Q: Who most inspires you?

A: I am a man of faith, so I am inspired by God and the work I see him do on a day-to-day basis, especially through my encounters with service members. I am privileged to be able to talk to Sailors of all ranks and it is inspiring to hear the stories of how things have turned around for them personally and professionally.

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

A: I would want all service members, especially the junior troops, to know that a life in the military is a wonderful thing to be apart of if you take advantage of it. My impact on the mission is vital because I am normally the first point of contact when a Sailor has to make a decision on his or here career.

The information and guidance I provide may determine whether the Sailor is retained or to separate.



(U.S. Navy courtesy photo/Released)

## JB MDL youth catch trout, have merry time



Sawyer Budai, 7, catches a trout during the Kiddie Fishing Derby on Laurel Pond at Joint Base McGuire-Dix-Lakehurst, N.J., April 6, 2013. The fishing derby is an annual free trout fishing contest for children on the opening day of trout fishing. (U.S. Air Force courtesy photo/Released)

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McGuire-Dix-Lakehurst  
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For up-to-date joint base news & info visit:  
[www.jointbasemdl.af.mil](http://www.jointbasemdl.af.mil)



# Community leaders give back to joint base

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

"Attention building, there are pretzels and bagels in the command section. Get 'em while they're still here."

Joe Zarzaca, the 32nd Air Refueling Squadron honorary commander and longtime base supporter, brought an assortment of pretzels and bagels to the men and women of the 32nd ARS here March 26, 2013.

Zarzaca delivers baked goods to the base on a weekly basis.

"It's a thrill and an honor to have the chance to help the men and women here," said Mr. Z, as he's known by the members of the 305th. "If it brings the slightest feeling of comfort to them, that is all I need."

Zarzaca started delivering baked goods and other tasty treats to then McGuire Air Force Base and Fort Dix in 1995 as service members began mobilizing to deploy to Bosnia.

"There were a ton of young men and women at the processing centers at that time," said Zarzaca. "I was able to rally some local businesses to provide bagels, coffee and other things for them. That was how I got into this whole thing."

Zarzaca has brought an abundance of comfort in the form of food to the service members here since then. His service as an honorary commander has also afforded him the opportunity to interface with joint base service members



Col. Rick Williamson, 305th Air Mobility Wing commander, and Joe Zarzaca, 32nd Air Refueling Squadron honorary commander, pose in a group photo with deploying members of the 32nd ARS aboard a KC-10 Extender on Joint Base McGuire-Dix-Lakehurst, N.J., March 26, 2013. Zarzaca delivered more than 1,000 bagels and doughnuts to each deploying KC-10. (U.S. Air Force photo by Russ Meseroll/Released)

in a meaningful way. "Within minutes of hearing about the bagels, they are all practically gone," said Staff Sgt. Kyle Klinger, 32nd ARS flight engineer and Halifax, Pa., native. "Everyone here loves it."

Zarzaca uses his own money to provide this gift to the service members here; just one example of how the surrounding community supports Joint Base McGuire-Dix-Lakehurst.

"He's here every week, usually on our staff meeting day, providing bagels and pretzels to the folks here and a couple other spots on base," said Col. Rick Williamson, 305th Air Mobility Wing commander. "He has even recently reached out to our deployed counterparts with the help of our KC-10s."

Zarzaca teamed up with rotating KC-10 Extender crews heading to and from deployed locations. He loads up the KC-10 with more than 1,000 bagels, pretzels and donuts. Each crew stays in the area of responsibility for a 60-day rotation and Zarzaca's treats provides them a small taste of home.

"Sixty days can seem like a long time when you are away from home," said Klinger. "What Mr. Zarzaca does for us is a great morale booster all around."

The 82-year-old plans to continue to deliver the goods as long as he can.

"I'm old and I don't have the agility I once had," said Zarzaca. "But I will keep doing this as long as my body allows."

Honorary commanders and community leaders, like Zarzaca, positively impact community and base interaction by building and strengthening community relationships.

"He really does all this out of the goodness of his heart," said Williamson. "He really appreciates what all the men and women here do for their country and the Air Force. That's all the thanks he ever wants."

## Army Reserve division commander joins female general officers ranks

By Staff Sgt. Shawn Morris  
99th Regional Support Command

The commander of the Army Reserve's 98th Training Division (IET) received promotion to brigadier general during a ceremony at the Maj. John P. Pryor Army Reserve Center here April 6, 2013.

Brig. Gen. Mikey Kloster became one of a small percentage of female Soldiers to make general officer, and is one of the first women to command a training division in the Army Reserve.

"You all helped me earn this star," said Kloster to the 200 service members, civilians, family, friends and retirees who attended the ceremony, which was hosted by Maj. Gen. William D. Razz Waff, 99th Regional Support Command commander.

"I've had a theme in my career, and that is, 'don't stop,'" said Kloster, who holds the distinction of being the first female general officer and first female division commander on Fort Benning, Ga. "I'm really humbled and honored to be able to do this; to continue to serve, to be promoted and to command troops in the 98th Division."

"I can't think of a better way, a better purpose than to serve as one of these brave Soldiers, to serve this country, and to protect

this country and our national treasure, which is our freedom," she said. "I'm honored to continue to serve with the troops, because I wasn't ready to stop."

Kloster joined Reserve Officers' Training Corps. in her junior year and was her class' distinguished military graduate. She was commissioned in June 1984 as a second lieutenant in the Adjutant General Corps, and later that year undertook her first active-duty assignment with the 54th Area Support Group in Rheinberg, Germany. There, she served as the administrative support division officer, army community services officer and Headquarters Company commander for the 54th ASG.

She next served at the Kansas City Military Entrance Processing Station, where she held the positions of adjutant and operations officer, and was a member of the U.S. Military Entrance Processing Command Corporate Information Management IDEF team under the Office of the Secretary of Defense.

In July 1992, she assumed command of Headquarters Company, Fort Leavenworth, Kan., which is the largest company in the U.S. Army.

Leaving active duty in 1993, Kloster was assigned to the Delaware Army National

Guard where she served with the Selective Service. She was assigned to the Kansas National Guard in 1994 where she served as the executive officer and then as personnel services officer, secretary to the general staff and headquarters commandant of the 35th Infantry Division.

Kloster joined the Army Reserve in July 2000, where she headed several positions in the office of the commanding general, 99th Regional Readiness Command. Following promotion to lieutenant colonel, she served as battalion commander of the 444th Personnel Service Battalion and subsequently served in the first rotation of Operation IRAQI FREEDOM in Kuwait and Iraq.

The general has also served as chief personnel officer for several general officer-level commands, to include the Army Reserve's 99th Regional Support Command where she serves as the chief of staff in her civilian career and lives off-base with Fred the Cat.

She holds a doctorate in business administration, as well as a bachelor of arts degree in history and a master of science degree in management. She is also a graduate of the Combined Arms and Services Staff School, the U.S. Army Command and General Staff College, and the U.S. Army War College.



U.S. Army Brig. Gen. Mikey Kloster, 98th Training Division commander, right, receives promotion to brigadier general from Maj. Gen. William D. Razz Waff, 99th Regional Support Command commander, during a ceremony in the Maj. John P. Pryor Army Reserve Center at Joint Base McGuire-Dix-Lakehurst, N.J., April 6, 2013. (U.S. Army photo by Staff Sgt. Shawn Morris/Released)

Kloster's military awards and decorations include the Legion of Merit (with oak leaf cluster), the Bronze Star, Meritorious Service Medal with four oak leaf clusters, the Army Commendation Medal with one oak leaf cluster, the Army Achievement Medal with one oak leaf cluster and the Parachute Badge and the Combat Action Badge.

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# Holocaust survivor remembers victim, honors service members

By Sgt. 1st Class Stanley Maszczyk  
174th Infantry Brigade  
Public Affairs

Tears were shed on more than one occasion during the Holocaust Remembrance Ceremony hosted by the 174th Infantry Brigade, March 8, 2013, here. The Patriot Brigade's 1st Battalion, 314th Infantry Regiment worked with joint base partners to facilitate the touching and educational event.

Service members and civilians in attendance honored both those who lost their lives during the Holocaust as well as those who survived the atrocities perpetrated by Adolf Hitler and the Third Reich.

Harold Brisk, a Lakewood, N.J., native and guest speaker for the event, survived the Nazis' largest concentration camp for 11 months before being transferred to Dachau and subsequently liberated by American Soldiers.

"A brief sketch of a 13-year-old Auschwitz survivor," he said from the podium, beginning his address to the group. He paused, looked down and closed his eyes, trying to hold back the tears.

"It will take a while to calm me down," he said quietly. Chaplain (Maj.) Rabbi Menashe P. Miller, 87th Air Base Wing chaplain, approached the stage to assist. Just as he made it up the stairs next to the podium, Brisk regained his composure and



Joshua Brisk, one of the youngest Holocaust survivors of the Bistritz Ghetto, Auschwitz, Dachau, and other camps, emotionally talks about his experiences during the Holocaust during the 174th Infantry Brigade's Holocaust Remembrance Ceremony held in Tommy B's Community Activities Center Joint Base McGuire-Dix-Lakehurst, N.J., April 8, 2013. He explained how grateful he was to the U.S. Army Soldiers who liberated Brisk April 29, 1945, and this is the first time that he has spoken to a military crowd since his liberation. (U.S. Air Force photo by Wayne Russell/Released)

continued. "I was born in August 1930 to a family in Romania," he said. His family soon moved him west, close to the Hungarian border.

His bordering Romanian village forced all non-indigenous Jews to leave when Hungary joined the Axis with Nazi Germany, Brisk explained. He and his older

brother went to live with his maternal grandparents. "My parents and three younger brothers moved to another part of Hungary," he said, his eyes welling

up with tears. "I never saw them again."

Brisk went on to share memories from childhood and his three-day boxcar journey to Auschwitz.

"We were cramped into the cattle cars, box cars - families, about 80-90 people in the car, children screaming, crying, no water, no food."

He also shared a few close calls that kept him alive.

The first occurred upon arrival at Auschwitz when he was 13. He met a fellow Jew who was working there, unloading the railroad box cars that were used to transport Jews and other victims to the concentration camps. The young man asked Brisk if he spoke Yiddish. He did, and they began to converse.

"When you go to the top of the line," the young man said, "people are being directed left and right. Right - the elderly, children - all destined for the crematorium. Left - people who go to work. Tell them you're 16 years old and you worked on a farm."

"He checked my muscles and sent me to the right place," Brisk said. "That's how I survived."

During an interview, Brisk spoke of the severe frostbite he endured, working outside in the winter with no shoes. After being transferred to the Dachau concentration camp and going into the hospital there, doctors advised him

See HOLOCAUST, Page 10

# Exchange PCS Headquarters makes for a 'smooth move'

By Chris Ward  
Army & Air Force Exchange Service Public Affairs

WASHINGTON — Military families move an average of once every three years according to Care.com. Next to divorce and death of a relative, experts say that moving is rated as the third highest cause of stress.

The Army & Air Force Exchange Service, recognizing the unique strains placed on military families required to move frequently, is making relocating easier with its "PCS Headquarters" at [www.shopmyexchange.com](http://www.shopmyexchange.com).

The Exchange's "PCS Headquarters" offers four unique areas to assist in moving: Get Connected, Military One Source, Military Homefront and Military Avenue.

Get Connected allows military families to view what local TV, internet and telephone offerings are available in

the area they are PCSing to.

Military One Source provides assistance with child care, personal finances, emotional support during deployments and relocation resources needed for special circumstances.

Military Homefront's "Plan My Move" provides military families with access to information about entitlements and benefits, checklists, planning tools and material on education and employment.

Military Avenue is an online service supporting relocation, travel and lifestyle needs of the military family.

Finally, the Exchange's "PCS Headquarters" also offers an array of downloadable coupons ranging from discounts on appliances and tires to 10 percent off a total purchase when using a Military Star Card at the Exchange.

"As a partner with the military, we know a thing or two about making a smart move," said the Exchange's Senior

Enlisted Advisor Chief Master Sgt. Tony Pearson. "Whether orders are for Kirtland or Kadena, the Exchange is ready to help pack it up and move out."

The Army & Air Force Exchange Service is a joint, non-appropriated fund instrumentality of the Department of Defense and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. Visit [www.shopmyexchange.com](http://www.shopmyexchange.com) to find out more about the Exchange history and mission or to view recent press releases.



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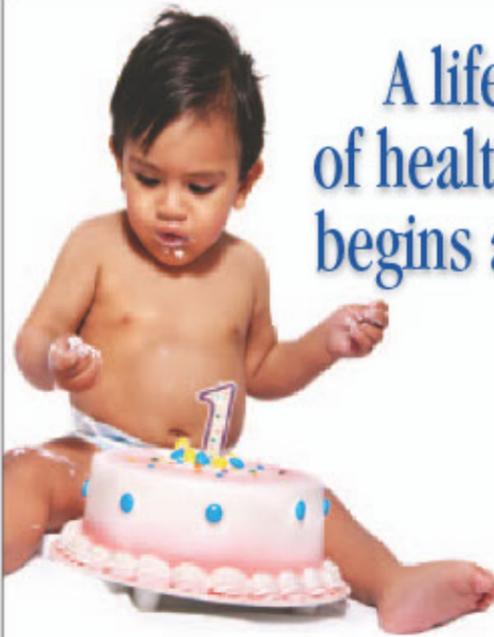
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## LRC radio technicians attend Falcon III, JEM training

By Alex House  
Logistics Readiness Center

The Army Sustainment Command, Logistics Readiness Center, here, has a new capability which will close the gap between this LRC and other repair sources.

LRC technicians can add AN/PRC-148 and AN/PRC-152 to their list of capabilities with the introduction and popularity of the Joint Tactical Radio System-Enhanced Multiband Radio (JEM) across the sphere of the war-fighter's arsenal.

LRC technicians have recently completed Harris Falcon III and Thales JEM level 3 repair training. Multiband inter/intra team radiosystems, such as these, provide ground-to-ground, ground-to-air and satellite communications. The JEM is an evolution of the battle-proven MBTR that consists of improved security, is capable of hosting future waveforms and offers access to higher data throughput and networking capabilities.

The LRC team can diagnose, identify internal faults, make repairs, update/upgrade software and pressure tests these hi-tech radios.

"We are certified by Thales to use our new shark tank pressurization system to ensure all repairs are watertight," said Pete McKenney, LRC radio technician. The radio is sealed and pressurized to simulate the water depth rating of each radio... either two or 20 meters, no one else around here can do that."

All LRC technicians have been manufacturer trained and certified. Some technicians were additionally sent to factory training by Harris RF Communications at their Rochester, N.Y., facility. The technicians are authorized to do level 3 repairs due to the LRC's advanced capability and training. Therefore, they can make repairs to Harris and Thales radios without voiding the warranty.

Future operations of the

LRC will allow technicians to leave the fixed facility and perform the same high-level maintenance in an Enhanced Mobileshop. The LRC radio technicians have a mobile test set giving them the added capability of performing on-site repairs to the AN/PRC-148 Thales JEM.

"There has been standardization across the Department of Defense recently so we now have the capability to service and maintain electronic and communication equipment to all branches of the armed services and federal agencies," said Lamont Shipman communications and electronics Shop supervisor.

The LRC Supply and Maintenance Division communications and electronics shop has already been successfully demonstrating their proficiency on AN/PRC-150, AN/PRC-117F and AN/VCR-110 joint tactical radio systems for pre-deployment training, unit provided training equipment, mobilizing and demobilizing units. Repair and service specialties include but are not limited to: tactical and commercial radios, single channel ground and airborne radio systems, intercom (vis-3) systems, headsets, alarm and notification devices, night vision devices, communication security embedded equipment and remote electronic target systems.

"The new MRAPs have very complex systems and sub-systems, but with our highly trained radio technicians, MRAP-U certified vehicle maintenance team and group of talented weapons experts, we can repair any fault to help our soldiers shoot, move and communicate," said Joe Rushing, LRC maintenance operations chief.

The LRC Supply and Maintenance Division is located at 8411 Range Road.

Contact Tom Fiori, LRC quality branch chief, at 562-1006 with any questions or to schedule a visit.

## Firefighters take home AMC awards



The joint base community would like to congratulate the following 87th Civil Engineer Squadron firefighters for winning Air Mobility Command Fire Emergency Services Awards: Civilian Firefighter of the Year – Thomas Wiecezrak; Military Fire Officer of the Year – Senior Master Sgt. Charles Morris; Ralph E. Sandborn Fire Department of the Year (large category) – 87th CES; 2012 Air Force Civil Engineer Fire Emergency Services Awards Civilian Category – Thomas Wiecezrak. (U.S. Air Force courtesy photo/Released)

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## Army leaders support Sexual Assault Awareness Month



Maj. Gen. William D. Razz Waff, 99th Regional Support Command commander, and Col. Jeff Doll, Army Support Activity-Dix commander, sign a joint proclamation at the Maj. John P. Pryor Army Reserve Center at Joint Base McGuire-Dix-Lakehurst, N.J., April 3, 2013, in support of Sexual Assault Awareness Month. The proclamation highlights the role the Sexual Harassment and Assault Response and Prevention Program plays in reinforcing the Army's commitment to eliminate sexual harassment and sexual assault incidents through awareness and prevention, training, victim advocacy, reporting and accountability. (U.S. Army photo by Staff Sgt. Shawn Morris/Released)

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This month we asked service members from around Joint base McGuire-Dix-Lakehurst:

# How do you relieve stress?

**Coast Guard Petty Officer 1st Class Sean Stone, U.S. Coast Guard Atlantic Strike Team damage controlman from Bremerton, Wash.**



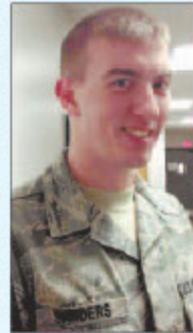
*"I relieve stress by driving around in my hot-rod '32 Ford."*

**Air Force Staff Sgt. Norma Ozuna, 621st Contingency Response Wing personnel program NCO in charge from Brooklyn, N.Y.**



*"I'm 30 weeks pregnant so to relieve stress I like to get off my feet and treat myself to a mani-pedi."*

**Air Force Staff Sgt. Matthew Sanders, 817th Contingency Response Group Training Flight NCO in charge from Oklahoma City, Okla.**



*"When I'm feeling stressed I like to run and when that isn't enough, I focus on my hobbies like wood crafting and golf."*

**Army Capt. Samuel Yim, 72nd Operating Brigade judge advocate from Delaware County, Pa.**



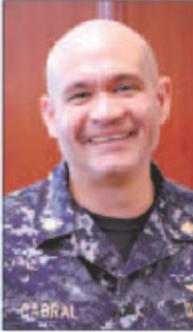
*"I like to relieve stress by making my son, Samuel, laugh."*

**Air Force Master Sgt. Pamela Ohman, 514th Air Mobility Wing equal opportunity advisor from Temecula, Calif.**



*"When I get stressed, I like to turn up the radio and go for a nice run outside."*

**Navy Lt. Cmdr. Juan D. Cabral, Fleet Readiness Squadron East and Aviation Support Detachment assistant officer in charge from Tampa, Fla.**



*"Working out, listening to music and spending time with the family help me relax."*

**Marine Sgt. Anthony Vega, Fleet Readiness Squadron East and Aviation Support Detachment Marine Aviation Logistics Squadron 49 quality assurance representative from Cleveland, Ohio.**



*"I like to ride my motorcycle, with a group or by myself. Riding my motorcycle makes me feel free and is just a good way to help me relieve stress."*

**Marine Lance Cpl. Cameron Ward, Fleet Readiness Squadron East and Aviation Support Detachment 500 Division airframes hydraulic mechanic from Leesburg, Va.**

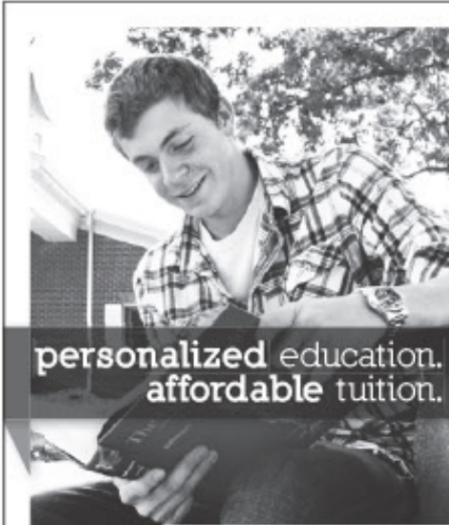


*"Exercising, playing sports, hobbies and off-road 4x4 driving."*

**Petty Officer 2nd Class Justin Riker, Fleet Readiness Squadron East and Aviation Support Detachment warehouse quality assurance petty officer from San Francisco, Calif.**



*"I usually pick up a basketball and play some hoops. I try to stay active to keep my mind from thinking about the stressful parts of my day. If you stay active, by the end of the day, you're usually too tired to think about any stressful situations."*



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# Joint Base Intramural Sports Standings

## 2013 Intramural Volleyball McGuire-Dix

| Team          | Win | Loss | PCT   |
|---------------|-----|------|-------|
| 314th RCS     | 13  | 1    | 0.929 |
| 87th CES      | 12  | 1    | 0.923 |
| 87th CS-A     | 13  | 2    | 0.867 |
| 87th MDG      | 12  | 2    | 0.857 |
| VR-64 Condors | 11  | 4    | 0.733 |
| AMC TES       | 10  | 4    | 0.714 |
| 605th AMXS    | 9   | 5    | 0.643 |
| 621st CRW     | 7   | 5    | 0.583 |
| 99th RSC      | 7   | 7    | 0.500 |
| 87th CS-B     | 7   | 7    | 0.500 |
| 87th LRS      | 7   | 8    | 0.467 |
| 87th FSS      | 7   | 8    | 0.467 |
| 305th MXS     | 6   | 10   | 0.375 |
| 305th OSS     | 5   | 9    | 0.357 |
| WMSE-A        | 4   | 11   | 0.267 |
| 87th CONS     | 4   | 12   | 0.250 |
| 87th WSA      | 3   | 11   | 0.214 |
| WMSE-B        | 2   | 13   | 0.133 |
| 305th MXG     | 0   | 4    | 0.000 |
| 7217 MSU      | 0   | 14   | 0.000 |

### Game schedule

#### Week 10

April 15 MFC 5:15 p.m. 87th CS - A vs. 87th CS-B  
 MFC 6:15 p.m. 87th FSS vs. 605th AMXS  
 MFC 7:15 p.m. 314th RCS vs. VR-64 Condors  
 MFC 8:15 p.m. 87th WSA vs. 305th OSS

April 16 MFC 5:15 p.m. 305th MXS vs. 87th WSA  
 MFC 6:15 p.m. 99th RSC vs. 87th CES  
 MFC 7:15 p.m. AMC TES vs. WMSE - A  
 MFC 8:15 p.m. 7217 MSU vs. WMSE - B

April 17 GFH 5:15 p.m. 87th CES vs. 621st CRW  
 MFC 5:15 p.m. 87th CS - A vs. 605th AMXS  
 GFH 6:15 p.m. 87th CONS vs. 314th RCS  
 MFC 6:15 p.m. WMSE - B vs. 87th FSS  
 GFH 7:15 p.m. WMSE - A vs. 99th RSC  
 MFC 7:15 p.m. 7217 MSU vs. 305th OSS  
 GFH 8:15 p.m. 87th MDG vs. 87th CES

April 18 MFC 5:15 p.m. 621st CRW vs. AMCTES  
 MFC 6:15 p.m. 621st CRW vs. 87th CS - B

GFH = Griffith Field House MFC = McGuire Fitness Center

## Lakehurst Volleyball - A League

| Team              | Win | Loss | PCT   |
|-------------------|-----|------|-------|
| Amish Ballers'    | 9   | 0    | 1.000 |
| Thump Thump       | 6   | 1    | 0.857 |
| Not Environmental | 5   | 4    | 0.556 |
| Crushers          | 4   | 5    | 0.444 |
| Unarmed Forces    | 3   | 4    | 0.429 |
| IKEA Monkeys      | 0   | 5    | 0.000 |
| Silver Bullets    | 0   | 8    | 0.000 |

PCT = Winning Percentage

### Game schedule

#### Week 6

April 15 11:15 a.m. Silver Bullets vs. Crushers  
 12:05 p.m. Unarmed Forces vs. Amish Ballers'

April 16 11:15 a.m. Not Environmental vs. ThumpThump  
 Make-up Amish Ballers' vs. Bye

April 17 11:15 a.m. Silver Bullets vs. Unarmed Forces  
 12:05 p.m. ThumpThump vs. Crushers

April 18 11:15 a.m. ThumpThump vs. Unarmed Forces  
 Make-up Not Environmental vs. Bye

## Lakehurst Volleyball - B League

| Team              | Win | Loss | PCT   |
|-------------------|-----|------|-------|
| Hangar Squad      | 9   | 0    | 1.000 |
| Rather Pickleball | 6   | 0    | 1.000 |
| Average Joes      | 4   | 3    | 0.571 |
| OFF CONSTANTLY    | 3   | 4    | 0.429 |
| UPS               | 3   | 5    | 0.375 |
| CNATT/TEST        | 3   | 5    | 0.375 |
| Little Giants     | 1   | 6    | 0.143 |
| The Gunners       | 0   | 6    | 0.000 |

PCT = Winning Percentage

### Game schedule

#### Week 6

April 15 11:15 a.m. Rather Pickleball vs. Little Giants  
 12:05 p.m. CNATT/TEST vs. Average Joes

April 16 11:15 a.m. The Gunners vs. Off Constantly  
 12:05 p.m. Hangar Squad vs. Rather Pickleball

April 17 11:15 a.m. UPS vs. Little Giants  
 12:05 p.m. The Gunners vs. Average Joes  
 Games played at Volleyball Court 2

## 2013 Intramural Golf JB McGuire-Dix

| Team        | Win | Loss | PCT   |
|-------------|-----|------|-------|
| 305th AMXS  | 0   | 0    | 0.000 |
| 305th APS   | 0   | 0    | 0.000 |
| 305th MXS   | 0   | 0    | 0.000 |
| 305th OSS   | 0   | 0    | 0.000 |
| 314th RCS   | 0   | 0    | 0.000 |
| 373rd TRS   | 0   | 0    | 0.000 |
| 605th AMXS  | 0   | 0    | 0.000 |
| 621st CRW-A | 0   | 0    | 0.000 |
| 621st CRW-B | 0   | 0    | 0.000 |
| 732nd AS    | 0   | 0    | 0.000 |
| 87th CS     | 0   | 0    | 0.000 |
| 87th FSS    | 0   | 0    | 0.000 |
| 87th LRS    | 0   | 0    | 0.000 |
| 87th SFS    | 0   | 0    | 0.000 |
| AMCTES      | 0   | 0    | 0.000 |
| EC          | 0   | 0    | 0.000 |
| ISBN        | 0   | 0    | 0.000 |
| MAG-49      | 0   | 0    | 0.000 |

PCT = Winning Percentage

### Game schedule

#### Week 1

April 16 Noon 621st CRW-A vs. AMCTES  
 Noon 305th MXS vs. ISBN  
 Noon 87th LRS vs. 621st CRW-B  
 Noon 314th RCS vs. 373rd TRS  
 Noon 305th APS vs. MAG-49  
 12:01 p.m. 305th OSS vs. 732nd AS  
 12:01 p.m. 87th CS vs. 87th SFS  
 12:02 p.m. 87th FSS vs. EC  
 12:02 p.m. 305th AMXS vs. 605th AMXS

All games played at Falcon Creek Golf Course  
 Current as of April 5, 2013.

## Holocaust

Continued from Page 4

that if he'd waited another week to be seen, he would have lost both of his legs - another close call. His toes and feet still had to be amputated.

"There was no anesthesia; three people were holding me down, I was screaming..." The agonizing medical procedures, the subhuman conditions, the starvation - Brisk said by the time he was 15 years old in the camp, he weighed only 27 kilograms, or approximately 59 pounds.

Hearing stories like these, shared at events like this one across the nation, serve important purposes in the military and the world. This year's National Days of Remembrance Theme is "Never Again - Heeding the warning signs."

"It's our hope that this event will properly memorialize the victims of the Holocaust,"

said Col. Craig A. Osborne, 174th Inf. Bde. commander, "This provides educational value to all of us, that we could each learn something from it; and strengthen our resolve to prevent future acts of genocide."

"It's important because we can't ever let that happen again," said Sgt. 1st Class Harold Hollander, 1st Batt., 314th Inf. Reg. Hollander contributed to the ceremony by lighting one of the remembrance candles, and was also a featured speaker. His grandfather, Marion Kstonek, who passed away in October 2000, was a Holocaust survivor and family patriarch.

"He was a big part of my family life," said Hollander. "Growing up, I remember all the major holidays were at his house, all my relatives together. He and my grandmother had 11 children, and you can imagine all the children and grandchildren that would gather... It was because of his gatherings... that we came together as a family."

Like Brisk, Hollander said it was difficult for his grandfather to talk about what he

endured at the hands of the Nazis.

"He would talk about them briefly - a lot of times he'd start to get tears in his eyes in remembrance of what he had lived through," Hollander said.

Seeing the effects of genocide first-hand in 1999 helped Hollander begin to understand why his grandfather was so reluctant to discuss the events of the Holocaust. When Hollander was assigned to the 82nd Airborne Division in Kosovo, some of the local Albanians took him and his team to see mass graves of Albanian people.

"It wasn't until after my service there that I understood a portion of the atrocities my grandfather had to endure," said Hollander.

During the ceremony, six 174th Inf. Bde. Soldiers came forward, one at a time, each to light a candle in remembrance of different groups of people dehumanized by the Nazis. The people honored included those with disabilities and disabling conditions who were starved to death and murdered; the 1.5 million infants and children exterminated;

residents of the Warsaw ghetto who were rounded up, displaced and murdered; and those who perished at each of the six concentration camps.

A seventh candle was then lit by Rita Amanik, the second Holocaust survivor in attendance. Everyone in the room stood in support and honor of her presence and all that she endured as her name was called and she moved forward.

Attendees standing included not only service members and joint base civilians, but also approximately 40 members of the local Lakewood Jewish community. About 30 of those were Brisk's children and grandchildren.

Despite all he endured, Brisk said he has no feelings of vengeance toward the Nazis.

"God will do the revenging," Brisk said. "My revenge is creating a family. Every child born is a defeat of Hitler."

Visit [www.facebook.com/174inf](http://www.facebook.com/174inf) for additional information, photos and video from the event.

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**PALMYRA:** 1 BR, newly renovated, 2nd floor, non-smoking. No pets. \$700/mo. + utilities. 658-863-3322

**PEMBERTON UNIVERSITY PARK APTS.**  
1&2 BR start at \$850 609-894-9396

**RIVERSIDE 1 BR, private home, fresh paint, close to Rivertown. \$950 + 1 1/2 mo. security. 858-513-6506**

**Homes for Rent**

**BROWNS MILLS Rent to Own 3BR, 1BA. Great terms. \$1299/mo. \$129,000. 609-290-5243**

**MARLTON 4 BR, 2 1/2 BA, 1 Car Gar., LR, DR, EIK, Sunroom, CIA, Gas Heat No Pets. \$2,000/mo. 856-217-5500**

**Medford 3BR, 1 1/2 BA split level w/garage & fenced back yard. Washer & dryer. Unfurnished. Pets ok. \$1950/mo. 607-483-8757**

**Marketplace**

**Articles for Sale**

**A Queen Size Pillow Top Mattress**  
Set new in plastic. Must Sell! \$150.  
Call 548-225-5361

**Transportation/Auto**

**Autos Wanted**

**WE BUY**  
• Unwanted Vehicles  
• Wreck/Flood Damaged  
• Non-running  
• Free Towing  
IF IT HAS WHEELS, WE BUY IT!!  
PAYING UP TO \$500 CASH!!!

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215-949-4242

# NEWSNOTES

## Balfour Beatty Communities Foundation Seeks Applicants

The Balfour Beatty Communities Foundation is offering scholarships to the 2013-2014 academic year high school and undergraduate students of military members residing in family housing.

In recognition to the importance of education and its continuing rising cost, BBCF is promoting the pursuit of education and a commitment to community leadership through educational scholarships. The application deadline is April 15, 2013. Visit [www.bbcommunitiesfoundation.org](http://www.bbcommunitiesfoundation.org) for application details and requirements.

## Working Through Anger Workshop

The Librarian and Resource Commons, in partnership with the American Red Cross and New Jersey Chapter of Blue Star Families, is set to host a Working Through Anger Workshop 6 p.m. April 15, 2013, at 2603 Tuskegee Airmen Ave. The workshop addresses the anger that can occur when couples, friends and families are reunited after a deployment. The 60-90 minute workshop is limited to 15 participants. Contact 754-2079 or [newjersey@bluestarfam.org](mailto:newjersey@bluestarfam.org) for more information or to register.

## Candlelight Remembrance

The Joint Base Special Observance Committee is set to host a Candlelight Remembrance at Tommy B's Community Activities Center, located at 2705 East Arnold St., 11-11:30 a.m. April 16, 2013. The event will be hosted by Chaplain (Maj.) Raphael Berdugo in the Colonial Room.

## Holocaust Remembrance Luncheon

The Joint Base Special Observance Committee is set to host a Holocaust Remembrance Luncheon at Tommy B's Community Activities Center, located at 2705 East Arnold St., 11 a.m. to 1 p.m. April 16, 2013. Guest speaker Charles Middleberg, who lived in France during WWII, will share his story of how the Holocaust changed his life, and the lives of his family members. Lunch will be a Mediterranean buffet and will cost \$16.74 per person; a \$1 off discount is offered to Club members. Call 754-4047 for more information.

## PASS Workshop

The Military and Family Support Center is set to host a PASS Workshop - Transitioning to Kindergarten - Preparing your preschooler for kindergarten, at the Child Development Center Two, located at 2414 Tuskegee Airmen Ave., 11 a.m. to noon April 17, 2013. Pre-registration is recommended. Call 754-3154 for more information.

## Legal Office Closure

The 87th Air Base Wing Legal Office is set to be close at noon, April 19, 2013. The office will resume normal operation the next day.

## 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 Broidy 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

## From 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 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.

Repaving of Hancock Road is currently scheduled for completion by mid-March. Traffic will be reduced to one way with flaggers during paving operation. Portions of Hancock Road and Steven Circle may be closed due to low traffic volume and availability of detour routes. Watch for workers striping roads.

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

Point repairs and slip lining of sanitary sewer mains and services is currently scheduled through June 2013 in the 5600 area of Dix. Access to sidewalks, parking lots, alleys and streets may be limited or restricted for short periods of time (up to a day) throughout the 5600 area as the work progresses.

### 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 through April 30, 2013. 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 26, 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).

### Traffic Light Repair

The installation of a new traffic light post and signal is scheduled at the intersection of Fort Dix Road and Route 68 from 9:30-11:30 a.m. April 17, 2013. Traffic on Fort Dix Road merging onto Route 68 may experience delays as vehicles must make a left turn from the right-side lane of the intersection. A traffic flagman will direct traffic at this intersection.

# Supply

*Continued from Page 1*

expensive aircraft parts by an outside agency. The FRC-E/ASD must track parts from here to their final destination and back.

"We have to track every single part from 'cradle to grave' that is aviation-depot-level repairable," said Cabral, a Tampa, Fla., native.

The training program inspection involves ensuring a weekly training program is in place.

"We revamped our program in January 2012, implementing the new program which actually scored very high during the SMI," Cabral said.

Security involves the storing of classified and expensive items. The inspector ensures the building has proper fencing, security cameras and signs.

The FRC-E/ASD earned an overall "Outstanding" despite one "Excellent" rating for the supply readiness section.

"The strong leadership and expertise provided by senior personnel combined with the enthusiasm and dedication of subordinate personnel greatly contributed to the success of the aviation supply support operations," according to the CNAF Supply Management Inspection Team Leader Memorandum.

The unit was subjected to 304 inspectable items, many of which had multiple graded sub-items. Each inspector was assigned to a work center representative who they shadowed throughout the inspection.

"The inspectors observe how you do your day-to-day operations and at the same time they are going through the checklist," said Cabral. "So what I tell the folks here is that the inspection is not over until the inspection team departs."

The SMI put the FRC-E/ASD to the test but members didn't feel overwhelmed.

"It wasn't really easy and it wasn't really tough, but they did ask good questions; they made you think," said Katherine Taylor, FRC-E/ASD supervisory inventory management specialist and North Wales, Pa., native.

Taylor is 26-year detachment veteran and has been through a few inspections, but for some members this was their first SMI experience.

"It was a learning experience," said Petty Officer 3rd Class Kaylne Goodson, FRC-E/ASD supply response section program

management unit expeditor who hails from Colorado Springs, Colo. "The inspectors worked with us. Even when we got hit on something, they would explain why we got hit and tell us some ways how not to get hit. I feel better-educated and more comfortable about going through another one."

The unit created a Plan of Action and Milestone and a preparation plan stating the different phases to prepare for the inspection. The unit started by familiarizing the most-junior individuals in the detachment with the checklist and worked their way up the chain of command.

"We wanted to empower our most junior folks on what the checklists entail and help them understand how we can grade ourselves at a given time based on those items to be assessed," said Cabral. "We also conducted a full audit of ourselves and completed a wall-to-wall inventory, meaning a complete inventory of the consumables and AVDLRs. With all these things in place, we knew we were setting ourselves up for success."

The "Outstanding" is just one of many accolades FRC-E/ASD achieved throughout 2012. The unit's other accomplishments include integrity of the Navy Enterprise Resource Planning system; the first Navy-wide, wall-to-wall inventory under N-ERP; the highest Aviation Maintenance Inspection score fleet-wide for any FRC; the Joint Base McGuire-Dix-Lakehurst Unit Safety Office of the Year Award; and the Retention Excellence Award.

"Every single program did very well and I'm really proud to serve with these outstanding warriors," stated Cmdr. Frank Seguin FRC-E/ASD officer in charge.

The FRC-E/ASD commemorated its second year here since the 2005 Defense Base Closure and Realignment Commission brought the unit from Joint Reserve Base Willow Grove, Pa.

The unit's organizational structure consists of 146 Sailors, Marines and civilian personnel providing maintenance and logistics support to C-130 Hercules aircraft from Fleet Logistics Support Squadron 64, CH-53E Super Stallion helicopters from Marine Heavy Helicopter Squadron 772, UH-1N Huey and AH-1W Cobra helicopters from Marine Light Attack Helicopter Squadron 773 Detachment B.

## Joint Base McGuire-Dix-Lakehurst Chapel

### Chapel Locations

- McGuire Chapel - 2503 East Arnold Avenue
- North Chapel - 3827 School House Road
- Dix Chapel - 5240 New Jersey Avenue
- Soldier's Chapel - 5950 Church Street
- Cathedral of the Air - 264 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

#### 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 609-754-3935 or 3936.

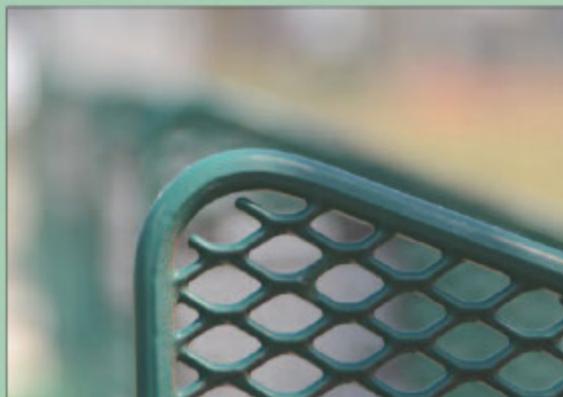


## Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

# BOX BLUES



# 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 the bustle rack on a M60A3 Main Battle Tank. The M60A3 went into service in 1978. Armament included a 105 mm main gun, a 12.7 mm machine gun and 7.62 mm machine guns.



*Celebrating the Month of the Military Child*

**\* Exceptional Family Member Program \***

## RESOURCE EVENT

In partnership with the  
EFMP - Military and Family Support Center and EFMP - Medical Support

**Date:** Wednesday, April 17, 2013

**Time:** 11:00 a.m. to 2:00 p.m.  
1-2 p.m. EFMP Panel Discussion

**Location:** Military and Family Support Center  
3435 Broidy Road



This is a resource opportunity - Military and Civilian Agencies will be present to assist with important EFMP information

"Exceptional Family Member Program is a system unique to the military where professionals work together to help special needs families navigate through daily military life experiences."

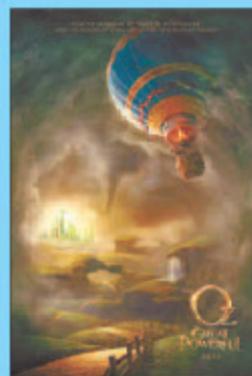
Call the Military & Family Support Center 754-3154 for more information.



### Joint Base Theater Movie Schedule



**Friday:**  
7 p.m. Safe Haven (R)



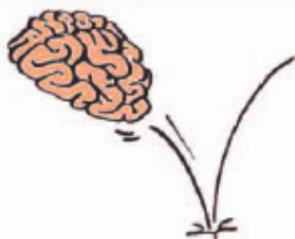
**Saturday:**  
2 p.m. Oz The Great and Powerful (PG)



**Saturday:**  
7 p.m. Snitch (PG-13)

## Hard Time Bouncing Back?

**Schedule a Resiliency Enhancement Visit to learn additional skills to expand your LIFE TOOL KIT!**



Struggling with the daily stresses of life? Feeling overwhelmed? Just looking for skills to deal with a difficult situation in your life? A **Resiliency Enhancement Visit** may be the venue for help. Each active duty member is entitled to four REV's per year. The program is available to active-duty service members only.

People who are ineligible include those who:

- Have a current mental health, substance abuse or family advocacy record.
- Have an active or recent (within the last two years) mental health diagnosis.
- Are at risk for or are reporting suicidal/homicidal behavior or ideation, or domestic violence.
- Are currently taking psychotropic medications even if prescribed by a primary care manager.

Call (866) DRS-APPT (377-2778) or stop by the 87th MDG Family Health check-in kiosk to schedule a REV.

87th Medical Group  
Behavioral Health Optimization Program  
5405 Neely Rd  
JB MDL, NJ 08041  
Phone: 609-784-9524

*"Resiliency is the vitamin of mental health."*



## 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 [87.abw.pa@us.af.mil](mailto:87.abw.pa@us.af.mil) to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

### Easy Fish Tacos

Delicious fish tacos full of flavor that are quick and easy to make. Serves four.

#### Ingredients

- 1/4 cup sour cream
- 2 tablespoons freshly squeezed lime juice
- salt and pepper to taste
- 1 jalapeno (cut in half)
- 2 1/2 cups red cabbage (shredded)
- 4 onions (diced)
- 2 tablespoons extra virgin olive oil
- 1 pound tilapia fillet strips
- 8 flour tortillas
- fresh cilantro for garnish

#### Cooking Instructions

1. In a bowl, combine together the lime juice and sour cream, then add in salt and pepper and season to taste. Divide mixture in half, setting aside one half for later.
2. Dice half of the pepper and set aside.
3. In the same bowl with the sour cream mixture, add in all of the cabbage, onion, and remaining pepper. Mix well.
4. In a pan over medium heat, place olive oil and half of the pepper. Season fish to taste and fry the strips in the pan until golden, about five minutes. Remove pepper.
5. Warm tortillas before serving.

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

