

NEWSNOTES

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

Soccer Tournament Road Closures

Select roads on the joint base will be closed May 25-26, 2013, due to scheduled soccer tournaments here. Soccer participants will only be able to enter through gate 3A. The following roads will be closed: New Jersey Avenue and Montpelier Street; West 16th Street and Montpelier Street; Newport Street and Doughboy Loop; All Doughboy parking lot entrances and exits, with the exception of the first two closest to 16th Street; Doughboy parking lot separation between pool and lot; 16th Street and Pennsylvania Avenue; 16th Street and 19th Street spur at triangle; 13th Street and Newburgh Avenue; 12th Street and Newburgh Ave; 11th Street and Newburgh Avenue; Millville Avenue and Pennsylvania Avenue. Call 754-0226 for more information.

Pemberton Gate Closure Schedule

The Pemberton Gate is scheduled to be closed May 27, 2013, in observance of Memorial Day. The Pemberton Gate hours will be adjusted to 7-9 a.m. and 2-4 p.m. June 14, 17 and 18 to accommodate the Dix Elementary School early dismissal schedule. The final time and day the Pemberton Gate will be open is from 7-9 a.m. and 2:15-4:15 p.m. June 19, 2013. The Pemberton gate will close June 20 for the summer break and re-open with the new school year.

Junior Bowling Tournament

The 87th Force Support Squadron is set to host a Junior Bowling Tournament 4 p.m. May 26, 2013, at the Lakehurst Bowling Center, located at 489 Sanuk Road. Children will compete against bowlers in their age group. The fee is \$4.50 per person and is open to all Department of Defense ID cardholders. Call (732)323-2027 for more information.

AFFSA Golf Tournament

The Air Force Sergeants Association Chapter 211 is set to host a golf tournament Noon May 30, 2013, at the Falcon Creek Golf Course, located at 2007 Can Do Way. The format is 4-person scramble "Best Ball." The tournament is open to all Department of Defense ID card holders. The entry fee is \$50 per person and covers green fee, golf cart, prizes and lunch. Call 754-1643 or 754-1649 for more information.

Baby and Toddler Expo

The 87th Medical Group is set to host a Baby and Toddler Expo 10 a.m. to 1 p.m. May 30, 2013, at the Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The expo is open to all Department of Defense ID cardholders and will feature more than 40 vendors. The event will also include information on car-seat checks, cord-blood banking, massages, early intervention and much more. Call 754-9680 for more information.

Children's Pottery Class Session

The 87th Force Support Squadron is set to host a four-weeks Children's Pottery Class 10:30 a.m. to noon Saturdays June 1-22, 2013, for children ages 6-10 at the Arts and Crafts Center, located at 6039 Philadelphia St. The fee is \$40. Preregistration is required. Call 562-5691 for more information or to register.

Résumé Review Workshop

The Military and Family Support Center is set to host a Résumé Review workshop 11 a.m. to 1 p.m. June 3, 2013, at 488 Walsh Drive. Preregistration is required. Call (732) 323-1248 for more information or to register.

Bundles/Budget for Babies Class

The Military and Family Support Center is set to host a Bundles/Budget for Babies Class from 9-11 a.m. June 5, 2013, located at 3435 Brody Road. The class offers resource information and briefing from various base programs including Family Support Center, Family Action Plan, Health and Wellness Center and Child Development Centers to new expectant parents. Preregistration is required. Call 754-3154 for more information or to register.

Civilian Résumé Workshop

The Military and Family Support Center is set to host a Civilian Résumé Workshop 9-11:30 a.m. June 5, 2013, at 3435 Brody Road. The workshop provides an overview on how to make your résumé a better marketing tool. Preregistration is required. Call 754-3154 for more information or to register.

Group Preparation Counseling

The Military and Family Support Center is set to host a group preparation counseling from 2-4 p.m. June 6, 2013, at 3435 Brody Road. Complete mandatory needs assessment counseling required for out-processing. Receive a preparation counseling checklist. Call 754-3154 for more information.

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Airmen practice exiting a mine-resistant, ambush-protected vehicle after a simulated rollover during egress training May 13, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Strobe lights, loud speakers and fog simulators were used in addition to the MRAP egress trainer to simulate combat conditions. (U.S. Army photo by Sgt. Cody Stagner/Released)

Airmen get flipped in egress training, feel the HEAT

By Sgt. Cody Stagner
 133rd Mobile Public Affairs Detachment

Normally, one does not typically expect to see Airmen being flipped upside down in Humvees wearing full battle rattle. More than 30 airmen conducted egress training May 13, 2013, here in preparation for deployment in support of Operation ENDURING FREEDOM in Afghanistan.

"This training is teaching us how to escape a rolled-over vehicle safely," said Air Force 2nd Lt. Shandon L. James. "This is important because it increases everyone's life expectancy over there."

James, 30th Civil Engineer Squadron engineering adviser from Vandenberg Air Force Base, Calif., said he values the importance of this training that may save his life while traveling to and from different forward operating bases in Afghanistan during next few months as he advises local nationals on building projects in the region.

Service members from all branches are trained here to the highest standards in safety prior to deployment in support of contingency operations.

The dual vehicle egress trainer combines Humvee and mine resistant ambush protected vehicle egress exercises as a proactive preventive approach to saving lives. The Humvee and

MRAP machines rotate 360 degrees to give occupants the realistic feeling of being flipped in an armored vehicle. It includes battlefield sounds, lights, fog and scenarios to prepare service members for combat action.

"After we egress, we practice other valuable skills, such as setting up a perimeter and rallying to a safe location before evacuation," said James.

Army Staff Sgt. Matthew E. Parsons, an instructor for the dual vehicle egress, said from 2003 to 2006, 406 people were involved in rollovers overseas. Out of that 406, 150 persons died from wounds suffered when their vehicles rolled over.

"Practicing good safety measures saves lives," he said. Parsons also said individuals trained in dual vehicle egress have 250 percent chance of survival compared to those not trained.

"Practicing good safety measures saves lives," he said, adding that drivers and passengers not wearing their seat belt are six times more likely to die than those wearing seat belts.

The training is just another tool the Department of Defense uses to prepare service members for their tours.

"We train them just in case," said Army Sgt. 1st Class Keith C. Hande, from 2nd Battalion, 309th Regiment. "This is a good training to have and good training we hope not to ever have to use."

Rededication ceremony honors historic aircraft

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

Joint base leaders and community members gathered to rededicate the C-118 Liftmaster static display May 14, 2013, at the circle in front of the McGuire Passenger Terminal here.

The ceremony was the culmination of a more than three-year restoration project taken on by 305th and 514th Air Mobility wings and 87th Air Base Wing volunteers.

A group led by Senior Master Sgt. Chris Hofrichter, 514th Maintenance Operations Flight superintendent, and retired Master Sgt. Corinne Alvord, former 305th AMW historical property custodian, was assembled in October 2009 to take on the daunting aircraft restoration project.

"The reason we are out here today is to recognize to the total-force effort that went into getting this aircraft back into pristine condition," said Col. Rick Williamson, 305th Air Mobility Wing commander. "This labor of love has a lot of sweat equity."

Alic Nelson, 305th AMW historian, took the audience back through time starting when this particular C-118 first arrived March 25, 1955, at then McGuire Air Force Base. The C-118 saw service all over the world to countries like Nigeria, Greenland, Brazil, Guam, Turkey, Libya and New Zealand to name a few, during its years at McGuire. Most missions involved troop transport, but some also held cargo configurations. One of the C-118's most notable legacies is that Sgt. Elvis Presley returned to the U.S. from Germany for discharge on this very aircraft.

"I think to really do a project like this right, you have to



Senior Master Sgt. Chris Hofrichter, 514th Maintenance Operations Flight superintendent and C-118 Liftmaster restoration project manager, thanks his team of volunteers and all who had a hand in the almost four-year restoration project during a ceremony May 14, 2013, at the circle in front of the McGuire Passenger Terminal at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Wayne Russell/Released)

delve into the history aircraft," said Hofrichter. "Miss Nelson definitely helped us with that."

Williamson went into detail of what kind of work had to be done to restore the aircraft to "like-new" condition. Repairs included replacing the tires, removing and cleaning the windows, repairing the sheet metal, applying a fresh coat of paint

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Improve yourself

Staff Sgt. James J. Blankinship, 573rd Global Support Squadron air transportation specialist, is the joint base's featured service member of the week.



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PATS testing assures function

Nine seconds could mean the difference between life and death for approximately 40 members of the Kentucky National Guard's 1103rd Law and Order Detachment.



4

Marksmanship fundamentals

Getting deploying service members familiar with their assigned weapon is a top priority here before getting sand in their boots or sending bullets down range. McGuire-Dix-Lakehurst, N.J.



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Check out JB MDL on social media!

Facebook: /jbmil
 Twitter: @jointbasemil
 YouTube: jointbasemil

Drill sergeants prepare for summer surge

By 1st Lt. Dan Maher
89th Training Division

It's early spring at Joint Base McGuire-Dix-Lakehurst and the pre-dawn stillness at Range 29 is disturbed by the gurgle of diesel engines as Soldiers from the 3/385th pull up and begin off-loading weapons and ammunition in preparation for the day's training. These drill sergeants aren't training privates though; they're training their own battalion of Army Reserve drill sergeants in the latest tactics and training equipment that will prepare newly-enlisted soldiers this summer at Basic Combat Training facilities throughout the country.

As high school ends for the year, thousands of future Soldiers prepare to step into the world of Army life. The amount of preparation involved in training reflects the rigors and dangers of that life to a large degree. All throughout the year, drill sergeants maintain and improve their combat skills in much the same manner as other Soldiers with one difference; the skills they develop will be passed on to new Soldiers who will use them to survive in combat. Drill sergeants train themselves with a sense of urgency. Across the nation, mothers and fathers count on the expertise of the drill sergeant to ensure their loved ones' survival.

Keeping up with the latest training

technologies, 3/385th personnel met with the helpful people at TAS-C prior to the field exercise and determined the best methods for simulating close quarters engagements. Utilizing the Ultimate Training Munitions systems, Soldiers can engage the "enemy" with their own issued weapons by simply changing the bolt carrier and loading up with specially designed, non-lethal marking cartridges. Once the bolt carrier is changed the weapon is rendered incapable of firing live ammunition. Soldiers acting as enemy forces as well as the squad members going through the training lanes then don protective face gear and prepare for battle.

Last week's training scenario focused on rescuing a downed pilot from within an enemy encampment. Leaders were issued a warning order and an operations order and were required to organize a plan which included movement and extraction, but the heaviest part of the training was the execution of battle drills, highlighting individual and team Soldier skills. Like all other drill sergeant training, these exercises met or exceeded training and doctrine standards set forth by the Department of the Army.

According to the UTM website, UTM won the Close Combat Mission Capability Kit contract for the Army on Sept. 23, 2005. When outfitted on an M16 platform, UTM 5.56 mm

Man-Marking-Round has an approximate effective range of 30 meters. Soldiers training under the tutelage of Sgt. 1st Class Marshall had an opportunity to test out the round and the system. Many of the battalion's drill sergeants previously trained with various marking systems, the Multiple Integrated Laser Engagement System and M755 Blank ammunition with Blank Firing Adapter. They were impressed with the new UTM system.

A major benefit of training with UTM's was referred to by Master Sgt. Arroyo, Battalion Training noncommissioned officer, as "pain penalty for mistakes." Before we had UTM, if a Soldier didn't get behind cover and was shot with a blank, someone might give him a "no-go" on that particular training evaluation. Failure to seek cover during UTM training can result in being hit by a pain-inducing marking cartridge. Yes, it stings.

"Pain is a great motivator," said

Arroyo. The protective gear and reduced vulnerabilities of the marker, as well as an expertly prepared and implemented Risk Assessment, kept the injuries down to zero.

So as the sun burned through the early morning fog of South Jersey

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Only fools sit around wishing for good old days

By Chief Master Sgt. William Harrington
31st Logistics Readiness Squadron

AVIANO AIR BASE, Italy — I was recently sitting on my uncle's porch in Compton, Calif., talking with him about the Air Force and the Los Angeles Lakers when my uncle began playing Al Green on a new stereo system he had just purchased.

As we reminisced, I asked my Uncle James, "What happened to the old days when you played your albums and 45s?"

My uncle looked at me and said, "Only a fool sits around and wishes for the old days."

He went on to further explain. "Things are constantly changing and to remain relevant all of us must be willing to change," he said.

So I ask you, how many times have you heard about the "Old Air Force?" When I joined the Air Force in the old days, it seemed as if we had unlimited dollars and numerous personnel. I can remember hot seating — sharing a desk with three other Airmen. There were unlimited resources and more than enough personnel to accomplish the mission in the good old days.

Our nation has changed, our Air Force has changed, our enemies have changed, and the way we train and fight has

changed. We must change or change will be forced upon us. Due to budgetary constraints and personnel reductions, our Air Force leaders has been forced to make some tough calls. Leaders at all levels are being forced to look at better and more efficient ways to accomplish the mission. The good old days are gone forever.

My uncle used the word "fool" but he didn't use in a disrespectful or demeaning way. What he meant was, life is meant to be lived looking forward. The same can be said about our great Air Force. If we are to remain the world's greatest fighting force we must continue to look forward. We must continue to develop and leverage leading edge technology. More importantly, we must continue to develop and educate our officer and enlisted forces. It is the great minds of individuals like yourself who will continue to move our great Air Force forward.

We can't ever begin to think what worked yesterday will work tomorrow. The victories of yesterday do not guarantee easy wins tomorrow. We can't get caught up living, wishing, hoping for the good old days. We must stay in front of the enemy. We must continue to pursue and destroy those whose aim is to harm our way of life.

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COMMANDER'S ACTION LINE



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

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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Service member spotlight: improve yourself



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

Staff Sgt. James J. Blankinship, 573rd Global Support Squadron air transportation specialist, is the joint base's featured service member of the week.

Q: Why did you join the military?

A: I loved the military since I was about 4 years old when I saw my first air show. As I got older, and got into JROTC and the Civil Air Patrol, as well as visiting several military installations, I began to see the structure and way of life and thought that was my path in life.

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

A: I am the aerial port load planning, and technical specialist program manager for the 621st Contingency Response Wing. I would like to think I provide our unit's personnel with the training they need to fulfill these functions.

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

A: My dad was in the Navy, my two older brothers are in the Marine Corps, my uncle, grandfather and great grandfather were in the Army. You can say the Department of Defense is the family business.

Q: Who most inspires you?

A: My family greatly inspires me as well as my fellow service members and supervision.

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

A: Seize any opportunity to improve yourself. Don't complain, rather, provide a solution to a problem. Lastly, set yourself up for success.

Armed Forces Freedom Riders roll on



Armed Forces Freedom Ride riders hit the flightline during the 7th annual nearly-40-mile ride May 19, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J., despite poor weather. Motorcycle riders traveled from Barb's Harley Davidson in Mt. Ephraim, N.J., to JB MDL where they rode the airfield and finished with a picnic lunch on base. The annual Freedom Ride benefits the Burlington County Military Affairs Committee and Marine Corps Law Enforcement Foundation of Philadelphia. (U.S. Air Force Photo by Senior Master Sgt. Denise Johnson/Released)

NEWS ONLINE

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

For up-to-date joint base
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www.jointbasemdl.af.mil



Joint base cancels Fourth of July celebration

By Joint Base McGuire-Dix-Lakehurst Public Affairs

Joint Base McGuire-Dix-Lakehurst's annual Fourth of July celebration has been officially canceled due to the current fiscal constraints.

The annual celebration - featuring static displays, entertainment and a fireworks show - provided the joint base with an opportunity to show our appreciation to the surrounding communities and celebrate the birth of our great nation. It also provided the joint base with an opportunity to highlight the active-duty, reserve and guard service members of the Army, Marines, Navy, Air Force and Coast Guard who ensure total force integration by training, supporting and sustaining global contingency operations from the joint base.

The decision to cancel the event follows the Department of Defense's recent announcement requiring most civilian employees to be furloughed beginning in July. The joint base relies heavily on the expertise the civilian workforce brings to the table. In this instance, the Fourth of July celebration would require extensive resources and the support of the joint base's civilian employees to host the event.

The cancellation also follows a number of other cancellations of military open houses, airshows, flyovers, orientation flights, and service aerial demonstration team performances from the U.S. Air Force Thunderbirds, the U.S. Navy Blue Angels, the U.S. Army Golden Knights, and many others.

The joint base encourages community members interested in learning more about the nation's only tri-service joint base to contact the Joint Base Public Affairs Office for information on limited opportunities to schedule a windshield or base tour.

Contact the Joint Base Public Affairs Office at (609) 754-2104 for additional information.



(U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

EMS workers respond to call of duty

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

Every step in the Emergency Medical Services process has its own specialist whether it is a firefighter, emergency medical technician or advanced life support technician. Each emergency response professional undergoes respective training and expertise, personal experience, trials and tribulations. The varying professionals come together to achieve a common goal: to ensure the safety and well-being of their communities. This is reflected in National EMS Week 2013 motto, "one mission, one team."

May 19-25, 2013, marks NEMSW to recognize EMS professionals across the country.

The Joint Base Fire Department here employs firefighters who are also certified as EMTs; dedicated EMTs; and ALSTs.

"We respond to more medical emergencies than fires so it's imperative to recognize the hard work and dedication of our EMS professionals," said Senior Master Sgt. Charles Morris, 87th Civil Engineer Squadron Fire and Emergency Services deputy chief.

EMS professionals work to ensure a standard response time of 10 minutes from the time of an incident to on-scene response. Firefighters and EMTs stay on alert at the firehouse for any announcements from the loud speaker. They also ensure their equipment on board their vehicles is maintained and ready for action.

"I've learned in my 20 years as an EMT that anything can happen when responding to a call," said fire Capt. David Harris, 87th FES paramedic. "The most important thing is to use common sense and rational thinking to work through the unexpected situations."

The process begins when a person in distress calls 911 and is routed to the fire and EMS dispatch center which is located in the firehouse. Dispatchers receive the call and then determine the best course of action based on a strategic series of questions designed to provide the most relevant information. The dispatcher's goal is to get a response team into action within one minute of receiving the call. He or she will remain on the phone with the caller until the tasked



Fire Capt. David Harris performs routine checks on Tech. Sgt. John Randall who is playing the role of a person with a possible spinal cord injury May 21, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Harris, 87th Civil Engineer Squadron paramedic, and Randall, 147th Reconnaissance Wing firefighter at Ellington Field, Texas, are two of many emergency medical service providers recognized during National EMS Week annually. (U.S. Air Force photo by Airman Sean M. Crowe/Released)

team arrives on-scene. Dispatchers are specially trained to provide comfort and advice to distressed callers.

"Handling medical calls is the most difficult part of the job in my opinion," said Tech. Sgt. Joshua Fawbush, 87th CES Fire Alarm Communications Center noncommissioned officer in charge. "People want comfort during that time of stress and it makes those calls extremely personal. One of our dispatchers had to deliver a baby over the phone recently."

The dispatcher assisted the father with delivering the baby on Lakehurst from the dispatch center on McGuire.

The dispatch center takes calls and dispatches for all EMS services on the joint base. Dispatchers are firefighters who become certified to serve a six-month rotation in the center.

Firefighters take the reins when they rush to the scene.

"EMTs typically arrive after firefighters because the firefighters provide scene security for any chemical or fire issues," said Tech. Sgt. Willsondo Albeus, 87th MDG Ambulance Services noncommissioned officer in charge. "Firefighters will also begin providing any treatment they can until EMTs arrive on scene since they are also EMS trained."

The ALSTs must respond if further treatment is required on scene. EMTs cannot administer IV or medications. ALSTs will be notified of a response and are prepared to dispatch even if they do not ultimately have to respond.

"The toughest part of the job is always the unpredictability," said Senior Airman Robert Goldsberry, 87th MDG Ambulance Services aerospace medical technician.

"We can get a lot more done together than we can alone," said Morris.

EMS professionals dispatch from one of four stations at JB MDL. Three stations are

on McGuire and Dix in addition to the one firehouse on Lakehurst which is manned with its own EMTs and ambulance.

First responders saved a man's life on Dix during National EMS Week. Stations three and four here responded at 10:30 a.m. May 20, 2013, to Griffith Field House to find a male in cardiac arrest. GFH employees administered life-saving shocks with an automated external defibrillator until firefighters were able to take over and perform CPR. EMTs transported the man to Deborah Hospital while still in cardiac arrest. The man regained consciousness while in route to the hospital where he began recovery.

Examples of saved lives like this one happen routinely with the help of the joint base's EMS personnel. The responders 12-hour shifts on a panama schedule to ensure the safety and well-being of their community.

SALT seasons joint base members with drunk-driving knowledge

By Airman Tara A. Williamson
Joint Base McGuire-Dix-Lakehurst Public Affairs

Several hundred service members attended the Save A Life Tour presentation May 17, 2013, at the Timmermann Center here.

The tour's focus is informing audiences of the dangers of drunk driving.

The upcoming four-day Memorial Day weekend and the recent push from the National Transportation Safety Board to lower the legal alcohol limit to .05 from .08 made Denise Horton think about service member safety. Horton is the Dix Army Substance Abuse Program drug and alcohol control officer.

The team of two, Anthony Lawrence, SALT road crew member, and Andrew Tipton, SALT manager, had the simulator and displays set up for service members to learn from.

"(The simulator is) three flat-screen monitors mounted to the inside of a vehicle with all the gauges and all the lights and turn signals," said Lawrence. "It looks like you're sitting in the front seat of a car."

A person sits in the simulated vehicle and "begins" driving around. Delays have been put in the steering wheel,



Service members of all ranks lined up to try the drunk-driving simulator during the Save A Life Tour May 17, 2013, at the Timmermann Center on Joint Base McGuire-Dix-Lakehurst, N.J. The members of SALT travel the world to provide safety information and share life experiences about drunk-driving incidents in order to educate people about the dangers of mixing alcohol and automobiles. (U.S. Air Force Photo by Airman Tara A. Williamson/Released)

...le so you can see from a sober standpoint how your brain solves that problem of the delayed reaction after drinking without any of the dangers of being behind the wheel of an actual car." An eye-catching caskey, adorned with a "reserved for

the gas pedal and the brake pedal to give the experience of driving intoxicated. The intent is to replicate the body's delayed reaction it develops following alcohol consumption.

"In other words, you're a sober person driving an intoxicated car," Lawrence said. "Instead of you personally having that delay, we put it in the vehi-

the next drunk-driving victim" sign to catch the attention of those in the halls, was set up outside the room to lend impact to the seriousness of the presentation.

Another set of tools the SALT team set up were two videos illustrating accidents and what could possibly happen to someone involved in an alcohol-related crash, as well as scenes of loved ones and drunk drivers responsible for deaths or injuries of their victims.

"Every soldier who has come through our treatment program who's had a DWI says two things to me," Horton said. "They say, 'I was within 10 miles of being home' and 'I didn't think I was drunk.' One of the really important things that people don't understand is alcohol is a drug. It does affect the brain with the first drink."

Both Tipton and Lawrence have seen what can happen when alcohol is paired with driving. Neither engage in alcoholic beverages because of personal values.

"(I've had) friends close to me who have been in alcohol-related accidents," Lawrence said. "It hits home to me when I go and talk to people about the dangers of it because I've seen those dangers first-hand, multiple times."

Lawrence also said he enjoys coming to military installations to "help the people who protect and serve us every day."

Visit SaveALifeTour.com for more information on the Save A Life Tour.

Marksmanship fundamentals keep US forces elite

By Sgt. Cody Stagner
133rd Mobile Public Affairs
Detachment

Getting deploying service members familiar with their assigned weapon is a top priority herebefore getting sand in their boots or sending bullets down range.

Whether a service member uses iron sights or red dot sights, preliminary marksmanship instruction is crucial to the development of basic marksmanship skills, which is a basic necessity for service members of all five branches.

"Regardless of branch, we treat all as if we are going down range with them," said Army Sgt. 1st Class Joseph Rivera, 1st Battalion, 314th Infantry Regiment expert marksman and noncommissioned officer in charge of PMI training.

"We intend to give them the best training they can possibly get," he said.

Rivera instructed more than 40 service members May 15, 2013, from the Army, Air Force and Navy in preparation for future deployments to Afghanistan and other contingency

operations.

"Learning to fire the M4 is a new experience for me," said Navy Petty Officer 1st Class Denise Peele, Alameda Naval Air Station administrative specialist.

The sailor is familiar with pistols and shotguns, the Navy requirements for basic rifleman skills.

"We have to qualify on the 9 mm and shotgun for the Navy," she said. "So, this experience really overstated my need for knowledge. I have never touched a rifle like this before now."

It's the basic fundamentals that Rivera says allows for service members to pick up any weapon and hit targets.

"Preliminary marksmanship instruction focuses on the four fundamentals of marksmanship - learning how to steady your fighting position, using correct aiming techniques, breathing properly and squeezing the trigger," he said.

Teaching the same fundamentals, across the service branches is what ensures the U.S. remains an elite fighting force, said Peele.

"Over there, it's one team and one fight," she said.



Navy Petty Officer 1st Class Denise N. Peele practices sighting a target during a preliminary marksmanship instruction course May 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Marksmanship training is a requirement before service members deploy to Afghanistan. (U.S. Army photo by Sgt. Cody Stagner/Released)

Installation libraries start Summer Reading Program

By Army Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON - Libraries across the Defense Department, including Joint Base McGuire-Dix-Lakehurst, will begin offering the fourth annual Summer Reading Program to students on their installations to promote reading, fun, a Navy General Library official said.

Nilya Carrato, program assistant for the Navy General Library Program, highlighted DOD's Summer Reading Program during an interview with American Forces Press Service and the Pentagon Channel.

Joint Base Library and Resource Commons librarians said they excited to participate in this year's program.

"The Summer Reading Program operates on DOD installations worldwide, and it runs, generally, between Memorial Day and Labor Day, although we know school gets out at different times all around the world," she said. "And it's a way for students to have fun reading so they don't go back to school behind the (power) curve."

Carrato used sports as an example of practicing a skill to stay prepared.

"If you play a lot of sports, you need to know how to run," Carrato said. "If you want to learn in school, you've got to

already have your reading skills. And if you don't practice, you lose them."

Reading is much less of a chore for a child who enjoys it, she added.

"If you don't practice (reading) over the summer, you can go back a few weeks behind your classmates in terms of your reading skills," Carrato said. "And that might not be so bad this year, but by the time they're in sixth grade, they can be a whole year behind their classmates as far as their reading skills, because it does add up over time."

This year's Summer Reading program theme is a travel theme: "Have Book, Will Travel."

"We will read books like 'Froggy goes to Hawaii' and other travel-themed books at our weekly story times," said Cathy Clark, Joint Base Library and Resource Commons children's librarian.

"We'll be reading about airplanes and cars, and (asking), 'If you could go anywhere, where would you go?'" Carrato said. "But it's not necessary that you have to read about (that) theme - just (have) fun. Those are the program ideas."

The program will apply throughout the Defense Department and it will be available at installation libraries and

at some child and youth programs during the summer, Carrato said.

"It goes all ages," she added. "Some bases will even do it for adults."

In addition to the travel theme, the program includes incentives for students to participate, Carrato said, such as bookmarks and other prizes, as well as crafts parties. This year, she said, participants can earn a military challenge coin for reading.

In last year's program, Carrato said, Defense Department children put in almost 30 years of reading time.

"We get the reports back from all of the installations around the world about how many minutes their kids read, and how many pages their kids read, and I add it all up," Carrato said. "It's millions of minutes."

Last year's program notched a 30-percent increase over the year before, "which was like a 300-percent increase over the year before that," Carrato said.

"So it will probably be about a 50-percent increase if things keep building," she added. "It's pretty insane. This is the fourth year we've been doing it. It's a lot of fun."

Students can sign up at their local installation library or online.

Fire Department stresses common sense for Critical Days of Summer campaign

By Sgt. Darron Salzer
120th Public Affairs
Detachment

The Joint Base Fire Department wants to ensure service members, defense employees and family members are aware of hazards that may cause injury during warmer days as the annual Critical Days of Summer safety campaign begins May 24, 2013.

"Typically, in the nicer weather, you see an increase in car accidents and motorcycle accidents," said fire Capt. David Harris, 87th Civil Engineer Squadron Fire and Emergency Services paramedic. "People tend to think car accidents occur on cloudy, snowy days and that's not

true." Summertime is when a lot of people are enjoying the weather and not focusing on the road. This leads to a major increase in accidents, especially with the increase in joggers on the road, Harris said.

"You have an increase in activity on the roadway and you see a definite increase in incidents like individuals who are struck by cars or motorcycle accidents and bicycle accidents," he said, noting that children riding bikes can also be a concern.

Harris said the obvious thing to help mitigate these types of summer incidents is to simply be aware.

"Pay attention," he said. "Drivers need to watch for

motorcycles and joggers. Parents have to have common sense about keeping children out of the streets or wearing their helmets."

"Typically, it's common sense that is lacking during incidents," Harris said.

Other seasonal accidents involving outdoor cooking, swimming pools or heat-related incidents are also a major concern in addition to accidents on the roadways.

"When it comes to grilling or cooking outdoors during the summer months, we have a fire prevention team that goes out into the base housing area to educate the population," said Tech. Sgt. Kahill Davis, 87th Civil Engineer Squadron firefighter.

The team, Davis said, talks with residents about safety while grilling and asks residents to check their fire extinguishers to make certain they are working properly and that all family members are knowledgeable about their use.

Davis said monthly newsletters are distributed to base personnel. The safety messages enclosed in the publications mitigate the risks of some incidents because the population, Davis said, becomes aware of the issues.

"During the Critical Days

of Summer, don't overexert yourself," he said. "We all get the briefings about why that is important so be careful with the work-rest cycles during daily activities and always hydrate during the

summer months."

Keep those safety tips in mind while having fun is the key, both men said.

"A lot of people like to use this time in the summer to kick back and relax so enjoy

yourself," Harris said. "Safety is year round, but during the summer, things tend to get interesting."

"It's nice to have a good time, but do it safely and with common sense," he said.



Joint base civilian and military first responders from the Joint Base Fire Department strap a mock patient to a transfer board in preparation for movement during a training exercise May 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The training exercise was conducted as preparation for the summer months where incidents of pedestrians being struck by motor vehicles increase. (U.S. Army photo by Sgt. Darron Salzer/Released)

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Joint Base Intramural Sports Standings

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	PCT
305th MOS	4	0	1.000
87th LRS	3	1	0.750
605th AMXS	3	1	0.750
87th SFS	3	1	0.750
87th FSS	3	1	0.750
305th MXS	3	1	0.750
87th CES	3	1	0.750
621st CRW-A	3	1	0.750
305th APS	3	1	0.750
305th AMXS	2	2	0.500
EC	2	2	0.500
305th OSS	2	2	0.500
87th CS	2	2	0.500
373rd TRS	1	3	0.250
621st CRW-B	1	3	0.250
1st/307th TSBN	1	3	0.250
732nd AS	1	3	0.250
HMLA-773	0	4	0.000
AMC TES	0	4	0.000
314th RCS	0	4	0.000

PCT = Winning Percentage

Game schedule

Week 8

June 4

Noon	87th SFS vs. HMLA-773
Noon	AMC TES vs. 305th APS
Noon	621st CRW-A vs. 621st CRW-B
Noon	1st/307th TSBN vs. 373rd TRS
Noon	87th FSS vs. 87th CES
Noon	305th AMXS vs. EC
12:01 p.m.	87th LRS vs. 305th MOS
12:01 p.m.	87th CS vs. 605th AMXS
12:01 p.m.	732nd AS vs. 305th MXS
12:01 p.m.	314th RCS vs. 305th OSS

All games played at Falcon Creek Golf Course

Intramural McGuire-Dix Softball American League

Team	Win	Loss	PCT
305th OSS	4	0	1.000
108th WG	3	0	1.000
87th CES	3	0	1.000
7217th	2	0	1.000
EC	1	0	1.000
87th MDG	2	1	0.667
Wildcats	3	2	0.600
6th AS	2	3	0.400
FCI	1	2	0.333
99th RSC	1	2	0.333

77th BDE	1	2	0.333
305th AMXS	0	2	0.000
50th FM/Team Hustle	0	2	0.000
WMSE	0	3	0.000
VR-64 Condors	0	4	0.000

PCT = Winning Percentage

Game schedule

Week 5

May 28	BR 5:30 p.m.	305th AMXS vs. 77th BDE
	MF 5:30 p.m.	EC vs. 108th WG
	FF 6:30 p.m.	WMSE vs. 305th OSS
May 29	BR 5:30 p.m.	305th AMXS vs. VR-64 Condors
	MF 5:30 p.m.	87th MDG vs. 6th AS
	FF 6:30 p.m.	7217th vs. 50th FM/Team Hustle
May 30	BR 5:30 p.m.	87th CES vs. FCI
	MF 5:30 p.m.	99th RSC vs. 108th WG
	FF 6:30 p.m.	77th BDE vs. Wildcats

BR=Babe Ruth/68 Field MF=Main Field FF=Finance Field

Intramural McGuire-Dix Softball American League

Team	Win	Loss	PCT
Fire Dept.	4	0	1.000
305/605/373	3	0	1.000
87th LRS	3	0	1.000
305th MXS	2	1	0.750
305th APS	2	1	0.750
621st CRW	2	1	0.750
87 CPTS/WSA/CONS	2	1	0.750
MAG-49	1	1	0.500
NCOA	1	1	0.500
87th SFS	1	2	0.333
ASA Dix Engrs	1	2	0.333
174th INF BDE	1	1	0.333
87th CS	1	2	0.333
2nd ARS	0	2	0.000
AMC TES	0	3	0.000
87th FSS	0	5	0.000

Game schedule

Week 5

May 28	FF 5:30 p.m.	621st CRW vs. 87th LRS
	BR 6:30 p.m.	87th CS vs. 87th CPTS/WSA/CONS
	MF 6:30 p.m.	87th FSS vs. 174th INF BDE
May 29	FF 5:30 p.m.	174th INF BDE vs. 87th SFS
	BR 6:30 p.m.	MAG-49 vs. 305th APS
	MF 6:30 p.m.	87th FSS vs. 2nd ARS
May 30	FF 5:30 p.m.	305th APS vs. 621st CRW
	BR 6:30 p.m.	Fire Dept. vs. NCOA
	MF 6:30 p.m.	AMC TES vs. 305th MXS

FF=Finance Field BR=Babe Ruth/68 Field MF=Main Field

2013 Intramural Ultimate Frisbee McGuire-Dix

Team	Win	Loss	PCT
87th CS Legends	3	0	1.000
87th CS Champions	1	0	1.000
305th MXS	1	0	0.500
EC/ Plus	1	1	0.500
87th MDG	1	2	0.333
32nd ARS	0	3	0.000

PCT = Winning Percentage

Game schedule

Week 4

May 29	7 a.m.	EC/ Plus vs. 87th CS Legends
	8 a.m.	32nd ARS vs. 87th CS Champions
May 31	7 a.m.	87th MDG vs. 87th CS Champions
	8 a.m.	305th MXS vs. EC/ Plus

All games played at the McGuire Soccer Fields

2013 Intramural Ultimate Frisbee McGuire-Dix

Team	Win	Loss	PCT
Diamond Dawgs	1	0	1.000
Test Dept./ CNATT	1	0	1.000
Weasels	1	0	1.000
Major League	1	0	1.000
Hangar Squad	1	0	1.000
Misfits	1	1	0.500
Air Depts.	0	1	0.000
Absolute Zero	0	1	0.000
Medical	0	1	0.000
Help Wanted	0	1	0.000
PMD	0	1	0.000

PCT = Winning Percentage

Game schedule

Week 3

May 28	LF1 11:30 a.m.	Diamond Dawgs vs. Help Wanted
	LF2 11:30 a.m.	Test Dept./ CNATT vs. Major League
May 29	LF2 11:30 a.m.	PMD vs. Air Dept.
May 31	LF 1 11:30 a.m.	Misfits vs. Medical
	LF 2 11:30 a.m.	Hangar Squad vs. Absolute Zero

LF1 = Lakehurst Field 1 LF2 = Lakehurst Field 2

Current as of May 20, 2013.

Fools

Continued from Page 2

We need current and future leaders like yourself to continue to push our Air Force into the future. The good days are just that: good and old.

However, it's still great to think about those times. I plan to go home tonight and listen to my Motown oldies music. With all the changes and budgetary constraints, I must admit I still love my Air Force. These are the best of days for our Air Force, despite some of the challenges.

When you find yourself thinking about the good old days, just remember we have to be better today than we were yesterday. The good old days were great, today is even better and tomorrow will be better still.

Let's continue to be innovative during these difficult and trying times. Our nation and way of living is counting on all of us to continue to look forward and not live in the past. No matter how difficult or challenging the times, our goal and focus must always be forward.

Have a good today and a better tomorrow.

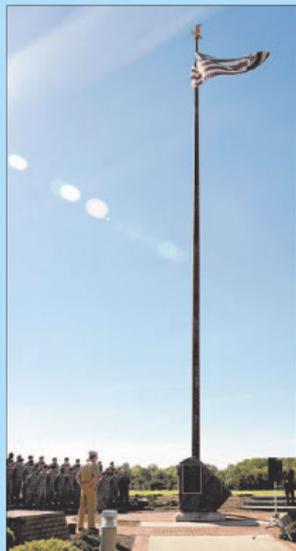
Summer

Continued from Page 2

scrub-brush, the sound of radios crackling was soon displaced by the rattle of machine-gun fire. These are the training areas that felt the boots of mud-putted Doughboys, steel-pot-wearing Iron Mike's, the

jungle-booted, the desert-bound, and of late, the drill sergeants of the 98th Division. The downed pilot was rescued, the mission was completed, the Observer/Controller/Trainer shouted "End Ex!" and the men and women of the 3/35th reflected on lessons learned and how they could best pass on this training to Basic Training Soldiers as they embark on their various Annual Training missions.

JB MDL security forces commemorate peace officers, police week



Members of the 87th Security Forces Squadron commemorate Peace Officer Memorial Day and culminate National Police Week by hosting a formal retreat ceremony May 17, 2013, at the McGuire flag pole on Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)

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NEWSNOTES

Family Fun Installation-wide Picnic

The 87th Force Support Squadron is set to host a Family Fun Installation-wide Picnic Noon to 5 p.m. June 7, 2013, at John Mann Park. The picnic features free barbecue lunch served from noon to 4 p.m., free go carts, mini golf, swimming, bowling, volleyball and more. The picnic is open to all Department of Defense ID cardholders. Call 754-2830 for more information.

Transition Assistance Program Seminar

The Military and Family Support Center is scheduled to host a five-day Transition Assistance Program Seminar 8 a.m. to 4:30 p.m. June 10-14, 2013, at 3435 Broidy Road. This seminar is mandatory for all separating service members and is open to all services. Preregistration is required. Call 754-3154 for more information or to register.

Sky Dive Jersey Shore

The 87th Force Support Squadron is set to host a 'Sky Dive Jersey Shore' trip June 15, 2013. Transportation departs 7 a.m. from the 87th FSS Outdoor Recreation center,

located at 6045 Doughboy Loop and returns approximately 4:30 p.m. Enjoy a jump from an altitude high enough to see New York City, freefall for a full 60 seconds and take a 3-5 minute float back to earth. The jump is tandem and is preceded by a 30-minute class covering safety, aircraft exit, freefall mechanics and landing. The fee is \$115 for active-duty and reserve personnel and \$230 for other Department of Defense ID cardholders. Participation is limited to 14 persons. Deadline to sign up is June 12. Call 562-6667 for more information or to register.

Father's Day Fluke Fishing

The 87th Force Support Squadron is set to host a 'Father's Day Fluke Fishing' trip June 16, 2013, onboard the fishing boat 'Miss Belmar.' Transportation departs 5 a.m. from the 87th FSS Outdoor Recreation, located at 6045 Doughboy Loop and returns approximately 5 p.m. The fee is \$35 for active-duty and reserve personnel and \$60 for other Department of Defense ID cardholders and covers transportation, pole and bait. Participation is limited to 28 persons. Deadline to sign up is June 12. Call 562-6667 for more information or to register.

Résumé Basics Workshop

The Military and Family Support Center is set to host a Résumé Basics "getting past your name and address" workshop 11 a.m. to noon June 18, 2013, at 488 Walsh Drive. The workshop provides an overview of basic résumé format. Preregistration is required. Call (732) 323-1248 for more information or to register.

Ditch the Dorm

The Military and Family Support Center is set to host a Ditch the Dorm seminar 1-3 p.m. June 19, 2013, at 3435 Broidy Road, for all service members preparing to move out of the dorm. Receive consolidated information on moving out of the dorm, budgeting, government housing info, United Communities, legal and more. Preregistration is required. Call 754-3154 for more information or to register.

School and Sports Physicals

The 87th Medical Group is set to host annual school and sports physicals June 20, July 18 and Aug. 20 and 27, 2013, at the 87th MDG, located at 3458 Neely Road. Physicals will be performed by appointment only. Appointments will run 3:30-7:30 p.m. on appointment days. Parents should print off the necessary documents from their child's school website. Having the forms filled out prior to the appointment will expedite the process. Call (866) 377-2778 to schedule an appointment.

Claims against the estate of Sgt. Felipe Malabe

All persons having claims against Sgt. Felipe Malabe need to present such claims to Capt. Miranda Friday-Williams, the Summary Court Officer, at 562-7773 or by email at miranda.l.fridaywilliams.mil@gmail.com. An example of a claim would be any debt, obligation or other money owed to the claimant by Malabe.

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 MOCSC 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 MOCSC Thrift Shop is located at 3446 Broidy Road. Call 754-2368 for more information.

Dix
The Dix Thrift Shop Hours are Tuesdays and Thursday and the 1st and 3rd Saturdays from 10 a.m. to 2 p.m. 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 Spouse and Civilian Club. The Dix Thrift Shop is located next to the museum at 6501 Pennsylvania Ave. Check out the Dix Thrift Shop Facebook page for regular updates.

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.

Walston Army Hospital Demolition

Demolition of the Walston Army Hospital and associated facilities are tentatively scheduled to begin June 2013. Demolition is expected to be complete approximately 18 months. New Jersey Avenue will be closed to all but local traffic between 4th Street and Summerall Avenue for the duration of the demolition and traffic will be routed around the site via N. Scott Plaza, Maryland Avenue and 8th Street.

Road closures

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 June 2013. 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.

Electrical System Upgrade

Electrical system upgrade work at 1907 East Arnold Ave. is currently scheduled through Dec. 2013 for the demolishing of old electrical service and distribution within the facility. Intermittent electrical shutdowns will be required to disconnect old service and reconnect to the new distribution system.

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 May 31, 2013. Visitors and personnel seeking access to the building must use the side or back entrances.

Softball and Soccer fields Renovations

The softball and soccer fields on McGuire will be closed through July 2013, to establish grass on the fields.

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

McGuire Chapel – 2503 East Arnold Avenue
North Chapel – 3827 School House Road
Dix Chapel – 5240 Nev. 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.

JB MDL 'perps' get put away for good cause

Senior Airman Leslie Gerbes, 87th Security Forces Squadron records custodian in training, uncuffs Tech Sgt. Sanita Kazmirski, 305th Operations Support Squadron aircraft scheduler, at Jail and Bail event May 17, 2013, at Joint



Base McGuire-Dix-Lakehurst, N.J. Security Forces personnel arrested and escorted individuals to building 2301 for a mock lock up until they or someone paid to be bailed out. Kazmirski was arrested for paycheck violations. (U.S. Air Force photo by Russ Meseroll/Released)

Aircraft

Continued from Page 1

and much more.

Maintainers from the 305th and 514th Maintenance groups worked in their spare time to restore both the interior and exterior of the aircraft. Boy Scouts from Winslow High School, Troop 251, focused their efforts on rewiring to restore lighting in the aircraft. Members of the AMC Test and Evaluations Squadron, and even retirees who had previously flown on the airplane, assisted in various ways, including scraping paint from the historic aircraft.

Williamson awarded Hofrichter with an Air Force Commendation Medal for his hard work and dedication through the entire refurbishing process. The senior master sergeant then closed out the ceremony with a heartfelt speech to all in attendance.

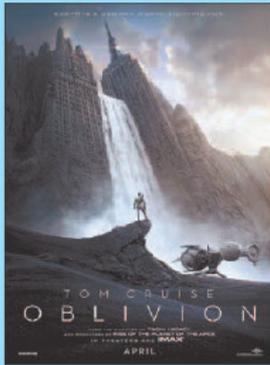
"I will always look upon this aircraft as a reminder that even before I was born there were men and women who made the decision to slip the surly bonds of earth to touch the face of god, no matter the cost, and who lived with integrity, service and excellence long before it was a catch phrase," he said. "They, who in the worst of times, gave themselves to bring freedom to the oppressed, and in the best of times lived to fly another day. They are our past, our present and our future all rolled into one and I am eternally grateful. It is to them that I say this project was carried out with the utmost respect for your service and your sacrifice. You have given far more than can be repaid, but I hope in a small way that we've served you well here today."

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

BOX BLUES



Joint Base Theater Movie Schedule



Friday:
7 p.m. Oblivion (PG-13)



Saturday:
7 p.m. Scary Movie 5 (PG-13)

Get to know JB MDL!



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



Did you guess last week's close-up photo? It's a cell door inside the 87th Security Forces Squadron building. Security forces members use the cells to detain anyone who commits a serious offense on base.

Legal office releases justice files

By the Joint Base McGuire-Dix-Lakehurst Legal Office

The Air Force processed eight nonjudicial punishment actions and three administrative discharge action and no courts-martial during April.

Punishment for the same or similar offenses may differ depending on the nature of the offense(s), the record of the service member, and the prejudice to good order and discipline.

Article 15 Actions

An airman received a reduction to the grade of airman basic, suspended forfeiture of \$758 pay per month for two months, restriction to base for 30 days, 30 days extra duty and a reprimand for using marijuana and driving while under the influence of marijuana.

An airman first class received a suspended reduction to the grade of Airman, restriction to base for 30 days and a reprimand for being derelict in his duties by not creating customer request tickets in an official Air Force system.

An airman first class received a reduction to the grade of airman, suspended forfeiture of \$849 pay per month for two months and a reprimand for using marijuana.

A senior airman received a suspended reduction to the grade of airman first class, seven days extra duty and a reprimand for being derelict in his duties by sleeping in a parked-running vehicle on the flight line.

A senior airman received a reduction to the grade

of airman, with reduction below airman first class suspended and a reprimand for using oxymorphone.

A senior airman received a suspended reduction to the grade of airman first class, 14 days extra duty and a reprimand for disorderly conduct and indecent language for yelling and cursing at children and staff at the Youth Center.

A senior airman received a reduction to the grade of airman first class and forfeiture of \$1,007 pay per month for two months for using marijuana.

A senior airman received a reduction to the grade of airman first class and suspended forfeiture of \$1,007 pay per month for two months for using ecstasy.

Administrative Discharges

An airman basic was discharged with an under honorable conditions (General) discharge for commission of a serious offense. The individual was convicted at a Special Court Martial for going AWOL for 41 days and making false official statements concerning his whereabouts.

An airman was discharged with an honorable discharge for unsatisfactory performance: failure to meet minimum fitness standards. The individual failed four fitness assessments in 24 months.

An airman first class was discharged with an under honorable conditions (General) discharge for minor disciplinary infractions. The individual had one LOC, two LORs, and one Article 15.

Mask

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Soldiers were required to move their head and face to mimic the normal environment and wear which would be expected to occur if an attack were to happen. The training staff made sure

wearing the masks was comfortable in addition to assuring the functionality of the gas masks.

"We want to make sure there is comfort in wearing the mask and to make sure Soldiers have some protection in a CBRNE environment," said Isabella McCloud, CBRNE/PATS course lead instructor. "This mask is going to protect you."

Although "gas, gas, gas" may be three of the most feared words a Soldier may ever hear while on duty, knowing they can put their faith in their protective equipment can keep their battle-minds ready and focused on the mission at hand.

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 to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Crumb Topped Banana Muffins

This recipe for tasty muffins creates an interesting way to get rid of bananas surpassing their prime. Makes 12 muffins.

Ingredients:

- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 large ripe bananas, mashed
- 3/4 cup sugar
- 1 egg, lightly beaten
- 1/3 cup butter, melted

Topping

- 1/3 cup packed brown sugar
- 1 tablespoon flour
- 1/8 teaspoon cinnamon, to taste
- 1 tablespoon cold butter
- 1/4 cup nuts, chopped (optional)

Cooking Instructions

In a large bowl, mix the flour, baking soda, baking powder, and salt. Mix bananas, sugar, egg and melted butter. Stir into dry mixture just until moistened. Fill muffin cups 3/4 full. Combine brown sugar, flour, and cinnamon topping ingredients. Cut in cold butter until crumbly. Sprinkle over muffins. Bake at 375 degrees Fahrenheit for about 20 minutes, until muffins test done. Cool in pan for 10 minutes.

Recipes found at food.com

ESGR

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event. Groups of employees rotated between the three simulators enabling a broader perspective of Army Reserve training.

"The simulators provided me insight to what mobilizing service members experience," said police Master Sgt. Michael O'Toole, Connecticut State Police. "I supervise nine service members and it's difficult to put myself in their shoes since I don't have military experience."

Employers then ate lunch before proceeding to tour the 150th Avn. Regt. hangar on Lakehurst from where the group stepped outside to observe a 514th AMWC-17 Globemaster III practice a combat assault landing.

Attendees toured more of Lakehurst before returning to McGuire for dinner and an ESGR presentation.

Employers didn't skip a beat and began touring the rest of the units in the itinerary the next day at 8 a.m. Day two's lineup included the USCG AST, MAG-49, VR-64, the 108th Wing and the ASA-Dix museum.

A group of AST members briefed the employers on the AST's mission and

capabilities. The brief included specific examples of situations they had responded to in the past. Tour guides then showed the employers around the AST facilities and showcased the equipment the unit uses to respond to biohazard and chemical emergencies.

"I spoke about what I do and how that plays into the role of AST," said Petty Officer 1st Class David Edelson, AST boatswain's mate. "I enjoyed explaining what the equipment does and what I do specifically."

Employers then toured their last stop, the MAG-49 headquarters and hangars. Part of the tour was dedicated to exploring the AH-1 SuperCobra inside and out.

"The pilots and aircrew were really friendly and familiarized us with the helicopters," said O'Toole. The employers experienced many walks of life in the military across the two-day course.

Employers traveled here from places as far as Missouri to get a taste of the guard and reserve life. Some ESGR volunteers took vacation time from their normal jobs to assist with the Boss Lift.

The effort and support that goes into the event is tremendous, said Cartagena.

Time to get Healthy!

The Health and Wellness Center offers numerous weight-loss and healthy-eating classes to get you in the best shape of your life. Call 754-2462 for more info.