

**NEWSNOTES**

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

**JB MDL Monthly Installation Update**  
 The monthly installation update meeting is scheduled for 10 a.m. June 5, 2013, at the Joint Base Theater. All military, civilians, contractors, spouses and retirees are welcome to attend. Call the joint Base McGuire-Dix-Lakehurst Public Affairs Office at 754-2014 for more information.

**Joint Base Picnic**  
 The 87th Force Support Squadron is set to host a Joint Base 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.

**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.

**The Tigers of Bastogne**  
 The U.S. Air Force Expeditionary Center is set to host its Guest Speaker Series Presentation 2:30 p.m. June 5, 2013, at the Grace Peterson Hall, located at 5656 Texas Ave. The presentation features Michael Collins and Martin King, co-authors of "The Tigers of Bastogne: Voices of the 10th Armored Division during the Battle of the Bulge." The presentation is open to all joint base personnel. Call 754-7310 for more information.

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

**Cake Decorating Lunch & Learn**  
 The Flight Deck Recreation Center is set to host a Cake Decorating Lunch & Learn from 11:30 a.m. to 1:30 p.m. June 12, 2013, at 484 Walsh Drive. Decorate a full-size sheet cake, a round cake, cupcakes and even cookies. Learn how to apply transfers, gels and more. Bring your lunch, along with your cake. The fee is \$20 for each two-hour session. Call (732) 323-2405 for more information.

**Troops to Teachers**  
 The Military and Family Support Center is set to host a Troops to Teachers program 10-11 a.m. June 13, 2013, at 3435 Brody Road. The program is designed to assist separating or retiring military personnel in pursuing a rewarding career in public elementary, secondary or vocational education. Military spouses are welcome to attend. Preregistration is required. Call 754-3154 for more information or to register.

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President Barack Obama speaks to community member, military members, invited guests and their families at McGuire Field May 28, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Obama visited military members and their families during his short stop to the joint base on his way to the New Jersey shore with Gov. Chris Christie. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

**President lands at JB MDL**

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

President Barack Obama flew into Joint Base McGuire-Dix-Lakehurst May 28, 2013, and visited with joint base community members and leaders while en route to see the post-Hurricane Sandy recovery effort on the New Jersey shore with Gov. Chris Christie.

Service members, families and local media congregated outside the McGuire Passenger Terminal, awaiting the arrival of the president's flagship, Air Force One, despite the steady drizzle of over-cast skies.

The small group selected to attend the arrival comprised community members who were personally affected by Hurricane Sandy and service members who were selected by their unit as top performers. Friends and families of White House staffers and Secret Service agents were also invited to attend.

The flightline buzzed with Secret Service agents as Obama disembarked Air Force One to greet Christie and Cols. John Wood and Rick Williamson, 87th Air Base Wing and 305th Air Mobility Wing commanders, respectively. The president headed toward the assembled crowd for a personal greeting before heading to the

shore in Marine One.

The first community member Obama said hello to was Toby Wilderrotter, the son of Air Force Staff Sgt. Douglas Wilderrotter, 605th Aircraft Maintenance Squadron KC-10 Extender crew chief.

Toby, 11, recently won a local school Memorial Day essay contest on the topic of "the cost of freedom" which he read at the joint base's annual Parade of Wreaths Ceremony May 23. His mother, Jessica, said it had been a pretty eventful week for Toby.

"It was a very cool to meet one of the most influential men in the country," said

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**Community members commemorate past warriors**

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

Joint Base McGuire-Dix-Lakehurst community members, Thomas B. McGuire Foundation members and New Jersey State Police officers gathered to celebrate Memorial Day at the 30th annual Parade of Wreaths May 23, 2013, at Tommy B's Community Activities Center here.

Service members and community members congregated at JB MDL and present wreaths annually to pay homage to fallen heroes in addition to service members past and present.

Participants in the ceremony laid wreaths as a tribute to those who gave their lives in service to our country. Service members from all branches of the armed forces, retirees, family members and local police officers placed more than 30 wreaths in front of the stage in Tommy B's.

State police played bagpipes and drums to kick off the ceremony. An elementary choir sang once the state police finished playing their music. Chaplain (Capt.) Douglas Hess, 87th Air Base Wing chaplain, gave the invocation during which he asked the audience members to keep past and present service members in mind this holiday.

Lt. Gov. Kim Guadagno then introduced herself and spoke on the importance of Memorial Day and what it meant to her personally.

"It means a lot to speak to service members today as a mother of a man in uniform and as a leader of a state that is home to about 430,000 veterans," said Guadagno. "Today is meant to commemorate those who gave everything for their country. We lost five from New Jersey last year and must never forget their sacrifices."

Guadagno's speech preceded two children's Memorial Day essay readings. Toby Wilderrotter, fifth-grade essay contest winner from Upper Elementary School, and Lanie Lissner, sixth grade winner, wrote about the topic of cost of freedom.

"I myself am in a military family," said Wilderrotter in his



Retired Lt. Col. Dick Isackson, Thomas B. McGuire Foundation president, places the Tommy B. McGuire Foundation wreath, during the Parade of Wreaths ceremony May 23, 2013, at Tommy B's Community Activities Center at Joint Base McGuire-Dix-Lakehurst, N.J. Memorial Day essay contest winners Toby Wilderrotter and Lanie Lissner accompanied Isackson. Service members representing each branch of the armed forces joined retirees, family members and local police officers in a procession to present their respective wreaths during the ceremony. Memorial Day is celebrated across the U.S. in remembrance of all service members who gave the ultimate sacrifice to ensure the freedoms this country's people have today. (U.S. Air Force photo by Russ Meseroll/Released)

essay. "It's heart breaking every time I see my dad go knowing he could come back badly injured or never make it back at all."

Wilderrotter's words rang throughout the audience sparking different emotions in each person. Staff Sgt. Douglas Wilderrotter, 605th Aircraft Maintenance Squadron aerospace maintenance craftsman, is Toby's father.

"The children's essays touched me the most," said Leah Arter, Burlington County freeholder. "Listening to their perspective on

See PARADE, Page 8

**Best Warrior**

The journey toward being the best is one many people begin in earnest, but few finish despite their best intentions.

For Cpl. Francis Kvarita, his journey is one step closer to being complete.



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**AF provides counsel**

The Air Force is taking the lead on providing special counsel to survivors of sexual assault, spearheading a pilot program for the Department of Defense.



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**Keep what you've earned**

The countdown to summer is almost over, and barbecues and water activities are about to begin.



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**Check out JB MDL on social media!**

**Facebook**  
 /jbmil  
 Use Facebook to connect with joint base leadership and other community members.

**Twitter**  
 /jointbasemil  
 Sign up for text alerts through Twitter and receive important base updates straight to your cell phone.

**Flickr**  
 /jointbasemil  
 Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

# Never walk past a problem

By Chief Master Sgt. Robert Mueller  
92nd Mission Support Group superintendent

FAIRCHILD AIR FORCE BASE, Wash. — Sometimes the lessons we learn as children prove helpful to our careers.

My dad worked for a Fortune 100 company for many years. One day he told me how dozens of the company's leadership had been fired because a low level employee sent a personal email using a company computer. His company had a strong cultural ethos and believed if they paid you to work, you should be working and company resources are for company business. It turned out a company Vice President had seen the email and promptly fired every level of leadership between himself and the individual (who was also fired). They reasoned if the VP knew about the problem then lower level leadership knew and failed to act, or they weren't monitoring their personnel properly. The bottom line was they had no need for leaders who didn't embrace company standards or walked past problems. This culture has helped the company completely dominate their industry sector much as the U.S. Air Force dominates globally.

The lesson to "Never walk past a problem" has stayed with me for over 20 years. However, recently I'm finding this lesson from my dad even more important. Lately, way too many people have been forecasting doom and gloom about how the

Services will become a hollow force similar to the 70's. The fiscal crisis may negatively affect the readiness of our equipment and our training but it is leadership which will determine whether our discipline resembles the discipline of the 70's. Discipline then was adversely affected by conscription and a society which condoned rampant drug use, but ultimately they became a hollow force because they walked past problems. For example, many unit leaders avoided entering barracks or visiting base clubs at night because they were afraid their subordinates would attack them. They stopped being a hollow force when true leaders faced their issues head on and stopped walking past their problems.

Senior officers and senior NCOs can't walk past a problem. When we do, it gives the appearance that all senior officers and SNCOs believe some standards are not worth enforcing. This perception is not confined to only these ranks; it applies to all ranks and differs only by the scope of influence. A staff sergeant or lieutenant, who walks past a problem in their section, gives the appearance they will tolerate violations of some rules and that section's Airmen will eventually believe they have the right to pick and choose what rules they follow.

During the coming fiscal constraints, make sure the U.S. Air Force remains the world's most dominant military force and not a hollow force. I challenge you to be a leader who never walks past a problem.

## There I was...: A combat medic who saw a share of combat

By Staff Sgt. Sarah Woods  
8th Medical Operations Squadron

MACDILL AIR FORCE BASE, Fla. — There I was, on an eye-opening deployment. I thought as an Air Force medic I'd be working at a theater hospital. I found out it would not be the case for this deployment.

Before leaving the states, I attended three months of training to prepare myself for combat operations and convoys. I landed in Bagram Airfield, Afghanistan, during the end of May 2012. A week later, I was on my first mission.

Our mission was to provide security to the Afghan National Army trucks carrying supplies to different forward operating bases across the command. I was a joint expeditionary tasked Airman attached to the U.S. Army 10th Sustainment Brigade and 1st Sustainment Brigade. I also traveled with different transportation units in the area. We completed more than 10 missions with more than 300 hours on the road by the end of my deployment.

As a JET airman, I was on a team of 11

Air Force medics attached to a team of 40 Army medics. Each time we went out on a convoy, one Air Force medic and one Army medic accompanied 40-60 people. This was my second deployment with the Army, so I knew how they operated and integrated quickly.

Though we came from different services, it truly was an honor to serve in the environment of a JET. Our convoys lasted anywhere from four to 30 days at a time, and because we had two casualties shortly after we arrived, we were constantly following route clearance packages. RCPs ensured there were not any other improvised explosive devices in the area that could take more lives.

Under these conditions, at times it could take six hours to advance 25 miles down the road. It was very long and uncomfortable to complete, but the precautions saved lives.

During my deployment, we discovered more than 15 IEDs before they could hurt us. The explosives had been hastily placed on the road ahead of us. It scared me to know we were driving by a blast hole that was made just hours prior.

While deployed, I witnessed firsthand how common people live in Afghanistan. It was humbling for me to see the way people live compared to Americans. I recall driving through a small village we called Rocket Propelled Grenade City. The heights of the roofs on the mud buildings were level with our gunners, making us easy targets. We realized we were in danger, so we did not stick around to see the RPG show.

Another memory I will always keep with me is my first firefight.

Our team was under attack, and one of the Afghan national trucks was blown up. Then the RPGs and small arms began to rain down. I remember looking out the window to see the ANA fire back at the enemy while I was handing my gunner her ammo. I distinctly remember thinking, "Okay, I guess this is why I went through so much training."

It was a thrilling and unbelievable event to go through as an Air Force medic. Never in my wildest dreams did I think I would be out on convoys,

See COMBAT, Page 3

## Service member spotlight: honorable to serve

Petty Officer 1st Class Seth Hartmann, Atlantic Strike Team response supervisor, is the joint base's featured service member of the week. Hartmann hails from Riverton, N.J.

Q: Why did you join the military?

A: I originally saw the Coast Guard on the show Baywatch, and it looked like an interesting job.

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

A: As a response supervisor, I stand ready to deploy in a moment's notice to hazardous material and pollution response incidents throughout the nation.

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

A: My stepfather served in the Army National Guard during the Vietnam War and actually trained here on then Fort Dix as part of the group known as the "Proud Rifles."

Q: Who most inspires you?

A: Bono from U2 inspires me because he is a true humanitarian and the lead singer of the best band in the world.

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

A: This is probably the most secure job to have in the U.S. at the moment and it is very honorable to serve.



(U.S. Coast Guard courtesy photo/Released)

## Firefighters share gruesome experiences



Guest speakers Greg McCarthy and Ronny Garcia, retired firefighters, explain the procedures used after a major motor vehicle accident on mock victim Airman 1st Class Matthew Chomiuk, 305th Operations Support Squadron crew communications specialist, May 22, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. McCarthy and Garcia shared real life experiences as paramedics on accidents involving texting, drinking and not wearing seatbelts while driving. Their message was most trauma calls are preventable if a driver makes good choices. (U.S. Air Force photo by Russ Meseroll/Released)

## COMMANDER'S ACTION LINE



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

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

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

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



AIR, LAND  
& SEA TIMES

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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)



# Soldier takes Best Warrior win to next level

By Staff Sgt. Shawn Morris  
99th Regional Support Command Public Affairs

The journey toward being the best is one many people begin in earnest, but few finish despite their best intentions. For Cpl. Francis Kvarta, his journey is one step closer to being complete.

Kvarta won the Best Warrior Competition held here April 17-19, 2013, by the 99th Regional Support Command and Military Intelligence Readiness Command. He now moves on to compete at the U.S. Army Reserve Command's Best Warrior Competition scheduled June 23-28 at Fort McCoy, Wis.

"I'm excited to move on to the USARC level and experience a much bigger competition," said Kvarta, 99th RSC acting supply sergeant. "It's going to be a lot more intense."

The BWC tests the mental and physical resiliency of its participants, putting their training and experience to the test. The competition also helps build personal confidence and team esprit de corps.

"Best Warrior is truly a competition of the 'best of the best,'" explained Command Sgt. Maj. Richard Castelvetter, 99th RSC command sergeant major. "These Soldiers are raising their hands to say, 'I want to challenge myself, I want to challenge my abilities emotionally, mentally and physically.'"

"It was a good opportunity for a lot of Soldiers to allow themselves to be competitive," said Staff Sgt. David Ozoria, who also serves with the 99th RSC and competed alongside Kvarta. "It allowed Soldiers to shine"

Soldiers competed in various events such as land navigation, road march, the Army Physical Fitness Test, combatives, casualty evaluation, first aid, fighting position selection and construction, direct fire movement and convoy operations planning.

"The competition is a little bit of both, mental and physical," said. "To get prepared, I did a lot of running. Lifting

helped with the support of the ruck sack on my back." "Seven miles is far with a 35-pound ruck sack," he added.

While the BWC tests individual Soldiers' skills, there is also an element of team-building and camaraderie that builds among competitors.

"It's about leadership, and it's about teamwork," said Castelvetter. "You'll see warriors who are competing against other warriors, supporting and helping each other. These are the Soldiers who are going to be the leaders, who are going to raise their hands and take the hard challenge, and go back to their units and mentor their Soldiers and teach them the value of being the best that you can be. If you're around Soldiers who are out in front, always pushing and being the best, it rubs off in your units."

Kvarta is not taking the competition he will face at USARC lightly as he prepares to take the next step in his journey.

"I'll probably run a lot more, and not worry about speed as much as endurance — plus a lot more lifting," Kvarta explained. "I am going to start doing more ruck marches, trying to get my time down."

Regardless of the outcome at the USARC BWC, Kvarta's journey has already brought him to new levels in his personal and professional development.

"Everything from physical training to land navigation, combatives, movement under fire — it's literally everything it takes to be a well-rounded Soldier," Kvarta said. "When you look at a role model Soldier under the word 'Army,' that's what you would see — someone who can do all those things. It takes a lot, and I just like the type of person you have to be to do that."

"It's not a competition that anyone could do," Castelvetter said. "It's not an easy task, and they chose to be out there pushing themselves farther, harder."

"Everyone raising their hand is a winner just for being out here," he added.



Cpl. Francis Kvarta 99th Regional Support Command acting supply sergeant, assembles an M8 pistol during the 99th RSC and Military Intelligence Readiness Command's Best Warrior Competition April 17-19, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Kvarta won the competition and now moves on to compete at the Army Command's BWC scheduled June 23-28, 2013, at Fort McCoy, Wis. (U.S. Army photo by Sgt. Salvatore Ottaviano/Released)

# Airmen, Sailors maneuver Humvees around curves

By Sgt. David Bolton  
133rd Mobile Public Affairs Detachment

It's not every day an Airman or Sailor is asked to drive the 7,500 pound Humvee at speeds in excess of 30 mph around 45-degree curves. Service members from the five branches are working together more frequently, on the ground and on the roads with today's contingency operations in Afghanistan.



Staff Sgt. Zachariah Lopez assists with ground guiding a Humvee May 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The drivers training course was designed to inform Airmen and Sailors about mission essential equipment usually reserved for Army and Marine forces and the M1151's full capabilities. Lopez is a Corpus Christi, Texas, native and 602nd Training Group broadcaster who is deploying to Afghanistan. (U.S. Army photo by Sgt. David Bolton/Released)

"Since we're all on one team, we'll work together," said Sgt. 1st Class Elton S. Rush, lead facilitator of the driver's training with the 2nd Battalion, 309th Training Support. "Our goal is to make the training as realistic as possible."

The Sailors and Airmen mounted up in the Humvees; conducted assisted and unassisted ground navigation; traversed steep inclines and declines; and steered the vehicles through a series of obstacles

including a 45-degree curve nicknamed the "Indy 500 curve," in order to pass a road test for licensing.

"The Indianapolis-500 turn felt like you were going to roll over, but we didn't," said Staff Sgt. Zachariah Lopez. Lopez is a Corpus Christi, Texas, native and 602nd Training Group broadcaster who is scheduled to deploy to Afghanistan.

"We might have to go outside the wire so knowing what to expect can be the difference between staying safe and not coming home," he said.

The instructors' primary focus is to ensure the service members were comfortable driving the M1151.

"All I care about is for people to get a

good feel for the vehicle so they can be ready for anything downrange," Staff Sgt. Jorge Leiva, 2/309th Training Support Battalion Observer control trainer.

For Navy Petty Officer 2nd Class Victoria Seidel, Office of Naval Intelligence specialist, being comfortable and aware of her surroundings behind the wheel of an armored Humvee is crucial to her mission success.

Soldiers' last training event in preparation for deployment to Afghanistan was licensing on the M1151.

"You always have to be prepared for anything; just don't freak out," said Seidel.

"Military is military is military and whatever I can learn here, I'm grateful for it."

## Combat

Continued from Page 2

sleeping in motor pools and in trucks, literally doing our military duty of risking my life to save others.

Another incident took place when my truck was in a roll-over incident in the Hindu Kush Mountains. We were on what we called "switch backs," which are curvy roads going up and down mountains with no railings.

The unit I was attached to at the time was on its first mission. We ended up at a 45-degree angle dangling from the side of the mountain. I was holding on for dear life and thought to myself, "I'm going to die from rolling down a mountain."

Our team waited patiently until we were pulled up to safety.

To say the least, I experienced multiple events that would scare anyone. I have numerous memorable moments from my deployment. I am blessed that I made it through my missions with no casualties. Just as important, I know that I made a difference for the Soldiers and Airmen that I protected and cared for during my deployment.

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## Soldier enjoys challenges, volunteers for combatives class

By Sgt. Cassandra Monroe  
120th Public Affairs Detachment

Even though Army combatives is part of a Soldier's warrior tasks and required for yearly training, combative moves like arm bars, guillotines and Komodo dragons motivated Staff Sgt. Jose Morejon to become a better trainer for Soldiers conducting combatives training here. "It's all about attention to detail," he said. Morejon, 2nd Battalion, 309th Training Support Regiment, 174th Infantry Brigade chemical specialist, said he wants to be a better leader and noncommissioned officer. His leadership aspirations led him to volunteer for level-two of the Modern Army Combatives Program's Tactical Combatives Course and endured bruises, soreness and exhaustion. "I like a challenge," he said. "That's why I joined the Army." Morejon is a trainer for mobilized units at Joint Base

See **COMBATIVES**, Page 7



Staff Sgt. Jose Morejon reviews combative techniques with Sgt. 1st Class Emanuel Huff during a tactical combatives course (Level II) May 13, 2013, here. Morejon is a 2nd Battalion, 309th Training Support Regiment, 174th Infantry Brigade chemical specialist and a Lodi, N.J., native. Huff is a 2309th supply sergeant and a Landover, Md., native. (U.S. Army Photo by Sgt. Cassandra Monroe/Released)



Soldiers from the 133rd Mobile Public Affairs Detachment participate in a mock press conference during their mobilization validation process May 14, 2013, at Joint Base McGuire-Dix-Lakehurst. The unit will deploy to Guantanamo Bay, Cuba, for what could be a historic chapter in the global war on terror. (U.S. Army photo by Staff Sgt. Lasima Packett/Released)

## New public affairs unit heads to Guantanamo Bay

By Staff Sgt. Lasima Packett  
120th Public Affairs Detachment

Service members from four of the five branches report for training that validates a unit's readiness and ability to conduct assigned missions in support of contingency operations in the Middle East, Horn of Africa and other areas of operation throughout the world Joint Base McGuire-Dix-Lakehurst, N.J.

Soldiers from the Indiana National Guard's 120th Public Affairs Detachment and the Kentucky National Guard's 133rd Mobile Public Affairs Detachment mobilized to JB MDL to validate their ability to provide public affairs

support. The units will deploy to Guantanamo Bay, Cuba, for what could be a historic chapter in the global war on terror.

"Twelve years ago, America was attacked and that is what got us to where we are today," said Sgt. 1st Class Gina Vaile-Nelson, public affairs operations noncommissioned officer in charge of the 133rd MPAD. "Now, our units will deploy to Guantanamo Bay and be witness to

See **PUBLIC AFFAIRS**, Page 7

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<p align="center"><b>Comfort Pillow Top</b></p> <table border="0" style="width: 100%; font-size: small;"> <tr> <td>Twin 2 Pc. Set</td> <td>Queen 2 Pc. Set</td> </tr> <tr> <td>Full 2 Pc. Set</td> <td>King 3 Pc. Set</td> </tr> </table> <p align="center"><b>\$149</b> ea. pc.</p> <p align="center">Any Size Same Price</p> <p align="center">Each Piece When Purchased as Set. Must Buy Set. Mattress Only - Slightly Higher</p>	Twin 2 Pc. Set	Queen 2 Pc. Set	Full 2 Pc. Set	King 3 Pc. Set	<p align="center"><b>Eurotop Mattress Sets</b></p> <table border="0" style="width: 100%; font-size: small;"> <tr> <td>Twin 2 Pc. Set</td> <td>Queen 2 Pc. Set</td> </tr> <tr> <td>Full 2 Pc. Set</td> <td>King 3 Pc. Set</td> </tr> </table> <p align="center"><b>\$99</b> ea. pc.</p> <p align="center">Any Size Same Price</p> <p align="center">Each Piece When Purchased As Set. Must Buy Set</p>	Twin 2 Pc. Set	Queen 2 Pc. Set	Full 2 Pc. Set	King 3 Pc. Set	<p align="center"><b>Pillow Top or Firm Mattress</b></p> <table border="0" style="width: 100%; font-size: small;"> <tr> <td>Twin 2 Pc. Set</td> <td>Queen 2 Pc. Set</td> </tr> <tr> <td>Full 2 Pc. Set</td> <td>King 3 Pc. Set</td> </tr> </table> <p align="center"><b>\$199</b> ea. pc.</p> <p align="center">Any Size Same Price</p> <p align="center">10 Year Warranty</p> <p align="center">Each Piece When Purchased As Set. Must Buy Set. Mattress Only - Slightly Higher</p>	Twin 2 Pc. Set	Queen 2 Pc. Set	Full 2 Pc. Set	King 3 Pc. Set
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<p align="center"><b>Sectional</b></p> <p align="center"><b>\$699</b></p> <p align="center">Durable Microfiber Sectional Available in Mocha &amp; Grey</p>	<p align="center"><b>Twin Captain Bed</b></p> <p align="center"><b>\$149</b></p> <p align="center">Full Bed \$198</p>	<p align="center"><b>Living Room Sets</b></p> <p align="center"><b>\$599</b></p> <p align="center">Sofa &amp; Loveseat Available in Café, Mocha &amp; Grey</p>												
<p align="center"><b>Complete Metal Bed</b></p> <p align="center"><b>\$199</b></p> <p align="center">Includes Twin Elastic Mattress</p>	<p align="center"><b>Soji Screen</b></p> <p align="center"><b>\$49<sup>99</sup></b></p> <p align="center">Available in Black &amp; Natural</p>	<p align="center"><b>Sturdy Metal Bunk Beds</b></p> <p align="center"><b>\$189</b></p> <p align="center">Choice of Colors</p>												
<p align="center"><b>4 Pc. Bedroom</b></p> <p align="center"><b>\$499</b></p> <p align="center">Dresser, Mirror, Headboard, Night Stand</p>	<p align="center"><b>Fully Assembled TV Stand</b></p> <p align="center"><b>\$219</b></p> <p align="center">Your Choice</p>	<p align="center"><b>5 Pc. Dinette</b></p> <p align="center"><b>\$188</b></p>												
<p align="center"><b>MicroFiber Recliner</b></p> <p align="center"><b>\$188</b></p> <p align="center">Available in Mocha &amp; Café</p>	<p align="center"><b>4 Pc. Bedroom</b></p> <p align="center"><b>\$499</b></p> <p align="center">Dresser, Mirror, Headboard, Night Stand</p>	<p align="center"><b>Cocoa or Café Sofa</b></p> <p align="center"><b>\$349</b></p> <p align="center">Loveseat &amp; Chair also sale priced</p>												

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## AF provides special counsel to sexual assault survivors

By Staff Sgt. David Salantri  
Air Force Public Affairs

Often, when survivors of sexual assault are "put on the witness stand, they can feel like they're being attacked," said Capt. Dustin Kouba, a special victims counsel attorney. "I feel like I'm almost defending them... I'm like their big brother."

The Air Force is taking the lead on providing special counsel to survivors of sexual assault, spearheading a pilot program for the Department of Defense.

The program has spread to all Air Force bases including Joint Base McCutcheon-Dix-Lakehurst.

"The Special Victims' Counsel is a program that provides independent legal representation to victims of sexual assault," said Capt. Natasha Clay, 87th Air Base Wing Judge Advocate Office assistant staff judge advocate. "My sole duty is to represent my clients and advocate on their behalf. I am excited to take on this new role helping victims navigate through the Military Justice process."

The goal of the Special Victims' Counsel is to ensure the best possible care for our Airmen, who report they are the victims of sexual assault, by providing independent legal representation through an assigned Air Force attorney. Within 48 hours of the victim requesting the SVC, the SVC will contact the victim and remains their SVC throughout the entire legal process.

The SVC Program started in January of 2013. Once attorneys are selected to be SVCs, they attend additional training at Maxwell Air Force Base, Ala.

"What the course does is focus on what is required of JAGs for their new role in representing victims versus serving as trial counsel, which is what they already had experience in," said Capt. Allison DeVito, who is the chief of the Victim Issues and Policy branch for the Air Force.

To build the course, the Air Force worked with leaders in the civilian sector. The initial three-day course, which has since grown to five days, builds on training they've already received in military justice, DeVito said.

The SVCs can "help guide the victim through the military justice process and help them come out on the other end, regardless of what the result of the court-martial is, feeling that they made the right decision to come forward in the first place. That that was the right thing to do — to report the sexual assault."

Sexual assault victims can file two different report types — restricted and



Capt. Allison DeVito is the chief of Victim Issues and Policy branch for the Air Force and helps manage the Special Victims' Counsel program. The SVC provides independent legal representation through an assigned Air Force attorney to Airmen, who report they are the victims of sexual assault. (U.S. Air Force photo by Senior Airman Carlin Leslie/Released)

unrestricted. With an unrestricted report, the government is able to conduct an investigation which could result in disciplinary action, including a court-martial prosecution of the accused.

Since the start of the program, over 300 sexual assault victims have been represented by SVCs, including 22 victims who had made restricted reports.

"Of the 22 restricted reports, 12 have made that decision to go unrestricted, a 55 percent conversion rate," DeVito said. By comparison, in FY11, 13 percent of restricted reports were later changed to unrestricted, she said.

Though only a small percent of SVC clients are restricted, a common denominator has surfaced among victims — a need for advice.

"From the restricted reports that do come to us and request counsel, we're finding that the number one reason is they want advice on the decision to make an unrestricted report — that's exactly what an SVC is intended to do," DeVito said.

She said the SVC is there to "provide information on what the process is going to look like, so that a victim can feel more comfortable and confident about the decision to come forward."

What can an SVC do for me?  
The SVC brings a lot of support and

training to the table, including:

- Victim's rights law
- Privacy issues
- Housing issues
- Civil law issues
- Workplace reprisals
- Full spectrum victims' issues
- Victims' perspective

In its short existence, the Air Force is tracking its performance closely, and feedback from SVC clients has been positive.

Airmen provided the following feedback, DeVito said.

"My SVC was so supportive, and helpful. He was always there for me when I had any questions, and he showed me that he wasn't just doing his job, but that he cares about his job and his client. I don't know what I would have done without him during the process."

"When you're a victim you don't know who to trust. The SVC gave me that trust I needed. Also, everything with her was confidential and that made me feel more safe. It was nice having someone to speak for me and to help me."

"I believe that an SVC provides comfort and confidence when you have had so much taken away."

Meeting the victim  
Reading through victims' comments, the relationship between SVC attorneys and their clients appears to be strong.

"That first time meeting them, every single time, it's been a great experience," said Kouba, who will become one of 24 full-time, regional-based SVCs. "I think they're relieved to finally have me there. And I'm relieved to be there."

When Kouba meets with his new clients, he has one goal he wants them to know — "I'm here to help you. That's why I'm here."

And sometimes, when he meets them, he doesn't say much. He just lets them talk.

Sometimes they feel like they're not being heard, Kouba said. That's when he feels the best thing to do is "sitting down, listening to them, helping them come to the conclusion on what we should do to move forward," he said.

Kouba said he often feels responsible to his clients like a big brother can feel about a younger sibling.

"Look at it as if there are three teams. The government trial team, the defense team that is supporting the accused, and I'm on a third team. I'm directly supporting the survivor," said Kouba, a native of Grand Forks, N.D.

With the sensitivities he faces with clients, Kouba reminds himself that "the person that's coming into my office is exposing their inner-most secrets to me. They're having to relive a terrifying event over and over again."

At the end of the day, sexual assault is a horrible thing, but the Air Force is staying out front, providing what DeVito refers to as a response team.

The desire to provide victims with the very best response team, which includes other support services such as the Sexual Assault Response Coordinator, Victim Advocate, medical and mental health care, in addition to the SVC, has led to Congress proposing a bill on May 7, 2013 that would require each service to have an SVC program.

According to the bill's description, it "directs each military department Secretary to implement a program providing a Special Victims' Counsel to a victim of a sexual assault committed by a member of the Armed Forces."

For DeVito, providing support to survivors of sexual assault is much more than checking a box, it's helping out a fellow family member.

"We're the Air Force. We're a big family. And now we're going to do everything in our power to make sure (Airmen, who are survivors of sexual assault, are) supported — emotionally, physically, mentally and legally."



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## Combatives

Continued from Page 4

McGuire-Dix-Lakehurst. He spends most of his days on the land navigation ranges, but he hopes to expand his training resume and branch out to other warrior tasks and battle drill lanes.

"I think combatives balances you out as a Soldier, especially noncommissioned officers. It builds discipline and keeps you fit," Morejon said.

The two-week course teaches advanced techniques including front and rear leg kicks, punches and hand-cuffing techniques. Once completed, Morejon,

a native to Lodi, N.J., will be certified to take his level-one knowledge and share it with his troops.

"That's the point of the program, to share the knowledge," he said. "Here, what you put in is what you get out."

"I've learned a lot of new exercises that I'm implementing in my physical training to keep my core fit and to help with my cardio," said Morejon. "I feel more confident that, both overseas and in the field, I can defend myself only with my rifle and my body."

## Public affairs

Continued from Page 4

the commissions of the 9/11 Five, the conspirators of the Sept. 11 attacks."

The two units, under the command of the Joint Task Force Guantanamo Bay, will facilitate a media operations center. Their mission includes media escort, staffing a base publication and supporting command information initiatives.

In order to ensure mission readiness downrange, the two units conducted a collective training exercise with real-world scenarios the soldiers may face at JTF-GTMO.

"Everything we do here is getting us ready for down range," said Indiana Guardsman Staff Sgt. Lorne Neff, of the 120th PAD, from Franklin, Ind.

"The leadership and soldiers are really molding together and forming one homogenous unit," said Neff.

That team concept, is important to the mission success said Capt. Andi Hahn, 133rd MPAD commander.

"We will be directly involved with media on an international stage," she said, "in order to tell the story of America."

"We have two units coming together to do the same mission and we have to work together and have to understand each other's roles and skill," she said.

"This is a good time for us to work out the kinks and figure out what each person is good at. That way when we get down range we can fall in and start being successful right away," said Hahn.

For Kentucky Guard Sgt. David Bolton, public affairs specialist for the 133rd MPAD, the training has made him think about what he may face as a media relations escort during the deployment.

"I feel very confident in the training that we've received," he said. "I feel that not only have we gotten the best training possible but also we've learned to use that training to facilitate our mission."

## Navy campaign focuses on summer safety

From Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The countdown to summer is almost over, and concerts, barbecues and water activities are about to begin. However, everyone needs to drink responsibly when alcohol is involved Navy leaders said May 24, 2013.

"During the summer months the number of accidents and alcohol incidents increase significantly," said Donice Favorite, director of the Navy Alcohol and Drug Abuse Prevention Office. "In keeping with the Navy's recently launched Keep What You've Earned campaign, we urge Sailors to drink responsibly during the summer months — and always — to stay on track

with their careers."

Favorite said Sailors can adopt safe drinking habits this summer by following a few simple steps, such as alternating drinks with water, taking a break for food and a rest when you start drinking early, and planning ahead for a safe ride home.

"We want Sailors to enjoy the warm weather of the summer months," said Favorite. "Have fun with family and friends, but be smart if you choose to drink." NADAP offers the following tips on how to drink responsibly this summer:

\* If you're hosting a barbecue, provide plenty of food and alcohol-free drinks. Make sure all of your guests

See SAFETY, Page 8

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# NEWSNOTES

**Auto Hobby Shop Car Care Class**  
 The Auto Hobby Shop is set to host "Car Care 101: How to Change Oil and Check Fluids" from 11:30 a.m. to 12:30 p.m. June 12, 2013, located at 2415 Vandenberg Ave. Class size is limited to 10 to 12 students. Call 754-4316 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.

**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@mail.mil. An example of a claim would be any debt, obligation or other money owed to the claimant by Malabe.

**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 MDC, 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.

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

**Dix**  
 The Dix Thrift Shop Hours are Tuesdays and Thursdays 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 shop's 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 donor 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.

**Walson Army Hospital Demolition**  
 Demolition of the Walson Army Hospital and associated facilities are tentatively scheduled to begin June 2013. Demolition is expected to be take 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 Brody Run on the southbound right turn from Texas Avenue to Brody Road is currently scheduled for completion by June 2013. Right turns from southbound Texas Avenue onto Brody Road may be restricted during the construction. Alternate routes to access of Brody Road between Delaware and Texas Avenues via Delaware Avenue, or proceed south on Texas Avenue to Airfield Road, then north on Delaware Avenue to Brody Road.

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 December 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

**Worship Hours**

Catholic

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

## SQUARE D SCRIBBLES

## Parade

*Continued from Page 1*

service was moving and insightful, especially since military service has affected them personally."

The two essay winners finished reading before accepting the first symbolic wreath which the Tommy B. McGuire Foundation sponsored.

"I felt pride for my service and the military as a whole when I presented my wreath," said Private 1st Class Damaris Guerrero-Garcia, supply administrative assistant with Marine Aviation Logistics Squadron 49.

The 29 remaining wreath bearers walked from the rear of the ballroom to the stage when called to lay their wreaths. The JB MDL Honor Guard proceeded with a three-volley rifle salute and the playing of riffs.

"It's an honor to attend such a great ceremony," said Edward Miller, Air Force retired senior master sergeant. "The ceremony evoked memories of the friends I lost through my 28 years of service to my country. I will always keep them in mind."

## Obama

*Continued from Page 1*

Toby: "I was a little nervous to meet him, but in the end it was worth it."

The presidential visit to the base was a successful event because of the large amount of behind-the-scenes work done by the preparation team, said Keith Taylor 305th Operations Support Squadron airfield manager.

"Multiple joint-base offices and agencies worked together diligently to make this visit as seamless as possible," said Taylor. "We worked from the beginning with Secret Service and other White House officials to handle every aspect of the relatively short-notice event. The president's staff was very pleased with the level of support they received."

The hard work paid off when joint base community members were given the chance to see a U.S. president for perhaps their first time.

"It was an awesome experience to shake hands with the president," said Army Staff Sgt. David Gomez, 7217th Medical Support Unit post-deployment reassessment noncommissioned officer in charge. "I also loved seeing Air Force One; she's a beautiful aircraft. It's safe to say I can cross this experience off my bucket list."

Several hours after their departure to the Jersey Shore, Obama and Christie returned to McGuire Field. Obama waved goodbye before boarding Air Force One and heading home.

"It was a once in a lifetime opportunity and I'll never forget it," said Gomez.

## Safety

*Continued from Page 7*

have a way to get home safely before they start drinking.

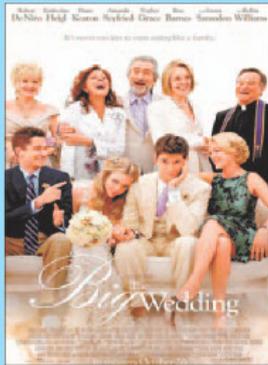
\* Don't drink and swim (or boat). According to the World Health Organization, alcohol consumption is one of the most frequently reported contributing factors associated with drowning.

\* Don't drink and drive. The rate of alcohol-related traffic fatalities increases significantly from Memorial Day to Labor Day.

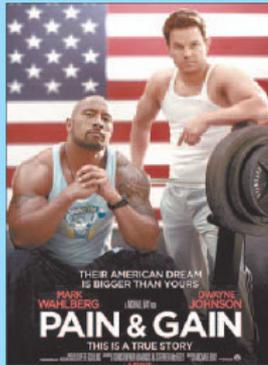
In partnership with the Naval Safety Center's "Live to Play, Play to Live" Summer Safety Campaign, NADAP encourages all Sailors and Navy personnel to take an online pledge to practice responsible drinking habits this summer. Visit <http://www.surveymonkey.com/s/drinksresponsibly> to take the "play to live" pledge.

NADAP also reminds Sailors when it comes to drinking responsibly, a little planning can make a big difference.

### Joint Base Theater Movie Schedule



Friday:  
7 p.m. The Big Wedding (R)



Saturday:  
7 p.m. Pain and Gain (R)

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

#### Artichoke Spinach Lasagna

A great option for vegetarian lasagna. You will greatly enjoy the mix of vegetables in this dish. Serves six to eight.

#### Ingredients:

- cooking spray
- nine uncooked lasagna noodles
- one onion, chopped
- four garlic cloves, chopped
- one (14 1/2 ounce) can vegetable broth
- one (14 ounce) can marinated artichoke hearts, drained and chopped
- one (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry
- one (28 ounce) jar pasta sauce
- three cups shredded mozzarella cheese, divided
- one (4 ounce) package feta cheese with garlic and herbs, crumbled

#### Cooking Instructions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray. Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain. Spray a large skillet with cooking spray and heat on medium-high. Sauté onion and garlic for three minutes, or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer five minutes. Stir in pasta sauce. Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with three cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers two more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top. Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly. Let stand 10 minutes before cutting. To freeze: Bake, cool, wrap well, and label. Freeze up to 2 months. \*Note: You can assemble and freeze without cooking and cook on the day to be eaten! To serve, defrost overnight and then bake until warmed through, or bake from frozen for 1 hour and a half.

Recipes found at [food.com](http://food.com)

## 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 part of the 87th Civil Engineer Squadron self-help area. Service members can rent out equipment for do-it-yourself jobs around base.

## Joint Base Intramural Sports Standings

### 2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	PCT
605th AMXS	5	1	0.833
305th MOS	5	1	0.833
87th FSS	5	1	0.833
305th APS	5	1	0.833
87th LRS	4	2	0.667
87th SFS	4	2	0.667
621st CRW-A	4	2	0.667
305th OSS	4	2	0.667
87th CS	4	2	0.667
373rd TRS	3	3	0.500
305th MXS	3	3	0.500
87th CES	3	3	0.500
EC	3	3	0.500
732nd AS	3	3	0.500
305th AMXS	2	4	0.333
621st CRW-B	1	5	0.167
1st/307th TSBN	1	5	0.167
314th RCS	1	5	0.167
HMLA-773	0	6	0.000
AMC TES	0	6	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 National League

Team	Win	Loss	PCT
87th CES	6	0	1.000
305th OSS	5	0	1.000
108th WG	4	0	1.000
87th MDG	5	1	0.833
EC	2	1	0.677
FCI	3	2	0.600
Wildcats	4	3	0.571
7217th	2	2	0.500
6th AS	3	4	0.429

Team	Win	Loss	PCT
VR-64 Condors	2	5	0.286
99th RSC	1	4	0.200
77th BDE	1	5	0.167
50th FM/Team Hustle	0	3	0.000
305th AMXS	0	4	0.000
WMSE	0	4	0.000

PCT = Winning Percentage

#### Game schedule

##### Week 5

June 3	BR	5:30 p.m.	99th RSC vs. 7217th
	MF	5:30 p.m.	Wildcats vs. FCI
	FF	6:30 p.m.	EC vs. WMSE
June 4	BR	5:30 p.m.	6th AS vs. Wildcats
	MF	5:30 p.m.	99th RSC vs. 77th BDE
	FF	6:30 p.m.	50th FM/Team Hustle vs. EC
June 5	BR	5:30 p.m.	305th OSS vs. 6th AS
	MF	5:30 p.m.	108th WG vs. 305th AMXS
	FF	6:30 p.m.	VR-64 Condors vs. 87th CES
June 6	BR	5:30 p.m.	50th FM/Team Hustle vs. FCI
	MF	5:30 p.m.	305th AMXS vs. 7217th
	FF	6:30 p.m.	108th WG vs. 87th MDG

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

### Intramural McGuire-Dix Softball American League

Team	Win	Loss	PCT
87th LRS	5	0	1.000
305/605/373	5	0	1.000
Fire Dept.	5	1	1.000
305th MXS Cobras	4	1	0.750
621st CRW	3	1	0.750
ASA Dix Engrs	3	2	0.333
87 CPTS/WSA/CONS	3	3	0.750
174th INF BDE	3	3	0.333
NCOA	2	2	0.500
305th APS	2	3	0.750
MAG-49	2	3	0.500
87th SFS	1	3	0.333
87th CS	1	3	0.333
2nd ARS	0	3	0.000
AMC TES	0	4	0.000
87th FSS	0	7	0.000

#### Game schedule

##### Week 5

June 3	FF	5:30 p.m.	MAG-49 vs. 174th INF BDE
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BR 6:30 p.m. 305th APS vs. Fire Dept.

MF 6:30 p.m. 87 CPTS/WSA/CONS vs. 305/605/373

June 4 FF 5:30 p.m. NCOA vs. 621st CRW

BR 6:30 p.m. 87th LRS vs. 305th MXS Cobras

MF 6:30 p.m. 2nd ARS vs. 87th SFS

June 5 FF 5:30 p.m. MAG-49 vs. ASA Dix Engrs

BR 6:30 p.m. AMC TES vs. 87th CS

MF 6:30 p.m. 87th LRS vs. Fire Dept.

June 6 FF 5:30 p.m. 305th MXS Cobras vs. ASA Dix

Engrs

BR 6:30 p.m. 87th FSS vs. 305th APS

MF 6:30 p.m. 87 CPTS/WSA/CONS vs. 87th SFS

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

### 2013 Intramural Ultimate Frisbee McGuire-Dix

Team	Win	Loss	PCT
87th CS Legends	6	0	1.000
87th CS Champions	3	1	0.750
305th MXS	2	1	0.667
87th MDG	2	4	0.333
EC/ Plus	1	3	0.250
32nd ARS	0	5	0.000

PCT = Winning Percentage

#### Game schedule

##### Week 5

June 3 8 a.m. 305th MXS 87th CS Legends

June 5 7 a.m. 32nd ARS vs. 305th MXS

8 a.m. 87th MDG vs. EC/ Plus

June 7 7 a.m. EC/ Plus vs. 87th CS Champions

All games played at the McGuire Soccer Fields

Current as of May 29, 2013.