

**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 June 22-23, 2013, due to scheduled soccer tournaments here. Soccer participants will only be able to enter through the Pemberton Gate. 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 Avenue; 11th Street and Newburgh Avenue; Millville Avenue and Pennsylvania Avenue. Call 754-0226 for more information.

**Volunteers needed at the Legal Office**  
 The 87th Air Base Wing Legal Office is seeking volunteers to act as witnesses for last will and testaments for active duty, reservists and retirees. Volunteers may help out weekly or on occasion. Call 754-1594 for more information.

**School and Sports Physicals**  
 The 87th Medical Group is set to host annual school and sports physicals 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.

**Active-Shooter Exercise Tip**  
 Active-shooter situations are unpredictable and evolve quickly. Typically the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. You can better prepare yourself by following these good practices for coping with an active shooter situation: be aware of your environment and any possible dangers, take note of the two nearest exits in any facility you visit, if you are in an office, stay there and secure the door, if you are in a hallway, get into a room and secure the door and attempt to take the active shooter down as a last resort. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him or her.

**305th OSS Change of Command**  
 The 305th OSS is set to host a Change of Command ceremony at 11 a.m. today, at Hangar 1823. Call 754-2652 for more information.

**Pancake Breakfast**  
 The Air Force Ball Committee is set to host a Pancake Breakfast from 6-9:30 a.m. today, at the McGuire Chapel, located at 2503 East Arnold Ave. The cost is \$5 for a stack of pancakes, sausage and a choice of coffee or juice. All proceeds support the 2013 Air Force Ball.

**Waggin' Tails and Trails**  
 The Health and Wellness Center is set to host a Waggin' Tails and Trails event from 8-9 a.m. June 22, 2013, at the dog park near the two-mile walk and run track, located at Mitchell Road in Falcons Court East. The event is open to all Department of Defense ID card holders. Pre-registration is required. Call 754-2462 for more information or to register.

**"School's Out" Aerobic Marathon**  
 The 87th Force Support Squadron is set to host a "School's Out" Aerobic Marathon 10 a.m. June 22, 2013, at the Griffith Field House, located at 6053 Doughboy Loop. Call 562-2707 for more information.

**Mini Job Fair**  
 The Military and Family Support Center is set to host a Mini Job Fair 10 a.m. to 2 p.m. June 25, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. This event is open to all Department of Defense ID card holders and veterans. Attendees are encouraged to bring copies of their resumé. Call 754-3154 for more information.

**Walk and Talk**  
 The Military and Family Support Center is set to host a Walk and Talk 11:30 a.m. to 12:30 p.m. June 26, 2013, at 488 Walsh Drive. Connect with others and learn about available resources as you walk around the base. Pre-registration is required. Call (732) 323-1248 for more information.

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Capt. Adam Olsen, Joint Base Legal Office Military Justice chief, speaks to over 1,000 Airmen attending the Sexual Assault Prevention and Response Stand-Down Day June 19, 2013, at Big Beige, Joint Base McGuire-Dix-Lakehurst, N.J. The SAPR stand-down day was used to focus on the zero tolerance policy of sexual assault and harassment in the military and the impact on Airmen, families and units. (U.S. Air Force photo by Russell Meseroli/Released)

**Wings gather for assault-awareness**

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

The 87th Air Base and the 621st Contingency Response wings held a Sexual Assault Prevention and Response Stand-Down Day June 19, 2013.

Chuck Hagel, the Secretary of Defense, recently mandated all military branches conduct a SAPR stand-down day, for military and civilian personnel, no later than July 1, 2013, to focus on the zero-tolerance policy of sexual assault and harassment in the military.

Personnel from both wings began training at Big Beige with an introduction from Col. Martin Chapin, 621st Contingency Response Wing commander.

"A lot of you may think you're here because of what you read in the media, what you read in the newspapers, what you see, what you hear," said Chapin to attendees. "The media is not why you're here today. Today is about the mission and the Air Force core values. The topics we're talking about today degrade our mission and are 100 percent contrary to our Air Force values."

See WINGS, Page 13

**AST members assist with unique salvage case**

By Chief Warrant Officer Craig Coburn  
 and Lt. Kristen Potter  
 Coast Guard Atlantic Strike Team

MARSELLES, Ill. — Coast Guard members mobilized to Marseilles following the torrential rains and flooding in April. Seven 200-ft barges containing steel coils, ore, concrete and chemicals broke free from a tugboat transiting in the Illinois River and struck the Marseilles Dam.

Coast Guard Marine Safety Unit Chicago and Coast Guard Sector Lake Michigan responded to the scene and called upon the technical expertise of the Coast Guard's Atlantic Strike Team. AST members were immediately dispatched to help with the response because of their salvage experience and expertise. The AST partnered with the Army Corps of Engineers to provide oversight of the removal operation of sunken barges pinned against the Marseilles Dam by flood waters.

The flooded and sunken barges impeded six of the eight locks which severely limited the ability of the Army Corps of Engineers to control the flow of water in this section of the Illinois River and increased the already high risk of severe flooding in the area after weeks of rain.

"The operation was an excellent opportunity to team with Marine Safety Unit Chicago and Sector Lake Michigan as well as the Army Corp of Engineers to keep responders safe as we tackled significant salvage challenges in the river with extremely high volumes of water flowing through the dam," said Lt. Cmdr. David Reinhard, executive officer of the AST.

The operation was a unique case for the AST, which comprises members trained as salvage and safety experts, but most often deploy in support of hazardous materials releases and oil spills. The incident had several challenges, including dive operations in fast moving water, complete removal and salvage operations in a time sensitive manner and the use of highly complex salvage methods. AST members oversaw the technical aspects and ensured safety of all salvage operations on scene, added Reinhard.

See SALVAGE, Page 4



Coast Guard members watch as a barge is removed from near the Marseilles Dam June 12, 2013, in Marseilles, Ill. Three barges were removed during continued salvage operations. (U.S. Coast Guard photo by Lt. Cmdr. David Reinhard/Released)

**Air Force provides counsel**

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."



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**Guardsman train**

More than 40 Kentucky Army National Guardsmen conducted mission specific training under the guidance and direction of fellow military police trainer/mentors assigned to the 1st Battalion, 307th Infantry Regiment, 174th Infantry Brigade, First Army Division East.



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**Base security**

The Friday morning rush hour moved smoothly through the McGuire Gate, as members of the 87th Security Forces Squadron and Army Reserve Military Police checked the ID cards of the service members and civilians reporting for work June 14, 2013, here.



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

**Facebook** /jbmil  
 Use Facebook to connect with plus 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.

# Why enforce standards?

By Master Sgt. Vincent Brass  
8th Operations Group

KUNSAN AIR BASE, South Korea — In the military we constantly refer to “the standard.” Most standards are developed within Air Force instructions or technical orders. They are what sets us apart from our civilian counterparts.

Webster’s dictionary defines a standard as “something established by authority, custom, or general consent as a model, or example.” We weigh our performance reports and sometimes administrative actions off of our ability to meet the standard.

As a first sergeant, I consistently find myself reminding Air Force members from all Air Force specialty codes of the standards. Most times I get a similar response; the member corrects the action and continues on.

Sometimes I get asked, “Shirt, is it really that big of a deal to have my hands in my pockets?” I ask you, is it?

What or whom will be impacted by the staff sergeant or captain with their hands in their pockets? Honestly, probably no one.

Ultimately, what it comes down to is, which standard is OK

to deviate from? The Air Force uniform standard, Air Force instruction 36-2903, was developed to provide us with guidance on how to maintain a professional image at all times.

How we wear our uniform is not only important to how the population of our great nation views us, but also how we pay respect to the men and women who have worn it before us and will continue to wear it long after we are all gone.

In my humble opinion, there should be no standard too small to enforce. Whether it is in a uniform standard, a security forces instruction, or a technical order that tells our maintainers the correct torque specification to prevent catastrophic failure while our pilots are in flight, all standards are developed to ensure mission success.

One of my mentors in the Air Force, retired Chief Master Sgt. Atticus Smith, used to put it to me in a manner that has stuck with me ever since.

“When we begin to pick and choose what standards we will enforce, we begin to accept mediocrity as the standard,” Smith said. “When mediocrity becomes the standard is when the mission will fail.”

I ask you now, why is it a big deal to enforce the standard?

## Keeping service in perspective

By Chief Master Sgt. James Powell  
97th Medical Group

ALTUS AIR FORCE BASE, Okla. — If you were approached by a co-worker, civilian or family member and asked the question, “Why do you serve?” What would your answer be? How would you internalize what you do for the Air Force to the point where you could answer that seemingly simple question?

Over the past several years, I’ve heard the full array of reasons from the events of 9/11 to family traditions. It wasn’t until the sequestration events during this past spring, specifically the suspension of tuition assistance, that I thought harder about the reasons why we serve.

Let me start by saying that I am not against tuition assistance or any other benefit that the Air Force has given us. I personally have benefited from the use of TA and believe that our Air Force reaps the rewards from members who have taken the initiative to further their education. I bring up this subject because the news about terminating TA seemed to have invoked an enormous response and I wanted to try and put some things into perspective.

As Air Force members, we sometimes have a tendency to take things for granted. We have no problem when the first and the 15th of the month come

around and our paycheck is waiting for us in the bank. We have grown to expect that. When we take a look at our leave and earnings statement, we see different benefits such as housing allowance or subsistence allowance and maybe even some type of special-incentive pay that is unique to our particular job or career field. Most of those benefits remain largely intact during this fiscal crisis.

Many of us have gone over to the clinic and received treatment and medications that would’ve been very costly if we had to procure this treatment in the civilian sector on our own dime. I didn’t see much effect on these benefits either.

While not every temporary duty (TDY) or permanent change of station assignment was perfectly timed or to the perfect location, we found some type of benefit whether it was the opportunity to travel or the associated allowances we received from being relocated for a period of time. In regard to TDYs, this area definitely saw some adjustments and some hardship but nowhere on the level I saw with the discontinuance of TA.

This revocation happened in the wake of post-9/11 education benefits, various scholarships offered through professional organizations and Pell Grants. Also, local colleges were working with members to make special arrangements to ease the financial burden.

I truly don’t think members serve simply for the education benefits, despite the fact that there were many who made comments to the contrary. I can’t tell you how many indicated that they were planning to separate just because this one benefit was on the verge of disappearing. I can happily report that I did not see one individual who made such a threat log onto the Virtual Military Personnel Flight and start the separation process.

I am convinced there are different attitudes toward serving, such as education benefits or sense of family, patriotism or job security. I use the word “attitudes” because they are subject to change. We can all attest that we have taken a certain position or attitude toward something one minute and in the next, it can be swayed to change. Hence why I didn’t see one person who said they joined the Air Force merely for the education benefits try to separate when TA was not available.

This led me to believe that in actuality we all serve for the same purpose, which can be summarized by one word: commitment. We all took an oath of service upon enlistment and during reenlistment. Did that oath say anything about serving for the promise of getting medical or educational benefits? Does it even

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## JB MDL congratulates CCAF graduates

The Joint Base McGuire-Dix-Lakehurst community would like to congratulate the Community College of the Air Force Spring 2013 graduates. The CCAF’s vision, incorporating the Air Force’s core values of integrity first, service before self and excellence in all we do, is to prepare the world’s best expeditionary-minded air, space and cyberspace enlisted leaders. To view full list of graduates, visit [www.jointbasemdl.af.mil/news/story.asp?id=123353174](http://www.jointbasemdl.af.mil/news/story.asp?id=123353174)



## Boomers practice proper procedures



Members of the 305th Operations Support Squadron load equipment onto a KC-10 Extender June 13, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The boom operators practiced loading and unloading equipment to keep them current on procedures. (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](mailto:87abw.actionline@mcguire.af.mil).

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



AIR, LAND  
& SEA TIMES

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## AF provides special counsel to sexual assault survivors

By Staff Sgt. David Salamin  
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 McGuire-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 SVC 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 Judge Advocates General 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 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% 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 fulltime, 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.

"I 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 innermost 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 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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## Salvage

Continued from Page 1

One sunken barge, loaded with more than 600 steel plates of various sizes shifted as it sank, and presented an especially difficult and time-consuming removal process. Divers had to work carefully to prevent personal injury overcoming the river current, limited visibility and the displacement of the plates from their original loading configuration. Due to hazardous work conditions, the Coast Guard insisted on a rescue boat on scene, ready to respond within a moment's notice to transport injured members to shore then to an ambulance if necessary.

Another barge sank with approximately 2,000 tons of concrete, which had to be jack hammered loose before operators used heavy equipment to pick it up. This

operation had its own difficulties because the heavy equipment operator could not see the concrete in the barge through the water. After the barges were emptied of their cargo, they were lifted in place just above the surface of the water, enabling dewatering, plugging and hull patching as necessary. Once the barges were determined safe for transit, they were towed to a location for final repairs.

Coast Guard AST members have been on scene since April, and will continue through June, or until operations are complete. The AST's presence ensured safety protocols were being followed and their key input was made into the development of a salvage plan for the barges. Six of the seven barges have already been successfully removed and all but two of the locks have been repaired or found to be functional.

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# Guardsmen train for OEF mission

By Capt. Antonia Greene-Edwards  
174th Infantry Brigade Public Affairs

More than 40 Kentucky Army National Guardsmen conducted mission-specific training under the guidance and direction of fellow military police trainer/mentors assigned to the 1st Battalion, 307th Infantry Regiment, 174th Infantry Brigade, First Army Division East.

The Soldiers from the 1103rd Military Police Company are training at Joint Base McGuire-Dix-Lakehurst, N.J., for an upcoming law-and-order mission they will be performing in support of Operation Enduring Freedom in Afghanistan.

The two-week law-and-order field training designed and facilitated by 1-307th trainer/mentors, focused on a variety of force protection measures necessary to ensure the safety and security of a deployed military community.

"We've been getting more specific garrison law-and-order operations training on the military police side," said Staff Sgt. Charles Bailey, 1103rd Military Police Detachment from Stanford, Ky. "We've been working here with Soldiers from First Army's law-and-order section and they've been giving us some more direct training on how to respond to domestics, crisis scenes and any number of situations we may face overseas."

The military police corps plays an important role in combat operations providing escort for high visibility military assets and visitors, training and protection for local national security forces and assisting in the arrest of enemy combatants. Supporting commanders beyond the successful resolution of battle involves the law-and-order mission. The military police law-and-order mission focuses on suppressing the chance for criminal behaviors which supports commanders by ensuring a lawful and orderly environment units need to maintain discipline and combat readiness.

"Many of us deployed as combat military police and we never really got to experience being police," said Bailey. "I'm really anxious to see how it is as a police officer and not a combat military police officer."

Law-and-order training includes a range of law enforcement operations, conducting investigations and filling out all the paperwork that goes along with being a military police officer. During week one, under the watchful eyes of 1-307th trainer/mentors, the Kentucky National Guard Soldiers participated in practical exercises including controlling access in various situations, conducting vehicle searches, apprehending suspects and protecting crime scenes. This differs from a combat military police mission or police mentorship training missions in which the Soldiers provide mainly host-nation support. Protecting service members and assisting commanders is a key component of the law-and-order mission.

"The course is working with the command, empowering the unit leadership to get involved with the training," explained Staff Sgt. David Engelhardt, 1-307th trainer/mentor and military police officer. "We're not here to be drill sergeants, we're not here to force training down their throats. We're here to facilitate what they need."

Engelhardt went on to say as long as training standards



Staff Sgt. David Engelhardt, 1st Infantry Battalion, 307th Infantry Regiment, 174th Infantry Brigade, First Army Division East trainer/mentor, evaluates investigation and apprehension skills during mission-specific training for the 1103rd Military Police Detachment, Kentucky Army National Guard, at Joint Base McGuire-Dix-Lakehurst, N.J., June 5, 2013. (U.S. Army photo by Sgt. 1st Class Stan Maszczak/Released)

are being met, they can incorporate a variety of scenarios tailored specifically to the training unit.

"We have standards that we have to stick to, but there's a million ways to make it happen," explained Engelhardt. "If we can run a scenario that meets the standards of training and incorporates techniques they need work on, we accomplish our mission and it gets them more invested in the training because they get more value out of it."

Other Soldiers agreed the training provided them with useful information.

"Having the garrison law-and-order operations training has really helped refresh our memory," said Bailey.

Bailey added he believes this law and order training has been the best so far.

The mobilized military police also trained in responding to different threats including bombs, domestic situations and building alarms. The trainees instituted traffic control measures, practiced filing reports and demonstrated techniques in responding to a hostage situation.

"Even as a military policeman, I normally train on basic soldier skills that anybody can embrace," added Engelhardt.

"But being able to do specialty training has been exciting for our team to come up with different training scenarios

and try to make it as interesting as possible."

The 1-307th trainer/mentors worked hard to incorporate insider-threat training as well.

"We give them in-depth practical exercises, involving more role players to give it more realism," said Engelhardt.

Additionally, the trainers and trainees plan to team up with 87th Security Forces Members to conduct ride-alongs during week two.

"We're going to be riding with the 87th SFS members here to help get our skill set changed over," said Bailey referring to the law-and-order mission as opposed to a combat military police mission. "It's nice to get refresher training inside a police cruiser, and not just a Mine Resistant Ambush Protected vehicle or an Armored Security Vehicle."

Engelhardt said these Soldiers will be the forward operating base police officers and they will need to rely on their training and interpersonal communications skills throughout the deployment.

"It's not exactly the same – the two types of military police – we were all taught how to be garrison military police, but we never had much practice," said Bailey. "So this refresher has been really good. It's going to be helpful when we get down range."

## GO ARMY! GO NAVY!

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# Joint Base Intramural Sports Standings

## 2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	Tie	PCT
305th MOS	6	1	0	0.857
87th SFS	6	2	0	0.750
305th APS	6	2	0	0.750
87th CS	6	2	0	0.750
621st CRW-A	5	2	0	0.714
87th SFS	5	2	1	0.688
87th LRS	5	3	0	0.625
605th AMXS	5	3	0	0.625
305th MXS	5	3	0	0.625
87th CES	5	3	0	0.625
305th OSS	5	3	0	0.625
373rd TRS	4	4	0	0.500
EC	4	4	0	0.500
732nd AS	4	4	0	0.500
305th AMXS	3	5	0	0.375
314th RCS	2	6	0	0.250
1st/307th TSBN	1	6	1	0.188
621st CRW-B	1	7	0	0.125
HMLA-773	0	8	0	0.000
AMC TES	0	8	0	0.000

PCT = Winning Percentage

### Game schedule

#### Week 11

June 25	Noon	305th OSS vs. 87th LRS
	Noon	305th MXS vs. 305th AMXS
	Noon	373rd TRS vs. 87th SFS
	Noon	605th AMXS vs. 314th RCS
	Noon	305th APS vs. 1st/307th TSBN
	Noon	HMLA-773 vs. 87th CS
	12:01 p.m.	AMC TES vs. 305th MOS
	12:01 p.m.	87th CES vs. EC
	12:01 p.m.	621st CRW-B vs. 732nd AS
	12:01 p.m.	87th SFS vs. 621st CRW-A

All games played at Falcon Creek Golf Course

## Intramural McGuire-Dix Softball National League

Team	Win	Loss	PCT
108th WG	9	0	1.000
305th OSS	6	1	0.857
EC	4	1	0.800
87th MDG	7	2	0.778
FCI	6	2	0.750
87th CES6	2	0.750	
Wildcats	6	3	0.667
VR-64 Condors	5	5	0.500
7217th	4	5	0.444
6th AS	3	6	0.333
WMSE	2	5	0.286
99th RSC2	9	0.182	
50th FM/TH	1	6	0.143
77th BDE	1	8	0.111
305th AMXS	0	7	0.000

PCT = Winning Percentage

### Game schedule

#### Week 9

June 24	BR 5:30 p.m.	7217th vs. EC
	MF 5:30 p.m.	87th MDG vs. VR-64 C
	FF 6:30 p.m.	87th CES vs. 99th RSC

#### Week 10

June 25	BR 5:30 p.m.	WMSE vs. 7217th
	MF 5:30 p.m.	FCI vs. 305th OSS

## 2013 Lakehurst B-League Softball

Team	Win	Loss	PCT
87th LRS 8	0	1.000	
305/605/373	8	0	1.000
621st CRW	5	2	0.714
305th APS	7	3	0.700
305th MDS Cobras	6	3	0.667
ASA Dix Engrs	5	3	0.625
Fire Dept.	6	4	0.600
87th SFS	4	4	0.500
174th INF BDE	5	5	0.500
NCOA	3	3	0.500
87 CPTS/WSA/CONS	3	6	0.333
MAG-49	2	7	0.222
87th CS	1	4	0.200
AMC TES	1	5	0.167
87th FSS	1	9	0.100
2nd ARS	0	7	0.000

### Game schedule

#### Week 9

June 24	FF 5:30 p.m.	AMC TES vs. 87th SFS
	BR 6:30 p.m.	87th LRS vs. ASA Dix Engrs
	MF 6:30 p.m.	NCOA vs. 87 CPTS/WSA/CONS

#### Week 10

June 25	FF 5:30 p.m.	305th APS vs. 87th CS
	BR 6:30 p.m.	NCOA vs. 305/605/373
	MF 6:30 p.m.	87 CPTS/WSA/CONS vs. AMC TES

#### Week 11

June 26	FF 5:30 p.m.	174th INF BDE vs. 305th MDS Cobras
	BR 6:30 p.m.	87th SFS vs. Fire Dept.
	MF 6:30 p.m.	87th SFS vs. NCOA

#### Week 12

June 27	FF 5:30 p.m.	87th CS vs. MAG-49
	BR 6:30 p.m.	2nd ARS vs. 87th LRS
	MF 6:30 p.m.	621st CRW vs. AMC TES

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

## 2013 Lakehurst Field 1 LP2=Lakehurst Field 2

Team	Win	Loss	PCT
87th CS Legends	9	0	1.000
87th CS Champions	5	1	0.833
305th MXS	5	2	0.714
EC/ Plus	3	5	0.375
87th MDG	2	8	0.200
32nd ARS	0	8	0.000

PCT = Winning Percentage

### Game schedule

#### Week 8

June 24	7 a.m.	32nd ARS vs. 87th CS Legends
	8 a.m.	305th MXS vs. 87th CS Champions
June 26	7 a.m.	87th CS Legends vs. 87th CS Champions
	8 a.m.	87th MDG vs. 305th MDS
June 28	7 a.m.	EC/ Plus vs. 87th CS Champions
	8 a.m.	32nd ARS vs. 87th MDG

All games played at the McGuire Soccer Fields

## 2013 Intramural Soccer JB McGuire-Dix-Lakehurst

Team	Win	Loss	Tie	Points
305th APS	2	0	0	19
305th MXS	1	0	0	10
FC COM	1	0	0	9
NJARNJ Strikers	1	0	0	8
87th CONS	1	0	0	8
32nd ARS	0	1	1	8
605th AMXS	0	0	1	6
174th INF BDE	0	0	1	5
87th CES	0	0	1	5
2/315th	0	1	0	1
305th AMXS	0	1	0	0
NAVAIR Lakehurst	0	1	0	0
621st CRW	0	1	0	0
WMSE	0	1	0	0

Points = Calculated Points

### Game schedule

#### Week 2

June 24	5:30 p.m.	F16 NJARNJ Strikers vs. 174th INF BDE
	5:30 p.m.	F18 2/315th vs. FC COM
	6:50 p.m.	F16 32nd ARS vs. NAVAIR Lakehurst
	6:50 p.m.	F18 305th APS vs. 605th AMXS

#### Week 3

June 25	5:30 p.m.	F16 FC COM vs. WMSE
	5:30 p.m.	F18 621st CRW vs. 305th AMXS
	6:50 p.m.	F16 174th INF BDE vs. NAVAIR

#### Week 4

Lakehurst	6:50 p.m.	F18 87th CES vs. 305th MDS
June 26	5:30 p.m.	F16 87th CONS vs. 32nd ARS
	5:30 p.m.	F18 2/315th vs. 605th AMXS
	6:50 p.m.	F16 WMSE vs. NJARNJ Strikers
	6:50 p.m.	F18 87th CES vs. 305th APS

F1=Griffith Field House Soccer Field #16 F2=Griffith Field House Soccer Field #18  
Current as of June 18, 2013.



Mine was earned in Vietnam. By my dad.

Barbara Q., USAA member

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# Distracted drivers are deadly

By Lori Yerdon  
U.S. Army Combat Readiness  
Safety Center

FORT RUCKER, Ala.— Motor vehicle accidents involving a distracted driver kill thousands of people each year on America's roadways. Anytime drivers text, use a cell phone or navigation system, change a radio station, eat or drink, or do anything that diverts their attention from the road, the opportunity for an accident to happen increases exponentially.

For some accident victims, they were merely in the wrong place at the wrong time and a distracted driver slammed into their vehicle. No matter the circumstances, organizations across the nation agree that distracted driving has become an epidemic on U.S. highways.

Joining the nationwide effort to raise awareness of the risks associated with this unsafe practice, the U.S. Army Combat Readiness/Safety Center hosted its first-ever distracted driving event, "So you think you can drive distracted?" here, June 4.

"We are all guilty of driving distracted and putting ourselves and others at risk when we're on the road," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "We hope today's activities will demonstrate just how dangerous distracted driving really is."

Thirty-three Soldiers and Department of the Army Civilians, between the ages of 21 and 45, negotiated a one-mile driving course that simulated urban driving while observer/controllers, known as OCs, attempted to "distract" them as they drove.

Throughout course, drivers encountered hazards designed to replicate distractions that drivers face daily. They dealt with objects suddenly jutting across the road, "passengers" attempting to get their attention, blaring music, continually ringing cell phones and a barrage of text messages.

"The training was very realistic and helped point out your weaknesses and strengths," said Spc. Hilary Phillips, U.S. Army Aeromedical Research Laboratory. "I think (the training) will definitely teach people to be safer drivers."

Once the drivers completed the course, the OCs critiqued their performance. Then the drivers listened to a testimonial from a Crestview, Fla., man familiar with the consequences of distracted driving.

In 2011, Rusty Fine's 18-year-old niece, Megan Warman was texting and driving on her way to school. She veered off the road slightly, over corrected and her car flipped at least six times. She died 10 days later from her injuries.

Fine was also Megan's legal guardian and he said the impact of her death was devastating.

"Never in a thousand years did we think this would happen to Megan," Fine said. "But it did and it can happen to any family. It's important that the word gets out about

how dangerous it is to drive distracted." The National Safety Council reports that thousands die needlessly each year because people continue to use their cell phones while driving, handheld or hands-free.

Here are some facts from the NSC and the National Highway Traffic Safety Administration that are indicative of how rampant and dangerous distracted driving is:

- Drivers who use handheld devices are four times more likely to be involved in crashes serious enough to cause injury.

- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds; the equivalent, at 55 mph, of driving the length of an entire football field, blind.

- Eleven percent of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

- In 2011, vehicle accidents involving a distracted driver accounted for 387,000 personal injuries.

- About nine percent of all drivers are talking on cell phones at any given daylight moment.

- Text messaging creates a crash risk 23 times worse than driving while not distracted.

With the number of people dying in crashes involving a distracted driver on the rise — 3,331 in 2011 compared to 3,267 in 2010 — safety officials are determined to educate individuals on the dangers of distracted driving.

"The biggest problem is most people don't realize just how dangerous it is," said Dr. Joseph MacFadden, USACR/Safety Center Human Factors Directorate, research psychologist. "They don't know the statistics. Most young people (who) are texting and driving these days are completely unaware, and of course, they feel also that they can defy the odds."

The event coincided with National Safety Month (June) and safety officials hope it raised awareness of an Army and nationwide driving safety problem. USACR/Safety Center officials are in the process of producing an informational awareness package within the upcoming weeks using some of the information gathered at the event that will be available to everyone in the Army.

Distracted driving is an emerging trend that needs to stop, said Walt Beckman, program manager and deputy director, Driving Directorate, USACR/Safety Center.

"Many times Soldiers think they can multi-task while driving and that's not the case," said Beckman. "Drivers need to focus on driving and not worry about the text message or phone call that can wait. Taking your eyes off the road or your mind off the task of safely operating a motor vehicle, even for just a few seconds, can cause a devastating accident and a life-changing event. It's just not worth it."

# Birthday

Continued from Page 3

an Army sabre per tradition at the ASA-Fort Dix Headquarters.

Sgt. Kevin Forkin, ASA-Fort Dix Headquarters Company supply sergeant, the youngest Soldier at age 22, cut the cake for the second time since joining the Army. Sergeant 1st Class Jarold Hayford, 1110th Mobilization Support Battalion, Arrival/Departure Airfield Control Group sergeant mobilized from Fort Campbell, Ky., was the oldest Soldier here at the age of 57, so he and Forkin worked together to slice the cake.

"There is a lot of pride in the Army's traditions," said Forkin. "I feel blessed to

have the opportunity to take part in this tradition because I might never get to participate again as the youngest."

The Army Ball was the final event to celebrate the Army's birthday. Soldiers donned their mess dress which is one of their most formal uniforms. Approximately 230 attended the event at Valenzano's Winery in Shamong, N.J. The attendees ate, danced and held an older cake-cutting ceremony.

The ball came to end at 10:30 after five hours, ending the Army birthday celebrations.

"It's nice when we all get together as an Army community for something like this," said Capt. Laura Gibbons, Warrior Transition Unit case management officer, who attended the formation run. "I love the traditions we have in the Army

and I think they will only get stronger."



Army Support Activity Fort Dix Soldiers participated in a celebratory two-mile run, starting and beginning at Sharp Field, June 13, 2013, at Joint Base McGuire-Dix Lakehurst, N.J. Multiple Army units ran in formation while carrying their unit guidons and singing cadences to commemorate the Army's 238th birthday. (U.S. Air Force photo by 2nd Lt. Carrie Voipe/Released)



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# NEWSNOTES

**Red, White and Blue Buffet Luncheon**  
 The 87th Force Support Squadron is set to host a Red, White and Blue Buffet luncheon from 11:30 a.m. to 1 p.m. June 27, 2013, at the Flight Deck, located at 484 Lansdowne Road. Cost is \$6 per person. Call (732) 323-2405 for more information.

**Firecracker 5K Fun Run**  
 The 87th Force Support Squadron is set to host a Firecracker 5K Fun Run noon June 27, 2013, at the Griffith Field House, located at 6053 Doughboy Loop. Start and finish line is at Infantry Park. Event is open to all Department of Defense ID card holders. Call 562-2769 or 562-2707 for more information.

**Delaware River Tubing/Barbecue Lunch**  
 The 87th Force Support Squadron Outdoor Recreation is set to host a Delaware River Tubing and Barbecue Lunch from 8 a.m. to 4 p.m. June 29, 2013, located at 6045 Doughboy Loop. Cost is \$20 for military personnel and \$35 for all other Department of Defense ID card holders. Trip leaves ODR at 8 a.m. and returns no later than 4 p.m. Participation is limited to 28 persons and must be paid in full by June 27. Call 562-6667 or 562-2727 for more information.

**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. July 2, 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 card holders. Call 754-2830 for more information.

**New Jersey Military Appreciation Day**  
 A Military Appreciation Day is set for all active-duty service members and families from 11 a.m. to 4 p.m. July 6, 2013, at the Fifth Avenue beach, in Belmar, N.J. Free access will be given for the beach, food, parking and entertainment. Rain date for this event is July 7. Call (732) 681-3700 for more information.

**Auto Hobby Shop Car Care Class**  
 The Auto Hobby Shop is set to host "Car Care 101: Checking and Replacing Oil Hoses and Coolant" from 11:30 a.m. to 12:30 p.m. July 10, 2013, located at 2415 Vandenberg Ave. Class size is limited to 10 to 12 students. Call 754-4316 for more information or to register.

**Free Movie Night**  
 A free movie night is set for 6:30 p.m. July 11, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne

Road. Children must be accompanied by an adult at all times. Doors open at 5 p.m. Free popcorn will be available and light bites and beverages will be available for purchase. The movie being shown is "Identity Thief" which is rated R.

**Pine Ridge Golf Course Handicap Championship**  
 The Pine Ridge Golf Course is set to host a Handicap Championship 7:30 a.m. July 13, 2013, at 33 Trotter Road on Lakehurst. The tournament is open to all eligible golf patrons with valid Golf Industry Handicap Network handicap index. The fee is \$15 per person and includes prizes and lunch. Sign up is no later than July 12. Call (732) 323-2636 for more information.

**Quilts for Children**  
 The 87th Force Support Squadron is set to host a Quilts for Children 11 a.m. to 3 p.m. July 13, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Make quilts for children in long-term healthcare, safe houses, children of deployed Soldiers and for wounded warriors. Call 562-5691 for more information.

**Creative Photo Boot Camp**  
 The 87th Force Support Squadron is set to host a two-hour Creative Photo Boot Camp noon-2 p.m. July 13, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Create interesting images with selective focus using the Lensbaby lenses. Students must have a Canon or Nikon digital single-lens reflex camera. The fee is \$25. Call 562-5691 for more information.

**Ceramic Classes on Lakehurst**  
 A ceramics class for all skill levels is set to be held 4:30-6 p.m. July 16, 2013, at the Flight Deck Recreation Center, located at 484 Lansdowne Road. The event will teach basic techniques of glazing and staining ceramic pieces, in addition to dry brushing and chalk techniques. The fee is \$5 per class plus cost of supplies. Call (732) 323-2405 for a seat or for more information.

**Framing Qualification Class**  
 The 87th Force Support Squadron is set to host a Framing Qualification Class from 6-8 p.m. July 17, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Preregistration is required. The fee is \$10. Call 562-5691 for more information.

**Ditch the Dorm**  
 The Military and Family Support Center is set to host a Ditch the Dorm seminar 1-3 p.m. July 18, 2013, at 3435 Brody 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.

**Newcomers' Orientation Tour**  
 The Military and Family Support Center is set to host a Newcomers' Orientation Tour 9:30 a.m. to 1:30 p.m. July 18, 2013, located at 3435 Brody Road. The event is held every third Thursday and is open to military spouses from all branches and will include a narrated bus tour of McGuire and Dix conducted by the Joint Base Public Affairs Office. Light breakfast is included. 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. July 18, 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.

**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 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, (732) 323-2362.

**Hearts Apart**  
 The Military and Family Support Center is set to host a Hearts Apart 5:30-6:30 p.m. July 19, 2013, at the Saxton Community Center in Falcon Courts North, located at 3811 South Bolling Drive. Preregistration is required. Call 754-3154 for more information or to register.

**2nd Annual JB MDL Cardboard Boat Regatta**  
 The 87th Force Support Squadron is set to host the 2nd Annual JB MDL Cardboard Boat Regatta from 10 a.m. to 3 p.m. July 20, 2013, at Willow Pond. This event is a boat race where crews design, build and race a human-powered boat made of cardboard. Visit gomdl.com for complete details, including instructions on how to construct a boat. There will be bounce houses, canoes and kayaks and other outdoor recreation equipment to try out for free. Food and beverages will be available for sale. Call 562-2727/5667 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. July 22-26, 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.

## 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 28, 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 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 Road southbound 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.

**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.

**Tentative electrical shutdown**  
 A tentative electrical shutdown is scheduled from July 1-8, 2013, in the 2600 area. Buildings affected by a four-hour shutdown July 1 are: 2610, 2619, 2620, 2621, 2622, 2623 and 2624. Buildings affected by a 10-hour shutdown July 3 are: 2619 through 2624. Buildings affected by an eight-hour shutdown are: 2619 through 2624.

**87th ABW Lobby Renovation**  
 The lobby to the 87th Air Base Wing headquarters, located at 2901 Falcon Lane, will be closed intermittently during renovation and construction of the canopy through July 26, 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 New Jersey Avenue  
 Soldier's Chapel – 5950 Church Street  
 Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

**Worship Hours**

Catholic

Wednesday – 11:30 a.m. McGuire Chapel  
 Saturday – 5 p.m. McGuire Chapel  
 Sunday – 10:30 a.m. Dix Chapel

Protestant

Sunday – 9 a.m. Traditional - Dix Chapel  
 Sunday – 9:45 a.m. Contemporary - North Chapel  
 Sunday – 11 a.m. Liturgical - Cathedral of the Air  
 Sunday – 11:30 a.m. Gospel - McGuire Chapel

Army Support Activity

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

For programs, faith groups, or special language needs not listed, please contact the Chapel at 809-754-4673.

**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.

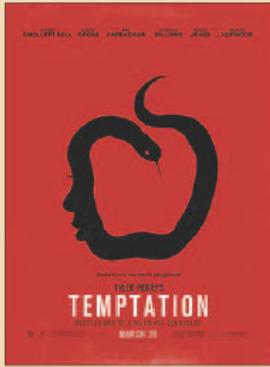
Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. – 4:30 p.m.) call 809-754-HOPE (4673).

For assistance after duty hours, call the Command Post at 809-754-3935 or 3936.

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

### Joint Base Theater Movie Schedule



Friday:  
7 p.m. Tyler Perry's Temptation (PG-13)



Saturday:  
7 p.m. Star Trek Into Darkness (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](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's the water fountain in front of the 87th Medical Group Clinic. The 87th MDG members operate a state-of-the-art ambulatory care center containing organizations such as flight medicine and bioenvironmental engineering.



### 305th vice commander flies fini flight



Col. William Dale Anderson, 305th Air Mobility Wing vice commander gets hoisted with water and sparkling grape juice by his sons and aircrew members after he landed a KC-10 Extender for the last time during his fini flight June 18, 2013, at McGuire Airfield, Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Wayne Russell/Released)

### JB MDL units prepare for vulnerability assessment

By James Coleman  
Joint Base McGuire-Dix-Lakehurst Antiterrorism Office

The higher headquarters vulnerability assessment is slated to take place June 19-28, 2013, here. A seven-person team will evaluate the joint base antiterrorism program by looking at personnel's ability to deter terrorist actions directed toward the base and assessing how well they react, respond and recover from an act of terror when it occurs. The antiterrorism program will be evaluated from the installation level down to the smallest agencies here. The VA team will investigate all areas of potential vulnerabilities in coordination with local subject-matter experts including physical security, emergency management, communications, continuity of operations and infrastructure.

The team will simulate an attack scenario and identify how a terrorist individual or team could be successful even though no exercise is planned as part of the assessment. Just like every day on a military installation, part of the job includes making it as difficult as possible for them to reach any target(s).

Personnel should ensure all buildings and facilities are ready for the inspection. All personnel are encouraged to talk to their supervisor and/or antiterrorism officer or representative about making their facilities more difficult targets. Questions should be directed to the JB MDL antiterrorism office at 754-1396/1397/1611.

The results of the VA will show base personnel how to prioritize improvements to strengthen the base's defenses to protect the people and missions as terrorists evolve their plans.

### Recipe Roundtable

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

#### Banana Bread

This banana bread is moist and delicious with loads of banana flavor. Banana bread is a comfort food and it's great toasted. Serves 12.

- Ingredients:
- 2 cups all-purpose flour
  - 1 teaspoon baking soda
  - 1/4 teaspoon salt
  - 1/2 cup butter
  - 3/4 cup brown sugar
  - 2 large eggs, beaten
  - 2 1/3 cups mashed very overripe bananas

#### Cooking Instructions

Preheat oven to 350°. Lightly grease a 9-by-5 loaf pan. In large bowl, combine flour, soda and salt. In separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60-65 minutes until a toothpick inserted into center of loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



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

### Wings

Continued from Page 1

Force core values."

The morning also contained a video from Gen. Mark A. Welsh III, Chief of Staff of the Air Force, and Chief Master Sgt. of the Air Force James A. Cody regarding the topic of sexual assault and the impact on Airmen, families and units.

Chief Master Sgt. Sandra Rios, 87th Force Support Squadron superintendent, took the stage with:

Senior Master Sgt. Kevin Craig, 818th Contingency Response Group superintendent, to explain sexual harassment to the Airmen in attendance.

"What is sexual harassment? Equal Opportunity people, if I say something wrong, come correct me, please," Rios called out to lighten the mood. "If you use coercion in the workplace to get somebody to do something in return for sexual favors, that's sexual harassment. If you repeatedly use language in the workplace that creates a hostile work environment, that's sexual harassment."

She also explained that sexual harassment does not need to be between two parties.

"I could refer to Sergeant Craig here as 'sergeant hottie,'" she said. "He may or may not be offended by that, but somebody else might be. If that person is, that's still sexual harassment."

Col. John Wood, Joint Base McGuire-Dix-Lakehurst commander, concluded the commander's call with words about the dangers of alcohol and poor judgment.

"Alcohol is not our friend when it comes to sexual assault," he warned the audience. "Pay attention. Be a good wingman. Have a plan. If you're going out to have a fun time, have a fun time. But if your wingman is just as drunk as you are, you don't have a wingman anymore."

A wingman 2.5-mile fun run on the McGuire Airfield immediately followed the call for attending personnel and ended the morning group activities.

The colonels then dismissed personnel to continue training at the unit level to conduct small-group discussions and review videos about bystander intervention, offenders and victims of sexual assault.

Anyone in need of the SAPR program or a Sexual Assault Response Coordinator can call 754-2988. Other helpful numbers are the staff Legal Office at 754-2010, Equal Opportunity at 754-8273 for McGuire and Dix and the Chapels at 754-4673.

### Service

Continued from Page 2

say anything about pay and allowances or patriotism? The obvious answer is no.

Our oath uses words such as "support and defend" and "obey," all of which require commitment. Commitment requires a deep inner conviction and an obligation that is not limited to any one individual. Our commitment encompasses our Air Force, our families and our nation. When we can acknowledge that the reason we serve is because of

our commitment, we set aside our individual attitudes towards a particular benefit or belief and take up a cause that is much bigger than any one of us combined.

Hopefully we can all take a step back when asked the question why we serve and say that it wasn't because of a particular benefit or promise. As we have seen, as fiscal environments change, so too can benefits. So let us keep our perspective of our commitment to "serve and defend" and sustain our Air Force as the most commanding power on the face of the earth.



### 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 754-2482 for more info.