

NEWSNOTES

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

July Installation Update

Due to the Fourth of July holiday, the monthly installation update that is usually held on the first Wednesday of the month is being moved to 10 a.m. July 10, 2013, at the Joint Base Theater.

Active-Shooter Exercise

Joint base community members and families may experience delays and observe emergency response at various places during the active shooter exercise scheduled for July 17, 2013. Training is essential and helps ensure the readiness of joint base personnel. Call 754-2230 for more information.

Active-Shooter Exercise Tip

Police officers responding to an active shooter are trained to proceed immediately to the area where the shots were last heard, their purpose is to stop the shooting as quickly as possible. The first officers to arrive will not stop to aid injured victims. Rescue teams will follow shortly after the first responding officers enter the area. They will attend to the injured and remove everyone safely from the area.

Delaware River Tubing and 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. The cost is \$20 for military personnel and \$35 for all other Department of Defense ID card holders. The trip leaves ODR at 8 a.m. and returns no later than 4 p.m. Participation is limited to 28 people 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 from noon to 5 p.m. July 2, 2013, at John Mann Park. The picnic will feature 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.

Claims Against the Estate of Airman 1st Class Terence L. Davis

All persons having claims against Airman 1st Class Terence L. Davis need to present such claims to Col. Victoria Farley, the Summary Court Officer, at 754-3709. An example of a claim would be any debt, obligation or other money owed to the claimant by Davis.

Army Education Center Summer Schedule

The Army Education Center is offering a Functional Academic Skills Training Class from 12:30 to 4:30 p.m. July 10-30, 2013, at the Education Center, at 5418 MacDonald Hall. The class is designed to strengthen skills measured in the General Technical score from the Armed Forces Classification Test. A diagnostic Test of Adult Basic Education is required for attendance. Call 562-4894 for more information.

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 snacks and beverages will be available for purchase. The movie being shown is "Identity Thief" which is rated R.

Shell 77 Memorial Run

A 5K memorial run in memory of the three Airmen killed on board the KC-135 Stratotanker, call-sign Shell 77, is scheduled for 7:30 a.m. July 12, 2013, at the pavilion outside the McGuire Fitness and Sports Center, located at 2504 McGuire Blvd. Call (518) 424-4806 for more information.

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 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 event from 11 a.m. to 3 p.m. July 13, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Attendees will make quilts for children in long-term healthcare, safe houses, children of deployed Soldiers and for wounded warriors. Call 562-5691 for



Tech. Sgt. Joshua White, 87th Security Forces Squadron flight chief, goes over his observations from the flightline training conducted with 87th SFS members and Army reservists from the 313th Military Police Detachment based in Las Vega June 14, 2013 at Joint Base McGuire-Dix-Lakehurst, N.J. The Soldiers were conducting their annual training at JB MDL (U.S. Air Force photo by Russ Meseroll/Released)

Joint forces provide base security

By Pascual Flores
 Joint Base McGuire-Dix-Lakehurst
 Public Affairs

The Friday-morning rush hour traffic 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.

Approximately 45 reserve Soldiers performing annual training from the 313th Military Police Detachment from Las Vegas augmented the joint base security forces uniformed and civilian personnel that comprise Airmen, Sailors and Department of the Air Force police. The opportunity to observe and compare job skills and best practices could prove instrumental in the field of law-and-order for base security with Soldiers and 87th SFS service members working side by side.

"We are working with the 1st Battalion, 307th Regiment, 174th Infantry Brigade, which is responsible for training Soldiers for mobilization and the 78th Training Division that is responsible for training service members of the Guards and Reserve," said Senior Master Sgt. Steven Thompson, 87th SFS operations superintendent. "We have an agreement with the 78th T.D. and the 1-307th to help provide 'hands-on' training."

Additional training support for service members of the Military Police is scheduled for January, 2014.

"We are here at the joint base for our annual training," said Sgt. Curtis Johnson, Military Policeman and native of Pico Rivera, Calif., currently assigned to the Las Vegas unit. "The job is mostly the same. It's pretty close across the board working with other law enforcement members."

The 313th MP Detachment is a law-and-order unit, with

See GATE, Page 12

JB MDL, NSA Lakehurst welcome new commander

By Pascual Flores
 Joint Base McGuire-Dix-Lakehurst
 Public Affairs

Joint Base McGuire-Dix-Lakehurst Deputy Commander and Naval Support Activity Lakehurst Commander Navy Capt. William Bulis relinquished command to Navy Capt. Christopher Fletcher June 20, 2013, here.

The change-of-command ceremony took place inside the Westfield Hangar, in front of an audience comprising senior leaders, civilians, families, friends and service members of NSA-Lakehurst.

The ceremony commenced as Chief Petty Officer Michael Zgoda, Honor Boatswain's Mate from Philadelphia, piped aboard the official party consisting of the outgoing and incoming commanders and Col. John Wood, JB MDL commander, through a formation of six chief petty officers who were lined up as Side Boys for the ceremony.

"One year ago, 364 days ago, Capt. Bulis said, 'I sure hope to be here for two years,'" said Wood. "It wasn't a promise, so we are letting him off the hook because of the great command opportunity he has."

Wood commented on Bulis' promises that he would focus on the community, Sailors and Airmen and learn the joint base and be a quick study.

"Capt. Bulis delivered on all those promises," said Wood. "A 'dual-hatted' command, Bulis served as commander of NSA-Lakehurst and deputy commander of JB MDL."

"He focused on heritage, standards and especially processes," said Wood. "He made sure he had a fit, flexible and capable command. And he delivered in every single one of those areas."

Wood also said, Bulis never failed in his joint role, never failed as the senior Sailor, representing his service and the Department of the Navy.

"During Hurricane Sandy, for 28 straight days, 24 hours, he was the focal point for the Crisis Action Team, for all services, Federal Emergency Management Agency and Title 10 services," said Wood. "He was the voice of our forces to help the community."

Addressing the crowd, Bulis thanked his friends and peers and commended the Sailors of NSA-Lakehurst for the great work and effort during Hurricane Sandy.

"To all the NSA-Lakehurst Sailors, thank you very much."



Navy Capt. Christopher J. Fletcher is "piped" aboard during the Naval Support Activity Lakehurst change-of-command ceremony June 20, 2013, at the Westfield Hangar, Joint Base McGuire-Dix-Lakehurst, N.J. It was not uncommon for the commanding officer of a ship to order up the jolly boat, a crew of eight strong backs, sideboys and boatswain's mates to hoist and welcome the captain aboard the ship. (U.S. Air Force photo by Wayne Russell/Released)

"You make things happen," said Bulis.

Bulis moves on to serve as the installation commander at the Great Lakes Naval Training Center, Ill., the largest Navy installation in the Navy.

Fletcher thanked the Sailors and civilians of NSA-Lakehurst for welcoming him and his family to the joint base.

"It is hard to believe that a week ago we were sitting in Italy eating," said Fletcher. "We spent eight years overseas and I think my family will agree that we are happy to be here in the United States, the land of plenty."

A native of Ithaca, N.Y., Fletcher was commissioned in January 1989, through the Navy Reserve Officer Training Corps program.

Fletcher resided in Naples, Italy, prior to his assignment here, where he served as the Deputy Director of Operations for Commander Naval Forces Europe, Commander Naval Forces Africa, Commander Sixth Fleet staff.

"We are excited to be here and looking forward to the opportunity to meet the Sailors of NSA-Lakehurst" said Fletcher. "I'm looking forward to being a part of the Joint Base McGuire-Dix-Lakehurst, the only tri-service joint base."

Canadian air refueling pilot

Canadian air refueling pilot Capt. Kevin Judd may not be a member of the United States Air Force, but he has certainly found a home at the 2nd Air Refueling Squadron here.



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CSTX prep Soldiers

A convoy of large Army tactical water trucks traveled on Route Mongoose. Drivers, halted by concertina wire, were ambushed at the rear of the line of trucks by a simulated enemy opposing force.



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Sailor describes Independence Day

"Independence Day officially marked the beginning of America's freedom and the birth of our nation. It reminds me of what those who served before us fought for," said Emery.



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Check out JB MDL on social media!

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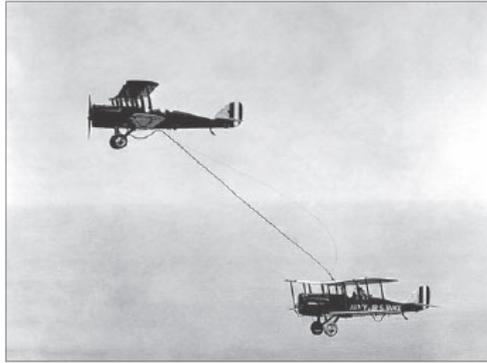
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 Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

2nd ARS celebrates 90-year anniversary

By 1st Lt. Brice D. Damen
2nd Air Refueling Squadron

This week, a squadron with a proud heritage pays homage to one of the most significant events in military aviation history, marks the 90th anniversary of the first air-to-air refueling and the 2nd Air Refueling Squadron here carries on the legacy their members created so long ago. Lt. Col. William Wade, 2nd ARS commander, said it is amazing to see how far we have come in the 90 years since pioneers from the 2nd ARS took flight with two planes, a hose and some expendable items. The "Duce" performs this duty on a daily basis passing fuel, literally by the truckload, around the world. Military air superiority through air refueling would be a much harder task without the pioneers that came before them however.

The first air-to-air refueling took place over Rockwell Field, Calif., June 28, 1923. With past and future members of the 2nd Aero Squadron, which was the original designation of the Duce, they managed to remain aloft for 37 hours. The impracticality of carrying five gallon tanks of gas over the wing inspired them. The feat was accomplished, the same way as it would be in the golden age of aviation, with a flapping hose on one end and a lieutenant on the other. This was quite the task when considering what the world looked like at this time. The first portable tank was developed, the refrigerator was invented and television was nonexistent. The Army Air Forces figured out how to fly two aircraft within close proximity of each other and exchange gasoline regardless. Maj. Henry "Hap" Arnold, who is more widely known as Gen. Hap Arnold today, commemorated the event by taking



Army Air Forces members pass fuel from one aircraft to another for the first time June 28, 1923, over Rockwell Field, Calif. (U.S. Air Force photo/Released)

official record on a table napkin. He followed the action with the famous "question mark" aircraft in 1929 when it set a world record by remaining airborne for more than 150 hours. The 2nd ARS had already been relocated to the Philippines by this time where it would eventually suffer catastrophic losses from a Japanese invasion. Through a series of deactivations and reactivations from 1946 until 1999 the Duce would finally find its home with the KC-10 Extender. The picture looks much different today with a four-man team comprising two pilots, a flight engineer and a boom operator. The crew lowers its boom with fly-by-wire technology into the receptacles of multimillion-dollar jet aircraft

at approximately 450-mile-per-hour speeds. Chief Master Sgt. Mark Redden, 2nd ARS superintendent, says his adrenaline still rises as an aircraft pulls up behind a tanker, even after 25 years as a boom operator. Only pieces of scrap metal remain from the original aircraft today. The 2nd ARS recognizes this day with educational and fun events to remember the accomplishments of their brethren nine decades ago in the heritage room, auditorium and softball fields here. Commemorative patches lie on their shoulders designed by the young boom operators awaiting their initial training.

Editor's note: Ms. Angelic Nelson, 305th Air Mobility Wing historian, contributed information used in this article.

Service member spotlight: hard work pays off

Airman 1st Class Renna Yandori, Joint Base McGuire-Dix-Lakehurst Legal Office paralegal, is the joint base's featured service member of the week. Yandori hails from Newcomb, N.Y.

Q: Why did you join the military?
A: I joined the military after my plans for college and a basketball scholarship fell through. I thought everybody should serve at one point and this was as good a time as any for me to do so.

Q: What is your job and what is its impact on the mission?
A: I work in the military justice section and I facilitate Article 15s that first sergeants bring to me. My job helps unit commanders maintain good order and discipline within their ranks.

Q: Do you have any past or current family members in the military?
A: Yes. My great grandfather served as a brigadier general in the Army, my uncle as a technical sergeant in the Air Force and my brother in law served in the Army as a specialist.

Q: Who most inspires you?
A: Staff Sgt. Laura Jacobs, JB MDL Legal Office paralegal, inspires me the most because she is a role model, a hard worker and a down-to-earth person.

Q: What is one thing you'd like your fellow service members to take away or understand about the military?
A: Hard work doesn't always seem to pay off at first, but it pays off in



(U.S. Air Force photo by Airman 1st Class Sean M. Crowe/Released)

'Lucky' people take personal responsibility own success

By Lt. Col. Mickey Evans
55th Communications Squadron

OFFUTT AIR FORCE BASE, Neb. — "She's so lucky! He has all the luck!" Just like you, I hear these phrases thrown around from time to time.

I've often been taken somewhat by surprise when I hear one of these comments. Don't get me wrong, I think there are times when truly random events of good fortune happen.

Take for instance the lady that recently won \$500 million in the Powerball lottery! That's got to be luck, right?

However, I've watched some "lucky" people and noticed a few common traits and characteristics.

Lucky people are prepared. They show up for work ready to fulfill their role in the mission. If there was research to be done to prepare for a task, they've done it. If there's a pertinent Air Force instruction, they've read it. They know when their physical fitness assessment and their performance report is due and what ancillary training they have to complete.

Lucky people don't procrastinate. Their career development course needs to get accomplished - check. Signed up for a primary military education course by correspondence as early as possible - check. Service dress needs to be squared away for an event next week - check. The fact is, the pace of our daily mission is so fast, we usually don't know what curve ball is going to be sent our way tomorrow. Lucky people understand this and take care of what they can today.

Lucky people seem to have a plan. Those people with whom I work closely, often hear me say, "Hope is not a plan." For me, hope is four-letter word. Most of the time when I hear this word, it tells me the person talking really has no idea what they're talking about.

Perhaps unbeknownst to them, lucky people seem to have the same philosophy. They know how many pages of the Professional Development Guide they have to study each week to be ready for their promotion test; they don't "hope" to get there. They know what they want to score on their next physical fitness assessment and have a plan to get there; they don't "hope" to do well. They have a plan with definite goals and milestones and they stick to it.

Lucky people take personal responsibility for their own success. They don't wait for their supervisor to tell them what to do or wait until the squadron sends out a roster of overdue ancillary training. They are aware of what is required and take care of it. If they fail, they take responsibility for it and perhaps most importantly, learn from it, and move on.

Lucky people are disciplined and balanced. It's very easy to let one facet of our lives overwhelm the others. Most of us have many titles such as spouse, father, supervisor, student, et cetera. By capitalizing on those traits, lucky people self-regulate their time to ensure each facet of their lives gets the attention it requires.

See LUCKY, Page 12



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Col. John Wood
Commander, Joint Base
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87th Air Base Wing

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

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil. Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. Carrie Volpe
Editor
Airman 1st Class Ryan Throneberry
Writers
Mr. Pasqual Flores
Airman 1st Class Sean Crowe

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McGuire-Dix-Lakehurst
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For up-to-date joint base news & info visit:
www.jointbasemd.af.mil





Petty Officer 1st Class Robert McCormick, Fleet Readiness Center avionics technician, donates blood as Roxy Padilla, Philadelphia Red Cross donor collection assistant phlebotomist, monitors at the American Red Cross Blood Drive June 18, 2013, at Tommy B's Community Activities Center, Joint Base McGuire-Dix-Lakehurst, N.J. The Pennsylvania/New Jersey Red Cross is the largest contributor for Pennsylvania. (U.S. Air Force photo by Russ Meseroll/Released)

ARC honors joint base for best blood

By Airman 1st Class Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst
Public Affairs

The American Red Cross recognized Joint Base McGuire-Dix-Lakehurst for outstanding blood drive support June 20, 2013, at the ARC Regional Office in Philadelphia.

The joint base received an award from the ARC for collecting 915 units of blood from joint base community members throughout the year 2012.

Senior Master Sgt. Louis Desomma, Aerospace Medicine Squadron; Staff Sgt. Darrell Brandenburg, 305th Maintenance Squadron maintainer; and Senior Airman

Toni Myatt and 305th MDS maintainer, are the main coordinators who arrange times and locations for the ARC to set up blood drives on base.

"We collected 407 units from the McGuire side of the house," said Desomma. "The blood we collect here goes right back to our community when someone on base needs it. The blood also goes to support our deployed folks who suffer injuries during combat."

Desomma met a young man at the award presentation who received a bone marrow transplant and took blood during the operation.

"Seeing someone who benefitted from a

blood donation made me feel all my hard work had paid off," said Desomma. "Every pint can potentially save three lives."

The joint base hosts blood drives every other month. The joint base most recently held a drive June 18-19, 2013, at Tommy B's Community Activities Center.

"I donate blood every chance I get, but this is my first time donate here," said Airman 1st Class Richard Bazell, 87th Logistics Readiness Squadron fire truck maintainer from Xenia, Ohio. "I donate every opportunity I get because I know the blood can save someone who needs it. I enjoy the selfless feeling I get from donating."

Desomma spoke about the difficulties in coordinating the drives and how rewarding the experience is despite the obstacles.

"I know people can't always make it to a blood drive due to work or prior commitments," said Desomma. "I urge everyone to do whatever they can to support the American Red Cross."

Desommahas coordinated future blood drives for the base including: Aug. 1, 2013, at the Timmermann Center; Aug. 5, 2013, at the Fleet Readiness Center; Aug. 10, 2013, at the 514th Air Mobility Wing and Aug. 20-21, 2013, at the Naval Engineering Station and Tommy B's Community Activities Center.

JB MDL releases annual drinking water consumer confidence reports

By 87th Civil Engineer Squadron

Joint Base McGuire-Dix-Lakehurst is formally releasing the 2012 Consumer Confidence Reports for the three water systems serving the residents here.

The CCR is a federally-mandated document summarizing the findings of annual drinking water tests for a public water system registered with the state.

JBMDL's water systems are registered with the New Jersey Department of Environmental Protection (NJDEP), and the water delivered to JB MDL consumers is certified safe to drink.

Each report includes specific system information and water-monitoring results for biological, organic, inorganic and radioactive substances in the water supply. The report also examines if these substances exceed federal limits on water-quality parameters outlined by the Environmental Protection Agency in the Safe Drinking Water

Act. The water systems did not exceed federally-mandated contamination limits.

Two levels of standards must be met under the current law: primary drinking water standards, establishing drinking water quality levels to protect people's health; and secondary drinking water standards, providing recommendations regarding the taste, odor, color, iron and other aesthetic aspects of the drinking water.

EPA's primary standards for most chemicals are called maximum contaminant levels, or MCLs. The standards are based on what would happen if a person repeatedly drank the same water throughout a period of time, usually 70 years. This approach protects people long before they are overexposed. Thus, the presence of contaminants does not mean the water poses an immediate health risk.

The 2012 CCRs for all JB MDL water systems

are available at this public website link: www.jointbasemdl.af.mil/consumerconfidencereports.asp

Hard copies are also available at the United Communities Housing Office; Balfour Beatty Housing Office; Librar-e and

Resource Commons; Military and Family Support Centers; Bioenvironmental Engineering Office; and

the Federal Correctional Institute.

Call Bioenvironmental Engineering at 754-9057 for

health-related questions or the 87th CES at 562-2189 for operations and maintenance questions.

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87th CES: what's up dog ... park?

By Airman 1st Class Sean M. Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

Members of the 87th Civil Engineer Squadron joined Joint Base McGuire-Dix-Lakehurst leaders to commemorate the dog park project completion June 21, 2013, by Mitchell Road and Falcon Courts East here.

Col. John Wood, JB MDL commander; Christy Fortino, United Communities representative; and Primary Construction Team members gathered at the entrance of the dog park to speak and unveil a dedication plaque.

The sequence of events deviated from a traditional dedication event with organizers seeking a less formal and more condensed ceremony lasting approximately 30 minutes. Wood spoke to the construction team members about what a great service they did for the community and thanked them for their efforts in building the park.

The 87th CES members began construction of the new dog park at the beginning of November.

"The ceremony formally recognized the completion of the park," said 1st Lt. Kenneth Hynes, 87th CES operations support chief. "It was also an opportunity to unveil our 'modest boulder,' which is the small rock with a dedication plaque mounted on it to recognize the construction team."

The construction project served two purposes, both for community members and service members.

The first purpose is to prepare civil engineers for deployment. The structures they built and procedures they followed mimic downrange tasks including: material procurement, blueprint/plans development, area surveillance, fence installation, concrete and asphalt installation, pavilion design and construction and utility connection.

"The junior Airmen had a great learning experience building the park," said Tech. Sgt. Ronald Boulanger, 87th CES operations support foreman. "They don't get to work on a project of this breadth on a regular basis."

The project facilitated teamwork development among constructors and leadership skill development for supervisors.

"The troops don't typically get the experience here to work on a large multi-craft work order like this," said Lt. Col. Matthew Benivegna, 87th CES commander. "It's a great opportunity to sharpen the Airmen's skills while simultaneously increasing the quality of life for the community."

The second purpose of the dog park construction is to provide an outlet for community members to bring their dogs to socialize, therefore raising the quality of life for JB MDL residents.

The park has obstacles for the dogs to run through and jump over in addition to water fountains for dogs which are located at the bottom of the normal water fountains. The park also contains pavilions for dog owners to rest.

"The project has been a long and rewarding experience," said Hynes. "We had a lot of hiccups and setbacks such as Hurricane Sandy. The experience was meaningful and it was a great trial of leadership and wingmanship."

The modest boulder's inscription, which lies at the entrance to the park, reads "Built by the men and women of the 87th Civil Engineer Squadron in honor of the families at JB MDL."



Senior Airman Brianna Walker, 87th Civil Engineer Squadron operations manager, Walker's dog, Roo, and 1st Lt. Kenneth Hynes, 87th CES operations support chief, attend the dedication of the new dog park June 25, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The park, which 87th CES members built, has an obstacle course, water fountains, gazebos and fenced in areas for dogs to play. The construction helped the 87th CES members practice procedures for their deployed mission and also provide the base community a recreation venue. (U.S. Air Force photo by Russ Meseroll/Released)

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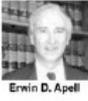
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CSTX: realism provides ready

By David F. Moore
Army Support Activity Fort Dix

A convoy of large Army tactical water trucks traveled on Route Mongoose. Drivers, halted by concertina wire, were ambushed at the rear of the line of trucks by a simulated enemy opposing force.

The mission for the Soldiers of the 146th Transportation Company of Ogden, Utah, was a real-world water delivery to a forward operating base built and operated by Army Reserves combat support Soldiers participating in the 78th Training Division's Combat Support Training Exercise (CSTX) at Joint Base McGuire-Dix-Lakehurst, N.J.

The ambush scenario was part of the training to evaluate combat and survival skills for an organization that could be available for homeland support or overseas deployment.

Lt. Col. Jeffrey Carter, 78th Training Division chief of staff located at the exercise control center, explained five FOBs were used to house the nearly 2,500 Soldiers taking part in the three-week long event that wraps up June 28. Real world missions

required Soldiers living in FOBs to support one another by providing fuel, food, showers, water and force protection to keep areas operating around the clock.

Soldiers faced a host of tactical training challenges leaving their camp or squashing a riot at an entry control point on any given day on the road or at the FOB.

"As a result of 12 years at war, there has been a paradigm shift in training," said Carter. "In short, commanders own their training and the resources for what they need to take to training or the battle. The days are gone of thinking we are going to get needed items to support operations along the way."

Carter elaborated on the differences between today's war and wars of the past.

"When I was a young Soldier, I saw a first sergeant carrying an extra duffel bag I wondered why," he said. "I soon realized four extra blankets were in the bag for Soldiers who forgot them."

Military police of the 351st Military

See CSTX, Page 12



Military police of the 351st Military Police Company from Ocala, Fla., return fire at an opposing force and protect the unit's wounded after their convoy came under while traveling on Route Mongoose on a security mission. The attack came after another convoy became held up by a road block and vehicle-borne detonated. The two attacks held up by the two convoys and created a temporary traffic jam in the area. (U.S. Army photo by Capt. Antonia Greene-Edwards/Released)

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Man on the Street: Nation's formation

This month we asked service members from around Joint Base McGuire-Dix-Lakehurst: What does Independence Day mean to you?



Coast Guard Lt. Ellen B. Voorhees, U.S. Coast Guard Atlantic Strike Team auxiliary watchstander Incident Response Center, from Forked River, N.J.

"Independence Day is a time for families to get together and celebrate the formation of our great nation. Happy birthday U.S.A.!"



Marine Cpl. Michael Anderson, Marine Aircraft Group 49 administrative specialist, from Sicklerville, N.J.

"Independence Day is a day of freedom when families can come together and celebrate the freedom that our ancestors fought hard for. The best part of that celebration is the barbecues."



Army Sgt. Regina Cunningham, 2nd Battalion, 313th Logistic Support Regiment logistics non-commissioned officer, from Austin, Texas.

"Independence Day represents the freedom that men and women who have devoted their lives to our country fought for throughout our history. As the nation celebrates, I look back to those who have sacrificed so much so that we can enjoy these freedoms today."



Army Staff Sgt. Roger Trotman, 174th Infantry Brigade combat medic trainer/instructor, from Plainfield, N.J.

"Having climbed the steeple at Independence Hall in Philadelphia a few weeks ago marking the Army Birthday and Flag Day, I was reminded that our citizens earn our independence. The Fourth of July marks this special occasion."



Air Force Staff Sgt. Kimberly Cribbs, 817th Contingency Response Group weather technician, from West Milford, N.J.

"It is a day to remember those who fought for our independence and I'm proud to still be a part of that fight today."



Navy Petty Officer 2nd Class Joshua Emery, Fleet Logistics Support Squadron 64 aviation machinist's mate, from Harleysville, Pa.

"Independence Day officially marked the beginning of America's freedom and the birth of our nation. It reminds me of what those who served before us fought for."

87th MDG launches SICK program

By Maj. Melinda Williamson
87th Medical Group

What if a family member had symptoms of a minor illness such as diarrhea, itchy watery eyes, nasal congestion, cough, headache, allergies, fever, sinus congestion or sore throat? Many service members would pick up the phone and call the 87th Medical Group to schedule an appointment to see a medical provider. Service members can treat many of these symptoms quickly and just as effectively by using self-care and over-the-counter medications.

The 87th MDG implemented the Self-Initiated Care Kit Program recently.

The SICK program is a patient-centered self-care initiative designed to empower members to recognize the signs and symptoms of illness and initiate treatment of illnesses that can easily improve with over-the-counter medication use.

The SICK program enables active duty members to access a variety of over-the-counter medications without being seen by a provider.

"The program will reduce the amount of work and training time military members lose waiting to receive medical care. It will also empower members to be responsible for their personal health and reduce cost by decreasing unnecessary medical visits," said Maj. Angela Wadler, Family Health Clinic director of operations.

The SICK program is currently available to active-duty service members enrolled in the Family Health Clinic. A service member wanting to enroll must attend a 30-minute briefing held on the first and third Tuesday of each Month

at 1 p.m. during the Newcomer's Orientation. The 87th MDG also holds briefings at 7 a.m. on Mondays and 1 p.m. on Fridays on the second floor of the 87th MDG Clinic in room 2D45.

Service members will receive the "Taking Care of Yourself" book as well as a SICK program prescription card which will allow them to access the pharmacy for a limited

quantity of self-care medications after completing of the orientation.

Anyone seeking additional information about the program or wishing to schedule an individual appointment should call 1-866-DRS-APPT. Individuals should email melinda.williamson@us.af.mil to schedule briefings during their unit commander's calls.

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NEWSNOTES

Claims Against the Estate of Master Sgt. Ronald T. Tuminelli Jr.
All persons having claims against Master Sgt. Ronald T. Tuminelli Jr. need to present such claims to Capt. Janal Thomas, the Summary Court Officer, at 754-2702. An example of a claim would be any debt, obligation or other money owed to the claimant by Tuminelli.

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 MDC 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 MDC Thrift Shop is located at 3446 Brodley 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 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.

Gate

Continued from Page 1

specialized skills in criminal, traffic and accidents investigations.

Airmen wanting to enter the security career field begin at Joint Base San Antonio-Lackland, in San Antonio. Air Force applicants undergo training at the Air Force Security Forces Academy which hosts a 65-day course that teaches security forces students basic military police functions including: missile security, convoy actions, capture and recovery of nuclear weapons, law enforcement and traffic direction.

"Gate duty is only a part of what we do here at the joint base," said Airman 1st Class Joshua Cruz, 87th SFS, a native from Hialeah, Fla. "We also respond to domestic disputes, minor and major accidents, alcohol incidents as well as other functions."

Security forces were formerly known as military police, air police and security police. On Oct. 13, 1956, Air Police training transferred to then Lackland Air Force Base, Texas where it evolved into Security Police training and eventually became the U.S. Air Force Security Forces Academy. In 1966, the Air Police career field name was changed to Security Police and in April 1997, the career field name was changed again to its current name of Security Forces.

JBSA-Lackland is also the home of the Naval Technical Training Center for Sailors desiring to serve as Navy master-at-arms. Sailors there attend an intense seven-week course of instructions for training in areas of anti-terrorism, security forces fundamentals, weapons proficiency, basic law enforcement and more.

"I have been attached to the 87th SFS and have worked with Airmen, police officers from the Department of the Air Force as well as other MAs," said Petty Officer 2nd Class Randolph Oden, 87th SFS MA, a native from Metropolis, Ill.

The MAs rating was one of the original

Navy ratings when it was first established in 1797 and later disestablished in 1921. Established in 1942, the Specialists Shore Patrol and Security worked shore patrol teams and ensured basic ship and shore station security. Its name was changed in 1948 to Shore Patrolman and it took on some of the official functions of the current MAs, only to be re-disestablished in 1953. Re-established in 1973, the MAs rating drew its members from Sailors cross-rating from other ratings at the Petty Officer 2nd Class level and above. The Navy Recruiting Command made available the MA rating a new contract mission for entry level applicants in 2003.

For Soldiers attending the U.S. Army Military Police School at Fort Leonard Wood, Mo., the 10-week course covers five weeks of law-and-order training and five weeks of combat support topics. Upon graduation, MP Soldiers will be technically proficient in policing activities, corrections and detentions operations, police and criminal intelligence operations as well as tactically proficient in combat support operations, area security, stability and civil support operations.

Congress authorized the Military Police Corps on May 27, 1778. It traces its beginning to the formation of a provost unit, the Marechaussee Corps, in the Continental Army, with a French term for provost troops.

Today, the military police, or MP 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.

"We are here in a dual capacity," said Army Capt. Monty McCoy, 313th MP Det., commander. "We are actually providing law-and-order support to the host nation police force. The 87th SFS is acting as the host nation and fulfilling a United States Army Reserve Command training requirement because we are up for deployment and prior to deployment you have to go through a Combat Support Training

Exercise."

Supporting commanders beyond the successful resolution of battle involves the law-and-order mission. The mission focuses on suppressing the chance for criminal behavior, thereby supporting commanders by ensuring a lawful and orderly environment, which units need to maintain discipline and combat readiness.

"We are conducting real-world training, performing garrison duty, investigations and patrols while working on our law-and-order certification," said McCoy.

Department of the Air Force police officers work closely with the 87th SFS service members. DAF police officers, who are former civilian police officers, typically attend the Department of Defense Police Academy in Little Rock, Ark.

First Army has tasked the 1st Battalion, 307th Infantry Training Support Regiment, 174th Infantry Brigade to conduct military police law-and-order prior to mobilizing and deploying Army reserve and National Guard Soldiers here. The most recent training was the first iteration, but the U.S. Army has identified numerous units to train over the next year. This new task establishes a training partnership between instructors from the Army military police community and the 87th SFS.

"The law-and-order mission has introduced both branches to considerations and training on a joint forces level. The training was an exceptional working experience which we have no doubt will continue to build stronger military bonds," said 1st Lt. John Cone, 1-307th TSB, assistant training and operations officer.

The training cycles for each unit are between two and three weeks, including a "ride along" with 87th SFS law enforcement personnel as a culminating training event during the last phase. The last phase encompasses working with Air Force police on patrol, manning the entry points and gates and performing other logistical police positions and duties.

CSTX

Continued from Page 8

Police Company, of Ocala, Fla., arrived on scene as the Soldiers towed damaged vehicles and trailers from the attack area. The 351st MPC soldiers were also ambushed, but this time a simulated vehicle-borne IED exploded which added to the confusion of traveling in the opposite direction. The military police officers, who received casualties despite reacting quickly, eventually neutralized the small arms fire.

Sgt. Joshua Diss, 79th MPC military police officer mobilized from Rochester, Minn., served with the opposing force, roved the U.S. Army Support Activity-Fort Dix brush to create a realistic training environment.

"This is a great opportunity to observe all the mistakes a unit can make and also what Soldiers can do well," said Diss. "As a member of the opposing force, I get to learn from the mistakes and take away a unit's successful tactics. The CSTX model for training is vital to us to keep our skills honed as reserve Soldiers."

Skill sets the Soldiers used to provide training oversight came from the Army Reserves 75th Training Command

Atlantic Division's observer/controller trainers for battalions and above, while other observer controllers from the 78th TD and 1st Army 174th Infantry Brigade provided their expertise at the company or below level.

The 75th TC provided the commanders and staff a digitally-simulated command post platform to allow senior leaders to find solutions based on the latest Army doctrine when facing tactical challenges. Six teams, each led by a lieutenant colonel, set the conditions to improve coordination between a commander and the respective staff.

"An inject is sent down to the unit, the observer/controller trainers see how the coordination and staff are working by using the military decision making process throughout the exercise," said Col. Joseph Skarowski. "We see how the commander and staff are working and assist them with their challenges throughout the exercise."

Staff Sgt. Maria Correa, a 78th TD observer/controller who operated a lane, explained each unit traveling to her area and coming into her zone are assessed for how they perform identified Army warrior tasks while under attack and recover damaged equipment. Soldiers had to treat the wounded while recovering equipment since one vehicle was destroyed while transporting a bulldozer in the case of the convoy water delivery. Soldiers facing a threat had to separate the truck from a trailer containing a bulldozer and reattach it to another vehicle in an effort to continue the mission.

"What we're seeing during this training is that the Soldiers make mistakes the first time a convoy comes under attack," she said. "They seem to have the muscle reflexes to do things right the second or third time they face the situation."

Fuel handlers set up fuel storage berm sites to provide the capability to refuel tactical vehicles on the move.

"The exercise is designed to train the Soldiers at their jobs to fuel vehicles and send them up the road to do exactly what they would do down range," said 2nd Lt. Raquel Lorenzetti, 439th Quartermaster Company acting commander mobilized from Middletown, Ct.

The CSTX exercise is designed to train and prepare Army Reserve units that are in the fourth year of the five-year Army Force Generation cycle preparing Soldiers and their units to be ready for their next mission.

"This is a true joint base when it came to building this exercise," said Lt. Col. Jeffrey Carter, U.S. Accessions Command. "Everyone at the joint base, ASA-Dix Training Management Division, and the Army Reserve's Equipment Concentration Site bent over backwards to make this CSTX an enduring event."

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
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Sunday – 10:30 a.m. Dix Chapel
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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

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

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Lucky

Continued from Page 2

Finally, I think lucky people have a heightened sense of situational awareness and take full advantage of it by being fully engaged and armed with information. They listen to their peers and mentors and follow their advice. They know where to find information and stay on top of the latest news and opportunities. Because they are informed, they often seem one step ahead of everyone else.

Lucky people get that choice opportunity or

assignment because when the eye of the Air Force looked around for qualifying candidates, these people have taken personal responsibility for their success and taken care of everything in their control.

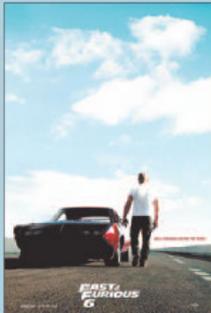
Lucky people don't need to get ready when an opportunity presents itself; they are ready because they took care of business as early as possible. It boils down to this: good fortune, or luck, is usually the result of focused hard work and dedication that resulted in a level of ability that was available when an opportunity presented itself.

Best of "luck" to you all!

Joint Base Theater Movie Schedule



Friday:
7 p.m. The Hangover Part Three (R)



Saturday:
2 p.m. The Fast and the Furious (PG-13)



Saturday:
7 p.m. The Lone Ranger (PG-13)

Recipe Roundtable



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

Summer chicken tacos

Try these tempting tacos when you're looking for a change of pace from regular tacos. A mild zing from the lime juice in the marinade for the chicken comes through after grilling. Serves one to two people.

Ingredients:

- 1/3 cup olive oil
- 1/4 cup lime juice
- 4 garlic cloves, minced
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley flakes
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1 1/4 lbs boneless skinless chicken breast halves (4)
- 6 (8 inch) flour tortillas or 6 taco shells, warmed
- lettuce
- tomato
- shredded cheese

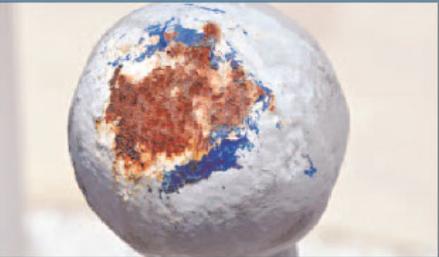
Cooking Instructions

In a large resealable plastic bag or shallow glass container, combine the first eight ingredients. Add chicken and turn to coat. Seal or cover and refrigerate 8 hours or overnight, turning occasionally. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 5-7 minutes on each side or until juices run clear. Cut into thin strips; serve in tortilla or taco shells with desired toppings.

Recipes found at 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. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's a stained-glass window in the 87th Force Support Squadron Marketing and Publicity Office. The Marketing and Publicity serves a key role in the operation of all squadron activities and programs by providing maximum exposure and publicity for all programs and services and conducting customer needs assessments.



Time to get Healthy!

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

Joint Base Intramural Sports Standings

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	Tie	PCT
305th MOS	7	1	0	0.857
87th FSS	7	2	0	0.778
305th AFS	7	2	0	0.778
87th CS	7	2	0	0.778
621st CRW-A	6	2	0	0.750
305th OSS	6	3	0	0.667
605th AMXS	6	3	0	0.667
305th MXS	6	3	0	0.667
87th CBS	5	3	0	0.625
87th SFS	5	3	1	0.611
87th LRS	5	4	0	0.556
EC	4	4	0	0.500
373rd TRS	4	5	0	0.444
732nd AS	4	5	0	0.444
305th AMXS	3	6	0	0.333
314th RCS	2	7	0	0.222
1st/307th TSBN	1	7	1	0.167
621st CRW-B	1	7	0	0.125
HMLA-773	0	8	0	0.000
AMC TES	0	9	0	0.000

PCT = Winning Percentage
Game schedule
Week 12

July 2 Noon 621st CRW-A vs. AMC TES
Noon 1st/307th TSBN vs. HMLA-773
Noon 87th CS vs. 87th SFS
Noon 305th AMXS vs. 373rd TRS
Noon 87th LRS vs. 305th MXS
Noon EC vs. 305th OSS
12:01 p.m. 87th CBS vs. 305th MOS
12:01 p.m. 732nd AS vs. 305th AFS
12:01 p.m. 87th FSS vs. 605th AMXS
12:01 p.m. 314th RCS vs. 621st CRW-B

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	7	1	0.875
87th CBS	8	2	0.800
87th MDG	7	2	0.778
FCI	7	2	0.778
Wildcats	7	3	0.700
EC	4	2	0.667
VR-64 Condors	5	5	0.500
7217th	4	5	0.444
6th AS	3	7	0.300
WMSE	2	5	0.286
99th RSC	2	9	0.182
50th FM/Team Hustle	1	7	0.125
77th BDE	1	9	0.100
305th AMXS	0	8	0.000

PCT = Winning Percentage
Game schedule
Week II

July 8 BR 5:30 p.m. 50th FM/Team Hustle vs. WMSE

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

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

Intramural McGuire-Dix Softball American League

Team	Win	Loss	PCT
87th LRS	9	0	1.000
305/605/373	8	0	1.000
621st CRW	6	2	0.750
305th APS	8	3	0.727
ASA Dix Engrs	7	3	0.700
305th MXS Cobras	6	3	0.667
Fire Dept.	7	4	0.636
87th SFS	4	4	0.500
174th INF BDE	5	5	0.500
NCOA	3	3	0.500
87 CPTS/WSA/CONS	3	7	0.300
MAG-49	2	7	0.222
AMC TES	1	6	0.143
87th CS	1	6	0.143
87th FSS	1	10	0.091
2nd ARS	0	8	0.000

Game schedule
Week II

July 8 FF 5:30 p.m. MAG-49 vs. AMC TES
BR 6:30 p.m. 305th MXS Cobras vs. 305/605/373
MF 6:30 p.m. 87th CS vs. 87th LRS
FF 5:30 p.m. 87 CPTS/WSA/CONS vs. 305th MXS Cobras
BR 6:30 p.m. 621st CRW vs. Fire Dept.
MF 6:30 p.m. NCOA vs. 305th APS
July 10 FF 5:30 p.m. 174th INF BDE vs. 621st CRW
BR 6:30 p.m. 305/605/373 vs. AMC TES
MF 6:30 p.m. 87th LRS vs. NCOA
July 11 FF 5:30 p.m. NCOA vs. 2nd ARS
BR 6:30 p.m. ASA Dix Engrs vs. 87th CS
MF 6:30 p.m. 87th SFS vs. 621st CRW

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

2013 Lakehurst B-League Softball

Team	Win	Loss	PCT
Diamond Dawgs	6	0	1.000
PMD	4	1	0.800
Absolute Zero	4	1	0.800
Misfits	6	2	0.750
Weasels	3	1	0.750
Major League	4	2	0.667
Hangar Squad	3	2	0.600
Test Dept./CNATT	4	3	0.571
Help Wanted	2	6	0.250

Air Dept.	0	10	0.000
Medical	0	10	0.000

Game schedule
Week 9

July 8 LF2 Misfits vs. Air Dept.
July 9 LF1 PMD vs. Major League
LF2 Medical vs. Help Wanted
July 10 LF2 Diamond Dawgs vs. Absolute Zero
July 11 LF1 Hangar Squad vs. Weasels
LF2 Test Dept./CNATT vs. Air Dept.

All games start at 11:30 a.m.
LF1=Lakehurst Field 1 LF2=Lakehurst Field 2

2013 Intramural Ultimate Frisbee McGuire-Dix

Team	Win	Loss	PCT
87th CS Legends	10	0	1.000
87th CS Champions	6	2	0.750
305th MXS	6	2	0.750
EC/Plus	3	6	0.333
87th MDG	2	8	0.200
32nd ARS	0	9	0.000

PCT = Winning Percentage
Game schedule
Week 9

July 1 7 a.m. 32nd ARS vs. 87th CS Legends
8 a.m. 87th CS Champions vs. 87th MDG

All games played at the McGuire Soccer Fields

2013 Intramural Soccer JB McGuire-Dix-Lakehurst

Team	Win	Loss	Tie	Points
87th CES	3	0	1	31
174th INF BDE	2	0	1	24
2/315th	2	1	0	20
305th APS	2	0	0	19
305th MXS	2	2	0	19
NJARNG Strikers	2	0	0	16
605th AMXS	1	1	1	16
32nd ARS	0	3	1	12
FC COM	1	1	0	10
305th AMXS	1	2	0	9
87th CONS	1	2	0	9
NAVAIR Lakehurst	1	2	0	9
621st CRW	0	2	0	2
WMSE	0	2	0	1

Points = Calculated Points
Game schedule
Week 4

July 1 5:30 p.m. F16 FC COM vs. 605th AMXS
5:30 p.m. F18 305th APS vs. 87th CONS
6:50 p.m. F16 87th CES vs. NJARNG Strikers
6:50 p.m. F18 174th INF BDE vs. 621st CRW
July 2 5:30 p.m. F16 605th AMXS vs. NJARNG Strikers
5:30 p.m. F18 305th MXS vs. NAVAIR Lakehurst
6:50 p.m. F16 305th AMXS vs. 2/315th
6:50 p.m. F18 WMSE vs. 32nd ARS

F1=Griffith Field House Soccer Field #16 F2=Griffith Field House Soccer Field #18
Current as of June 25, 2013.