

NEWSNOTES

Demolition of the Walson Army Hospital and associated buildings has begun.
 See the Construction Corner section on page 10 for information regarding traffic detours.

Active-Shooter Exercise Rescheduled
 The active-shooter exercise originally scheduled for July 17 has been rescheduled for Sept. 12, 2013. Training is essential and helps ensure the readiness of joint base personnel. Call 754-2230 for more information.

Membership Breakfast
 Pudgy's Sports Pub is set to host a membership breakfast 7-9 a.m. today, located at 2508 Can Do Way. All club members who show their club card will receive a free country-style breakfast.

Framing Qualification Class
 The 87th Force Support Squadron is set to host a Framing Qualification Class from 10 a.m. to noon Aug. 3, 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.

1st Bde. Atlantic Division, 75th TC Change of Command
 The 1st Brigade Atlantic Division, 75th Training Command is set to host a change of command ceremony 9 a.m. Aug. 3, 2013, at Sharpe Field, located at Alabama Avenue and South Scott Plaza. The inclement weather location is the 99th Regional Support Command drill hall. Call 562-8078 for more location.

78th Training Division Change of Command
 The 78th Training Division is set to host a change of command ceremony 10:30 a.m. Aug. 4, 2013, at the Timmermann Center, located at 5411 Pennsylvania Ave. Call 562-1991 for more information.

OSW Career Expo
 The Army Reserve 77th Sustainment Brigade is set to host "Operation Sustainment Warrior Career Expo" from 8:30 a.m. to 5 p.m. Aug. 5, 2013, at the VR-64 Hangar, located at 3370 Wonnacott Road. The event will have representatives from more than 75 employers and colleges on hand. Briefings on the GI Bill, transition from military to civilian interviews, résumé writing and networking will be available. Call 562-8011 for more information.

Transition Assistance Program Seminar
 The Military and Family Support Center is scheduled to host a five-day Transition Assistance Program Seminar from 8 a.m. to 4:30 p.m. Aug. 5-9, 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.

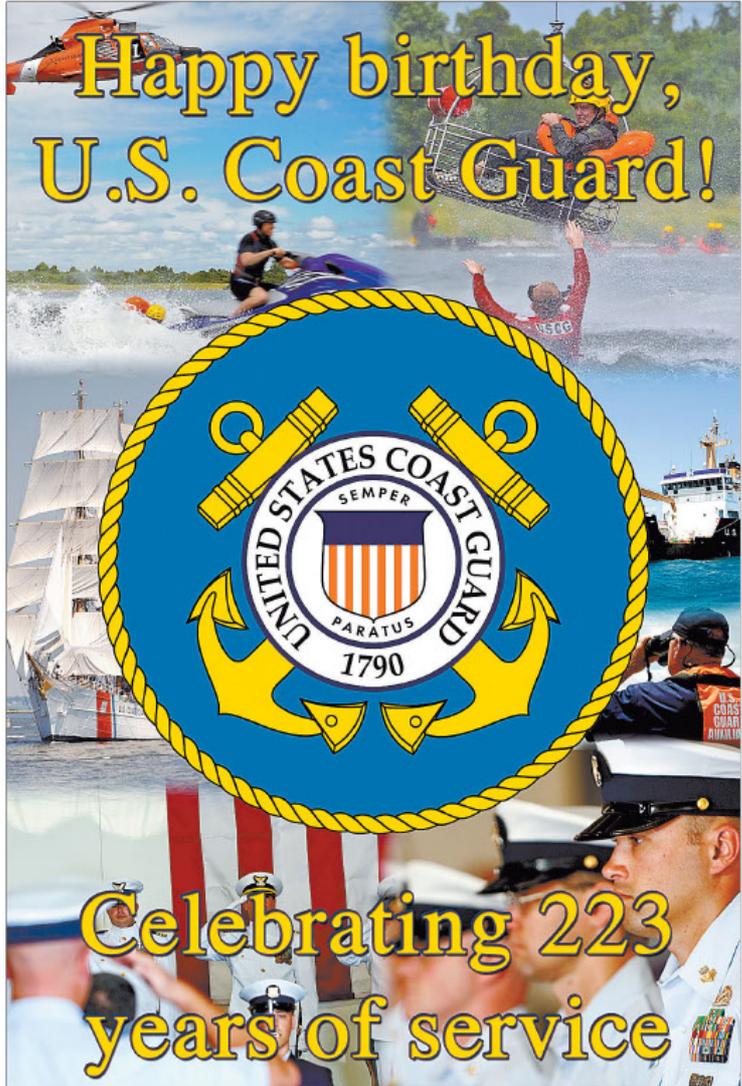
JB MDL Spouses' Club Thrift Shop Grand Opening and Ribbon Cutting Ceremony
 The newly formed Joint Base McGuire-Dix-Lakehurst Spouses' Club is set to host a grand opening and ribbon cutting ceremony for the new JB MDL Spouses' Club Thrift Shop 10 a.m. Aug. 6, 2013, at 2508 Can Do Way. The JB MDL Spouses' Club is a merger of the McGuire Officer Spouses' and the Dix Spouses' and Civilian Club and the combination of the Dix and McGuire thrift shops. Thrift shop hours are from 10 a.m. to 2 p.m. Wednesday-Friday and the first Saturday of the month. Call 754-2368 for more information.

Navy Marine Corps Relief Society QAL Kicks Off
 Effective Aug. 6, 2013, the Navy Marine Corps Relief Society on Lakehurst will offer quick assist loans to active-duty Sailors and Marines. The QAL are interest-free loans available to assist with basic living expenses, temporary need and family emergencies. The QAL office hours are Tuesdays and Wednesdays from 9 a.m. to noon and Thursdays from 1-4 p.m. Visit www.nmcrcs.org/pages/quick-assist-loan-qal for application form. Call (732) 323-2362 for more information or to fill out application form.

Ceramic Classes on Lakehurst
 A ceramics class for all skill levels is set to be held from 4:30-6 p.m. Aug. 6, 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) 323-2365 to reserve a seat or for more information.

Auto Hobby Shop Car Care Class
 The Auto Hobby Shop is set to host "Car Care 101: Exhaust System Information" from 11:30 a.m. to 12:30 p.m. Aug. 7, 2013, at 2415 Vandenberg Ave. Class size is limited to 10-12 students. Call 754-4316 for more information or to register.

See more NEWSNOTES on Page 10



Joint base welcomes new commander



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

Col. James C. Hodges, 87th Air Base Wing and Joint Base McGuire-Dix-Lakehurst commander, addresses the service members and civilians assigned to the wing during a change of command ceremony, July 25, 2013, in Hangar 2201 on Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Russ Meseroll/Released)

Joint Base McGuire-Dix-Lakehurst personnel and community members gathered to witness Col. James C. Hodges assume command of the 87th Air Base Wing and JB MDL from Col. John Wood during a change of command ceremony at the VR-64 Hangar July 25, 2013, here.

Hodges will provide installation support to more than 80 mission partners at the joint base and generate mission-ready expeditionary warfighters to combat commanders in his new role.

Brig. Gen. Randall C. Guthrie, U.S. Air Force Expeditionary Center commander, officiated the ceremony.

"We are blessed to have someone who is fully willing and able to take on the challenges of caring for the 88 mission partners in addition to the men and women of the 87th Air Base Wing," said Guthrie. "It will be exciting and, at times, difficult."

Hodges is entering a role in which he will be supporting all service branches of the military. He will be working alongside members from

See **COMMAND**, Page 3

3rd NELR decommissions

Sailors of the 3rd Navy Expeditionary Logistics Regiment cased their colors during a decommissioning ceremony held for the seven-year-old unit July 27, 2013, at the Timmermann Center here.



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2nd ARS files training mission, hones AR skills

The sun rises on McGuire Field as a KC-10 Extender crew prepares for an air refueling training sortie July 29, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J.



6

Soldiers learn to put the beat down

The MACP is run by certified instructors who have a passion for fitness and teaching. This program consists of four levels of certification that range in difficulty and technicality of tactics.



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Check out JB MDL on social media!

- fb/jbmdl**
Use Facebook to connect with joint base leadership and other community members.
- fb/jointbasemil**
Sign up for text alerts through Twitter and receive important base updates straight to your cell phone.
- fb/jointbasemil**
Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

A place for everything; everything in its place

By Col. Brian Smith
8th Operations Group commander

MACDILL AIR FORCE BASE, Fla. — Just like some of you, my family and I are right in the middle of yet another move, our ninth in our Air Force career.

There are boxes everywhere in our house. Life simply doesn't slow down enough to make it as smooth of a transition as we would like it to be.

Each time, after the dust settles from a move, we have vowed to clean out and organize a little better next time. It is funny how much you can accumulate in just a few years. Have you ever opened a box after a move and wondered if the things belonged to you? We have. In fact, it was yesterday and the sad thing is we just moved from off base.

While every permanent change of station is a new adventure, it can also be an

opportunity to purge and organize. Clutter can cause unnecessary stress whether it is in your mind or in your home.

When is the last time you reviewed all of your auto and home insurance policies in detail or updated your record of emergency data? When was the last time you updated your wills and powers of attorney?

We all know we are supposed to do it but carving out time for a personal records overhaul doesn't always get to the top of the priority list. Ensuring things like your personal records are current and accessible and your vehicles are properly maintained will not only ease your mind, but could make a huge difference in any future emergency situations.

We all face moves, deployments and temporary duty assignments. It is our way of life. Investing a little time now

will decrease the level of stress and chaos later, and the payout is well worth it.

There are many checklists available online and at helping agencies on base to remind you what needs to be reviewed every so often. While you are at it, maybe you can de-clutter your life by getting rid of the things you don't use.

Sometimes it's easier to let go of things you have loved but simply don't need any longer when you know they will be useful for someone in need. The Airman's Attic on base and locations off base, such as charitable thrift stores, will take items and put them to good use for others in our community. So you will be able to say you helped out your family and your community as well as simplifying your life a little bit. It's a win/win.

And now, excuse me, it's time to unpack another box.

Aviano Airman: smoking is slowest of suicides

By Airman Ryan Conroy
31st Fighter Wing Public Affairs

AVIANO AIR BASE, Italy — I've been slowly killing myself for the past three years. I intentionally inhale toxins that destroy my lungs and heart. I smoke cigarettes.

But, I'm quitting — again. According to the health and wellness center's tobacco cessation class, the average smoker will attempt to quit five to seven times before achieving success.

This will be my third attempt. To this day, I still tell people I smoke to be social and network. But, the truth is that I like the feeling of breathing in the smoke and letting it all go. For me, smoking may be the easiest way to reduce stress instantaneously. It also has the most severe consequences.

The Center for Disease Control states adverse health effects from cigarette smoking account for more than 440,000 deaths, or nearly one of every five deaths, each year in the United States.

My grandparents were examples of those deadly statistics. My grandfather died of emphysema and my grandmother of lung cancer. My mother described their experience as "suffocating to death."

Yet, those facts never really bothered me because they never adversely affected me.

What finally influenced me was that I would be out of breath

after walking up a flight of stairs, the stares and snarky remarks I would get from nonsmokers and the smell that perpetually permeated every piece of clothing I owned. None of these characteristics are attractive to say the least. This is the motivation that I hope will drive me throughout the rest of this quitting process.

Recently, the first lieutenant in my office would pester my supervisor and me every single time we would go for a smoke break. "You know you're killing yourself, right?" and, "Seriously Airman Conroy, you need to smoke again?"

She encouraged me to go to the HAWC for a class on quitting smoking and finally I gave in.

During the class, the instructor informed the class on the health risks, talked about nicotine replacement therapy and gave us the tools to quit for good.

I then realized I needed a life change. Instead of smoking every time I get a little stressed out, I intend to do sets of pushups. The dollars I would have spent on cigarettes are now going into a travel fund. I figure the little rewards will help me maintain my mental strength through adversity.

When I hit my lowest moments, and desperately crave a smoke, I know that I have a support system in the office through my supervisor, who decided to quit with me, and my first lieutenant who couldn't be happier for the both of us.

I don't want to end up like my grandparents — because let's be honest — smoking is just a really slow suicide.

Service member spotlight: one big team

Petty Officer 1st Class David Hamilton, U.S. Coast Guard Atlantic Strike Team response member, is the joint base's featured service member of the week. Hamilton hails from Bennington, Vt.

Q: Why did you join the military?

A: My first job as a teenager was at the state Veterans Home. I was lucky enough to interact with the residents there fairly regularly. I learned a lot about what each branch does, and how the military works as a whole throughout my employment there.

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

A: As a newly reported member, I am learning the pre-requisite duties of a response technician. As a certified member, I will be deployed within the Strike Team's area of responsibility to assist with oil and hazardous chemical response, incident command response/management, and weapons of mass destruction response.

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

A: Both of my grandfathers served in the Navy. One served shipboard in Korea working in communications and the other was an avionics instructor based out of Honolulu.

Q: Who most inspires you?

A: I have had a lot of great senior enlisted leadership, particularly my previous engineering petty officers, who have inspired me to do the right thing, even if it isn't the easiest path.



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

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

A: I think we should all understand that we are part of a big team. On the days where we can't see direct results from our work we are always contributing to a larger mission.

605th AMXS crew chiefs put in work



Airman 1st Class Donovan Balthazor, 605th Aircraft Maintenance Squadron crew chief, validates the maintenance data collection inputs for the KC-10 Extender's 781 series forms while fellow crew chief, Staff Sgt. Christopher Zinky performs a basic post-flight inspection of a 83 engine July 19, 2013, at McGuire Field here. Balthazor hails from Tampa, Fla., and Zinky calls Escondido, Calif., home. (U.S. Air Force photo by Carlos Cintron/Released)

COMMANDER'S ACTION LINE



Col. James C. Hodges
Commander, Joint Base
McGuire-Dix-Lakehurst and
87th Air Base Wing

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

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

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



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& SEA TIMES

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NEWS ONLINE

Joint Base
McGuire-Dix-Lakehurst

Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil





Brig. Gen. Randall C. Guthrie, U.S. Air Force Expeditionary Center commander, passes the guidon to Col. James C. Hodges, who takes command during the 87th Air Base Wing Change of Command Ceremony July 25, 2013, in Hanger 3307 on Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Russ Meseroll/Released)

Command

Continued from Page 1

different service branches every day.

"We are in a Navy hangar listening to an Army band," said Hodges. "Just behind us are Air Force Aircraft. The Marine and Coast Guard units are only a stone's throw away. I will work tirelessly to apply all of my knowledge, skill, ability and experiences to live up to the leadership role that gets the results that this base, its missions and the people here deserve."

Hodges most recently served as the commander of the 6th Mission Support Group at MacDill Air Force Base, Fla., from July 2011 to July 2013. He entered the Air Force in 1991 as an engineer after graduating from the U.S. Air Force Academy and has since served at many command levels including group, squadron and headquarters assignments.

"I've been given special trust and confidence," said Hodges. "Things are left in amazing shape and I couldn't ask for more. It's not lost on me that I'm assuming a special command. I'm very aware of the role this base has had in our nation's history."

Hodges will serve the 87th ABW service members well and lead them in the right direction.

"My priorities will be focused on supporting our missions and our members in our joint base community," said Hodges. "We will all win as one."

The 87th ABW was awarded the Air Force Outstanding Unit award during its third year of operation in Wood's 25-month tenure.

"Today is bittersweet as we say goodbye to the Wood family," said Guthrie. "We savor the friendships and the accomplishments over the last two years as we welcome the Hodges. Air Mobility Command leaders saw the complex mission at JB MDL and knew they needed someone highly talented and experienced when looking for someone to lead the 87th Air Base Wing."

Guthrie presented Wood with the Legion of Merit and Maj. Gen. Razz Waff, 99th Regional Support Command commander, presented Wood with the Army Achievement Medal during the ceremony.

"We have a fantastic community here," said Wood. "They want to care about the military members, regardless of their service branches. We love the relationship."

Wood addressed the men and women of the 87th ABW, who stood in formation led by the commander of troops, Army Col. Charles Coursey, JB MDL deputy commander.

This wing is full of great individuals who continuously care for people and support the mission, said Wood. The successes the 87th ABW achieved are because people plan and find ways to solve those tough issues.

Thank you for all that you do, he added.

More than 500 service members and civic leaders from the surrounding communities, to include former Congressman (ret.) Jim Saxton, members of the Burlington County Military Affairs Committee and representatives from the Burlington and Ocean County Chambers of Commerce, attended today's ceremony to witness the ceremonious relinquishment of the unit guidon.

Officers, enlisted members offered early retirement

By Debbie Gildes
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Technical and master sergeants, captains, majors and lieutenant colonels in certain Air Force specialties may apply to retire with fewer than 20 years of active service under the Temporary Early Retirement Authority, Air Force Personnel Center officials announced.

Commonly referred to as the 15-year retirement, TERA is one of several force management programs the Air Force will implement during fiscal year 2014 to meet end-strength goals, said Lt. Col. John Barlett, AFPC operations division chief.

To be eligible for consideration, members

must have at least 15 but less than 20 years of total active duty time as of Oct. 31, 2013. Applications will be accepted July 29 – Aug. 15, and those approved must be retired by Nov. 1, 2013.

Interested Enlisted Airmen and Officers who have active duty service commitments or time in grade requirements may be eligible for a waiver, although some waivers may require the member to repay the government.

"ADSCs incurred from technical training attendance can be fully waived with no requirement for repayment, but if you transferred your Post 9/11 GI Bill benefits to a family member and they have used part or all of the benefits, you may be required to repay those funds," Barlett explained.

Airmen must apply through the virtual military personnel flight, accessible via the Air Force Portal or the MyPers website. After submission, applicants can check the status under "MyStuff" in the vMPP.

Airmen with an approved date of separation or a separation/retirement application pending prior to July 19 are not eligible for TERA. If an otherwise eligible member's separation or retirement application is disapproved, the member may be eligible to apply for TERA.

In addition, approved applicants who are subsequently selected for promotion will be allowed to withdraw their application, but they will only have 10 weekdays after their promotion notification to do so.

Approved applicants should immediately

contact the local Airman and Family Readiness Center to register for the mandatory transition assistance program seminar.

"TAP is a great benefit for retiring and separating Airmen, and because it is now mandatory, available slots may be limited. Members separating under a force management program should contact their base program managers to ensure that they aren't delayed by this requirement," Barlett said.

For full application instructions and eligibility requirements and a list of eligible career fields, go to the MyPers website at <https://mypers.af.mil> and search for "PSDM 13-73" for the enlisted program or "PSDM 13-74" for the officer program.

Atlantic Strike Team heads to Canada for international exercise

By Lt. Kristen Potter
U.S. Coast Guard Atlantic Strike Team

The Coast Guard Atlantic Strike Team joined 58 other federal, state, local, industry and international partners to participate in the Canadian-U.S. Atlantic Joint Preparedness Team 2013 Full Scale Response Exercise from June 17-21, 2013.

The AST was invited to take part in this unique international exercise, which was conducted concurrently in three different locations throughout the U.S. and Canada. AST directly supported the exercise by providing ten personnel, in two of the three locations.

The biennial exercise is designed to test response portions of the Joint Marine Pollution Contingency Plan, focusing on the Atlantic Coast and to strengthen U.S.-Canadian partnerships and interoperability. It ensures overall response preparedness, enhances the individual skill of participants, and ensures that in the case of an environmental response incident, such as an oil spill, that resources would be available and effectively deployed. The exercise had two primary functions: an incident management portion which involved the set-up and activation of the incident command system and an equipment deployment exercise. AST members contributed to the success of both portions.

At the Incident Command Post in Calais, Maine, respondents were given a scenario which involved two vessels colliding in a major oil discharge in Canadian waters. AST provided with two team members functioning as coaches and evaluators for personnel involved in command functions, planning and operations as the incident management team prepped for possible movement of oil into U.S. waters.

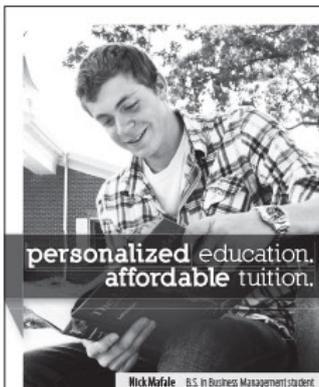
"This was an incredible chance to team up with the very same partners we would be responding with on an actual pollution response, and gave everyone the opportunity to further those excellent working relationships and learn from each other," said Dean Matthews, AST training coordinator.

Additionally, AST led the equipment deployment portion of the exercise in Saint John, Canada, coordinating both a boom deployment and those of an oil skimming system off of two vessels. Utilizing the Coast Guard Cutter Marcus Hanna in Portland, Maine, and the Halifax based Canadian Coast Guard Cutter Edward Cornwallis, the Vessel of Opportunity Skimming System was deployed both pier side and out in the open



water. AST members provided safety oversight and trained U.S. and Canadian crews on the equipment use. Because the VOS can be used on many different types of ships during an oil spill response, including military and commercial vessels, this was an excellent venue to demonstrate its effectiveness and interoperability with our international partners.

Chief Petty Officer Michael Presti, Petty Officer First Class James Maida and Petty Officer Second Class Andrew Johnson assemble the foam filled boom for deployment onboard the Cutter Edward Cornwallis June 18, 2013, near Saint John, Canada. The biennial exercise is designed to test response portions of the Joint Marine Pollution Contingency Plan, focusing on the Atlantic Coast and to strengthen partnerships and interoperability between the U.S. and Canada. (U.S. Coast Guard photo by Lt. Kristen Potter/Released)



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305th APS deployed Airman asks "where's the waste gone?"

By Senior Airman Benjamin Stratton
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — While in the sky or on the ground, humans must relieve themselves multiple times throughout the day, but when you're 20,000 feet above in a C-17 Globemaster III where does it all go? Enter the 8th Expeditionary Air Mobility Squadron fleet services Airmen here.

"What we do is important because people need to be able to use the restroom," said Tech Sgt. Christopher Breski, the 8th EAMS fleet services NCO in charge deployed from the 305th Aerial Port Squadron at Joint Base McGuire-Dix-Lakehurst, N.J. "We are the only full-service aerial port in the (U.S. Central Command's) area of responsibility and while what we do may not be glamorous, it's a job that must be done."

Once an aircraft comes to the flightline, it is fleet services' job to dispose of any waste and trash.

The lavatory service truck goes out to the aircraft and attaches a pipe to the plane with what they call the "moose head" for a nozzle. A handle is pulled releasing the waste, which then flows through the pipe and into the truck. These trucks are capable of handling 250 gallons of waste at a time.

"It's a two-person job and you have to be very careful and safe," Breski said. "The worst is when, for whatever reason, the coupling between the hose and jet isn't hooked up quite right and the waste gets all over you, the truck and the flightline."

Breski said his team of 10, including two NCOs and eight Airmen from four different bases all within Air Mobility Command, are split evenly to cover both day and night shifts. The fleet



Airmen from the 8th Expeditionary Air Mobility Squadron fleet services remove waste from a 34th Expeditionary Bomb Squadron B-1B Lancer at the 379th Air Expeditionary Wing in Southwest Asia, June 11, 2013. Once an aircraft comes to the flightline, the lavatory service truck goes out to the aircraft and attaches a pipe to the plane with what they call the "moose head" for a nozzle. A handle is pulled releasing the waste which then flows through the pipe and into the truck. Not only do these Airmen care for Air Mobility Command aircraft, but are the only fleet services unit in the U.S. Central Command's area of responsibility taking care of any aircraft transiting through the 379th AEW. (U.S. Air Force photo by Senior Airman Benjamin Stratton/Released)

services team hauls an average of 130 gallons of waste and 35 50-gallon bags of trash each day from every aircraft that is either assigned here or transits through here on its way downrange or

home. These aircraft may include everything from KC-135 Stratotankers and C-17s to B-1B Lancers and C-130 Hercules. The next closest fleet services capable base to the area of responsibility is at Aviano Air Base, Italy.

"When we've completely drained a jet, we then clean it out with water and prep the pipes for the next mission with a de-clogging agent," said Breski. "We also clean the restrooms and toilets and help the maintainers troubleshoot if one breaks down."

Describing the blue colored water some toilets have, Master Sgt. Kenneth Pettit, the 8th EAMS aircraft services superintendent, explains how this pigmentation can actually save the jet and crew from a very uncomfortable flight.

"You've seen those toilets with the blue water in them, right?" Pettit asks. "Because the waste is generally stored on the outermost part of the jet, we have to put anti-freeze in the pipes to prevent them from bursting during flight as temperatures outside at those altitudes can drop well below zero."

Though the job isn't all dirty, Breski added.

"We also stock the jets with coolers of water, toiletries, pillows and blankets, or anything the passengers might need when equipped with," Breski said. "We call these items expendables to keep passengers comfortable. In fleet services we don't get a lot of thanks or handshakes, but it means a lot to me when a jet can take off and the passengers on board have what they need to start their mission down range."

(Editor's note: This article is part four of an eight part series highlighting the unique missions accomplished by the Airmen of 8th EAMS.)

3rd NELR decommissions after short 7-year legacy

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

Sailors of the 3rd Navy Expeditionary Logistics Regiment cased their colors during a decommissioning ceremony held for the seven-year-old unit July 27, 2013, at the Tammenmann Center here.

Capt. Ed Chevalier, 3rd NELR commander, surrendered command of the unit in front of an audience of the unit's Sailors along with members of Navy Cargo Handling Battalion 8, Naval Sea Cadets and the Rannocas Valley Regional High School Navy Junior ROTC honor guard.

Guest speaker Rear Adm. Mark J. Belton, Navy Expeditionary Logistics Support Group commander, spoke with pride as he experienced both sadness and a sense of appreciation for the Navy's continued progression.

"Decommissioning is but one step in the process of moving ahead," said Belton. "This is the last era of a proud legacy of cargo handlers."

The 3rd NELR decommissioned along with only one of its three subordinate units. The two remaining units falling under the 3rd NELR, Navy Cargo Handling Battalion 8 and Expeditionary Communications Detachment 3, will be restructured to fall under the command of one of the NELSG's 11 remaining regiments.

The unit had a short life of seven years, but in that time, the unit members used 50,750 man days supporting 90 different exercises and operations, said Chevalier.

The 3rd NELR supported exercises and mission in

various places including: Australia, Korea, Japan, Philippines, Thailand, Egypt and more.

"Being a part of this unit has been an extraordinary experience that I looked forward to as soon as I got orders," said Petty Officer 1st Class David Humphries, regiment leading petty officer. "My wife is a cargo handler as well and she has always gotten to travel and do interesting work. I knew it would be a great chance to do more operational work than I had before."

The cargo handlers directly support forward-deploying Sailors with supply delivery. The NELSG provides expeditionary Sailors with anything they need from tents to communications equipment. Any expeditionary supplies the Sailors might need come from the NELSG and its subordinate units.

The NELSG conducts surface and air cargo-handling

missions to provide logistical support, ordnance reporting and handling and expeditionary communications.

"I'm a decommissioning specialist here at the regiment," said Humphries. "In my previous jobs, I haven't learned as much operational knowledge as I have here. My biggest personal accomplishment while here was qualifying as an expeditionary warfare specialist by passing a practical exercise and board evaluation."

Some regiment members get to experience operational capability, while most provide administrative support to the operational units.

The unit members recognize their support to humanitarian relief operations in Haiti for Operations: UNIFIED RESPONSE. Eight regiment members mobilized to Guantanamo Bay, Cuba, to support the operation. The regiment provided command and control to a Joint Forces Logistics Operations



Sailors of the 3rd Navy Expeditionary Logistics Regiment case the unit's pennant during the unit's decommissioning ceremony July 27, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Casing the pennant is a key part of a Navy decommissioning ceremony. The Sailors sent the pennant to their higher command after casing it. (U.S. Air Force photo by 1st Lt. Alexis McGee/Released)

Center and also provided supplies for 23 ships in the area of responsibility.

"I really enjoy the cargo handling career," said Master Chief Petty Officer Danny

Blackshear, 3rd NELR command master chief. "We've provided support in many humanitarian relief missions. Almost everyone on staff has deployed. I've

grown close to my coworkers over my three years here so it's unfortunate to think this might be the last time I see some of these people."

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Airman 1st Class Dustin Bawell, 305th Maintenance Squadron crew chief, attempts to take down Airman 1st Class Jake Wyovich, MXS crew chief, during a sumo wrestling match at the second annual Dorm-a-Palooza July 26, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Local organizations sponsored the event to afford junior service members an opportunity to enjoy food, games and music for free. (U.S. Air Force photo by Airman 1st Class Sean M. Crowe/Released)

Junior service members celebrate Dorm-a-Palooza

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

The Joint Base McGuire-Dix-Lakehurst Dorm Council hosted Dorm-a-Palooza July 26, 2013, here to provide a recreation outlet for junior-enlisted dorm dwellers.

Junior service members gathered at noon in the area between dorms 2719 and 2720 to enjoy free food and drinks, live music, volleyball and other activities.

The First Sergeants' Association, Burlington County Military Affairs Committee, commissary vendors, United Communities, Tommy B. Heritage Foundation and Andrews Federal Credit Union were the local organizations who donated approximately \$3,000 total to the First Four and Dorm Council to host the event.

The local organizations made the event possible despite the fiscal constraints of sequestration. Activities including fun runs, cultural events and get-togethers "We wanted to spread the word and help our Airmen raise money for the event," said Master Sgt. Gregory Neuberger, 817th Contingency Response Group first sergeant. "We guided the First Four members, but they are the ones who put in the hard work to make this event happen."

The First Four and Dorm Council comprise junior service members who organize recreational and volunteer opportunities for the base's junior service members E-4 and below.

"It's been hard work getting all the details ironed out but, it all came together in the end and was well

worth it," said Airman 1st Class Josh Krueger, 32nd Air Refueling Squadron boom operator. "We wanted to give all the junior enlisted service members a chance to get out of the dorms, relax and have a good time."

The event was the second annual Dorm-a-Palooza. The current First Four and Dorm Council leaders took notes from the previous leaders to come-up with activities for the event.

"The council leaders spent about two months planning and organizing Dorm-a-Palooza," said Airman 1st Class Anna Golokhova, 305th Air Mobility Wing knowledge operations manager. "Our leaders' support helped us on the way and the sponsors really made this happen in the end."

Other featured activities included a senior-leader dunk tank, sumo wrestling, bean bag toss and a disc jockey performance.

"Dorm-a-Palooza was a great morale boost for us," said Airman 1st Class William Mensah, 32nd ARS boom operator. "I really needed this because we haven't had many events like this lately. It was also a huge plus to dunk my chief in a water tank."

The event wound down at 9 p.m. and everyone made their way home.

"We plan to make this an annual event from here out," said Krueger. "Everybody gives us input and the consensus seems to be that they enjoy it, who doesn't want free food after all?"

Air Force launches free mobile app to keep Airmen informed

By Staff Sgt. Ian Hochlander
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – The Air Force launched a free mobile app geared toward informing Airmen and their families about force support squadron morale, welfare and recreation events happening on their bases.

"MyAirForceLife," developed by the Air Force Personnel Center, links eligible patrons to force support squadron-related MWR information at Air Force led installations.

"This mobile app gives force support squadrons tools to better communicate facilities and activities offered on base," said James Anderson, AFPC services integrated marketing and branding branch chief. "Additionally, customers will be familiar with and are more likely to download a branded consolidated application that provides information about bases throughout the Air Force."

Twenty locations are currently available on the app and more than 25 additional bases are adding content in order to go live in the mobile app.

The locations currently on the application include: Grissom Air Reserve Base, Ind.; Joint Base San Antonio-Sam Houston, Lackland, and Randolph, Texas; Joint Base Langley-Eustis, Va.; Keesler AFB, Miss.; Lajes Field, Azores; MacDill AFB, Fla.; Little Rock AFB, Ark.; March AFB, Calif.; Maxwell-Gunter AFB, Ala.; Minot AFB, N.D.; Mountain Home AFB, Idaho; Patrick AFB, Fla.; Schriever AFB, Colo.; Seymour Johnson AFB, N.C.; Sheppard AFB, Texas; Travis AFB, Calif.; Yokota Air Base, Japan, and the U.S. Air Force Academy, Colo.

Within two months of its release, 3,500 individuals have downloaded the "MyAirForceLife" app. This mobile app provides details about force support squadron activities to include hours of operations, specials, and even directions to the event via GPS.

"MyAirForceLife" also integrates the nonappropriated fund job listing which allow users to search for available jobs by facility," Anderson explained. "Users can rate facilities, save contact information directly to their contact list or phone book, and call or email facilities by clicking on the link."

To download the application, users should open their smartphone app store and search "MyAirForceLife."

Once downloaded, users can select their favorite base or multiple locations. After selecting a base, the app will open the main menu and automatically connect the user to upcoming events happening at the specific base.

The main menu provides users with upcoming events, which scroll at the bottom of the screen, and gives them several options to choose from.

Users have the option to search for events happening on their base, check in with their local food vendors, see what is going on at the local fitness center and even find out about any family events happening on their base.

The application allows users to manage the base selected via the option menu. This option allows users who receive orders the ability to see what events are happening at their new base.

Airmen interested in seeing their base added to the "MyAirForceLife" app should contact their installation's force support squadron. For more information about the "MyAirForceLife" mobile app and force support squadron MWR activities, visit service's website at www.myairforcelife.com.

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2nd ARS flies training mission, hones AR skills



◀ Airman 1st Class Will Gribauskas, 2nd Air Refueling Squadron boom operator, connects the probe to a 6th Airlift Squadron C-17 Globemaster III during a training sortie July 29, 2013, in the skies above the Atlantic. "Like any skill, boom operating requires practice to maintain your abilities," said Gribauskas. "I'm still in training so my skill level is always increasing." (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



▲ 2nd ARS flies training mission, hones AR skills. The sun rises on McGuire Field as a KC-10 Extender crew prepares for an air refueling training sortie July 29, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Training sorties enable the crew members to polish their skills before using them in deployed environments. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



▲ A KC-10 Extender flies into position to practice receiving fuel from another KC-10 during a training sortie July 29, 2013. Both the pilot and copilot make several attempts at air refueling before switching positions with the other tanker to maximize training efficiency. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



◀ First Lt. Alex Turton, 2nd Air Refueling Squadron KC-10 Extender pilot, approaches another KC-10 to practice receiving fuel July 29, 2013, in the skies above the Atlantic. "KC-10 pilots need to be proficient in both receiving and providing fuel," he said. "Local sorties like this one help us stay sharp." (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

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Joint Base Intramural Sports Standings

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	Tie	PCT
305th MOS	9	2	0	0.818
305th OSS	9	3	0	0.750
605th AMXS	9	3	0	0.750
87th CS	8	3	0	0.727
87th FSS	8	4	0	0.667
305th AFS	8	4	0	0.667
621st CRW-A	7	4	0	0.636
87th CES	6	4	0	0.600
87th SFS	6	4	1	0.591
EC	6	5	0	0.545
87th LRS	6	6	0	0.500
305th MDS	6	6	0	0.500
373rd TRS	5	7	0	0.417
732nd AS	5	7	0	0.417
305th AMXS	4	7	0	0.364
314th RCS	3	7	0	0.300
AMC TES	2	10	0	0.167
1st/307th TSBN	1	8	1	0.150
621st CRW-B	1	7	0	0.125
HMLA-773	0	8	0	0.000

PCT = Winning Percentage

Game schedule

Week 17
 Aug. 6 Noon 87th FSS vs. 87th SFS
 Noon 314th RCS vs. AMC TES
 Noon 732nd AS vs. 621st CRW-A
 Noon 1st/307th TSBN vs. 87th CS
 Noon 87th CES vs. 605th AMXS
 Noon 305th OSS vs. 373rd TRS
 12:01 p.m. 305th AMXS vs. HMLA-773
 12:01 p.m. 305th MDS vs. 305th AFS
 12:01 p.m. 87th LRS vs. 305th APS
 12:01 p.m. EC vs. 621st CRW-B

All games played at Falcon Creek Golf Course

2013 Lakehurst B-League Softball

Team	Win	Loss	PCT
Diamond Dawgs	9	1	0.900
Hangar Squad	8	2	0.800
Misties	8	2	0.800
Major League	6	3	0.667
PMD	6	3	0.667
Absolute Zero	4	4	0.500
Weasels	4	4	0.500
Help Wanted	4	6	0.400
Air Dept.	0	10	0.000
Medical	0	10	0.000
Test Dept./CNAIT	0	10	0.000

2013 Intramural Soccer JB McGuire-Dix-Lakehurst

Team	Win	Loss	Tie	Points
2/315th	11	0	2	113
174th INF BDE	9	2	2	94
87th CES	9	2	2	89
FC COM	7	3	2	75
NAVAIR Lakehurst	7	4	2	72
605th AMXS	6	4	3	71
305th AFS	6	6	1	65
305th MDS	6	5	2	61
32nd ARS	3	6	4	55
NJARNG Strikers	5	5	2	54
621st CRW	4	8	1	45
WMSE	2	9	2	29
87th CONS	1	11	1	17
305th AMXS	1	12	0	10

Points = Calculated Points

2013 Intramural Ultimate Frisbee McGuire-Dix

Gold - 87th CS Legends
 Silver - 87th CS Champions
 Bronze - 305th MDS
 4th - EC/Plus
 5th - 87th MDG
 Current as of July 31, 2013.

Protocol performs on point



Heidi Malkowski, Joint Base McGuire-Dix-Lakehurst protocol officer, discusses protocol plans with Col. Anthony Esposito, 514th Maintenance Group commander, before the 87th Air Base Wing change of command July 25, 2013, at VJ-64 hangar here. The protocol officer arranges ceremonies to ensure participants conform to standards and adhere to traditions. (U.S. Air Force photo by Airman 1st Class Sean M. Crowe/Released)

MiCare secures messaging system

By Maj. Melinda Williamson
 87th Medical Group

Patients here at Joint Base McGuire-Dix-Lakehurst are able to communicate securely and privately with their healthcare teams virtually anywhere and anytime due to the Air Force-wide expansion of secure online messaging. Secure messaging is available to patients through the new MiCare portal. The MiCare portal is built to facilitate secure, online communications between patients and their healthcare team.

The goal of MiCare is to improve the quality of healthcare patients receive and provide a mechanism for patients to have better access to their own health information when it's most convenient for them. MiCare allows for open communication and access to information between office visits, reducing the frequency of office visits

for some patients. It will also reduce reliance on telephone calls, providing more convenience for the patients and freeing time for providers to see more acute patients.

Benefits of MiCare's secure messaging tool include patient access anywhere, anytime to:

- communicate privately with their healthcare team online without waiting on the phone.
- ask their healthcare team for advice about non-urgent symptoms.
- receive medical test and lab results.
- request prescription renewals.
- request a copy of immunization records.
- request referral renewals.
- access physician-approved health resource links at their convenience.

Patients can also renew prescriptions and access doctor-approved

health resources on the MiCare Portal. The healthcare team also uses the MiCare Portal to send out appointment reminders, give medical test and referral results and communicate clinic closures.

Since MiCare is a patient-driven service, the beneficiary must register with his or her military treatment facility to have an active account. MiCare is also based off the patient, not the sponsor. Each individual family member will have his or her own account unless he or she is under the age of 18.

MiCare will also move with a service member when he or she changes duty stations. That way, the next primary care managers can have patients' histories and the patients can easily access a new healthcare team when they move, making for smooth transitions. Visit www.sg.af.mil/micare for more information.

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NEWSNOTES

Lansby Photography Class

The 87th Force Support Squadron is set to host a two-hour Lansby Photography Class from 5:30-7:30 p.m. Aug. 7, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Create interesting images with selective focus using the Lansby lenses. Students must have a Canon or Nikon digital single-lens reflex camera. The fee is \$25. Call 562-5691 for more information.

Fourth Annual Free Family Campout

The 87th Force Support Squadron is set to host the Fourth Annual Free Family Campout Aug. 9, 2013, at Doughboy Field. The event is open to all Department of Defense ID card holders and includes an evening of camping, barbecue, children's crafts and games at no cost. The movie "The Croods" will be shown outdoors. Breakfast will be available in the morning! Families must preregister by August 7. Tent setup and site check-in is from 3-7 p.m. The 87th FSS Outdoor Recreation has limited camping gear. Call 562-2727 for more information or to register.

4-on-4 Sand Volleyball Tournament

The 87th Force Support Squadron is set to host a 4-on-4 Sand Volleyball Tournament from 10 a.m. to 1 p.m. Aug. 10, 2013, at the Sand Volleyball court, located at the John Mann Park. Event is open to all Department of Defense ID card holders 18 years and older. The event is free and refreshments will be provided. Preregister by August 8 is required. Call 562-2673 for more information or to register.

Quilts for Children

The 87th Force Support Squadron is set to host a "Quilts for Children" from 11 a.m. to 3 p.m. Aug. 10, 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.

Hunter Education Course

A Hunter Education Course is scheduled for 8 a.m. Aug. 11, 2013, at Range 14. Interested participants can register online at www.njfishandwildlife.com, walk-ins are accepted with completed homework. Study guide and homework materials are available at Outdoor Recreation and Joint Base Rod & Gun Club and can be downloaded from www.njfishandwildlife.com. Call 562-4676 for more information.

Transition Assistance Program Seminar

The Military and Family Support Center is scheduled to host a five-day Transition Assistance Program Seminar from 8 a.m. to 4:30 p.m. Aug. 12-16, 2013, at 488 Walsh Drive. Completed DD-2648 is required and spouses are encouraged to attend. Call (732) 323-1248 for more information or to register.

Civilian Résumé Class

The Military and Family Support Center is set to host a Civilian Résumé Class from 9-10:30 a.m. Aug. 14, 2013, at 3435 Brody Road. The class provides an overview on how to make your resume a better marketing tool. Preregistration is required. Call 754-3154 for more information or to register.

Lansby Photography Class

The 87th Force Support Squadron is set to host a two-hour Lansby Photography Class from 5:30-7:30 p.m. Aug. 14, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Create interesting images with selective focus using the Lansby lenses. Students must have a Canon or Nikon digital single-lens reflex camera. The fee is \$25. Call 562-5691 for more information.

Group Prepreparation Counseling

The Military and Family Support Center is set to host a Group Prepreparation Counseling from 2-4 p.m. Aug. 15, 2013, at 3435 Brody Road. Complete mandatory needs assessment counseling required for out-processing. Receive a prepreparation counseling checklist. Call 754-3154 for more information.

Free Movie Night

A free movie night is set for 6:30 p.m. Aug. 15, 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 "Django Unchained" which is rated R.

August Night Zumbathon

The 87th Force Support Squadron is set to host a Night Zumbathon from 6-9 p.m. Aug. 16, 2013, at Griffith Field House, located at 6053 Doughboy Loop. The event is open to all Department of Defense ID card holders. Get a great workout, enjoy free refreshments, healthy snacks and bring the kids for some bounce house fun and other activities. Preregistration is open until August 15, the cost is \$7 per person, cost for same day registration is \$12 per person. Call 562-4888 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. Aug. 22, 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.

Burger Burn 5K run

The 87th Force Support Squadron is set to host a Burger Burn 5K Run beginning noon Aug. 29, 2013, at Infantry Park, located at 8th Street near Griffith Field House. The event is open to all Department of Defense ID card holders. Run a 5k and enjoy free burgers when you finish! Call 562-2769 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.

Navy Marine Corps Relief Society Thrift Store
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.

Construction Corner

From 87th Civil Engineer Squadron

Electrical Power Usage Demand

The 87th Civil Engineer Squadron is requesting joint base community members turn off all unused electrical devices at home and at work to help save energy. The utility provider is experiencing issues keeping up with the current electrical demand during the summer heat wave and are asking for help in limiting electrical usage or we may experience brown out.

Walton Army Hospital Demolition

Demolition of the Walton Army Hospital and associated facilities is expected to take approximately seven months. Detour around the site will be implemented from Aug. 1, 2013 through March 2014. 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. 4th Street between General's Circle and New Jersey Avenue will be closed for the duration of the work. Patrons of the golf course need to use additional caution when crossing Fort Dix Road and New Jersey Avenue due to increase traffic volumes on these roads.

Electrical Power Shutdown

Electrical power shutdown by Jersey Central Power and Light is scheduled from 6 a.m. to noon Aug. 9, 2013, in the 6000 area for work at the electric sub-station/transformer. Affected buildings are 6038, 6039, 6040, 6044, 6045, 6046, 6054 and the back half of 6053.

McGuire Power Plant Demolition Project

Demolition of the McGuire Power Plant and associated facilities will continue through Aug. 31, 2013. Additional truck and construction vehicle traffic can be expected in the area.

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

August 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.

Re-paving of Hancock Road is currently scheduled from early August through early September 2013. Traffic will be reduced to one way with flaggers during paving operation. Watch for workers striping roads.

Thrift Store and Airmen's Attic Demolition

Demolition of the Thrift Store and Airmen's Attic, located at 3446 Brody Road, is scheduled to begin Sept. 15 through Dec. 15, 2013. The old ball room in Padgy's located at 2508 East Third St. is being renovated to house the Thrift Store and Airmen's Attic.

Water Line Replacement

Water line replacement work is currently scheduled through the end of 2013 in the 5500 and 5600 area, between Willow Pond and the U.S. Air Force Expeditionary Center, and between Doughboy Loop and Texas Avenue on Dix. Access to the sidewalk along Texas Avenue will be impacted during construction. During work in the shoulder of 8th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to interior roadways and parking lots intermittently during the work. No road closures are anticipated.

Electrical System Upgrade

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

Softball and Soccer fields Renovations

The softball and soccer fields on McGuire will be closed until further notice.

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 - 6950 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. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.

Contacting A Chaplain

When should I call a Chaplain?

Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.

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

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 609-754-HOPE (4973).

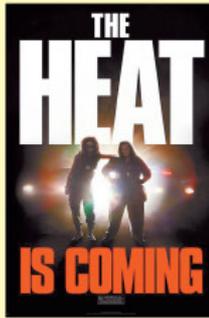
For assistance after duty hours, call the Command Post at 609-754-3935 or 3936.



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



Joint Base Theater Movie Schedule



Friday:
7 p.m. The Heat (R)



Saturday:
7 p.m. World War Z 3D (PG-13)

Get to know JB MDL!

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



Did you guess last week's close-up photo? It's the bod pod in the Health and Wellness Center. The BOD POD measures your body composition by calculating weight and body volume through air displacement. The HAWK offers programs for service members to stay healthy.

Recipe Roundtable



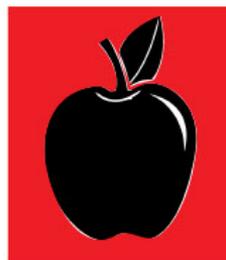
Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at 87abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Garlic Chicken

It's a quick, easy chicken recipe for days when you don't want to spend time in the kitchen. Garlic chicken goes great with traditional potatoes or rice. Makes four servings.

- Ingredients:
- 4 boneless skinless chicken breasts
 - 4 garlic cloves, minced
 - 4 tablespoons brown sugar
 - 1 tablespoon olive oil
 - additional herbs and spices, as desired

Cooking Instructions
Preheat oven to 450°F Line a baking dish or cookie sheet with aluminum foil and lightly coat with cooking spray or lightly brush with oil. In small sauté pan, sauté garlic with the oil until tender. Remove from heat and stir in brown sugar. Add additional herbs and spices as desired. Place chicken breasts in a prepared baking dish and cover with the garlic and brown sugar mixture. Add salt and pepper to taste. Bake uncovered for 15-30 minutes, or until juices run clear. Cooking time will depend on the size and thickness of your chicken. Recipes found at food.com



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.

Warriors improve through mirrors of combat

By 1st Lt. Jessica Gross and 2nd Lt. Stephen Amanzio
174th Training Brigade

The 3-312th, 1-309th and 2-309th Training Support Battalions under the 174th Infantry Brigade took part in the Modern Army Combatives Program Level 1 certification, July 23-27, 2013, here.

The MACP is run by certified instructors who have a passion for fitness and teaching. This program consists of four levels of certification that range in difficulty and technicality of tactics. MACP is designed to teach service members self-defense tactics and effective approaches to handling a variety of possible scenarios. They do so with written and practical testing for final certification.

Sgt. 1st Class Raymond Alston of Brooklyn, N.Y., is a 16-year Army veteran and a level four MACP master trainer assigned to the 2-309th at Joint Base McGuire-Dix-Lakehurst. Alston has been teaching MACP courses for more than three years at the joint base. He works in conjunction with nine other Army instructors to train an average of 300 service members monthly.

To date, the 174th MACP has trained Air Force, Army, Coast Guard and Navy personnel. The team is scheduled to train its first Marine rotation this month.

"I'm looking forward to training with the Marines," explained Alston, a seven-year veteran of the New York Police Department. "The Marine Corps Martial Arts Program offers another perspective to what we train in our MACP."

"MACP enables service members to be able to defend themselves in hand-to-hand combat, which is especially useful in today's counter insurgency operations," explained Alston, who has been awarded two Army Commendation Medals and two Army Achievement Medals for his performance while stationed at JB MDL.

Staff Sgt. Miguel A. Figueroa, a trainer/mentor with the 1-309th Counter Improvised Explosive Device team had never been exposed to MACP training prior to this week.

"All Soldiers need this training," affirmed Figueroa after completing only a few days of MACP training. "It gives Soldiers an opportunity to learn how to fight and defend themselves."

He also added that this training helps all ages and assists in maintaining a superior level of fitness. Figueroa also



Sgts. 1st Class Raymond Alston (left) and Eric Easter, 174th Infantry Brigade Modern Army Combatives Program instructors, instruct the class on MACP techniques July 25, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. This program consists of four levels of certification that range in difficulty and technicality of tactics. (U.S. Army Photo by 1st Lt. Jessica Gross/Released)

added that the most challenging aspect of combatives is the massive amount of training moves they must memorize. Figueroa is a sheriff's deputy and martial arts instructor in his civilian career.

Although MACP training is inherently risky due to the realistic nature of training, MACP instructors institute safety controls to reduce the result of injury, mentioned Sgt. 1st Class Eric Easter, a level-three MACP instructor with 2-309th. Through daily safety briefings, assistant instructors, proper warm-ups and forced hydration, the team of instructors implement measures to ensure injuries are minimized. The ratio of students to instructors is 12 to one in order to

help minimize training accidents. Strict rules and guidelines for acceptable behavior are also enforced during training.

The other challenge for instructors is overcoming students' lack of confidence in their capabilities due to factors such as size and gender discrepancies, added Easter.

"Pushing through personal fitness barriers and building students' confidence is our goal," said Easter.

Both Alston and Easter are scheduled to instruct MACP through September 2014 and continue to help service members close the distance, gain a dominant position and finish the fight.