

NEWSNOTES

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

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.

Hydrant Flushing Program
 The 87th Civil Engineer Squadron in conjunction with the Water Fuel System Maintenance Shop is set to conduct its semi-annual McGuire hydrant system flushing from 8 a.m. through 8 p.m. throughout the month of August 2013. During this process, it is not uncommon for a yellow, brown or reddish tint to appear in the water. If discolored water is encountered, shut the water off and wait several minutes to allow new water to work its way into the pipes. Base residents should avoid running tap water, using washing machines or dishwashers if CE crews are flushing the hydrants on their streets. Residents can resume normal water usage upon flushing completion. Call 754-2692 for more information. (See page 13 for more information.)

Pemberton Gate Hours Schedule
 The Pemberton Gate is scheduled to open from 7-9 a.m. and 2:15-5:00 p.m. Monday-Friday starting Sept. 5, 2013, and continuing through the school year to meet the needs of the Dix Elementary School buses. These hours will be adjusted to facilitate early dismissals and holidays as designated by the school. Call 754-4509 for more information.

Legal Office Closure
 The Joint Base McGuire-Dix-Lakehurst Legal Office will be closed 11:30 a.m. to 2 p.m. today, for an official function. Call 754-2010 for more information.

August Night Zumbathon
 The 87th Force Support Squadron is set to host a Night Zumbathon from 6-9 p.m. today, 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.

87th Dental Squadron Wall-Breaking Ceremony
 The 87th Dental Squadron is set to host a wall-breaking ceremony to kick-off the renovations of its dental clinic 8 a.m. Aug. 20, 2013, located at 2417 McGuire Blvd. The renovation may affect the availability and wait time for appointments. Renovation is expected to be completed by Fall 2014. Call 754-1354 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.

Patriot Day 5K Obstacle Run Replaces Burger Burn 5k
 The Burger Burn 5K scheduled for August 29, 2013, has been replaced with a run to remember the events of 9/11. The Patriot Day 5K Obstacle Run starts at 3 p.m. September 11, across from the Arts & Crafts Center, located on Pennsylvania Avenue. The events are open to all Department of Defense ID cardholders. Visit www.gomdl.com for more information.

Fluke Fishing Trip
 The 87th Force Support Squadron is set to host a Fluke Fishing Trip Aug. 31, 2013, aboard the fishing boat "Miss Belmar." The cost is only \$35 for active duty personnel and \$60 for all Department of Defense ID card holders. Price includes transportation, fishing pole and bait, and your admission to the party boat. Preregistration and payment is due by Aug. 23 and is limited to 24 participants. Transportation departs at 5 a.m. from Outdoor Recreation located at 6045 Doughboy Loop and returns at 5 p.m. Call 562-2727/6667 for more information or to register.

Fall and Winter Walk Club
 The 87th Force Support Squadron/Griffith Field House is set to host the Fall and Winter Walk Club at noon every Monday and Wednesday from Sept. 3 through Nov. 26, 2013. The starting point is Infantry Park, adjacent to Griffith Field House. Event is open to all Department of Defense ID cardholders. Call 562-2707 for more information.

See more NEWSNOTES on Page 12



Aircrew members listen to instruction on a KC-10 Extender raft during a Survival, Evasion, Resistance and Escape water survival class Aug. 8, 2013, at Long Beach Island, N.J. The class served as a refresher to the original SERE training the flight crew received at Fairchild Air Force Base, Wash. (U.S. Air Force photo by Airman 1st Class Sean M. Crowe/Released)

SERE instructors teach aircrew proper procedures

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

Survival, Evasion, Resistance and Escape instructors refreshed 13 aircrew members stationed here on proper in-water survival and emergency procedures August 8, 2013, at Long Beach Island, N.J.

The aircrew members attend a refresher course every three years after their initial SERE training to keep them current.

Aircrew members may experience isolation scenarios in any environment an aircraft may crash in, whether it's the tundra, a forest or open water. A member can lose his or her wits if they do not do as their SERE instructors taught them.

Staff Sgts. Dylan Wagner and Josh Schmitz, 305th Operations Support Squadron SERE specialists, put aircrew members through their water survival course three times every month.

"It's always possible for an isolation incident to occur for flyers," said Wagner. "We want the members to be prepared if

something does happen."

The course at LBI familiarized the students with the KC-10 Extender and the C-17 Globemaster III life rafts for a water isolation incident.

SERE specialists brief students at the 305th Air Mobility Wing Headquarters, Joint Base McGuire-Dix-Lakehurst on the course plan for the day before setting out for throughout the day such as weather, sand chiggers and other dangers.

The students then put on their wetsuits, water boots and life preservers upon arrival to LBI before an instructor tows them to the raft via personal watercraft.

The instructors, once on the raft, review the on-board survival kit contents and how to survive if stranded on the raft for the students' benefit. The instructors remind them which animals make good sustenance and how to attain drinkable water.

See TRAINING, and MORE PHOTOS, PAGE 4

Lakehurst community members celebrate with 'night out'

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

The Lakehurst Police Department teamed up with the 87th Security Forces Squadron to host the National Night Out event Aug. 6, 2013, in Lakehurst, N.J., for joint base and local borough community members alike.

Local businesses, state organizations and emergency responders were all present to show their support for the national crime prevention initiative.

"We started this annual event in 1996 in conjunction with then Naval Air Engineering Station and it has been going strong ever since," said Eric Higgins, Lakehurst Police Chief. "I come from a military family and I know how tough it can be to move to a new area. It's nice for them to know they are part of this community."

National Night Out was first introduced in 1989, "America's night out against crime." It began an effort to promote involvement in crime

See NIGHT, Page 13



Nathan Figley, N.J. Fish and Wildlife Service employee, helps Gianna Mendoza, 4, shoot a bow and arrow at the National Night Out event Aug. 6, 2013, in Lakehurst, N.J. Local businesses, state organizations and emergency responders were all present to show support for the national crime prevention initiative. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

'Continuum of service'

Continuum of service programs provide Sailors more flexibility to move between the active and Reserve components, allowing for a lifetime of service, officials said in a message released Aug. 7, 2013.



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Fighting fire with desire

Running into a civil engineer warehouse with reports of fire and two victims trapped inside and no other information, Airman 1st Class Andre Adams, the man on the hand-line hose, checks the door for heat with the back of his hand, opens it and charges through the smoke. N.J., July 25, 2013.



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NYG tests Homeland Response Force

NYNG tests Homeland Response Force Nearly 600 National Guard Soldiers and Airmen from New York and Joint Base McGuire-Dix Lakehurst joined forces to exercise techniques they would implement when called to assist first responders and health officials.



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Check out JB MDL on social media!

Facebook: fb.me/jbmdl
 Use Facebook to connect with joint base Lakehurst and other community members.

Twitter: [jointbasemdl](http://twitter.com/jointbasemdl)
 Sign up for text alerts through Twitter and receive important base updates straight to your cellphone.

Photo: [jointbasemdl](http://fb.me/jointbasemdl)
 Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

How do we balance it all?

By Col. James Hodges
87th Air Base Wing

As we prepare for the 87th Air Base Wing Wingman Day on Aug. 22, 2013, where we focus on the Social Domain of Comprehensive Airman Fitness, I wanted to provide some thoughts about resilience. Additionally, the same day as the 87th ABW Wingman Day, we also have the Joint Base McGuire-Dix-Lakehurst Installation Picnic. What better way to truly address the social domain than to have a Family Fun Fest.

I was speaking to a group of company grade officers recently and one of them asked, "How do you balance it all?" He knew that I had a very busy job with a lot of demands on my time. He also knew that I had a family and, quite possibly, some personal interests as well. How do I balance it all? The answer is I have to be deliberate to make sure I fit it all in.

The best way of framing how to deliberately balance the demands of life

and have fun while I am in the Air Force is using the concept of Comprehensive Airman Fitness. Comprehensive Airman Fitness encompasses all aspects of life and is described by its four domains: mental, physical, social and spiritual. Ensuring I take care of the various aspects of life helps me keep it all in balance.

Architecture appeals to me so I like the imagery of a classic and beautiful Greek structure being supported by four pillars. The pillars supporting the structure must be strong and balanced. If one pillar is not balanced or not strong enough, the structure suffers. The other pillars have to carry the extra load. However, the ingenuity of having multiple pillars is that they spread the load of the building across the columns and, when they are used together, are much stronger as a whole than they are individually.

Another engineering benefit of having multiple pillars is that if one is weakened, the others can help carry

the extra load until the weak pillar can be repaired and re-strengthened. The four domains, or pillars, of one's own Comprehensive Airman Fitness are analogous to the Greek structure, in that when strong and in balance they can carry incredible loads. Even when some areas are suffering, the others can help carry the burden until the weak areas are strengthened.

When explaining to the company grade officers how I apply this in my life, I used my typical weekly life rhythm to illustrate. Sundays are critical for my life balance and serve as my best example of integrating all the pillars of my life balance and serve as my typically start my week on Sunday with a restful sleep-in to refresh my physical pillar and charge up for the coming week. I have moments of quietness and relaxation by sitting on the porch or patio with a cup of coffee while enjoying the beautiful environment of our joint

See **BALANCE**, Page 8

You live in a bad cyber neighborhood

By Maj. Joseph Wingo
628th Communications Squadron

JOINT BASE CHARLESTON, S.C. — I grew up in a very small logging town buried deep in the mountains of Oregon. It's the kind of place where people still don't feel the need to lock their doors at night. When I visit my parents, they tease me when I press the button on my key fob to lock my car doors and set the alarm.

Growing up, I always felt safe, so I was shocked at what I experienced the first time I moved into a "rough" neighborhood. It was at my first duty station. We were on a two month waiting list for base housing, and I was naive enough to quickly rent a small apartment, close to base, without doing any research on the local area. After we moved in, the landlord informed me that the previous tenant had been evicted for dealing drugs. After a few more days, I came to realize that

the guy in the apartment next to us was also dealing drugs. We would regularly wake in the middle of the night to loud and urgent knocking on our door. It was always some strung out user trying to "score a fix." I'd tell them that their drug dealer buddy didn't live here anymore, and then I'd quickly shut and triple lock the door. I awoke to the reality of the world we live in. I learned to use a peep hole before answering the door. I learned to double check the door locks and to even make sure they were locked during the day.

This was the first and only time I had neighbors that made me fear for the safety of my family.

Believe it or not, we all live in a bad neighborhood. Our families spend more and more time living "online," and the internet is not a safe place. When you're online you're right next door to thieves, organized crime terrorists, bullies,

See **CYBER**, Page 13

Service member spotlight: obligation to serve

Marine Capt. Eric Cahill, Marine Aircraft Group 49 intelligence officer, is the joint base's featured service member of the week. Cahill hails from Philadelphia, Pa.

Q: Why did you join the military?
A: Growing up in Northeast Philadelphia, there was deep patriotic sentiment and an obligation to serve.

Q: What is your job and what is its impact on the mission?
A: The intelligence department enables the commander to make decisions based on key factors from the battle environment.

Q: Do you have any past or current family members in the military?
A: No one is currently in the military. I had three great uncles who served during World War II.

Q: Who most inspires you?
A: Hearing stories, past and present, of fellow service members risking their lives, especially 1st Lt. Travis Manior, who died April 29, 2007, in Iraq.



(U.S. Marine Corps courtesy photo/Released)

Q: What is one thing you'd like your fellow service members to take away or understand about the military?
A: Learning is a lifelong journey. This includes our profession of arms. Never pass up an opportunity to learn from other people and services.

108th Wing holds SAPR stand down



Col. Kevin J. Keehn, 108th Wing commander, speaks to Wing members during the sexual assault prevention and response stand down Aug. 11, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The purpose of the SAPR stand down is to foster a climate of accountability while reinforcing the Department of Defense's position that sexist behavior, sexual harassment, and sexual assault will not be tolerated, condoned or ignored. Airmen at all levels, both military and civilian, will be held accountable for their conduct and behavior; and victims of these criminal acts will be treated with dignity and respect, as well as provided the best medical and rehabilitative care available. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/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.



AIR, LAND
& SEA TIMES

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



OSW conducts largest combat lifesaver course of the year

By Sgt. Alejandro Canizales
361st Public Affairs Operations
Center

More than 400 U.S. Army Reserve Soldiers combed the fields of a land navigation range during a medical battlefield exercise, part of the combat lifesaver course that Operation Sustainment Warrior 2013 conducted here.

The 77th Sustainment Brigade here hosted OSW 2013, which included the largest CLS training event so far this fiscal year, Aug. 6-8, 2013, said Army Maj. Rodger A. Woodruff, 77th SB and OSW officer in charge.

This training is one of OSW's 12 separate events which range from live-fire exercises to a career fair.

Five companies strong, Alpha through Echo, the OSW trainees, under the command of the 77th Sustainment Brigade, participated in the CLS course.

"We could not do this with the Army alone so that's why we partner with the Air Force and the Coast Guard," said Col. Joyce B. Junior, 77th SB commander.

In fact, 15 Airmen, two Coast Guardsmen and 10 Army instructors participated along with 467

trainees, said Army Sgt. James W. Ramsay, a healthcare specialist with the 327th Medical Command here.

"It definitely helps having the other branches of the Armed Forces with us because they have their own input and their insight," said Pvt. Charles Seabolt, a Soldier participating in the course.

Members of both services agree that the training is mutually beneficial.

"We're getting really good ideas exchanges here," said U.S. Coast Guard Chief Petty Officer David Bartolini, a healthcare specialist with the 87th Medical group here. "(The Army) attack comes from battlefield medicine and ours is more of ... what you would see in a typical emergency room."

The course was divided over three days. Tuesday consisted of the classroom portion, preparing Soldiers with the knowledge from the Army CLS manual. Soldiers were able to apply that knowledge in realistic training events held outdoors at Doughboy Field.

"CLS helps you have practical solutions, where you can use your every day items, not just items you are equipped with, to



Soldiers participating in Operation Sustainment Warrior carry a litter with mannequin while a third provides security during a litter obstacle course Aug. 8, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The combat lifesaver course at OSW is the "largest CLS class in the Army," said Maj. Rodger Woodruff, 77th Sustainment Brigade, officer in charge of OSW. OSW is a training event, hosted by the 77th SB, to provide participants with a realistic combat training experience. (U.S. Army photo by Sgt. Alejandro C. Canizales/Released)

techniques including tourniquet application, opening and managing a casualty's airway and treatment of open chest wounds. Additionally, the course taught military protocol about safely moving and transporting a

casualty and requesting a medical evacuation into and out of a combat situation.

"I think more people should learn this kind of information because it will save a life," said Bartolini.

The final part of the course on Aug. 8 consisted of a written exam and an obstacle course in which Soldiers had to perform emergency medical procedures to treat simulated wounds on service members and casualties. Smoke grenades, flash bangs, ironsurgents, barbed wire and simulated 50-caliber machine guns were implemented to emulate a realistic combat environment said Ramsay. With hundreds of Soldiers becoming CLS certified, OSW 2013, a two-week exercise, marched through its midpoint victorious in its goal to make the Army Reserve a more effective and proficient fighting force.

"I will always remember this training," said Spc. Kobbie Edelin, a fuel supply specialist with the 947th Quartermaster Company in Chambersburg, Pa. "Ten years from now, I will remember this was the best training ever."

HMH-772 continues MARFORRES

By Cpl. Marcin Platek
4th Marine Aircraft Wing

In the latest continuation of Marine Forces Reserve's participation in the Unit Deployment Program, it is the aviation component's turn to deploy. Marine Heavy Helicopter Squadron 772, 4th Marine Aircraft Wing, left the United States for a six-month rotation in Okinawa, Japan, starting in June and ending in January. Marine Fighter Attack Squadron 112 is also set to deploy to Iwakuni, Japan, early August as part of the same program.

For HMH-772, "The Hustlers," going back to Okinawa is nothing new. The squadron deployed there during the Gulf War, where it transitioned to CH-53D helicopters and provided support for Operations FIERY VIGIL and SEA ANGEL. However, this trip will signify something else.

"The keynote is that we are the first rotary wing squadron get back into the UDP cycle," said Maj. Michael T. Wallace, 4th MAW future operations officer.

"The HMH-772 Detachment will have an active-duty detachment from Marine Light Helicopter Squadron 167 assigned to them," said Wallace. "This is pretty



Air Force Staff Sgt. Rachel Jones, 433rd Airlift Control Flight, briefs Marine Heavy Helicopter Squadron (HMH) 772 members before loading a CH-53E Super Stallion onto a C-5 Galaxy May 30, 2013, at McGuire Field on Joint Base McGuire-Dix-Lakehurst, N.J. Nearly 70 Marines accompanied three of the unit's CH-53E Super Stallion helicopters to Marine Corps Air Station Futenma, Japan, as the unit begins its six-month deployment. (U.S. Air Force photo by Staff Sgt. David Carbalja/Released)

significant as an active-duty squadron's detachment will be under a Reserve squadron's command."

The reinforced squadron will strengthen III Marine Expeditionary

Force's and Marine Forces Pacific's area of operation while operating under the 1st MAW. They will be capable of augmenting routine exercises in Australia, the Philippines

and Thailand.

Two years ago marked the resumption of MARFORRES' participation in the UDP. Before that, MARFORRES had not taken part in

the UDP since 2003, when the Marine Corps increased unit rotations to Iraq and Afghanistan. Battery O, 5th Battalion, 14th Marine Regiment, 4th Marine Division, went to Okinawa, Japan, in 2011, while Battery H, 3rd Bn, 14th Marine Regiment, 4th Marine Division, replaced them in 2012.

The UDP will help Marine Corps' in its refocus to the Pacific region in addition to providing necessary training to keep Reserve Marines operationally prepared.

The UDP began in 1977 under the 26th Commandant of the Marine Corps, Gen. Louis H. Wilson Jr., as an initiative to improve unit continuity by extending training rotations. Infantry battalions stationed in the United States deployed to Okinawa for six months as part of the program. Tank, amphibious assault vehicle and light armored reconnaissance companies, artillery batteries and air squadrons were fit into the rotation in the mid-1980s.

Two infantry battalions are currently deployed to Okinawa as part of the UDP Third Bn, 6th Marines, and 1st Bn, 5th Marines, are part of the Marine Corps' effort to accelerate the UDP by deploying two infantry battalions per rotation.

New, flexible career options provide opportunities for lifetime of service

By Petty Officer 2nd Class
Andras Perez
Navy News Service

MILLINGTON, Tenn. — Continuum of service programs provide Sailors more flexibility to move between the active and Reserve components, allowing for a lifetime of service, officials said in a message released Aug. 7, 2013.

NAVADMIN 198/13 applies to eligible officer and enlisted Sailors who currently serve on active duty or in the Reserves.

The message provides an overview of various COS programs which allow Sailors to transition between the components. The message also details rating and designator conversion programs for enlisted and officer personnel, and the Career Intermittent Pilot Program, which allows Sailors to temporarily transition to the Individual Ready Reserve.

Applications for COS programs can be submitted by detailers, command career counselors or anyone with prior access to Fleet-RIDE through the new Career Waypoints information technology system. A NAVPERS 5239/8 is required to access C-WAY.

The C-WAY system is a part of the Career Navigator Program and combines all Navy career management processes together to provide Sailors with tools that are

more transparent and integrated, and give them a more active role in managing their careers.

Sailors considering any rating conversion may improve their opportunity for selection by taking the Armed Forces Classification Test to improve their initial Armed Services Vocational Aptitude Battery score. This may expand the number of ratings for which they qualify.

Active-duty Sailors not granted an in-rate or conversion opportunity can always request to join the Navy Reserve five-to-three months prior to their end of active obligated

service. The Navy Reserve also offers a two-year deployment deferral for Sailors who join within six months of leaving active duty.

The Career Transition Office at Navy Personnel Command provides counseling and support to active-duty officer and enlisted Sailors considering a transition to the Reserves. Interested Sailors can contact a CTO

representative by phone at (901) 874-4192, or email at cio.officer@navymil or cio.enlisted@navymil.

Visit the C-WAY Web Page on the NPC website at www.npc.navy.mil/career/career-counseling/Pages/CareerWaypointsSystem.aspx for more detailed information on COS programs and the Career Navigator Program.

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Aircrew members learn to improvise, survive



Top left: A C-17 Globemaster III aircrew member familiarizes himself with the individual life raft equipped on the C-17 during a Survival, Evasion, Resistance and Escape water survival class Aug. 8, 2013, at Long Beach Island, N.J. The C-17 aircrew members had to train on the individual raft in addition to the raft equipped on a KC-10 Extender. Above: An aircrew member prepares to enter the hoist basket of an H-65 Dolphin rescue helicopter with the help of a Coast Guard rescue swimmer during a Survival, Evasion, Resistance and Escape water survival class Aug. 8, 2013, at Long Beach Island, N.J. The Coast Guard swimmer rescued 14 aircrew members during the simulated rescue mission. Left: An aircrew member swims to shore from his raft equipped on a KC-10 Extender during a Survival, Evasion, Resistance and Escape water survival class Aug. 8, 2013, at Long Beach Island, N.J. The students had to swim from the raft to shore because the tide will not push the raft completely to shore. (U.S. Air Force photos by Airman 1st Class Sean M. Crowe/Released)

Training

Continued from Page 1

Schmitz informed the students that seagulls are trash-eating birds and make terrible food, tunas make excellent food but are difficult to handle due to their size and open containers are an excellent way to collect drinkable rainwater.

The instructors then plunge the students into an emergency scenario circling the raft they are on with personal watercraft to simulate harsh waters. Students must set up the raft's built-in canopy with only 60 seconds to prevent the raft from sinking.

All attending members must participate in the KC-10 raft training regardless of the aircraft they fly on to keep the class together. C-17 aircrew members then separate and become familiarized with the rafts equipped on a C-17. The C-17 aircrew members must familiarize themselves with their own aircraft rafts because unlike the KC-10 rafts, the C-17 rafts are for individuals, not a large group.

"The instructors had a lot of useful information," said Capt. Ryan Burns, 305th AMW flight safety officer. "They told us the Air Force replaced the water-desalination pumps with desalination pills. It might not be something shocking but it's needed information."

Students then swim to shore once they are completely familiarized with raft techniques, which completes the survival portion of the day's training.

The next exercise familiarizes the students with rescue helicopter hoisting procedures.

A Coast Guard rescue swimmer in the water to drag aircrew members into the rescue basket. The aircrew members are towed with Jet Skis to the open water and dropped off. The rescue swimmer drags the member to the basket, places them in and signals to the basket operator to raise the basket to the helicopter.

Rescue swimmers participate to train on their

real-world capabilities to rescue people in peril while simultaneously familiarizing the SERE students with rescue procedures.

The instructors and participants attempt to make the training as lighthearted as possible despite the seriousness of the subject matter that is taught.

"The Coast Guard's flight engineer gives our members cookies when the basket reaches the helicopter," said Schmitz. "We never suggested the idea. They just started doing it one day as a way to make the experience a little more interesting."

The day is complete after the helicopter hoisting. Students are more aware of survival methods than when the day began.

"It's easy to forget what they teach you in initial

training when there is a mission to worry about," said Burns.

Aircrew members must stay current as the chance to become isolated challenges aircrew members every time they fly.

"The training aspects have not changed since I began instructing here," said Wagner. "We only change equipment and procedures to better the training."

The SERE instructors agreed that they have enjoyable jobs.

"A huge perk of our training is that it's concise and amusing," said Wagner. "The students always seem grateful for our training methods and enjoy the class overall from what I see on their feedback sheets."

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609-387-8300 or email Laurie at l.ballard@mngpllc.com

OUTDOOR COMMUNITY MARKET
Saturday August 3rd 9am-1pm
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Vendors wanted 609-531-3082

POKEMON
Saturday August 3rd Registration at 11 AM
Play starts at 12 noon in SPACE 157 \$30
856-266-6377 or pokepop@pokegym.net

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Saturday August 17th 10am-2pm
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Deployed JB MDL Airmen fight fire with desire

By Staff Sgt. Jacob Morgan
380th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — Running into a civil engineer warehouse with reports of fire and two victims trapped inside and no other information, Airman 1st Class Andre Adams, the man on the hand-line hose, checks the door for heat with the back of his hand, opens it and charges through the smoke. At that moment, he has no idea what could be inside. Staff Sgt. Aaron Theriault immediately yells to move right to sweep the wall, peering through debilitating smoke using a thermal imaging camera, he notices two smaller heat signatures — the victims.

Within a few seconds, Theriault makes more than 10 decisions that could mean the difference between life and death. Make sure his team and equipment are ok, get the victims out, extinguish the fire and search for secondary fires are just a few of his thoughts.

"At an emergency scene, anything can happen so we set up our scenarios that way," said Tech. Sgt. Robert Edwards, 380th Civil Engineer Squadron Fire Department noncommissioned officer in charge of training and logistics, deployed from Joint Base McGuire-Dix-Lakehurst, N.J. "Every emergency is different, every situation is different. When our firefighters go in, they may have limited information about the situation."

Being able to make decisions on the spot in the face of danger does not come without experience, according to Edwards. There are a million things that could go wrong and only one outcome that is right.

Knowing the difference between what type of materials are burning and how a fire will react to the influx of

oxygen when the doors are opened could save a building, a firefighter's life, or a combat mission downrange, said Edwards.

Every training scenario has a purpose; some of them have requirements to fulfill from the Air Force Civil Engineer Center while others are there to test the crew chief's critical thinking skills. However, every training scenario ends with a de-brief to determine performance and lessons learned.

"We have to critique ourselves, it's the only way we get better," said Edwards.

"We give our guys freedom of thought, experience is important and a different thought process is ok as long as it coincides with our established procedures. We want the team to think about how to accomplish our three primary goals; save lives, protect property and keep the environment safe."

The desire to learn has to trickle down from the crew chief to each team member according to Adams, who is a fairly young firefighter.

"My main responsibility being the first one in the door is to be the eyes for my crew chief," said Adams, deployed



Staff Sgt. Aaron Danielson, 380th Civil Engineer Squadron Fire Department crew chief, radios the building manager of a CES warehouse to try and pinpoint the location of a simulated fire at an undisclosed location in Southwest Asia Aug. 1, 2013. Firefighters are often faced with being able to make decisions on the spot in the face of danger. Danielson calls Andover, N.J., home and is deployed from Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Staff Sgt. Jacob Morgan)

from Holloman Air Force Base, N.M. "I have to be on the lookout for any concerns. It's everyone's responsibility to make a safety call. If I see a wall about to buckle and my crew chief doesn't, I am going to call it out."

Having fought real fires before, Adams knows this training will sharpen his skills, his thought processes and his team's cohesion — three skills that could possibly mean the difference between his life, the victim's life and death.

According to Adams, the only difference between a real fire and a training scenario is the heat put off by the flames and the unpredictability of the fire. Everything else is the same.

"I take the same mindset to training as I do the real thing," said Adams. "If you do your best, it will build confidence and build skills. When we do our de-brief, we learn, we take those lessons and apply them to a real fire situation to save lives."

"On Time, On Target" brigade welcomes new commander

By Staff Sgt. Nicole Dykstra
72nd Operations Brigade Public Affairs

The 72nd Operations Brigade recently held a change of responsibility ceremony July 24, 2013, at Sharp Field on Joint Base McGuire-Dix-Lakehurst, N.J., under bright, cloudless skies.

As Soldiers of the brigade stood at attention in formation, Col. Michael S. Shout relinquished command of the 72nd to Col. John K. Lange.

"Today we recognize two years of hard work, exceptional service and teamwork demonstrated by Col. Shout, transforming this critical mobilization mission into the best across First Army," said Maj. Gen. Kevin R. Wendel, First Army Division East commander. "His focus on special skills units, Army and joint, and regardless of whether they had two Soldiers or several hundred, resulted in successful operations around the world."

During his two years as commander, the 72nd mobilized nearly 8,000 personnel, and demobilized nearly 5,000. Shout departs the 72nd for an assignment at First Army Division East, at Fort Meade, Md.

"I am thrilled and honored to turn the brigade over to an old friend and comrade,"



Col. John Lange accepts the colors of the 72nd Operations Brigade from Maj. Gen. Kevin Wendel, First Army Division East commander, during the brigade's change of command ceremony July 24, 2013, at Sharp Field on Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army courtesy photo/Released)

said Shout. "Col. Lange is an outstanding combat infantry leader, and he will step in with fresh legs and achieve superior results."

Lange was commissioned as an infantry officer in 1989 following graduation from the United States Military Academy at West Point, N.Y. He previously served as the director of the Combined Joint Operations Center for the International Security Assistance Force Joint Command in Kabul, Afghanistan.

The 72nd Operations Brigade plans, coordinates and enables post-mobilization, pre-deployment training in support of specified U.S. Army Reserve, Army National Guard, Navy, Air Force and Coast Guard units. On order, the brigade provides pre-mobilization training assistance within its capabilities for Army Reserve and Army National Guard units.

Savings, reprogramming enable furlough reduction

By Jim Garamone
American Forces
Press Service

WASHINGTON — Savings and the ability to reprogram funds made possible the Aug. 6, 2013, announcement by Defense Secretary Chuck Hagel that unpaid furlough days for about 650,000 civilian employees are being reduced.

Hagel signed a memo cutting furlough days for about 650,000 Defense Department civilian employees from 11 to six. This means that for most employees, the furlough will be over Aug. 17.

Effective immediately, furloughs are over for all DOD Education Activity personnel on 10-month contracts — mostly teachers and support personnel working in the activity's school system — so the 2013 school year will not be affected, officials said.

In a message announcing the reduction, Hagel said that since he announced the 11-day furlough in May, "Congress has approved most of a large reprogramming request that we submitted ... giving us the flexibility to move funds across accounts. The military services have been aggressive in identifying ways

to hold down costs, and we have been successful in shifting savings ... to meet our highest priority needs."

When Hagel reluctantly decided to impose furloughs in May, the department faced an \$11 billion shortfall. The department already had imposed a hiring freeze, cut facility maintenance and laid off temporary employees before making the furlough decision.

The cuts severely affected readiness accounts, with Navy ships not sailing, Air Force squadrons not flying and Army and Marine Corps units not training. Readiness of these units was so endangered that leaders determined that furloughs were the best way to find the last \$2 billion in savings needed.

"But even as (Hagel) made the announcement, the secretary said he would try to reduce the number of days without endangering training and maintenance," a senior defense official, speaking on background, told reporters after the memo was issued.

The savings and reprogramming allowed the department to accomplish two goals, he said. First, there were "modest improvements" in training. The Air Force has been able to return squadrons to flying,

and the Army has been able to fund organizational training. Second, the department was able to reduce furlough days.

"While this is positive news for the department and for our valued civilian workers ... we're still facing

some major challenges," the senior official said. "Military readiness is degraded heading into 2014. We still need several months and substantial funding to recover. And yet, 2014 is a year that will feature great uncertainty ... and it may feature some

additional austerity."

The budget for fiscal year 2014 is up in the air.

"Secretary Hagel wants to assure our civilian employees that he will do everything possible to avoid imposing furloughs again next year," the official said.

In his memo, Hagel thanked the civilian workforce "for their patience and continued dedication to our mission during these extraordinarily tough times and for their continued service and devotion to our department and our country."

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Joint base impacts tied to furloughs

The following base organizations will return to normal hours or normal staffing Aug. 19, 2013, unless otherwise noted: McGuire/Dix Commissary; Lakehurst Commissary — Aug. 20; IT-Lakehurst; ODR-Lakehurst; Bowling-Lakehurst; Commercial access gate; Central Registration Office; MFSC/SEAC; Fitness Centers — Aug. 18; Personnel services; Education, Training and Testing; Telephone/cable repair times.

Joint Base Intramural Sports Standings

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	Tie	PCT
305th OSS	11	3	0	0.786
87th CS	10	3	0	0.769
305th MOS	10	3	0	0.769
605th AMXS	10	4	0	0.714
87th FSS	10	4	0	0.714
621st CRW-A	8	5	0	0.615
87th CES	7	5	0	0.583
87th SPS	7	5	1	0.577
87th LRS	8	6	0	0.571
305th MXS	8	6	0	0.571
305th APS	8	6	0	0.571
EC	6	6	0	0.500
732nd AS	6	8	0	0.429
373rd TRS	5	9	0	0.357
305th AMXS	4	8	0	0.333

314th RCS	3	8	0	0.273
AMC TES	2	12	0	0.143
1st/307th TSBN	1	9	1	0.136
621st CRW-B	1	7	0	0.125
HMLA-773	0	8	0	0.000

PCT = Winning Percentage

Game schedule

Week 19

Aug. 20 Noon 305th MXS vs. 605th AMXS
 Noon 305th OSS vs. 621st CRW-B
 Noon EC vs. HMLA-773
 Noon 87th FSS vs. 621st CRW-A
 Noon 314th RCS vs. 87th CS
 Noon 732nd AS vs. 1st/307th TSBN
 12.01 p.m. 87th CES vs. 305th APS
 12.01 p.m. 87th LRS vs. 87th SFS

12:01 p.m. 305th AMXS vs. AMC TES
 12:01 p.m. 373rd TRS vs. 305th MOS

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
Misfits	8	2	0.800
PMD	7	3	0.700
Major League	6	3	0.667
Weasels	4	4	0.500
Absolute Zero	4	5	0.455
Help Wanted	4	6	0.400
Air Dept.	0	10	0.000
Medical	0	10	0.000
Test Dept./CNATT	0	10	0.000

Current as of Aug. 14, 2013.

New York National Guard tests Homeland Response Force

By Master Sgt. Corine Lombardo
 New York National Guard Public Affairs

VALHALLA, N.Y. – Nearly 600 National Guard Soldiers and Airmen from New York and Joint Base McGuire-Dix Lakehurst joined forces to exercise techniques they would implement when called to assist first responders and health officials.

It was a simulated catastrophe, but it was taken seriously by the roughly 400 National Guard Soldiers and Airmen from New York and New Jersey who converged at the Westchester County Division of Emergency Services Fire Training Center to conduct Homeland Response Force training exercise, Aug. 8-11, 2013.

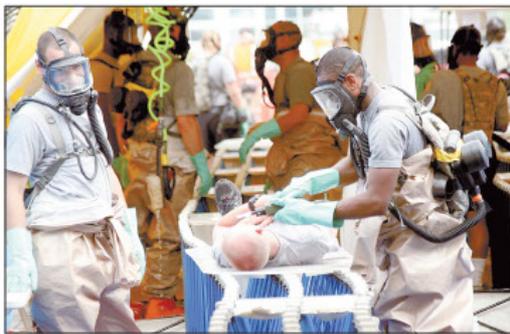
Their task is to detect, identify, assess and render safe an area exposed to hazardous materials and decontaminate people and property exposed to chemical, biological, radiological or nuclear materials resulting from an attack or incident.

The HRF consists of nearly 600 Soldiers and Airmen of the National Guard with expertise in search and extraction of disaster victims, incident site security, decontamination, medical treatment and command and control.

"The scenario is a train derailment with a chemical spill, but regardless of the type of incident, our team is ready to respond and assist local responders," said Maj. Fred McCoy, New York National Guard CBRN deputy commander.

The emergency responders have included earthquakes, truck chemical spills, and terrorist attacks on buildings for past training scenarios.

The individual scenario may vary but the skills the team's Soldiers and Airmen use remain the same, McCoy said. Each element of the team goes through specialized training and conducts individual training exercises throughout the year. The HRF exercise enabled all components



Soldiers with the decontamination element of the chemical, biological, radiological and nuclear enterprise prepare a simulated casualty for decontamination during a disaster response exercise in Valhalla, N.Y., Aug. 10, 2013. (U.S. Army photo by Col. Richard Goldenberg/Released)

of the team to come together and practice as one entity according to McCoy.

The exercise was designed to foster increased dialogue between regional first responders and other state and federal response agencies.

For members of the 1156th Engineer Company, located in Kingston, N.Y., the exercise gave them an opportunity to exchange techniques and procedures for extracting and evacuating casualties with Westchester County firefighters, McCoy said.

"During a real incident, it's likely we will be working side-by-side with local responders, so learning how they operate is as important as practicing what we do," McCoy said.

Additional members of the HRF include:

- The 104th Military Police Battalion Headquarters based in Kingston, N.Y., who provide command of the CBRN response elements at the incident site.
- A decontamination element from the 222nd Chemical Company, based at Fort Hamilton, N.Y., who are augmented by volunteer members of the New York Guard's 88th Brigade, based primarily in New York City.
- Medical personnel from various New York Air National Guard units which handle the triage and transfer of casualties for civilian medical treatment.

The New York National Guard's 328th

Military Police Company from Cherry Hill, N.J., the 253rd Transportation Company from Cape May Court House, N.J., the 108th Air Refueling Wing from JBMDL, N.J., and the 177th Fighter Wing from Egg Harbor Township, N.J., provided the security forces for the Homeland Response Force.

Another 200 Soldiers from the 42nd Infantry Division Headquarters, based in Troy, N.Y., handled mission command and logistics tasks for the force. They set up a command post at the nearby at the New York National Guard's Camp Smith Training Site in Corland Manor during the exercise.

The HRF is aligned with Region II of the Federal Emergency Management Agency, supporting efforts in New York, New Jersey, Puerto Rico and the U.S. Virgin Islands.

The unit provides governors with a response capability to assist civilian first responders in saving lives and mitigating suffering in response to a chemical, radiological or biological incident.

"Training our Soldiers and first responders before a disaster strikes is a top priority when it comes to keeping New Yorkers safe," Gov. Andrew M. Cuomo said. "Recent years have shown us the need to prepare for the unthinkable or unlikely, and exercises like this are an important step toward building a world-class emergency response network that is ready for any crisis."

The National Guard sourced HRF is one of ten units established by the Department of Defense to assist or relieve state officials and local first responders in dealing CBRN attacks and incidents across the United States.

The team trains under DoD guidelines to respond within a 6-12 hour window to local authorities after a CBRN or other hazardous materials incident requiring assistance from federal military resources.

Balance

Continued from Page 8



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

base situated in the countryside of New Jersey. This helps take some stress off of my mental pillar.

I also take a walk with my wife and dog along the walking paths here to invigorate each of the pillars. I attend church with my family and see friends there to strengthen my spiritual and social pillars. I usually work out or do physical activities with my kids, and that address all of the pillars as well. You can see that Sundays are critical for me and in my typical life rhythm they ensure I keep all of my life's pillars strong so that I can withstand whatever challenges the events of the coming week throw at me.

When sprinting through the work-week, I also strive to stay in balance. I make time for fitness to start off my day before work, at least three times a week. Whether I run along the service road before the golfers hit the links, hit the gym or track with hundreds of my favorite Joint Base McGuire-Dix-Lakehurst members, or workout in my home gym, starting my day with a fitness activity strengthens my physical pillar and relieves stress to invigorate my mental pillar.

When I do physical training with JB MDL members, it also strengthens my social pillar and lifts my spirits, as well.

I work hard during the day and try to

make each minute count. My work always stimulates my intellect and, like working out, makes me more mentally fit. A good day full of challenges strengthens my mental pillar. I gain a lot of strength for my social pillar by working to accomplish our missions alongside our great Soldiers, Sailors, Airmen, Marines, Coastguardsmen, civilians and contractor teammates. However, when I get home, I'm tired. Spending some time with my family, helping with homework, taking the dog for a walk and making sure I get a good night of sleep all recharge me across the board. Finally, Saturday is a welcome day to end the week to rest, recuperate, spend time with friends and family, enjoy personal interests and serve the community in other ways. At the end of this typical week, I find I've addressed all aspects of Comprehensive Airmen Fitness, taken care of myself and my family and reinvigorated my "house" by making sure all the pillars are balanced and strong.

How can you apply these principles in your life to make sure you are strong and resilient? If you have any questions, don't hesitate to call our community support coordinator, Lisa Williams at 754-3481. They can help you keep any and all of the Comprehensive Airmen Fitness domains, or pillars, strong.

305th MXS Airmen provide aircraft with juice



Airman 1st Class Samuel Guerin, 305th Maintenance Squadron aerospace ground equipment journeyman, performs maintenance and inspection on an 86 generator which supplies power to a taxied aircraft Aug. 7, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. The AGE shop inspects more than 300 pieces of equipment twice a year to insure all is safe. Guerin hails from Aumsville, Ore. (U.S. Air Force photo by Russ Messeroll/Released)

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NEWSNOTES

Ceramic Classes at Lakehurst

A ceramics class for all skill levels is set to be held from 4:30-6 p.m. Sept. 3, 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 supplies. Call (732) 323-2305 to reserve a seat or for more information.

Photography Class

The 87th Force Support Squadron is set to host four-week "Turn your snapshots to great shots!" course from 5:30-7:30 p.m. Saturdays starting Sept. 4-25, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The cost is \$40. Call 562-5691 for more information.

Framing Qualification Class

The 87th Force Support Squadron is set to host a Framing Qualification class from 6-8 p.m. Sept. 4, 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 564-5691 for more information.

Group Preregistration Counseling

The Military and Family Support Center is set to host a Group Preregistration Counseling from 2-4 p.m. Sept. 5, 2013, at 3435 Brody Road. Complete mandatory needs assessment counseling required for out-processing. Receive a preregistration counseling checklist. Call 754-3154 for more information.

Free Movie Night

A free movie night is set for 6:30 p.m. Sept. 5, 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 "The Croods" which is rated PG.

Children's Pottery Class Session

The 87th Force Support Squadron is set to host a two-session Children's Pottery Class 10:30 a.m. to noon Saturdays for children ages 6-10 at the Arts and Crafts Center,

located at 6039 Philadelphia St. Session one begins Sept. 7-28, 2013, for four weeks. Session two begins Oct. 5-26 for four weeks. The fee is \$40 per session. Call 562-5691 for more information.

Children's Painting Class

The 87th Force Support Squadron is set to host a four-week Children's Painting Class Saturdays from 1-2:30 p.m. Sept. 7-28, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The cost is \$40. Children will learn the basic techniques of painting and will explore the use of various art mediums which include: pastels, watercolor, acrylic and more. Call 564-5691 for more information.

Hunter Education Course

A Hunter Education Course is scheduled for 8 a.m. Sept. 8, 2013, at Range 14. Interested participants can register online at www.jfishandwildlife.com, walk-ins are accepted with completed homework. Study guide and homework materials are available at Outdoor Recreation and Joint Base Rod and Gun Club and can be downloaded from www.jfishandwildlife.com. Call 562-4647 for more information.

Troops to Teachers

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

Auto Hobby Shop Car Care

The Auto Hobby Shop is set to host "Car Care 101: How to check oil and fluids" from 11:30 a.m. to 12:30 p.m. Sept. 11, 2013, located at 2415 Vandenberg Ave. Class size is limited to 10-12 students. Call 754-4316 for more information or to register.

Adult Pottery Class

The 87th Force Support Squadron is set to host a six-week Adult Pottery class from 6-8:30 p.m. Wednesdays starting Sept. 11-Oct. 16, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. The class will focus on wheel throwing techniques as well as hand-building skills. The cost is \$75. Call 562-4285 for more information.

Group Preregistration Counseling

The Military and Family Support Center is set to host a Group Preregistration Counseling from 2-4 p.m. Sept. 12, 2013, at 3435 Brody Road. Complete mandatory needs assessment counseling required for out-processing. Receive a preregistration counseling checklist. Call 754-3154 for more information.

Framing Qualification Class

The 87th Force Support Squadron is set to host a Framing Qualification class from 10 a.m. to noon Sept. 14, 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 564-5691 for more information.

Quilts for Children

The 87th Force Support Squadron is set to host a "Quilts for Children" from 11 a.m. to 3 p.m. Sept. 14, 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.

Lensbaby Photography Class

The 87th Force Support Squadron is set to host a two-hour Lensbaby Photography Class from noon to 2 p.m. Sept. 14, 2013, at the Arts and Crafts Center, located at 6039 Philadelphia St. Create interesting images with selective focus using the Lensbaby lenses. Students must have a Canon or Nikon digital single-lens reflex camera. The fee is \$25. Call 562-5691 for more information.

JB MDL Spouses' Club Thrift Shop

The Joint Base McGuire-Dix-Lakehurst Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesday-Friday and the first Saturday of the month, located at 2508 Can Do Way. The thrift shop accepts gently used donations. Call 754-2368 for more information.

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.

Newcomer's Orientation Tour

The Military and Family Support Center is set to host a Newcomer's Orientation Tour from 9 a.m. to 1:30 p.m. Sept. 19, 2013, located at 3435 Brody Road. The tour is held every Thursday and is open to military spouses from all branches and will include a narrated bus tour of McGuire and Dix conducted by the Joint Base Public Affairs Office. Light breakfast is included. Call 754-3154 for more information or to register.

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.

Electrical Power Shutdown

Electrical power shutdown by Jersey Central Power and Light is scheduled from 6-8 p.m. Aug. 21, 2013, in the 2100 and 2400 areas for connection of a temporary construction trailer for the renovation of the Dental Clinic. Affected buildings are 2401, 2402, 2403, 2411, 2414, 2415, 2417, 2430, 2424, 2102, 2104, 2107, 2117 and 2130.

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

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

Thrift Store and Airmen's Attic Demolition

Demolition of the Thrift Store and Airmen's Attic, located at 3446 Brody Road to include associated utilities and parking lot, is currently scheduled through Dec. 15, 2013. The old ball room in Pudgy'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 5600 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.

Walston Army Hospital Demolition

Demolition of the Walston Army Hospital and associated facilities is expected to take approximately seven months. Detour around the site will continue 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.

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue
 North Chapel - 3627 School House Road
 Dix Chapel - 5240 New Jersey Avenue
 Soldier's Chapel - 5950 Church Street
 Cathedral of the Air - 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

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

Protestant

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

Army Support Activity

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

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4573.

Contacting A Chaplain

When should I call a Chaplain?

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

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

To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 609-754-HOPE (4673).

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

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



Hydrant Flushing Program Schedule

The McGuire hydrant flushing system is scheduled from 8 a.m. to 8 p.m. throughout August, based on the following designated areas. (Family housing is included in the following area sections)

- August 16: 2500 Area
- August 19: 3000 Area
- August 20: 2300 Area
- August 21: 3200 Area
- August 22: 1900 Area
- August 23: 2200-1700 Flightline Area
- August 26: 1700 1900 Flightline Area
- August 27: 3400 Base Exchange Area
- August 28: 3300 Air National Guard Area
- August 29: Flightline Area
- August 30: Overflow time

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 running track next to the McGuire Fitness Center. The McGuire Fitness Center offers service members a high quality facility to maintain physical fitness free of charge.

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.



Sour Cream Chicken Enchiladas

The dish tastes like authentic Mexican food! It packs lots of flavor. You can also add chili powder to the enchilada sauce to spice it up. Serves 8

Ingredients:

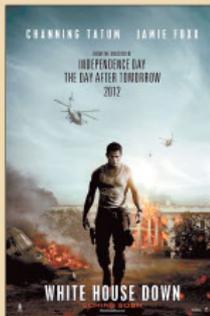
- 1 lb. chicken breast, diced
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 8 flour tortillas, softened (8 inches each)
- 1 1/2 cups grated Monterey jack cheese or 1 1/2 cups Mexican blend cheese, divided
- 1/4 cup butter
- 1/4 cup flour
- 1 (15 ounce) can chicken broth
- 1 cup sour cream
- 1 (4 ounce) can chopped green chiles

Cooking Instructions

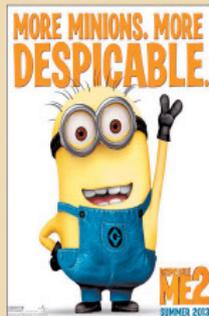
In frypan, cook chicken and onion together in oil over medium-high heat until chicken is just done. Divide cooked chicken evenly between 8 tortillas; add 1 1/2 tablespoons cheese to each tortilla. Roll enchiladas and place seam-side down in 9x13" baking dish that has been lightly sprayed with no-stick cooking spray. Melt butter in a medium saucepan; stir in flour to make a roux; stir and cook until bubbly; gradually whisk in chicken broth then bring to boiling, stirring frequently. Remove from heat; stir in sour cream and green chiles; pour sauce evenly over enchiladas. Top with remaining 3/4 cup cheese (baking dish may be double-wrapped and frozen at this point) and bake at 400F for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.

Recipes found at food.com

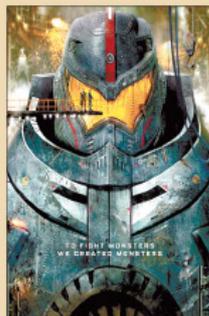
JB MDL Base Theater Movie Schedule



Friday:
7 p.m. White House Down
(PG-13)



Saturday:
2 p.m. Despicable Me 2 3D
(PG)



Saturday:
2 p.m. Pacific Rim 3D
(PG-13)

Night

Continued from Page 1

prevention activities, police-community partnerships and neighborhood camaraderie according to the official website.

"The basis of this event is crime prevention, but it is also a way to say thank you to both the military and civilian families living in the area," said Higgins. "Lakehurst has a very strong tie to JB MDL and this event lets families get out and have fun."

Community members had a wealth of activities and spectacles to keep them entertained, not to mention free food. The N.J. Fish and Wildlife Service set up a BB gun and archery range for youngsters to test their marksmanship. Danny Dries, a local artist, carved solid chunks of wood into bears with only a chainsaw. The LPD SWAT team showcased their weapons which included riot shields and grenade launchers.

"My daughter and I are having a great time with all the different activities," said Kelly Mendoza, Lakehurst community member. "It's nice to be able to go out and have some local fun on a Tuesday night."

The military working dog expo was the piece de resistance of the displays. The 87th SFS and LPD dog handlers unleashed their superbly trained canines on cushy-suited villains to showcase both military and civilian police working dogs operate with the same level of precision.

"An event like this lets the community see law enforcement personnel, both civilian and military, as humans who are just as much a part of the local community as they are," said Lt. Col. Patrick Sisen, 87th SFS commander. "The dog expo gave them a chance to see what we do and how we train every day."

Cyber

Continued from Page 2

stalkers, pedophiles, human traffickers and punks who like to make other people miserable just for the fun of it. It's not a pretty place, and it's only a click away. Too often we view our online neighborhood as our list of friends on Facebook. Unfortunately, that's just the clique you hang out with. These other "not so nice" folks live right next door in the same cyber neighborhood.

The FBI's Internet Crime Complaint Center received 289,874 complaints of cyber crime in the United States in 2012. Of those, 114,908 resulted in financial loss. In total, more than \$525 million dollars were reported lost due to cyber-crime last year alone. That doesn't include all of the victims who didn't file a report with law enforcement. There's also a huge impact to the U.S. economy. The security firm McAfee and the Center for Strategic and International Studies recently released a report stating that the

U.S. loses up to 500,000 jobs each year due to cyber espionage.

Hopefully, you understand the threat from some of your cyber neighbors and you've taken precautions. Keep your anti-virus software up to date, enable your computer's firewall, delete emails from folks you don't know, and thoroughly scrutinize what your kids are doing online.

As a reminder, the internet offers con-artists and thieves a new way to ply their trade. Keep this in mind when you are approached by someone claiming to be a lost relative or a random person wanting to be your friend. There's a very good chance this person not who he says he is, and is trying to collect enough information to steal your identity or trick you into providing financial information.

The internet can be a cool place with lots of great things to offer, but the threats are real. For more information on cyber-crime and how to protect yourself, check out www.wic3.gov. Please surf safely.

United Communities

Presents the First Annual:

FARMERS MARKET

Every Thursday

Beginning June 20, 2013

10 a.m. - 2 p.m. rain or shine



Locally Grown Produce • Baked Goods • Homemade Crafts •
Fresh Flowers • Direct Sales • And More!

Located at:

Patriot Park of Falcon Courts North

(400 yards north of the Jim Saxton Community Center)

Corner of North Bolling and West Castle Dr.

Joint Base McGuire-Dix-Lakehurst, N.J. 08641

Contact Kristy at (609) 723-4290 extension 2018 or koliver@mcguiredixuc.com

Follow us on Facebook for more updates!