

NEWSNOTES

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

Pemberton Gate Hours Schedule

The Pemberton Gate is scheduled to open from 7-9 a.m. and 2:15-5 p.m. Monday-Friday 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.

JB MDL Chapel Positions Available

The Joint Base McGuire-Dix-Lakehurst Chapel has the following positions open for application: protestant religious education coordinator, protestant community coordinator, protestant music director, protestant youth director, gospel music director, contemporary music director, catholic religious education coordinator, catholic community coordinator, catholic music director, catholic accompanist and catholic sacristan. Application packets for each position are available from 7:30 a.m. to 4:30 p.m. Monday through Friday, at the McGuire Chapel, located at 2503 East Arnold Ave. and the Dix Chapel, located at 5240 New Jersey Ave. Sealed bids and resume should be submitted to JB MDL Chapel Tithes and Offering Fund contract officer by 8 a.m. Sept. 23, 2013, McGuire Chapel. Call 754-4673 for more information.

Claims against the estate of Spc. Scott A. Farrell

All persons having claims against Spc. Scott A. Farrell need to present such claims to Maj. Thomas Moody, the Summary Court Officer, at (609) 694-9558 or by email at Thomas.w.moody.mil@mail.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Farrell.

Claims against the estate of Staff Sgt. Shaun D. Fischer

All persons having claims against Staff Sgt. Shaun D. Fischer need to present such claims to Capt. Dawn Dumont, the Summary Court Officer, at 754-0824 or by email at dawn.dumont@us.af.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Fischer.

Ninth Annual Diamond Classic Golf Tournament

The First Sergeant's Council and the Joint Base McGuire-Dix-Lakehurst First Four are set to host the Ninth Annual Diamond Classic Golf Tournament starting 8 a.m. today, at the Fountain Green Golf Course, located at 3125 Fort Dix Road. The cost is \$50 per person. Call 754-4870 for more information.

514th AMW Chief's Group Annual Golf Outing

The 514th Air Mobility Wing Chief's Group is set to host its Annual Golf Outing today, at the Falcon Creek Golf Course, located at 2007 Can Do Way. Sign-in/registration and lunch begins at 11 a.m. The event begins at 1 p.m. The cost is \$65 per person and includes green fee, cart, lunch, awards and prizes. Call 754-5413 or 5622 for more information.

Legal Office Closure

The 87th Air Base Wing Legal Office will be closed from noon to 5 p.m. Sept. 24, 2013, for an official function. Call 754-2010 for more information.

International Spouses Group

The International Spouses Group is set to host its 20th anniversary from 10 a.m. to 2 p.m. Sept. 25, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Visit isg-20thAnniversary.eventbrite.com for more information.

JB MDL Bicycling Club

The Joint Base McGuire-Dix-Lakehurst Bicycling Club is set to host its first meeting from 3:30-4:30 p.m. Sept. 26, 2013, in the Liberty Room at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The meeting will focus on next year's riding season, personal protective equipment and organized races and group rides. Call (801) 230-1267 for more information.

Quarterly Joint Base Retreat Ceremony
 Joint Base McGuire-Dix-Lakehurst is set to host the first Quarterly Joint Base Retreat Ceremony from 4-5 p.m. Sept. 26, 2013, at Sharpe Field, located at 5417 Alabama Ave. The ceremony is open to all joint base community members and their guest. Call 754-5803 for additional details.

Oktoberfest 2013

The 87th Force Support Squadron is set to host the annual Oktoberfest 2013 from 4:30-6:30 p.m. Sept. 27, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The event will feature authentic German food, music and various other activities for JB MDL families, friends and employees. Call 754-2830 or 754-2396 for more information.

See more NEWSNOTES on Page 10

JB MDL honors Vietnam POWs

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

Joint Base McGuire-Dix-Lakehurst commanders and community members gathered to honor 14 former Vietnam-era prisoners of war, marking their 40 years of freedom at a Vietnam War memorial ribbon-cutting ceremony of the Sept. 12, 2013, in Hangar One at Lakehurst.

It was 40 years ago in February and March 1973, when a C-141 Starlifter transport jet, later dubbed the Hanoi Taxi, lifted off from Hanoi, North Vietnam, with the first flight of 40 U.S. POWs to begin the journey home of Operation Homecoming.

"They answered the call and served admirably," said Col. James Hodges, JB MDL and 87th Air Base Wing commander. "They embody all we stand for."

Retired Rear Adm. Robert Shumaker, was a lieutenant commander aboard the aircraft carrier, USS Coral Sea, when his F-8 Crusader aircraft was shot down over Dong Hoi, North Vietnam and he became the second Navy aviator to be captured. Shumaker created the name "Hanoi Hilton" for the prison. He would later spend three years in solitary confinement, much of the time clamped in leg irons.

"Always maintain faith in your country, your nation and your fellow military members," said Shumaker. "Never give up; you can never afford to throw in your hat."

Shumaker was imprisoned for a total of eight years and one day and was among the first group of POWs to be released.

"Things have a way of working out," said Shumaker, who currently resides in Washington. "I stayed in the Navy and advanced through the ranks. We came back with our honor intact."

Among the POWs present, were two pilots who escaped from their prison compound in a desperate break for freedom: retired Air Force Col. George McKnight and retired Navy Commander George Coker.

McKnight, a captain at the time, was taken as a POW in November 1965. He was an A-1 Skyraider pilot, assigned to the 602nd Fighter Squadron at Bien Hoa Air Base, South Vietnam. Coker, a lieutenant/junior grade, A-6 Intruder Bombarrier/Navigator at the time of his capture in August 1966, was assigned to Attack Squadron 65 aboard the aircraft carrier USS Constellation. Together, they escaped and evaded capture for about 12 hours before being recaptured.

"The majority of the POWs in the compound were Navy and Air Force pilots," said Coker.

For their extraordinary heroism in military operations against an opposing armed force as a POW, McKnight was awarded the Air Force Cross and Coker the Navy Cross.

"When I first came back, nobody wanted to talk to me about anything. We were embarrassed that the war took so long," said McKnight. "I try to forget."

Retired Maj. Gen. Edward Mechenbier, Air Force Academy class of 64, an F-4 Phantom fighter pilot with the 390th Tactical



Rear Adm. (retired) Robert H. Shumaker, former Vietnam prisoner of war, cuts the ribbon to open the Vietnam POW wing of the Navy Lakehurst Historical Society's Historical Hangar I Museum Sept. 12, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. Shumaker was the second POW shot down in Vietnam and was a prisoner from 1965-1973. The Vietnam POWs were also treated to a Meet & Greet luncheon at Tommy B's Community Activities Center where the Entire Joint Base community was invited to sit down and have lunch with the POWs and ask questions in a one on one environment. (U.S. Air Force photo by Wayne Russell/Released)

Fighter Squadron out of Da Nang, Vietnam, was shot down and captured in June 1967, 40 miles northeast of Hanoi.

"Through the next six years, I was imprisoned in about eight different camps in or around Hanoi except for one year up near the Chinese border," said Mechenbier. "Some of our days were long and tedious."

See POWS, Page 11

Active-shooter exercise tests readiness

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

Note: Joint Base McGuire-Dix-Lakehurst participated in an active shooter exercise. All portions of the annual exercise were simulated. There was no active shooter on the installation.

Joint Base McGuire-Dix-Lakehurst personnel participated in an active-shooter exercise Sept. 12, 2013, to evaluate the installation's emergency response procedures here.

The exercise tested the joint base's ability to respond to an active-shooter event, similar to the attack at the Washington Navy Yard Sept. 16, 2013.

An active shooter is, by DOD definition, one or more individuals who participate in a random or systematic shooting spree, demonstrating his or her intent and means to continuously cause serious physical injury or death to others. His or her overriding objective appears to be that of mass murder, rather than some other type of criminal conduct such as robbery.

The date and time of the exercise was released prior to the event in order to prevent unnecessary panic or fear in or around base communities.

"We are in the business of full disclosure and preparedness," said Steve Robertson, 87th Civil Engineer Squadron Emergency Management director. "The operations and exercises go well usually because you prepared ahead of time."

The exercise kicked off at approximately 8:47 a.m. with a simulated 911 call from a bystander who was alerted of an active shooter in the 87th Contracting Squadron.

See EXERCISE, Page 11



Service members from the 87th Security Forces Squadron carry a simulated wounded victim during an active-shooter exercise Sept. 12, 2013, at Joint Base McGuire-Dix-Lakehurst. The active-shooter exercise tested the threat response time and effectiveness of JB MDL first responders. (U.S. Air Force photo by Carlos Cintron/Released)

Electrical systems power savings

Electrical systems powers savings A military installation is similar to a house when it comes to electrical systems. There are power lines running to different circuits with breakers deciding how much power is directed where.



3

What it takes to win

"Build your body like you would a Forward Operating Base defense perimeter," advised Army Capt. Adam Storms, the 174th Infantry Brigade 2013 Best Officer.



4

CMC/CSC program accepts applications

The Navy is seeking highly-motivated master chief and senior chief petty officers for the Command Master Chief and Command Senior Chief Program, officials said Sept. 13, 2013.



6

Check out JB MDL on social media!

f/jbmdl
 Use Facebook to connect with joint base leadership and other community members.

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

i/jointbasemdl
 Check Flickr for photos galleries containing hundreds of images of JB MDL happenings.

Safeguard your marriage

By Maj. Ryan L. Buhite
380th Expeditionary Medical Group Clinical Psychologist

SOUTHWEST ASIA – Extra-marital affairs are a significant problem in American society. Research suggests that 50 percent of all couples will break their vows of sexual or emotional exclusivity during their relationship. Research also suggests that 25 percent of wives and 44 percent of husbands are unfaithful at some point in their marriage. Anecdotal evidence suggests that extra-marital affairs are significant problems and may be even more prevalent during deployments.

I can attest that affairs are common reasons people seek behavioral health services while deployed. This may be the case because military members are away from their spouse, children, home and typical life responsibilities. Not feeling "weighed down" by the usual commitments can instill a sense of "freedom." The absence of family in the deployed setting sends an illusion of being "single." Spending work and play time with other deployed "singles" of the opposite sex may lead to feelings of shared connections and physical attraction. It does not help that the statement, "what goes TDY, stays TDY" is commonly believed to some degree.

This sentiment is so pervasive that people accept it as true, or at least believe they have tacit social approval for having an affair. Furthermore, when the general perception is that most folks are involved in an affair or are "hooking up," the idea that having an affair is not a big deal because "everyone is doing it."

Despite what the social norms might be, having an affair can have a devastating effect on a member's personal and occupational life and can affect military readiness. The information in this article is taken from the book *Not Just Friends* written by Shirley Glass, a psychologist and expert in extra-marital affairs.

Consider why you may want to try and "affair-proof" your marriage and what suggestions below might be able to be applied to your life.

Let us first look at the reasons to not have an affair: Do you believe having an affair is morally wrong? Sex outside of marriage is considered inappropriate in most religious and moral codes. It is also considered morally wrong by most people, even those who have had affairs. Ask yourself, on your wedding day, did you think that it would be ok to go outside of your marriage for significant emotional support and sex? Would you be ok if your spouse decided to have an affair? Do you consider having an affair to be "OK?" If you have children, consider whether you would have thought it was ok for one of your parents to have an affair and jeopardize the family. More often than not, people find that having an affair breaks their own moral code, which should probably be the primary motivation not to have one.

Aside from the argument of morality, here are some negative consequences of affairs: divorce, broken families, negative impact on children, anxiety, depression, loss of respect, loss of personal status, financial loss, sexually transmitted disease, and negative impact on a military career. Even at the most basic level, you can see how the saying "what happens on TDY, stays on TDY" is false if you contract a sexually transmitted disease. Consider the conversation with your spouse if they contract it from you.

Should you decide that your marriage is too important to jeopardize and the potential negative consequences outweigh the positive you need to take steps to safeguard your relationship. Every marriage is at risk. Dr. Glass contends there are false assumptions that affairs only happen in marriages that

See **AFFAIR**, Page 11

Set standards consistently, every day

By Master Sgt. David A. Kolcum
7th Maintenance Group

DYESS AIR FORCE BASE, Texas – We often talk about setting the standards for our Airmen to follow and holding them accountable when they fail to do so. In my opinion, the best way to teach adherence to the standards is through example.

This became painfully clear to me one summer morning at unit PT. Back in 2009, when I was a technical sergeant stationed at Patrick Air Force Base, Fla., I was an avid runner; much faster than I am these days. Our squadron conducted physical training as a unit every Tuesday and Thursday morning. One Thursday morning, we were set to run a 5K, which we did almost every Thursday. However, this particular run would humble me and highlight how my actions affect those around me. We started the run and I'm out in front. Not long into the run I began to fatigue a bit, probably because I had run four miles the night before. I decided that I didn't need to finish the whole run. Mistakenly, my mentality was that PT was for those who weren't as active and after all, I ran yesterday. I was doing just fine on my own. So at the one mile marker, I turned around and headed back. Knowing it probably wasn't the best choice, I quickly got over it and cheered

on the rest of the unit as they returned, as I did every week.

Following the run, a very good friend of mine came up to me and explained that I shouldn't have turned around early. I said, "Yeah I know but I just wasn't feeling it today and besides, I ran yesterday." I will never forget his response. He said "What you didn't see was the three Airmen that turned around right after you did." Wow. You ever have one of those epiphanies? One of those moments when something just clicks? In that instance, I realized that my actions were guiding their behavior. They were following me and I had led them astray. They knew where the established turnaround was but they saw me, a respected NCO in their unit, turn around early so why shouldn't they?

It was in that profound moment when I "got it" – everyone is watching me. When I'm in uniform off base, everyone is watching to see what I'm doing. If I am unprofessional, I am saying that the entire Air Force is unprofessional. If I'm cutting corners at work, my peers and subordinates will likely follow that pattern. When Airmen see me walk by a problem, I'm responsible when they do the same.

Timothy Bridges, former deputy assistant to the secretary of the Air Force

said, "You are a [direct] reflection of your organization. And your people will emulate your behavior. If you're cutting around the edges or taking shortcuts, they will do the same thing." This was never truer than on that run that day. Now, is the Air Force going to crumble because a couple of us Airmen turned around early? No, probably not, but I use that experience as a reminder that I am an example to others. I must do the right thing even when I'm not "feeling it." When I think no one is looking, I stick to the standards. When I am pressed for time or behind a deadline, I stick to the standards.

What my friend was telling me that morning was that others will follow you whether you're right or wrong. That's a huge responsibility but following the standards through personal example is a core competency in this Air Force. I draw on my experience and use it as a moral compass pointing me to do the hard right, instead of the easy wrong.

As a first sergeant, I know I live in a magnified fishbowl where everyone is scrutinizing my every move. But I don't hold myself to the standards and do what's right solely because of my diamond; I do it because there may be three Airmen behind me looking for direction.

87th CS provides eye in sky



Airman 1st Class James Johnson-Reale, 87th Communications Squadron radar technician, enters settings into a spectrum analyzer while Petty Officer 2nd Class Matthew Feldt, 87th CS electronics technician, connects test cables to a MPN-25 Airport Approach Radar Sept. 12, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The squadron first deployed the radar to Afghanistan during Operation Enduring Freedom. (U.S. Air Force photo by Carlos Cintron/Released)

Service member spotlight: a part of something bigger



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

Sgt. David Wilson, Marine Aircraft Group 49 administrative clerk, is the joint base's featured service member of the week. Wilson hails from Memphis, Tenn.

Q: Why did you join the military?

A: I joined to support my family, defend and give back to my country, be a part of something bigger than myself and become a productive member of society.

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

A: First and foremost, my profession is that of a warrior in every sense of the word. However, on a day to day basis I provide administrative support to the Marines of Marine Aircraft Group 49 to assist with

overall mission readiness.

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

A: I am the first in my family to serve in the armed forces. However, my wife is also a Marine.

Q: Who most inspires you?

A: My wonderful wife.

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

A: I'd like them to know that no matter what the situation is or no matter how many differences we may have. We must all understand and accept that we are brothers and sisters in arms, bonded together in service to our homeland and are willing to make the ultimate sacrifice. "If not me, then who." — Travis Manion.

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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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



JB, BC SARC offices team up, take care of victims

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

The Joint Base McGuire-Dix-Lakehurst commander, deputy commanders and representatives from the JB MDL SARC office, visited The Burlington County Rape Care Center Sept. 10, 2013, in Moorestown, N.J., to create a professional relationship between the local and on-base SARC offices.

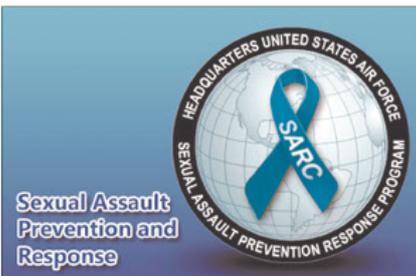
Sexual assault is about taking power away from the victim; sexual assault response professionals help the victim regain that lost power.

"Unfortunately sexual assault is still a big issue in both the military and civilian world," said Mary Kierstead, JB MDL sexual assault response coordinator.

Air Force Col. James Hodges, JB MDL commander, Army Col. Chuck Coursey and Navy Capt. Christopher Fletcher, JB MDL deputy commanders, sat down with Burlington County SARC's to discuss how their program works and explain the support levels offered to victims. The commanders and Kierstead were pleased to hear the civilian and military programs are practically identical in terms of procedure and support.

"I was surprised at the level of similarity between the programs," said Kierstead. "It did my heart good to know our program is up to snuff with local and state programs."

SARC's address the victims' safety and security needs, provide an opportunity for victims to communicate the



Sexual Assault
Prevention and
Response

incident, feel validated and offer expertise to prepare victims for the road ahead. Professional assistance with medical care, counseling services, spiritual support and legal resources are also available to victims according to the official Sexual Assault Prevention and Response website.

The biggest take-away from the meeting is that having similar programs means no lack of service for those who don't feel comfortable seeking help from one or the other. Service members can utilize the Burlington County office

without ever informing the on-base office if they so choose.

"I want to make clear that it isn't necessarily important where a service member receives help as long as they get the support they need," said Hodges. "This care center is a viable option not only for joint base service members but also for the people who live and work in this community."

The joint base touches two counties but the majority of it falls geographically within Burlington County.

"Such a large part of the base population lives in Burlington County and it's only logical for us to want to develop this relationship," said Jillian Kotarski, Burlington County sexual assault services program director. "I'm excited to cross train with Mary and her team and see what we can learn from each other."

Kierstead shared similar feelings, proving the cohesion has already begun.

"We are definitely going to invite them on base to help train our service members the first chance we get," said Kierstead.

Call 754-2968 for the JB MDL SARC officer or (856) 234-5484 ext. 210 for the Burlington County SASP office. Both offices can receive calls 24/7.

"For anyone out there who feels hesitant to get help, just know there are so many people how are ready to lend their support," said Kierstead.

U.S. Air Force Senior Airman Tim Radke, 380th Expeditionary Civil Engineer Squadron electrical systems journeyman, uses an insulated grip-all hot stick to replace a plug on a generator at an undisclosed location in Southwest Asia, Sept. 11, 2013. When power is live, electrical systems technicians are required to wear an arc flash suit due to the possibility of an electrical arc flash occurring. Radke calls Citrus County, Fla., home and is deployed from Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air Force photo by Staff Sgt. Jacob Morgan/Released)



JB MDL Airmen power savings, infrastructure

By Staff Sgt. Jacob Morgan
380th Air Expeditionary Wing

Southwest Asia – A military installation is similar to a house when it comes to electrical systems.

There are power lines running to different circuits with breakers deciding how much power is directed where. The power coming into a home, just like a military installation, has to be provided at a steady rate to the right places. If one thing goes wrong, your washer and dryer could lose power, or the air conditioner could shut off. Without knowing the circuitry throughout a home with a utility map, a responding electrician would take longer to find the problem.

In the same sense, power costs money to generate, store and move. By replacing old systems and lights with new energy saving initiatives, a homeowner could save money and free up power usage so other sources can use it more efficiently.

Since arriving with the 380th Expeditionary Civil Engineer Squadron, the electrical systems team has had two goals: to do what a reasonable homeowner would do; understand and correct circuitry for utility maps, and save money through cheaper more

efficient power usage.

"When my team responds to a job to either fix a problem or build new electrical systems, we find all sorts of problems with the utility maps. My teams will fix the problem or build the new system and write down exactly what they saw in order for the next guy to be more successful," said U.S. Air Force Master Sgt. Aron Day, 380th ECES electrical systems noncommissioned officer in charge. "By doing this, we have also saved ourselves a lot of time, saved our customers a lot of time and been able to contribute to the mission more effectively."

The electrical systems shop contributes to the mission through two core efforts; interior electrical system troubleshooting, and work orders.

"The interior electrical systems work involves everything inside a building," said Day. "It typically includes circuitry work and is considered routine maintenance."

Customers from the 380th Air Expeditionary Wing also submit work orders to relocate lights, move circuit breakers and place new wiring in the walls or in the ground.

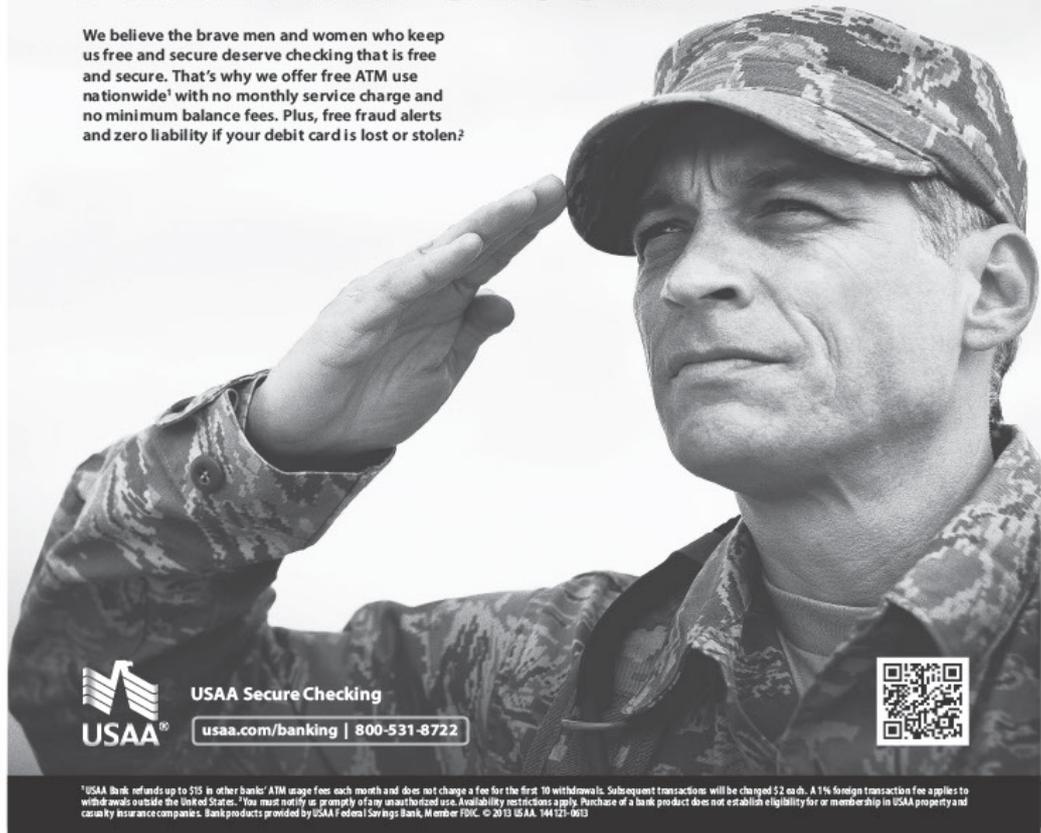
These two core efforts of electrical systems

See **ELECTRIC**, Page 6

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Army Capt. Adam Storms, 2013 Best Officer, looks dashing after finishing the 12.75 mile ruck march during the 174th Infantry Brigade's Best Officer Competition, Aug. 27, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The three-day competition comprised events including land navigation, weapons qualification, Army physical fitness test, Army warrior tasks and battle drills, 12.7 mile road march and a written exam. Soldiers participating in the competition competed against each other for accuracy and speed as many of the events were timed. (U.S. Army photo by Sgt. 1st Class Raymond Alston/Released)

What it takes to win

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

"Build your body like you would a Forward Operating Base defense perimeter," advised Army Capt. Adam Storms, the 174th Infantry Brigade 2013 Best Officer. "You wouldn't allow a breach in the perimeter to remain a weak spot; you would strengthen it just as you should strengthen your body with a smart, safe, and functional training program."

This is guidance that propelled Storms to the top of his peers during this year's annual Patriot Best Officer Competition; a trying three-day, sleep-deprived, mental, physical and emotional test more than 40 officers

of the 174th Infantry Brigade endured recently.

When asked what it takes to win, Storms suggested being hard on your body.

"If I had to give any advice to other service members on how to stay physically and mentally fit, I would tell them to be hard on your body," said Storms. "Yes, you will incur aches and pains, but if you choose to be easy and soft on your body instead, you'll incur more serious injuries because your body wasn't prepared for the random strenuous activity that life throws at you. If you have a pre-existing long-term injury, then be smart about it and strengthen it gradually."

Storms credited preparation,

positive attitude, and fueling the body as winning ways. He continued his CrossFit routine, took advantage of the company-led five-mile runs and ruck marches as well as the weapons familiarization refresher training, hosted by the 1st Battalion, 314th Infantry Regiment gunnery team.

"The key to success was catching naps where you could—even if it was for five minutes—finding the right time to fuel your body with food and energy for the events to come, and drink water, drink water, drink water," stressed Storms.

"All you can do is your best with a positive attitude and hope that it will carry over to your partner," said

See WIN, Page 10

Army Reserve Aviation Brigade participates in Army North's Vibrant Response

By Sgt. Christopher Sofia
244th Aviation Brigade

Soldiers from the 244th Aviation Brigade departed Aug. 11, 2013, from Joint Base McGuire-Dix-Lakehurst, N.J., to Camp Aterbury, Ind., to participate in Vibrant Response 13.2 as Task Force Aviation.

Vibrant Response is an exercise under the Defense Chemical Biological Radiological Nuclear Response Force (DCBRF) mission. This exercise is intended to simulate a catastrophic event in which the Department of Defense provides support assets for local authorities.

Falling under the command of U.S. Army North, components taking part in this response exercise included Headquarters Company, 244th Aviation Brigade, 5-159th General Support Aviation Battalion, 51st Expeditionary Signal Battalion and many more units from the National Guard and other military branches.

Federal and state military units combined their efforts in this exercise to support the overall DOD mission to secure the homeland.

In this exercise, they simulated providing life-saving and life-sustaining capabilities to respond to a CBRN threat and minimize human suffering.

See BRIGADE, Page 10

apelldetrick@comcast.net



Erwin D. Apell

(Civilian Office in Joint Base McGuire-Dix-Lakehurst)
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Electric

Continued from Page 3

require a significant amount of knowledge of circuitry and wiring, especially when the key infrastructure is not labeled or has never been identified, said Day. The goal on each response is to identify these key parts and map them. Knowing where things go and how power is distributed is important to understanding electrical systems.

By better mapping the infrastructure, the electric systems shop can filter the information to leadership and respond to fix the problem faster, said Day.

"With us learning from all of these responses, we can give this information to the electrical engineers," said Day, who calls Panama City, Fla., home and is deployed from Travis Air Force Base, Calif.

The electrical systems shop came to the base with goals that are on-going. Each day, new projects are being accomplished and infrastructure is being mapped.

"It's great to know we play a larger part in the mission," said Tucker. "Some days it's hard to realize the role you may contribute, a light bulb here or a breaker there. But everything we do is contributing to the larger electrical infrastructure of this base."

largest current projects to save money include switching the generators to commercial power initiative, solar lights and light emitting diode outdoor lights. These initiatives bear some initial cost, but allow the base to save money over time; they include LED lights in dorm rooms and 142 self-contained solar units for light poles.

The effect of these projects, not captured in dollar amounts, is creating stability across the entire electrical grid, said U.S. Air Force Staff Sgt. Eric Tucker, 380th ECES electrical systems craftsman.

"The LED lights are better for power consumption, emit less heat, and draw less power, so we can use that to power somewhere else," said Tucker, who calls Fleming County, Ky., home and is deployed from Travis Air Force Base, Calif.

The electrical systems shop came to the base with goals that are on-going. Each day, new projects are being accomplished and infrastructure is being mapped.

"It's great to know we play a larger part in the mission," said Tucker. "Some days it's hard to realize the role you may contribute, a light bulb here or a breaker there. But everything we do is contributing to the larger electrical infrastructure of this base."

Command master chief, command senior chief program accepts applications

By Petty Officer 2nd Class Andrea Perez
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — The Navy is seeking highly-motivated master chief and senior chief petty officers for the Command master chief and command senior chief program, officials said Sept. 13, 2013.

"Hands down, the most important role of a command master chief or command senior chief is to represent their Sailors in all matters Navy to the commanding officer," said Command Master Chief Petty Officer Brent Tidwell, CMC/CSC detailer, Navy Personnel Command. "As a command master chief or senior chief, you are the Sailors' voice and they look to you for answers during challenging times, and you must be ready."

CMCs and CSCs ensure there is active communication throughout a chain of command. They advise their respective commander or commanding officer and provide input in the

formulation, implementation, and execution of policies concerning morale, job satisfaction, discipline, family support and training of enlisted Sailors, as well as provide input and advice in matters affecting mission and operations.

"As a CMC, I'm responsible for the personal and professional development of Sailors and I provide mentorship and training to junior officers so that their hard work and dedication results in mission success," said Tidwell.

Those selected for the CMC/CSC Program are responsible for leading the alignment efforts of the Chief's Mess with the Navy ethos and Navy core values, and the mission, vision and guiding principles set forth by the Master Chief Petty Officer of the Navy.

"Senior enlisted leaders should consider applying for the CMC/CSC Program because it's the pinnacle of leadership opportunities within our enlisted force," said Tidwell. "It provides senior chiefs and master chiefs

an opportunity to expand their experience past the technical aspects of their rate and lead a larger and more diverse group of Sailors than they would as a source rated senior or master chief."

NAVADMIN 224/13 outlines eligibility and application procedures. Master chief and senior chief petty officers, including those in a flocked status are encouraged to apply. Applications must be postmarked no later than Dec. 9.

CMC and CSC selection boards convene annually at NPC. The board reviews and selects the best-qualified applicants for assignment into the CMC/CSC Program.

"Every year we get 100 or so packages and the board selects the very best of those," said Tidwell. "The main thing is that people keep trying to apply if they don't get selected the first or second time up. Don't give up because the opportunities and challenges are worth the fight and the frustration. It's really rewarding to be a part of the command

and see the impact that you have in the command as a CMC."

Upon selection, receipt of orders and successful completion of a Military Senior Enlisted Academy and the Navy's Command Master Chief/Chief of the Boat course in Newport, R.I., master chief petty officers' ratings will then be changed to CMDCM. Senior chief petty officers filling CSC billets will retain their source rating until selected for master chief petty officer and approved for conversion to CMDCM.

Master chiefs and senior chiefs selected for the CMC/CSC program will be assigned by the CMC detailer based on billet availability, experience and qualifications. If an authorized CSC billet is not available, members may be detailed by their rating detailer until one becomes available.

Read NAVADMIN 224/13 and OPNAVINST 1306.23, available at www.npc.navy.mil, for more information.

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NEWSNOTES

Parasailing at Long Beach Island

The 87th Force Support Squadron is set to host a Parasailing at Long Beach Island trip Sept. 28, 2013. Transportation departs 9:30 a.m. from the Outdoor Recreation center, located at 6045 Doughboy Loop and returns approximately 5 p.m. Enjoy an experience of a lifetime, soar high above New Jersey's famous Long Beach Island. The fee is \$30 for active duty and reserve personnel and \$60 for Department of Defense ID cardholders. Must be five years old and older. Participation is limited to 22 persons. Deadline to sign up is Sept. 21. Call 562-6667 for more information.

6th AS 80th Anniversary Celebration

The 6th Airlift Squadron invites all alumni to its three-day 80th Anniversary Celebration set for Oct. 3-5, 2013. The three-day celebration of the Air Forces' oldest airlift squadron kicks-off at noon Oct. 3, at the 6th AS Bull Pen, located at 2202 West Arnold Ave. Visit www.80yearssofbullybeef.com for more details and itinerary of events.

COVE Training Session

The next Community Outreach Volunteer Experience training session is scheduled from 9-11 a.m. Oct. 8, 2013, in the Liberty Room at Tommy B's Community Activities

Center, located at 2705 East Arnold Ave. COVE is a community engagement program designed to provide service members of Joint Base McGuire-Dix-Lakehurst a platform to share personal experiences and tell the joint base story. Call 754-2104 for more information or email 87.abw.pa@us.af.mil to register for training.

2013 Ranger Challenger Competition

The 2nd Brigade Army ROTC is set to host the 2013 Ranger Challenge Competition Oct. 11-13, 2013. Day one consists of 11 events from 6 a.m. to 7 p.m. Oct. 12, 2013. Day two starts with a 10k foot march from 6:30-8:30 a.m.

Oct. 13. Top team will compete in the Sandhurst Competition April, 2014, at West Point, N.Y. Call 562-3398 for more information.

2013 Halloween Fest

The 87th Force Support Squadron is set to host the 2013 Halloween Fest from 5:30-7:30 p.m. Oct. 25, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Rules and entry forms are available for download at www.gomdl.com under the Community tab. Call 754-2830 for more information.

ESGR All Army Boss Lift

The New Jersey Committee for the Employee Support of the Guard and Reserve and the United States Army Support

Activity-Fort Dix is set to host the ESGR All Army Boss Lift Oct. 29-30, 2013. The two-day event will familiarize employers of Army Reserve and Army National Guard Soldiers on what it takes to be a member of the reserve component forces. They one will provide employers the opportunity to witness the technology Soldiers have in their training tool kit to prepare for contingency operations around the world or homeland defense. Employers will have the opportunity to visit the Dix Joint Readiness Center on day two before going to field to observe Soldiers training at the Military Operations in Urban Terrain range. Call 562-3987 for more information.

2013 Military Appreciation Night

The 87th Force Support Squadron is set to host the 2013 Military Appreciation Night from 5-7 p.m. Nov. 14, 2013, at the Lakehurst Fitness and Sports Center, located at 123 Severys Road. The evening includes children's games, face painting, balloon animals, bounce houses and more. Call (732) 323-2405 for more information.

CGO Professional Development Seminar

The Company Grade Officers Council is set to host a Professional Development Seminar Nov. 22, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The seminar is available for company grade officers and senior cadets in their final year of ROTC. Email omar.johnson@us.af.mil for more information.

915th Contingency Contracting Battalion

The 915th Contingency Contracting Battalion is seeking officers, 03-04, any branch and ES-E7, any military occupational specialty, interested in a career change. Immediate vacancies and opportunities are available. Visit www.hrc.army.mil/MilPer/13-205 or <http://asc.army.mil/web/career-development/military-cco> /usar-reclassification-program for more information.

Brigade

Continued from Page 4

A multitude of both real-world and notional operations were exercised in order to reinforce mission-readiness capabilities within Joint Task Force Civil Support.

In responding to the catastrophic CBRN scenarios, some of the missions carried out included radiological surveillance, medical

evacuation and aviation consequence management.

Task Force Aviation deployed more than 340 personnel and eight aircraft, which flew more than 60 missions in a four-day period totaling 100 flight hours in support of JTF-CS. TF-AVN also conducted 24-hour operations in order to provide aerial resupply, sling-load operations and VIP flights in support of DCRF operations.

Win

Continued from Page 4

Storms. Not knowing who their partner was until the onset of the competition was another aspect that challenged officers.

"I dreamt about this event," said Army Capt. Tessa Jones, operations officer with 1-307th Infantry Battalion. "I was worried. And not because I didn't think I could do it, but I knew that I would be partnered up with a different team member, and I just wanted to make sure that I did well for my partner."

Col. Craig A. Osborne, commander, 174th Inf. Bde., paired the officers. He partnered a combat arms officer with a non-combat arms officer. He also mixed the battalions within the brigade as well as mixing the active duty soldiers with reserve component soldiers.

"I wanted all the teams to be generally equal and allow them to develop some new friendships, perhaps rely on people they hadn't relied on before. I didn't want anyone to have the same background or the same unit identification," he explained.

According to Osborne, there were three main goals for this competition. First was to strengthen leaders in a competitive professional development manner. Second was to enhance esprit de corps within the brigade. And lastly, provide officers an assessment measure, allowing them to test themselves against a common standard.

"Not only are the officers competing with each other and against each other, but the noncommissioned officers are out there helping their leaders get better," stressed Osborne. "The NCOs have taken a great sense of ownership in making sure we can do these tasks well, putting the officers through a demanding course of events."

"I believe things like this bring back esprit de corps, refocus the emphasis on knowledge of soldier tasks,"

explained Sgt. First Class Josue Rodriguez, brigade current operations section sergeant and lead planner for the completion. "We each become subject matter experts in certain fields; this is an opportunity to actually prove ourselves. In the end, we try to provide it in a controlled setting that is challenging to them, yet entertaining to keep them motivated."

"The NCO's who organized and ran the competition did an outstanding job," exclaimed Storms. "Observing the work they put into it motivated me and made me want to push myself even harder during the competition."

And push on he did - Storms not only captured the title of best officer, but he outscored his peers by a sizable margin. The point spread between first and second place was as much as the difference amongst second and seventh place.

"It was an overall morale builder watching all of the fellow officers give their best even when they were running on empty," said Storms. "That's the courage and dedication of a Soldier to fight on when others would rest and to know that they have your back when in danger."

"It's a sense of pride in the unit that develops over a series of shared hardships," Osborne said summing up the spirit of the Best Officer Competition.

"I've always enjoyed the spirit of friendly competition and have competed in previous events to include triathlons, half ironman, long distance ocean swims, CrossFit competitions, and various distance foot races," said Storms. "But the 2013 BOC was the longest competition with no scheduled rest that I've ever done."

Construction Corner

From 87th Civil Engineer Squadron

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

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

Major Electrical Shutdown
A major electrical shutdown is scheduled from 9-11 a.m. Sept. 26, for the connection of electrical service to the new soccer field. Affected facilities are: 1507, 1513, 1901, 1903, 1904, 1911, 1912, 1913, 1916, 1922, 1928, 1929, 1930, 1931, 1932, 2007, 2502, 2704, 2705, 2719, 2720, 2783, 2784, 2786 and all of Falcons Court East. The running track and pavilion will be without power from Sept. 19 through 26.

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 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 instructor 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 Schoolhouse 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 - 11:30 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 609-754-4873.

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.

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

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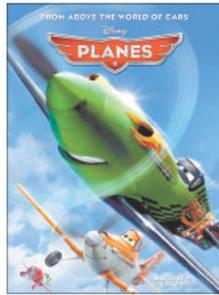
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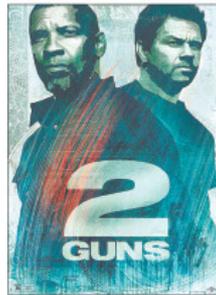
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Recipe Roundtable



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.

Chorizo and Scrambled Egg Breakfast Tacos

Breakfast tacos are only as spicy as the chorizo and salsa that you choose but they definitely pack flavor.

Ingredients:

- 4 corn tortillas
- 1 cup grated extra-sharp white cheddar cheese
- 4 large eggs
- 4 tablespoons chopped fresh cilantro, dried
- 7 ounces fresh chorizo sausage, casing removed if necessary
- 4 green onions, sliced
- sour cream (optional)
- hot sauce (optional) or salsa (optional)

Cooking Instructions

Brush large nonstick skillet with olive or vegetable oil. Char tortillas over gas flame or directly on electric burner until blackened in spots, turning with tongs. Arrange tortillas in single layer in skillet. Sprinkle each tortilla with 1/4 cup grated cheese and set aside. Whisk eggs and two tablespoons cilantro in medium bowl. Season with salt and pepper. Sauté chorizo sausage in heavy medium nonstick skillet over medium-high heat until cooked through, breaking up with back of spoon, about five minutes. Add green onions and sauté two minutes. Add egg mixture and stir until very soft set, about one minute. Remove egg mixture from heat. Cook tortillas in skillet over high heat until beginning to crisp on bottom, but still soft and pliable, about one minute. Divide egg mixture among tortillas and sprinkle with remaining two tablespoons cilantro. Fold each tortilla in half. Serve with sour cream and hot sauce, if desired.

Recipes found at food.com



Get to know JB MDL!

Left: Can you guess what this 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!

Below: Did you guess last week's close-up photo? This bad boy is the Model 1914 Lewis Automatic Machine Gun on display at the Army Reserve Mobilization Museum on Dix. It is visually distinctive because of a wide tubular cooling shroud around the barrel.



Affair

Continued from Page 2

are unhappy or affairs occur mostly because of sexual attraction. She writes that most affairs actually start with friendships that lead to more and more personal sharing and an emotional connection that then leads to sex. In Glass's clinical sample, two-thirds of husbands and wives who had extramarital intercourse regarded falling in love as justification for having an affair. However, you can also have an affair without sex. Glass defines infidelity as any emotional or sexual intimacy that violates the trust of your spouse.

Ten ways to prevent infidelity:
1. Consider with whom you hang out. Research suggests you are more likely to be unfaithful if your friends and family members have cheated. Consider primarily socializing with people who hold marital vows sacred.

2. Don't discuss relationship problems with anyone who could be a potential alternative to your spouse.

3. If you do feel the need to talk to someone about marital problems, ensure it is someone who is a friend of the marriage and most preferably, a member of the same sex.

4. Prevent feelings from developing before they start. Don't spend too much time with someone of the opposite sex. It is natural for someone to be attracted and lower boundaries with someone with whom they spend a lot of time and share a lot of their thoughts and feelings.

5. Don't fall into the rescuer role. If you have a friend of the opposite sex who wants to talk about personal problems, do not get too involved. Talking about highly emotional issues lead to emotional intimacy and connection. Not talking to a friend about problems may

feel like "abandoning" them, but remember your top priority should be your spouse.

6. Behaviors lead to emotions. If you do notice feelings starting to develop for someone, change your behaviors and stop socializing with them. This may hurt at first, but it will likely save you a lot of turmoil in the end. It's a lot easier to stop feelings early and before you "love" the other person.

7. Being attracted to people is normal. However, feeling it and acting on it are not the same. Just because you are attracted to someone else doesn't mean you should abandon your spouse.

8. Don't let yourself fantasize about a life with the other person.

9. Don't flirt. This sends a signal that you are available and further escalates the likelihood you will act on your attraction.

10. Avoid risky situations. This could be the bar, the dance club, or any situation that might lead your emotions or hormones to get the best of you.

It's easy for people to put themselves in situations that are not initially compromising, but slowly and surely become more and more involved. This may lead to emotional or sexual intimacy with others that will not likely end well for anyone. Studies consistently show that only about 10 percent of people who have an affair eventually marry their affair partner and if they do marry, about 75 percent of those marriages end in divorce. It is also easier to remember all the problems in your marriage and be lured in by the promise of the relationship with another. However, most of the time there are very few stresses or commitments with that other person, which may be a large part of the reason it seems so "great". Just remember, the grass may seem greener on the other side of the fence, but only because you don't have to mow it.

POWs

Continued from Page 1

Mechenbier, a resident of Beavercreek, Ohio, a first lieutenant at the time of capture, served more than 40 years in the Air Force before retiring in 2004.

"People look at us and use the word 'hero' or say 'I can never do that,'" said Mechenbier. "Never sell yourself short, you don't know what you can do until you're tested."

Shumaker performed the ribbon-cutting at the new Vietnam War memorial.

"They truly exemplified the core values of

service before self," said Hodges. Turning to the POWs Hodges said, "Behind me are displays that tell of your story. You served as a beacon of light."

Of the 660 American military POWs who survived the war, approximately 80 percent continued their military careers. Most of the 500 returning aviators retrained and resumed their aviation careers.

The Navy Lakehurst Historical Society sponsored a meet and greet luncheon honoring the POWs at Tommy B's Community Activities Center. More than 100 JB MDL community members attended the luncheon which invited junior service members to learn more about the POWs.

Exercise

Continued from Page 1

The exercise scenario set up a simulated series of events during which two jilted civilian contractors coordinated an attack in order to seek vengeance. The civilians' work contract with the joint base was being replaced by another company so they wanted to punish Lt. Col. Jeffrey Gibson, 87th CONS commander, and his employees involved during a meeting. The exercise simulated that the individuals killed and wounded several individuals on their way to the basement where the meeting was being held.

A total of six 87th Security Forces Squadron members gathered at the building within seconds of receiving the call to exercise forming the initial entry party. They entered the building, listening to the screams of individuals acting as wounded victims who directed them to the perpetrator. The team entered the basement and eliminated the first active shooter. The second perpetrator, at that point, had already taken Gibson hostage in a nearby closet.

"Patrol Officer Joseph Donato, did a phenomenal job practicing his negotiation skills as he talked down and negotiating with the active shooter until the actual hostage negotiator arrived," said Master Sgt. Garrett Knight, 87th SFS

standards and evaluations noncommissioned officer in charge. "Negotiations went on for about an hour and 15 minutes until the gunman killed Gibson and himself."

An active shooter exercise typically wraps up once the threat has been eliminated. This year's exercise went a step further.

"We had a full after-action investigation complete with a mock crime scene done by the Office of Special Investigation and an FBI member," said Robertson. "We've never been able to exercise the interaction between command and control, and on scene investigators. From a 'lessons learned' perspective, it was very successful."

Joint-base agencies responded immediately to the reported incident and increased threat conditions and force protection levels.

Security forces eliminated the threat and secured the scene, the 87th Medical Group provided lifesaving care to the wounded, EM provided on scene communications for all elements and the Joint Base Fire Department provided command and control at the scene as the overall incident commander.

All Department of Defense installations practice training for similar real-world situations.

"Just because we live and work on military installation does not ensure we are exempt from violence," said Knight. "Shootings like Fort Hood and in D.C. show that base preparedness cannot be overstated."

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