

NEWSNOTES

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

JB MDL Monthly Installation Update
 The monthly installation update meeting is scheduled for 10 a.m. Oct. 2, 2013, at the Joint Base Theater. All military, civilians, contractors, spouses and retirees are welcome to attend. Call the joint Base McGuire-Dix-Lakehurst Public Affairs Office at 754-2014 for more information.

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. The hours will be adjusted to facilitate early dismissals and holidays as designated by the school. Call 754-4509 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@gmail.com. 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.

Claims against the estate of Airman 1st Class Allah Smart
 All persons having claims against Airman 1st Class Allah Smart need to present such claims to Senior Master Sgt. Christopher Rogers, the Summary Court Officer, at 754-4769. An example of a claim would be a debt, obligation or other money owed to the claimant by Smart.

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 Force's oldest airlift squadron kicks-off at noon Oct. 3, at the 6th AS Bull Pen, located at 2202 West Arnold Ave. Visit www.80yearsonlybeef.com for more details and itinerary of events.

87th MDG Hours
 The 87th Medical Group, located at 3458 Neely Road, will be open for normal operations Oct. 3, 2013. The MSG will have limited services available Oct. 10, due to wing exercise. Call 754-3787 for more information.

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 87abw.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, here. 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.

Gold Star 10K Ruck March
 The Gold Star 10K Ruck March is set from 8:30 a.m. to 1 p.m. Oct. 12, 2013, at the 621st Global Readiness Deployment Center warehouse, located at 3403 Neely Road. Registration opens at 7:30 a.m. followed by the official party arrival at 9 a.m., the official start begins at 10 a.m. and award ceremony at 12:15 p.m. and the closing at 1 p.m. The march will start at Neely Road to Brody Road to Tuskegee Airman Avenue to Arnold Avenue back to Brody Road and ends at the 621st Contingency Response Wing. The fee is \$20 per person. Call 754-2339 for more information or visit www.imathlete.com/events/GoldStarMomsRuckMarch for online registration.

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.jbmdl.com under the Community tab. Call 754-2830 for more information.

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Spc. Maria Rios, Puerto Rico Army National Guard 480th Military Police Company military police soldier, has her eyes and face flushed with water and baby shampoo after being sprayed with oleoresin capsicum, or "OC" spray and completing the subsequent tactics course during mobilization training with the 174th Infantry Brigade, First Army Division East Sep. 9, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army photo by Sgt. 1st Class Stanley Maszczak/Released)

Exercise burns 480th MPC Soldiers

By Sgt. 1st Class Stanley Maszczak
 174th Infantry Brigade Public Affairs

"It's like the devil just peed on my face—that's how it feels," said Spc. Maria Rios, military police soldier with the Puerto Rico Army National Guard's 480th Military Police Company, after completing the oleoresin capsicum, or "OC," spray course during her mobilization training Sept. 9, 2013, here.

Observer-controller/trainers from 1st Army Division East's 174th Infantry Brigade, a unit made up of both active-duty and Reserve Soldiers, conduct training with mobilized service members at Joint Base McGuire-Dix-Lakehurst not only on warrior tasks and drills, but also on their mission-specific duties. For the military police company, this includes being sprayed with OC, commonly referred to as "pepper spray."

"MPs have to learn to deal with cross-contamination so they can still function

in their duties and subdue their subject even if they've been hit with the OC spray themselves," said Staff Sgt. April Chambliss, a Reservist and observer-controller/trainer with 1-307th Infantry Regiment, 174th Infantry Brigade.

OC is a chemical derived from the fruit of plants like hot peppers. When a person is sprayed in the eyes and face, the capillaries of the eyes swell, causing temporary blindness; it also inflames the respiratory tissue causing coughing, choking and breathing difficulties.

"It's a psychological thing, too," said Staff Sgt. David Engelhardt, observer-controller/trainer with the 1-307th. "The first time you get hit with it you always think, 'Oh my god, something's wrong, this shouldn't be feeling like this,' but then you realize, that's just what it feels like. So now you know when you go into a situation, if you do get cross-contaminated, you can mentally break that barrier, know you're going to be fine and know that you

can function."

Once sprayed by a trainer, the mobilized MPs then move through five stations, including various forms of take-downs, baton strikes and defensive blocks.

"Your body doesn't get any more used to it," Engelhardt said, "but your mind definitely does."

Each station has an aggressor played by a plainly-dressed trainer, some of which wear protective suits to help shield them from baton strikes during the exercise. The training, in line with 1st Army's goal of providing relevant and realistic training, forces the MPs to complete the required take-downs and blocks while enduring the effects of a full spray of OC across the eyes and face.

"I'm glad I did it," said Spc. Matias Jimlee, 408th MP Company, who'd never been sprayed before. "I know now what it feels like and if I'm ever sprayed I'm very confident I can push through and accomplish the mission."

153rd MPC receives warm welcome

By Staff Sgt. Wendy McDougall
 101st Public Affairs Detachment

WRIGHTSTOWN, N.J. — The Delaware National Guard welcomed home 130 members of the 153rd Military Police Company returning from Afghanistan Sept. 18, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Maj. Gen. Francis D. Vavala, Delaware National Guard adjutant general, was on the tarmac with other senior leaders from the guard to welcome the company home.

"It is always a great day when we welcome our Soldiers home," said Vavala.

While in theater, the primary mission of the 153rd was to assist and train their Afghan counterparts in security operations. Typical training included setting up road-side checkpoints, securing building projects and conducting foot patrols.

What was scheduled to be a 12 month deployment, ended after nine months. Family and friends were ecstatic to welcome their Soldiers home early.

Nicole McCall, wife of Staff Sgt. Roger McCall, and their daughter, Rilee, patiently waited with their welcome home signs as the buses rolled in. As soon as they saw him, they erupted into tears and screams of joy.



Sgt. 1st Class Bruce Ashby and his son, London, share a smile, in person, upon his return from a nine-month deployment to Afghanistan with the 153rd Military Police Company. (U.S. Army photo by Staff Sgt. Wendy McDougall/Released)

Lieutenant colonel runs with dogs

Col. Dean Owens, 614th Air Mobility Wing safety chief and devout dog lover, said he enjoys running three to four miles with his dogs. "When I come home at the end of the day and I've got those excited pairs of eyes staring at me, it's hard to deny them a run," said Owens.



3

Army captain brings 'smack-down'

Army Capt. William "Billy" Simpson's dream to become a soldier and a world-class wrestler is now a reality with persistence and focus. Simpson was recently accepted into the Army's World-Class Athlete Program.



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Navy requires NFAAS update

All Navy personnel must verify or update their contact information in the Navy Family Accountability and Assessment System no later than Sept. 30, 2013. Personnel can log in to NFAAS and update or verify their personal information.



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Check out JB MDL on social media!

[fb/jbmdl](#)
 Use Facebook to connect with joint base leadership and other community members.

[fb/jointbasemdl](#)
 Sign up for text alerts through Twitter and receive important base updates straight to your cell phone.

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

Leadership requires balance between lesson, reality

By Chief Master Sgt. Lastenita Schuster
349th Aeromedical Staging Squadron

TRAVIS AIR FORCE BASE, Calif. — The principles of leadership are at the forefront of our society and the demand for it has never been greater.

At every turn, we are confronted with examples of leadership successes or failures. We hear it in the media, we read about it in print and we discuss it in personal conversations.

The concept of leadership is not indigenous to the military. It's key in government, the corporate sector, private industry, sports and even our home lives.

Leadership is not an inherent trait. We cultivate it through formal education and training, observation of distinguished leadership skills in our immediate circle, world leaders, titans of business and

through our own experience and practice.

More often than not, it is a constant struggle to balance what each one of us perceives leadership to be, what we are taught and situational circumstances that confront us each and every day.

At times, the concept can appear overwhelming. In current society, we are all challenged to be leaders regardless of rank, position and title or station in life.

The principles of leadership are not isolated to a privileged few. Understanding that leadership is a living, constantly evolving and dynamic concept, will help each one of us to attain a certain degree of comfort in learning the process and putting it into practice. The theories of yesterday are continually fine-tuned and enhanced to meet the demands of a technologically advancing world.

One of the many hallmarks of true leadership is a desire to strive to be the best we can be for ourselves and those we lead, the courage to admit when we falter and the strength to stand when it's not the popular thing to do.

Additionally, we have an obligation to reach out to those placed in our charge to teach and allow them the ability to develop and place into practice their specific leadership styles. We should encourage, mentor and motivate not just the learning of the process, but the freedom to step up and apply the dynamics.

Leadership is not an easy path and it's rife with challenges, but the successes of our own leadership and, most importantly, the development of the leaders of tomorrow, brings a reward that simply cannot be measured.

Leadership lesson: My biggest mistake as an NCO

By Chief Master Sgt. David Duncan
819th Air Base Wing

GRAND FORKS AIR FORCE BASE, N.D. — What was the most important leadership lesson you learned during your career? Airmen have asked me this question quite a few times as I get the awesome opportunity to speak with our Airmen around base. I have been asked this question from such groups as the First-Term Airmen Center, Airmen Leadership School and the Senior Noncommissioned Officer Induction class this past July. I think they are expecting me to come up with some incredible quote or leadership principle from one of a hundred authors we have the chance to read during our times in profession military education. I usually set people back a little when answering this question by telling the story of what I think was my biggest mistake as a young NCO.

I thought the world revolved around me back in 1990 when I was a brand new staff sergeant. Up to that point, I had been named the Squadron Airman of the Year. I was promoted to senior airman below-the-zone and had made staff sergeant in the second cycle of my first year eligible. Anyone with such an impressive resume was "all that and a box of chocolates." I fell into the trap of believing my own press.

One day, a young airman 1st class who worked on my engine crew came to work with a very strong body odor. Everyone on my crew was complaining to me about this situation.

Being the straight forward person I am, I sat him down and discussed this issue with him. My intent was to straighten this Airman out and make things right. It turned out the neighborhood he, his wife and four-month old daughter were living in was being torn down to allow for the construction of a new

highway overpass just outside of the base. Their home was actually the last house being occupied in this particular area. As a result, they had no electricity and no water. He had a house to move into in base housing, but wasn't able to get the key for another two weeks. However, he and his wife came from very poor families deep in the woods of Louisiana and they were quite content to "camp" for a few weeks until they could move to their new house.

I quickly realized just how bad I was at this whole leadership thing. Not only was I unaware of where my Airman even lived, I was unaware of this entire situation until this very discussion. In short, I failed my Airman and his family in a very big way. To make matters even worse, I was still selfishly only interested in taking care of his body odor condition only, mainly because I couldn't see the bigger picture that was put before me. I am embarrassed to admit all I could come up with was that he and his family begin using the fitness center for taking showers. There, problem solved.

When I let my supervisor, Tech. Sgt. Miller, know of my "brilliant" solution to this problem, he said something that sticks with me to this very day.

He said, "Staff Sgt. Duncan, that is the most stupid thing I have ever heard come out of your mouth and you did not earn your pay today."

Then he quickly proceeded to ask me some very basic questions concerning their ability to do laundry, wash dishes, provide healthy food, and even baby formula for their new daughter. I remember we had a very long and informative discussion about helping agencies and how it was my job as an

See LEADERSHIP, Page 13

Service member spotlight: a part of something bigger



(U.S. Army courtesy photo/Released)

Sgt. 1st Class Josue Rodriguez, 174th Infantry Brigade Current Operations non-commissioned officer, is the joint base's featured service member of the week.

Q: Why did you join the military?
A: I joined the military because I knew that it would challenge me. I wanted to do something that would improve myself as a person and I knew the military would provide immediate opportunities for this to happen.

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

A: I am a 174th Infantry Brigade current operations NCO. We are responsible for executing current operations, taking care of logistics and ensuring missions are accomplished safely and efficiently. If any challenges or obstacles arise, we're there to problem-solve and take care of it.

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

A: Both of my grandfathers served in the Army and it defined the type of people they became.

Q: Who most inspires you?

A: The person who most inspires me is my mother. By looking at her life and seeing what she has overcome, it has demonstrated to me that I can make it through anything. No matter what life threw at her, she always seemed to push through it and seemed to come out a better person for it. She will always inspire me and I'm honored to be her son.

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

A: If you find an issue with something, then do your best to fix it. Things improve in the military because someone like you and I say "This seems wrong — how can it be corrected?" Apathetic people cause the issues, but we have the solutions.

621st CRW holds memorial service for NCO



Lt. Col. Christopher Hornburg, 819th Global Support Squadron commander, presents Staff Sgt. Shuan Fischer's father, mother and sister with the U.S. Air Force Accommodation Medal during Fischer's memorial service Sept. 20, 2013, at the 621st Contingency Response Wing's Global Reach Deployment Center at Joint Base McGuire-Dix-Lakehurst, N.J. Fischer passed away in an off-base motorcycle accident Aug. 27. (U.S. Air Force photo by Tech. Sgt. Parker Gyokeres/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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Joint Base

McGuire-Dix-Lakehurst

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



314th PCH receives new top brass

By Sgt. Bradley Miller
326th Mobile Public Affairs
Detachment

BIRMINGHAM, Ala. — Lt. Col. Stephen G. Harlan relieves Lt. Col. Timothy B. Smith as commanding officer of the 314th Press Camp Headquarters during a change of command ceremony held Sunday Sept. 15, 2013, at the Hilton Doubletree hotel here.

Prior to commanding the 314th PCH, Smith had no public affairs experience much less did he know the ins and outs of commanding such units. Three years later, Smith is now walking away with a greater understanding of the public-affairs mission.

"I've been in the Army for a little over 30 years," said Smith. "This is the best job I've had so far. It gives you a totally different view of the Army. You see how your actions can affect things and you learn just how important that is. That's something I'll take with me as I move forward in my career."

Brig. Gen. Douglas Satterfield, 412th Theater Engineer Command deputy commanding general and ceremony officiator, feels that Smith has been extraordinarily creative in conducting training exercises that involved working with large numbers of people overseas and senior Army commands, while continuing to improve his unit and make them better during

his tenure as commander of the 314th PCH.

Harlan, a military technician working as the command historian for the 99th Regional Support Command at Joint Base McGuire-Dix-Lakehurst, N.J., takes command of the 314th PCH and 412th TEC and will command alongside Command Sgt. Maj. Christopher Luchsinger.

"Lt. Col. Harlan is a PA professional and he brings a lot to the table with his public affairs skills," said Smith, "and I think he's going to do a lot for the unit and help take them to the next level."

Lt. Col. Harlan said that stepping into a command position is much different than being a staff public affairs officer, as he previously held both positions.

"Serving in a staff position gave me a sense of the larger strategic messaging picture from the U.S. Army Reserve Command and Office of the Chief of the Army Reserve," said Harlan.

His previous command was at the company level. In combination of the experiences, he feels he has the command background and the staff background to understand how a battalion level unit should operate.

"Philosophers say that the only thing that is constant is change," Harlan said. "Lt. Col. Smith has built such a wonderful foundation that there will not be much



Lt. Col. Stephen G. Harlan, incoming 314th Press Camp Headquarters commander, assumes command of the 314th PCH from Lt. Col. Timothy B. Smith during a formal ceremony Sept. 15, 2013, in Birmingham, Ala. (U.S. Army photo by Sgt. Bradley Miller/Released)

change that I have to look into, only enhancements."

Satterfield tasks the incoming commander to the same standards as the outgoing commander. He

must maintain the same level of independence, achieve quality recruiting and ensure that all of his soldiers are fully ready for deployment.

"The 314th PCH has been a shining light in helping the 412th TEC move forward," Satterfield said. "I want everyone to know that they are a key part of that."

514th AMW Airman runs with dogs

By Senior Airman Chelsea Smith
514th Air Mobility Wing Public Affairs

As the van rounded the corner into the vacant parking lot, five eager heads peered through the crack of its windows revealing large gaping eyes, the silhouette of wagging tails and a hyper-awareness of what was to come.

When the door glided open, frantic paws paced the van floor never exceeding the door threshold as each anxiously awaited their turn to be leashed and released.

With verbal assurance and the release of his hand, Lt. Col. Dean Owens gave the cue as they accelerated towards the parking lot to embark on a normal exercise routine, yet anaesthetically unique version of troop running.

The network of canines forged ahead and dispersed, instinctively assuming their self-designated positions while Owens kept pace behind their strides.

Unified despite their size differences, each dog understood the cadence of its siblings as they pushed full throttle into their much anticipated run.

The crew can often be sighted running at various locations on base or in local neighborhoods, four times a week, drawing admirers and amazed spectators along the routes of their passages.

Owens, 514th Air Mobility Wing safety chief and devout dog lover, said he enjoys running, three to four miles with his dogs to satisfy his love of running while simultaneously maintaining Air Force fitness standards.

Although he may feel exhausted after a long workday, he's motivated to start once he straps on his running shoe and maintains that motivation witnessing the dynamic of his dog pack, he said.

"When I come home at the end of the day and I've got those excited pairs of eyes staring at me, it's hard to deny them a run," said Owens. "Even if I don't feel like running that day, I feel guilty not taking them out because they walk me to the door in the morning and greet me when I return home in the evening."

Owens said he initially started running with one dog, but as he added more to the family it was a natural decision to include each additional dog to the expanding bunch.

Although he said he can't take credit for their ability to stay in sync, he can credit them for encouraging him to maintain high fitness standards and achieve excellent

physical-training scores on every fit-to-fight test.

"If I keep up with them, I'm able to keep a consistent pace—usually around a 7:30 mile," he said. "It's also fascinating to watch them naturally align so it diverts my focus from being tired."

With more than 28 years of combined active-duty and reserve time in service, Owens said he has exceeded Air Force fitness standards largely due to routine runs with his dogs, but also due to innate qualities of his thin stature and love of exercising.

"I fully embrace the concept of keeping in good shape as a tenant of our roles as service members," he said. "Running is necessary, but as I get older and the joy of running diminishes, it's more motivation when I look at their expectant faces eager for a run."

Owens' motivators—all rescue dogs, include Lucy, a Jack Russell and Chihuahua mix; Cocoa, a Dachshund; Jake, a Boxer and Great Dane mix; Duke, a German shepherd and Ivy and Wylie, both Chow and Rottweiler mixes.

Appropriately, Owens said he'd welcome adopting a seventh dog adding there would be no problem handling another furry family member.

"I'm confident that any dog we take in would jump in and learn the routine," he said. "Each time I'd add a new dog there would be some confusion for the first half mile, but every dog eventually falls in place."

However, taking care of his current brood is a priority for Owens. Taking his roles as owner, alpha dog and friend seriously, he often alters running schedules based on extreme temperatures and monitors each dog's physical condition, he said.

"Chaining your dog and throwing them a bone every now and then does not equate to responsible ownership," he said. "Find an activity to include them in because the relationship between dog and owner is symbiotic so it's mutually beneficial. Luckily, all my dogs share my love of running."

Lt. Col. Dean Owens' tips for running with your dogs:

- If you don't have a dog, get one. If you have one — get two. If you have two, what is one or two more?
- Be a responsible pet owner.
- Be mindful of extreme weather conditions when exercising.
- Know their physical limitations—they've got aches and pains just like humans.



Lt. Col. Dean Owens, 514th Air Mobility Wing safety chief, and his five dogs enjoy a leisurely run Sept. 7, 2013, here. His brood of all rescue dogs run with their owner at various locations on base or local neighborhoods four times a week, drawing admirers and amazed spectators along the routes of their passages. (U.S. Air Force photo by Senior Airman Chelsea Smith/Released).

- Running is a great way to bond, but you can also incorporate other activities to ensure their emotional and physical well-being.
- Guaranteed to improve your fit-to-fight test scores.

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All-Army wrestler sets sights on Olympics

By Army Sgt. Tamika Dillard
2nd Brigade Combat Team, 1st Infantry Division

PORT RILEY, Kan. — Army Capt. William "Billy" Simpson learned from an early age to never give up on his dreams. With that always on his mind, his dream to become a soldier and a world-class wrestler is now a reality. Simpson, a field artillery officer with 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division was recently accepted into the Army's World-Class Athlete Program. He will receive the support and training to compete and succeed in national and international competitions including the Olympic Games, while maintaining a professional military career and promoting the U.S. Army to the world.

Simpson worked toward this his whole life. "My dad was a wrestling coach," said Simpson, a native of Bellevue, Tenn. "He made sure my brothers and I could wrestle by the time we could walk. Every time we would play a game or a sport around the house, it always turned into a wrestling match."

As Simpson got older, his love for wrestling grew — to the point he begged his father to let him compete.

"When my brother reached the age where he could wrestle, my father became his coach," he said. "I would be there for every match, just screaming and yelling for him. Afterwards, I would ask my dad how much longer I had until I could wrestle."

Finally the day came when Simpson took part in his first competition.

"I was in the sixth grade when I had my first match," he said. "I went into the match more experienced and so I had much success. The thrill, excitement and full-body exhaustion from my first match set the stage for me. From that point on, I knew I wanted to do this as long as I could."

Simpson continued to wrestle through junior high and high school with the goal of one day becoming an elite freestyle wrestler, but he had an even bigger dream in mind: becoming a Soldier.

"When my big brother said he was joining the military, I was excited," he said. "On top of that, he received a wrestling scholarship from West Point. After witnessing this, I knew what my plans were going to be."

Simpson was accepted into the U.S. Military Academy Preparatory School at West Point in 2004 on a wrestling scholarship. After finishing West Point Prep. in 2005, he went on to graduate from West Point in 2009.

Simpson competed in more than 80 matches during his time at the military academy, but one match sticks out.

"My most unforgettable fight was during my sophomore year at West Point," he said. "I entered into the New York State Tournament as an unranked competitor but I made it to the finals where I was to wrestle the Number 10 ranked wrestler in the country."

Simpson described the final minutes of the match, in



Army Capt. William "Billy" Simpson, a field artillery officer with 1st Battalion, 7th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division, competed in his first Armed Forces Freestyle Wrestling Tournament March 16-17 at Joint Base McGuire-Dix-Lakehurst, N.J. Simpson, along with his teammates, earned the Armed Forces Freestyle Wrestling Championship. Simpson was also named the 2013 All-Army Freestyle Champion. (U.S. Army courtesy photo/Released)

which he was considered a major underdog.

"I knew I was going to have to give it my all, plus more, to beat this guy," he said. "At about 30 seconds left in the match, I realized we were tied but I was on top of him. I decided to risk the competition by letting him up in the hopes of bringing him back down before the clock ran out."

The match went down to the wire.

"We were going back and forth until we went out 10 rounds with eight seconds left on the clock," Simpson said. "When we came back in the circle, I took him down

at the last second and won the match."

Simpson was named the outstanding wrestler of that tournament, but more success was ahead.

Upon graduating from West Point as a field artillery officer in 2009, Simpson received orders for the 1st Bn., 7th F.A. Regt., 2nd ABCT, 1st Inf. Div. He deployed November 2010 for a yearlong mission to Baghdad, Iraq, in support of Operation New Dawn.

A year after returning from deployment, Simpson decided he was ready to start wrestling again.

"I was a little bit hesitant at first but I spoke with my battery commander in October 2012 about competing again," Simpson said. "I expressed to him how I have been dreaming for an opportunity like this. Before I could blink he turned to me and asked me if I felt I had a chance at winning it and I quickly replied, 'Yes, I do.'"

With the support of his battery commander, Capt. Ritchie Rhodes Jr., and his battalion commander, Lt. Col. John Mountford, Simpson applied and was accepted to the 2013 All-Army Freestyle Wrestling Team. He eventually walked away as the 2013 All-Army Freestyle Wrestling Champion.

After competing and winning the All-Army title, Simpson asked his leaders if he could apply to join the World Class Athlete Program.

"Capt. Simpson came to me and mentioned that he wanted to take his wrestling career to the next level," Rhodes said. "He told me he wanted to pursue the WCAP program and so we filled out a list of pros and cons to fully evaluate the opportunity."

The solution did not immediately present itself.

Rhodes said, "When we compiled the list and it came out 50/50 split, the only two questions I had left for Simpson to answer were quite simple: 'Would you regret passing on this opportunity when you get older and would you tell your grandkids?'"

The answer to both questions? Yes.

Immediately after receiving notification of his acceptance into the program, Simpson received permanent orders to the WCAP unit at Fort Carson, Colo., until 2016. Through Army funding, he will receive the best possible coaching, access to training venues and state-of-the-artsports medicine. He will also participate in top national and international competitions including the Olympic Games and national governing body amateur championships.

Simpson said the opportunity would not have been possible without his leaders' support. For their support, he will continue to represent "First Lightning" by wearing the battalion T-shirts as much as he can.

"There is no greater opportunity than to be able to do what I love," Simpson said. "The Army has given me the opportunity to remain a soldier all while training to be a professional wrestler and hopefully I will go on to represent them in the Olympics."

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NFAAS requires semiannual update

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

MILLINGTON, Tenn. – The Navy has issued an order for all Navy personnel to verify or update their contact information in the Navy Family Accountability and Assessment System no later than Sept. 30, 2013.

NAVDADMIN 237/13 requires all active-duty and Reserve Sailors and Department of the Navy civilian employees to log in to <https://navyfamily.navy.mil> to verify or update contact information for themselves and their dependents. Navy contractors outside the continental United States are also required to complete the assessment.

Personnel can log in to NFAAS and update or verify their personal information by clicking on the "My Info" tab, then selecting "Contact Information." Personnel must also verify family member information by clicking on "Family Member Info" under the "My Info" tab. All family members enrolled in the exceptional family member program must be identified as such.

The NFAAS information update is a semiannual requirement for Navy personnel to complete by April 1 and Oct. 1 each year. NFAAS officials will submit the names of commands not in compliance with NAVADMIN 237/13 to the office of the Chief of Naval Operations for review.

The message also directs commands to incorporate NFAAS updates into the command check-in and check-out processes during permanent-change-of-station moves.

NFAAS is used to account, manage and monitor the recovery process for Navy personnel and their families affected by wide-spread catastrophic events. Outdated contact information can delay the Navy's ability to account for and assist affected personnel.

For more information read NAVADMIN 237/13 and contact the Navy Personnel Command customer service center at 1-866-UASK-NPC or visit the NPC website at www.npc.navy.mil.

JB MDL commander visits health epicenter



Col. James Hodges, Joint Base McGuire-Dix-Lakehurst commander, learns about his 87th Medical Group's pharmacy operations during his immersion tour Sept. 17, 2013, at JB MDL, N.J. Hodges spent time becoming familiar with the base's tenant units after assuming command in July. (U.S. Air Force photo by Wayne Russell/Released)

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MOS Det. 2 holds five courses at once

By Staff Sgt. Amber R. Kelly-Herard
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — With the right combination of people and places, the U.S. Air Force Expeditionary Center Mobility Operations School, Detachment 2, here, held five courses at the same time simultaneously.

The schoolhouse offers 17 different curriculums to support the Air Mobility Command mission, but they had never held more than four courses concurrently.

Airmen must come to the detachment before assuming a Mobility Air Forces Global Command and Control position.

The purpose of the school house, which was established Dec. 1, 2005, is to provide students with the skills and knowledge to be integrated into the air mobility enterprise.

"AMC brings America to the fight — whether it be a rescue or humanitarian mission, we move the people and equipment to support the war effort," said Rudy Becker, MOS director. "This school trains the people on the ground."

The five courses held include: the Global Mobility Air Operations Core Course, Global Mobility Air and Space Operations Executive Course, AMC Command Post Manager Course, Air Mobility Liaison Officer Qualification Course and the Joint Base McGuire-Dix-Lakehurst-based Advance Air Mobility Operations Course.

The Global Mobility Air Operations Course is an eight-day course for everyone assigned to the 618th Air and Space Operations Center (Tanker Airlift Control Center).

"This is our bread and butter," said Lt. Col. Christopher Fuller, Detachment 2 commander. "We graduate on average 210 students a year. Students range from colonels to Airmen new to the Tanker Airlift Control Center and AMC mission."

After the GMAOC, most students will attend a Global Mobility Air Operation Track which is more job specific.

The Global Mobility Air and Space Operations Executive Course is a two-day course for senior leaders assigned to 618th AOC.

The AMC Command Post Manager Course is an introduction to the responsibilities of being a command post manager. To add to the detachment's success, recently the AMC Command Post Manager Course became the Command Post Manager Course for the Air Force.

"The functional manager sits through every course we hold. Access to the AMC staff and functional managers is another benefit of the school being located at Scott," said Fuller, a Miami, Fla., native.

The Air Mobility Liaison Officer Qualification Course is a five-week course for MAF officers preparing to become air mobility liaisons in a joint environment.

Lastly, the Advance Air Mobility Operations Course, which is based out of Joint Base McGuire-Dix-Lakehurst, N.J., was also held. AAMOC enhances understanding of the Air Force's air mobility capability, including how air mobility forces are organized, employed and executed to support joint mission objectives.

"We mirror the mission environment when we train so our students leave the class confident," said Becker, a Huntington, Conn., native.



The McGuire First Sergeant Council is once again hosting the Gold Star Ruck March to honor the sacrifices of our Gold Star Families and our commitment to service, our country, and each other. Teamwork and never leaving a man behind are the themes of the day!

What is it?

A 10K race for four person teams or individuals in two categories:

- Military Uniform w/30lb ruck
- Military Uniform w/o ruck
- Civilian attire with or w/o ruck may be worn but you will not qualify for prizes

When is it?

Saturday, October 12, 2013
Registration starts 07:30 - 08:45 (arrive well fed, with \$20 per person entry fee in hand and ready to ruck!)
Opening ceremony begins at 0900

Where is it?

621st Global Readiness Deployment Center (GRDC) warehouse
Building 3403 Neely Road JB MDL, NJ

Registration information:

- ***Online registration only***
- <http://www.jm2013.com/events/GoldStarMansRuckMarch>
- Entry fee - \$20 per person plus service fee
 - o See "REGISTRATION NOTE" below for details
- Registration closing date Thursday, 10 October @ Noon
- No registration refunds
- Minimum age to race is 13 years old by race day

You can view the map of the route here:

<https://maps.google.com/maps?ms=7#wid=200371694503712895684.0004e6d4196ca17f5485&ms=0&ll=40.095951,-74.6166925&spz=0.0192681,0.019033>

You can find out more information on the Gold Star Moms and Families at:

<http://www.goldstarmoms.com/Daats/NJ/NJ.htm>



Motorcycle Safety Tips

- Check the overall condition of the bike before operating it.
- Check tires, controls, lights and oil.
- Make sure everything is in good working condition.
- Wear a helmet and protective gear.
- Turn on headlights and maintain a safe following distance.

- Avoid the center of the lane where debris and oil build up.
- Ride at a safe speed, don't Drink and Drive.
- Take a course to learn or reinforce safe driving techniques.
- Know the motorcycle.
- When driving in traffic remember to:

S - Search around for potential hazards.

E - Evaluate any possible hazards, such as turning cars, railroad tracks, etc.

E - Execute the proper action to avoid the hazard.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Safety Office, 754-7233.

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Joint Base Intramural Sports Standings

2013 Intramural Wallyball JB McGuire-Dix

Team	Win	Loss	PCT
AMC TES	5	0	1.000
87th CS - A	4	1	0.800
87th MDG	2	1	0.667
ACC-NJ	1	2	0.333
314th RCS	0	2	0.000
305th MXS	0	2	0.000
87th CS - B	0	2	0.000
605th AMXS	0	2	0.000

Game schedule

Week 6

Sept. 30 4 p.m. 314th RCS vs. 87th MDG
5 p.m. ACC-NJ vs. 605th AMXS

Oct. 2 4 p.m. 87th CS - A vs. 305th MXS
5 p.m. 87th CS - B vs. AMC TES

All games played at McGuire Racquetball Court

2013 Lakehurst Fall Soccer

Team	Win	Loss	Tie	Points
Mayhem	2	0	1	22
Unarmed Forces	2	1	0	20
Mavericks	2	1	0	18
Furloughed Forces	1	3	0	13
Aftershock	0	2	1	8

Game schedule

Week 4

Sept. 30 11:15 a.m. Unarmed Forces vs. Mayhem
12:05 p.m. Furloughed Forces vs. Mavericks

Oct. 2 11:15 a.m. Mavericks vs. Aftershock
12:05 p.m. Mayhem vs. Furloughed Forces

All games played at Lakehurst Credit Union Annex Field

2013 Lakehurst Flag Football

Team	Win	Loss	PCT
Unarmed Forces	2	0	1.000
Thunder Chickens	2	0	1.000
Show Time	0	1	0.000
Little Giants	0	1	0.000
Titans	0	2	0.000
CNATT/Test	0	3	0.000

Game schedule

Week 4

Oct. 1 11:30 a.m. Titans vs. Show Time
Oct. 3 11:30 a.m. Thunder Chickens vs. Little Giants

All games played at Lakehurst Sports Complex Football Field

2013 Intramural Flag Football JB McGuire-Dix

Team	Win	Loss	PCT
108th WG	0	0	0.000
174th INF BDE	0	0	0.000
244th AVN	0	0	0.000
2nd/32nd	0	0	0.000
3-314th FA	0	0	0.000
305th AMXS	0	0	0.000
305th APS	0	0	0.000
305th MXS	0	0	0.000
305th OSS	0	0	0.000
605th AMXS	0	0	0.000
621st CRW	0	0	0.000
87th CES	0	0	0.000
87th FSS/87th CS	0	0	0.000
87th LRS	0	0	0.000
87th MDG	0	0	0.000
87th SFS	0	0	0.000
Fire Dept.	0	0	0.000
FRC East	0	0	0.000
HHC ASA-Dix	0	0	0.000
VR-64 Condors	0	0	0.000
WMSE	0	0	0.000

PCT=Winning Percentage

Game schedule

Week 1

Oct. 1 5:30 p.m. Field 1 621st CRW vs. 3-314th FA
5:30 p.m. Griffith2nd/32nd vs. VR-64 Condors
6:30 p.m. Field 1 HHC ASA-Dix vs. 174th INF

BDE

6:30 p.m. Griffith Fire Dept. vs. WMSE
7:30 p.m. Field 1 87th CES vs. 87th SFS
7:30 p.m. Griffith 244th AVN vs. 87th MDG

Oct. 2

5:30 p.m. Field 1 305th AMXS vs. 87th LRS
5:30 p.m. Griffith 108th WG vs. FRC East
6:30 p.m. Field 1 87th FSS/87th CS vs. 621st CRW
6:30 p.m. Griffith 2nd/32nd vs. 3-314th FA
7:30 p.m. Field 1 305th OSS vs. 305th APS
7:30 p.m. Griffith 305th MXS vs. 605th AMXS

Oct. 3

5:30 p.m. Field 1 87th FSS/87th CS vs. 87th LRS
5:30 p.m. Griffith 87th CES vs. VR-64 Condors
6:30 p.m. Field 1 87th SFS vs. 87th MDG
6:30 p.m. Griffith 108th WG vs. 305th MXS
7:30 p.m. Field 1 305th AMXS vs. 305th APS
7:30 p.m. Griffith 244th AVN vs. Fire Dept.

Field 1=McGuire Griffith=Griffith (FH) Flag Football Field #1 Current as of Sept. 24, 2013.



Time to get Healthy!

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

JB MDL Airmen celebrate Air Force birthday in 'Big Apple'



Airmen from Joint Base McGuire Dix Lakehurst stop in Times Square Sept. 18, 2012, during their visit to New York City. The Airmen were part of several events to celebrate the Air Force's 66th Anniversary in the city. (U.S. Air Force courtesy photo/Released)

JB McGuire-Dix-Lakehurst "Safety Flash"

SCHOOL IS BACK IN SESSION

The long days and warm weather still say summer but summer vacation will end soon. Increasingly, summer vacation isn't what it used to be, three months of leisure time to be spent at camp, by the pool or playing in the backyard.

Most students in our area will be back in school right after Labor Day – the unofficial end to summer. They will be asked to concentrate on reading, math and English, even while the warmth and sun still beckon.

Parents can do their part to help their children get off to a good start. A good night's sleep, a good breakfast and a good attitude are important underpinnings to a good educational experience. Parents are their children's first and best teachers. Remind children to use sidewalks, crosswalks and crossing guards, and to ALWAYS look both ways for approaching cars—especially when entering and exiting school buses.



When children go back to school, parents develop a checklist: shop for clothes, buy new shoes, and purchase pens, paper and notebooks. But we want everyone to put one thing at the top of their list during the back-to-school season... **safe driving.**

The back-to-school season is an important time for drivers to pay extra attention to the road because children will be standing in line at the bus stop or getting on and off buses, walking to and from school, and playing on or near school property and in neighborhoods. We want to remind everyone to drive carefully, especially while in school zones.

The greater community has a role to play, too. Motorists need to be on the watch again for children around neighborhood schools in the morning and afternoon. Reduced speed limits, enforced by police, are the rule when school is in session. Drivers who slow down can do more than avoid a ticket and points on their licenses; they may save a life.

BACKPACK SAFETY

Choosing the right backpack. Look for the following:

- Wide, padded shoulder straps - Narrow straps can dig into shoulders. This can cause pain and restrict circulation.
- Padded back - A padded back protects against sharp edges on objects inside the pack and increases comfort.



To prevent injury when using a backpack, do the following:

- Pack light. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may increase curvature of the spine.
- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- Use a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried upstairs. And they may be difficult to roll in snow.

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NEWSNOTES

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. Day 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 Tomny 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.e@us.af.mil for more information.

915th Contingency Contracting Battalion
The 915th Contingency Contracting Battalion is seeking officers, 03-04, any branch and E5-E7, any military occupational specialty, interested in a career change. Immediate vacancies and opportunities are available. Visit www.hc.army.mil/Milper/13-205 or <http://asc.army.mil/web/career-development/military-nco/usar-reclassification-program> 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. - noon and Thursday 1 to 5 p.m. at 158 Berry Road. The sales income received from thrift shops 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. Call (732) 323-2362 or visit for more information.

87 LRS Customer Service and Equipment Accountability Service
Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306/1381. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at 1757 West Arnold Ave., Room 166 on McGuire. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit www.drms.dla.mil for DRMO procedures.

Neighborhood Community Watch Meetings
The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcons Court North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 723-6563 for more information.

Firehouse Movie Night
A movie night is scheduled for 8 p.m. every second Friday of the month at The Airmen's Firehouse on McGuire. This event is open to all E-1s through E-4s. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDG Training Hours
The 87th Medical Group will close for readiness training at noon the first Thursday of each month.

Crafty Birthday Parties
The Arts and Crafts center offers a chance for community members to host birthday parties at the center. Parties include two hours of party room use and one craft project with an instructor and all materials. Choose from a ceramic painting or plush animals parties. Call 562-5691 for more information.

Palace Chase and Palace Front Briefings
The joint base recruiter for the Air Force Reserves is set to host a briefing at 9 a.m. Wednesdays in Room 22 at 2916 Falcon Lane on McGuire. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call 754-2918 for more information.

Home School Art Class
The Arts and Crafts Center offers a 10-week mixed media course for ages six and up. Five sessions of pottery and five sessions of fine arts are included. Call 562-5691 for more information.

International Spouses' Group
The International Spouses' Group assists foreign-born spouses with cultural adaptation. The group serves as the first stop, as well as ongoing support, for multicultural families. The group meets the last Friday of each month from 11:45 a.m. to 1:30 p.m. for planned social and educational activities. Call 562-2767 for more information.

Beginning Crochet Workshop
A beginner's crochet class is set from 10 to 11 a.m. the first and third Saturdays of each month at the Arts and Crafts Center. Call 562-5691 for more information or to register.

Financial Readiness Program
The Financial Readiness Program assists service members and their families in improving personal financial status and their ability to perform as informed consumers. The program focuses on improving credit reliability and reducing debt. Available services include: complaint resolution, individual counseling, training classes, resource library, debt liquidation, budget development and planning. Call 562-2767 for more information.

Education and Training ABCs of college Briefing
An ABCs of College information session is set to be held every third Thursday of the month at 9 a.m. in the Education Center, 3829 School House Road, Falcon Courts North housing area Room 206. The briefing will provide information on how to choose a school and major, determine payment methods, plan for career success, register for upcoming classes and gain information about degree types. Email gaylor.simons@us.af.mil for more information or to register.

MPS Passport Appointments
The Military Personnel Section passport office will accept appointments only for official passport processing. Appointments are available from 7:30 a.m. to 6 p.m. Mondays through Thursdays and 7:30 a.m. to 4:30 p.m. Fridays. Call 754-3826 to schedule an appointment. Tourist passports are not available at this location. Visit www.co.burlington.nj.us/pages.aspx?cid=23 for tourist passport locations. Passport pick-ups will continue to be handled on a walk-in basis during normal MPS customer service hours. As a reminder, customers assigned to the 6th Airlift Squadron, 621st Contingency Response Wing, 21st Expeditionary Mobility Task Force and the U.S. Army have separate passport agents in their units who are able to service their passport/Visa needs. Call 754-1592 for more information.

Library Events
Children's Story Time will be at 10 a.m. Thursdays.

Tuskegee Airmen Meetings
The Hannibal M. "Killer" Cox chapter of the Tuskegee Airmen Incorporation is set to host its monthly meeting at 5 p.m. on the fourth Tuesday of every month at the Firehouse Club on McGuire. Visit www.tuskegeearmen.org for more information.

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
Repaving of Hancock Road is currently scheduled through Oct. 7, 2013. Traffic will be reduced to one way with flaggers during paving operation. Watch for workers striping roads.

Thrift Store and Airmen's Attic Demolition
Demolition of the Thrift Store and Airmen's Attic, located at 3446 Brody Road 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 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. Inadvertent electrical shutdowns will be required to disconnect old service and reconnect to the new distribution system.

Walson Army Hospital Demolition
Demolition of the Walson 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 – 3827 School House Road
Dix Chapel – 5240 New Jersey Avenue
Soldier's Chapel – 5950 Church Street
Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

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

Protestant
Sunday – 9 a.m. Traditional - Dix Chapel
Sunday – 9:45 a.m. Contemporary - North Chapel
Sunday – 11:30 a.m. Gospel - McGuire Chapel

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

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

Contacting A Chaplain

When should I call a Chaplain?

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

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

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

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

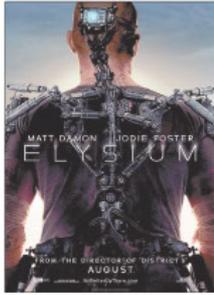
Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

AirForceToons

BY JUSTIN M. MAY / FAWW@HQSMAIL.COM

AIR FORCE TIMES © 2013

JB MDL Base Theater Movie Schedule



Friday:
7 p.m.
Elysium
(R)



Saturday:
7 p.m.
Kick-Ass 2
(R)

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.ab.w.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Eggplant Parmesan

A low-fat version of an Italian favorite. Substitute vegetable bouillon for a vegetarian dish. Serves two.

- Ingredients:
- 1 lb eggplant, sliced & peeled
 - 1/2 teaspoon salt
 - 1/2 teaspoon garlic powder
 - 8 ounces tomato sauce
 - 2 garlic cloves, minced
 - 1/2 teaspoon Italian seasoning
 - 1/2 teaspoon oregano
 - 1/2 teaspoon chicken bouillon granule
 - 1/4 cup mozzarella cheese, shredded
 - 2 tablespoons parmesan cheese, grated
 - olive oil flavored cooking spray

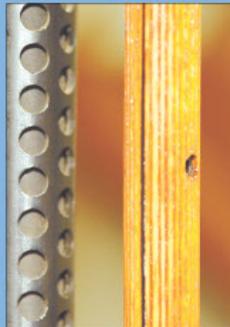
Cooking Instructions
Preheat oven to 400 degrees. Peel and slice eggplant into 1/2 slices. Spray both sides with cooking spray and place on a



sprayed baking sheet. Sprinkle with half of the salt and garlic powder. Bake 20 minutes, turning the eggplant halfway through cooking time. In a sauce pan, sauté minced garlic in cooking spray until lightly browned. Add tomato sauce, Italian seasoning, oregano, and bouillon granules. Reduce heat under pan to very low and cover. Remove eggplant from baking sheet. In a small baking dish, spread a thin layer of sauce. Add one layer of eggplant, another of sauce and so on until all eggplant is used. Finish with a layer of sauce. Top with cheeses and bake until cheese is melted.

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!



Did you guess this week's close-up photo? It's the bayonet sheath for a Revolutionary War Minutemen uniform on display at the Army Reserve Mobilization Museum on Dix. Looks itchy.

Leadership

Continued from Page 2

NCO to know them and know how to use them. He was very disappointed in my performance that day. Long story short, Tech. Sgt. Miller, my Airman and I walked out of the housing office less than one hour later with a set of keys to his new house and the rest of my crew and I moved his family into their new house by the end of the day.

So the most important leadership lesson I ever learned in my career is very simple. Being an NCO or Leader is not about you. Rather, it is about everyone one around you. Surely, it is about the Airmen and their families who the Air Force trusts you to care for. It is not about having the right answer all the time. But it is about being smart enough and humble enough to admit that you don't know the right answer and you might be in over your head. It is about having situational awareness and knowing you have resources and helping agencies all around you which are available to assist you in taking care of your people.

To be an effective leader one must know their people. A leader knows not just where their people live, but under what conditions they and their families

are living in. A leader is not concerned with building their resume. They are concerned with developing their subordinates to become the best Airmen our Air Force deserves. Where are your Airmen in terms of Career Development Courses, their Community College of the Air Force degree or physical fitness? How is your Airman's family doing? What is their spouse's name? What about the names of their children? What school does your Airman, their spouse or their child attend? How are their parents doing? What about their brother who has been sick lately, how is he doing?

The word sergeant means servant. NCOs are expected to serve the sons, daughters, nieces and nephews of our country. Those very moms, dads, aunts and uncles send their most precious gifts to us and expect us to be good stewards of these gifts. Be the good sergeant they expect you to be.

In the end, this Airman thanked me for taking care of his family and for the lesson I taught him about taking care of people. Tech. Sgt. Miller is the one who deserved all the credit for the final outcome of this situation. Truth be known, I should have been thanking both my Airman and my supervisor for the lesson they taught me that day - a lesson+ which has stuck with me for the rest of my career.

Sweethearts Seminar

When it comes to loving the most important people in our lives... no one can ever learn too much!

➔ Revitalize the fun, sensuality, and friendship

➔ Communicate safely and effectively

➔ Harness the power of commitment

*** Limited Seating *
* Reservation Required *
* Lunch will be provided ***

REGISTER NOW!
609-754-9680

Date: 19 October 2013 (Saturday)
Time: 0830-1600 hours
Venue: Dix Community Center
1134 Hemlock St, Dix, NJ
(Sponsored by JB MDL Family Advocacy Program)