

NEWSNOTES

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

Pemberton Gate Hours

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

Law Enforcement Desk Relocated

The 87th Security Forces Squadron law enforcement desk is now located at the new Emergency Control Center, located at 2301 Vandenberg Ave. For all emergencies call 9-1-1. All non-emergencies, call 754-6001.

Claims against the estate of Airman 1st Class William T. Bissett

All persons having claims against Airman 1st Class William T. Bissett need to present such claims to Maj. James Ford, the Summary Court Officer, at (609) 724-4910 or email at james.ford4@usaf.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Bissett.

Claims against the estate of Master Sergeant Lorena R. Wick

All persons having claims against Army Master Sgt. Lorena R. Wick need to present such claims to Maj. Ed Park, the Summary Court Officer, at (609) 562-5453 or email at edward.y.park.mil@mail.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Wick.

Sweetheart Seminar

The Joint Base McGuire-Dix-Lakehurst Family Advocacy Program is set to host a Sweetheart Seminar from 8:30 a.m. to 4 p.m. Oct. 19, 2013, at the Dix Community Center, located at 1134 Hemlock St. Seating is limited and pre-registration is required. Call 754-9680 for more information or to register.

MAG 49 Hangar Dedication Ceremony

The Marine Aircraft Group 49 is set to host two hangar dedication honoring two former MAG 49 aviators Oct. 19, 2013, located at 4401 Texas Ave. The first dedication begins at 10 a.m. in honor of Lt. Col. David S. Greene followed by a second dedication at 2 p.m. honoring Lt. Col. Franklin Kolbe Jr. Call 562-8717 for more information.

87th MDG Flu Shots

Flu shots will be available for 87th Medical Group enrolled beneficiaries 3:30-7 p.m. Oct. 21 and 28, 2013, at the 87th MDG Clinic. Flu shots are also available at the 87th Medical Group Clinic from 7:30 a.m. to 4 p.m. daily.

Red Ribbon 5K

The 87th Force Support Squadron is set to host a Red Ribbon 5K at noon Oct. 24, 2013, at Infantry Park, located east of Griffith Field House on 6053 Doughboy Loop. Free t-shirts will be given to the first 150 participants. The event is free and open to all Department of Defense ID cardholders. Call 562-2707 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.gomd.com under the Community tab. Call 754-2830 for more information.

ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree Appreciation Day from 8 a.m. to noon Oct. 26, 2013, at the Timmermann Center, located at 5441 Pennsylvania Ave. Registration begins at 8 a.m. to allow time for retirees to visit the federal, state and local agencies that will be present to provide information on their services. Call 562-2666 for more information.

Take Back Drugs Day

'Take Back Drugs Day' is scheduled from 9 a.m. to noon in the Base Exchange front lobby, located at 3425 Brody Road and from 8 a.m. to noon at the Timmermann Center, located at 5441 Pennsylvania Ave. Oct. 26, 2013. Old, expired or unneeded medication will be collected in an effort to keep our community safe and drug free. Call 562-4011 for more information.

Harvest Day 5K Run and Fit Walk

The 87th Force Support Squadron is set to host a Harvest Day 5K Run and Fit Walk 11:45 a.m. Oct. 31, 2013, at the Lakehurst Fitness and Sports Center, located at 123 Severnys Road. Event is open to all Department of Defense ID cardholders. Registration begins at 11:30 a.m. Call (732) 323-7266 for more information.

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Airman 1st Class Michael Studley, 818th Global Mobility Readiness Squadron close precision engagement course candidate, takes aim during a stalking exercise on a training range here Oct. 9, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Studley and six other candidates were participating in a 621st Contingency Response Wing run, 10-day CPEC indoctrination course to prepare them for the more rigorous 19-day U.S. Air Force CPEC course at Fort Bliss, Texas. (U.S. Air Force photo by Tech. Sgt. Parker Gyokeres/Released)

621st CRW sharpshooters put high demand training in sights

By Tech. Sgt. Parker Gyokeres
 621st Contingency Response Wing
 Public Affairs

A truckload of insurgents rolls slowly towards the backside of an airbase where an American cargo plane has just landed to unload food and medical teams. They figure this little dirt road will allow them to sneak up undetected, so they can probe for weaknesses and a find way to stop the relief supplies.

In a patch of vegetation at the edge of the airbase almost a half-kilometer away, two men lie prone. They've been in this spot since well before the sun came up, and are well hidden. One has a radio and a spotting scope, the other, a powerful rifle. The insurgents don't know it yet, but this attack is over before it even started.

"Defender control, this is Shadow," the observer quietly speaks into his throat microphone.

"Go ahead." Replies a slightly garbled voice over his encrypted radio.

"We have six military aged males in a light truck approaching the back fence line. Advise you send a quick response force to their location."

"Copy that Shadow, please observe and keep us posted."

Without a single shot being fired, the 621st Contingency Response Wing's close precision engagement team was able to identify a threat and direct a visible response. If the situation required it, this team of expert sharpshooters would be able to stop the truck in its tracks, and if need be, engage the men in it.

This scenario is fictional, but these Airman's skills are put to the test every time a CRW team needs to establish a security perimeter around one of its operations in a dangerous environment.

"The further out we can see people

that may want to hurt us, the more opportunities we may have to discourage them and prevent conflict," said Staff Sgt. Bryan McMullen, 818th Global Mobility Readiness Squadron close precision engagement team leader. "The CPE mission is to deliver long-range precision rifle fire, enhanced observation and reporting, in support of air base defense and continuous airfield operations. Our skills make us a force multiplier for the defense force commander."

With only a half-dozen trained marksmen assigned to the East Coast-based units of the CRW, CPE teams are a valuable resource. The U.S. Air Force only conducts two of the 220-hour, 19-day CPEC courses each year at Fort Bliss, Texas. Class size is limited. There are usually no more than 40 Airmen in each class.

See **INSURGENTS**, Page 11

Joint Services conduct CBRNE exercise

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

Joint Base McGuire-Dix-Lakehurst service members conducted a chemical-attack response exercise in conjunction with a force-protection condition (FPCON) exercise Oct. 8-10, 2013, here.

All five service branches residing at JB MDL participated in the Air Force-led exercise to prepare for similar, but real, crises.

The service members responded to a simulated chemical attack at the Exchange food court to prove their readiness for a real-life chemical, biological, radiological, nuclear or explosives attack through working with mission partners, utilizing command and control and communicating with the base populace to resolve the crisis.

The exercise began Tuesday, Oct. 8, when the Joint Base Anti-terrorism Office suspected a simulated vehicle-borne improvised explosive device to be a threat to the base.

"The exercise serves to validate personnel training and readiness as well as test plans," said Michael Stefani, 87th Air Base Wing Plans and Programs chief. "It also helps us determine the pitfalls in our plans so we can improve upon them. We validate unit training through our exercise evaluation team."

The Joint Base Anti-terrorism Office and security forces members responded to the threat by increasing random anti-terrorism measures, including added road barriers, increasing vehicle searches and arming the gate guards more heavily.

"We validated the barrier plan during elevated force protection conditions," said Stefani. "Exercises afford us the opportunity to test our plans to determine what our strengths and weaknesses are. This is one of the goals we hope to accomplish in an exercise."

The force protection condition exercise tested the base personnel's ability to react to a threat and sustain force protection condition. The base populace was kept up to date through



Joint Base McGuire-Dix-Lakehurst emergency response personnel responded to a simulated chemical attack during a Chemical, Biological, Radiological, Nuclear and Explosive exercise Oct. 10, 2013, at JB MDL, N.J. The exercise simulates a chemical gas release to measure the joint base's responders' ability to react and work together in the event of a crisis. (U.S. Air Force by Russell Messeroll/Released)

various mass communication methods such as email, phone, text message notifications and social media outlets.

The exercise pressed on to the next day, when a new exercise portion arose.

The Joint Base Fire Department, Joint Base Police and 87th Medical Group personnel responded to a 911 call at 8 a.m. reporting multiple people having trouble breathing, watery eyes and runny noses. The Exchange food court was under a simulated chemical attack. Responders cordoned the scene and

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Ride the lightning

"Taser! Taser! Taser!" said the officer, right before every muscle in my body contracted and I experienced the worst physical pain imaginable. I would do anything humanly possible to avoid ever feeling the stun gun's voltage coursing through my body again.



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Soldiers explore Gettysburg

Officers and senior noncommissioned officers of the 174th Infantry Brigade, recently took on roles of Civil War battlefield commanders and walked the hallowed grounds of the war's bloodiest battle Sept. 19, 2013, not only to mark the 150th anniversary of the Battle of Gettysburg, but also to improve their own professional development.



3

Soldiers, Marines: Take survey

Sailors and Marines encouraged to take sexual assault survey. The Secretary of the Navy has announced a new Department of the Navy sexual assault survey for 2013, which started Oct. 15, and can be taken online via any device that can access the internet.



4

Check out JB MDL on social media!

Facebook icon: Use Facebook to connect with joint base leadership and other community members.

Twitter icon: Sign up for news alerts through Twitter and receive important base updates straight to your cell phone.

Instagram icon: Check Flickr for photos patients containing hundreds of images of JB MDL happenings.

Why you don't want to 'ride lightning'

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

"Taser! Taser! Taser!" said the officer, right before every muscle in my body contracted and I experienced the worst physical pain imaginable.

I would do anything humanly possible to avoid ever feeling the stun gun's voltage coursing through my body again.

Every 87th Security Forces Squadron member must complete a stun gun training course annually to carry and use a stun gun. My job as a Public Affairs photojournalist was to attend the course and learn more about their jobs as to better tell their stories. The majority of the course is familiarization and classroom-taught material, but at the end of the day, 87th SFS members can receive a voluntary exposure to the effects before moving on to the practical application.

Security Forces members carry the Taser X26, which utilizes a pressure-powered cartridge containing two copper wires with probes at the ends. Safety mandates placing the probes on the body instead of firing the probes for training purposes. The electricity passes through the body between nodes causing neuromuscular incapacitation, or a loss of voluntary muscle control.

The purpose of a stun gun is to provide police forces with a less-than-lethal option to get resisting criminals to comply or attacking criminals to subvert.

The voluntary exposure offers officers insight on how it affects someone they might use in, hopefully ensuring they only use it when absolutely necessary. I would personally never want to inflict that agony onto someone else unless need be.

Before I knew it, it was time to receive a shock. The other volunteers and I completed our waivers and made our way to the front of the auditorium, where Matthew McConnell, 87th SFS member, was waiting to plug us in and fry us out.

I regret allowing everyone else to go ahead of me because I saw each of them experience the pain, foreshadowing my looming exposure. My palms were sweating; I couldn't stop fidgeting as I stood between my two wingmen who would hold me up to



Airman 1st Class Sean M. Crowe, Joint Base McGuire-Dix-Lakehurst Public Affairs photojournalist, receives a voluntary exposure to a stun gun Oct. 8, 2013, in the Timmermann Center at JB MDL, N.J. Crowe volunteered to receive an exposure while learning about 87th Security Forces Squadron training for an article. (U.S. Air Force photo by Angel Lopez/Released)

prevent any injury from falling.

McConnell asked me if I wanted to know when the jolt was coming or if I wanted it to be a surprise. I chose to know, but, in retrospect I don't see it making much of a difference since the effects set in immediately.

I spent the whole day trying to put the fear and anxiety out of my mind as much as possible, but as soon as I heard the man behind the trigger shout "Taser!" three times, I tensed up and prepared for the worst.

Every muscle in my body contracted at once and I lost all control of my muscles, except for my mouth, which slipped a few disdainful words.

The electrical-current cycle only lasts six seconds, but I can assure you it's a grueling and incessant six seconds.

I felt a world of relief instantly once the power cycle had

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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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Saving energy: it all adds up

By Lt. Gen. Brooks Bash
Air Mobility Command vice commander

SCOTT AIR FORCE BASE, Ill. — As we face budget uncertainty and rising energy costs, we need your help, our Mobility Airmen, to find innovative ways to reduce energy costs on the ground and in the air.

Across the Air Force Airmen are continually thinking about ways to reduce energy use and to bring down costs. Although October is Energy Action Month, in Air Mobility Command, energy-saving alternatives are something we are looking

for every day of the year. We have no choice.

Refueling, airdrop and aeromedical operations bring an amazing capability to our Nation, but our aircraft also burn a lot of fuel. Rapid global mobility has a price — and the price is largely paid in fuel costs. In 2012, AMC spent nearly \$5 billion on jet fuel ... nearly 60 percent of the total Air Force energy bill!

Your creative ideas on how to manage and reduce our fuel and energy use can help establish a culture of conservation and increase stewardship of taxpayers' resources. Maybe you can help us more

precisely fuel and fly our aircraft or run our ground equipment. Maybe you can help us find a way to ensure lights are turned off when they are not in use. The amazing thing is that even small innovations can add up when you operate on a global scale like we do in the Mobility Air Force.

Whether at work or enjoying the evening in the dooms, reducing energy use must be a priority. Every gallon of fuel or watt of electricity we eliminate from our operations reduces overall costs.

There are a lot of little things we can

See **ENERGY**, Page 11

Service member spotlight: core values

Lt. John LaMorte, U.S. Coast Guard Atlantic Strike Team assistant operations officer, is the joint base's featured service member of the week. LaMorte calls Marlton, N.J., home.

Q: Why did you join the military?

A: During my prior job aboard fishing vessels, I was often able to see firsthand the heroic job that the men and women of the USCG were responsible for executing.

While miles out to sea in rough weather, we often felt at ease knowing that professional life savers were always ready to come to our aid if needed. While working aboard fishing vessels I applied to Officer Candidate School at the Coast Guard Academy in New London, Conn.

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

A: As the assistant operations officer, I coordinate and help deploy the AST response personnel to any hazard, anywhere, at any time within the Strike Team's area of responsibility. I am also called upon to assist with any oil and hazardous chemical responses and weapon of mass destruction responses as a qualified response officer.

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



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

A: I had many relatives represent the United States in the Army during World War II including a great uncle who was a General in the Pacific theater. My own grandparents also fought in WWII and after the war my grandfather continued to serve his country in the U.S. Naval Yards. My uncle also served in the Navy during the Vietnam War.

Q: Who most inspires you?

A: My father and mother, both have taught the importance of core values and how to take care of those around us, even if we know them or not. Their lessons

carry over with me every day in my job on how best to take care of the men and women I work with in the field as well as how best to protect other civilians who need assistance during any incident.

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

A: We should always be mindful to take care of each other, look out for each other, conduct our operations as safe as we can, and always maintain our professionalism even in the most stressful conditions as many people are counting on us during desperate times.

87th FSS will pump you up



Staff Sgt. Michael Brockington signs out a lifting belt from Staff Sgt. Jordan Beatty, 87th Force Support Squadron fitness specialist Oct. 15, 2013, at the McGuire Fitness and Sports Center. The fitness center is open till midnight every day for ease of access to its many patrons. Brockington is an 87th Communications Squadron deployable communications technician. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

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



Ruck march participants honor Gold Star families



A team of Airmen passes the McGuire Passenger Terminal circle during the 10K Gold Star Ruck March, Oct. 12, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The participants each wore a 30-pound ruck sack to add to the challenge. Gold Star families include any individuals who have lost a family member serving in the military. "Events like this mean so much to me," said Dianne Hammond, mother of Army Sgt. Alessandro Plutino, who was killed in Afghanistan Aug. 8, 2011. "It's a reminder to us that our loved ones are not forgotten." (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



A Soldier sprints to the finish of the 10K Gold Star Ruck March, Oct. 12, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The event was held to honor the families of fallen service members. "It was a true honor to participate in an event that shows support to those who paid the ultimate price," said Senior Airman Benjamin Ainsworth, 87th Comptroller Squadron customer service technician. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)

Soldiers look to past for professional development

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

Officers and senior noncommissioned officers of the 174th Infantry Brigade, recently took on roles of Civil War battlefield commanders and walked the hallowed grounds of the war's bloodiest battle Sept. 19, 2013, not only to mark the 150th anniversary of the Battle of Gettysburg, but also to improve their own professional development.

"Professional development is not a one-stop shop," said Lt. Col. Dwight Griffith, 1st Battalion, 314th Infantry Regiment, 174th Inf. Bde. commander. "It's a process of combining different perspectives to grow leaders that are more competent, confident and self-aware."

The Battle of Gettysburg was not only a turning point in the Civil War – the Union victory ended Gen. Robert E. Lee's second and most ambitious invasion of the North – but was also the high water mark of the rebellion. With nearly 51,000 casualties, Gettysburg was also the site of President Abraham Lincoln's most memorable speech, the Gettysburg Address.

Dr. Christopher Stowe, War College historian and General Meade expert, accompanied the officers and assisted with the accuracy and detail of the battlefield training.

"This was my second historical staff ride accompanying this brigade, and each time I've been impressed by your group's effort," said Stowe. "Anyone can show up and take a guided tour, but you made the battlefield come alive."

More than 40 leaders in the 174th began preparing for the staff ride several months ago. After a brief battlefield overview given by the brigade commander two months prior, the officers were assigned roles and began studying. Battalion commanders were the Union and Confederate Army commanders, Meade and Lee, while subordinate officers took up the roles of brigade and battalion Civil War leaders on the ground.

In addition to discussing the pivotal battles that took place July 1-3, 1863, each Patriot officer was responsible for providing background on their respective Civil War leader to include education, previous battles, personality traits and points of interest.

"I learned more from researching my role and hearing my fellow officer's viewpoints on their generals than I could hope to have learned on my own," said Army Capt. Robin Chao, Team Chief with 1st battalion, 307th Infantry Regiment.

Chao added that Soldiers can learn a lot from doing their own research.

"Studying the small skirmishes and larger battlefield maneuvers, assessing which principles of war prevailed or failed, helps us truly understand the scope of what our Civil War commanders were enduring," said Chao.

"Professional development is a core area of emphasis in today's military," said Griffith. "Events like this help grow our future leaders to be trainers, role models and standard bearers."

Griffith went on to say events like this are also a great tool for senior leaders to assess our junior officers' competence and potential through continuous education and feedback.



Leaders of the 174th Infantry Brigade discuss the terrain advantages associated with Big Round top and Little Round top during their professional development staff exercise at the Battle of Gettysburg National Park Sept. 19, 2013. (U.S. Army photo by Capt. Antonia Greene-Edwards/Released)

"By walking the path of Pickett's charge, I got a better sense of what this battle meant," added Chao. "At the end of the day, recounting Lincoln's Emancipation

Proclamation brought a sense of closure to our exercise, marking a 'new birth of freedom.' This was a labor of effort that proved rewarding for all."

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Reservists, National Guardsmen on standby for resumption of funds

By Lisa A. Ferdinando
Army News Service

WASHINGTON — The Army Reserve and the National Guard say they are on standby to see what happens in Congress, as they wait for the resumption of funding for inactive and active-duty training, or IDT and ADT.

The cancellation of the IDT and ADT training is affecting readiness and hurting the Soldiers who depend on that money, said Capt. Eric Connor, deputy chief for public information with the Army Reserve Command.

"One of our pillars is resiliency," said Connor. "We have to stay Army Strong in terms of just making sure we get through all of this because we are all in this together as a team."

The exception to the cancellation includes Soldiers who are supporting mobilization or combatant command exercises, he said.

About 700 Soldiers have been affected with the cancellation of classes with developmental schools, said Connor.

Other areas impacted because of the shutdown, he said, are maintenance, and the shipping and transfer of equipment.

While some Army Reserve personnel have been called back to duty, he said, they don't have new equipment they need for maintenance.

"They're actually just working with what they have," he said. "If they need new parts to make repairs, that's not taking place," said Connor.

"The furlough has caused a loss of some 23,500 man-hours, putting a backlog of about 3.5 days when it comes to maintenance," he said.



Soldiers from the 48th Combat Support Hospital unload medical equipment March 14, 2013, at the Medical Storage and Maintenance Facility located inside the Army Reserve's Equipment Concentration Site 99 on Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Army photo by Sgt. 1st Class Raymond Moore/Released)

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Sailors, Marines: take new sexual assault survey

By Petty Officer 1st Class Peggy Trujillo
Defense Media Activity

WASHINGTON — The Secretary of the Navy has announced a new Department of the Navy sexual assault survey for 2013, which started Oct. 15, and can be taken online via an internet that can access the internet.

The Department of the Navy Sexual Assault Prevention and Response Office, which answers directly to Secretary of the Navy Ray Mabus, created the survey to assess the Department's progress, and learn what more Sailors and Marines think should be done to fight sexual assault.

"We can't help them if we don't know what the issues are, and we don't know if our training is working," said Jill Loftus, director of DON SAPRO. "If they think our training is horrible, then we'd like to know that, so that we can switch gears. We'd also like to know if they think that it is worthwhile and if they're learning stuff because then we can continue in that vein."

From previous surveys, DON SAPRO has learned that the majority of sexual assaults in the Navy and Marine Corps happen to 18 to 24 year-olds in social settings involving alcohol, and that the assaults usually occur at A-schools right after boot camp, or at the first duty station.

"We've used that information to set up pilot programs," said Loftus. "Our Great Lakes experiment that we've been very successful with came from information we learned from our surveys."

The experiment targeted Training Support Center Great Lakes, mainly the Sailors who have recently graduated boot camp. The program brought together the Naval Criminal Investigative Service, local hotels, commanding officers and others to put an end to the risky situations Sailors may encounter.

The program also incorporated bystander intervention training, "No Zebras, No Excuses" training, Sex Signals training, a large group presentation on sexual assault and two small-group presentations with discussion groups.

Referring to Great Lakes, Loftus said, "Using anonymous surveys, we have seen a 60 percent reduction in sexual assaults over the past 24 months."

This year's survey incorporates questions from previous surveys, Department of Defense surveys and academic surveys. Pulling

from the surveys and lessons learned, DON SAPRO made the survey more concise to pinpoint the information they're trying to find, while taking less time from Sailors and Marines.

"The 10-minute survey that's online focuses directly on the issues surrounding sexual assault, and addresses issues such as perceptions and attitudes of Sailors and Marines about the issue of sexual assault," said Cmdr. David McKay, a research psychologist at DON SAPRO. "We're also interested in understanding reporting behaviors and attitudes about reporting."

"Sexual assault is one of the top priorities of the Secretary, and should be a top priority for all Sailors and Marines, to try to figure out how to combat sexual assault. The survey is important because it does a couple things. One, it helps us gauge progress on the different interventions we're implementing."

Secondly, it provides an opportunity for Sailors and Marines to speak directly to the Secretary about their experiences about sexual assault."

The 21st Century Sailor and Marine Office lists combating sexual assault as one of its main priorities. Rear Adm. Sean S. Buck, the director of N-17, spends time with Sailors

to get feedback.

"When I visit with Sailors, I am constantly asked — 'what else can I do to make a difference?' Besides looking out for your shipmates and actively intervening when necessary, surveys like this are your chance to do something, to make your voice heard,"

See SURVEY, Page 11

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Relive History

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10:00am - 4:00pm in Historic Crosswicks Village

FUN ACTIVITIES FOR THE WHOLE FAMILY!
Starting at 10:00am at the Chesterfield Township Historical Society Museum on Ward Avenue, Crosswicks NJ

Be part of the unveiling of the historic Spitzer's 38 star American flag

DAY'S FESTIVITIES:

- Pottery Making • Black Smelting • Basket Making • Yarn Spinning
- Needlework • Quilt Pin Writing • Open-heart Cooking
- Antique Farm Equipment • Meet George Washington & Ben Franklin

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Joint Base Intramural Sports Standings

2013 Intramural Wallyball JB McGuire-Dix

Team	Win	Loss	PCT
AMC TES	7	0	1.000
87th CS - A	6	1	0.857
87th MDG	2	2	0.500
ACC-NJ	2	2	0.500
87th CS - B	1	3	0.250
314th RCS	0	3	0.000
305th MXS	0	3	0.000
605th AMXS	0	4	0.000

All games played at McGuire Racquetball Court

Furloughed Forces	4	4	0	44
Mavericks	4	3	0	37
Unarmed Forces	3	4	0	32
Aftershock	1	5	1	18

Unarmed Forces	5	0	1.000
Thunder Chickens	3	1	0.750
Titans	2	2	0.500
Show Time	0	2	0.000
Little Giants	0	3	0.000
CNATT/Test	0	5	0.000

Game schedule
 Week 7
 Oct. 21 11:15 a.m. Unarmed Forces vs. Furloughed Forces
 11:50 a.m. Mayhem vs. Aftershock
 Oct. 23 11:15 a.m. Furloughed Forces vs. Aftershock
 11:50 a.m. Unarmed Forces vs. Mavericks
 All games played at Lakehurst Credit Union Annex Field

Game schedule
 Week 6
 Oct. 22 11:30 a.m. Show Time vs. Titans
 Oct. 23 11:30 a.m. Show Time vs. CNATT/Test
 Oct. 24 11:30 a.m. Little Giants vs. Thunder Chickens
 All games played at Lakehurst Sports Complex Football Field

2013 Lakehurst Fall Soccer

Team	Win	Loss	Tie	Points
Mayhem	5	1	1	48

2013 Lakehurst Flag Football

Team	Win	Loss	PCT
------	-----	------	-----

JB MDL promotes domestic violence awareness

By Robin B. Jordan
 Domestic Abuse Victim Advocate

October is National Domestic Violence Awareness Month, a time for the community to unite in an effort to raise awareness and promote domestic peace and healthy relationships. During this month, Joint Base McGuire-Dix-Lakehurst will have various activities and informational tables throughout the base to educate and shed light on this serious issue that impacts us all as a community.

Domestic Violence is a pattern of coercive and controlling behaviors and tactics used by one person to gain power and control over an intimate partner. This may include physical, emotional, verbal, economic and/or sexual abuse. Domestic Violence occurs in heterosexual, as well as same-sex relationships and crosses all ethnic, racial, religious and socio-economic lines.

Signs of abuse include (but are not limited to):

- Physical violence – hitting, punching, strangling, slapping, pushing
- Threats or intimidation
- Isolation from family and friends
- Being denied access to money and/or working
- Fear for one's safety
- Destroying personal possessions
- Shamed, mocked, or criticized; either alone or in front of others

Are You a Victim?

Community members who may be in an abusive relationship, or know someone who is, should understand first and foremost that this abuse is not their fault. No one deserves to be abused and there are people who can help.

What is a Victim Advocate?

Victim Advocates provide professional, compassionate, and valuable guidance. They are able to connect victims to services on and off base that can help. Victim Advocates also provide education, safety planning, court accompaniment, and advocate for the rights of victims. Call 754-9680 to speak with the Domestic Abuse Victim Advocate at the Family Advocacy Program.

Weather Flight watches storm



Staff Sgt. Tom Cothron, 305th Operations Support Squadron NCO-in-charge of mission weather services, forecasts the effects of Tropical Storm Karen Oct. 08, 2013, at the Weather Command Center, Joint Base McGuire-Dix-Lakehurst, N.J. The Air Force weather forecasters' motto is "Coelum ad proelium eligit" which translates to "exploit the weather for battle." (U.S. Air Force photo by Staff Sgt. Katherine Tereyama/Released)

Service members should save early for retirement

By Terri Moon Cronk
 American Forces Press Service

WASHINGTON — It's never too soon to start saving for retirement, Barbara Thompson, the director of the Defense Department's office of family policy/children and youth advised service members today.

Enlistees as young as 18 might not be thinking about saving for retirement or the importance of their Thrift Savings Plan, but that's when they should, because retirement creeps up quickly, Thompson said.

"The vast majority of service members don't go the full 20 years for military retirement, so they need to, from the very beginning, think about their futures," she said. "When (service members) get out of the military, they will have something to show in a retirement plan they've had all along while serving."

Sometimes "you have to start small, because that's what you can afford, but the goal is to build up, so you're saving more and more every year," Thompson said.

The Thrift Savings Plan, Thompson said, offers two types of approaches: one that is tax-deferred until age 59-and-a-half when taxes on that money will be paid; and the Roth Thrift Savings Plan, in which taxes are paid up front.

"It's an individual decision based on (service members') circumstances, and I would highly suggest they utilize the financial resources that DOD provides," Thompson said.

Saving for retirement is not only about financial readiness, it's also critical for service members' financial well-being, she said. And DOD offers numerous resources to help with retirement account guidance, Thompson added. MilitaryOneSource has financial counselors who are available by phone, online or in person, she said. Its online calculations also show service members how their savings will develop over time.

Military installations offer personal financial managers at base family centers, Thompson added. The counselors are certified in financial counseling and can help families decide which of the two plans best meet their needs.

Banks and credit unions also offer financial education, and the Thrift Savings Plan website offers a wealth of information as well, Thompson said.

Regardless of the Thrift Savings Plan service members and families choose, they should periodically revisit their retirement accounts and stay informed by researching financial matters, Thompson said.

"It's not now, it's the future you need to be thinking of," she said. "We're seeing a trend in the United States (in which) people are reaching retirement age and they're realizing they may not have enough (money) as they get into their 80s and 90s. You want to make sure all those years are covered so you don't become a burden to your children or to society."

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NEWSNOTES

Freaky 5K Costume Run

The 87th Force Support Squadron is set to host a Freaky 5K Costume Run at 3 p.m. Oct. 31, 2013, in front of the Arts and Crafts Center, located at 6039 Philadelphia St. Prizes for best dressed costume will be awarded. Call 562-3656 for more information.

On-Base Halloween Trick-or-Treating

Halloween Trick-or-Treating is scheduled from 6-8 p.m. Oct. 31, 2013 in the base housing areas.

Halloween Zumbathon

The 87th Force Support Squadron is set to host a Halloween Zumbathon from 6-9 p.m. Nov. 1, 2013, at the Griffith Field House, located at 6563 Doughboy Loop. The cost is \$7 if pre-registered before Oct. 31 and \$12 on day of event. Call 562-2673 for more information.

VA Home Loans Seminar

The 87th Civil Engineer Squadron is set to host a Veterans Affairs Home Loans Lunch and Learn Seminar from 11 a.m. to 1 p.m. Nov. 5, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Pre-registration is required. Call 754-3397 for more information or to register.

Turkey Trot 5K Run and Fit Walk

The 87th Force Support Squadron is set to host a Turkey Trot 5k and Fit Walk 11:30 a.m. Nov. 12, 2013, at the Lakehurst Fitness and Sports Center, located at 123 Severyns Road. The event is open to all Department of Defense ID cardholders. Call (732) 323-7266 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 Severyns Road. The evening includes children's games, face painting, balloon animals, bounce houses and more. Call (732) 323-2405 for more information.

32nd ARS Change of Command

The 32nd Air Refueling Squadron is scheduled to host a change of command ceremony 11 a.m. Nov. 15, 2013, at 1823 Hangar Road. Call 754-2421 for more information.

Turkey Trot 5k

The 87th Force Support Squadron is set to host a Turkey Trot 5k at noon Nov. 21, 2013, at Infantry Park, located east of Griffith Field House. The event is open to all Department of Defense ID cardholders. Call 562-4888 for more information.

Turkey Shoot at Pine Ridge

The Pine Ridge Golf Course is set to host a Turkey Shoot 9 a.m. Nov. 23, 2013, at 33 Trotter Road on Lakehurst. The event is open to all Department of Defense ID cardholders. The fee is \$15 per person and includes prizes and lunch. Call (732) 323-2636 for more information.

915th Contingency Contracting Battalion

The 915th Contingency Contracting Battalion is seeking officers, captain through major, any branch and sergeant (promotable) through sergeant 1st class, any military occupational specialty, interested in a career change. Immediate vacancies and opportunities are available. Visit www.hrc.army.mil/MilPer/13-205 or asc.army.mil/web/career-development/military-nci/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. to noon and Thursday 1-5 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.

JB MDL Swap Site

Joint base mission partners with excess supply items or in need of office items can now log in to the Joint Base McGuire-Dix-Lakehurst Swap site at www.milsuite.mil/books/group/jbmdl-swap for re-distribution of supplies. Visit the milsuite.mil website or call 754-4686 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-4. Free popcorn and beverages will be available. Call 754-2233 for more information.

87th MDC 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.

Construction Corner

From 87th Civil Engineer Squadron

Electrical System Upgrade

Electrical system upgrade work at 1907 East Arnold Ave. is currently scheduled from 7 a.m. to 3 p.m. Oct. 26, 2013, for the energizing of the newly installed sectionalizing switch and pad mount transformer. Facilities in the 1500 and 1900 area may be affected. Intermittent electrical shutdowns will be required to disconnect old service and reconnect to the new distribution system.

McGuire Road Paving

Paving of the inbound and outbound lanes of the McGuire main gate is scheduled from Oct. 28 through Nov. 8, 2013. The gate will remain open, however expect delays.

Lakehurst Road Paving

Paving of Lawrence Road including the commercial gate is scheduled from Oct. 30 through Nov. 13, 2013. The road and gate will remain open and flag men will be posted to assist with traffic flow. Expect delays traveling through the gate and road.

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.

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.

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 – 6950 Church Street
- Cathedral of the Air – 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

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

Protestant

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



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Exercise

Continued from Page 1

provided medical attention to people affected.

Police established scene security, while the fire department and medics assisted "downed" personnel. The police then notified base leadership of the situation.

Base leadership activated the emergency operations center upon discovery of the chemical attack. The EOC handles crises through coordinating the response.

Emergency Management personnel who operate the EOC were also in charge of detecting the chemical. They took detection equipment into the affected area, or hot zone, and identified the source of the attack, which was chemical in this case. The EM responders relayed this information to the EOC.

The EOC mass communicated a shelter-in-place order to all base personnel, as they would in a real attack scenario, to protect them from the chemical agent. Every organization across the service branches on base headed to designated locations and sealed themselves off from outside elements.

"The exercise incorporated all five service branches," said Stefani. "Every service contributed to the success by participating."

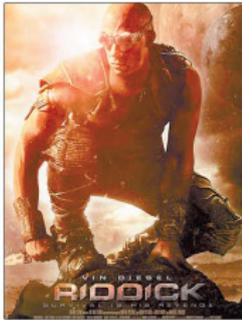
The EOC then coordinates with the responding organization, the FBI in this case, and briefs them on all information the EOC has gathered. "The EOC is the center for incident commander support to provide him means to mitigate a situation," said Steve Robertson, 87th Civil Engineer Squadron Emergency Management director. "He takes control of the situation and provides decisions until the appropriate agency arrives to take control."

The EOC notified every one once FBI personnel had assessed the contamination area and deemed it safe to resume operations on base.

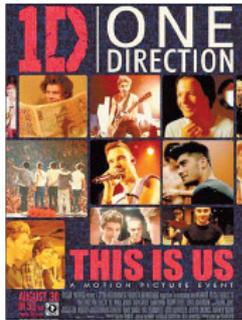
The exercise terminated at 3 p.m. after base personnel proved their ability to respond to the chemical attack.

"We identified some issues that need to be addressed," said Bob Scherer, 87th Air Base Wing exercise and evaluations chief from Yardley, Pa. "Everyone worked well together, but we can improve communications. The cooperation of the players was paramount to the success. We are already in the process of improving on our shortcomings. Anytime we can get the responders to work together, we can learn something to make the base safer."

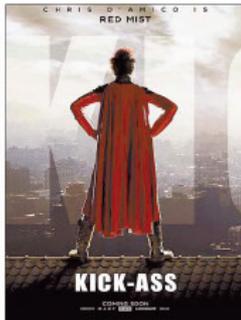
JB MDL Base Theater Movie Schedule



Friday:
7 p.m.
Riddick (R)



Saturday:
2 p.m.
One Direction: This Is Us (PG)



Saturday:
7 p.m.
Kick-Ass (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 asl@af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Chicken tortilla soup

Chicken tortilla soup is a one pot, heat and serve dish. Serves four to six.

Ingredients:

- 2 (9 ounce) cans premium chicken breasts
- 1 (10 1/2 ounce) can nacho cheese soup
- 1 (10 1/2 ounce) can cream of chicken soup
- 2 (10 1/2 ounce) soup cans milk
- 1 (16 ounce) jar of your favorite salsa
- 1 (16 ounce) jar enchilada sauce
- tortilla chips (optional)
- 1 drop hot sauce (optional)
- sour cream (optional)

Cooking Instructions

Combine, stir and heat till bubbly. Serve immediately; crumble tortilla chips into bowl to your liking. Add heat with hot sauce or tone down with sour cream if you'd like.

Recipes found at food.com

Get to know JB MDL!



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 last edition's close-up photo? It's the .30 caliber M1917A1 water-cooled machine gun on display in the Army Reserve Mobility Museum. The last U.S. troops entering France near the end of World War I utilized this weapon.

Reservist

Continued from Page 4

In addition, some Soldiers are put in a difficult situation financially, he said.

"Some of them live paycheck-to-paycheck and a lot of them rely on the money from drills just to pay their light bills and put food on the table right now," said Connor.

"We are working with our leaders and trying to see if in the future we can have them RST (Rescheduled Training) and have them make up these drills in order to get them back on the right track," he said.

Drills are critical to the training and development of Soldiers on individual skills or on equipment, physical training and weapons qualifications, he said.

"Just last week we had some 75,000 Soldiers who were impacted by their drills being canceled at a tune of \$46.3 million," he said. "Right now, if that continues for the rest of the month, that number could almost double to some \$89 million."

Reservists can contact Fort Family at www.ARF.org, or call toll-free at 866-345-8248, for information and support during this time, said Connor.

Lt. Gen. Jeffrey W. Talley, the chief of the Army Reserve and commanding general of the Army Reserve Command, said he knows each member of the Army Reserve family is affected by the shutdown in different ways.

"We are in a historic period for our nation and it is terrible that such severe measures have been taken that so deeply affect our civilian workforce, Soldiers, and our families," he said.

"Please know that I have the highest respect for each of you, for your service, and your commitment to America's Army," he said. "I ask you to stay Army Strong and we will get through this together."

The chief of the National Guard Bureau, Gen. Frank J. Grass, underscored the importance of the men and women of the Army National Guard and Air National Guard.

"Despite the unfortunate turmoil to your personal lives, please know that every person in uniform is privileged to serve

alongside you and would never diminish your contributions," he said.

"Unfortunately drill/IDT periods are not authorized during the shutdown unless they are supporting excepted activities," he said. "For specific guidance on this and ADOS (Active Duty Operational Support) positions, please consult your chain of command."

Maj. Jon Craig, media relations press desk officer with the National Guard Bureau Joint Staff, said the shutdown has stopped a wide range of activities that include administrative actions, annual medical requirements, operational training events, and maintenance on vehicles.

"Soldiers aren't going to the rifle range; pilots aren't able to fly the helicopters or their jets," he said. "Without training, the continuity of the training that normally would go on isn't happening."

Craig recommended members check the National Guard website, www.nationalguard.mil, or the Department of Defense's website, www.defense.mil, for the most up-to-date information on the shutdown.

Survey

Continued from Page 4

Buck said.

Although the survey is a chance for Sailors and Marines to be heard, it is completely anonymous. No one will get a reminder to complete the survey because no one is tracking the individuals who take the survey.

"We won't know if you haven't filled out the survey," said Loftus. "There's no fingerprint. There's no electronic tag to

our survey. It can be taken from a smart phone; it can be taken from a tablet; it can be taken at the Apple store; it can be taken at your desktop or at home. We have no idea who you are and so you won't get that email reminding you to take it."

Loftus said that some of the initiatives that Mabus has instituted, based on previous survey results, included doubling the number of sexual assault investigators at NCIS, increasing the number of sexual assault response coordinators, 66 full-time victim advocates that are

civilians trained as counselors, who will help victim support. The JAG is also instituting a victim's legal counsel who will help victims through the process and the Navy is deploying civilian resiliency counselors, who are also certified SARCs, on every big deck.

"I think that the Navy and the Marine Corps are really spending the resources and putting the attention on prevention, victim care and support," said Loftus. "We think that if Sailors and Marines are honest and forthright in taking this survey, and we get

enough of them, we'll be able to show the nation and other service people that we're really taking this seriously, that we care, and that we don't want victims. We want to prevent sexual assault. This is a way for every member of the service to help us do that."

The survey is available at www.donsapro.navy.mil/donsas.html.

The password for all military participants is 2013survey and the survey will be available through Jan. 6, 2014.

Taser

Continued from Page 2

ended, even though I felt as though I endured a brutal day at the gym as I limped away with exhausted muscles.

I have been hit with a cattle prod in the past and it doesn't even hold a candle to the dual-cable stun gun. In summary, I would not advise hassling the joint base police, or any police for that matter.

The 87th SFS members go to great lengths to ensure they're properly trained. I have a newfound respect for the work they perform with pride.

Energy

Continued from Page 2

do preserve our resources.

Just last month, various energy saving initiatives allowed us to avoid more than \$630,000 in costs in a single day.

I am also encouraged by stories like the C-17 Fuel Economy Initiative, which could save more than \$200 million in fuel costs using software upgrades to improve fuel efficiency.

Earlier this year, a tiger team of civil engineer, security forces and safety informed and civilian Airmen at Travis Air Force Base, Calif., pulled together to find ways to conserve nearly \$100,000 in energy costs. They reduced lighting requirements for buildings, streets and parking lots, and adjusted thermostats at work centers. Dorm managers also cut costs on non-essential appliance use throughout the day.

The team at Travis provides a typical example of Airmen's ingenuity and resourcefulness.

As we start fiscal year 2014, I encourage all Mobility Airmen to be innovative in reducing our energy use. If we all actively engage in a culture of energy awareness, we will each help Air Mobility Command reduce the demand for energy and accomplish more with the resources that we have.

Insurgents

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With so few chances to build a vital capability for the CRW, McMullen teamed with the other CPEC graduates in the CRW to create an indoctrination course for sharpshooter candidates.

"When I went to CPEC, my class started out with around 30 students and only graduated 14 of them," he said. "Of these, nearly everyone had attended some type

of qualification course before they had arrived at the schoolhouse."

With this in mind, McMullen created a 160-hour, 10 day CPEC preparation course for 621st defenders who were interested in attending the full CPEC in Texas.

"Every aspect of our curriculum is based on the actual course," he explained. "It educates and familiarizes the candidates with everything they will encounter at the schoolhouse, such as target detection, stalking, range estimation, observation, memory games, physical training and firing."

Security forces members in the CRW who were interested in becoming Air Force sharpshooters were encouraged to attend. This year's class has seven students from the 817th and 818th GMRS.

"I feel pretty drained," said Staff Sgt Jordan Whitlock CPEC candidate with the 817th GMRS. He and the other candidates had just run through a known distance firing exercise where they engaged a target at 100 meters, then ran in full combat load to stations every additional hundred meters back to 600 meters. "Running with the

rucksack and the weapon makes your arms and shoulders cramp up. But the most physically draining part wasn't the running, it was the shooting. My neck and eyes got very tired from looking at the target at such long distances. It's a lot of work to maintain your focus and deliver accurate fire in a fixed time limit."

After ten days of drills, the students found something unexpected on the other end of their 10x Leopold scopes - confidence.

"This training is awesome and I'm learning something every day,

said Airman 1st Class Nicholas Zinner, another CPEC candidate from the 817 GMRS. "This class has definitely prepared us for the main course, and I feel it's even a little bit more rigorous than what we've been told to expect."

McMullen chuckles when he hears this.

"The real course is much more brutal," he said. "But these guys are ready. I'm proud of what they have already accomplished."