



## NEWSNOTES

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

The McGuire main gate will be closed Nov. 11-15, 2013, to pave the inbound and outbound lanes of the gate and McGuire Boulevard. The East Arnold gate will be open during the closure; plan for delays. The visitor's center will also be closed during this time. Call 754-6181 for more information.

### Joint base gate closure

Several of the joint base gates will be closed to perform preventative maintenance on the wedge barriers and crash beams. Below is the schedule with minimal affect to base traffic.

- Nov. 12, 2013
  - Browns Mills Gate
    - Outbound Lanes: 8:15 - 9 a.m.
    - Inbound Lanes: 9 - 9:15 a.m.
  - Juliestown Gate
    - Outbound Lanes: 12:45 - 1:30 p.m.
    - Inbound Lanes: 1:30 to 1:45 p.m.
- Nov. 13, 2013
  - Wrightstown Gate
    - Outbound Lanes: 8:15 - 9 a.m.
    - Inbound Lanes: 9 - 9:15 a.m.
  - Route 68 Gate
    - Outbound Lanes: 12:45 - 1:45 p.m.
    - Inbound Lanes: 1:45 - 2:15 p.m.
- Alternate dates
  - Nov. 19, 2013 for Wrightstown Gate & 3 Juliestown Gate
  - Nov. 20, 2013 for Wrightstown Gate & 7 Route 68 Gate

### 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 911. All non-emergencies, call 754-6001.

### Claims against the estate of Airman 1st Class Eugene Joseph Sonnier III

All persons having claims against Airman 1st Class Eugene Joseph Sonnier III need to present such claims to Capt. Jude Porter, the summary court officer, at (609) 203-7562 or email at jude.porter.2@us.af.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Sonnier.

### Turkey Trot 5K Run and Fit Walk

The 87th Force Support Squadron is set to host a Turkey Trot 5K and Fit Walk at 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.

### TARP Training

Army Support Activity- Fort Dix is set to hold the annually required Army Threat Awareness and Reporting Program training 10 a.m. and 1 p.m. Nov. 14, 2013, at the Timmermann Center. Call 562-3012 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 childrens' games, face painting, balloon animals, bounce houses and more. Call (732) 323-2405 for more information.

### TFSC New Phone Number

The Total Force Service Center will implement a new phone number effective Nov. 15, 2013. The new number is DSN 665-0102, commercial number (210) 565-0102. The current number DSN 665-5000, commercial number (210) 565-5000 will no longer be available after Nov. 22.

### 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.

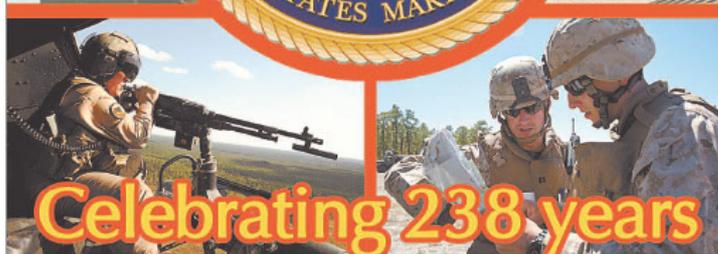
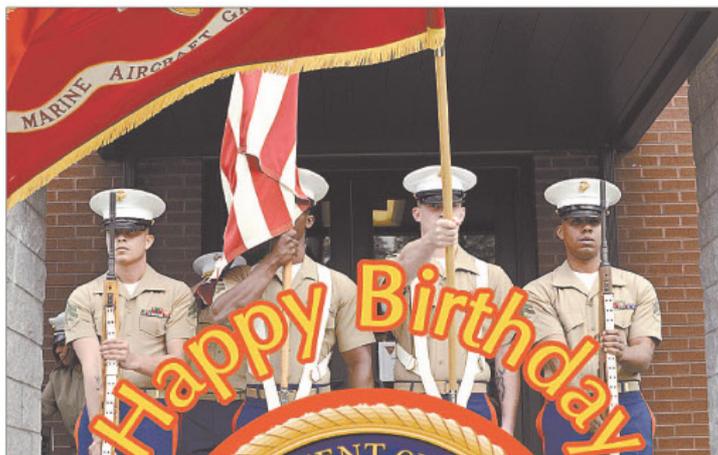
### Marine Corps Celebrates 238th Birthday Ball

Marine Aircraft Group 49 is set to celebrate the United States Marine Corps' 238th birthday ball, Nov. 16, 2013, at the Stockton Seaview Hotel and Golf Club, located at 301 South New York Road, Galloway, N.J. Cocktail hours begin at 4 p.m., followed by dinner and the ceremony at 6 p.m. Call 562-8717 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.

See more NEWSNOTES on Page 14



### 87th SFS opens ECC

Security Forces Squadron Communications Center during a ribbon-cutting ceremony Oct. 25, 2013, here. The new facility consolidates all emergency, security, fire and medical communications into one centralized dispatch location.



3

### Door opens for MWD handlers

The Center for Security Forces (CENSECFOR) announced Nov. 1, 2013, the anticipated release of the first apprenticeship trade for military working dog handlers by year's end. This new apprenticeship will apply to personnel performing security and law enforcement duties that work with a MWD.



4

### ROK army learns at JB MDL

A Republic of Korea army major recently visited two First Army Division East brigades Oct. 2-4, 2013, as part of a mobilization assessment to assist in the ROK's development of an operational reserve force.



6

### Check out JB MDL on social media!

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

/jbtmdl

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

/jointbasemdl

Check Flickr for photo galleries containing hundreds of images of JB MDL happenings.

/jointbasemdl

# Dignity and respect is two-way street

By Gen. Larry O. Spencer  
Air Force vice chief of staff

WASHINGTON – When I was a young Airman, during the heat of an intense intramural flag football game, a fellow Airman, who was frustrated that he could not stop me from advancing the ball, yelled the “N” word out loud. I was shocked and confused. Having been raised in Southeast Washington, D.C., I was certainly no stranger to harsh language or “trash talk.” However, this was different and it literally hurt. I thought I had left that type of behavior behind me. I was an American Airman and I didn’t expect that kind of verbal attack from a fellow Airman.

You must understand that growing up as I did, I never heard terms like dignity, respect, integrity, service or excellence. I was not a bad person and my parents taught me to respect myself and others; however, this notion of devotion to a larger purpose, to institutional values, was

new to me. The Air Force stood for something and I liked it. Those words meant I could always trust and depend on my fellow Airmen. But at that moment, on that field, those values had been violated and I felt let down.

Standing in the bright lights that lit-up the football field, I was at a loss. Then, something remarkable happened. Several Airmen, on both sides of the ball, forcefully spoke up. They chastised the offender and made it clear they did not approve of his outburst or attitude. The referee, who was an NCO, also stepped forward and not only ejected him from the game, but directed him to report to his first sergeant the following day. The next day, not only did my teammates (on both teams) go out of their way to apologize for this single Airman’s behavior, but the Airman who committed the act also personally apologized.

As an officer, some of the best experiences in my life have been the

opportunities I’ve had to command. I especially enjoyed my squadron command because it was in the midst of OPERATION: Desert Shield/Storm and my entire unit was singularly focused. That period was particularly taxing because in addition to my squadron commander duties, I was also responsible for making sure that Airmen deployed properly and airplane loading plans were followed precisely.

One busy night on the flightline, a young Airman approached me and said she was being harassed by several male Airmen. She went on to say that this wasn’t the first time the harassment had occurred and typically she would just “grin and bear it.” However, since we were literally preparing for war, she did not want to be distracted and just wanted the behavior to stop. Although she was not assigned to my squadron, we quickly and decisively dealt with those involved.

See DIGNITY, Page 15

# Excuses don’t burn calories, actions do

By Staff Sgt. Stephanie Mancha  
48th Fighter Wing Public Affairs

ROYAL AIR FORCE LAKENHEATH, England – I never thought working out could change someone’s life, but it has changed mine. My entire life I’d always been thin, I’d never had to diet or exercise and I could eat whatever I wanted, that is, until I had a baby.

I did almost everything by the book. I cut out junk food, ate my fruits and vegetables and exercised throughout my pregnancy. But I still gained 55 pounds. I lost some of the weight after delivery and while I was nursing my daughter.

My husband and I got an assignment five months after my daughter was born. We were on our way across the country and decided to visit family along the way. I wasn’t working out and I got back to my old habit of eating whatever I wanted. I slowly began to gain the weight back and just showing up to squadron

physical training was not enough to stop the onset.

I thought everything was working against me. I worked late almost every day and was unable to go to the gym afterward. I had to pick my daughter up before 6 p.m., because my husband also worked late and would go to the gym after work. I also wanted to spend as much time with my daughter as I could. Spending time with her was a stress reliever.

I let myself go and gave up everything for my family. I wanted to be the perfect mother and wife and, in the meantime, I ended up losing myself.

I don’t currently blame my daughter or husband for my weight gain, but I can’t say I never did. I think I blamed my husband for almost everything; not making staff sergeant the first time, not being able to go to the gym after work and failing my first fitness assessment test by two sit-ups after giving birth. I wasn’t being the perfect wife I wanted to be, instead, I was

See WORKOUT, Page 15

# Service member spotlight: inspire, motivate

Tech. Sgt. Shirse Holder, 818th Mobility Support Advisory Squadron noncommissioned officer-in-charge, is the joint base’s featured service member of the week. Holder hails from Philadelphia.

Q: Why did you join the military?

A: I joined the military for the educational opportunities.

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

A: I’m an air traffic controller, air advisor and mission planner. I assist in building and maintaining partner nation relationships to develop continuity and interoperability with our global partners.

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

A: My brother in law is an Army major.

Q: Who most inspires you?

A: My family inspires and motivates me in continuing to move forward.

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

A: Although we are downsizing, there are still plenty of career, educational and travel opportunities available. You just have to look for them.



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

# Airmen prepare for Pumpkin Patrol



Joint Base McGuire-Dix-Lakehurst Airmen grab vests and drug-awareness goodie bags to perform Pumpkin Patrol Oct. 31, 2013, at JB MDL. N.J. Pumpkin Patrol is a volunteer program for service members to augment the 87th Security Forces Squadron members for the increased activity during Halloween trick-or-treat. (U.S. Air Force photo by Airman 1st Class Sean M. Crowe/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

Vol. 4 No. 44

The Air, Land and Sea Times is published by the Burlington County Times, a private firm in no way connected with Joint Base McGuire-Dix-Lakehurst, N.J., or the United States Military. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Air, Land and Sea Times are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the U.S. Military.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Military, or the publisher of the products or services offered.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the JB MDL Public Affairs Office. All photographs are U.S. Military photographs unless otherwise indicated.

# EDITORIAL STAFF

- Commander, JB MDL and 87th ABW
- Col. James C. Hodges
- Chief, Public Affairs
- Ms. Angel Lopez
- Internal Chief
- 2nd Lt. Carrie Volpe
- NCOIC
- Tech. Sgt. Darrell Dean
- Editor
- Airman 1st Class Sean Crowe
- Writers
- Mr. Pascual Flores

# 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](http://www.jointbasemdl.af.mil)





# Apprenticeship trade for MWD handlers on horizon

By Darryl Orrell  
Center for Security Forces Public Affairs

VIRGINIA BEACH, Va. — The Center for Security Forces (CENSECFOR) announced Nov. 1, 2013, the anticipated release of the first apprenticeship trade for military working dog handlers by year's end.

The proposed apprenticeship is currently under review by the Department of Labor, which is the final step in the approval process. Sailors, Marines and Coast Guardsman will then be able to enroll and work towards earning this unique and specialized certification.

"This new apprenticeship will apply to personnel performing security and law enforcement duties that work with a MWD. Some of the duties a MWD handler performs include patrol, crowd control, security operations, explosive and drug detection and suspect apprehension," said Jose Bautista, CENSECFOR master-at-arms programs manager.

A handler is also responsible for the daily care, grooming and general well-being of his or her assigned MWD, which also includes the cleaning and care of the dog's kennel.

Pre-registration credits will be given to personnel who have graduated MA initial-training school and/or earned the Navy classification code for dog handler and kennel master. All of the qualifications would count towards the proposed 2,500 hours of practical experience needed to complete the apprenticeship.

## Everyone can contribute to stormwater pollution prevention

By Joseph P. Bochanski  
Joint Base McGuire-Dix-Lakehurst  
Environmental Protection Office

Stormwater pollution is one of New Jersey's greatest threats to clean and plentiful water and that's why Joint Base McGuire-Dix-Lakehurst residents are doing something about it.

The rain washes pollution from streets, parking lots and lawns into storm drains, where it travels directly to drinking-water supplies. It also enters the ocean and lakes that children play in. Fertilizer, oil, pesticides, detergents, pet waste, grass clippings ... you name it and it ends up in our water.

Community members can keep common pollutants out of stormwater by sharing the responsibility and making small, easy changes in their daily lives. Every step adds up to cleaner water and lowers the cost of cleaning up once it's dirty.

New Jersey adopted an initiative to keep its water clean and plentiful and to meet federal requirements. Many municipalities and other public agencies, including colleges and military installations, must adopt ordinances or other rules prohibiting various activities that contribute to stormwater pollution. Breaking these rules can result in fines or other penalties.

As a resident, business owner or other member of the New Jersey community, it is important to practice the following steps everyday in order to protect the water:

Limit the use of fertilizers and pesticides:

Conduct a soil test to see if you need a fertilizer.

Look into alternatives for pesticides.

Maintain a small lawn and keep the rest of your property or yard in a natural state with trees and other native vegetation that requires little or no fertilizer.

If you use fertilizers and pesticides, follow the instructions on the label on how to correctly apply it.

Make sure you properly store or discard any unused portions.

Properly use and dispose of hazardous products:

Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, anti-freeze and paints.

Do not pour any hazardous products down a storm drain because storm drains are usually connected to local water bodies and the water is not treated.

If you have hazardous products in your home or workplace, make sure you store or dispose of them according to respective labels.

Use natural or less-toxic alternatives when

possible.

Recycle used motor oil.  
Contact your municipality, county or facility management office for the locations of hazardous-waste disposal facilities.

Keep pollution out of storm drains:

Municipalities and many other public agencies are required to mark certain storm drain inlets with messages reminding people that storm drains are connected to local waterbodies.

Do not let sewage or other wastes flow into stormwater systems.

Clean up after your pet:

Many municipalities and public agencies must enact and enforce local pet-waste rules.

An example is requiring pet owners or their keepers to pick up and properly dispose of pet waste dropped on public or other people's property.

Make sure you know your town's or agency's requirements and comply with them. They are the law.

Use newspaper, bags or pooper-scoopers to pick up waste.

Dispose of the wrapped pet waste in the trash or unwrapped in a toilet.

Never discard pet waste in a storm drain.

Don't feed wildlife:

Do not feed wildlife, such as ducks and geese, in public areas.

Many municipalities and other public agencies must enact and enforce a rule that prohibits people from feeding wildlife in these areas.

Don't litter:

Place litter in trash receptacles.

Recycle. Recycle. Recycle.

Participate in community cleanups.

Dispose of yard waste properly:

Keep leaves and grass out of storm drains.

If your municipality or agency has yard waste collection rules, follow them.

Use leaves and grass clippings as a resource for compost.

Use a mulching mower that recycles grass clippings into the lawn.

For more information on stormwater pollution prevention on Joint Base McGuire-Dix-Lakehurst, contact Joe Rhyner for McGuire at 562-2189.

"Those who take advantage of these credentialing opportunities will not only enhance their military career and be set apart from their peers, but they will also enhance their marketing potential in the civilian workforce when their military service is complete," said Bautista.

Sailor's serving in the MA rating can select from eight available apprenticeship trades that include police officer I, security specialist, protective security specialist, master homeland security specialist, armory technician, corrections officer and on the horizon, working dog handler.

"It could not be any easier for today's Sailors," said Bautista. "A Sailor enrolled in an apprenticeship simply documents his or her military duties while working in his or her rate or occupational specialty and if it's that easy, what Sailor would not want to enhance his or her career?"

The Center for Security Forces provides specialized training to more than 28,000 students each year and has 14 training locations across the U.S. and around the world where training breeds confidence.

For more information about Navy credentialing opportunities, visit <https://www.cool.navy.mil/index.htm>.

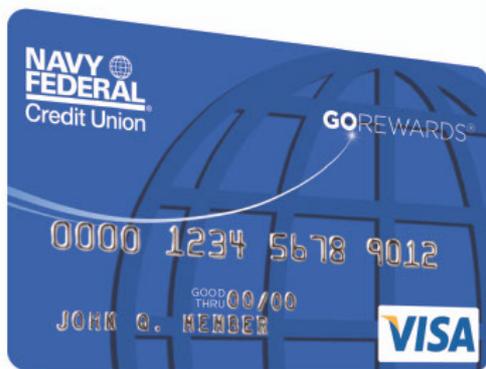


Seaman Christopher Rivera, Joint Base Pearl Harbor-Hickam Military Working Dogs Section master-at-arms, runs his K-9 partner, Asga, through an obstacle course at the base kennel Feb. 6, 2012, at JB PHH, Hawaii. (U.S. Navy courtesy photo/Released)

## GET GOREWARDS. GO SHOPPING. GET REWARDED.

We know it's nice to be rewarded. And with our GOREWARDS card, you get rewarded for every purchase you make—no matter where your life takes you.

- > Earn one point for every dollar you spend
- > Redeem rewards for cash, merchandise, gift cards, and travel
- > Pay no annual fee and no foreign transaction fees\*



NAVY FEDERAL Credit Union

ARMY MARINE CORPS NAVY AIR FORCE COAST GUARD DoD

APPLY TODAY!

Pine Grove Plaza Shopping Center  
18-R Broadway Street  
Browns Mills, NJ

[navyfederal.org](http://navyfederal.org) 1.888.842.6328



Federally insured by NCUA. \*GOREWARDS credit card offers a variable purchase APR that ranges from 9.49% APR to 18% APR. Rates based on creditworthiness. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per overseas transaction. App Store® is a service mark of Apple Inc. Android™ is a trademark of Google, Inc. © 2013 Navy Federal NFCU 12595\_D1 (5-13)

# First Army shares best practices with Korean army

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

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — A Republic of Korea army major recently visited two First Army Division East brigades Oct. 2-4, 2013, as part of a mobilization assessment to assist in the ROK's development of an operational reserve force.

The two First Army Division East brigades, the 174th Infantry and 72nd Field Artillery brigades, which are both at Joint Base McGuire-Dix-Lakehurst, N.J., were the third stop in the two-week visit for Maj. Ji Hwan Park, Third (ROK) Army mobilization training officer. He also visited the Army Reserve and the National Guard Bureau.

"It is challenging to adapt our current Reserve strategic system to meet our ROK army operational needs," said Park. "But learning how it is done is half the battle."

The ROK army is in the developmental stages of transitioning its strategic Reserve forces into an operational, ready Reserve force, according to Park.

"It is my job to filter and translate the information gained during my visit and propose how we can apply these practices to enhance our mobilization training model," explained Park. "Although we have a two-year mandatory military obligation in South Korea and a follow-on four-year Reserve service, our Reserve component is not fully operational."

He gathered information and learned lessons concerning the Army Reserve and National Guard mobilization training process while at JB MDL. The training included conceptual courses of action to help our allied ROK army achieve its full capacity by adapting its current Reserve component system to meet the projected future needs of the ROK army.

"First Army has the unique privilege of providing realistic and professional training to joint services and the Reserve component preparing for deployment to numerous areas of responsibility," said Maj. Joseph J. Pyun, 174th Infantry Brigade operations officer. "Our current formation consists in large part of mobilized Reservists who have gone through the mobilization process previously and convey relevant personal experiences to the current mobilizing units."

This was the first time Maj. Viet Le, part of the 72nd F.A. Bde.'s operations office, participated in this type of event.

"While it may not be a duplicate of our system, we were able to provide a foundation that could be used in the future," Le said.

Park learned about and observed the tactical-level mobilization training process at JB MDL. He received briefings from the 72nd F.A. Bde. plans sections and observed Army Reserve and Joint Services Training Oversight forces conducting practical exercises in field and virtual environments under the direction of 174th Inf. Bde. Soldiers.

"I have had strategic mobilization discussions, operational-level briefings and now see the tactical training. There are a lot



Sgt. 1st Class Denis Cronin, 174th Infantry Brigade observer controller/trainer, patrol leader and counter-IED instructor, briefs Maj. Ji Hwan Park, Third Republic of Korea Army Mobilization Training Officer, on counter-improvised explosive device collective field training Oct. 2-4, 2013, during his visit to Joint Base McGuire-Dix-Lakehurst, N.J. Cronin also briefed Park on the dismounted-patrol mobilization training given to deploying service members. (U.S. Army courtesy photo/Released)

of important details that will bridge the gap between our active and reserve to make a full capacity ROK army," said Park.

Le agreed and explained that, as a unit that specializes in mobilizing low-density Reserve and Guard units, the Division East input was especially relevant.

"Because the ROK is considering a similar structure, we were able to provide a better understanding of how U.S. Reserve and National Guard forces strengthen the military," Le concluded.

F. Antonio Volante, Operations chief, said Park received an overview of the mobilization process at the 72nd F.A. Bde.

"Essentially, we are responsible for the development of the unit training plans," said Volante. "Maj. Park walked away with fundamental precepts and tenets of the mobilization process to include the pre-mobilization training requirements."

The 174th Inf. Bde. is responsible for executing the plan developed by its sister brigade, the 72nd F.A. Bde. Both brigades are multi-component brigades with active-duty and Reserve-

component and Reserve-component formations across all branches of service," said Park.

The ROK conducts these visits annually as part of their focus on their reserve forces.

"The mobilization training process takes time and many resources," said Park. "The U.S. system works well but it is a still a challenge at all levels to plan and coordinate. A focus on readiness is our overall goal."

Pyun said, the Brigades selected training they felt most mirrored the ROK's reserve mission.

"I believe what is most relevant to the ROK Reserve mission is readiness training, encompassing individual training as prescribed in doctrine, and collective training which is accomplished through comprehensive events like WAREX, CSTX and XCTCs," said Pyun. "These events will provide the ROK Reserves a training goal to implement their training plan analogous to our Army force generation cycle and maximize training accomplishment within the small window drill weekends provide throughout the training year."

Pyun said, the insights he and his Soldier's provide is very relevant to the ROK's initiatives.

"First Army supports our partner Armies by providing valuable insight on how adaptable a uniquely structured active- and reserve-component force training formation accomplishes both realistic and relevant training," said Pyun.

## Exchange keeps the 'thanks' in Thanksgiving

By Army and Air Force Exchange Service Public Affairs

DALLAS—With a quarter of its work force comprised of military family members, the Army & Air Force Exchange Service is a true example of family serving family. As such, the focus on Thanksgiving Day will be on family and shopping will have to wait until Friday.

Customers will not have to wait long to start their holiday shopping as Exchange doors

open at 4 a.m. in the United States the day after Thanksgiving. Stores in the Pacific region will open at 7 a.m. while European Exchanges will welcome shoppers at 8 a.m.

"As a part of the military community, the Exchange understands that time with family, for both customers and associates, is a priority," said Lt. Col. Antwan C. Williams, Exchange Public Affairs chief. "Early openings at Exchanges worldwide on Black Friday

will allow shoppers to give thanks with loved ones and still partake in the savings."

Authorized shoppers can get a head start on special promotions, updated throughout the holiday season, by visiting the Exchange's "Sale Flyers" page at [www.shopmyexchange.com](http://www.shopmyexchange.com).

### CHIEF CLINICAL SERVICES, MH DANVILLE, PA

**PA DEPT OF PUBLIC WELFARE**  
Immediate Opportunities in Monroe County Danville State Hospital, a psychiatric facility, has an immediate opening for a Chief of Clinical Services, MH. The min. experience and training required for the position: Three years of experience in the administration of a major clinical services program in psychiatric or medical care and treatment of individuals with mental illness, in a psychiatric hospital, community psychiatric program, forensic treatment center or similar setting and certification in psychiatry or other recognized medical specialty by the American Medical Board or American Osteopathic Board. Position requires possession of a current and unrestricted license to practice medicine in the Commonwealth of PA issued by the State Board of Medicine or the State Board of Osteopathic Medicine. Salary ranges from \$128,392-\$162,877 annually. Excellent benefit package provided. For additional job requirements and for application procedures, contact:

Danville State Hospital  
Human Resource Office  
570-271-4596. EOE

**HANOVER DENTAL CENTER**

"Gentle Dental Care that will keep the Whole Family Smiling!"

**609-723-9800**

- ☆ Most Insurance Welcome
- ☆ Amerigroup, Healthnet, VHP Accepted
- ☆ Military Insurance Accepted
- ☆ Fillings, Extractions, Root Canals
- ☆ Dentures, Implants, Children's Dentistry
- ☆ Some Saturday and Evening Hours

Located Minutes from Joint Base McGuire-Dix-Lakehurst  
In the Ames Shopping Plaza

**AMERICA'S DINER HONORS AMERICA'S VETERANS.**

\* \* \* \* \*

Veterans, stop by Denny's on 11.11.13 from 6 am - 2 pm and enjoy **FREE ALL YOU CAN EAT PANCAKES.**

INCLUDES ACTIVE, NON-ACTIVE OR RETIRED MILITARY PERSONNEL.\*

Visit your local Denny's at  
221 U.S. Hwy. 130 • Bordentown, NJ • 609-298-4711

© 2013 D.D. LLC. \*Participating Denny's restaurants. Selection and prices may vary. \*Must show valid Military ID. Offer limited to Monday, 11.11.13, 6am to 2pm. While supplies last. Restrictions apply. Reservations not accepted. No substitutions.

There's no place like home for the Holidays.

**Exclusive Military Special**  
Book Your Holiday Party at  
The Mansion on Main Street

Surround yourself with elegant holiday decor and enjoy festive hors d'oeuvres and cocktails by our culinary staff.

**Traditional Holiday Buffet Menu and Open Bar**  
**\$45 Per Person**

Overnight accommodations are available with local shuttle service.

As a special 'Thank You',  
Receive the Following Gifts for your Event\*:  
20 Gift Certificates for The Mansion's Sunday Brunch  
A Golf Foursome at Blue Heron Pines Golf Club  
An Overnight Stay at Valley Forge Casino Resort

\*APPLICABLE FOR HOLIDAY PARTIES OF 25 GUESTS OR MORE. EVENT MUST TAKE PLACE BY 1/31/2014.

To speak with an event specialist,  
Please Call 856-751-1717.

3000 Main Street | Voorhees, NJ 08043  
[www.TheMansionOnMainStreet.com](http://www.TheMansionOnMainStreet.com)

This month, we asked service members from around Joint Base McGuire-Dix-Lakehurst:

# What does Veterans Day mean to you?



Lance Cpl. Gerardo Reyes, Marine Air Logistics Squadron 49 ground support equipment technician from San Juan, Puerto Rico.

"It's a day to remember and commemorate the people who stood in our shoes at some point in our nation's history."



Army Maj. Shawn Meaniff, 174th Infantry Brigade, 2-309th Combat Service Support Battalion executive officer from Stafford, Va.

"Veteran's Day is an opportunity to reflect on service members who served before us in conflicts around the world to bring freedom and defend our way of life."



Air Force Master Sgt. Frank Trofa, 87th Contracting Squadron contracting specialist from Ocala, Fla.

"Veteran's Day is a proud tradition and heritage of all the men and women who have guaranteed our freedoms with their many sacrifices."



Coast Guard Petty Officer 2nd Class Neil Caferio, Atlantic Strike Team reserve response member from Lanoka Harbor, N.J.

"It's all about the men and women who have made a commitment to defend and serve our country. They are the reason that we get to enjoy all the good things that are taken for granted. Too many times our veterans have not gotten the recognition or gratitude that they earned and are forgotten by the very people they fought so hard for."



Navy Seaman Apprentice Rosemary Leal, Fleet Readiness Center Aviation support equipment technician from Crosby, Texas.

"When I was a kid, Veteran's Day was a big deal at school. We had a Veteran's Day program in which I received a ribbon for having an uncle who died in the line of duty and I sang every service branch song. It's always been a big part of my life."

# CLASSIFIED

**Troops to Teachers** Interested in Teaching?

The Troops to Teachers Program (TTT) can assist with your pursuit to become a public school teacher. Certification, job placement and financial assistance may be available if you meet the program requirements.

Please visit one of the below TTT information sessions to learn more about the program and how you can become a teacher in the state of your choice!

Nov 14, Education Center - Falcon Courts N McGuire side, 10 a.m. Call for more info, 609-754-6345

Nov 19, Education Fair, 9 a.m. - 1 p.m. Army Education Center, Dix Side, Bldg 5410. Call for more info, 609-662-6001

To learn more, please contact us at: [tttj@doe.state.nj.us](mailto:tttj@doe.state.nj.us)

**Real Estate Rentals**  
**Apartments for Rent**

MOORESTOWN 1 BR, 2nd fl delux, washer/dryer, no smoking, off st parking. Move in Today! 609-207-7700

**Homes for Rent**

Delanco 3 BR, 2 full BA. Refurbished \$1400 609-784-6878. For pictures [www.51cash.shutterfly.com](http://www.51cash.shutterfly.com)

Southampton NJ 2 BR, Washer & dryer, Wood stove, \$1000/mo + utilities & 1 mo security. Call 609-685-5912

**Pet and Supplies**  
**Pets for Sale**

**PETS 2 U!**

AT THE PUPPY BARN: We are the original huge 35 yr. old Puppy Barn. We are not affiliated with any other pet store anywhere. We've had & sold & stood behind the most pups for 35 years. For customer satisfaction & the largest selection come to 2741 Rt. 206, Mt. Holy (Columbus) [mypuppybarn.com](http://mypuppybarn.com)

**Autos Wanted**

WE BUY

- \* Unwanted Vehicles
- \* Wreck/Flood Damaged
- \* Non-running
- \* Title Toxing

IF IT HAS WHEELS, WE BUY IT!!! PAYING UP TO \$600 CASH!!!

Call 609-586-3225 today for your free quote!

[www.bobbasmajian.oakmortgageusa.com](http://www.bobbasmajian.oakmortgageusa.com)

**VA Purchase & Refinance Loans**

Experience how working with a local VA mortgage specialist can benefit you.

CALL ME FOR YOUR FREE INTEREST RATE QUOTE!

609.654.6131

✓ Personal Service  
✓ Faster Loan Decisions  
✓ Competitive Interest Rates

**Oak Mortgage**

525 N Route 73 • Suite 101  
Marlton, NJ 08053

**BOB BASMAJIAN**  
Senior Loan Officer  
Office: 856.988.8100, ext 1738  
[bbasmajian@oakmortgageusa.com](mailto:bbasmajian@oakmortgageusa.com)

**PROUD OF OUR LOCAL ROOTS**

Licensed by the New Jersey Dept of Banking and Insurance, PA Dept of Banking, NMLS #557868.

**Restaurant**

Costa Mesa of Oldmans/Westover  
Diner, Bar & Grill, 10/11/12

**Special Services**

**Tree Removal**

**BOB LESCHAK Tree Service**  
Removal, Stump Grinding, Chipping  
609-671-6861 or 609-268-1637

**Condominiums**

EDGEWATER PARK Beautiful 2 Br  
condo for sale by veteran. Contact  
[allowayrealty.com](mailto:allowayrealty.com) MLS #286490

**Homes for Sale**

Maple Shade Area: Vets \$1600 Mo.  
50 E. Front St. Call for Appt to View

No Money Down! Colonial 3BR, 2 1/2 BA, rec room, country kitchen, full bath, 1 car garage, \$224,900. Call Joe Cully at 856-220-4790  
Prudential Mortgage Realty

**Real Estate Rentals**  
**Apartments for Rent**

**BROWNS MILLS**  
Efficiency Apt - \$550 mo  
1 Bedroom - \$750 mo  
ALL UTILITIES INCLUDED  
(Special thru November 30th only)  
Secure Site, Curbside Management  
845-425-8880

Browns Mills Studio Apt, electric, w/4  
& cable included. Call, French doors,  
skylights, \$675/mo. # 732-961-1029

LUMBERTON - Spacious 1BR,  
Available Now - FREE heat, hot water,  
lvr, gas & carpet! # 1-598-493-1911

**\$\$\$**

Call 609-586-3225 today for your free quote!

**celebrate** published sundays **LIFE**

Durlington County Times

share those special moments in your life...  
ONLY FOR DETAILS 215-949-4242

# NEWSNOTES

## 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](http://www.hrc.army.mil/Milper/13-205) or [asc.army.mil/web/career-development/military-nco/usar-reclassification-program](mailto: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.

## Teal Rope Program

The Teal Rope Program is seeking service members E-1 through E-4 to get the JB MDL community involved with sexual assault prevention. Members will highlight prevention strategies with the use of the Team Teal Theatre Group, sidewalk chalk messages, speakers, panels and other innovative ideas. Please contact Steven Deusinger at 754-2968 or [steven.deusinger@us.af.mil](mailto:steven.deusinger@us.af.mil).

## 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](http://www.milsuite.mil/books/group/jbmdl-swap) for re-distribution of supplies. Visit the [milsuite.mil](http://milsuite.mil) website or call 754-4686 for more information.

## 87th 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. 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](http://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 754-2663 for more information.

## Firehouse Movie Night

A movie night is scheduled for 8 p.m. every second Friday of the month at The Airman'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 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 754-2916 for more information.

## Home School Art Class

The Arts and Crafts Center offers a 10-week mbed 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 754-3154 for more information.

## 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 754-3154 for more information.

## Library Events

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

# Construction Corner

**From 87th Civil Engineer Squadron**  
**Intermittent Electrical Power Outages**  
Intermittent electrical power outages are scheduled from 8:30 a.m. to 3:30 p.m. today, in the Falcon Courts North area to complete routine maintenance on the infrastructure. Affected times and areas affected are: 8:30-11 a.m. full outage; 11-11:45 a.m. areas 3800 through 3900; 12:30-1:15 p.m. area 4000, 4275-4292, 4266-4274, 4211-4212, 4216-4224; 1:15-2 p.m. feeder, schools, chapel and pool house; 2-2:45 p.m. areas 4213-4215, 4228-4260; 2:45-3:30 p.m. areas 4300, 4400 and 4500.

**McGuire Main Gate Shutdown**  
The McGuire main gate is scheduled for shutdown from Nov. 11-15, 2013, for paving of the inbound and outbound lanes. The East Arnold gate will be open during the shutdown. The McGuire Welcome Center will be closed during the shutdown.

**Lakehurst Road Paving**  
Paving of Lawrence Road including the commercial gate is scheduled 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 Dec. 30, 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 Broidy 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.

**Walston Army Hospital Demolition**  
Demolition of the Walston Army Hospital and associated facilities is expected to take approximately seven months. Detour around the site will continue through March 2014. New Jersey Avenue will be closed to all but local traffic between 4th Street and Sumnerall Avenue for the duration of the demolition and traffic will be routed around the site via N. Scott Plaza, Maryland Circle and 8th Street. 4th Street between General's Circle and New Jersey Avenue will be closed for the duration of the work. Patrons of the golf course need to use additional caution when crossing Fort Dix Road and New Jersey Avenue due to increase traffic volumes on these roads.

## Joint Base McGuire-Dix-Lakehurst Chapel

### Chapel Locations

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

### Worship Hours

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

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

# General

Continued from Page 3

commanders throughout

the world," explained Maj. Gen. Glenn J. Lesniak, U.S. Army Reserve Command deputy commanding general for support. "To sustain that force, the Army Reserve utilizes four regional support commands to provide base-operations support, vehicle maintenance and a wide variety of administrative and Soldier services.

Boor enlisted in the Army in 1976 and commissioned as a second lieutenant in the Military Intelligence Corps in 1980. After graduating from the Military Intelligence Officer Basic and Tactical Intelligence Officer courses at Fort Huachuca, Ariz., she served four years in the 313th Military Intelligence Battalion, 82nd Airborne Division at Fort Bragg, N.C., before transferring to the Army Reserve in 1984.

Boor's command assignments include Headquarters Company, 171st Corps Support Group in Garner, N.C., the 362nd Quartermaster Battalion in Kingston, N.C., the 642nd Area Support Group at Fort Gordon, Ga. and the 171st Area Support Group.

Other key staff assignments include S4 for the 362nd Quartermaster Battalion, S2/3 and deputy commander of the 171st Corps Support Group, inspector general for the 310th Theater Army Area Command at Fort Belvoir, Va. and G3

for the 81st Regional Readiness Group at Fort Jackson, S.C.

Boor returned to active duty with the Army Reserve in April 2006 to serve as G1 and then chief of staff for the 81st RRC until October 2008 when she was assigned as the Mobilization Assistant to the deputy director, J3/4 (IMA) at the Defense Logistics Agency at Fort Belvoir, Va. She returned to active duty with the Defense Logistics Agency from 2009-2010 as vice director of operations and Sustainment Logistics and chief of staff before deploying to Afghanistan from July 2010 to September 2011 as the director of Task Force Spotlight.

Boor's military education includes the Military Intelligence Officer Basic and Advanced Courses, U.S. Army Command and General Staff College, U.S. Army War College and Advanced Joint Professional Military Education. She holds a bachelor of science degree in psychology from Fayetteville State University, N.C., and a master's in strategic studies from the U.S. Army War College.

Her military awards include the Defense Superior Service Medal, Bronze Star Medal, Meritorious Service Medal with two silver oak leaf clusters, Army Commendation Medal with a silver oak leaf cluster, Army Achievement Medal with two oak leaf clusters, Senior Parachutist Badge and Joint Chiefs of Staff Identification Badge.

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

### AirForceToons



# Get to know JB MDL!



Can you guess what this is? Submit your guess online at [www.facebook.com/jbmdl](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!

Did you guess last week's close-up photo? Surely the hydro troops out there guessed it. It's a hydraulic pump for the number one engine on a KC-10 Extender. The pump moves hydraulic fluid through the aircraft's hydraulic system to operate landing gear and other components of the aircraft.

## Joint Base Intramural Sports Standings

2013 Lakehurst Fall Soccer					Titans		
Team	Win	Loss	Tie	Points			
Furloughed Forces	7	5	0	71	3	2	0.600
Mayhem	7	2	1	68	2	5	0.286
Mavericks	6	4	0	54	0	5	0.000
Unarmed Forces	3	7	0	33	0	7	0.000
Aftershock	2	7	1	29			

2013 Lakehurst Flag Football				Game schedule		
Team	Win	Loss	PCT	Week 9		
Unarmed Forces	6	0	1.000	Nov. 12	11:30 a.m.	Unarmed Forces vs. Thunder Chickens
Thunder Chickens	6	1	0.857	Nov. 13	11:30 a.m.	Titans vs. CNATT/Test
				Nov. 14	11:30 a.m.	Show Time vs. Little Giants

All games played at Lakehurst Sports Complex Football Field

## Recipe Roundtable



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

### No-Bake Apple Crisp

**Ingredients:**  
 •1 tablespoon vegan margarine, like Earth Balance (or regular butter or margarine)  
 •1 apple, cored and diced  
 •1 teaspoon cinnamon  
 •1 tablespoon agave nectar  
 •1/4 cup granola cereal

**Cooking Instructions**  
 Melt butter in a skillet or use non-stick spray over medium heat. Add apples, sprinkle with cinnamon and stir. Cook until tender 5-8 minutes. Drizzle apples with agave nectar and stir to evenly coat. Cook an additional 1-2 minutes until nice and gooey! Remove from heat, transfer to a bowl and top with granola.

Recipes found at [food.com](http://food.com)

## Dignity

Continued from Page 2

Several months later I ran into the female Airman at the gym. I reminded her about her words, "grin and bear it," and asked why she put up with that behavior without speaking out. She explained that she so badly wanted to be part of the squadron that she remained silent as not to "make waves."

Her story bothered me a lot. For a young Airman to feel like she had to "go along to get along" by accepting behavior that was repulsive was unacceptable to me. We were part of a premiere Air Force fighter wing gearing-up for war. We had to trust each other and have each other's back. In my way of thinking, treating each other with dignity and respect was a given—unfortunately, in her case it was not.

Dignity and respect are not just words. Merriam Webster defines dignity as "the quality or state of being worthy, honored, or esteemed," and respect as "a feeling or

understanding that someone or something is important and should be treated in an appropriate way." We all want to be respected by others... both as human beings and as military professionals. During my career, I've witnessed Airmen treating others with disrespect and dishonor. As vice chief of staff, I cringe when I read reports of sexual assaults in our Air Force. I personally know the hurt of racially charged words and I have seen and witnessed the hurt associated with victims of sexual assault. Airmen who act in this manner are not representative of the Air Force I serve and I won't tolerate it. Neither should you.

I know the vast majority of our Airmen don't act that way—they understand the importance of fostering a culture of dignity and respect and they live it every day. To those Airmen, I say thank you for living up to Air Force core values and I ask you to join me in re-doubling our efforts to NOT TOLERATE those who don't live up to those standards. Airmen don't sexually harass or assault fellow Airmen (or anyone for that matter). Airmen don't care

about their fellow Airman's race, ethnicity, religion or sexual orientation. We focus on character, commitment, professional competence and leadership. And, if we run into that small percentage of Airmen who violate those standards, we speak up and report that behavior to the appropriate officials.

For those who cannot or will not live up to Air Force standards, I offer a simple phrase: "shape up or ship out." If we have members who won't subscribe to integrity, service and excellence, we don't want them.

We all signed up to be part of the best Air Force the world has ever seen. The Air Force didn't become the best by accident. Dedicated, committed Airmen who live by our core values each and every day made it that way. You and I now have a sacred responsibility to not only keep us the best but to make the AF even greater. That's a big responsibility, but it starts by treating everyone with dignity and respect and remembering that every Airman counts.

## Workout

Continued from Page 2

pushing him away and creating a wedge between us. I became a slob at home and lost confidence in myself, something I never had an issue with before.

My turning point was when we received an assignment to Royal Air Force Lakenheath, England; I realized it was time for a change. I wanted to lose weight, be happy and repair anything that was broken.

After settling in at RAF Lakenheath, I started working out again and it felt amazing. I set goals for myself, have accomplished them and have come so far in the past eight months. I have lost 32 pounds, ran my

first half marathon, and have improved my fitness assessment mile-and-a-half run time and can max out my sit-ups and pushups.

I am stronger than I have ever been and did it all on my own with the inspiration of my family. It feels so much better knowing I worked so hard to get where I'm at. I enjoy shopping again and I've stopped avoiding mirrors.

I didn't go on any fad diets or hire a personal trainer. I made time for myself by working out a schedule that allows me to be an Airman, mother and wife, while staying fit.

I stopped making excuses, and with the help of my husband, I started weight training. He taught me the basics. We worked on my form and, more

importantly, we worked together. I was on the right path and putting in hard work.

I haven't lost time with my daughter; in fact, she loves working out with me and my motivation to continue when I really want to give up.

I have been blessed with having an amazing support system at home and at work. My husband helps out more than a he should, supports my goals and gets more excited to see me accomplish them than I am. Our marriage has improved so much since I started getting myself back; it's better than ever!

Things at work have also improved. I enjoy helping coworkers work out and I'm overcoming the confidence issues I once had. I can now walk

with my head held high.

Working out is still not easy. I still have goals that seem impossible, chocolate and French fries are still weaknesses of mine and I still get lazy. But, then I remember how hard I've worked in the last eight months and I continue to strive forward.

Exercising and losing weight has made me feel better about myself, opened doors for me and has given me a sense of direction of what I want in my future. A year ago I wasn't sure if I wanted to continue making the Air Force a career, but I can now say I'm in it for the long haul.



## Time to quit smoking?

The Health and Wellness Center can put you on track. Call 754-2462 for more information.



Friday:  
7 p.m.  
THOR: The Dark World (NR)  
Saturday:  
7 p.m.  
THOR: The Dark World (NR)