



NEWSNOTES

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

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@us.af.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Sonnier.

Claims against the estate of Master Sgt. 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@mail.mil. An example of a claim would be a debt, obligation or other money owed to the claimant by Wick.

Halloween Zumbathon

The 87th Force Support Squadron is set to host a Halloween Zumbathon from 6-9 p.m. today, at the Griffith Field House, located at 6053 Doughboy Loop. The cost is \$12. 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 or 754-4855 for more information or to register.

CCAF Graduation Ceremony

The Community College of the Air Force graduation ceremony is set for 2 p.m. Nov. 5, 2013, at the Tommy B's Community Activities Center, located at 2705 East Arnold Ave. Call 754-5349 for more information.

Winter Driving Campaign

The Joint Base McGuire-Dix-Lakehurst Safety Office is set to host a Winter Safety Campaign from 11 a.m. to 2 p.m. Nov. 7, 2013, at the Exchange parking lot. The safety office will offer courtesy tire checks and hand out safety-related material. Call 754-7233 for more information.

87th Medical Group Closure

The 87th Medical Group will be closed Nov. 7, 2013, for Wingman Day. Call 754-9249 for more information.

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 Severnys 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 Timmerman 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 Severnys 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.

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 8



Joint Base McGuire-Dix-Lakehurst Leading Edge program participants receive a briefing inside a C-17 Globemaster III, Oct. 23, 2013, at JB MDL, N.J. The participants toured the aircraft as part of a 305th Air Mobility Wing demonstration. (U.S. Air Force photo by Brad Camara/Released)

Stellar NCOs are Leading Edge of JB MDL

By Capt. Brooke Brzozowski
U.S. Air Force Expeditionary Center
Public Affairs

Twenty-five service members from seven installation units participated in the Leading Edge seminar Oct. 20-25, 2013, here.

Leading Edge is a program designed to give top performing E-5s and E-6s from all service branches a view of the installation's strategic operations and leadership, providing them their leadership skills and demonstrating their impact and role in their installation's mission.

The program and yearly seminar are based off of Air Mobility Command's Phoenix Stripe, the major command's initiative to develop noncommissioned officers and mid-grade civilians into future leaders by teaching leadership skills and illustrating each Airman's role in the

overall mobility mission.

"Our goal was to not have any run-of-the-mill air show-type briefings," said Air Force Master Sgt. C. Chris Sherman, 6th Airlift Squadron loadmaster and seminar lead. "These are the future enlisted leaders and we want them to understand the joint base from a strategic level and how we fall into the grand scheme of AMC and the Air Force."

The selection criteria are extensive and strict. Along with the prerequisite reading, The Killer Angels by Michael Shaara, each of the participants had to exemplify excellence in all areas of their work.

"The participants were nominated and selected because they were the best of the best within their respective units," said Sherman. "They also had to be nominated by their group commanders, so they had to be 'fit to fight' in every way."

The service members had the opportunity to learn a plethora of leadership skills and qualities once accepted.

"This program was incredibly informative," said Air Force Staff Sgt. Annie Ford, 87th Medical Operations Squadron medical technician. "The participants were a great group of people, and it really opened my eyes to so many new careers and missions across the installation."

This was the first Leading Edge seminar with joint participants including representatives from the Navy, Marines and Army along with Air Force members.

"I thought this was a great platform to really build relationships and to better understand the role of the other services on the installation," said Marine Sgt. Xavier Ten, Marine Aircraft Group 49 logistician.

See NCO, Page 9

Dickies recognizes Marine hero

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

Jason Simms, retired Marine Sergeant, received recognition as the 2013 Dickies American Hero of the Year, Oct. 29, 2013, at the Exchange lobby here.

Dickies, in cooperation with the Army and Air Force Exchange Service, presented Simms with a \$25,000 check in light of his meritorious military service during a deployment to Fallujah, Iraq, in 2004 and his dedication to serving the military through his work with the Wounded Warrior Project.

"It's a day to recognize the courage of Marine Sgt. Simms," said Col. James Hodges, 87th Air Base Wing, commander. "He exemplifies selflessness as he continues to serve bravely today."

Simms' wife, Alana, nominated him without telling him, leaving him clueless about the award or nomination until Dickies notified him about winning the title. Nominees and award recipients are service members who have exemplified heroic qualities to their family members or friends who nominated them.

Simms claimed the service members with whom he patrolled and service members who made the ultimate sacrifice are the real heroes, said Air Force Maj. Gen. Joseph S. Ward, AAFES deputy director.

Alana cited her husband's service during his deployment by noting the heroic qualities he displayed. Simms survived an improvised-explosive-device attack while on a patrol with other Marines during his deployment, which resulted in a recovery process including more than 20 surgeries and physical therapy. He medically retired from the Marines and continues to serve with the Navy's Human Resource Center and the Wounded Warrior Project to assist wounded warriors like him find gainful employment after separating from the military.

"The credit I've received for this award is overwhelming,"



Air Force Maj. Gen. Joseph S. Ward, Army and Air Force Exchange Service deputy director, presents retired Marine Sgt. Jason Simms with a \$25,000 check on behalf of Dickies and AAFES as the 2013 Dickies American Hero of the Year Oct. 29, 2013, at the Exchange at Joint Base McGuire-Dix-Lakehurst, N.J. His wife, Alana Simms, nominated him for the courage and heroism he exhibits by working with the Navy's Human Resource Service Center and the Wounded Warrior Project to help injured veterans like himself find employment after their return from service. (U.S. Air Force photo by Wayne Russell/Released)

said Simms. "I owe all of my appreciation to my wife and children who always support me."

Simms explained to the ceremony attendees that he planned to use the money to continue working with the Wounded Warrior Project and spend time with his newborn who is due in May 2014.

"There are so many American heroes still fighting at home and abroad and I would not be where I am today without their continued sacrifices," said Simms.

JB MDL porter wraps up

Staff Sgt. Ryan Vanterpool chains down a mine-resistant, armored-protective vehicle, known as an MRAP, on a C-17 Globemaster III. Vanterpool is deployed from the 305th Aerial Port Squadron at Joint Base McGuire-Dix-Lakehurst, N.J.



2

Regiment builds foundation

Members of the 1st Training Support Battalion, 307th Infantry Regiment traveled from Joint Base McGuire-Dix-Lakehurst, N.J., to Central Park in New York City to learn about their unit history.



3

NAVAIR holds workshop

Naval Air Systems Command Lakehurst and Naval Air Warfare Center Aircraft Division Women's Advisory Group held a speed-mentoring workshop for newly hired engineers, logisticians and contract specialists.



4

Check out JB MDL on social media!

[fbjmdl](#)
Use Facebook to connect with joint base lakehurst and other community members.

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

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

Sexual assault: the human cost

By Lt. Gen. Michelle D. Johnson
U.S. Air Force Academy

U.S. AIR FORCE ACADEMY, Colo. – The Air Force Academy is committed to preventing, deterring and prosecuting sexual assault in its ranks.

Sexual assault is a crime and is unacceptable. It is incompatible with our core values, it is harmful to our people and it makes us less effective in the Air Force's mission. We cannot succeed in developing leaders of character if the scourge of sexual assault creeps into our ranks; so, we must all work together to be the first line of defense against it.

I would like to point out that the Air Force publishes all sexual assault convictions online at www.afjag.af.mil/sexual-assaultprosecution/index.asp. Anyone can go online and review more than 100 cases from across the Air Force, to include filtering them by base.

Some may wonder why the Air Force would do this. Isn't this just "airing our

dirty laundry?" Not at all. That Air Force commanders take this crime seriously and hold offenders accountable, and are made well known.

Airmen, civilian Airmen, cadets and cadet candidates should take note. You only need to read a few pages to understand the life-long impact this crime has on all involved. The Air Force, as a cross-section of society, is not immune to the challenges the public faces. In fact, a number of those cases involve Airmen assaulting fellow Airmen or, in our case here at the Air Force Academy, it's both Airmen assaulting fellow Airmen and cadets assaulting fellow cadets.

They were coworkers, friends and trusted people, maybe even more so because they were fellow Airmen or cadets. Someone's decision to cross that boundary involves a human cost and that human cost stays with both parties for the rest of their lives. The impact on the survivor can be extremely devastating.

I would also like to point out some of

the myths surrounding sexual assault, as provided by our Air Force Sexual Assault Prevention and Response Office.

Myth: sexual harassment is the same as sexual assault. The two terms are commonly mixed up. Sexual harassment is defined in Air Force Instruction 36-2706 as "Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature constitute sexual harassment when: submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment; submission to or rejection of such conduct by an individual is used as the basis for employment decisions affecting such individual or such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creating an intimidating, hostile or offensive working environment."

Sexual assault includes acts that violate Article 120 of the Uniform Code of

See **ASSAULT**, Page 9

Take a stand: End domestic violence

By Staff Sgt. Jess Lockoski
22nd Air Refueling Wing Public Affairs

MCCONNELL AIR FORCE BASE, Kan. – There was a trail of thrown objects throughout the home, to include children's toys and broken glass everywhere. The house was nicely decorated with family photos covering walls and wedding ceremony mementos on shelves and tables. I didn't expect that.

Domestic Violence – it's a serious, yet uncomfortable topic people don't like to speak about; however the Air Force does a good job in advocating its awareness year round in addition to an official observation each October.

I only learned about military domestic violence when I received my first alert photography call for security forces in base housing a few years ago. Since then, I've documented countless domestic violence calls including suspected child abuse cases.

Public Affairs' Airmen are held to not specifically discuss this type of documentation with respect to an individual's privacy and are bound to ethical and legal integrity. At times, we may testify in military court but this is what I can say. Domestic violence is a real issue, and it may become a silent epidemic

if never leaves the confines of a household.

At that particular household, the hole punched in the living room wall was as big as my camera equipment. There were no traces of empty alcohol bottles or items that would indicate a stereotypical fight.

Back then, my oversimplified conception of living a military lifestyle – with high standards, a respectful image and obligations to our nation – didn't include violence that was not directly in support of war. That was a misunderstanding. Military life can get stressful.

The family's pets were startled and anxious from the altercation as were their next-door neighbors, who initially called the law enforcement desk to report it. Contusions and scratches they put on each other's bodies over the course of time were evident next to fresh red marks too.

I took photos and left the scene hoping the couple could find a peaceful resolution.

A few months later, I ran into the same family while standing in line at the Base Exchange. The wife looked at me embarrassed, and I felt bad just as I'm sure they felt awkward. But

See **VIOLENCE**, Page 9

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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& SEA TIMES

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Service member spotlight: challenge, experience

Cpl. Luis Arriaga, Marine Aircraft Group 49 administrative noncommissioned officer, is the joint base's featured service member of the week. Arriaga hails from Houston.

Q: Why did you join the military?

A: I joined because I wanted to challenge myself as a person and get some experience in life.

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

A: I am an administrative NCO; I support all marines who are incoming to MAG-49.

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

A: No; I have no family members in the military.

Q: Who most inspires you?

A: The person who most inspires me is all the drill instructors committed to their professionalism.

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

A: I would like for them to understand the sacrifices we all make are all worthwhile in the end.



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

Deployed 305th APS porter wraps up MRAPs



Staff Sgt. Ryan Vanterpool chains down a mine-resistant, ambush protected vehicle, known as an MRAP, on a C-17 Globemaster III Oct. 2, 2013, at Bagram Airfield, Afghanistan. Bagram has become a major hub for retrograde operations out of Afghanistan. The 455th Expeditionary Aerial Port Squadron special handling section pushed 4.2 million pounds of retrograde equipment during the month of September. Vanterpool, a Honolulu, Hawaii, native, is deployed from the 305th Aerial Port Squadron at Joint Base McGuire-Dix-Lakehurst, N.J. Vanterpool is a 455th EAPS aerial porter. (U.S. Air Force photo by Master Sgt. Ben Bloker/Released)

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NEWS ONLINE

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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



307th Inf. Reg. builds on foundation

By Sgt. 1st Class Billy Webb
307th Infantry Regiment

Members of the 1st Training Support Battalion, 307th Infantry Regiment traveled from Joint Base McGuire-Dix-Lakehurst, NJ, to Central Park in New York City to learn about their unit history and the foundation of the regiment during World War I and II.

The group immediately visited the large stone, powerfully inscribed, "To the Dead of the 307th Infantry A.E.F. (American Expeditionary Force), 500 Officers and Men 1917-1918," upon arriving at the 307th Infantry Memorial Grove in Central Park.

The members of the 307th Inf. Reg. were noted for their service as part of the 77th Infantry Division, AEF during World War I, particularly during the Battle of the Argonne Forrest. Elements of the regiment were part of the famed "Lost Battalion," a group of 554 Soldiers that were isolated by German forces during the battle.

"We are dedicated to not just our current soldiers, but we are also proud of all of the patriotism and heroics of many men that came before us," said Lt. Col Terrence Johnson, 1st Battalion, 307th Inf. Reg. commander.

Johnson expressed that the purpose of the day was to tie the lineage of the past to the current organization.

"It is an honor to take my men and women back in time to show them that we must continue to build ourselves and the unit and to never forget where we started from many years ago," said Johnson.

The day to reflect on the history of the unit, which currently conducts pre-deployment training for all elements of the Army, Navy, Air Force and Coast Guard at the joint base, helps the men and women of the unit to build on a critical component of soldiering within its ranks; that component is resiliency.

The current service members reflected on the events of October 1918, imagining the horrific conditions that claimed roughly 347 missing and killed soldiers. The members of the regiment were able to repulse enemy attacks until reinforcements arrived six days later, despite being low on ammunition, water, food, and shelter and under intense enemy fire.

Army Maj. Timothy Kelly, the battalion executive officer, led a discussion on the World War I Battle of Okinawa, where the regiment participated in the actions taken at Ishimori Ridge.



Soldiers and family members of 1-307th Infantry Regiment gather at the Memorial Grove in Central Park, New York City to discuss the history of the regiment during World War I and World War II. (U.S. Army photo/Sgt. 1st Class Billy Webb/Released)

The battalion is currently undertaking efforts to dedicate the new unit headquarters on New Jersey Ave, JB MDL, in honor of Pfc. Martin O. May. May was posthumously awarded the Medal of Honor for his heroic actions on April 21, 1945, at the Battle of Okinawa. President Harry S. Truman awarded the nation's highest award for valor to May on Jan. 25, 1946, for "maintaining his position under heavy enemy fire, allowing his fellow soldiers to move to a safe position, himself becoming the focal point of enemy fire. May remained at his machine gun until he was mortally wounded and is credited with maintaining the American lines that resulted in the seizure of the mountain stronghold," according to the award citation.

Command Sgt. Maj. Charles Gilmer, the Battalion command sergeant major, tied the overall purpose of the trip together. He explained that the regiment has a proud history of heroism throughout the past conflicts of the United States and emphasized the importance of remembering Sept. 11, 2001.

"America was attacked. The voluntary rush to duty of brave men and women across the country is a testament to the sacrifices of all those before us and the core strength of our Army," said Gilmer. "This city, today, is a reminder of great Americans like May and those who came before and after. I challenge each of you to emulate those we spoke of and serve with honor and distinction."

2014 civilian benefits open season slated

By Janis El Shabazz
Air Force Personnel
Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas - Open season for the Federal Employees Health Benefits, the Federal Employees Dental and Vision Insurance and the Federal Flexible Spending Account programs will run Nov. 11 through Dec. 9, 2013, Air Force Personnel Center officials announced.

"Open season is the best time for employees to review their health care coverage, not only to make desired changes, but also to ensure their plan has not been altered or discontinued," said Carlos Colon, Air Force Personnel Center.

Open season is a good time for employees who do not

See **BENEFITS**, Page 5

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JB MDL participates in Operation Black Eye

By Robin B. Jordan
Joint Base McGuire-Dix-Lakehurst
Family Advocacy Program

The Joint Base McGuire-Dix-Lakehurst Family Advocacy Program, with the support of several volunteers, participated in Operation Black Eye, a social experiment, Oct. 16, 2013, to promote awareness for National Domestic Violence Awareness Month and to observe bystander responses and interventions.

Every year Family Advocacy coordinates several base wide prevention, response and education efforts to elevate community awareness. This year, Operation Black Eye was implemented to raise awareness and bring to light how we respond as a community to potential victims of domestic abuse. This social experiment has been implemented at several other military installations to promote awareness.

The goal of this experiment was to embed simulated-abused "victims" into various duty sections and then observe the responses of their coworkers with whom they came into contact.

The JB MDL FAP and volunteers assessed bystander attitude, comfort level, familiarity with base services and overall willingness to intervene, ultimately aiding in domestic violence awareness and intervention. The focus was the unfortunate reality of domestic violence and what can be done to assist potential victims.

Supervisors recruited volunteers in each of the 87th Medical Group's subordinate squadrons, without informing the squadron members of the social experiment. Examiners screened each volunteer before participation to assess their comfort levels. Three active-duty military females and one male civilian volunteered for the experiment. The volunteers held various ranks, ages and job descriptions.

On the morning of the experiment, the four volunteers met in the Family Advocacy Program conference room. Two additional volunteers applied makeup to create black eyes and bruises on each of the simulated domestic violence victims. The volunteers were asked to go about their daily routines of patient care, base deliveries or running errands during lunch. The volunteers were instructed to offer no explanation, and instead hand out cards describing the experiment and confirming their safety in case they were confronted by concerned bystanders. The simulated victims were also asked to pay careful attention to their own personal thoughts, feelings and reactions to how



Steve Uretzky, 87th Medical Support Squadron network administrator, discusses reactions of co-workers and friends with Joint Base McGuire-Dix-Lakehurst Family Advocacy Program specialists, Shaleen Anderson and Robin Jordan Oct. 16, 2013, at the 87th MDG Clinic, JB MDL, N.J. They discussed their co-workers reactions to fake black eyes as volunteers during Operation Black Eye, a social experiment. The exercise is part of October's Domestic Violence and National Bullying Prevention month activities. (U.S. Air Force photo by Wayne Russell/Released)

they were treated throughout the day as they kept track of bystander interventions.

All participants reported being surprised by their observations.

"I was stared at while running errands at the Exchange but no one approached me," said one active-duty military female volunteer.

Another participant indicated that while delivering items, she was actively ignored by a co-worker. Several people also walked by, but did not intervene, she said, which made her feel odd and ignored.

One of the victims worked in direct patient care and noted none of the patients approached her, but some made minimal eye contact with her after noticing the black eye. The male civilian volunteer noticed others were reluctant to directly intervene in a group setting. Bystanders approached him in a joking manner during one-on-one interactions, with the presumption the black eye was a result of a fight. Nearly all participants reported that the

colleagues closest to them were the ones who responded. The majority of the participants agreed that the manner in which bystanders approached them was crucial, as many only addressed them in the presence of others or in a joking manner.

The volunteers cited experiencing sadness, disappointment and hurt, resulting from the reactions they received throughout the day.

"I was around this person for an hour and he said nothing," said one volunteer.

The volunteers reported their senior leadership intervened and helped them learn more about the FAP's Domestic Abuse Victim Advocate and supplied contact information. One senior leader asked if the person was okay and offered a closed-door session to address an incident.

Intervention doesn't require knowing the details about the private lives of everyone in the workplace.

"If someone suddenly comes to work with a black eye, show concern, if someone is being hurt, your silence damages far more than saying something that seems awkward," said Shaleen Anderson, Family Advocacy Program intervention specialist. "Take the time to be discreet, respectful and kind. If you are concerned, say something like, 'If you want to talk or you ever need anything, I am here for you.' Simple words of compassion have the potential to become a lifeline that might create hope that makes a difference in a person's life."

The FAP offers classes on parenting, communication and anger issues which can resolve a situation, rather than reacting after an incident. The FAP also employs a Domestic Abuse Victim Advocate that is available to provide support and education, resources, court accompaniment and in-person appointments. The DAVA is available 24 hours a day, seven days a week.

"I can't imagine, after this experiment, that I would not intervene," said one of the volunteers. "Knowing that no one said anything to me raises the question of 'what would happen if I were in a real situation?'"

If you or someone you know is at risk of domestic violence, information and services are available on the installation and in our local communities. The JB MDL Family Advocacy Program offers many services, referrals and Domestic Abuse Victim Advocates through contacting (609)754-9680. Their offices are located in the 87th Medical Group's Main Clinic and at Lakehurst co-located with the Military Family Support Center (Bldg. 488).

Leaders advise against Guard, Reserve merge

By Col. Bob Thompson
Air Force Reserve Public Affairs

WASHINGTON — Air Force Reserve leaders told members of the National Commission on the Structure of the Air Force that merging the Air Force Reserve with the Air National Guard would create little value and cause numerous adverse impacts — detracting from the broader goal of improving the Air Force structure.

Appointed by the fiscal 2013 National Defense Authorization Act, the commissioners listened to testimony Oct. 24-25. They are looking at the Air Force's structure to determine if and how it should be changed to meet future missions and funding challenges. Their report and recommendations are due to the president by Feb. 1, 2014.

"I believe the nation benefits from the synergistic value of a three-component Air Force

consisting of the Active Duty, Air Force Reserve and Air National Guard," said Lt. Gen. James F. Jackson, chief of Air Force Reserve and commander of Air Force Reserve Command, during his testimony on Oct. 24.

Members of the National Commission on the Structure of the Air Force interviewed senior leaders — from past and present, active duty, guard and reserve — to review proposals to integrate the Air Force Reserve and the Air National Guard into one reserve component.

"I do not believe combining the AFR and ANG is beneficial or value-added to our nation," Jackson told the commission. "A merger of the (two components) has been discussed many times during the 65 years of our history, yet has never materialized."

The commissioners also met with the top enlisted leaders of

each of the three components and asked about strengths, capabilities, improvements, shortfalls, resiliency, participation, recruiting, retention and morale.

"We have met our recruiting goal for the 13th consecutive year," said Chief Master Sgt. Cameron B. Kirksey, AFRC command chief, during his testimony to the commission Oct. 25. "Our retention rate has averaged 88 percent for the past seven years. Morale continues to be high, and our Airman wants to serve more than ever."

"We are concerned with the current budget environment and the effects of sequestration," he said. "From furloughs and paycheck losses, to the stress caused by financial uncertainty, the resiliency of the force is being tested, with the long-term impacts yet to be fully understood."

Regular Air Force, Air National Guard and Air Force Reserve

Airmen work together around the world as a team in air, space and cyberspace. Today's Total Force consists of about 327,600 active-duty Airmen in the Regular Air Force along with 105,400 Air National Guardsmen and 70,880 Air Force Reserve Airmen actively serving in the Selected Reserve as designated by the FY13 National Defense Authorization Act. The Air Force Reserve also maintains a strategic depth of more than 790,000 standby or non-participating reservists and retirees who can be called up for national emergencies.

"We deliver our diverse portfolio of capability through air, space and cyberspace as a federal reserve, always in Title 10 status, whether at home or abroad," said Kirksey.

"The Air Force Reserve always serves in Title 10 status as the federal member of the Air Reserve Component," said Jackson.

This is the third time Jackson has spoken to the commission. In previous testimony, he told the commission about an analytical simulation tool called the "Individual Cost Assessment Model," which can determine an Airman's overall life-cycle cost, in all three components.

Leveraging the cost-effectiveness, capability and capacity of the reserve and guard during this time of fiscal austerity is of keen interest to the commission. Led by the Honorable Dennis M. McCarthy, a retired Marine Corps lieutenant general and the previous assistant secretary of Defense for Reserve Affairs at the Pentagon, the commission has visited and interviewed Airmen across the country. The vice chair is the Honorable Erin Conaton, a former undersecretary of Defense for Personnel and Readiness and previous undersecretary of the Air Force.

NAVAIR Lakehurst holds speedy-mentorship workshop

By Tom Worsdale
Naval Air Systems Command Public Affairs

Naval Air Systems Command Lakehurst and Naval Air Warfare Center Aircraft Division Women's Advisory Group held a speed-mentoring workshop for newly hired engineers, logisticians and contract specialists who were just starting their careers with the federal government Oct. 22, 2013, here.

The concept of speed mentoring allows an employee the opportunity to sit face-to-face with numerous senior managers from throughout the organization for a few minutes to discuss anything and everything pertaining to their jobs and careers. They ask questions, receive advice and the next manager in line offers another perspective.

Sixteen mentors, including Kathleen Donnelly, Support Equipment and Aircraft Launch and Recovery Equipment senior executive service director, spent the afternoon of Oct. 22 with a large group of new and old employees who were mentees under the coordination



Mentors and mentees meet and discuss career development concerns during speed mentoring workshop at Naval Air Warfare Center Aircraft Division Oct. 22, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Navy photo by Tom Worsdale/Released)

of Robin McDermitt, WAG team member.

Questions varied from, "How do I balance my career and home life?" and "What do I need to do to progress in my career field?" to "What does the future look like for DoD employees?" Mentors gave frank answers and personal advice from their years of

experience before a mentee progressed to the next mentor for advice.

"The event was very well received by the mentors and mentees," said McDermitt. "It allowed for a personal connection that might not normally occur in the day-to-day workplace. Mentees got to meet with leaders from other divisions

and received frank advice and guidance on what to expect from a civilian career with the Navy."

At the conclusion of the event, McDermitt encouraged the mentees to go to the NAVAIR mentoring website tool to search for a career mentor who could help guide them regularly as their career takes shape.

JB MDL children feast at Fall Festival



Children in Kristin Gionta's third grade class balance apples on wooden spoons as they race each other during the Fall Festival Oct. 25, 2013, at the Fort Dix Elementary School on Joint Base McGuire-Dix-Lakehurst, N.J. The festival featured games, including the apple race, a relay race, hula-hooping and the parachute, time with friends out of class and snack time. (U.S. Air Force photo/Airman 1st Class Tara A. Williamson/Released)

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Community-center dedication, cut ribbon honor member

By Airman 1st Class Tara A. Williamson
Joint Base McGuire-Dix-Lakehurst Public Affairs

The dedication of the Robert M. Moore Community Center and Trinity Solar ribbon cutting ceremony was held Oct. 24, 2013, at the recently renamed facility in the United Communities Garden Terrace housing area here.

Moore, a Mount Holly, N.J., native and Vietnam veteran, spent a majority of his childhood at Fort Dix, where his parents worked, before starting his 30-year career in the civil service under Air Force command.

"One individual along the road to acquiring approval for the solar installation here at United Communities was Robert Moore," said Matthew Haydinger, First Montgomery Group certified property manager. "In his position at the Air Force Civil Engineer Center, Moore was intricately involved with real-property issues as they pertained to privatized military-housing projects."

"He willingly reached out to bases at locations around the world for the benefit of those who serve," said Jim Saxton, retired New Jersey congressman. "One of his colleagues recently told me that the term 'service before self' must have been coined to describe Bob Moore."

Moore was a proponent of the solar project and had a handle on rational issues with a real-world view and cost saving measures which helped his career in the military-housing environment. His dedication to the project was further realized in his work with the base in identifying under-utilized areas for the higher and better use of alternative energy.

"We considered installing panels on an unused field on our property here at the base; we proposed installing on the abated landfill on Dix; we even considered land adjacent to but off the base entirely," Haydinger said. "Though, each of these endeavors would prove unattainable for reasons of permitting, cost, red tape etc., our team persevered."

United Communities and First Montgomery Group also researched and interviewed numerous companies before their choice was made.

"We encountered Trinity Solar with a well-established track record of installing roof mounted panels on residential homes all over New Jersey as well as industrial warehouses up and down the New Jersey Turnpike," Haydinger stated. "From the moment we met Trinity, its team members and principals alike, the difference from the 'solar cowboys' in the industry was evident. Their integrity was further realized



Matthew Haydinger, First Montgomery Group certified property manager, Anita Moore, widow of the late Robert Moore, and Bill Condit, Trinity Solar representative, cut the ribbon for the dedication of the Robert M. Moore Community Center and Trinity Solar Project, Oct. 24, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. Moore was a proponent of the project that will generate an estimated 13.7 million kilowatt hours of renewable electric power annually, which equals roughly one million gallons of gasoline or 22 million barrels of crude oil. (U.S. Air Force photo/Airman 1st Class Tara A. Williamson/Released)

during the eight-month construction and installation period wherein their honesty and commitment to safety was routinely experienced."

The four-year project utilizes solar panels as a way to reduce the joint base's annual energy expense and to support energy independence as a whole.

More than 55,000 panels have been installed on 1,500 of the 2,200 residences in the various United Community housing areas since construction began in January.

The solar installation will generate an estimated 13.7 million kilowatt hours of renewable electric power annually, which equals roughly one million gallons of gasoline or 22 million barrels of crude oil.

"As the largest solar installer in the Northeast, Trinity is proud of what this project stands for," said Tom Pollock, Trinity Solar chief executive officer. "We couldn't be more happy to design and install a system that provides military families on base with renewable electricity produced right here at home."

Benefits

Continued from Page 3

have health coverage to consider their options in light of the Affordable Care Act requirement to maintain minimum health care coverage for themselves and all dependents claimed on their federal tax return, or qualify for an exemption. Those who do not will be charged a penalty beginning with their 2014 federal tax return, in accordance with the Patient Protection and Affordable Care Act, Public Law 111-148 and the Health Care and Education Reconciliation Act of 2010.

The average premium rate for the Federal Employees Health Benefits Program will

increase by 3.7 percent in 2014. That percentage is only slightly higher than last year's 3.4 percent increase, and less than the 2013 national average increase. The average premium increase for the Federal Employees Dental and Vision Insurance Program will be less than 1 percent for dental coverage and average premiums for vision benefits will decrease by 1.3 percent, according to U.S. Office of Personnel Management officials.

The summary of changes to the plans are as follows:

Federal Employees Health Benefits:
There are no significant benefit changes for 2014 and more plan choices: 256, up by more than 10 percent from 2013.

Some plans are reducing their service areas or leaving the FEHBP program altogether, though. Employees in terminating plans or service area

reductions with terminating enrollment codes must enroll in a new health plan during open season if they want coverage. If they do not enroll in a new plan, they will not have FEHBP coverage in 2014. Agency officials have been instructed to notify enrollees of the need to select new plans for 2014; however, all employees should review OFM guidance for the 2014 open season before making a selection.

Coverage under an enrollee's new health plan will be effective the first day of the pay period beginning on or after Jan. 1, 2014, for most employees that will be the pay period beginning Sunday, Jan. 12. Enrollees will remain covered and receive the 2013 plan benefits until coverage under the new plan is effective.

Federal Employee Dental and Vision Insurance Program:

There are three new dental plans and one new vision plan in FEDVIP. There are a total of 10 dental plans and four vision plans for employees to review during open season. The CHI plan has also changed its name to EmblemHealth.

Federal Flexible Spending Account (FSAFEDS):

Eligible employees can enroll in FSAFEDS during the open season, and current enrollees must enroll annually to continue participating in FSAFEDS. Enrollment does not carry forward year to year.

For more information about the comprehensive open season and the Affordable Care Act, go to myPers at <https://myPers.af.mil>, or the Internal Revenue Service website at www.irs.gov and search for "questions and answers on the individual shared responsibility provision."

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Education

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Nov 14, Education Center - Falcon Courts N McGuire side, 10 a.m.
Call for more info, 609-784-6346

Nov 18, Education Fair, 9 a.m. - 1 p.m.
Army Education Center, 8th floor, Bldg 3418,
Call for more info, 609-962-6001

To learn more, please contact us at: tttj@doe.state.nj.us

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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 or asc.army.mil/web/career-development/military-no/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.

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

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

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

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

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

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

History Tours at Lakehurst
The Navy Lakehurst Historical Society offers tours of historic Hangar One and the Hindenburg crash site at 10 a.m. every Wednesday and every second and fourth Saturday of the month. Call (732) 818-7520 for more information.

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. Nov. 8, 2013, 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. 15, 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 Pudgely 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 in intermittently during the work. No road closures are anticipated.

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

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue
North Chapel - 3827 School House Road
Dix Chapel - 5240 New Jersey Avenue
Soldier's Chapel - 5950 Church Street
Cathedral of the Air - 264 Hope Chapel Road, Lakehurst N.J. 08527

Worship Hours

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

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

Army Support Activity

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

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4873.

Contacting A Chaplain

When should I call a Chaplain?

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

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

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

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

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

AirForceToons

Joint Base Intramural Sports Standings

2013 Lakehurst Fall Soccer

Team	Win	Loss	Tie	Points
Furloughed Forces	6	4	0	61
Mayhem	5	2	1	50
Mavericks	5	3	0	45
Unarmed Forces	3	6	0	32
Aftershock	2	6	1	28

Game schedule
Week 9
Nov. 4 11:15 a.m. Mavericks vs. Mayhem
11:50 p.m. Aftershock vs. Unarmed Forces
All games played at Lakehurst Credit Union Annex Field

2013 Lakehurst Flag Football

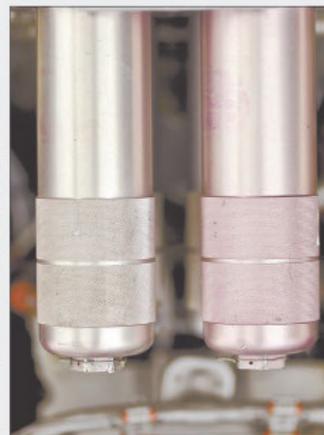
Team	Win	Loss	PCT
Unarmed Forces	6	0	1.000
Thunder Chickens	5	1	0.833
Titans	3	2	0.600
Little Giants	1	5	0.167
Show Time	0	4	0.000
CNATT/Test	0	6	0.000

Game schedule
Week 9
Nov. 5 11:30 a.m. Little Giants vs. Unarmed Forces
Nov. 6 11:30 a.m. Show Times, CNATT/Test
Nov. 7 11:30 a.m. Thunder Chickens vs. Titans
All games played at Lakehurst Sports Complex Football Field

Get to know JB MDL!

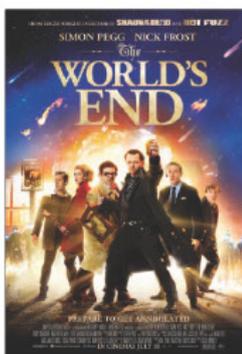


Did you guess last week's close-up photo? Most of you had pretty good guesses. It's the arresting hook on a F-105B Thunderchief. That's a pretty cool name for an aircraft.



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!

JB MDL Base Theater Movie Schedule



Friday:
7 p.m.
The World's End (R)



Saturday:
2 p.m.
Cloudy With a Chance of Meatballs 2 (PG)



Saturday:
7 p.m.
The Mortal Instruments: City of Bones (PG-13)

Assault

Continued from Page 2

Military Justice and include criminal behavior such as rape, sexual assault, aggravated sexual contact and abusive sexual contact.

A simple way to look at the two types of behavior is that sexual assault typically requires some degree of actual or attempted physical contact, while sexual harassment does not.

Myth: rape is about having sex. Research has proven that rape is about power, control and domination. Rape is not about sex, though it is a violent crime expressed sexually. The victim has not asked for it and does not enjoy it. Rape is often a life-altering experience and can be a life-threatening experience. In some cases, it can severely traumatize the victim.

Myth: flirting and suggestive body language is enough consent. Consent, as defined by the UCMJ, is, "words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person.

An expression of lack of consent through words or conduct means there is no consent. Lack of verbal consent or physical resistance or submission resulting from the accused party's use of force, threat of force or planning

another person in fear does not constitute consent. A current or previous dating relationship by itself or the manner of dress of the person involved with the accused in the sexual conduct at issue shall not constitute consent."

So, you can see by these myth-busting facts that sexual assault is not just rape by a violent stranger lurking in the bushes - it's typically with a known person, possibly culminating a continuum of behavior.

It is our collective responsibility to look out for these behaviors and stop sexual assault before it has the chance to happen. We need to take care of each other.

I encourage everyone to visit www.afjag.af.mil/sexualassault-prosecution and see what the Air Force is doing to hold sexual assault offenders accountable.

Read the case synopses; recognize these situations and behaviors that lead to them in your own or your fellow wingmen's lives and stop them before your name or their names end up on these pages.

Academy Airmen, civilian Airmen, cadets and cadet candidates take care of each other. When a member of our team is vulnerable, it isn't an opportunity to satisfy your own desires; it's an obligation to make sure they're safe.

Violence

Continued from Page 2

what's been more uncomfortable since then was reporting to a similar domestic violence call to a familiar place - a close friend's home.

The experience left me speechless and upset. I didn't foresee or know of my friend's struggles. Where were their avenues of help before it came to a call to 911?

Military chaplains, the family advocacy program, medical professionals and a support system of family, friends and peers are available 24 hours a day. I still didn't see why that network of people was kept out of the loop.

There was no doubt many stressors drove their violence but it was not an excuse to justify it. My friend told me later, she didn't have the strength to say, "No," to the abuse, and it was easier to block it out or physically and verbally fight back. She was emotionally beaten down and started believing the abuse was acceptable; she was embarrassed and didn't tell anyone.

It got to the point where the military police intervened for her to finally seek those resources to protect and help both victim and abuser, and help them recover and heal with counseling, a step that allowed them to work on their marriage.

No one deserves to live with that violence, whether it's verbal, psychological, emotional, physical, or covert and neglectful. It often goes unresolved because of perceived threats to end careers, the fears and reality of facing military judicial punishment, or more intimately, the complexities of failure in once-healthy relationships. Those reasons and more still do not make abuse okay.

If you see someone struggling through signs of domestic violence and abuse, go to them and offer help without judgment. If you find yourself in a situation where you or members of your family are experiencing domestic abuse and violence, please speak up because you don't have to live with that.

You have the right to a healthy military life.

Megan Munoz, 422nd Joint Tactics Squadron instructor. "The professional insight we gained was invaluable because this was extended to the other services."

While the seminar was hosted out of the U.S. Air Force Expeditionary Center Headquarters, the Leading Edge participants had the opportunity to visit more than two dozen locations across JB MDL and speak with a variety of panels from current enlisted and officer leadership.

"The panels were outstanding," said

Ford. "As an E-5, you don't normally have the opportunity to engage with senior enlisted members, especially from other career fields. The panels were an opportunity to gain a new perspective into another area of the installation."

The Leading Edge program is an annual event sponsored by the McGuire Top Three with additional support from the Eagles Top Three Association, Contingency Response Wing Top 3, Chief's Group, First Sergeants Council and United Communities.

Recipe Roundtable



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

Autumn Sausage Soup

Serves six.

Ingredients:

- 1 1/2 lbs. farmer sausage (smoked)
 - 2 tablespoons vegetable oil
 - 3 peeled and diced potatoes
 - 2 diced large carrots
 - 3 diced celery ribs
 - 1 1/2 cups diced rutabagas
 - 1 chopped onion
 - 1 diced green pepper
 - 5 cups beef stock
 - 3/4 cup kidney bean
 - 1.5-ounce can tomato paste
 - salt and pepper
 - 2 tablespoons fresh parsley
- Cooking Instructions
1. Cut sausage into 1 inch pieces, then in half again.
 2. Heat oil in a frying pan, then cook sausages for 3 minutes.
 3. Add diced potatoes cook for 2 minutes set aside.
 4. In a large soup pot add beef stock, carrots celery, rutabaga, onion.
 5. Boil 20 minutes or until vegetables are tender.
 6. Add sausage, potatoes, kidney beans, tomato paste, salt and pepper.
 7. Simmer for 10 minutes.
 8. Add green pepper and parsley simmer another 5 minutes.

Recipes found at food.com



Is it time to FINALLY quit smoking?

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

NCO

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Leading Edge fills a gap in the NCO Professional Military Education cycle in addition to many other benefits. It is considered to be a milestone professional-development event for joint base members.

"I hope that in the future this becomes even more joint," said Air Force Staff Sgt.