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NEWSNOTES

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

6th AS Change of Command

The 6th Airlift Squadron change of command ceremony is scheduled for 10 a.m. today in Bldg. 1823. Call 754-5816 for more information.

Antiterrorism Awareness Month

August is Antiterrorism Awareness Month. The Antiterrorism office is set to provide opportunities for personnel to increase their AT and force-protection knowledge through articles, handouts, guidance and mini-exercises throughout the month. Call 754-1396 for more information.

Adult Pottery Class

The Arts and Crafts Center is set to host a six-week adult pottery course from now through Sept. 12 in Bldg. 6039. The registration and materials fee is \$75. Call 562-5691 for more information.

2012 Luau Dinner and Cultural Show

The Asian-Pacific Heritage Committee is set to host the 2012 Luau Dinner and Cultural Show 3 p.m. Aug. 11 at Tommy B's Community Activities Center. Cultural displays and cuisines from more than eight countries will be present at the event. Call 754-5397 for more information.

AMC ICON & Operation Rising Star

The Air Mobility Command ICON and Operation Rising Star is scheduled for 7 p.m. Aug. 16 and 17 at Tommy B's Community Activities Center. The competition is open to all members of the Joint Base McGuire-Dix-Lakehurst community including DOD employees and military family members ages 18 years old and over. Joint base community members are invited to attend the event as active audience members. Doors open at 6 p.m. and the competition begins at 7 p.m. Rules and registration forms will be available on gomdl.com. Call 754-2830 for more information.

244th Aviation Brigade Change of Responsibility Ceremony

The 244th Aviation Brigade change of responsibility ceremony is scheduled for 10 a.m. Aug. 19 at 1811 Hangar Road. Call 562-7960 for more information.

'Big Apple' Goes Blue

New York City is set to host Air Force Week Aug. 19 through 21. Air Force Week is a chance to honor hometown heroes from all over the United States. Visit www.airforceweek.af.mil for more information.

Partial Road Closures

Northbound Pudge Circle and eastbound Tuskegee Airmen Ave. are scheduled to decrease from two lanes to one lane beginning Aug. 20. The road will remain partially closed for approximately two and half months while dormitory building 2606 is demolished.

Teen Orientation

The Dix Youth Center is set to host a teen orientation event from 10 a.m. to 4:30 p.m. Aug. 22 at 1279 Locust St. Pre-registration is required. Call 754-3154 for more information.

Regional Training Center-East Closure Ceremony

The Regional Training Center-East is scheduled to host a closure ceremony 10 a.m. Aug. 24 at Doughboy Field.

JB MDL Annual Summer Picnic

The Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic is scheduled from noon to 5 p.m. Aug. 24 at John Mann Park. Picnic events consist of various sporting competitors such as volleyball, tricycle races, horseshoes and tug of war throughout the day. All members of JB MDL are invited to partake in free go-carts, mini golf, batting cages, swimming, bowling, bounce houses, crafts, face painting, balloon art and more. Call 754-2830 for more information.

School and Sports Physical Day

The 87th Medical Group staff is scheduled to host their annual school and sports physical health fair from 8 a.m. to noon Aug. 25 at the 87th MDG clinic. The event will feature information booths for children ages five to 18, who receive care at the clinic. Both clinic entrances will be open and will include the same services on both sides. Parents are encouraged to call the appointment line at (866) DRS-APPT for a smoother process, however walk-ins are welcome. To process through stations efficiently, weather permitting, children should be dressed in shorts, T-shirts and shoes with socks. Medication refills, follow-ups for previous issues, or other concerns will not be conducted and addressed because this event is designed to complete sports/school physicals. With the exception of the immunizations clinic, all other ancillary services will not be available.

Parents should check with their child's school or go on its website for the required forms. Parents may also visit www.state.nj.us/education to access the school physical forms. Forms should be completed prior to the event to expedite the process.

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The Long Endurance Multi-Intelligence Vehicle approaches the landing area above JB MDL during its first flight on Aug. 7. The LEMV is intended to provide warfighters multi-intelligence sensors capable of persistent intelligence, surveillance and reconnaissance in a forward combat environment. (Courtesy photo/Released)

Long Endurance Multi-Intelligence Vehicle takes first flight

By Army Space and Missile Defense Command/Army Forces Strategic Command
Public Affairs and Joint Base McGuire-Dix-Lakehurst Public Affairs

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command conducted the first flight test of the Long Endurance Multi-Intelligence Vehicle Aug. 7 at Joint Base McGuire-Dix-Lakehurst, N.J. The hybrid air vehicle was airborne for more than 90 minutes during its initial flight.

"JB MDL provides an ideal platform for the LEMV program's development and testing," said Lt. Col. Stephen Snelson, 305th Operations Support Squadron commander. "We are one of only two military locations in the U.S. with hangars built primarily for lighter-than-air aircraft operations, making the joint base a fantastic choice for this historic project."

The first flight primary objective was to perform a safe launch and recovery with a secondary objective to verify the flight control system operation. Additional first flight objectives included airworthiness testing and demonstration, and system level performance verification. All objectives

were met during the first flight.

The LEMV is an optionally manned or unmanned air vehicle which was manned during this flight. Additional manned flights will resume following a planned and very detailed inspection of the vehicle. Northrop Grumman, the prime contractor for LEMV, is working with their international partner Hybrid Air Vehicle of the United Kingdom as a major subcontractor.

The LEMV is not the only airship presently located at JB MDL. Also flown here is the only airship currently in U.S. Navy active flying service, the MZ-3A manned airship.

"Traditionally we were the home of the airships back in the 1920s," said Tom Worsdale, Naval Air Systems Command Public Affairs. "The Navy started the airship program at Lakehurst so we have the hangars set up for these programs."

The MZ-3A is 178 feet long, capable of flying up to 9,500 feet and cruises at 45 knots. The ship is fitted with two Lycoming engines and has space for one pilot and nine passengers.

2012 Mud Run: JB MDL continues 'beastly' tradition

By Staff Sgt. David Carbajal
Joint Base McGuire-Dix-Lakehurst Public Affairs

The 2012 "Beast of the East" Mud Run is set to take on as many as 5,000 runners here Sept. 8.

Participants will have to low crawl, ascend, rope climb and balance through 23 wet and muddy obstacles in this year's 10K Mud Run.

"This year's 'Beast' is set to be the best one yet," said Julie Yuhas, co-organizer of the annual event. "We've made a few additions to challenge participants even more."

Course designers added six new obstacles to the course. "We've listened to the runners' feedback and we're excited to give them something new," Yuhas said.

Previous mud runners provided their thoughts on ways to improve the upcoming races.

"Overall, runners wanted more of a military experience," Yuhas said. "There's no better place to get that experience than right here."

Event planners wanted participation from all of JB MDL's military branches, in an effort to have joint base representation.

"The other services helped us come up with some unique and challenging obstacles for the competitors," she added. "Most of these new obstacles have ties to the respective service, such as the Marines' Lejeune low crawl." Course designers also updated previous year's obstacles.

"We're going to have a few surprises throughout the course," said Yuhas. "You'll definitely notice a strong military presence and environment." That won't be the only thing runners will have to watch out for.

"We're encouraging all of the services to send out volunteers to act as drill sergeants to help motivate runners through the course," she said.

Participants' guests can watch their favorite runner overcome stages of the course via six TV feeds streaming live to the viewing area at Doughboy parade grounds, where the race will start and end.

Organizers encourage runners to wear costumes as they tackle the



Mud Run participants ascend one of the 17 obstacles during the 2011 "Beast of the East" 10K Sept. 10. About 3,500 military and civilian competitors ran the fourth annual Mud Run. (U.S. Air Force photo by Airman 1st Class Dennis Sloan/Released)

"beast."
"We've seen some crazy costumes over the past few years," said Yuhas. "One team ran in three-piece suits last year... and there was actually an Elvis sighting."

Judges will award prizes to the best military and civilian costume and the best military and civilian team costumes.

"I ran in it last year and it was a lot of fun," said Senior Airman Reggie Jackson, 87th Comptroller Squadron financial services technician.

More than 3,000 runners signed up for last year's 10K. Jackson said he was pleasantly surprised what he noticed after finishing

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Remembering Red Sand

Like many, I was prepared to lay down my life for my country every time I shipped off to war. There were a few times when I genuinely believed the cost would be my life, but sadly it's turned out to be much more.



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Sister service

Airman Leadership School's mission statement for, "to prepare Senior Airman to be professional, warfighting Airman who can supervise and lead Air Force work teams to support the employment of air, space and cyberspace power," has a different connotation for current Coast Guardsmen.



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Soldier recognized

It was a night of firsts for Sgt. 1st Class Brian Goodheart: his first live major league Soccer game, the first time he spent an evening with the commanding general and the first time he stood before more than 19 thousand people to be recognized for his service to the nation.



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The Weekend Weather

Today
High 88/Low 71
Scattered Showers



Saturday
High 84/Low 75
Scattered Showers



Sunday
High 85/Low 63
Sunny





Pfc. Ben Bradley, left, ducks away from insurgent machine gun fire as fellow scout Sgt. Jeff Sheppard launches an M-203 grenade at the enemy's position during a combat engagement in northern Bala Murghab Valley, Badghis Province, Afghanistan, April 4, 2011. Bradley, Sheppard, Air Force Tech. Sgt. Kevin Wallace, Navy Petty Officer 2nd Class Ryan Lee and his military working dog 'Valdo' were wounded by a rocket propelled grenade blast in the engagement. Both Bradley and Sheppard are Bulldog Troop, Red Platoon scouts from 7th Squadron, 10th Cavalry Regiment, (U.S. Air Force photo by Master Sgt. Kevin Wallace/Released)

Flashbacks of war: remembering Red Sand

By Master Sgt. Kevin Wallace
100th Air Refueling Wing Public Affairs

ROYAL AIR FORCE MILDENHALL, England — *Editor's note: This is the first in a two-part commentary.*

Like many, I was prepared to lay down my life for my country every time I shipped off to war. There were a few times when I genuinely believed the cost would be my life, but sadly it's turned out to be much more.

The sacrifices paid in combat can't be quantified in dollars or time, but are counted in tears shed by those who love and support us while we're downrange or healing back at home.

I'm an Air Force Wounded Warrior, a purple heart recipient and not ashamed to admit it.

On the outside I look just like any other Airman and relish in that. However, something nearly always feels different. I'm typically withdrawn and emotionally numb.

I've adapted and have to live like that.

A respected colleague of mine and someone I consider a friend advised me to try to put my feelings down into words, to share this experience.

So, taking the U.S. Air Forces in Europe Public Affairs Functional Manager Chief Master Sgt. Tyler Foster's advice, I've done just that and will recount one particular mission, as I remember Operation RED SAND.

A group of scouts, their medic, a Navy combat cameraman and I set out by foot April 2, 2011, into areas far north in the Bala Murghab Valley, Badghis Province, Afghanistan.

We ventured farther than coalition forces had ever gone. Our group spent the night scouting villages, plotting locations for fighting positions, and anticipating enemy locations and contact.

It was a rough night, but it paled in comparison to what followed.

The same scouts from Red Platoon, Bulldog Troop, 7th Squadron, 10th Cavalry Regiment, Navy dog handler Petty Officer 3rd Class Ryan Lee, his bomb dog 'Valdo,' a handful of Afghan National Army soldiers, Petty Officer 1st Class John Pearl and I returned the next night.

This time we went to secure an area of ruins central to the location where we could operate patrols in known insurgent areas, and egress by riverbed if needed.

After securing the ruins in a field just outside Kamisari Village, we dug in fighting positions and fortified the eroded walls and doorways with sandbags, all under the cover of darkness. We also patrolled the nearby Kamisari and Joy Gange villages, looking for evidence of mines, improvised explosive devices or booby traps.

At day break and without rest, we launched a patrol into a known insurgent hotbed and tried to convince locals to not support the insurgency and start supporting their government, with promises of a better life and development being made possible.

Army 1st Lt. Joe Law, Red Platoon leader, assured the men that if they worked with the

government of the Islamic Republic of Afghanistan, they would see bazaars and progress like that seen in central BMG.

Unaccepting to Law's offers, the village elders became argumentative and accused our team of wrongdoing and trespassing. Tension grew in the air as the villagers became visually upset, spitting and behaving in a way you rarely see in people who typically put a lot of stock into saving face and respect.

Law ordered our team to move out.

As we headed out of the village, around a dozen fighting-age men began to line rooftops, and we knew a battle would soon ensue.

We headed back to our fortified ruins and dug our heels in for the inevitable battle that would find us.

The ruins we established as Observation Post Reaper was eroded and roofless, and was basically a dilapidated, old three-room mud hut.

I was in the western-most part of the ruins with scouts Sgt. Jeff Sheppard and Pfc. Ben Bradley. Pearl, Lee and Valdo were also in that room.

The center room housed an Afghan National Army soldier, his platoon sergeant, our interpreter, Law, scout Sgt. Peter Nalesnik and Maj. Jonathan Lauer, an advisor from the 1st Brigade, 4th Infantry Division, who was along for the mission.

Three Afghan National Army soldiers, scout Spc. William Newland, medic Spc. Kellen West, and forward observer Spc. Dwayne Sims-Sparks were all in the eastern room.

Soon we began to take small-arms fire, and we started to locate where they were attacking from and returned fire. Pearl was documenting the fight with video and I with still photos.

From where I stood, I noticed Sheppard and Bradley immediately engage the Taliban and lay down suppressive fire. Most of the incoming fire was originating from a compound several hundred meters to our north. Insurgents were also using canals to our east and west to flank us.

They were able to maneuver up and down the canals, spraying rounds at us at will from a wide array of cover locations. Almost immediately the fighting reached a level of intensity that forced me to lay down my camera and volley rounds back at the insurgents.

A few minutes into the firefight, I watched in awe, while my co-worker Pearl was shooting video, an insurgent hit these rounds near his head, walking each round closer than the next.

I could hear several whizzing bullets passing very near to my face and body, and their sound is unforgettable. At a distance, they sounded like pops; near my position, they sounded more like loud cracks; and when they passed within inches of my ears, they sounded like a high-speed bullet train roaring by.

The Taliban were bombarding us with AK-47 and a barrage of heavy machine gun (PKM) fire.

As we fought, I could literally see the mud walls of our ruins being cut down by the incoming PKM fire.

Sheppard called out to Pearl that he'd better move. At that point, Pearl grabbed his video camera and moved into the next room. Our room was the smallest of them all, not well fortified and we were taking one hell of a beating.

The firefight continued for a few hours and we were literally pinned down and under attack from the compound and both canals.

We needed a mortar mission or close-air support desperately as we were severely outgunned, had minimal cover in the ruins and field, and the insurgent force attacking us was growing very quickly.

Italian Army soldiers from Forward Operating Base Todd began laying mortar fire into the field west of where most the insurgents were attacking. The first mortar hit about 25 meters from my position.

Each falling mortar shook the ground like an enormous bass drum, rattling my bones and soul. The first mortar stunned me for a moment, then coming out of the haze I joined Sheppard and Bradley, calling out mortar positions to Law. Under Sims-Sparks' directions, mortars moved closer and closer to the target.

The enemy assault grew in intensity and I recall wondering if we'd make it out alive. Our 15-man team seemed doomed.

Still, Law kept working the close air support mission and, despite the dangerously close proximity to which bullets were impacting, I could see Sheppard and Bradley keep fighting. It was inspiring!

Law was calling on someone to verify no insurgents were approaching from our south. I remember thinking that in order to see over the southern wall, I would have to run through a hail of enemy AK and PKM fire, jump up to grapple the top of the wall and peer over.

Shaking and petrified, I gathered the courage and ran through the barrage of bullets and verified, indeed we didn't have any surprises coming to attack us from the rear.

When I raced back to the front of the room and returned scanning the western canal, Sheppard shouted at me to stay down. I knew any dumb move would burden my team in that they'd have to carry my mangled body off that field. Still, keeping insurgents off our rear was worth the risk.

Through panic and impending doom, the scout team kept their focus and wit about them, and we all continued to fight our hardest.

Law called out to check the south again. This time, without giving it too much thought, I checked the rear.

With each dash to the southern wall, my heart skipped beats and rounds bounced near my body and face. I could taste their proximity as dirt peppered my face.

The fighting went on and continued to intensify. Sheppard was keeping the insurgents out of

See FLASHBACK, Page 9

Every challenge is an opportunity

By Col. Marty Chapin
821st Contingency Response Wing Commander

As a commander, one of the more common things I hear when I visit units during the spring and summer is, "Sir, we're losing all our good Airmen in the next couple of months!"

Unit leaders are genuinely concerned about the loss of their best, brightest and most experienced Airmen, NCOs and officers within their work centers. I have two responses I like to share with leaders facing these legitimate concerns to help ensure they continue executing the mission throughout our annual "summer shuffle."

First, step back and look at things from the larger, Air Force-wide perspective. Most of our highly-trained and talented Airmen are not leaving the Air Force; we're just moving them from one unit to another. For every Airmen a squadron loses, we generally gain another motivated and

talented person. Looked at another way, just think about how lucky the unit is that is gaining the leader you are so concerned about losing. Then remember, some other commander elsewhere is getting ready to send you that one person he or she is convinced is critical to his or her unit. While experience in a particular mission is clearly important, we have an entire Air Force full of folks who are highly adept at spinning up quickly on a new mission at a new unit; it's what we do.

The second thing I tell leaders facing these concerns is to trust in the strength of the institution they have built. One of the most amazing things about our United States military is we have always organized ourselves to be adaptive to change and able to cope with the loss of a single leader or person. We do this by creating units with a strong operational focus and culture of excellence. Make no mistake, it's our individual Airmen who accomplish this, but in a healthy

organization, our Airmen have created a climate that is more than the sum of the contributions of the individuals. This makes that unit resilient to the loss or departure of even the most key members of the team.

I ask our leaders to remember this when it comes time to face the departure of one or more seemingly critical members of their unit: every challenge or problem is also an opportunity. The Airmen you gain through the course of our predictable "summer shuffle" are just as talented as those you've sent off to do bigger and better things somewhere else in our Air Force.

In the end, we're making better Airmen, with more skills, ready to face the challenges ahead of us. If I still haven't convinced them, I offer this: We've been doing this for 65 years this September ... we must be doing something right, because we remain the world's premier Air and Space power. It's pretty hard to argue with that kind of success.

COMMANDER'S ACTION LINE



Col. John Wood
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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EDITORIAL STAFF

Commander, JB MDL and 87th ABW
Col. John Wood
Chief, Public Affairs
Ms. Angel Lopez
Internal Chief
2nd Lt. Alexis McGee
Editor
Airmen 1st Class Ryan Throneberry
Writer
Mr. Pascual Flores

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McGuire-Dix-Lakehurst
Most articles and announcements published in the Air, Land & Sea Times are available online at the JB MDL public Web site. For up-to-date joint base news & info visit: www.jointbasemdl.af.mil



JB MDL service soar with Eagles



Army Sgt. Jeremiah McGowan, from Elizabethtown, Pa., takes scissors to the hair of Philadelphia Eagles Wide Receiver Chad Hall, a three-year letterman at the U.S. Air Force Academy. McGowan served in Iraq with the 2nd Brigade Combat Team, 28th Infantry Division, Pennsylvania Army National Guard. Hall tweeted, from the Military Appreciation Day at Eagles training camp, that he wanted service members to help him shave his head Aug. 1. Several service members took turns accomplishing the mission. (U.S. Army Photo by Capt. Antonia Greene/Released)



Jeremy Maclin, Philadelphia Eagles wide receiver, signs autographs for service members after training camp practice, Aug. 1 at Lehigh University, Pa. The Eagles hosted Joint Base McGuire-Dix-Lakehurst personnel and their guests for a military appreciation day. (U.S. Army Photo by Capt. Antonia Greene/Released)

JB MDL units collect food for local families

By 2nd Lt. Alexis McGee
Joint Base McGuire-Dix-Lakehurst Public Affairs

Some children and families across the United States need help getting food on their tables; a food-donation program here can help make that happen. The Feds Feed Families program is a government-wide effort led by the Chief Human Capital Officers Council, in partnership with the Office of Personnel Management, the U.S. Department of Defense and the U.S. Department of Agriculture, according to www.fedsfeedfamilies.gov.

The four-year-old food-donation program began June 1 and will run until Aug. 31 here.

Joint Base McGuire-Dix-Lakehurst personnel can donate various items in addition to food products to help local families in need.

"The biggest reason for this program is that students are out of school and they are not being afforded nutritious meals," said Master Sgt. Kevin

Savage, JB MDL Feds Feed Families point of contact and 818th Contingency Response Group first sergeant. "Families are still on the job hunt and the food donated goes to local food banks, which support our local community."

People can donate non-perishable food items or contribute money to the program. Each \$10 donation is equivalent to 10 pounds of food. Collection points are located at various locations around JB MDL including the 87th Medical Group, Joint Base Library and commissary. Nearly thirty units throughout JB MDL have POCs dedicated to the program who have set up collection boxes within their units. People can contact unit first sergeants to find out who their respective unit POC is or where to find a collection box.

Personnel can also donate directly through the commissary. Commissary shoppers can donate items immediately after purchase by telling the cashier the purchased items are intended for

donation.

The Capital Area Food Bank, based in Washington, D.C., created 12 categories containing the most-needed donation items to simplify the donation process. The categories are: canned fruits, multigrain cereal, canned proteins, 100 percent juice, snacks, canned vegetables, grains, soups, condiments, baking goods, hygiene items and paper products and household items. The categories, which include everything from macaroni and cheese to paper towels, will help ensure families have goods they need.

Items dropped off at units are transported to the commissary to be weighed. Once the items are weighed they are then transferred to local area food banks for distribution.

This is not JB MDL's first time participating in the drive that raised a record 5.7 million pounds of non-perishable food items in 2011. The installation participated for its first time last year with

personnel contributing more than 5,500 pounds of food, earning the installation third place recognition among the continental U.S. commissaries.

The top three units or squadrons that donate the largest amount of weight this year will be awarded first, second and third place earning \$300, \$200 and \$100 respectively.

"It's a great cause to help keep families fed because in a tough economy, we have to be thankful we have a job and help support those who may not," said Master Sergeant James Hart, 87th Air Base Wing Feds Feed Families POC and 87th Medical Group first sergeant.

Visit www.fedsfeedfamilies.gov/most-wanted-2012.pdf for a full list of desired donation items. Base personnel can contact their unit's Feds Feed Families POC or first sergeants for POC contact information.

Sister services enrich ALS experience

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

Airmen Leadership School's mission statement "to prepare Senior Airmen to be professional, warfighting Airmen who can supervise and lead Air Force work teams to support the employment of air, space and cyberspace power" has a slightly different connotation for the Coast Guardsmen and Sailors who are currently participating in the course here at the Kish ALS.

The current ALS class includes two Sailors from Lakehurst and a Coast Guardsman from Cape May, N.J. Service members from these sister services enrolled in past courses, but never before have they taken part in the same iteration; something the commandant of the school looks forward to advancing.

"The multi-service environment gives classmates a broader perspective on how each service operates," said Master Sgt. Jad Aoun, Kish Airman Leadership School commandant from Pittsburgh, Pa. "They can share their experiences which brings more

diversity for everyone. This is another way the joint base has come together to pool our resources."

ALS is a five-week Air Force program designed to develop Airmen into effective front-line supervisors. It is the first professional military education enlisted Air Force members encounter. No other service requires their soon-to-be E-5s to attend a month-long course like ALS, said Aoun. The Navy leadership here became interested two years ago in sending some sharp sailors to attend the class to improve their leadership abilities.

"The command master chiefs from units near and far coordinate with me to get their people enrolled," said the commandant. "They've seen our program and want to involve their folks. We've seen a definite increase in other services' interest although we are still working to get the Marines and Soldiers on board."

Enrollees from other services can either apply or be chosen by their leadership.

"My leadership told me I was put forward for the course," said Navy Petty Officer 3rd Class Matthew Feldt, 305th Operations Support Squadron electronics

technician from Detroit, Mich. "I was initially nervous, yet excited to attend a course to learn about the Air Force culture while also learning to be a better leader."

ALS focuses on developing leadership abilities as well as effective communication.

"I want to graduate this course with a better understanding of another service, while also ramping up my communication and leadership abilities," said Navy Petty Officer 2nd Class Michael Colvin, 87th Force Support Squadron administration assistant from Jeffersonville, Ind. "I heard it would be a lot of work but I figured it would be worth it in the end."

ALS covers combat leadership, military professionalism, Airmen supervision, verbal and written communication and group dynamics. A majority of the instruction focuses around various Air Force rules and regulations.

"I knew coming into the class I would have to work harder than my classmates and perhaps spend more time studying because most of the course work would involve Air Force policy," said Coast Guard Petty

Officer 3rd Class James Vasquez, Cape May facilities engineering technician from Los Angeles. "A shipmate from my shop went through the course and won the Commandant Leadership Award. He told me to go hard and give it a hundred and ten percent."

The class of Coast Guardsmen,

www.jointbasemdl.af.mil

Sailors and Airmen will earn their certificate of graduation Sept. 5.

Editors note: The Air, Land

and Sea Times will publish a second article after the class graduation to recap the experience from these sister service members.

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ENROLL NOW FOR THE 2012 - 2013 SCHOOL YEAR!

621st CRW beats Mother Nature, completes exercise

By Tech. Sgt. Lesley Waters
821st Contingency Response Wing Public Affairs

Mother Nature tried to wash out the training efforts of more than 65 Airmen from the 621st Contingency Response Wing here, during Exercise Mile High Response July 23 through 26, at Camp Guernsey Joint Training Center, in Guernsey, Wyo.

Landing zone safety officer training was the 621st CRW's objective. This included opening and operating a semi-prepared landing zone at an unfamiliar and austere location by utilizing the airfield operations team concept in order to facilitate the delivery of cargo and personnel.

The 817th Contingency Response Group led the exercise and teamed up with air mobility liaison officers from the 615th Contingency Operations Support Group and the 570th Global Mobility Squadron from Travis Air Force Base, Calif.; and the 818th Contingency Response Group from JB MDL. Airmen from the wing's east and west coast units came together and exercised for the first time since the 615th CRW inactivated and merged with the 621st May 29. The 817th CRG also partnered with Camp Guernsey and the 302nd Operations Group, Peterson AFB, Colo.

"This exercise was about building teamwork within our unit, as well as establishing mutually beneficial relationships outside of our unit," said Col. David Kuenzli, 817th CRG commander.

"The Airmen lived up to the wing's mission statement, 'deploy versatile mobility Airmen, disciplined to solve problems in complex environments to establish and run an austere landing zone.'" Kuenzli explained the environment of Exercise Mile High Response was more complex than most. The key challenges of this exercise were deploying to an unfamiliar location, operating a new mission set

and the unpredictable weather.

"The best way to train and solve problems is to get away from home station," said Kuenzli. "You need to put yourself into an environment that is untested and austere. We chose Camp Guernsey Joint Training Center because it offered our airlift uses an unfamiliar, remote landing zone and the post gave us great support in establishing our operations."

The CRG also practiced a new mission in addition to operating out of a new location: opening and operating a landing zone. This mission set expands the 621st CRW's airbase opening capability by allowing contingency response forces to work closer to remotely deployed ground forces. Army or Marine units at forward operating bases in Afghanistan are prime examples.

The 817th CRG set up and trained with the mobile microwave landing system. To complement the landing zone training, the MMLS is a landing instrument used in austere locations where aircraft would otherwise have to land via visual flight rules. MMLS augments existing Air Force air traffic control and landing systems by allowing its aircraft to operate at airfields with limited or no navigational aids in adverse weather.

The MMLS was designed to give Air Mobility Command's C-17 Globemaster III and C-130 Hercules aircraft the ability to rapidly project combat-ready forces and cargo to any location around the world. Using MMLS, aircraft approaches can frequently commence at an austere airfield in fewer than 24 hours.

"As it says in the name, we are mobile," said Tech. Sgt. Jason Sharp, 817th Global Mobility Readiness Squadron deployable air traffic control and landing systems noncommissioned officer-in-charge. "Three people can set up the MMLS in fewer than two hours. The aircraft used the MMLS on three different occasions during

the exercise. Each time the aircrew provided feedback, the MMLS team fine tuned the system, the course and glide slope was precise by the final approach.



Tech. Sgt. Jose Cortes, 817th Global Mobility Response Squadron member, sets up the small package initial communications element prior to the beginning of Exercise Mile High Response July 23 to 26, at Camp Guernsey Joint Training Center, in Guernsey, Wyo. The exercise included opening and operating a semi-prepared landing zone at an unfamiliar and austere location by utilizing the airfield operations team concept in order to facilitate the delivery of cargo and personnel. (U.S. Air Force Photo by Tech. Sgt. Lesley Waters/Released)

See CRW, Page 11



Sgt. 1st Class Brian Goodheart, third from the left, was honored for his service to the nation standing before more than 19,000 screaming fans at PPL Park, Philadelphia, Pa., July 25. Goodheart, with his wife Michelle, was escorted onto the field by the First Army Division East command team, Maj. Gen. Kevin R. Wendel and Command Sgt. Maj. Edwin Rodriguez. (U.S. Army photo by Amanda Glenn/Released)

Soldier receives recognition at soccer game

By Amanda Glenn
First Army Division East
Public Affairs

It was a night of firsts for Sgt. 1st Class Brian Goodheart: his first live major league soccer game, the first time he spent an evening with the commanding general and the first time he stood before more than 19,000 people to be recognized for his service to the nation.

"Ladies and gentlemen, please turn your attention to midfield and welcome the Commanding General of First Army Division East and Division Command Sergeant Major, Maj. Gen. Kevin R. Wendel, Command Sgt. Maj. Edwin Rodriguez, Sgt. 1st Class Brian Goodheart and his wife, Michelle," exclaimed the MLS announcer during the halftime ceremony of the MLS All-star game July 25.

Goodheart walked on to the game field as the announcer welcomed him home from a recent deployment. Flanked by Wendel and Rodriguez and accompanied by Michelle,

"Tonight we welcome home and honor a 19-year veteran who recently returned from his deployment in Afghanistan where he was responsible for training

See SOCCER, Page 11

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Joint Base Intramural Sports Standings

Intramural Ultimate Frisbee McGuire-Dix

Team	Win	Loss	Tie	PCT
87th CS Legends	10	2	0	0.833
87th CS Champions	10	2	0	0.833
306th MDS	10	3	0	0.769
AMCTES	3	9	1	0.269
6th AS	2	6	0	0.250
373rd TRS / Det 1	0	2	1	0.167
606th AMXS	1	11	0	0.083
306th AMXS	0	3	0	0.000

PCT = Winning Percentage

McGuire-Dix Intramural Golf

Team	Win	Loss	Tie	PCT
87th PSS	15	1	0	0.938
621st CRW (A)	12	4	0	0.750
621st CRW (B)	11	5	0	0.688
606th AMXS	11	5	0	0.688
373rd TRS	10	6	0	0.625
306th APS	8	8	0	0.500
87th CS	8	8	0	0.500
306th OSS	8	8	0	0.500
306th MOS	10	6	0	0.625
732nd AS	9	7	0	0.562
306th MDS (A)	10	6	0	0.625
306th MDS (B)	7	9	0	0.438
87th LRS	8	8	0	0.500
306th AMXS	7	9	0	0.438
EC	6	10	0	0.375
MAG 49	5	11	0	0.312
87th CES (A)	4	12	0	0.250
87th CES (B)	3	13	0	0.188

314th RCS	0	9	1	0.050
174th INF BDE	0	9	1	0.050

PCT = Winning Percentage

Game Schedule

McGuire-Dix Intramural Softball National League

Team	Win	Loss	PCT
306th/606th/373rd	12	0	1.000
FCI	11	1	0.917
Wildcats	11	2	0.846
87th PSS	10	4	0.714
306th AMXS	9	5	0.643
87th CES	9	5	0.643
306th OSS	9	5	0.643
87th MDG	7	6	0.538
EC	5	6	0.455
COMBS	4	9	0.308
VR-64	3	10	0.231
6th AS	2	10	0.167
621st CRW (B)	2	11	0.154
77th DIV	2	11	0.154
99th RSC	1	12	0.077

PCT = Winning Percentage

Lakehurst Softball League A

Team	Win	Loss	PCT
Top Guns	10	0	1.000
CNATT	5	5	0.500
Unarmed Forces	6	4	0.600
Victorious Secret	6	4	0.600
Bombers	6	4	0.600

Hangar Squad	3	7	0.300
Misfit	3	6	0.333
Air Dept.	1	9	0.100

PCT = Winning Percentage

Lakehurst Softball League B

Team	Win	Loss	Tie	PCT
Diamond Dawgs	9	1	0	0.900
Weasels	6	3	0	0.667
Absolute Zero	4	4	1	0.500
PMD	4	4	0	0.500
Help Wanted	3	5	1	0.286
The Gunners	0	9	0	0.000

PCT = Winning Percentage

Intramural Soccer JB McGuire-Dix

Team	Win	Loss	Tie	Points
Joint Base United	9	2	0	87
306th APS	9	2	0	85
Lakehurst	7	1	3	78
87th CES	7	4	0	71
306th MDS	5	3	3	62
NJNG Army Strikers	6	5	0	57
174th INF BDE	4	3	4	56
621st CRW	3	6	2	46
87th LRS (A)	3	6	2	3
606th AMXS	3	7	1	40
87th CS	1	8	2	30
87th LRS (B)	0	10	0	9

Current as of July 20

Teens to attend JB MDL orientation

By Amada Espinoza
Warfighter and Family Readiness Center

All Joint Base McGuire-Dix-Lakehurst incoming students who will be attending Pemberton Township and Northern Burlington middle and high schools for the first time are invited to attend the annual JB MDL Teen Orientation.

The orientation is scheduled to begin at the Dix Youth Center, 1279 Locust Street at 10 am and end at 4:30 p.m. at the John F. Mann Recreation Park Aug. 22.

The orientation is designed to provide students an opportunity to make new friends, before the beginning of the school year.

The orientation includes games and activities to promote teamwork, encourage peer interaction, increase leadership skills and develop new friendships. Lunch will be provided after the planned activities followed by a tour of their respective schools. Students are set to be transported to the John F. Mann Recreation Park for some refreshments, fun on the go-carts, bat in the batting cages and play miniature golf course.

The Warfighter and Family Readiness Center requires registration and signed parental permission prior to the orientation. Call 562-2767 or 754-3154 or visit the WFRS at 5201 Maryland Ave. or 3911 Tuskegee Airmen Ave. for more information.

87th CES responds to power outages

By 2nd Lt. David J. Murphy
Joint Base McGuire-Dix-Lakehurst Public Affairs

Service members and their families may have been subject to both scheduled and unscheduled power outages here recently.

These unscheduled outages stemmed from animals, including groundhogs and raccoons, getting into the Argonne substation on Dix. The animals caused the outages by crawling on the transformers in the power station and creating an electrical short, producing serious damage to four high-voltage insulators.

The 87th Civil Engineer Squadron is currently implementing the use of humane traps, to prevent animals from getting into the substation. The traps capture the animals live and are designed to prevent injury. They then release the animals to other parts of the base. Squadron members are also clearing vegetation around substations to make the high-voltage areas less appealing to animals, said Capt. Joseph DiRosario, 87th CES operations support chief.

The Dix electrical system was privatized to JCP&L, while the Lakehurst and McGuire systems remained government owned in 1996. After Joint Base McGuire-Dix-Lakehurst was established Oct. 1, 2009, all Lakehurst and McGuire systems came under the control of the 87th CES, while the Dix side remained in the control of JCP&L. The 87th CES currently acts as liaison between the base populace and JCP&L, said Linda Chrominski, 87th CES programs flight chief.

The 87th CES is currently working with JCP&L to develop a long-term plan to ensure the Dix power grid remains stable and continues to support service members and their families, said DiRosario.

A Dix-wide power outage is scheduled from 2 to 5 a.m. Aug. 21 to repair damage caused by animal interference. This will allow the damaged high-voltage insulators to be replaced safely, said DiRosario.

"These repairs will ensure long-term uninterrupted power for Dix service members and their families," said DiRosario.

Air Mobility Command and 87th CES are also developing an infrastructure assessment to address electrical issues related to outages and infrastructure matters on Lakehurst, said Archer.

The 87th CES also concluded a series of scheduled power outages Aug. 3 on McGuire. The biennial outages are conducted to clean and test all circuit breakers before being reinstalled, said Master Sgt. Steve Krickhan, 87th CES facility systems superintendent.

Power outages are addressed within two to three hours in most cases, but residents and employees should be prepared for outages that can last longer. For example, power was out on Dix for three days during Hurricane Irene in 2011 when a tree fell on a main transformer causing it to short, said Krickhan.

The Center for Disease Control recommends having a disaster supply kit on hand whether an outage lasts a few hours or a few days.

Recommended items include enough water, dried food, canned food and prescription medications to last three days in addition to flashlights and a digital thermometer. The 87th CES has a limited amount of personal generators provided only to mission-critical areas.

Additional tips to keep in mind during an outage include:

- Prevent carbon monoxide poisoning by using generators, pressure washers, grills and similar items outdoors only.

- Throw away food that has a temperature higher than 40F if the power is out longer than two hours. Keep the refrigerator and freezer doors closed as much as possible to keep food cold for a longer period of time.

- Stay cool and drink plenty of fluids to prevent heat-related illnesses in hot weather.

- Wear layers of clothing, which help to retain body heat during cold weather.

- Avoid power lines and the use of electric tools and appliances to prevent electrical shock.

Visit 1.usa.gov/3L9ONQ for more detailed information.

Call United Communities at (609) 723-4290 and choose option one for power outages on Dix base housing or Falcon Courts North. For power outages at Falcon Courts on Dix call 562-6021. Call 754-2388 for Falcon Courts East, commanders' housing or office buildings on McGuire. Lakehurst service members and families should contact the 87th CES trouble desk at (732) 323-2600 in the event of an outage.

87th MDG cuts loose with M.A.S.H. Bash



The litter carry is part of the obstacle course that 87th Medical Group personnel tackled during the annual M.A.S.H. Bash Aug. 3 at the 87th MDG. The M.A.S.H. Bash is a day the 87th MDG recognizes exceptional medical professionals, has a cookout, squadron competition games and ends the day with a pie in the face. (U.S. Air Force photo by Wayne Russell/Released)

Flashback

Continued from Page 2

the river beds by launching grenades and one of our Afghan National Army soldiers hit the compound center mass with a precisely aimed rocket-propelled grenade.

No matter how hard we fought, they were growing in mass and their attacks were intensifying. It was clear they did not want us to set up a fire base in their backyard.

Our room continued getting pounded and we soon found ourselves taking three RPGs back to back, nearly destroying our northern defenses. Sheppard knew it was time to move and planned to lay down squad-automatic weapon fire to cover movement to the next room and he'd soon follow.

Before he had the chance to do so, the insurgents shot an RPG straight through the makeshift doorway in the front of our ruins, and I watched, as if in slow motion, as the grenade went straight over Bradley's head, skimmed within inches of my face and impacted the ground a few feet behind me.

When the grenade exploded I was thrown into the front wall and saw nothing but sharp white light. I couldn't smell, feel, see and couldn't comprehend what was going on for moments ... then I heard clear as day, Sheppard screaming, "Medic! Medic! Medic! We need a medic! Get down here, West!"

I stumbled and regained my footing and found that I had all extremities and knowing Lee was dead, shuttered to look back. When I did, I learned he was alive, but Valdo was in really bad shape.

The RPG struck right behind Valdo and the heroic dog took most of the blast. Lee seemed extremely concerned for his wounded shipmate Valdo, Sheppard had shrapnel to the front of his arm, Bradley had shrapnel in his leg, and I caught some in my upper back and also had a concussion.

But we were all alive and while Lee and the West tended to Valdo, the rest of us continued to fight.

Knowing the insurgents were dialed in on our position and that another direct RPG hit would kill the four of us, Law called for more mortar fire and dose air support.

An F-16 Fighting Falcon soon shrieked low and overhead, popping flares to scare

the insurgents. A remote piloted vehicle pounded the compound with 30 mm canners, and we egged towards the canal.

I didn't know it at the time, but soon learned that Nalesnik, Lauser and an Afghan National Army soldier were already in that canal, clearing our path forward.

During the fog of the battle, I saw that the Cougars were before me and around me. I knew Sheppard and Bradley were in the fight, I knew Law was leading us forward and calling in fire missions, I knew Lee was struggling with Valdo and that West was tending to wounds, but I had little knowledge of the vital parts the rest of the team was playing in the fight.

I learned later that at one point, the Afghan National Army sergeant bravely tossed Newland down and covered him with his own body, to protect the young specialist from a barrage of PKM rounds. That's the type of heroism you see on no movies but rarely witness first hand.

Meanwhile, we battled our way into the canal and for two kilometers, we fought our way through sporadic small-arms fire. Pearl carried Valdo, our wounded shipmate, on his shoulders.

I was behind Pearl in the canal and could see Valdo had a hole about the size of a Pepsi can in his intestine. Pearl was soaked in vomit and feces, but kept pushing forward, determined to get Valdo to the medevac site.

Once we made it to a clearing, we found two Mine Resistant Ambush Protected all-Terrain Vehicles waiting for us, which Law had already coordinated.

Even coming out of the canal was intense as we had to

climb up about 9 feet, while the roots we grabbed would break away. I had about 200 of the 550 rounds I left with still on me, plus an AT-4 anti-tank weapon, 9 mm handgun, gun grenades, camera gear, back-up camera gear, food, water and supplies - it was hard as hell to climb out of that canal.

Once I got to the top, I quickly saw that the Cougars were under attack and were rocking their crew-serve automatic weapons at distant insurgents.

We quickly crammed as many as we could inside the Cougars, others jumped in back, and we moved our wounded to Combat Outpost Metro for a medical air evacuation.

Once we reached COP Metro, we found the COP was under attack and all our comrades who stayed behind during the mission were up on the walls engaging. West cared for Valdo and the rest of us, while more MRAPs arrived for a mounted re-assault toward Joy Gange Village.

We got Valdo, Lee and Sheppard airborne, and West then treated Bradley and me.

After being patched up, I was horrified to find that the mounted counter offensive left without me. I jumped in the back of an un-armored ANA Ranger about to ride back north but their movement was

cancelled, so I hauled butt to the walls of COP Metro to man a sniper rifle, and provided over watch.

I was pleasantly surprised to find Pearl already up there on a machine gun. He and I had been through much together on that deployment and for all my life, I'll truly consider him my brother.

Bulldog Troop's first sergeant, 1st Sgt. David Dempsey, led a quick-reaction force and joined Red Platoon, and continued with mounted and foot patrols in the nearby villages, capturing and killing insurgents, destroying known compounds, capturing IED-making materials and destroying an IED-making facility.

No further coalition forces were wounded in the engagement. An Air Force B-1 dropped four 38GBU bombs and Army close air support assisted with hellfire missiles and 30mm cannon support from the air.

Italian Army soldiers supported with eight mortars from FOB Todd, and provided observation support from COP Chroma, which overlooked the engagement, and allowed them to accurately advise Army scouts on insurgent locations.

In the end, we were all fine and ready for duty within days. Valdo was sent to a Role-2 hospital at Camp Arena, Herat,

where he was stabilized by a team of doctors. Once stable, he was transferred to Kandahar Air Field, where a veterinarian could treat him.

Until then, it had been an Army field medic, doctors and nurses who stayed from their 'human expertise' and did their best to patch up the canine.

I'm not sure what became of Valdo and often wonder. As for the rest of the team, I keep in contact with nearly all of the Americans who fought at Operation RED SAND. I'm told the Army Combat Studies Institute will release part two of their Vanguard of Valor Book in the coming months and that an entire chapter will be dedicated to Red Sand.

Have I suffered from post-traumatic stress disorder?

Perhaps. Though I know I'll continue to keep in touch with my team, I directly wish I could meet some of the insurgents whom we fought against at Red Sand. If I could, I'd plainly tell them this:

You should have aimed your shots better, you should have fired your RPG with precision ... you should have pierced our hearts, but you didn't.

No, your attempt on our lives failed. Our hearts still beat and they beat for your people, the people of the Murghab Valley whom you carelessly toss aside and grow fat from,

as they continue to go without food, water or a peaceful existence.

As you attacked us on that field, I watched Afghan women and children take cover behind trees on the western side. As your men attacked us from within those families, we never once returned fire in their direction.

Why do we care more about your families than you? Why can't you see that your cause is futile? Here's my sincere recommendation to you:

Lay down your arms and join the reintegration process. You should stop terrorizing your people and start assisting your government in rebuilding and development.

If you do this, someday you will see an Afghanistan you've never imagined possible. Perhaps someday your grandkids and mine could play in the park together, or tour some of Herat City's spectacular sites on the same tour bus.

If you don't, more will needlessly suffer at your hands. And rest assured, there are many scouts from Red Platoon whom remember your faces as we met in the village prior to your assault.

Just join reintegration. But, above all, I forgive you.

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The Amazing Spiderman
(PG-13) 2 p.m.

Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email it 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. Recipes found at freerecipes.org.



Simple Salsa Dip

- Ingredients:**
- 4 ripe tomatoes (diced)
 - 1 medium onion (diced)
 - 1/2 cup cilantro (diced and fresh)
 - 3 cloves garlic (minced)
 - 1 tablespoon fresh squeezed lime juice

- seasoning to taste
- 1 jalapeno, (diced)

Instructions:

1. Combine together all ingredients, except the jalapeno, in a bowl.
2. Mix thoroughly.
3. Add in only half of the jalapeno, and tomatillo (optional), and taste.
4. Add additional spice by increasing the amount of jalapeno used, taste after each addition.
5. Chill in fridge for at least one hour before serving.

Legal office releases Justice Files

Joint Base McGuire-Dix-Lakehurst Legal Office
There were two courts-martial during July, one non-judicial punishment action and five administrative discharge actions processed by the Air Force.

Punishment for the same or similar offenses may differ depending on the nature of the offense(s), the record of the service member, and the level of prejudice to good order and discipline.

Senior Airman Ryan Fahey, 305th Aircraft Maintenance Squadron, pled guilty July 2 to one charge and specification of larceny under Article 121 and one charge and two specifications of forgery under Article 123, Uniform Code of Military Justice. Fahey elected to be tried by military judge alone. He was found guilty of all charges and specifications. The military judge determined Fahey had written two dozen checks from his deployed roommate's checkbook in excess of \$7,000. SrA Fahey was sentenced to a bad conduct discharge, confinement for six months and reduction the grade of airman basic.

Airman 1st Class Steven Smith, 305th Maintenance Squadron, pled guilty July 18 to one charge and specification of wrongful use of cocaine and an additional charge and specification of wrongful use of cocaine under Article 112a, UCMJ. Smith elected to be tried by military judge alone. The military judge found Smith guilty of the charge and its specification and guilty of the additional charge and its specification. Smith's use of cocaine was initially detected during a random urinalysis. Smith was ordered to submit another sample after testing positive in accordance with the base Bickel policy, in which he also tested positive for cocaine. Smith was sentenced to confinement for 135 days, forfeiture of \$994 pay per month for four months and reduction to the grade of Airman Basic.

Article 15 Actions

A senior airman received a reduction to the grade of airman first class, suspended forfeiture

of \$990 pay per month for two months and a reprimand for distributing his prescription medication to a civilian.

Administrative Discharge

A staff sergeant was discharged with an under honorable conditions (general) discharge for misconduct: Commission of a Serious Offense. The individual was derelict in his duties for failing to take a fitness assessment, conspiring with two other Airmen and a civilian to commit graft and committing graft by giving an Air Force Fitness Assessment Cell employee money in exchange for entering false passing fitness assessment scores into the Air Force Fitness Management System.

An airman first class was discharged with an under honorable conditions (general) discharge for Misconduct: Minor Disciplinary Infractions. The misconduct included, driving while under the influence of alcohol, disobeying direct orders from three noncommissioned officers, engaging in disorderly conduct and being absent without leave.

An airman first class was discharged with an Under Honorable Conditions (General) discharge for Misconduct: Drug Abuse. The individual used dextromethorphan contrary to its intended medical purpose and was incapacitated for his duties as a result of his prior overindulgence of an intoxicating substance.

An airman was discharged with an under honorable conditions (general) discharge for Misconduct: Drug Abuse. The individual used Spice.

An airman first class was discharged with an Honorable discharge for Unsatisfactory Performance: Failure to Meet Minimum Fitness Standards. The individual failed four fitness assessments in a 19-month period.

Courtesy of the Joint Base McGuire-Dix-Lakehurst Legal Office

Get to know JB MDL!



Have a guess at what this week's close-up photo is? Submit your guess online at www.facebook.com/jbmdl. Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It was the canteen on the Maj. Tommy B. McGuire statue outside the Warfighter and Family Readiness Center. The sculpture was completed in 1982 by Masood Ali Warren.

Soccer

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Afghan military and police to assume responsibility," said the announcer.

In one word, he felt honored. "It was truly amazing at how people in our country do care about the service members and the sacrifices they make," said Goodheart, a native of Portland, Maine.

Although he'd never been to a live soccer game, sitting in the stands and watching David Beckham play wasn't

Goodheart's favorite part of the night.

"My favorite part was being able to step onto the field in front of thousands of fans. Kind of made me feel like a celebrity," said the father of three.

Goodheart, currently stationed with the 72nd Field Artillery Brigade at Joint Base McGuire Dix Lakehurst, N.J., assists in preparing reserve component Soldiers for deployments around the world as well as assisting in demobilization when they return.

Seeing her husband being recognized for his service made a bigger impact than seeing

Beckham play, though that, too, was a thrill.

"It made me feel very proud of him," Michelle, a native of Kankakee, Ill., said. "It is amazing how the American public shows appreciation for our soldiers!"

Soccer fans walked up to shake Goodheart's hand and thank him for his service for the rest of the evening.

"It makes you feel good inside," Goodheart said of the recognition. "The things you do and sacrifices for your country do not go unrecognized; people care."

CRW

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"There aren't a lot of scenarios that let us deploy and establish our MMLS, and then allows the aircrews to fly it," said Kuenzli. "So this was a very important training event for our technicians.

The final element of complexity of the exercise was the unprecedented weather. Strong thunderstorms built up over the mountains each presenting lightning and potent wind hazards to both the aircrews and contingency response forces. The team was nearly flooded out of their tent shelters at one point because of the storm's intensity. The weather NCO was constantly providing update

weather reports because of the consistently inconsistent change in weather at the landing zone and the surrounding area.

"She (Staff Sgt. Kimberly Cibbe) doesn't often get the opportunity to go out and practice her trade and then have the rest of the mission rely so much on her ability to accurately forecast the weather," Kuenzli said referring to the weather NCO. "She was absolutely critical to our mission success."

"I'm proud of the way our Airmen overcame these problems," said Kuenzli. "They used ingenuity and swift decision-making to get the job done. Also, the aircrews from the 302nd OG needed this training before they deploy to Afghanistan. Both organizations look forward to doing this again."



The time has come to get Healthy!

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