



## Liberty warriors bring HEAT

By Staff Sgt. Neil W. McCabe  
77th Sustainment Brigade Public Affairs

Liberty Warriors of the 77th Sustainment Brigade learned to survive truck rollovers on Humvee Egress Assistance Trainers Aug. 11, part of the brigade's two-week Operation Sustainment Warrior exercise at the National Guard Training and Training Development Center here.

The most important thing the Soldiers learn is to remain calm, said Sgt. Gregory T. Melartin, a supply sergeant with the brigade, who led the training. "Stay calm, cool and collected under any circumstance."

The native of Spring Valley, Minn., said he has three years as a civilian trainer of HEAT instructors, but this is his first time actually giving unit-level training to the Soldiers themselves.

The OSW exercise, which takes Soldiers through a variety of Warrior tasks typical of the preparations for an overseas deployment, ran from Aug. 5 through 19.

The other purpose of the exercise is for the 77th SB to establish a "proof of concept" for the rest of the Army's Reserve components, said Col. Joyce Junior, the brigade's commander.

Other units have sent observers in addition to visits from general officers and Army ambassadors to OSW to pick up best practices and lessons learned, she said.

Exercises like OSW are how the reserve components sustain their ability to contribute whole Army's missions, she said.

Soldiers climb into one of three Humvee cabins suspended on giant mechanical rotisseries for the HEAT sessions. A trainer at a control panel puts them in motion once they are strapped in.

The trainer is both talking to the crew through speakers inside the cabin and watching the crew on two monitors at his control panel throughout the "trip."

In the beginning, the trainer rocks the Humvee into very steep tilts, then he puts them into a full upside-down rollover. Once they realized they are going to flip, the Soldiers all call out, "Rollover! Rollover! Rollover!"

Their next task is to secure the gunner, who is standing with his head and torso exposed in the Humvee's gun turret.

"The gunner can be ejected or be halfway through a roll and fall on top of somebody or fall on top of the roof," Melartin said.



Spec. Rainer P. Cabance, a trainer with The National Guard Training and Training Development Center, monitors Soldiers inside a Humvee Egress Assistance Trainer Aug. 11 during the brigade's Operation Sustainment Warrior exercise. More than 300 Soldiers from the brigade honed their warrior tasks and drills during the two-week training. (U.S. Army photo by Staff Sgt. Neil W. McCabe/Released)

The crewmembers hang inside their straps until they disengage, right themselves when the truck stops and exit the Humvee in a combat-ready posture.

As a deployed Soldier, Melartin said he has never rolled in a Humvee or Mine Resistant Ambush Protected truck because of preparation and training. "Training is always better than winging it." More than 250 Soldiers from the brigade headquarter components and down trace units will complete the training During the exercise.

"So far, the training has been spectacular," melartin said.

The Soldiers are enjoying the experience overall while they learn, he said. "They're having a blast. They're giving me little tips and tricks they're picking up—and I've heard them all before, but I tell them, 'That's awesome.'"

"I just got back from Iraq, so for Soldiers who have not been deployed downrange, it's very good training, so far," said Sgt. 1st Class Dennis S. Painter noncommissioned officer-in-charge for the exercise.

The platoon sergeant with 275th Combat Sustainment Support Battalion, Fort Lee, Va., said he hopes all the Soldiers will take what they learned at OSW back to their units to share with those weren't able to attend the exercise.

Painter said training exercises like OSW are the best way for the Army Reserve to keep its deployment veterans sharp and its new Soldiers up-to-speed.

This is the way to sustain the reserve components as a working part of big Army, said the Chicago-born platoon sergeant.

If other units held similar training exercises, See HEAT, Page 11

### NEWSNOTES

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

#### '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.airforce-week.af.mil](http://www.airforce-week.af.mil) for more information. See pages 7 and 11 for more information.

#### Adult Pottery Class

The Arts and Crafts Center is set to host a six-week adult pottery course through Sept. 12 in Bldg. 6039. The registration and materials fee is \$75. Call 562-5691 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 and older. 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 [gomd.com](http://gomd.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.

#### 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 Bldg. 2606 is demolished.

#### Power Outages

Power outages are scheduled throughout Dix from 2 to 5 a.m. Aug. 21.

The scheduled outages are necessary to repair damage caused by small animals getting into the Argonne substation recently. The areas affected by the outages include the following buildings: 90-99, 210-225, 2101-2113, 2250-2293, 3108-3195, 3201-3278, 3301-3383, 3401-3490, 3530-3591, 3619-3699, 4101-4199, 4201-4295, 4300-4399, 4465-4497, 5123-5165, 5201-5298, 5301-5399, 5400-5497, 5501-5591, 5600-5661, 5727-5728, 5855-5895, 5900-5999, 6000-6099, 6501-6596, 6609, 6730-6749, 6851-6888, 6915-6969, Federal Correction Institute, 68 Gate, Wrightstown Gate, Browns Mills Gate, Pemberton Gate and all United Communities Housing Area on Dix (Including Grove Park / Holly Crest).

Inclement weather date for outages will be 2 to 5 a.m. Aug. 22.

#### 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 hold a closure ceremony 10 a.m. Aug. 24 at Doughboy Field. Call 562-7462 for more information.

#### 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 competitions 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. See page 4 for more information.

#### Active-Shooter Exercise Tip

The active shooter incident will be a dynamic situation that evolves rapidly and demands immediate response from law enforcement to terminate the life-threatening situation. The immediate response of the first patrolmen on scene is to take aggressive action to find and stop the shooter. Rescue efforts will be delayed until the danger can be either mitigated or eliminated. The date of the exercise is Sept. 20. Call 754-1396 for more information.

See more NEWSNOTES on Page 10

## Air Advisors find training opportunities in deployed Honduran mission

By Staff Sgt. James Stewart  
621st Contingency Response Wing Public Affairs

TEGUCIGALPA, Honduras — "It's hot-wash time!" A voice echoes down a shallow wood-paneled hallway. Commotion erupts; Airmen pour into the cramped passage heading into a small meeting room. Metal chairs clang open and shriek across the white polished-tile floor as bodies squeeze into the tiny space. It is a tight fit but the Airmen settle in. The commotion fades just as suddenly as it began. Quiet grips the room; Lt. Col. Joseph Sanchez has everyone's attention. He addresses his team.

"Let's go around the room and discuss how the day went and what you learned. Maintenance, you guys start us off."

Sanchez and his Airmen deployed to Honduras in the middle of July. The group sets aside time everyday to conduct a hot wash since they have been in country. It has become a ritual. Each Airmen contributes their experiences as part of the custom and an overall image of the day's activities comes together. Communications follows maintenance.

"We worked together with the Honduran network folks and exchanged ideas about setting up network servers and workstations," Tech. Sgt. Richard Rubalcava explains.

"I had some trouble translating some of the technical terms," Tech. Sgt. Brian De Luca chimes in.

Sanchez nods his head. This feedback is exactly what he looks for in the daily hot wash. He grabs hold of the moment to drive home one very vital part of his team's mission.

See ADVISORS, Page 11



Master Sgt. Troy Daland, a survival, evasion, resistance escape Specialist with the 571st Mobility Support Advisory Squadron, works with Honduran Airmen in Tegucigalpa, Honduras exchanging knowledge about fashioning knots used for survival situations. Over the next 30 days Daland and his Honduran counterparts will continue trading ideas and experiences while working together to build relationships and partner capacity between the U.S. and Honduran air forces. (U.S. Air Force photo by Staff Sgt. James Stewart/Released)

### WAVES turned tide

It is difficult to imagine what life was like in America in 1942: walking was still the primary means of transportation, only a little more than half of residences had any indoor plumbing, male life expectancy was 60 years old and females' was 68



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### Humbled to serve

Gen. Mark A. Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.



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### Operation Quantlet

Approximately 250 soldiers from the 99th Regional Support Command woke up Aug. 9 to begin "Operation Gauntlet" at the Maj. John P. Pryor Army Reserve Center here.



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### The Weekend Weather

Today High 91/Low 66 Isolated Storms



Saturday High 79/Low 62 Isolated Storms



Sunday High 80/Low 62 Isolated Storms



# 18th AF CC addresses Airmen

By Lt. Gen. Darren W. McDew  
18th Air Force commander

To the Airmen of our great global mobility enterprise: thank you! Last week I had the honor of becoming your 18th Air Force commander. I can honestly say there are few experiences more rewarding and humbling than command and even more so when it is command of our Air Force's largest numbered Air Force.

Although my recent assignments were outside of our enterprise, my heart never left it. I have proudly watched your accomplishments while I was gone and Evelyn and I are extremely happy to be back with you. We have been, and always will be, a proud mobility family.

Like you, I understand that the important work of our nation is impossible without the capabilities we bring. We extend a hand of hope to our friends and those in need, a clenched fist to our enemies and ultimately answer the call that ensures others can prevail. The bottom line is that we are the best at what we do!

As highly-valued members of the world's greatest joint team, we will remain in demand whatever happens in any one place in our global area of responsibility, whether Iraq, Afghanistan, or elsewhere. In a constantly-changing operational environment, the one thing we can count on is an insatiable demand for mobility. In short, we are in a time of completion, execution and preparation. In near-term that means as our operations in Afghanistan

transition into a new phase, we'll execute our retrograde and redeployment and prepare for tomorrow's demands.

None of us have a crystal ball, so I can't tell you exactly what tomorrow holds. However, we do know that resources will be increasingly constrained. Up until now we have lived with tremendous abundance and high operations-tempo, but tomorrow will undoubtedly present new challenges. My job, and yours, is to lead the change that will make us more effective and efficient in the face of those challenges.

Obviously, I owe you some specific answers on exactly how we will codify, sustain and strengthen our enterprise. But don't forget that shaping the future is our collective responsibility. It will require you to be innovative and to set the conditions for your people to deliver on that innovation. It is my belief that we will be successful based on a strong core of leadership principles that make the mission our number-one job, that force us to exemplify and demand the best performance from our people, that ensure we remain safe and disciplined in our operations, and are loyal to our commanders, subordinates, families, and each other.

I look forward to hearing from you as I visit each of your units: your innovative ideas, concerns for the future and thoughts on how we can do better. We have hard work ahead of us, but it is my pledge to you that I will be right there beside you as we do it. Together, we will be successful as we continue to answer the call as we always have.

Thank you for your selfless and dedicated service.

## Warrior medics save lives downrange

By 1st Lt. Scott Blair  
651st Contingency Aeromedical Staging Facility

KANDAHAR AIRFIELD, Afghanistan — Warrior medics? I admit that as a medic I've had my share of laughs over this phrase given our status as non-combatants. As a Medical Services Corps officer I've been teased from my line officer friends about my five-week Commissioned Officer Training where I had housekeeping that cleaned my room and made my bed; never having to suffer through a room inspection.

I've grown accustomed, unfortunately, to being an afterthought in wing exercise plans and the butt of jokes and friendly banter of not being "real" military. As I sit here in Kandahar Province in southern Afghanistan, birthplace of the Taliban and still one of the most dangerous places on the planet, the phrase "warrior medic" takes on a whole new meaning. I am currently the administrator (sounds like a warrior position doesn't it?) for the 651st Expeditionary Aeromedical Evacuation Squadron's Contingency Aeromedical Staging Facility at Kandahar Airfield.

We have the unenviable task of supporting the Navy-led Role 3 facility, the second busiest hospital in Afghanistan. Part of our support is off-loading the Army medical evacuation helicopters that transport the wounded from the battlefield. If you're wounded in Afghanistan and you make it to the

Role 3 at KAF, you have a 98 percent survival rate. Depending on your injuries, and our unique capability to transform a C-130 Hercules into a flying intensive care unit with our Critical Care Aeromedical Transport Teams, you will be on a plane bound for Landstuhl Regional Medical Center in Germany within 12 to 72 hours, if not sooner.

I've seen the medics under my charge off-load some of the worst injuries you can fathom and walk back from the flightline covered with the blood of heroes. We've moved too many young Americans who came to Afghanistan in perfect health and have flown them out with arms and legs blown off by improvised explosive devices and other injuries that will leave physical and emotional scars long after the wounds have healed.

The day after I arrived in-country a young Soldier somewhere in Afghanistan celebrated his twentieth birthday. Two days later he was being flown to Germany as a triple amputee having lost both of his legs and an arm in an IED blast. Quite frankly, as warrior medics nobody else sees the reality of war day-after-day like we do. The only ones closer to the action than us are our patients.

When I think of what it means to be a warrior, I think of words like courage, honor, dignity and respect. It takes every one of those things and more to be a medic in the most dangerous place on earth. It takes courage to run to the flightline to off-load

the helicopters knowing full well the devastation you are going to see and that you may be called upon to perform CPR or continue putting pressure on what was once a complete limb until you can drive the 500 yards to the ICU. It takes honor, dignity and respect to bring those same patients into your facility and treat them like family (or better).

Yes, our mission is emotionally and physically grueling but it is one of the most rewarding things I have ever had the privilege of being a part of. Every day I get to work with some of the finest men and women you will ever meet; people who embody our Air Force core values and are the first step in a long process of healing for our wounded warriors.

Case in point, on one of our most recent missions the young Army private we were transporting happened to mention that it was his birthday. Upon learning this the entire bus (my staff, volunteers and even other patients) began to sing happy birthday to him as we drove him to meet the C-130 that would take him to Bagram and then on to Landstuhl. It was a birthday he will never forget for many reasons, not the least of which is due in part to the courage, honor, dignity and respect of my staff of warrior medics.

From here forward in my career, when my line counterparts make fun of the warrior medics I will just shrug my shoulders and proudly say, "Yes, that is me."

## Help arrives after PTSD sets in

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

ROYAL AIR FORCE MILDENHALL, England — *Editor's note: this is the second in a two-part commentary. The first was featured in last week's issue of the Air, Land & Sea Times.*

I want the nightmares to stop!

That's one thing I told Dr. Jeffery Peterson, a 48th Medical Operations Squadron clinical psychologist, when I went to see him last year at Royal Air Force Lakenheath in the United Kingdom.

I admit the visit wasn't voluntary.

Just before leaving Afghanistan in May 2011, I had to accomplish an on-line post-deployment health assessment and was flagged by many of my responses. I had to see Peterson my third day home. I felt our encounter was routine, but optimistically routine.

While downrange I was involved in several close-range firefights, as well as living in constant threat of the near-daily attacks we repelled.

I was notified that I had to do yet another PDHA last August. What followed absolutely blew my mind.

After submitting the PDHA, I stopped by a coworker's office to talk briefly and returned to a ringing phone. A member of the 48th Medical Group staff was calling me merely 21 minutes after pressing the final mouse click and

submitting the PDHA. I was amazed at how fast they reached out to me.

I was flagged again and scheduled to see Peterson that same afternoon. I honestly dreaded having to go "talk about my problems," again but was truly impressed at how the medical system was working like a well-oiled machine. The 48th MDG staff monitored my progress as if I were their only patient.

Once more, Peterson was very positive and he seemed exceedingly concerned about complications in my Purple Heart Medal approval. Since then, he saw my Purple Heart come to fruition and has been in routine contact with me. I also received comprehensive treatment from another 48th MDG psychiatrist and Landstuhl Regional Medical Center in Germany.

Despite the fact my care moved from the family practice clinic to the mental health clinic, Peterson has kept in repeated contact with me. It's more than obvious, he cares.

Top-care isn't limited to Peterson either.

Dr. Paul West, my psychiatrist, goes well above and beyond, whenever I need a listening ear or professional advice.

Furthermore, the Air Force assigned me to Tom Sansone, a Wounded Warrior counselor at the Air Force Personnel Center.

Sansone has been involved in all aspects of medical care and has called me at home and at work dozens of times. He's an amazing counselor.

See PTSD, Page 3

### 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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# Welsh 'humbled' to serve as Air Force chief of staff

By Tech. Sgt. Shawn J. Jones  
Air Force Public Affairs Agency

JOINT BASE ANDREWS, Md. — The Air Force chief of staff flag passed to the service's 20th chief in a ceremony here Aug. 10.

Gen. Mark A. Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.

"Mark is respected throughout the Air Force for his exceptional leadership and ability to connect with Airmen," Secretary of the Air Force Michael Donley said.

Raised in an Air Force family, Welsh said he found a role model in his father, a decorated combat pilot.

"Today, I think he'd be proud of me," Welsh said. "And any day a child can make his dad proud is a great day."

Welsh emphasized the need for Airmen to understand the importance of the other services in joint operations, but also said Airmen shouldn't underestimate the combat capabilities of their own service in winning today's fight.

"No one else can bring what we bring to the fight and any real warfighter knows that," he said. "Don't ever doubt yourself or this service."

Welsh also addressed his stance on issues affecting the well-being of Airmen.

"When it comes to Airman resiliency, suicide prevention, and sexual assault prevention and response, I believe you're either part of the solution or you're part of the problem," he said. "There is no middle ground."

Welsh also said the Air Force must shape the future which will require innovative thinking and different



Secretary of the Air Force Michael Donley passes the chief of staff flag to Gen. Mark A. Welsh III during a ceremony at Joint Base Andrews, Md., Aug. 10. Welsh was the commander of U.S. Air Forces in Europe prior to his new position. (U.S. Air Force photo by Michael J. Pausio/Released)

His experience includes nearly 3,300 flying hours, most of which came in the A-10 Thunderbolt II and F-16 Fighting Falcon.

As the ceremony ushered in a new chapter in Air Force history, it also served as the final chapter for Schwartz's four years as the service's senior uniformed leader and his more than 39 years of military service.

Schwartz's career began in 1973 after graduating from the Air Force Academy. He has logged more than 4,400 flying hours and participated in military operations in Vietnam, Iraq and Cambodia.

"Anyone looking for an example of Air Force core values need look no further than General Norton Schwartz," Donley said. "Thank you for your lasting contribution to our Air Force and the character and quality of your service."

Defense Secretary Leon Panetta presented Schwartz with the Defense Distinguished Service Medal, which is awarded to service members who perform exceptionally meritorious service in a position of great responsibility.

The award citation highlighted his success in restoring excellence in the Air Force nuclear mission, his efforts to partner with joint and coalition teammates in support of operations worldwide, modernizing the Air Force's air and space inventories and care for Airmen and families. Schwartz's wife Suzie was also recognized for her devotion to Airmen and family support programs.

"The Air Force has afforded us an honorable and rewarding journey for the entirety of our adult lives," Schwartz said.

approaches to problems, along with modernization. Welsh was nominated by the president May 10 and confirmed by the Senate on Aug. 2.

He was in charge of Air Force activities in an area of operations covering nearly one-fifth of the globe in his previous position as the commander of U.S. Air Forces in Europe.

Welsh, a 1976 graduate of the Air Force Academy, has served in numerous operational, command and staff positions, such as commandant of cadets at the

U.S. Air Force Academy, vice commander of Air Education and Training Command and associate director for military affairs at the Central Intelligence Agency.

"When I became a wing commander, I felt proud. When I became a major command commander, I felt privileged and a little bit old," he said. "Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible Airmen."

# 305th MXS Airmen earn Marine Corps recognition

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

Marine Aircraft Group 49 detachment commander recognized nine Airmen with the 305th Maintenance Squadron Aug. 9 in Dock 1 for their efforts repairing parts for the detachment's five AH-1W Cobra and four UH-1N Iroquois helicopters this spring.

The Airmen, who work in the 305th MXS's Aircraft Metals Technology and Aircraft Structural Maintenance shops, assisted with eight separate

repairs of the aircraft, saving both time and money for the Marine detachment.

The Marines would have otherwise had to send the parts to North Carolina for repair, said 2nd Lt. Katie Yates, 305th MXS fabrication flight commander.

Marine aircraft maintenance was a unique opportunity for the Airmen since Marine aircraft maintenance typically has limitations on who can conduct repairs.

"Normally no one is able to work on Marine aircraft besides the Marines, but they made a lot

of phone calls to the technical representatives to get our Airmen the approval to assist," said Yates of the Airmen in her shop.

Commander Maj. Theodore Batzel Jr., Marine Light Attack Helicopter Squadron 773 Detachment B, awarded the Navy and Marine Corps Achievement Medal to Master Sgt. Joseph Martinek, 305th MXS metals technology section chief, for leading his section to complete the maintenance.

"Master Sgt. Martinek's superb leadership and technical expertise on four UH-1Ns parts

were critical to finishing the installation of four engines and two gearboxes," according to the medal citation.

Batzel presented certificates of commendation to Tech. Sgt. Joseph Evans, structural maintenance craftsman; Tech. Sgt. Jarod Jones, metals technology craftsman; Staff Sgt. Lewis Pascavage, metals technology craftsman;

and Staff Sgt. Shane Stepperson, metals technology craftsman.

Batzel also presented letters of appreciation to Staff Sgt. Jamison Lynn, metals technology journeyman; Senior Airman Henry Foradori, metals technology journeyman; Airman 1st Class Ivan Castano, structural maintenance journeyman; and Airman 1st Class Chelsie Rodeheaver,

metals technology journeyman.

"The repairs for all the components saved the U.S. Marine Corps more than \$88,900 and numerous days of transient and maintenance time," according to Martinek's Navy and Marine Corps Achievement Medal citation.

The Airmen worked on the aircraft from Feb. 14 to May 9.

## PTSD

Continued from Page 2

The truth is I never wanted to see Peterson, West, Sansone or the other medical staff. I didn't volunteer, the Air Force re-employment system forced these people into my life, but I'm sure glad it did.

Luckily many Airmen won't see lives taken first hand, much less take human lives or lose close friends to the enemy. Yet, others will. For those people, there's help.

For service members thrown right into the mix of the darkest aspects of war and inhumanity, I hope you fight well and stand your ground, my brothers. I hope you keep our enemies at bay and keep the fighting foreign soil. Rest assured, as I now know, there are people here at home who care.

For me that was my wife, the Air Force Wounded Warrior Program and the 48th MDG.

Through my rants and despair, my anger and sadness, my wife has always been there. Still, there are some things I could never talk to her about; who'd want to put the worst on the ones they love?

In those times and for those subjects, I have professionals at nearby RAF Lakenheath. I'd be lying to say I always had complete confidence in our medical system - I used to have my doubts. But no longer; now I have full faith that the system works and the professionals care.

I'll permanently change station to a stateside base next month and the professionals who cared for me at RAF Lakenheath will become people of my past. I admit that fact is troubling. Yet, I've seen the success of the Air Force medical system and the Air Force Wounded Warrior Program first-hand. I'll be in good hands wherever I PCS to - I'm a believer.

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# WAVES turned tides of military gender segregation

By Mass Communication Specialist  
1st Class Tim Comerford  
Naval History and Heritage Command  
Public Affairs

WASHINGTON — It was 70 years ago, July 30, 1942, that the U.S. government realized the need for women to take their place beside their male counterparts in the Navy.

It is difficult to imagine what life was like in America in 1942: walking was still the primary means of transportation, only a little more than half of residences had any indoor plumbing, male life expectancy was 60 years old and females' was 68 years old and the rationing of every resource, including food, metal and energy sources, was the norm.

President Franklin Roosevelt signed Public Law 689, July 30, 1942, creating the Women's Naval Reserve, commonly known as Women Accepted for Volunteer Emergency Service.

"With the war imminent, members of Congress and the services started to prepare for what was likely to happen," said Dr. Regina T. Akers, a historian for Naval History and Heritage Command whose doctoral thesis was on the impact of the WAVES. "It had become evident to the War Department (who preceded the Department of Defense) that they would not have enough people to do all the jobs that might be required."

Though the Army was the first to accept women into their ranks, Akers saw this as an advantage. The Navy was able to learn from the Army's experiences.

"The secretary of the Navy put his foot down and said, 'Look, we are not going to do what the Army did,'" explained Akers. "We are not going to have these women as an auxiliary. They are going to have access to information and we want to be able to use them in any way we can."

Mildred McAfee, resident of Wellesley College, was sworn in as a Naval Reserve Lieutenant commander becoming the first female officer. She was selected to become assistant chief of naval personnel for women. McAfee was given the charge of the female Sailors and unlike World War I where they were relegated to nurses or yeomen (a clerical job), the women could now choose a wider variety of jobs.

"There wasn't a piece of mail processed that wasn't touched by WAVES, few pilots were trained without interacting with WAVES," Akers said. "About one third of the women served in the aviation community and had integrated training, which was unheard of before then." She explained that the changes were due to Joy Bright Hancock, a former WWI Yeoman

F (female yeoman) who worked in the Bureau of Aeronautics after WWI. Hancock was commissioned during World War II by McAfee and worked her way up to becoming the WAVES director in 1946 and a captain.

The WAVES had other gender nontraditional Navy jobs such as in intelligence, as pilots, dentists and lawyers. According to Akers, Male Sailors started to resent the impact the females had on their jobs.

"WAVES did so well in certain ratings they could come and do the job of two or three males," Akers said.

Despite the misgivings of male Sailors and that of Congress, the WAVES impressed many.

"One of the best compliments, McAfee often remarked, was the repeated demand for the WAVES. In some ratings they couldn't keep enough of them," Akers said. "They volunteered to serve knowing they would be in service for the duration of the war and six months after. They didn't know what the war's duration was going to be. But they took the oath and they served with great distinction."

That distinction won over many of their former detractors.

"Even before the war was over, some of those congressmen that were so against having women in the military and opponents in the War Department and the Navy Department were considering having a permanent place for these women. Why? Because of the incredible contributions these women made," Akers said.

The WAVES had become a large part of the Navy, numbering more than 8,000 officers and 80,000 enlisted Sailors and leaving an indelible mark on the history of the U.S. Navy by the end of World War II. Currently, the Navy employs more than 52,000 active duty women in a total force of 321,000.

The courage and sacrifices of the WAVES contributed to the U.S. Pacific victory in 1945.

"I have the greatest admiration and respect for these first-ever pioneers," said Vice Adm. Carol Pottenger, the Navy's most senior female Sailor. "I have met some of these remarkable women, most recently at our March 2012 Sea Service Leadership Association, Joint Women's Leadership Symposium, and they are still going strong and setting the example. Our Navy today would not be the same without their sacrifices and commitment to service — they make me proud to put on my uniform every day."

Pottenger, a commissioned naval officer since 1977, is currently the deputy chief of staff for

See WAVES, Page 11

# Joint base offers full day, night of summer fun

By Pascual Flores  
Joint Base McGuire-Dix-Lakehurst  
Public Affairs

Joint base personnel and family members can mark their calendars for a day and night of outdoor fun and entertainment as the installation prepares for its Annual Summer Picnic and Family Camp Out Aug. 24.

The 87th Force Support Squadron is set to host the Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic from noon to 5 p.m. which will be followed by the JB MDL Outdoor Recreation overnight camp out. Both events will be at the John Mann Recreational Park on Doughboy Loop.

Community members will have the opportunity to participate in many activities during the event. The picnic offers go-carts, mini-golf, batting cages, bounce houses, face painting, balloon art, swimming, bowling and much more, to all DOD identification card holders.

Various games such as volleyball, tricycle races, horseshoes and tug of war will be available throughout the day for the sports-minded competitor.

A free barbecue lunch will be served from noon to 2 p.m. while supplies last.

"This is an excellent opportunity for the JB MDL team to come together for a day of food and fun," said Ernest Yeager, JB MDL ODR director.

The third annual 87th FSS Family Camp Out will begin immediately following the base picnic for an entire evening of family camping.

The evening offers a variety of fun activities under the stars to include a barbecue hot dog dinner, children's crafts, movie, popcorn, s'mores, ice cream and



Hailey Williams, 6, gets her face painted by Dana O'Brien from Party Express, during the 2011 Joint Base McGuire-Dix-Lakehurst Annual Summer Picnic, at John Mann Park here. (U.S. Air Force photo by Jack D. Neith/Released)

tailgate games, with breakfast the following morning.

Participants can rent camping gear from the JB MDL ODR for a fee. Equipment is limited.

"The camp out is a family experience that should not be missed," added Yeager.

Families planning on attending the camp out must register by Aug. 22 with ODR located on Doughboy Loop.

Call ODR at 562-6667 for more information on the camping event.

Both events are free to DOD ID card holders and family.

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# Morale check: It's in the mail

By Master Sgt. James Martin  
451st Air Expeditionary Wing  
Public Affairs

**KANDAHAR AIRFIELD, Afghanistan** — On any given day in a small non-descript office on Camp Losano, Airmen of the 451st Air Expeditionary Wing peek their heads in and ask the question, "Is she here?"

The "she" to whom they are referring goes by many names: "K-10," "Santa Clause" and "Mail Girl," to name a few. But Senior Airman Shannon Koutsovalas, 451st AEW mail clerk manager from the 563rd Rescue Group at Davis-Monthan Air Force Base, Ariz., will answer to all of them.

More than 50,000 lbs of mail are delivered to Kandahar Airfield daily, according to the KAF Mail Center, and Koutsovalas is the project lead for 451st AEW to ensure Airmen get their portion of those deliveries. Mail consists of online orders, care packages from family members and friends, philanthropic organizations and charities, written correspondence and even dog food.

Deployment taskings and locations have evolved since the

beginning of Operation ENDURING FREEDOM in October 2001. Bare-base living conditions coupled with limited communications made communication through written correspondence essential to the morale and welfare of deployed Airmen.

However, over time many facilities grew into hardened billets with all the amenities, including plumbing and increased internet access. But still, talking via web-cam or instant messenger with those back home still lacks the personal touch. That's where Koutsovalas comes in.

"I know it's a cliché," Koutsovalas said, "but working long days and sifting through pallets of mail and packages is totally worth it when you see someone begin to jump up and down because they received a card or package from home. I think they recognize that sure, anyone can email, post to Facebook or talk for a moment on their webcam, but it takes a conscious effort for people back home to stop what they're doing, go to the store and pick up a card or some little munchies, then take the time to box it up, address it and go the post office to mail it



Airmen assigned to the 451st Air Expeditionary Wing here, sort through pallets of packages destined for deployed Airmen. The Kandahar Airfield post mail center sorts packages by wings, battalions and the various coalition forces and contractors deployed to KAF. (U.S. Air Force photo by Master Sgt. James Martin/Released)

We take mail for granted nowadays. It's one of the oldest forms of communication, but we have grown to neglect it and instead choose the quick and easy, 'hello,' over email."

Koutsovalas manages the daily mail program for 21 units and more than 2,100 personnel. Fortunately, it is not a task she

has to do alone. Every morning Koutsovalas rallies up her mail clerk augmentees for a ride over to the mail center. The 451st Expeditionary Mission Support Group, Operations Group and Maintenance Group each provides augmentees to assist the mail clerk on a weekly basis, providing five to seven personnel to

help with the detail.

"They truly are a huge help," Koutsovalas said in regards to the mail augmentees.

"You never know what you're going to get every morning heading over to the mail center. Sometimes you only have six pallets. But sometimes you have 10 or 12. One time I even had 22 pallets to go through. There's no way I'd be able to keep up with the program if it weren't for the augmentees helping out. They are as responsible for the success of the mail program as anyone."

During her three months deployed here the mail program manager has assisted with the unloading and delivery of more than 200 pallets of mail, weighing more than 245 tons. She has also improved the process in which units can collect their mail by reorganizing and reallocating

pick-up bins in the three storage canexes for the 21 units she services, said Master Sgt. Veronica Haskin, 451st AEW command section superintendent.

"I remember how it felt when I first received my care package which was personally delivered from Shannon," said Haskin. "It's evident how much pride and joy she takes in helping improve morale to other personnel living and residing on Camp Losano every day. It really takes a passionate person to do this job, day-in-and day-out."

The perks of seeing the reactions personnel assigned to the base display are one thing, but it's not without its challenges.

"Sometimes you get crazy orders in, and you have to try and get them pushed out as fast as possible," Koutsovalas said. "Just recently I received a package for an Airman that was nothing but dog food. Turned out it was a shipping error and the Airman didn't order it, however don't tell the ants in the conex that ... they loved it."

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## Dauntless Warriors feel the squeeze during Operation Gauntlet

By Sgt. 1st Class Alyn-Michael Macleod  
99th Regional Support Command Public Affairs

Approximately 250 soldiers from the 99th Regional Support Command woke up Aug. 9 to begin "Operation Gauntlet" at the Maj. John P. Pryor Army Reserve Center here.

"Operation Gauntlet" is the operational name for the five-day field-training exercise during which Army Reserve and Active Guard Reserve Soldiers will test their mettle as part of their annual training commitment to the Army Reserve.

The Army Reserve conducts Annual Training for Warrior Citizens from across the country each year, such as schoolteachers, police officers, firefighters and electricians, who come together to maintain a high level of readiness with their military tasks and unit drills.

Participating in "Operation Gauntlet" are Soldiers from Headquarters and Headquarters Company, 99th RSC stationed here; the 78th Army Band also stationed here; the 319th Army Band stationed at Fort Totten, N.Y.; the 94th Army Band stationed at East Windsor, Conn.; the 198th Army Band stationed at Rochester, N.Y.; and the 380th Army Band stationed at Richmond, Va.

"For this one week, we want to bring the focus back to what is most important to all of us in uniform – the soldiering side," said Maj. Trey Hayes 99th RSC commander.

The heart and soul of the Army Reserve is its Warrior Citizens, otherwise known as Troop Program Unit Soldiers. Drilling Reservists typically give up one weekend a month and two weeks out of the year to keep their military occupation specialties and warrior skills up to date so if and when they are called to active duty they will be ready.

"I really want them to have that refocus," said Hayes. "We get so caught up in our day-to-day activities, being Reservists, we have the civilian side, we have the Soldier side, and throughout the year we may lose a little bit of focus on the soldiering aspects."

Each TPU is unique in his or her experiences both on the military and civilian side. Annual Training does offer a chance for the TPU to get back to the basics and to also teach other Soldiers what they have learned throughout their career.

"Operation Gauntlet challenges and reinforces their confidence and proficiency in their Warrior Skills," said Command Sgt. Major Richard Castelveter, 99th RSC command sergeant major.

Instructors from the United States Army Field Band will also be on hand to give musical clinics for the various types of band instruments along with an Army Musician Proficiency Assessment in addition to the warrior task training.

"These Soldiers are skilled warriors. They are professional and live the Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage," Castelveter added. "These are not just words. It is a way of life for Soldiers. When the nation calls, they are ready to deploy anywhere in the world with no hesitation. They are American Soldiers who are dedicated and professional," concluded Castelveter.

The 99th RSC acts as a "virtual installation" that provides world-class base operations support to over 51,000 Army Reserve Soldiers, 400 units and 300 facilities for the entire Northeast Region from Maine to Virginia for the Army Reserve in order to give Warrior-Citizens and their families the finest care, support, services and training.



Soldiers line up to begin their 416 qualification as part of "Operation Gauntlet" Aug. 9 on the Dix ranges. "Operation Gauntlet" is the operational name for the five-day field training exercise during which Army Reserve and Active Guard Reserve Soldiers will test their mettle as part of their Annual Training commitment to the Army Reserve. (U.S. Army photo by Sgt. 1st Class Alyn-Michael Macleod/Released)

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# Joint Base Intramural Sports Standings

## McGuire-Dix Intramural Golf

Team	Win	Loss	Tie	PCT
87th FSS	15	1	0	0.938
621st CRW (A)	12	4	0	0.750
621st CRW (B)	11	5	0	0.688
605th AMXS	11	5	0	0.688
373rd TRS	10	6	0	0.625
305th APS	8	8	0	0.500
87th CS	8	8	0	0.500
305th OSS	8	8	0	0.500
305th MOS	10	6	0	0.625
732nd AS	9	7	0	0.562
305th MXS (A)	10	6	0	0.625
305th MXS (B)	7	9	0	0.438
87th LRS	8	8	0	0.500
305th 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

### Week 19

All games begin at noon Aug. 21 and are played at Falcon Creek Golf Course

- 373rd TRS vs. 305th MXS (A)
- 305th APS vs. 87th CES (A)
- EC vs. 87th CS
- MAG 49 vs. 621st CRW (A)
- 732nd AS vs. 305th OSS
- 605th AMXS vs. 305th MXS (B)
- 87th LRS vs. 305th MOS
- 621st CRW (B) vs. 87th CES (B)
- 87th FSS vs. 305th AMXS
- 314th RCS vs. 174th INF BDE

## Lakehurst Softball League A

Team	Win	Loss	PCT
Top Gurs	10	0	1.000
Victorious Secret	6	4	0.600
Bombers	6	4	0.600
Unarmed Forces	6	4	0.600
CNATT	5	5	0.500
Hargar Squad	3	7	0.300
Misfits	3	7	0.300
Air Dept.	1	9	0.100

## Lakehurst Softball League B

- GOLD - Diamond Dawgs
- Silver - Weasels
- Bronze - PMD
- 4th - Help Wanted
- 5th - Absolute Zero
- 6th - The Gunneers

## Intramural Soccer McGuire-Dix

Team	Win	Loss	Tie	Points
Joint Base United	9	2	0	87
305th APS	9	2	0	85
Lakehurst	7	1	3	78
87th CES	7	4	0	71
305th MXS	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	43
605th AMXS	3	7	1	40
87th CS	1	8	2	30
87th LRS (B)	0	10	1	9

## Intramural Wallyball McGuire-Dix

Team	Win	Loss	PCT
305th APS	1	0	1.000
373 TRS	1	0	1.000
AMCTES	0	0	0.000
305th MXS	0	0	0.000
314th RCS	0	1	0.000
605th AMXS	0	1	0.000

PCT = Winning Percentage

## Game Schedule

### Week 2

- Aug. 20 4 p.m. 373 TRS vs. AMCTES
  - Aug. 20 5 p.m. 305th APS vs. 314th RCS
  - Aug. 22 4 p.m. 373 TRS vs. 305th APS
  - Aug. 22 5 p.m. 605th AMXS vs. 305th MXS
- All games are played at the McGuire Fitness and Sports Center Racquetball Court  
Current as of Aug. 15

# Soldiers use village as proving ground



Pfc. Teena M. Robinson, a 77th Sustainment Brigade Soldier from Philadelphia, dressed as an Afghan villager, pokes her head out of a door at the mock Afghan village at Dix's Buena Vista Range. The 77th SB hosted more than 150 Army Reserve Soldiers for its two-week Operation Sustainment Warrior exercise. (U.S. Army photo by Staff Sgt. Neil W. McCabe/Released)

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# NEWSNOTES

## 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 is 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](http://www.state.nj.us/education) to access the school physical forms. Forms should be completed prior to the event to expedite the process. Call 754-9151 for more information.

## 174th Infantry Brigade Change of Responsibility

The 174th Infantry Brigade invites fellow Joint Base comrades and families to attend its unit Change of Responsibility, 10 a.m. Aug. 30 on Sharp Field. Command Sgt. Maj. Christopher Johnson will change senior noncommissioned officer responsibility with incoming Command Sgt. Maj. Calvin Coler. Call 562-6625 for additional information.

## NSA Lakehurst Observance of Women's Equality Day

Naval Support Activity Lakehurst is scheduled to host monthly general military training at 8 a.m. Aug. 30 at the NSA Lakehurst flight deck. One of the goals at this training is to recognize Women's Equality Day, which is Aug. 26. Call (732) 323-4147 for more information.

## 18th MAS Reunion

The 18th Military Airlift Squadron reunion is scheduled for 6 p.m. Sept. 8 at the McGuire VFW Post 6590, Cookstown, N.J. Email [alumni@18thbluediamonds.org](mailto:alumni@18thbluediamonds.org) for more information. RSVP by Aug. 25.

## ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree

Appreciation Day at 10 a.m. Sept. 19 at the Timmermann Center. Registration begins at 8 a.m. to allow time for retirees to visit the federal, state and local agencies that will be present to provide information on their services. Call 562-2666 for more information.

## Tops In Blue

Tops in Blue is scheduled to perform at Joint Base McGuire-Dix-Lakehurst at 7 p.m. Oct. 25 at the Timmermann Center. The group is celebrating 55 years of world-class entertainment.

## JB MDL Thrift Shops

**McGuire**  
The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Broidy Road. Call 754-2368 for more information.

**Dix**  
The Thrift Shop will reopen Aug. 16. Regular Thrift Shop Hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; and the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3 to 7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email [fordix@trif@gmail.com](mailto:fordix@trif@gmail.com) for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

**Lakehurst**  
The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1 to 5 p.m. in Bldg. 158. 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.

## Motorcycle Course Registration

JB MDL motorcycle course registration is now open. Register at [militarysafepmv.com](http://militarysafepmv.com). A participant's status in a class is not confirmed until he or she receives a confirmation email. Call 562-3082 for more information.

## 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 Falcon Courts 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.

## The Attic

The Attic is open Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. as well as Tuesdays and Thursdays from 5 to 8 p.m. Donations are accepted during normal hours of operation. The Attic staff asks no one leave donations outside of the building. Call 754-8703 for more information.

## Voter Registration

The Human Resources-Military Office is offering voter registration assistance to joint base community members. The voting office will provide on-the-spot automated registration and absentee ballot request forms for all who require it. The office is located in the customer service section at 5418 Delaware Ave. Call 562-2746 for more information.

## Firehouse Movie Night

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

## 87th MDG Training Hours

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

## Crafty Birthday Parties

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

## Palace Chase and Palace Front Briefings

The joint base recruiter for the Air Force Reserves is set to host a briefing at 9 a.m. Wednesdays in Room 22 at 2916 Falcon Lane. 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.

## Joint Base McGuire-Dix-Lakehurst Chapels

### 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**  
Monday through Thursday – 11:35 a.m. McGuire Chapel  
Saturday – 8 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 a.m. Liturgical - Cathedral of the Air  
Sunday – 11:30 a.m. Gospel - McGuire Chapel

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

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

### Contacting A Chaplain

When should I call a Chaplain?

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

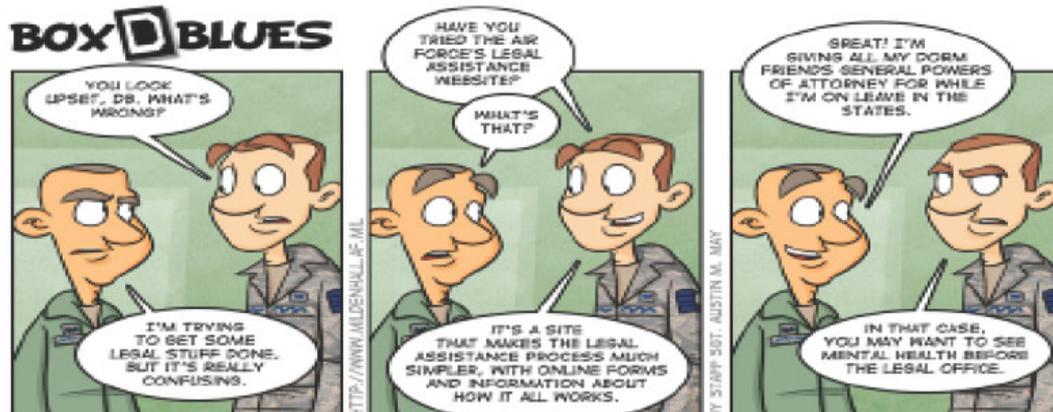
Your conversation with a chaplain can not be disclosed without your permission. No exceptions.

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

For assistance after duty hours call the command post at 609-754-3935 or 3936.



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



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**JB MDL Base Theater Movie Schedule**



**Tonight:**  
Savages  
(R) 7 p.m.



**Saturday:**  
Tyler Perry's Madea's  
Witness Protection  
(PG-13) 7 p.m.

**Sunday:**  
No showing

**Advisors**

*Continued from Page 1*

"I'm pleased to hear you've used this as a learning experience. Our mission here has two equally important halves."

He gestures with his hand and holds up two fingers.

"First we must continue working together with our Honduran friends and build a lasting relationship. Second, we have to train and hone our skills-improve ourselves as air advisors."

The Airmen gathered inside the undersized room are air advisors from the 571st Mobility Support Advisory Squadron from Travis Air Force Base, Calif. The unit has deployed to Central and South America during the past year, working with foreign air forces establishing lasting relationships.

The squadron is just more than a year old and the date marking full operational capability is fast approaching.

Sanchez is intensely aware of this fact and reminds his team, "Not long from now we reach full operating capability and our focus turns to our partner nations. This is the time to identify where we can further develop our skills. This deployment is just as much about training as it is working with the Hondurans."

De Luca looks on intently as his commander speaks.

De Luca agrees, "Yes sir, it's great to learn where the holes in my Spanish are. I have the Hondurans to thank for their patience and working with me to improve my Spanish."

"This is the place where we build upon our air-advisor fundamentals," Sanchez's comments follow.

His eyes move across the room; it is a sea of nodding heads.

"Take advantage of the fact we are here. We cannot simulate the challenges of this mission anywhere else. Right here each of you discovers what to expect in our area of responsibility."

Each MSAS Airman must build skills relevant to the unit's area of responsibility. The MSAS AOR requires them to know how to connect with Airmen from other countries. MSAS members

must competently communicate with their partners to exchange ideas effectively. Necessity demands each air advisor be aware of a multitude of matters in the countries they are building partnerships with, such as: force protection; cultural awareness; customs and courtesies; local opinions of the military and Americans; increasing interoperability with partner nations; and the list, literally, goes on and on.

Sanchez said he believes his Airmen train to deploy and deploy to train. Every interaction with a member from a partner nation is a valuable training opportunity for MSAS Airmen. His goal is to inspire a training mindset.

"The best place to train is our AOR. Here the training is right in front of us. There is no lesson plan. We are building it right now; each day that goes by every one of you is adding to your toolbox." Sanchez motions around the room, pointing an approving finger at each Airman. "Every day all of you are figuring it out, answering the questions we didn't even know we had."

Sanchez describes to his Airmen how being an air advisor should become second nature for them in his remarks. As the MSAS mission continues to emerge, he adds working with partner nations will become the primary focus. Deployments will continue to offer opportunities for each air advisor to grow.

"But this is where we lay the foundation of what we are about and at the end of the day, every exchange is an opportunity to focus on becoming better air advisors." The conversation proceeds around the room.

Each Airman recounts, under Sanchez's guidance, the unique outcomes from their day. Their commander guides them, urging them to see the countless training prospects they encounter every day.

The hot wash draws to a close, this one ran a little longer than the previous meetings; for Sanchez it is time well spent. The overall goal is bare in his mind; prepare his Airmen to recognize the importance of training for the distinctive mission they are executing. The best method of preparing them to safely accomplish the mission and build lasting relationships with the United States' partner nations is through training, training they can only obtain with boots on the ground and in the thick of the action.

**HEAT**

*Continued from Page 1*

it would help the force get ready for the additional annual training time, such as the possible increase to seven weeks which is being considered at the Pentagon, he said.

"The concept is good. Bring it back next year," he said.

Charlie's senior officer 1st Lt. Gerard P. Sullivan said the egress training is going very well for his Soldiers.

"They're having a lot of fun with it," he said.

The training also provides new Soldiers a chance to meet others from their own and different units, he said. "The old saying is that we are all Army sisters and brothers, well it's all

true."

Spc. Joel E. Machado, who serves with the 619th Transportation Company y, Auburn, Maine, said he is impressed by the training at the exercise. "It is way better than what we received before our own deployment to Iraq."

Machado, who grew up in Lynn, Mass., said "Before, we did not get do to things like this. It's good to see that the experiences from all our deployments is being put to good use, so other Soldiers have the experience, too."

Staff Sgt. Hardeep S. Saini, said he came to the exercise with other Soldiers from Baltimore's 313th Transportation Battalion. Saini said the level of training is a huge upgrade from what he received before his own deployment to Iraq in 2003 and 2004,

and even better than the mobilization training his unit received for their 2011 deployment to Camp Bagram, Afghanistan.

"It's just awesome."

The staff sergeant, who calls Fairfax, Va., home, said during the HEAT training and throughout the exercise, he has reminded junior Soldiers to take advantage of the training at Operation Sustainment Warrior.

"I basically tell them to absorb as much as training as they possibly can," he said. "You never know where you are going to be at."

"It's a lot of fun," he said. "It's not too often that you get the opportunity to go upside-down and have stuff hit you in the head. You just have to remember in the back of your head that it is also a lifesaving technique."

**WAVES**

*Continued from Page 4*

Capability and Development, at NATO Supreme Allied Commander Transformation.

From the days of having only one captain in the Navy, to now having 35 female active duty and reserve admirals and 143 master chiefs across the diverse communities, Akers believes the WAVES would be impressed with the progress of today's female Sailors.

"This is an unprecedented era," Akers

explained. "I don't think the WAVES could imagine what the women in the Navy are doing today - the wide variety of duties and the types of positions that they are in. I think if those women who served during WWII could see and fully understand the female Sailors of today, they would be proud and amazed."

Visit [www.history.navy.mil/special%20highlights/women/Women-index.htm](http://www.history.navy.mil/special%20highlights/women/Women-index.htm) for more information on the WAVES. Visit [www.navy.mil/local/navhist/](http://www.navy.mil/local/navhist/) for more news from Naval History and Heritage Command.

**Recipe Roundtable**

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

*Creamy Broccoli Fettuccine*

**Ingredients:**

- 4 ounces fettuccine (dry)
- 1 cup heavy whipping cream
- 2 tablespoons butter
- 1 ounce tomato sauce
- 1/2 teaspoon garlic (fresh, minced)
- 1/2 cup broccoli florets
- 1/4 cup sliced mushrooms (fresh)
- salt and pepper (seasoned to taste)
- 2 tablespoons Parmesan (grated)



**Instructions:**

1. In large pot, bring water to boil with salt, cook pasta until it's nearly done.
2. Drain, and return noodles to the pot.
3. Combine the cream, butter, tomato sauce, garlic, and broccoli with the cooked noodles.
4. Simmer on low heat until noodles are completely done.
5. Stir in mushrooms, and remove from heat.
6. Top with Parmesan cheese, and season with salt and pepper to taste.

**AIR FORCE WEEK**  
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**AIR FORCE WEEK**  
NEW YORK, NEW YORK  
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**Get to know JB MDL!**



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



Did you guess last week's photo? It's an early 1900s deck cannon by the flag pole in front of Bldg. 120 on Lakehurst.