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NEWSNOTES

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

Voting Information

There are only 39 days until the Nov. 6 general election. Voters can register for absentee ballots for the 2012 general election in fewer than ten minutes by visiting fvap.gov. Call 754-VOTE or email jmdl@us.af.mil for more information.

International Spouses' Group

The Warfighter Family Readiness Center is set to host an International Spouses' Group Hispanic Heritage celebration from 11:45 a.m. to 2 p.m. today at Bldg. 3811. Call 562-2767 for more information. Pre-registration is required.

2012 JB MDL Air Force Ball

The Joint Base McGuire-Dix-Lakehurst Air Force Ball is scheduled for 6 p.m. today at the Westin Princeton. The entire JB MDL community is welcome to attend the ball and celebrate the 65th anniversary of the United States Air Force and the 20th anniversary of Air Mobility Command. Call 754-8931/4797 for more information.

ASA Retiree Appreciation Day

Army Support Activity-Dix is set to host their Annual Retiree Appreciation Day at 10 a.m. Sept. 29 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.

Take Back Drugs Day

'Take Back Drugs Day' is scheduled from 10 a.m. to 2 p.m. Sept. 29 in the Exchange front lobby. Old, expired or unneeded medication will be collected in an effort to deter prescription drug abuse. No questions asked. No needles will be accepted. Liquid medication must have a secure lid. Law enforcement and prevention staff will be available to answer questions. Call 562-4011 for more information.

October is Energy Action Month

October is dedicated as Energy Action Month and it provides the opportunity to promote energy and water conservation awareness to Airmen as part of a national campaign led by the Department of Energy. This year's theme, "I am Air Force Energy," puts Airmen at the center of the campaign. The goal of the campaign is to help Airmen realize they can make a difference in overall Air Force by improving resiliency, reducing demand, assuring supply and fostering an energy aware culture. Throughout the month we will highlight success stories from around the Air Force that will celebrate innovative ideas and accomplishments from Airmen across all levels.

New hours for Military Clothing facility

Effective Oct. 1, the Joint Base McGuire-Dix-Lakehurst Military Clothing facilities will be closed on Mondays as part of the Department of Defense's continued focus on efficiencies. The agency charged with managing these operations, the Army and Air Force Exchange Service has altered hours to reflect current funding support.

2012 Combined Federal Campaign Kick-off

The 2012 Combined Federal Campaign Kick-off ceremony is scheduled for 8:30 a.m. Oct. 2 at Tommy B's Community Activities Center.

Pink bag lunch and learn

The 87th Medical Group is set to host a Pink bag lunch and learn event from 11:30 a.m. to 12:30 p.m. Oct. 2 and 9 at Bldg. 3458 in the Edwards Resource Center. The seminar will address information you need to know about detecting breast cancer early and will be followed up with a question and answer. Call 754-2462 for more information.

Breast Cancer Awareness Information

The 87th Medical Support Group in recognition of 'October is Breast Cancer Awareness month' will have information booths on breast cancer set-up throughout the Joint Base McGuire-Dix-Lakehurst. Times and locations are: 11:30 a.m. to 12:30 p.m. Oct. 3 at Joint Base Theater; 10 a.m. to 2 p.m. Oct. 24 at Falcon Creek Golf Course; 11:30 a.m. to 12:30 p.m. Oct. 31 at Lakehurst Fitness Center; and 3 to 4 p.m. Oct. 31 at the Griffith Field House on Dix.

AU-ABC enrollment walk-through
The McGuire Education Center is set to host an Air University Associate-to-Baccalaureate Cooperative overview and walk through from 9 to 10 a.m. Oct. 4 at Bldg. 3829. The AU-ABC establishes partnerships between the Air Force and civilian institutions to provide Community College of the Air Force graduates advanced education opportunities at the baccalaureate level and targets active duty Air Force, Air Force Reserve and Air National Guard members.

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87th Security Forces Squadron first responders apply first aid to a "mouled" role-playing wounded at the Dix Elementary School during the Joint Base McGuire-Dix-Lakehurst active-shooter exercise Sept. 20. The exercise scenario set up a simulated series of events during which three Air Force personnel coordinated a three-pronged attack in order to create base-wide panic. (U.S. Air Force photo by Wayne Russell/Released)

Active-shooter exercise enhances base readiness

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

Joint Base McGuire-Dix-Lakehurst personnel participated in an active-shooter exercise Sept. 20 to evaluate the installation's emergency response procedures here.

An active shooter is, by DOD definition, one or more individuals who participate in a random or systematic shooting spree, demonstrating his or her intent and means to continuously cause serious physical injury or death to others. His or her overriding objective appears to be that of mass murder, rather than some other type of criminal conduct such as robbery.

The exercise tested the joint base's ability to respond to an active-shooter event, similar to the attack at Fort Hood, Texas, when a gunman opened fire Nov. 5, 2009.

The date of the exercise was released prior to the event in order to prevent unnecessary panic

or fear in or around base communities.

"The exercise was truly a joint effort because of the participation of mission partners throughout the joint base," said Bob Scherer, 87th Air Base Wing Plans and Evaluations Office exercise evaluation team chief. "The Federal Corrections Institute, the FBI and all five services came together for this exercise."

The exercise kicked off at approximately 10 a.m. with a simulated 911 call from a role player acting as bystander who witnessed a shooting in the Dix Elementary school parking lot. The role-player perpetrator ran into the facility after opening fire in the parking lot. Emergency responders received a second call nearly simultaneously from another bystander, saying a community member heard gunfire within the Warfighter and Family Readiness Center on Lakehurst. Emergency responders received a third call only 15 minutes from another bystander saying a

gunman was holding Lt. Col. Steve Cabosky, 87th Force Support Squadron commander, hostage.

The exercise scenario set up a simulated series of events during which three Air Force personnel coordinated a three-pronged attack in order to create base-wide panic.

The 87th Security Forces Squadron member's practiced their response capabilities as each call came in.

87th SPS defenders neutralized the first two attackers while Cabosky's assailant surrendered.

The exercise wrapped up with all teams working together to ensure the situation was under control and all steps were completed.

Joint-base agencies responded immediately to the reported incident and increased threat conditions and force protection levels.

See READINESS, Page 13

JB MDL religious education year kicks-off

By Airman Sean Crowe
Joint Base McGuire-Dix-Lakehurst Public Affairs

Joint Base McGuire-Dix-Lakehurst Chapel Services kicked off the 2012 through 2013 year of religious education with Protestant Family Night Sept. 18 at the Dix Chapel here.

The chapel education year follows that of the local school calendar, running from September through June. The chapel education year includes separate Protestant and Catholic events. The evening included a meal followed by a religious class. Classes will be held at Dix Chapel every Wednesday throughout the school year to promote and enhance community relations between service members and their families.

"This program is an opportunity for active-duty and retired service members to give back to the community," said Chaplain (Maj.) Eric P. Boyer, 87th Air Base Wing deputy chaplain who led the kick-off event Sept. 18. "One of the four pillars of Comprehensive Airman Fitness is spiritual fitness. We offer Airmen, Sailors, Soldiers, Marines and Coast Guardsmen a means to strengthen their resiliency through spiritual fitness."

The spiritual pillar of Comprehensive Airman Fitness



Joint base community members gather around serving tables during the religious education event at the Dix Chapel Sept. 18 here. The chapel education year includes separate Protestant and Catholic events. (U.S. Air Force Photo by Airman Sean Crowe/Released)

See EDUCATION, Page 13

AMC icon

A Joint Base McGuire-Dix-Lakehurst representative will sing in the upcoming Air Mobility Command Icon singing competition at the Scott Club on Scott Air Force Base Oct. 25.

Staff Sgt. Oliver Dagum, a Tulsa, Okla. native, won his chance during the local AMC icon competition Aug. 16 here.



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VR-52 ends 40 year legacy

Fleet Logistics Support Squadron VR 52 "Taskmasters" will close its doors for good here after Saturday after 40 years of service.

Most VR-52 Sailors left after the disestablishment ceremony Sep. 9, but some remained to conduct final administrative duties and historical archiving.



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Army to change OER

The new officer evaluation forms will come in three different versions, or "grade plates" as they're termed, based on the rank of rated officers. The new system will include profiles for all raters not just senior raters, and enable senior raters to better identify the very best officers in a competitive environment.



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The Weekend Weather

Today
High 69/Low 53
Rain



Saturday
High 68/Low 52
Rain



Sunday
High 69/Low 53
Rain



Cultural battlegrounds: why culture matters in global war on terror

By Dr. William L. Dulaney
Air Force Culture and Language Center

MAXWELL AIR FORCE BASE, Ala. – In every culture, there exists the possibility of a mob of people who could easily be compelled to take action by those who know how. Understanding culture, for the military professional, should be thought of as the art and science of understanding cause and effect in social contexts.

Culture is human terrain in operational contexts; just as real as the ground on which we fight, the airspace we own and the seas we dominate. Culture subsumes, among so much else, a people's morals, values and ethics — what is beautiful, right and wrong; what people will or will not fight and die for. These are all aspects of culture that military professionals need to understand to be successful in 21st century warfare.

Why worry about what is beautiful? Military information support to operations cannot produce effective media or conduct psychological operations without a working knowledge of what certain people regard as pleasing to the eye, ear or heart.

Understanding what people consider right or wrong is as important to the private on his first foot patrol through an Afghan village as it is to the four-star general who makes a speech to another nation on international television.

The knowledge of what people are willing to fight and die for should be obvious. Sadly, it is not. Evidence is clear that the spate of green-on-blue shootings in Afghanistan is overwhelmingly caused by cultural transgressions. From refusing to urinate in private to condemnations of the Qur'an, we — as a military — seem not to understand that we sometimes cause our own problems.

Military professionals must not succumb to flimsy explanations, such as those bandied about on television, radio and internet news sources, that "those" people are just "crazies." Sure, fanatics exist in the form of extremists all around the globe. Many of them are lobbing Molotov cocktails, rocks and rocket propelled grenades at our embassies and consulates across the north of Africa as I write this. But one must ask him or herself, "which is more likely?" An entire culture of people is crazy enough to be incited to violence by a poorly-produced video clip aired on the internet. There are a few — maybe only one — individuals or organizations behind the violence.

Experience has shown that the latter is usually the case. One example is a band of bad actors that understand a culture so well that all they need to do is search the internet for the most effective stimulus to create a predetermined effect on the anniversary of the 9/11 attacks.

Leaders of extremist, Islamist and illicit organizations understand well that culture is a fire burning in the heart of every human. All one needs to do to make that fire erupt into action is fan the flames just a little and then sit back from a safe distance and watch ... watch as their small efforts spread across a region or even a continent; watch as we Americans continue to try and explain what is happening while wearing what can only be described as blinders of ethnocentrism; watch as we lose more American lives and treasure fighting an enemy who is overwhelmingly outmatched on every single plane of warfare save one: the human terrain.

So the challenge seems clear: military leaders of all ranks must strive to cleave the extraneous information away from the actual causes of deadly effects. To understand it is impossible to fight an idea or ideology, but very possible to target our awesome military might on the specific bad actors perverting ideas and ideologies. To bring the fight to the few who are manipulating the many.

(Dr. William Dulaney is the professor of organizational communication at the Air Force Culture and Language Center, part of the Spaulz Center for Officer Education at Maxwell AFB. He spent 12 years on active duty for the Air Force prior to receiving his Ph.D. in Human Communication Theory and Research. He also served as the Senior Human Terrain Social Scientist in Region Command South, Afghanistan, for the U.S. government.)

Never forget: more than a black flag

By Airman 1st Class Tom Brading
Joint Base Charleston Public Affairs

JOINT BASE CHARLESTON, S.C. – The flag is all black with the letters "P-O-W" and "M-I-A" above a white disk located in its heart. It features the silhouette of a man's profile looking down, a watch tower with guard on patrol and a strand of barb-wire. But it is more than a flag; it is a symbol of a nation's promise.

More than 88,000 fallen service members, killed during combat, remain unaccounted for in the dead winters of Eastern Europe more than 70 years ago, through the sun-blistered deserts and endless jungles of Southeast Asia.

They were more than just Airmen, Sailors, Soldiers and Marines. They were young, in the prime of their lives and filled with dreams and aspirations. They were from every corner of America and may have even attended the same schools as you. They have families that still wait, patiently and heart broken, for them to come home.

Their families remain waiting for someone to bring them back. The broken families' wounds are never fully healed as they patiently count the years that pass without closure of what happened to their loved one.

Our missing-in-action service members represent more than the physical void they embody; their bodies also represent their sacrifice, honor and fulfilled commitment to defend the citizens of the United States of America. Although the dead cannot request proper burial rights, it is our duty to give them one.

They deserve one. It is our moral obligation to bring them home, give their families closure and honor them for being the heroes they are. How do we honor service members that seem to vanish from the battlefield and do not leave a body to account for or information to identify them?

The answer is simple: it is our duty to never forget their service. We honor their sacrifice and fulfill their trust to bring them home by keeping our promise

to them. Just take a few moments from one of your days, to stop and honor them.

Some say the scars of war may never heal and nobody knows that more than veterans of foreign wars, especially the ones taken prisoner by enemy combatants. It isn't just the missing we are honoring when looking at the POW/MIA flag; but the ones who eventually did make it home after long periods of captivity as well.

They were American heroes who were taken as war prisoners.

I believe heroes are not defined by exceptional abilities, but the ability to act exceptionally at the right time. The way a hero acts in the face of peril defines his or her legacy as a warrior and sets him or her apart as a role model.

Some POWs during the Vietnam War were held deep in the dark jungles, thousands of miles from home in tattered clothes and bare feet, on the verge of starvation with the fear of death looming around every unsanitary corner. Some were subjected to brutality, torture and interrogated for information. Yet, they remained resilient. They maintained their promise to their nation and didn't falter. To me, that is heroic. That is worth keeping our promise to them.

Remember, the flag symbolizes our promise to the more than 88,000 Americans who still remain missing since World War II and our collective acknowledgement of the brave men and women taken prisoner during other armed conflicts.

It is our solemn pledge to tell their stories, give their families closure and to honor their sacrifice. Many Americans across the nation paused from their lives Sept. 21, in observance of POW/MIA Recognition Day. Although it is only one official day to honor our POWs/MIAs, it is also something we can do in our everyday lives. Honor them by living freely, and for service members, honor them by having pride in yourself, your uniform and your service.

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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Medical providers attend open house



Senior Airman Paul Oroz, 87th Civil Engineering Squadron Explosive Ordnance Disposal, discusses the various aspects of his career field to Marvin and Zahava Sher Sept. 19 during the Joint Base Provider Open House. Marvin is one of a number of dentists from around the region who attended the event.



Staff Sgt. Allison Price (right), 87th Security Forces Squadron military working dog handler trainer, demonstrates an interaction with a simulated suspect played by Senior Airman Alfred Mancini, 87th SFS MWD handler, using Dio, a Belgian Malinois MWD, during the Joint Base Provider Open House in the atrium of the 87th Medical Group's Medical Clinic Sept. 19 here. The event allowed civilian medical providers a chance to meet with their military counterparts and see first-hand the kind of physical and mental stressors which can affect service members. Demonstrations of the Marine Corps Martial Arts Program from Marine Aircraft Group 49, MWD handling from 87th SFS and bomb disposal from 87th Logistics Readiness Squadron Explosive Ordnance Disposal section made up part of the evening. The event concluded with a brief by Col. James J. Burks, 87th MDG commander. "This was an outstanding event," said Burks. "It allowed us to put faces to names of our civilian counterparts." (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

305th AMW Airmen perform at AMC Icon singing competition

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

A Joint Base McGuire-Dix-Lakehurst representative will sing in the upcoming Air Mobility Command Icon singing competition at the Scott Club on Scott Air Force Base Oct. 25.

Staff Sgt. Oliver Dagum, 305th Aerial Port Squadron training instructor and Tulsa, Okla. native, won his chance during the local AMC Icon competition Aug. 16 here. Although he took third place, Dagum is moving to the next round because the second place winner, Senior Airman Benjamin Florez, 305th Aerial Port Squadron ramp specialist or "port dawg," is deploying around the same time-frame as the competition.

"If I were to go I would want my mind to be totally in it and not someplace else," said Florez. "So I decided to give it to someone else because I want their mind to be totally into it."

Florez sang "If I Ain't Got You," by Alicia Keys, during the AMC Icon

competition.

"I'm looking forward to it," said Dagum. "I'm going to be singing 'Ain't No Sunshine' by Chris Allen, the song I sang during the local competition. Before the event I plan to work on my showmanship and practice the song."

Contestants will compete for \$2,000 in cash prizes and the winner will receive a special invitation to audition with the Air Force Tops in Blue. The event will also feature the Air Force Band of Mid-America.

"Hopefully my experience singing for Tops in Blue in 2008 will help me in the competition," said Dagum. "I'll probably use the money toward music-business classes if I win."

St. Louis media personalities: "Smash," from The Smash Band, and FOX 2's Mandy Murphey will join Dr. Stella Markou, director of vocal studies at the University of Missouri in St. Louis as returning judges for the 2012 event. New judges include Jim Cornelison, opera performer and full-time national anthem singer for the Chicago Blackhawks, and J. Rome, winner of the ABC show "Duets," are scheduled to join

the judging panel.

Dagum will compete with participants from Air Force bases throughout AMC to include:

- 1st Lt. Nicole White representing Scott AFB, Ill.
- Master Sgt. Jason Shamis representing Joint Base Charleston, S.C.
- Tech Sgt. Sonya Bryson representing MacDill AFB, Fla.
- Tech Sgt. Doug Boren representing McConnell AFB, Kan.
- Staff Sgt. Ttry Crane representing Little Rock AFB, Ariz.
- Senior Airman Desiree Scarver representing Travis AFB, Calif.
- Airman 1st Class Duawana Robinson representing Dover AFB, Del.
- Airman 1st Class Abigail Foster representing Fairchild AFB, Wash.
- Airman 1st Class Andrew Hicks representing Grand Forks AFB, N.D.

The competition is set to begin at 6:30 p.m. at the Scott Club. The first 250 people will receive complimentary Icon t-shirts.



Staff Sgt. Oliver Dagum, 305th Aerial Port Squadron training instructor, originally from Tulsa, Okla., sings "Ain't no sunshine," during the Air Mobility Command Icon singing competition held at Tommy B's Community Activities Center here Aug. 16. Dagum finished third, taking home \$200, but is going on to the next round because the second place finisher, Senior Airman Benjamin Florez, 305th Aerial Port Squadron ramp specialist or "port dawg," is deploying around the same time-frame as the competition. (U.S. Air Force photo by 2nd Lt. David J. Murphy/Released)

Exercise Eagle Flag tests USTRANSCOM joint task force teams

By Tech. Sgt. Zachary Wilson
U.S. Air Force Expeditionary Center

Airmen of the U.S. Air Force Expeditionary Center's 421st Combat Training Squadron recently worked hand-in-hand with senior representatives from U.S. Transportation Command to test and verify the ability of several mobility-focused organizations to perform critical warfighter support while operating in a fictitious forward location during Air Force Exercises Eagle Flag 12-3 and 12-4.

More than 250 participants from two Air Force contingency response groups and one U.S. Army rapid port opening element "deployed" to Joint Base McGuire-Dix-Lakehurst to demonstrate each unit's ability to arrive at an austere airfield, receive airlifted cargo, move the cargo by truck to a forward location and stage it for distribution. The exercise featured actual C-17 Globemaster III sorties carrying real-world cargo and role-playing host-nation military members, villagers and opposing forces.

"Exercise Eagle Flag is one of the most realistic training venues the Air Force has to offer," said Capt. James Clark, Eagle Flag cadre from the 421st Combat Tactics Squadron. "It allows service members to not only execute the skills they practice year-round, but also provides a chance to operate in a joint environment. Eagle Flag cadre ensure there is a well-planned scenario or exercise inject for every difficult situation a joint force might incur during a deployment to fully challenge all participants. From the newest Airmen to the Joint Task Force-Port Opening commander, all ranks will be adequately challenged in preparation for real-world activities."

The 421st cadre, as tasked by the EC's Expeditionary Operation School, facilitated the exercise and observed the ability of JB MDL's 818th Contingency Response Group and 108th Contingency Response Group from the New Jersey Air National Guard, to deploy to a fictional foreign country, receive cargo at a host-nation airfield and distribute the cargo to a forward distribution node under a concept known as Joint Task Force Port Opening. The exercise not only tested the U.S. Air Force active duty and National Guard Contingency Response Groups, but also required them to partner with the U.S. Army's 689th Rapid Port Opening Element from Fort Eustis, Va., forming one joint task force instead of separate services performing parallel mission sets, according to Eagle Flag officials.

USTRANSCOM uses the Eagle Flag training scenario to verify the units involved in the exercise are trained, equipped and prepared to perform the JTF-PO mission anywhere in the world if they are called upon to do so, officials said.

"The EC and verification representatives from USTRANSCOM did a good job balancing exercise and verification requirements, and the overall result was valuable training for the JTF-PO," said Col. Kevin Oliver, 818th CRG commander and JTF-PO commander during 12-3. "EF provided an excellent venue for key aspects of the CRG and JTF-PO missions that we don't get a chance to practice, especially in a joint environment."

Maj. Gen. Bill Bender, EC Commander, expressed his pleasure with the growing partnership between the center and USTRANSCOM. "In collaboration with USTRANSCOM, we have made great strides to make Eagle Flag an unsurpassed venue to test the operational capability of JTF-PO forces. Our intent is to foster and mature



A contracted role player interacts with security forces members during their visit to the town of Sabor, part of the fictitious Kingdom of Nessor during Exercise Eagle Flag 12-4 Aug. 14 on Lakehurst. The Airmen are assigned to the 108th Contingency Response Group at Joint Base McGuire-Dix-Lakehurst. The 108th joined forces with the U.S. Army's 689th Rapid Port Opening Element from Fort Eustis, Va., to form a Joint Task Force Port Opening during Eagle Flag 12-4. (U.S. Air Force photo by Tech. Sgt. Zachary Wilson/Released)

our relationship with USTRANSCOM," he said.

The exercise also tasked the participants to coordinate their actions and work with the fictional host-nation military, known as the Royal Nessorian Air Force, which served as the facilitator for airfield support, official authority of the area and primary liaison for coordinating engagement with local leaders in the notional country of Nessor.

"Having worked building partnership missions in previous assignments, I can honestly say that EF condensed every challenge I've encountered in dealing with various host nations over a four-year period into one week," Oliver said. "The cadre from the EC and the 421st CTS brought a lot of energy to the exercise, and provided the 818th CRG and the 689th RPOE with the perfect opportunity to enact our vision to lead, execute, and engage: lead airmen and soldiers to prevail over every endeavor, execute expeditionary operations with speed and precision and engage with joint and coalition partners to dominate contingency response."

Members of the United Kingdom's Royal Air Force also observed the first exercise and participated in the second, practicing their ability to take control of operations once American forces handed off responsibility.

The 108th Contingency Response Group, as the second Air Force

unit to participate in the two-week exercise, was responsible for the hand-off of the newly created base to follow-on United Kingdom forces at the same time the group was preparing to redeploy.

Col. Robert Brazel, 108th CRG commander, felt the unique twist was a useful opportunity for future operations, real-world and training with the RAF.

"(The scenario) was extremely helpful—for us and the RAF," he said. "I believe this is the beginning of a long lasting relationship ... we are all looking forward to future dialogue and exchange of information. The dialogue was good and thought provoking and should lead to future conversations."

Eagle Flag 12-4 provided a scenario during which the 108th CRG's was evaluated on their ability to perform the same mission the 818th was tested on the prior week. The 108th has previously participated in Eagle Flag as they are continuing to prepare their group to become operational for real-world missions. Eagle Flag continues to be a venue for the organization to train and hone the unique mission sets required for JTF-PO operations.

"For this Eagle Flag, we brought all of our own equipment and people; in past years we have had to borrow from our active-duty counterparts and sister Guard unit," said Brazel. "So the preparation and packing was more intense and akin to what we would have to do on a real-world deployment. The whole JTF-PO concept and operations is a continuous and evolving process—this is one of the few times that we actually get to interact with the 'mission owners' and give our inputs."

The Expeditionary Center offers Eagle Flag as a realistic and challenging venue to ensure units are continually tested and prepared to respond to worldwide contingencies.

"We take great pride in being the Air Force's center of excellence for expeditionary combat support training and education," said Bender. "Exercise Eagle Flag will continue to be a shining example of how our ECS experts can build training and exercises, in coordination with other key units and organizations, which prepare our nation's 911 forces to respond successfully to real-world challenges."

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Trendsetters Salon & Day Spa
Trendsetters is excited to welcome Shannon Driber-Bendy to their team!
Shannon is joining us after gaining 7 years of experience as a stylist in the Princeton, NJ area. She graduated Rizzieri Aveda School for Beauty & Wellness in 2006. Shannon is ecstatic to introduce **Brazilian Blowout** to the area! She has been certified with the company and changing lives for over a year.
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Disestablishment ends VR-52's 40-year legacy



Rear Admiral Bryan P. "Clutch" Cutchen speaks at the VR-52 disestablishment ceremony Sept. 9 at Bldg. 3370 here. VR-52 is one of 15 Navy VR squadrons and one of four C-9B Skytrain logistics aircraft units comprising of active-duty and reserve members who provide around-the-clock responsive, flexible and rapidly deployable logistics support required to sustain combat operations at sea. VR-52 has been on the joint base since March, 2011. (U.S. Navy courtesy photo/Released)

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

Fleet Logistics Support Squadron VR-52 "Taskmasters" will close its doors for good here after Sept. 29 after 40 years of service.

Most VR-52 Sailors left after the disestablishment ceremony Sept. 9, but some remained to conduct final administrative duties and historical archiving.

"I truly had no idea what I was in store for when I checked into VR-52," said Cmdr. Chip DeWalt, VR-52 commander, during the disestablishment ceremony. "It does not matter how much preparation, how much thought or much planning you do, you simply are not ready to say good bye."

DeWalt took command of VR-52 in December 2011 and was informed of the squadron's upcoming disestablishment a month later.

The disestablishment is part of the Navy's effort to transition from the costly and aging C-9B Skytrain to the more efficient and modern C-40 Clipper. VR-52 is one of three C-9B squadrons being disestablished within the Fleet Logistic Support Wing, based out of Joint Base Fort Worth, Texas. Other squadrons closing Saturday include VR-46, out of JB FW, and VR-48, out of Joint Base Andrews, Md. All remaining C-9Bs have either been moved to VR-61, located at Naval Air Station Whidbey Island in Oak Harbor, Wa., until

they are replaced by C-40s, or a bone yard in Tucson, Ariz. said DeWalt.

The ceremony concluded with the lowering of the VR-52 pennant, a symbol of the commanding officer. DeWalt received the pennant because he is the last commanding officer of VR-52.

"It is an honor to hold onto the pennant," said DeWalt. "The Chief's Mess (all of the E-7s and above in the squadron) presented the pennant to me in a picture frame and it is now prominently displayed in my home. VR-52's pennant will be safe with me, but should the day ever come, when the Navy decides to bring the 'Taskmasters' back, I will be waiting to bring her out of 'retirement.'"

The squadron spent the past 18 months working to ensure every member received orders elsewhere. Active duty members will return to the fleet, other squadrons or Naval support activities. Reservists will transfer to other squadrons, transition to other billets, change rates to pursue different jobs or retire. DeWalt is reporting to the Pacific Command staff in Hawaii this November.

"It's breaking my heart," said Petty Officer 1st Class Warrnette Kiesel, VR-52 loadmaster. "They're like family, and I was hoping to retire out of here."

Kiesel has been with VR-52 since 2002 and will be moving to VR-1 located at JBA. Other members will go on to support VR-64.

"We've had some people finish their tours and come over to VR-64," said Lt. Cmdr. Tim

Topping, VR-64 operations officer. "The great thing about the VR community is that experience can carry over."

The decommissioning ceremony is one of two unique ceremonies that occur during the existence of any ship, shore command or squadron in the Navy. The other ceremony is the commissioning or establishment ceremony.

VR-52 was commissioned at Naval Air Station Willow Grove, Pa., in June 1972. The unit operated four C-9B with a mission to provide rapid response to contingency operations across the globe.

The squadron provided support during the Vietnam War, Operation Desert Shield, Operation Enduring Freedom, the 9/11 terror attacks, Operation Enduring Freedom and relief efforts during Hurricanes Katrina and Rita. The squadron most recently participated in humanitarian relief in support of Operation Tomodachi for areas affected by earthquakes and tsunamis in Northern Japan in March 2011.

Both VR-52 and 64 moved to JB MDL on March 19, 2011 as part of the 2005 Base Realignment and Closure.

VR-52 flew more than 125 thousand mishap-free hours during its 40 years. The squadron flew 928 hours and supported missions in the European and Pacific Command theatres in 2012, supporting Operations Enduring Freedom, Noble Eagle and New Dawn.

Marines stay fit with MCMAP

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

Marine Aircraft Group 49 members hold their Marine Corps Martial Arts Program training on a daily basis in a picnic area across from their hangar here.

The training is designed to instill mental strength, allowing Marines to get through hard times, said Staff Sgt. Lorris Wilson, second degree martial arts instructor trainer.

Wilson trains the Marines and Navy personnel attached to MAG-49 in all disciplines of the MCMAP.

"It's based on teamwork and helps build cohesion and brings everybody that much closer no matter what your military occupation," said Wilson. "The training is meant to make a well-rounded combat Marine. It's meant to instill discipline and character."

The MCMAP began in 2001 to further enhance the trainees' proficiency in unarmed and weapons-based combat techniques. The program replaced all other combat-related programs in the Marine Corps and is a requirement for all recruits.

Marines learn a number of fighting techniques during MCMAP training starting from the fundamentals of learning how to take a stance and break a fall to a more complex array of punches, kicks, throws and weapon techniques.

"I think it's a way for us to show discipline and control our anger during confrontations," said Sgt. Shree Hughes, MAG-49 legal chief. "Although this isn't something we were required to do, I get a sense of pride from the process of earning higher belts. The mental and physical challenges that you have to conquer are what really drive me to progress."

The program has five color-coded belt levels progressing from tan to grey, then green, brown and culminating in black. Marines can

See MCMAP, Page 11



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KC-46 enters critical design review phase

By Senior Airman Tabitha N. Haynes
Air Force District of Washington

WASHINGTON— The Air Force KC-46A program director described the critical development phases of the next-generation refueling aircraft during the 2012 Air Force Association Air and Space Conference and Technology Exposition in Washington, D.C., Sept. 18.

Maj. Gen. John F. Thompson, tanker programs executive officer, at the Air Force Life Cycle Management Center, Wright-Patterson Air Force Base, Ohio, said while the KC-46's preliminary aircraft design review is complete, additional steps must be taken to develop a final aircraft design that meets system requirements.

The KC-46A aircraft development program is on track for critical design review in the fourth quarter of next year Thompson added.

"There is a possibility in any program to have 50 number-one priorities; I have never believed in that concept," Thompson said. "I will have a lot of number two and ... number three priorities, but my number one priority ... is to successfully get through the critical design review next year."

The aircraft configuration will advance, Thompson explained, from the commercial Boeing model 767-200ER aircraft to a Boeing model 767-2C Provisioned Freighter variant before final modification into a military certified KC-46A tanker.

Select design features will allow the aircraft to carry out its "multi-role capabilities," including cargo transportation, passenger transportation and patient transportation in addition to its primary role of aerial refueling," Thompson added.

The KC-46A aircraft features an improved refueling system with 212,000 pounds of fuel delivery capabilities, capability to receive fuel inflight, 65,000 pounds of cargo carrying capability, passenger aero-medical capabilities and engines each producing 62,000 pounds of thrust.

"Our goal is one program, one plan," Thompson said. "We are actually bending metal on this aircraft — it is not just a paper design anymore."

Current KC-46A testing includes live fire and system integration lab testing.

"From a sustainment and supportability standpoint ... our goal is to go to 100 percent organically-managed sustainment on this

weapon system," Thompson said.

This means the Air Force may partner with industry for certain sustainment repair activities, but will remain in the lead for management purposes.

Eighteen next-generation refuelers are scheduled to join the fleet by 2017 despite the work that still remains in the KC-46's development, Thompson said, adding that a total of 179 KC-46A aircraft are slated to be delivered by 2027.



Maj. Gen. John F. Thompson, KC-46A Tanker Program director, details the capabilities of the new air-refueling aircraft at the 2012 Air Force Association Air and Space conference in Washington, D.C., Sept. 18. Thompson said the KC-46A tanker will have 18 aircraft in place at air refueling wings by 2017. (U.S. Air Force photo by Senior Airman Steele C. G. Britton/Released)

CRW goes lean with 6S process

By Master Sgt. Stan Parker
621st Contingency Response Wing Public Affairs

TRAVIS AIR FORCE BASE, Calif. — Members across the 621st Contingency Response Wing recently spent several days focusing on the use of the "6S" method to reduce clutter, inefficient processes, waste and more in their work spaces.

6S is a basic lean tool used to simplify the work environment and reduce non value-added activity while improving quality, efficiency, and safety. 6S, which was originally derived from the civilian 5S project, stands for sort, straighten, shine, standardize, sustain and safety.

"In these times of cost consciousness, we are taking all practical actions to achieve our efficiency commitments and live within our fiscal constraints," said Air Force Vice Chief of Staff Gen. Larry O. Spencer, in a recent statement. "One efficiency area that requires action is identifying surplus supplies in individual units and creating local savings by repurposing them."

6S as a tool in the Lean Initiative Air Force Smart Operations is using for the 21st Century. The term going lean refers to applying ways to remove waste and save money and time while improving quality in the workplace.

"It is a method for preventing waste and trimming the fat, so-to-speak," said Master Sgt. Jeffrey Wheeler, 621st CRW West AFSSO21 master process owner. "It's great for identifying ways to do more with less."

The wing totaled more than \$83,000 in savings of future costs by redistributing or turning in 682 items at the CRW's offices here at Joint Base McGuire-Dix-Lakehurst, N.J. and another 588 items at its offices at Travis Air Force Base, Calif.

"This gives the wing an opportunity to conduct accountability in areas that typically don't have much governance," said Thom Maxwell, 621st CRW AFSSO21 program manager. "Unfortunately, common supply areas usually end up as dumping grounds for excess equipment and supplies that are either outdated or not serviceable."

Airmen in every part of the wing were reminded to use 6S on a monthly basis to continuously improve work centers and overall unit supply efficiency based on the success of the recent event.

"Together the 621st CRW personnel have pooled our resources and as one wing, completed a very successful first-time 6S event across this geographically-separated wing," Wheeler said.

Maxwell echoed Wheeler's assertion of the event's success.

"All the facilitators of the 621st CRW AFSSO21 team did an outstanding job putting these actions into place in a very tight timeframe with spectacular results," Maxwell said. "In one instance, using a matrix that grades on a scale of zero to five, a portion of the wing went from a score of .29 to an astounding score of 4.6."

Efficiency is extremely important to the 621st CRW, which consists of more than 1,500 Airmen in six groups, fourteen squadrons and more than 20 geographically-separated operating locations, while remaining light, lean and agile to respond as directed to meet combatant command wartime and humanitarian requirements.

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Take back prescription drug day returns

By the 87th Medical Group

The National Take Back Initiative is being observed from 10 a.m. to 2 p.m. Sept. 29 at several military installations across America, to include Joint Base McGuire-Dix-Lakehurst.

This one-day initiative, sponsored by the Drug Enforcement Administration, provides a venue for people to safely dispose of unwanted, unused and expired prescription drugs at the Exchange and Commissary. Staff will also be available at the Dix Annual Retiree Appreciation Day being held at the Timmermann Center from 8:30 a.m. to 12:30 p.m.

Many people are not aware that medicines left at home are highly susceptible to diversion, misuse and abuse, according to the DEA. About 2,500 teens use prescription drugs each day to get high for the first time, according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from

family and friends, including the home medicine cabinet.

Another advantage of this program is it discourages people from flushing drugs down their toilets. Drugs improperly disposed of wind up in rivers and lakes where they harm aquatic life and contaminate water supplies, according to the Environmental Protection Agency.

This initiative addresses a vital public safety and public health issue, according to the DEA.

Prescription and over-the-counter solid-dosage medications, i.e. tablets and capsules, are accepted. Intravenous solutions, injectables and needles will not be accepted. Illicit substances, such as marijuana or methamphetamine, are not a part of this initiative.

The first National Take Back initiative was held Sept. 25, 2010. This effort was a "huge success," with approximately 3,000 state and local law enforcement agencies throughout the nation

participating.

According to the DEA, the American public turned in more than 121 tons of pills that day. The DEA reported 276 tons of unwanted or expired medications were turned in across the 5,659 sites that were available in all 50 states and U.S. territories in April 2012.

A similar program in 2009, entitled "Operation Medicine Cabinet," was launched in order to combat the growing problem. More than 400 police departments and other law enforcement agencies throughout New Jersey helped collect 9,000 pounds of old, unwanted pills, pain killers, anti-depressants and other medications in an effort to keep teens from looting their parents' medicine cabinets. That was 4.5 tons of medications. The drugs would have had a value of roughly \$35 million if sold on the street, according to the DEA.

Air Force pharmacies dispensed more than 15 million prescriptions to our beneficiaries last

year. Beneficiaries end up with partially used prescriptions filling their medicine cabinets as a result of changing health conditions, drug allergies or adverse drug reactions. Our homes and communities become safer by getting rid of these items at this event and it ensures medications are properly disposed of to minimize any impact to the environment, said Maj. Mindy Davison, 87th Medical Support Squadron, Pharmacy Flight commander.

Prescription medicine abuse is becoming "fairly common." Illicit prescription use is a serious situation and studies show that those who would abuse prescription medications are at greater risk of falling prey to illegal and fatally harmful drugs like heroin. The 87th Medical Group encourages everyone to take part in this worthwhile endeavor to safeguard service members and their families against unintentional overuse or abuse of these potentially fatal medications, said Davison.

Army to change Officer Evaluation Reports

By Gary Sheftick
Army News Service

FORT MEADE, Md. — New rating forms will be adopted next year as the Army implements significant changes to its Officer Evaluation System.

The new officer evaluation forms will come in three different versions, or "grade plates" as they're termed, based on the rank of rated officers. The new system will include profiles for all raters not just senior raters, and enable senior raters to better identify the very best officers in a competitive environment.

It's the first time in history that "inflated" ratings are not the reason for changing the Officer Evaluation Report, said George Piccirilli, chief of the Evaluations, Selections and Promotions Division at Human Resources Command, Fort Knox, Ky.

Piccirilli said the changes are instead aimed at instilling rater accountability, more accurately identifying elite performers and syncing the report with current leadership doctrine.

Leadership doctrine has changed since 1997, Piccirilli said, when DA Form 67-9 was first adopted.

The new DA 67-10 will eliminate the 16 boxes for "attributes, skills and actions." Instead raters will be required to write statements about an officer's

attributes, specifically "character, presence and intellect," along with how the officer "leads, develops and achieves."

The new form requires raters to be more descriptive and not just check blocks, Piccirilli said.

The new form is scheduled to be adopted in December 2013 by all components, including the National Guard and Army Reserve. Training will be offered until then. HRC will offer "train-the-trainer" courses at Fort Knox, Ky., beginning in June. Mobile training teams will visit commands and online training will also be available.

"We're trying to reduce anxiety," Piccirilli said. "When we change something, we always have that anxiety."

He said lieutenant colonels and above may especially feel anxiety at first about the senior-rater block on their OER that's designed to identify the top 10 percent of talent.

The "top 10 percent block" will identify the "truly gifted and exclusive officers" on OERs for lieutenant colonels and senior officers, Piccirilli said.

There will be three versions of the new OER: one for captains and below, another for field grade officers and chief warrant officers in the three highest grades and a third for colonels and brigadier generals, dubbed "strategic

leaders."

The field-grade OER will also have a slightly different version for lieutenant colonels and chief warrant officers five. Senior raters will have evaluate potential five blocks instead of four. This includes the "top 10 percent" box and the "most qualified" box. The cumulative percentage of both boxes cannot exceed 49 percent.

The forms will be web-based where choosing the different versions will be seamless or transparent, according to Piccirilli. He said raters who access the Army Publishing Directorate website will click the rank of the officer they are rating and the proper form will automatically pop up.

"The form itself is not just a piece of paper," Piccirilli said. "It's the behavior that we drive to make sure we identify those right officers and that the raters are accountable for their assessments."

HRC is developing the online application now, Piccirilli said, and working with the Army Publishing Directorate to perfect the different grade plates.

"We want to vary how we look at different grades," Piccirilli said. "We want to engender rater accountability."

Accountability will be developed because raters will only be able to check the top block on less than 50 percent of

the officers they rate. Since the forms are filled out online, a misfire will occur if raters exceed that percentage.

Raters will be forced to "make a call" to identify top performers while developing a profile. It should also "re-invigorate" the importance of raters, according to HRC. Raters can give all of their subordinates top blocks if they choose under the current system. Only senior raters have a profile and are limited to a percentage of top blocks.

The profile for senior raters on the current OER system has sometimes led to a practice called "pooling," Piccirilli said. Pooling is when a large number of officers are senior-rated by a single individual who couldn't possibly know the accomplishments of all subordinates.

Pooling typically occurred when a brigade commander decided to senior rate all captains in his command, in order to enable all company commanders to receive top blocks. This however, limited what staff officers could expect on their evaluations, Piccirilli said.

Pooling is a practice the chief of staff of the Army specifically wants to eliminate with the new OER. The new system to more fairly and accurately assess the performance and potential of all officers, Piccirilli said.

Army Chief of Staff Gen. Ray

Odierno and Secretary of the Army John McHugh approved the new Officer Evaluation System.

OER support forms will still be mandatory for captains and below under the new system, but will be optional for field-grade officers and above. OER counseling will still be required for all officers, Piccirilli said, but the support form will be optional depending on the rater.

The new OERs will also help identify "broadening assignments" for field-grade officers. Raters will be asked to recommend not only specific operational assignments for officers, but also must list appropriate broadening assignments such as fellowships, interagency and intergovernmental positions, Piccirilli said.

The OERs will be used by assignment officers, as well as promotion boards and command selection boards, Piccirilli said.

"This is the tool that we use to select our future leaders and the tool the assignment officers use to make sure we put the right quality into the right job," Piccirilli said.

Changes are also being looked at for the Noncommissioned Officer Evaluation Report, HRC officials said, but added that specifics have not been decided upon yet.



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School's back in session

By 87th Air Base Wing Safety

The long days and warm weather still say summer, but for many of our youngsters, summer vacation will end soon.

Summer vacation is not what it used to be, three months of leisure time to be spent at camp, by the pool or playing in the backyard. Instead, schools start earlier and earlier, preparing our children for the growing importance of standardized testing,

and the need to get in more class days before the holiday break.

The children in our areas will be back in school right after Labor Day – the unofficial end of summer. They will be asked to concentrate on reading, math and English, even while the warmth and sun still beckon.

Parents can do their part to help their children get off to a good start. A good night's sleep, a good breakfast and a good attitude

are important underpinnings to a good educational experience. When children go back to school, parents develop a checklist: shop for clothes, buy new shoes, and purchase pens, paper and notebooks. But we want everyone to put one thing at the top of their list during the back-to-school season... safe driving.

See **SCHOOL**, Page 11

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| 305th MXS | 3 | 4 | 0.429 |
| AMCTES | 2 | 6 | 0.250 |
| 305th APS | 1 | 6 | 0.143 |
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PCT = Winning Percentage

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Week 8

| | | |
|--------|--------|-------------------------|
| Oct. 1 | 4 p.m. | 314th RCS vs. 305th APS |
| | 5 p.m. | 305th MXS vs. 373rd TRS |
| Oct. 3 | 4 p.m. | 305th APS vs. 305th MXS |
| | 5 p.m. | AMCTES vs. 373rd TRS |

All games are played at McGuire Racquetball Court at McGuire Fitness Center

Intramural Flag Football JB McGuire-Dix

| Team | Win | Loss | PCT |
|--------------------|-----|------|-------|
| 305th MXS Cobras | 5 | 0 | 1.000 |
| 87th CES | 3 | 0 | 1.000 |
| Wildcats | 5 | 0 | 1.000 |
| 87th FSS/ 87th CS | 3 | 0 | 1.000 |
| 1st TB | 5 | 1 | 0.833 |
| 305th MXS PMEL | 4 | 1 | 0.800 |
| 87th SFS | 3 | 1 | 0.750 |
| 6th AS | 2 | 1 | 0.667 |
| 108th WG | 3 | 3 | 0.500 |
| EC | 2 | 2 | 0.500 |
| 305th OSS | 2 | 3 | 0.400 |
| 305th APS | 2 | 3 | 0.400 |
| 174th INF BDE | 2 | 3 | 0.400 |
| 87th LRS | 2 | 3 | 0.400 |
| 87th ABW/87th CPTS | 2 | 3 | 0.400 |
| 621st CRW | 2 | 4 | 0.333 |
| VR-64 | 2 | 4 | 0.333 |
| 605th AMXS | 1 | 3 | 0.250 |
| MAG 49 | 1 | 4 | 0.200 |

| | | | |
|------------|---|---|-------|
| 87th MDG | 1 | 4 | 0.200 |
| NCOA | 0 | 5 | 0.000 |
| 305th AMXS | 0 | 6 | 0.000 |

PCT = Winning Percentage

Game Schedule

Week 4

| | | | |
|--------|-----------|----|-------------------------------|
| Oct. 1 | 5:30 p.m. | #1 | Wildcats vs. 87th MDG |
| | | #2 | 1st TB vs. 621st CRW |
| | 6:30 p.m. | #1 | 605th AMXS vs. VR-64 |
| | | #2 | 87th LRS vs. EC |
| | 7:30 p.m. | #1 | 87th FSS/ 87th CS vs. MAG 49 |
| | | #2 | NCOA vs. 87th CES |
| Oct. 2 | 5:30 p.m. | #1 | 305th MXS Cobras vs. 87th LRS |
| | | #2 | 305th AMXS vs. 108th WG |
| | 6:30 p.m. | #1 | 87th SFS vs. 621st CRW |
| | | #2 | 305th APS vs. 1st TB |
| | 7:30 p.m. | #1 | 174th INF BDE vs. 305th OSS |
| | | #2 | 6th AS vs. EC |

Oct. 3

| | | |
|-----------|----|--------------------------------------|
| 5:30 p.m. | #1 | 305th APS vs. 108th WG |
| | #2 | 6th AS vs. 305th MXS PMEL |
| 6:30 p.m. | #1 | 174th INF BDE vs. 87th ABW/87th CPTS |
| | #2 | 87th SFS vs. 87th FSS/ 87th CS |
| 7:30 p.m. | #1 | 621st CRW vs. NCOA |
| | #2 | 87th MDG vs. 87th LRS |

Oct. 4

| | | |
|-----------|----|--|
| 5:30 p.m. | #1 | 87th FSS/ 87th CS vs. 87th ABW/87th CPTS |
| | #2 | 305th OSS vs. 605th AMXS |
| 6:30 p.m. | #1 | 87th CES vs. MAG 49 |
| | #2 | 305th MXS PMEL vs. Wildcats |
| 7:30 p.m. | #1 | NCOA vs. 305th APS |
| | #2 | 305th MXS Cobras vs. VR-64 |

All games are played on either Griffith FH #1 or FH#2 field

Lakehurst Flag Football

| Team | Win | Loss | PCT |
|------------------|-----|------|-------|
| Unarmed Forces | 3 | 0 | 1.000 |
| Thunder Chickens | 1 | 0 | 1.000 |
| Titans | 1 | 1 | 0.500 |
| AUTOBOTS | 0 | 1 | 0.000 |
| The Decepticons | 0 | 1 | 0.000 |
| Little Giants | 0 | 2 | 0.000 |

PCT = Winning Percentage

Game Schedule

Week 3

| | |
|--------|-------------------------------------|
| Oct. 1 | Thunder Chickens vs. Unarmed Forces |
| Oct. 2 | Thunder Chickens vs. AUTOBOTS |
| Oct. 3 | Unarmed Forces vs. Titans |
| Oct. 4 | The Decepticons vs. Little Giants |
| Oct. 5 | MAKE UP DAY |

All games played 11:30 a.m. at Lakehurst Sports Complex Football Field

Lakehurst Intramural Soccer

| Team | Win | Loss | Points |
|----------------|-----|------|--------|
| Mavericks | 2 | 0 | 17 |
| Gunners | 1 | 1 | 11 |
| Unarmed Forces | 1 | 1 | 11 |
| Cosmos | 0 | 2 | 0 |

Game Schedule

Week 3

| | | |
|--------|------------|----------------------------|
| Oct. 2 | 11:30 a.m. | Mavericks vs. Gunners |
| | 12:05 p.m. | Cosmos vs. Unarmed Forces |
| Oct. 3 | | MAKE UP DAY |
| Oct. 4 | 11:30 a.m. | Cosmos vs. Mavericks |
| | 12:05 p.m. | Gunners vs. Unarmed Forces |

All games played at Lakehurst Credit Union Annex Field

Current as of Sept. 25

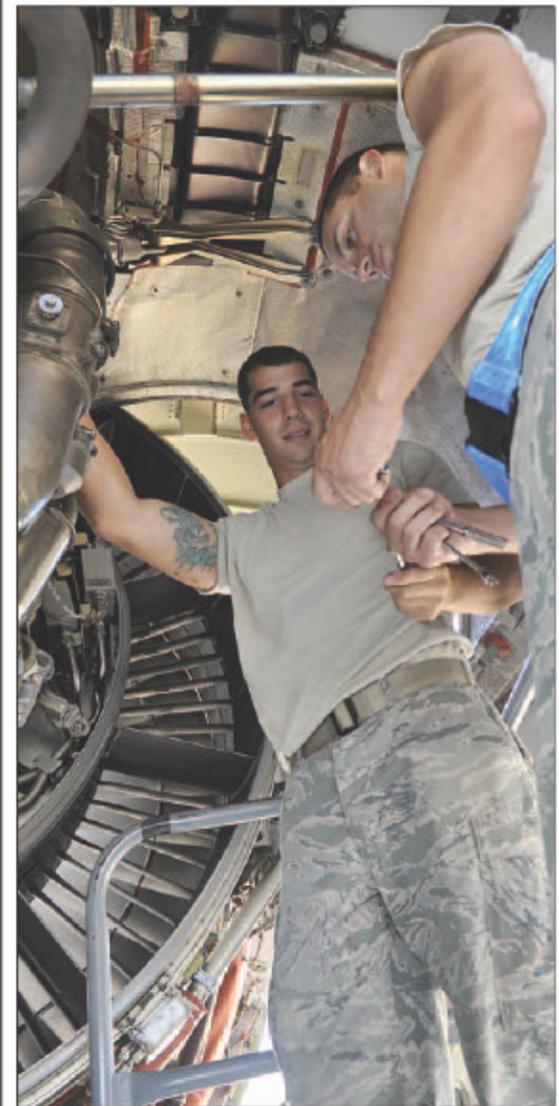
Oktoberfest brings authentic German fun to JB MDL

Senior Airman Brandon Burnett, 305th Maintenance Operations Squadron maintenance operations center controller, helps himself to a plate of bratwurst and sauerkraut during the 2012 Joint Base McGuire-Dix-Lakehurst Oktoberfest at Tommy B's Community Activities Center. An assortment of authentic "wurst" along with German side dishes and even strudel for dessert were available during Oktoberfest. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/Released)



Community members Sieglinda Brown (left) and Elfriede Simpson, both originally from Munich, Germany, dance to polka music provided by the Hofbrauhaus German Quintet during the 2012 Joint Base McGuire-Dix-Lakehurst Oktoberfest at Tommy B's Community Activities Center. The event featured a bounce house, face-painter and a balloon artist for children as well as an assortment of German beers for their parents. (U.S. Air Force photo by Airman Sean Crowe/Released)

305th AMXS works from inside, out



Senior Airmen Simone Saracino and Matt Eric, 305th Aircraft Maintenance Squadron electric and environmental technicians, change a pneumatic butterfly valve on the number 3 engine of the C-17 Globemaster III. Saracino and Eric hail from Howell, N.J., and Fort Washington, Wis. (U.S. Air Force photo by Wayne Russell/Released)

ATSO Alley

By Tim Larkin
Readiness and Emergency Management Office

The "Ask Joe ATSO" question of the week is: "How do I properly don and clear my M50 Mask?"

Great question! A few things to keep in mind before donning a personal mask is ensure females let their hair down if in a bun and remove hair fasteners or earrings that could interfere with the mask seal. Do not wear contact lenses while wearing the mask. Members should, once ordered to don the mask, follow these steps:

1. Members should close their eyes and hold their breath.
2. Remove headgear and glasses, if worn.
3. Members should raise the mask to their face, place their chin in the chin cup.
4. Brow and temple straps should have already been adjusted, so no further adjustments should be needed to these straps.
5. Members should grasp the head harness tab and pull over their head. Pull down the head harness at the back as far as possible so the brow straps are tight and temple straps are parallel to the ground.
6. Tighten the cheek straps one at a time or both at the same time, ensuring straps lay flat against the head.

Seal the outlet disk valve by placing one hand over the outlet valve cover assembly to clear the mask. Blow out hard to ensure that any contaminated air is forced out around the edges of the mask assembly. Ensure hands completely cover the M61 filter air



JOE ATSO

inlet passages on both filters and breathe in to conduct negative pressure test. The mask should collapse and remain while the member holds their breath. Check for hair, clothing, or other matter between mask and skin and clear again if the mask does not collapse.

Email ATSO questions to the 87th Civil Engineer Squadron, Emergency Management Flight Training Office at 87cesocextraining@us.af.mil.



Marine Staff Sgt. Loris Wilson, Marine Aircraft Group 49 second degree martial arts instructor trainer, observes Cpl. Vincent Watlington, aviation operations specialist, and Sgt. Alvaro Melendez, supply NCO, during the Marine Corps Martial Arts Training course Sept. 25 at the Willow Pond picnic area here. Wilson, Watlington, and Melendez hail from Camden, N.J., Jersey City, N.J., and Miami, Fla. The combative training knife course focuses on defense and attack techniques in case the marine loses his or her weapon. (U.S. Air Force photo by Russ Meseroll/Released)

MCMAP

Continued from Page 4

earn up to six degrees of competency in the black-belt level. Any Marine can become a black belt, but instructor or instructor trainers are rank-specific.

Hughes, a Harrisburg, Pa., native, plans to test for her black belt today. She isn't certain she will become an instructor, but she's considering it.

Instructor trainers must be a sergeant or above in the enlisted ranks and a captain or above in the officer ranks. Qualifying Marines must attend a seven-week course at Marine Corps Base Quantico in Quantico, Va.

"We have a saying 'One mind, any weapon,'" said Wilson. "Which means whatever weapon you have you're still going to be on the same page and get the job done."

Marines are expected to participate in five hours of MCMAP training per week to sustain their mental and physical fitness levels. Wilson conducts sustainment training every weekday.

MCMAP is open to all service members on base. Call 562-8711 more information.

23rd Annual BORDENTOWN CRANBERRY FESTIVAL

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Please No Dogs

School

Continued from Page 8

The back-to-school season is an important time for drivers to pay extra attention to the road. Children will be standing in line at the bus stop, getting on and off buses, walking to and from school, playing on or near school property and in neighborhoods. This is a reminder for everyone to drive carefully,

especially in school zones.

The community has a role to play, too. Reduced speed limits, enforced by police, are the rule when school is in session. Drivers who slow down can do more than avoid a ticket and points on their licenses; they may save a life. Children do not always remember to look both ways when running late for their bus, or watch for a car turning right on red.

It takes a community effort to get our children off to the best start possible.

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| | | | |
|--|---|---|---|
| <p>Employment</p> <p>Jobsearch Greater Philadelphia Newspapers phillyburbsjobsearch.com</p> <p>Domestic Help Wanted</p> <p>BABYSITTER NEEDED Wed. through Sun., evens. Browns Mills, my home. Call 609-692-4411.</p> <p>Special Services</p> <p>Lawn Care</p> <p>QUALITY LAWN CARE Summer Clean-Up, Mulching, Planting Residential/Commercial Inured. Free Estimates! Call: 609-346-8417</p> <p>Real Estate</p> <p>Lots & Acreage</p> <p>JENKINS 1 acre building lot for sale with well & septic. \$26,900. Call 609-567-0981</p> | <p>Real Estate Rentals</p> <p>Townhouses</p> <p>LUMBERTON, NJ \$1495 Secluded 3 BR, 3 1/2 BA, 1500 sq. ft. unit. Master BA & closets. Full sun, new windows, updated kit & BA. Dishwasher. Private entrance both front & back. Great outdoor area. Nice living. Common storage area. Please call Justin 703-327-7030 for more info</p> <p>Apts. For Rent</p> <p>BURLINGTON TWP Garden Type *Starting at \$600 Call: 609-415-0090</p> <p>NEW EGYPT Full Social. Secluded 1 BR, 625 & 3 BR, \$875 Call 1-732-476-5077</p> <p>PEMBERTON UNIVERSITY PARK APTS. 1 & 2 BR starting at \$650. 609-894-9336</p> <p>RIVERSIDE 1 BR. heat/hot water included, well maintained, near transportation. \$350/mo + 1.5 security. 609-503-2886</p> | <p>Real Estate Rentals</p> <p>Rooms For Rent</p> <p>WASHINGTON, NJ incl. 500-sq. ft. Private entrance, private full BA. Unfurnished. Cable \$160/week 609-650-2632</p> <p>Homes For Rent</p> <p>BROWNS MILLS Rent to Own - 3BR, 1BA, large FR, Country Lake area. \$1,499/mo. \$139,900. 609-283-3240.</p> <p>BURLINGTON CITY Rent home 3 BR, 3 1/2 Bathrooms + 1 1/2 mo security. Credit check. Call 609-601-9072.</p> <p>BURLINGTON TWP 19 3BR, new carpet & kitchen flrs, big yard, C/A, porch, sun-bent. \$1,500/mo. 609-284-2069</p> <p>COMBES, NEWY TOWNSHIP single family home, 2 BR, washer, dryer, yard, off street parking. No pets \$1200/mo. + 1 mo. security. 609-682-8152, 609-680-4403</p> <p>MOORESTOWN, TWIN Upgrade 3BR, 1BA, off street parking, center of town. No pets, no smoking. Move in today! 856-307-7700</p> | <p>Real Estate Rentals</p> <p>Office Rentals</p> <p>WILLINGBORO, NJ VOGEL office space. 1500-2475, 5 rooms 1 storage area 144 sq. ft. Formerly family physician's office. Avail. for any kind of office. Neatly done. For showings 609-233-1516; or call 315-495-1036.</p> <p>Transportation</p> <p>Autos Wanted</p> <p>WE BUY Junk Cars, Trucks, Buses & Ferries. Up to \$500 * Free Towing * Call 609-286-3225.</p> |
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NEWSNOTES

American Red Cross Blood Drive

The American Red Cross is set to host a blood drive from 10 a.m. to 3 p.m. Oct. 4 at the Fort Dix Federal Prison. Visit www.redcrossblood.org/make-donation-sponsor?field_sponsor-code_value=0223814 to sign-up.

NCO Academy ASA-Dix 5K and One-mile Trail Race

The NCO Academy ASA-Dix is scheduled to host a 5K and one-mile trail race Oct. 6. The one-mile race is scheduled to begin at 8:20 a.m. and the 5K is scheduled to begin at 8:30 a.m. Oct. 6. The race location is outside the Route 68 gate leading into ASA-Dix and is open to all participants. Call (910) 723-3412 for more information.

Navy Ball

The Navy Ball is set for 6 p.m. Oct. 12 at the Caesar's Hotel and Casino, Atlantic City, N.J. Cocktails are set to begin at 5:30 p.m. followed by dinner at 6:30 p.m. Call (732) 323-1257 or 754-8305 for more information.

Armed Forces Freedom Run

An Armed Forces Freedom Run is scheduled for 9 a.m. Oct. 13 at Burlington County Fairground, located at Rte. 206 and Jacksonville-Jobstown Rd., Springfield, N.J. Call 265-5056 or visit info@armedforcesfreedomrun.com or www.armedforcesfreedomrun.com for more information.

College Fair

The Joint Base McGuire Education Center is set to host a College Fair from 10 a.m. to 2 p.m. Oct. 13 at Bldg. 3829. More than 15 colleges and universities will be on-hand to distribute information on its undergraduate and graduate programs. The college fair is open to all Department of Defense identification card holders.

Installation Volunteer Orientation

The Warfighter Family Readiness Center is set to host an Installation Volunteer Orientation 10 to 11 a.m. Oct. 15 at Bldg. 3011. The orientation is mandatory for all volunteers on the installation. Call 754-3154 for more information. Pre-registration is required.

Gold Star Moms' Ruck March

The Gold Star Mom Ruck March is scheduled for 8 a.m. Oct. 20. The march begins on Neely Road and ends at the 621st Contingency Response Wing Global Readiness Development Center. Call 754-8385 for more information. The fee is \$20 per participant.

Air Force Tops in Blue 'Best of the Best'

The Air Force Tops in Blue "Best of the Best" concert is scheduled from 7 to 8:30 p.m. Oct. 25 at Bldg. 5411 on Dix. Doors open at 6:30 p.m. The event is free to all DOD ID card holders and seating

is first come, first serve. Call 754-2830 or visit www.gomdl.com for more information.

International Spouses' Group

The Warfighter Family Readiness Center is set to host an International Spouses' Group from 11:45 a.m. to 2 p.m. Oct. 26 at Bldg. 5201. Celebrate the changing of the seasons with a pot luck lunch! Call 562-2767 for more information. Pre-registration is required.

Transition Assistance Program

The Warfighter Family Readiness Center is set to host a four-day Transition Assistance Program seminar from 8:30 a.m. to 4:30 p.m. Oct. 30 through Nov. 2 at Bldg. 3011. Call 754-3154 for more information. Pre-registration is required.

Inaugural Freaky 5K Costume Run

The 87th Force Support Squadron is set to host its 1st Inaugural Freaky 5K Costume Run at 3:30 p.m. Oct. 31 at Infantry Park, east of Griffith Field House. Registration begins at 3 p.m. Prizes for best costumes and to p three male and female runners will be awarded. Call 562-2769/2707 for more information.

Trick or Treat Hours

On-base Halloween Trick or Treating is scheduled from 6 to 8 p.m. Oct. 31. Service members from 87th Security Forces Squadron and Pumpkin Patrol volunteers will conduct foot patrols throughout the housing area to provide for a safe and secure operating environment for the JB MDL community. The 87th SFS is looking for pumpkin patrol volunteers. Call 562-6001 for more information.

Driver Improvement Class

The 87th Air Base Wing Safety Office in coordination with the American Association of Retired People is set to host a Driver Improvement Class from 8:30 a.m. to 3 p.m. at the Timmermann Center. The classes are scheduled for Nov. 5, 8, 13, 14, 15, 27, 28 and 29. The class sizes are limited to 25 participants per day and are free to DOD ID card holders. Call 754-7233 or (732) 323-2525 for more information or to register.

Heartlink for New Military Spouses

The Warfighter Family Readiness Center is set to host Heartlink for New Military Spouses an interactive session to introduce new spouses to military culture from 9 a.m. to 2 p.m. Nov. 8 at Bldg. 3811. Call 754-3154 for more information. Pre-registration is required.

Troop to Teachers

The McGuire Education Center is set to host a Troops to Teachers' briefing from 10 to 11 a.m. Nov. 15 at Bldg. 3829. The TTT program will assist eligible military personnel to transition to a new career as public school teachers. Contact gaylorc.simons@us.af.mil to register.

Annual McGuire/Dix Tree Lighting and Holiday Card Contest

The Annual Tree Lighting and Holiday Card Contest is scheduled for 5 p.m. Dec. 4 at Bldg. 5417 on Dix. The ceremony will include:

tree lighting, holiday carols, a visit from Santa, holiday snacks and recognition of holiday cards submissions and award presentation to contest winners. Call 754-1484/2830 for more information.

Lakehurst Tree Lighting Ceremony

The Lakehurst Tree Lighting Ceremony is scheduled for 4 p.m. Dec. 5 in front of the Joint Base Headquarters, Bldg. 150. Pre-lighting music will be provided by the Lakewood Baptist Church Choir. Santa will arrive on a fire engine at approximately 4:20 p.m. to greet children and take photos. Hot chocolate and cookies will be available. Call (732) 323-2405 for more information. (Rain date is scheduled for Dec. 7.)

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 Brody Road. Call 754-2368 for more information.

Dix
Regular Thrift Shop Hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; 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 fordixthrift@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.

87 LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overpricing program assistance should call 754-3306. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at Bldg. 1757, Room 166. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit www.drms.dla.mil for DRMO procedures.

Motorcycle Course Registration

JB MDL motorcycle course registration is now open. Register at 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 Airmen'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.

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 – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Dix Chapel

Protestant

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

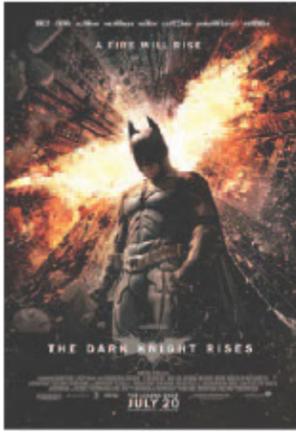


Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

SQUARE DISCRIBBLES



JB MDL Base Theater Movie Schedule



Tonight:
The Dark Knight Rises
(PG-13) 7 p.m.



Saturday:
The Bourne Legacy
(PG-13) 7 p.m.

Joint Base street closures

Pudgy Circle and Tuskegee Avenue-
One lane will be closed to traffic on Pudgy Circle and Tuskegee Airman Avenue until Nov. 15. Vandenberg Avenue-
Vandenberg Ave will be closed behind Bldg. 1730 from Oct. 8 to 12 to install a water line to the new command post and base operations building. A detour will be made around the existing parking lot.

'Bringing down the house'



Col. Elizabeth A. Eidal, 87th Mission Support Group commander, tears down a wall with a hydraulic excavator Sept. 24 at building 2608 here. The 27,000 square foot dormitory was built in the 1950's and is now under demolition. The master plan is to build a new updated dorm and restore the area to a park-like setting. (U.S. Air Force photo by Russ Meseroll/Released)

Readiness

Continued from Page 1

"Lockdown procedures were implemented, some better than others, but our exercise evaluation team noticed a significant amount of participation and cooperation throughout the joint base," said Mike Stefani, 87th ABW Plans and Programs chief. "This is even more important because on a joint base, a comprehensive practice makes for a collective response."

The entire joint-base populace participated, reacted and cooperated with instructions as first responders did their jobs.

"This was truly a combined effort of all our first responders," said Scherer. "Security forces teams eliminated the threat and secured the scene; the 87th Medical Group personnel simulated lifesaving care to the 'moulaged' role-playing wounded; and the joint Base Fire Department members provided command and control at the scene as the overall incident commander."

The joint-base utilized the AtHoc system for the first time during this exercise. The system disseminated critical information about the unfolding event to service members across the joint-base.

"AtHoc is a fantastic program," said Maj. Nick Woodrow, 87th Command Post chief. "It allows us to instantaneously alert the installation with up-to-date information on a developing crisis."

AtHoc is a network-centric emergency mass notification system which also provides an aspect of personnel accountability. Personnel accountability comprises a list of which personnel were notified, when they were notified and whether or not those personnel acknowledged the notification.

"Other services on base still need to be manually entered into our database in order to receive the notifications," said Woodrow. "That is something we are diligently working to remedy. It's important to test the system's capabilities now so if we were ever to actually use it, we will be ready."

All Department of Defense installations practice training for similar real-world situations. Stefani said no other event may be as important as the active shooter exercise in regard to saving lives.

"There are many examples of active-shooter incidents on and off DOD installations," said Stefani. "Planning and preparing for such an event in advance makes a huge difference in our base's preparedness level."

Education

Continued from Page 1

represents strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

There are currently 200 people registered for upcoming classes. Boyer predicts attendance will rise as information about the religious-educational services continues to reach the community. Attendance averaged 160 service members each week during the 2011 through 2012 year, said Boyer.

The classes are more than a go-and-sit environment where those attending may feel intimidated or lose interest, explained Boyer.

Amanda L. Doyle, Dix Chapel protestant religious education director, said the class curriculum is meant to be relevant to the attendees.

The chapel offers dinner to ease stress the stress of finding time to prepare meals between work and the classes while also providing families an opportunity to spend time together. Service members here are always busy. Providing them with dinner also helps them socialize and relax, said Boyer.

Children and adults attend classes respective to their age group after dinner.

The children's class curriculum is based on an introduction to their Protestant faith and an overview of faith-specific beliefs. The children partake in religious story and song time. The program leaders' goal is to introduce the youth to their religion without causing them to lose interest, said Boyer.

"I hope this class builds a sense of community amid the sister services here," said Doyle. "Discovering that others have gone through what you have been through strengthens faith and communities."

Recipe Roundtable

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

Divine Chocolate Cheesecake

- Ingredients:**
- 1/3 cup butter (melted and cooled)
 - 1 1/4 cups chocolate cookie crumbs
 - 1/4 cup white sugar
 - 24 ounces cream cheese (softened)
 - 14 ounces sweetened condensed milk (canned)
 - 2 cups semi-sweet chocolate chips (melted and cooled)
 - 4 large eggs
 - 2 teaspoons vanilla
 - Strawberry topping or fresh strawberries to garnish



Instructions:

1. Heat oven to 300 F.
 2. In a bowl, mix together the melted butter, cookie crumbs and sugar until mixture resembles coarse crumbs.
 3. Form into the bottom of a springform baking pan (about 8 inches) and press into a firm crust layer. In a separate bowl, whip the cream cheese with electric hand mixer until light and fluffy.
 4. Slowly add in the condensed milk.
 5. Mix in melted chocolate chips, eggs and vanilla.
 6. Pour mixture into springform pan.
 7. Bake in preheated oven for about one hour, or until set.
 8. Let cool on a wire rack until it reaches room temperature.
 9. Chill in fridge over night.
 10. Garnish with strawberry topping or fresh fruit before serving.
- Find more recipes at freerecipes.org.

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. Don't forget to check back next week when the full-size photo is revealed!



Were you able to guess what last week's close-up photo was? It is a 2.75 inch Hydra 70 rocket pod on one of MAG-49's AH-1 SuperCobras.



Time to get Healthy!

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