



# AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. COMMUNITY

Vol. 4 No. 1

JANUARY 11, 2013

## NEWSNOTES

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

### 87th CES offers one-stop service

The 87th Civil Engineer Squadron has developed a consolidated customer service phone number capable of reaching CE customer service representatives here. Call 754-87CE to reach the new consolidated CES customer help line.

Note: This phone number is for calling in emergency/urgent/routine work requests. Air Force form 332 work requests should be submitted through facility managers.

### Health Expo

The McGuire Fitness and Sports Center is set to host a health expo at 8 a.m. today, at 2504 McGuire Blvd. This event provides the public with knowledge to make the new year a healthy year. Various health organizations will be present to give out information. Call 754-6085 for more information.

### Children's Paper Crafts Class

The 87th Force Support Squadron is set to host a three-week children's paper crafts class for children ages 6 and up from 1 to 2:30 p.m. January starting Jan. 12 and 26, 2013, at 6039 Philadelphia St. The fee is \$30. Call 562-5691 for more information.

### Quilts for Children

The 87th Force Support Squadron is set to host a Quilts for Children event from 11 a.m. to 3 p.m. Jan. 12, 2013, at 6039 Philadelphia St. Make quilts for children in long-term healthcare, safe houses, children of deployed Soldiers and for wounded warriors. Call 562-5691 for more information.

### Framing Qualification Class

The 87th Force Support Squadron is set to host a framing qualification class from 6 to 8:30 p.m. Jan. 16, 2013, at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Pre-registration fee of \$10 is required prior to class. Call 562-5691 for more information.

### Lensbaby Photography Class

The 87th Force Support Squadron is set to host a Lensbaby photography class from 5:30 to 7:30 p.m. Jan. 17, 2013, at 6039 Philadelphia St. Students will learn to use these unique lenses for \$25. Students will have an SLR camera to participate. Call 562-5691 for more information.

### Martin Luther King Day Meal

The 87th Force Support Squadron is set to host a Martin Luther King Day Meal from 11 a.m. to 1 p.m. Jan. 21, 2013, at the Halvorsen Hall Dining Facility. The holiday meal is in observance of Martin Luther King Day and is open to all active duty, guard, reserves, retirees and immediate family. Call 754-3252 for more information.

### Military Family Action Plan Conference

The Military and Family Support Center is set to host the Military Family Action Plan Conference from 7:45 a.m. to 4:30 p.m. Jan. 23, 2013, at 5441 Pennsylvania Ave. and an out brief to installation command 9 a.m. Jan. 24 at the Timmermann Center. The MFAP Conference provides a unique opportunity for all military personnel, family members, retirees and civilians to submit quality-of-life issues directly to the joint base commander for review and resolution. The deadline for preregistration and submitting topics for review is Jan. 18. Participation is highly encouraged. Call 754-3154 for more information.

### Transition Assistance Program Seminar

The Military and Family Support Center is set to host a four-day Transition Assistance Program Seminar from 8:30 a.m. to 4:30 p.m. Jan. 24 through 27, 2013, at 3435 Broidy Road. Call 754-3154 for more information.

### International Spouses' Group

The Military and Family Support Center is set to host an International Spouses' Group meeting from 11:45 a.m. to 2:30 p.m. Jan. 25, 2013, at 3435 Broidy Road. The group assists foreign-born spouses with cultural adaptation and serves as the first stop, as well as ongoing support, for multicultural families. Call 754-3154 for more information.

### Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 6 to 7 p.m. Jan. 25, 2013, at 3811 South Bolling St. The seminar is designed for spouses, children and loved ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

### Claims against the estate of Sgt. Maj. Darron D. Beatty

All persons having claims against Sgt. Maj. Darron D. Beatty, need to present such claims to Maj. Walter Laskowski, the Summary Court Officer, at 562-0697. An example of a claim would be any debt, obligation or other money owed to the claimant by Sgt. Maj. Beatty.

See more NEWSNOTES on Page 10



Soldiers from the 382nd Military Police Battalion, look over area maps in preparation for the combat support training exercise Dec. 13, 2012, on Joint Base McGuire-Dix-Lakehurst, N.J. Army units conducted the site surveys to get a feel for the training location during the 78th Training Division's Joint Planning Conference. The sites will be used for instruction on observation, fields of fire, identifying obstacles and avenues of approach in the battlefield. (U.S. Air Force photo by Russ Meseroll/Released)

## JB MDL to host Army Reserve training

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

Army Reserve leadership, to include 84th Training Command, 1st Army and Atlantic Division, 75th Training Command is slated to host training and exercises here for the Army Reserve and National Guard.

The leadership hosted a Joint Training Conference here to provide an array of Army leaders with details on the upcoming exercises. The conference included briefings and driving simulators to give the soldiers a preview of the training.

"The joint base provides an ideal training environment by providing support elements such as: ports, highlines, ranges, the U.S. Air Force Expeditionary Center and other bases nearby," said Brig. Gen. Bryan W. Wampler, 78th Training Brigade commander.

Joint Base McGuire-Dix-Lakehurst will host

two Army Reserve exercises each year. One exercise, Warrior Exercise, or WarEx, is collective Army warrior training with a focus on mission specific capabilities. The other exercise, Combat Support Training Exercise, is a more complex exercise with a focus on mission and a higher operation tempo.

"For the past few years, JB MDL has had a very high deployment population and hasn't been able to support our WarEx's and CSTX's," said Maj. Gen. David Pusser, 84th Training Command commanding general. "The goal is to train combat-ready Army reserve units and assimilate the soldiers into working with joint partners. We made the decision to have the exercises here last summer and got that approved. We will have one exercise in 2013 and two exercises a year after that. We would like to do a joint exercise here to include the Army, Navy, Marines and Air Force because they will be with us when we deploy. It's not a

single-service effort."

The 87th TC trains all Army Reserve assets with a staff of 205,000 Soldiers. All the Soldiers are expected to go through the training here with the ultimate goal of trying to produce and provide trained and ready units to the combatant commander, Puster added.

"The units will not be setting up on forward operating bases when they are deployed," said Wampler. "We are trying to train our Soldiers for the environments they will deploy to in the future, which are very similar to the environments here. Certain requirements need to be met during the road to war, so we train our soldiers by mirroring pre-deployment site surveys, brief backs and route reconnaissance."

The Army Reserve plans to send 4,000 to 5,000 Soldiers to JB MDL for the first exercise in the summer of 2013.

## 87th MDG pediatric rooms receive child-friendly makeover

By Senior Airman Bryan Swink  
Joint Base McGuire-Dix-Lakehurst Public Affairs

When tummy aches, tiny coughs and big colds afflict Joint Base McGuire-Dix-Lakehurst's youngest warriors, it seems to them like there is no end in sight.

Capt. Kristine Andrews, 87th Medical Group pediatrician, wants to not only provide a cure for the sick children she treats, but bring a bit of comfort and enjoyment while they wait to be seen.

Andrews and her mother, Ildiko, spent approximately seven hours hanging assorted paintings and decorating the walls of each of the children's waiting rooms Dec. 28, 2012 while the clinic was closed.

"Our goal was to brighten up our environment for the children and give them something fun to look at while they're in the rooms," said Andrews. "We have received a great response so far from patients and their families."

Approximately 140 art pieces were spread out throughout the six waiting rooms—each room having its own theme: tropical, ocean, circus, outer space, safari and forest.

Ildiko and seven of her friends from Lake Martin, Ala., who take an art class

See ARTWORK, Page 10



Ildiko Andrews, mother of Capt. Kristine Andrews, 87th Medical Group pediatrician, hangs an octopus painting around a mirror in one of the six pediatric waiting rooms at the clinic Dec. 28, 2012. She, along with seven of her friends from Lake Martin, Ala., who take an art class together, painted and donated approximately 140 paintings for the clinic. (U.S. Air Force photo by Capt. Kristine Andrews/Released)

### Hurricanes measured by human impact

I'm not a school-trained meteorologist, but I know a little about the science of hurricanes. I used to fly in them, collecting data like air and water temperature, wind direction and speed, and barometric pressure to send to the National Hurricane Center in Miami.



2

### Virtual training

Gamers fire virtual bullets from their couches in the video game, Call of Duty to reach the next level; service members here engage targets with real weapons using similar virtual bullet technology and with a very different purpose in mind.



3

### Application phase open

The Career Management System Interactive Detailing application phase is scheduled to begin Jan. 10, and remain open until 5 a.m. Jan. 22 for Sailors in their permanent change of station orders negotiation window.



5

### The Weekend Weather

Today High 49/Low 42 PM Showers  
Saturday High 57/Low 46 AM Showers  
Sunday High 63/Low 53 Cloudy



## Hurricanes measured by impact on people

By Col. Michael J. Underkofler  
514th Air Mobility Wing commander

I'm not a school-trained meteorologist, but I know a little about the science of hurricanes. I used to fly in them, collecting data like air and water temperature, wind direction and speed, and barometric pressure to send to the National Hurricane Center in Miami, Florida. With great accuracy, scientists there make storm path and intensity predictions. What they can't predict is the toll these storms take on human lives. Unfortunately I've seen this other side of the physical devastation—the havoc, frustration and despair left behind when the wind dies down and the water recedes.

Despite being somewhat dangerous, it was fun flying in storms and being associated with the Air Force's world-famous Hurricane Hunters. Some storms produce incredible up and down drafts, capable of throwing the venerable C-130 weather reconnaissance aircraft way off the desired altitude.

One reason we fly into hurricanes is to find the exact center, or eye, of the storm which helps predict its path. The true center also normally registers the storm system's lowest barometric pressure. Typically, the lower the barometric pressure, the worse the storm. Flying in the eye of the storm can produce absolute euphoria. It's incredibly calm and peaceful, and the surrounding clouds resemble encircling seats at a sports stadium. The euphoria, however, is short lived as within minutes you're kicked back into pea-soup clouds fighting turbulence and aircraft icing.

## NCO tells of hurt caused by drunk driver

By Tech. Sgt. Crystal Lee  
Airmen Forces Network - Inirik

INIRLIK AIR BASE, Turkey — Some things occur in life that you never forget, things that leave a scar and others that never even heal. There are lessons to be learned from those experiences, and I learned a big lesson on drinking responsibly at the tender age of 11.

I volunteered to share a part of my life normally reserved for those close to me - to share a time that will never leave me, in hopes others don't have to experience the pain it brought. People who know me, know I keep family matters private. This account, however, may help sway someone's decision and prevent an alcohol-related incident.

It was Friday, date night for my parents.

I was 11 and my little sister, Jen, was nine. We were at the age many parents start letting their kids stay home alone. Mom and dad were invited to a party which was about an hour away.

It was awesome! Jen and I had the whole house to ourselves. We proceeded to, you know, do typical kid activities. At around 2 a.m., we heard knocking at the door. I didn't grow up in the best neighborhood, so there was no way I was opening that door. The knocking persisted and we were terrified. Jen and I actually hid under the bed because we thought someone was trying to break into the house.

The next morning we woke up under the bed. We got up and knocked on mom and dad's room door. No answer. I opened the door; they hadn't come home.

I picked up the phone to call my grandma and found it had been off the hook since last night. That's when he told me mom and dad were hit by a drunk driver. He said it happened around 1 a.m. and he had tried to call us. Grandma was the one knocking on the windows and doors.

Once we got to our grandparents house, we were told the details of the

accident. My father was driving home when a drunk driver swerved into their lane and sideswiped them. Dad hit a telephone pole head on. Mom wasn't wearing her safety belt and her face went through the windshield. Dad had this crazy adrenaline rush and pulled my mom out of the car. We were found out later that his back was broken. He was out of commission for about six to seven months.

After my grandma gave us the news, Jen started to freak out and I started crying. I'm not sure if I was crying due to sadness or because I was angry as hell, probably both.

Sunday evening at around 5 p.m. our parents came home. They were lucky to survive. They recounted the events from that night. I asked dad if the drunk driver got hurt. Dad said, "No. The guy thought the whole situation was funny."

Our lives drastically changed. No more family outings to the park, no more fun or normal things for kids our ages. Instead, the next several months consisted of Jen and me taking care of our parents.

What upsets me the most is that this didn't need to happen; responsible decisions could have prevented the entire event.

When someone abuses alcohol it affects more than just that individual. It has a ripple effect to everyone who cares about that person, those they hurt, and the people who are left behind to pick up the pieces.

Take ownership and responsibility for your actions and what you put in your body. There are other things you can do besides drink excessively. Find that niche that makes you happy - go to school, play video games, travel, etc. If you do drink, know your limit. Know when to stop. Ask yourself, "How are my actions going to impact other people?"

My life was affected by an irresponsibly selfish guy who couldn't make the right decision concerning alcohol and almost killed my parents. Don't be that person.

was fortunate, there was minimal damage to my home, and I only went without power for four days. As you know, thousands of others weren't so lucky.

Now after Hurricane Sandy, I've decided that I'm not going to closely follow and record storm winds and barometric pressure anymore, trying to predict a storm's landfall intensity and the resulting damage.

What difference does it make? Storms are fickle and indiscriminately destroy. Some houses remain while others nearby are wiped away. People drown in wading-level water while others survive after being swept out to many fathom-deep rivers or the ocean. Cherished keepsakes are destroyed, routines upended, many needs go unmet, disappointments ensue, while fear, depression and anxiety lurk around every corner. I guess I've finally realized barometric pressure readings don't predict much about how storms will impact lives.

My job is now ground-centric, focusing on what I can do to help Airmen mitigate the damage from Hurricane Sandy. Not just the emergency requirements, but those that challenge our long-term mental, spiritual, and emotional well-being. It does no good to rebuild a house if it is no longer a home. I've seen first-hand the effects of post-storm stress-fractured relationships and deeply scarred hearts. It will take quite some time to recover from this storm; it's much tougher than simply throwing out debris. But with the support of friends, family and fellow Airmen, we'll get through this.

**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.*



**AIR, LAND  
& SEA TIMES**  
Vol.4 No. 1

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

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

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

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

### EDITORIAL STAFF

Commander, JB MDL and 87th ABW

Col. John Wood

Chief, Public Affairs

Ms. Angel Lopez

Internal Chief

2nd Lt. David Murphy

Editor

Airman 1st Class Ryan Throbberry

Writers

Mr. Pascual Flores

Airman Sean Crowe

## A PA's journey back to normalcy

By Master Sgt. Rebecca Corey  
97th Air Mobility Wing Public Affairs

ALTUS AIR FORCE BASE, Okla. — Between August 2009 and March 2010, I lost myself during my deployment to Afghanistan. I remember coming off the airplane, seeing my family and knowing that my world would never be the same again. It took me more than a year to put my life back together.

My family and coworkers greeted me coming out of the secure area of the airport. As I went to hug my son, I looked into his eyes and could tell he no longer had any idea who I was.

He ran from me to his father. I knew there was no real coming home and I felt that life as I knew it was over.

A stranger at home

Right then, things were different — I had returned home to a failing marriage, a son who no longer recognized me and orders to a new duty assignment.

Everyday activities became overwhelmingly difficult. About a week after I came home, I made my first commissary trip and about 10 minutes into my trip I had a panic attack. In Afghanistan, the day was planned for me, meals were planned and prepared for me. Here, there were so many choices, so many decisions to make — it was overwhelming. I didn't know what my son liked anymore, or even what I liked anymore.

Life at home with my husband went from bad to worse. I slept on the couch for the first several weeks of being home while struggling to fit back into my family. We constantly argued and fought over everything. One instance was over something petty and I couldn't calm myself down. I begged him to stop. I felt out of control and filled with rage. Unable to resolve our issues, we soon divorced.

In July 2010, I took my son to visit my mother. While we were there, I was quiet and withdrawn and longed to sleep and unwind, but I couldn't settle down long enough to have a quiet thought.

When we visited extended family, I felt socially awkward and no longer knew how to have small talk. I didn't open up to anyone because I knew they wouldn't understand where I was coming from. I sat there watching everyone else play catch-up and be happy while I longed to be back in Afghanistan, where I would fit in and be around people who could understand.

Before Afghanistan, I used to pride myself on

not being an angry person. It used to take a lot for me to get mad, but here I was now, fighting and getting angry all the time. I didn't know how to handle it, how to stop the anger from consuming me.

I lost sight of who I was while deployed. The harsh environment and combat conditions of Afghanistan had become my new normal, and I failed to balance my home life with my work. While I was deployed, I didn't feel connected to home or anything happening back in the United States.

Downrange extremes  
As a public affairs photographer, it is my job to document everything ranging from change-of-command and promotion ceremonies, to "feel-good" events happening on base like an Earth Day flower-planting or a monthly luncheon. In a deployed location it's a different story. While in Afghanistan, I photographed the very extremes of human endurance and suffering: abused children, death and injury, the harshness of life there and most importantly — our mission.

On my first mission, our convoy struck an improvised explosive device. As I dismounted to document the damage with every step I thought, "If there is one IED, there are most certainly two." I walked in the footsteps of the security forces Soldier in front of me; somehow I felt that would make me safe.

On Oct. 16, 2009, I lost two friends when their Humvee rolled over an IED. Two members of the team were killed in action, and two others were wounded. One of the team members killed was an Army specialist with two young children. He was my security detail on missions. The other was an Army sergeant, who was driving the Humvee at the time of the incident.

As soon as I heard the news, I collapsed.

I photographed the dignified transfer of their remains. I actually knew these guys; had gone on missions with them. I was supposed to have gone on that mission, and felt guilty in some measure that I wasn't there. Some people would call that lucky. I guess — not me. I should have been there.

I often think of the loss of my two friends and hope their families know how much they loved them, and pray they'll find peace. Documenting their dignified transfers and capturing their memorial service are still the saddest and most tragic events of my deployment.

The daily grind  
When I made it to my home station at Lajes

Field, Azores, everything seemed so trivial, mundane and unimportant, compared to what I did downrange. I felt I did not belong here anymore, I belonged back in Afghanistan. I couldn't help but feel useless and struggled to find purpose in my job.

So much had changed. Life had moved on without me. I didn't fit in at home or work and I didn't recognize the music on the radio, shows on TV or movies in the theater. I struggled to find my place in the world to which I had returned.

I knew I needed help and made an appointment with my primary care manager. Prescribed an anti-depressant, I was told it would help with my feelings of rage, sadness, and hopelessness. But I had no idea what I was supposed to do after that.

About a month from my permanent change of station, I felt that going to the mental health clinic at that point would be useless since I would have to leave and start over again when I got to my new duty station anyway.

I know things happen for a reason and my PCS back to Joint Base Anacostia-Bolling, D.C., only reinforced this. Before being stationed at Lajes Field, I was stationed at Bolling Air Force Base. Once I received my orders and read "Bolling," I became very upset. Why would they send me back to where I just was, why PCS me at all then? Being stationed at Bolling was the best place to be, come to find out.

I PCS'd to my new duty station and put on a happy face, looking forward to a new beginning. Pretending I was not bothered, yet inside I was overwhelmed and still filled with rage and sadness.

The facade didn't last long. I began to have angry outbursts at work. My Airmen would see me crying in my office and when they would ask why, I would just explain how I felt so sad and angry all the time, and apologize. Recognizing that this was not normal, I sought therapy at the base mental health clinic, and shortly thereafter, I was given the preliminary diagnosis of post-traumatic stress disorder.

My therapist offered me a choice between intense counseling on base or the trauma recovery program at Walter Reed Army Medical Center in Washington, D.C.

With Christmas a few weeks away and my son coming to visit me, I didn't want to chance



# Virtual training saves time, money, resources

By Pfc. Chalon Hutson  
301st Public Affairs Detachment

Gamers fire virtual bullets from their couches in the video game, Call of Duty to reach the next level; service members here engage targets with real weapons using similar virtual bullet technology and with a very different purpose in mind.

Service members come here to use the Engagement Skills Trainer 2000, a visual weapons simulator computer system that uses compressed air to replicate a rifle's kick. The training enables them to prepare for mobilization in support of Operation Enduring Freedom.

The simulated weapons-fire is projected onto a large screen inside a dark room, creating the atmosphere similar to an oversized arcade arena.

"At first, I didn't think it would be effective," said Air Force Staff Sgt. Brandon Walker, a cyber-systems operator with the 352nd Special Operations at Royal Air Force Base Mildenhall, U.K. "I heard that it was like a video game."

The Warner Robins, Ga., native said he learned new information and techniques to improve his firing once he heard the instructors' explanations of the training and its benefits.

EST 2000 gives service members the ability to work on the fundamentals of marksmanship without utilizing an actual weapons range. This results in saving the military valuable resources, time, and money.

"It gives immediate downrange feedback used to group and zero (a weapon) prior to going out on a live fire range," said Army Sgt. 1st Class David George, native of Burleson, Texas.

George, a Trainer/Mentor for the EST 2000 with 1st Battalion, 314th Infantry Regiment, 174th Infantry Brigade, said this system benefits the service members because the downrange feedback shows them every small mistake they make and how that affects target precision.

The simulation displays a very clear representation of the users' shot patterns, said George. After firing three shots to zero the weapon, the system produces a card for each shooter that shows their shot-group, much like the paper targets they would see on a live-fire range.

"I like to see something that is tangible," said Walker. "I like to see something you can take back and go



Sgt. 1st Class David George, a 1st Battalion, 314th Infantry Regiment, 174th Infantry Brigade Engagement Skills Trainer 2000 trainer/mentor, trains Airmen preparing for mobilization in support of Operation Enduring Freedom Dec. 13, 2012, here. The EST 2000 is a visual weapons simulator computer system which is used to practice weapon marksmanship.

In addition to shooting targets, service members can engage in realistic combat situations. This training is useful, even for those who have deployed multiple times, such as Tech Sgt. Carrie Todd, who is preparing for her third deployment.

"I think I am more so prepared than my other deployments, because now I know what to expect," said Todd, native of West Bloomfield, Mich., a 355th Fighter Wing paralegal stationed at Davis-Moahan Air Force Base, Ariz. "They gave us a lot of knowledge on what we could encounter (in theatre)."

Without the use of real ammunition, service members are afforded the opportunity to retain valuable weapons marksmanship feedback without ammo restrictions.

"There is no waste if you need to (fire) multiple times," Walker said. "You have the ability to infinitely shoot."

With budget cuts throughout the government, virtual ranges like this one and many others at Army Support Activity Fort Dix provide an economically efficient way to train.

There are virtual trainers that replicate vehicle

convoy training, crew team react-to-contact training, and even simulate rollovers. Each virtual range helps make better use of mobilization training time, money and resources. Saving on fuel, operating costs, and expending live ammunition is important, but without sacrificing valuable training time makes it remarkable.

The skills they acquire here keep them from sending needless rounds downrange, said George. Time spent pulling triggers on Call of Duty will only earn the user experience points, but time spent pulling triggers on EST 2000 can bring these Airmen home safely to their families.

## Air Force announces KC-46A candidate bases

WASHINGTON — The Air Force announced Altus Air Force Base, Okla. and McConnell AFB, Kan., as candidate bases for the KC-46A formal training unit today.

Altus AFB, Fairchild AFB, Wash., Grand Forks AFB, N.D., and McConnell AFB, are candidate bases for the first active-duty led KC-46A main operating base (MOB 1).

Forbes Air Guard Station, Kan., Joint-Base McGuire-Dix-Lakehurst, N.J., Pease Air Guard Station, N.H., Pittsburgh International Airport Air Guard Station, Pa., and Rickenbacker Air Guard Station, Ohio, are candidate bases for the first Air National Guard led KC-46A main operating base (MOB 2).

"The KC-46A will have enhanced refueling capacity and capabilities, improved efficiency, and increased capabilities for cargo and aeromedical evacuation as compared to the KC-135R, making it a vital component to maintaining our global reach for years to come," said Gen. Mark Welsh III, Air Force chief of staff.

The major commands will conduct detailed, on-the-ground site surveys of each candidate base. They will assess each location



KC-46A CANDIDATE BASES SELECTED  
MAJCOMs to conduct site surveys

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

against operational and training requirements, potential impacts to existing missions, housing, infrastructure, and manpower. Additionally they will develop cost estimates to bed down the KC-46A for each candidate base. Once the site surveys are completed, the results will be briefed to the secretary of the Air Force and chief of staff of the Air Force

to select preferred and reasonable alternatives for the FTU and two operating locations. The Air Force plans to announce KC-46A preferred and reasonable alternatives and begin the Environmental Impact Analysis Process in spring 2013.

"Bringing the KC-46A online is an important step in recapitalizing a tanker fleet that has

been a leader in air refueling for more than five decades," Welsh said. "This new age aircraft will achieve better mission-capable rates with less maintenance downtime, improving our ability to respond with rapid, global capability to assist U.S., joint, allied and coalition forces and better support humanitarian missions." Welsh went on to explain

that the 179 planned KC-46A aircraft are just the first phase of a 3-phase effort to replace more than 400 KC-135 and 59 KC-10 aircraft. The first phase of tanker recapitalization will complete deliveries in fiscal 2028. He went on to emphasize the importance of continuing KC-135 modernization efforts.

"I want to stress that the KC-135 units not replaced with the KC-46A will continue to fly the KC-135R for the foreseeable future," Welsh said. "Throughout tanker recapitalization, the Air Force is committed to ensuring continued support of combatant commander requirements."

"We are committed to executing a deliberate, repeatable and standardized basing process," said Kathleen Ferguson, Air Force principal deputy assistant secretary for installations, environment and logistics. "In this process, the Air Force uses criteria-based analysis and military

judgment in its decision making."

"We look forward to the next phase when preferred and reasonable alternatives are announced and our candidate base communities have an opportunity to participate by providing input for the environmental impact analysis," Ferguson added.

The KC-46A will provide improved capability, including boom and drogue refueling on the same sortie, worldwide navigation and communication, air-lift capability on the entire main deck floor, receiver air refueling, improved force protection and survivability, and multi-point air refueling capability.

The FTU and MOB 1 will begin receiving aircraft in fiscal 2016. MOB 2 will receive aircraft in fiscal 2018.

For more information, please contact Ann Stefank, Air Force Public Affairs/Media Operations/Pentagon, at 703-695-0640 or ann.stefank@pentagon.af.mil.

## Afghanistan deployment is family affair

By Sgt. Ashley Bell  
102nd Mobile Public Affairs Detachment

The U.S. armed forces have been deploying to Afghanistan in support of Operation Enduring Freedom for more than a decade. Service members rarely expect to be deployed at the exact time as a relative. However, this possibility became reality for Allenhurst, Ga., residents Lt. Col. Anna L. Rego, a log cap support officer, and her son, 1st Lt. Harry Cambrelen Jr., executive officer for the 359th Inland Cargo Transportation Company.

Rego's family has a rich tradition of members serving in the military. Rego currently serves in the Army Reserve and Cambrelen is active duty. She has served in the military for 26 years. Her son has served for 18 months.

"The only thing I ever wanted to do was be in the Army, and when my son joined the Army it was the best honor he could have bestowed upon me," said Rego. "He made me very proud when he joined and I'm hoping my two

daughters, Barbara and Heather, follow his lead."

Her daughter, Barbara Rego, is a freshman at Georgia Perimeter College and Heather Rego is a junior in high school. During college, Cambrelen decided to join the Army ROTC program.

Cambrelen was commissioned in May 2011 from Georgia Southern University in Statesboro, Ga. In November, Rego had the unique opportunity of promoting her son. "We promoted him the weekend after Thanksgiving. My brother and sister were there and so the internal family was together for the first time in years," said Rego.

Her husband, Robert M. Rego, is also retired U.S. Army and served 20 years on active duty in the infantry.

"I feel really proud of my wife and son deploying to Afghanistan together," said Robert Rego. "I was a little concerned, but my wife and son are well trained and know what to do."

This will be the first deployment for both Rego and Cambrelen. Both

mother and son are expected to be at the same base in Afghanistan during their deployment.

Originally, they were expected to serve their deployments in different locations, but through fate Rego's orders were changed to place them together.

"I didn't ask for it; it just happened that way," Rego said. "There

**Messiah Lutheran Church**  
530 Virginia Dr., Presidential Lakes  
Browns Mills, NJ 08015 • 609-893-1700  
Pastor Todd Anderson • www.messiahlchc.com  
email: messiah@lutheran.net  
Sunday School 9:45 am • Sunday Worship 10 am  
All are welcome!

**Calvary Baptist Church**  
Where Ministry Happens  
5 Scrapetown Rd., Pemberton, NJ  
609.894.8260  
cbcpemberton.org  
Sunday worship  
11 am - 6 pm  
Wednesday Prayer, Youth & Teen Migs.

great comfort knowing God is in my charge, and he will take care of both my son and me."

Rego's mission while deployed in Afghanistan is to oversee the contracting support overseas. The

See FAMILY, Page 8

Looking for a church home? Then FRIENDSHIP AME CHURCH 711 Lakeland Road, Browns Mills, NJ 08015 is the place for you  
Rev. Gerald Bailey, Pastor  
Sunday - Worship Service: 10:00 AM  
Wednesday - Bible Study: 12:00 Noon & 7:00 PM  
Prayer, Healing, and Deliverance Service  
Every 1st Friday of the Month at 7:00 PM  
Office - (609) 893-2221 www.famc.net  
Search on facebook: Friendshipamechurch

**HANOVER DENTAL CENTER**  
"Gentle Dental Care that will keep the Whole Family Smiling!"  
609-723-9800  
★ Most Insurance Welcome  
★ Amerigroup, Healthnet, VHP Accepted  
★ Military Insurance Accepted  
★ Fillings, Extractions, Root Canals  
Dentures, Implants, Children's Dentistry  
★ Some Saturday and Evening Hours  
Located Minutes from Joint Base McGuire-Dix-Lakehurst  
In the Ames Shopping Plaza

apell@detrick.comcast.net  
Erwin D. Apell  
Paul C. Detrick  
Jeffrey S. Apell  
apell@detrick.comcast.net  
(Closest Office to Joint Base McGuire-Dix-Lakehurst)  
**LAW OFFICES**  
APPELL & DETRICK  
ATTORNEYS AT LAW  
Accident Cases • Divorce • Wills • Real Estate • Municipal Court • Bankruptcy  
57 Juliettstown Road  
Browns Mills  
893-1000  
Adoptions, Child Support & Custody, Collections, Corporations, Criminal Defense, Divorce, Bankruptcy, Elder Law, Estate Administration, Foreclosure Cases, Health Penalties, House Sales, Juvenile, Landlord/ Tenant, Leases, Living Wills, Name Changes, New Businesses, Partnership, Personal Injury Claims, Plaintiff Matters, Power of Attorney, Zoning Board

# 605th AMXS maintains KC-10s, AF mission

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

The 605th Aircraft Maintenance Squadron works 365 days a year to ensure a fleet of KC-10 Extenders are always ready for operations here.

The 605th AMXS comprises more than 400 active-duty and Reserve Airmen who maintain 32 KC-10 aircraft. The squadron is known around the world for 'bringing fuel to the fight.'

"We provide a force extension which breeds efficiency both in fuel and time delivery," said Maj. AJ Griffin, 605th AMXS commander. "Force extension translates directly to supporting our forces downrange with food, ammunition and any other supplies you can imagine which can often be a matter of life and death."

The KC-10 Extender is Air Mobility Command's advanced tanker and cargo aircraft designed to provide increased global mobility for U.S. armed forces. Although the KC-10's primary mission is aerial refueling, it can also provide critical cargo capability. The multi-faceted aircraft conducts air-to-air refueling while simultaneously carrying personnel and equipment to deployment locations. The KC-10 is also capable of transporting litter and ambulatory patients using patient support pallets during aeromedical evacuations.

KC-10 maintainers inspect the aircraft and check

components for clearances, tolerances, proper installation and operation. They operate powered and non-powered aerospace ground support equipment, identify aircraft corrosion for prevention and correction, review maintenance forms and aircraft records to ensure complete documentation. The maintainers specialize in instrument and flight control maintenance, communications and navigation, hydraulics, aerospace propulsion, fuels, electrical and environmental systems and aero repair.

Griffin, a former enlisted C-5 Galaxy maintainer, said he knows firsthand the remarkable feeling of a job well done in the maintainer realm.

"It's very gratifying watching an aircraft you just worked on take off, knowing you had a direct role in ensuring the mobility mission continues," said Griffin. "It's up to us everyday to keep the wheels turning so to speak."

The spirit of workmanship is shared throughout the more than 400 Airmen.

"At an aircraft maintenance level, the mission cannot continue without a healthy aircraft," said Airman 1st Class Brandon Jones, 605th AMXS electrician specialist. "An unhealthy KC-10 means it can't deliver the fuel or supplies to those in need."

The 605th AMXS keeps the KC-10s in the air which in turn fuels the fight for another day.



Airman 1st Class Brandon Jones and Senior Airman Juan Velazquez, 605th Aircraft Maintenance Squadron electrician and environment specialists, change an Auxiliary Power Unit Pack Temperature Demand Controller on a KC-10 Extender that has fluxuating frequencies Dec. 27, 2012, on Joint Base McGuire-Dix-Lakehurst, N.J. The 605th AMXS comprises more than 400 active-duty and Reserve Airman who maintain 32 KC-10 aircraft. The squadron is known around the world for 'bringing fuel to the fight.' Velazquez and Jones hail from Phoenix and Centerville, Ind. (U.S. Air Force photo by Wayne Russell/Released)

## Modern Army Combatives program makes self-defense reality for all



Modern Army Combatives Program Instructor Sgt. 1st Class Raymond Alston (right), with the 174th Infantry Brigade, swings at Master Sgt. Jeffery McCummings of the 174th Headquarters and Headquarters Detachment during training at Joint Base McGuire-Dix-Lakehurst, N.J., Dec. 20, 2012. Alston taught his students how to properly block punches from an aggressor. (U.S. Army photo by Sgt. Jessi McCormick/Released)

By Sgt. Jessi McCormick  
102nd Mobile Public Affairs Detachment

The Modern Army Combatives Program here is geared toward training Soldiers for combat, but military personnel aren't the only ones benefiting from the scenarios portrayed at the Joint Training and Training Development Center.

Members of the U.S. Army Reserve have dedicated themselves to the training of several civilian agencies as well as military service members.

"We train all branches of services here," said Sgt. Miles Noonan, a MACP instructor with the 174th Infantry Brigade. "We train civilians as well. In fact, we're in charge of all the weapons retention training of the FBI field agents from areas ranging from Virginia to upstate New York."

The program was conceived in 1995 and was officially inducted into the Army training program in 2002. Taught in four levels, JB MDL has the capabilities to teach levels one and two. Levels three and four are taught at Fort Benning, Ga. The JTDC is equipped with four training areas, each simulating environments that the students may encounter in the future.

"We use facilities like this to best recreate combat environments, so we can learn and make our mistakes here," said Noonan. "That way, when we go overseas and have to fight against a resistant opponent in all of our gear, we're able to control the situation using the minimum amount of force necessary and dominate our opponent through superior tactics."

"We train approximately 1,000 service members a month who are deploying overseas," he said. "We give them a four-hour block of instruction that gives them a basic familiarization of the program. We give them relevant training that's easy to learn, retain and build on."

Even though the course was developed for military training, individuals like Robert Dell'Aquila have profited as well. He owns Mission MMA in Haddon Township, N.J., and is an instructor of Krav Maga, a self-defense system developed in Israel that involves boxing, muay Thai, jiu-jitsu, wrestling, and grappling techniques. In 2010, he traveled to Netanya, Israel, to train with Krav Maga Grand Master Haim Gidon.

Although Dell'Aquila is an instructor with better

self-defense skills than most, he admits that he learns something new each time he attends the course.

"It was great having to sweep in and look around, not knowing where your next threat is going to come from," he said. "That's something I'm going to bring back to my students. We're not always going to be in a nice, open, matted area. There's going to be rocks, obstacles, stairs. This teaches the reality of fighting."

Dell'Aquila participates in the courses approximately two or three times a month. In addition to perfecting his self-defense skills, he also lends a hand to the instructors and a different perspective to the students for when they may find themselves unarmed.

As with any martial arts training, MACP is only useful when it's used often.

"It's always beneficial to go through the courses again because you get a chance to understand the changes that have been adapted and implemented for changing times," said Sgt. 1st Class Cynthia Price, an instructor with the 2nd Brigade, 309th Training Support Battalion. "It's a very perishable skill. We have to train. We have to practice."

Price will be attending the level three course in Fort Benning, Ga., in January. Her intentions are to improve her skill level so she can better instruct

students from any background when she returns to JB MDL.

"There's so much you can get from the program," she said. "From a female perspective, from someone not wanting to come into contact with an aggressor, or for someone who has never been in a fight or slapped in the face, you want to develop that muscle memory and get to a point that you don't have to think anymore. You just respond and react."

Noonan said versatility is designed to be part of the program.

"MACP is for everybody," said Noonan. "It doesn't matter what your job is, who you are, how big you are, if you're male or female. None of that matters."

Price also added that the number of students from different backgrounds, branches and jobs make the training work well. She said the variety adds to the reality of what you would actually face outside of a training situation.

"Everything we do in the program we do for a reason," said Noonan. "We instill that confidence to close with the enemy in close combat while teaching Soldiers valuable skills they can use to build their life support system."

## United Communities continues "green initiatives"

By United Communities

United Communities has teamed up with Trinity Solar to expand its Green initiative.

Installation began on Dec. 26 after months of preliminary research and analysis.

Thirty crews from Trinity began the installation of the rack assembly, are expected to complete 30 buildings per week. Installation for each building will take approximately three to four days.

Residents will be contacted by United Communities to coordinate a brief inspection of each home once the rack assembly work is complete. An inspector will require access to the residents' attic space to ensure all penetrations are properly flashed and the structure is securely attached to the roof trusses. One-time inspection will take approximately 10 to 20 minutes. This interruption will be the only time access to a resident's home is needed for the remainder of the project.

The solar panels will be installed by Trinity after building inspection are completed. The

time between the inspection and the installation of solar panels will be approximately five to 10 days. The total amount of elapsed time for installation is one week for each building, from start to finish.

Visit [www.mcguiredixkuc.com](http://www.mcguiredixkuc.com) and UC's Facebook page for additional information and a letter describing the benefits solar energy will provide residents.

**BROWNS MILLS DENTAL CENTER**

*"We Cater to Cowards!"*

**Now 2 Locations to Serve You!**

**Browns Mills Dental Center**  
55 Pemberton/Browns Mills Pk.  
Browns Mills, NJ

**Pleasant Valley Family Dentistry**  
301 Fellowship Rd.  
Mt. Laurel, NJ  
856-222-1100

We participate with  
Military United Concordia  
& Most Insurance Plans

**24-Hour Emergency Service**

• Laughing Gas • Caps • Cosmetic Bonding • Braces  
• Root Canal • Dentures • Implants

\*\*\*\*\*  
We Accept All Major Credit Cards & Care Credit

Hours: Mon, Tues, & Fri. 8:30am to 5pm; Tues. 8:30am to 5pm; Wed. 9am to 5pm; Every other Sat. 9am to 1pm

609-893-5200

ASAD S. SADIQ, D.M.D. AND ASSOCIATES Se habla Espanol

## Cosmetic Dentistry can change your life.



**We don't just change smiles, we change lives.**

Hamilton Dental Associates provides cosmetic dentistry with state of the art dental technology.

We have two convenient locations in Hamilton and participate with most major insurance plans. We provide complete oral care for a lifetime, from preventive and cosmetic dentistry to orthodontics and oral surgery. A little cosmetic dentistry makes a big difference.



Dr. Scott Chanin | Dr. Kevin Collins | Dr. Deolinda Reverendo

Pediatric Dentistry | Adult Dentistry | Orthodontics | Periodontics | Oral Surgery | Cosmetic Dentistry

## HAMILTON DENTAL ASSOCIATES

Dr. Sidney Whitman | Dr. Arthur Fields | Dr. Scott Chanin | Dr. Michael DeLuca  
Dr. Kevin Collins | Dr. Irving Djeng | Dr. Deolinda Reverendo

**Klockner Road Office**  
2929 Klockner Road, Hamilton Square, NJ 08690  
(609) 586-6603 • [www.HamiltonDental.com](http://www.HamiltonDental.com)

# January application phase open for Sailor PCS orders

By Navy Personnel Command Public Affairs  
**MILLINGTON, Tenn.** — The Career Management System Interactive Detailing application phase is scheduled being Jan. 10, and remain open until 5 a.m. Jan. 22 for Sailors in their permanent change of station orders negotiation window.  
 CMS/ID is the web-based program enlisted Sailors use to review and apply for PCS orders when it is time to transfer duty stations. Sailors may access the site at [www.cmsid.navy.mil](http://www.cmsid.navy.mil) or from the CMS/ID link at [www.npc.navy.mil](http://www.npc.navy.mil).  
 Sailors are in their orders negotiation window when they are within nine through seven months from their projected rotation date. This is the first application phase for Sailors with an October 2013 PRD, the second application phase for Sailors with a September 2013 PRD and the last application phase for Sailors with an August 2013 PRD.

These Sailors may review advertised billets in CMS/ID during the application phase and apply for up to five jobs, either directly using CMS/ID or through a command career counselor.  
 The application phase is typically 10 days, allowing Sailors time to review available jobs, research billets and discuss options with their family and chain of command before making applications before the application phase closes.  
 Updated detailing business rules announced last July in NAVADMIN 226/12 eliminated red zone and green zone job advertisements in CMS/ID and now detailers fill all advertised active-duty billets each month using the available Sailors who are in their orders-negotiation window. Sailors can be more proactive in getting an assignment of their choice by using all five choices when applying.  
 CMS/ID features a "Sailor Preference" section under the "Sailor Info Tab" where Sailors may rank duty preferences by type, command,

location, platform and community, as well as indicate which special programs and schools they would like and leave comments for the detailer. Detailers will always attempt to fill billets using a Sailor's desired selections first; however, fleet readiness requirements are the guiding factor in filling billets. Detailers must also follow sea-shore flow guidelines outlined in NAVADMIN 201/11, so unless a Sailor requests Sea Duty Incentive Pay or the Voluntary Sea Duty Program to take consecutive sea duty orders, a Sailor up for shore duty should not be involuntarily assigned another sea tour. It may mean a Sailor hoping for shore duty in Florida or California may receive shore duty someplace else, where the need is greater.  
 A single set of sea billets, prioritized by U.S. Fleet Forces Command, and a single set of shore billets, prioritized by U.S. Fleet Forces Command and Bureau of Naval Personnel are advertised each application cycle as the Navy seeks to fill

gaps at sea and place Sailors with the right experience levels and skill sets into high-priority Fleet billets.  
 Some factors a detailer must weigh when matching Sailors to jobs include the Sailor's desires, qualifications, training availability, career progression and cost to the Navy.  
 Detailers won't assign Sailors to advertised jobs until after the close of the application phase, during the detailer selection phase.  
 Sailors may log into CMS/ID anytime after the detailer selection phase to see if they have been selected for orders.  
 Sailors can learn more about CMS/ID from their CCC or access CMS/ID by selecting the CMS/ID link on the Navy Personnel Command website at [www.npc.navy.mil](http://www.npc.navy.mil).  
 Visit [www.navy.mil/local/npc/](http://www.navy.mil/local/npc/) for more news from the Navy Personnel Command.

# 87th MDG provides guidance for chickenpox prevention

By 87th Medical Group public health staff and 2nd Lt. Alexis McGee  
**Joint Base McGuire-Dix-Lakehurst Public Affairs**  
 The 87th Medical Group health officials encourage members of the Joint Base McGuire-Dix-Lakehurst community to receive the chickenpox vaccine to help reduce the severity of the illness or prevent it all together.  
 Chickenpox, also known as varicella, is a highly contagious disease that can cause discomfort and can — albeit rarely — result in death. The illness typically lasts for three to seven days and is preventable through a

vaccination.  
 The two-part vaccine is made from a weakened varicella virus that produces an immune response in the body protecting it from chickenpox.  
 The vaccine was licensed for use in the United States in 1995 and has been widely used since that time.  
 The number of people who contract chickenpox each year, as well as hospitalizations and deaths from the illness, have gone down dramatically in the United States since the vaccine was licensed for use.  
 Medical officials recommend individuals get vaccinated even after exposure to chickenpox because it can

prevent the disease or make it less serious. The vaccine also provides protection for individuals exposed to the disease in the future.  
 Individuals who have previously had chickenpox or have received the vaccine may be immune to the disease, but should still take precautions if they come in contact with someone with chickenpox. Joint base medical officials encourage people who think they or their families have been exposed to someone with chickenpox, and are unsure of their immunity, to contact their primary care manager immediately.  
 "When people develop the initial

symptoms of chickenpox, which include a slight fever and a red-raised rash, they should avoid large social gatherings and any exposure to others," said Gary Curry, 87th Aerospace Medical Squadron public health officer.  
 "People should avoid visiting the doctor unless their symptoms worsen."  
 Though chickenpox has not been confirmed within the JB MDL community, the Federal Correctional Institution at JB MDL has confirmed chickenpox within the facility. Currently all confirmed cases have been isolated.  
 FCI contacted the 87th MDG public health staff to inform them of the chickenpox cases. Curry said the two facilities have a working relationship and contact each other if either facility discovers an outbreak. He added that the chickenpox cases at FCI pose no foreseen risk for the JB MDL community.  
 More information on chickenpox can be found at the following website: [www.cdc.gov/vaccines/vpd-vac/varicella/default.htm](http://www.cdc.gov/vaccines/vpd-vac/varicella/default.htm).  
 The Public Health Flight is also available to answer any questions at 754-9701.

# Fiscal cliff legislation affects military, civilian paychecks

By American Forces Press Service  
**WASHINGTON** — The legislation President Barack Obama signed Jan. 2 postponed the fiscal cliff and means changes to military and civilian paychecks, Defense Finance and Accounting Service officials said today.  
 The legislation increases Social Security withholding taxes to 6.2 percent. For the past two years during the "tax holiday" the rate was 4.2 percent.  
 The increase in Social Security withholding taxes affects both military and civilian paychecks, officials said.  
 For civilian employees, officials said, this will mean a two percent reduction in net pay.  
 For military personnel, changes to net pay are

affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions. Service members could see an increase in net pay, no change or a decrease, military personnel and readiness officials said.  
 For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" — for Federal Insurance Contributions Act.  
 Defense Department civilians will see the change on their leave and earnings statement under "OASDI" — for old age, survivors, and disability insurance.  
 Reserve component members will be the first to see potential changes in their net pay as a result of the law, DFAS officials said. Changes will

be reflected in their January paychecks.  
 Active-duty military personnel will see pay adjustments in their January mid-month paycheck and will be reflected on the January leave and earnings statement.  
 DOD civilians will see social security withholding changes reflected in paychecks based on the pay period ending Dec. 29, 2012, for pay dates beginning in January.

# Exchange recognized as top 100 military-friendly employer

By Chris Ward  
**Army & Air Force Exchange Service**  
**DALLAS** — The Army & Air Force Exchange Service announced today that it has been designated a 2013 Military Friendly Employer® by Victoria Media, publisher of G.I. Jobs.  
 Criteria for the designation included a benchmark score across key programs and policies such as the strength of company military recruiting efforts, the percentage of new hires with prior military service, retention programs and company policies on National Guard and Reserve service.  
 "Due to the fierce competition for our Top 100 list many great programs failed to make this year's list simply because interest and participation in hiring military is at an all-time high," said Sean Collins, vice president for Victory Media and director for G.I. Jobs. "So we created the Military Friendly Employers® designation outside of the Top 100 to recognize another one percent of companies that have great programs and opportunities for veterans and spouses."  
 The Exchange, along with other designated Military Friendly Employers, will be showcased in the January edition of G.I. Jobs magazine. The Exchange's company profile, including open positions that are a fit for military personnel, can be found on [MilitaryFriendly.com](http://MilitaryFriendly.com). Using the priority data engine on [MilitaryFriendly.com](http://MilitaryFriendly.com), job

seekers are able to design their own custom lists of employers according to their preferences. Custom, user-directed lists can then be saved and shared socially, allowing each job seeker to find their unique #1 Military Friendly Employer®.  
 "It is an honor to once again be recognized as a top military friendly employer," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. "It validates our tireless efforts to develop a life-long emotional connection with those we serve."  
 The Army & Air Force Exchange Service is a joint non-appropriated fund instrumentality of the Department of Defense and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. The Exchange has the dual mission of providing authorized patrons with quality merchandise and services at competitively low prices and generating non-appropriated fund earnings as a supplemental source of funding for military morale, welfare and recreation programs. To find out more about the Exchange history and mission or to view recent press releases please visit our Web site at [www.sho.mymexchange.com](http://www.sho.mymexchange.com).

★ ★ ★ ★  
**HANG ON TIGHT. YOU'RE IN FOR A HELL OF A RIDE WITH THIS HIGH-VOLTAGE THRILLER!**  
 PETER TRAVERS, *Rolling Stone*  
**ZERO DARK THIRTY**  
 FROM THE ACADEMY AWARD-WINNING WRITER AND DIRECTOR OF *THE HURT LOCKER*  
**ZERO DARK THIRTY**  
 COLUMBIA PICTURES PRESENTS A KATHRYN BIGELOW FILM "ZERO DARK THIRTY" JESSICA CHASTAIN  
 JASON CLARKE JOEL EDGERTON ALEXANDRE DESPLAT JEREMY COLM WILSON TED SCHIPPER GREG SHAPIRO  
 PRODUCED BY MARK BOAL KATHRYN BIGELOW MEGAN ELLISON WRITTEN BY MARK BOAL  
 A R RESTRICTED  
 SONY PICTURES CLASSICS  
**IN THEATERS JANUARY**

**advocare** Burlington County  
**Obstetrics & Gynecology**

Milo T. Belazi, MD David S. Halbert, MD, FACOG Paul L. Schell, MD, FACOG Franco M. Siegel, MD, FACOG Michael T. Snyder, MD, FACOG Michael I. Zalkin, MD	Dolores C. Fee, RN, APN - C Lori M. Grisko, RN, APN - C Tara R. Jones, RN, APN - C Jennifer J. Shroff, RN, APN - C
--	---

**Larchmont II**  
 210 Ark Road, Suite 216  
 Mount Laurel, NJ 08054  
 856.778.2060

**Delfran Professional Centre**  
 8008 Rt. 130 N, Suite 320  
 Delfran, NJ 08075  
 856.764.0002

**Rancocas Medical Center**  
 1000 Salem Road, Suite B  
 Willingboro, NJ 08046  
 609.871.2040

**Columbus Office**  
 45B Homestead Drive  
 Columbus, NJ 08022  
 609-324-7474

[advocareBCOBYGN.com](http://advocareBCOBYGN.com)

Obstetrics • Gynecology • Infertility  
 High-Risk Pregnancy • Adolescent Gynecology • Menopause  
 Urogynecology • Robotic Surgery

All babies delivered at Virtua Hospital

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

# What are your New Year's resolutions?



Air Force Capt. Adam Olsen, 87th Air Base Wing Judge Advocate military justice chief, from Green Bay, Wis.

"My goal for the year is to spend more time at home."



Coast Guard Petty Officer 2nd Class Jeff Nagel, Atlantic Strike Team marine science technician, from Marco Island, Fla.

"I am going to get down to the weight I was at boot camp this year."



Navy Petty Officer 2nd Class Brandon Slabaugh, 305th Air Mobility Wing aviation boatswains mate handler, from Romulus, Mich.

"My New Year's resolution is to stop drinking soda. I want to stop drinking soda because I did some research and discovered how bad it is for my health."



Marine Sgt. Jessica Salgado, Marine Aircraft Group 49 information systems custodian, from Chicago.

"I plan to turn in my warrant officer package."



Army Capt. Adam Hanainger, 2nd Battalion 315th Field Artillery Regiment mobilization team leader, from Auburn, N.Y.

"I want to start living a healthier lifestyle overall. I also plan on investing more money into the stock market and saving for my retirement."



Air Force Col. Michael J. Underkofler, 514th Air Mobility Wing commander, from Southampton, N.J.

"I plan to fly more, delegate more and spend more time with my family."



Air Force Tech. Sgt. Robert Hayes, 305th Operations Support Squadron C-17 Globemaster III loadmaster training noncommissioned officer in charge, from Kingston, N.H.

"I resolve to run three times a week this year."

## 87th MDG Airman earns Combat Action Medal

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

Staff Sgt. Tyler Baker, 87th Medical Group education and training technician, received the Air Force Combat Action Medal from Col. John Wood, Joint Base McGuire-Dix-Lakehurst commander, Dec. 20, 2012, at the McGuire Ambulatory Healthcare Center.

The Flint, Mich., native earned the AFCAM through his actions as a combat medic in connection with Operation Enduring Freedom while in Nangarhar Province, Afghanistan Feb. 19, 2011.

Baker's unit, Provincial Reconstruction Team Nangarhar, Task Force Bastogne, Combined Joint Task Force 101, conducted a Key Leader Engagement with the Nangarhar governor. The mission commander requested permission for Baker's unit to assist forces with defending the seizure of a near-by bank. The unit took defensive fighting positions and cordoned off the bank after arrival. A vehicle-borne improvised explosive device detonated 25 meters in front of trucks 3 and 4 while the unit received small arms fire from the third floor of the bank.

Baker and the truck commander dismounted and maneuvered through the smoke from the VBIED to truck 4 to provide medical attention to the gunman and driver. He checked their vitals for signs of possible concussion and shock. Baker and the truck commander then continued to assist local forces until they handed off the battle to the Maverick Element.

His actions led to the award's presentation at JB MDL a year and a half later.

The audience stood at attention to listen to the orders preceding the presentation. Baker then permitted Wood to speak on his behalf in recognition of the award.

"Baker is a product of our base," said Wood. "He went out there and performed his duties as he was trained to right here on JB MDL. Every one of us here



Col. John Wood, 87th Air Base Wing commander, presents Staff Sgt. Tyler Baker, 87th Medical Group education and training technician, with the Air Force Combat Action Medal Dec. 20, 2012, during a commander's call in the Ambulatory Healthcare Center at Joint Base McGuire-Dix-Lakehurst, N.J. The principal eligibility criteria for the Air Force Combat Action Medal is the individual must have been under direct and hostile fire while operating in unsecured space (outside the defended perimeter), or physically engaged with hostile forces with direct and lethal fire. Baker hails from Flint, Mich. (U.S. Air Force photo by Wayne Russell/Released)

played a part in preparing Baker and ensuring his safe return home. I asked him what he did out there and what happened, and he replied simply, 'I did what I was trained to do.' Baker is a combat veteran and I would like to applaud him for his service to this base and this country."

The crowd let out another long, roaring round of applause before Wood and Baker departed the building.



Exchange Concessionaire

EYEGLASSES

BUY ONE GET ONE

50% OFF



AAFES Complex on Joint Base MDL  
609-723-5495

Eye Exams Available by  
**Dr. FREDERICK YOUNG**  
Independent Doctor of Optometry

• TRICARE accepted. • Appointments are available. • Walk-ins are welcome.

BUY CONTACT LENSES ONLINE AT [www.MILITARYCONTACTS.net](http://www.MILITARYCONTACTS.net)

\*50% off 2nd pair must be of equal or lesser value as the first pair purchased. Patches of 100 complete pairs of eyeglasses required. Second pair must be purchased with the first pair and at the same date and time for the same person. Contact lens ordered with any other discount, coupon or insurance plan. No shipping fee. All eyeglass purchases require a current, valid prescription. Offer expires 12/31/13. ©2013 National Vision, Inc.

# Joint Base Intramural Sports Standings

2012-13 Lakehurst Intramural Basketball	Team	Win	Loss	Tie	GB
STOOPID GOOD	4	1	0	0.0	
MAC ATTACK	4	1	0	0.0	
The Unouchables	3	2	0	1.0	
CNATT	0	0	0	1.5	
PDG	0	3	1	3.0	
The Destroyers	0	4	1	3.5	

**Game schedule**

**Week 7**

Jan. 14 11:15 a.m. STOOPID GOOD vs. PDG  
12:05 p.m. The Unouchables vs. CNATT

Jan. 15 11:15 a.m. The Destroyers vs. PDG  
12:05 p.m. The Unouchables vs. MAC ATTACK

Jan. 16 11:15 a.m. The Destroyers vs. MAC ATTACK  
12:05 p.m. PDG vs. CNATT

Jan. 17 11:15 a.m. The Unouchables vs. The Destroyers  
12:05 p.m. STOOPID GOOD vs. CNATT

**2013 Intramural Basketball JB McGuire-Dix**

Team	Win	Loss	GB
244th AVN BDE	0	0	0
3-314th FA	0	0	0
305th AMXS	0	0	0
305th APS-A	0	0	0
305th MXS	0	0	0
305th OSS	0	0	0
605th AMXS	0	0	0
621st CRW-A	0	0	0
621st CRW-B	0	0	0
77th BDE	0	0	0
6th AS-Bully Beef	0	0	0
87th CES	0	0	0
87th FSS/87th CS	0	0	0
87th LRS	0	0	0

87th SFS	0	0	0
BCI-Heat	0	0	0
MAG 49	0	0	0
NWS Earle	0	0	0
Wildcats	0	0	0

GB=Games Back

**Game schedule**

**Week 2**

Jan. 14 MFC 5:30 p.m. NCOA vs. 305th APS-A  
6:30 p.m. 305th AMXS vs. 87th CES  
7:30 p.m. GHF 5:30 p.m. NWS Earle vs. 6th AS-Bully Beef  
6:30 p.m. 3-314th FA vs. 87th LRS  
7:30 p.m. MFC 7:30 p.m. 87th SFS vs. 87th FSS/87th CS

Jan. 15 GHF 5:30 p.m. 87th SFS vs. 3-314th FA  
6:30 p.m. NCOA vs. 305th MXS  
7:30 p.m. MAG 49 vs. BCI-Heat  
8:30 p.m. 87th LRS vs. 305th OSS  
9:30 p.m. GHF 6:30 p.m. Wildcats vs. 244th AVN BDE  
7:30 p.m. MFC 6:30 p.m. 621st CRW-B vs. 605th AMXS  
7:30 p.m. GHF 5:30 p.m. 605th AMXS vs. 305th AMXS  
6:30 p.m. MFC 5:30 p.m. 244th AVN BDE vs. 621st CRW-A  
6:30 p.m. GHF 6:30 p.m. 305th APS-A vs. 77th BDE  
6:30 p.m. MFC 6:30 p.m. MAG 49 vs. NWS Earle  
7:30 p.m. GHF 7:30 p.m. 305th OSS vs. 621st CRW-B  
8:30 p.m. MFC 8:30 p.m. 87th FSS/87th CS vs. Wildcats

GHF = Griffith Field House MFC = McGuire Fitness Center

**2013 Over 30 Basketball McGuire-Dix**

Team	Win	Loss	GB
174th INF BDE	0	0	0
305th MXS	0	0	0
305th OSS	0	0	0
621st CRW	0	0	0
621st CRW-B	0	0	0
87th CES	0	0	0
87th FSS	0	0	0

87th SFS	0	0	0.0
NCOA-2	0	0	0.0
Wildcats	0	0	0.0

**Game schedule**

**Week 2**

Jan. 16 GHF 5:30 p.m. 305th OSS vs. 621st CRW  
MFC 5:30 p.m. NCOA-2 vs. 87th CES  
GHF 6:30 p.m. 174th INF BDE vs. 87th SFS  
MFC 6:30 p.m. 87th FSS vs. Wildcats  
305th MXS - Bye

**2012-13 Intramural Racquetball**

**Joint Base McGuire-Dix-Lakehurst**

Team	Win	Loss	PCT
305th MXS-A	3	0	1.000
87th CONS	2	0	1.000
87th MDG	2	1	0.667
621st CRW	2	1	0.667
305th OSS	2	1	0.667
Lakehurst-Gunners	1	3	0.250
305th MXS-B	0	3	0.000
VR-64	0	3	0.000

PCT = Winning percentage

**Game schedule**

**Week 7**

Jan. 15 3 p.m. 87th CONS vs. 87th MDG  
4 p.m. 305th OSS vs. VR-64  
5 p.m. 621st CRW vs. Lakehurst-Gunners

Jan. 17 3 p.m. 621st CRW vs. 87th MDG  
4 p.m. 87th CONS vs. 305th OSS  
5 p.m. 305th MXS-A vs. 305th MXS-B

All games played at McGuire Racquetball Court  
Current as of Jan. 7.

## JB MDL heads back to work

By the Joint Base McGuire-Dix-Lakehurst Safety Office

The holidays are over, everyone is back from leave and it's the first five-day work week after all the celebrations. How much rest did Joint Base McGuire-Dix-Lakehurst community members really get during the holiday season? Unfortunately, the average person does not get enough sleep.

What happens to on-the-job performance when workers are tired?

The consequences of being tired are the same regardless of the cause. Individuals who work long hours or shift work may encounter the following risks, according to the National Institute for Occupational Safety and Health:

- Sleep deprivation.
- Lack of adequate work recovery time.
- Decline in mental function and physical ability, including emotional fatigue and a decline in the body's immune system functions.
- Higher rates of depression, occupational injury and poor perceived health.
- Higher prevalence of insomnia among shift workers with low social support.
- Increased illness and injury risk.
- Strain on personal relationships, such as marriage and family life.
- Increased risk of long-term health effects, such as heart disease, gastrointestinal disorders, mood disturbances, and cancer.

- Reduced productivity.
- Increase in errors.
- Absenteeism and presenteeism (present at work but not fully functioning because of health problems or personal issues).
- Increased health care and worker compensation costs.
- Workforce attrition due to disability, death or moving to jobs with less demanding schedules.
- Potential increase in errors by workers leading to medical errors, vehicle crashes, industrial disasters.

Research indicates long work hours and shift work effects may be more complex than a simple relationship between a high number of work hours and risks. The effects appear to be influenced by a variety of factors to include characteristics of the worker and the job, worker control, pay, non-work responsibilities and other characteristics of the work schedule.

What can workers do to address this issue?

- Make sure to get enough time to sleep after working a shift.
- Avoid heavy foods and alcohol before sleeping and reduce intake of caffeine and other stimulants several hours beforehand.
- Exercise routinely to help manage stress, stay healthy and improve sleep.
- Sleep in a dark, comfortable, quiet and cool environment to fall asleep quickly and stay asleep.
- Seek assistance from an appropriate healthcare provider if sleeping difficulties arise.

## Family

Continued from Page 3

group Rego is deploying with will be going out on missions as individuals. Her group falls under the Logistics Civil Augmentation Program Support Brigade, which is headquartered in Fort Belvoir, Va.

"During pre-mobilization at Rock Island, Ill., the group had theatre logistics training, which is our technical training," said Rego. "The group had a two-week course on operational contract support and an additional week of hands-on training."

In contrast, the training the group is receiving at Joint Base McGuire-Dix-Lakehurst is designed to reinforce basic soldiering skills.

"The training we've received here at JB MDL is basic fundamentals I feel has been effective and relevant," said Rego. "Although the training does not reflect our mission, I feel we can get to theatre and protect ourselves and come home safely knowing those skills."

Throughout the training period, the duo has been finding multiple ways to communicate during this deployment, which includes e-mail and phone. They've already been able



Lieutenant Col. Anna Rego and family at a promotion ceremony for her son, Harry Cambrelon. (Photo courtesy of the Rego family)

to practice those communication skills while conducting mobilization training in different locations.

They have a lot of support at home from family members, but their biggest support is her husband.

He had a little advice for other families experiencing a multiple family member deployment.

"Keep faith and send them care packages, Skype, email and tell them you love them," said Robert Rego.

# CLASSIFIED

## Joint recognizes Airey graduated

The Joint Base McGuire-Dix-Lakehurst community congratulates the following technical sergeants who recently graduated from the Paul W. Airey Noncommissioned Officer Academy at Tyndall Air Force Base, Fla.

- Jason Bales, 305th Maintenance Squadron
- Mitchel Blake, 318th Recruiting Squadron
- Jill Cardoza, 318th Recruiting Squadron
- Julia Cohen, 305th Maintenance Operations Squadron
- Joshua Fawbush, 87th Civil Engineer Squadron
- Terrill Fridger, 818th Global Mobility Squadron
- Arthur Jackson, 318th Recruiting Squadron
- Todd Kabalan, Secretary of the Air Force Public Affairs New York
- Michael Knope, 318th Recruiting Squadron
- Amanda Leal, 87th Civil Engineer Squadron
- Barry Mann, 87th Logistics Readiness Squadron
- Dwayne McCoy, 87th Security Forces Squadron
- Jose Olvera, 314th Recruiting Squadron
- Sean Pitts, 318th Recruiting Squadron
- Brian Shields, 21st Air Mobility Operations Squadron
- John Thompson, 818th Global Mobility Readiness Squadron
- Ursula Widener, Armed Services Whole Blood Processing Laboratory
- Stephen Zych, 305th Aircraft Maintenance Squadron

**Announcements**

**ATTENTION!!**

**Viet Nam Era Veterans**  
If you enlisted in the Dept of Veterans Affairs (VA) & you were denied VA benefits because of your traumatic stress disorder, you may be eligible for special benefits. Call 212-664-1109

**Special Services**

**Home Improvement**

**Job Search**

**Transportation**

**DRIVERS & AIDES**  
for School Buses  
Year-round work. Guaranteed hours. Multiple NJ locations. Health benefits & 401K. COL. 398-3885. Call 609-267-3385.

**NEED ANOTHER VEHICLE?**  
CHECK OUT CLASSIFIED'S LOT OF NEW AND USED CARS.

**Real Estate Rentals**

**Apts. For Rent**

**Rooms For Rent**

**Homes For Rent**

**Pets & Supplies**

**Pets For Sale**

**Autos Wanted**

**Real Estate Rentals**

**Homes For Rent**

**Financial**

**Business Ops.**

**Pets & Supplies**

**Pets For Sale**

**Autos Wanted**

**Real Estate Rentals**

**Apts. For Rent**

**Rooms For Rent**

**Homes For Rent**

**Pets & Supplies**

**Pets For Sale**

**Autos Wanted**

**Real Estate Rentals**

**Homes For Rent**

**Financial**

**Business Ops.**

**Pets & Supplies**

**Pets For Sale**

**Autos Wanted**

## NEWSNOTES

### Resume Writing Class

The Military and Family Support Center is set to host a federal resume writing class from 9 to 11 a.m. Jan. 30, 2013, at 3435 Brody Road. The class is meant to give a clear understanding of the federal application process. Pre-registration is required. Call 754-3154 for more information.

### JB MDL Monthly Installation Update

The monthly installation update meeting is scheduled for 1:30 p.m., Feb. 1, 2013, at the Joint Base Theater. All military, civilian, contractors, spouses and retirees are welcome to attend. Call the JB MDL Public Affairs Office at 754-2104 for more information.

### Framing Qualification Class

The 87th Force Support Squadron is set to host a framing qualification class from 10 to noon Feb. 2, 2013, at 6039 Philadelphia St. Participants will complete one piece as they learn to operate the framing equipment. Pre-registration fee of \$10 is required prior to class. Call 562-5691 for more information.

### Children's Pottery Class

The 87th Force Support Squadron is set to host a pottery class for children ages six and up from 10:30 a.m. to noon Saturdays Feb. 2 through 23, 2013, at 6039 Philadelphia St. The class runs for four weeks and the cost is \$40. Call 562-5691 for more information.

### Children Drawing Class

The 87th Force Support Squadron is set to host a children drawing class for children ages 6 and up from 1 to 2:30 p.m. Saturdays Feb. 2 through 23, 2013, at 6039 Philadelphia St. The class runs for four weeks and the cost is \$40. Call 562-5691 for more information.

### Resume Writing Class

The Military and Family Support Center is set to host a federal resume writing class from 11 a.m. to noon Feb. 8, 2013, at 488-2 Walsh Drive. The class is meant to give a clear understanding of the federal application process. Pre-registration is required. Call (732) 323-1248 for more information.

### Lensbaby Photography Class

The 87th Force Support Squadron is set to host a Lensbaby photography class from noon to 2 p.m. Feb. 16, 2013, at 6039 Philadelphia St. Students will learn to use these unique lenses for \$25. Students must have an SLR camera to participate. Call 562-5691 for more information.

### Presidents Day Meal

The 87th Force Support Squadron is set to host a Presidents Day Meal from 11 a.m. to 1 p.m. Feb. 18, 2013, at the Halverson Hall Dining Facility.

The holiday meal is open to all active duty, guard, reserves, retirees and family members. Call 754-3252 for more information.

### Hearts Apart Seminar

The Military and Family Support Center is scheduled to host a Hearts Apart Seminar from 6 to 7 p.m. Feb. 22, 2013, at 3811 South Bolling St. The seminar is designed for spouses, children and loved

ones of military members currently deployed or on an extended temporary duty assignment. Call 754-3154 for more information.

### Sweetheart's Seminar

The Military and Family Support Center is set to host a Sweetheart's Seminar from 8:30 a.m. to 3:30 p.m. Feb. 23, 2013, at 3435 Brody Road. The seminar is designed to increase understanding, problem solving and intimacy among military couples. Pre-registration is required. Call 754-3154 for more information.

### 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 MOCSC 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 MOCSC Thrift Shop is located at 3446 Brody Road. Call 754-2368 for more information.

#### Dix

The Dix 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. at 158 Berry Road. The sales income received from thrift shops is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

### 87 LRS Customer Service and Equipment Accountability Service

Individuals with inquiries regarding supply customer service, stock control and overprinting program assistance should call 754-3306/1381. Walk-in hours are 9 a.m. to 3 p.m. Monday through Friday at 1757 West Arnold Ave., Room 166 on McGuire. Call 754-5154/4454 for supply parts issue requests/aircraft parts store requests. Call 754-2678/4010 for the equipment accountability office and custodian's assistance. Visit [www.drms.dla.mil](http://www.drms.dla.mil) for DRMO procedures.

### Neighborhood Community Watch Meetings

The joint base community is set to hold a meeting for the neighborhood community watch program from 7 to 8 p.m. every second Tuesday of the month in Falcons Court North. The meeting is intended to inform community members on how they can help protect the community by taking part in neighborhood watches and patrols. Call 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 on McGuire. 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 on McGuire. The Palace Front allows service members the opportunity to seamlessly transfer directly from active duty without a break in service. Call 754-2918 for more information.

### Home School Art Class

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

### International Spouses' Group

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

### Beginning Crochet Workshop

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

### Financial Readiness Program

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

### Education and Training ABCs of College Briefing

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

### MPS Passport Appointments

The Military Personnel Section passport office will accept appointments only for official passport processing. Appointments are available from 7:30 a.m. to 6 p.m. Mondays through Thursdays and 7:30 a.m. to 4:30 p.m. Fridays. Call 754-3826 to schedule an appointment. Tourist passports are not available at this location. Visit [www.co.burlington.nj.us/pages/pages.aspx?cid=23](http://www.co.burlington.nj.us/pages/pages.aspx?cid=23) for tourist passport locations.

## Artwork

Continued from Page 1

together, painted and donated all the pieces for the clinic. They spent several months and more than 300 man hours working on all the eye-catching artwork.

Andrews and Ildiko drew each room's layout and mapped out where each piece would hang. After the pieces were hung, the mother-daughter duo spent the rest of the evening painting complimentary images on the walls to create an elaborate flow of artwork.

"The paintings were beautiful and my children loved them," said Staff Sgt. Angela Jackson, a

reserve aerospace medical technician and mother of three. "My kids are usually running around screaming during doctor visits but this time they were focused on the artwork."

The paintings not only created an appealing atmosphere, but will provide the pediatricians with another tool to treat their patients.

"The artwork will now allow us to better assess the development of the children we see," said Andrews. "For instance, we can point to an animal and ask the child what kind of noise the animal makes. We can ensure they are developing like they're supposed to. We also hope it inspires creativity and imagination."

### 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 - 6950 Church Street  
Cathedral of the Air - 764 Hope Chapel Road, Lakehurst N.J. 08547

#### Worship Hours

**Catholic**  
Tuesday through Thursday - 11:35 a.m. McGuire Chapel  
Saturday - 5 p.m. McGuire Chapel  
Sunday - 10:30 a.m. Soldier's Chapel

**Protestant**  
Sunday - 8:45 a.m. Traditional - Soldier's 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

## BOX OF BLUES

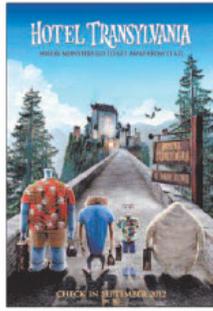


The 2013 Joint Base McGuire-Dix-Lakehurst Air Force Assistance Fund starts Feb. 4. Unit representatives will contact service members soon. Go to [www.afassistancefund.org](http://www.afassistancefund.org) for more information.

**JB MDL Base Theater Movie Schedule**



**Tonight:**  
Killing Them Softly  
(R) 7 p.m.



**Saturday:**  
Hotel Transylvania  
(PG) 7 p.m.

**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](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.

*Rich Corn Bread*

This hearty side is great served with butter and honey, and compliments dishes such as chili. Serves eight.

- Ingredients:**
- 1 cup all-purpose flour
  - 1 cup yellow cornmeal
  - 1/2 cup granulated sugar
  - 1 teaspoon salt
  - 3 1/2 teaspoons baking powder
  - 1 egg
  - 1 cup milk
  - 1/3 cup melted butter

- Instructions:**
1. Heat oven to 400 F (200 C). Prepare a nine-inch cake pan.
  2. Mix together the flour, cornmeal, sugar, salt and baking powder. Add in the egg, milk and butter until well combined. Spread batter evenly into greased pan.
  3. Bake for about twenty minutes, or until golden brown.
- Recipes found at [freerecipes.org](http://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](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo as posted on our Facebook page at [www.facebook.com/jbmdl](http://www.facebook.com/jbmdl)? It's a bench in front of the McGuire Fitness Center. Base personnel here have access to this top-of-the-line fitness facility, where they use the cardio equipment, take exercise classes or meet at the Health and Wellness Center.

**Normalcy**

*Continued from Page 2*

not seeing him and opted for intense counseling. My therapy was emotionally charged, and there were uncomfortable conversations about my deployment and the feelings that came along with it.

Shortly before my son's visit, I confided to my therapist that I understood the mentality of why people kill themselves over this condition. I spent the rest of the visit reassuring him that I was not suicidal.

My therapist met with me every week for four weeks until my son arrived. My son is my world, and like any non-custodial parent, looked forward to this visit with all my heart. While I enjoyed our time together, inside there was guilt and sadness that I could not see him every day and the visit made me more regretful for not being totally engaged with him.

**Hitting rock bottom**  
I had overcome other obstacles in life, just like anyone else. Why was this time so different, why couldn't I make myself right? I never wanted to go out and I found happiness in nothing. I spent most nights talking myself out of drinking the bottle of liquor in my kitchen and when that became too much, I slept.

I wanted to feel something different, anything but this. Thoughts of the deployment and the feelings of sadness, anger, depression and pain never ended. I was desperate to feel something different.

After I dropped my son off to his father, a thought entered my mind. I would drive my car into a guardrail along I-295 — not to kill myself, but to feel something different. I cried all night once I got home and called my therapist first thing in the morning. I was no longer functioning — I had hit

rock bottom.

I made it to my therapist's office the next morning, and right away he could see I was in trouble. It didn't take much coaxing to decide I needed to be admitted to the in-patient psychiatric ward.

PTSD is not this dramatic symptom-driven state of being as it is portrayed in movies and on television. In general, people with PTSD do not show symptoms all the time. We have become masters at appearing normal and, for the most part, are highly functioning members of society. It is only when we can no longer operate under "normal" that we reveal ourselves and seek help. Even at my worst I was not exhibiting symptoms all the time.

My first sergeant was called and I was escorted home to pack a bag and be taken to Walter Reed's Ward 54. I remember feeling very tired when I arrived. Everything had hit me at once, and sapped all my energy. My first day in Ward 54, I met my treatment team and was asked a multitude of questions about my past and my deployment before being put on additional medication to go along with my anti-depressant.

Three-and-a-half days as an inpatient allowed for decompressing and opening up about what I had been feeling since coming home. For the first time in a long time, I didn't feel alone, and relished being around other Soldiers, Sailors, Airmen and Marines with similar experiences.

There was a certain comfort in being there. The staff treated us with respect and compassion and didn't make us feel "crazy." It's in that kind of atmosphere that you feel free to open up and let go of some of the anger, rage and sadness. Along with PTSD, I was diagnosed with Major Depressive Disorder. Apparently, depression is common with people diagnosed with PTSD. My medication was adjusted and felt I was beginning my journey to feeling normal again.

I was soon released to the outpatient trauma recovery program, a four-week program designed to help members deal with and handle their post-deployment issues. I was constantly asked what kind of thoughts I was having. Initially, I couldn't put into words what my thoughts were because there were so many.

**Learning to deal with "Her"**  
Finally, I began personifying my thoughts, referring to them as "she" or "her." There were days when "she" would behave and let me be an active part of my day — those were my good days. "She" was there, but quiet and behaving "herself." On bad days, "she" would run around in my head and wreak havoc on my concentration, anger control and my overall mood. "She" was like a tornado running through my mind and I was there in the middle trying to hang on to whatever I could until I could get "her" under control, which was mentally and physically exhausting.

I could no longer hide my feelings and had to confront them head-on, which was challenging for me, to say the least. I had to open up to people I didn't know and trust that no one would gossip or judge. I was quiet in the beginning and didn't speak much, but listened and soaked up everything.

In therapy, patients are taught coping skills to deal with whatever issues they may have. Many of us had anger issues, and struggled with ways to deal with them. Of all the coping skills I learned about, what seemed to work best for me was positive self-talk, which allows me to replace all the negative thoughts with positive ones. This was not easy and took a lot of practice and determination. When something triggers me to feel anxious, I stop myself and take a minute to gain perspective. I try to stay in the moment and talk myself through whatever it is I am feeling.

Toward the end of my four-week

stay at Walter Reed, I realized that I hadn't prepared myself to go back to work. I'd been so focused on healing my past, I hadn't thought about how to deal with the present.

I hadn't left work on the best terms. My supervisor and I hadn't gotten along, and I was not a good supervisor when I left. I was going to have to deal with going back to fix the mess left behind.

My leadership stood behind me through the entire process and when I returned, I was welcomed back and allowed to take my time easing back into things.

I continued my therapy with base mental health. There are various treatment options available to deal with PTSD and depression. My therapist elected cognitive therapy for me. Cognitive therapy deals with my feelings and emotions now as I relate to events during the deployment and building coping skills to deal with them. The focus wasn't on the deployment itself but the effects of the deployment.

To say I was ready to jump into therapy would be false. I wanted to get better but was mentally exhausted from the time I spent at Walter Reed. Trying to change your mind set is not an easy task and takes great patience, from everyone. There were weeks I wouldn't do my homework and that would hinder my progress. I'm lucky that my therapist was more stubborn than me and she gently coaxed me along during the harder sessions. Eventually I finished therapy. It took 11 months and I am a better person for it.

One year later I am happy and have reintegrated back into my life. I have found purpose and feel hopeful about my future, personally and professionally. The struggle was worth it and made me the person I am today, and for that I am thankful. I still have bad days but they are few and far between and although I will struggle with some things for the rest of my life, I am

confident that I can cope and manage and not let them control me.

I have bonded with my child and realize how truly blessed I am that he is growing up on U.S. soil. He will never know poverty, hunger or war. I can give him a childhood that Afghan children will never know. I see him smile and play and can't recall ever seeing an Afghan child smile or play during my time there.

For anyone struggling, I beseech you to get help. Tell your supervisor, first sergeant, chaplain or someone in the mental health profession. Help is there and asking for it is not a sign of weakness — it's a sign of strength.

For family members of someone coming home from deployment or struggling now — don't rush them. Be an ear and a shoulder, when they're ready to talk, listen, and when they need help, be by their side.

I feel no shame and don't want people to feel sorry for me or treat me any differently. I am still a valuable and proud member of this Air Force and I believe in our mission.

But, I'm not the same person I was before I deployed and I miss her. It took me a long time to like the new me and be comfortable in my skin again. I've changed and that's okay because I'm okay, I'm better than okay. The new me carries parts of my old self but I'll never be that woman again.

If you need to talk to someone, there are resources that offer help. Visit your base mental health clinic; call the Defense Centers of Excellence Outreach Center at 1-866-966-1020 for psychological health and traumatic brain injury information and resources; call the Veterans Crisis Line at 1-800-273-TALK (8256) and press "1" for crisis intervention; or log on to <https://realwarriors.net> or [www.afterdeployment.org](http://www.afterdeployment.org) for wellness resources for the military community.