



AIR, LAND & SEA TIMES

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NEWSNOTES

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

Gate hours

The Pemberton Gate hours of operation are scheduled to be limited from 7-9 a.m. and noon-2 p.m. March 28 to accommodate student pick-up for the school's early dismissal. Additionally, the Pemberton Gate is scheduled to close from March 29-April 1 during the scheduled school closure. Pemberton Gate hours were recently changed to support 87th Security Forces operations and meet the needs of the Fort Dix Elementary School buses. The 87th SFS is dedicated to ensuring a safe community for base personnel while also striving to meet the needs of individuals who live, work and play at Joint Base McGuire-Dix-Lakehurst.

87th Medical Group Pharmacy Closure

The 87th Medical Group Pharmacy is set to be closed from today through March 24, 2013, and reopen March 25, as part of a refurbishing project. Customers requiring refills should contact the automated refills line at 754-9470, or (888) 223-2448, or go to www.tricareonline.com, two weeks before a prescription runs out to avoid a delay due to renovation. New prescriptions will be processed on the same day. Contact 754-9464 or 87mdgpharmacy@us.af.mil for more information. Tricare also offers home delivery prescription service for maintenance medications. Medications not available at the 87th MDG may be available through home delivery with zero-co-pay. Visit www.tricare.mil/Home/Prescriptions/Fill Prescriptions/Home-Delivery.aspx for more information.

Motorcycle Training Courses

The Joint Base Safety Office is set to host Motorcycle Training courses. All courses are held on the Lakehurst motorcycle range. Call (732) 323-2525 for additional information or to register, or visit https://afkn.wpafb.af.mil/community/views/home.aspx?Filter=25618.

Honor Guard Performance

The U.S. Air Force Honor Guard Drill Team is set to host two performances March 27, 2013, at 1823 Hangar Road. The first performance will begin at 1:30 p.m. and is for all Department of Defense ID card holders, while a second performance begins at 2:30 p.m. for Air Force personnel. A standard 16-person performance features a professionally choreographed sequence of show-stopping weapon maneuvers, precise tosses and complex weapon exchanges while moving through a gauntlet of spinning weapons.

Walk a Mile in Her Shoes

Joint base leadership is set to host a Walk a Mile in Her Shoes awareness event 11 a.m. March 29, 2013, at the McGuire Training Pad, located between Base Chapel 1 and Subway. The purpose of the event is to raise awareness to help end sexual assaults, gender violence and rape. Contact unit first sergeants for more information.

International Spouses Group Cultural Attire Expo

The International Spouses Group is set to host a Cultural Attire Expo from 1:30-2:30 p.m. today, at the Librar-e and Resource Commons, located at 2603 Tuskegee Airmen Ave. The Expo explores the different cultures of women. Clothing representing different cultures will be worn or displayed. Call 754-0082 for more information.

Joint Base Easter Egg Hunt

The 87th Force Support Squadron is set to host an Easter Egg Hunt 10 a.m. March 23, 2013, at Wacky World, located at 2913 East Arnold Ave. Activities include bounce house, prizes and giveaways. Sign up is required. Call 754-2830 for more information.

Women's Health Fair

A Women's Health Fair is scheduled from 11 a.m. to 1 p.m. March 25, 2013, at the Dix Chapel, located at 5240 Eighth St. The health fair is sponsored by Lourdes Hospital and will feature informational booths on women's health. Call 754-4947 or 754-9163 for more information.

Communicating Clearly workshop

The Librar-e and Resource Commons, in partnership with the American Red Cross and New Jersey Chapter of Blue Star Families, is set to host a Communicating Clearly workshop 6 p.m. March 25, 2013, at 2603 Tuskegee Airmen Ave. The workshop is designed to help participants improve communication skills to better manage the post-deployment period. The 60-90 minute workshop is limited to 15 participants. Contact 754-2079 or newjersey@bluestarfam.org for more information or to register.

Passover Observance

The 514th Air Mobility Wing Chaplain Corps in partnership with Princeton University are set to host Jewish services March 25 and 26, 2013, to celebrate Passover. The event is open to service members in the Jewish Community who are not able to spend Passover with their loved ones. Any interested service member may attend. Seating is limited and participants will meet at 5 p.m. in the parking lot behind the building located at 2217 West Arnold Ave. Pre-registration is required. Call 754-3261 more information or email Daniel.Kamzan@us.af.mil.

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Airmen and civilian contractors attach a tow bar to the nose landing gear of a C-5M Super Galaxy aircraft Jan. 20, 2013, at Camp Marmal, Afghanistan. The aircraft, assigned to the 436th Airlift Wing at Dover Air Force Base, Del., was forward deployed to assist with the scheduled rotation of two U.S. Army aviation task forces. (U.S. Air Force photo by Tech. Sgt. Parker Gyokeres/Released)

Mobility Airmen work together to move two Army brigades

By Tech. Sgt. Parker Gyokeres
621st Contingency Response
Wing Public Affairs

More than 15 Airmen from the 621st Contingency Response Wing recently played a crucial role working with mobility Airmen from multiple locations to assist in the exchange helicopters and equipment assigned to two large U.S. Army brigades March 14, 2013, here.

Beginning in mid-January, United States Transportation Command tasked the Joint Base

McGuire-Dix-Lakehurst-based contingency Airmen, another 100 Airmen from the 436th Airlift Wing at Dover Air Force Base, Del., and three C-5M Super Galaxy aircraft to assist in the multimodal movement of two aviation brigades into and out of Afghanistan. The mission concluded with the last flight of the contingency operation Feb. 21, 2013. "It took a full month to move more than 1,500 tons of cargo, but we didn't miss a single delivery date," said Lt. Col. John Hardie, 9th Airlift Squadron contingency operation mission commander.

"The upgraded C-5M was so capable, we only needed to use three aircraft instead of the usual four or five C-5B models we would normally deploy for a multimodal of this type."

A multimodal mission uses more than one type of transportation to get cargo to a final destination. Both sealfit and airlift were employed in this case.

Helicopters assigned to the 1st Air Cavalry Brigade, Task Force Iron Knights, from Fort Hood, Texas, were delivered via ship to a port on the Iberian

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Vendors bring latest tech to JB MDL

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

Joint base community members came to Tommy B's Community Activities Center to see technological advancements from more than 50 vendors throughout the country March 13, 2013, here.

Service members, civilians, Department of Defense contractors and others were invited to attend the 5th Annual Joint Base McGuire-Dix-Lakehurst Information Technology Expo.

Col. John Wood, JB MDL commander, opened the event and expressed excitement and intrigue about the technology being featured. "As we think about what our military has to do and what our government asks us to do, we have to innovate, so you being here gives us time to think and reflect and maybe find opportunities to do that," said Wood. "I'm an engineer by trade but I'm excited when I see some technology and I'm looking to get around and see what's out there."

The expo was organized by Donna Flemister, Federal Direct Access owner, who wanted to provide joint base community members an opportunity to see new technology without having to leave the base.

"The concept was to bring the technology directly to the military," said Flemister. "Years ago I used to work for a



Mark Egloff, Hewlett-Packard Company U.S. Air Force account manager provides information to Master Sgt. Ronald Logan, 305th Maintenance Squadron test, measurement and diagnostic equipment flight chief, and Tech Sgt. Thomas McKrush, 305th MXS NCOIC precision measurement equipment laboratory NCO in-charge, Mar. 13, 2013, at the 5th Annual Joint Base McGuire-Dix-Lakehurst Information Technology Expo at JB MDL, N.J. The event offered more than 50 vendors the opportunity to provide information to attendees. Logan hails from Connelleville Pa. and McKrush hails from Johnstown, Pa. (U.S. Air Force photo by Russ Meseroll/Released)

large trade show and only certain people got to go to them... so we started bringing them directly to the base to make them available to the users and decision makers."

Flemister worked with members of

the 87th Communications Squadron, U.S. Naval Air Systems Command's Information Technology Information Management and the Dix Network Enterprise Center to help gather interest

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Training simulator

Chief Master Sgt. of the Air Force James A. Cody leaned into the training simulator, inspecting its features. It looked like a Humvee without wheels, bolted into a giant tumblar.



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Last dance

Naval Mobile Construction Battalion 21 celebrated their last Seabee Ball and shared their unique history one final time.



4

Activity support

Dix now provides virtual reality technology to support Soldiers' individual and collective training using the has available in the 3500 area here.



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The Weekend Weather

Today
High 45/Low 29
Partly Sunny



Saturday
High 48/Low 30
Partly Sunny



Sunday
High 46/Low 36
Partly Sunny



Sequestration is here

By Lt. Col. Michael Tatum
51st Comptroller Squadron

Most people are now aware of America's fiscal crisis. The national debt is at \$16.5 trillion and rising. The fiscal crisis is driving the need for budget cuts across the federal government. The Department of Defense makes up approximately 20 percent of the federal budget, so we should expect that the DOD will have to make its fair share of budget reductions.

So exactly, what is sequestration? Sequestration is part of the Budget Control Act of 2011 (Public Law 112-25). It is designed to balance the federal budget by introducing an automatic process of across-the-board budget cuts.

Under sequestration, the DOD would see a seven percent reduction in its budget. The budget cuts would essentially be "peanut butter" spread across all of the accounts. If sequestration happens, the DOD budget process is essentially ignored, and the budget cuts are laid in with no consideration of priorities. This means our DOD and Air Force leaders have little opportunity to provide input on where the budget is cut.

Sequestration is happening and budget cuts must be made. The DOD and Air Force officials would prefer to make budget decisions based on the Planning, Programming, Budget, Execution and System, also known as the corporate

process. FPBES provides a more deliberative process for establishing priorities, making strategic budget decisions and documenting the rationale for those budget decisions. The FPBES process allows more Air Force leaders more influence on how these major budget reductions impact Air Force operational capabilities.

Based on my 15 years of budgeting experience, I would like to provide three suggestions to all Airmen on how they can assist our Air Force leaders with meeting our budget challenges.

Know your wing's mission and priorities.

Each Airman should understand how their job impacts the wing's mission and where it fits in the commander's priorities. Once you understand how your job impacts the mission, you can more effectively communicate the impact of budget reductions in your job area. This is vital in ensuring decision makers have all of the information needed to make the correct budget decisions.

Elevate funding shortfalls with mission impacts.

The most effective avenue for elevating funding shortfalls is by submitting an unfunded requirement submission to your squadron commander. Unfunded requirements allow you to identify a mission requirement that has not been adequately funded. These unfunded requirements are prioritized at the wing

level and then elevated to the major command for funding consideration. If you have questions about the unfunded requirements process, you can see your resource adviser or your wing budget officer.

Be prudent when spending taxpayer dollars.

Last, but certainly not least, be a cost conscious user of government resources. You should treat the taxpayer's dollars like it is your family's money. Do your part to conserve energy, for example saving fuel and utilities. Also, be critical of new purchases for furniture or computers. Look for creative ways to save money, every dollar helps. The Air Force's new vision statement, "A Vision for the U.S. Air Force," states "Every Airman should constantly look for smarter ways to do business." Your ideas and creativity will make us a more efficient Air Force.

My three suggestions are very basic, but can render huge benefits if Airmen commit to being part of the solution to the budget challenges. The Air Force needs help to ensure these budget cuts have the least amount of impact to the Air Force's operational capabilities. America needs help to assist with solving the \$16.5 trillion debt. I encourage all Airmen to be innovative and get engaged and be part of the solution.

Who likes conflict?

By Steven Goldman

Joint Base McGuire-Dix-Lakehurst Equal Opportunity

I will say most people do not like conflict. Occasionally, some people enjoy being challenged with a friendly bantering of words and aren't afraid of disagreements, but most of the time we prefer to avoid conflict.

What is conflict anyway? The dictionary defines conflict several ways: to come into collision or disagreement, to be contradictory or in opposition, to clash, fight or contend; do battle.

While very few people enjoy the prospect of conflict, it's something all of us has or will encounter at some point in our lives. We encounter it every day in stores, offices, while driving, at home, or with coworkers. It's probably a safe assessment to say if you work with at least one person, you might encounter conflict. Keep in mind it is natural, normal and should be nothing to fear.

We all have lots in common with those we are in conflict with as far as how conflicts get started and why issues escalate to a breaking or boiling point. For the most part, workplace difficulties fall into common categories to include: communication/miscommunication, employee attitudes, honesty, insubordination, treatment of others, work habits, etc. A combination of employees, culture, and policies has a potential to create a highly-synergistic team or create some of the most traumatic conflict you've encountered in your career. Either way, we all must be able to handle conflict or know your resources for dealing with conflict.

Communication often lends itself to be a huge contributor to conflict and communication makes the world go round. Word choice, tone of voice and body language all contribute to whether or not you understand each other verbally,

non-verbally and in written form. Using vague or confusing language causes communication misfires. We all should choose our words wisely and use them in a way that invites dialogue, makes for a less stressful work environment and models good communication.

Having difficulty with someone you work with can weigh heavily on you and the rest of your organization. Conflict isn't fun and exerts a lot of energy and can spill over to involve others in the work area and ultimately the mission suffers. When things escalate to this point, it is critical to attempt to resolve the differences and create a conflict-free environment. People react to and manage conflict differently. Several people in the same situation may have distinctly different reactions. To make matters more complex, not only do they act differently in conflict, but the same person may respond one way in one situation and react another way in a different situation. Some methods of conflict management styles range from: giving in, avoiding the fight, fighting it out, compromising and working together. Each method has advantages and disadvantages for each person and situation.

Conflict can be costly when overlooked and ignored. Resolving conflict at the lowest level possible saves time, money, increased productivity and energy. Employees should be empowered to handle the issues themselves. There is no one cookie-cutter approach for workplace dispute resolution options but our alternative dispute resolution program is a great option to consider as a first choice rather than a last resort.

Use the ADR process in the early stages of a conflict to possibly prevent a problem from growing out of control. The goal continues to break down barriers to communication and build bridges to a better workplace for all.

Call the ADR team at 754-2255 to learn more or to schedule mediation.

Service member spotlight: a perfect fit

In honor of Women's History Month, this week's featured service member is Petty Officer 2nd Class Paulina Halasa, Coast Guard Atlantic Strike Team chemical shop division technician, here. Halasa is originally from Erie, Pa.

Q: Why did you join the military?

A: I was always interested in marine environmental science and the Coast Guard was the perfect fit for what I want to accomplish.

Q: What does your job entail?

A: My day-to-day job involves lots of training to maintain currency and a high level of expertise since we deploy a lot. I spend most of my time calibrating and maintaining hazardous material response equipment when I'm not training.

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

A: My uncle is in the Polish Army.

Q: Who most inspires you?

A: My mom inspires me because she always believes in me and never gives up.

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

A: The service still provides you opportunities to pursue your personal goals.



(U.S. coast Guard courtesy photo/Released)

Shamrock Run swarms Lakehurst streets



Runners from throughout the joint base celebrate St. Patrick's Day by participating in the Shamrock Run 5K March 14, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The run brought out 53 runners and 27 walkers, many of whom had never run a 5K. (U.S. Navy photo by Mark Smith/Released)

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@mcguira.af.mil.

Action lines may be made anonymously, however it is recommended you leave your name and number in case more information is needed to address your concern.



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Several services sever tuition assistance

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

The Air Force is the latest branch to officially suspend military tuition assistance March 11, 2013, as a result of sequestration. Michael Donley, Secretary of the Air Force, announced the Air Force has suspended new TA enrollment for the remainder of fiscal year 2013. The Army and Marine Corps leaders cancelled their services' TA programs March 8. No official word has been given regarding the program's continuance for fiscal year 2014.

The Defense Department's comptroller advised all service branches to "consider significant reductions in funding new TA

applicants, effective immediately and for the duration of the current fiscal situation," said Navy Cmdr. Leslie Hull-Ryde, a Pentagon spokeswoman.

The decision will not affect Airmen who are currently enrolled in TA, or approved for future courses.

"Joint base service members should not give up on their educational goals in light of TA cancellation," said Jude Marranco, JB MDL Education and Training Center education and training chief. "There are many untapped resources to include the 'G.I. Bills,' scholarships and grants. I recommend service members seek free money before looking to student loans."

The ETC employees offer assistance with

finding the right resources. Service members here can also find guidance at the education section on www.pomd.com. Additionally, service members can also find education funding information at studentaid.ed.gov/resources/funding/.

- Resources listed at the site include: 2012-2013 Funding Your Education: The Guide to Federal Student Aid
- Federal Student Aid for Adult Students
- Financial Aid for Graduate and Professional Degree Students
- Video: Types of Federal Student Aid
- Web pages and Tools: Checklists for Academic and Financial Preparation
- Web pages and Tools: Scholarship

Search

- Fact Sheet: 2012-2013 Do You Need Money for College? Federal Student Aid Guide
- Fact Sheet: Federal Grant Program
- Fact sheet: Federal Student Loan Program
- Fact Sheet: Scholarships for Military Families
- Fact Sheet: Funding Your Graduate Education: Sources of Information
- Booklets and Brochures: 2012-13 Completing the FAFSA

"This is a challenging time as we face TA cancellation and civilian furloughs," said Marranco. "It's a time when we need to get creative and overcome some new obstacles."

"We're committed to where you're going," said Cody. "All the services are committed to making sure that those who are in harm's way, those who are fighting the fight, have the resources to do whatever we're asking them to do."

Top enlisted Airman visits JB MDL mobilizers

By Spc. Mark VanGarpen
129th Mobile Public Affairs Detachment

Chief Master Sgt. of the Air Force James A. Cody leaned into the training simulator, inspecting its features. It looked like a Humvee without wheels, bolted into a giant tumbler.

"We don't tumble them around like they're in a washing machine," said Sgt. 1st Class Keith Hands, 1 Battalion 314th Infantry Regiment Humvee egress assistance trainer instructor. The service members who strap into the trainer are rolled more realistically, he added.

Behind them, a class of Sailors leaned in their folding chairs and dove across each other's laps as their instructor shouted roll-over commands.

The HEAT is used for simulating real-life crash situations and is part of mobilization training service members receive here. Cody received a quick lesson March 12, 2013, on the simulator and how it operates.

Cody recently returned from a battlefield circulation of Afghanistan, where he visited service members in the field. His first stop after the circulation was here to

witness a few of the steps troops take toward mobilization.

"This is a great opportunity to meet somebody of a higher position than we are," said Tech Sgt. Tiffanee Schultz, 802nd Force Support Squadron NCO in-charge of evaluations, currently mobilizing here. "Being down at base level, we don't get to see too many higher-ups come down and meet with the lower ranks and want to hear our questions."

Cody spent a few minutes answering service members' questions after viewing a counter-improvised-explosive-device training session. Concerns about budget cuts were mentioned immediately but Cody assured the class they will have all the resources they need to accomplish their missions in theater and come home safe.

Cody urged service members to stay focused on their deployments, especially since most U.S. combat forces are expected to withdraw from Afghanistan by the end of 2014.

"You're going over there at a time when we have to keep our eye on the target," said Cody, addressing the counter-IED class.

"Think about how we're starting to retrograde out of Afghanistan. That environment doesn't make it safe."

American forces will probably remain in country in some capacity for the foreseeable future even as the military begins to shift its focus away from Afghanistan, remarked Cody.

"Retrograding means we are no longer over there with a big footprint, fighting the war," said Cody. "But that doesn't mean we are any less committed to the Afghans in helping them establish their country in a way that they can govern and have some sense of security in that area. That is going to be a great challenge."

America's fiscal situation is a serious hurdle to reaching that end, impacting the military's capability to meet the nation's requirements. A growing difference between the type of military the nation wants and the one it can afford is developing, and that is going to affect the future state of the armed forces, said Cody.

"That is on the mind of every one of our service chiefs, every one of our service secretaries," said Cody. "We can't be everything

to everybody if we can't be something to ourselves, and we're contending with that."

Whatever consequences the cuts have at home, the military's priority is to keep deployed service members supplied with all the resources they need to accomplish their missions and come home safe, added Cody.

"We're committed to where you're going," said Cody. "All the services are committed to making sure that those who are in harm's way, those who are fighting the fight, have the resources to do whatever we're asking them to do."

He advised the class before departing to stay focused on the mission and stay in contact with their families and those who loved them.

"Know that you will be in our thoughts and prayers the whole time," said Cody. "We want to make sure you're as safe as you possibly can be in an environment that just isn't safe. Keep your eye focused on the ball while you're in theater, because getting yourself wrapped around, worrying about what might else be going on in our Air Force is not going to be conducive to being successful there or your ultimate safety."

JB MDL women share history, spread knowledge



Women's History Month began with readings which reflect on historical women during the Women's History Luncheon March 5, 2013, at Tommy B's Community Activities Center at Joint Base McGuire-Dix-Lakehurst, N.J. The women portrayed were Madeleine Albright, Amelia Earhart, Rosa Parks, Rosie the Riveter and Ibel Martinez portrayed by Capt. Elizabeth Wagner, Senior Airman Megan Fisher, Staff Sgt. Jasmine Tate, Senior Airman Elizabeth Prescott and Jennifer Pichardo respectively, all from the 87th Logistics Readiness Squadron. (U.S. Air Force photo by Wayne Russett/Released)



Staff Sgt. Ladwida Castro, 87th Communications Squadron communications focal point specialist, reads a book about Amelia Earhart for Women's History Month at the Library and Resource Commons March 7, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Children's story time takes place every Thursday at 10 a.m. through the month of March where a volunteer will read a book featuring a prominent female figure in history. (U.S. Air Force photo by Russ Meseroll/Released)

Is it all in your head?

By Sgt. Manda Walters
129th Mobile Public Affairs Detachment

When Army Sgt. Nathan Martucci is asked if he hurt his leg, he has become accustomed to nodding yes and walking away while holding his cane for balance, but he doesn't have a leg injury.

Martucci's injury isn't visible. It's on the inside. He has a brain injury. A brain injury is caused by a blow or jolt to the head or a penetrating injury that disrupts the normal function of the brain.

The blows and jolts he experienced came from exposure to more than 25 improvised explosive devices that detonated near his tank while conducting route clearance, presence patrol, cordon and search and recovery missions in Iraq with the 3rd Armored Cavalry Regiment of Fort Carson, Colo., in 2005, then again with the 3rd Infantry Division of Fort Stewart, Ga., in 2007.

Martucci, a Warrior Transition Unit Soldier, and former tanker, is no longer

able to drive to WTU's Case Management building, or anywhere else here. He uses public transport.

"If I didn't have this," said Martucci raising the cane he holds in his right hand off the ground, then letting it go to dangle from the cord that ties it to his belt loop, "no one would say anything."

The month of March has been dedicated to the more than 260,000 military

members who have been documented as having varying degrees of brain injury during the past decade.

Martucci's symptoms are severe, his balance, vision, memory and speech are impacted.

Awareness of brain injury, also referred to as traumatic brain injury, and its symptoms, can help to identify possible injuries and expedite their treatment.

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"Making Jesus Famous"

Worship Services:
Sunday: 8:30am & 10:30am
Discipleship School concurrent with both services

John D. Grove, D., Min. Pastor

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24260 West Main Street,
Columbus NJ 08022
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NJESGR seeks Boss Lift applicants

By Tammy L. Cartagena
Employer Support of the Guard and Reserve

The National Employer Support of the Guard and Reserve Headquarters is set to host its annual Boss Lift May 7-8, 2013, here.

The two-day event will allow 35 participants to see firsthand the type and quality of military training and leadership activities guard and reserve members receive. Selected sites will emphasize guard and reserve training and will also include multiple service branches.

The Boss Lift brings employers to experience military training sites where they observe guard and reserve members on duty as part of the total force. The event allows employers an opportunity to understand what guard and reserve members do when on duty with their military units.

The ESGR committees often include key business and community leaders and members of the local media in addition to employers.

Non-member participation is generally limited to one Boss Lift to enable the ESGR to offer the opportunity to as many employers as possible. The New Jersey ESGR will only invite bosses of guard and reservists this year.

Day one of the event will allow attendees to tour different Army training simulators and a tour of Lakehurst. Day two is all about the weapon systems and will include a military working dog demonstration, rides in various military vehicles, a Meals Ready to Eat lunch and a live-fire demonstration.

Go to www.njesgr.org/forms/njesgr_bosslift_form.pdf to print an application form and fax it to 562-5496. Call 562-5550 afterwards to confirm receipt of nomination or for additional information.

Seabees say goodbye with style

By Ensign Luis Gaitan
Naval Mobile Construction Battalion 21

Naval Mobile Construction Battalion 21 celebrated their last Seabee Ball and shared their unique history one final time March 9, 2013, before the battalion's fall decommissions.

More than 300 Seabees, family and friends attended the celebration in the Hanover Grand Ballroom in Bethlehem, Pa.

The anniversaries of the 171st anniversary of Naval Facilities Engineering Command, the 146th anniversary of Civil Engineer Corps and the 71st anniversary of Naval Construction Forces were also celebrated during the event.

Remarks from Commander William R. Mock, NMCB-21 commanding officer and the Seabee Ball Host followed the Prisoners of War and Missing in Action ceremony.

"I was humbled to stand in the midst of the people who made NMCB-21 a great battalion and those who keep us strong today," said Mock. "It was refreshing to see and feel the '21 pride and there is no doubt that our pride and camaraderie will remain long after our battalion is decommissioned."

NMCB-21 hosted guest speakers retired Navy Capt. Richard Kinard, former commanding officer, and retired Command Master Chief Edward Fredrickson. Kinard began his time with NMCB-21 as an engineering aid. He received a direct commission



Seamen Recruit Steffan McKell, Naval Mobile Construction Battalion 21 construction man apprentice, 19, and retired Master Chief William Starkey, 82, representing the youngest and oldest ball attendees, cut the Seabee Ball Cake at the Seabee Ball with Cmdr. William R. Mock (center), NMCB-21 commander, March 9, 2013, at the Hanover Grand Ballroom in Bethlehem, Pa. The event was the final ball for NMCB-21 and marked the 171st anniversary of Naval Facilities Engineering Command, the 146th anniversary of the Civil Engineer Corps and the 71st anniversary of Naval Construction Forces. NMCB-21 is set to decommission in September. (U.S. Navy photo by Ensign Luis Gaitan/Released)

and eventually took the helm of NMCB-21 as commanding officer.

Lt. Cmdr. Shawn Galbraith, NMCB-21 executive officer and master of ceremonies, was elated to see members from the outlying detachments as far as Rochester and Buffalo in addition to his former comrades.

"It is great to see the various generations that I went through and served with," said Galbraith. "Seeing the tradition and catching up with plank owners from its original commission in 1962 was great."

The night of dancing and reacquainting was capped off

with the cutting of the Seabee cake by Mock, the youngest member of the battalion Seaman Steffan McKell, NMCB-21 construction apprentice at 19, and the most senior Seabee to attend, UCCM William Starkey.

"An example of how important the Ball is to the individual Seabee, an 82 year old Seabee attended this year," said McKell. "This is a true testament to the Esprit De Corp of Seabees everywhere. I am proud to be a part of it and hope to attend future Seabee Balls with my wife visiting friends until I am 82 years old."

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Army doubles gold in Armed Forces Wrestling Championship

By Senior Master Sgt. Denise Johnson
Joint Base McGuire-Dix-Lakehurst
Public Affairs

The United States All-Army wrestling team dominated the 2013 Armed Forces Wrestling Championship March 16-17, 2013, here.

Wrestlers competed in the Greco-Roman style on the first day of the tournament and freestyle on day two in weight classes ranging from 55-120 kg.

Spectators surrounded two side-by-side mats on which two branches of service each faced off in simultaneous matches. The setup allowed representatives from the four teams: All-Army, All-Navy, All-Air Force and All-Marine Corps to compete on the floor at all times.

Day one pitted Army against Air Force on mat 1 while the Marines faced the Navy on neighboring mat 2 in the first of two rounds which would culminate in the championship line up for Round 3. Each round comprises a match with each weight class. The winner in each class is determined by the best-of-three, two-minute periods.

Navy's Darnell Jones' strong first-period lead, 5-0, was soon overshadowed in the 121 kg. class when Marine lead-off wrestler, Ian Moser, subsequently stormed the mat taking Periods 2 and 3, giving him the win.

The Army, boasting three Olympic wrestlers and prior Olympic wrestling coach, finished Round 1 with an authoritative team score of 26-1 over the youngest and least-experienced team in the tournament, the Air Force. The Marines, nearly mirroring the margin, finished Round 1 at 23-6 over Navy who carries the least amount of team members.



Air Force Terrell Walker tries for a pin to counter Army Oscar Wood's attempt at a throw in the 84 kg. Greco Roman style match March 16, 2013, at the Armed Forces Wrestling Championship, at Joint Base McGuire-Dix-Lakehurst, N.J. Wood, a 2004 Olympic wrestling team and Army assistant coach, holds his opponent off with leverage on Walker's hip. Walker scrambles to get chest-to-chest, the most dominant wrestling position which provides a controlled center of gravity and diminishes an opponent's ability to escape. This was Walker's first dual in an Armed Forces championship. Walker won the first period, 5-0, bringing his team to their feet. Wood came back to win the two subsequent periods and thus the round, though Wood suffered a displaced rib in the duel. Walker is stationed at Joint Base Langley-Eustis, Va., and calls Eglin, Ill., home. Wood is stationed at Fort Carson, Colo. He hails from Gresham, Ore. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)

"The United States Army has the best Soldiers in the world and that's because our Soldiers can do more than one thing and be good at it," said Shon Lewis, Army Head Coach.

Navy held onto a finishing team score of 6 in Round 2 as they faced Army on mat 1, who took the round with a final team score of 24. Air Force rallied to score points, earning 7 in Round 2 against the Marines who tallied 22 for a team score. The scores earned both the Marines and Army a strong starting point in the fight for the gold in the championship

round as Navy and Air Force battled for the bronze.

"We're both 2-0 in the dual-meet competition so far, so we'll go head-to-head and see what happens. We're battling for first, we don't battle for second," Lewis said.

Marine Head Coach Dan Hicks said his team was meeting and exceeding his expectations despite losing some team members to duty requirements and injuries.

"I think we did well, we were down a little bit in numbers. We had three gold medalists

last year at this tournament and one of our guys has a severe injury, I don't think anyone really knows that," Hicks said. "Two of our lieutenants who won freestyle last year are deployed now, so that adds to the challenge a little bit. We do have some younger competitors and this is the first competition for three of our starting Marines. I had confidence in them, but also kept in mind that this competition is tough."

Army's Oscar Wood was injured in the 84 kg. weight class against Air Force Terrell Walker, though Wood managed to hold onto the win in a close match up. Wood, Army assistant coach, stepped up to compete in that weight class due to a vacancy.

"I told him two weeks ago, 'hey, you're in,'" Lewis said. "Because of his Army pride, team spirit and intestinal fortitude, he said, 'put me in.' Unfortunately he dislocated his rib today but he'll be alright."

The assistant coach would be required to forfeit the freestyle class the following day.

"He'll be back tomorrow as a spectator and we'll take the forfeit because there are no substitutes in this type of dual-meet match, but we'll be okay," Lewis explained. "I talked to the guys and said, 'We just gotta put a little extra in the rack... not much, but a little.'"

The Greco-Roman 120 kg. championship paired the two top wrestlers, Marine Charles Fish against Army Pete Gounaridis, a 2012 Olympic alternate.

Period 3 brought a tie breaker finish as Fish, 2010 University Champ, fought off a body attack, countering with a surprise pin bringing the crowd to their feet and earning a much-needed 5-point boost in the duty

See **WRESTLE**, Page 14
See pages 8 and 9 for more photos from the event.

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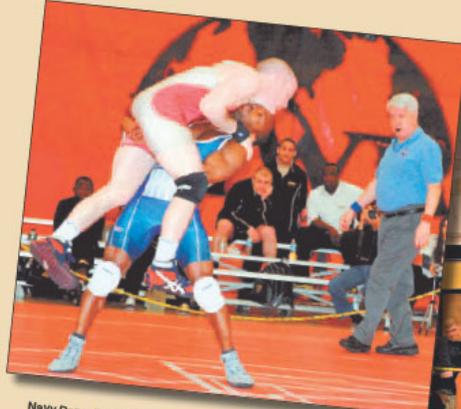
Army doubles gold in Armed Forces Wrestling



Navy Diotrich Zacher attempts a take down by applying a single-leg lift on Marine Alexander Holloway March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J., in the 66 kg. weight class. This second day of the Armed Forces Wrestling Championship put the athletes' freestyle skills to the test, which enables leg grabbing and moves below the waist, unlike day one's Greco-Roman matches. Zacher is assigned to the South West Regional Maintenance Center in San Diego. He calls San Diego home. Holloway, a Marietta, Ga., native, is assigned to Headquarters Support Battalion at Camp Lejeune, N.C. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Army Spenser Man Wilder from the past the Greco-Roman 66 kg. weight class in Griffith Field House at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J., in the 66 kg. weight class. This second day of the Armed Forces Wrestling Championship put the athletes' freestyle skills to the test, which enables leg grabbing and moves below the waist, unlike day one's Greco-Roman matches. Zacher is assigned to the South West Regional Maintenance Center in San Diego. He calls San Diego home. Holloway, a Marietta, Ga., native, is assigned to Headquarters Support Battalion at Camp Lejeune, N.C. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Navy Darnell Jones executes a single leg lift on Army Nate Engel in the 55 kg. freestyle match March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. The lift fails and Engel comes back with a pin for the win shortly after. Jones is assigned to Assault Craft Unit 4 in Little Creek, Va. He is a native of Norcross, Ga. Engel, stationed at Air Force Carson, Colo., hails from St. Helena, Calif. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Marine Alexander Holloway attempts an overhook throw on Air Force Nathan Higgins. The two competed in the 66 kg. freestyle match March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Holloway, a Marine Support Battalion at Camp Lejeune, N.C. Higgins is stationed at Royal Air Force Lakenheath, United Kingdom. He is a native of Fairbanks, Alaska. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Air Force Nathan Higgins executes a push out for one point as Marine Alexander Holloway dances the line. The two competed in the 66 kg. freestyle match March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Higgins is stationed at Royal Air Force Lakenheath, United Kingdom. He calls Fairbanks, Alaska, home. Holloway, a native of Marietta, Ga., is assigned to Headquarters Support Battalion at Camp Lejeune, N.C. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Air Force Nathan Hartley floats in a 66 kg. freestyle match March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Holloway, a Marine Support Battalion at Camp Lejeune, N.C. He is a Bay Area native. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)

Wrestling Championship



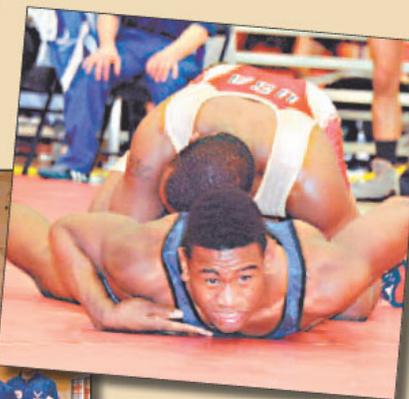
go straightlits Navy Sheldon tier position for 5 points in 60 kg. class March 16, 2013, at the Armed Forces Wrestling Championship, at Joint Base McGuire-Dix-Lakehurst, N.J. Simpson is assigned to Fort Riley, Kansas. He is a Nashville native. Wilder is assigned to the USS Iwo Jima in Norfolk, Va., and calls Durham, N.C., home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Army William Simpson earns two points when Navy Sheldon Wilder's back breaks 90 degrees from the mat during the duo's scramble for position in the 60 kg. freestyle match March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Simpson is assigned to Fort Riley, Kansas. He is a Nashville native. Wilder is assigned to the USS Iwo Jima in Norfolk, Va., and calls Durham, N.C., home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



kg. weight class March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Hartley, a Niceville, Fla., native, is assigned to Headquarters Support Battalion, Fairbanks, Alaska, home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Air Force Brandon Johnson brandishes a bloody lip as he defends against Army Justin Lester's attempt at a gut wrench in the 74 kg freestyle match March 17, 2013, in Griffith Field House at the Armed Forces Wrestling Championship, at Joint Base McGuire-Dix-Lakehurst, N.J. Johnson is stationed at Ramstein Air Base, Germany. He calls Moreno Valley, Calif., home. Lester is stationed at Fort Carson, Colo., and calls Akron, Ohio, home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Air Force Ryan Lyons in response to a gut wrenching in the 84 kg. weight class March 17, 2013, at the Armed Forces Wrestling Championship, in Griffith Field House at Joint Base McGuire-Dix-Lakehurst, N.J. Hartley, a Niceville, Fla., native, is assigned to Headquarters Support Battalion, Fairbanks, Alaska, home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Air Force Brandon Johnson brandishes a bloody lip as he defends against Army Justin Lester's attempt at a gut wrench in the 74 kg. freestyle match March 17, 2013, in Griffith Field House at the Armed Forces Wrestling Championship, at Joint Base McGuire-Dix-Lakehurst, N.J. Johnson is stationed at Ramstein Air Base, Germany. He calls Moreno Valley, Calif., home. Lester is stationed at Fort Carson, Colo., and calls Akron, Ohio, home. (U.S. Air Force photo by Senior Master Sgt. Denise Johnson/Released)



Members of the All-Army wrestling team demonstrate and break down different techniques for more than 45 children, ages six to 18, during a wrestling clinic in Griffith Field House March 16, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. The Army wrestling team was asked to lead the clinic after the first day of the 2013 Armed Forces Wrestling Championship, having three Olympic wrestlers, and enlisted help from members of the Air Force team. Each attending wrestler watched a group to ensure the children received as much guidance and experience out of the clinic as possible. (U.S. Air Force photo by Airman Tara A. Williamson/Released)

Olympic wrestlers hone skills of youths

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

Army Capt. Phillip Simpson, All-Army wrestling team member, based out of Fort Carson, Colo., and hailing from Nashville, Tenn., called out each position to more than 45 boys who would drop to the mats and scramble right back up.

Children ages six to 18, from Virginia, Connecticut, Pennsylvania and New Jersey, received a unique opportunity to learn different techniques from Olympic-class athletes during a wrestling clinic held at Griffith Field House, March 16, 2013, here.

"It's a great opportunity to see the great wrestling and the rivalry among the services and the skills, but then you get on the mat with them and they teach you and talk to you about what it takes to be a champion and what it takes to be successful at the Olympic level," said Floyd Winter, 87th Force Support Squadron sports and fitness director, originally from Forterville, Calif., and prior All-Army wrestler himself. "As a parent or a coach, you can't buy that. They're going to see it, then they're going to show them how to do it."

Winter asked the Army coach to assist with the clinic because they have several Olympians and national champions. The team was more than happy to help, he said.

Talking to the wrestlers about the clinic, Winter said they understand giving back to the sport they put so much work into and how much the children look up to them. It means a lot to the wrestlers, he said, that they can help out the children.

The clinic was only advertised to high school students when first announced. However, Winter was asked by parents to reconsider allowing younger children to participate.

Army Capt. Peter Whitney, 404th Civil Affairs Battalion air operations officer here, has a 9-year-old son, Shane, who showed interest and requested Winter to allow younger children to come out as well.

"They originally put it up for high school students," said Whitney. "I asked if they'd allow junior wrestlers between the ages of six and 13 out here and he was very welcoming and let us bring our rec kids out here."

Navy Chief Petty Officer Michael Carey, Maritime Civil Affairs Security Training Command team chief, said it was great to have his son Aiden, 10, and the other kids coached by Olympians and champions in a sport they love.

The children see the military aspect on a daily basis. It was eye-opening for them to see real wrestling matches and then get taught by those same professional athletes on a personal level, Carey said. "It was good for them all. It's good to see them out there with our fellow brothers."

Air Force Lt. Col. Steve Cabosky, 87th Force Support Squadron commander, stated leadership had talked about hosting events like the tournament and clinic. He had no reservations about bringing the tournament and clinic to the joint base and knew when Winter brought it up, it would be a great success.

"I think this is the perfect place, here on the joint base, to have an armed forces tournament," said Cabosky. "We're a joint base, we have all services represented day in and day out. What better place to have an armed forces tournament?"

The tournament drew a crowd of joint base service members, competitors family members and children interested in cheering for their service or simply to enjoy the opportunity to attend a higher capacity sporting event in their area.

The boys are not going to get this experience at a recreation center, in town or in a local club, said Whitney. The kids could see the highest level in a sport not as popular on television as others.

Attending a clinic with three Olympians assisting kids is a rarity, said Winter. If any parent finds the opportunity, it would normally cost them a couple hundred dollars.

The children had smiles on their faces for hours as they learned from professionals who were motivated about working personally with them.

"It's the epitome of the sport out here," said Whitney. "You also have to take into account that they're fellow members of the military. It makes me proud to have my son out there with them."

Virtual simulators provide realistic training

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

Army Support Activity-Dix now provides virtual reality technology to support Soldiers' individual and collective training in the 3500 area here.

The Dismounted Soldier Training System allows squad-level training without the need to enter a field environment and, mitigating risk, while saving time and transportation resources.

The DSTS is the first fully-immersive virtual simulation training system that places the user in a virtual environment, complete with enemy forces and environmental obstacles.

"The Dismounted Soldier Training System is an individualized virtual reality type of simulator," said David Cherouney, systems technician with Intelligent Decision, a Department of Defense contracted training entity. "We can immerse the Soldier into a realistic environment, hit him with realistic situations where he is going to have to make decisions and react accordingly."

Each DSTS includes the following major subsystems: nine Virtual Soldier manned modules, five multifunctional workstations, an Exercise Control workstation and an after-action review station. The subsystems are contained within an approximate 1,600-square-foot training facility.

The difference between the DSTS and other training simulation systems is it allows participants to wear the simulator as opposed to sitting in it.

Soldiers are issued an individual man-wearable, immersive training system and instrumented weapon which enables them to see and hear the virtual environment and also communicate with members of their squad, platoon or company.

Users perform complex maneuvers with specific body motion, such as leaning around or under an obstacle by physically mimicking those actions or to communicate with others from the prone, standing or kneeling position. Motion tracking captures the Soldier's movement and translates it to control the avatar within the simulation.

The DSTS is an out-of-the-box-ready system with a flexible, transportable design that can be set up in a fixed or mobile facility within four hours. It uses a hardened, dual-purpose shipping case that functions as operational equipment desks and cabinets.

The DSTS is divided into five distinct work areas the first of which is the Soldier-simulated training area, a 10-by-10 foot area with a manned module pad that provides feedback for the Soldier to safely move in his or her space.

The exercise control workstation, the brains behind the system, allows the trainer to create, modify and execute training



Reserve Soldiers, training with the 78th Training Division, prepare to execute a virtual mission using the Dismounted Soldier Training System Feb. 8, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J., as part of their Combat Support Training and Warrior exercises. The portable DSTS allows leaders to enhance their Soldiers' training in a fully-immersive, virtual-reality environment while also providing both cost and time savings for the military. (U.S. Air Force photo by Pascual Flores/Released)

exercises and controls for each person participating in the training.

The Virtual Soldier Multifunction Workstations allow additional virtual Soldiers, vehicles, neutral or opposing forces to participate in the training and is controlled via keyboard and mouse.

The Semi-Automated Forces Workstation gives the trainer the option to create additional static items like furniture and buildings or animated items such as dogs and birds inside the virtual world. Trainers can modify the scenario by adding an improvised explosive device, more vehicles or combatants.

The fifth workstation gives the ability to record Soldier, team and squad actions during training. A tool for after-action reviews and the ability to rapidly reset the training event allows for more repetitions, enhancing trainee and leader development at the squad level.

"The best part of the system is (how) the users learn response (actions), learn to shoot, move and communicate and learn to react to the different situations depending on the

units' training objective," said Cherouney. "To date, we've trained approximately 60 Soldiers through the DSTS."

The Virtual Soldier Manned Module Subsystem consists of: a helmet mounted display that includes an integrated head tracker; noise cancellation stereo headphones and microphone for voice and radio communications; a man-wearable assembly; a computer backpack for processing and display of the 3-D virtual environment with the head mounted display; a human-sensor network for tracking body positions; and instrumented simulated weapons with optic sights and scopes and Haptic feedback pad.

"As far as simulations go, it may not be as complicated as some, but it is certainly among the most-sophisticated simulation system available on the market today," said

Cherouney. The DSTS is capable of providing mountainous, wooded and desert terrain features and is able to create other operational environments as requested.

"Using the DSTS provides significant savings when you take into account there is no cost on ammunition, or the need for ranges and additional equipment," said Bob Stodnick, Training Support Center officer, Army Support Activity-Dix. "The system is safe not only for the Soldiers but also the environment."

Training on all simulators and simulations is open to all military branches and can be scheduled through ASA-Dix Training Management Division. Call 562-2001 for more information.

AMC cancels 'Rodeo' competition

By Air Mobility Command
Public Affairs

SCOTT AIR FORCE BASE, Ill. — This year's gathering of the Mobility Air Force's biennial Rodeo readiness competition has been canceled.

Gen. Paul Selva, Air Mobility Command commander, decided to cancel the competition because of budget shortfalls March 18, 2013. "Given the fiscal uncertainty and current budget cuts, this was the right thing to do," said Gen. Selva. "It is very unfortunate we have to cancel. This is an important and uniquely useful event for mobility air forces and our international partners. We'll get back to holding Rodeo as soon as we can."

It is not the first time Rodeo has been canceled for budgetary or operational tempo reasons. Rodeo 2003 was called off because of worldwide commitments for the War on Terrorism and humanitarian efforts; in 1988, it was canceled because of budget shortfalls officials said.

Rodeo competitions are held to train and improve the abilities of U.S. and international partners' air mobility operations skills while building international relationships.

Three air mobility symposia originally scheduled for the week before the competition are also canceled, said officials.

More than 20 U.S. teams and a dozen allied nations were looking to travel to Washington state in late July for Rodeo 2013 to participate in events that would challenge the capabilities

of airlift and air-refueling aircrews, as well as maintenance, aerial port and aeromedical evacuation.

Those participants are being notified of the cancellation through appropriate channels, said officials.

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Joint Base Intramural Sports Standings

2013 Intramural Volleyball	McGuire-Dix	Win	Loss	PCT
87th CES	8	0	1.000	
87th CS-A	8	0	1.000	
314th RCS	8	0	1.000	
87th MDC	8	0	1.000	
AMCTES	6	3	0.667	
VR-64 Condors	6	3	0.667	
621st CRW	6	3	0.667	
605th AMXS	5	3	0.625	
87th CONNS	4	4	0.500	
87th CS-B	4	5	0.444	
87th LRS	4	5	0.444	
305th MDS	4	5	0.444	
99th RSC	4	5	0.444	
87th FSS	3	5	0.375	
87th WSA	2	6	0.250	
305th OSS	2	6	0.250	
WMSE-A	1	8	0.111	
305th MDC	0	4	0.000	
7217th MSU	0	9	0.000	
WMSE-B	0	9	0.000	

Game schedule

Week 7

March 25	MFC	5:15 p.m.	305th OSS vs. 87th CONNS
	MFC	6:15 p.m.	87th LRS vs. AMCTES
	MFC	7:15 p.m.	WMSE-A vs. 87th CES
	MFC	8:15 p.m.	WMSE-B vs. 87th CS-A
March 26	MFC	5:15 p.m.	87th FSS vs. 87th CS-B
	MFC	6:15 p.m.	314th RCS vs. 87th CS-A

March 27	MFC	7:15 p.m.	VR-64 vs. 305th MDS
	MFC	8:15 p.m.	WMSE-B vs. 87th MDC
	GPH	5:15 p.m.	87th LRS vs. 87th FSS
	MFC	5:15 p.m.	87th CS-B vs. 87th CONNS
	GPH	6:15 p.m.	305th MDS vs. 7217th MSU
	MFC	6:15 p.m.	WMSE-A vs. 305th OSS
	GPH	7:15 p.m.	314th RCS vs. 87th WSA
	MFC	7:15 p.m.	99th RSC vs. 621st CRW
	GPH	8:15 p.m.	VR-64 vs. 605th AMDS
March 28	MFC	5:15 p.m.	87th CONNS vs. 87th CS-A
	MFC	6:15 p.m.	621st CRW vs. 87th LRS
	MFC	7:15 p.m.	605th AMXS vs. AMCTES
	MFC	8:15 p.m.	87th WSA vs. 7217th MSU

GPH - Griffith Field House MFC - McGuire Fitness Center

Lakohurst Volleyball - A League

Team	Win	Loss	PCT
Thump Thump	2	0	1.000
Not Environmental	2	0	1.000
Amish Ballers'	1	0	1.000
Unarmed Forces	2	1	0.667
Crushers	1	1	0.500
Silver Bullets	0	3	0.000
IKEA Monkeys	0	3	0.000

PCT - Winning Percentage

Game schedule

Week 3

March 25	11:15 a.m.	Amish Ballers' vs. Not Environmental
	12:05 p.m.	IKEA Monkeys vs. Crushers
March 26	11:15 a.m.	Silver Bullets vs. Amish Ballers'

March 27	12:05 p.m.	Not Environmental vs. Crushers
	11:15 a.m.	Unarmed Forces vs. Thump Thump
	12:05 p.m.	Silver Bullets vs. IKEA Monkeys
March 28	11:15 a.m.	Thump Thump vs. Amish Ballers'
	12:05 p.m.	Not Environmental vs. Unarmed Forces

Lakohurst Volleyball - B League

Team	Win	Loss	PCT
Hangar Squad	3	0	1.000
Rather Pickleball	1	0	1.000
Average Joes	2	1	0.667
UPS	2	1	0.667
The Gunners	0	0	0.000
OFF CONSTANTLY	0	1	0.000
CNATT/TEST	0	2	0.000
Little Giants	0	3	0.000

PCT - Winning Percentage

Game schedule

Week 3

March 25	11:15 a.m.	Little Giants vs. Rather Pickleball
	12:05 p.m.	Average Joes vs. The Gunners
March 26	11:15 a.m.	Rather Pickleball vs. UPS
	12:05 p.m.	OFF CONSTANTLY vs. Hangar Squad
March 27	11:15 a.m.	The Gunners vs. Little Giants
	12:05 p.m.	Hangar Squad vs. UPS
March 28	11:15 a.m.	Hangar Squad vs. CNATT/TEST
	12:05 p.m.	OFF CONSTANTLY vs. Average Joes

Games played at Volleyball Court 2

Current as of March 19.

Head

Continued from Page 3

"The good news is because of the awareness of both the NCO and officer corps, there is a lower threshold in people recommending help and in people getting help," said Dr. John Ragone, a WTU psychiatrist. "When I first started, there were not as many as there are now that come and get help."

Ragone is optimistic because he has seen Soldiers getting better, but as with any injury, timely care and treatment is important.

"The earlier someone gets help, the higher the likelihood they will make a substantial improvement," said Ragone.

The U.S. military began implementing the Automated Neuropsychological Assessment Metric, or ANAM, in 2008.

The ANAM, a computer-based cognitive assessment, is a tool to aid in early brain injury identification.

Service members complete a battery of performance tasks that relate to attention, memory, mental speed and accuracy. It takes approximately 20 minutes and provides a cognitive baseline for service members in areas of performance that are usually affected after an injury to the brain.

"Everybody gets a pre-deployment ANAM," said Dr. Harini Kumar, a WTU physician who specializes in traumatic brain

injury, and ANAM data interpretation. "If somebody has had an event or exposure, or some kind of change they get identified to do a post-deployment ANAM."

The ANAM baseline could have helped to identify Martucci's brain injury earlier.

"I could have started treatment up to three years earlier," said Martucci. "The ANAM could have at least established some sort of trail showing that I had something wrong."

A change from the pre- to the post-test, doesn't always indicate brain injury.

When a brain injury is identified, each person is unique. If a service member is identified for care or treatment, an individualized rehabilitation process can be initiated at WTU.

"It depends on the individual's need," said Kumar. "Somebody may need vestibular rehab for balance, some may need speech, or occupational therapy to help with daily living activities or improve memory."

Martucci has utilized several of these areas of rehabilitation throughout the past seven weeks with the help of Army Lt. Col. Carla Patton, a WTU nurse and officer in charge of case management.

"Injury care and treatment is a multifaceted issue that affects many areas of the whole person," said Patton.

Some of this individual rehab is offered here, but service members with multiple



Army Sgt. Nathan Martucci, Warrior Transition Unit Soldier at Joint Base McGuire-Dix-Lakohurst, N.J., originally from Mount Arlington, N.J., is currently working to improve multiple facets of his life with the help of the WTU's medical staff after sustaining a traumatic brain injury during deployments to Iraq. March is Brain Injury Awareness Month. Martucci shares his experiences coping with brain injury in an effort to help raise awareness across all branches of the military. (U.S. Army photo by Sgt. Manda Walters/Released)

issues require a polytrauma center like the facility at the Veterans Hospital in Richmond, Va., Patton added.

Patton and the rest of the medical team at the WTU are eager to get the word out about brain injury awareness in order to help improve the lives of military members like Martucci.

"Brain injury is not a show-stopper," said Ragone. "Identifying a critical situation in and out of theater and getting rapid help is what protects people."

Martucci said he wishes all brain injured individuals were treated the same and helped equally, not just those like him, whose injury is apparent due to the presence of a cane.

People who suffer from brain injury often do not show any physical sign of injury, but cognitive and emotional symptoms include irritability, depression, slower thinking, substance abuse, aggression and impaired judgment.

Martucci feels leaders, like those in his command that got him help when he needed it, are a critical first line of defense in identifying triggering events such as blasts, accidents, vehicle roll-over and blunt-force trauma that can lead to brain injury.

Go to U.S. Army Public Health Command website for more information or to access the U.S. Army Soldier Leader Risk Reduction Tool, for help identifying potential risks or critical events such as brain injury.

Wrestle

Continued from Page 6

scoring. The boost narrowed the Martini's score deficit to 4 and brought them within reach of the gold with Army up, 14-10.

The Greco-Roman gladiators finished day one as Army took first place with a team score of 14 over Martini, 13. Air Force took a strong third place scoring 18 over Navy's 6.

Day two introduced the freestyle competition as wrestlers met once again with a clean slate at Griffith Field House on Dix. Freestyle wrestling allows wrestling from the waist down unlike Greco-Roman which requires competitors to keep all movement above the waist.

Army faced Air Force while Marines met Navy on the mats in Round 1. Both Army and Marines once again narrowly mirrored one another's team scores as Army vs. Air Force finished 22-8 and Marines validated their extensive training program with a score of 23-7.

The Army and Marines continued to capitalize on a monotonous training regimen as most team members are stationed at the same location. Navy and Air Force continued to make the most of their disparate teams, a five-week training camp and permissive temporary duty trips from across the globe in the fight once again for third place.

Marines conceded one point less than Army in Round 2 results as they beat Air Force, 25-4, while Army took Navy with a final team score of 26-6. The first two rounds effectively panned what promised to be a seemingly un-matched Army vs. Martini in a dual for the gold in the Round 3 championship.

"It's going to be a tough afternoon, it always is with these teams. They have a strong program but we're going to fight down to the last second and see what happens," Hicks said.

In the championship battle for gold, Martini's heavyweight, David Arand, doubled up with dual victories over the two-day event, building on his 2008 Armed Forces Greco Roman gold. Arand sealed his freestyle victory over Army's Erik Nye with a blast double, freight training Nye off the mat and onto his back for 3 points and a 2-point win for the 120 kg. title.

"As an athlete, I am never happy with where I am at... even after my two wins this weekend, I want to work on getting better," Arand said. "I am always striving to improve and be better than the last competition."

Not everyone walked away bearing medals from the tournament, but that's the nature of competition and it drives the fight to win.

"The competition is at such a high level you have to understand you're not going to win every match - but you have to learn from that and move on," Arand explained. "You can't let it get you down. Some guys have a tough time recovering from a loss, but you can't let it get in your head and you have to correct mistakes."

The 27-year-old Port Washington, Wis., native and 2003 Wisconsin High School State Champion is no stranger to

wrestling titles. He said he hopes to continue wrestling with the All-Marine team and setting his sights on the 2016 Olympics.

The full day of freestyle wrestling culminated in Army over Marines, 25-6, and Air Force in third with a final team score of 20-11 over Navy.

Col. John Wood, Joint Base McGuire-Dix-Lakohurst command, stressed the importance of the competitors' athletic and mental prowess and the value it adds to their daily responsibilities as service members.

"We watch competitions such as this and then we think

about what we do as an expeditionary military," Wood said. "Consider a place just like Afghanistan and think of the fitness requirements for all service members there, then look at the athletes we saw here this weekend. They're exceptional... They are capable of competing for and winning Olympic gold medals. They represent the services and they're fitness is incredible. We need that in the armed forces."

The teams will meet again for the U.S. Open Wrestling National Championships in Las Vegas, Nevada, April 17-20 followed by the U.S. World Team Trials in Budapest in June.

Construction Corner

From 87th Civil Engineer Squadron

McGuire Power Plant Demolition Project
Demolition of the McGuire Power Plant and associated facilities will continue through June 2013. Additional truck and construction vehicle traffic can be expected in the area.

Road closures
Repairs and paving to existing Naval Air Systems Command access roadway will continue to enhance smooth driving and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as the work progresses.

Removal and replacement of manhole tops, frames, covers and interiors will continue through March 2013, on Lexington Avenue between Silver Lane and Gettysburg Avenue. Obstruction to traffic should be expected along Lexington Avenue as crews work on the manholes which are located adjacent to the roadway.

Repaving of Hancock Road is currently scheduled for completion by mid-March.

Traffic will be reduced to one way with flaggers during paving operation.

Portions of Hancock Road and Steven Circle may be closed due to low traffic volume and availability of detour routes. Watch for workers striping roads.

Replacement of the sanitary sewer main that runs under Brody Run on the southbound right turn from Texas Avenue to Brody Road is currently scheduled for completion by mid-March. Right turns from southbound Texas Avenue onto Brody Road may be restricted during the construction. Alternate routes to

access of Brody Road between Delaware and Texas Avenues via Delaware Avenue, or proceed south on Texas Avenue to Airfield Road, then north on Delaware Avenue to Brody Road.

Water Line Replacement
Water line replacement work is currently scheduled through the end of 2013 in the 5500 and 5600 area, between Willow Pond and the U.S. Air Force Expeditionary Center, and between Doughboy Loop and Texas Avenue on Dix.

Access to the sidewalk along Texas Avenue will be impacted during construction. During work in the shoulder of 8th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to interior roadways and parking lots intermittently during the work. No road closures are anticipated.

87th ABW Lobby Renovation

The lobby to the 87th Air Base Wing headquarters, located at 2901 Falcon Lane, will be closed intermittently during renovation work through March 29, 2013. Visitors and personnel seeking access to the building must use the side or back entrances.

Griffith Field House Renovation

The main entrance to the Griffith Field House, located at 6053 Doughboy Loop will be closed for renovation work through April 5, 2013. Visitors and personnel seeking access to the facility must use the doors located on the East side the building (doors adjacent to the Smoothie Bar).

NEWSNOTES

McGuire Top 3 Mentorship Seminar

The McGuire Top 3 is set to host an Air Force promotion system and opportunities seminar for junior enlisted and NCOs from 8-11 a.m. March 28, 2013, at the Timmermann Center, located at 5441 Pennsylvania Ave. Seating is limited to 75 personnel. Visit <http://1.usa.gov/148H4YD> to register. Call 754-6657 or 754-2311 for more information.

McGuire Chiefs' Group Pancake Breakfast

The McGuire Chiefs' Group is set to host a Pancake Breakfast from 6-9 a.m. March 29, 2013, at Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The cost is \$5 and the menu includes: two pancakes, sausage, orange juice and coffee. Service members should contact their unit's chief for tickets.

Exploring Stress and Trauma workshop

The Libar-e and Resource Commons, in partnership with the American Red Cross and New Jersey Chapter of Blue Star Families, is set to host a Exploring Stress and Trauma workshop 6 p.m. April 1, 2013, at 2603 Tuskegee-Airmen Ave. The workshop is designed to help returning service members and families recognize and manage post-deployment stress and other war related conditions such as traumatic brain injury. The 60-90 minute workshop is limited to 15 participants. Contact 754-2079 or newjersey@bluestarfamily.org for more information or to register.

Kiddie Fishing Derby

The 87th Force Support Squadron is set to host the 28th Annual Kiddie Fishing Derby from 7-11 a.m. April 6, 2013, at Laurel Pond, located on 10th Street. The fishing derby is an annual free trout fishing contest for children 13 and under on the opening day of trout fishing. Registration is currently ongoing until April 5. Visit www.gomdl.com for more detail.

Earth Day 5K Run and Fit Walk

The Lakehurst Fitness and Sports Center is set to host a Celebrate Earth Day with a 5K Run and Fit Walk 11:30 a.m. April 11, 2013, in front of the Fitness Center located at 123 Severns Road. The event is open to all Department of Defense ID card holders. Preregistration is required. Call (732) 323-7266 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 MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit Joint Base McGuire-Dix-Lakehurst, local, and national organizations. Volunteers are welcome. The MOSC 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 third Wednesday of each month from 3-7 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 fordbthrift@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 1-5 p.m. at 158 Berry Road. The thrift shops sales income 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.

Move

Continued from Page 1

Peninsula. There they transferred onto a C-5M for a flight to Afghanistan. After offloading the aircraft and support equipment of the 1st ACB at one of three bases in Afghanistan, departing helicopters from the 12th Combat Aviation Brigade, Task Force Ready, uploaded for a return flight to their home station in Katterbach, Germany.

The C-5M flew back to the Iberian Peninsula after unloading in Germany to begin the cycle all over again. The aircraft flew more than 28 hours on every trip around the circuit.

The operation was kept in the air by two maintenance teams from the 436th AW. They provided enroute maintenance and repairs in Afghanistan and at the home base for the contingency operation on the Iberian Peninsula.

The CRW contingency response team provided communications and command and control support for the deployed aircraft and aircrews. The CRT operated from two tents they set up on the edge of the Mazir-E-Sharif parking ramp.

"The 621st Contingency Response Wing set up and operated a satellite data link and mobile command post for the entire duration of the month-long mission," said Master Sgt. Tibor Puskas, 621st CRT team chief. "Our primary function downrange was to coordinate between the Army units that were leaving and the NATO base aerial port operation to make sure the proper cargo was prepared and waiting for the aircraft when it arrived each day."

"I was really impressed how smoothly it all came together," Puskas continued. "The plane performed flawlessly, the maintainers did a phenomenal job and everyone worked together to complete this complex operation without missing a single beat."

The contingency response wing deploys mobility operations and builds partner capacity across the globe. The CRW extends AMC's global reach by mobilizing the fight, providing relief and advancing peace. The wing's personnel are trained to adapt and overcome difficult circumstances, while accelerating air mobility operations anywhere in the world.

Joint Base McGuire-Dix-Lakehurst Chapel
Easter Schedule 2013

<p>Protestant Services for Lent & Holy Week</p> <p>March 24, Palm Sunday Regularly scheduled services: 9 a.m. Traditional Service - Dix Chapel 9:45 a.m. Contemporary Service - North Chapel 11 a.m. Liturgical Service - Cathedral of the Air 11:30 a.m. Gospel Service - McGuire Chapel</p> <p>March 28, Maundy Thursday 11:30 a.m. - Soldier's Chapel</p> <p>March 29, Good Friday 11:30 a.m. - McGuire Chapel</p> <p>March 31, Easter Sunday 7:30 a.m. Easter Sunrise Service - Doughboy Field. Event followed by breakfast at Dix Chapel. Regularly scheduled services: 9 a.m. Traditional Service - Dix Chapel 9:45 a.m. Contemporary Service - North Chapel 11 a.m. Liturgical Service - Cathedral of the Air 11:30 a.m. Gospel Service - McGuire Chapel</p>	<p>Catholic Services for Lent & Holy Week</p> <p>Fridays during Lent (March 8, 15, and 22) 5 p.m. Adoration - Dix Chapel 5:45 p.m. Stations of the Cross - Dix Chapel Event followed by soup supper</p> <p>March 19, Communal Penance Service 7 p.m. - Dix Chapel</p> <p>March 28, Holy Thursday Mass 7 p.m. - Dix Chapel 8-10 p.m. Adoration of the Blessed Sacrament - Dix Chapel</p> <p>March 29, Good Friday 3 p.m. Celebration of the Lord's Passion - Dix Chapel</p> <p>March 30, Holy Saturday/Easter Vigil 8 p.m. - Dix Chapel</p> <p>March 31, Easter Sunday Mass 10:30 a.m. - Dix Chapel</p>
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Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations

McGuire Chapel - 2503 East Arnold Avenue
North Chapel - 3021 Conolly House Road
Dix Chapel - 4240 New Jersey Avenue
Soldier's Chapel - 5950 Church Street
Cathedral of the Air - 261 Hope Chapel Road, Lakehurst N.J. 08557

<p>Worship Hours</p> <p>Catholic Wednesday - 11:30 a.m. McGuire Chapel Saturday - 5 p.m. McGuire Chapel Sunday - 10:30 a.m. Dix Chapel</p> <p>Protestant Sunday - 9 a.m. Traditional - Dix Chapel Sunday - 9:45 a.m. Contemporary - North Chapel Sunday - 11 a.m. Liturgical - Cathedral of the Air Sunday - 11:30 a.m. Gospel - McGuire Chapel</p> <p>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</p> <p>For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4673.</p>	<p>Contacting A Chaplain</p> <p>WREN.SHAUN@MAIL.MIL</p> <p>Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.</p> <p>Your conversation with a chaplain can not be disclosed without your permission. No exceptions.</p> <p>To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 609-754-HOPE (4673).</p> <p>For assistance after duty hours, call the Command Post at 609-754-3915 or 3936.</p>
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Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base

BOY BLUES

SIR, AM I STILL SCHEDULED TO GO TOY NEXT WEEK?

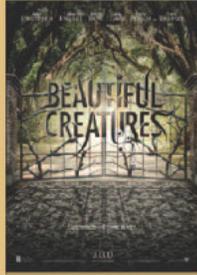
YEAH, BUT I NEED YOU TO COMPLETE THE SABC CRT ASAP, OK?

THEN GO OVER TO THE CRTS AND GET THE PAPERWORK SIGNED FOR YOUR STC.

OH, I SEE.

NO - I THINK THE MCCMC WILL DO FINE.

Joint Base Theater Movie Schedule



Friday:
7 p.m.
Beautiful Creatures (PG)



Saturday:
2 p.m.
Rise of the Guardians 3D (PG)



Saturday:
7 p.m.
Parker (R)

MOSC's 3rd Annual TRIVIA NIGHT

6:00 PM
START DECORATING YOUR TABLE WITH THE BEST DECORATED TABLE AWARD

TRIVIA STARTS @ 7:00 PM
GATHER YOUR SMARTER FRIENDS FOR A ROUND OF TRIVIAL QUESTIONS. EACH TABLE COMPETES AS A TEAM FOR THE 1st, 2nd & 3rd PLACE WINNERS! SILENT & DEVIANT AUCTION INCLUDED

MARCH 22, 2013
FRIDAY
TOWN BY CONVENT CENTER
3705 EAST AVENUE AVE. (Rm. 6)

*Reserve your table by calling 604-654-6333 ext. 603.
For questions, please email mtrivianight@gmail.com.
*Proceeds support MOSC. Seating is provided to military dependents.
*Advance Reservations:
\$50 per person or whole table of 4 for 6pm (non-refundable)
All 21+ over 12:00pm please see 604-654-6333 ext. 603 for more info.
*Auctioneer will be on hand. All proceeds will be donated to MOSC.
*Awards & cash prizes for the best decorated table.
*Open to the entire Joint Base Community (18 yrs. & above)

Get to know JB MDL!



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



Did you guess last week's close-up photo? It's the rock garden in front of the Kish Airman Leadership School. The school was renamed nearly three years ago after Maj. Tommy McGuire's best crew chief, Tech. Sgt. Frank Kish.

Recipe Roundtable



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

Aussie Burger

This recipe will make a traditional Aussie hamburger which is very satisfying. It's simple to prepare and popular with the family. Serves four.

Ingredients

- 1 tablespoon of vegetable oil
- 1 onion, finely chopped
- 1 lb of beef mince
- 1/2 cup of dried breadcrumbs
- 1 tablespoon of worcestershire sauce
- 1 egg for beef patties
- tomato or barbecue sauce
- salt and pepper to taste
- 1 onion, thinly sliced
- 4 eggs
- 4 hamburger buns, which have been toasted
- 1 cup of lettuce, shredded
- 8 tomato slices
- 4 beetroot slices

Cooking Instructions

Heat barbecue plate and brush with oil. Cook the onion for a 2 minutes, or until soft. Combine with mince, breadcrumbs, worcestershire sauce, egg, salt and pepper and shape into 4 patties.
Cook patties for 8-10 minutes each side until they are done, on either the BBQ plate or grill depending on which flavor you prefer.
Cook sliced onion for a few minutes on hot plate until soft and brown.
Cook eggs in lightly oiled egg rings, as desired.
Cut hamburger buns in half horizontally and toast cut sides of the hamburger buns on barbecue grill to make them crispy.
Put some lettuce, tomato, beetroot, cooked beef patty, egg, onions, and tomato or barbecue sauce on each base. Top with toasted hamburger bun.

It would be considered an aussie burger with "the works" if you also included pineapple, bacon and cheese, but these are optional.

Recipes found at freerecipes.org

Vendors

Continued from Page 1

"I was the point of contact to help get the word out to the NAVAIR side, to the engineering community and the leadership," said Scott Browning, NAVAIR's ITIM network engineer. "Our people are always looking for better ways to do things, especially in light of budget cuts, so if you can do something more efficiently ... with newer technologies ... that's helpful."

Air Force sponsor Lt. Col. Kenneth Black, 87th Communications Squadron commander, stated the event provided an opportunity for community members to see what technologies are working in the civilian sector for potential implementation into the military sector.

"It's all about posturing yourself and your organization for the future and learning how to leverage those emerging technologies," said Black. "The things I'm looking at relate to network security, it's something I'm very focused on. For the joint base partners, there may be some opportunities for deployable communications. Also, leadership may see things like tablets which allow them to be portable and have their applications and media with them."

Army sponsor Richard Eckstein, NBC director, explained the event comes at the right time of the budget year and allows the community to see and test new and advanced processes.

"Try to name a process that doesn't have technology at its base," said Eckstein. "All services' processes are technology based. Whether it's a cell phone on a Soldier in the middle of Afghanistan trying to get directions to where he is going, or keeping a whole flotilla of ships in line."

Vendors provided information on new communication platforms, network and surveillance systems and interactive display devices among other technologies. Capt. Rikki Opperman, 174th Infantry Brigade lead communications officer, was one of many service members searching for potential technological opportunities.

"You can find out about all the new technology that can benefit your unit and see all the cool toys and what is going to be the future of communications for the military," said Opperman. "The more we go to training in the U.S. the more we are going to have to develop our own deployment packages and I think the technology show here is going to be the future of those deployment packages."

Call (877) 332-3976 or email Donna Flemeister at donna@kdaexpo.com for more information about the show's vendors or upcoming events.

Pot O' Gold 5K ends with jig



1st Lt. Josh Bird, 32nd Air Refueling Squadron pilot, throws a water balloon at human targets during the balloon toss event during the Pot O' Gold 5K run held March 15, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The event, designed to celebrate St. Patrick's Day, featured a number of different obstacles through which participants would earn gold coins to determine the overall winner. Bird hails from Maryville, Tenn. (U.S. Air Force photo by 2nd Lt David J. Murphy/Released)