AIR, LAND & SEA TIMES

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

Vol. 4 No. 15 — APRIL 19, 2013

NEWSNOTES

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

Military Spouse Career Advancement Accounts Program

The Military Spouse Career Advancement Accounts Program is a career development and employment assistance program that helps military spouses purchase licenses, certificates, certifications or Associate's Degrees (excluding Associate's Degrees in General Studies, Liberal Arts, and Interdisciplinary Studies that do not have a concentration) necessary for gainful employment in high-demand, high-growth portable career fields and occupations. Military spouses grades E-1 to E-5, WO1 to CW2 and O-1 to O-2 are eligible for Myca financial assistance. Eligible spouses are provided a maximum of $4,000 with an annual fiscal cap of $2,000. MyCAA will cover tuition cost and training-courses and examination leading to an Associate Degree. Eligible spouses can cross an online account on the MyCAA Spouse Portal https://aispousl.acc.af.mil/myca. The website provides information on participating schools, degree programs, CLEP/DSST test preparation materials and many more. MyCAA education counselors are also available to answer any questions. Contact Gloria Sasa at 754-5340 or gloria.sasa.2@us.af.mil or Gaylor Simone at 754-5346 or gaylor.simone@us.af.mil or go to http://1.usa.gov/15m2m4C for additional information.

AMC Seeks 2013 Air Force Marathon Participants

The Air Mobility Command is set to sponsor an active-duty team for the 17th annual U.S. Air Force Marathon scheduled for Sept. 21, 2013, at Wright-Patterson, Ohio. The teams will comprise male and female runners representing various age groups. Team members will be selected based upon submitted Air Force Form 303. Applicants should submit completed forms through respective base fitness center by May 1, 2013. Visit www.usafmarathon.com or your base fitness center for more information.

Maj. Gen. James Uwano Scholarship Program

The Army Emergency Relief is providing a scholarship opportunity to Army families in the form of the Maj. Gen. James Uwano Scholarship Program. The submission deadline for the scholarship is May 1, 2013. An application can be found by going to www.aerhq.org. To find out more about the scholarship and eligibility requirements go to http://1.usa.gov/17rRQK.

Medical Fitness Week Pedometer Challenge

The Health and Wellness Center and the Medical Fitness Association are set to host the 9th Annual Medical Fitness Week, April 22-26, 2013. The purpose of the MFA initiative is to promote an increase in physical activity levels in all ages by encouraging participants to walk 10,000 steps each day, for seven days. Registration for this year's pedometer challenge is from April 15-19 at the HAWC inside the McGuire Fitness and Sports Center, located at 2504 McGuire Blvd. Step by the HAWC between the hours of 7:30 a.m. to noon and 1-4:30 p.m. during this week to pick up participant packets which include a program guide and a WalkFaile pedometer. Wear the pedometer all day, write down your daily steps and report the weekly total to the HAWC by close of business May 6. Participants that achieve 70,000 steps in seven days and report totals by the deadline will receive a challenge T-shirt! Call 754-2862 for more information.

Library Display

Holocaust and genocide related books and movies will be on display for readers to check out at the Library and Resource Commons, located at 2603 Tuskegee Airman Ave., throughout the month of April. Call 754-2079 for more information.

Free pass to National Parks

In celebration of National Park Week April 20-28, 2013, service members can get a free annual pass to any of the national parks. Visit geneal.com for more information.

Legal Office Closure

The 87th Air Base Wing Legal Office is set to be close at noon today. The office will resume normal operation the next day.

Adult and Junior Bowling Tournament

The 87th Force Support Squadron is set to host an Adult and Junior Bowling Tournament at the Lakehurst Bowling Center, located at 680 Sawyer Road, at 4 p.m. April 21, 2013. Teams will consist of one adult and one junior (17 years old and under). Plaques will be awarded to the top three teams with the highest three game total score. The fee is $12 per team and is open to all Department of Defense ID cardholders. Call (732)323-3027 for more information.

See more NEWSNOTES on Page 10

ROTC cadets tackle real-world training

By Staff Sgt. Shawn Morris
66th Regional Support Command

Reserve Officers' Training Corps cadets from several area universities participated in a joint field training exercise (JFTX) April 4-7, 2013, here.

The JFTX was primarily designed to prepare third-year cadets for their upcoming capstone event this summer at Joint Base McGuire-Dix-Lakehurst, N.J. The JFTX allows us pool resources and pool the manpower of collective programs into a single population large enough to simulate that LDAC training methodology."

The step for these juniors will be LDAC, a 28-day course that trains ROTC cadets to Army standards, develops their leadership skills and evaluates their officer potential. Successful completion of the course is a prerequisite to commissioning into the Army officer through ROTC.

Cadets participating in the JFTX participated in training events such as day and night land navigation, platoon patrolling techniques, weapons maintenance and squad situational training exercises such as reacting to an ambush and direct enemy fire.

"This really boosts morale and confidence in your basic soldiering abilities – land navigation, the fundamentals in situational training exercises," said Cadet Anthony Pagano, a junior from Rowan University whose ROTC program is hosted by Princeton. "Everyone's a rifleman first, I like to believe, so this really builds on that."

"It's great to see these kids come together to pull off a training event that is somewhat complex, and they're balancing that with their academic commitments, and they really have to become great managers of their time and efforts," Knight added.

The JFTX was planned and led by ROTC seniors, who evaluated the juniors' performance in the duties of the trainees with a handful of sophomores and freshmen rounding out the ranks.

"(The juniors) are the ones who are bound for the Leader Development and Army officer through ROTC.

See ROTC, Page 11

Reserve Officers' Training Corps Cadet Joshua Hamilton of Princeton University employs a practice mine as his squad prepares to conduct a foot crossing April 5, 2013, during a Joint Field Training Exercise (JFTX) held April 4-7 at Joint Base McGuire-Dix-Lakehurst, N.J. The JFTX was primarily designed to prepare third-year ROTC cadets from Princeton, Rutgers, Rowan, St. Johns, Seton Hall and Fordham Universities for their capstone event this summer at Joint Base Lewis-McChord, Wash. (U.S. Army photo by Staff Sgt. Shawn Morris/Released)

Senior leaders recognize 76ers player for military support

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

Two Army battalion leaders from Joint Base McGuire-Dix-Lakehurst presented the Commander's Award for Public Service to a Philadelphia 76ers player during a pregame ceremony April 10 at the Wells Fargo Center in Philadelphia.

Lt. Col. Jeff Blankenship, 1106th Mobilization Support Battalion commander, and Command Sgt. Maj. Rick Beck, 1106th Mobilization Support Battalion command sergeant major, presented the award to Philadelphia 76ers' Center Spencer Hawes with the award for his contributions to service members and their families.

Blankenship and Beck joined Hawes at center court during a pregame ceremony to present him with the award.

"I felt honored to present this award to Mr. Hawes since he is a professional athlete, but I was more proud to present this to him because of the generous and patriotic contributions he has made to our service members," said Beck. "Mr. Hawes epitomizes what we all should try to be, in my opinion."

Hawes has been in Philadelphia since 2010 and has been dedicated to assisting service members and their families since his arrival. Hawes was no stranger to showing appreciation for service members and their families even before his time in Philadelphia. Hawes was engaged with military-support efforts as a Sacramento Kings player from 2007-2010 by donating 4,500 tripping spree to 25 respective military families during the 2008 holiday season.

The 7-foot-1-inch player continued his outreach efforts after arriving in the "City of Brotherly Love." He hosted a Thanksgiving-themed "Salute to our Troops" dinner in November 2010 at the National Guard Armory in Cherry

See 76ERS, Page 11

Lt. Col. Jeff Blankenship, 1106th Mobility Support Battalion commander, and Command Sgt. Maj. Rick Beck, 1106th MSB command sergeant major, present Philadelphia 76ers Center, Spencer Hawes with the Commander's Award for Public Service April 10, 2013, at the Wells Fargo Center in Philadelphia. The senior leaders recognized Hawes for his contributions to support service members and their families. (U.S. Air Force photo by 2nd Lt. Alexis McGee/Released)

Combat Life-savers Course

Through the cloud of yellow smoke, horizontal figures emerge, helmets close to the ground, sweaty faces determined to get "casualties" to safety.

3

Things that go "boom"

Tucked away in a secluded area on the joint base, the ammo Airmen store, sort, inspect, handle and account for any ordinance needed for operations or training.

4

VR-64 transports 'Fire Scout'

Fleet Logistics Support Squadron 64 (VR-64) transported a MQ-8B Fire Scout to deployed forces in the Mediterranean in February 2013 here.

8

The Weekend Weather

Today
High 73/Low 50
Cloudy

Saturday
High 62/Low 40
Showers

Sunday
High 56/Low 40
Sunny

Army Reserve celebrates 105 years

By Maj. Gen. William D. Razz Waff
99th Regional Support Command

On April 23, our nation will celebrate the 105th anniversary of the Army Reserve. From its origins in the Medical Reserve Corps in 1908 to an evolution as an indispensable part of the Army's total force, the Army Reserve has shown itself to be a life-saving, life-sustaining force for the Army and the nation.

Currently 201,000 Army Reserve Soldiers serve in more than 1,200 facilities in 700 communities across the country. The Army Reserve's mission is to provide trained, equipped and ready Soldiers and cohesive units to meet global assignments across the full range of operations. The Army Reserve accomplished this mission in the fullest during the past decade, with the wars in Afghanistan and Iraq serving as a proving ground for the value our citizen Soldiers bring to the force.

Since Sept. 11, 2001, more than 250,000 Army Reserve Soldiers have deployed in support of operations ENDURING FREEDOM, IRAQI FREEDOM and NOBLE EAGLE. The past 10 years of war fighting have honed our citizen Soldiers' skills and helped alter a force the Reserve's transition from a strategic reserve to an operational force. As commanding general of one of the Army Reserve's four regional support commands, I can tell you never in our nation's history has the Army Reserve been more indispensable to America's Army.

The Army Reserve has evolved into an essential part of the total force with unsurpassed deployable forces and citizen Soldiers who embody the warrior ethos after a decade of war. Supported by resilient families, engaged employers and caring communities, the Army Reserve has become a truly indispensable force. The Army Reserve's structure is designed to provide complementary capabilities to those in the active component. The Army has relied on the depth and breadth of its federal reserve force for more than a century. Most Army Reserve Soldiers hold full-time civilian jobs in the public and private sectors, sharpening their skills at little or no cost to the Department of Defense. Military skills such as law enforcement, transportation and medical skills are often sharpened by their civilian employments, allowing a depth of expertise that is hard to replicate. Additionally, the skill sets found

See BIRTHDAY, Page 8

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.

Service member spotlight: pivotal moments

Senior Airman Christina May, 305th Operations Support Squadron air traffic controller, is the joint base's featured service member of the week. May hails from Sierra Cruz, Calif.

Q: Why did you join the military?

A: Joining the Air Force was a personal moment in my life. Initially, I planned to have had no direction or discipline and I wanted to see the world. Luckily for me, I not only did I gain all those of the aforementioned, but I have gained a true sense of purpose and continue to grow exponentially.

Q: What is your job and what is its impact on the mission?

A: First and foremost, I am an Airman, and I need to be the best that I can be so that others may also succeed. As an Air Force air traffic controller, essentially my job is to keep all of planes safe while allowing for the quickest route of flight possible. I grant permission for planes to their destinations to accomplish the mission and I provide control services to civilian and commercial planes.

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

A: My grandfather was an Army drill sergeant during the Korean War, and I am the first woman in my family to join the military.

Q: Who most inspires you?

A: My mother and father are both amazing people that inspire me. I always knew I loved them, but it was not until I flew the coop to join the military and truly be on my own that I realized how incredible they truly are.

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

A: If there could only be one thing, that I would like my fellow service members to understand about the military is would be that we are all integral parts to the mission and without each other we would be nothing. Do your part and be the best you can be so that others may see it and count on you and will hopefully be inspired to do the same.

OPERATION yellow RIBBON — SUPPORT OUR TROOPS

MAY 18

ALL SERVICE MEMBERS AND FAMILIES WELCOME

FREE FOOD AND CHILDREN'S ACTIVITIES

(Additional FREE daycare provided for ages 6 weeks to 5 years)

Event will be held at the Timmermann Center from 7 a.m. to 4:30 p.m. May 18, 2013.

Please RSVP via e-mail no later than April 30, 2013

NOSCFortDixSupply@navy.mil

FOR MORE INFORMATION CONTACT NOSC FORT DIX SUPPLY 609-562-1527, 1528, 1529, or 1530.

ASA-Dix victim advocates spread word

Amanda Brown and Roxanne McElroy, Army Support Activity Dix installation victim sexual assault advocates, talk with Kristina Shepard, wife of Senior Airman Lucas Shepard, crew chief with the Squadron Operations Group, about sexual assault awareness and prevention in the Mall area of the Military Exchange during Sexual Assault month April 10, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The displayed Army Support Activity sexual assault response coordinators work for the Air Force and the 87th Air Base Wing and installation victim sexual assault advocates for ASA-Dix. (U.S. Air Force photo by Wayne Russell/Released)

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 Throneberry
Writers
Mr. Pascual Ferro
Airman Sean Crowe

NEWS ONLINE

Joint Base McGuire-Dix-Lakehurst
Most articles and announcements published in *the Air, Land & Sea Times* are available online at the JB MDL public Web site.

For up-to-date joint base news & info visit:
www.jointbasemdl.af.mil

Army lifesavers prepare Sailors for combat

By Sgt. 1st Class Stanley Muszczak
174th Infantry Brigade Public Affairs

Sailors grumed, showed commands and worked together as a team to carry 200-pound dummies under the barbed wire and dirt. Through the cloud of yellow smoke, horizontal figures emerge, helmets close to the ground, sweaty faces determined to get their "casualties" to safety.

"It's very realistic," said Petty Officer 3rd Class Cory Burkholder, one of the sailors preparing to deploy with U.S. Navy Customs. "You've got the background noise, the bombs going off and you have to take cover; you have to pull security and take care of your teammates out there."

Burkholder was one of approximately 40 sailors completing the final day of the 174th Infantry Brigade's Combat Lifesaver Course March 30, 2013, here.

Service members learn how to administer care to those wounded in battle until they can get them to more highly-trained medical personnel and facilities during the course.

The first three days of the course involve hands-on tactical combat casualty care training, medical mannequins replicating different kinds of wounds service members may encounter on the battlefield. Students are tested on human anatomy and how to treat casualties using first aid materials issued to all service members. Applying proper tourniquets and pressure dressings to stop and control the bleeding is a primary task. Using needle chest decompression techniques and nasopharyngeal airways is also a priority.

The final evaluation consists of a field exercise with three different scenario lanes that all teams must successfully navigate.

Success here means getting through the course while constantly evaluating and treating casualties, moving those casualties through those lanes and their obstacles, providing security and continuously administering medical care to keep their casualties alive, said Army Staff Sgt. Benjamin Hussey, 1st Battalion, 314th Infantry Regiment, 174th Infd Bde. trainer and mentor.

The Army's 174th Infd. Bde. trainer and mentors don't pull any punches when it comes to providing the trainees a dose of realism to keep them on their toes.

"We throw pyro; we yell; we shake them up a bit; get them a little nervous and jerky," said Hussey. "We can stretch them and make them start yelling at each other a little bit. It gives them an environment that's enough to simulate their abilities to easily communicate and interact."

It's in this realistic environment that service members learn not only combat lifesaving skills, but also leadership and teamwork skills applicable in a deployed environment.

"This lane was amazing," said Petty Officer 1st Class Sarah Payton, U.S. Navy Customs. "I learned a lot working together with the team and finding out the levels of stress people can take. It's good to know, because these are the people we're going to be with out in the field. It helps to see who's gon is and who needs a little extra training."

The group of Sailors comprising the U.S. Navy Customs team was joint sourced, like most Navy and Air Force teams here, bringing together individual augmentees from all over the country. They had never worked together before beginning training here.

"It's kind of like being on a ship," said Payton. "You throw a bunch of random individuals together and expect them to be close and put up with each other for six months to a year, so you learn how to get along with each other and work together effectively."

The Sailors said they believe the training they received from the 174th trainer and mentors will go a long way in ensuring their combat readiness in Afghanistan.

"This is a life saving training," said Payton. "This is imperative for the field, no matter what branch you're in. It's probably the best training we'll get right here, and I really appreciate the Army training the Navy. Joint training is imperative in this era. They've been there, and you get their expertise. You don't want to be trained for the ground by someone who hasn't spent a whole lot of time on the ground."

These trainer and mentors have indeed had a lot of experience on the ground - both in the military and in the civilian sector. The 174th CLS trainer and mentors collectively have more than 14 combat tours.

"I've been here for about two and a half years now, and I've been a combat medic for 16 years," said Hussey. "It's great working with these trainers. The cadres are all professionals, and they've been medics for more than a minute. We all care about what we do and care about delivering quality training. Nearly all of us are reservists, so we've deployed and worked in other military units, as well as in hospitals and clinics on the civilian side. It's motivating to be able to work with people that could make a real difference for one of the people here or their battle-buddies down range."

One of the biggest takeaways for trainees after the 40 hours of rigorous medical training and testing - after the day-long culminating exercise, pushing their mental and physical limits and being thrown into the fire to see if their new skills would prevail through the heat and the noise - has to do with confidence.

"If anything seem to happen to any of my buddies over there," said Burkholder, "I believe I'd be able to take care of them and keep them alive until they can get better care, and that's what it's all about."

First Army ensures mobilization training is relevant, realistic and reflects the most current conditions Soldiers will face in theater. First Army Division East directly supports the Chief of Staff of the Army's priority to provide trained, equipped and ready forces to win the current fight, while maintaining responsiveness for unforeseen contingencies.

Sailors with Navy Customs drag a 200-pound dummy under a barbed wire obstacle during the 174th Infantry Brigade's Combat Lifesaver litter obstacle course March 30, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Service members mobilizing through the joint base complete the four-day, hands-on course with this culminating exercise, combining their new combat first-responder skills with an intense, team-driven obstacle course. (U.S. Army by Sgt. 1st Class Stanley Muszczak/Released)

Dempsey lauds honorees at Military Child of the Year gala

By Amaani Lyle
American Forces Press Service

ARLINGTON, Va. — Compassion, faith and patriotism earned five youths, each representing a service branch, accolades from senior leaders during the 5th Annual Military Child of the Year Awards Gala April 12, 2013, at the Ritz-Carlton hotel in Pentagon City here.

Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, joined keynote speaker Mary Jean Eisenhower, granddaughter of President Dwight D. Eisenhower, in lauding the young honorees from all parts of the Defense Department's Month of the Military Child observance.

"These are incredible young men and women who not only do their parents proud, but do their schools proud, their friends proud, their communities proud, and ultimately the nation proud," Dempsey said.

The chairman described the unique challenges military families face due to the inherently nomadic lifestyle that duty dictates.

"What sets military kids apart is that they have to earn a reputation, and then we move them, and they have to re-earn it, and we move them again and they have to re-earn it again," Dempsey said. "By the time they're close ... they've had to re-establish who they are, multiple times."

But starting over, the chairman said, creates the very strength from which children of military families flourish.

"It makes them stronger, it makes them more adaptable, it makes them more resilient, and it makes us damned proud of them," Dempsey said.

The chairman also recognized the service members who protect the freedoms that enable Americans of all ages to serve their communities and choose their paths in life.

"Our young men and women in uniform are actually getting to pull this off," the chairman said of his recent visits to Afghanistan, where the drawdown is on track. "Because they have confidence, they're instilling, that confidence in their Afghan partners and they are instilling, in turn, confidence in the Afghan people."

The chairman expressed confidence in the next generation – nearly 2 million military children – who learn early on the concept of service and sacrifice.

"There's no other country in the world where you can be whatever you want to be," Dempsey said.

Operation Homefront, a nonprofit organization that provides emergency financial and other assistance to the families of service members and wounded warriors, hosted the event.

Army Gen. Martin E. Dempsey and Jim Knotts pose with Military Child of the Year honorees, from left to right: Alexander Ray Burch, Navy; Abigail MaryRose Perdew, Marine Corps; Amanda Wimmersberg, Coast Guard; Nicole Marie Daly, Army and Mark Michael Newberry, Air Force at the 5th Annual Military Child of the Year Awards Gala hosted by Operation Homefront at the Ritz-Carlton hotel in Arlington, Va., April 11, 2013. Dempsey is the chairman of the Joint Chiefs of Staff. Knotts is the president and chief executive officer of Operation Homefront. (U.S. Army photo by Staff Sgt. Sun L. Vega/Released)

This year's Military Child of the Year honorees include:

Air Force – Mark Michael Newberry, 18, Fairchild Air Force Base, Washington, carries a 4.0 GPA and has crewed for his 10th time. He teaches Sunday school, visits shut-ins every other weekend and volunteers at the local VA thrift store. His father, Brian, is the wing commander at Fairchild Air Force Base and his mother is a registered nurse.

Army – Nicole Marie Daly, 17, of Fort Lee, Va., who despite nine moves and three high schools is ranked in the top of her class with a 4.7 grade point average. Daly volunteers as events in support of the College Scholarship Fund for the Fort Lee Anna Spoone's Club. Her parents are West Point graduates.

Marine Corps – Abigail Mary Rose Perdew, 18, Kingdom of Bahrain, has volunteered more than 200 hours this last year including math tutoring. She carries a 4.1 GPA. Her mother, Jessica, is a former Marine and her father Jason is a lieutenant colonel with Marine Corps Forces Central Command.

Navy – Alexander Ray Burch, 18, Grand Forks, N.D., has volunteered more than 400 hours this year and produced a video for an anti-bullying campaign. His father, David, is a retired Navy chief who works for the Federal Aviation Administration.

Coast Guard – Amanda Wimmersberg, 18, Joint Base McGuire-Dix-Lakehurst, N.J., carries a 4.0 GPA and is a member of the Peer Leadership program which helps freshmen acclimate to their new schools and assists with against bullying. Her mother, Christina, is a recently retired Coast Guard Reserve commander and her father, Richard, also former commander of the Atlantic Strike Team; he is a Coast Guard liaison officer for the Coast Guard Force Readiness Command-Detached Duty Navy Maritime Development Command in Norfolk, Va.

Law Offices of Lynda L. Hinkle, L.L.C.
Attorneys at Law

It's our honor to serve the men and women who serve our country.

Burlington County Office:
1 Eves Drive, Suite 160
Marlton, NJ 08053
(856) 983-0406

Also offices in Camden and Gloucester County.
Call 856-223-7888 for a free, confidential consult in any office.

Family Law:
Military and Civilian Divorce/Prenuptial Agreements, Child Support, Spousal Support, Custody, Elder Law

www.lyndahinkle.com

BROWNS MILLS DENTAL CENTER
"We Cater to Cowards"
Now 2 Locations to Serve You!
Browns Mills Dental Center
55 Pemberton-Browns Mills Rd.
Browns Mills, NJ
Pineland Family Dental Centeiry
301 Fellowship Rd.
Mt. Laurel, NJ
856-222-1132
We participate with Military Dental Concierge & 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
Free Xrays, Free, 3-Pc Ultrasonic Teeth Cleaning (Not Cleaning & Xrays Not Free) Up To Two Yrs. Free
609-993-5200
ADAM S. SADIQ, D.M.D. AND ASSOCIATES — Se habla Español

The Pemberton United Methodist Church
45 Hanover Street, Pemberton, NJ
609-894-8015
www.pemberton-umc.org
Where you are always welcome.
Sunday Services 10:45 am
MAKING DISCIPLES OF CHRIST THROUGH FAITH
FELLOWSHIP
ACTION
INSPIRATION
TEACHING
HEALING

2001 Burlington-Mt Holly Rd.
Burlington, NJ
609-386-2404
www.shopatburlingtonmall.com
BURLINGTON CENTER MALL
Here's what's in the Mall
APRIL EVENTS
FOOTLOCKER OPEN
Saturday, 11am - 7pm
Apple 10.10.5 LLB
RSVP 609-387-8300 or email Jaime at
cjaiken@rlmgroup.com
FREE MAKE AND TAKE CRAFTS
Saturday, 11am - 2pm
RSVP 609-386-2404
Kids Craft Table Drop Off
RSVP 609-386-2404 Jaime at
cjaiken@rlmgroup.com
GO WALLEYE!
Opening this April 1st - the Atlantic Brewery
TWIN CAPES SEAMSTRY SERVICE
"BABY DIAPER COLLECTION"
Please drop off diapers in Center Court by April 12th
BURLINGTON COUNTY EDUCATION ASSOCIATION
GIVE BACK!
"OUR GREAT SCHOOLS CELEBRATION" FUNDRAISER
Saturday, April 13th Noon 10th
5K/Kids Fun Run
FOOT MOD TRADING CARD GAME
FLASHA FREEZE: FREE RELEASE
Saturday, April 13th Noon 10th
FREE activities (including Flashe freeze, plus promotional items, while supplies last)
Registration begins at 11am - Play ends at noon
NUTT SEAMLESSES CARING REOPENING
Reopening on Saturday
Saturday, April 13th - 11am - 3pm
Free Tees, Prizes & Food
JC PRYNDIT STYLING SALON NOW HIRING!
FASHION SHADES
Free Glasses now 20% OFF!
AUNTIE ANNE'S PRETZELS APRIL SPECIAL
Buy one Pretzel Reg. get 1 50% off
Pretzel Reg. 50%

MILITARY/FAMILY DISCOUNTS

"I TOOK CLASSES DURING COMBAT SKILLS TRAINING."
- Deric Walker, Ashford graduate
CALL US AT 888.251.6667
AZ 1918

TECHNOLOGY CHANGES EVERYTHING.
DISTANCE IS NO LONGER A BARRIER. COURSES CAN START ON YOUR SCHEDULE. THE MILITARY CAN TAKE YOU AROUND THE GLOBE. ASHFORD UNIVERSITY CAN BRING YOUR EDUCATION ALONG WITH UNIQUE BENEFITS. THE ASHFORD MILITARY GRANT COVERS TUITION OVER $250 PER CREDIT AND ALL REQUIRED COURSE MATERIALS FOR ELIGIBLE MEMBERS. THE WORLD IS YOUR CAMPUS.
Ashford UNIVERSITY

Ammo Flight inspects 'everything that goes boom'

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

The men and women of the 305th Maintenance Squadron Ammo Flight work day in and day out to ensure 'everything that goes boom' is handled safely and professionally at the munitions site here.

Tucked away in a secluded area on the joint base, the flight stores, sorts, inspects, handles and accounts for any ordinance needed for operations or training carried out by the Air Force and Marines.

"We are the 'behind-the-scenes' guys when it comes to any ammo used on the Air Force and Marine side," said Senior Airman Shayne Pratte, 305th MSS Ammo Flight munitions crew chief. "We control every munition they need to use. Without us, they literally can't blow anything up."

The flight is divided into four sections; each with their own responsibilities and duties which contribute to achieving the ammo mission. The sections include accountability, munitions control, storage and munitions inspection.

"Sey (Combat Arms Training and Maintenance) needs 10 boxes of 9 mm rounds, they call the accountability section to place the order," said Staff Sgt. Jawara Fraginer, 305th MSS Ammo Flight NCO in charge. "The order is then scheduled with munitions control, giving the customer a date and time to pick it up. Storage receives it from a storage structure so inspection can 'blaw' it for use."

Not only does the Ammo Flight issue rounds, they also take them back after being used. Airmen sort through thousands of shell casings each day after they have returned from the range to find any duds. The casings are then packaged to be sold through the Defense Reutilization and Marketing Office.

The Flight doesn't deal with bombs and other types of large ordinance because Joint Base McGuire-Dix-Lakehurst is part of Air Mobility Command, allowing the Airmen to work in more than

See AMMO, Page 10

Senior Airman Shayne Pratte, 305th Maintenance Squadron Ammo Flight munitions crew chief, pours out a bucket of 30-caliber casings into a sorting bin, at the MUNS (munitions) site here, April 5, 2013. Tucked away in a secluded area on the joint base, the munitions flight stores, sort, inspect, handle and account for any ordinance needed for operations or training carried out by the Air Force and Marines. Pratte hails from Bristol, Conn. (U.S. Air Force photo by Airman 1st Class Ryan Throneberry/ Released)

Reduce, reuse, recycle: a tale of waste redemption

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

Imagine all the items and documents disposable materials and other resources necessary to run the Department of Defense's only tri-service joint base. Now imagine the amount of solid waste left behind by the 42,000 men and women who work here.

Joint Base McGuire-Dix-Lakehurst is no immune to waste, but once than ten years ago leadership saw the opportunity to begin to decrease the amount of waste produced at what was formerly McGuire Air Force Base and Fort Dix in 2003.

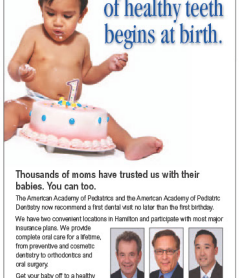
The base recycling operations are vast and include sorting items, shredding paper, bailing cardboard and compacting other waste.

The abundance of paper and other waste, such as plastic, glass, metal, pallet, cardboard, toner cartridges, collected by the JB MDL Recycling Center staff has kept the staff busy, picking up and collating waste from throughout the entire joint base.

"We visit approximately 260 buildings per week," said Clarence Lewis, JB MDL Recycling Center manager. "We pick-up recyclables from building per day or as each base and process the items at the recycling center."

JB MDL is mandated by the Qualified Recycling Program to establish a program that meets the 50 percent diversion goal for

See RECYCLE, Page 11



August Randall, Joint Base McGuire-Dix-Lakehurst Recycle Center recycling specialist, separates glass, plastic and aluminum recyclables into separate bins April 15, 2013, at MSL, JB MDL. All waste from Joint Base McGuire-Dix-Lakehurst is brought back to the recycling center where it is separated and sent for further recycling. This ensures that it is diverted from landfill. (U.S. Air Force photo by Wayne Russell/ Released)

A lifetime of healthy teeth begins at birth.

Thousands of moms have trusted us with their babies. You can too.

The American Academy of Pediatrics and the American Academy of Pediatric Dentistry now recommend a first dental visit no later than the first birthday.

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.

Get your baby off to a healthy start. Call us today for their first appointment.

Dr. Sidney Whitman — Dr. Arthur Fields — Dr. Irving Dyng

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 Dyng | Dr. Cinthia Resendiz

Two Convenient Locations

Hazelmer Road Office
2929 Klockner Road, Hamilton Square, NJ 08690
(609) 586-6663

Naser Road Office
2361 Kuser Road, Hamilton Township, NJ 08691
(609) 689-1212

NJ Family Care accepted

www.HamiltonDental.com

VR-64 transports 'Fire Scout' UAV

By Lt. Cmdr. Steve Hacker
Fleet Logistics Support Squadron 64

Fleet Logistics Support Squadron 64 (VR-64) transported a MQ-8B Fire Scout to deployed forces in the Mediterranean February 2013 here.

The MQ-8B is an more piloted helicopter capable of shipboard launch and recovery. The aircraft will see action supporting naval operations throughout the theater, providing reconnaissance and situational awareness.

Demand for the Fire Scout will require increased reliance on Navy Air Logistics Office lift capability for operational deployments.

Last year, the Fire Scout flew more than 3,200 flight hours in Afghanistan, the continental U.S. and deployed on frigates and exceeded 8,000 total flight hours. This milestone could not have been achieved without VR's support and assistance in getting this critical intelligence, surveillance and reconnaissance asset to theater.

The logistics mission to transport the MQ-8B was a short notice request filled by the VR-64 Condors.

"There was an urgent need to get a replacement MQ-8B out to the detachment on the USS Robert G. Bradley, currently deployed in the Mediterranean Sea," said Cmdr. Brian Gernon, Multi-Mission Tactical Unmanned Aerial Systems (PMA 266) program officer. "With the sensitive nature of the (unmanned aerial vehicle), organic lift was the only option. Upon receipt of our support request, the NOLA almost immediately assigned our lift to the VR-64 Condors."

"The professional staff at VR-64 quickly planned a mission that got the replacement Fire Scout to Naval Air Station Sigonella in time to meet the ship for their port visit," said Gernon. "This vital point-to-point support is only possible with the unique capability that VR-64 and their sister squadrons bring to the table. This will be our first choice for all future overseas air-vehicle movements."

C-130 Hercules squadrons specialize in providing short-notice, flexible, world-wide logistics support to combatant commanders and deployed forces throughout the world. The move was an example of the responsive and flexible operational support capability provided to the fleet and combatant commanders by the men and women of the fleet logistics support squadrons. VR-64 safely transported more than 3.93 million pounds of cargo and 2,541 passengers while flying 3,009 flight hours in fiscal year 2012.

Base supports MWR Earth Day 5K

Runners from throughout the joint base celebrate Earth Day by participating in the Earth Day 5K April 11, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The event, which was organized by the Moral Welfare and Recreation department, began in front of the Cyber Café on Lakehurst. (U.S. navy photo by Larry Lyford/Released)

By Larry Lyford
Naval Air Systems Command Public Affairs

Joint Base community members celebrated Earth Day early with the 7th annual Earth Day 5K April 11, 2013, here.

The event, which was organized by the Moral Welfare and Recreation department, began in front of the Cyber Café on Lakehurst.

The results by category were:

Top three male civilians:
1) Joe Lesniak
2) Gary Gallupzzi
3) Daniel Iacheina

Top three male service members:
1) Chief Master Sgt. Bill Eilick
2) Master Sgt. Joseph Marlin
3) Navy Lt. Joseph Justice

Top three female civilians:
1) Katie Wilson
2) Brenda Bio
3) Rachael Surovary

Top three female service members:
1) Col. Elizabeth Eidal
2) Capt. Amanda Dunaye
3) Master Sgt. Melissa Elkins

Famed Eagle shares message with joint base

Vince Papale, former Philadelphia Eagles football player, addresses the joint base April 11, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Papale delivered his message of "living the dream," growing up in Philadelphia, Pa., the Eagles training camp, tryouts, being called "invincible" and how he survived cancer. (U.S. Air Force photo by Russ Meseroll/Released)

HANOVER DENTAL CENTER
"Gentle Dental Care that will keep the Family Smiling"
609-723-9800
▷ Most Insurance Welcome
▷ Amalgamol, Healthcare
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 Acme Shopping Plaza

apellidetrick@comcast.net
Erwin D. Apell
Paul D. Dotrich
Jeffrey S. Apell
LAW OFFICES
APELL & DETRICK
ATTORNEYS AT LAW
Accident Cases • Personal Injury • Wills
Estate • Mortgage Cases • Bankruptcy
20 Jacksontown Road
Toms River, NJ 08753
732-349-8225 • 893-1000
Medical Mal. Drunk Driving Cases Construction Accidents Workers Comp. Cases Slip & Fall Cases Dram Shop Cases Motorcycle Cases Car Cases Premises Liability Cases Dog Bite Cases Nursing Home Abuse Cases Wrongful Death Cases Nursing Home Neglect Cases Personal Injury Cases Property Damage Cases Pharmacy Malpractice Cases Drunk Driving Cases

87th CES issues hydrant flush schedule

From 87th Civil Engineer Squadron

The 87th Civil Engineer Squadron flushes the fire hydrants every spring and fall through the base operations contractor, Pride Industries. The hydrant flushing program is very important to the maintenance of the bases water distribution system. It is not uncommon for a yellow, brown or reddish tint to appear in the water during this process.

Harmless mineral deposits settle in the water mains and flushing the system stirs the deposits causing the discoloration. Flushing removes the sediments from the mains and also serves the following purposes:

- Improves water quality in the distribution system.
- Verifies the proper operation of fire hydrants and valves.
- Helps find weaknesses in the water lines.
- Checks for closed valves and weak flows in the water mains.
- Verifies adequate fire flows for fire fighting.

When should I do when the flushing is in my area?

If you see the Pride Industries crew flushing a hydrant on your street, avoid running tap water and using the washing machine or the dishwasher until the flushing is completed. Drive carefully if you see the flushing crew working in the area.

What could I expect before and after flushing?

- Tap water could come out discolored and contain sediment it is used during flushing. Run the water at and wait several minutes if you encounter discolored water. Check the clarity by running water into a white for few minutes allowing new water to work its way into your pipes. If the water is clear, it's okay to use. If not, wait a few more minutes and check again. In some cases, there may be slight discoloration for a few hours. This discoloration only affects the appearance of the water; it does not affect the taste or some quality.
- The water may also have a milky appearance. This is due to tiny air bubbles and will dissipate and is not harmful.
- Avoid washing laundry during scheduled flushing times. Wait until the water runs clear at the tap, then wash a dark cloth load first. Hot water sinks can hold discolored tenter for some time after the cold water runs clear.
- If pressure or volume seems low, check your faucet screens for trapped particles. There may be a temporary drop in water pressure.
- Flush your hot water tank, by running the hot water tap for a few minutes after the cold water clears.
- You may notice a more pronounced chlorine taste or odor in the water during springtime flushing. This is because free chlorine has a more noticeable chlorine taste and odor. This will dissipate when water is left in an open container in the refrigerator. Letting water in a glass sit for a moment will also take care of air bubbles that are stirred up during flushing and cause the milky appearance.

Hydrant flushing is not to occur between 11 p.m. and 6 a.m. on the following days:

April 21-22
- 01-09
- 0100
- 0200
- 6000

April 23-28
Areas:
- 5000
- 6500
- 6600

April 26-28
Areas:
- 5200
- 5400
- 5500

April 29 through May 1
Areas:
- 6700
- 6800
- 6900
- 5600

May 2-4
Areas:
- 5100
- 5300
- 5200
- 2200
- 3100

May 5-7
Areas:
- 0800
- 3200
- 1600
- 1100
- 1200
- 1400
- 7200

May 14-16
Areas:
- 6900
- 4400
- 6100
- 8300
- 8400
- 3300

May 17-19
Address any Areas still needing attention

Time to quit smoking?
The health at 60 Wellness Center can put you on track. Call 758-5802 for a free information.

Escape to Teachers
Back to School Jobs
Interested in Teaching?
The Troops to Teachers Program (TTT) can assist with your pursuit to become a public school teacher.
Certification, job placement and financial assistance may be available if you meet the program requirements.
Please visit one of the below TTT information sessions to learn more about the program and how you can become a teacher in the state of your choice.
April 25, Tuesday, Feb - 10:00 a.m. -NBMDL, 0-39 a.m.
Call for more info, 609-754-2104
May 15, Ed Center - Julian Courts Barb, Holmes Side, 10:00 a.m.
Call for more info, 609-754-6346
To save time, please contact us at: ttt@jbdix-lakehurst.mil

Boston Marathon explosions highlight importance of antiterrorism efforts

By James Coleman
87th Air Base Wing Antiterrorism

Three people were killed and more than 100 were injured when two explosions occurred at the finish line of the Boston Marathon yesterday bringing about an even lower attention to security across the country.

Service members, families and personnel at Joint Base McGuire-Dix-Lakehurst should remain vigilant and keep in mind the following facts:

- Free attacks in the continental United States have occurred in cities and towns, but military bases remain significant terrorist targets.
- Individuals should be aware and report suspicious activities no sooner the setting.
- People should report anything suspicious to law enforcement.
- Advanced intelligence may not be available and law enforcement actions may not prevent attacks, so it is important for everyone to play a role in deterring terrorist attacks by performing random antiterrorism measures.

The perpetrator's purpose for committing attacks, such as the explosions in Boston, is often to create fear. Visit https://www.dtic.mil/ as/ for more information about Antiterrorism Level I training. Contact unit or agency antiterrorism officers or the JB MDL Antiterrorism Office at 754-1396/1397/1611 for more information.

Base personnel and families should use the following methods to report suspicious activities:

- Contact the 87th Security Forces Squadron at 754-COPS, 562-6001 (McGuire-Dix) or (732) 323-4000 (Lakehurst).
- Text crime tips to "CRIMEBS" (274637) with the term "AFOSI" and the tip.
- Submit tips online at https://www.tipsoft.com/WebTips.aspx?AgencyID=1111 or via the AFOSI webpage at www.osi.af.mil/.
- Call 1 (866) 4-SAFE-NJ (472-3365) when off base in New Jersey.

Alina E. Lyons, D.M.D.
formerly from McGuire Air Force Base
Lyons Family Dentistry
www.lyonsfamilydentistry.com
• General and Cosmetic Dentistry for Adults and Children
• Invisalign
• Cosmetics
• Implants
• Same Day Emergency Care
Evening and Saturday Appointments Available
(609) 298-8309
Credit Cards Accepted
Payment Plans Offered
906 Farnsworth Ave.
Bordentown, NJ 08505

Comfort Pillow Top
Twin 2 Pc. Set | Queen 2 Pc. Set | Full 2 Pc. Set | King 3 Pc. Set
Any Size Same Price $149 ea.
Each Piece When Purchased as Set. Must Buy Set. Mattress Only - Slightly Higher

Eurotop Mattress Sets
Twin 2 Pc. Set | Queen 2 Pc. Set | Full 2 Pc. Set | King 3 Pc. Set
Any Size Same Price $99 ea.
Each Piece When Purchased as Set. Must Buy Set. Mattress Only - Slightly Higher

Pillow Top or Firm Mattress
Twin 2 Pc. Set | Queen 2 Pc. Set | Full 2 Pc. Set | King 3 Pc. Set
10 Year Warranty
Any Size Same Price $199 ea.
Each Piece When Purchased as Set. Must Buy Set. Mattress Only - Slightly Higher

Complete Metal Bed
Twin Eurotop Mattress $199

Futon with 6" Mattress
$199

Sturdy Metal Bunk Beds
Choice of Colors
$189

MicroFiber Recliner
$188
Available in Mocha & Cafe

4 Pc. Bedroom
Dresser, Mirror, Headboard, Right Stand $499

Flat Screen TV Stand
Signature Design
$99
Fully Assembled Metal

Twin Captain Bed
Full Bed $159
$149

Living Room Sets
Sofa & Loveseat
Available in Cafe, Mocha & Clay
$599

FURNITURE One & Mattress
1636 Route 38
Lumberton, NJ 08048
Lumberton Plaza next to Bottom Dollar Food and Virtua Community Health Center
(609) 702-8110
Hours: Sunday 11am - 6pm • Monday - Thursday 10:30am - 8pm
Friday 11am - 5pm • Saturday Closed
www.Furn1.com
Military Discount

Joint Base Intramural Sports Standings

2013 Intramural Volleyball McGuire-Dix

Team	Win	Loss	PCT
314th BCS	15	2	0.882
87th CES	14	1	0.933
87th CS-A	13	5	0.722
87th MDG	15	2	0.882
VR-64	12	5	0.722
AMC TES	12	5	0.706
605th AMXS	11	6	0.647
87th CS-B	10	7	0.588
87th FSS	9	9	0.500
94th ESC	8	9	0.471
621st CBW	7	8	0.467
87th LRS	8	10	0.444
306th MXS	7	12	0.353
305th OSS	5	9	0.357
87th WSA	5	13	0.278
WHSE-A	5	13	0.278
87th CONS	4	13	0.235
WHSE-B	2	15	0.118
7217 MSU	1	16	0.059
306th MXG	0	4	0.000

Lakehurst Volleyball – A League

Team	Win	Loss	PCT
Amish Bullets'	10	1	0.909
Thump Thump	8	1	0.889
Net Environmental	6	5	0.545
Crushers	5	5	0.500
Unarmed Forces	3	6	0.333
IKEA Monkeys	0	5	0.000
Silver Bullets	0	9	0.000

PCT = Winning Percentage

Lakehurst Volleyball – B League

Team	Win	Loss	PCT
RATHER PICKLEBALL	9	1	0.900
Hangar Squad	9	1	0.900
CNATT/TEST	5	5	0.500
Average Joes	4	5	0.444
OFF CONSTANTLY	4	6	0.400
UPS	3	6	0.333
Little Giants	2	7	0.222
The Gunners	2	7	0.222

PCT = Winning Percentage

2013 Intramural Golf JB McGuire-Dix

Team	Win	Loss	PCT
87th LRS	1	0	1.000
373rd TRS	1	0	1.000
605th AMXS	1	0	1.000
87th SFS	1	0	1.000
305th MOS	1	0	1.000
305th AMXS	1	0	1.000
87th FSS	1	0	1.000
305th MXS	1	0	1.000
87th CES	1	0	1.000
621st CBW-A	1	0	1.000
HMLA-773	0	1	0.000
AMC TES	0	1	0.000
621st CBW-B	0	1	0.000
EC	0	1	0.000
1st/304th TSBN	0	1	0.000
305th OSS	0	1	0.000
314th BCS	0	1	0.000
305th APS	0	1	0.000
732nd AS	0	1	0.000
87th CS	0	1	0.000

PCT = Winning Percentage

Game schedule
Week 2

April 23	Noon	621st CBW-B vs. 305 MXS
	Noon	605th AMXS vs. 373 TRS
	Noon	305th APS vs. 305th OSS
	Noon	HMLA-773 vs. 87th CES
	Noon	621st CBW-A vs. 305th AMXS
	Noon	87th CS vs. 87th FSS
	12:01 p.m.	732nd AS vs. 305th MOS
	12:01 p.m.	87th SFS vs. EC
	12:01 p.m.	AMC TES vs. 87th LRS
	12:02 p.m.	305th AMXS vs. 605th AMXS

All games played at Falcon Crest Golf Course
Current as of April 18, 2013.

Birthday

Continued from Page 2

in the Army Reserve are not seen in the active component or the National Guard, which makes them a unique capability accessible anytime they are needed. With that set of parameters, we provide the operational flexibility and strategic depth required to face 21st century threats to security and way of life.

Generations of husbands, wives, sons and daughters have volunteered to serve in the distinguished dual role of citizen and Soldier, and it's no secret that America's greatest generations are built on the strength of its strongest citizens – our Soldiers. On Tuesday, we celebrate the continued legacy of honorable service being carried on by our current generation of men and women who choose to be "twice the citizen." Army Reserve Soldiers are now able to leverage their unique skills and abilities both at home and abroad, as the 2012 National Defense Authorization Act allowed Army Reserve Soldiers – and our sister Title 10 reservists – to provide defense support to civil authorities in times of natural disaster, a role traditionally held by the National Guard. This new authorization was put to the test when Superstorm Sandy ravaged the Northeast. Within a short response time, Army Reserve Soldiers could be found pumping water from flooded areas, offering shelter and supplies for citizens and emergency responders at local Army Reserve facilities in affected areas and providing other types of assistance to our civilian neighbors.

People are our Army – both those who put on the uniform, and those who support us. It is no secret that the strength of our nation is our Army, the strength of our Army is our Soldiers, the strength of our Soldiers is our families and the strength of our families is the support we receive from the communities in which we live. This chain of support is only as strong as its weakest link, and I'm proud to say, over the past ten years, this chain has held steadfast and remained unbroken.

Thank you to all the members of our extended Army Reserve Family who have kept, and continue to keep, this chain of support "Army Strong." Our citizen Soldiers share the boons and burdens of the nation at large, and the men and women who serve in the Army Reserve are not immune to the current struggles economy, tight job market and uncertain fiscal future. Despite this period of uncertainty, readiness is non-negotiable. The Army Reserve must remain highly trained, ready to deploy and appropriately modernized in order to meet the needs of the nation – we can accept nothing less.

The Army Reserve will continue to provide trained and ready forces to prevail in the current fight and to overcome tomorrow's challenges as well. As we prepare to celebrate the Army Reserve's 105th birthday with speeches and cake cuttings, let's not forget those still serving in harm's way around the world. Today, nearly 12,000 Army Reserve Soldiers are deployed across the globe, keeping in the flame of liberty's torch. We must keep them in mind as we celebrate the freedoms for which they have served and, in some cases, given their last full measure.

To all those men and women who serve in the Army Reserve, both at home and abroad, to their families who continue to endure and the civilians who support them, I would like to say thank you for all you do. Our freedom rests in the hands of this capable and dedicated all-volunteer force, and it gives me great pleasure to wish all my fellow Army Reserve Soldiers a heartfelt and well-deserved "happy birthday!" The Army Reserve birthday gives us a great opportunity to reflect on our outstanding contributions in the past, our current world-wide missions and to imagine an even more robust Army Reserve serving at the Army's federal operational reserve. Duration.

CLASSIFIED

Century 21 Alliance
For ALL Available Homes go to www.c21alliancenj.com
Pemberton/Browns Mills broker for
USAA
Loyal to Our Military Family
For Home Sales (609) 893-4333
For Career (609) 680-4480

Anne Parker Cell: 609-7-2565 s to writes comcast.net
ERA STATEWIDE REALTY 609-7-2050
Wanda O. Knight Cell: 609-05-0 3/ andso night sol com
Each Office Independently Owned and Operated
T i l Too o for lit re t e o Can the ist to o e r a ntie. r 2 2 - m 8 rra lll oard o tham ton To nsht
Why buy a cookie-cutter tract home on a tiny lot when you can own this great 4 bedroom Split Level home featuring over 2700 sq ft of living space. Many upgrades over the last 2 years. Best of all this home is on a 1 Acre lot so there is plenty of room for kids and dogs to run and play
more somewhere else, buy one? We can have all of this for only $240,000.
It s ry ng to ta 70 and fo a left onto ria lll oard

Financial Business Opps.
FRANCHISE MARCHMAIN
FREE LISTINGS of wholesale Franchises
Absentee or Owner Operator
Call 1-800-501-2101
215-493-0100 Ext.

Pet and Supplies Pets for Sale
Pets Plus
Transportation/Auto
Autos Wanted
WE BUY
Cars Trucks Vans SUVs
Call 609-693-1200 for quote and your free quote!

Real Estate Rentals Apartments for Rent
Available Now! Rent with Tax Credit. Rent based on income. Call 609-714-1311.
2 BR, Pool pool lit. Garden Apts. Tennis Ct. Playground. Near Major Routes. $1,275/mo. Call 856-235-0123 after 7 pm.
1 BR, 2nd fl. elevator, pool, tennis, playground, parking. Value in Tuckerton. $1,275/mo.
Rent based on income. Income limits apply. 2nd floor, non-smoking, no pets. 2/1/2013 - Lakeline, Bldg. 400, 1-2 bdr.
UNIVERSITY PARK APTS. 162 BR and up. Call 800-364-8408
1 or 2 BR, on-site laundry, Pool, playground, Section 8 accepted, Rent based on income. Call 609-714-1311.
Rent based on income. Income limits apply. 2nd floor, security, no pets. Rent based on income. Call 609-714-1311.

Marketplace
Articles for Sale
THE VENT
A great place if something bites you unhappy.
On the Opinion Page of today's paper.

Special Services Home Improvement
MILL POND HOME IMPROVEMENTS
NJ HIC#13246/CT#HIC.0656610 WE SPECIALIZE IN Carpentry, Kitchens, Baths, Additions, Decks, Siding, Windows, Trim, Fine Finishing Work. Free Estimates. Fully Insured. Call Mike 609-267-2555 or 609-261-4242

Special Services Tree Removal
Tree Removal Stump Grinding Free Estimates Fully Insured Call Tim Cellone 215-501-4242

NEWSNOTES

Red Cross Blood Drive

Joint Base McGuire-Dix-Lakehurst, in partnership with the American Red Cross, is set to host a blood drive 9 a.m. to 2 p.m. April 22-23, 2013, at the Tommy B's Community Activities Center, located at 2795 Saint Arnold Ave. Visit www.redcrossblood.org/make-donation and enter sponsor code 02212468 to make an appointment.

Story time at the McGuire Library

The Joint Base Special Observance Committee is set to host story time at the Library and Resource Commons Thursdays at 10 a.m. throughout the month of April. Stories promoting the sidesing a stand against bullying and for participating in bullying will be read. Arts and crafts time will follow. Call 754-2059 for more information.

Joint Base Lawnmower Walk

The 94th Regional Support Command is set to host a Walk a Mile in Her Shoes awareness event at the 94th HSC 2 p.m. April 26, 2013, located at 5231 S. Scott Plaza. The event purpose is to raise awareness about the month of the military child and help end sexual assaults, child and alcohol abuse. The event is free. Call 754-2968 for more information.

WMSE prepares for retirement ceremony

The Wilson Medical Support Element is set to host a retirement ceremony for Col. Daniel Cruser 2 p.m. April 26, 2013, at 5635 Doughboy Loop. Call 562-6904 for more information.

National Prescription Drug Take Back Day The Army Substance Abuse Program is set to host the National Prescription Drug Take Back Day 10 a.m. to 2 p.m. April 27, 2013, at the Base Exchange, located at 5621 Brady Road. Turn in unused or expired medication for safe disposal. Liquid medications should have a secure closed top. Pill crushers or syringes will be accepted. Call 562-4011 for more information.

Month of the Military Child and Earth Day

The Joint Base Library and Resource Commons in partnership with the New Jersey Chapter Blue Star Families and the Liberty USO is set to host two Military Child and Earth Day celebrations at 2602 Tuskegee Airman Ave, 8:30-10 a.m. and 10-11:30 a.m. April 27, 2013. Registration begins April 14 and is limited to 60 children per group. Call 754-2059 for more information or to register.

JB MDL Monthly Installation Update

The monthly installation update meeting is scheduled for 10 a.m. May 1, 2013, at the Joint Base Theater. All military, civilians, contractors, spouses and retirees are welcome to attend. Call the Joint Base McGuire-Dix-Lakehurst Public Affairs Office at 754-2104 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 34th Bendy Road. Call 754-2368 for more information.

Dix

The Dix Thrift Shop Hours are Tuesdays and Thursday and the 1st and 3rd Saturdays from 10 a.m. to 2 p.m. 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 Spouse and Civilian Club. The Dix Thrift Shop is located next to the museum at 6501 Pennsylvania Ave. Check out the Dix Thrift Shop Facebook page for regular updates.

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 shop sales income supports 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.

Construction Center

From 87th Civil Engineer Squadron

McGuire Power Plant Demolition Project

The old 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

The relocation of a water main is set to close Alabama Avenue between 13th and 14th streets from April 22 until May 3, 2013. Users in the area may also expect water outages during this work.

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

Repaving of Hancock Road is currently scheduled for completion by Spring 2013. Traffic will be reduced to one way at times during the repaving operation. Portions of Hancock Road and Steven Circle may be closed due to low water pressure and availability of devour issues. Watch for workers striping roads.

Replacement of the existing Delaware Avenue bridge under Brady Run on the southbound right turn from Texas Avenue to Brady Road is currently scheduled for completion by May 6, 2013. Right turns from southbound Texas Avenue onto Brady Road may be restricted during the construction. Alternate routes to access of Brady Road between Delaware and Texas Avenues via Delaware Avenue, or proceed south on Texas Avenue to Airfield Road, then north on Delaware Avenue to Brady Road.

Point repairs and slip lining of sanitary sewer mains and services is currently scheduled through June 2013 in the 5600 area on Dix. Access to sidewalks, parking lots, alleys and streets may be limited or restricted for short periods of time (up to a day) throughout the 5600 area in the work progresses.

Electrical Shutdowns

An electrical system upgrade will cause intermittent electrical shutdowns throughout the 621st headquarters and Bldg. 1907 until December 2013.

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 5th Street, traffic may be restricted by construction crews in the area. Construction equipment and activities may limit access to exterior mailboxes and parking for tenant personnel during the work. No road closures are anticipated.

87th ABW Lobby Renovation

Renovations of the 87th Air Base Wing headquarters, located at 2901 Falcon Lane, will be closed intermittently during construction work through April 30, 2013. Visitors and personnel seeking access to the building will be directed to the side or back entrances.

Griffith Field House Renovation

The main entrance to the Griffith Field House, located at 6017 Doughboy Loop will be closed for renovation work through April 26, 2013. Visitors and personnel seeking access to the facility must use the doors located on the East side the building (down adjacent to the Smoothie Bar).

Ammo

Continued from Page 4

one section Fragher said.

"We recently hired the nine Aircraft Group 49 with their ammo technicians, and we have a lot of ammo. The ammo technicians are responsible for the ammunition," said Fragher. "This allows us to transition through each section easier. It is great for the Airman to see different aspects of the job."

Safety is a major priority for the Airmen working at the Munis site due to the nature of their product and workplace.

"No matter what we are doing, we always have a crew look with us," said Fragher. "The crew book contains everything you need to know about the proper way to store and deal with different munitions. It also outlines what needs to be done if an ordnance were to explode. It says who will man the fire extinguishers, who takes accountability and who takes charge and how far back to evacuate."

The Airmen have know some ammunition, "said Fragher. "This allows us to transition through each section easier. It is great for the Airman to see different aspects of the job."

"I think my favorite aspect of this job is knowing when the 87th Civil Engineer Squadron Explosive Ordnance Disposal unit blows something up, I inspected that blast cap or dynamite," said Fragher. "Years back, I was preparing to deploy to Iraq. We were training with grenades and my name was on the box, having inspected them for safety. That made me feel good."

Expo provides military, family members volunteer opportunities

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

Winston Churchill was once quoted in saying "You make a living by what you get. You make a life by what you give."

Based on this, service members and families have made quite a life by volunteering nearly 140,000 hours of their personal time to on-base organizations during 2012.

Anyone with base access who is interested in learning more about volunteer opportunities with on-base organizations is encouraged to attend the Volunteer Expo from noon to 1 p.m. April 24, 2013, at Tommy B's Community Activities Center here.

Representatives from nearly 20 on-base organizations will be in attendance to inform potential volunteers about their programs and how volunteers can join the organization.

"This is a great way to learn about the volunteer opportunities on base and find out ways to help," said Barry Kierstead, Joint Base McGuire-Dix-Lakehurst volunteer coordinator at the Military and Family Support Center.

Some organizations who will attend the Volunteer Expo are Blue Star Families, Military and Family Support Center, Joint Base Library and Resource Commons, Operation Santa Claus, The Amic, International Spouses, Youth Sports, Quilts for Kids, Furry Angels Therapy Dogs and Community Outreach Volunteer Experience.

"Our goal is to connect service members and families to the organizations that can not only help them, but welcome them into their organizations," said Kierstead, a Campaign, Pa., native. "The Expo will provide the opportunity to explore JB MDL volunteer opportunities all in one place at one time."

Service members and families benefit in multiple ways from volunteering, said Kierstead.

"Volunteering provides another avenue to assist others and is enables people to bring new and fresh ideas to an organization," said Kierstead. "Volunteers also gain enhanced performance report bullets, community service for award packages as well as experience for future jobs and resumes."

This is the first year the joint base has hosted an expo in this forum, where registered organizations can promote their work and seek potential volunteers in one location.

"We hope the Expo will continue to grow in upcoming years so all on-base organizations can be represented and they can educate who they are and what they do," said Kierstead.

Joint Base McGuire-Dix-Lakehurst Chapel

Chapel Locations
McGuire Chapel – 2503 Brady Avenue
North Chapel – 1401 Schanck Road
Dix Chapel 1 – Call the Chaplain's office
Soldiers Chapel – Dix Cantonment
Catholic Chapel of the Air – 2101 Hope Chapel Road, Lakehurst (N.J. 08733)

Worship Hours
Catholic
Wednesday – 11:30 a.m. McGuire Chapel
Sunday – 5 p.m. McGuire Chapel
Sunday – 10:30 a.m. Dix Chapel
Protestant
Sunday – 9 a.m. Lakehurst, Dix Chapel
Sunday – 9:45 a.m. Contemporary - North Chapel
Sunday – 11 a.m. Liturgical - Catholic of the Air
Sunday – 11:30 a.m. Gospel - McGuire Chapel

Contacting a Chaplain
When should I call a chaplain?
Chaplains are available for spiritual, relationship and grief counseling, marriage counseling, services, blessings, weddings and memorials.
Your conversation – that is, anything you share – is privileged without your permission to be recorded.
To speak with a Chaplain during duty hours (Monday through Friday, 7:30 a.m. – 4:30 p.m.) call 754-AFCHAPE (4873).
For assistance after duty hours, call the Command Post at 609-754-3815 or 3816.

Jesus Christ Latter-Day Saints
Sunday – 7:30 a.m. LDS - Chapel
Sunday – 7:30 a.m. Catholic - Dix Chapel
Sunday – 10 a.m. Protestant - Soldier's Chapel

For programs, faith groups, or special language needs not listed, please contact the Chapel at 609-754-4873.

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

Joint Base Theater Movie Schedule

Friday:
7 p.m. The Call (R)

Saturday:
2 p.m. The Incredible Burt Wonderstone (PG-13)

Saturday:
7 p.m. Pain and Gain (R)

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 a divider from the joint base driving range. The driving range is another way for community members to get some exercise while enjoying a sport that is fun for all ages.

Service members help spread anti-bully message

Staff Sgts. Christina McKnight and David Gomez, 787th Medical Support Unit post-deployment health reassessment administration noncommissioned officers, take the time to read stories promoting taking a stand against and not participating in bullying April 11 at Joint Base McGuire-Dix-Lakehurst, N.J. McKnight and Gomez are both on a one-year deployment from Miami. (U.S. Air Force photo by Wayne Russell Released)

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.abw.pa@us.af.mil to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.

Honey Mustard Chicken

The sweet and spicy marinade makes this chicken a sure hit. Serves four.

Ingredients
- 4 boneless, skinless chicken breasts
- 1 teaspoon ground paprika
- 1 /4 teaspoon black pepper
- 1 /2 teaspoon curry powder
- 2 tablespoons Dijon mustard
- 1 /4 cup honey
- 2 tablespoons apricot jam

Cooking Instructions
1. Heat oven to 350 F (175 C).
2. Season chicken with spices and place in a roasting pan.
3. In a bowl, combine remaining ingredients.
4. Spread mixture over chicken, and marinate for at least an hour.
5. Bake in oven for 30 minutes, basting frequently.

Recipe found at food.com

ROTC

Continued from Page 1

Assessment Course this summer; they're the ones who are going to be the main focus," Knight explained. "The seniors because running the show. It's fantastic to see these cadets who are so close to being lieutenants taking charge and running this event."

The cadets' ranks were dispersed into mixed-school squads for the JFTX, adding to the training's realism and complexity, Knight explained.

"Here, these cadets are being put into units with others they've never met before, and now they have to organize them and get them moving to accomplish a common goal," Knight said. "That's exactly what they'll be made to do once on LDAC, and it's exactly what they'll have to do when they get to their Army units as they get Soldiers from all over."

"You train all the time with your own school and cadets, who you're familiar with, but coming out here to JFTX, that's really valuable," said Cadet Ruben Dougherty, a sophomore at Princeton University.

"You're with other schools, and it's the best simulation of LDAC you're going to get before you actually go there," added Cadet Brian Manning, a sophomore at Rutgers University.

A combination of a cadet's performance at LDAC, along with their academic grades, and other military training opportunities, are used as criteria in the annual assessment and placement of second lieutenants into the basic officer branches of the Army.

"To see something like (the JFTX) come to fruition and be executed and become the worthwhile event that it is, speaks volumes for them in terms of what they've learned in the course of this program," Knight said. "It just makes them that much better prepared to become Army officers."

76ers

Continued from Page 1

Hill, N.J. Seventy-six military families who had at least one family member preparing for a deployment to Afghanistan attended the event. Each family received a Thanksgiving basket that included a turkey, ham and traditional Thanksgiving sides.

Hawes also hosted a shopping event called "Santa Hawes" in December 2012, which is where he met Beck. Thirty children of recently-deployed Soldiers attended the event and were each given $100 to spend on holiday gifts. Michael Goings, the 76ers community relations director, spoke to Beck at the event and informed him of the many outreach efforts Hawes made for service members. Beck said he felt Hawes' generosity and patriotism deserved recognition for his efforts so he prepared the award and submitted it for approval.

The award is intended to recognize Hawes for his military-support efforts and highlight him for selflessly assisting military families.

"It means a lot (to receive the award), but more importantly, it brings recognition to everything (military members) go through and not just the military members, but their families and their whole support system and everything they sacrifice for us than we, time and time again, take for granted," said Hawes, who dons the number "00" on his jersey. "With everything that's going on in the world in current events, it seems like that's the only time that they really get the appreciation they deserve and that's a shame."

Hawes attributes part of his appreciation for military service to his grandfather who is a World War II veteran.

"The military is a segment of society that doesn't get enough credit for what they do," said Hawes. "It's humbling to be recognized for working with the military."

Recycle

Continued from Page 4

non-hazardous solid waste and 60 percent diversion for constructions and demolition debris as dictated by the DOD sustainability performance plan by 2015.

The QRP requires concerted efforts to divert or recover scrap or waste from waste streams and identify, segregate and maintain the integrity of recyclable materials to maintain or enhance the marketability of the material.

The program has matured since it was implemented and recycled more than 2,000 tons of waste last year. The total amount of recyclable goods in 2012 were: cardboard 317 tons of cardboard; 179 tons of office paper; 56 tons of newspaper; 10 tons of shredded paper; 15 tons of toner cartridges and 431 tons of scrap metal.

Other recyclable items such as pallets, tires, coated wire and construction debris can be taken to the facility located at 2321 Radar Road.

Different facilities on the joint base are responsible for processing various materials.

Electronic equipment such as TVs, computers, monitors, etc., must be taken to UNICOR recycling located at 5768 Doughboy Loop. Brass recycling is processed through Defense Logistics Agency/Defense Reutilization and Marketing Office. Used oil recycling is managed at the hazardous waste facility and other used oil tanks located at various locations here, said Charanjit Gill, 87th Civil Engineer Squadron pollution prevention branch supervisor.

While the recycling program here helps defer large amounts of waste from ending up in landfills, it also generates revenue for the installation.

The JB MDL recycling program provides an annual savings of more than $230,000 with the current landfill solid waste disposal cost at approximately $72 per ton and a refuse collection and hauling cost of approximately $30 per ton.

"All money generated from selling JB MDL's recycled materials is used to defray the cost of the recycling programs," said Gill. "Any excess money is used to fund environmental projects, recreational equipment, services and events which might not otherwise be funded. Solid waste disposal costs are avoided when materials are recycled."

The recycling program generates approximately $25,000 monthly in proceeds.

The recycling corner is open from 7:30 a.m. to 4:15 p.m. Monday through Friday. Note: The recycle operation at Lakehurst operates under a separate civilian and military contract.

(Editor's note: Information in this article was taken from Pascal Flora.)

Time to get Healthy!

The Health and Wellness Center offers numerous weight-loss and healthy-eating classes to get you in the best shape of your life. Call 754-2452 for more info.

Air,_Land_and_Sea_Times_04-19-2013_A11[1].pdf