

NJDMAVA HIGHLIGHTS

JANUARY 14, 2016





227th receives new trainer

Senior Airman Joshua Derins, a tactical air control party specialist with the 227th Air Support Operations Squadron, trains in the unit's new \$1.2 million Air National Guard Advanced Joint Terminal Attack

Controller Training System at the Atlantic City Air National Guard Base, N.J., Dec. 18, 2015. (U.S. Air National Guard photo by Master Sgt. Andrew J. Moseley/Released)

Cover: Do you know what to do?

Role players burst through a doorway at the Homeland Security Center of Excellence during an active shooter scenario at the New Jersey Department of Military and Veterans Affairs campus, Lawrenceville, N.J., Jan. 13, 2016. Members of the U.S. Marshals Service and the Lawrence Township Police Department participated in the exercise, which tested the department's active shooter procedures. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

Veterans Outreach Campaign

Veterans Outreach
Campaign and Medal
Ceremony
Jan. 26 – 28
10 a.m. – 8 p.m.
DMAVA medal ceremony Jan. 26
at 11 a.m. at Center Court
Quaker Bridge Mall
150 Quakerbridge Road,
Lawrenceville, NJ 08648

E-mail your
Highlights
submissions to:
[mark.olsen@
dmava.nj.gov](mailto:mark.olsen@dmava.nj.gov)
by close of
business
Wednesday



ACTIVE SHOOTER: ARE YOU PREPARED?

Story and photo by Master Sgt. Mark C. Olsen, New Jersey National Guard Public Affairs

If a gunman or terrorist attacked the New Jersey Department of Military and Veterans Affairs campus, do you know what you would or should do?

That was just one of the questions explored when members of the U.S. Marshals Service and the Lawrence Township Police Department participated in an active shooter exercise on the DMAVA campus Jan. 13, 2016.

In three separate scenarios, emergency responders arrived at the Homeland Security Center of Excellence, and after questioning the survivors, the Marshals and Police entered the building encountering mock casualties.

Moving from room to room, the Marshals and Police eventually discovered the first shooter who was eliminated by use of deadly force. Continuing their search, the responders subsequently cornered and killed the second shooter. After completing all the necessary building sweeps, the exercise ended.

The exercise had several purposes, the first was to accomplish the Department's anti-terrorism force protection requirements. It is also necessary to validate current force protection active shooter

procedures.

The second was to instill training that would have a direct impact on survivability.

Antiterrorism Community Response (Active Shooter)

Do you know how to respond when shooting begins?

1. EVACUATE

- Have an exit route and plan in mind
- Leave your belongings behind
- Keep your hands visible



2. HIDE

- Hide in an area out of the Active Shooter's view
- Lock doors and block entry to your hiding place



3. TAKE ACTION

- As a last resort
- Only when your life is in imminent danger
- Attempt to incapacitate the Active Shooter



(U.S. Army graphic by Helen Klein/Released)

The training enables individuals to instinctively know what to do when faced with a life threatening event.

In the event of an active shooter, the campus will go into lockdown. According to the Department of Homeland Security, the following are good practices for an active shooter situation:

Be aware of your environment and any possible dangers.

Take note of the two nearest exits in any facility you visit.

If you are in an office, stay there and secure the door.

If you are in a hallway, get into a room and secure the door.

As a last resort, attempt to take the active shooter down. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her.

For more information specifically about active shooter scenarios, visit: www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf

CONTAMINATION CONTROL

Story and photos by Senior Airman Shane S. Karp, 177th Fighter Wing Public Affairs

More than 20 members from the 177th Fighter Wing Contamination Control Team donned their mission oriented protective posture gear, Jan. 9, 2016, as part of contamination control area training.

The training consisted of several simulated decontamination areas, and ensured Airman on base are able to successfully operate a decontamination line in the event they are exposed to any type of dangerous chemical agent, said Lt. Col. Jesse Arnstein, the officer in charge of the contamination control area team.

“The training was designed to be a ‘walk’ session, but by the end of the day we were near ‘run’ mode.” Arnstein said.

The contamination control area team is a diverse group of Airmen, including troops from security forces, civil engineer, communication flight, flight support and logistics squadrons, as well as Airmen from the 227th Air Support Operations Squadron.

Arnstein further described the team’s efforts as “outstanding” and with a wing inspection planned in the upcoming months, it will be important for the contamination control area team to continue with their training.



Above: An Airman from the 177th Fighter Wing assists another Airman with the removal of her mission oriented protective posture gear during a decontamination training exercise at the Atlantic City Air National Guard Base, N.J., Jan. 9, 2016. The simulated decontamination was part of the 177th Fighter Wing’s participation in contamination control area training. Left: Lt. Col. Jesse Arnstein, right, helps decontaminate Senior Airman Rebecca Roberts during the exercise.

Decoding nutrition facts labels

From Guard Your Health

Do you know what you're feeding your body? Taking just two seconds to read the nutrition facts on food labels will help you know if you're eating healthy.

Most food products are required to have a nutrition facts label. These labels list calories, nutrients, and other food facts. Here are quick and easy tips for each section of the label to help you make informed food choices.

Serving Size

A serving size tells you how many servings are in the package. Each serving contains a certain amount of calories, nutrients, and other ingredients listed on the nutrition facts label. Check how many servings are in your food so you know how much you are actually consuming. Rarely does one package equal one serving.

Calories measure the energy you get from food and are fuel for your body. On average, you should eat between 1,200 and 2,000 calories per day depending on your age, gender, and other factors. Don't let one or two food items use up your entire daily allowance.

For example, a 20-ounce bottle of soda has 140 calories per serving. If you drink the whole bottle, you consume 350 calories.

There are three types to look for: unsaturated, saturated, and trans fat.

Unsaturated fat (listed as monounsaturated or polyunsaturated), found in fish, avocados, walnuts, peanut butter, sunflower seeds, olives, and lean meats like turkey or chicken breasts, is good for your heart.

Consuming too much saturated fat can cause heart disease. Foods high in saturated fat include beef, pork, chicken with skin, cheese, butter, and creams such as sour cream and cream cheese. It's best to consume only 11-13g per day, which equals a steak the size of your palm or one spoonful of sour cream.

Avoid trans fat (partially hydrogenated oil) completely if you can. It's man-made

and linked to diabetes and heart disease. Common items made with trans fats are margarine spreads, salad dressings, fried foods, candy, donuts and salty snacks, including chips and crackers. These foods are called "junk food" for a reason.

Cholesterol is fat found in the blood. Your body naturally makes this substance; but eating foods high in cholesterol, such as meat and dairy products, can hurt your heart. Excessive cholesterol forms plaque in the arteries of your heart. This makes it harder for your heart to pump blood to your body and brain.

riched (processed) carbs.

There are two types of sugar: natural sugar and added sugar. Natural sugar is found in fruits, milk, and some whole grains. Added sugar, such as fructose, sucrose, or dextrose, is sugar that is added to processed foods such as cookies, cereals, and soda.

Limit added sugar intake to less than 150 calories per day. Every gram of sugar contains four calories, so if there is 25 grams of sugar in one serving, that's 100 calories.

Proteins are nutrients that build muscle, repair tissue in the body, and fight infection. The best natural sources of protein are fish, poultry, such as chicken or turkey, beans, nuts, and whole grains. Aim to eat 50g of protein per day.

For example, eat one grilled chicken breast for lunch and one piece of baked fish for dinner to get your protein needs for the day.

Vitamins and Minerals
Essential nutrients help build strong bones, heal wounds, and keep your body at optimal performance. Common key nutrients often seen on the label include:

Vitamin A—helps vision and cell growth

Vitamin C—maintains blood vessels, cartilage, and muscles

Calcium—builds strong bones

Potassium—helps regulate blood pressure

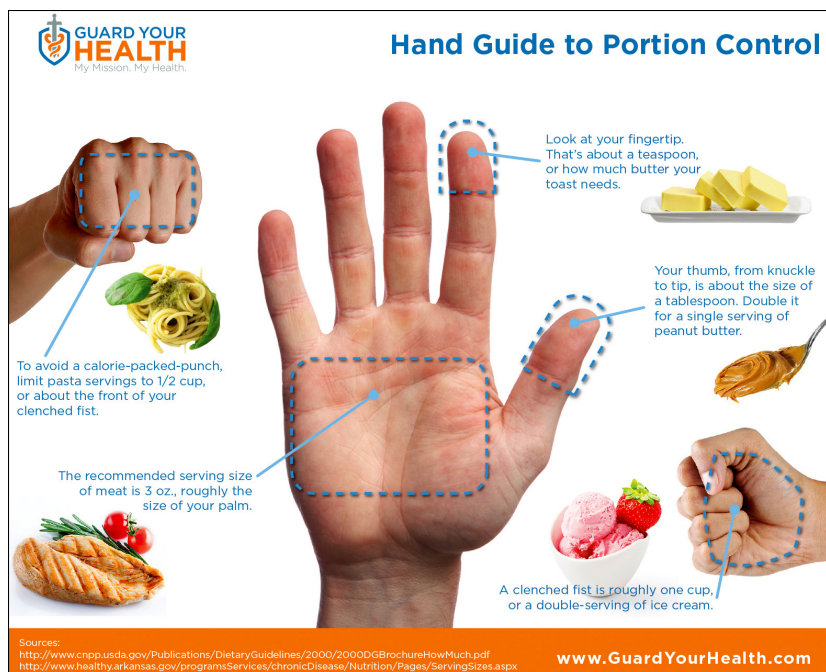
Iron—carries oxygen through body and maintains healthy skin, hair, and nails
Ingredients

Inspect the ingredient list. Just because a food is low in calories or low in sugar doesn't mean it is healthy! Things to know when reading the ingredient list:

The first ingredients listed are what make up most of the food item.

Avoid partially hydrogenated oil, artificial colorings and added sugars.

Whole wheat flour is healthier than enriched flour.



Limit cholesterol intake to less than 300mg a day. Try to fill your plate with foods that have good fat (unsaturated) rather than bad fat (saturated or trans fat). This means more fish or chicken and vegetables and less hamburgers and fries.

Also known as salt, sodium regulates blood pressure and blood volume. Limit intake to 2,300mg or less a day. That's less than one teaspoon of salt per day.

Carbohydrates (carbs) are nutrients that help your body's cells function and fuel your energy. Total carbohydrates are made up of dietary fiber and sugars.

Dietary fiber helps your digestive system. If a food is high in fiber, it will help you to feel full longer and stabilize your blood sugar. These types of carbs include rice, pasta, oatmeal, and vegetables. Stick to whole wheat and oats instead of en-

The Department of Veterans Affairs Claims Clinic

for
Veterans, Dependents and Survivors
*"Enhancing the Veteran
Experience"*

Hosted by Michael Blazis
Director, Newark Regional Office
&
Trenton Vets Center

WHERE: Trenton Vets Center

934 Parkway Avenue #201
Ewing, NJ 08618

WHEN: Tuesday, January 26, 2016/Noon – 4PM

Who should come? Veteran, Servicemembers and dependents of who are interested and eligible to receive VA benefits and entitlements

****This is a great opportunity to get information about VA benefits and entitlements, submit a claim for benefits or receive information about the status of your pending VA claim****

This event is open to the public

For more information contact Jennifer Myers at 973-297-3384



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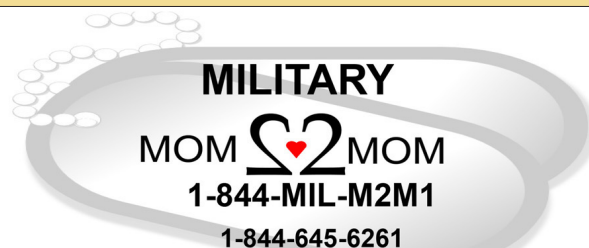
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The Military "MOM 2 MOM" Peer Helpline Program

By dialing 1-844-MIL-M2M1 (1-844-645-6261) Military MOM 2 MOM helpline program a military parent will receive the following services;

Military Mom 2 Mom Peer Support- Military M2M Peer Supporters will be available to provide telephone peer support to callers in need. Military family members trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Military Mom 2 Mom peer support is also available through our website for a live chat experience online.

Military Mom 2 Mom Clinical Assessment – Military M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family & marital issues, etc. that may be impacting your life.

Military Mom 2 Mom Network- A Military M2M database of specially trained service providers will be available for referrals for your mental health needs.

Military Mom 2 Mom Support Groups- Within your communities Mom Peer Supporters will be available for Military Mom 2 Mom support groups.



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