

Joint Base Journal

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Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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Married to the Military Part 4: Juggling it all



U.S. AIR FORCE GRAPHIC BY STAFF SGT. BRITTANY JONES

In the final installment of the Married to the Military series, three JBAB couples share how they balance the demands of work and family.

BY SENIOR AIRMAN
SUSAN L. DAVIS
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

It's no secret that life in the military, while rewarding, has its challenges. In this final installment on how military families balance their personal lives with work, three military couples share what it's like to be "married to the military".

The Campbells

Ch. (Lt. Col.) Mark Campbell, JBAB senior installation chaplain, and Lt. Col. Shelley Campbell, health care integrator, 779th Medical Group at Joint Base Andrews, met in their hometown of Roseburg, Ore., where Chaplain Campbell's father was a pastor.

They will celebrate their 34th wedding anniversary this summer.

Mark Campbell began his military career in the Air Force Reserves in 1987 at 32 years old, and activated in 1992. Shelley Campbell began her Air Force career in 1995 at the age of 39. At that point, they had already been married for

17 years and had four children.

The Parrishes

Tech. Sgt. Ami Parrish, JBAB Public Works Department unit education and training manager, met her husband, Army Sergeant 1st Class Brian Parrish, on a night out in Landstuhl, Germany.

They began dating soon after they met in November 2004, and in January 2005, shortly after being sent on a one-year tour to Kuwait, Brian Parrish proposed.

"We knew we wanted to be together and we wanted to get married," Ami Parrish said. "You could definitely call it a whirlwind romance."

They said their vows in June 2006.

They have three children-Katie, 4; Brady, 1; and Shelby, 5 months.

Her husband is currently serving a one-year tour in Korea.

The Gardners

Senior Master Sgt. David Gardner, 744th Communications Squadron su-

perintendent of operations and integration, and Master Sgt. Cynthia Gardner, 579th Medical Group first sergeant, met as Airmen at their first duty station at RAF Lakenheath in the United Kingdom in 1993. They have been married for 17 years.

They have two children-Logan, 13, and Alyson, 8.

Juggling it all

Military service for one person is a juggling act. Military service for two people, plus a family, plus other obligations, could become a circus without the proper planning and the proper attitude.

"I think it would've been very difficult for me to do this without Mark," said Shelley Campbell. "It was more than helpful to have both of us with the demands of the children, plus frequently moving, both of us deploying and being apart for school assignments. It took a lot of intricate weaving to make it all work."

Mark Campbell reiterated the challenges of coordinating work life and family life associated with mil-to-mil service.

See MARRIED, Page 6

Potomac Lanes going strong since reopening

U.S. NAVY PHOTO BY PAUL BELLO

The Potomac Lanes remains a popular destination for many at Joint Base Anacostia-Bolling. The bowling center closed in May for renovations and officially reopened to the public in November.



BY PAUL BELLO
JOINT BASE ANACOSTIA-BOLLING PUBLIC
AFFAIRS

It's been a little more than three months since Potomac Lanes reopened to the Joint Base Anacostia-Bolling community – and business hasn't skipped a beat.

The bowling center initially closed in May for a makeover that included new carpeting, furniture, a remodeled kitchen, new equipment like ovens and fryers and an enhanced HVAC system. Carl Gittings, who has managed Potomac Lanes for the past 13 months, said it was time for the center to be refreshed and is quite pleased with the new look inside.

"The center was built sometime in the 1970s, so it was time to upgrade. Our staff and

everyone who's come in so far really like what we've done. That's great to hear," Gittings said. "We're working on creating a game room for kids and have already designated a Wi-Fi room for people to come and use. That's been really popular and both make great additions."

With Andrews Air Force Base recently closing its bowling center, Gittings said there's been a steady increase in visitors to Potomac Lanes – and that's always nice to see. Since reopening, he said the center has already doubled its league size for men and women and is planning on starting a youth league this fall for anyone 7-20 years of age.

If people need some music to go with

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JBAB personnel
volunteer at D.C.
Special Olympics



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JBAB



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JBAB volunteers make D.C. Special Olympics event successful



U.S. AIR FORCE PHOTOS BY STAFF SGT. CHRISTOPHER RUANO

Petty Officer 1st Class Salandy Ramrekarsingh, U.S. Navy Ceremonial Guardsman at Joint Base Anacostia-Bolling, D.C., assists Hajisata Conteh, St. Coletta of Greater Washington student athlete, in the Winter Special Olympics Bowling Championship Feb. 23 in Hyattsville, Md. The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.



Gold, Silver and Bronze Special Olympic medals are displayed in the AMF bowling lobby for the competitors to observe Feb. 23 in Hyattsville, Md. The athletes who participate in D.C. Special Olympics come from public schools, special education centers, group homes, agencies and associations serving individuals with intellectual disabilities in some of the most economically-challenged neighborhoods.



Seaman Recruit Cody Seals, U.S. Navy Ceremonial Guardsman, Joint Base Anacostia-Bolling, D.C., explains the rules of the bowling competition to Joshua Moore, Kelly Miller Middle School student, and Marcellus Kosh-Manning, J.C. Nalle Elementary School student, Feb. 23 in Hyattsville, Md. The athletes who participate in D.C. Special Olympics come from public schools, special education centers, group homes, agencies and associations serving individuals with intellectual disabilities in some of the most economically-challenged neighborhoods.

Congratulations to Joint Base Anacostia-Bolling March promotees

BY SENIOR AIRMAN SUSAN L. DAVIS
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Joint Base Anacostia-Bolling, D.C.--Twenty-two Airmen from Joint Base Anacostia-Bolling and JBAB tenant units tacked on a new stripe Feb. 24 in a promotion ceremony at the Bolling Club.

The promotees for March are:

Senior Airman Bradley Cagle, JBAB Air Force Element
Senior Airman Gerquez Bosley, JBAB Air Force Element
Staff Sgt. William Overton, U.S. Air Force Honor Guard
Staff Sgt. Natasha Bland, Joint Personal Property Shipping Office
Staff Sgt. Kanise Rankins, 579th Dental Clinic
Staff Sgt. Danial Battisto, Air Force Element, Air Force Defense Intelligence Systems Agency, White House Communications Agency
Staff Sgt. Zachary Odom, U.S. Air Force Honor Guard
Staff Sgt. Jimmy Atwater, Air Force Element Defense Intelligence Agency

Staff Sgt. Sarah Jones, Air Force Element Defense Intelligence Agency
Staff Sgt. Angela Boyd, 579th Medical Group

Tech. Sgt. Cole Lane, Defense Threat Reduction Agency

Tech. Sgt. Jonathan McGrath, Joint Personnel Recovery Agency

Tech. Sgt. Eric Pulkinen, JBAB Air Force Element

Tech. Sgt. Ryan Hoy, 17th Training Wing

Master Sgt. Jason McClung, Air Force Element Defense Intelligence Agency

Master Sgt. Arquelio Martinez-Perez, Air Force Element Defense Intelligence Systems Agency, White House Communications Agency

Master Sgt. Erica Coleman, Air Force Element White House

Master Sgt. Scott Schwede, Air Force Element Washington Headquarters

Master Sgt. Jimmy Blevins, Air Force Element Defense Intelligence Agency

Master Sgt. Samuel Sato, Air Force Element Defense Intelligence Agency

Senior Master Sgt. Herbierto Diaz, U.S. Strategic Command

Senior Master Sgt. Jason Gainer



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

(From left) Newly promoted Staff Sgts. Angela Boyd, Zachary Odom and Kanise Rankins stand to accept the Non-Commissioned Officer Charge during a promotion ceremony, Feb. 24, for all Joint Base Anacostia-Bolling Airmen earning new rank during the month of March. JBAB congratulates all Airmen who have accepted the responsibility's that each new rank holds.

Motorcycle riding season is upon us

BY TERESA S. BOUCHER
CHECKING THE WAKE SAFETY E-NEWSLETTER

It's almost motorcycle riding season again, and riders should have the best information on personal protective gear. This article will focus on personal protective gear and how to sign up for the upcoming Motorcycle Safety Training Courses.

Personal Protective Gear

Helmets

The most important piece of protective gear you can wear is a helmet manufactured to meet Department of Transportation standards. There was a study done at the University of Southern California called "The Hurt Report," which essentially documented the use of helmets and protective gear in 900 motorcycle crashes.

This report established that helmets saved lives by reducing the occurrence of head injuries. It also documented that wearing

a helmet did not reduce essential vision or hearing which has been an argument of many motorcyclists who do not like wearing helmets.

Face Protection

"The Hurt Report" found that riders who wore helmets with shields covering their faces suffered fewer facial injuries than those without. Helmets with full-face coverage with strong chin pieces and energy-absorbing liners were also especially effective in reducing facial injuries. Windshields, eyeglasses and goggles simply did not offer as much face protection as a full-face helmet.

Footwear

The best footwear is sturdy, over-the-ankle boots that can protect you from a variety of riding hazards. They can protect against burns from hot exhaust pipes and flying road debris.

Gloves

Gloves that fit properly will improve your grip on the handle-

bars. Gloves should also be full-fingered motorcycle gloves to protect hands from blisters, sun, wind and cold. Motorcycle gloves are available in many styles, weights and thicknesses.

Jackets, Pants

"The Hurt Report" found that covering the body with leather or an abrasion-resistant fabric also provides a high level of injury protection. Other types of materials in this category were Cordura, Kevlar or ballistic nylon. Protective apparel designed specifically for motorcycling will afford the best combination of comfort and protection.

Did you know that more than half of all fatal motorcycle crashes involve another vehicle and most of the time, the motorist, not the motorcyclist, is at fault? Because of its small size, a motorcycle can be easily hidden in a car's blind spot.

To find out more information on how to stay safe as a motorcycle rider, log on to www.msf-usa.org or www.navymotorcyclider.com.

the BUZZ on base

What woman in history inspires you?



Dean McKinsey
JBAB Safety



Mike Sherrill
JBAB Legal



SSgt Brittany Jones
JBAB Public Affairs



SrA Rico Perez
JBAB Administration

"Pamela Geller, because she stands up for what she believes."

"Margaret Thatcher, because she inspired people to have democracy around the world."

"Gabrielle Giffords, because she is a strong and intelligent woman who triumphed over a traumatic brain injury. I wish I had even half of her determination and spirit."

"My mom, because still to this day I don't know how she raised 7 children on her own and without a high school diploma."

Do you have an idea for a Buzz on Base question?
Submit your ideas to brittany.e.jones@navy.mil

BOWLING

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their game, Gittings suggests stopping by the second Saturday night of each month to catch a DJ spinning the latest tracks as part of its new Rock and Bowl Cosmic Night. Plans are also underway for an all-new Learn-to-Bowl program. According to Gittings, it would be a six-week program for approximately \$13 a week. It would include dinner, lessons and a custom fit bowling ball.

There's also a buzz coming out of that revamped kitchen. To coincide with the reopening, Gittings said Potomac Lanes has introduced a new food concept with Spinz – an Italian style eatery serving up everything from pizza and wraps to new appetizers like its cheesy mozzarella sticks and jalapeño poppers.

"We have a different variety than before and more options for our customers. That's never a bad thing," Gittings said. "The feedback on the food has been real positive. It's hard to say what people enjoy most, but our pepperoni pizza has got to be up there. That seems to be a big favorite."

Gittings, who lives in Richmond and has a two-hour commute each way to JBAB during the work week, loves what he does and appreciates the support he's gotten since coming aboard, particularly from the JBAB command team. He's confident the road ahead will be just as successful as it's been since the center reopened.

"I've been given great latitude in putting together different programs and the staff here is great to work with," Gittings said. "I hope to see even more military coming in to use the bowling center. It's a great place to spend time with friends, family and co-workers."

Potomac Lanes is open Monday through Thursday 10 a.m. - 10 p.m.; Friday 10 a.m. - midnight; Saturday 12 p.m. - midnight and Sunday 12 p.m. - 9 p.m. For more information, call 202-563-1701 or visit www.facebook.com/jbabmwr.

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
WASHINGTON, D.C.

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Out with the old, in with the new

BY MC2 KIONA MILLER
NDW PUBLIC AFFAIRS

Naval District Washington's (NDW) Small Arms Training Centers (SATC) are getting a major overhaul. The training enhancements are just in time as NDW prepares for the nationwide Navy exercise Solid Curtain /Citadel Shield 2012.. "It is a (training and readiness) policy to have the ranges located on different installations all working in tandem, and to standardize the Small Arms Range requirements," said Master-at-Arms Senior Chief Christopher M. Merz, South Potomac Police Department. "Additionally, it also provides each range the ability to schedule down time for maintenance while the other ranges can take up the slack."

The upgrades include new and improved target retrieval systems, which allow Range Safety Officers (RSO) to conduct a more efficient and in-depth training for those in need of a small arms qualification. The system is used to train military and civilian police officers, along with any personnel who are required to carry a firearm as part of their daily responsibility.

"At Patuxent River we have approximately 20 agencies that use the facility," said Gregory McLane, Range Master for Naval Air Station (NAS) Patuxent River Small Arms Training Center. "Plus when other facilities are down, we all assist in ensuring that personnel who need to maintain their qualifications have a facility and instructors to safely carry out the mission."

Naval Support Facility (NSF) Dahlgren and NAS Patuxent River are the first to receive the new modifications. Prior to installing the system, NSF Dahlgren trainers went through the cumbersome task of manually setting target distances via an electronic pulley system, which was constantly damaged by stray bullets. The new system eliminates those issues by avoiding the electric component all together and running on a wireless system.

"Before TargetWorx, the ranges would have downed lanes due to substandard parts or long lay-over of repair. This would reflect directly on the budgeting constraints and reduce the capacity of each range," said Merz. "The three ranges in the Small Arms Training Centers are approximately 45 minutes to an hour from each other. The personnel needing to qualify would often need overtime to make the trip. While at the range, the lanes not working would only cause the officer to wait, thus incurring more overtime."

In addition to saving money, the systems

also added useful features, which enhance the training experience. The RSO has the ability to program several unique commands from a portable remote device that removes the shooter from a routine training environment and creates a real life experience with hostile and friendly targets.

"We also provide the Deadly Force Training that gives the personnel who are armed the knowledge of what type of force, how much force, and when to use the force to protect life, property, and other assets," said McLane. "This goes all the way from a simple command to using deadly force. This training carries a lot of responsibility for both the trainers and the personnel that receive it. It could ultimately mean the taking of someone's life."

Although Joint Base Anacostia-Bolling (JBAB) will not receive their new system until March, the installation's Shore Force RSO Scott Harger is looking forward to improved productivity as the center trains more than 30 people a day. The center instructs personnel from all branches of service, the U.S. Navy Ceremonial Guard, Navy Criminal Investigative Service, Defense Intelligence Agency, Seabees, civilian police officers assigned to the Washington Navy Yard and JBAB as well as provides support during Chief of Naval Operations Full Honors Arrival ceremonies.

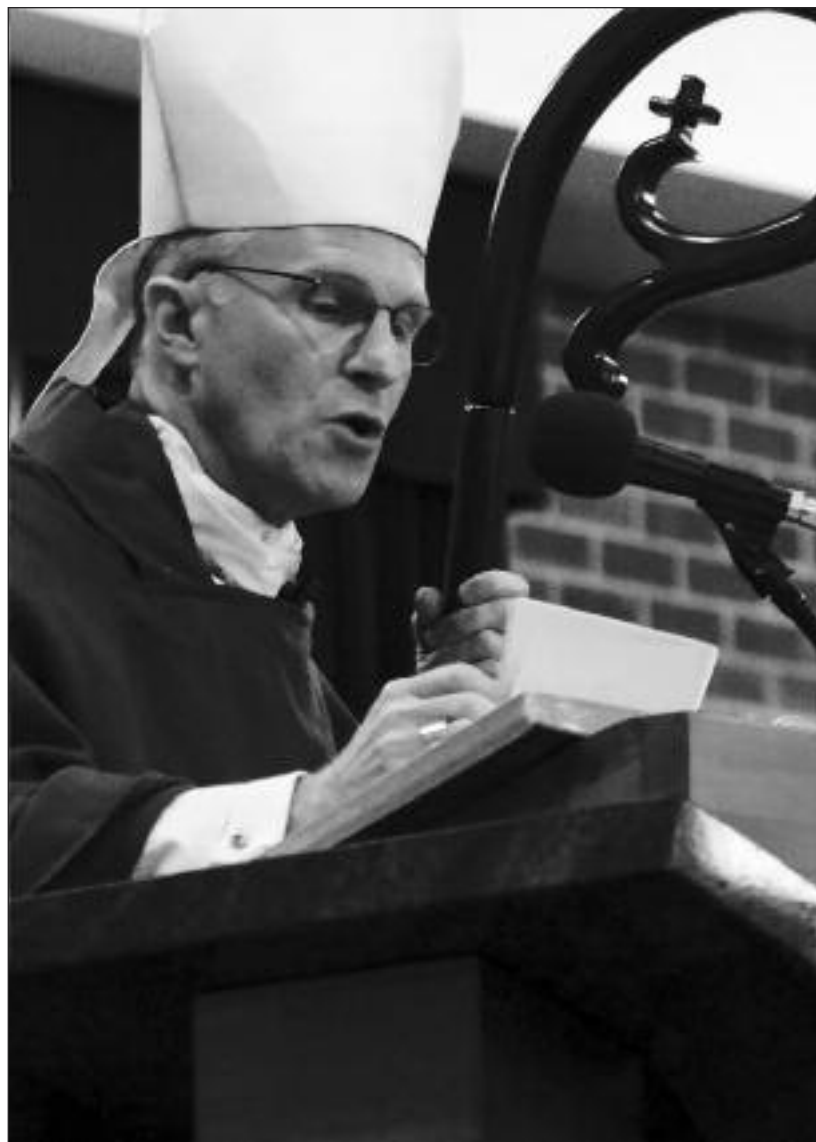
"It improves real life situations and will improve the amount of people we can put through. The enhanced efficiency is definitely awesome," said Harger. "The utilization goes up, so our numbers are going to go through the roof. As you see, we have people in here every day."

The training that security personnel receive from the region's SATCs will play a major role in Solid Curtain Citadel Shield as installations begin force protection scenarios and Force Protection Conditions advance to Charlie. According to Harger, the trainers provide much more than weapons training, but also strive to help each individual get into the right frame of mind by maintaining situation awareness.

"In an exercise like that, if there are weapons that have to be drawn, what we preach here is getting out of what we call a square range mentality," said Harger. "So in other words, when they come here, they just don't think shooting at a target, think about maybe that exercise and, God forbid, that real life situation and what it's going to come down to."

For information on the region's Small Arms Training Centers or Solid Curtain Citadel Shield, visit NDW's Facebook page at www.facebook.com/NavDistWash.

Archbishop visits JBAB



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN L. DAVIS

Archbishop Timothy P. Broglio celebrated Lenten mass with Joint Base Anacostia-Bolling congregants Feb. 25 and 26 at Chapel 1. Broglio is the fourth Archbishop of the Archdiocese for the Military Services. The Archdiocese for the Military Services was created by Pope John Paul II to provide the Catholic Church's full range of pastoral ministries and spiritual services to those in the United States Armed Forces. The Archdiocese has four auxiliary bishops to assist the archbishop in his pastoral duties, all of whom are former chaplains. The Archdiocese is headquartered in Washington, D.C., near the Catholic University of America.

Navy partners with Facebook for initial Timeline rollout

FROM DEFENSE MEDIA ACTIVITY - NAVY

The Navy Facebook page launched a new interface Feb. 29, changing the way fans engage and interact on the site.

Along with 40 other big brands from government and industry, the Navy was selected as part of the initial rollout of Facebook's popular "Timeline" that, until now was only available to personal profiles. The move gives select brands early access to the interface that will eventually be mandated for every brand page on Facebook.

"New Facebook pages give government agencies, lawmakers, and political campaigns more engaging ways to tell their stories, and we're excited to see branches of the U.S. military leading the way," said Joel Kaplan, vice president, U.S. Public Policy for Facebook.

"We're eager to see others join the Army, Navy, Air Force, Marines, and Coast Guard in embracing new pages to better connect with citizens, provide information, and deliver services," Kaplan said.

The Navy entered into a beta product agreement with Facebook in early February for the initial rollout phase of Timeline for brands on the Navy's Facebook page.

"These interface changes will allow us to tell a more engaging and authentic story that aligns with our ongoing efforts to share the value of America's Navy with audiences at home and abroad," said U.S. Navy Chief of Information, Rear Adm. Denny Moynihan.

This early partnership gives the Navy the opportunity to provide feedback and suggestions for enhancements to Facebook. This is especially important as the new interface will eventually affect 870 command pages currently administrated by Navy communicators.

It also gives the Navy social media team an advance opportunity to develop guidance and expertise to share with Navy communicators prior to the March 30 rollout for all page users.

The Navy's social media efforts are more than two years old and include a variety of platforms, including Facebook and Twitter. There are more than 470,000 fans on the U.S. Navy Facebook page and 820 commands in the U.S. Navy Social Media Directory.

For more information, visit: <http://www.facebook.com/usnavy>.

Women's Education - Women's Empowerment



Women's Higher Education Pioneer

Emma Hart Willard

(1787 -1870)

Pioneering reformer of Women's Education, Emma Hart was born into a world that did not value the schooling of girls. Her father, however, was liberal minded, and encouraged his daughter to read widely and to enter into discussions of philosophy and politics. Emma believed that women deserved an education on a par with men. In 1821, she established Troy Female Seminary and families across the country began sending their daughter to this new institution.

U.S. AIR FORCE GRAPHIC BY WILLIAM WILSON



Women's History Month Edition

Staff Sgt. Tamla Bumbury

Why did you join the military?

I joined the military as something positive to do. When I first joined I was 17 years old and a junior in high school, it was a delayed entry program called "split option". My recruiter told me I was going to summer camp and I will get paid. It seemed simple enough, according to what he told me. Two other girlfriends that were seniors and I made a pact that we were going to make it to basic training

together. When it was time to ship out they both were pregnant and I was off to basic training by myself. That day I learned a valuable lesson. I am glad because I would not be the person I am today, which is a leader.

Which woman in history inspires you the most, and why?

Oprah Winfrey inspires me the most in women's history. She has inspired me not to make my past determine my future. I look at what her past life experience was and she could have chosen many different paths. She was determined to be successful

in life and now she is.

What does it mean to you to be a mother and wife?

Being a mother and a wife means that I have to be accountable for all my actions. I'll be married to my husband Steve for 14 years in April and I also have a four-year old beautiful daughter Sidney. I represent my family everyday so at all times I conduct myself in a respectful manner. Most importantly, I want to be a role model to my daughter. I want to make her proud of who I am. I consider my family a team and my role is the head coach; I ensure that we make the right moves so we can have victories in life.

What is your best military memory?

My best military experience was being deployed to Afghanistan. Being away from family, friends and daily comforts made me appreciate the small things. I shared common bonds and experiences with my fellow comrades that will stay with me for the rest of my life.



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

U.S. Army Staff Sgt. Tamla Bumbury is this week's Ace On Deck for Joint Base Anacostia-Bolling. Bumbury is the White House Communication Agency non-commissioned officer of logistics. She was selected by her leadership for her professionalism and attention to detail in her duty location. Bumbury was born in Jamaica but calls Bronx, N.Y. home.

23 March 2012
The Bolling Club
50 Theisen St. SW
Washington, D.C. 20032
Banquet 1800 - 2100

AIR FORCE DISTRICT OF WASHINGTON
AFDW ANNUAL AWARDS BANQUET

AIR FORCE DISTRICT OF WASHINGTON

The Air Force District of Washington Annual Awards Banquet is 6-9 p.m. March 23 at the Bolling Club. Tickets are \$30. JBAB members contact U.S. Air Force Honor Guard first sergeant at 404-7502, U.S. Air Force Band first sergeant at 767-7911 or JBAB Air Force Element point of contact at 404-6594.

111170003-02

Keeping birds at bay



U.S. AIR FORCE PHOTO BY STAFF SGT. BRITTANY E. JONES

Kenneth Coffman, JBAB entomology member, prepares to test a portable canon that is used to deter geese and other birds at Joint Base Anacostia-Bolling, D.C. on Feb. 24. The canon blasts a sound that is about the same intensity as a shotgun firing.

MARRIED

■ Continued from 1

"There's always that threat that one of us could be deployed or recalled, and that's especially a concern when you have young children and other obligations," Campbell said.

"That's part of the reason I came in when I did," his wife Shelley added. "At that time our oldest child was old enough to stay home with the others and the youngest was in school, so if I got recalled at 5 a.m., I had a little built-in network of children who could watch out for each other."

She explained that at her first duty station, she had a

total of seven temporary duty assignments (TDYs) the year her husband was assigned to a one-year remote to Korea, and all four of their children went to different schools.

"We came together as a family because we knew we had to depend on each other. I always say that the greatest blessing and the greatest curse at that time was that I had a 16-year-old son with a driver's license. The blessing was that he could take the other kids around and deposit them places. The curse was having a 16-year-old son driving in Texas," she joked.

"Two words that come to mind when I think of mil-to-mil marriages are 'intentionality' and 'flexibility,'" said Campbell. "Shelley and I have incorporated both of those aspects into our marriage, our careers and our parenting."

Cynthia Gardner said that coordinating careers and families and making it all work is not always easy.

"It can be kind of rough making sure that if I leave for a deployment, for instance, that he is able to take care of all the financials and take care of the kids, since both of our kids are very active," she said. "The whole single parent lifestyle takes a while to get used to."

David Gardner agreed.

"There have been lots of times when our daughter

has gone to school with a crazy hairdo when it was up to me to get her ready, because my wife was deployed for six months to Iraq," he joked. "It's all about preparation and making sure the other person has what they need to be successful."

Ami Parrish juggles being a single parent of three small children while her husband, Army Sergeant 1st Class Brian Parrish, serves a year-long remote tour to Korea.

"It's been really tough," she said. "If I had a choice, I'd certainly choose to have my husband here with me, but I enjoy having my job and I enjoy having my kids. The toughest part has probably been giving birth to our daughter while he was gone."

She said that for her, it all goes back to prioritizing.

"The bottles have to be made, but the dishes can be put off. The floor needs to be vacuumed, but the kids would really like a story. It's about figuring out what's most important, and getting that done first. Reading a story is much more fun than vacuuming anyway."

The Military and Family Support Center has resources to help spouses, military and civilian, cope with the stresses of military life. For more information, call 202-767-0450 or 202-433-6151.

MWR Calendar

Potomac Lanes Bowling Center

Sandwich of the Month

Be the first to try the delicious March Sandwich of the Month: Philly Cheese Steak! The meal includes Philly Cheese Steak, waffle fries and a 20-ounce drink for only \$5.50. Call 202-563-1701/1702 for more information.

SPINZ Pizza!

Try the tasty SpinZ Hand Crafted Pizza at the Potomac Lanes Bowling Center!

Pizza Single Topping Specialty Topping

6-inch Pan Pizza \$3.80 \$4.25

14-inch Thin Crust Pizza \$9 \$10.50

14-inch Pan Crust Pizza \$13.50 \$14.95

Additional Toppings: Pepperoni, beef, Italian sausage, pork sausage, Canadian bacon, roasted green & red peppers, onions and black olives. Call 202-563-1701/1702 for more information.

Recruiting Volunteer Baseball Coaches

Come enjoy America's pastime by teaching a youth how to play baseball! Coaches will receive free certification in first aid, CPR and baseball coaches certification through the National Alliance of Youth Sports Coaching Association. For more information, call 202-767-4003.

2-for-1 Steak Dinner

Every Thursday | 5-8:30 p.m. | Bolling Club

Choose from a juicy 12-ounce rib eye or New York Strip, and your choice of a tossed or iceberg wedge salad, and russet or sweet baked potato with butter, sour cream, chives, and bacon bits. All meals come with a roll and butter, as well as coffee, tea, or iced tea. Select appetizers, desserts, and drink specials will be offered.

Club members: \$23.95 for two; Non-members: \$23.95 per person. Call 202-563-8400/3800 for more information.

Daily Lunch Buffet Special

Tuesday-Friday | Bolling Club

Tuesday- Panini station, soup, salad bar, sandwich buffet, ice cream bar and dessert table.

Wednesday- Italian Rigatoni in a marinara sauce with meatballs; Italian sliced pork loin, mixed Italian seasonings in olive oil with some chopped fresh garlic, served with a lightly seasoned tomato sauce; rosemary and garlic roasted potatoes, and pasta primavera with fresh vegetables.

Thursday- Pork Chops, soup, salad bar, ice cream bar and dessert table.

Friday- Seafood, soup, salad bar, ice cream bar and dessert table.

Members: \$9.95; Non-members: \$11.95

For parties of 10 or more, \$1 will be added to each person's meal. Call 202-563-8400/3800 for more information.

Story Time

Story Time is every Tuesday and Thursday at 10 a.m. Themes for March 2012 Include:

March 1: One Fish, Two Fish, Red Fish, Blue Fish (Dr. Seuss' Birthday)

March 6: Meet Harriet Tubman (Women's History Month)

March 8: March Birthdays

March 13: We Love Nutrition - Meet the Nutritionist! (Nutrition Month)

March 15: St. Patrick's Day

March 20: Spring has Sprung!

March 22: Meet Clara Barton (Women's History Month)

March 27: Be an Artist (Youth Art Month)

March 29: Florence Nightingale (Women's History Month)

Call 202-767-5578 for more information.

Game Nights

Every Wednesday and Friday | 5-7 p.m. | Library. Enjoy a night of video games offered on a first come, first served basis.

Wacky Wii Wednesdays- Stop in and choose from our Wii games selection.

Gamer's Choice Friday- Choose from Wii, Playstation, or X-Box 360

Games may only be played in the JBAB Library and must be checked out at the circulation desk. Headphones are also available upon request. For more information, call 202-767-5578.

Movie Madness

Every Friday | 5 p.m. | Library

We feature a popular new release rated 'G' or 'PG' movie and serve complimentary theater-style popcorn and a drink. All children under 10 must be accompanied by a parent or guardian at least 16 years of age while watching the movie. A weekly movie schedule will be posted at the circulation desk. Call 202-767-5578 for more information.

JBAB Torch Club Flames

Every Friday in March | 5:30-6:30 p.m. | Youth Center | 10-13 years old

The Torch Club is an organization that helps develop future leaders with leadership and character development. The Torch Club Flames have participated in several community service projects that benefit our local JBAB community. For more information, call 202-767-4003.

Membership Free Drawing

March 1 | 10:30 a.m.-1:30 p.m. | Bolling Club - Washington Dining Room

Here's your opportunity to win a free Sunday brunch-

members only! Winners are drawn every Tuesday and Thursday at noon and you must be present to win. Members must show proper ID as well as a valid club membership card. Call 202-563-8400/3800 for more information.

Credit Management

March 1 | 2-3 p.m. | MFSC Bldg. 72 | Sign up by Feb. 24

Participants will learn how to establish and maintain good credit and determine a safe debt load. Call 202-433-6151 for more information.

Baseball Registration

Register your child in tee-ball (ages 5-7), machine pitch (ages 7-9), and self pitch baseball (ages 9-12). Sign up by March 23 and pay only \$50. Sign up after March 23 and pay \$70. Coaches' meeting March 28 at 6 p.m. at the Youth Center. Parents' meeting will be held March 30 at 6 p.m. in the Youth Center. Call the Youth Center for further details. For more information, call 202-767-4003.

JNOTES

Miscellaneous items related to your health, your career, your life and your community

Senior Art Project

Military members and veterans are invited to submit artwork in the form of sculptures, paintings, drawings, photography or poetry to Jennifer Pierce, a senior at Eastern Connecticut State University. Pierce is constructing an exhibit of military artwork for a senior art project that will be on display during the months of April and May at Eastern Connecticut State University's Shafer Hall. For more information or to submit artwork, e-mail jlp.jennifer@gmail.com with name, service branch, and inspiration or meaning behind the piece.

Slip Inn open for business

While the Slip Inn is under construction, it is still open. For more information, call 202-767-5840.

Chapel Schedule

CATHOLIC SERVICES

Weekend Mass

Saturday...5 p.m.....Chapel Center

Sunday.....9:30 a.m.....Chapel Center

Reconciliation

Saturday ...4:30 p.m....Chapel Center

Sunday.....9 a.m.....Chapel Center

PROTESTANT SERVICES

Sunday Worship

General Service...11 a.m....Chapel Two

Gospel Service.....11:30 a.m....Chapel Center

Sunday School

9:30-10:30 a.m. September-May.

COMPASS Navy Familiarization for Spouses

Naval Services Familyline Program COMPASS is hosting a three-day session for military spouses to become familiar with Navy history, benefits and services, moving duty locations, local insights and much more. The Spouse Teams mentoring spouses will be taught by experienced, trained, volunteer Navy Spouses on Mar. 6-8 at the Ceremonial Guard Building 47, at JBAB from 9:30am to 1:30pm each day. For more information and required registration visit online at www.gocompass.org Babysitting offered by calling (202) 433-2333. All Navy spouses are welcome!

In-service recruiter looks to retain qualified Airmen for Reserves

All Airmen preparing to separate from active duty due to the end of their enlistment are required to attend a Palace Front briefing to learn about opportunities in the Air Force Reserves as part of their out-processing checklist.

For more information or to schedule an appointment, send an e-mail to Darryl.Washington@afncr.af.mil.

Call 433-3333 for on-base emergencies

For on-base emergencies, dial (202) 433-3333. Dialing 911 will delay response by alerting off-base responders who do not typically have access to the installation. To report suspicious activity at JBAB, dial (202) 767-5000. "If you see something, say something!"

Political guidance during election season

Active duty personnel are prohibited by DoD Directive 1344.10 paragraph 4.1.2.10 from marching in a partisan political parade regardless of whether they are in uniform or civilian clothing. Reservists not on active duty and retirees may not march in uniform pursuant to paragraph 4.1.4. Reservists not on active duty and retirees may march in civilian clothes provided they do not otherwise act in a manner that could reasonably give rise to the inference or appearance of official sponsorship, approval, or endorsement. The directive is a lawful general regulation. Violations of paragraphs 4.1. through 4.5. of the Directive by persons subject to the Uniform Code of Military Justice are punishable under Article 92, "Failure to Obey Order or Regulation."

JBAB Intersection Closing

Starting Feb. 21, the base will be closing the intersection of Chappie James Blvd. and Duncan Ave. (Visitors Center side) due to an electrical project. No right turn will be allowed. The section will close at 7 a.m. It will re-open at 3 p.m. daily until

the project is finished. Drivers are asked to please follow the posted detour signs.

Scholarships offered by The Air Force Officers' Wives' Club

The Air Force Officers' Wives' Club is offering up to \$4000 in scholarships for Air Force dependent high school seniors, current college students, and spouses. An emphasis is on science, technology, engineering, and math scholarships. Applications can be found www.afowc.com and are due March 1.

DDOT construction impact on Firth Sterling

The D.C. Department of Transportation began construction along the streetcar tracks on Firth Sterling Avenue and South Capitol Street Feb. 21. The work is expected to run until further notice.

Suspicious phone calls

If you receive a suspicious phone call, do not answer questions and do NOT hang up at the end of the call. Set the phone down and report the incident to JBAB Security Services at 202-767-5000. Make sure to follow all instructions given.

AFOWC International Showcase

Join the Air Force Officers' Wives' Club for the International Showcase March 20 at 10:30 a.m. at the Bolling Club. Enjoy foods and entertainment from around the world. Cost is \$10 per person. For more information and to RSVP, visit www.afowc.com.

USO offers a free iPod Touch for five lucky winners - Are you one?

The USO wants to hear from you! Tell the USO what services and programs you and your family want. Take their short survey and become eligible to enter the drawing for a free iPod touch. Pass the word and help the installation have the highest percentage of personnel so you and your co-workers win a free lunch and a meet and greet event with a celebrity that will come to JBAB. The survey must be completed anytime between March 1 - 16. Go to www.usometro.org to complete the survey.

Daylight Saving Time begins

Daylight Saving Time begins Sunday, March 11 at 2 a.m. Please remember to set your clocks forward one hour.

Here's My Card

Call **301-670-7106**

Clinical Research

Clinical Research



Worship Guide

Call **301-670-7106**

Non Denominational

Non Denominational

Non Denominational

CAMP SPRINGS COMMUNITY CHURCH

8040 Woodyard Rd., Clinton, MD • 301-868-3030

Dr. James Lowther, Pastor

www.campspringschurch.com

Sunday: Sun. School 9:45am, Worship Services 11:00am & 6:00pm

Wednesday: AWANA, Teen Clubs, Adult Prayer & Bible Study 7:00pm

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