

# Joint Base Journal

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News and information for and about the premier  
Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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## Traffic court instituted for base driving, parking infractions

BY CMDR. KIMBERLY HIMMER  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON - In the past, you may not have been too concerned if you received a DD Form 1408: a base traffic ticket. You didn't get points off of your license, and in some situations, your chain of command may never have been informed.

However, Joint Base Anacostia-Bolling (JBAB) is now keeping track of your on-base moving violations and parking infractions. If you receive too many, your base driving privileges could be revoked.

If you are issued a DD Form 1408, you now have a mechanism to appeal if you think that it was issued in error, or if you would like to present mitigating circumstances. JBAB has recently established a traffic court, where you can present your case before the final adjudication of your offense.

Any individual that accumulates twelve points of driving and parking infractions within 12 months, or 18 points within 24

months will have base driving privileges revoked or suspended.

Serious infractions, which result in the suspension of your driving privileges for one year or more, are reported to your state licensing authority. This can result in the revocation of your license, or points against your license, depending on your state's licensing regulations.

According to Stuart Marshall, JBAB Director of Strategy, and one of three designated JBAB Traffic Court Hearing Officers, "So far, the majority of cases we are seeing are related to speeding on base, and illegal parking. But I have already heard a case where an individual was driving 18 mph over the posted base speed limit. This is unacceptable."

When an individual is caught exceeding the posted base speed limit by 20 mph or more, the person will automatically receive a six-month suspension of base driving privileges. Additionally, when a driver is caught speeding in base housing areas, it is mandatory that the he receive a 14-day suspension of his base driving privileges.

Marshall stated, "The best thing a driver can do is follow posted signs, don't speed, and don't park illegally."

Some of his suggestions regarding parking include:

- Only park in spots designated by white lines.
- Do not park on the edges of parking lots, or edges of roads. If there are no lines designating spots, then you are not allowed to park there.
- Do not park in restricted parking lots. Several lots on base are designated for specific commands. If you do not work for that command, do not park in its lot.
- Do not park in reserved spots or handicapped spots, unless officially authorized.

An individual has 14 calendar days after the commission of the infraction to inform the proper authorities that he desires a hearing. The points of contact are contained on the DD Form 1408. The hearing shall be docketed on the first date after the expiration of this 14-day period. Traffic court is held approximately every 30 days, and the individual will be in-

formed of the time and date of the hearing. Absent extraordinary circumstances, the hearing cannot be rescheduled.

Below are some of the infractions, and the points or consequences they carry:

- Speeding: 3-5 points, depending on much the posted limit is exceeded
- Failure to yield to a pedestrian: 5 points
- Most parking violations: 3 points
- Illegally parking in a designated handicapped spot: automatic 30 day revocation of base driving privileges
- Wearing headphones while driving: 3 points
- Failure to stop for a school bus: 4 points
- Intoxicated driving: revocation of base driving privileges for one year
- Refusing to submit to a blood alcohol content (BAC) test: revocation of base driving privileges for one year

JBABINST 11100.1 is the governing instruction related to the traffic court and base driving and parking infractions. In addition, JBABINST 11200.1, Chapter 4, delineates the entire traffic point system.

## Naval District Washington to eliminate vehicle decals



U.S. NAVY PHOTO BY MC2 KIONA MILLER

Department of Defense Police Cpl. O.K. Harris checks personnel and visitor identification at the Washington Navy Yard. Effective July 1, NDW installations will no longer require vehicles to display Department of Defense (DOD) vehicle decals for base access.

BY PATRICK GORDON  
NDW WATERLINE WRITER

Drivers coming on to Naval District Washington (NDW) installations may notice a change at the gates this summer. Effective July 1, NDW installations will no longer require vehicles to display Department of Defense (DOD) vehicle decals for base access.

The elimination of the use of vehicle decals for vehicle registration, in order to access Navy installations, was directed by the Assistant Secretary of the Navy (Energy, Installations & Environment) memorandum dated March 18, 2011.

Previously, the vehicle decal program registration process provided a simple way for base security to verify the vehicle had been

properly registered with the state, confirm the driver had adequate liability insurance, and confirm the driver was authorized to operate the vehicle. NDW installations have been provided guidance to develop implementation plans of the new policy and associated policies for vehicle base access, parking, and other installation-wide driving concerns.

"Some have viewed the decal as a credentialing for base access," said Tony Reid, Commander Navy Installation Command (CNIC) N3AT program manager. "Credentialing for base access has always been based on individuals having proper identification, such as a Department of Defense-issued identification card. Vehicle decals were used to

ensure vehicles on Navy installations complied with state requirements for vehicle registration and insurance. State programs have become more uniform and efficient, eliminating one of the main reasons for vehicle decals."

Security is also a prime concern for all DON installations. Since Sept. 11, 2001, 100 percent I.D. card checks have been implemented at all DOD installations. With this security measure in place, the decals have become redundant, and in some cases, a concern.

"In addition to the expense in administering the program, other issues prompting the change in policy include decals being

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# Joint Base emergency manager emphasizes having emergency plan

BY PATRICK GORDON  
NDW WATERLINE WRITER

WASHINGTON — Most people know the basics for a fun day out during the spring and summer. They are sure to stay hydrated, wear sunscreen, and apply bug spray. But what happens when a sudden front of severe weather comes along? Are you prepared in the event of an unforeseen weather emergency?

“A plan provides a road map during a crisis which saves time, and also provides measures for protecting property and other resources to include our most precious resource, our families,” said Sigmund E. Evans, installation emergency manager for Joint Base Anacostia-Bolling. “Ready Navy provides the information needed for proper preparation of emergencies.”

In the case of any emergency, authorities recommend having a plan and being prepared for the unexpected. The Ready Navy website (<http://www.ready.navy.mil>) advises that an emergency kit be prepared for any individual and their dependents to include necessities for an extended stay away from home. This should include - but is not limited to - emergency food and water to last several days, any necessary medications, a first aid kit, changes of clothes, and a tool kit. Having an evacuation plan, staying in contact with family and friends, and having a predetermined evacuation destination are all advised, as well.

“Following your local weather updates and ensuring compliance with preparedness guidance is an essential part of the process,” said Larry R. Nelson, director of training and readiness for Naval District Washington (NDW). “Advanced preparedness is the key to having an advantage over an inclement weather situation.”



U.S. NAVY PHOTO BY MC2 KIONA MILLER

Culinary Specialist 2nd Class Luis Mojica Rodriguez views the Federal Emergency Management Agency (FEMA) mobile application. The mobile application is one option to remain prepared during any disaster, along with registering with the Wide Area Alert Network to get up-to-date information during a crisis.

To stay informed of any emergency weather situations, regularly check weather reports on the radio, television or online. NDW personnel can receive weather and other emergency alerts by signing up for the Wide Area Alert Notification

(WAAN) system. AtHoc WAAN alerts can be received by workstation alerts, email, phone calls or texts. To register with the Wide Area Alert Network, visit <http://www.cnic.navy.mil/NDW/About/WAAN/index.htm>.

“The threats that installations face range from natural disasters in the forms of earthquakes, hurricanes, tornados, floods and fires,” said Robert Avery, installation emergency manager for Naval Support Activity Washington. “The number one way personnel can protect themselves from these threats is by notification. Our AtHoc system provides real time alerts with detailed information on the incident or event.”

A common threat during the summer months is sudden storms. While moderate rain is of little concern to most, sudden and powerful storms can cause threats from flash flooding and lightning. In addition to having an emergency kit and plan in place, the National Weather Service (NWS) advises being mindful of conditions and threats common with severe thunderstorms. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind; tune in to local weather forecasts for up to minute warnings; and postpone outdoor activities if thunderstorms are likely to occur. They advise seeking shelter indoors whenever thunder is heard; many people struck by lightning are not in an area where it is raining. If thunder can be heard, a person is close enough to be in danger of lightning. The NWS recommends staying inside for at least 30 minutes after the last thunder clap. If warnings by authorities are given to evacuate an area, do so by prescribed routes in an orderly fashion, avoiding roads with high water.

By staying informed, being prepared and having a plan, personnel can have a fun - and safe - summer in and around NDW.

## Joint Base Anacostia-Bolling Golf Tournament

July 19

Tee Time: 9:30 a.m., then every 10 minutes

Joint Base Andrew's Golf Course - East Course

\$80 per person; includes green fees, cart, lunch buffet and prizes

\$5 Mulligan's (max 5 per person)

Prizes: Men & Women Closet Pin

Men & Women Longest Drive

Men & Women 1st & 2nd Place

Sign up at JBAB Fitness Center I or call 202-767-5895.

The golf tournament location has been authorized as an alternate worksite for that day. Personnel are not required to take leave to participate in this command-approved event, with supervisor approval.

## Federal Employee Education, Assistance Fund provides emergency furlough assistance to federal federal civilians

BY LEA JOHNSON

SPECIAL TO JOINT BASE ANACOSTIA-BOLLING

WASHINGTON-Civilians have been planning for the upcoming furlough for much of 2013; however, even with all the preparation leading up to the week of July 8, some civilians may find they need a little help to stay above the financial undertow.

Enter the Federal Employee Education and Assistance Fund (FEEA).

According to Robyn Kehoe, director of field operations, FEEA was created in 1986 and is modeled to work like the Navy-Marine Corps Relief Society and Air Force Aid Society by providing emergency assistance in the form of loans, grants and scholarships to civilian federal employees and their families.

“Loans are available to someone who is having financial hardship through no fault of their own,” Kehoe said.

Civilians impacted by the furlough may be eligible for an emergency loan up to \$1,000 through FEEA if they have been a federal employee for at least one year and demonstrate a basic living need, such as assistance paying rent or utilities.

“The advantage of these loans is that they are no interest. Civilians pay back the loan

through an allotment a little at a time,” Kehoe said. “We are geared toward this population and all the money that gets paid back then goes back to help another federal family.”

Provided all required documents are submitted with the loan application, civilians should receive their check within a week. Kehoe said checks are made out to a creditor, a landlord or leasing agent for example, and loans are not granted to assist with paying credit card bills or other similar personal debt.

Additionally, Kehoe added, “Employees cannot apply until they receive a short paycheck. We won't accept any applications filled out in anticipation of the furlough.”

Assistance from FEEA is available any time, not just during this government furlough. FEEA is funded largely through donations, including contributions from the Combined Federal Campaign.

“We have contributed \$20 million in aid to federal civilians and their families,” Kehoe said. “We are proud of that and we are proud to serve the men and women who serve our country, even though they're not in uniform.”

For more information or to fill out an application, visit [feea.org](http://feea.org).

For more news from other bases around the Washington, D.C. area,

**visit [www.dcmilitary.com](http://www.dcmilitary.com).**

# Several fun options for July Fourth celebrations

BY LT. CMDR.

JIM REMINGTON

JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON - The Fourth of July is a time to celebrate our nation's independence. It's also an occasion to enjoy quality time together with precious family and friends picnicking, cooking out, playing games, swimming and of course watching fireworks.

For those wishing to celebrate part or all of their Independence Day aboard Joint Base Anacostia-Bolling (JBAB), there are a number of fun opportunities available. Geisboro Park will be available for cookouts and picnicking all day and into the evening. Anyone able to gain entry to the base is free to find a space in the park or along the river to watch the fireworks show on the National Mall which is easily visible from JBAB without all of the challenges of crowds and traffic associated with a venture to downtown Washington on July 4th. For those looking to cool off and have some fun splashing around, the base pool will be open for recreational swimming from noon until 7:30 p.m.

While JBAB Morale Welfare and Recreation will not be hosting a formal Fourth of July celebration as they have done in previous years, there will be a block party at the Slip Inn Bar & Grill. The event costs just \$5 and will provide attendees a Slip Inn voucher valued at \$5 which may be applied to drinks and food within. The block party will include free youth activities starting at 4:30 p.m., food specials, games & prizes, and of course this will also be a great viewing area for the fireworks.

In addition to all of the excitement of family, friends, food and fireworks, the Fourth is also a time to be safe and respectful to others. As the holiday approaches, JBAB leadership and members of its police and fire departments ask the JBAB community to observe a few simple but very important rules to ensure that everyone stays safe and has a good time during this year's festivities.

\* No fireworks of any type are permitted on base, including sparklers

\* No parking on the grass near Giesboro Park or on the grass in any of the housing areas

\* No uninvited guests to Billy Mitchell Estates

\* JBAB discourages the use of grilling with charcoal and encourages the use of propane instead. While grilling is permitted along the waterfront, it's prohibited inside Bolling Green Park

\* Due to the large crowds expected, JBAB asks you to refrain from bringing pets.

In case of an emergency, residents and anyone attending must call (202) 433-3333.

To view all state laws (including District of Columbia law) pertaining to fireworks use and the types of fireworks allowed, visit: <http://www.americanpyro.com/state-law-directory/>. The fireworks will be launched from the Reflecting Pool area of the National Mall, and will be visible from many locations in Washington, Virginia, and Maryland. The fireworks display begins at 9:10 p.m. and will last for 17 minutes. For the adventurous who want



U.S. NAVY PHOTO BY JBAB PUBLIC AFFAIRS

a close-up view of the show downtown, plan to arrive early, and to protect yourself from heat-related illness. The National Park Service advises that viewing areas on the National Mall near the Washington Monument and Reflecting Pool will be accessible only through secure access points. Consider wearing hearing protection as these fireworks are big and loud. Consider wearing eye protection to guard

your eyes from falling debris. Consider not bringing pets, and also be advised that immediately following the fireworks, areas along Independence Avenue between the Lincoln Memorial and World War II Memorial will be closed for safety related to the fireworks launch site. The road will re-open after cleanup crews have completed their inspection and removed any hazardous materials.

## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
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PUBLIC AFFAIRS OFFICE: PHONE: 202-767-4781

EMAIL: JOSEPH.CIRONE@NAVY.MIL

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# Water safety keeps fun afloat for all

By PATRICK GORDON  
NDW WATERLINE WRITER

WASHINGTON - Fun in the sun usually means cooling down by the water. Whether visiting the ocean, a lake, or even a pool, knowing the ins and outs of water safety can mean the difference between a refreshing swim and potential danger.

"The time period between Memorial Day and Labor Day has long been called 'The Critical Days of Summer' by the Navy and Marine Corps because during that time period we see a sharp increase in the number of off duty deaths and injuries," said Barbara VanDenBerg, regional safety program director. "Sailors and Marines take vacations and engage in more high risk recreational activities than during other periods during the year. Water safety is particularly important - last year half of the non-motor vehicle off-duty fatalities were in the water."

Common sense precautions can often prevent hazards while near the water. George Revoir Jr., Naval Support Activity Washington (NSAW) safety installation program director, explained that one of the basics of water safety is swimming. Knowing not only how to swim, but you're physical limits and the conditions of the water you're swimming in can prevent injury or death.

"Never swim alone - especially if you're not familiar with the swimming location," said Revoir. "This means water depth, type of currents involved, possibly of submerged water hazards, and rip tides. Regarding fresh water swimming locations, personnel are wise to question the water quality before, and make positive it is safe for swimming. Furthermore, un-



U.S. Navy file photo

**Families on Joint Base Anacostia-Bolling (JBAB) enjoy the base pool located by the Bolling Club. Common sense precautions can often prevent hazards while near the water. When swimming, always swim with a buddy and know the conditions of the water you're swimming in.**

less you're a fully competent 'open water' swimmer you should not swim anywhere where life guards are not posted to help you if you go into distress."

Revoir added that anyone not sure of their swimming abilities should utilize Coast Guard-approved life jackets, regardless of age and especially when boating. According to the U.S. Coast Guard's "2012 Recreational Boating Statistics," in 459 instances of drowning as a result of boating accidents last year, 379 were cases

where the victim was not wearing a life jacket.

Revoir said that precaution and preparedness are what will keep recreational swimmers and boaters safe during the summer months. He recommends setting guidelines for friends and family on where to swim and when, never allowing children to swim unattended, and taking CPR certification classes prior to vacation. An important but often overlooked skill is being able to identify a drowning victim in the water.

"A lot of people think that a person who is drowning will splash around and yell for help. More often than not, this isn't the case," said Edward Lewis, NSAW safety & occupational health specialist. "Chances are they're going to be very quiet, and struggling to breathe with their head low in the water. They may have their eyes closed, or their hair blocking their eyes. They typically won't be thrashing, but appear to be climbing a ladder or trying to get on their back, often without kicking

their legs. If you see this happening, call for help and render assistance immediately."

By knowing how to stay safe, said Lewis, half the work is done by the time you get to the water.

"Being prepared is often the best prevention, and I think it will keep a lot of people safe this summer."

For more information on summer safety, visit <http://safetycenter.navy.mil/>. For more news on events in NDW, visit [www.facebook.com/NavDistWash](http://www.facebook.com/NavDistWash).

## Joint Base Anacostia-Bolling to celebrate Independence Day with block party

By DAWN SYKULLA

JOINT BASE ANACOSTIA-BOLLING  
MORALE, WELFARE & RECREATION

WASHINGTON - Bring your family and friends to the Slip Inn Bar & Grill this July 4 to celebrate Independence Day on Joint Base Anacostia-Bolling (JBAB). Morale, Welfare & Recreation (MWR) is excited to announce its first ever block party where families can enjoy music, free youth activities, food specials and, of course, fireworks!

The summer party kicks off at 5 p.m. and is open to all DoD ID cardholders and their guests. For admission of \$5, you'll receive a \$5 Slip Inn voucher to be used to purchase food and beverages. There will be summer grilling featuring cheeseburgers,

pulled pork sandwiches, corn on the cob and cool sides of potato salad and watermelon.

Children can enjoy an assortment of activities - free of charge, including Minute to Win It games based off on the hit TV show and bouncy castles. All youth activities will begin at 4:30 p.m. in the grass field opposite the Slip Inn Bar & Grill.

MWR is also offering games and prizes for adults throughout the evening. Be a contestant in the Man vs. Dog Challenge, competing with others to devour as many hot dogs as fast as you can. Or partake in the politically correct wet t-shirt contest and try to be the quickest to put on a frozen t-shirt. Lastly, the Mr. Sexy Legs competition is sure to

be a hit as guys can dance their way into the title of Mr. Sexy Legs. Sign up for games at the event.

Be sure to check out the MWR promotion table where you can play Spin to Win and score some MWR gear. You will also receive a free glow in the dark souvenir cup when you show the marketing maniacs that you've download their recently launched app, ABSalute. Download it for free at the Google Play Store or Apple App Stores.

Your glow in the dark souvenir cup will be perfect for After Glow. Skip the traffic and end the evening with this free after party following the fireworks. Enjoy neon fun while dancing to the latest hits all night long.

## Liberty Center's 5th anniversary party scheduled for June 30

By DAWN SYKULLA

JOINT BASE ANACOSTIA-BOLLING  
MORALE, WELFARE & RECREATION

WASHINGTON - The Liberty Center on Joint Base Anacostia-Bolling (JBAB) is a half-decade old. It's been five years since it opened its doors to eligible service members and what better way to celebrate than with a pool party!

Come to the JBAB Pool to celebrate this milestone on June 30 at 7:30pm. Enjoy free food, prizes and summer fun! You'll also have a chance to win an iPod Touch. This event is sponsored by the USO of Metropolitan Washington and is open to all E1-E6 single, unaccompanied active duty service members.

Liberty is known for providing high-energy recreation programs, superior entertainment experiences and development of personal leisure skills, leading to extraordinary and unique opportunities for

enjoyment, activity and adventure in an alcohol and tobacco-free environment.

"Liberty is the place where E1-E6 single, unaccompanied active duty military can relax, hang out and have fun outside of the barracks," said Kay Berube, Liberty coordinator. "From cooking classes, paintball, and amusement parks to video gaming, WiFi, and latest run movies, this program shows our continuous efforts to take care of our own, our service members."

The Liberty Center has great events all the time, added Chelton Wynter, Liberty recreation assistant. Coming up is the Caribbean Festival on June 27 at 3pm, a trip to Kings Dominion on July 5 and a day trip to New York City on July 20.

"No matter what type of entertainment you're looking for, Liberty has something for you," Wynter said.

# Longtime volunteer proud to still be serving community

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON - People like Jeanne Carr don't come along too often. Most retirees her age are usually content not dealing with large groups, or getting involved with activities that require a few hours out of the day or during the week. As it turns out, that's simply not Jeanne.

For more than half her life, Carr has volunteered in some capacity or another. Whether it was working as an American Red Cross volunteer for a military hospital in Texas, helping her daughter's Girl Scout troop with bake sales, or carving out a niche for herself through her local church in the nation's capital, she enjoys keeping busy. More importantly, she enjoys meeting people that remind her of what being involved is all about.

"Even after all these years, I still get excited at the idea of helping people and making a difference. That's what it's all about," Carr said. "I also love being around other enthusiastic people. You start out looking to make a difference in someone's life. As it turns out, you wind up making a difference in your own. It's really amazing."

Carr, a native of southern California, moved to the Washington area in the late 1970s along with her husband, former Chief of Chaplains for the Air Force Maj. Gen. Richard Carr. They were married for more than four decades until he died in 2002.

A proponent of aiding military families wherever possible, the Joint Base Andrews (JBA) Maj. Gen. Richard Carr Airmen and Family Support Center was named in his honor in 2004. This incredible acknowledge-



U.S. NAVY PHOTO BY PAUL BELLO

Jeanne Carr has been a volunteer in the Washington area for more than three decades.

ment was as perfect as any for her husband, who she said helped organize hundreds of marriage retreats over the years for military couples from all branches of service.

"My husband prided himself on reaching out to as many families as possible. That tribute just brought what he did full-circle," Carr said. "He instilled in me the importance of volunteering. I've tried to carry on

his vision. That certainly keeps me going."

Carr volunteers at least two times a week at the very center named after her husband. She is also actively involved with the Air Force Officers' Wives Club (AFOWC), which

meets regularly on Joint Base Anacostia-Bolling (JBAB).

Being a member of this group is especially rewarding for Carr. Through the AFOWC, she has become involved with the Arlington Ladies - a committee of about 50 women that represent the Chief of Staff of the Air Force during funerals at Arlington National Cemetery. The group offers bereavement support to families and presents condolences of behalf of Air Force leadership.

"One you're in the group, you're always a part of it. It's a lasting honor to those who have died," Carr said. "I love that we're able to do this for our families. And I know it's appreciated."

Along with being an Arlington Lady, she is also an active member of her local church. Her work includes teaching young people how to be caregivers, in addition to fielding questions about matters like stress, depression and divorce.

After her husband died, she admits it wasn't easy for her to get back on her feet and get focused again. But, according to her, working with others helped change all that.

"I realized that I enjoy being around other people. Their enthusiasm makes me excited. So here I am - even in my late eighties," Carr said. "Evaluate your strengths and interests. Look at what you enjoy and go for it. If you do that, things will work out."

## DECALS

■ continued from 1

moved from vehicle to vehicle or easily counterfeited and cars sold to non-Department of the Navy personnel with current decal still attached posed additional security risks to Navy installations," said Timothy White, CNIC N3AT law enforcement assistant program manager. "In addition to our policy of conducting random Anti-terrorism checks, we will conduct command authorized administrative checks, similar to the way security departments conduct Driving-Under-the-Influence checks.

White said these administrative checks will check identification and vehicle licensing, and that security personnel will continue to rely on the assistance of the military community to report suspicious or abandoned cars, and any other security concerns. He added that frequent visitors to installations requiring decals may leave them on the vehicle until the expiration date. Otherwise, it is recommended that the decal be removed.

Reid said that persons using privately-owned vehicles on Navy installations will still be required to meet state and local

requirements including valid insurance, vehicle safety inspections, registration, and proof of motorcycle safety training where applicable. Additionally, the policy change will not affect visiting procedures to Navy installations, as visitors will continue to use the normal visitor procedures established by the installation commanding officer.

Reid added that contractor access will be managed separately. Contractors either receive a temporary pass for a one trip visit or they register under the Navy commercial access control system that provides background checks and periodic reviews to allow them to be issued an annual valid credential for access to Navy installations for official business.

Parking will be managed at the installation level using a CNIC-generated template based on current color coding system (blue for officers, red for enlisted, and green for Department of the Navy civilians). The template provides for some standardization at all CNIC installations, but allows for minor changes to accommodate unique local circumstances.

Answers to frequently asked questions about the vehicle decals can be found at [http://www.cnic.navy.mil/om/operating\\_forces\\_support/force\\_protection/Vehicle\\_Decals\\_FAQ.html](http://www.cnic.navy.mil/om/operating_forces_support/force_protection/Vehicle_Decals_FAQ.html).

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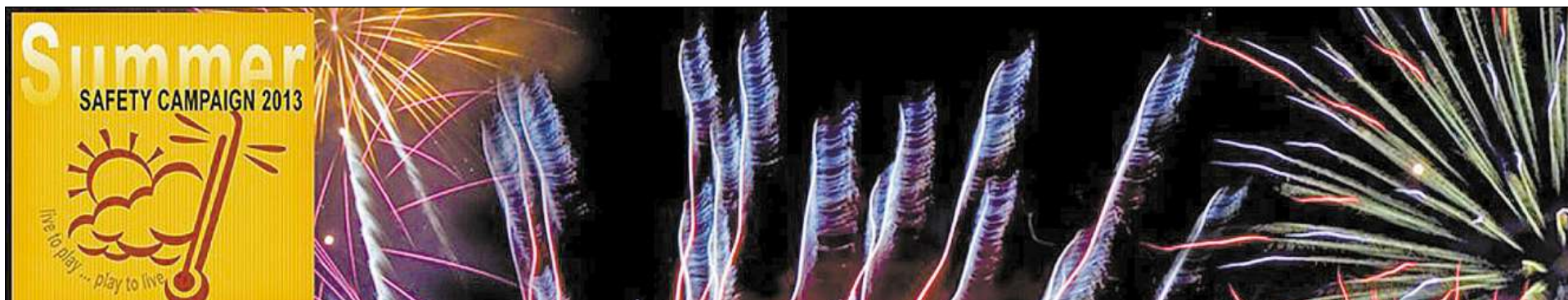
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**visit [www.dcmilitary.com](http://www.dcmilitary.com).**



# National safety month is no accident



U.S. NAVY PHOTO BY LT. CMDR. JIM REMINGTON

Military members serving up sizzling sides of safety at one of Joint Base Anacostia-Bolling's fixed grills along the Anacostia River waterfront.

BY LT. CMDR.  
JIM REMINGTON  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON - June is National Safety Month which coincides with the beginning of summer, historically the deadliest time of year for Soldiers, Sailors, Airmen, Marines and Coast Guardsmen off duty. Joint Base Anacostia-Bolling (JBAB) leadership is asking service members and civilian employees and residents aboard the base to educate one another on risk and influence behaviors surrounding the leader causes of preventable injury and death.

The armed forces and U.S. Department of Defense observe National Safety Month each June in conjunction with public and private organizations across the United States. This month is a time to repair broken steps, clean out the medicine cabinet, and install lighting in dim hallways. Each week for the month of June, the National Safety Council (NSC) which sponsors National Safety Month, focuses on a safety theme to prevent injuries and ac-

cidental deaths by calling attention to common safety and health risks. During this week the NSC is focused on "Falls Prevention."

## Falls prevention

During National Safety Month, NSC helps Americans to prevent injuries and accidental deaths by calling attention to common safety and health risks. Each week during the month of June is dedicated to publicizing a different safety risk; this week focuses on "Falls Prevention."

The National Safety Month recommends a number of useful and commonsense tips for protecting against accidental falls, both at home and at work:

- Aisles, stairs and walkways should be clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.

See SAFETY, Page 7

# Leave fireworks to the professionals

BY LT. CMDR.  
JIM REMINGTON  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON - Each Fourth of July, thousands of people across the United States are injured while using consumer fireworks. Victims of fireworks-related injuries suffer a variety of injuries, the worst of which include permanent scarring, loss of vision, dismemberment, or death. Nearly one quarter of all these injuries occur to victims under the age of 15. All of these injuries, irrespective of age, are avoidable.

"Leave the fireworks to the professionals," said Assistant Chief of Fire Prevention Jeff Williams of Naval District Washington's Fire and Emergency Services. "Enjoy the time with your family. Have a nice cookout. Have a nice family get together. We can see the fireworks at the Washington Monument from here on Joint Base Anacostia-Bolling (JBAB). It's a nice big show. We

can all stand by the water. Most can see it from their house. Enjoy that show in a safe fashion. That's the best way to enjoy the Fourth of July."

Whether celebrating Independence Day in the Washington metropolitan area or elsewhere, public fireworks displays run by licensed pyrotechnicians or trained professionals are common around the United States. These are the best alternative for those wishing to see some dazzling and celebratory explosions and sparkles as part of the Fourth of July celebration. Choosing that option can help to cut down not only on fireworks-related injuries, but also on the occurrence of fireworks-related fires which are responsible for more than \$32 million annually in direct property damage. Of the estimated 17,800 reported fires caused by fireworks in 2011, there were 1,200 total structural fires, 400 vehicle fires, and 16,300 outside and other fires.

The National Fire Protection Association (NFPA) reported, "On Independence Day in a typical

year, far more U.S. fires are reported than on any other day, and fireworks account for two out of five of those fires, more than any other causes of fires."

The District of Columbia, Maryland, and Virginia all have strict laws regulating fireworks. Those who live off base who intend to purchase, transport, store or use fireworks should thoroughly familiarize themselves with the laws of these jurisdictions. For those who live or come aboard any Naval District Washington (NDW) area base, it is important to know that NDW prohibits even the possession or storage of fireworks on base, never mind use.

"In accordance with the Naval District Washington Instruction 11320.10E," said Williams, "all fireworks whether they are sparklers, roman candles, anything you can buy in stores are illegal on base."

Even ordinary legal fireworks pose a serious risk of injury. Sparklers for instance, which are considered by many to be harmless,

burn at temperatures as high as 2,000 degrees Fahrenheit, which is hot enough to melt gold. Sparklers and similar spark-emitting devices like fountains can quickly ignite combustible material and cause serious burns.

"Safe and sane fireworks don't exist," said Dr. John Hall, the NFPA's division manager of fire analysis and research. "When things go wrong with fireworks, they go very wrong, very fast, far faster than any fire protection provisions can reliably respond."

In recent years, fireworks have been one of the leading causes of injuries serious enough to require hospital emergency room treatment. NFPA reported that in 2011, more than 9,600 fireworks-related injuries were treated in U.S. hospital emergency rooms. These figures fall within the norm of 8,500 to 9,800 annually since 1997. The thousands of serious injuries each year typically harm the eyes, head, or hands, and are mostly reported in states where fireworks are legal.



DISTRICT OF COLUMBIA NATIONAL GUARD PHOTO BY  
1ST LT. MIRANDA SUMMERS LOWE

Spc. Kyra Davenport of the District of Columbia National Guard provides security during the fireworks at the 4th of July celebration on the National Mall. Over 50 National Guardsmen participated, supporting the United States Park Police.

# Joint Base Anacostia-Bolling Daddy-Daughter Dance



U.S. NAVY PHOTOS BY DAWN SYKULLA

Above: A Navy Lt. Commander and a daughter enjoy a special time during the Joint Base Anacostia-Bolling (JBAB) Daddy-Daughter Dance on June 15. One hundred people enjoyed the event held at the Club.

Left: Two dads show their best moves during the Hula-Hoop contest at JBAB's Daddy-Daughter Dance.

## SAFETY

■ continued from 6

- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.

- Inspect ladders before and after every use.

The NSC also recommends specific tips for aging adults, tips which are also useful for individuals of any age, including:

- Wear proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.

- Use non-skid throw rugs to reduce chances of slipping on linoleum.

- Store frequently used items in easy-to-reach areas.

- Exercise regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

Following these tips, as well as the others detailed on the National Safety Month Web site, promotes safety around the home, on the road, and at the workplace. Voluntary consensus standards can help to ensure the effectiveness of these suggestions in preventing accidents and injuries. Be sure to check items such as ladders, slip-resistant mats, and other safety items for compliance with American National Standards safety requirements.

Whether climbing high at work or walking leisurely through the home, individuals are protected by standards that ensure safety and reduce injuries. Visit the National Safety Month Web site for more information on safety and accident prevention at <http://www.nsc.org/nsm>.

### Grilling safety

With summer already here and the Fourth of July celebration quickly approaching this is also an important time to begin thinking about and planning for grilling safety. According to the National Fire Protection Association (NFPA), gas and charcoal grills cause an average of 1,500 structure fires and 4,200 outdoor fires in or on home properties. These numbers should be of concern to anyone that may want to use the grill.

Grill safety should be a top consideration for anyone planning to celebrate the upcoming Independence Day aboard JBAB. The base's waterfront along the Anacostia River provides an excellent vantage point from which to see

the fireworks on the National Mall. To ensure fun and safe viewing for all, base leadership, security and fire officials are asking everyone to keep in safety in mind first.

"With the Fourth of July, we're really going to try to discourage people from setting up grills everywhere," said Assistant Chief of Fire Prevention Jeff Williams of Naval District Washington's Fire and Emergency Services. "There are some grills already down by the waterfront, fixed at the pavilions. The Slip Inn Bar and Grill will be selling food. I know economic times are what they are, but from a safety point, use one of these fixed grills or buy some food from the Slip Inn. We don't need a bad situation."

To reduce the risk of fire and prevent injuries, keep these general rules for barbecue grill safety in mind:

- Remember that whether you have a gas or charcoal grill, you should never use it indoors, and you should always keep it 10 feet away from any buildings or combustibles.

- When using barbecue grills on decks or patios, be sure to leave sufficient space from siding and eaves.

- Always supervise a barbecue grill when in use.

- Keep children and pets far away from grills.

- Use long-handled grilling tools to allow the cook plenty of clearance from heat and flames.

- Periodically remove grease or fat buildup in trays below the grill so that it will not be able to be ignited by a hot grill.

- Always follow the manufacturer's instructions and have the grill repaired by a professional, if necessary.

### Remember safety, make a difference

Injuries are a leading cause of disability for people of all ages, and the leading cause of death for Americans ages one to 44. When people practice safe behaviors, they can help prevent injuries - and even death.

Make a difference this this month, spread the word about strategies for staying safe and encourage your command, office, community, family, and other individuals to get involved to raise awareness about important safety issues such as slips and falls, fireworks safety, fire safety, workplace and employee safety, and emergency preparedness. Together people can take key steps to protect themselves and others from accidental injury or death.

## Furloughs for Joint Base personnel to begin July 8

BY PAUL BELLO

JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON – At a town hall meeting Wednesday at the Bolling Club, employees of Joint Base Anacostia-Bolling (JBAB) learned what dates have been decided by command leadership as mandatory furlough days. This comes as a result of Department of Defense (DoD) budget cuts related to sequestration.

JBAB Commander Navy Capt. Anthony T. Calandra stated there would be 11 furlough days for civilian personnel only. He said Mondays were a focus of the leadership team during this process and the first day would be coming Monday, July 8.

Despite this, he also said the workload for military members would not increase and that civilian personnel would be compensated for hours worked in an emergency - should something happen that requires them to be on base on a day that was intended as a furlough day.

"I understand this is a very stressful time. However, even bad news is better than no news. At least we know where we are in this process," Calandra said. "This is not the way I want to do business. As a team, we need to pull together and do the best we can with minimal impact."

During a furlough, Calandra pointed out that it's a federal mandate not to work or even communicate with someone through email. There is no overtime and employees are not eligible for unemployment benefits. They also are not allowed to have contractors perform their work for them.

According to Felix Patterson, of Naval District Washington's (NDW) Human Resource Office, employees still accrue leave at the same rate they do now. He also mentioned that govern-

### Furlough dates for JBAB civilian personnel:

**Monday, July 8**  
**Monday, July 15**  
**Monday, July 22**  
**Monday, July 29**

**Monday, Aug. 5**  
**Friday, Aug. 16**  
**Monday, Aug. 19**  
**Monday, Aug. 26**

**Friday, Sept. 6**  
**Monday, Sept. 9**  
**Monday, Sept. 16**

ment furloughs are in no way related to a mandatory reduction-in-force (RIF) by NDW.

In a previous visit to JBAB in March, Patterson said there would be a RIF of about 80 positions to the region. However, based on what's been accomplished so far through voluntary retirement and voluntary incentive separation payouts, that number was down to 40.

Letters regarding the upcoming furloughs will be distributed to all affected personnel prior to the July 4 holiday, Calandra said. Upon receipt, employees are asked to sign and return it as soon as possible.

# MWR Calendar

## Military ID Discount

June 30 | Potomac Lanes Bowling Center Present your military ID and bowl our all night Cosmic for only \$12 per person. Available only to active military personnel, their spouses and children.

Please call 202-563-1701 for more information.

## End of School Year Celebration- Make your own Snow Cones

June 28 | 7-8:30 p.m. | Youth Center | 9-18 years old  
Celebrate the end of the school year by making your own snow cone! Please call 202-767-4003 for more information.

## Teen Trip- Outside Roller Skating at Anacostia Park

June 29 | 2-6 p.m. | Anacostia Park | 13-18 years old | Sign up by June 26

Join the JBAB Youth Center Staff for an afternoon of roller skating! After roller skating, we will go to the National Harbor for a fast food dinner. There is a limited amount of seats for this field trip. Current memberships and permission slips are needed. Each member will have to bring money for their dinner and a military ID card to be eligible for free skating. Please call 202-767-4003 for more information.

## Liberty's 5th Anniversary Pool Party Celebration

June 30 | Noon | JBAB Pool  
LIBERTY IS HALF A DECADE OLD! It's been five years since we've opened doors and what better way to celebrate it than with a party! Spend the day at the JBAB Pool with plenty of food, prizes and summer fun! Please call 202-685-1802 for more information.

Story Time

Tuesday & Thursday | 10a.m. | Library

Themes for July 2013 include:

July 2: Happy 4th of July

July 9: Blueberries

July 11: Celebrate July Birthdays

July 16: Visit Disneyland!

July 18: Moon Day

July 23: Bring Your Teddy Bear for a Teddy Bear Picnic  
July 25: We All Scream For Ice Cream!

July 30: We Love Sports

Please call 202-767-5578 for more information.

## Hot Dog Eating Contest

July 2 | 5p.m. | Liberty Center

Think you can destroy the most hot dogs in one sitting? Test your luck in our hot dog eating contest where the lone person who can eat the most will walk away with a prize and bragging rights! Please call 202-685-1802 for more information.

## Seafood Buffet

July 3 | 5-8:30p.m. | Bolling Club – Washington Dining Room Seafood buffet featuring an abundant selection of crab legs, steamed shrimp, fresh oysters, fried oysters, fish, the Club's famous fried chicken, numerous sides, clam chowder, salad bar, homemade banana pudding

along with dozen of assorted cakes and pies.

Club Members: \$29.95 Non-Members: \$34.95

Please call 202-563-8400 for more information.

## Block Party

July 4 | 5p.m. | Slip Inn Bar & Grill

Join us for our annual 4th of July celebration! Enjoy food specials, games, prizes and DJ entertainment. Stay until after the fireworks for the "After Glow" party! \$5 entry (Receive \$5 Slip Inn Voucher). Please call 202-767-1371 for more information.

## Military Days Kings Dominion

July 5 | Noon | Kings Dominion VA | Sign up by July 3rd

Kings Dominion is paying tribute to our brave military service men and women by offering FREE park admission. Hop a ride with Liberty and enjoy a day of thrills and excitement! Please call 202-685-1802 for more information.

## First Friday

July 5 | 5p.m.-Midnight | Bolling Club – Washington Dining Room

Join us on the first Friday of every month featuring DJ Bob Ski. Club members will be given access to FREE hor d'oeuvres from 5 to 7p.m., non members can enjoy these items for only \$10. In addition, the Club's famous fried chicken and Chef's specials will be available for purchase in the WASP lounge from 7 to 10p.m. Please call 202-563-8400 for more information.

## Tye Dye T-Shirts Weekend

July 5/6 | 6-8:30p.m. | Youth Center | 9-18 years old

Do you like swirls or stripes? Come and investigate the wonderful world of tye dying. Bring your white t-shirt to the Youth Center and explore the many varieties of tying knots to get the most interesting designs. We will do a weekend of tye dying to get your cool shirt ready to wear this summer. Please call 202-767-4003 for more information.

## Summer Reading Wrap Party

August 9 | 11:30a.m. | Library

"Have Book- Will Travel" is wrapping up! We will hand out certificates, prizes and conclude with bouncy castles, water slides and refreshments. Please call 202-767-5578 for more information.

## July Fitness Challenge Plank Hold

July 10 | Fitness Center I

This event will test the deep core muscles. Each participant will hold the "plank" as long as possible on the dominant foot only. Good Luck! Please call 202-767-5895 for more information.

## Birthday Lunch

July 10 | 11a.m.-1:30p.m. | Bolling Club – Washington Dining Room

For all Club Members with a birthday in July, show your Club card and proof of your July birthday and receive a complimentary lunch buffet and a slice of birthday cake. Please call 202-563-8400 for more information.

## Ping Pong & Pool Tournament

July 11 | 5p.m. | Liberty Center

Whether you're a sharpshooter or you can unleash some balls of fury, put your skills to the test in either Pool or the Ping Pong Tournament and walk away with a prize! Please call 202-685-1802 for more information.

## ReggaeFest featuring Stable Roots

July 12 | 6p.m. | Slip Inn Bar & Grill

Let's get together and feel alright... Join us for our most popular event of the year! A special performance by the reggae band Stable Roots, playing all of your reggae favorites to keep the dance floor packed all night long! Visit <http://www.myspace.com/stablerootsproductions1>. Please call 202-767-1371 for more information.

## Youth Bowling Night at Potomac Lanes

Preteen

July 12 | 8-10p.m. | Youth Center | 9-12 years old | Sign up by July 10

Teen July 19 | 8-10p.m. | Youth Center | 13-18 years old | Sign up by July 17th Join the JBAB Youth Center staff for an evening of bowling at Potomac Lanes. The Youth Center will pay the first game and the member will be responsible for the next game and any food consumed. Current membership is needed for this event and preregistration is required. Sign up at the front desk.

Please call 202-767-4003 for more information.

## Movie Trip

July 12 | 6p.m. | AMC Hoffman

Join Liberty for a night at the movies to check out the latest new summer hits. Cost: \$7.50 Please call 202-685-1802 for more information.

## Youth Sponsorship and Monthly Birthday Celebration

July 13 | 6-7p.m. | Youth Center | 9-18 years old

Join the JBAB Youth Center Staff for our Monthly Birthday Celebration. If your birthday is in July, this one's for you. Current Youth Center Memberships are needed for this event. We invite youth new to the JBAB community to come and find out what the JBAB Youth Center has to offer to you. Come and meet fellow members and hear what they have to say about our programming, trips and activities. Please call 202-767-4003 for more information.

## July Cooking Class

July 15 | 5p.m. | Enterprise Hall Kitchen Bldg. 72

It's a Fiesta! No it's Liberty's Cooking Class firing up some popular Mexican dishes! Come learn to make some dishes from South of the Border! Please call 202-685-1802 for more information.

## Missoula Children's Theatre- Jack and the Bean Stalk

July 15-20 | 9a.m.-3p.m. | Youth Center Gym | 5(Completed Kindergarten)-18

Missoula Children's Theatre is holding an audition for Jack and the Bean Stalk. The audition will be held at the JBAB Youth Center Gym. The cast will consist of 50-60 children to perform in the production. Rehearsals will be held throughout the week leading up to the performance. Please call 202-767-4003 for more information.

## Liberty Dinner and Movie Night

July 17 | 6p.m. | FREE

Please call 202-685-1802 for more information.

## Golf Tournament

July 19 | Tee Time: 9:30a.m., then every 10 minutes | Joint Base Andres's Golf Course- East Course

Participate in this year's golf tournament and show us what you've got! Only \$80 per person including green fees, cart, lunch buffet and prizes. Please call 202-767-5895 for more information.

## Acoustic Night

July 19 | 5p.m. | Slip Inn Bar & Grill

Come and see Barry Charlton perform live at the Slip Inn Bar and Grill deck this summer! Listen to some of Barry Charlton's music at [www.barrycharlton.com](http://www.barrycharlton.com).

Please call 202-767-1371 for more information.

## Third Friday

July 19 | 5p.m.-Midnight | Bolling Club – Washington Dining Room

Join us on the every third Friday of each month featuring DJ Shawn Diggs. Club members will be given access to FREE hor d'oeuvres from 5 to 7p.m., non members can

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<p><b>Glen Burnie</b> 101 North Langley Rd. Glen Burnie, MD 21060 410-761-7100</p>	<p><b>Essex</b> 1414-8 Fuselage Ave. Middle River, MD 21220 443-772-0680</p>	<p><b>Waldorf</b> 3490 Rockefeller Ct. Waldorf, MD 20602 301-932-8600</p>	

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## MWR

■ continued from 8

enjoy these items for only \$10. In addition, the Club's famous fried chicken and Chef's specials will be available for purchase in the WASP lounge from 7 to 10p.m. Please call 202-563-8400 for more information.

### Summer Aerobathon

July 20 | 9a.m.-Noon | Fitness Center I  
Summer is here! This is a great time to get your fitness plan back on track! Will you accept the challenge? Come join us for a fun filled morning of aerobic classes. Please call 202- 767-5895 for more information.

### New York Day Trip

July 20 | Noon | New York City  
Liberty is taking a day trip with ITT to New York City! Enjoy the sights and sounds of the Big Apple without the hassle of driving. Please call 202-685-1802 for more information.

### Open Recreation Cookout and Field Day

July 20 | 3-7p.m. | Youth Center | 9-12 years old and 13-18 years old  
Join the JBAB Youth Center staff for an afternoon cookout and field day. Come and play your favorite field day games and test your skills against your peers. Sign up by July 16. Please call 202-767-4003 for more information.

## U.S. Air Force Band's July 4th performances

BY LT. CMDR. JIM REMINGTON  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

WASHINGTON -- The U.S. Air Force Band's summer concert series features three separate special Independence Day performances around the Washington Metro area. For those adventurous enough to make their way to the National Mall this 4th of July, the U.S. Air Force Band's premier jazz ensemble known as the Airmen of Note will be performing at 6 p.m. by the Smithsonian's National Air & Space Museum on the National Mall side. At 7:30 p.m. the Concert Band and Singing Sergeants will entertain their audience at the U.S. Air Force Memorial up to and through the fireworks on the National Mall. And for those looking to enjoy fireworks and music a little farther out from the city, the U.S. Air Force Band's premier rock band known as Max Impact will be accompanying the fireworks display starting at 8 p.m. at Spear Center and Howard Hughes Corporation Building in Columbia, Md.

For more information and directions to these performances, please visit <http://www.usafbnd.af.mil/events/>.

#### 6 p.m.

Air & Space Museum (outside steps facing the National Mall) 600 Independence Ave SW Washington, D.C. 20560 Featured ensemble: Airmen of Note

#### 7:30 p.m.

4th of July Festival & Fireworks  
Lakefront-The Spear Center-Howard Hughes Corp Building  
10275 Little Patuxent Parkway

### Save the Date- Part Day Enrichment Registration for the 2013/2014 School Year

July 24| Youth Center |3 years old (must be 3 years old by Sept. 30 and fully potty trained – in underwear, no pull ups)

The 3 year old program meets on Tuesdays and Thursdays from 9a.m.-Noon.

July 25| Youth Center | 4 years old

The 4 year old program meets on Mondays, Wednesdays and Fridays from 9a.m.-Noon.

Fees are based on total family income. There are 24 slots per age group. Packets will be available on July 12th at the Youth Center. Parents can turn in completed packets on July 24th for the 3 year old program and July 25th for the 4 year old program. Please call 202-767-4003 for more information.

### Liberty Bowling Night

July 24 | 6p.m. | Potomac Lanes Bowling Center

Cost: \$5

Please call 202-685-1802 for more information.

### Boss and Buddy

July 26 | 3:30-5:30p.m. | WASP Lounge

Follow up that monthly promotion ceremony by taking your boss to the Club for Boss and Buddy night. Our Club Members enjoy a FREE buffet; cost for non-members is \$10. Please call 202-563-8400 for more information.

### In House Movies

July 26 | 6:30-10p.m. | Youth Center | 9-18 years old

Join the JBAB Youth Center staff for an evening of movies and popcorn. We'll provide nachos and cheese. Preteen movie starts at 6:30p.m. and teen movie starts at 8p.m. Please call 202-767-4003 for more information.

### Zumba on the Xbox

July 27 | 7-9p.m. | Youth Center | 9-18 years old

Join the JBAB Youth Center staff for an evening of Zumba on the Xbox. Preteens will play at 7p.m. and teens will play at 8p.m. Sign up at the front desk. Please call 202-767-4003 for more information.

### Meeting the Employer

July 31 | 8a.m.-Noon | Bolling Club

Meet the Employer is a program designed for those seeking employment to meet and engage with employers in a more personal setting. Recruiters from each organization will give an overview of their company along with employment opportunities that are available. All retiring and separating service members and their families are invited to attend. Please call 202-433-6151 for more information.

### Download the FREE "ABSalute" App available for Android and iPhone

The Warfighter & Family Readiness Marketing Department has recently de-

veloped and produced a free smartphone application, bringing its resources to customers and employees on a mobile platform at Joint Base Anacostia-Bolling (JBAB).

"ABSalute" is a fast and easy-to-use application designed to allow quick access to events and programs while on the go. Download the app at the Google Play or Apple App Stores and receive the latest information about Morale, Welfare and Recreation (MWR), as well as Warfighter and Family Readiness programs.

The app features:

- Facility finder including hours of operation, direct phone listings, directions and GPS capabilities
- Upcoming special events and programs that can be added directly to your personal smartphone calendar
- Outdoor Recreation and Capital Cove Marina equipment and boat rentals
- Full dining facility menus for the Bolling Club, Potomac Lanes EATZ, Slip Inn Bar and Grill and Furnari Restaurant
- Quick links to the Navy-Air Force Half Marathon and Navy 5 Miler website, CNIC JBAB website, Naval District Washington (NDW) Facebook page and the current edition of the 411 magazine
- Facility and Event Photos
- Push notifications to alert users with the most current information

Perfect for iPhone and Andriod devices. Feel free to email us any suggestions on how we can better enhance the MWR ABSalute app.



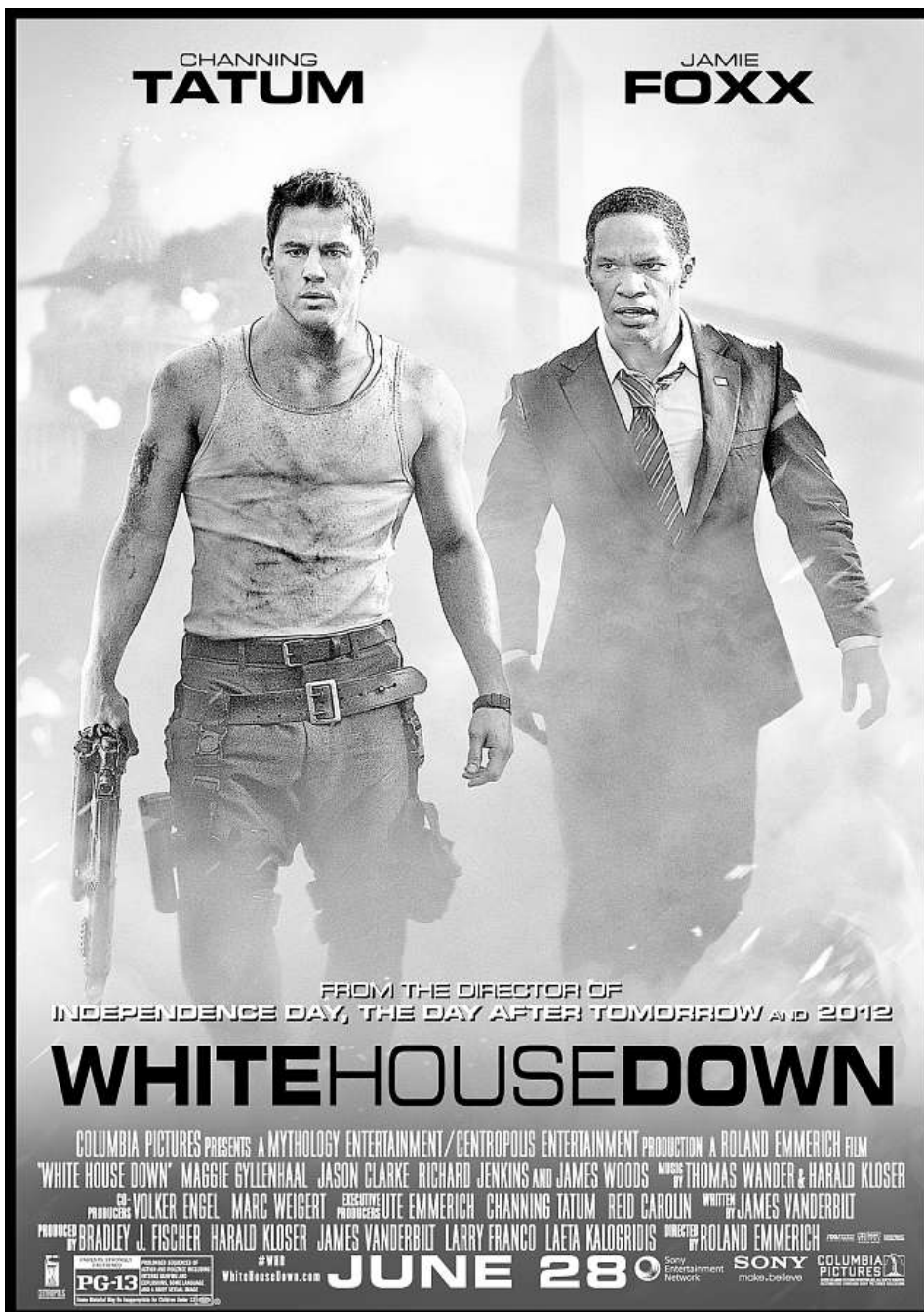
U.S. AIR FORCE PHOTO BY STAFF SGT. CHRISTOPHER RUANO

The U.S. Air Force Band performs at the U.S. Air Force Memorial in Arlington, VA as part of Washington area Independence Day celebrations.

Columbia, Md  
Featured ensemble: Max Impact

#### 8 p.m.

4th of July Fireworks  
Air Force Memorial  
One Air Force Memorial Drive  
Arlington, Va. 22204  
Featured ensembles: Concert Band and Singing Sergeants



For more news from other bases around the Washington, D.C. area,

**visit [www.dcmilitary.com](http://www.dcmilitary.com).**

# JNOTES

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

## JBAB Cyclists on Facebook

Basically a forum for all JBAB riders to get together. We organize group rides over lunch and during commuting hours. Visit us online at [www.facebook.com/groups/jbabcyclists](http://www.facebook.com/groups/jbabcyclists). For more information, email [austin.pruneda@afncr.af.mil](mailto:austin.pruneda@afncr.af.mil).

## Toastmasters Club seeks members

The Bolling Toastmasters Club is available for everyone on JBAB as a place to practice your leadership skills. Toastmasters clubs are where leaders are made, and leadership starts with good communication. The program is self-paced, and it works. The Bolling Toastmasters Club

meets Wednesdays from 12:15 to 1:15 p.m. at the JBAB Chapel Center. Visitors are welcome. For more information, call Jim Queen at 301-452-6931. Navy Marine-Corps Thrift Shop hours

The Navy-Marine Corps Relief Society Thrift Shop has relocated to Enterprise Hall (building 72). The store hours are Tuesdays and Wednesdays 3:30 - 6:30 p.m. and the first Saturday of every month from 10 a.m. - 2 p.m. For more information call 202-433-3364.

## Boys and Girls Club volunteer opportunity

The Boys and Girls Club of Greater Wash-

ington needs volunteer coaches for their youth baseball league for 10-year-olds and 12-year-olds. For more information or to sign up, call 512-560-5548 from 7 a.m.-5 p.m. or email [Michael.martinez@afncr.af.mil](mailto:Michael.martinez@afncr.af.mil).

## NAVY 311

"NAVY 311" is the place to go for all types of information to help support Navy military, civilian and retiree personnel and their families.

NAVY 311 is the, single point of entry to the Navy's many different help desks and support providers.

Now, you need only remember one way to get immediate "reach-back" support for any issue, topic, or problem at any time.

Certified and knowledgeable customer support professionals staff the NAVY 311 call center 24/7 to provide on-demand information assistance for non-emergency, non-tactical issues.

NAVY 311 has already helped thousands of Sailors and Navy personnel since it was launched late last year.

Access NAVY 311 at:  
Phone: 1-855-NAVY-311 or (DSN) 510-NAVY-311

Email: [NAVY311@navy.mil](mailto:NAVY311@navy.mil)  
Web: [www.NAVY311.navy.mil](http://www.NAVY311.navy.mil)  
Text: Type [NAVY311@navy.mil](mailto:NAVY311@navy.mil) into the "To:" line of text message  
Chat: via NAVY 311 website

For more information, check out the video news report at: <http://youtu.be/osYhLa209rg>.

## 2012 Joint Base Anacostia-Bolling Annual Water Quality Reports

The water being served at Joint Base Anacostia-Bolling (JBAB) met federal Safe Drinking Water Act requirements in 2012. The 2012 Annual Water Quality reports for JBAB will be distributed separately for the Bolling side and the Anacostia side of JBAB in print and electronically prior to 1 July 2013. These reports have been prepared in cooperation with the Environmental Protection Agency (EPA) Region III and D.C. Water and Sewer Authority (DC Water). These routine reports are required by law, and are being provided to ensure you have all of the available information regarding the quality of your drinking water. These reports are not being issued in response to a health threat. Copies of the reports will be available upon request or can be found online at <http://cnic.navy.mil/JBAB/OperationsAndManagement/EnvironmentalSupport/index.htm>. If you have any questions please contact Sheryle Quinn, Public Works Department JBAB, Drinking Water Media Manager, at (202) 767-8622.

## Navy Wives Clubs of America

The D.C. Metro chapter of Navy Wives Clubs of America, Eleanor Roosevelt #37, hosts meetings every second Thursday of the month to discuss and plan volunteer activities in the local military and civil-

ian communities. Military spouses of all branches are welcome to attend. For more information, email [angeladowns@me.com](mailto:angeladowns@me.com) or visit our Facebook Page at [www.facebook.com/NWCA37](http://www.facebook.com/NWCA37).

## Air Force Thrift Shop

The Air Force Officers' Wives' Club Thrift Shop is located at 13 Brookley Ave and is open Tuesdays, Wednesdays and Thursdays 10 a.m. - 2 p.m. Donations are accepted during business hours only. Profits from the AFOWC Thrift shop go towards college scholarships and other military charitable organizations. For more information about the AFOWC or its Thrift Shop call 202-563-6666 or email [afowc-thriftshop@verizon.net](mailto:afowc-thriftshop@verizon.net).

## JBAB Girl Scouts

Calling all Girls! Girls registered in Kindergarten - 12th grade this fall and interested in joining should contact [jbab-girlscouts@yahoo.com](mailto:jbab-girlscouts@yahoo.com). The troop meets the second and fourth Wednesday of each month at the community center on Chappie James Blvd at 6 p.m. Girl Scouts; building girls with confidence, character and courage for 100 years.

## Firth-Sterling Gate operations

The Firth-Sterling gate is closed on weekends. Once the gate's automated features become available, the gate will be accessible by any CAC card holder 24/7 during normal FPCON "A" conditions.

## Jogging path closed

The jogging path by Giesboro Park is closed until further notice. An alternate route has been provided.

## JBAB photo studio closure

The JBAB Public Affairs photo studio is closed until further notice. For official studio photography support, contact 11th Wing Public Affairs at 240-612-4430.

## JBAB Hispanic Heritage Month Planning Committee Volunteers Wanted

The 11th Operations Group is heading up the JBAB Hispanic Heritage Month, which takes place Sept. 15 - Oct. 15. A team of volunteers is needed to help plan and organize several events to celebrate the month. The first planning meeting will be June 5 at 1215 in the USAF Band building, Hangar 2. Interested volunteers can call 202-404-6675.

## JBAB Clinic to Close June 28 for training

The 579th Medical Group (JBAB Clinic) will be closed June 28 due to mandatory training. Normal business will resume on Monday, July 1.

# Chapel Schedule

## CATHOLIC SERVICES

### Reconciliation

Sunday 9 a.m. Chapel Center

### Rosary

Sunday 9:10 a.m. Chapel Center

### Mass

Tuesday 11:30 a.m. Chapel Center  
Wednesday 11:30 a.m. Chapel Center  
Thursday 11:30 a.m. Chapel Center  
Friday 7 a.m. Chapel Center

Saturday 5 p.m. Chapel Center  
Sunday 9:30 a.m. Chapel Center

## PROTESTANT SERVICES

### Sunday Worship

Gospel 11:30 a.m. Chapel Center  
General Protestant 11 a.m. Chapel 2

### Sunday School

Sept - May 9:30-10:30 a.m.  
Any questions about these services or other religious needs call 202-767-5900

# Professional Services

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AD-Bone Marrow 12/08

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Email: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)



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