

# Joint Base Journal

Vol. 6, No. 35

September 4, 2015

News and information for and about  
Joint Base Anacostia-Bolling

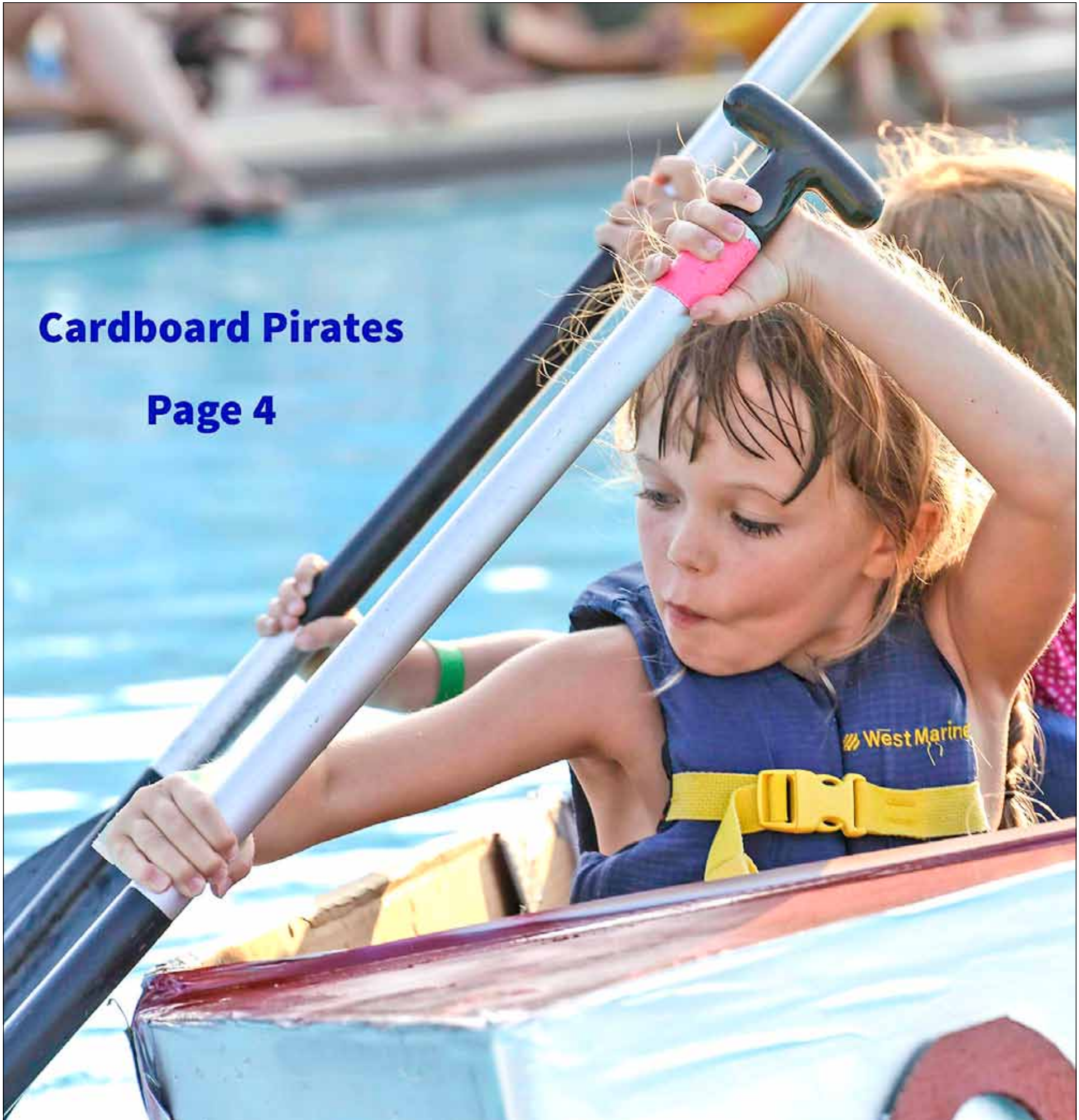
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JOINT BASE ANACOSTIA-BOLLING

[www.cnmc.navy.mil/jbab](http://www.cnmc.navy.mil/jbab)

## Cardboard Pirates

### Page 4



U.S. NAVY PHOTO BY SCOTT PAULEY



# Commandant's Corner

BY REAR ADM. YANCY LINDSEY  
COMMANDANT, NAVAL DISTRICT  
WASHINGTON

August was a busy month, but September is proving to be even busier. Since my last Commandant's Corner, I've completed my installation visits (except for NSF Thurmont), begun community outreach, and we initiated our command-wide Organizational Climate Survey. If you haven't completed your survey, I ask that you please do so. I value your input and need your help to improve our work life and environment.

In August, I visited Naval Support Activity (NSA) Bethesda, NSA Washington and Joint Base Anacostia-Bolling. As with the previous installations visits, these visits were informative and enlightening as to how each installation manages their unique challenges and opportunities. I continue to be impressed by the great work you do each and every day with our limited resources and the outstanding customer service you extend to our tenants.

I had the opportunity to address the South Potomac Community Relations (COMREL) Council and meet some of the community leaders that Captain Feinberg works with every day. Regular, meaningful community engagement is critical and plays a key role in the ability of our installations and tenants to accomplish their missions. This month I will begin engaging community and civic groups with on base luncheons and speaking engagements. I look forward



U.S. NAVY PHOTOS BY MICHELLE L. GORDON

to these opportunities to tell the Navy story and show off our installations and people.

I also recently had the opportunity to meet with the NDW Chief's Mess and hold an all-hands call with NDW's E-6 and below. Both engagements resulted in lively discussions about some of the key issues facing the Navy today. I especially appreciated everyone's candor and willingness to share their thoughts and recommendations for improvement. I greatly value your input and opinion.

Thanks to all of those who attended the NDW command picnic. I had a fun time and greatly appreciate the efforts of those who had a hand in scheduling and executing the event.

This month we pin a new group of Navy Chiefs. This is always a special time in our Navy as we welcome these new leaders, with their new ideas and energy, into the khaki ranks. Early congratulations to our newest Chiefs and



their families...quite an accomplishment.

October is National Energy Awareness Month and in next month's Commandant's

Corner I'll be sharing some thoughts on the Navy's Energy Program and our role in it as the installation enterprise.

## September promotions at JBAB



U.S. NAVY PHOTO BY MICHELLE L. GORDON

(Left to right) JBAB Commander, Navy Capt. Frank Mays, Senior Airman Jonathan Blakemore, Staff Sgt. Adrian Perry, Master Sgt. Doumit M. Elias II, Master Sgt. Carmen F. Hassell, JBAB Senior Enlisted Leader, Chief Master Sgt. Kevin Kloeppel.

BY JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

Congratulations to the Airmen below on their selection for promotion to the following ranks this September. The Joint Base Anacostia-Bolling (JBAB) promotion ceremony is held on the last duty day of the month. All JBAB service members selected for promotion from any military service branch are invited to participate. For more information, contact Air Force Staff Sgt. Brittany Freeze, 202-404-7197, brittany.n.freeze.mil@mail.mil.

Master Sgt. Ma Angela A. Asuelo  
Master Sgt. Doumit M. Elias II  
Master Sgt. Carmen F. Hassell  
Master Sgt. Ryan J. Klug  
Master Sgt. Efrem J. Ortiz  
Tech. Sgt. Shatoria L. Christian  
Staff Sgt. Sean N. Nowak  
Staff Sgt. Adrian Perry  
Staff Sgt. Margaret P. Roark  
Senior Airman Pracilla A. Garza  
Senior Airman Jonathan Blakemore  
Senior Airman Alonza B. Moore II  
Senior Airman Alan D. Ramsey  
Senior Airman Shannon H. Ramsey

## CNO talks SAPR in message to the fleet

BY MASS COMMUNICATION  
SPECIALIST 1ST CLASS  
ELLIOTT FABRIZIO  
CHIEF OF NAVAL OPERATIONS  
PUBLIC AFFAIRS

The Chief of Naval Operations (CNO) Adm. Jonathan Greenert recently discussed the progress and future challenges of the Navy's Sexual Assault and Prevention Response (SAPR) Program.

CNO discussed SAPR on the Weekly Wire Rundown, an informational video blog produced by the Office of Chief of Naval Personnel (CNP), and the full video can be viewed here: <https://www.youtube.com/watch?v=ToEvBP87xws>.

Greenert is set to retire next month after four years as CNO and began the conversation by outlining the progress the Navy has made in SAPR.

"We've gone from denying- 'we don't really have this problem, do we?' or 'it's somebody else's problem' -to, frankly, a wide awakening: We have a problem," said Greenert.

In 2013, the Navy established the 21st Century Sailor Office, to support the CNO's tenets, primarily "Be Ready," by building Sailor resilience and taking overall responsibility for the Navy's SAPR program.

Greenert said the office has succeeded in implementing a myriad of new initiatives, such as the Victims' Legal Counsel (VLC) Program and other command advocacy programs and positions that have become the Navy's "tools" in combating sexual assault.

"We have the tools," Greenert added. "Now it's time to get into execution. Let's make the victim the survivor."

One positive sign Greenert noted is that more women are coming forward to report being the victim of sexual assault, up from one out of ten in 2012 to one in three today.

Greenert said this indicates confidence

in the chain of command to properly handle these sensitive cases.

Overall, the Navy has experienced a decline in the prevalence of unwanted sexual contact by one third from 2012 to 2014.

Many challenges remain, however, with as few as one in twelve men coming forward to report sexual assault and a growing need to define and prevent retaliation.

"We have to be conscious that what we may feel is not retaliation is in fact retaliation to the victim, to the survivor," said Greenert. "We've got to be clear on what retaliation is and what could be perceived as retaliation to the victim, to the survivor."

The CNO said he believes the Navy's next step in eliminating the issue of sexual assault is creating a culture of dignity and respect that penetrates down to the Navy's microclimates-the individual work centers.

"No more of the sexist jokes," said Greenert. "No sexual harassment. That's out. We've got to get down to that deck-plate level and say, 'hey look, I'm just not going to tolerate this anymore.' That's how we did it with racism. That's how we did it with drugs, and I think that's how we're going to get by this challenge."

This year, the 21st Century Sailor released the Navy's Sexual Assault Prevention and Response Strategic Plan and an update to the Navy SAPR policy.

The strategic plan describes sexual assault as a crime that erodes warfighting capacity and charges every Sailor with the responsibility of eradicating it.

"We don't have time for what some call 'jackassery,'" said Greenert in closing. "We are a serious business. We need dignity, respect and trust, so that we can get out there and do the job that we need to do. It's a difficult task enough."

For more news from Chief of Naval Operations, visit [www.navy.mil/local/cno/](http://www.navy.mil/local/cno/).



# Running helps Sailor in recovery from ‘devastating time’

By Christopher Hurd  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

You’re tired, your feet ache and you realize you still have miles to go before you reach the finish line. The challenges of a marathon quickly become not just of body, but a great mental struggle that tests your will to continue and to finish.

“Marathon racing is the ultimate physiological challenge,” said Navy Cmdr. Marc Stokes, an oral and maxillofacial pathologist currently stationed at the Navy Bureau of Medicine and Surgery. “The last 10K can be brutal and it becomes a real test of mind over body.”

Stokes, who lives in Fairfax, Virginia, started running competitively at an early age. He remembers running in his first 5-mile race in the fourth grade and quickly became addicted to the sport. He enjoyed the competition and felt early on it set him apart from his peers.

“Running has always been something that has set me free,” he said.

As he got older he became increasingly competitive. He was a 2-time Junior Olympian in high school and ran collegiately for Texas A&M university.

After completing dental school in 1999, he joined the Navy and eventually pushed running to the back burner as he focused on his

long residency program. The time away from running didn’t sit well with him.

“I wasn’t putting in the miles to compete and this ate at me for a really long time,” he said. “It wasn’t part of my nature not to run.”

He began competitively running again three years ago. However, in 2012 he experienced another setback, one that changed his life forever. He was diagnosed with a large brain tumor. The doctors determined that it was benign, but it sat in a very dangerous position in his brain. That April, Stokes had an 11-hour surgery to remove the tumor. After the surgery, he was unable to walk and would have to undergo months of intensive rehab to work his way back.

“This was a really devastating time for me personally,” he said. “But focusing on negativity is pointless.”

His primary goal after surgery was to return to work as a Navy officer. After three months of rehab he was able to walk on his own and slowly moved up to jogging.

“Just 10 minutes was all I could withstand. I was real dizzy and felt totally wiped out,” Stokes said.

Eventually he was able to keep a slow pace for 5 miles. It was at that point he became determined to run marathons. Fortunately, with great support from his family and training partners, he was



Navy Cmdr. Marc Stokes completes the Navy/Air Force Half Marathon in 2014, two years removed from brain surgery to remove a large benign tumor that left him unable to walk.

finally able to achieve his goal after a little over 12 months of rehab. At 24 months, he was already running under three hour marathons and had turned his attention to the Boston Marathon, which he was able to complete this spring.

“It’s been a very surreal and incredible journey,” he explained.

Running was important in his rehab process, he said. It allowed him time to reflect on his priorities in life and focus on what was really important.

Now 100 percent healthy, Stokes has been able to complete six marathons including the Navy and Air Force Half Marathon in 2014. He is competing in the race again this year.

“It is a great race,” he said. “It’s a fast, PR (personal record) setting course and it’s extremely well organized.” He said he really enjoys running in the downtown area and through the monuments in D.C.

For anyone else coming back from a serious injury or sickness, Stokes has some words of encouragement.

“Things in life happen for a reason. There’s always going to be bumps in the road. It’s important to focus on what you can control in life. If you believe in yourself and are willing to give 100 percent, anything is possible. I hope in some way I can be an inspiration for others.”

Joint Base Anacostia-Bolling’s Morale, Wellness and Recreation is hosting the fourth annual Navy-Air Force Half Marathon concurrent with the 12th Navy 5-Miler on Sept. 20. For more information and to register, visit [www.NavyHalf.com](http://www.NavyHalf.com). Registration closes Sept. 13.

## Chapel Schedule

CATHOLIC SERVICES	PROTESTANT SERVICES
<b>Reconciliation</b> Sunday 9 a.m. Chapel Center	<b>Sunday Worship</b> Gospel 11:30 a.m. Chapel Center
<b>Rosary</b> Sunday 9:10 a.m. Chapel Center	<b>General Protestant</b> 11 a.m. Chapel 2
<b>Mass (Chapel Center)</b> Tuesday 11:30 a.m. Wednesday 11:30 a.m. Thursday 11:30 a.m. Friday 7 a.m. Saturday 5 p.m. Sunday 9:30 a.m.	<b>Sunday School</b> September - May 9:30-10:30 a.m. Questions about these services or other religious needs can be directed to 202-767-5900.

## Chaplain’s Religious Enrichment Development Operations

The Chaplain’s Religious Enrichment Development Operations (CREDO) offers a variety of programs aimed at improving communication, adding resiliency, and training service members in valuable life skills.

**Marriage Enrichment Retreat (MER)** - Couples enjoy a free weekend at the Hilton Hotel in Crystal City, Virginia, where they learn and apply marriage skills such as communication and problem solving in a fun, small group atmosphere. Using personality inventories, participants learn that differences in marriages can be ways to enhance and complete one another in the marriage journey. The next MER is scheduled for Sept. 18-20.

**Personal Resiliency Retreat (PRR)** - The PRR highlights the essential components of hindsight, insight, and foresight in order to equip military personnel to accomplish the mission. Overall, the goal of a PRR is to give participants an opportunity to grow and mature as individuals by reflecting on their lives. The next PRR is scheduled for Sept. 18-20.

All retreats are free including room and meals. They are open to all active duty and reserve military members and their dependents. For pre-registration call 202-404-8830/8831. For more information contact the CREDO office, 202-767-5901/5900, send an email to: [credo.ndw.fcm@navy.mil](mailto:credo.ndw.fcm@navy.mil), or stop by the Joint Base Anacostia-Bolling (JBAB) Chapel and inquire within.

# Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
WASHINGTON, D.C.

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# Cardboard pirates take over base pool



STORY AND PHOTOS BY  
SCOTT PAULEY  
JOINT BASE ANACOSTIA-  
BOLLING PUBLIC AFFAIRS

Cardboard pirates, soggy bottomed boats, and smiling children took over the Joint Base Anacostia-Bolling (JBAB) base pool Aug. 28 for the annual Cardboard Regatta.

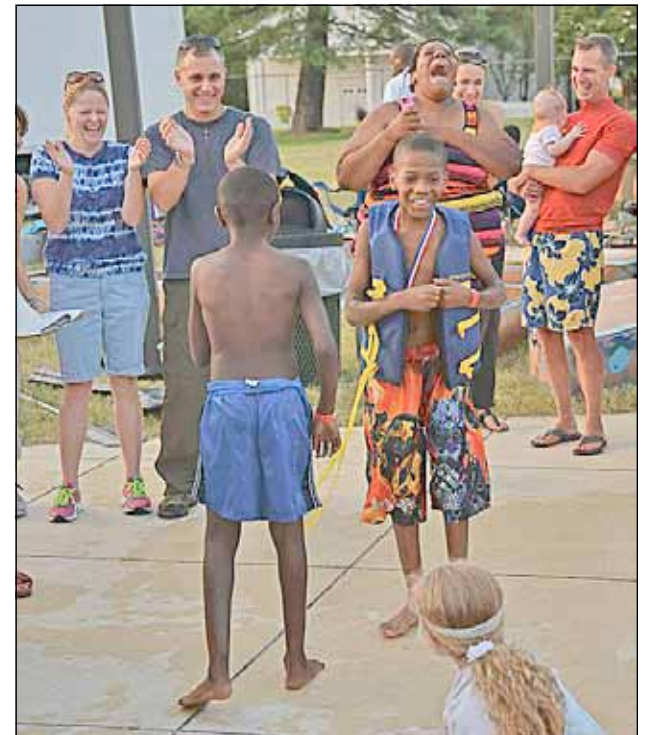
Spectators were treated to an afternoon of races on homemade cardboard boats that were held together by duct tape and, in some cases, sheer hope.

The event allowed children from ages 5-7, 8-10, 11-

13, and 14 and up - as well as some of the base's leadership - to compete against each other in their boats by racing across the pool.

Medals were awarded to the top three finishers from each age group, as well as participation medals to recognize the hard work of each team that competed.

JBAB's Youth Center organized the event and provided the cardboard for the boats. For more photos, visit the base Flickr account at [www.flickr.com/photos/jbabdc](http://www.flickr.com/photos/jbabdc).





# An Airman's journey from humble beginnings to proud mentor

BY CHRISTOPHER HURD  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

Finding ways to give back and make a positive impact on the lives of others is a lifelong mission for some.

Air Force Staff Sgt. William H. Dameron, a medical technician with 579th Medical Group at Joint Base Anacostia-Bolling (JBAB) is one of those people.

Giving back through mentoring others gives him a great sense of joy.

"It's a feeling I can't even put into words," he said. "It's one of those things where I just light up on the inside."

Dameron's desire to help others comes from his own childhood struggles. Growing up in Hinesville, Georgia, he was physically and emotionally abused by his mother. His father, who was in the Army, was often on deployment leaving his mother to look after four children. Instead of guiding and showing him the way, she would constantly put him down.

"I didn't always feel smart growing up," he said. "I always had someone beating on me and telling me I was stupid. At some point you start believing it."

Mental and physical abuse weren't the only things he endured. Dameron and his siblings would often bounce from place to place, sometimes having their possessions thrown out on the streets. They often went hungry.

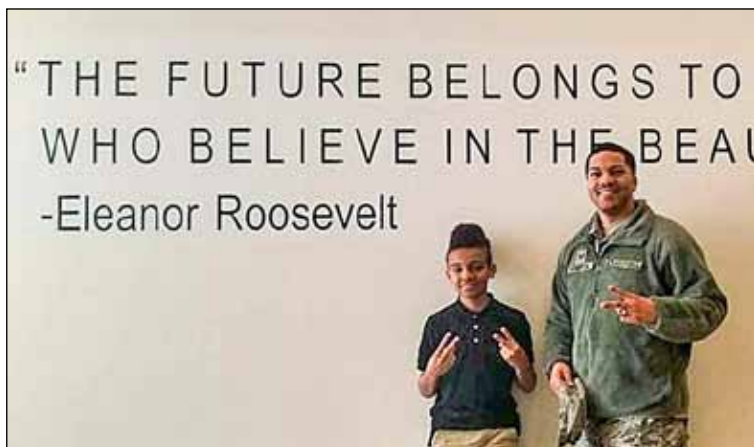


PHOTO COURTESY WILLIAM H. DAMERON

Dameron and Romel pose for a picture at Hart Middle School last year. Dameron set an academic goal for Romel of 3.0, which he was able to achieve.

He remembers that hunger. His dad was living in Texas and Dameron hadn't seen his mother in a week. The only thing that he could find to eat in the fridge was a single egg. He boiled it up and split the egg four ways to share it with his siblings.

"No one should have to experience anything like that. We would be so hungry, we would lie down on the floor and dream about the game Candy Land and wish we could be there eating all the food we wanted," he said. "It took our minds off the fact we weren't eating."

To escape the abuse, he joined the Air Force. It was August of 2005 and he had just finished high school. When he entered, he explained, he was an emotional mess.

"You don't really know what kind of damage the abuse does, but it has an everlasting effect on you," he said.

He credits the military and some of the programs like Military OneSource with helping him find himself. Since joining, he has looked for ways to give back and help others through the struggles in their lives.

"I've always had a passion to help people, because regardless of what your background is, I never want to see anybody struggle," he said.

He has also tried to be a mentor for his two younger siblings, who also joined the Air Force. His younger brother, 21, was named Air Education and Training Command (AETC) Headquarters Airman of

the Year in 2013 and was recently promoted to staff sergeant. His sister, 27, is on track to complete her bachelor's degree in psychology next spring.

"I am so proud of them," he said. "I can't even take any of the credit; they put in all the hard work. I just tried to tell them what I knew that would help them be successful."

Dameron, who was previously stationed in Oklahoma City, has participated in programs to read to elementary school kids and dressed up as Santa for his daughter's class.

After coming to JBAB last February, he looked for ways to give back to the local area's struggling kids looking for guidance. Last year, as part of the Area Coalitions for Education-Excellence (ACE-E) mentoring program, he was paired with a Hart Middle School student named Romel.

Romel, who he said has a passion for drawing, was unsure of where that could take him in life. Dameron wanted to show him the different potential avenues he could take if he works hard and stays focused. He was able to get Romel drawing supplies and help him set an academic goal of 3.0. A goal he was able to reach last year.

"We all have more potential than we realize," he said. "Sometimes it just takes another person to help us realize that potential."

"I tried to tell him, don't go to school to just be cool and fit in," he said. "Go to school to get your education."

Dameron is now involved with the JBAB Joint Unit Mentoring Program (JUMP!). The program pairs military members with local elementary and middle school kids. He said JUMP! is looking for motivated individuals with diverse backgrounds to come in and help the kids.

"Everybody needs mentoring," he said. "That is why I want different people on board because everybody can contribute. All you have to do is have passion."

He hopes the program will eventually get enough volunteers to include some of the local high schools.

"Mentoring is something that is continuous," he said. "You don't just need mentoring in elementary school or middle school. You're going to need it through all phases of your life."

Dameron, who is working on his bachelor's degree in social work, is looking into starting his own non-profit organization with his sister to help young kids looking for guidance. For now, he will be helping with JUMP! which allows him to do what makes him happy.

"I wish I would have had a mentor growing up," he said. "I feel JUMP! is a platform for me to do what I am passionate about doing, which is helping people," he said.

For more information on JUMP! email William.h.dameron.mil@mail.mil or call 202-404-5865.

## JBAB hosts junior officer development course



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Air Force Lt. Gen. Douglas Robb, director, Defense Health Agency, shakes the hand of Air Force 1st Lt. Kenda Gusme during the National Capital Region junior officer development seminar held at Joint Base Anacostia-Bolling (JBAB) in Washington, D.C. Aug. 28.

BY MICHELLE L. GORDON  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

The Joint Base Anacostia-Bolling (JBAB) Junior Officer Development Action Group (JODAG) held a Junior Officer Leadership Course Aug. 28 at the Bolling Club.

More than 100 junior officers from throughout the National Capital Region attended the event, according to Air Force Capt. Amanda Ferguson, Junior Officer Developmental Action Group (JODAG) events coordinator.

"This was our first event in the pursuit to help bridge the gap in leadership development for young officers from the time that they commission to the time that they enter their first professional military education," said Ferguson. "We also wanted to increase interconnectivity among junior officers in the National

Capital Region."

The course included a presentation from Dr. Jeffrey Smith, Ph.D., on professionalism and the importance of leading through a foundation of trust. Afterwards, Smith conducted a question and answer session to help the young officers address issues they are currently experiencing as new leaders.

"The day concluded with a panel discussion with eight senior leaders from joint settings throughout department of defense," said Ferguson. "They each gave their perspective on leadership and shared their personal philosophies"

The next JODAG event will be the junior officer commander's course, which is tentatively planned for spring 2016. For more information or to join the JODAG distribution list, email usaf.jbab.afdw-jbab-afelem.mbx.officer-development@mail.mil.

## JBAB to host inaugural POW/MIA remembrance run

BY SCOTT PAULEY  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

Sept. 18 is National POW/MIA Recognition Day, a day set aside to honor and remember those service members who have served and never made it back, as well as those that survived the torture of being captured by the enemy. This year, Joint Base Anacostia-Bolling (JBAB) will hold its first ever 24-hour remembrance run to honor the event.

The run will start with an opening ceremony Sept. 17 at 8 a.m. at the base track with a speech by Navy Capt. Frank Mays, JBAB commander, and will continue with the POW/MIA flag being carried by different runners from units around the base throughout the night. The run will finish by joining the five-kilometer run in honor of the Air Force's birthday and ending at the base fitness center the next morning. Following the run, there will be a ceremony at the Bolling Club to commemorate the day with a joint-service honor guard presenting the POW/MIA flag and colors, and a guest speaker followed by breakfast for \$5 a person.

Master Sgt. Taneka Lyles, National Capital Region's (NCR) first sergeant council president, said the run means more to her than a typical event, and she has worked so hard to make it happen

because she wants to honor those who came before her.

"The importance of this run is to never forget," said Lyles. "We're so busy that sometimes it's easy to get lost in the current day looking ahead to what we have to do, but taking a day to participate in the Remembrance run on JBAB gives us the time to remember what we have and who suffered for us to have it."

She continued, "To me it's an honor to be a part of, not just because it's the first ever, but this is the event that will show how we honor and pay respects to those who came before us. Not just those who made the ultimate sacrifice, but the survivors who came home as heroes too."

Also assisting in funding and planning the run was the Air Force Sergeants Association (AFSA) chapter 300, who helped to organize donations and schedule the closing ceremony, which included searching for the guest speaker. Tech. Sgt. Corey Taulton, member of AFSA chapter 300, said the group wanted to be a part of the run to help raise awareness of the event and join efforts with JBAB in celebrating the momentous day.

"We want to have a good partnership with JBAB since this is the first ever remembrance run for the base," he said. "We wanted to get the most people possible to participate and join together in one place in order to help raise

the awareness of what the base is trying to do."

The run will be split into 30-minute shifts, filled on a sign-up basis by units on base with a one hour maximum for each unit. Units are encouraged to bring their organizational flag. Service flags will be available for members that aren't running with the POW/MIA flag so they can show support for their respective Service. Appropriate clothing is the official PT uniform for the member's branch of service or conservative PT gear for civilians.

The breakfast ceremony, hosted by the Warfighter Family Readiness Center, will be designed to commemorate this year's theme for the National POW/MIA Recognition Day of "Fulfilling Our Nation's Promise." The ceremony will also feature a guest speaker, who is yet to be announced. The menu for the meal is: scrambled eggs, bacon, hash browns, biscuits and gravy, pancakes and your choice of coffee, tea or orange juice.

To register for the run and RSVP for the breakfast ceremony go to [www.facebook.com/jbabdc](http://www.facebook.com/jbabdc). For further questions call Master Sgt. Mervin Perez-Rodriguez at 202-767-7405, or 202-767-7197, or send an email to [mervin.perez-rodriguez@us.af.mil](mailto:mervin.perez-rodriguez@us.af.mil).



# Warfighter & Family Readiness Programs & Events

View all event information at [www.MyWFR.com](http://www.MyWFR.com) or [www.facebook.com/MyWFR](http://www.facebook.com/MyWFR)

## Special Events

### '80s Night featuring The Reflex

Sept. 4 | 6-9 p.m. | Slip Inn

### First Friday

Sept. 4 | 5 p.m.-midnight. | Bolling Club, Washington Dining Room  
Featuring DJ Bob Ski at 7 p.m. Doors open at 5 p.m. Club members receive free hors d'oeuvres from 5-7 p.m. \$10 for non-members.

### End of the Season Pool Closing Party

Sept. 7 (Labor Day) | 11 a.m.-2 p.m. | Base Pool  
End summer with fun in the sun at the JBAB pool. Enjoy DJ entertainment and free food and beverages (while supplies last).

### Navy-Air Force Half Marathon & Navy 5 Miler

Sept. 20 | National Mall, Washington, D.C.  
Register by Sept. 13. Visit [NavyHalf.com](http://NavyHalf.com)

### Bolling Club

Theisen St., Bldg. 50 | 202-767-6794

### Club Member Birthday Lunch

Sept. 9 | 11 a.m.-1:30 p.m. | Bolling Club, Washington Dining Room  
If you're a club member with a birthday in September, then come in for a free lunch

buffet and a slice of birthday cake. You must present your club card and proof of birth-day.

### All-You-Can-Eat Buffet

Tuesday-Friday | 11 a.m.-1:30 p.m. | Washington Dining Room  
Club Members: \$9.95; Non-Members: \$12.95

### Social Hour

Wednesdays & Fridays | 5 p.m. | Bolling Club  
Club Members: Free; Non-Members: \$10 Plate Fee

### 2-for-1 Steak Night

Every Thursday | 5-8:30 p.m. | Bolling Club, Wings Bar & Grill  
Choose from a juicy 12oz rib eye or New York strip steak, tossed or iceberg wedge salad and baked russet potato, sweet potato, french fries or rice pilaf and chef's choice vegetables. Catch of the day or grilled boneless chicken breast is also available.  
Club Members: \$24.95 for two people; Non-Members: \$24.95 per person

### Slip Inn

Arnold Ave., Bldg. 2482 | 202-767-5840

### 2015 NFL Season Kickoff

Come out for the opening days of football!  
Pittsburgh Steelers vs. New England Patriots: Sept. 10, 8:30 p.m. Food available through the third quarter.  
Washington Redskins vs. Miami Dolphins: Sept. 13, 1 p.m. Slip Inn opens at noon.

### Acoustic Nights

4:30 p.m. | Slip Inn  
Sept. 11 | Featuring Lenny Burrige Duo

### Potomac Lanes Bowling Center

McChord St., Bldg. 1310 | 202-563-1701/1702

Turkey Burger Cordon Blue - \$7.95  
Limited time offer - September 2015

### Half Off Arcade Games

Fridays in September | Potomac Lanes Bowling Center  
Bring your kids or unleash your own inner child at Potomac Lanes' recently expanded arcade. This September, enjoy half off all non-merchandise arcade games. At half the price, come on in and have twice the fun! There's something in our arcade for everyone.

### Cosmic Saturday

Every Saturday | 8 p.m.-midnight | Potomac Lanes Bowling Center  
Unlimited bowling and shoe rental for only \$15; \$12 for active military personnel and their families.

### Capital Cove Marina

Giovannoli Way, Bldg. 90  
202-767-5424

### Capital Cove Customer Appreciation Day

Sept. 12 | 11 a.m.-1 p.m. | Marina Point  
As a token of our appreciation, the Marina wants to treat you to a free meal! You get a grilled burger, hot dog, chips and a

soft drink. Open to all slip holders (wet and dry).

### Three Easy Steps to Rent a Boat

Boating Safety Course: Take the FREE safety course online at [www.boatus.org](http://www.boatus.org) and receive a safety certificate.

Boat Orientation: Must be 18 years or older and present your certificate. Take the orientation class Thursday-Saturday at 11a.m. Course fee applies.

Reserve Boat: Call or visit the Marina to choose your vessel.

### Arts & Crafts Center

Arnold Ave., Bldg. 4472  
202-767-6997/202-767-8560

### Magdalene's Custom Framing Classes

Sept. 5 | 9:30 a.m. | Arts & Crafts Center  
Learn interesting ways to display your special events in your life, from weddings and baby's first pictures to sporting memorabilia and graduations. Cost is \$50, plus supplies. You will learn to turn glass, mats and molding into a beautiful frame that keeps memories for a lifetime. Call 202-767-8560 for more information.

### Engraving Shop

202-767-6997  
Find a wide selection of unique gift ideas that can be engraved or personalized with a special message for any gift-giving occasion. From acrylics to wooden plaques to tankards and travel mugs, Arts & Crafts has the perfect personalized gift for you.

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**SATURDAY, SEPTEMBER 19, 2015**

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