



SOUTH POTOMAC PILOT

NEWS AND INFORMATION FOR THE NAVAL SUPPORT ACTIVITY SOUTH POTOMAC DEFENSE COMMUNITY



Link directly to the
NSASP Facebook
page on your
smart phone

INSIDE:

Spotlight on
NSASP
Graduates!

Page 10

NSASP Graduate Issue 2017

Report Details Economic Impact of NSF Dahlgren, NSF Indian Head

Naval Support Activity South Potomac (NSASP) has released its annual report that examines the economic and demographic impacts of Naval Support Facility (NSF) Dahlgren and NSF Indian Head, Md., on the local communities surrounding the installations.

Overall, the survey of large and small commands during fiscal year 2016 reflected steady growth at both bases in the areas of total employment and local contract spending.

At NSF Indian Head, total federal employment grew slightly – from 2,683 to 2,692. The modest growth is notable because one of NSF Indian Head's major commands, the Joint Interoperability Test Command, relocated from NSF Indian Head during FY16, moving dozens of federal employees, service members and contractors to other sites. A slight increase in the hiring of federal employees at the base's largest tenant command, the Naval Surface Warfare Center Indian Head Explosive Ordnance Technology Division (NSWC IHEODTD), helped offset those losses.

At NSF Dahlgren, total federal employment in-



Naval Support Facility Dahlgren Current Economic Impact

Current Employment

5,592 Civilian Employees

393 Military Personnel

More than 4,800 Contractors



Data current as of May 2017



Annual Civilian Payroll
\$555 Million

Annual Military Payroll
\$36 Million

Contracts & Small Purchases
\$1837 Million

See **Report**, Page 12

1

PRSR STD
U.S. POSTAGE
PAID
PERMIT #90
EASTON, MD

CWO-5 Pino Bids Farewell After 33-Year Navy Career

By **GIDEON ROGERS**
NSWC IHEODTD
Public Affairs

Expeditionary Exploitation Unit 1's (EXU1) Chief Warrant Officer-5 Sam Pino bid farewell to a crowd of some of his closest shipmates after a 33-year Navy career in a ceremony conducted at the flagpole aboard the Naval Support Facility Indian Head's Stump Neck Annex, June 9.

NSWC IHEODTD Commanding Officer Capt. Scott Kraft presided over the ceremony, which included guest speakers, retired RADM Frank Moreneau, Capt. Vince Martinez, and Pino's sons, Eric and Daniel Pino. Commander, Navy Expeditionary Combat Command (NECC), Rear Admiral Brian J. Brakke was also in attendance.

Pino received the Meritorious Service Medal from Kraft on behalf of Com-

mander, Naval Surface Warfare Center, RDML Tom Druggan, for his service as EXU1's Readiness and Training Officer from November 2010 to May 2017. According to the award citation, Pino provided superior leadership to a diverse group of active duty, government civilians and contractors through unmatched technical expertise in the development and implementation of 105 courses focused on weapons technical intelligence and exploitation-specific training. "His efforts were a key enabler supporting worldwide deployment of four EXU1 Combined Explosives Exploitation Cell platoons."

Pino's guidance and oversight led to the establishment of the Exploitation Specialist Navy Enlisted Classification (EC 5338) and initiated the first-ever Navy EOD Underwater Post-Blast course of instruction. During a period of limited resourcing, Pino developed



U.S. NAVY PHOTO BY GIDEON ROGERS

CWO-5 Sam Pino recognizes his family – sons Eric and Daniel, and wife Jeanne, as the motivation behind his successful 33-year Navy career.

effective strategies to improve and sustain the highest levels of readiness in

See **Pino**, Page 13

Congratulations to the Class of 2017



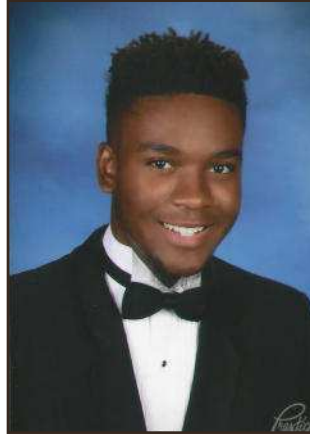
Raquel Arredondo
Chopticon High School
Plans to attend College of Southern Maryland
Daughter of Felipe Arredondo, NSWCCD H51



Carter A. Boyd
James Monroe High School
Plans to attend Dartmouth College
Son of Jennifer Boyd, NSWCCD B22 and Matt Boyd, JWAC



Cody Bottorf
North Point High School
Plans to attend College of Southern Maryland
Son of Brenda Bottorf, NAVFAC Dahlgren



Colin E. Broomes
North Point High School (Waldorf, MD)
Plans to attend North Carolina A&T
Son of Sharon Broomes, NSWCCD V43



Riley Brown
King George High School
Plans to attend VCU
Daughter of Gair Brown, NSWCCD A31



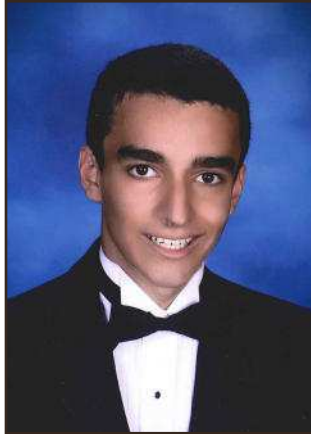
Brittany Burton
Bachelor of Science, Accounting
Liberty University
Daughter of Brandon Burton, Aegis BMD



JaMara Monique Campbell
King George High School
Plans to attend Thomas Nelson Community College
Daughter of LaTasha Campbell, NSWCCD H22



Trevor Conley
La Plata High School
Plans to attend West Virginia University
Son of Kenneth Conley, NSWC IHEODTDOOG



Tobias J. Coombs
North Point High School
Plans to attend University of Maryland Baltimore County
Son of Howard J Coombs, NSWC IHEODTD PMS 408



Justin Courtney
Campus Associates in Culinary Arts
Culinary Institute of America, Hyde Park, NY
Son of Stacia Courtney, NSWCCD 1031



Cameron Cowan
King George High School
Attained Certified Nurse's Assistant through Rappahannock Community College
Plans to attend University of Virginia-Wise
Daughter of Shawn Cowan, NSWCCD V13



LeighAnna Christine Cunningham
Juris Doctorate Degree
Detroit Mercy School of Law
Plans to attend Northwestern University School of Law
Daughter of Cheryl Subacius, NSWCCD 01B1 and Stepdaughter of Bobby Subacius, NSWCCD B30



Desmond P. Dunnington
Henry Lackey High School
Plans to attend College of Southern Maryland
Son of Gina Dunnington, NSWC EODTD 00Q and Paul Dunnington, NSWC EODTD M33



Trenton F. Fines
Bachelor's Degree, Interdisciplinary Studies and Theater
East Tennessee State University
Grandson of Linda Wood, NSWCCD A14 and Ken Wood, NSWCCD A0F



Victoria Ruth Garcia
Bachelor of Science in Engineering Science and Mechanics
Virginia Tech
Daughter of Kathy Garcia, NSWC IHEODTD 00SA



Alyssa Megan Geisweidt
La Plata High School
Plans to attend College of Southern Maryland
Daughter of Lorilee Geisweidt, NSWCCD 0ME



Kristen Griffith
Bachelor of Arts (BA) in Multimedia Communications
Wesley College
Daughter of Lisa Griffith, NSWC IHEODTD CSO



Nathan Grosskopf
Bachelor of Science, Computer Science
Gettysburg College
Employed by NSWCDD
Son of Bill Grosskopf, NSWCCD A43

Congratulations to the Class of 2017



Ashley M. Hastings
Bachelor of Science,
Communication
Science and
Disabilities
Longwood University
Daughter of Bob
Hastings, NSWC
IHEODTD E2CE



Randa Hayes
Bachelor of Science
in Communications
Radford University
Employed by NSWC
Federal Credit Union
Daughter of Rob
Hayes, JWAC and
Jeron Hayes, NSASP



Aston L. Howard
King George High
School
Plans to attend
Bridgewater College
Son of Bettie Howard,
NSWCDD 1072



Nicole Kaminski
Virginia Tech
Bachelor of Science,
Biochemistry
Daughter of Damaris
Kaminski,
NSWC IHEODTD E33
and MP



Hannah Kintzel
Bachelor of Arts,
History & French
Emory & Henry
College
Daughter of Steve
Kintzel, NSWCDD,
A107



**Madelyn Barbara
Koban**
King George High
School
Plans to attend
James Madison
University
Daughter of Drew
Koban, NSWCDD
E404



**Christopher Wayne
Koban**
King George High
School
Plans to attend
James Madison
University
Son of Drew Koban,
NSWCDD E404



Tonice Rhea Krueger
Doctor of Psychology
Hawai'i School of Pro-
fessional Psychology
at Argosy University
Wife of EODC Jared
Krueger, NSWC
IHEODTD



Adam M. Lewis
Masters of
Information
Technology
Virginia Tech
Employed by
NSWCDD H11



Destiny B. Liddle
Henry E. Lackey High
School
Plans to attend
University of South
Florida, Tampa
Daughter of Bridgette
Liddle, NSWC
IHEODTD, 1071



Caroline Loving
Riverbend High
School
Plans to attend Rad-
ford University
Daughter of Arthur
"Monte" Loving,
NAVFAC Dahlgren



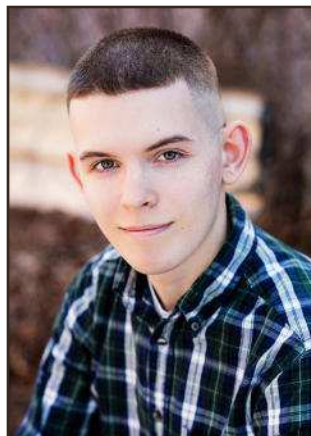
Catie Loving
Riverbend High
School
Plans to attend
Radford University
Daughter of Arthur
"Monte" Loving,
NAVFAC Dahlgren



Rhett Loving
Riverbend High
School
Plans to attend
Virginia Tech
Son of Arthur
"Monte" Loving,
NAVFAC Dahlgren



**Harley Elizabeth
Ludwig**
King George High
School
Plans to attend
Bridgewater College
Son of MCC Charles
and Laura Ludwig,
NSASP



**Mason Charles
Ludwig**
King George High
School
Plans to attend Hei-
delberg University
Son of MCC Charles
and Laura Ludwig,
NSASP



Christian J. Lugo
King George High
School
Plans to attend Old
Dominion University
Son of Jose E. Lugo,
NSWCDD V50



**Jose M.
Martinez-Casiano**
Master of Science in
Systems Engineering
Naval Postgraduate
School
Works for NSWCDD
H41



Jonathan Matteson
Masters of Science in
Systems Engineering
George Mason
University
Works for NSWCDD
B23
Son of Jeffrey
Matteson, NSWC
IHEODTD 102

Congratulations to the Class of 2017



Matthew McCahill
Bachelor of Arts,
Criminal Justice
University of
Maryland
Son of Michael McCa-
hill, NSWC IHEODTD
and Sherry McCahill,
NOSSA



Amita McDonald
North Point High
School
Plans to attend
Virginia Tech
Daughter of Vince
McDonald, NSWC
IHEODTD E31 and
Parul McDonald,
NSWC IHEODTD 10X



Duncan Mollner
Bachelors of Science
in Oceanography
US Naval Academy
Son of Trische
Mollner, NSASP
and Chris Mollner
NSWCDD, V12



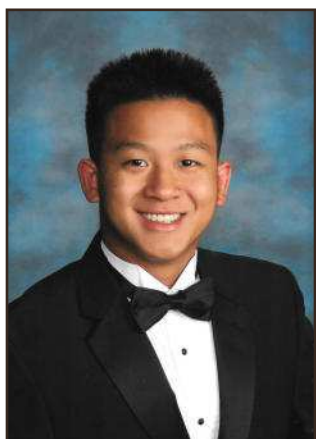
Killian Mollner
Masters of Science in
Athletic Training
University of
Tennessee-
Chattanooga
Daughter of Trische
Mollner, NSASP
and Chris Mollner
NSWCDD, V12



Sidney Mrotek
King George High
School
Plans to attend
James Madison
University
Daughter of Todd
Mrotek, NSWCDD V23



Chad Harrison Myers
Master of Arts in
Economics
George Mason
University
Son of Bonnie Myers,
NSWC IHEODTD Code
0CA and Ron Myers,
NSWC IHEODTD Code
R35



Charlie Phouminh
King George High
School
Enlisted in U.S. Navy,
departing November
2017
Son of Bonnie
Myers,
NSWC IHEODTD 0CA
and Ron Myers,
NSWC IHEODTD R35



Timothy J. Quann
Courtland High
School and
Commonwealth
Governor's School
Plans to attend
George Mason
University
Son of Victoria S.
Quann, NSWCDDA11



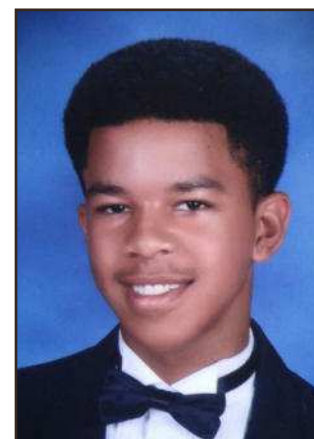
Samantha Raley
Chopticon High
School
Plans to attend
College of Southern
Maryland
Daughter of Kelly L.
Raley, NSWCDD 1051



Jamar L. Reeves
Associate of Arts
Degree
College of Southern
Maryland
Son of Carol Reeves,
NSWC IHEODTD



**Kendall Nicole
Rhodes**
King George High
School
Plans to attend
Germanna
Community College
Daughter of Lecia
Rhodes, NSWCDD
R35



Joshua Riggs
Leonardtown High
School
Plans to attend
College of Southern
Maryland
Son of Dominick
Riggs, Center for
Surface Combat
Systems, N3596A



Franklin J. Rinko
King George High
School
Plans to attend
Washington & Lee
University
Son of John Rinko,
NSWCDD E33



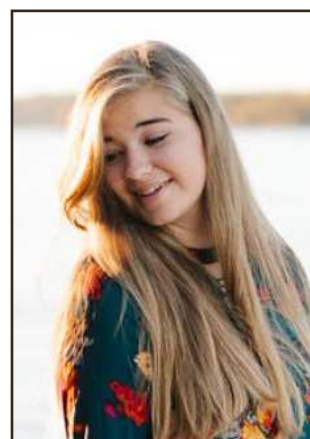
**Savannah Renea
Roach**
Courtland High
School
Plans to attend
Meredith College
Daughter of Kevin
Roach, NSWCDD H53



Faith E. Roberson
King George High
School
Plans to attend
College of Southern
Maryland
Daughter of Frankie
Roberson, NSWC
IHEODTD



Lauren D. Robey
Henry E. Lackey High
School
Plans to attend
College of Southern
Maryland
Daughter of Lisa Robey,
NSWC IHEODTD, 1012
and William Robey,
NSASP



Emily Seay
King George High
School
Plans to attend
University of Mary
Washington
Daughter of Brian
Seay, NSWCDD V05



Allison Skowronski
Bachelor of Science
in Business
Administration
University of Mary
Washington
Employed by
NSWCDD 0233

Congratulations to the Class of 2017



Jessica-Anne Smith
Washington and Lee High School
Plans to attend Virginia Tech
Daughter of LT Cory Willoughby, NSMWDC-IAMD N7



Angel Stewart
Master's Degree in Information Assurance
University of Maryland University College
Contractor with NSWC IHEODTD



Taylor P. Subacius
Associates of Applied Science Degree
Louisburg College
Daughter of Bobby Subacius, NSWCDD B30 and Stepdaughter of Cheryl Subacius, NSWCDD 01B1



Abigail Tarburton
St. Charles High School
Plans to attend College of Southern Maryland
Daughter of E. Todd Tarburton, NSWCDD A41



Paige Thomas
Plant City High School
Plans to enlist in military service
Daughter of Janice Hedges, NSWC IHEODTD 1071



Lauren Tipton
North Point High School
Plans to attend College of Southern Maryland
Daughter Jill Simmons, NSWC IHEODTD 10E



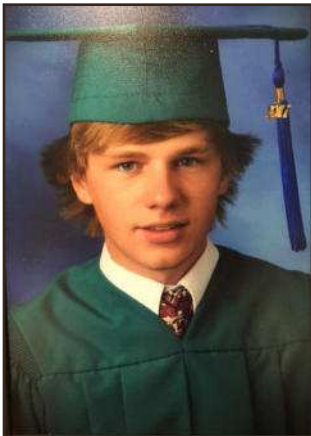
Holden Trahan
Bachelor of Science, Mechanical Engineering
Virginia Tech
Son of Robert Trahan, NSWCDD H31



Samantha Tritt
Bachelor's Degree in Electrical Engineering
Christopher Newport University
Daughter of Ben Tritt, NSWCDD V05



Samantha Louise Tubbs
Homeschooled
Plans to attend Liberty University
Currently training full-time as a Paralympic swimmer
Daughter of Teresa Tubbs, JWAC



Barry Underwood II
Ryken High School
Plans to attend College of Southern Maryland
Son of Sandra Underwood, NSLC 10B1



Bryce Webb
Riverbend High School
Plans to attend University of Virginia
Son of Bruce Webb, JWAC and Hattie Webb, NSWCDD H51
Processed with VSCO with a6 preset



Lynsi Weisman
Master's Degree in Management
University of Maryland University College
Employed by NSWC IHEODTD 023



Grace Lucille Wisslead
King George High School
Plans to attend Rappahannock Community College
Daughter of Michelle Wisslead, NSASP

Visit Us Online www.dcmilitary.com

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, Wounded Warriors Family Support aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org

OUR MISSION: SUPPORTING MILITARY FAMILIES

WOUNDED WARRIORS FAMILY SUPPORT
WOUNDEDWARRIORSFAMILYUPPORT.ORG

BASE HAPPENINGS

Dahlgren

Second Tour Thrift Store

The store offers a wide assortment of quality used items at incredibly low prices. The store is located at 722 Sampson Rd., and is open Thursdays from 10 a.m.-2 p.m. for all shoppers with base access. 'Like' on Facebook @ DahlgrenSecondTour

Our Daily Bread Giveaway

The chapel provides a bread and baked goods giveaway, with donations from Walmart at the Chapel Annex on Tuesdays beginning at 11 a.m. For any questions contact the chapel at 540-653-8297.

Indian Head

Beat the Rush! Don't Wait!

Appointments are available now for school and camp physicals for next school year. Call 301-744-4686 to schedule at Branch Health Clinic Indian Head.

Market Fresh Bistro Now Serving Lunch

The Market Fresh Bistro at the Naval Support Facility (NSF) Indian Head Community Recreation (ITT) and General Library is proudly serving Starbucks beverages and breakfast staples as well as freshly made lunch items. The facility is open Monday — Friday, 6 a.m. — 2:30 p.m.

USO Little Patriots Playgroup

Come to the USO for fun, music, storytime and friendship on June 21, 10 a.m. For children five and younger and their parents/caregivers.

Bakery Bonanza at the USO

The USO is offering a free bread and baked goods giveaway, with donations from local grocery stores on June 22, 9 a.m. to 1 p.m. Choose from a wide selection of bread, cakes, cookies, muffins, pies and more.

To publish information on your event or program under "Base Happenings," contact Andrew Revelos at 540-653-6012 or email Andrew.revelos1@navy.mil.



Dahlgren 7th Annual Patriotic Palooza

Saturday, June 24 from 4-8 p.m. at Barnesfield Park. Lots of fun including a DJ, Trackless Train, Moon Bounce, Petting Zoo, Obstacle Course, Face-Painting, Touch a Truck, Money Machine, Mechanical Bull, Swing, Spin Art, Carnival Games, Corn Hole Tournament, Home Run Derby and much more fun for the whole family.

Stafford Regional Choral Society Recruiting Singers for Summer Concert

Calling all singers, ages high school through adult, to join the Stafford Regional Choral Society for its patriotic-themed summer concert. Registration and rehearsals are at St. Peter's Lutheran Church, 1201 Courthouse Road, Stafford. Rehearsals are in June, Sundays from 6:15-8:15 p.m. and Mondays from 7-9 p.m. We will perform two concerts: the evening of July 1, at St. Peter's, and the afternoon of July 2, at the National Museum of the Marine Corps. No auditions necessary. Accepting new singers on June 4 -5. For information about joining and other details, visit www.staffordchoral.org, or email staffordregionalchoralsociety@yahoo.com or phone 540-226-2928.

Hull's Memorial Baptist Church 8th Annual Patriotic Celebration

Hull's Memorial Baptist Church invites you to come celebrate with us the 241st anniversary of our great nation's independence as we present our annual patriotic musical, "Indivisible". Our prayer is that the United States of America

might truly be a united people, joining with one voice to proclaim America to be "one nation under God, INDIVISIBLE." The program consists of many well-known songs celebrating our heritage as well as a slide show of poignant images reflecting the meaning of the words being sung. "Indivisible" will be presented on Saturday, July 8 at 7 p.m. and again on Sunday, July 9 at 4 p.m. Donations will be collected for Homes for Our Troops. There is no admission charge. Refreshments follow each program. Hull's is located at 420 Enon Road in South Stafford; phone number (540) 371-4124.

Lego Engineering Camp

Camp takes place at King George Middle School, July 31 — August 4th Two sessions — Intro to STEM using Lego, 9:00a.m.-12:00pm for ages 5 - 6 and STEM Challenge using Legos 1 - 4 p.m. for ages 7 - 12 \$139 per child. Learn more at www.play-well.org and register at King George Parks and Recreation.

Beginning Sewing Classes for Two

King George Parks and Recreation presents Beginning Sewing. Learn how to use your sewing machine! This beginning classes will teach you and your child how to thread and operate your sewing machine. Sew 3 seam types, gathering, and a drawstring bag. Call 540-775-4386 for more information.

Fashion Sewing Class

King George Parks and Recreation presents Fashion Sewing. Learn how to cut out a pattern for a custom fit, cut out fabric, and sew up a chic summer dress. Bring your sewing

machine and creativity! Call 540-775-4386 for more information!

King George Summer Camp Program/Daycare Registration

Starting May 30, King George Parks and Recreation will begin taking registration for a variety of weeklong summer adventures. "Summer Sunsatons" (ages 5-10) and "Teen Breakout" (Ages 11-15) are both 10-week daycare programs running from 7:30 a.m. — 5:30 p.m., Monday through Friday. Extended hours are offered for an extra fee. Each camp is staffed by a Camp Director, Assistant Director and Camp Counselors. Fees (per child) are a \$35 one-time registration fee (Campers will receive 2 camps t-shirts and daypack); \$130 per camp week fee. Weekly fees cover Day trips, in-house activities bowling, skating (if available) and other camp related activities. PLEASE NOTE: King George Parks and Recreation has the right to cancel trips and activities in the event of inclement weather conditions or heat advisories.

2017 Virginia Women Veterans Summit

The Virginia Women Veterans Summit will be held June 22-23 at the Marriott Chesapeake, 725 Woodlake Drive, Chesapeake, VA 23320. A welcome reception will be held June 22 from 6 — 7:30 p.m. and the summit will be held June 23 from 8 a.m. — 4 p.m. The summit will include presentations, panel discussions, exhibitors and more. Virginia's First Lady, Dorothy McAuliffe, will be one of the featured speakers. Registration is re-

quired and can be secured online at <https://womenvet-summit.eventbrite.com/> or by calling 804-381-4002, ext. 3400. The event is free and open to women veterans who have, currently are, or will be transitioning into civilian life.

Combat Veterans Motorcycle Association Meetings

Southern area (King George/Dahlgren/Colonial Beach) Combat Veterans Motorcycle Association (CVMA) bike night are meeting the 4th Thursday in Fredericksburg at Brock's. If interested in CVMA, the support they provide or want to donate contact Jeremy.Cannedy@gmail.com. For more information visit <http://cvmavirginia27-2.org>

Scholarship Available For Active Duty, Spouses and Vets at UMW

UMW is excited to announce a Military Scholarship that will provide qualified active duty servicemembers, their spouses, or honorably discharged veterans the opportunity to receive a 25% military tuition scholarship for graduate degree programs: Master of Business Administration, Master of Education and Master of Science in Geospatial Analysis. Please contact the Office of Graduate Admissions to receive full scholarship information at 540/286-8000 or email graduate@umw.edu.

Indian Head La Plata Summer Concert Series

The weekly concerts take place Friday evenings on the lawn at La Plata Town Hall

See **Notes**, Page 13



SOUTH POTOMAC PILOT

The South Potomac Pilot Newspaper is published weekly by APG Media of Chesapeake, LLC. 29088 Airpark Drive Easton, MD 21601 a private company in no way connected with the U.S. Navy, under exclusive written contract with Naval District Washington.

This commercial enterprise newspaper is an authorized publication for

members of the military services. Contents of The South Potomac Pilot are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of

Defense or APG Media of Chesapeake, LLC. and Printing of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other

non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Editorial content is edited, prepared, and provided by the Public Affairs Office, NSA South Potomac. News copy should

be submitted by noon on Friday to be considered for the following week's edition. All material is edited for accuracy, brevity, clarity, and conformity to regulations. To inquire about news copy, call 540-653-8153 or fax The South Potomac Pilot at 540-653-4269. Commercial advertising may be placed with the publisher by calling 301-848-0175.

Capt. Mary Feinberg

Commanding Officer,
NSA South Potomac

Jeron Hayes

Public Affairs Officer,
NSA South Potomac

Andrew Revelos

Editor

Barbara Wagner

Staff Writer

NSA South Potomac • Office: 540-653-8153 • 540-284-0129

www.dcmilitary.com/dahlgren



Aquatics Center
540-653-8088
Welcome Summer Luau
June 18, 6 – 9 p.m.
Welcome the official beginning of summer and cool off at the pool with fun and games! Open to all with base access.
Cost: Regular admission
Junior Lifeguard Program
July 10-14, 9 a.m. – 3 p.m.
Find out if you have what it takes to be a lifeguard. Learn the basic lifeguard skills and shadow guards while they work. Be prepared to swim every day! Class size is a minimum of three and maximum of 10 participants. Eligible patrons include all children, ages 10 to 14, with base access. Register at the Aquatics Center by July 5. Cost: \$150.00

Auto Skills/Outdoor Recreation
540-653-4900

Outdoor Recreation offers a selection of recreation equipment for fishing, camping, picnics, sporting equipment and special events. Download the Outdoor Recreation Gear Issue & Equipment Rental price list, Moon Bounce and Travel Trailer Rentals from www.NavyMWRDahlgren.com/recreation and select Outdoor Recreation Rentals.

Ladies' Auto Night Out
June 27, 5 – 6:30 p.m.
Save the date! June is National Safety Month. Don't wait for an emergency to happen! Learn about car and travel safety preparedness and procedures along with basic car maintenance such as changing a flat tire, oil changes and more! First ten participants will receive a tool kit. Refreshments will be available. Cost: Free

Cannonball Lanes Bowling Center
540-653-7327
Games: Military \$3.00, Civilian \$4.00. Hourly Bowling: Military \$20.00, Civilian \$25.00
Shoe Rental: Military \$1.50, Civilian \$2.50.
Dad & Me Bowling
June 18, from 11 a.m. – 9 p.m.
Stumped on what to get

Dahlgren Movie Theater

540-653-7336

Price of Shows
Civilian: \$5.00. Active Duty, Retired & Reserve Mil E7 & above & their family members with ID: \$4.00.
E1-E6 & below & their family members with ID: \$3.00. Children (6-11): \$2.00 Children (5 and under): FREE.
*Movies shown in 3D will cost an additional \$1 to ticket price.

Friday, June 16 7 p.m. Snatched R
Saturday, June 17 4 p.m. King Arthur: Legend of the Sword (3D*) PG-13
Saturday, June 17 7 p.m. Guardians of the Galaxy Vol 2 PG-13
Sunday, June 18 2 p.m. Indiana Jones and the Last Crusade (FREE ADMISSION) PG-13
Sunday, June 18 4:30 p.m. King Arthur: Legend of the Sword PG-13
Friday, June 23 7 p.m. Alien: Covenant R
Saturday, June 24 4 p.m. Diary of a Wimpy Kid: The Long Haul PG
Saturday, June 24 7 p.m. Baywatch R
Sunday, June 25 2 p.m. Diary of a Wimpy Kid: The Long Haul PG
Sunday, June 25 4:30 p.m. Pirates of The Caribbean: Dead Men Tell No Tales (3D*) PG-13

For movie listings online, visit www.NavyMWRDahlgren.com/recreation and select the Dahlgren Theater.

Dad for Father's Day? Spend the day bowling with dad at a special price! Open to all with base access. Cost: \$15.00 per hour, per lane.

Child & Youth
CDC I 540-653-4994 /
CDC II 540-653-4342
YAC 540-653-8009

Military Child Care Open Enrollment
There's a new way to request care for School Age Care (SAC) and Summer Camps! Families can now use MCC to request care for SAC programs and Summer Camps all year long. The online system allows you to search for and submit unlimited SAC and Summer Camp requests at any time of the year without waiting for registration to begin! To register and learn more about MCC, visit MilitaryChildCare.com

Hourly Care
Location: Child Development Center and Youth Activities Center

Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires advance reservations. Hourly care reservations, as well as payments for care, can be

See **MWR**, Page 8

Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

Auctions

ON-LINE AUCTION
June 20-27, 2017
Decoys, Ephemera
Sports Collectibles
ON-SITE PREVIEW:
June 22, 1-6 p.m.
@ 805 High St. - #100
Chestertown, MD 21620
For full listing & photos visit
www.campbellllc.com
410-810-8915

3BR/2BA HOME ON 10.5 ACRES IN CHARLES COUNTY MD

SELLS TO THE HIGHEST BIDDER

Real Estate Auction
7815 Port Tobacco Rd.
Port Tobacco, MD 20667
Only \$50K suggested starting bid.

Call Kelly Strauss 540-226-1279

NichollsAuction.com
VAAF 729

To place an ad
Call 301-645-0900
or visit us online at
classads@somdnews.com

BUY SELL RENT HIRE TRADE SHOP SWAP FIND
TO PLACE YOUR AD CALL 301-645-0900

MWR

Continued from page 7

made online at <https://myfr.navyaims.com/ndwcym.html>. Cost: \$4.00/hour

Community Recreation Tickets & Travel

540-653-8785

Cooking with a Rockstar

July 26, 6 – 9 p.m.

Location: Gray's Landing

Paul Cullen – former Bad Company musician is coming to Dahlgren! This Renaissance man rock star turned chef and sommelier will turn your palate using generations-old Italian recipes and wine pairings. In between courses, Paul will charm you with acoustic tunes on his guitar. Join us for a one of a kind demonstration cooking and concert experience. Space is limited to the first 20 participants to register at the Tickets & Travel Office. Open to all base eligible patrons 21 years old and above. Cost: \$35.00 per person which includes antipasti reception, 3 oz. wine paired per dish, 3-course Italian cooking demonstration with tastings and concert. Register at the Tickets & Travel Office.

Craftech

540-653-1730

Craftech offers a variety of services including framing and matting, engraving on plaques, metals, glassware, leather, stone and more, embroidery, flag and shadow boxes, Tiffany style stained glass, fusing, bottle slumping and firing.

For more details, visit www.NavyMWRDahlgren.com/recreation and select Craftech.

Chalkboard Art

July 18, 4 – 6:30 p.m.

Say it in chalk! Paint a chalkboard design using a quote of your choice. Your design will include a frame to completely finish your work of art. Please bring a copy of the quote when you register at Craftech on July 12. Cost: \$25.00

Fitness Center

540-653-8580

Visit us online at www.NavyMWRDahlgren.com/fitness

ness-sports to view the Group Exercise schedule, Race Series schedule, upcoming classes and leagues!

Summer Intramural Sports Registration

Registration is going on for the summer sports leagues at the Dahlgren Fitness Center. Basketball and racquetball teams must be registered by June 23. The disc golf and ultimate Frisbee tournaments have a registration deadline of July 14. Kickball and rugby teams must be registered by July 21. Intramural sports are open to all with base access and invited guests. For more information speak with the Sports Coordinator.

General Library

540-653-7474

Storytime at the Library

Wednesdays at 4:45 p.m. and Fridays at 10 a.m.

Play, learn, & explore together! Join us at the library for songs, stories, crafts, and playtime! Wednesday evening will be STEAM story times with fun experiments geared towards pre-school and kindergarten children. Friday story times will include baby geared songs as well as books and crafts for pre-school ages.

Donuts with Dad

June 17, 10:30 a.m.

Spend an early Father's Day at the Library and enjoy donuts with dad! Cost: Free

Liberty

540-653-7277

The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 single/unaccompanied active duty military.

Busch Gardens Amusement Park

June 17, Depart at 8 a.m.

Join us at Busch Gardens in Williamsburg for a fun day of rides. Cost: \$21.50

Milkshake Day

June 20, all day

Cool off and stop by the Liberty Center for a free shake.

Midnight Madness Bowling

June 23, at midnight

Come by the Bowling Center and enjoy a free night of bowling and snacks on us!



Color Vybe Fun Run

June 24, at 10 a.m.

Location: Ben Rand Track and Field

Bust out those white digs for this color-filled day of fun! Participants will race our 1.15-mile course through color stations then finish at our Vybe Session party! Open to all with base access! Any participant younger than 18 must have a consent form signed by his/her parent or guardian. Register at the Weight House Fitness Center prior to race day, same day registration held at Ben Rand Field. Packet Pick-up held from June 19-23 during business hours. For more information, call (301) 744-4661. Cost: AD- Free/ Others-\$5 Group Discounts Available

Race Kits Include: *T-Shirt *Color Packet * Temporary Tattoos * Sunglasses *Bracelet *Sticker

Indian Head Child & Youth

CDC 301-744-4458

CYP 301-743-5456

Say it With Music Celebrity for a Day Summer Experience

August 14 – 18,

Registration open now!

If you can rap, sing, or write poetry, then you can be a celebrity for a day and record your vocals using a professional recording studio! Make a CD! After you create the song, you will film a music video that will be on YouTube or Vimeo! For more information contact the Youth Activities Center at YC.NSASP-INHD. fct@navy.mil

Teen Open Recreation

Open to ages 13 – 18 from 6:30 – 10:30 p.m. Contact the Youth Center for more information.

Youth Open Recreation

Open to ages 5 – 12 from 6:30 – 10 p.m. Contact the Youth Center for more information.

Indian Head Community Recreation Center

301-744-4850

or 301-744-4648

Storybook Yoga

Thursdays, 10:30 – 11 a.m.

Let's have fun with books, get energized and mimic nature and the world around us using our bodies. Open to children and their parents, grandparents, and caregivers! Cost: Free

Summer Reading Kick Off Party

June 9, 4:30 – 6:30 p.m.

Start the summer off right with Reading by Design. Win weekly or biweekly prizes for reading! Join us for our kick-off party at the Community Recreation Center. T-Shirts for children and teens will be given out on a first-come, first served basis starting at the kick-off party. Open to all ages from babies to adults. Register online & log your reading by clicking on the link here or visiting <https://Indianhead.bean-stack.org>.

DIY Father's Day T-Shirts

June 13, 4-6 p.m.

Come and show dad how much you love him! Make him his own unique fashion statement! Drop into the Community Recreation Center to design him a special T-Shirt! Cost: Free

DIY: Mandala Stones

July 12, 5:30 p.m.

Join us for this stress relieving, fun, summer DIY! Cost: Free

Indian Head Globe & Anchor/ Tiki Bar

301-744-6487

Make sure to LIKE us on Facebook to see the exciting drop-in events throughout the month.

Indian Head Liberty Center

301-744-4524

The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 Single/Unaccompanied Active Duty Military.

Charter Fishing Trip

June 10, bus departs at 6:45 a.m.

Throw on your boat shoes,

some shorts and sunnies, as we head out for a fishing trip around the Potomac! Gear provided! Cost: \$55

Cornhole Tournament

June 12, 6 p.m.

Bring your friends and kick back at our cornhole tourney! Cost: Free

Texas Hold 'Em Tournament

June 13, 6 p.m.

Show us your best poker face at the Liberty Texas Hold 'Em Tournament! Refreshments, prizes, and some friendly competition await! Cost: Free

Father's Day Cards

June 15, All Day (while supplies last)

Hey Liberty! Drop into the Liberty Center to sign a card for your dad! We'll give you postage too! Cost: Free

Courtyard Game Night

June 16, 6:30 p.m.

Grab a friend or three and head over to barracks courtyard for this outdoor game night! Light refreshments provided! Cost: Free

Awesome Con

June 17, bus departs at 6:45 a.m.

How can you miss Washington, DC's biggest Comic Convention! Let your nerd flag fly as you visit booths from vendors across the globe! Cost: \$20

Transformers Movie Marathon

June 18, All Day

Text your friends and head over to the Liberty Center as we get ready for the new release in the series! Cost: Free

Indian Head Stars & Strikes Bowling Center

301-744-4761

Games: Military \$2.00/game; Civilian \$3.00/game; Shoe Rental \$1.00

Party Rental

Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! Cost: 2-hour rental prices are \$60 for military and \$70 for civilians. Price includes 4 private lanes, shoes, cosmic lights and a whole lot of fun!

Open Bowling

Fridays and Saturdays from 5 – 10 p.m.

Bored on the weekends?

Look no further. Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Lunchtime Bowling

Every Wednesday from 11 a.m. – 1 p.m.

It's time to enjoy your lunch! Take a break from the office and unwind with a game or two of bowling! Want a quick bite while you play? Visit us online for the menu and to contact Stars and Strikes for more information.

Cosmic Bowling

Every 2nd and 4th Saturday of the month from 5 – 10 p.m.

What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Father's Day Bowling Special

June 16 -17, from 5 – 10 p.m.

In honor of Father's Day, dads will enjoy one free game of bowling and a free shoe rental!

Bowling With Liberty

June 27, from 5:30 p.m. – 7:30 p.m.

Liberty Patrons Only! Join us for a night of bowling! Cosmic lights, great music, and food! Don't worry, it's all free!

Indian Head Weight House Fitness Center

301-744-4661

Closest to the Pin

June 15, from 10 a.m. – 2 p.m.

Book your tee time today! Earn points by landing within the targeted area. Cost: Active duty free, All others \$5

Dive-In Movie Night

June 21, at 7:30 p.m.

Summer nights are best enjoyed while floating in the pool watching a movie! All movies are family friendly. Cost: Military-Free/ All Others-\$4

Strongman Competition

June 23, from 1-3 p.m.

Test your brawn at this timed event that combines strength and speed! 2 weight classes for men (185/below & 185/above) and 1 weight class for women. Prizes awarded to 1st and 2nd for each weight class. Register at the WHFC by June 22. Cost: AD-Free / Others- \$5

Call Us for Your Advertising Needs 301-921-2800

JWAC's New CO to Assume Command

by Joint Warfare Analysis Center
Public Affairs Office

Air Force Colonel Melvin Douglas Sachs will take command of the Joint Warfare Analysis Center (JWAC) on June 20, replacing Navy Capt. Andrew L. Feinberg.

Col. Sachs is the eleventh commander of JWAC since 1994 and the first Air Force officer in that position since 2009. Most recently, he served as the Senior Defense Official and Defense Attaché to Australia since 2014.

Originally from Missouri, Col. Sachs joined the Air Force in 1988 after receiving his commission as a distinguished graduate of the Reserve Officer Training Corps program at the Missouri University of Science and Technology. He was first assigned as an acquisitions program manager working on a navigation system pod for F-15Es and F-16s. He then completed undergraduate navigator training as a distinguished graduate and winner of the Colonel Mike Gilroy Award as the top electronic warfare officer in his class. Over the next five years, he flew the RC-135S Cobra Ball from Offutt Air Force Base, Nebraska, and he held numerous positions including flight commander and 55th Operations Group's executive officer.

Col. Sachs completed a joint service tour with the Defense Threat Reduction Agency in the On-site Inspection Directorate,

flying the OC-135B and other countries' aircraft in support of the Open Skies Treaty. There he ran the Open Skies Division's Technical Operations Branch, closely coordinating with members from NATO and former Soviet Union countries concerning methodologies to be employed in certifying each nation's aircraft. After leading the United States' treaty certification effort in May 2002, he returned to Offutt Air Force Base, learned to fly the RC-135 Rivet Joint, and served as the 343rd Reconnaissance Squadron's Chief of Training.

In 2004, Col. Sachs transferred to the 82nd Reconnaissance Squadron, Okinawa, Japan, as the operations officer, assuming command in June 2006. He has also commanded the 763rd Expeditionary Reconnaissance Squadron.

Col. Sachs served as the United States' first Senior Defense Official and Defense Attaché to Baku, Azerbaijan, from 2008 to 2011. He continued his political-military career by serving at Headquarters, Defense Intelligence Agency, in the Office of Attaché Operations, where he managed the operations of 20 Defense Attaché Offices in East Europe and Eurasia.

Col. Sachs holds Bachelor and Master of Science degrees in Engineering Management from Missouri University of Science and Technology and he holds a Master's degree in Military Operational Art and Science from Air Command and Staff College. His professional military education includes be-



Air Force Colonel Melvin Douglas Sachs

ing a distinguished graduate from Squadron Officer School, and he has graduated from Air Command and Staff College, Armed Forces Staff College, and Air War College.

Col. Sachs is married and has three children.

Upcoming NDW CREDO Workshops and Programming

The Chaplains Religious Enrichment Development Operation (CREDO) of Naval District Washington will be hosting several retreats and workshops throughout the month of June. Please contact CREDO NDW for more information or to register for these beneficial programs. All CREDO retreats are offered at no cost (to include lodging and meals) to the participants. To register, e-mail: credo.ndw.fcm@navy.mil, or call 202-404-8831/8830.

Marriage Enrichment Retreat

The next Marriage Enrichment Retreats (MERs) will be held June 16-18 at the Turf Valley Resort in Ellicott City Md. The MER is intended to help married couples build their relationship skills. The MER employs a combination of instruction, group and private discussions, exercises, and free time designed to help each couple grown their relationship in a relaxed and inviting environment free from everyday pressures and distractions. MERs are open to all active duty and immediate family and members of the reserve component in an active duty status and their immediate family. It is absolutely free, including meals and lodging. Childcare is NOT provided.

SAFETALK (Suicide Alertness Training for Everyone) Workshop

A safeTALK workshop is scheduled for June 14 at Joint Base Anacostia-Bolling. SafeTALK is a three-hour workshop designed to help identify people at risk of suicide and connect them with intervention resources. safeTALK's proven easy-to-follow steps are used around the world. Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You do not need any prior training to attend safeTalk. To organize a workshop for your command or unit contact CREDO NDW.

ASIST Training for Trainers

CREDO NDW has twenty-four seats for an ASIST (Applied Suicide Intervention Skills Training) Training for Trainers (T4T) sched-

uled for August 21-25. Being an ASIST facilitator is both rewarding and challenging. Following the T4T, participants will maintain a "provisional" trainer status until they present on each section of an ASIST workshop (usually completed after the third workshop). Once certified, LivingWorks requires each trainer to lead one workshop a year to maintain training credentials. In order to obtain LivingWorks ASIST Trainer certification, one must attend the T4T in its entirety. For more information about Living Works Suicide Intervention training, go to: <https://www.livingworks.net/programs/>. CREDO NDW offers regular ASIST workshops, as well as supports unit ASIST workshops, so there are ample opportunities to complete LivingWorks trainer requirements following the T4T. To register, contact Angela Mitchell at 202-404-8831 or e-mail at angela.mitchell.ctr@navy.mil or credo.ndw.fcm@navy.mil.

ASIST (Applied Suicide Intervention Skills Training) Workshop

CREDO NDW still has seats available for our next ASIST workshop that is scheduled for 20-21 June onboard Joint Base Anacostia Bolling. Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Workshop features:

- Presentations and guidance from two — four LivingWorks registered trainers
- A scientifically proven intervention model
- Powerful audiovisual learning aids
- Group discussions

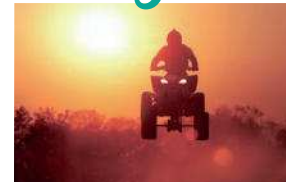
- Skills practice and development
 - A balance of challenge and safety
- ASIST has saved and changed hundreds of thousands of lives around the world.
- For more information or to register, contact Angee Mitchell at (202) 404-8831 or e-mail: an-gela.mitchell.ctr@navy.mil.

gela.mitchell.ctr@navy.mil.

For more information about any upcoming CREDO programs visit: www.facebook.com/NDW-CREDO To register for an event e-mail: credo.ndw.fcm@navy.mil or call (202) 404-8831/8828

THE "Speed into Spring" LOAN

refi or buy and enjoy



1% CASH BACK up to \$500

Rates may vary depending on individual credit history and underwriting terms. Promotional 1% cash back is available for auto, motorcycle, boat, RV, ATV and Jet Ski loan applications received between April 1, 2017 and May 31, 2017. *The cash back will be deposited into the member's savings account approximately 90 days after loan closing, upon verification of on-time monthly payments. Maximum cash back amount is \$500 per loan. Cash back amounts are subject to all applicable taxes and are the responsibility of the member. Offer available for the purchases and refinancing of non-NSWC Federal Credit Union loans only. Minimum loan amount \$5,000, maximum loan amount \$100,000 with loan terms from 12 to 180 months. Membership eligibility is required. All credit union loan programs, rates, terms and conditions are subject to approval and change at any time without notice. Contact the credit union for complete details. Federally insured by NCUA.



NSASP Spotlights Recent Graduates from Command Family

By **BARBARA WAGNER**
South Potomac Pilot

As Naval Support Activity South Potomac recognizes it's family of graduates this year, we wanted to spotlight just a few of the outstanding students who have made their mark academically this year. This year we have selected students from all educational levels including Franklin Rinko — a high school senior, Randa Hayes who graduated with her Bachelors and Tonice Krueger who has attained her Doctorate this year. Congratulations to our many graduates for your educational achievements and the very best as you continue to pursue academic distinction and as you venture out to excel in your chosen fields!

A Little More Energy, Time and Effort — But it's Worth it!

Fourteen years — three presidential races won and lost, Iraq and Afghanistan and the time it would take a child to go from kindergarten to graduating high school. Fourteen years is a tremendous amount of time to dedicate to an educational goal, but Tonice Krueger knew that she wanted to help who she calls "her people" — active duty and military veterans. It took Krueger 14 years, but on June 11, she walked across the platform at the University of Hawai'i School of Professional Psychology's graduation and emerged as Dr. Tonice Krueger, PsyD.

"My initial interest in psychology came about while I was serving [in the Air Force] and afterward. I began to see people I knew coming back [from overseas combat] with Post Traumatic Stress Disorder (PTSD) and at the time, we really didn't have a clearly defined issue. I was really intrigued to see how I could help," Krueger said.

In addition to being a veteran herself, Krueger's husband Jared serves on active duty at Expeditionary Exploitation Unit One (EXU-1), located at Naval Support Facility (NSF) Indian Head's Stump Neck Annex. As her husband's career progressed she had to pick up and put down her educational career and face the setbacks of switching universities that often times would not accept credits that she had already received. In addition, Krueger took a year off between her master's degree and a doctorate to practice in the field.

Currently, Krueger is finishing up her residency at a federal corrections institution and while that may seem a far cry from working with veterans, Krueger explains that her residency there is by choice. In addition to working in hospice and at Tripler Army Medical Center in Hawaii in the Neuropsychology Department, Krueger recognized the need for a range of experiences to best serve the diversity of the military population.

"They are definitely different settings [hospice and prison]," Krueger explained. "That's kind of the beauty and curse of being in the school and work setting, you get to experience a lot of different settings and see what fits with you."

"I chose the prison system by choice because I wanted the opportunity to work with an extremely diverse population in one setting and that's really hard to find outside of the military," Krueger said.



Tonice Rhea Krueger
Doctor of Psychology
Hawai'i School of Professional
Psychology at Argosy University
Wife of EODC Jared Krueger,
NSWC IHEODTD

While it was Krueger's goal to work with active-duty and veterans, she was unable to complete her last year at a military facility without returning to active duty. Thus the decision to work in the Federal Prison Bureau made sense.

"The bureau provides a vast opportunity to work with a diverse population and allowed me the opportunity to work in residential treatment for drug abuse, with sex offenders, a large transgender population, and general mental health," Krueger continued. "We also have the highest veteran population at my site [in the bureau]."

Krueger is passionate about her calling and truly is inspired by the change she is able to help facilitate in her role.

"Truly, the patients motivate me," Krueger said. "I love what I do. I love helping to inspire hope and help people make positive changes in their lives and when we get to see that — I don't know if anything else that can be more motivating. I continue to push myself in improving my skills to be a better clinician and I have a great champion in my husband."

One of the most difficult aspects of pursuing such a lofty educational goal was being able to merge her own career goals while continuing to support her husband's career.

"He is active duty and that has to come first," Krueger explained. "You have to go where the orders take you. Continuing to stay focused on my goals — education and the process that that pursuit takes has also been a challenge."

Krueger shared that keeping their marriage as the number one priority and still being able to pursue their career and education goals aren't always easy.

"It takes a team that's for sure," Krueger said.

Once Krueger takes some well-deserved time off in Hawai'i following graduation, she will

complete her residency and then turn her focus on finding a place where she can work with the people she looks forward to helping the most — active duty and veterans.

"The hiring freeze has made it difficult for sure [when looking for employment]," Krueger said. "I worked at Veteran's Affairs while I was working on my bachelor's degree and I would really love to get back there. I will finish August 4 with my clinical rounds, and after the ninth, I am ready to go!"

Functional medicine, or the health aspects of psychology, combines the two passions that Krueger shares.

"If I could pick my perfect job it would be doing that with active duty and veterans... merging nutrition, physical and mental health to better the lives of our veterans," Krueger said. "I am choosing that particular culture of people because I grew up in the military — I'm a military brat, I've been [on] active-duty. They are my people and I wanted to dedicate my career to those who have or who are serving."

After 14 years of pursuing her educational goals, Krueger is most looking forward to not being in the academic grind and is looking forward to new challenges.

"I'm looking forward to shifting my focus and becoming licensed and board certified," Krueger shared. "I'm really looking forward to setting my own pace now and spending more time with family."

She offers some simple advice for those who might be in the same boat — following a spouse's active duty career and working to keep their own academic and career goals in sight.

"Don't quit. Even if it's one class at a time, just stay motivated," Krueger advised. "It's easy to make excuses and put it off. 'I'm active duty; I can't do this or that.' It takes a little more energy, time and effort when you're a military spouse, but set a goal and set a time frame and do it one step at a time!"

NSWC FCU Employee Comes Full Circle

Some high school students know exactly what they want to study when they are heading to college and for Randa Hayes, it was nursing. Her plan was to go to Germanna Community College, take the nursing program and be done in three years. Those initial plans, like most, are the start from which the real college journey begins. Hayes had no idea that five years later she would have changed majors three times and ended up in a career field that she truly enjoys.

"I had started taking my preliminary classes," Hayes explained. "I had been accepted into the program on the first try — I had been told that isn't common, but I wasn't quite ready yet to begin the program."

To prepare for a career in the healthcare industry, Hayes decided to spend time volunteering in an emergency room at Spotsylvania, where she learned very quickly that the industry can be very emotionally taxing.

"I found out that it made me sad and I didn't feel like I could separate myself from the job," Hayes shared.

At the time, Hayes had secured a position working at the Child Development Center on Naval Support Facility (NSF) Dahlgren and learned that she truly enjoyed spending time with the children. Between this discovery and



Randa Hayes
Bachelor of Science in
Communications
Radford University
Employed by NSWC Federal
Credit Union
Daughter of Rob Hayes, JWAC
and Jeron Hayes, NSASP

her experiences at the emergency room, Hayes decided to switch her major to education.

As fortune would have it, it was another twist of fate that brought her to her destiny and started her on a path that she could never have imagined just a few years before, when she was sure she was meant to be a nurse.

She would go on to graduate with a General Education Associates from Germanna Community College, knowing that her interests were varied and she was having a hard time nailing down just one interest, but that perhaps she had discovered where she belonged.

Fate intervened for Hayes in the form of a new job with NSWC Federal Credit Union one summer where she was able to learn more about advertising and marketing. Intrigued with the variety and change of pace, it began to dawn on her that perhaps she had found her calling.

"I was DECA president in high school, which focused on marketing, and it all kind of came full circle and I realized I like change," Hayes said. "With that, I'm doing something new all the time."

Enter Radford University in Radford, Va.

"I had actually applied to Radford [for its education degree] and changed my major before I got there. I was really able to find my place at Radford. The class sizes were small and I felt like my professors knew my name and knew what I was there for," Hayes said.

As the summer before her move to Radford drew to a close, Hayes sadly realized that she would have to leave the position at NSWC FCU, where all of the pieces of the puzzle fell into place for her. To her surprise, they asked if she would be willing and interested in working remotely. Naturally, she was thrilled to know she would be able to go to a college she was so drawn to and continue to have the job she loved.

"It's great because I was getting on-the-job experience and was able to relate that to my classes," Hayes explained.

Hayes had heard the scuttlebutt that Radford was a party college but her experiences there

Grads

Continued from page 10

were quite different.

"Every college can be a party college," Hayes said. "If I had wanted to go to a party they were there, but I was too busy working and trying to catch up on classes for my major, so I was taking six classes a semester. I didn't have time to worry about that stuff."

Hayes explained that the partying reputation was why she didn't consider the college straight out of high school but when she decided to pursue education as a degree, she knew that Radford is one of the top universities for a teaching degree. It just so happened to also have a phenomenal communications program as well.

Hayes did catch up and graduated this year with a Bachelor of Science in Communications, with a focus on advertising.

"I was in school for five years and at the beginning, I couldn't wait to be done; then I just really fell in love with what I was doing and being surrounded with people who shared that same passion."

Her future goals include returning to university to pursue her master's degree after she gets more work experience under her belt. She is interested in sharing her love of the craft with other students as an instructor but also wants to have the hands-on experience that she found so engaging.

Her advice to those students who might be in that same boat of having diverse interests and having difficulty in nailing down that one thing: "I think the most important thing is to not limit yourself to maybe that one thing that you always thought you wanted to do. I know a lot of people who felt that they were stuck in a major and they just wanted to finish and it may be extra money and extra time, but it's worth it to really know what you want."

"I think it's best to go in undecided [on a major] if you can. You're going to experience some things that may change that," Hayes continued. "Join some clubs that relate to majors you're

interested in and get involved that way because there are so many options. How are you supposed to know if you haven't experienced it? Don't make yourself stuck, it's not worth it."

King George High School Senior Nets \$180,000 in Scholarships to Dream University

For recently graduated King George High School Senior Franklin Rinko, giving less than 100 percent in anything has never been an option. The middle child of John Rinko, a Naval Surface Warfare Center Dahlgren Division (NSWCDD) employee and mother Terri, Rinko has a track record of excellence that has been his signature in King George County and his zest for life and drive have brought him exactly where he wanted to be: a rising freshman at Washington and Lee University in Lexington, Va., with more than \$180,000 in scholarship money to get him there.

While Rinko received offers of almost full-ride scholarships from Christopher Newport University in Newport News, Va. and Roanoke College in Salem, Va., it was the campus visit at Washington and Lee that sealed the deal for Rinko and provided the goal that he worked relentlessly to achieve.

"I got a good feel for the campus life during my campus visit," Rinko explained.

What impressed Rinko with the University were two of the traditions that set it apart from the rest — the Speaking Tradition and their Honor System.

"Everyone we encountered on our tour spoke with us, said hi, one even shook each of our hands on the tour as they came by," Rinko explained.

The simple courtesy of an acknowledgment goes far in instilling a sense of community to the campus as students greet one another in the colonnade and around the campus and that warmth drew Rinko in.

The Washington and Lee Honor System is another standout feature of the university and one that impressed Rinko. The student-run Honor System and the community of trust that it creates — both on campus and in the town of Lexington — is a unique feature, as is the level of independence that even fresh-



Franklin J. Rinko
King George High School
Plans to attend Washington & Lee University
Son of John Rinko, NSWCDD E33

man experience.

"Students are able to schedule their finals around their own schedule," Rinko explained. "If you have a class you know you

See **Grads**, Page 12

NOW LIVE!

The SoMdNews
App brings you the
latest local, sports
and community news
and information from
the Southern MD
Newspapers, 24/7.



The free app is updated
from our full website,
somdnews.com, in real
time, delivering you
the latest headlines.
Download the app at
somdnews.com/newsapp
or Scan the QRC code.



Grads

Continued from page 11

will do well in, you can schedule that for Monday and the harder one for Friday, or if you want you can take them all in one day and be done with them."

In addition, the exams can be taken unsupervised. The student body appreciates a strong bond of trust, where your word is your bond, and the school and town are deemed so safe that most university buildings are unlocked 24-hours a day and personal property is generally safe on campus.

For an organized and academically strong student like Rinko, the appeal was undeniable. It was the price tag that came with the private liberal arts university that seemed an insurmountable hurdle. Rinko and his parents had an established budget and while he knew he could always fall

back on his second ranked choice, Roanoke College, Rinko had set his sights on Washington and Lee. The yearly cost of Washington and Lee was in excess of \$60,000 and far exceeded the budget Rinko's parents established.

Turning his focus on obtaining scholarships to facilitate his dream, Rinko shared that every free moment he had — which were few and far between considering his busy academic and extracurricular activities — was spent refining his essays for specific scholarships, filling out applications and locating scholarships he believed he could qualify for.

"I spent quite a few nights up at 2 a.m. putting the finishing touches on my essays," Rinko said.

Despite the fact that Rinko methodically managed the deadlines for his applications for scholarships, his decision between his first and second choice came down to the deadline for acceptance at Roanoke College and receiving word from a local scholarship that would put

Rinko over the top, clenching his ability to attend the university of his dreams.

"The day of the deadline for Roanoke, I was in Anaheim, California for the DECA International Competition," Rinko said.

This was Rinko's third time at the international level competition and while he and his team were making their presentation, his mind returned frequently to the envelope he had left at home with his father in Virginia.

"I had put my registration application in an envelope that he [dad] was going to put in the mail; if we didn't hear back from the Fary Scholarship. I was going to accept at Roanoke," Rinko explained.

Fortunately for Rinko, that envelope never left his home. He received a phone call letting him know he was the recipient of one of four \$6,000 annual awards from the Thomas Peterson and Alvin Jenettie Roane Fary Memorial Scholarship Fund, established by the estate of Thomas Franklin Fary in memory of his parents. Rinko

was ecstatic to be able to send in his paperwork to Washington and Lee from California.

In addition to the scholarship from Washington and Lee University, Rinko received an additional 18 scholarships totaling around \$20,000 which was enough for him to comfortably attend the school.

In addition to his exemplary academics, Rinko also earned his Eagle Scout rank in 2016, the highest rank a Boy Scout can achieve, as well as a designation from the Brotherhood Member of the Order of the Arrow, the Boy Scout honor society. He has also starred in productions by the King George High School Drama Department, participated in numerous sports and was a member of DECA, a high school program that prepares future leaders in marketing, finance and entrepreneurship. It was through DECA that Rinko was able to explore his love of finance — his chosen major.

Report

Continued from page 1

creased significantly, from 4,850 during FY15, to 5,586 during FY16. Much of the growth is attributed to the largest command at Dahlgren, the Naval Surface Warfare Center Dahlgren Division (NSWCDD). The total number of contractors associated with NSF Dahlgren also grew from 4,346 to 4,838; the report accounts for contractors who are badged to work on base, as well as contractors who serve the base from outside its gates. The number of service members at NSF Dahlgren the base held steady.

To account for the economic impact of non-payroll dollars, the report examined the fiscal year budget authorizations of each command at NSF Indian Head and NSF Dahlgren, as well as total contract spending and local contract spending. Local contract spending was defined as contract money spent in Fredericksburg, Colonial Beach, King George County, Spotsylvania County, Stafford County, Caroline County and Westmoreland County in Virginia, and the Town of Indian Head, Charles County, Prince Georges County and St. Mary's County in Maryland.

At NSF Indian Head, total budget authorizations increased from \$841 in FY15 million to \$903 million in FY16; local contract spending totaled nearly \$40 million during FY16. At NSF Dahlgren, both total budget authorization and total contract spending decreased; however, the amount of local contract dollars increased from \$486 million spent in FY15, to nearly \$520 million spent in FY16.

Determining where federal employees and service members assigned to NSF Dahlgren and NSF Indian Head live is another part of the annual study. A majority of personnel assigned to NSF Dahlgren live in King George County, accounting for nearly 33 percent of the total. Nearly 17 percent of base personnel reside in Spotsylvania County and 8.6 percent reside in Stafford.

The majority of service members and federal employees assigned to NSF Indian Head reside in Charles County, at 40 percent. The town of Indian Head hosts 17 percent of that popula-



Naval Support Facility Indian Head Current Economic Impact

Current Employment

2,692 Civilian Employees

586 Military Personnel

Nearly 300 Contractors



Data current as of May 2017



**Annual Civilian Payroll
\$299 Million**

**Annual Military Payroll
\$22 Million**

**Contracts & Small Purchases
\$392 Million**

2

tion, while nearly 9 percent reside across the river in King George County, Va.

The purpose of this study is not necessarily to account for every dollar and job associated with NSF Dahlgren and NSF Indian Head; the diverse commands and agencies at each base, some of which are aligned under non-Navy service branches, mean absolute precision is beyond the study's scope. Moreover, since employees leave commands and are hired throughout the year,

the job numbers are merely a snapshot of employment at each command and base. Given those challenges, the study was careful not to exaggerate any economic impacts and its conservative approach almost certainly understates the impact of the bases' dollars and jobs in the local region.

To review the full demographics reports of both bases, please visit www.cnic.navy.mil/SPotomac.

Connect with the Military Community in Your Local Area

Go to
www.DCMilitary.com

Pino

Continued from page 1

support of four of the seven unified combatant commands within the Department of Defense.

A native of Salem, Mass., Pino graduated from Salem High School in 1973. He holds an Associate's Degree in Science from North Shore Community College and is currently enrolled with American Military University working towards a Bachelor Degree in Homeland Security. He enlisted in the Navy in 1984, and served as a striker Fireman Apprentice before he was accepted into the EOD 4th Man Diver Program.

His first duty station was EOD Detachment Keflavik, Iceland. In 1986 he became a 2nd Class Diver and entered Navy EOD School at Indian Head, Md. Upon graduating, he served with EOD Mobile Unit 2 out of Fort Story, Va., where he served on an MCM detachment before being tasked to the USS Forrestal

where he deployed to the Persian Gulf.

From there, Pino went on to EOD Detachment Norfolk, Va., became a senior EOD technician, stood up the Parachute Insertion Capability (PIC), as well as the mixed-gas MK 16 Diving Capability. He was selected for Hull Technician (EOD) Chief within 10 years. After shore duty he transferred to EOD Mobile Unit 5 in Guam, where he deployed on aboard the USS Independence and USS Kitty Hawk. He also led his detachment on a demolition job to the island of Palau, collecting and destroying Japanese ordnance remaining from WWII.

Transferring back to the States he served at the Fleet Liaison Unit (FLTLAU) of what was then the Navy Explosive Ordnance Disposal Technology Division (NAVEODTECHDIV), at Stump Neck, and was also promoted to Warrant Officer in 2000.

After three deployments to Afghanistan, Pino transferred to EOD Mobile Unit 8, Sigonella, Sicily, where he deployed to various parts of Africa, and served as the Material Officer.

Returning stateside, he served with EOD Mobile Unit 6 out

of Charleston, SC., where he deployed as OIC of an Anti-Terrorism Force Protection (ATFP) dive platoon. His knowledge of equipment and the Table of Allowance (TOA) enabled him to become TOA Manager for the Command, while he also managed the homeport shift of EOD Mobile Unit 6 to Little Creek, Va.

From EOD Mobile Unit 6, he served as the N43 for Commander, EOD Group 2 (COMEODGRU2) and stood up Expeditionary Support Unit 2. While there, Pino played a leading role in the building of the current EOD TOA and Readiness Cost Reporting Program (RCRP).

In 2010, he transferred to Technical Support Detachment (now EXU-1) at the Stump Neck Annex, and began his extended tour as the Readiness and Training Officer. He was promoted to CWO-5, in 2012.

Pino was quick to recognize his family for supplying the motivation behind his career's success — wife Jeanne, and their two sons, Daniel and Eric. "They are why I do what I do."

Notes

Continued from page 6

from 7-9 p.m. Concert-goers are encouraged to bring blankets and lawn chairs. Coolers are allowed, but no alcohol. Concessions are available from the Town's food trailer located near the back of the parking lot and an ice cream truck. Play area for children. This week's concert is -Three Days of Rain, who perform today's hits, 80's, Dance, Funk, Classic Rock and Country!

Exhibitor Opportunities for 2017 Celebrate Charles: A Fun-Filled Fourth

The Charles County Office of Tourism invites local businesses, artisans, and food establishments to participate in the "Best of Charles County" showcase at the 2017 Celebrate Charles: A Fun-Filled Fourth. A Fun-Filled Fourth will be held on Tuesday, July 4, from 4:30 p.m. to 9:30 p.m. at Regency Furniture Stadium. Artisans, crafters, and food vendors are invited to sell goods and showcase their talents. Spaces are available for \$10. Space includes one 10 feet by 10 feet area, one 8-foot table, and two folding chairs. Register today to secure a spot. Registration is available online at www.CharlesCountyMD.gov/CelebrateCharles. For more information, visit www.CharlesCountyMD.gov, or contact Rachel Ammerman, Promotions Specialist, at 301-645-0601 or AmmermaR@CharlesCountyMD.gov

The Town of La Plata Summer Kids Shows

The shows are geared towards preschool and elementary age children and are approximately 45 minutes long. Shows will be held outdoors on the Town Hall West lawn, (weather permitting — shows will not be moved indoors). Attendees are encouraged to bring blankets and lawn chairs. No concessions will be available, but you are welcome to bring drinks and snacks along. The first show will be held Tuesday, June 20 at 10 a.m. and features Blue Sky Puppets — Rufus — A fast-paced and funny story about tolerance and individuality with an adorable main character.

National Night Out Grant

National Night Out (NNO) brings communities together to celebrate crime prevention awareness while sending a message that crime will not be tolerated. NNO is scheduled for Tuesday, August 1. The Town of La Plata invites neighborhood associations and communities to submit the NNO Mini-Grant application for review. Eligible grants will be awarded up to \$200. Deadline is June 16. Grant applications are available for download at townoflaplata.org or email Colleen Wilson, Special Events Coordinator at cwilson@townoflaplata.org or 301-934-8421.

Summer Internship Program Provides Educational Opportunities for Local Students

Charles County Government is seeking college stu-

dents, recent college graduates, and 2017 high school graduates, who wish to gain work experience and learn about local government, for the summer internship program. The internship program provides paid internships that will last 8 weeks or 12 weeks in a variety of department areas. Interns will gain unique and valuable workings of Charles County Government. Work hours are flexible to meet the needs of students and county departments. The internship program is available for Charles County residents only. Apply online and learn more about the specific internships available by visiting www.CharlesCountyMD.gov/hr/recruitment/recruitment

and clicking "Volunteer/Intern."

Town of La Plata 4th of July Watermelon Bash!

Celebrate the 4th of July at Town Hall on Tuesday, July 4th, 10:30 a.m. to 1:30 p.m. Join us for hot dogs, games, wet fun, and plenty of watermelon.

Team "Handsome Dad" Alzheimer's Crab Feast

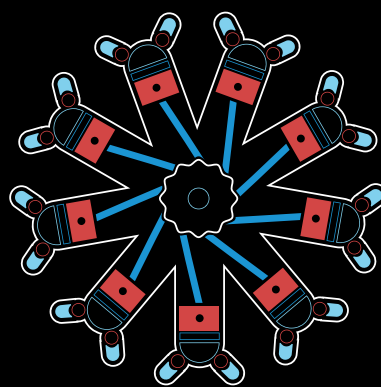
AVSI, in partnership with the Town of Indian Head and the Military Alliance Council (MAC), is sponsoring a Crab Feast in support of finding a cure for Alzheimer's on Saturday, August 5 from 1-5 p.m. at the Indian Head Village Green Pavilion. The day will include all you can eat and drink,

grand prize drawing for an iPad, 50/50 raffle, corn-hole tournament, raffle drawings and live music. Tickets can be purchased in advance for \$45, or \$55 at the door. Show your support by registering for the walk on September 30 by going to www.alz.org/ walk and search for team "Handsome Dad". For ticket purchases and questions about how to walk or donate contact Sheila Zattua at 301-752-0633 or 301-200-8667.

Free Fishing Classes Available to Youth at Gilbert Run Park

The Charles County Department of Recreation, Parks and Tourism is hosting free

fishing classes at Gilbert Run Park (13140 Charles Street, Charlotte Hall) for children between ages 6-15. Classes are 9:30 a.m. — noon on Thursday, June 15 and Thursday, June 29. This is a great opportunity for children to learn the basics of fishing and have fun. Prior fishing experience is not needed. Bait and tackle will be provided. Pre-registration is required and class size is limited. To register, call the Gilbert Run Park office at 301-932-1083. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.



INNOVATIONS IN FLIGHT

Family Day and Outdoor Aviation Display

SATURDAY, JUNE 17 • 10 AM – 3 PM

At the National Air and Space Museum's Steven F. Udvar-Hazy Center
14390 Air and Space Museum Pkwy., Chantilly, VA

Free admission; parking fees apply.

Innovations in Flight is made possible by
the generous support of Booz Allen Hamilton.

innovationsinflight.si.edu • #InFlight17



Smithsonian
National Air and Space Museum
Steven F. Udvar-Hazy Center

Visit Us Online www.dcmilitary.com



Naval Academy Graduate has Roots at Dahlgren

By **BARBARA WAGNER**
South Potomac Pilot

For Chris and Trische Mollner, both employed aboard Naval Support Facility (NSF) Dahlgren, the idea of their middle child Duncan going to the Naval Academy was a bit out of left field — he had a full-ride ROTC scholarship to University of Virginia (UVA), but mid-year in his junior year of high school their son decided he wanted to go to the Naval Academy. Their surprise was even greater when they received notification that their son had received a Superintendent's (Supt's.) Nomination. Generally, a candidate would receive a nomination from a number of sources including Senators, Congressmen, the President or Vice President of the United States.

"He actually didn't get a regular nomination; he got a Supt's nomination. We have no idea how he got a Supt's nomination," Trische Mollner said. "He was planning UVA's offer when he got an email followed by a packet in the mail."

There are only 50 Superintendent's nominations given a year, so Duncan was among a very small group of students who were selected.

For the first two years of a Naval Academy student's academic career, they have the option of leaving the program due to the strenuous academic and military rigors of the program. On the first day of junior year, they have what they call two for seven — two more years of school and a five-year commitment to military service afterward; they sign a contract for that.

"It's not like traditional college, it's almost like they have a full-time job as well," Trische Mollner explained. "They have until their junior year to decide if that is the correct path for them. Then they have Professional Training of

Midshipmen (PROTRAMID)."

PROTRAMID is a summer-long program that exposes cadets to the missions and equipment in the various mission paths and one of those paths was the Explosive Ordnance Disposal Unit, and that is what Duncan Mollner gravitated to.

"From the time he went he said he wanted to be a Marine and when he did the PROTRAMID, he got interested in blowing things up so he did that. He had talked about flying and while he thought perhaps flying a jet would be boring, he was interested in the helicopters," Mollner said. "He liked the SEALs as well, but his first two choices were EOD and helicopters, but he really focused in on the EOD."

The EOD program is very competitive and in Mollner's graduating class, only 15 were selected for the program.

The Naval Academy graduation program was held the week of May 22-26. The week-long event included picnics, a ball and culminated with the graduation ceremony. The 2017 class of 1,038 included several other King George alumni.

The Mollner's eldest, daughter Killian, also graduated this year from the University Tennessee-Chattanooga with her Master's Degree in Physical Training and will be employed with the Naval Academy in the Athletics Department. As one Mollner child leaves the Academy, the second begins the next step in her career there. Duncan Mollner will now begin his full-time training for his chosen field, but his time spent at the Academy has been unforgettable.

"I am grateful to have had the opportunity to go to the academy and meet some incredible people there and I'm excited to begin the actual work. My first station will be training in Florida for a little under two years," Duncan said.



PHOTO COURTESY OF CHRIS AND TRISCHE MOLLNER

Ensign Duncan Mollner, a 2017 graduate of the U.S. Naval Academy is pictured with his sister, Killian Mollner also a 2017 graduate from the University Tennessee-Chattanooga. Killian will be working in the Naval Academy Athletics Department.



PHOTO COURTESY OF CHRIS AND TRISCHE MOLLNER

Ensign Duncan Mollner, son of Chris and Trische Mollner, Naval Support Facility (NSF) Dahlgren employees is pictured at the iconic hat toss following the 2017 graduation at the U.S. Naval Academy in Annapolis, Md. Ensign Mollner is shown just above the iPad in the lower middle of the image.



PHOTO COURTESY OF CHRIS AND TRISCHE MOLLNER

Trische Mollner, a Naval Support Activity South Potomac (NSASP) Child Development Center employee (far left), Chris Mollner, a Naval Surface Warfare Center Dahlgren Division employee are pictured with their son, Ensign Duncan Mollner, a 2017 graduate of the U.S. Naval Academy and daughter Killian Mollner at Ensign Mollner's graduation on May 26.

NSF Indian Head MWR General Library Summer Reading Program Kickoff

The Naval Support Facility (NSF) Indian Head Library kicked off it's Summer Reading Program Kickoff with an event on June 9. Children of all ages enjoyed a beautiful afternoon snacking on snow cones and painting glass mason jars at the Community Recreation Center during the Summer Reading Program Kickoff. Attendees enjoyed free snow cones, afternoon painting, and received a summer reading t-shirt with a reusable library bag. Over 100 readers of all ages have signed up for the 2017 program at the NSF Indian Head Library so far.

If you missed the kickoff, there is still time to participate in the reading program which runs through July with a Harry Potter themed Summer Reading Midway Party being held on Monday, July 17, at 4:30 p.m. This summer, join other budding inventors, tinkers, and artists who enjoy creating, crafting and learning with our Maker Camp, held every Thursday at 1:30 p.m. Sign up online at <https://indianhead.beanstack.org>.



U.S. NAVY PHOTO COURTESY OF KENDRA HARRIS, NSF INDIAN HEAD LIBRARIAN



U.S. NAVY PHOTO COURTESY OF KENDRA HARRIS, NSF INDIAN HEAD LIBRARIAN



U.S. NAVY PHOTO COURTESY OF KENDRA HARRIS, NSF INDIAN HEAD LIBRARIAN



The More You Know

SafeTalk HelpRoom

SafeTalk HelpRoom, a service provided by DoD Safe Helpline, is an online community of sexual assault survivors in the military that meets to support each other in taking the next steps after a sexual assault. It's free, secure and available 24/7 – and, since May 14, there's an additional help room specifically for men.

Every Sunday, between the hours of 1-3 p.m. EST, men who have gone through similar experiences can connect with one another securely, confidentially and anonymously by accessing www.safehelpline.org.

Sexual Assault Prevention and Response

If you need access to the emergency SAPR advocate please call (540) 424-0660. They are available 24 hours a day for crisis relief.

Domestic Violence Hotline

If you see abuse or suspect that someone is in danger, you

should be proactive in contacting authorities. If you witness an incident, it is important that you do not put yourself in harm's way; instead, contact the authorities and allow them to handle the situation. If you or someone you know needs assistance or are the victim of domestic abuse, contact the local Fleet and Family Service Center at 540-653-1839 or 1-800-500-4947, the Domestic Violence Hotline at 1-800-342-9647 or if you are in immediate harm or danger you should call 911.

Drug and Alcohol Abuse

If you or someone you know needs assistance with drug or alcohol dependency issues, contact the NSASP Drug and Alcohol Program Advisor GM1 Muench at 540-653-2221

Suicide Prevention

Life is worth living! For someone to talk to who will understand call the 24/7 Suicide Prevention Hotline at 1-800-273-8255 and select option 1.



DEMOLITION DERBY

SILVER HILL, MD LIONS

\$5
Discount per person
for Military Personnel
and family members *must
show ID

**Potomac Speedway
in Budds Creek, MD**
Saturday June 17th & 24th 2017

Adults: \$18
Children: (12 and under): \$9
Children (3 and under): Free

First Event 7 PM | Free Parking | Gates open 5:30 PM

I-888-44-DERBY
SHLCDDEMOLITIONDERBY.COM
Get an old car, be a derby driver!
4 classes, plus Youth Derby and Power Wheels
All net proceeds go to Silver Hill Lions Foundation charities

Visit Us Online www.dcmilitary.com

BUY 1 WINDOW GET 1 WINDOW

40% OFF¹

We're not discounting just **some** of our windows; buy one window or patio door, and **get one window or patio door** 40% off!¹

- **EVERY** patio door
- **EVERY** bay & bow window
- **EVERY** specialty window
- **EVERY** double hung, casement & sliding window
- **EVERY** Fibrex® material window—available in 9 colors



SAVE UP TO THOUSANDS!

Call before July 8th!

**BUY 1 WINDOW OR PATIO DOOR
GET 1 WINDOW OR PATIO DOOR**

40% OFF¹

WITH

NO NO NO
MONEY DOWN PAYMENTS INTEREST
FOR 1 YEAR¹

Interest accrues from the purchase date but is waived if paid in full for 12 months. Minimum purchase required.

Why can't you buy our windows from stores or contractors?

We take great pride in custom-building our windows, so we won't let just anyone sell or install them. We take care of the entire process: only we sell, build, install and warrant our windows.

How much stronger is our window material compared to vinyl?

Our Fibrex material is twice as strong as vinyl, and—unlike wood—requires virtually no maintenance.*

How are we able to install windows in just one day?

Our teams of installers are exceptionally trained, tested, and skilled. This is why most installations—including the cleanup—are completed in just one day.

**Renewal
by Andersen**
WINDOW REPLACEMENT an Andersen Company
The Better Way to a Better Window™



CALL FOR YOUR FREE WINDOW DIAGNOSIS
301-388-5222 • 410-885-6010

¹DETAILS OF OFFER: Offer expires 7/8/2017. Not valid with other offers or prior purchases. Buy one window, get the next one at 40% off with no money down and 12 months no payments, no interest when you purchase 4 or more windows or patio doors between 1/1/2017 & 7/8/2017 with approved credit. 40% off windows are of equal or lesser value than the lowest cost window in the project. APR of 16.68% as of 6/1/2015, subject to change. Repayment terms from 0 to 12 months. Interest accrues from date of purchase but is waived if paid in full within 12 months. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. See your local Renewal by Andersen location for details. MHC #121441. VA Lic. #2705155684. DC Lic. #420215000125. License MN: BC130983/WI:266951. Excludes MN insurance work per MSA 325E.66. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 Lead Surge LLC. All rights reserved. *See limited warranty for details.