



# SOUTH POTOMAC PILOT

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



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

## Intense SAPR Training Empowers Sailors to be Advocates

By Barbara Wagner,  
Staff Writer

A quick perusal of current news headlines reveals that all over the country, sexual assault cases are all too frequent and can be very divisive in the affected communities, including the military. It becomes evident that this issue — while on the decline — is one that is not going to disappear any time soon.

Statistically, Department of Justice crime data shows that a sexual assault occurs roughly every two minutes in the United States. A 2014 survey of active duty military members by the Rand Corporation for the Department of Defense (DoD) Sexual Assault Prevention and Response (SAPR) Office estimated that 20,300 were sexually assaulted in the prior year.

While the DoD's Annual Report on Sexual Assault in the Military for Fiscal Year (FY) 2015 suggests that the number of sexual assaults may finally be decreasing,



U.S. NAVY PHOTO BY BARBARA WAGNER

**Attendees from the Initial Victim Advocate (VA) Training program from left to right are: CS2 Collins Johnson, HM1 Karen Graydon, CSSN Kevin Venable, instructor and SAPR Coordinator Gloria Arteaga, SAPR Advocate Felicia Hoyle, YN2 Kiram Woods and FC1 Mark Kearsing.**

ing, the outcome of the fight is still very much in question and volunteers are more needed than ever.

Preventing sexual assaults in the military is the responsibility of all service members, civilian employees and contractors. For active duty Sailors who

want to take on a more meaningful role in eliminating the scourge, however, the Navy SAPR office offers Initial Victim Advocate (VA) Training program to allow active duty Sailors to take an active role in eliminating this scourge within the service.

Gloria Arteaga, the SAPR coordinator for Naval Support Activity South Potomac (NSASP) recently headed up this week long program at Naval Support Facility (NSF) Dahlgren.

**see SAPR, page 3**

## Navy Leaders Prepare Protégés for Civilian Career Journeys at 'Flash Mentoring' Event

By John Joyce,  
NSWC Dahlgren  
Division Corporate  
Communications

How can I positively affect black employment at Dahlgren?"

"It's one of two questions I constantly ask myself," said Michael Hobson, Naval Surface Warfare Center Dahlgren Division (NSWCDD) Special Emphasis Program manager, as he spoke to seasoned mentors and their protégés gathered at NSWCDD's sixth Flash Mentoring event, June 7.

The engineer's second question: "What issues prevent my demographic from obtaining employment or advancing in their employment?"



U.S. NAVY PHOTO BY LORNA TEBRICH

**NSWCDD mentors and mentees discuss various aspects of employee development during the command's "flash mentoring" event held at the University of Mary Washington Dahlgren campus in June. Mentors guided conversations on three topics: increasing success in your current position, development opportunities, and advancing in your career.**

Hobson and the Black Employment Special Emphasis Program sponsored the colloquium held at the University of Mary Washington Dahlgren campus to foster collaboration, communication and

mentoring opportunities for Dahlgren's future leaders.

Two years ago, NSWCDD engineer Gaurang Dāvé had similar questions. He was looking for a way to boost the careers of Asian American

and Pacific Islander (AAPI) Navy civilian professionals and increase their representation in "high grade" government positions.

Dāvé — the command's AAPI Special Emphasis Pro-

gram manager at the time — didn't have to look far. He heard about "flash mentoring" success stories and quickly made the connection.

**see Career, page 3**



# R40 Team Gets Down and Dirty in This Year's Dirty Lion Run

Employees from the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Systems Safety Engineering Division (R40) stepped up to the challenge and took part in the Dahlgren Lions Club "Dirty Lion 4 Mile Mud Run" on June 25. The annual event took place at Eagles Bay and supports the Dahlgren Lions Club. There was also a course for the younger runners, the "One Mile Leo Mud Run."

This year's R40 "Mud Crazy Team" consisted of Etienne (Steve) Boscovitch, Nick Scarabello, Samantha Alty and her father Mark Alty. The team completed the dynamic four-mile-long obstacle course, and Boscovitch shared that it was the most challenging Dirty Lion Mud Run course he's experienced to date.

The demanding course wound through a rugged motocross trail and the runners coursed through the wooded terrain, encountering many obstacles along the way.

"There were tire runs, muddy creek crossings, retaining walls as well as mud pits filled with cold water," Boscovitch said. He shared that the most difficult part of the course was a formidable tire climb that proved a challenge to all.

The team also ran through a wetlands area and finished the competition with a well-earned jump and swim in the Potomac River towards the finish line.

"We were sinking up to our ankles through the marsh," Boscovitch added.

Boscovitch and Scarabello have participated every year since the inaugural run in 2013.

Samantha Alty has participated in the event for the last two years, placing and medaling in this year's event for her age group.

The Dahlgren Lions Club works as the "Eyes and Ears of King George County." The Club's major focus is eradication of preventable blindness. The Lions Club contributions aid in many services: sight and hearing, youth services and community betterment.

The club invites everyone to participate in the June 2017 run to support the Dahlgren Lions Club's efforts and help demonstrate their motto of "We Serve." Contact Boscovitch or Scarabello for more information about the run or the club. You can also visit the website [www.racetimingunlimited.org](http://www.racetimingunlimited.org) for dates and race times.



## A Greener Tugboat in the Fleet

By Barbara Wagner,  
Staff Writer

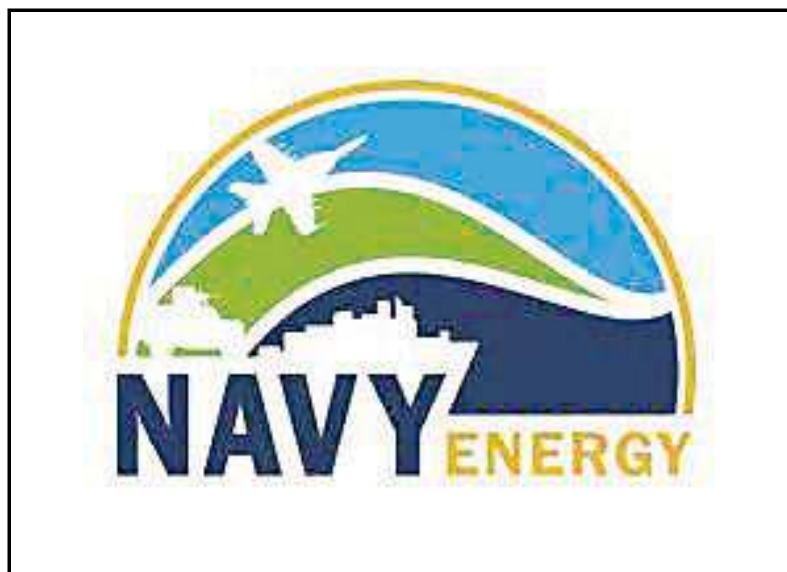
Most of us learned early in life that success comes in small, measured steps of action and the pursuit of a "greener" Naval Support Activity South Potomac (NSASP) is no different.

One such recent step for NSASP was to replace the 28 150-watt Metal Halide (MH) bulbs in the Naval Support Facility (NSF) Indian Head's Main Gate canopy. The bulbs were replaced with 55-watt Tubular LED (TLED) bulbs.

The TLED is a type of LED designed to replace fluorescent bulbs. James Luttrell, project lead on the undertaking, was able to utilize the new bulbs in the existing light fixtures, which provided additional savings.

The newer lighting technology is providing better, brighter lighting, and will dramatically extend the bulb life; the bulbs consume about one-third of the energy over the older MH lights.

The U.S. Department of Energy states that LED bulbs are six to seven



times more energy efficient than conventional lighting and can cut energy use by more than 80 percent, as well as lasting 25 percent longer.

Not only will the TLED bulbs save NSASP on electricity usage and costs, but with the extended lifespan TLED's will reduce the need for service calls to replace bulbs. This translates to fewer instances of lane closures and the inconvenience to personnel en-

tering and leaving the gate.

"Small savings like the MH to TLED replacement bulbs really add up," Kathryn Simpson, energy department head stated. "This is a great example of how a powerful little tugboat in the Great Green Fleet can make a difference."

Similar LED lighting is being installed as well in the new canopy for NSF Dahlgren Main Gate.

## SAPR

Continued from page 1

Throughout the weeklong session, participants hear from the Naval Criminal Investigative Service (NCIS), Judge Advocate General's Corps (JAG) and professionals from medical and family advocacy on how to provide assistance to victims of sexual assault.

While the subject matter can often be a challenging one to talk about, participants in the class find that while difficult, the topic is one that they are willing to confront for the sake of their fellow Sailors and others.

"The training is very intense," said Fire Controlman First Class Mark Kearsing, AEGIS Training and Readiness Center (ATRC). "We covered topics ranging from sexual assault prevention, suicide, stress, communication and all the different avenues and agencies available. It really is an amazing swath of information."

In addition to the training the Sailors received, they all agreed that it was more than just crisis response process.

"It's about more than just sexual

assault," Kearsing shared. "It's about meeting people at a very common level. It's a lot to take in but in the end it's an uplifting and positive experience. I know we have been empowered to be able to help people."

Culinary Specialist Kevin Venable, Naval Support Activity South Potomac (NSASP), agreed and felt that it was a real growth experience for him.

The SAPR VA class is offered throughout the year at various locations throughout Naval District Washington (NDW) and Artega said that ideally, there should be two VAs for each command. She hopes that other active duty Sailors will step forward to be a part of the program.

"We need volunteers who can step up to the challenge. It's not always an easy program, but you truly are making a difference in someone's life during a very difficult time," Artega said.

There will be another SAPR VA session offered at Naval Air Station (NAS) Patuxent River at the end of August. To attend the class or find out more information on upcoming classes at NSF Dahlgren or Indian Head, contact Artega through the Fleet and Family Support Center at 540-653-2205.



# NSWC Indian Head EOD Technology Division Recognized for Workplace Safety

## By NSWC IHEODTD PUBLIC AFFAIRS

Naval Surface Warfare Center Indian Head Explosive Ordnance Disposal Technology Division (NSWC IHEODTD) retained their Voluntary Protection Programs (VPP) Star status from the Occupational Safety and Health Administration (OSHA) following a successful re-evaluation in June.

VPP is a collaboration between employees, labor, management and OSHA designed to recognize and promote effective workplace safety. OSHA's VPP Star Site certification recognizes those worksites that exhibit comprehensive safety and health management systems.

Organizations in the program traditionally achieve injury and illness rates at or below the national aver-

age of their respective industries. The VPP Star certification is OSHA's highest honor and is designed for exemplary worksites with comprehensive, successful safety and health management systems. The VPP's site-based evaluation report highlighted the command's three year Total Case Incidence Rate (TCIR) and Days Away/Restricted/Transferred Case Incidence Rate (DART) for the period 2013-2015 are 1.0 and 0.6, respectively. The site TCIR is 50 percent below and the DART is 57 percent below the 2014 Bureau of Labor Statistics' industry rates.

"We are extremely proud of our safety culture and performance," said NSWC IHEODTD Commanding Officer Capt. Vincent Martinez. "Our VPP Star status is a reflection of the tremendous commitment to safety and

best working practices our command workforce displays in all they do."

The OSHA team performed a three-day worksite evaluation in June which included a comprehensive inspection of safety programs, work processes, site facilities and interviews with employees. The VPP Evaluation Team conducted approximately 400 formal and 120 informal interviews with upper and middle management, first line supervision, employees including the administrative staff and contractor employees.

The VPP inspection team concluded the facility to be well maintained, all VPP requirements were met and all OSHA standards were appropriately covered. The team found the employee involvement and ownership in safety and health at the NSWC IHEODTD to be excellent and gave

the command high marks for creating a culture of sustained safety practices. The command was originally awarded VPP Star Status in 2012.

"Safety is our number one priority here," said Ashley Johnson, NSWC IHEODTD Technical Director. "Investing in the safety of workers is a full-time responsibility the command takes great pride in. We owe it to one another to ensure we can come to work and go home safely while providing the warfighter the tools to ensure they can win the fight and come home safely, too."

NSWC IHEODTD is the Department of Defense (DoD) Energetics Center and the DoD EOD Technology Program lead. The command provides energetics and energetic materials research and development, testing and evaluation, and in-service

support for warheads, rocket propulsion systems, ordnance, pyrotechnic devices and fuzing for the Navy and the Joint Forces. NSWC IHEODTD is located aboard Naval Support Facility Indian Head, Md.: a 3,500-acre peninsula along the Potomac River and headquarters for a 1,800-person organization with sites in McAlester, Okla.; Ogden, Utah; and Picatinny, N.J.

NSWC IHEODTD – a field activity of the NAVSEA and part of the Navy's Science and Engineering Enterprise – is the leader in ordnance, energetics and EOD solutions. The division focuses on energetics research, development, testing, evaluation, in-service support and disposal; and provides warfighters solutions to detect, locate, access, identify, render safe, recover, exploit and dispose of explosive ordnance threats

## Fredericksburg Regional Governor's School Students Visit NSF Dahlgren



**Students from Fredericksburg Regional Governor's School (FRGS) visited Naval Support Facility (NSF) Dahlgren on June 30. The students visited several Naval Surface Warfare Center (NSWC) departments including the Chemical-Biological Warfare Department, Human Systems Integration and are pictured here learning about the various radio wave testing that is conducted at the E3 facility.**

U.S. NAVY PHOTO BY BARBARA WAGNER

## Career

Continued from page 1

This year, Hobson made the identical connection to enhance an environment that assists, promotes and invigorates the careers of the command's African American personnel.

Consequently, the event's discussion topics supported the objectives of NSWCDD's Black Employment Special Emphasis Program and the NSWCDD Mentoring Program.

"Mentoring is a necessary process for employee development and growth," said Hobson. "Many of our newer employees are eager to define their career paths and to advance beyond the current stages of their respective careers."

NSWCDD officials believe the dialogues will significantly impact mentees throughout their careers as they advance and engage in the process of mentoring to achieve mutually defined goals.

"The flash mentoring event introduced employees to quality mentors and gave them the opportunity to interact with all levels of leadership," said Hobson, regarding the discussions between employees and command leaders that focused on employee development.

"I'm proud to work in a place that has so many leaders interested in mentoring its workforce," said Lorna Tebrich, NSWCDD Mentoring Program coordinator. "The flash mentoring events are incredible opportunities for employees to meet others outside of their organi-

zation and have quality face-time with senior leaders across the command. Attendees are encouraged to bring questions and challenges specific to their career goals and receive advice directly from a mentor who may have experienced those same challenges."

In small groups, employees discussed their challenges with mentors. In turn, the mentors — including NSWCDD department heads, division heads, and program managers — shared their perspectives and experiences, providing guidance to mentees on how to overcome challenges and advance in their careers.

"This was an excellent opportunity to introduce employees to another level of leadership," said Tebrich. "We focused on providing a roster of mentors that is more representative of the

career paths here at Dahlgren — line and technical. Mentoring event discussions often skew toward line management, but there is a whole host of people at Dahlgren who want to be senior technical leads or program managers. It's important to us that they're introduced to mentors who can provide guidance and advice on those goals."

In all, 66 employees — mentors and mentees — engaged in roles that included task lead, group lead, branch head, project manager and program manager. Mentors guided conversations on three topics: increasing success in your current position, development opportunities, and advancing in your career.

Moreover, the mentees networked with other employees in similar roles

to learn about best practices and success stories. They engaged each other in conversations about challenges and development opportunities within and outside of their positions.

"Our mentoring strategy is to provide a number of events and activities to introduce people to potential mentors and educate them about the benefits of establishing thoughtful mentoring partnerships," said Tebrich after the sessions. "Mentoring is such a critical piece of career development. Mentors can be guides, career counselors, and sounding boards. They can be ears and eyes for new opportunities. They can be wingmen by introducing you to the right people. There's no need to go it alone when there are so many leaders on base willing to support an employee's career journey."

## BASE HAPPENINGS

### Dahlgren

#### Dahlgren School Registration

NSF Dahlgren base housing residents can now register their children for attendance during the 2016-17 school year. Dahlgren School accommodates kids eligible for Pre-K through 8th grade. School starts August 22/pre-K starts September 6. Children who live on base and have one parent employed by DoD are eligible to attend the school. Summer office hours at the school are Mon — Fri, 9 a.m. — 3 p.m. For more info, call 540-653-8822.

#### NSASP Navy Ball Fundraisers

July 11 — Car Wash at the Commissary, 11 a.m. — 1 p.m.

#### Second Tour Thrift Store

The Second Tour Thrift Store is open and offers a variety of items for military personnel and their families! The store is open Thursdays from 9 a.m.- 2 p.m.

### Indian Head

#### Branch Health Clinic relocating in August

The Branch Health Clinic at NSF Indian Head will be relocating to temporary facilities across Wilson Road on August 5. Clinic operations will resume the following week and all services except x-ray will be offered during the temporary relocation. Patients are urged to call and schedule school physicals as soon as possible. Appointments can be made by calling (301) 744-4686. If you have any questions about the clinic move, please call (301) 744-4601.

#### Treasures Thrift Store Donations

"Treasures" is open on Tuesdays from 10 a.m. to 1 p.m. The store is located at 12 Strauss Ave. next to the USO. Donations of gently-used items are currently being accepted.

#### Bread Bonanza at the USO

The USO offers a free bread and baked goods giveaway, with donations from Food Lion on Thursdays from 9 a.m. to 1 p.m. Pick from a wide selection of breads, cakes, cookies, muffins, pies and more.

#### USO Yum Lunch

The July USO Yum luncheon for Active Duty Service-members will be held on July 21 from 11 a.m. to 1 p.m.

#### Supermarket Sweeps

The USO Sponsored Supermarket Sweeps will be held on July 25 from 11 a.m. to 1 p.m. Produce and non-perishable goods are provided through the Maryland Food Bank for all active duty service members. Spouses may come in place of the active duty member. Bring I.D. and reusable bags of you have them.

*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 Aquatics Center

540-653-8088

#### Learn To Swim at the Dahlgren Aquatics Center

Session Three: July 18 – 28

Session Four: August 8 — 18

Class days are Monday through Thursday. Class times are divided by age level and are based on instructor availability and enrollment. Eligible patrons include active duty, reservists and retired military, DoD and all others with base access. Cost: E1-E5 Active Duty/Retirees \$45.00 per person per session; All Others \$50.00 per person per session.

Also includes adult private swim lessons with 4 hours of one-on-one instruction designed to fit your schedule and swim goals. Cost: E1-E5 Active Duty/Retirees, \$85.00; All Others \$105.00

#### Junior Lifeguard Program

July 11 — 15, from 9 a.m. to 3:30 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

#### Lifeguard+Olympics

July 23, from 1 to 3 p.m.

Compete against the Dahlgren lifeguards in various events including brick retrieval, cannonball contest, grudge match, water treading contest, underwater submerged retrieval contest and more! Open to all with base access. Register at the Aquatics Center by July 18. Cost: FREE

### Dahlgren Cannonball Lanes

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.

#### Sunday Special

Sundays 11 a.m. — 5 p.m.

Join us every Sunday for \$2.00 games and \$1.00 shoe rentals!

#### Ten Dollar Tuesdays

Tuesdays 11 a.m. — 9 p.m.

Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

#### Buy a Game, Get a Game Wednesdays

Wednesdays 11 a.m. — 9 p.m.

Every Wednesday, buy one game; get a second game for FREE!

#### All-U-Can Bowl Fridays

Fridays 7 p.m. — 11 p.m.

Enjoy two hours of all you can bowl! Cost: Military \$6.95/person; Civilian \$7.95/person. Both rates include shoe rental.

#### Cosmic Bowling

Saturdays 7 p.m. — 11 p.m.

Enjoy music and lights while bowling!

#### Youth Learn to Bowl

July 2, 2 — 4 p.m.

Children between the ages of 5 to 12 will receive individual sessions on basic bowling as well as the opportunity to bowl two games. Cost: \$7.50 per child, which includes two games and shoes

#### 9-Pin Tournament

July 16, 6 — 8 p.m.

9 pins count as strikes. Highest scratch wins. A prize will be awarded to the first place finisher. Open to all with base access. Cost: \$30.00/team

### Dahlgren Child & Youth

CDC 540-653-4994

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



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, July 8** 7 p.m.

The Conjuring 2 R

**Saturday, July 9** 4 p.m.

Alice in Wonderland (FREE

ADMISSION) PG

**Saturday, July 9** 7 p.m.

Alice Through the Looking Glass

PG

**Sunday, July 10** 2 p.m.

Warcraft PG-13

**Sunday, July 10** 4:30 p.m.

The Conjuring 2 R

*For movie listings online, visit [www.navymurdahlgren.com](http://www.navymurdahlgren.com) and select the Dahlgren Theater.*

reservations. Hourly care reservations as well as payments for care can be made online at <https://myffr.navyaims.com/ndw-cyms.html> Cost: \$4.00/hour

#### Give Parents a Break

Location: Child Development Center

Eligible patrons include all children 6 weeks to 5 years of age, not yet in kindergarten. The Dahlgren CDC will offer hourly child care on the 1st and 3rd Friday of each month from 7 to 11 p.m. and the 2nd Saturday of each month from 8 a.m. to 5 p.m. This program is free for respite care referrals and \$4.00 per hour for all other patrons. Please make your reservation no later than 6 p.m. on the Monday prior to your desired care date. Reservations can be made in the center or over the phone.

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**SOUTH POTOMAC PILOT**

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

[www.dcmilitary.com/dahlgren](http://www.dcmilitary.com/dahlgren)

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this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

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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 301-645-9480.

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Editor

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Staff writer

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**Friday Night Teen Night & Open Rec**

Fridays at the YAC 6 — 8 p.m.

Teen Night and Open Rec Night will be held on alternating Fridays throughout the summer. All will have access to the computers, video games, stereo system, Playstation, board games and crafts. Open Rec is a FREE program open to Military, DoD Civilians and Contractor Dependents, school ages K – 12. Teen Night is a FREE program open to Military, DoD Civilians and Contractor Dependents ages 13-18.

July 8 & 22 – Open Rec Night

July 15 & 29 – Teen Night

**Craftech**

540-653-1730

**Bowling Ball Yard Art**

July 13, 4 — 6 p.m.

Decorate your lawn with repurposed bowling balls and paint a bumble bee! Open to all with base access. Register at Craftech by June 30. Space is limited. Cost: \$25.00, includes all materials

**Dahlgren Fitness Center**

540-653-8580

**Tour de Dahlgren**

Mileage can be obtained cycling around NSF Dahlgren or attending an indoor spin cycle class. Please record miles with a Dahlgren Fitness Center staff member. The first 10 cyclist to accumulate 500 miles during the month of July will receive a prize. Outdoor mileage is accepted.

1 hour spin class = 20 miles

30 minute spin class = 10 miles

Register at the Dahlgren Fitness Center. Cost: FREE

**Two New Zumba Classes**

Introducing Parent Zumba, Mondays at 10 a.m. and Thursdays at 2 p.m. Enjoy Zumba family style! Or register for Aqua Zumba and make a splash to your fitness routine Thursdays at 5 p.m. Regular group exercise class rates apply.

**20,000 Pound Club**

July 18-22

Lift a total of 20,000 pounds by performing bench press, deadlift, squat and military press. Awards will be given to the top weight lifted for each category for male and female and overall most cumulative weight lifted for male and female. Register at the Dahlgren Fitness Center. Cost: FREE

**Dahlgren General Library**

540-653-7474

**Storytime at the Library**

Every Monday at noon and every Friday at 10 a.m.

Short or tall, big or small, enjoy storytime and crafts for all! Join the General Library Mondays and Fridays to read a story and make a craft. Cost: FREE

**Bowled Over By Books**

Read at the General Library and bowl at Cannonball Lanes! In addition to the Summer Reading Program, read 10 books to receive one FREE game of bowling at Cannonball Lanes. Pick up your bookmark today to track your progress.

**Paws for Reading**

July 12, 3:45 — 5 p.m.

Curl up with a furry friend and read them a story! The General Library will hold Paws for Reading the second Tuesday of every month

and give young readers the opportunity to read to their four legged companion. Reading to a pet can help build confidence in young readers. Register online at <http://engagedpatrons.org/Events.cfm?SiteID=6188> and click on a selected time or call the General Library.

**Summer Reading Midway Party**

July 20, 3:30 p.m.

Location: General Library

Up, up and away! This spell binding special event introduces children to the principles of air and pressure. Hot air balloons, vortex generators that will send flying smoke rings over their heads, floating balls, giant wind bags and even a hover craft will help children understand the power of air all around us. Open to all with base access. Cost: FREE

**STEM Camp**

July 21 – August 11 every Thursday at 4 p.m.

The Library is kicking off its second session of STEM Camp with Biology & Bacteria!

**Dahlgren Community Recreation Tickets & Travel**

540-653-8785

**Summer Travel**

Community Rec Tickets & Travel offers great discounts on Disney park tickets, Universal Studios, Sea World and much more! Staying local for the summer? Don't worry! Tickets & Travel have discounted tickets for several Washington D.C., Baltimore and Virginia theme parks, museums, aquariums and other attractions!

**Go City Cards**

One person, one card, multiple opportunities! Go City Cards and Explorer Passes include admission to multiple attractions for one low price! Save up to 55% on theme parks, tours, museums and more versus paying at the gate. You choose attractions as you go from cities such as Boston, Chicago, D.C., Las Vegas, Los Angeles, San Diego, Orlando, Oahu, Miami and more!

**Summer Concert Series: 2 WKS Notice**

July 13, at 7 p.m.

Location: Parade Field

Mark your calendars for Dahlgren's Summer Concert Series! Join us at the fire pit across from the Parade Field at 7 p.m. and enjoy music outdoors for free! Open to all with base access.

**Dahlgren Liberty**

540-653-7277

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

**Maryland International Raceway**

July 9 Van departs Liberty at 2 p.m.

Join us for the Speed Unlimited ET Series. Register by July 5. Cost: \$7.50

**Slip N Slide**

July 10, noon — 2 p.m.

Sunday fun day with a slip and slide.

**Lawn Twister**

July 12, 3 — 6 p.m.

Right hand yellow! Enjoy this twist on a traditional game.

**Summer Concert Series**

July 13, 7 — 9 p.m.

Enjoy summer music from 2WKS Notice at the Fire pit beside Liberty for free!

**Jam N Java**

July 14, 2:30 — 5:30 p.m.

Come enjoy a latte while participating in Karaoke fun!

**Military Movie Marathon**

July 15, All day

In honor of our men and women serving, watch an all-day movie marathon.

**Luray Caverns**

July 16, Van departs Liberty at 8 a.m.

What will you discover at Luray Caverns?

Register by July 12. Cost: \$9.25

Paintball

July 17, 11 a.m. — 1 p.m.

Sign up for an afternoon of Paintball!

**Staff Member Challenge**

July 19

Stop by the Liberty Center and challenge a Liberty team member to a game of corn hole, giant connect 4, pool, air hockey or ping pong any time of the day!

**Wing Wednesday**

July 20, 3:30 p.m.

Free wings while they last!



**\*\*Stay Connected\*\***

Visit us at [www.navywmurindianhead.com](http://www.navywmurindianhead.com)

LIKE us on [www.facebook.com/Indian-HeadFFR](https://www.facebook.com/Indian-HeadFFR)

Indian Head Child & Youth

CDC 301-744-4458

**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

**Storytime and Crafts**

Tuesdays from 10:30 — 11 a.m.

Join us at the Library every Tuesday for a story and a craft!

**Summer Reading Midway Party presents The Bubble Lady**

July 13, 5:30 p.m.

Way to go readers, you've made it half-way through! We are so proud of you! Stop by the Library to see the amazing work of the Bubble Lady and enjoy a party during the show.

**GSK: Science in the Summer**

July 19 & 21, 9-11:30 a.m. & 1:30 — 3:30 p.m.

GSK: Science in the summer is a free science education program that helps elementary school children "grow into science." For more information, check out their website at <http://scienceinthesummer.com>.

**Indian Head Globe & Anchor/ Tiki Bar**

301-744-6487

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

Continues on page 6

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# TECH EXPO

## @ Patuxent River

### JULY 21, 2016

COMMUNICATIONS  
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call 703-550-5800 or email [Sales@commeng.com](mailto:Sales@commeng.com)

### Pitch Imperfect: Karaoke Night

Wednesdays at 6:00 p.m.

We don't mind what pitch you're in, dog whistlers, cat callers, lounge singers, yodelers and the like, we want to hear YOU sing! It's Karaoke night at the Tiki Bar and we have a mic waiting just for you! Offering your choice of hits, 6 NEW drink specials, scenic views of the Potomac River sunset, and guaranteed good times! Cost: FREE

### GIANT Game Night

Thursdays at 6:00 p.m.

Let's play MORE games! It's GIANT game night at Tiki. Enjoy music, free light fare, 6 NEW drink specials, and some of your childhood favorites like: Checkers, Pick-Up Sticks, Jenga, and more! Oh, let's not forget your new favorite...Lawn Pong!

Cost: FREE.

### Hot Enough for 'Ya? Red, White, and Blue Picnic

July 22, 6 p.m.

Come celebrate "Is it hot enough for 'ya day?" with us, at our Red White and Blue picnic! We will be listening to some great music, enjoying FREE light fare, and 6 NEW drink specials! Cost: FREE.

### 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.

### Volleyball Tournament

July 9, noon

You've got to bring you're a game if you want to be the winner of this Liberty Tournament. For more information, contact the Liberty Center Cost: FREE.

### Kayaking at the National Harbor

July 16, Departs Liberty Center at 11:00 a.m.

What better way to see the sights of the National Harbor and the construction of the area's newest attraction, than by sea! Come and join us on this unique Liberty trip as we hit the water and explore! Cost: \$8 Single Kayak, \$10 Double.

### Earth Treks Climbing

July 23, Departs Liberty Center at 11:00 a.m.

Join us for an indoor climbing adventure! We will trek it up the rock walls and around the facility on this exciting Liberty trip! Cost: \$15 (including harness rental).

### 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 whole lot of fun!

### Open Bowling

Fridays and Saturdays from 5 to 10 p.m.

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

Lunch is Now Served!

### Lunchtime Bowling

Wednesdays, 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? Effective June 1 we will be serving food! 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 to 10 p.m.

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

### Video Game Appreciation Day

July 8, 5-10 p.m.

No Cheat Code required...come in rocking your best video game attire (t-shirts welcomed) and receive one FREE game and shoe rental.

### Indian Head Weight House Fitness Center

301-744-4661

### Sprint Triathlon Registration Open

Location: Weight House Fitness Center

Drop in to the Weight House Fitness Center to register for the Sprint Triathlon, which will be held on August 12 from 7 a.m. till 1 p.m. Participants will test their strength and endurance in a 400 meter swim, 12 mile bike ride, and 2.8 mile run. Registration ends August 05, . Call 301-744-4661 for more information.

### 3 vs. 3 Beach Volleyball Tournament Registration Open

Location: Weight House Fitness Center

Swing in to the Weight House Fitness Center to register for the 3 vs. 3 Volleyball Tournament which will be held on July 22 from 10 a.m. till 2 p.m. This tournament is a Double elimination game. Prizes will be awarded to the 1st and 2nd place teams. Register early so that you don't miss out on the music, food, and fun!

### Youth Sports Conditioning from 9 - 11 a.m.

June 12, 19 and 26

Come and enjoy these different sports clinics in which youth will learn volleyball, floor hockey, and kickball skills. This event is open to children 10 years and older with base access. Cost: FREE.

### Softball Standings:

\*Reported June 29

Team	Wins	Losses	Winning%
1st — Sons of Pitches	6	0	1.000
2nd — Black Helmet Mafia	5	1	.83
3rd — Das Boot	5	1	.833
4th — Cast Plant	5	3	.625
5th — Commies	3	4	.428
6th — Engineers	3	5	.375
7th — Rusted Plastic	2	6	.250
8th -NAVFAC	1	4	.200
9th — Devil Docs	0	6	.000

### Indian Head Aquatics Center

301-744-4616

### Dive In Movie Nights at 7:30 p.m.

July 6 and 20

Catch a flick while floating in the pool! All movies are family friendly! Cost: Military-FREE. All others- \$4

Check us out online at [DCmilitary.com](http://DCmilitary.com)







# Maryland Fleet Week and Air Show Baltimore

## October 10-17, 2016



Maryland Fleet Week and Air Show Baltimore celebrates the rich naval traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. The Blue Angels' Boeing F/A 18 Hornet jets and other aircraft will be on display on the Martin State Airport tarmac and in the skies over Fort McHenry and Middle Branch while schooners and U.S. and allied navy vessels will be ready for boarding visitors in the Inner Harbor, Fells Point and Locust Point.

Visit **MDFleetWeek.com**  
for more information!

Look for our event guide in Fells Point, Locust Point, and the Inner Harbor the week of the event!

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