



SOUTH POTOMAC PILOT

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



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Dahlgren Welcomes New Chiefs

By Andrew Revelos

Family, friends and shipmates gathered Sept. 16 at Naval Support Facility (NSF) Dahlgren to celebrate one of the Navy's grandest traditions, the pinning of new chief petty officers. Sixteen new chiefs put on their anchors, donned their combination covers and were piped aboard the Chief's Mess after completing an arduous six weeks of Chief Petty Officer (CPO) 365 Phase II training intended to prepare them for the next chapter of their Navy career.

The majority of the new chiefs hailed from the AEGIS Training and Readiness Center, though another is a reservist and civilian employee on base. They collectively represent more than 221 years of combined Navy experience and the ceremony's guest speaker, Dr. Harry Kantrovich, a retired master chief petty officer, urged the new leaders put that experience to good use.

"It is a privilege and honor to be the first to address the Navy's newest chief petty officers," he said. "It's bittersweet to address in the uniform of a civilian and not that of a chief, but we make many transitions during our lives."

As Kantrovich reflected on the more than 122-year existence of the rank of chief petty officer, he noted how much has changed over the years. "One thing has stayed



U.S. Navy photo by Andrew Revelos

FCC (SW) Curtis Shoopman, one of 16 new chief petty officers at Naval Support Facility (NSF) Dahlgren, is all smiles as he receives kisses from his daughter Madison, 11, right, and wife Andrea, left, at the Chief Pinning Ceremony on Sept. 16. Friends, family and shipmates celebrated with the new chiefs and wished them well as they begin the next chapter of their Navy career.

the same," he told the new chiefs, "the expectation that you will be a leader."

When the Chief's Mess evaluates who has what it takes to become a chief petty officer, Kantrovich said,

"getting it" is a primary consideration. "Do [potential chiefs] comprehend that you wear those anchors 24/7?"

For the newly-minted chiefs who not only successfully completed the

training, but whose service was exemplary enough to be selected in the first place, that question was

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How to Save a Life in "1 Small Act"

by Barbara Wagner, Staff Writer

When your job means you are always on standby to "save the world" the intense pressure of demands can sometimes be overwhelming. All too often, service members can find themselves feeling as if they have nowhere to turn for support when they are the ones that are relied upon to secure the seas and guard the land. There is support available both locally and online, and there isn't a crisis that cannot be worked through together.

Traditionally the week of September 10th is recognized as National Suicide Prevention Week. In 2012, the Department of Defense and Veteran's Affairs decided to expand the week and dedicate the entire month of September to

Suicide Prevention for all service branches. Following a sharp increase in the number of suicides for the U.S. Navy (41 in 2013 to 53 in 2014) the 21st Century Sailor Office has kicked off its "1 Small Act" campaign to encourage all service members to do what they can to support their shipmates and prevent suicide.

The 1 Small ACT campaign is based on the concept that one simple act can make a difference and it encourages shipmates, leadership, family and civilians to understand and participate in suicide prevention year-round. The ACT campaign is based on Ask, Care and Treat - a threefold plan to assist in determining if a shipmate is struggling. Utilizing the plan, if you see something out of the



U.S. Navy photo by Barbara Wagner

Members of Naval Support Activity South Potomac (NSASP), including its commanding officer, Capt. Mary Feinberg, show their support for the 1 Small ACT suicide-prevention campaign.

See **Life**, Page 3

Dahlgren School Students Photograph Stormwater Wetlands



U.S. Navy photos by Andrew Revelos and by the Dahlgren School Fourth Graders

Fourth graders from Dahlgren School descended on the installation's recently-completed storm water wetlands Sept. 11 armed with cameras and notebooks. Their goal: kick off a long-term project to document the diversity of life that has taken root in the wetlands since the project to construct them was completed last year. While some of the more wary critters in the wetlands—muskrats, reptiles and birds of prey—avoided the limelight, the students successfully captured a variety of photos depicting plant, insect, bird and amphibian life. Thomas Wray, natural resources manager, guided the junior scientists and discussed how wetlands filter storm water runoff and protect the Chesapeake Bay watershed from pollution. Beth Hankins, the students' teacher, said she plans to take the class back to wetlands throughout the year; the class will present its photographs and findings later on in the spring.



Dr. Rodney Carlisle Headlines Special Indian Head 125th Anniversary Discussion

In an entertaining and informative session at the Black Box Theater in the Town of Indian Head, Dr. Rodney Carlisle, author of, "Powder and Propellants - Energetic Material at Indian Head 1890-2001" brought to life some of the anecdotes and information he found compelling in his research for the book.

Carlisle, who is the Vice President of History Associates Incorporated, as well as a professor of history at Rutgers University in Camden, New Jersey expounded on some of the more interesting aspects of his research including his unique interview with Joe Browning. Browning, the first civilian technical director at Indian Head from 1962 to 1975 was a noted forward-thinking manager who was instrumental in the role of Naval Support Facility (NSF) Indian Head as more than just a factory but into the premier research and development facility that we know today. In addition to several other humorous anecdotes, Carlisle went on to share the importance of the role of NSF Indian Head throughout the last century and the role that the facility plays today.

The speaker series event with Dr. Carlisle was the kickoff event for the celebration of the 125th anniversary of Naval Support Facility (NSF) Indian Head. The Black Box Theater, who recently cut the ribbon on their newly-renovated facility, provided an array of light refreshments for this very well-attended event. Be sure to attend the 125th Anniversary Festival on Sept. 26 at the Village Green Pavilion from noon to 6 p.m. with entertainment and education for the whole family.



U.S. Navy photo by Barbara Wagner

CFC Kickoff Event a Success

by Barbara Wagner,
Staff Writer

The first of two 2015 Combined Federal Campaign (CFC) kickoffs for Naval Support Facility (NSF) Dahlgren took place at the Parade Field on Sept. 9. To start off the festivities a 5k fun run began at the Fitness Center with about fifteen competitors. The youngest taking part in the run was a seven-week-old infant who was along for the ride with his mom Gina Redford.

About twenty of the local non-profit organizations were on hand to share their mission and goals with Naval Support Activity South Potomac (NSASP) employees in an effort to encourage participation with the local community.

To round out the festivities participants could take part in the judging of a cookie competition with ten delicious competitors to raise funds for the CFC and try their luck at the cash cube money machine from NSWC Federal Credit Union. Chief Aviation Boatswain's Mate Steven Walsh was the lucky winner of a \$100 American Express Gift Card from NSWC Federal Credit Union after his stellar technique snagged the most cash during his turn in the cash cube.

In addition, the Navy Ball Committee held a lunch sale to raise funds for the 2015 Navy Ball rounding out the afternoon with delicious food for a good cause.

A second CFC event will be



Navy Photo by Barbara Wagner

ABHC Steven Walsh demonstrated his "mad money" skills at the CFC Kickoff event by snagging over 300 dollars during his turn in the cash cube provided by the NSWC Federal Credit Union. Walsh won the \$100 American Express gift card by grabbing more cash in 20 seconds than any other competitor that day.

held on Oct. 7 in the B Gate Area (in front of Bldg 1460) from 11 a.m. to 1 p.m. If you were not able to come out to take part and visit the nonprofit organizations who are participating in this year's CFC campaign at the Sept. event, be sure to mark your calendars to be at the Oct. 7 one.

CFC is the largest and most successful annual workplace charity

campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. There are many available non-profits to choose from both locally and nationally through your workplace contributions. For more information on donating through the CFC program visit <https://www.opm.gov/combined-federal-campaign/>.

This week in Naval history

Sept. 20, 2008 - Cryptologic Technician 3rd Class Matthew J. O'Bryant dies in the bombing of the Marriott Hotel in Islamabad, Pakistan. O'Bryant is assigned to the Navy Information Operations Command at Fort Meade, Md.

Sept. 21, 1939 - President Franklin D. Roosevelt asks Congress to repeal the arms embargo provision of the Neutrality Act.

Sept. 22, 1989 - After Hurricane Hugo, Sailors and Marines provide assistance to Charleston, S.C., through Oct. 10.

Sept. 23, 1944 - Naval Task Group lands Army troops on Ulithi Atoll, Caroline Islands. USS West Virginia (BB-48) reaches Pearl Harbor and rejoins the Pacific Fleet, marking the end of the salvage and reconstruction of 18 ships damaged at Pearl Harbor on 7 December 1941.

Sept. 24, 1960 - First nuclear powered aircraft carrier, USS Enterprise (CVAN-65), launched at Newport News, VA

Sept. 25, 1957 - In project Stratoscope, Office of Naval Research obtains sharp photographs of sun's corona from first balloon-borne telescope camera.

Sept. 26, 1781 - French fleet defeats British at Yorktown, VA

Sept. 27, 1922 - Report on observations of experiments with short wave radio at Anacostia, DC, starts Navy development of radar.



U.S. Naval Research Laboratory

Naval Research Lab's(NRL)XAF radar on the battleship USS New York, 1938-1939. NRL's XAF radar, often referred to as the "flying bedspring," was the prototype that showed the Navy what this new radio detecting and ranging system - not yet called radar - was capable of doing.

Life: 1 Small Act

Continued from page 1

norm - a conversation, behavior or something that just doesn't seem right:

- Ask - ask your shipmate directly if they might be contemplating suicide.

- Care - show your shipmate that you care enough about their wellbeing to do something.

- Treat - assist them with seeking treatment.

There are many avenues of support for service members who are experiencing difficulties. Locally there are several options for service members and their families to find assistance when dealing with issues of depression and thoughts of suicide.

Naval Support Facility (NSF) Dahlgren and NSF Indian Head Fleet and Family Services offers life skills seminars taught by Stacy Pennington and Judy Bernacki throughout the command on both installations. The seminars are intended to provide information about the signs and symptoms of depression that may lead to suicide, along with behaviors that might indicate a fellow shipmate is contemplating suicide.

"Some of the signs that we discuss in our seminars that can be indicators of problems are difficulty concentrating, being less productive at work, weight loss or gain or a decrease in activities that the individual used to enjoy," Bernacki said.

"We have also found that men are more apt to exhibit anger whereas women tend to be more emotional when stressed, so these are also signs to watch for," Bernacki said.

The Fleet and Family Support Center is also open and available for walk-in as well as appointments for service members or family members. However, on NSF Indian Head the Fleet and Family Support Center is only manned on Wednesday so Bernacki suggests that those seeking support contact the NSF Dahlgren office at 540-653-1839 or go to the Health Clinic on NSF Indian Head. Tricare also provides an advice line that can provide assistance after hours at 1-800-TRICARE (874-2273).

The Chaplain's office on NSF Dahlgren offers a faith-based perspective when dealing with the stress of day-to-day living and NSASP Chaplain Lt. Cmdr. Randy Gibson and his staff are always available to offer support.

"We are there to listen and help but we are also there to guide them to other resources that can assist them in areas outside of our scope," Gibson said.

Gibson is quick to point out that his door is open to all - spiritual or not. "I have folks come through my door and the first

words out of their mouth are, 'Chaplain, I'm not religious but I've got this going on. Can you help me?' Of course I will; we are there to assist anyone no matter what the issue or problem or stress," he said.

Gibson also stressed that the confidentiality provided through the chapel might also be a comfort to those who might be seeking help.

"The key thing that I want folks to know is that when you come to speak to me as a chaplain, whatever is shared with me is not shared with anyone else," said Gibson. "Basically the way we look at it, it's their information and we do not share it with anyone else unless they give us permission to do so," Gibson said.

For assistance on NSF Dahlgren or NSF Indian Head the Chaplain's office is available by dialing 540-653-8297. For service members on NSF Indian Head needing immediate assistance the Chemical Biological Incident Response Force (CBIRF) office is available at 301-744-2088 or 2017.

There are options available online to provide information and assistance to service members and their families. The office of Veteran's Affairs offers a 24-hour crisis line that is accessible via phone, text or online chat. By simply calling 1-800-273-TALK (8255) and pressing 1, texting to 838255 or going to www.veteranscrisisline.net and clicking on the Confidential Veterans Chat link you can connect immediately with someone who is ready to talk about concerns and offer help.

Military OneSource also offers online confidential counseling via telephone, online chat, text messaging or with a video conference. Their assistance line number is 800.342.9647. For more resources visit militaryonesource.org and select the 'Confidential Help' tab for assistance on a variety of topics ranging from adoption to wounded warrior consultation along with issues such as tax assistance and financial counseling.

Suicide prevention isn't just about providing a rapid response to a situation; it is about building relationships and providing support for the long haul. There are many support services offered for both the service member and the civilian, but the road to recovery starts with one small act. Whether it is an act of assistance or an act of reaching out for assistance, everyone can make a difference. It is in that vein that everyone is asked to be a part of making '1 Small Act' part of their day-to-day experience - it could save a life.

Base Happenings

Dahlgren

Second Tour Thrift Store

The Second Tour Thrift Store is open for your back-to-school shopping! The store is open Thursdays from 11:30 a.m. - 2 p.m.

NSASP Navy Ball

The NSASP Navy Ball, celebrating the Navy's 240th birthday, will be held Friday, Oct. 2 from 6 p.m. - midnight at Fredericksburg Square, 525 Caroline St. in Fredericksburg, Va. Event will include dinner, dancing, and all of the traditions honoring the Navy's birthday. Tickets are available at www.navyball.org, or by emailing navyballnsasp@gmail.com.

Dahlgren Commissary Closed Oct 10

The Dahlgren Commissary will be closed on Saturday, Oct. 10 and will be open Monday, Oct. 5 from 9 a.m. - 6 p.m.

Trace Adkins Ticket Exchange

Tickets for the Trace Adkins concert on Saturday, Oct. 10 sold out in less than a week, leaving several fans ticketless for the event. In an attempt to get all Trace Adkins fans to the show, Dahlgren ITT is holding a ticket exchange. Any Trace Adkins ticket holders who cannot attend the concert or those who have extra tickets they will not use can turn them in to the ITT office, anytime during the week of Sept. 21-25. Tickets will then be available for pick-up the week of Sept. 28-Oct. 2, on a first-come, first-served basis. There will be a limit of 2 tickets per person. Tickets cannot be held over the phone. All tickets must be picked up in person. For more information, contact the ITT Office at 540-653-8785 or the MWR Admin Office at 540-653-7777.

Indian Head

Indian Head 125th Anniversary Celebration

Come and celebrate NSF Indian Head's 125th anniversary at a family festival on Saturday, Sept. 26 at the Indian Head Village Green Pavilion. Event will be held from noon - 6 p.m. and include live music from the Navy Band Commodores and local favorites The Sam Grow Band, historic displays and STEM demonstrations, children's inflatables and activities, food vendors, a reunion of former base employees and more! This event is free and open to the public. Attendees with base access will be allowed to park on base near the Navy Exchange/NSLC and walk to venue. For more info, call (866) 359-5540.

"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 door to the USO. Donations of gently used items are currently being accepted.

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

Chief: Dahlgren's Newest CPOs

Continued from page 1

positively answered. "You're proven to your Sailors, your leaders and your Navy," Kantrovich told them.

As they begin their new life as a chief and with it, new responsibilities and privileges, Kantrovich challenged the chiefs to live up to their legacy. "Officers and enlisted alike know the three words that will help them most in their Navy career: ask the chief."

Taking care of their own families and one another must also be a priority for the new chiefs. Perhaps most importantly of all, said Kantrovich, the chiefs must "grow and serve" the future generation of chief petty officers.

"There is no greater privilege, no greater honor, than leading Sailors with anchors on your collar," said Kantrovich. "Thank you for living up to the legacy of the chiefs that came before."

Following Kantrovich's remarks, each chief petty officer selectee was called front and center and "pinned" by members of their families. A mentor chief petty officer placed the combination covers on each selectee and they were piped aboard the Chief's Mess. They were selectees no longer; instead they were the newest members of an elite brotherhood and sisterhood, the



U.S. Navy photo by Andrew Revelos

Sixteen chief petty officer selectees take the stage singing "Anchors Away" at the start of the Chief Pinning Ceremony on Sept. 16 at Naval Support Facility (NSF) Dahlgren. After receiving their anchors and being pinned by members of their families, donning their new combination covers with the help of mentors and being piped aboard the Chief's Mess, the selectees left the stage as chief petty officers.

backbone of the world's most powerful naval force.

Master Chief Petty Officer Lewis Wilson, command master chief for the Center for Surface Combat Systems (CSCS), concluded the ceremony by

reading the CPO Creed. Family, friends and well-wishers crowded around the new chiefs for photos, congratulations, handshakes, hugs and kisses.

Bravo Zulu to Dahlgren's newest chief petty officers!

NSF Indian Head Galley Receives Five-Star Accreditation



U.S. Navy photo by Andrew Revelos

Members of the Naval Support Facility (NSF) Indian Head Galley take a moment to celebrate a milestone accomplishment: the galley received five-star accreditation in recognition of the team's superior food service and customer support. Rear Adm. Yancy Lindsey, front right, commandant of Naval District Washington (NDW) and Commander Navy Installation Command (CNIC) Vice Adm. Dixon Smith, back center, congratulated the team for all of the hard work that led to the prestigious accreditation. The recognition came after a team of independent evaluators examined several factors at the galley, including management, customer service and cleanliness. Chief Culinary Specialist Corey Glenn thanked the team, which includes both military and civilian members, for their unwavering support and dedication to each other and to their customers.



SOUTH POTOMAC PILOT

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tion 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.

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www.dcmilitary.com/dahlgren

MWR Highlights



Dahlgren Aquatics Center

540-653-8088

Bring the kids to the pool and keep cool. If you need a birthday idea, why not rent out the pool? Inquire about pool parties with a staff member today!

Open Recreation Swimming Winter Hours: Saturdays noon to 3 p.m.

Lap Swim Winter Hours: Monday through Friday - 5 to 8 a.m., 11 a.m. to 1 p.m., and 3 to 6 p.m.; Saturday - 9 to 11 a.m. Closed Sundays.

Dahlgren Bingo

540-653-8785

\$1,400 Jackpot and 52 numbers (Assuming no one wins September 17th jackpot. If jackpot was won it will start back at \$1,000 and 48 numbers)

Thursday Evenings at the Community House. Doors open at 4 p.m. Early Bird games start at 5 p.m. New spring specials are here! Buy 2 packs for \$35.00 and get 1 double action and 1 purple card for free. Buy 3 packs for \$45.00 and get 1 double action, 1 red and 1 purple card for free! Military, Military Spouses, Retired Military and Dependents can buy 1 regular pack for \$20.00 and get 1 double action, 1 purple and 1 red card for free! Try your luck on Thursday! The jackpot now starts at \$1,000 and 48 numbers and will increase \$100 and 1 number each week it is not won. Payouts for regular games start at \$50. Food and beverages (non-alcoholic and adult beverages) are available for purchase. All with base access are invited. Participants playing bingo must be 18 years of age or older. A valid form of identification must be shown to purchase alcoholic beverages. For more information, please contact the ITT office at 540-653-8785.

Dahlgren Cannonball Lanes

540-653-7327

Games: Military \$3, Civilian \$4. Hourly Bowling: Military \$20, Civilian \$25 Shoe Rental: Military \$1.50, Civilian \$2.50.

Looking to have a birthday party or after work gathering at Cannonball Lanes? Stop in or call to inquire about plans and rates for renting out the Multipurpose Room.

All-U-Can Bowl Fridays

Every Friday from 7 p.m. to midnight. Enjoy two hours of all you can bowl! Rates for all you can bowl are: Military \$6.95/person & Civilian \$7.95/person. Both rates include shoe rental.

9-Pin Tournament

Sept. 19 from 6 to 8 p.m. Join Cannonball Lanes on the third Saturday of every other month for a 9-Pin tournament. 9 pins count as strikes. The highest scratch wins. A prize will be awarded to the first place finisher. Cost: \$10/person.

Dahlgren Child & Youth

CDC 540-653-4994
YAC 540-653-8009

Give Parents a Break

At the CDC. Eligible patrons include all

children 6 weeks to 5 years of age (not in kindergarten). The CDC is offering extended hourly care scheduled for the 1st and 3rd Friday of each month and the 2nd Saturday of each month. This care is free with a respite care referral and \$4/hour for all other eligible patrons. Please call the center for more information and to register.

Saturday Open Recreation

Saturdays at the YAC from 10 a.m. to 2 p.m. FREE program open to Military, DoD Civilians and Contractor Dependents, school ages K-12. Sponsors must fill out a yearly registration packet for their child to attend. They can pick up the packets at the Youth Activities Center. Children will have access to facility computers, music, crafts, books and more!

Dahlgren Fitness Center

540-653-8580

Fitness Center hours will be extended beginning Oct. 1!

The Dahlgren Fitness Center will expand hours of operation to better meet your fitness needs. Beginning Oct. 1, hours will be: Monday - Friday: 5 a.m. to 10 p.m. / Saturday 8:30 a.m. to 5 p.m. / Sunday 8:30 a.m. to 5 p.m.

Fruit and Veggie Factor

September from 11:30 a.m. to 12:30 p.m. Join the Dahlgren Fitness Center Wednesday, Sept. 30 for Fruit and Veggie Fear Factor! The individual who correctly identifies the most fruits or vegetables will win a prize!

Fall Intramural Sports

September 2015. Intramural Soccer, Intramural Softball and Intramural Flag Football League and Tournament play begins in September. Register at the Fitness Center. Cost: Active Duty, Free; Retiree/Active-Duty Dependents, \$15; DoD Civilians, \$30; Contractors/Off Base Civilians, \$40.

Not Your Average Tri

Sept. 21 & 25 from 10:30 a.m. to 12:30 p.m. Sled push, tire flip and loading race! Patrons can compete as an individual or as a team of 3. Awards will be given to the top male and female, as well as overall team. For more information and to register contact the Fitness Center.

Dahlgren ITT

540-653-8785

Trace Adkins Ticket Exchange

Ticket Drop Off: Sept. 21-25; Ticket Pick Up: Sept. 28 - Oct. 2. Tickets for the Trace Adkins concert on Saturday, October 10 sold out in less than a week, leaving several fans ticketless for the event. In an attempt to get all Trace Adkins fans to the show, Dahlgren ITT is holding a ticket exchange. Any Trace Adkins ticket holders who cannot attend the concert or those who have extra tickets they will not use can turn them in to the ITT office, anytime during the week of September 21-25. Tickets will then be available for pick-up the week of September 28 - October 2, on a first-come, first-served basis. There will be a limit of 2 tickets per person. Tickets cannot be held over the phone. All tickets must be picked up in person.

100 Years of Magic

Oct. 24 at 2:30 p.m. Disney On Ice presents 100 Years of Magic at Eagle Bank Arena in Fairfax, Virginia. Be charmed by Mickey Mouse, Minnie Mouse, Donald Duck, Goofy and Disney Princesses. Relive the magic and leave the whole family with memories to last a lifetime! Cost: \$21 per person.

Dahlgren Liberty Center

540-653-7277

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

Fire Pit Fun

Sept. 19 at 7 p.m. Bring your guitar or enjoy the music. The Liberty Center will provide chairs, roasting forks, s'mores, hotdogs and drinks. Cost: FREE.

Paintball

Sept. 20 at 11 a.m. Show off your paintball skills in the field between Liberty and the Commissary. Cost: FREE.

Pool Tournament

Sept. 24 at noon. Liberty will be holding a pool tournament with prizes for the 1st, 2nd and 3rd place winners! Cost: FREE.

Virginia State Fair Trip

Sept. 26. Come out for a day at the State Fair of Virginia at Meadow Event Park. Experience concerts, exhibits, rides, animals, agriculture, farmer's market and much more! Cost: \$5.

Movie & Pizza Night

Sept. 29 at 4 p.m. Watch your favorite movies, relax and enjoy FREE pizza!



125th Anniversary Celebration

Sept. 26 at noon at the Indian Head Green Pavilion. Join Indian Head as they celebrate 125 years! This is a FREE event that features time capsule opening, Navy ceremony alumni activities, children's activities, military exhibits, Navy Band Country Current and entertainment from the Sam Grow Band!

Indian Head Child & Youth

CDC 301-744-4458

Give Parents a Break

At the CDC. Eligible patrons include all children 6 weeks to 5 years of age (not in kindergarten). The CDC is offering extended hourly care scheduled for the 2nd and 4th Friday of each month and the 3rd Saturday of each month. This care is free with a respite care referral and \$4/hour for all other eligible patrons. Please call the center for more information and to register.

Indian Head Community Recreation Center

301-744-4850 or 301-744-4648

Have you heard? The Community Recreation Center has extended its hours of operation to better serve you!

Hours of operation are:
Monday 9:30 a.m. - 6 p.m.
Tuesday 9:30 a.m. - 6 p.m.
Wednesday 9:30 a.m. - 8 p.m.
Thursday 9:30 a.m. - 8 p.m.
Friday 9:30 a.m. - 6 p.m.
Saturday 10 a.m. - 3 p.m.

STEM for Families

Wednesdays in Sept. from 5 to 6 p.m.



540-653-7336

Civilians - \$5; AD, Retired, Reserve, Family Members (E7 - above) \$4; AD, Reserve, Family Members (E6 - below) - \$2.50; Child (6-11) - \$2; Child (5 and under) - Free; Tickets for a movie shown in 3-D are an additional \$1

Friday, Sept. 18	7 p.m.
Vacation	R
Saturday, Sept. 19	4 p.m.
Fantastic Four	PG-13
Saturday, Sept. 19	7 p.m.
Mission Impossible: Rogue Nation	PG-13
Friday, Sept. 25	7 p.m.
The Gift	R
Saturday, Sept. 26	4 p.m.
Fantastic Four FREE	PG
Saturday, Sept. 26	7 p.m.
Fantastic Four	PG-13

For movie listings online, visit www.navymwr.org/ movies and select the Dahlgren Theater.

Drop in for some hands-on experiments and activities that explore science, technology, engineering and mathematics!

Crazy 8s Kids Club

Thursdays in September (excluding the 24) from 5 to 6 p.m. Join us for an after-school math club that helps kids appreciate the math that is all around them through fun activities. Space is limited.

Let's Salsa

Sept. 18 from 6:30 to 8:30 p.m. Put on your dancing shoes and learn the Salsa! Light refreshments will be served. Cost: FREE

Indian Head Liberty Center

301-744-4524

Open to all Unaccompanied, Active Duty Military E1 to E5.

Maryland Renaissance Festival

Sept. 19 at 11 a.m. Ahoy, matey! Tis pirate weekend at the Renaissance Festival! Enjoy the music of The Pyrates Royale, The Rambling Sailors, Scales & Crosstones and more. Cost: \$12, bring extra money for food and souvenirs.

Movie on the Lawn

Sept. 22 at 7:30 p.m. Join us for popcorn and a movie on the basketball courts outside of the barracks.

Texas Hold'em Tournament

Sept. 29 at 7 p.m. Get there in time to sign in and get seated at a table. First and second place will receive prizes!

Indian Head General Library

301-744-4623

One-on-One Computer Help

1st Monday of Every Month, by appointment only. Need help with a computer program? Don't know where to start? Sign up for your one-on-one, 30 minute session at the library to work on anything you'd like. Please call on the previous Friday to make an appointment. Cost: FREE.

Community Notes

Dahlgren

2015 Hooks and Irons Golf Tournament

The International Association of Firefighters Local 4438 is sponsoring a golf tournament on Wednesday, Sept. 23 at Cameron Hills Golf Course Lunch, prizes and raffles! Prices are \$75 per player or \$280 per four player team. For more information contact Ryan Passeral at 540-903-0925 or email at rpasseral4438@gmail.com.

Potomac PTA 5K & 1 mile Fun Run

Support the Potomac Elementary Parent Teacher Association by participating in the Potomac PTA 5K and 1 Mile Fun Run on Sept. 27. The 5K begins at 8 a.m. and the 1 Mile Fun Run begins at 9:30 a.m. Register online at <http://www.racetimingunlimited.org/R/PE/Info.aspx>. The run will take place at the Potomac Elementary School. Packet pickup will take place on Friday Sept. 25, from 4 to 6 p.m. at the school. For more information contact Ashley Koch at 540-663-3322.

American Legion Riders 7th Annual BBQ & Bike Rally

Join the American Legion Riders at American Legion Post 89 on Dahlgren Road for their 7th Annual BBQ & Bike Rally on Sept. 26 from 11 a.m. to 3 p.m. This event will benefit the Virginia Wounded Warriors Program. Activities for the day will include exhibits by the Explosive Ordnance Disposal

(EOD) and two live bands - Black Coffee and the Heavy Cream and Kicking Mules. Prices are \$10 per person, First Responders and Active Duty Military are \$5. For more information contact the American Legion Riders at 540-709-1322 or email at alr.post89.virginia@gmail.com.

9th Annual Stratford Hall Wine and Oyster Festival

Come enjoy Virginia wines and oysters from Chesapeake Bay and Tidewater oyster growers on Sept. 19 and 20 at this event that was voted "Best Of" in Virginia Wine Lovers Magazine. Discounted tickets available online until Sept. 13, and online ticket sales will continue until Sept. 18. Gates open at 11 a.m. and tickets can be purchased there as well. Antique car show will be held on Sunday from 11 a.m. to 3 p.m. There will be free tours of the Great House and the Gristmill along with train barrel rides, miniature farm animals and a scavenger hunt for the children. For more information or to purchase tickets visit www.stratfordhall.org.

Raise the Hood 4 Women

The Ice Cream Nook Annual Back to School Block Party and 1st Car Show will be held on Sept. 26 from noon to 5 p.m. The event will benefit the National Race to End Women's Cancers and vehicle registration deadline is Sept. 23. There will be food, vendors and crafters along with children's activities. For more information contact icecreamnook@gmail.com or visit www.icecreamnook.com

King George Garden Club 2015 Fall Plant Sale

Join the King George Garden Club on Oct. 3 from 8 a.m. to noon at the King George Farmers Market held at the King George Elementary School on the corner of Routes 3 and 205 (Ridge Road). Purchase locally grown plants, perennials, shrubs and lots more. Plenty of free gardening advice will also be available.

Indian Head

Shred Event Featuring Composting and Rain Barrel Workshops

The Department of Public Works is hosting an environmental outreach event on Saturday, Oct. 3 from 11 a.m. to 2 p.m. in the Charles County Government Building parking lot (200 Baltimore Street, La Plata). Backyard composting and rain barrel workshops are available, as well as free document shredding. The first rain barrel and compost bin workshops begin at 10:30 a.m. Advance registration is required. Register at www.go.umd.edu/ccrainbarrel or for more information call Rachel O'Shea at 301-396-5237 or Jackie Takacs at 240-393-6508. For more information on the composting workshop, call Department of Public Works' Environmental Resources Division, at 301-932-3569 or Luke Gustafson at 301-934-5403. For registration forms and additional information, visit www.CharlesCountyMD.gov/Outreach. Citizens with special needs may

contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258. Registration deadline is Monday, Sept. 21.

2015 Walk to End Alzheimer's - Charles County

Join your friends and neighbors in a walk to remember on Saturday, Sept. 26 at Richard R. Clark Sr. Center located at 1210 Charles St. La Plata. Registration starts at 8:30 a.m. and the walk commences at 10 a.m. The walk raises funds to advance Alzheimer's research. For more information visit contact LaKeysha Boyd-Moore at 240-518-8496 or email lmoore1@alz.org or find the walk on <http://www.alz.org/walk>

Free Clothing Swap

Free Clothing Swap at Bethel Baptist Church On Friday Sept. 25 from 11 a.m. to 5 p.m., and Saturday Sept. 26 from 9 a.m. to 2 p.m. Bethel Baptist Church off Ripley Road in La Plata is hosting a free swap. The church will be accepting donations of clothing, books, toys, small furniture and working appliances. Everything is free, and there is no required swapping. You are free to take items without bringing anything. Everything left by 2pm Saturday, will be taken to a donation center. For more information contact Dana Weaver: 301-743-7225 or the church at 301-743-2363 or visit the website at www.bbcmd.org/announcements

THE SOUTH POTOMAC

SEPTEMBER 18, 2015

Pilot Classifieds



Serving Our Military and Civilian Personnel

Southern Maryland/Dahlgren 1-888-406-7663 • 1-800-843-3357 • website: <http://www.somdnews.com>

Publication Day: Friday

BUSINESS HOURS: MON. thru FRI. 8:15AM - 5:15PM

Advertising Deadline

Tuesday 4pm - Friday Paper.

Placing An Ad



LINER Ads -

All copy ads containing no special type or artwork. Ads are billed by the line with a 4-line minimum.

SEMI-DISPLAY Ads -

Ads that are typeset in a 1 or 2 column format. These ads may contain limited special type, logos or limited special borders. They are billed by the inch with a 2-inch minimum.

DISPLAY Ads -

Ads contain logos, artwork and special borders. Ads are billed by the inch with a 2-inch minimum.

Classified and Recruitment rates apply. All Private Parties Ads must be pre-paid

Base personnel can run Free classified ads

Important Information

The Publisher reserves the right to censor, reclassify, revise, edit or reject any classified advertisement not meeting the standards of acceptance of Southern Maryland Newspapers. All ads accepted are subject to credit approval.

Check your ad the first day it appears and, if you find a mistake, call our office so we may correct the error, immediately. We will only be responsible for the 1st day of publication. Please be sure to read your ad carefully.

The South Potomac Pilot shall not be held responsible for any omitted ads for any reason.

Wanted to Buy	Houses for Rent Charles County	Houses for Rent St. Mary's County
Small collector pays CASH for Coins / Collections / Gold. Will come to you. Call Al at: 301-807-3266	LA PLATA, MD Rambler, 3 BR, 2 Full BA, W/D, DW, CAC, FP, lots of closet & cabinet storage, screened patio, garage, almost 2 ac of level yard. Pets welcome. \$1800/mo + sec. dep. Email for info: tatodog@verizon.net	CALLAWAY- Lg 3 BR, 2 BA brick rambler, bsmt w/fp, scnd porch, NS, NP, No Sec 8, 3 mi NAS. \$1375/m dep req. 301-904-2019.

This is why we ask.

Give to the United Way Campaign.

This ad is a public service of this newspaper.

REAL ESTATE AUCTIONS

Friday, October 2nd at 1 pm

Commercial Building in Downtown Tappahannock
702 S. Church St, Tappahannock, VA
- 5,600 +/- sq ft commercial / industrial building on .5+/- ac corner lot

1222 Old Creek Lake Dr., Tappahannock, VA
Lot will be sold off site at 702 S. Church Ln, Tappahannock.
- 1.13+/- ac waterfront residential building lot will be sold the the highest bidder.

Call Kelly Strauss 540-226-1279

NichollsAuction.com
WAFF 729

NSA, CAGA, IFA, IRE, IRE, IRE

S524251

American Heart Association
Fighting Heart Disease and Stroke

Surge protector

Control high blood pressure

This ad is a public service of this newspaper.

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Trace Adkins Concert

What to know if you're attending

On Oct. 10, country star Trace Adkins will take the stage at the Naval Support Facility (NSF) Dahlgren Parade Field to perform for a packed house. Several thousand free tickets, and a limited number of VIP tickets, have been claimed by concertgoers. Changes to normal operations will occur that day. Here is what you need to know:

If you're attending the concert

- Gates to the concert will open at 4 p.m. (this is different than the original concert announcement)
- Concertgoers will be allowed to enter the base through both Main Gate and B Gate beginning at 4 p.m.
- At least one person in each vehicle must hold a DoD ID. Cars that do not have one DoD ID holder



- Attendees ages 16 and up may be asked to show a photo ID
- Parking attendants will direct all concertgoers to proper parking areas. Those holding VIP tickets will be directed to VIP parking areas. Handicapped parking will be near the pavilion. Follow parking attendant instructions upon arrival
- All concertgoers must have a ticket to be allowed entry into the concert venue
- No coolers, alcohol, weapons or pets are allowed
- Don't bring chairs or blankets - chairs will be

- provided for all attendees
 - Food and drinks will be available for sale from multiple food vendors
 - An ATM will be provided onsite
 - The concert will begin at 7 p.m. with The Virginians opening, followed by Smith Auer Band before Trace Adkins takes the stage
 - When the concert ends, concert attendees will be directed by traffic attendants to exit through Main Gate or B Gate
- If you live on base**
- The Dahlgren Commis-

- sary and Navy Exchange will be closed on Oct 10. The commissary will be open on Monday, Oct. 5
- Jenkins Road at NSWC Federal Credit Union and around the Parade Field will be closed to all traffic beginning at 3 a.m. on Oct. 10
- The following MWR facilities will not be open on Oct. 10:
 - o Bowling Center
 - o ITT
 - o Liberty Center
 - o Theater
- If you have any questions regarding the concert, contact the NSA South Potomac Public Affairs Office at (866) 359-5540.



Eligible veterans and active duty applicants can receive a **.25% lower MMP mortgage rate and a federal tax credit.**

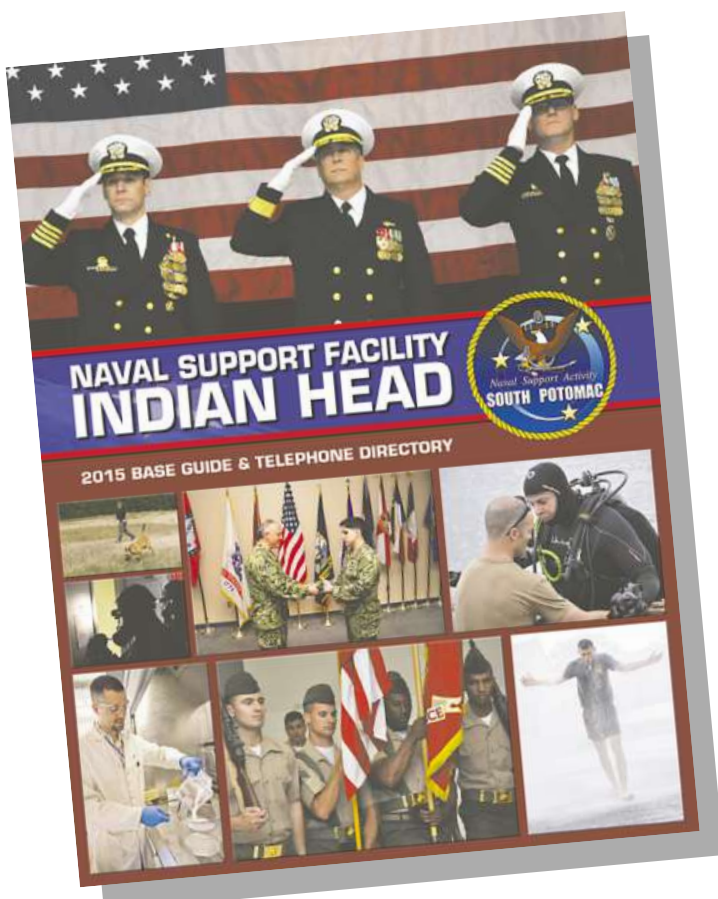
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- *Most auto dealers charge \$500 or more for a GAP Policy--and we'll give you one for FREE!*

Let NSWC Federal Credit Union provide you with a WORRY FREE AUTO LOAN!

Refinance of existing loans with NSWC Federal Credit Union do not qualify for this promotion. Applies to New Auto Loans, defined as purchases or rollovers for select model years with less than 20,000 miles. Vehicles must meet GAP eligibility requirements, on a New Auto Loan, to receive a free policy in September 2015. Applications must be received between September 1, 2015 and September 30, 2015 to qualify for this promotion. All Credit Union loan programs, rates, terms and conditions are subject to change at any time without notice. NSWC FCU indirect loans do not qualify for this offer. Contact the Credit Union for complete details. Federally insured by NCUA.

Visit nswfcu.org for details!



1060067A

Veterans, come join the VA!



Currently hiring for the following positions:

- Registered Nurse
- Medical Officer
- Practical Nurse
- Nursing Assistant
- Pharmacist
- Veterans Claims Examiner/
Veterans Service Representative
- Medical Technologist
- Diagnostic Radiological Technician
- Medical Records Technician
- Human Resources Specialist
- Contract Specialist

The Veteran Employment Services Office (VESO) focuses on recruiting, retaining and supporting Veteran employees at the VA and across the federal government.

Contact VESO at:
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Visit VESO's VA for Vets website: www.vaforvets.va.gov



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