

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

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JWAC quarterly awards presented

By Steven Moore, JWAC Public Affairs

The Joint Warfare Analysis Center (JWAC) honored its employees for their outstanding achievements at the command's quarterly awards ceremony August 6, 2014.

Medals

Air Force Staff Sgt. Kristopher M. Morin received the Joint Service Achievement Medal as a cyber control technician at JWAC from December 2009 to July 2014. During this time, he provided critical support to the Defense Information Systems Agency in the planning, implementation, maintenance, and security of more than 2,300 circuits supporting the military, government of-ficials, and other mission partners across the full range of operations. In addition, he led a team of civilian and contractor employees in a major network infrastructure installation initiative. Through his distinctive accomplishments, Sgt. Morin reflected credit upon himself, the U.S. Strategic Command, the Air Force, and the Department of Defense.

Navy Lt. Taylor M. Geron received the Navy and Marine Corps Achievement Medal for



The Joint Warfare Analysis Center Team of the Quarter: Special Support Team.

professional achievement while serving as an E-6B mission commander, combat systems officer, and avionics division officer for Fleet Air Reconnaissance Squadron 4 from May 2011 to June 2014. He led 61 junior enlisted chief petty officers and junior officers to achieve a

98 percent mission completion rate. For completing five \$22 million software modifications to jet aircraft, five \$5.5 million service life extension modifications, and four other \$130,000 modifications, the squadron earned the 2013 CSCW-1 Maintenance Excellence Award. Lt.

Geron's tactical expertise while flying more than 1,540 errorfree flight hours as a combat systems officer contributed to the squadron winning the 2013 CNAF Battle Efficiency Award. His professionalism, unrelenting perseverance, and loyal devotion to duty reflected credit upon himself and were in keeping with the highest traditions of the U.S. Naval Service.

Anita Goss received the National Intelligence Meritorious Unit Citation for her outstanding service with an intelligence

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September is National Preparedness Month

By Andrew Revelos

A quick glance at "prepping" shows on TV might lead one to believe that getting ready for emergencies involves an elaborate, zombie-proof underground bunker and pallet-loads of freeze dried food. While there is nothing wrong with preparing for the very, very unexpected, a basic level of planning can help those affected survive and thrive during the most common emergencies like natural disasters.

"Throughout September, all [Department of Defense], government agencies, business, community groups, schools and families will be participating in events to help promote disaster preparedness and community resilience throughout the United States," said Tim Bennett, emergency management di-

rector for Naval Support Activity South Potomac.

It's been more than a decade since Hurricane Isabel devastated the coastal areas of Virginia and Maryland; thankfully, there haven't been any serious storms in this region's forecast this hurricane season...yet. During Hurricane Isabel, several communities in the area experienced power outages that lasted for weeks. Staying informed, making a plan, building emergency kits and getting involved in disaster preparedness not only protects members of the Navy family, but also frees them to serve their commands and their communities in the wake of an emergency.

"September is right in the middle of hurricane season," said "The Ready Navy Web Site is your one stop shopping for awareness and life safety tips and instructions on how you can be informed, stay informed, build a kit and now is a great time to check and see if you and your family are prepared for emergencies."

The first step in preparing for emergencies is being and staying informed. While news media normally offers very extensive coverage of tropical storms and hurricanes, more localized and sudden events require alternate means of staying aware of critical information. The Navy's Wide Area Alert Network (WAAN) is an essential component of staying informed and uses text, email and phone to pass the word. All NMCI users must self-register in WAAN by clicking the upward-facing arrow at the bottom right of the screen, then clicking the purple globe. When the menu appears next to the globe, click 'Access Self Service.

Under the "My Info" and "Devices" headers, ensure your locality information is



U.S. Navy photo by Photographer's Mate Airman Paul Williams

Does your family have an emergency kit with basic items such as food? Front view of the Naval Construction Battalion Center (NCBC) Gulfport Commissary showing the extent of the damage from Hurricane Katrina in 2005.

correct and that the WAAN has your correct work phone number. Registering one's cell phone and home phone is not mandatory, but advisable.

Arranging a meeting place, having up-to-date contact information and discussing what to do in different emergencies are all part of making a plan. Emergency managers encourage families to make their own comprehensive plan through a two-part process.

The first is a written emer-

See Prepared, Page 6

Dahlgren School Back to School Night

Dahlgren School held a Back to School Night on Sept. 4 that brought teachers, parents, administrators and students together for a night of fun and information. Dr. Jeff Duncan, principal of Dahlgren School met with parents in the auditorium

to discuss events scheduled for the school year before parents, students and their little brothers and sisters visited the classrooms to meet with educators. Any anxieties about returning to class and meeting new friends were forgotten over ice cream.













High school students brief NSWCDD leaders to conclude summer internship program

Science and Engineering Apprenticeship Program (SEAP) students are pictured with **Naval Surface Warfare Center Dahlgren** Division (NSWCDD) student programs coordinator Michele Stuczynski (far right) at the University of Mary Washington Dahlgren Campus Aug. 14. The high school students presented technical briefs to Naval Surface Warfare Center Dahlgren Division (NSWCDD) leaders, including NSWCDD Technical Director Dennis McLaughlin, to conclude an eight-week summer internship. In addition to their work experience at NSWCDD, the students toured the USS Winston Churchill (DDG 81) in Norfolk, Va. Throughout their tour, the students saw first-hand the challenges the Navy faces integrating new equipment aboard a U.S. Naval warship. In all, 19 students participated, said Stuczynski, adding that, "the program serves as a great stepping stone to college based student programs". SEAP provides an opportunity for students to participate in research at a Department of Navy laboratory during the summer. The program encourages participants to pursue science and en-gineering careers; to further their education via mentoring by laboratory personnel and their participation in research; and to make them aware of Navy research and technology efforts, which can lead to employment within the DoN. For more information about SEAP, go to https://seap.asee.org.





If you see an area where lights are left on for long periods when nobody's in the room, report

Lighting upgrades or controls can often be installed to provide light only when and where it's

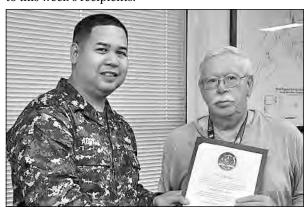
Report energy waste that's outside your ability to correct, such as air infiltration, excessive heating or cooling temperatures, over-lit areas, and steam or compressed air leaks.

Get to know your Building Energy Manager and find out how you can help become fuel ef-

For more information visit https://energy. navy.mil

Big Gun and Rocket of the Week

The Naval Support Activity South Potomac Big Gun of the Week and Rocket of the Week awards recognize outstanding employees at Naval Support Facilities Dahlgren and Indian Head, respectively, for the hard work and dedication they display on a daily basis. Congratulations to this week's recipients!



Rocket of the Week Name: Pat Levesque Position: Fire Alarm Technician, Naval Facilities **Engineering Command Washington** Hometown: Caribou, ME Service: 43.5 years Favorite thing about job: "Knowing the people on this base and doing what you've got to do to keep things working.



Big Gun of the Week Name: Susan Wilt Position: Child Care Specialist, Child Development Center Hometown: Oakland, Md. Service: 8 years Favorite thing about job: "Working with the kids."

Awards:

Continued from page 1

agency analysis team from March 2011 to May 2013. The team developed analytic skills and reporting methodologies to provide comprehensive intelligence assessments. The team's distinguished accomplishments reflect the highest credit upon itself and the intelligence community.

Quarterly Awards

Navy IS2 Mitchell W. McClintock was chosen the Mid-Tier Military Member of the Quarter for the second quarter of 2014. He was the team lead on a special project. His research identified critical gaps and resources needed to move forward. He also worked with senior executive intelligence experts and sponsored two combatant command-level workshops attended by more than twenty senior government officials. His leadership and exceptional performance made him truly deserving of this

Navy Lt. Jermaine E. Armstrong was chosen the Company Grade Officer of the Quarter. As the deputy division head for a combatant command analysis division, he provided strong leadership and clear, achievable objectives to more than fifteen intelligence analysts, which led to the completion of many long- and short-term tasks. He mentored both civilian and enlisted personnel and established standards for briefings and analytic production support. He fostered enduring and productive relationship with major JWAC partners and represented JWAC at more than ten seniorlevel events. His leadership and exceptional performance made him truly deserving of this recognition.

Air Force Maj. Alec E. Porter received the Field Grade Officer of the Quarter for the second quarter. He led the source selection team for two competitive information technology service contracts for more than \$9.3 million. The contracts were awarded on time and 36 percent under budget. He was also responsible for JWAC's Manager's Internal Control Program correlation and reporting to U.S. Strategic Command (USSTRATCOM, The SharePoint site he created for the program was recognized by



Armstrong



Baird



Blevins





Castleberry



Geron







Mills **McClintock**







Thompson

Wiggins

USSTRATCOM as a "best practice." Maj. Porter's leadership and exceptional performance made him truly deserving of this recognition.

The Team of the Quarter was Special Mission Support Team comprised of Cynthia A. Dirago, Ricky W. Fuller, David L. Greenhalgh, Brian T. Miniuk, Chad M. Hinsch, Paul F. Guy, Calvin D. Price, Rhonda L. Hardesty -Sipe, David R. Skees, Karian M. Smith, and Jeffrey M. Thompson. They examined critical U.S. infrastructure vulnerabilities and supported U.S. Special Operations Command (USSOCOM) by recommending security solutions and combining planning and training for more than 40 operators. They also combined USSOCOM operator training with JWAC's product development, thereby influencing Special Operations force doctrinal improvements. Additionally, they expanded non-traditional methodology with three other combatant commands and, in so doing, put JWAC's capabilities on the front lines where they are most needed. Their professionalism and dedication to duty made the team truly deserving of this recognition.

Length of Service

Length of Service awards were presented to Brenda E. Baird, Brian E. Blevins, David S. Castleberry, Stephen A. D'Andrea, Dennis D. Mills, Kristian L. Shackelford, Judith C. Thompson, and Paul A. Wiggins for 20 years of service each.

Charles J. Frame received a Length of Service award for 40 years of service.

Vice Adm. Hilarides addresses NAVSEA **Cyber Technical Exchange meeting**



Commander, Naval Sea Systems Command (NAVSEA) Vice Adm. William Hilarides speaks to more than 100 senior Navy leaders at the NAVSEA Cyber Technical Exchange Meeting held Aug. 18-22. At Naval Support Facility Dahlgren. The leaders - including representatives from Space and Naval Warfare Systems Command, Naval Air Systems Command, Office of the Chief of Naval Operations, U.S. Fleet Cyber Command, Office of Naval Research, and NAVSEA - discussed the current security health of Department of Navy networks that support jobs critical to protecting our nation and warfighters. These networks comprise land-based systems and serve as the backbone of shipboard control systems, such as combat and navigation controls, environmental systems, and machinery. Hilarides recently added cybersecurity as a new mission priority to the NAVSEA 2013-2018 Strategic Business Plan.

Commandant's Corner

Rear Adm. Markham Rich Naval District Washington

Greetings team 88,

Wow! It is September already. It seems like it was just yesterday that I was asking all of you to be safe and watch out for each other as we approached the 101 Critical Days of Summer and now here we are post Labor Day and moving into the fall. We were able to get through the 101 Critical Days of Summer without any major mishaps, serious injuries or loss of life. Well done to everyone for taking care of & watching out for yourselves, your families, your coworkers and your ship-

The month of September is always special in the Navy because this is the time of year that we welcome our new Chief Petty Officers. Currently, Chief Petty Officer (CPO) selectees throughout the region are participating in CPO 365 Phase II. CPO 365 is a year-round professional development program that Chiefs' Messes across the Navy use to train the next generation of deckplate leaders, focused on training our newly selected first class petty officers to become Chiefs. The three-phased, yearlong development and training is designed to test the prospective CPO or selectee mentally, physically, personally and professionally. Phase II of CPO 365 began when the chief petty officer selection board results were released, which occurred Aug. 5 this year, it builds upon what was started in phase one by preparing CPO selectees for their transition.

So let me be the first to congratulate our Chief Petty Officer Selectees. This year's CPO Pinning will take place at 1300 on Tuesday Sept. 16 at the Navy Memorial. I encourage everyone to come out and support our newest Chief Petty Officers.

September brings many changes to Naval District Washington (NDW); cooler temperatures, changing leaves, the kids going back to school, football season. But it is also National Emergency Preparedness Month. A time when everyone should ask themselves the question, "Am I Navy ready?"

During National Preparedness Month we are reminded to reflect on command and personal emergency preparedness, to make a plan, build a kit, and stay informed, not just for a month, but every day. Ready Navy provides a road map and creates a state of mind for Navy personnel and families to be and stay prepared for any potential hazard throughout the year, something I take very seriously.

Ready Navy is a proactive Navy-wide emergency preparedness public awareness program. It is designed for the Navy community to increase the ability of every person and family on or near Navy installations to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks. Please visit the Ready Navy website at http:// www.ready.navy.mil/. There you can educate vourself on a number of ways to prepare during and after National Emergency Preparedness Month.

Finally, September is Hispanic Heritage Month. NDW proudly joins the rest of the nation in honoring and celebrating the rich cultural heritage of our largest linguistic and ethnic minority in a month-long tribute to Hispanic contributions. Hispanic Americans have served at sea in every war of our nation's history. They have not stood on the fringes of the service, but at its center as makers of American naval history. The concept of diversity Navy means that a force that diverse in experience, background and ideas contributes to our warfighting success. Cultural recognition months like Hispanic Heritage Month help us reflect on what we are as Americans, a society composed of diverse cultures, backgrounds and beliefs. As always, I encourage all of you to support and attend any diversity events at your installations and recognize that the Navy's strength is a product of its diversity.

Thank you all for participating in our recent DEOMI survey, since we've received the results, our Team has been asking some of you follow-up questions to gain additional insight into some of the issues you identified, and the next steps will be to identify some ways we can improve on those areas. Like I did last year, I'll wind the effort up with feedback sessions open to all personnel. Thanks for your continued support.

That is all for now, keep charging.

New staff writer joins South Potomac Pilot

Zack Shelby is a Suffolk, Va., native and former Army photojournalist and Department of Defense civilian employee.

Shelby previously served as the command information officer for the Peninsula Warrior newspaper at Joint Base Langley-Eustis.

As a photojournalist at Fort Eustis, Shelby covered a wide variety of articles and served as the sole sports content provider for most of his tenure at the installation.

Shelby graduated from



Old Dominion University in Norfolk, Va., majoring in communications.

KG Day of Caring needs volunteers

This year's King George Day of Caring event will be held Oct. 3, and volunteers are needed to make the day a success. Day of Caring is a day of service when individuals and teams of coworkers or friends can volunteer at nonprofit agencies and schools throughout the region. Volunteer teams of all sizes tackle meaningful projects addressing community and agency needs. Rappahannock United Way is coordinating this event in order to promote volunteerism throughout our community which includes City of Fredericksburg and Caroline, King George, Spotsylvania, Stafford counties.

If you have a group from your office, church, civic group, school or club or you'd like to be part of a volunteer team, you can register at www.ruwvolunteer.org. For more information, contact Terri Center at Rappahannock United Way, 540-373-0041 Ext. 314.

Base Happenings

Dahlgren **Second Tour Thrift Store**

Second Tour Thrift Store, a Dahlgren Officers' Spouses Club volunteer-run organization, is currently closed and will re-open on Sept. 18. Free uniforms (gently used) for active duty military members are always available on the porch. Store profits are donated back to the community in the form of scholarships for military families who have served at Naval Support Facility Dahlgren and support for local charities serving King George County. The store is located at 722 Sampson Rd. and will be open for regular hours starting Sept. 18 on Thursdays from 12:30 p.m. to 3 p.m.

NSASP Navy Birthday Ball Tickets Now on Sale

Tickets are now available for the 2014 NSASP Navy Ball! Childcare provided at the Dahlgren CDC 653-4994. Discounted rooms available at the Hospitality House: \$85/ room (includes two free breakfast vouchers). The Navy Ball Committee is also seeking volunteers to help support the ball. For more information, visit www. navyball.org.

CFC Kickoff Events

It's time for the Combined Federal Campaign to begin! Two CFC Kickoff events will be held to start the season. The first will be We., Sept. 10 from 11 a.m. to 1 p.m. on the Parade Field.

The event will include lunch for sale from the NSASP Navy Ball Committee, a cookie-bake off, a karaoke singoff, the NSWC FCU Cash Grab Booth, over 40 charities with freebies and information on their organizations and lots of fun! The second kickoff will be held Sept. 17 from 11 a.m. to 1 p.m. on the lawn between Bldgs. 1460 and 1470. Event will include NSWC FCU Cash Grab Booth and charities with freebies and info on their organizations. These events are free and open to all with base access.

Indian Head

Thrift Store Needs Donations

The Indian Head Thrift Store "Trea-

sures" 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.

Barbeque truck at IH, Stump Neck

Enjoy delicious T&J Barbeque at NSF Indian Head on Wednesdays and Thursdays, from approximately 11 a.m. to 1 p.m., next to the library, and at the NSF Indian Head Stump Neck Annex on Tuesday, from approximately 11 a.m. to 1 p.m., next to Building 2195.

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

SOUTH POTOMAC PILOT

NSA South Potomac · Office: 540-653-8153 · 540-284-0129 www.dcmilitary.com/dahlgren

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Public Affairs Officer,

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NSA South Potomac

Editor

MWR Highlights



Special Events

Are you ready for some football?

Green Bay visits Seattle on September 4th to kick-off the NFL season! Stanford welcomes USC for the must see rivalry on September 6th! No matter what games you're looking to watch, we've got you covered! Join us in the multipurpose room, located inside of Cannonball Lanes Bowling Center, to watch your favorite college football and NFL teams battle it out on the gridiron. Light snacks will be provided. Hours will be extended to accommodate the games. For more information, contact Cannonball Lanes at 540-653-7327.

BINGO at Dahlgren begins on October 2nd!

NSF Dahlgren will host a bingo night once a week starting on Thursday, October 2nd at the Dowell Community House. This will be the perfect after work, fun release of energy with your co-workers and friends! Food and beverage (non-alcoholic and adult beverage) will be available for purchase. There will be plenty of cash prizes available to win. Doors open at 4:30 p.m.

Cannonball Lanes

Youth Learn to Bowl

September 6 from 2 p.m. to 4 p.m. Eligible patrons include all children, ages 5 to 12, with base access. Bowling instruction will be provided for those learning to bowl! Please register at Cannonball Lanes. Cost: \$7.50 per child, which includes two games and shoes.

Grandparents Day Bowling

September 7 from 2 p.m. to 7 p.m. Grandparents and grandchildren will enjoy one hour of bowling, per lane, for only \$15!

Fitness Center

540-653-8580

More Matters - Fruit & Veggie Fear Factor

September 2014. Join the Dahlgren MWR Fitness Department every Wednesday from 11:30 a.m. to 12:30 p.m. for Fruit & Vegetable Fear Factor! The individual who correctly identifies the most fruits or vegetables will win a prize! The Fitness Department will be at the following locations on these dates: Missile Defense Agency Bldg. 1705 (MDA employees only) on Sept. 10; Fitness Center on Sept. 17; Commissary on Sept. 25.

Team Training

September 2014, Together Everyone Achieves More (TEAM) means more results, more camaraderie, more challenge and more fun. This new twist on small-group strength training ignites effort and passion to elevate training results. Each team will consist of 3 to 5 people. A certified personal trainer is there to guide you to your goals. Training sessions will occur between 7 a.m. and 4 p.m. There will be eight sessions total. Sessions will be ongoing. Cost: \$5.00/ Active Duty; \$10.00/Civilian. Please register in advance at the Fitness Center.

Not Your Average Tri

September 26 from 10 a.m. to 1 p.m. How strong are you? Patrons will compete as an individual or a team of three. The top individual male, female and overall team will receive an award. Events will be sled push, tire flip and loading race. Please register at the Fitness Center.

> General Library 540-653-7474

Storytime at the Library

Every Friday at 10 a.m. Join us at the library every Friday for a story and a craft!

September 9 from 3:45 p.m. to 5 p.m. The library has added Nora to their Paws for Reading program! Nora and her pals, Senor and Cooper, are ready to lend an ear and hear a story! Sign up for your 15 minute appointment to read to and pet a furry friend. Please register by Friday, September 5th.

Liberty Center

Tailgate Party

Every Sunday at 12 p.m. Liberty Center patrons are invited to spend Sundays watching football with the Liberty staff! The Liberty Center has NFL Sunday Ticket with 6 different TV's to watch the game of your choice! Food and drinks will be available!

Canoeing Trip

September 13 at 9 a.m. Spend the day canoeing in our local waterways. Meet at Liberty at 9 a.m. Please sign-up no later than September 10th.

Movie Theater

Movie Sneak Peek - 'Dolphin Tale 2'

September 7 at 2 p.m. The team of people who saved Winter's life reassemble in the wake of her surrogate mother's passing in order to find her a companion so she can remain at the Clearwater Marine Hospital. Be the first to see this FREE movie sneak peek!

Youth Center

Back to School Dance

September 19 from 6 p.m. to 8 p.m. Celebrate a new school year! Youth ages 8 to 12 are invited to dance, have fun and meet new classmates. Cost: \$2.00, which includes door prizes, snacks and refreshments. Please register by September 17th.



ITT Office 301-744-4623

All General Library programs and events have temporarily moved to the Mix House, Bldg. D-324 while we renovate Bldg. 620. Look for us to re-open in the summer of 2015.

Washington Redskins

The ITT Office has tickets still available for most of their home games. \$165 per pair.

Child & Youth Programs

Hourly Care

Care is available on a day to day basis and requires advance reservations. Open spaces for hourly care depend on the number of full-time enrolled children. All children 6 weeks to 12 years of age can use this program. Hourly care reservations as well as payments for care can be made online at https://myffr.navyaims.com/ndwcyms.html. For more information, please contact the Child Development Center at 301-744-4458 or the Youth Center at 301-743-5456.

Teen Camping Excursion

August 5 -7. Youth ages 13 to 15 are invited to attend the teen camping excursion at the Navy Rec Center, Solomons Island, MD. Transportation is included and includes 2 nights tent camping, leisure passes for swimming, mini-golf, sports equipment, access to Adventure Zone with billiards, ping pong and other games as well as other outdoor fun adven-



540-653-7336

Friday and Saturday: 7 p.m. Showings

Price of Shows

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, September 5th, 7 p.m. Hercules, PG-13 Saturday, September 6th, 7 p.m. **Teenage Mutant Ninja Turtles** $(3D)^*$, PG-13

Friday, September 12th, 7 p.m. Guardians of the Galaxy, PG-13 Saturday, September 13th, 2 p.m. Teenage Mutant Ninja Turtles, PG-13 Saturday, September 13th, 7 p.m. Guardians of the Galaxy (3D)*, PG-13

tures, leadership and team/group activities. Please bring money for the following if interested: camping gear, concessionaire foods, beach boat rentals and bike rentals. Cost: \$140. Registration is ongoing until all spaces are full.

Fitness Center

301-744-4661

Group Fitness Classes

Weight House Fitness Center offers classes in Power Sculpt, Cycling, Yoga and BOSU Blast. Find the time that is best for your work out.

Personal Training

Now offering more ways for you to improve your health! Stop by the Fitness Center for more information about our Fitness Assessment Program and our Personal Training Services.

General Library 301-744-4623

All General Library programs and events have temporarily moved to the Mix House, Bldg. D-324 while we renovate Bldg. 620. Look for us to re-open in the summer of 2015.

One-on-One Computer Help

1st Monday of Every Month, by appointment only. Need help with a certain computer program? Don't know where to start? Sign up for a 30 minute, one-on-one session at the library in the Mix House, to work on whatever you'd like. Please call on the previous Friday to make an appointment for training on the upcoming Monday.

Paws for Reading

2nd Monday of Every Month from 3:45 p.m. to 5 p.m. Sign up for your 15 minute appointment to read to and pet a furry friend. Please register at the library in the Mix House the Friday before, to make your appointment.

Liberty Center 301-744-4524

Monday Night Football

Every Monday during football season. Join the Liberty Center for all of the Monday night games! Don't worry, hours will be extended so you won't miss the last quarter!

Community Notes

Dahlgren

UMW Dahlgren Campus: National Security Lecture

The University of Mary Washington -Dahlgren Campus offers its fall 2014 national security lecture series. All lectures are held in University Hall Room 110. Lectures are open to the public, and there is no charge to attend. Refreshments start at 8 a.m., and the lecture begins promptly at 8:30 a.m. Tuesday, September 9: "American Society-The Vulnerability of the Open Internet and Innovative Concepts to Protect Data in Motion" by Bob Twitchell. Mr. Twitchell's presentation will analyzes a broad range of cyber security threats against many segments of American society and key pillars of national security, finance, and critical infrastructure. Thursday, October 9: "The Social Psychology of Trust for Counterintelligence and All Aspects of Our Lives" by Robin Dreeke. Mr. Dreeke will discuss the social psychology of trust and how it is applied to working counterintelligence and insider threat investigations. Additionally, Robin will demonstrate how the same interpersonal skills are used in every aspect of our lives, from interactions with colleagues and friends to those with our teenagers. To register or learn more about events and classes offered at the UMW Dahlgren Campus, visit http://dahlgren.umw.edu.

King George Relay for Life Needs Volunteers

Relay For Life of King George is seeking volunteers for our all-new Event Leadership Team! With our new team structure, we have many smaller volunteer roles to fill. This is a great way to give back to your community, add to your re-

sume, and gain experience. If you are interested in making a HUGE impact on your community by volunteering as a member of our team, or if you would like to learn more about the opportunity, please contact Ashley Wilson at 804-527-3785 or by email at ashley.wilson@cancer.org.

Full Moon Kayak Trips

Friday, Sept. 5 and Saturday, Sept. 6 at Caledon State Park from 7:30 p.m. to 9:30 p.m. Enjoy a moonlight paddle on the lower Potomac River with the chance to view wildlife as they search for food along our shore. *Space is limited to 14 paddlers/trip. Ages 6 and up, solo paddlers must be at least 18 if unaccompanied or 16 if accompanied by an adult in another kayak. Reservations required. \$19/solo \$25/tandem kayak. To make reservations, call (540) 663-3861.

Line Dance Starter Class

Line Dance exercises the body and the mind while having fun. Glossary Basic Steps are taught and a dance walk-through occurs before the music starts. Patterns are classed as the music plays. No experience needed. Every Friday from noon to 1:25 p.m. at the Dorothy Hart Community Center, 408 Canal St., Fredericksburg. Participants must register on a weekly basis. Location: Dorothy Hart Community Center. Pre-registration required. Ages 16 to adult. Cost: \$4.

Arts and Crafts Festival in Colonial Beach

The 48th Annual Boardwalk Arts and Crafts Festival will take place on September 6-7. Take in works by talented local artists: jewelry, clothing, toys, fashion accessories, home decor items and more! Cost: free. Judging begins Saturday morning. For more information, visit http://www.colonial-beach-virginia-attractions.com/boardwalk-arts-and-crafts-festival.html.

American Legion Riders hold Wounded Warrior Fundraiser

The American Legion Riders Post 189 in King George will hold their 6th annual BBQ and Bike Rally to benefit the Virginia Wounded Warrior Program on Sept. 27 from 11 a.m. - 3 p.m. Event will include EOD exhibits, flag retirement ceremony (bring your non-serviceable flags), and live music by Kicking Mules and Made in the USA Band. Tickets are \$10 per person, \$5 for active duty military and first responders.

Indian Head

Free clothing swap

Friday, Sept. 19 from 12:30 to 5:00 p.m. and Saturday, Sept. 20 from 9 a.m. to 2 p.m. at Bethel Baptist Church, 6705 Boots Ln., La Plata, Md. For more information, call the church at (301) 743-2363 or Dana Weaver at (301) 743-7225.

Charles County Amateur Radio Club Meeting

The Charles County Amateur Radio Club monthly meeting is held on the first Friday of every month at the Charles County Rescue Squad, 2 Calvert St., La Plata, Md. from 7 to 9 p.m. If you are a licensed ham or just interested in getting involved with Amateur Radio, we'd love to meet you! For more info, contact Bob Davidson at rdavidson@aceweb.com.

Indian Discovery Day

Celebrate the ways of Maryland's first people on Sept. 13 at 10 a.m. at Historic St. Mary's City, 18751 Hogaboom Ln., St. Mary's City, Md. Native American Dancers, hide tanning demonstrations, canoe burning, pottery, storytelling, flint knapping, demonstrations, and crafts to make and take home. \$10 adult; \$9 senior, \$6 student; 5 yrs. and under free. For more information, visit https://www.visitstmarysmd.com/activities-attractions/historic-st-marys-city/.

Charles County Fair

Entertainment, special events, and activities for all ages as well as four stages filled with games, shows, live music, a baby show, pig races, pony rides, performers and awnmower racing. The carnival midway is full of exciting rides and contests for all ages. There will be a "kiddie" midway for the young ones. If you get hungry, there are plenty of choices from traditional county fair food to more healthy alternatives, even crab cakes! Sept. 11 through Sept 14 at 8440 Fairground Rd., La Plata, Maryland. For more information, visit http://charlescountyfair.com.

Household Hazardous Waste Collection in Charles County

Sept. 6 from 9 a.m. to 3 p.m. at the parking lot of the Department of Public Works building, located at 10430 Audie Lane, off of Radio Station Road in La Plata. Items accepted free of charge include: pesticides, herbicides, fertilizer, gasoline, oil-based paint, cleaning supplies, pool chemicals, fluorescent lights, mercury thermometers, and other poisons found in the home. Please remember to mark any container that does not have a readable, original label. Unacceptable materials include bio-medical waste (sharps, needles, anything with bodily fluids), latex paint, prescription drugs, and ammunition. For more information, call the Charles County Department of Public Works, Environmental Resources Division at 301-932-3599 or 301-870-2778, or the landfill and recycling information line at 301-932-5656. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.



2014 NSASP Dahlgren Combined Federal Campaign Kick off

Wed Sept 10, 2014

11 am - 1 pm Parade Field

*NSWC Federal Credit Union will have the cash grab booth

*We will have a cookie bake-off (sign up in advance at the ITT office Bldg 106, 653-8785)

*DJ Rick Fortner will host a karaoke contest

And most importantly meet 40 of our CFC Charities

*Navy Ball Committee will have a burger burn, so you can eat your lunch while enjoying the kick-off festivities

Wed Sept 17, 2014

11 am - 1 pm Bldq 1460 Field

*USA T-Shirt day, Wear red, white & blue

*NSWC Federal Credit Union will have the cash grab booth

*And most importantly meet 20 of our CFC Charities *FREE Popsicles for all

Please join us at one or both of the kick-offs. Visit with the charities and consider giving to a charity this year.



Prepared:

Continued from page 1

gency plan that every member of the family should be familiar with. The plan should underscore what to do, where to go and what to take.

Written communications plans are papers or cards that each member of the family can use to determine how communication will be established with other family members during an emergency.

Emergency responders may not be able to help those affected by a disaster for an extended period of time, from a few hours to several days. Moreover, Sailors, their families, Navy employees and contractors may be expected to shelter in place or evacuate an installation. Emergency kits can help families effectively manage either scenario.

There is no single emergency kit that can prepare a family for every disaster however; instead, experts suggest putting together several specialized kits. These include a basic home kit, portable emergency kit, a workplace kit and a vehicle kit.

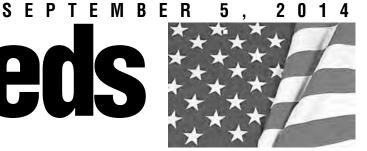
When making emergency kits, it is important to consider special needs, medicines and items that members of the family might need. Don't forget pets, either.

For a complete list of suggested items to include in emergency kits, sample plans, and tips to help Navy personnel stay informed, visit www.ready.navy.mil. And yes, the site also includes a page and challenge for young people about what they would do in the event the undead return to torment the living.

While a zombie apocalypse remains unlikely, real disasters affect real people every year. Take a moment to consider how you and your family will cope with the unexpected: stay informed, make a plan and build emergency kits.

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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.

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LUXURY CLASS A RV-Low Miles - 39 Class A Diesel RV, Four Winds (by Thor), Montecito model with 3 slides (including 27:...longest available), auto. leveling, inverter. Top of line brands: Freight-liner luxury chasis, Cummins diesel, Allison trans. Onan diesel generator, Flexsteel leather, Samsung HDMI TV, Direct TV auto. satelite, GE convection/micro, Norcold frig.See photos & more at Miles:22,500 Stickerprice: \$260k. NADA avg. Retail: \$176k, ask-ing:\$175k, Photos and more at dcmili-tary.com, 703-343-3583, hmccone@cox.net LUXURY CLASS A RV dcmili-tary.com 3583, cone@cox.net

Houses for Rent Charles County

SWAN POINT: Golf Community. 3 bd, 2 ba Ramb w/2 car gar, screened porch, \$1500/mo. Immed occup. 301-609-3017

Full Time Help Wanted

Full Time Help Wanted

Full Time Help Wanted



The Maryland Transportation Authority Police Force (MDTAPF) is actively seeking motivated men and women who are interested in a law-enforcement career to participate in a One Day Applicant Process.

Date: September 27, 2014

Location: The College of Southern Maryland, La Plata Campus 8730 Mitchell Road, P.O. Box 910 La Plata, MD 20646 Applicant Process:

- Online Advanced registration is required.
 Check in begins at 6:30 a.m. and will end at 7:15 a.m. followed by Physical Agility and Written Test

We are currently recruiting for the following positions:
• Police Officer

- Police Cadet (17-20 years old)
 Lateral Officer (Must be MPCTC certified)

To register for the One Day Applicant Process, visit us online at:

www.mdtapolicerecruiting.com Click on "Special Recruitment Events"

or call the Recruitment and Selection Unit: 410-537-7641/42 or 1-877-890-8827



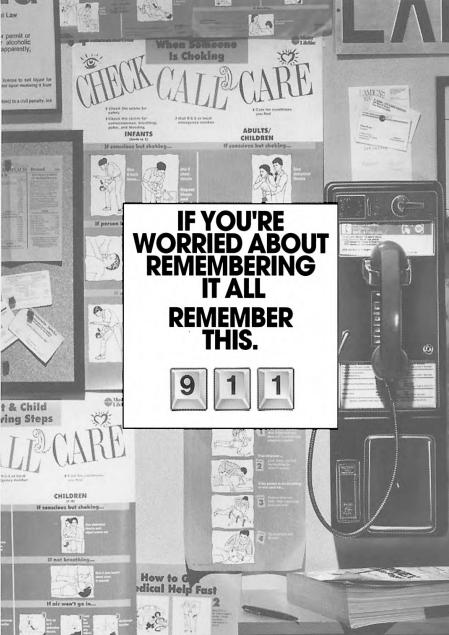
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The Maryland Transportation Authority is an Equal Opportunity Employer



A stroke can

American Heart Association • Reduce your risk factors



In an emergency, help isn't on the way unless someone calls. So don't hesitate, call 9-1-1 or your local emergency number before you do anything else. It's one life-saving technique that's always easy to remember.



The onset of eye disease may not be as visible as the appearance of new wrinkles. An eye doctor can spot the early warning signs of vision problems like glaucoma and macular degeneration, as well as other serious health conditions such as diabetes and hypertension. Early detection is key.

For men and women over 40, it might be wise to look into your eyes. For more information, visit checkyearly.com. A public service message from Vision Council of America and AARP.



Check Yearly See Clearly.



This ad is a public service of this newspaper



2 REAL ESTATE AUCTIONS



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Fri. Sept 12 @ 11:30am

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SATURDAY, SEPTEMBER 6 4:05 P.M.

SUNDAY, SEPTEMBER 7 1:35 P.M. A

MONDAY, SEPTEMBER 8 7:05 P.M.

TUESDAY, SEPTEMBER 9 7:05 P.M.

WEDNESDAY, SEPTEMBER 10 4:05 P.M.

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