



SOUTH POTOMAC PILOT

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



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INSIDE:

NSASP
Employee's Son
Awarded Eagle
Scout Rank

Page 2

NSASP Bids Farewell to Feinberg as O'Leary Assumes Command

By **BARBARA WAGNER**
South Potomac Pilot

Naval Support Activity South Potomac (NSASP) bid farewell to outgoing Commanding Officer Capt. Mary Feinberg at a June 21 change of command ceremony at the Naval Support Facility (NSF) Dahlgren Parade Field. Rear Adm. Charles "Chip" Rock, commandant of Naval District Washington (NDW), presided over the ceremony that also welcomed aboard NSASP's new commanding officer, Capt. Michael O'Leary.

The Navy Band was on hand to perform the National Anthem and the AEGIS Training and Readiness Center (ATRC) Color Guard presented the colors for the ceremony.

Amidst the solemnity of the ceremony, Rock took a moment to jest with Feinberg regarding her fierce loyalty to her alma mater, Louisiana State University, by donning a ball cap sporting his team -Texas A&M's colors momentarily garnering a chuckle from those in attendance.

Rock took a more serious tone when extolling the many accomplishments Feinberg achieved during her three years at the helm of NSASP — an activity that encompasses three bases in two states.

"Anyone who knows Mary admires her tireless work ethic and her positive outlook that permeates the entire command," Rock said.



U.S. NAVY PHOTO BY BARBARA WAGNER

At the Naval Support Activity South Potomac change of command ceremony on June 21, Capt. Mary Feinberg (left) relinquished command of the installation to Capt. Michael A. O'Leary (right).

Feinberg hosted three major concerts during her tenure, including the first Morale Welfare and Recreation (MWR) concert event in 15 years at

NSF Indian Head, where performers Daughtry and Magic! wowed the base. Feinberg was also at the helm when the Navy's last coal-fired power plant was decommissioned in October of 2015 to make way for the more energy efficient natural gas and steam-powered plant. Feinberg said the decommissioning was "my proudest MILCON [Military Construction] moment" and added that the old Goddard Power Plant had been in operation for nearly 70 years, long past its intended service life. The NSF Indian Head Community Center was also established during Feinberg's tenure by combining the library and community recreation, and adding the Market Fresh Bistro.

At NSF Dahlgren, NSASP completed numerous MILCON projects under Feinberg's leadership, including opening a \$13 million fitness center, renovating one of the Child Development Centers, an addition to the ATRC and a \$28 million submarine ballistic missile facility.

Rock presented Feinberg with Legion of Merit before turning the podium over to the outgoing leader.

Feinberg took a moment at the beginning of her remarks to perform her last official duty as commanding officer of NSASP — to recognize one of the

See **NSASP**, Page 3

JWAC's New CO Assumes Command

By **J. STEVEN MOORE**,
JWAC Public Affairs

Air Force Col. Melvin Douglas Sachs took command of the Joint Warfare Analysis Center (JWAC) on June 20, in a ceremony on the Dahlgren parade field, replacing Navy Capt. Andrew L. Feinberg.

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

"In Doug, we find the equal of Andy Feinberg," said Air Force Gen. John E. Hyten, Commander, U.S. Strategic Command

(USSTRATCOM) in Omaha, Neb., to those in attendance. "We had to go 10,000 miles.... Doug and Chele (his wife) are a powerhouse, quality team."

In his remarks, Hyten advised Sachs to do three things as he begins his new job; focus on the war-fighter, help USSTRATCOM as it restructures and emphasize speed and innovation.

Hyten also praised Feinberg, who became JWAC's commander in May 2015 and now heads to the Navy staff, OPNAV N455, at the Pentagon.

"Andy, well done and well done to your organization," Hyten said. "The impact Andy made on this organization will be felt for years."

For his part, Sachs brings an

engineering background, flying time with the RC-135S Cobra Ball surveillance aircraft, and many staff and command assignments to his new assignment at JWAC.

"To JWAC, I am grateful and honored to join you," Sachs said. "I'll make every effort when I come to work in the morning to do my best."

Originally from Missouri, Sachs joined the Air Force in 1988 after being commissioned as a distinguished graduate of the Reserve Officer Training Corps program at the Missouri University of Science and Technology where he earned a Bachelor and Master of Science degrees in Engineering Management.

His assignments since that



U.S. NAVY PHOTO BY J. STEVEN MOORE, JWAC PUBLIC AFFAIRS

U.S. Strategic Command Commander, Gen. John Hyten, passes the guidon to JWAC's new commander, Col. Douglas Sachs, as the outgoing CO, Capt. Andrew Feinberg, watches.

See **JWAC**, Page 3

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Eagle Scout Achievement for NSASP Employee's Son

By **BARBARA WAGNER**
South Potomac Pilot

Michael Chizuk, son of Naval Support Activity South Potomac (NSASP) Security Director Stan Chizuk, was recently awarded the rank of Eagle, the highest rank in the Boy Scouts of America at a Court of Honor ceremony. The rank of Eagle puts him in a small percentage of Scouts who advance that far — about five percent. What makes Chizuk's achievement more extraordinary is that he completed the requirements for the rank at the age of 13, about three to five years earlier than most.

"I had some friends in my troop who were older and going into high school and they had shared that if they had one thing to do over [with scouting], it would be to complete their Eagle scout before high school since it becomes more difficult," Chizuk said.

Chizuk began his scouting journey in the first grade in Rochester, New York, and is currently a member of Boy Scout Troop 218 in the Aquia District.

Inspired by a visit to the Greenfield Senior Living Center in Fredericksburg, Chizuk built a 40- by 40-foot picket fence, two picnic tables — one handicap accessible- and then a tabletop bowling alley for the residents for his Eagle Scout project.

"I was making my confirmation this year [with my church] and we went there to play bingo with the seniors," Chizuk said.

He added that he appreciated the environment the facility offers its residents, most of whom are living with dementia and Alzheimer's.

Karen Estes, executive director of Greenfield Senior Living Center, shared how grateful all of the residents and staff are for the dedication that Chizuk and the other volunteers exhibited.

"It has been a real blessing to all of us," Estes said. "The residents enjoy being outside so much and they thoroughly enjoyed Michael being here."

Estes went on to share that Chizuk was an inspiration, and not just to young people. His civic-mindedness and diligence left her almost speechless.

"It was not an easy project," Estes shared. "Our jobs are so hard sometimes and their support for our mission — there really are no words. It has been so rewarding to see someone so young and



PHOTO COURTESY OF MICHAEL CHIZUK

Eagle Scout Michael Chizuk and Greenfield Senior Living Community Executive Director Karen Estes are pictured during Chizuk's Eagle Scout project at the center. Chizuk, his father, NSASP Security Director Stan Chizuk, NSASP officers and other volunteers built a picket fence, two picnic tables, including a handicap accessible one and tabletop bowling for the residents of the center.

so committed. It really is almost unheard of anymore."

Through T-shirt sales and generous donations from local home improvement and lumber stores, Chizuk was able to generate the funding necessary to complete the project.

He has earned a total of 26 merit badges, five more than the required 21 to achieve the Eagle rank.

Chizuk is now considered a mentor and will continue his scouting journey earning bronze, silver and gold palms. While he already has the requisite number of merit badges to achieve



PHOTO COURTESY OF MICHAEL CHIZUK

Michael Chizuk and his father Stan Chizuk, the NSASP security director work to build and paint fencing at the Greefield Senior Living Community for Michael's Eagle Scout project.

bronze, Chizuk must remain active for an additional three months to earn his bronze palm.

In addition to scouting, Chizuk plans to go into the computer engineering field. He enjoys computers and programming.

Next year, Chizuk will begin his high school journey at Mountain View High School in Stafford, Va., where he will taking part in the International Baccalaureate Program.

Congratulations and Bravo Zulu!

CSCS Commemorates Battle of Midway

By **KIMBERLY M. LANSDALE**,
Center for Surface
Combat Systems

The Center for Surface Combat Systems (CSCS) and one of its learning sites, AEGIS Training and Readiness Center (ATRC), co-located onboard Naval Support Activity South Potomac (NSASP), commemorated the 75th anniversary of the Battle of Midway on June 8.

"The Battle of Midway took place June 4-7 1942 and was a pivotal victory for the U.S.," explained Master Chief Shawn Harrell, ATRC's Senior Enlisted Leader and coordinator for the event. "As the years pass and we now celebrate the 75th anniversary, those who lived through this historic battle have become few. Therefore, it is crucial that their voices are heard so our future generations of Sailors never forget."

NSASP and its tenant commands joined CSCS and ATRC to remember what is considered to be a turning point in the Pacific campaign for the United States and its allies during World War II.

Lt. Cmdr. Johnny Redford, a recent Warfare Tactics Instructor (WTI) graduate and ATRC

instructor, was the keynote speaker.

"Today, I want you to understand the Battle of Midway and its lessons learned," Redford explained to the audience, a mix of military and civilians. "I will discuss key events, leadership, Order of Battle, the timeline of the battle, and tactical takeaways."

Redford engaged the audience by asking questions and sharing a piece of his family's history.

"My oba-chan [grandmother] lost her brothers during WWII, father after WWII, and husband during the Korean War. Therefore, when I joined the Navy and was promoted to Chief, she told me that my job was to bring Sailors safely home. I am now an officer and her words are still with me every day. The Battle of Midway illustrates why training is so essential to our lethality. The training we provide our Sailors at the schoolhouse prepares them to successfully defend our waters and keep our nation and allies safe. Training also provides Sailors with the best chance to return home to their loved ones."

The 75th anniversary of the Battle of Midway has concluded but those who defended our nation are not forgotten.

"One of the reasons I decided to join the U.S. Navy was the actual Battle of Midway movie that starred Henry Fonda and Charlton Heston," said Capt. Frank X. Castellano, CSCS commanding officer. "I was a child when I first saw the film but clearly understood it was not only a decisive U.S. victory, but also represented a time in our history where our nation came together to defend its freedom. These Sailors helped change the course of WWII through blood, sweat, and tears. Their sacrifices encouraged me at the young age of nine to become the Sailor I am today."

CSCS' mission is to develop and deliver surface ship combat systems training to achieve surface warfare superiority. CSCS headquarters' staff oversees 15 learning sites and detachments located throughout the continental United States, Hawaii, Spain, and Japan. CSCS provides nearly 70,000 hours of curriculum for 528 courses a year to more than 37,000 Sailors. CSCS delivers specialized training for Officer and Enlisted Sailors required to tactically operate, maintain, and employ shipboard and shore-based weapons, sensors, and command and control systems utilized in today's Navy.



U.S. NAVY PHOTO BY MICHAEL BOVA, AEGIS TRAINING AND READINESS CENTER / RELEASED

At the Center for Surface Combat Systems (CSCS) and AEGIS Training and Readiness Center's (ATRC) Battle of Midway Commemoration, Lt. Cmdr. Johnny Redford, a recent Warfare Tactics Instructor (WTI) graduate and ATRC Instructor, discusses the battle itself and his family history.

NSASP

Continued from page 1

Sailors whose dedication Feinberg wanted to acknowledge. Feinberg presented Yeoman 2nd Class Petty Officer Tyrone Powell with his Yeoman First Class Petty Officer badges through the Meritorious Advancement Program. The program allows senior leadership to recognize and reward sustained superior performance by their Sailors by advancing them in rank. Powell's advancement will be effective July 1.

Feinberg continued by sharing her fond memories of what she considered a tour "so unlike any other tour throughout my naval career." A naval aviator, the bulk of her career centered on operational flying and navigator training tours; her assignment at NSASP was an installation management tour.

Thanking the various department heads for their continued support, she acknowledged the wealth of knowledge she had come to appreciate regarding a range of topics relevant to installation management, including environ-

mental clean-up, public infrastructure, day care and youth center activities, public works along with safety, emergency management and community relations.

Summing up her experience aboard the installation, Feinberg acknowledged the dedicated efforts of NSASP employees.

"Absolutely none of this would be possible with the dedicated efforts of the employees... who come to work every day wanting to provide the best and highest quality of service to the personnel and their families that utilize our services," Feinberg said.

"Every one of you is an irreplaceable and valued member of the South Potomac team," Feinberg said. "From the bottom of my heart, thank you for giving me the opportunity to serve with you... you have made me a better person personally and professionally, and a better naval officer."

After offering thanks to Rock for the latitude to command NSASP to best meet the requirements given and for presiding over the ceremony, Feinberg offered the highest praise an aviator could give to a fellow Sailor: "You are the

most 'aviator-like' Surface Warfare Officer I have ever had the opportunity to work for, thank you for everything."

Feinberg went on to thank her fellow installation commanders and her family, concluding with special thanks to her husband, Capt. Andy Feinberg, who had just relinquished command of the Joint Warfare Analysis Center (JWAC), hosted aboard NSF Dahlgren the day before.

Before turning the podium over to incoming Commanding Officer Capt. Michael O'Leary, she praised the turnover and shared that it was with a heavy heart that she awaited the time-honored tradition of the relinquishing of command to him, though she was confident that he would find, as she did, the NSASP staff to be an exceptional cadre of professionals.

"I wish you and the South Potomac team the best of luck as you start this new chapter in your Navy journey," Feinberg concluded.

Feinberg read her orders to conclude her remarks and turned the podium — and command — over to Capt. O'Leary, who in turn read

his orders assuming command of the installation.

O'Leary offered his appreciation to Feinberg and to his family and friends for attending the event, including his wife Laura and children Aidan, Patrick and Jacob.

"Sailors — women and men of South Potomac — I look forward to your continued support and collaboration with our peers throughout the region and our partners both inside and outside the fence line," O'Leary said. "Captain Feinberg, you have built a tremendous legacy, thank you again for the leadership and mentorship."

"As we continue to train sailors for today's missions," O'Leary concluded, "to respond to crises both locally and globally to ensure the Department of Defense's ability to operation in the maritime air and space command and to develop the transformational weapons of tomorrow, please know I am incredibly proud to serve alongside you and look forward to the next three years."

Following a benediction from NSASP Chaplain Lt. Joshua Okwori, attendees enjoyed a reception at the NSASP flagpole.

JWAC

Continued from page 1

time include:

- Acquisitions program manager for a navigation system pod for F-15Es and F-16s
- Flight commander and executive officer, 55th Operations Group

- Joint service tour, Defense Threat Reduction Agency
- Flying the OC-135 Band other countries' aircraft in support of the Open Skies Treaty
- Chief of Training, 343rd Reconnaissance Squadron
- Operations officer and commander, 82nd Reconnaissance Squadron, Okinawa, Japan
- Commander, 763rd Expeditionary Reconnaissance Squadron
- Senior Defense Official and Defense Attaché to Baku, Azerbaijan
- Office of Attaché Operations, Defense Intelligence Agency,

managing operations of twenty Defense Attaché Offices in East Europe and Eurasia.

Sachs also earned a master's degree in Military Operational Art and Science from Air Command and Staff College and graduated from Squadron Officer School, the Air Command and Staff College, the Armed Forces Staff College, and the Air War College.

He is married with three children, Katherine, Benjamin and Zachery.

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JULY 4

PATRIOTIC SERIES: INDEPENDENCE DAY

PRESENTED BY SAIC

JULY 25

MILITARY BRANCH DAYS: U.S. MARINE CORPS DAY



 ONE PURSUIT

NSF Dahlgren Cannonball Lanes Celebrates 10 Years

On Thursday, June 15, Cannonball Lanes, MWR Bowling Center, celebrated its 10-year anniversary with activities for all ages. Children enjoyed a petting zoo, decorated bowling pins and had fun taking silly photos. All who celebrated had a chance to spin the prize wheel and hop in the NSWC Federal Credit Union cash vault for a chance at winning a grand prize. Throughout the past 10 years Cannonball Lanes has gone through major technology upgrades which include touch screen scoring and lane cameras. The bowling center looks forward to future upgrades as they become available and hopes to serve many more friendly faces through its leagues, open bowling and special events.



U.S. NAVY PHOTOS BY STACEY SCARABELLO

NSF Dahlgren Battle of Midway 5k a Success



U.S. NAVY PHOTOS BY STACEY SCARABELLO
Female winners from NSF Dahlgren Battle of Midway 5k left to right: Erin Strange, Julie Banta, Lynn Shoppell, Gina Ferrence, Jenny Lam, Dana Hulke

Runners of all ages, including a few furry, four-legged friends came out to run the Naval Support Facility (NSF) Dahlgren Battle of Midway 5K on June 15, sponsored by Carroll's Automotive and NSWC Federal Credit Union. Medals were awarded to the top six male and females in various categories. Registration is going on now for next month's Beat the Heat 5K that will take place on Wednesday, July 19 at 6 a.m. Sign up and beat the heat! The male winners for the Battle of Midway 5k were left to right: Glenn Carney, Bob Blunkosky, Thomas Bohlman, Stuart Shoppell, Ryosuke Shikata, Hajime Yoshikawa. The female winners were, left to right: Erin Strange, Julie Banta, Lynn Shoppell, Gina Ferrence, Jenny Lam, Dana Hulke.



NSF Dahlgren Battle of Midway 5k male winners left to right: Glenn Carney, Bob Blunkosky, Thomas Bohlman, Stuart Shoppell, Ryosuke Shikata, Hajime Yoshikawa

CORRECTION

In last week's graduation issue, graduate Charlie Phouminh's information was incorrectly listed. Phouminh is the son of James Phimmasone, NSASP



SOUTH POTOMAC PILOT

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www.dcmilitary.com/dahlgren

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Capt. Michael O'Leary
Commanding Officer,
NSA South Potomac

Jeron Hayes
Public Affairs Officer,
NSA South Potomac

Andrew Revelos
Editor

Barbara Wagner
Staff Writer



Aquatics Center

540-653-8088
Junior Lifeguard Program

July 10-14, 9 a.m. – 3 p.m.
Find out if you have what it takes to be a lifeguard. Learn the basic lifeguard skills and shadow guards while they work. Be prepared to swim every day! Class size is a minimum of three and maximum of 10 participants. Eligible patrons include all children, ages 10 to 14, with base access. Register at the Aquatics Center by July 5. Cost: \$150.00

Auto Skills/Outdoor Recreation

540-653-4900
Outdoor Recreation offers a selection of recreation equipment for fishing, camping, picnics, sporting equipment and special events. Download the Outdoor Recreation Gear Issue & Equipment Rental price

list, Moon Bounce and Travel Trailer Rentals from www.NavyMWRDahlgren.com/recreation and select Outdoor Recreation Rentals.

Ladies' Auto Night Out

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

Cannonball Lanes Bowling Center

540-653-7327
Games: Military \$3.00, Civilian \$4.00. Hourly Bowling: Military \$20.00, Civilian \$25.00
Shoe Rental: Military \$1.50, Civilian \$2.50.

Child & Youth

CDC I 540-653-4994 /
CDC II 540-653-4342
YAC 540-653-8009
Military Child Care Open Enrollment

There's a new way to request care for School Age Care (SAC) and Summer Camps! Families

can now use MCC to request care for SAC programs and Summer Camps all year long. The online system allows you to search for and submit unlimited SAC and Summer Camp requests at any time of the year without waiting for registration to begin! To register and learn more about MCC, visit MilitaryChildCare.com

Hourly Care

Location: Child Development Center and Youth Activities Center
Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires advance reservations. Hour-

ly care reservations as well as payments for care can be made online at <https://myfr.navyaims.com/ndwcym.html>. Cost: \$4.00/hour

Community Recreation Tickets & Travel
540-653-8785

Kings Dominion Season Passes

June 30 is your last chance to get a discounted Kings Dominion Season Gold Pass at the Tickets & Travel Office on base.

See MWR, Page 6

Dahlgren Movie Theater

540-653-7336

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

Friday, June 23 7 p.m.	Alien: Covenant R
Saturday, June 24 4 p.m.	Diary of a Wimpy Kid: The Long Haul PG
Saturday, June 24 7 p.m.	Baywatch R
Sunday, June 25 2 p.m.	Diary of a Wimpy Kid: The Long Haul PG
Sunday, June 25 4:30 p.m.	Pirates of The Caribbean: Dead Men Tell No Tales (3D*) PG-13
Friday, June 30 7 p.m.	Baywatch R
Saturday, July 1 4 p.m.	Everything, Everything PG-13
Saturday, July 1 7 p.m.	Pirates of the Caribbean: Dead Men Tell No Tales PG-13
Sunday, July 2 2 p.m.	Captain Underpants: The First Epic Movie (3D*) PG
Sunday, July 2 4:30 p.m.	Pirates of the Caribbean: Dead Men Tell No Tales PG-13

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



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MWR

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Maryland International Raceway

Did you know you can get your MIR tickets right here on base? Save money and purchase tickets on base before going to the event.

Craftech

540-653-1730

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

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

Chalkboard Art

July 18, 4 – 6:30 p.m.

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

Fitness Center

540-653-8580

Visit us online at www.NavyMWRDahlgren.com/fitness-sports to view the Group Exercise schedule, Race Series schedule, upcoming classes and leagues!

Summer Intramural Sports Registration

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

General Library

540-653-7474

Storytime at the Library

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

Play, learn, & explore together! Join us at the library for songs, stories, crafts, and playtime! Wednesday evening will be STEAM story

times with fun experiments geared towards pre-school and kindergarten children. Friday story times will include baby geared songs as well as books and crafts for pre-school ages.

Summer Reading Program

There is plenty of time to register online! Visit <https://dahlgren.beanstack.org/reader365> to register and earn incentives throughout the summer as you log your reading.

Liberty

540-653-7277

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

Midnight Madness Bowling

June 23, midnight

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

Ice Cream Sundae Sunday

June 25, All-Day

Stop by Liberty today for an ice cream sundae.

Domino's Pizza & Movie Night

June 27, 3:30 p.m.

Come in and enjoy free, hot and cheesy pizza at Liberty

along with your favorite movie!

Tubing at the Virginia Outdoor Center

July 1, Departs 9 a.m.

Kick off your 4th of July weekend on the water! Join Liberty for tubing down the Rappahannock River in Fredericksburg.

Kings Dominion Trip

July 3, Departs 9 a.m.

Let Liberty drive you on a free trip to Kings Dominion amusement park!



Color Vybe Fun Run

June 24, at 10 a.m.

Location: Ben Rand Track and Field

Participants will race our 1.15-mile course through color stations then finish at our Vybe Session party! Open to all with base access! Any participant younger than 18 and

under must have signed consent. Register at the Weight House Fitness Center prior to race day, same day registration held at Ben Rand Field. Packet Pick-up held from June 19-23 during business hours. For more information, call (301) 744-4661. COST: AD- Free/ Others-\$5 Group Discounts Available

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

Indian Head Child & Youth

CDC 301-744-4458

CYP 301-743-5456

Say it With Music Celebrity for a Day Summer Experience

August 14 – 18

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

Teen Open Recreation

Open to ages 13 – 18 from 6:30

– 10:30 p.m. Contact the Youth Center for more information.

Youth Open Recreation

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

Navy Youth Swim License Availability

To attain full access to the Aquatics facility, all youth ages 17 and under must successfully pass the Navy Youth Swim Test. Please contact the Aquatics Center at 301-744-4616 or the Fitness Center at 301-744-4661 for more information.

Hourly Care

Make payments, hourly care reservations and so much more online through CYP Online Services! Hourly care is available on a first-come, first-served basis for children 6 weeks to 12 years old. The cost is \$4 per hour. New patrons must complete a registration packet before using the online system. Download a registration packet through www.militarychildcare.com or pick one up at your local center.

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MWR

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Indian Head Community Recreation Center

301-744-4850
or 301-744-4648
Storybook Yoga
Thursdays 10:30 – 11 a.m.

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

DIY: Mandala Stones
July 12, 5:30 p.m.
Join us for this stress relieving, fun, summer DIY! Cost: Free

MWR Crab Feast
July 15, 4 – 8 p.m.
Location: Overlook Park at the Mix House
Pack it on with us at the MWR Crab Feast held at the Mix House's Overlook Park. With scenic views of the Potomac, All You Can Eat food, live music, and great company, what more can you ask for? Cost: \$30 for Adults, \$10 ages 13-17, and free under 13! For more information, call the Community Recreation Cen-

ter at (301) 744-4850.
Indian Head Globe & Anchor/ Tiki Bar
301-744-6487

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

Indian Head Liberty Center
301-744-4524

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

Color Vybe Fun Run
June 24, at 10 a.m.
Location: Ben Rand Track and Field
Bust out those white digs for this color-filled day of fun! Participants will race our 1.15-mile course through color stations then finish at our Vybe Session party! Open to all with base access! Any participant younger than 18 must have a consent form signed by his/her parent or guardian. Register at the Weight House Fitness Center prior to race day, same day registration held at Ben Rand Field. Packet Pick-up held from June 19-23 during business hours. For more information,

call (301) 744-4661. Cost: AD-Free/ Others-\$5 Group Discounts Available
Race Kits Include: *T-Shirt *Color Packet * Temporary Tattoos * Sunglasses * Bracelet * Sticker

Foosball Tournament
June 27, 6 p.m.
It's a match of skill, talent, and cunning, can you take on the best of the best at this Liberty Foosball tournament? Cost: Free

Liberty Town Hall
June 28, All Day
We want to hear from you! Swing by the Liberty Center to tell us your ideas for events, trips, programs, and whatever else you'd like to see happen with Liberty! Snacks and refreshments provided! Cost: Free

Indian Head Stars & Strikes Bowling Center
301-744-4761
Games: Military \$2.00/game; Civilian \$3.00/game; Shoe Rental \$1.00

Party Rental
Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! Cost: 2-hour rental

prices are \$60 for military and \$70 for civilians. Price includes 4 private lanes, shoes, cosmic lights and a whole lot of fun!

Open Bowling
Fridays and Saturdays from 5 – 10 p.m.
Bored on the weekends? Look no further. Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Lunchtime Bowling
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? Visit us online for the menu and to contact Stars and Strikes for more information.

Cosmic Bowling
Every 2nd and 4th Saturday 5 – 10 p.m.
What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Father's Day Bowling Special
June 16 -17, 5 – 10 p.m.
In honor of Father's Day, dads will enjoy one free game of bowling and a free shoe rental!

Bowling With Liberty
June 27, 5:30 p.m. – 7:30 p.m.
Liberty patrons only! Join us for a night of bowling! Cosmic lights, great music, and food! Don't worry, it's all free!

Indian Head Weight House Fitness Center
301-744-4661

Strongman Competition
June 23, 1–3 p.m.
Test your brawn this timed event that combines strength and speed! 2 weight classes for men (185/below & 185/above) and 1 weight class for women. Prizes awarded to 1st and 2nd for each weight class. Register at the WHFC by June 22. Cost: AD-Free Others- \$5

Color Vybe Fun Run
June 24, 10 a.m.
Location: Ben Rand Track and Field
Bust out those white digs for this color-filled day of fun! Participants will race our 1.15-mile course through color stations then finish at our Vybe Session party! Open to all with base access! Any participant younger than 18 must have a consent form signed by his/her parent or guardian. Register at the Weight

House Fitness Center prior to race day, same day registration held at Ben Rand Field. Packet Pick-up held from June 19-23 during business hours. For more information, call (301) 744-4661. COST: AD- FREE/ Others-\$5 Group Discounts Available
Race Kits Include: *T-Shirt *Color Packet * Temporary Tattoos * Sunglasses * Bracelet * Sticker

Independence Day 5K
Join the Weight House Fitness Center staff in honoring our nation's independence with a 5K on June 29. Race begins at 7 a.m. Don't forget to wear your red, white and blue. Prizes will be awarded to first- and second-place male and female finishers and most spirited runner. Any participant younger than 18 must have a consent form signed by his/her parent or guardian.

Sprint Triathlon
Registration Open
Drop into the WHFC to register for the Sprint Triathlon, which will be held on August 4, 7 a.m. – 1 p.m. Test your strength and endurance in a 400-meter swim, 12-mile bike ride and 2.8-Mile Run. Cost: \$15 for military and \$25 for all others. Registration ends July 28, 2017.



Classifieds

Call 301-645-0900

Apartments Unfurnished

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Call Us for Your Advertising Needs 301-921-2800

**Renewal
by Andersen**
WINDOW REPLACEMENT an Andersen Company



July 4th Window and Patio Door Sale

Hurry – limited time offer!

- Renewal by Andersen is the full-service replacement window division of Andersen, the most trusted family of window and door brands in America*
- Our window helps make homes more comfortable because our window material is two times stronger than vinyl
- To lock in this July 4th Sale, call on or before Saturday, July 8th, and schedule your free Window Diagnosis



July 4th Sale ENDS Saturday, July 8th

SAVE 20%
on windows and patio doors¹

WITH

NO NO NO FOR 1
MONEY DOWN PAYMENTS INTEREST YEAR¹

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

PLUS

\$200
off your
ENTIRE
project¹

When you set your appointment by July 8th and purchase by July 15th. Minimum purchase required.

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



**Call to schedule your
appointment. Limited
appointments are available.**

301-388-5222
410-885-6010

*DETAILS OF OFFER – expires 7/15/2017. Not valid with other offers or prior purchases. Get 20% off your entire project and 12 months no payments, no interest when you purchase four (4) or more windows or patio doors between 6/18/2017 & 7/15/2017 with approved credit. \$200 off your entire project when you set your appointment by 7/8/2017 and purchase by 7/15/2017. APR of 16.68% as of 6/1/2015, subject to change. No interest and no payments for 12 months available. Interest accrues from date of purchase but waived if paid in full within 12 months. Available only at participating locations. See your local Renewal by Andersen location for details. License MN: BC130983/WI:266951. Excludes MN insurance work per MSA 325E.66. MHIC #121441. VA Lic. #2705155684. DC Lic. #420215000125. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 Lead Surge LLC. All rights reserved. *Based on 2016 homeowner brand survey. Andersen family of brands aggregated: Andersen, Renewal by Andersen, Silver Line and American Craftsman.