



# SOUTH POTOMAC PILOT

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



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## NSWC IHEODTD Science and Engineering Apprenticeship Program Intern Celebrates Acceptance into the USNA

By **HOLLY DODDS**,  
NSWC IHEODTD  
Public Affairs

One president, three cabinet members, 19 ambassadors and countless other extraordinary individuals have attended the United States Naval Academy (USNA). Joshua Carson, one of Naval Surface Warfare Center Indian Head Explosive Ordnance Disposal Technology Division's (NSWC IHEODTD) former Science and Engineering Apprenticeship Program (SEAP) students, may now share that accomplishment. On Jan. 2, Carson received his official appointment to the USNA in Annapolis, Md.

Admissions to the academy are prestigious and notoriously difficult, accepting on average only eight percent of its applicants. Students must undergo several steps including a fitness assessment and receive a nomination from an official source, such as state U.S. Representatives or U.S. Senators.

This past summer, Carson, a senior at North Point High School in Waldorf, Md., interned at the command for eight weeks as part of SEAP, an apprenticeship designed for high school students to intern at a Department of the Navy (DoN) laboratory.

"It was my distinct privilege to work with Mr. Joshua Carson while he was employed here as an intern," said NSWC IHEODTD Commanding Officer Capt. Scott Kraft. "Having had this opportunity, I am thoroughly impressed with both Joshua's character and aptitude to quickly grasp not only the theory of our [Science, Technology, Engineering and Math] curriculum but also the operational applications."

Seven rising seniors were accepted into the 2017



U.S. NAVY PHOTO BY MATTHEW POYNOR

**Joshua Carson, a senior at North Point High School, displays his model rocket as part of the Science and Engineering Apprenticeship Program at NSWC Indian Head EOD Technology Division, Aug. 4, 2017.**

SEAP internship from local high schools. Throughout their tenure, the apprentices studied explosive detection equipment; learned about warhead, shield and

penetration mechanics; worked in rocket propulsion alongside Cartridge Actuated Devices / Propellant Actuated Devices engineers; and received an abbreviated Green Belt Training lesson from the Continuous Process Improvement team.

"I think Josh and the others were truly impressed by the breadth of work that is done here at IHEODTD as well as how we are integrated and work with the other warfare centers. It opened their eyes to the complexity and multiple science and engineering disciplines that are needed to develop products for the Navy," said Steve Meade, NSWC IHEODTD chief engineer and SEAP lead.

Before entering the program, Carson had academic interests in aerospace and mechanical engineering. He sought interest in computer science, computer forensics, ethical hacking and specifically pursuing a USNA appointment for post-secondary education.

"I was able to reach my goals with the help of Capt. Kraft, Mr. Stephen Meade, Mr. Ken Conley and so many other employees at IHEODTD," said Carson. "Throughout the SEAP internship so many people offered advice and wisdom to help me achieve higher education and a career I would be proud of."

According to Meade, Carson is a true leader. "He is dedicated and hard working on top of being highly intelligent. He will do well in any endeavor. He will make a great naval officer."

Carson is a varsity cross country athlete, has been on the Principal's Honor Roll all four years of high school and is ranked in top two percent of North

See **Apprenticeship**, Page 2

## Colds and Flu: I'm sick, what should I do?

By Naval Hospital  
Jacksonville Public Affairs

It's that time of year, when colds and influenza spread across the country, bringing discomfort to many. The flu is peaking earlier this year than usual, with widespread cases reported in every state across the continental U.S., according to the Centers for Disease Control and Prevention.

There is no cure for the common cold, which is caused by a virus. Antibiotics won't help; they don't work against viruses. Taking unnecessary antibiotics can also make it harder for your body to fight future bacterial infections.

To feel better when you have a cold, get lots of rest and drink plenty of flu-

ids. (Yep, just like your mom told you.) Over-the-counter medicines might help ease your symptoms. But they won't make the cold go away any faster. Always read the label and use as directed. Be especially careful with children and cold medicine. Some medicines have ingredients not recommended for children.

Cold symptoms include a sore throat, runny nose, coughing, sneezing, headaches, and body aches. Most people recover within about seven to 10 days. But people with weakened immune systems, asthma, or respiratory conditions might develop serious illness, such as pneumonia.

To reduce your risk of getting a cold:



**Many people are suffering from colds and flu at this time of year. Do you know what the best course of treatment is for both? Get familiar with symptoms of each and know what to do for each!**

See **Flu**, Page 2

# Flu

Continued from page 1

- Wash your hands often with soap and water. Wash for 20 seconds. Help young children do the same. If soap and water aren't available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.

To protect others, if you have a cold:

- Stay at home while you're sick.
- Avoid close contact with others, such as hugging, kissing, or shaking hands.
- Move away from people before coughing or sneezing.
- Cough and sneeze into a tissue, and then throw it away. Or cough and sneeze into your upper shirt sleeve. Either way, completely cover your mouth and nose.

- Wash your hands after coughing, sneezing, or blowing your nose.

- Disinfect surfaces and objects that you touch often (such as toys, doorknobs, light switches, faucet handles, keyboards, and cell phones).

**Call your doctor, if you or your child has one or more of these:**

- Temperature above 100.4 degrees Fahrenheit
- Symptoms that last more than 10 days
- Symptoms that are severe or unusual.
- If your child is younger than three months of age and has a fever, always call your doctor right away. Your doctor can determine if you or your child has a cold, and can recommend therapy to relieve symptoms.

## Is it Influenza?

You might have the flu, if you have some or all of these symp-

toms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

Most people with the flu have mild illness and don't need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities. Your fever should be gone without the use of fever medicine (like Tylenol). Stay home from work, school, travel, shopping, social events, and public gatherings.

While you're sick with flu: stay away from others, wash your hands often, and cover coughs and sneezes with a tissue. If you must leave home, wear a facemask if you have one.

People who are only mildly ill shouldn't go to the emergency room. If you go to the ER and you don't have the flu, you might catch it from people who do have it.

If you have flu symptoms and are in a high-risk group, or are very sick or worried about your illness, contact your doctor. High-risk groups include young children (age younger than five, and especially younger than age two), people age 65 and older, pregnant women, and people with certain medical conditions (such as asthma, diabetes, or heart disease). High-risk patients should contact your doctor early in your illness. Remind them of your high-risk status for flu, and ask about antiviral treatment.

If anyone has any of these emergency warning signs of flu sickness, go to the ER:

### Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up, or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms improve, but then return with fever and worse cough

- Fever with a rash

### Infants:

(In addition to the signs above, get medical help right away for any infant who has any of these signs)

- Unable to eat
- Trouble breathing
- No tears when crying
- Significantly fewer wet diapers than normal

### Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve, but then return with fever and worse cough

*It's not too late to get your flu shot! For immunizations at Navy Branch Health Clinic Dahlgren, stop by the clinic during shot hours on Tuesdays and Thursdays from 1-3:30 p.m. The clinic can also run the flu test onsite, however if you suspect flu, a visit to the urgent care is in order. For more information contact the Dahlgren clinic at 540-653-0282 or make an appointment at 540-653-8241.*

*For a flu shot at Navy Branch Health Clinic Indian Head, walk-ins are welcomed, however, the clinic is closed from noon to 1 p.m. If you suspect that you may have the flu, the clinic advises that you go to an urgent care facility, however you can make an appointment at the clinic for care.*

*In case of emergency you should immediately contact 911, but for 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273).*

*You can also email your doctor for non-urgent issues, using RelayHealth secure email messaging. Go to the TRICARE Online Patient Portal at [www.TRICAREonline.com](http://www.TRICAREonline.com) or <https://mil.RelayHealth.com>.*



U.S. NAVY PHOTO BY HOLLY DODDS

**Science and Engineering Apprenticeship Program interns pose at the United States Naval Academy alongside NSWC Indian Head EOD Technology Division's Steve Meade and Ken Conley, July 7, 2017.**

## Apprenticeship

Continued from page 1

Point's Class of 2018.

"Currently, I am focused on completing high school and enjoying the last months I may have with my friends and family for a while and preparing physically for the acad-

my," said Carson. "I want to pursue a degree in cyber security and it is my goal to commission as a special warfare officer in the Navy."

Captain Kraft believes that his lifestyle and work ethic have fostered self-awareness, integrity, competence and confidence." He added, "In my judgment, he has both the earnest will and the abilities to succeed as a naval professional as he has shown in the desire and ability to lead and serve as well as to cultivate these same values in others."

## Surface Navy Association's 30th National Symposium Surface Warfare Domains-Integrating to Win Panel



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS LAUREN K. JENNINGS/RELEASED

**Rear Adm. Paul T. Druggan, commander, Naval Surface Warfare Center (NSWC); Capt. Mark Vandroff, commanding officer, NSWC Carderock Division; Capt. Godfrey Weekes, commander officer, NSWC Dahlgren Division; Dr. Megan A. Fillinich, and Capt. Steve Murray address attendees during the Surface Warfare Domains-Integrating to Win panel at the Surface Navy Association's 30th National Symposium. This year's symposium focuses on "Surface Forces and Cross-Domain Integration," highlighting common procedures and combined exercises across air, land, maritime, space and cyberspace domains in preparation for a more powerful and integrated Naval Surface Force.**

# Scholarships for Military Children deadline is Feb. 16

By **MIKE PERRON**,  
DeCA public affairs  
specialist

Having put 2017 in the rear-view mirror, some military families are turning to the first big deadline of 2018: finalizing their Scholarships for Military Children applications in time for the program's Feb. 16 application cutoff.

Applying for one of the 700 available \$2,000 scholarship grants is straightforward. Requirements include providing a completed two-page application (available at <http://www.militaryscholar.org/sfmc/application.html>); the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten or computer-printed essay of 500 words or less, and no longer than two pages.

This year's essay question addresses the effect of the internet on modern society and the family: "With the development of high-speed internet, you are now living in a world that is completely different than 20 years ago. What are the pluses and minuses for society and the family? How would you address the minuses?"

The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force, and to celebrate the role of the commissary in the military family community. The program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

"With the deadline to submit your application for the Fisher House Scholarship for Military Children fast approaching, make sure you double-check the list of items required to be submitted to be eligible for the scholarship," said Marye Dobson, the Defense Commissary Agency's scholarships program liaison.

The two-page application, your high school or college tran-



DECA PHOTO

**Scholarships for Military Children recipients from the McGuire Commissary at Joint Base McGuire-Dix-Lakehurst, New Jersey, pose for a photo. Pictured from left: Rebecca George, Nicholas Romano, Patricia Thomas, Sandra Schoenewald, Allison Lardner, Kerry Foley, Colleen Foley and Zaniya Lewis.**



scripts and the short, typed essay all have to be submitted in one package.

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2018 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship to attend a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

All rules and requirements for the program, as well as links to frequently asked questions and the downloadable application, are available at the Scholarships for Military children website ([militaryscholar.org](http://militaryscholar.org)).

Fisher House also recently add-

ed a custom scholarship search engine to the site, tailored to military families, called "Scholarships for Service." It's free, easy to use, and available on mobile devices or computers at [militaryscholar.org](http://militaryscholar.org).

Students enter brief background information and educational goals and the search tool will identify military-affiliated scholarships they may be eligible for based on their input. Once the search is complete, students receive a list of scholarships with a summary of eligibility requirements, points of contact and links to the scholarship provider's website. Students can elect to have a PDF file of the results immediately emailed to them for use in selecting which scholarships to apply for.

According to Brian Gawne, vice president of community relations for Fisher House, the Scholarships for Service search engine is never used to collect data for marketing purposes. "We're not using this to collect data and then send email or other solicitations," he said.

The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization. If students have questions about the scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program.

# Navy Asks for Feedback through Personal and Professional Choices Survey

Chief of Naval  
Personnel Public Affairs

The Navy announced Jan. 12, that it is soliciting feedback from Sailors through the biennial Personal and Professional Choices Survey set to open Jan. 17.

This secretary of the Navy-directed survey collects data and comments from Sailors across the Fleet to gauge the present-day impact of Navy policies on Sailors and their families. The survey touches on a wide variety of issues, including career development, work-life balance, adoption leave and family planning.

The 2018 iteration of the survey is scheduled to begin Jan. 17, and close Feb. 23. The survey will be sent to 80,000 randomly

selected active-duty Sailors. Notification emails will be sent to participants from the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy. Although participation is anonymous and completely voluntary, Navy leadership strongly encourages the selected Sailors to participate.

Results from previous surveys are available at [www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx](http://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx).

The 2018 survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website.

Questions on the survey may be addressed to the Office of Inclusion and Diversity (OPNAV N1D) at [ALTN\\_N1D@navy.mil](mailto:ALTN_N1D@navy.mil).

## NAVSEA Commander Visits NSWC Dahlgren Division, Launches His Tour of Warfare Centers



PHOTO COURTESY NAVAL SURFACE WARFARE CENTER DAHLGREN DIVISION PUBLIC AFFAIRS

**Naval Surface Warfare Center Dahlgren Division (NSWCDD) Innovation Lab (iLab) Director of Innovation Nelson Mills briefs the Commander of Naval Sea Systems Command (NAVSEA) Vice Adm. Thomas Moore, NSWCDD Commanding Officer Capt. Gus Weekes, and NAVSEA Command Master Chief Robert Crossno, right to left, on the use of digital collaboration tables as visual aids for surface ships. The collaboration table could provide capabilities to view ship doctrine, navigation tracks, radar information, and Automatic Identification System information for situational awareness. The iLab – equipped with state-of-the-art equipment, services, and trained personnel – opened for business last summer as an intensive collaborative environment where the command's experts work to speed up and maximize corporate innovative solutions across the laboratory. The iLab was one stop in the admiral's tour of Dahlgren which gave him an opportunity to meet with the command's leaders, scientists and engineers. It was the first in a series of scheduled visits to the NAVSEA Warfare Center divisions under the theme of, 'Warfare Centers – The Campaign Plan in Action'.**

## BASE HAPPENINGS

### Dahlgren Armed Services Blood Program Blood Drive

There will be a blood drive at the Chapel Annex on Jan. 30, 9 a.m. — 1 p.m. All types are welcome, but the greatest need for the next few weeks will be O Negative, O Positive, B- and AB +/-.

Appointments can be made online at [military-donor.com](http://military-donor.com) using sponsor code: NSF. For questions or concerns contact Donna Onwona at [donna-lee.onwona.civ@mail.mil](mailto:donna-lee.onwona.civ@mail.mil).

### Base to Honor "Colors" Beginning January 3

Naval Support Facility (NSF) Dahlgren will begin honoring the playing of the national anthem, or "Colors," each morning at 8 a.m. starting Wednesday, January 3. All traffic at all gates will stop for the duration of the anthem, approximately one minute, 20 seconds.

### Catholic Services at Dahlgren Chapel

Monday — Thursday: Rosary at 1200 in Back Chapel

Friday: Liturgy of the Hours and Rosary at 1200 in Back Chapel

Saturday: Sunday Celebration in the Absence of a Priest, vigil, 1700 in Main Chapel

### Child Development Center I Has Spaces Available!

The Dahlgren CDC I has space available for parents to enroll children. For more information on how to enroll contact the center at 540-653-4994 or stop by at 727 Sampson Road, building 437.

### Dahlgren Sea Kings Chess Club

Want to learn how to play the world's oldest game like the masters? We're starting a new lesson format: a seminar system with rotating topics! We will now have eight instructors and cycle through a series of ten subjects: e4 Openings, d4 Openings, Positional Theory, Pattern Recognition, King-Pawn Endgames, Rook Endgames, Minor Piece Endgames, Exchange Theory, Tactics, and Grandmasters. Weekly lessons are free, and all skill levels are welcome. Group will meet Wednesdays from

4 — 6:30 p.m. Please call or email for more information, LT Brian T. Curran, V23, (540)653-1941, [brian.curran1@navy.mil](mailto:brian.curran1@navy.mil).

### Price Change at Gray's Landing

Effective Oct. 1, meal prices at Gray's Landing on the Potomac Restaurant will be increasing by a dollar per meal. Anyone with base access is welcome to dine. New prices as of Oct. 1 will be:

Breakfast: \$6.50, Soup & Salad: \$7.50, Lunch: \$9.00, Dinner: \$9.00

### Second Tour Thrift Store

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

### Indian Head

### Base to Honor "Colors" Beginning January 3

Naval Support Facility (NSF) Indian Head will begin honoring the playing of the national anthem, or "Colors," each morning at 8 a.m. starting Wednesday, January 3. All traffic at all gates will stop for the duration of the anthem, approximately one minute, 20 seconds.

### FFSC Relocated aboard NSF Indian Head

The Fleet and Family Support Center has relocated at NSF Indian Head. FFSC is now located in the Mix House, Bldg D-324 on the top level, room 1.

### Market Fresh Bistro Now Serving Lunch

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

*To publish information on your event or program under "Base Happenings," contact Andrew Revelos at 540-653-6012 or email [Andrew.revelos1@navy.mil](mailto:Andrew.revelos1@navy.mil).*

## Community Notes

### Dahlgren County Resident Internet Broadband Survey

King George County seeks to provide reliable broadband access to everyone in the community at the best value to our citizens. To achieve this goal, the Economic Development Office pursued a Community Development Block Grant from the Commonwealth of Virginia to conduct a needs survey designed to assess the extent to which County residents and businesses are satisfied with their current internet service, and whether broadband is desired or needed, but we need your voice to be heard! To participate in the survey, simply visit <https://www.wired.virginia.gov/broadband/broadband-survey> and let us know how we can help make broadband a reality! Share the link as well so that all residents have an opportunity to participate. The more participation received, the more viable our future grant requests are. The survey closes on February 1, 2018, but early submissions are greatly appreciated.

### King George Animal Rescue League Seeking Volunteers

The King George Animal Rescue League is looking for volunteers to help socialize animals, walk dogs, and take pictures at King George Animal Control (the county animal shelter). Volunteering at the shelter is a very rewarding way to give back to the local community; it is beneficial to the volunteer's mental and physical health, and it has a direct impact on the lives of homeless animals in our area. To learn more, visit <http://www.kgarl.org/info/display?PageID=15746>, email [shelterhelp@kgarl.org](mailto:shelterhelp@kgarl.org), or contact the shelter directly at 540-775-2120.

### Vendor Blender & Yard Sale at KGHS

Saturday, March 17, 9 a.m.-2 p.m. Shop vendors, crafters and yard sales at this event held at King George High School

from 9 a.m. to 2 p.m. and food will be available! Space is still available, contact [kgdeca@gmail.com](mailto:kgdeca@gmail.com) for a registration form. The event supports the King George High School DECA competitive trip to ICDC in Atlanta, Ga.

### 2018 King George Little League Spring Registration

Registration fees have been REDUCED for the 2018 season! Online registration is now open at [www.KGLittleLeague.org](http://www.KGLittleLeague.org) for the 2018 spring baseball and softball season. League ages are 4 to 16. The baseball league is determined by the player's age as of August 31, 2018. Softball league age is determined by the player's age as of December 31, 2017. In-person registration dates are Saturdays, Jan. 27 and Feb. 3. These will be held at the King George Middle School Cafeteria from 9 a.m. — 2 p.m.

### Scholarship Available For Active Duty, Spouses and Vets at UMW

UMW is offering a scholarship providing qualified active duty service members, spouses, or honorably discharged veterans the opportunity to receive a 25% military tuition scholarship for graduate degree programs: Master of Business Administration or Education and Master of Science in Geospatial Analysis. Please contact the Office of Graduate Admissions for more info at 540-286-8000 or email [graduate@umw.edu](mailto:graduate@umw.edu).

### KG Alert

Sign up for KG alert offered by the King George County Emergency Services to notify you of important information due to an emergency, disaster, road closure or inclement weather. To sign up for free, go to <https://www.kgalert.com/Portal.htm>

### Indian Head

### Chocolate Fest — Save the Date!

Port Tobacco River Conservancy pres-

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Visit Us Online [www.dcmilitary.com](http://www.dcmilitary.com)



# SOUTH POTOMAC PILOT

[www.dcmilitary.com/south\\_potomac\\_pilot](http://www.dcmilitary.com/south_potomac_pilot)

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**Classified advertising:** Wednesday, 5 p.m.

**Editorial submissions:** Friday, noon

Members: MDDC Press Assoc., Inland Press Assoc., LMNA, NNA, & AFCP

### Letters and submissions

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**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

**Summer Camp Counselor/ Program Assistant Employment**

CYP is accepting applications now through Feb. 21, for NSF Dahlgren Summer Day Camp. Must be 18 years of age and possess a high school diploma or equivalent. Prior experience working with children and/or youth preferred but not required. For more information and to apply, visit [www.NavyMWRDahlgren.com/welcome-aboard/jobs](http://www.NavyMWRDahlgren.com/welcome-aboard/jobs)

**Boys & Girls Club of America Youth of the Year Scholarship Opportunity**

Those enrolled in school, ages 14-18, are eligible to compete for the Boys & Girls Club Annual Youth of the Year Competition! This competition delivers thousands of dollars' worth of scholarships to students in preparation for college. To be eligible, the paperwork must be due Feb. 2 at 5 p.m. Call 540-653-8009 for more information.

**COMMUNITY RECREATION**

540-653-8785

[www.navymwrdahlgren.com/recreation](http://www.navymwrdahlgren.com/recreation)

**-TRIPS-**

**Skyzone Trampoline Park Outing**

Jan. 28, We'll meet you there! Enjoy jumping around with family & friends! For more information visit [www.skyzone.com/fredericksburg](http://www.skyzone.com/fredericksburg) Cost: \$16.00 for 60 min. Sky socks are \$2.50.

**Liberty Mountain Trip**

Feb. 24, Fairfield, PA. Register at Tickets & Travel by Feb. 9. Enjoy a day of skiing or snowboarding with family and friends. Discount All Mountain Package and Extended Lift Package available for purchase at Tickets & Travel. Transportation Cost: \$10

**-TICKETS-**



**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.

<b>Friday, Jan. 26 7 p.m.</b> .....	<b>All The Money In The World R</b>
<b>Saturday, Jan. 27 4 p.m.</b> .....	<b>Jumanji: Welcome To The Jungle PG-13</b>
<b>Saturday, Jan. 27 7 p.m.</b> .....	<b>The Greatest Showman PG</b>
<b>Sunday, Jan. 28 2 p.m.</b> .....	<b>Ferdinand PG</b>
<b>Sunday, Jan. 28 4:30 p.m.</b> .....	<b>Pitch Perfect 3 PG-13</b>
<b>Friday, Feb. 2 7 p.m.</b> .....	<b>Star Wars: The Last Jedi PG-13</b>
<b>Saturday, Feb. 3 4 p.m.</b> .....	<b>The Greatest Showman PG</b>
<b>Saturday, Feb. 3 7 p.m.</b> .....	<b>Downsizing R</b>
<b>Sunday, Feb. 4 2 p.m.</b> .....	<b>Jumanji: Welcome To The Jungle PG-13</b>
<b>Sunday, Feb. 4 4:30 p.m.</b> .....	<b>Insidious: The Last Key PG-13</b>

For movie listings online, visit [www.NavyMWRDahlgren.com/recreation](http://www.NavyMWRDahlgren.com/recreation) and select the Dahlgren Theater. Ask about our birthday party packages!

**E-Tickets Available at Tickets & Travel**

Shawnee Mountain Ski Area, East Stroudsburg, PA. Cost varies between \$27.00-\$82.72

Graceland Tickets, Memphis, TN. See where Elvis lived and tour the home of the King. Cost: Adult \$45.50, Child \$24.00

**Disney on Ice: Frozen Tickets**

Discover the magic of Frozen like never before at Disney on Ice presents Frozen! Dazzling ice skating, special effects and unforgettable music will transport you to wintry Arendelle. Cost: \$21.00 per person

**Great Wolf Lodge Specials**

Great Wolf Lodge dates are available now at Tickets & Travel! If rooms are no longer available, ask for alternative pricing for other dates. Package includes one night, two days, standard rooms, 6 water park bands and \$8 arcade credit. Check-in is at 4 p.m. and check-out is 11 a.m., however, the waterpark is still available for use. Cost: \$217

**-CRAFTS & CLASSES-**

**Valentine's Day Deliveries**

Feb. 14, 9 a.m. - 3 p.m. Let Craftech take the stress out of Valentine's Day! We are delivering your choice of balloons, gifts and goodies on base to co-workers, friends or someone special. Prices range from \$8.00-\$25.00. Place your order with Craftech by Feb. 13.

**DIY Wine Glass Painting**

Feb. 21 at 6 p.m. at Gray's Landing

Paint a wine glass with Community Rec just in time for Valentine's Day. Register at Tickets & Travel by Feb. 16. Cost: \$10

**DIY Jewelry Making**

Feb. 27, 5 p.m. at the Multi-purpose Room. Learn how to create your own jewelry to match your personal tastes! Register at

Tickets & Travel by Feb. 23. Cost: \$10

**-SPECIALS- The Dating Game at Gray's Landing**

Feb. 14, 6 p.m. Register at Tickets & Travel by Feb. 9. Determine how well you know your spouse or significant other with fun questions! Refreshments will be available

for purchase. Open to all with base access. Must have a minimum of 4 couples and maximum of 10 couples register. Must be 21 years and older to purchase and consume alcohol.

See MWR, Page 6

**AUTO SKILLS**

540-653-4900

Auto Skills features four bays and three lifts with tools and equipment for do-it-yourself automotive repair, engine diagnostics, suspensions components replacement, tire mounting and balancing and general maintenance. Cost: Active duty, dependents, retirees \$6.00 per hour. All others, \$7.00 per hour, includes one bay, tools, equipment and fluid disposal.

**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. Ask about our birthday party packages!

**-DAILY BOWLING SPECIALS- Sunday Special**

Sundays from 11 a.m. - 9 p.m.

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

**Ten Dollar Tuesdays**

Tuesdays, 11 a.m. - 9 p.m. Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

**Buy a Game, Get a Game Wednesdays**

Wednesdays, 11 a.m. - 9 p.m.

Every Wednesday, buy one game; get the second game for Free!

**All-U-Can Bowl Fridays**

Fridays, 7 p.m. - 11 p.m. Join us every Friday for a two hour, all you can bowl special! Cost: Military \$6.95/person; Civilian \$7.95/person. Both rates include shoe rental.

**Cosmic Bowling**

Every Saturdays, 7 p.m. - 11 p.m. Enjoy music and lights while bowling!

**CHILD & YOUTH PROGRAMS**

CDC I 540-653-4994 /

CDC II 540-653-4342

YAC 540-653-8009

[www.navymwrdahlgren.com/child-youth](http://www.navymwrdahlgren.com/child-youth)



**New & Existing Credit Card Accounts**  
**3.90% APR Intro/Promo Rate!**

On all transactions including Balance Transfers made by January 31, 2018. After December 31, 2019 your rate will revert to our great low non-variable rates below.

**VISA Preferred**  
**9.90% APR**

**VISA**  
**12.72% APR**

**No Annual or Balance Transfer Fees**

3.90% APR intro/promo rate for purchases, balance transfers, and cash advances made in the promotional period of January 1, 2018, through January 31, 2018. For transactions completed during this date range, the intro/promo rate will be good through December 31, 2019. After December 31, 2019 rate will revert to the existing non-variable rate of 9.90% APR or 12.72% APR, depending on card product. Rates are current as of December 31, 2017. Share Secured Credit Cards are excluded from this promotion. All loans are subject to approval. Programs, rates, conditions and terms are subject to change without notice. Credit Union membership eligibility is required. Visit [nswcfcuonline.org](http://nswcfcuonline.org) for details on current rates, terms, and conditions. Federally insured by NCUA.



# MWR

Continued from page 5

## 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/rec-reaction](http://www.NavyMWRDahlgren.com/rec-reaction) and select Craftech.

### Dahlgren Centennial Collector Items

Order your exclusive Centennial collector items from Craftech all year long. Items include insulated travel and coffee mugs, playing cards, challenge coins, t-shirts, clocks, pens and holders, lanyards and much more!

## FITNESS CENTER

540-653-8580

[www.navymwrdahlgren.com/fitness-sports](http://www.navymwrdahlgren.com/fitness-sports)

### Sprint Triathlon –

#### Registration Now Open

Saturday, April 21

Register at [www.Dahlgren-](http://www.Dahlgren-)

[SprintTri.eventbrite.com](http://SprintTri.eventbrite.com). Must have at least 25 registered participants by March 23 to compete. Check in at 7 a.m.; start time is 8 a.m. and awards will be at 10:30 a.m. Awards will be given to male and female first place winners in each age division: 17 and under, 18-24, 25-39, and 40 plus. Cost: 17 & under, \$20. Active duty, \$20. All others, \$30

### -RACE SERIES-

#### Heart & Sole 1.5 Mile Challenge

Feb. 14, at 11 a.m.

Get your heart pumping with this run challenge and complete obstacles along the 1.5 miles road race course. Cost: Active duty military, Free. All others, \$5.00

### -SPORTS-

#### Women's Basketball League

Begins February — Must have four teams to compete. Cost: Active duty military and contractors with fitness memberships, Free. Dependents and retired military, \$15. DoD civilians, \$30. Contractors without fitness memberships and off-base civilians, \$40

#### Lunchtime Pickle Ball

Mondays in February from 11 a.m. – 1 p.m.

Relieve workday stress and

join us for a friendly game of pickleball! Free

### -INCENTIVE-

#### Walk Across America

Feb. 1 – Sept. 30 Open registration at the Fitness Center.

Count your steps to collect trips and earn points! Choose a trip from our list of cities and earn points and a stamp in your passport when you reach your destination. All participants who complete at least 3 trips and earn at least 7 points will receive a Walk Across America t-shirt. Steps must be recorded on your passport at your convenience during any of the Fitness Center's staffed hours. For more information on rules and regulations, call the Fitness Center at 540-653-8580. Cost: Active duty \$5, All others, \$10

## AQUATICS

540-653-8088

### Dive-In Movie Date Night

Feb. 9, 8 p.m.

Float with your sweetie for a dive-in movie night at the Aquatics Center featuring My Big Fat Greek Wedding. Cost: Active duty/retired military, Free. DoD civilians, \$5.00. Contractors/guests, \$6.00. Children 5 years old and under, Free.

### Winter Swim Lessons

Feb. 12 – March 18

Parent and Child, Level I, II, III and IV age groups are available for swim lessons Tuesdays and Thursdays. Minimum enrollment of 3 participants per class. Cost: Military, \$45.00. All others, \$50.00

### Movie & Family Float Night

Feb. 16, 5 p.m.

Bring your inflatable and float your way into the weekend! Featured movie will be Beauty and the Beast. Cost: Active duty/retired military, Free. DoD civilians, \$5.00. Contractors/guests, \$6.00. Children 5 years old and under, Free.

## GENERAL LIBRARY

540-653-7474

### Game of Thrones Party

Jan. 26 at 5 p.m.

Winter is coming! Join us for an adult Game of Thrones party at the General Library with activities, dinner and trivia. Must be 21 years old and show valid ID to purchase alcohol. Please drink responsibly.

### STEM CLUB:

#### Tech Programming

Jan. 29, at 5 p.m.

Learn how to program a robot! Cost: Free

### Princess & The Frog Party

Feb. 10, at 1 p.m.

Join us for a special Mardi Gras party with crafts, games and more! Stop by the Theater afterward for a free showing of the Princess & the Frog at 4 p.m. Concessions will be available for purchase.

### - LIBRARY SPECIALS- Learn Japanese

Active duty only – Mondays at 2:30 p.m. All others Monday at 4:30 p.m. and Wednesday at 5:15 p.m.

Learning a new language boosts brain power, improves memory, and expands career potential. Join us at the Library as we learn Japanese! Cost: Free

### Paws for Reading

Every second Tuesday at 3:45-5 p.m.

Curl up with a furry friend and read them a story! The General Library will hold Paws for Reading the second Tuesday of every month and give young readers the opportunity to read to their four-legged companion. Reading to a pet can help build confidence in young readers. Register online at <http://engagedpatrons.org/Events.cfm?SiteID=6188> and click

on a selected time or call the General Library. Cost: Free

### S.T.E.A.M. Pre-School Literacy Classes

Wednesdays, 5 p.m.

Our S.T.E.A.M. classes are geared toward pre-school and kindergarten-aged children. They will develop their literacy skills as well as engage in the arts and learning experiments. Siblings are always welcome! Cost: Free

### One-on-One Computer Help

Every first Tuesday by appointment

Need help and don't know where to start? Sign up for a one on one session to work on whatever you'd like! Cost: Free

### Early Literacy at your Library

Fridays, 10 a.m.

The Dahlgren General Library offers early literacy sessions for your baby and child, with songs, books, and activities that encourage early literacy development. Storytime and crafts will be geared toward babies and children under age 5. Siblings are always welcome to attend. Our Friday

See **MWR**, Page 7

# NOW LIVE!

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# MWR

Continued from page 6

storytimes are a great way to meet other caregivers in the area. Cost: Free

## Sensory Sensitive Saturdays

Saturdays, 1 – 3 p.m.  
Be sure to join our caring staff for Sensory Sensitive Saturdays! Cost: Free

Note: Military families with infants and toddlers looking for assistance and evaluations can call 703-784-1741 to speak with the Educational and Developmental Intervention Services team at Quantico. EDIS is a program offered that provides support and assistance to children with developmental concerns and their families. Their goal is to support and assist families in providing their children opportunities for optimal development, wherever they may be assigned to serve.

## LIBERTY CENTER

540-653-7277

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

### Football Tailgating

Every Sunday begins at 1 p.m. Watch your favorite teams compete!

### Wing Wednesday & Trivia

Every third Wednesday at 3:30 p.m. enjoy wings and a game or two of trivia.

### Free Movie Friday

Second Friday of the month at 10 p.m. watch a movie on us at the Theater.

### Midnight Bowling

Fourth Friday of the month at midnight enjoy a game of bowling!

### Midnight Bowling

Jan. 26

### Medieval Times Trip

Jan. 27, Van departs at 1:30 p.m. Cost: \$19

### Domino's Pizza Night

Jan. 30

### Root Beer Pong

Jan. 31



## Indian Head Child & Youth

CDC 301-743 – 4458

CYP 301-743- 5456

Teen Open Recreation for ages 13 –18

Every first, third, and fifth Friday

6:30-10:00 p.m.

Youth Open Recreation for ages 5 –12

Every second and forth Friday

6:30 –10:00 p.m.

## Indian Head Community Recreation

301-744-4850

### Mardi Gras Masks

February 1

5:30 p.m.

Location: Community Recreation Annex (old USO house)

Create a mask for Mardi Gras using our plain masks,

feathers, sequins and other decorations. FREE. Open to everyone with base access.

## Indian Head Library

301-744-4850

### Yoga for Kids

Thursdays in February

2 p.m.

Stretch, bend, and pose with us through stories and music. Open to all homeschool and preschool children with base access. FREE

### Market Fresh Bistro

Hours: Monday-Friday: 6:00 a.m. –2:30 p.m.

Soup is served daily from 10:30 a.m. –1:30 p.m.

The soup special for the week of Jan 29 is Tomato Florentine. \$3.50 a cup.

## Indian Head Weight House Fitness Center

301-744-4661

### 10-Pound Challenge

January 2 – March 6

Do you need direction or motivation to lose weight you've always said you wanted to lose or the weight that slowly appeared over the holidays? Register for the 10 Pound

Challenge! Participants will receive weekly e-blasts on health, fitness and nutrition. Prizes awarded to the biggest loser(s). The cost is \$10 per person. Please register by Feb. 6 at the Weight House Fitness Center.

## Indian Head Stars & Strikes Bowling Center

301-744-4761

### Military Bowling League

Jan. 30 – April 24

5 – 9 p.m.

This is a 12 week military only bowling league. Games are Tuesday nights and the cost is \$10/night.

### Super Bowl Special

February 3

5 –10 p.m.

Wear your favorite NFL or college football team jersey and get your third game for free! Open to everyone with base access.

## 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.

## Washington Auto Show

January 27

11 a.m.

Check out all of the new 2018 cars at the Washington Auto Show with Liberty! This trip will be \$6 per person. Please register by Jan. 24 at the Liberty Center.

## Halo Wars Tournament

January 29

6 p.m.

Sign up in the Liberty Free Event Binder. Free

## Liberty Pow Wow

January 31

6 p.m.

Share your ideas for future trips and events. Snacks provided! Free

## Darts Tournament

February 1

6 p.m.

Winner leaves with a prize. Sign up in the Liberty Free Event Binder. Free

## Capital Clubhouse Ice Skating

February 3

2:30 p.m.

Enjoy a few hours of ice skating with Liberty at the Capital Clubhouse in Waldorf, MD. The cost is \$5 per person. Please sign up by Feb. 2.



# Classifieds

Call 301-645-0900

## Sales & Marketing Account Executive

Adams Publishing Group of Chesapeake is in search of a full time Account Executive to join our team! This position will sell and service local and regional accounts as assigned and/or located within a geographical territory. The primary sales effort will be to solicit current and new business prospects to use one or more of the publications and website in our product portfolio. Generally, the Account Executive will be focusing on several publications at any given time that are published monthly, quarterly or annually. The ideal candidate will be self-motivated, have effective presentation skills, creativity, strategic thinker, idea generator, good oral and written comprehension, deductive reasoning, strong work ethic, high computer aptitude, effective public speaking and ability to present to senior marketing executives and business owners. Preferred primary location will be in the nearby communities of publication. The Enterprise is part of a larger family of media holdings APG Media of Chesapeake, LLC. APG's Maryland, Delaware, Virginia, and DC properties include thirty-two publications, nine websites, and five mobile apps. These products cover nineteen counties in the three states and the District of Columbia and each week nearly 1.5 million people read the content they produce.

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### Houses for Sale

King George, VA: House for sale by owner. 301-752-1189

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# 2017 'YIP' Grant Winners Announced! DisAbility Resource Center and King George Education Foundation

By **TERI MCNALLY, EXECUTIVE DIRECTOR**  
The Community Foundation

Forty local high school students gave \$10,000 to two local nonprofits.

The students – members of The Community Foundation's Youth in Philanthropy program – spent 20 weeks reading applications, conducting site visits, interviewing nonprofit leaders and deliberating decisions. They presented their findings to an audience of foundation board members, parents and community leaders on December 14th. The grant money is provided by area donors who give through The Community Foundation.

At the recommendation of Youth in Philanthropy members, the foundation awarded \$7,500 to disAbility Resource Center of the Rappahannock Area, Inc. for their youth program SAIL, Self-Advocacy Independent Living.

The SAIL program is a weekly support, leadership and advocacy group for youth/young adults with disabilities. Through this program, disAbility Resource Center helps members learn how to advocate for themselves and others. There is a strong emphasis on transition planning to increase independent living – SAIL members learn about personal goal setting and budgeting, healthful living, public transportation and ways to pursue further education and career opportunities. In addition, each SAIL member identifies a community issue and contacts at least

three legislators (local, state or federal) in support of a cause that means the most to them.

Youth in Philanthropy students recognized that this grant directly affects a relatively small group of people, but the depth of impact creates large ripples in our community.

The foundation awarded \$2,500 King George Education Foundation for their FoxSmart Center

With this grant, King George Education Foundation will convert the King George Middle School Vocational Technology building to create a FoxSmart Center – available as a resource to all King George County schools.

A significant percentage of King George families do not have the means to provide their children all they need to be healthy and successful at school. According to a King George Education Foundation survey, the average county teacher spends \$380 each year out of her or his own pocket for items students need food, hygiene items, clothes, school supplies, etc.

The new FoxSmart Center will utilize grant funding and volunteer effort to create a convenient location for students and families to seek assistance and find resources in a safe and confidential manner. Teachers can also access classroom resources at the FoxSmart Center. In the future, King George Education Foundation would like to expand the FoxSmart Center to include a community garden, teacher development center, and parent/family education center.

Youth in Philanthropy student grant reviewers appreciated this resourceful model for meeting student needs and are interested to see if other localities will replicate it.

Now is the ideal time for rising 10th graders to apply to become a "YIP" member of Youth in Philanthropy for Fall 2018! Visit the foundation's website at [www.cfrrr.org](http://www.cfrrr.org).

Youth in Philanthropy, established by The Community Foundation of the Rappahannock River Region in 2003, empowers local students to make changes in their community and respond to the issues they feel most passionately about. The program consists of 40 area high school students who tackle issues like homelessness, domestic violence and sexual assault. Each grant cycle, students are challenged to practice leadership, study proposals, manage budgets, work together and present their views to an audience of peers and adults. YIP has awarded 96 grants to more than 50 organizations, disbursing nearly \$165,000 to youth projects throughout the region.

### **About The Community Foundation**

*The Community Foundation, founded in 1997, is a devoted advocate for the vitality and well-being of the Rappahannock River region. Our mission is to build a flourishing philanthropic community. We manage and distribute charitable giving throughout the Rappahannock River region by offering a spectrum of services for individuals, organizations and businesses that are eager to achieve great results with their charitable actions.*

## NSWCDD Diversity Profile — 2018 Black History Month

By **NSWCDD Public Affairs Office**

Dr. Valerie Stewart, a senior electrical engineer for the NSWC Dahlgren Division Flight Test and Mission Assurance Team, verifies and demonstrates electromagnetic compatibility during pre-mission activities, ensuring survivability and operability of all participants in the electromagnetic environment of each event. Dr. Stewart has an associate's de-

gree in computer science from Northwest Junior College (she left to play professional basketball overseas and work for the Australian government), a bachelor's degree in electrical engineering from The University of Alabama in Huntsville, a master's in biblical studies from Heritage Bible College and a doctorate in theology from Andersonville Theological Seminary.

In addition to playing professional basket-

ball in Peru, Australia and Italy, she worked for the Australian government as a computer scientist. Dr. Stewart has spent more than 25 years with U.S. Department of Defense, having worked for the Army, Air Force and Navy. She has served as the keynote speaker at the Library of Congress, Department of Treasury, U.S. Census Bureau Headquarters, Marine Corps Base Quantico, Blacks in Government National Training Conference, National Congress of

Black Women, Tennessee Valley Authority, and many other government and non-government activities. She is the author of five books, an ordained minister and founder of a non-profit organization.

"A failure is not the one who tries and doesn't succeed as long as she or he gets back up," she said. "The real failure is the one who never tries and goes to the grave with goals, passions and dreams locked inside."

## Notes

Continued from page 4

ents ChocolateFest on Feb. 9, at the Waldorf Jaycees building, 3090 Crain Highway. Doors open at 7 p.m. for an evening of live music by Groove Span, dancing, romance, a silent auction, cash casino and of course chocolate! Tickets are \$50 and can be purchased at [www.portTobaccoRiver.org](http://www.portTobaccoRiver.org).

### **Charles County Government Citizen Notification System (CNS)**

Sign up for the Charles County Government

Citizen Notification System for notification of important information. All citizens are urged to register for the new system online. Register today at [www.CharlesCountyMD.gov/CNS](http://www.CharlesCountyMD.gov/CNS).

### **Tri-County Animal Shelter Announces January Promotions**

New Year, New Homes (Tuesday, Jan. 2 to Wednesday, Jan. 31) In celebration of the New Year, the shelter is reducing the adoption fee for dogs to \$100 and for cats to \$20.18 during January. Start the year off right with a furry friend by your side!

Walk Your Dog Month (Tuesday, Jan. 2 to Wednesday, Jan. 31) In honor of the special month, the shelter will give a leash and collar

with every dog adoption during January. There are many benefits for you and your pet when you walk together. Our shelter pups love to get out of their cages for a walk. Volunteers are always welcome to stop by, fill out our volunteer paperwork, and walk the dogs. The shelter is open for volunteers Monday through Friday from noon to 5 p.m. and Saturdays from 10 a.m. to 3 p.m.

### **Tags and Licenses**

Remember to keep identification tags on your dogs and cats. It could be your pet's ticket to getting back home. Be sure your pets wear a collar with an identification tag, a county license, and a rabies tag. Microchipping your pet with up-to-date information is a great practice as well. To

learn more about licensing your pet, visit [www.CharlesCountyMD.gov/ES/AnimalControl/Animal-Control](http://www.CharlesCountyMD.gov/ES/AnimalControl/Animal-Control).

### **Free Spay/Neuter Clinics**

You may qualify for the free altering of pets. Call Paw Prints Animal Hospital at 301-885-0263 or Humane Society of Charles County at 301-645-8181 for more details.

### **Volunteers Needed at the Tri-County Animal Shelter**

The shelter is in need of volunteers, ages 14 and older, to assist with caring for the many animals at our facility. Call the shelter at 301-932-1713 for additional information and volunteer paperwork.

**Visit Us Online [www.dcmilitary.com](http://www.dcmilitary.com)**