



SOUTH POTOMAC PILOT

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



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UVA and NSWCCD Partnership Impacts 3D Printing Research

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Changes in Tricare Require Updates from Recipients — Check Status to Prevent Future Issues

By **BARBARA WAGNER**
South Potomac Pilot

If you are a Tricare user, you should have by now received notification about changes enacted as of Jan. 1. More than 9.4 million beneficiaries worldwide were affected by the changes, including active duty, reserve and retirees. The Military Health System rolled out TRICARE benefit reforms in January to improve health care delivery and enhance medical readiness. In addition to consolidating Tricare North and South into Tricare East, one of the changes is a change in service contract providers for our region.

Two new contractors, Humana Military and Health Net Federal Services, will administer in the newly-formed region, allowing for better coordination between military clinics and civilian health care providers. It is important for you to ensure that your status transferred into the new system as soon as possible to provide a seamless transition.

To check your Tricare status, Kelly Minor at the Naval Branch Health Clinic Dahlgren advises recipients to phone 1-800-444-5445, press option 1, and then option 5 for enrollment to ensure your coverage. Be sure to update your contact information and payment information – including auto payments – to prevent possible lapses in coverage.

While Tricare automatically enrolled current beneficiaries in their appropriate plans throughout December of last year, individuals in the regions where the regional contractor was changed — which include Naval Support Activity South Potomac — are advised to update payment method, especially if the payment



U.S. NAVY PHOTO BY PETTY OFFICER 1ST CLASS JACOB SIPPEL

method was a debit or credit card, or e-check. Online enrollment through the Beneficiary Web Enrollment (BWE) website is available as well, according to the Tricare website. There will be a one-year grace period for 2018, during which changes to enrollment can be made when needed.

After the 2018 grace period, Tricare will hold its open enrollment for coverage in 2019 later this year – from Nov. 12 through Dec. 10 – to more closely align

with the open enrollment season for federal employees. Starting in 2019, you will only be able to enroll in or change your Tricare plan during the open enrollment season or within 90 days of a qualifying life event, such as a marriage, birth or relocation.

Improvements to the program include easier ac-

See **Tricare**, Page 2

Base Community Adds Flavor and Flair to Dahlgren School Diversity Day



U.S. NAVY PHOTO BY BARBARA WAGNER

Dahlgren School parent Kimberly Zook shared the sights, sounds and smells of Costa Rica at the school's Diversity Day, held on March 9. Students were introduced to numerous cultures from the base community.

By **BARBARA WAGNER**
South Potomac Pilot

The rhythmic strains of Bomba — traditional hand-drumming music from Puerto Rico — filled the gymnasium at the Dahlgren School along with the toe-tapping Polka — believe it or not, representing Australia — along with a number of other nations represented at their annual Diversity Day event. This year, the school reached out to the Naval Support Facility (NSF) Dahlgren community and a number of volunteers stepped up to share their culture with the students.

According to the United Nations website, cultural diversity “is a driving force of development, not only with respect to economic growth, but also as a means of leading a more fulfilling intel-

lectual, emotional, moral and spiritual life,” so while the students at Dahlgren School were enjoying an afternoon of songs, dance, stories, and artifacts, the overarching theme was bridging the gap between various cultures.

Beth Hankins, the fourth and fifth-grade teacher at the school, coordinated the event and was pleased with the new perspective this year's guests brought.

“We have had ‘Read Around the World’ events before, but they were always internal affairs...students would research countries and classes would try to put together artifacts to explain the culture and background of the country,” Hankins said. “While these events were nice, they never really captured the true essence of the culture.

See **Diversity Day**, Page 3

Sly Fox Mission 22 Scientists and Engineers Recognized at NSWC Dahlgren Division Leadership Meeting

Five members of the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Sly Fox Mission 22 team — Michael Parkison, Jamshaid Chaudhry, Michelle Craft, Joseph Gills, and Allen Woods — hold the Sly Fox Awards they received from NSWCDD Commanding Officer Capt. Godfrey “Gus” Weekes and NSWCDD Technical Director John Fiore at the command’s leadership meeting. They were among seven Sly Fox Mission 22 members honored for developing a rapid prototyping technology called the Collaborative Aerial Network for the Autonomous Remote Engagement System (CANARES)

— fully integrated with an unmanned aerial vehicle (UAV), an unmanned ground vehicle, and a command and control station. The unmanned vehicle — dubbed the Weaponized Autonomous System Prototype — was integrated by the team with a UAV to provide an aerial perspective for increased situational awareness. Navy civilian and military personnel witnessed the Mission 22 demonstration of CANARES as it quickly and effectively detected, tracked, and engaged target after target on the Potomac River Test Range at a September demonstration.



U.S. NAVY PHOTO BY BILL TREMPER/RELEASED

Sly Fox Mission 22 Scientists and Engineers Recognized at NSWC Dahlgren Division Leadership Meeting

University of Virginia Naval Reserve Officers Training Corps (ROTC) Cadets Visit NSWC Dahlgren Division

BY JOHN J. JOYCE,
NSWC Dahlgren Division
Corporate Communications

University of Virginia Naval Reserve Officers Training Corps (ROTC) Midshipmen pause in front of a U.S. Navy 16-inch battleship gun on the parade field during their tour of Naval Surface Warfare Center Dahlgren Division (NSWCDD). Lt. Aaron Brotman, assistant professor of naval science for the university’s ROTC program, left, and Chris Hodge, NSWCDD director of technical development, are pictured with the 14 Midshipmen in front of a gun that served aboard USS New Jersey (BB-62) before it was retired to Naval Support Facility Dahlgren. Navy scientists and engineers briefed the future naval officers on technologies and facilities such as warfare analysis, laser weapon testing and development, and MOATS — the Maginot’ Open Air Test Site. MOATS has been specifically designed for testing the radio frequency susceptibility of electronic equipment to potential high power microwave weapon systems. The Midshipmen saw how NSWCDD engineers conduct lethality work impacting the evaluation of high energy laser technology in addition to the design and development process required to integrate future laser weapon systems in various platforms. NSWCDD scientists and engineers discussed various aspects of electrical and computer engineering, including systems the ROTC Midshipmen would be interacting with as Navy and Marine Corps officers.

The mission of the University of Virginia Naval ROTC program is to develop Midshipmen mentally, morally and physically, and imbue them with the highest ideals of duty and loyalty, and with



U.S. NAVY PHOTO BY BILL TREMPER/RELEASED

the core values of honor, courage and commitment, in order to commission college graduates as naval officers who possess a basic professional background, are motivated towards careers in

the naval service, and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship, and government.

Tricare

Continued from page 1

cess to urgent care. One improvement is no limit to the number of urgent care visits most Tricare Prime enrollees can make without a referral.

Some recipients had cost shares which were replaced with co-pays and for some; this will mean an increase in the portion of payment required. Enrollees may also be required to pay an enrollment fee for Tricare Select, depending on their plan and when they became eligible for Tricare.

Another important change is that active enrollment in a Tricare program is required going

forward. Enrollment in Tricare benefits used to be automatic, with no action required of the beneficiary. But as of Jan. 1, everyone will need to actively enroll in either Tricare Prime or Tricare Select, or else be ineligible for coverage outside of a military installation.

There are also changes in pharmacy co-payments that began on Feb. 1. All Tricare beneficiaries, except active-duty service members, will have a new pharmacy co-pay rate.

For more information about the changes that were enacted, as well as information on retiree changes that will be effective beginning in Dec. of this year, visit <https://tricare.mil/Changes>. For Humana specific issues or to handle enrollment online, visit <https://www.humanamilitary.com/>

Point of Service	Generic Copays	Brand Name Copays	Non-Formulary Copays
Retail Network (30-day supply)	\$11	\$28	\$53*
Home Delivery(90-day supply)	\$7	\$24	\$53
Military Pharmacy(90-day supply)	Still \$0 co-pay for all formulary drugs at military pharmacies		Generally not available without medical necessity

***NOTE: Non-formulary drugs (A drug in a therapeutic class that isn't as clinically or cost-effective as other drugs in the same class. You pay a higher cost share for these drugs) are generally only available through home delivery.**

U.S. Marine Corps Generals and Senior Officers Visit NSWC Dahlgren Division

BY JOHN J. JOYCE,
NSWC Dahlgren Division
Corporate Communications

U.S. Marine Corps officers led by Maj. Gen. David Coffman, center, and pictured to his left, Brig. Gen. Matt Trollinger, join Capt. Godfrey "Gus" Weekes, Naval Surface Warfare Center Dahlgren Division (NSWCDD) commanding officer, center next to Coffman, and NSWCDD leadership in front of the Navy's electromagnetic railgun prototype launcher. NSWCDD engineers briefed the Marine Corps leaders on electromagnetic launchers, hypervelocity projectiles, directed energy weapons, unmanned autonomous systems, and the 155mm moving target artillery round. The Marines saw NSWCDD facilities and the command's capability to develop and integrate complex warfare systems, including the ability to incorporate electric weapons technology into existing and future fighting forces and platforms. Coffman is the director of the U.S. Navy Expeditionary Warfare Division. Trollinger is the Operations Division director for Plans, Policies, and Operations at U.S. Marine Corps Headquarters. Dale Sisson, NSWCDD deputy technical director, is pictured to Weekes' right. Tom Boucher, Office of Naval Research Railgun Program manager, is pictured to the left of Trollinger. Chester Petry, NSWCDD electromagnetic railgun lead systems engineer, stands center back row.



U.S. NAVY PHOTO

Diversity Day

Continued from page 1

Our volunteers brought those cultures to life."

Shavanda Bostic and Jajuana Avery were on hand representing the many nations and cultures of the African continent, with traditional clothing, sculptures and artwork, and shared the African-American experience with each group of students that came through.

"We have pieces from Egypt, Nigeria and are sharing about the 56 nations that make up the continent of Africa," Bostic said.

Bostic shared that she had received many of the pieces on display from her aunt when she graduated from college, so the presentation was very special to her.

Parent Kimberly Zook shared aspects of South American culture including Costa Rica, where she spent three years as a grad student. Zook shared some of the foods from the region, including cacao and vanilla. Students were able to smell the different substances and share how South American culture has influenced what

the students are familiar with.

Students learned a little bit about several other nations including Germany and Japan.

"The kids were enthralled by the Spanish drums and dancers," Hankins said. "They loved learning Japanese and German phrases and were amazed by the sights, sounds and smells of Costa Rica. Our volunteers brought their countries to life more so than we ever could and in doing so, brought the world to our school."

For global perspective, sharing the cultures and traditions of other ethnicities and nations is important in today's learning environment. Three-quarters of the world's major conflicts have a cultural dimension, according to UNESCO, and teaching the next generation about shared differences and bridging the gap between cultures is necessary for future conflict resolution.

Hankins looks forward to hosting a diversity event next year that will again include members of the NSF Dahlgren community.

"We would love to hold this event again next year and encourage all volunteers to join in the fun."



U.S. NAVY PHOTO BY BARBARA WAGNER

NSWCDD employee Victoria Le entertained Dahlgren School children with stories, snacks and games from Japan.

Visit Us Online www.dcmilitary.com

BASE HAPPENINGS

Dahlgren Catholic Services at Dahlgren Chapel

Dahlgren Chapel will hold a Stations of the Cross service at 4:30 p.m. every Friday during Lent. This service is open to all with base access.

Monday — Thursday: Rosary at 1200 in Back Chapel

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

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

DMV2Go @ Dahlgren

DMV2Go will be at Dahlgren on March 28 at the Multi-Purpose Room inside Cannonball Lanes from 10 a.m. — 3 p.m. Bring necessary documents and save yourself time conducting Virginia DMV transactions

Shred Truck @ Dahlgren

The 7th Annual Shred Event at NSF Dahlgren will be held on April 25 from 1100 — 1300. The Shred Truck will be parked in the parking lot in front of the Parade Field. Now is the time to clean out those file cabinets and desk drawers and shred all those documents that are cluttering your home. This event is free and open to all with base access. For more info, contact Fleet and Family Support Center, 540-653-1839. Let FFSC help you prevent identity theft and clean up at the same time.

FFSC to close May 30

The Fleet and Family Support Center at NSF Dahlgren will be closed on May 30 for a staff training day. The center will open again for regular hours on May 31.

Child Development Center I Has Spaces Available!

The Dahlgren CDC I has space available for parents to enroll chil-

dren. 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? 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.

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 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 Soup of The Day

The Market Fresh Bistro at the Naval Support Facility (NSF) Indian Head Community Recreation (ITT) and General Library is offering Garden Vegetable Soup for the week of Mar. 2. 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.

Community Notes

Dahlgren Teen Enrichment Network — The Next Conversation

Come out and join the conversation on Saturday, March 17 at the Salem Fields Community Church for the Teen Enrichment Network Summit including the Teen Conversations and Parent Workshop. Doors open at 10:45. Conversations will include subjects such as Human Trafficking, Opioid Crisis and Resilience Screening. Contact the network at www.teenenrichment.org or email at teenenrichment@gmail.com

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 for a registration form. The event supports the King George High School DECA competitive trip to ICDC in Atlanta, Ga.

Dahlgren Museum Speaker Series Event

Dahlgren Museum welcomes Dr. Rob Gates to the museum on March 22 speaking on the History of the Norden Bombsight — The U.S. Naval Proving Ground in Dahlgren played an important role in the development, testing, and acceptance of the Norden bombsight. This talk will introduce the principles of horizontal bombing and bombsights and will examine the development of the Norden bombsight with an emphasis on the role of the navy in its development. It will also address the technology behind the bombsight, its performance in testing and in combat, and its use in the years after World War II. Event begins at 4:30 p.m. and is free and open to the

public. Donations to the museum are appreciated.

Dahlgren Officers Spouses Club Annual Scholarship and Non-Profit Submission Period Open

The Dahlgren Officers Spouses Club (DOSC) is accepting requests from non-profit organizations for funding, as well as applications for the Rosemarie Blades Honorary Scholarship from college-bound students. Non-profit organizations may apply by sending a description of how your organization serves the community and/or local military and how the organization(s) will benefit. Scholarship applications and more information about both programs can be accessed at <http://dahlgrenosc.webs.com/scholarshipsandcharities.htm>. Entries must be postmarked by March 26, 2018.

LOVEworks Design Contest

King George County Tourism Advisory Committee is sponsoring a contest for the creation of our County's LOVEworks display. Deadline is March 30, 4:30 pm. Submit your sketch and application form by mail or hand delivery to Tourism Advisory Committee King George County Administration 10459 Courthouse Drive, Suite 200 King George, VA 22485 or via email to annie@yesking-george.com.

King George Rabies Clinic

Be sure to get Fido or Fluffy their rabies shot! Saturday, May 12, 9 a.m. — 11 a.m. at the King George Animal Control Parking Lot. Rain or shine, \$10 cash per animal. Dogs and cats only, four months and older. Animals must be leashed or in a carrier. Written proof of prior rabies vaccination must be provided to receive a three-year vaccination.

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, or contact the shelter directly at 540-775-2120.

Indian Head Natural Resources Careers Camp Accepting Applicants

The Maryland Department of Natural Resources invites high school students in grades 9-12 with an interest in forestry, fisheries, wildlife or parks management to participate in Natural Resources Careers Camp, July 22-28 at Hickory Environmental Education Center in Garrett County. For more information, visit <http://news.maryland.gov/dnr/2018/03/12/natural-resources-careers-camp-accepting-applicants-for-july-2018/>.

Southern Maryland Broadband Survey

Southern Prince George's County and Calvert, Charles and St. Mary's County residents and businesses help bring affordable, high-speed broadband services to your neighborhood! Participate by taking a survey to help quantify and confirm the demand for affordable, high-speed broadband and identify underserved areas.

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SOUTH POTOMAC PILOT

www.dcmilitary.com/south_potomac_pilot

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Cosmic Bowling

Every Saturday from 7 p.m.-10 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.navymwrhdahlgren.com/child-youth

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

Become a Child Development Home Provider Today!

March 22, 11:30 a.m.
Location: Youth Activity Center, Bldg. 470
Attend an informational meeting to learn more about the process of becoming a Child Development Home provider. You must be 18 years and older, responsible, emotionally stable and capable of exercising good judgment in caring for children, have a high school diploma, GED or higher level degree, speak, read and write English fluently enough to communicate with parents. If interested, please register by March 16 by calling 540-653-4342.

COMMUNITY RECREATION

540-653-8785
www.navymwrhdahlgren.com/recreation

-TICKETS-

Washington Nationals Tickets

Order your tickets no later than 5 p.m. on Tuesdays for your order to be placed that week. All orders are special ordered. Food and beverage vouchers are included with most tickets.
Left/Right Baseline — \$56.25
Left/Right Field Corner — \$39.00
Left/Right Mezzanine — \$32.50
Upper Infield Gallery — \$16.25



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, March 16 7 p.m. **Black Panther PG-13**
- Saturday, March 17 4 p.m. **Early Man PG**
- Saturday, March 17 7 p.m. **Den of Thieves R**
- Sunday, March 18 2 p.m. **Black Panther PG-13**
- Sunday, March 18 4:30 p.m. **The Shape of Water R**
- Friday, March 23 7 p.m. **Annihilation R**
- Saturday, March 24 4 p.m. **Peter Rabbit PG**
- Saturday March 24 7 p.m. **Black Panther PG-13**
- Sunday, March 25 2 p.m. **Early Man PG**
- Sunday, March 25 4:30 p.m. **Game Night R**

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

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!

'50s Shamrock Bowl

March 17, 7 p.m.

Come dressed in your best '50s attire and enjoy bowling to the hits of the 50s! Cost: Military \$3.00/Civilian \$4.00

Bowl with the Bunny

March 31, 1-3 p.m.

Bring your camera for pictures with the Easter Bunny and cosmic bowling fun! Cost: \$8.50 per child, includes two games and shoes

-DAILY BOWLING SPECIALS- Sunday Special

11 a.m.-5 p.m.

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

Ten Dollar Tuesdays

2-9 p.m.

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

Buy a Game, Get a Game Wednesdays

2-9 p.m.

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

All-U-Can Bowl Fridays

7 p.m.-10 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.

-TRIPS-

5th USA Science & Engineering Festival, Washington, D.C.

April 7

Explore 3,000 hands-on exhibits from the world's leading scientific and engineering societies, universities, government agencies, high-tech corporations and STEM organizations. Register at Tickets & Travel by March 23. Transportation Cost: \$10.00

Cherry Blossom Festival, Washington, D.C.

April 14

Eliminate the headache of traffic and parking and let us provide the transportation to D.C.'s Cherry Blossom Festival! Register at Tickets & Travel by March 30. Transportation Cost: \$10.00

-CRAFTS & CLASSES- DIY Terrarium

March 27, 4:30 p.m.

Location: Multipurpose Room

Make a mini terrarium for the springtime to display in your home or office! Register at Tickets & Travel by March 20. Cost: \$15.00 per person

Kid's Canvas Painting with Becky

April 5, noon

Location: Dahlgren Pavilion
Bring your lunch and enjoy canvas painting with Becky, available for ages 8-13. Register with Tickets & Travel by March 26. Cost: \$10 per canvas

-PROGRAMS-

Egg Hunt on the Hill

March 24, 10 a.m.

Location: Movie Theater Grounds

The Easter Bunny dropped all his eggs hopping up the hill! Help him collect all the eggs and enjoy crafts, bounce houses and pictures with the Easter Bunny! The egg hunt will begin promptly at 10 a.m. Parking is available in the Movie Theater parking lot. Cost: E1-E6 Active-duty dependents, Free. All others, \$5.00 per child

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.

Easter Bunny Embroidery

Give a personalized embroidered Easter Bunny as a gift! Call Craftech for embroidery selection and pricing.

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.navymwrhdahlgren.com/fitness-sports

Sprint Triathlon - Registration Now Open

Saturday, April 21

Register at www.Dahlgren-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

-SPORTS-

Spring Intramural Sports

League play begins in April for Soccer League, Co-Ed and Men's Softball League and Flag Football. Cost: Active duty & contractors with fitness membership, Free. Retirees & dependents, \$15. DoD Civilians, \$30. Contractors without fitness membership & off-base civilians \$40

Dahlgren Madness

March 5-26, 11 a.m.-1 p.m.

Location: Basketball Court

Show off your mad skills every Monday! Participants with the most points will receive an award. Free and open to all with base access. March 5 - Skills Challenge; March 12 - Hot Shot; March 19 - 3-Point Shootout; March 26 - Free Throw Madness

Spring Fling Floor Hockey Matchup

March 21, 4:30 p.m.

Location: Hockey Rink

Spring is here and we're bringing back hockey! Players will face-off to show off their

skills. Teams will be determined day of the play. Registration will remain open until the start of the event. Cost: 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

Movie & Family Float Night

March 16, 5 p.m.

Bring your inflatable and float your way into the weekend! Featured movie will be Cars 3. Cost: Active duty/retired military, Free. DoD civilians, \$5.00. Contractors/guests, \$6.00. Children 5 years old and under, Free.

Spring Swim Lessons

March 20 - April 12

Parent and Child, Level I, II, III and IV age groups are available for swim lessons Tuesdays and Thursdays.

MWR

Continued from page 5

Minimum enrollment of 3 participants per class. Military, \$45.00. All others, \$50.00

Underwater Easter Egg Hunt

March 24, 1-3 p.m.
The Easter Bunny tripped and spilled a basket of eggs in the pool! How many eggs can you find? Eggs will be at different depths for different ages. Kids must be able to go in the water and retrieve their own eggs in order to participate. Children, ages 5-12, with base access are eligible. Cost: Regular admission

GENERAL LIBRARY

540-653-7474

STEM Club: Dental Knowledge

March 26, 5 p.m.
Explore science, technology, engineering and math with hands-on experiments. Learn the science behind a clean mouth. Cost: Free

National Library Week & Spring Celebration

March 29 - Spring Celebration from 4-6 p.m.

Join us at the library for a petting zoo, pony rides and pictures with the Easter Bunny. Cost: Free

April 2-6 - National Library Week

All week long check out transactions or new library card account will get you one entry per day to win a \$50 gift card.

- 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 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

LIBERTY CENTER

540-653-7277

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

NASCAR Sundays

Racers, start your engines! Join us to watch the NASCAR races.

Domino's Pizza & Movie Night

Every last Tuesday of the month at 3:30 p.m. enjoy pizza and a movie.

Wing Wednesday & Trivia

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

Board Game Night

Play one of our many board games or featured game every Thursday!

Free Movie Friday

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

Midnight Bowling

Every fourth Friday of the month at midnight enjoy a game of bowling!

Fredericksburg Area Shuttle

March 16, 6 p.m.

Need supplies or want a night out? We're heading to Fredericksburg.

St. Patrick's Day Bonfire

March 17, 5 p.m.

Celebrate St. Patrick's Day with a bonfire and food.

Austin Powers Movie Marathon

March 19

Beat the Monday blues with a groovy Austin Powers marathon.

Guy's Night In - Poker Night

March 20, 6 p.m.

Try your hand at a game of poker.

National Aquarium Trip to Baltimore, MD

March 24, Depart at 9 a.m.

We're taking a trip to the National Aquarium in Baltimore.

Tie Dye T-Shirts

March 26

Celebrate Spring by making a tie-dye t-shirt.

Corn Hole Tournament

March 28, 6 p.m.

Try your hand at a friendly game or two of corn hole at the Liberty Center.



Indian Head Child & Youth

CDC 301-744-4458

CYP 301-743-5456

Youth Open Rec

Every 2nd and 4th Friday, 7-10:30 p.m.

Open to children ages 5-12 and enrolled at the Youth Center. For more information, please call, 301-743-5456.

Teen Open Rec

Every 1st, 3rd, and 5th Friday, 7-10:30 p.m.

Open to all teens ages 13-18 and still in high school. Teens must be enrolled at the Youth Center. For more information, please call, 301-743-5456.

Self Portrait Collage

March 21, 4-7 p.m.

Location: Teen Center

Open to "Mid Kids" ages 10-12 and enrolled at the Youth Center. For more information, please call, 301-743-5456.

Mandala CD Art

March 22, 4-7 p.m.

Location: Teen Center

Open to all teens ages 13-18 and still in high school. Teens must be enrolled at the Youth Center. For more information, please call, 301-743-5456

Teen Employment Program Interviews

March 23, 4:30 p.m.

Location: MWR Conference Room

Indian Head Community Recreation

301-744-4850

Easter Eggstravaganza

March 24, 11 a.m. - 1 p.m.

Join us for some "eggs-tra-special" activities and crafts at the Community Recreation Center. The Easter Bunny will also be available for pictures during this event. The egg hunt will start promptly at 11:30 a.m. This is free and open to everyone with base access.

Kite Day

April 3, 11 a.m. - noon

Ben Ran Field

Let's have fun flying kites! Bring your own or borrow one of ours. This event is free and open to everyone with base access.

Month of the Military Child Maker Fair

April 14, 11 a.m.-2 p.m.

Mix House

Drop-in for exciting maker activities such as robotics, virtual reality, gaming stations and more! This event is free and open to everyone with base access.

Washington Nationals Tickets

All tickets must be ordered five business days in advance.

Left/Right Baseline- \$56.25

Left/Right Corner- \$39.00

Left/Right Mezzanine- \$32.50

Upper Infield- \$16.25

Indian Head Library

301-744-4850

Peeps Diorama Contest

April 2-11

It's National Library Week and we are celebrating by having a Peeps marshmallow diorama contest! Create a diorama of your favorite book using Peeps and a shoe box. Entries may be dropped off between April 2 -11. Winner announced on Monday, April 16. For official rules and information contact 301-744-4850 or visit www.NavyMWRIndianHead.com/events.

Virtual Author

April 12, 4:30 p.m.

It's National Library Week

and our library is inviting a special guest all the way from the U.K. Come and meet the children's author and illustrator, Julia Patton. Don't forget to check out her latest book, "The Very Very Very Long Dog." Open to everyone with base access.

Market Fresh Bistro

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

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

Week of March 26 is Cream of Potato w/Bacon for \$3.50 a cup.

Week of April 2 is Italian Wedding Soup for \$3.75 a cup.

New LTO is coming!

Indian Head Weight House Fitness Center

301-744-4661

Intramural Softball League

League starts May 1

Registration begins March 26, 2018 and ends April 23, 2018 at the Weight House Fitness Center.

Active-duty and contractors with gym membership- Free Military dependents, retirees, and reservists- \$15

DoD Civilians- \$30

Contractors, contractor dependents, and off-base civilians- \$40

Bike Safety Clinic and Ride

April 4, 11 a.m.

Learn about bike skills, safety, and basic maintenance tips, bike trails, clubs and events. Don't forget to bring your bike for a tire pressure check. Demonstration begins at 11 a.m. afterward put your new knowledge into action and take either a 45-minute or 90-minute guided bike ride down the Indian Head Trail. This event is free and open to everyone with base access.

Walk Across America

April 1-30

Open registration at the fitness center

You've been challenged to walk from Alcatraz to The White House. We will loan you a pedometer or use a downloaded app from your phone to track and log your steps. Also, you will receive passes and fun historical facts about attractions as you complete your journey across America. Open to everyone with base access.

Golf Clinic

April 12, 10 a.m.

If you're looking to improve your swing or learn the basics

of golf, this is the clinic for you! Cost \$25. Register at the Weight House Fitness Center by April 9.

SAPR 5K

April 17, 11 a.m.

Support the Sexual Assault Prevention and Response mission by participating in our 5K run/walk. This event is free and open to everyone with base access. Register at the Weight House Fitness Center by calling 301-744-4661.

Indian Head Stars & Strikes Bowling Center

301-744-4761

March Mayhem

March 31, 5-10 p.m.

Wear your favorite college basketball jersey and get your third game free! *Open bowling rates apply.

Month of the Military Child Bowling Special

Fridays in April

We're showing appreciation for military children! Kids ages 18 and under and still in high school will bowl for \$1 and shoe rentals are free!

Onesie Bowling

April 14, 5-10 p.m.

Come have funsie in your onesie! If you come to bowl wearing a onesie, your second game is free!

Open Bowling Rates:

All shoe rentals \$1

Military \$2/game

Civilian \$3/game

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 Capitals Game

March 28, 5:30 p.m.

Cost \$15 (includes transportation)

Rummy Card Tournament

March 29, 6 p.m.

Sign up in the free event binder.

Cornhole Tournament

April 4, 6 p.m.

Mix House

Sign up in the free event binder.

Putt Putt Golf

April 5, 6 p.m.

Join Liberty for their Barracks Putt Putt Golf challenge. Sign up in the free event binder.

MWR

Continued from page 6

Kayaking Trip

April 7, Departing at 9:30 a.m.

\$12 for 2 hours of kayaking at Mattawomen Creek.

Sign up at the Liberty Center.

MLB Video Game Tournament

April 9, 6p.m.

Gameplay at the Liberty

Center. Sign up in the free event binder.

No Bake Cookies

April 10, 6 p.m.

Learn how to make "No Bake Cookies" with Liberty.

Notes

Continued from page 4

BUSINESS SURVEY: www.surveymonkey.com/r/broadband_survey_business

RESIDENTIAL SURVEY: www.surveymonkey.com/r/broadband_survey_residential

Charles County Craft and Vendor Fair Scheduled for March 24

Vendor spaces are available Shop the day away at the Charles County Craft and Vendor Fair on Saturday, March 24 at the Wade Community Center (2300 Smallwood Drive, Waldorf) from 9 a.m. to 3 p.m. Admission is free. The vendor registration fee is \$35 for Charles County residents and \$40 for non-residents. Each vendor will receive one 8- by-8 space and one table. To provide a diverse selection of products, there will be a limit of three vendors per company (Lularoe, Pampered Chef, etc.). For questions about the Charles County Craft and Vendor Fair, call the Wade Community Center at 301-645-9291, Monday through Friday from 3 p.m. to 9 p.m. Vendors must register in person at the Wade Community Center during these times. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.

Walk-MS Charles County

Help end Multiple Sclerosis (MS) by joining with Walk MS on April 14, at the Indian Head Pavilion (Village Green) and walk to end MS forever. Register for Walk MS Indian Head at www.walkms.org or by calling 855-372-1331. On-site registra-

tion begins at 9 a.m. and the event will kick off at 10 a.m. Participants who raise \$100 or more will receive a commemorative 2018 Walk MS t-shirt.

Free Income Tax Preparation for Seniors and Low to Moderate- Income Adults

The Senior Information and Assistance staff is scheduling appointments for the Income Tax Preparation Program starting on Monday, Feb. 5, and continuing each Monday, Wednesday, and Friday through April 17. Services are free for seniors and low to moderate-income adults who meet the eligibility guidelines. All appointments will be held at the Richard R Clark Senior Center (1210 East Charles Street in La Plata). To schedule an appointment, persons Age 60 and over call 301-609-5712, and persons between the ages of 18-59 call 301-609-5704. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 866-269-9006. Services are provided by AARP Volunteer Tax Professionals.

Indian Head Gold Star/ Blue Star Mother's Luncheon

The American Legion Auxiliary Randolph Furey Unit 170 is coordinating a Gold Star/Blue Star Mother's Luncheon for Saturday, May 5, 11 a.m.-2 p.m.) in Indian Head, Md. The event will begin at 11 a.m. with an American Legion Legion Riders & community Memorial Ride through Southern Maryland followed by a program and luncheon. If you are a Gold Star/Blue Star mothers or wife, or know one in the Indian Head, Md. area contact Mayvee Smith at alauunit170md@gmail.com or call 703-929-2334.

Tri-County Animal Shelter Promotions and Reminders Paws to Read

Come give the shelter pups some extra love and enrichment by reading to them. Bring your favorite book or read one of ours. You can visit the animals Mondays through Fridays from noon to 5 p.m. and Saturdays 10 a.m. to 3 p.m.

St. Patrick's Day (Saturday, March 17)

On this special day, all cat adoption fees will be reduced to \$3 and all kitten fees to \$17. Come in and find your furry match. You and your new friend will both feel lucky!

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.

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.

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.



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University of Virginia and NSWC Dahlgren Partnership Impacts 3-D Printing Research

BY JOHN J. JOYCE,
NSWC Dahlgren Division
Corporate Communications

University of Virginia professors and students – teaming up with Naval Surface Warfare Center Dahlgren Division (NSWCDD) engineers and scientists through the Naval Engineering Education Consortium (NEEC) – are developing a better understanding of the capabilities and limitations of additive manufacturing (3-D printing) and their teamwork is positively impacting Navy programs.

“We have been very happy to play a small role in an important workforce development program for the defense community,” said University of Virginia professor Dr. Jim Fitz-Gerald. “This has enabled us to work with some outstanding students, and we hope to establish a long-term relationship with Dahlgren that enables us to continue attracting the best undergraduate and graduate students into our program. It is our sincere hope that some of these students will elect to pursue careers within the NSWC complex. It was particularly satisfying to see students outside our funded program get excited about opportunities within the NSWC complex.”

The collaboration, launched in 2016, resulted in an Educational Partnership Agreement, high quality materials research, and increased communication between hiring managers and students preparing for graduation and seeking employment.

“We look forward to continuing and expanding upon the benefits afforded to the Navy, university, faculty and students involved,” said Dr. Tabitha Apple Newman, an NSWCDD engineer who is mentoring the students. “Additive manufacturing research, in particular, reaches across technical fields and capabilities, and allows Dahlgren to immediately better evaluate



PHOTO COURTESY OF THE UNIVERSITY OF VIRGINIA

University of Virginia students investigate material properties with a microscope. The students and their professors teamed up with Naval Surface Warfare Center Dahlgren Division (NSWCDD) engineers and scientists through the Naval Engineering Education Consortium (NEEC) to develop a better understanding of the capabilities and limitations of additive manufacturing (3-D printing).

and design products for its customers — whether for gun prototypes, special-use technologies, CBR (chemical, biological and radiological) defense, or electric weapons.”

Additive manufacturing has been identified as an emergent need for the Navy. The technological capability is an alternative to existing manufacturing technologies based on casting, forging, and machining. Many view it as a critical means of providing rapid prototyping, dimensional restoration, and in-service replacement of legacy components (some of which have no remaining manufacturer).

“The research that the University of Virginia is conducting is an important examination of

the microstructure and mechanical properties of alloys relevant to the Navy produced by state of the art additive manufacturing techniques,” said Ricky Moore, an NSWCDD engineer and mentor to the students. “Understanding these properties is paramount as the Navy begins to design, develop, produce, and field components and systems produced with additive manufacturing to improve performance and availability of systems in the Fleet. Without it, much of the promise of additive manufacturing will be out of reach.”

The objective of the NSWCDD-University of Virginia project is to develop quantitative connections among materials process param-

eters, microstructure, and properties. This is a necessary step toward qualification of additively manufactured parts for use in critical load-bearing components.

“The Navy provides guidance to academia, and is, in turn, the recipient of focused, relevant technical contributions to the work we accomplish in support of our warfighters,” said Newman. “The students gain perspective about the context of the research they conduct, and obtain insight into Warfare Center science and technology activities and employment opportunities. Overall, NEEC is an invaluable program and has resulted in an overwhelmingly positive experience for NSWCDD and University of Virginia participants.”

The proposed effort will utilize the extensive and state-of-the-art materials heat treatment, characterization, testing, and analysis capabilities at the University of Virginia and leverage the additive manufacturing capabilities at NSWCDD.

“Our collaboration has opened the door to the fascinating world of additive manufacturing of metals,” said University of Virginia professor Dr. Sean Agnew. “The results we have been able to collect in this study have confirmed that the combined mechanical properties – the strength and ductility of 3D printed 316L stainless steel – can be far superior to incumbent wrought processed material. Not only did we confirm these properties, we also were able to develop structure-property relationships to establish the origin of the enhanced strength. Surprisingly, a higher number of defects in the microstructure actually impart improved properties. The fact that the ductility remains high is still surprising and will serve as the basis for future research. We have been able to parlay this initial experience to build a broader network of collaborators that spans research institutes across the United States and Australia.”

Local Students and NSWC Dahlgren Mentor Make STEM Connection, Demonstrate Effects of Liquid Nitrogen

By JOHN J. JOYCE,
NSWC Dahlgren Division
Corporate Communications

Navy engineer Josh Taylor conducted a liquid nitrogen demonstration with students at the science, technology, engineering and mathematics (STEM) Summit hosted by the Fredericksburg Academy, Feb. 24. Taylor — a Naval Surface Warfare Center Dahlgren Division (NSWCDD) STEM mentor — and the students discussed the Ideal Gas Law, and how it relates different attributes of a fluid. In the picture, they are exposing the inflated balloons to liquid nitrogen and observing that the volume of air inside the balloons decreased as the temperature decreased. Taylor and the students then discussed and demonstrated how changes in temperature could be used to produce kinetic en-

ergy, and how temperature changes could affect the behavior of materials. For example, they made flowers shatter like glass, tennis balls that would not bounce, and rubber bands that cracked.

“I really enjoyed talking to students and answering their questions, not just about basic principles, but introducing concepts that one doesn’t normally explore until college,” said Taylor. “I think Dahlgren mentors play a crucial part at venues like this because we help students make a connection between ideas they learn in school and real work they could do one day. Personally, I’ve met many students who were inspired by events like this to engage the sciences and applied sciences not just as homework — but as a vocation.”



U.S. NAVY PHOTO

La Plata Police Department Offers Safe Transactions at Station

A Better, Safer Way to Conduct Your Online, In-Person Transactions



SAFE TRANSACTIONS

In a proactive effort to safeguard our citizens, the La Plata Police Department is welcoming the public to the police department to close their online transactions in a safer way. The public can take advantage of the department's lobby or parking lot to meet and handle their online transactions. In addition, La Plata Police officers will be available to stand by to increase both a buyer's and seller's sense of security. Along with our commitment to the personal safety of both the buyer and seller, the La Plata Police Department is also committed to ensuring the transactions are free of stolen merchandise. With this La Plata police officers will be available to check serial numbers against the State of Maryland and the National Crime Information Center (NCIC) computer database to ensure every item is clear and not wanted or stolen.

1500, between 8:30 a.m. and 4:30 p.m., Monday through Friday to schedule your transaction. La Plata officers are also available after hours, please contact the Charles County Communication Center at 301-932-2222. An officer will be dispatched to the station.

Contact the La Plata Police Department and Set Up Your Meeting
Please contact our front office, 301-934-

Brain Injury: Know the Signs

By **YAN KENNON**,
Public Affairs Senior Writer,
Naval Hospital Jacksonville

National Brain Injury Awareness Month is a time to recognize the millions of Americans living with traumatic brain injury (TBI)-related disabilities.

TBI is caused by a bump, blow or jolt to the head, or penetrating head injury that disrupts the normal function of the brain. However not all blows or jolts to the head result in a TBI. It's a major cause of death and disability in the U.S., contributing to about 30 percent of all injury deaths each year, according to the Centers for Disease Control and Prevention.

"Everyone is at risk for a TBI, especially children and older adults," said Kirsten Pollick, Ph.D., Naval Hospital Jacksonville's neuropsychologist and TBI program director. "Know the signs and symptoms of TBI and seek proper care."

Physical signs and symptoms of TBI include headache, fuzzy or blurry vision, nausea or vomiting (early on), dizziness, sensitivity to noise or light, balance problems, or feeling tired or having no energy.

Some symptoms might appear right away, while others might not be noticed for days or months after injury. Children with a brain injury can have the same symptoms as adults, but it's often harder for them to let others know.

According to the CDC, about 75 percent of TBIs that occur each year are concussions or other forms of mild TBI. Repeated mild TBIs occurring over an extended period of time can result in cumulative neurological and cognitive deficits. Repeated mild TBIs occurring within short periods of time (hours, days, or weeks) can be catastrophic or fatal.

Leading causes of TBI include falls, being hit by an object, and motor vehicle crashes. According to the Defense and Veterans Brain Injury Center, active duty and reservists are at increased risk of sustaining a TBI compared to their civilian peers, as a result of several factors: demographics (age), operational and training activities, and deployment to areas that put service members at risk for experiencing blast exposures (such as improvised explosive devices, suicide bombers, and grenades).

TBI is a serious condition. Individuals with suspected brain injuries should seek medical care immediately by contacting their Medical Home Port team to schedule an urgent care appointment, or for emergencies going to the emergency room or calling 911.

[Editor's Note: Service Members in the Naval District Washington Region who wish to be screened for non-emergency TBI should first check with their primary care provider for a referral]

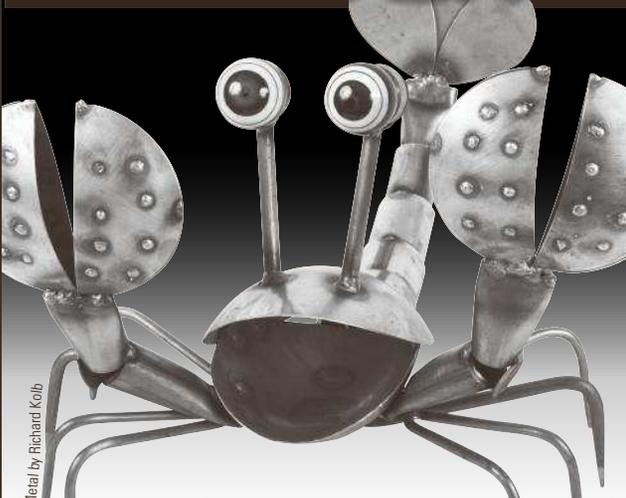
To learn more about brain injury awareness visit the CDC website at <https://www.cdc.gov>.

Connect with the Military Community in Your Local Area

Go to www.DCMilitary.com

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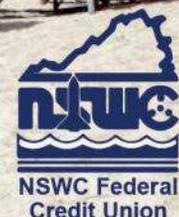
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STEM in Action with NSWC Dahlgren Mentors, Sponsors, and Students

BY JOHN J. JOYCE,
NSWC Dahlgren Division
Corporate Communications

The STEM Summit at Fredericksburg Academy brought together NSWCDD scientist and engineer mentors with students, teachers, public officials and businesses from the Fredericksburg region to see science, technology, engineering and mathematics (STEM) in action, Saturday Feb. 24.

Congressman Rob Wittman announced the first grand prize, a drone donated by the International Council on Systems Engineering. He spoke about the importance of STEM and how businesses can partner with our area schools to promote STEM in the community. NSWCDD along with SimVentions, HDT Global, Central Rappahannock Regional Library, Davis Defense Group, and Thunder 104.5/95.9 sponsored this Fredericksburg Chamber of Commerce STEM event.

Six NSWCDD scientists and engineers have been mentoring two local area teams through this season — Team 339 Kilroy Robotics (competing in their 19th season) and Team 6882 Fahrenheit Robotics (competing in their 1st season). These teams have each logged over 200 hours of meeting time during the 2018 build season alone.

Team 339 Kilroy Robotics and Team 6882 Fahrenheit Robotics completed robots capable of completing autonomous tasks, scoring power cubes on the switch and scale, delivering power cubes to the exchange, and climbing in end game. These teams will compete in March at two district qualifying competitions



U.S. NAVY PHOTO BY ROSE MCGREGOR/RELEASED

each, with the goal of earning enough district points to earn a spot at District Championships. Saturday and Sunday of each District Qualifying event is free and open to the public! You are cordially invited to visit the competition, meet the team(s), and experience the excitement of FIRST Robotics Competitions!

The dates and locations of these competitions:

* Kilroy and Fahrenheit will both compete at Central Virginia



PHOTO COURTESY NAVAL SURFACE WARFARE CENTER

U.S. Representative for Virginia's 1st congressional district Rob Wittman was on hand to announce the grand prize winners at the STEM Summit.

District Qualifying Tournament on 10-11 March 2018 @ Deep Run High School [4801 Twin Hickory Road, Glen Allen, VA 23059]

* Fahrenheit will compete at Hampton Roads District Qualifying Tournament on 17-18 March 2018 @ Churchland High School [4301 Cedar Lane, Portsmouth, VA 23703]

* Kilroy will compete at Central Maryland District Qualifying Tournament on 24-25 March 2018 @ South River High School [201 Central Avenue, Edgewater, MD 21037]

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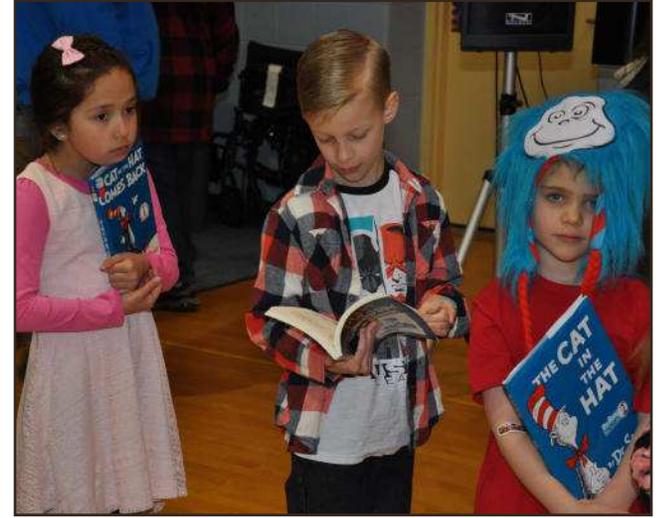
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The free app is updated from our full website, sombdnews.com, in real time, delivering you the latest headlines. Download the app at sombdnews.com/newsapp or Scan the QRC code.



Dahlgren School Kicks off Diversity Day Celebration With Parade



U.S. NAVY PHOTO BY BARBARA WAGNER

Dahlgren School students and faculty kicked off their Diversity Day celebration with a parade on March 9. Students, dressed as book characters carried their favorite books and were cheered by friends, family and staff as they marched around the building and into the gymnasium for the Diversity Day event.



Classifieds

Call 301-645-0900



DAHLGREN VA JOB FAIRS



Thursday, March 29

Thursday, September 27

3 pm – 7 pm

UNIVERSITY OF MARY WASHINGTON-DAHLGREN CAMPUS
providing educational leadership for the region
CENTER FOR EDUCATION AND RESEARCH
4224 University Drive, University Hall, King George, VA 22485

JOB FAIR EVENT IS FOCUSED ON RECRUITMENT NEEDS FOR NAVAL SUPPORT ACTIVITY SOUTH POTOMAC COMMANDS, DEFENSE CONTRACTORS, AND THE PROFESSIONAL COMMUNITY.

COMPANIES (EXHIBITORS):

Bechtel Parsons Blue Grass, BecTech, Command Post Technologies, ECS Federal, First Command Financial Services, GDIT, New Horizons CLC, SimVentions, Spalding Consulting, Strategic Professional Resources, Stratford University, Systems Engineering Group, Technology Service Corp.

JOB SEEKERS

- Visit www.JobZoneOnline.com to register and post/link resume to the Dahlgren event.
- ** Companies will have access to the resume database the next day; be sure to post and link resume to the Dahlgren event.**
- Professional dress is required.
- Bring plenty copies of your resume.
- Come prepared with your best impression.
- Continue to re-visit the website for updates on participating companies.

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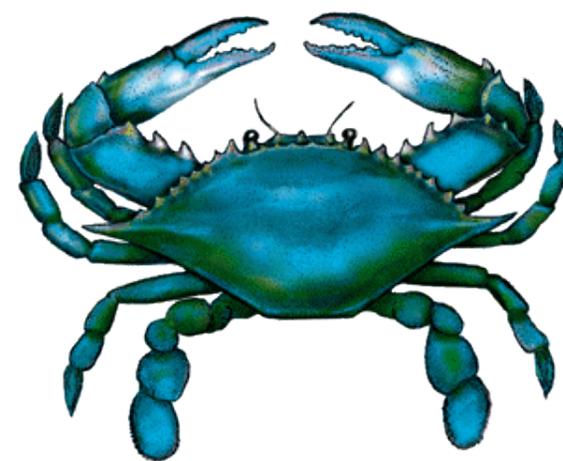


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Fertilize in the Fall, Save the Crabs, Then Eat Them!

By **WILLIAM FABEY**,
Naval Support Facility Indian Head
Environmental Office

While many of us think spring is the best time to start fertilizing our lawns, fall is actually the time of year when cool-season grasses benefit most from fertilization. Stormwater runoff from heavy spring rains wash fertilizers, pesticides and pet waste off our lawns and into local waterways and ultimately into the Chesapeake Bay.

Fertilizers contain high levels of algae-promoting nutrients that lead to a reduction in underwater grasses, the most critical habitat for blue crabs and other Bay creatures. Areas of the Bay covered in grasses are home to about 30 times more underwater life than barren areas. Without this habitat, there are fewer areas for juvenile sea creatures to live and grow. A healthy Bay begins in your backyard. Follow these tips to help clean the Bay, one yard at a time.

Waiting until fall to fertilize lawns has a triple benefit:

- 1) It keeps more fertilizer on the lawn where it could do its job, due to less rain.
- 2) It promotes grass root growth instead of blade growth, making the lawn stronger and healthier than with spring fertilization.
- 3) It's less harmful to the Bay, as less fertilizer is washed into it, and fertilizer that does reach the Bay does so outside of peak algae bloom season.

For more information, check out <https://www.epa.gov/water-sense/landscaping-tips> or contact William Fabey at Naval Support Facility Indian Head Environmental Office at 301-744-2275.



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