

Joint Base Journal

Vol. 2, No. 14

April 8, 2011

News and information for and about the premier
Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

www.cnic.navy.mil/jbab

Runners, walkers race to prevent sexual assault

(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN
STEELE C. G. BRITTON)

Col. Roy-Alan Agustin, Joint Base Anacostia-Bolling vice commander, signs the Sexual Assault Awareness Month (SAAM) proclamation at the Sexual Assault Prevention 5K Fun Run/Walk April 1 at the JBAB Aerobic Center. More than 30 runners were present to kick off SAAM events for the month of April to help raise awareness of sexual assault. For more information about SAAM events or to contact a local sexual assault response coordinator (SARC) representative on JBAB, call the Warfighter and Family Services Center at 202-433-6151.



Warning: Spice hazardous to health and career

SENIOR AIRMAN
SUSAN MORENO

JOINT BASE ANACOSTIA-BOLLING

Make no mistake—Spice, K2 and other marijuana-imitating substances are not only banned by the military, they are now banned by federal law.

As of March 1, the U.S. Drug

Enforcement Administration exercised its emergency scheduling authority to control five chemicals used to make the so-called 'fake pot,' making it illegal to use or possess these chemicals or products that contain them.

Spice is now categorized as a Schedule I controlled substance, meaning that it has high potential

for abuse, no accepted medical use for treatment in the U.S., and a lack of accepted safety for use of the drug under medical supervision.

With no quality-control standards on the drug, some samples have tested 100 times more potent than marijuana, and the worst side effects have been more severe—a number of hospitaliza-

tions linked to Spice have been reported across the country, with users reporting dangerously high heart rates, anxiety attacks, increased blood pressure, vomiting, disorientation and seizures in some instances.

"The scariest part about it is that you have no idea exactly what is in it or what it can do to

you," said Rebeka Kibby, JBAB Criminal Investigation Division chief. "The accessibility of it is also frightening—it was everywhere, in gas stations, head shops and mom-and-pop shops. It was in your face almost everywhere you went."

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99 Airmen learn valued lesson about tactical air operations

Lt. Col. Kjäll Gopaul
Director, LEMAY CENTER JOINT AND AIR
STAFF LIAISON OFFICE

On a crisp March 25 morning, 99 Airmen from Joint Base Anacostia-Bolling and the Air Force District of Washington participated in deployment readiness training with Soldiers from the 12th Aviation Battalion at Davison Army Airfield on Fort Belvoir. For the third time in as many months, Airmen from the National Capital Region trained with an Army aviation unit on live air operations to master the tasks of tactical troop movement by helicopter.

The class covered how to safely enter, egress, and fly aboard a UH-60 Black Hawk helicopter prior to their first exposure at a forward operating base in a deployed location. The training gives them the confidence to execute their core job and not be distracted by the noise, confusion and unfamiliarity of tactical joint air operations. Providing the instruction was an aircrew from C Company, 12th Aviation Battalion, consisting of Chief Warrant Officer 2 Matt Fountain, pilot-in-charge; Chief Warrant Officer 3 Jeremy Turner, co-pilot; Sergeant Ryan Vredenburg, crew chief; and Sgt. Michael Smith, standardization instructor.

One of the trainees, Staff Sgt. Olayinka O. Olatunji, Air Force Intelligence Analysis Agency, Joint Base Anacostia-Bolling, NCOIC of evaluations and promotions, described the sequence of events for the mission.

"The first thing we did was get organized by separating into chinks with 11 people. Then we received a detailed overview of why we were conducting the training, safe-

ty considerations of what to do and what not to do, consequences if we didn't follow instructions, and the importance of following directions."

"Afterward we went to the flightline to practice our tactical loading, we learned the importance of buckling up and practiced getting in and out of the helicopter," said Sergeant Olatunji. "It was a little overwhelming at first. I thought this would be a piece of cake—hop in, go for a tour, that's it. We had dummy M-16 rifles, which were heavy and made things harder. It's one thing to enter just by yourself, but we also had to know the procedures for carrying the weapons. That made it a little more stressful, since you don't want to threaten anyone else's life as well as your own with your weapon. You have to stay aware of how you're handling it, and it was better training because of the realism."

"After the dry-runs we moved over to landing zone, and that's where the intensity increased, and we put into play everything we had learned. It's one thing to be taught, it's another to actually practice it. My adrenaline started kicking in once I entered the aircraft. Once we got the cue to land and then touched down, I was ready. There was no more anxiety, I jumped out with my weapon and took my position! After my second flight, I was a pro. The training was beyond what I expected, and useful for other parts of my life. It gave me insight into the details of air planning with all of its precautions, and, most importantly, the mindset of tactical operations. I realize that you can't just walk into these missions; you have to learn it and then do it."

"I'd really like to commend the instruc-



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN PERRY ASTON)

11th Security Forces Group Airmen provide cover while a UH-60 Black Hawk takes off during helicopter deployment readiness training, Mar. 25, 2011, at Davison Army Airfield, VA.

tors; they made it so much easier for us. They were patient and did an outstanding job. That took a lot of stress off of us. When I made a mistake during the practice, I wasn't yelled at, but very professionally corrected with an explanation of the reason to do it correctly. It's easier to learn when you're not as stressed."

The ground-based training also covered the communications systems of the aircraft. Selected Airmen were taught how to operate the helicopter's intercom system to talk to the aircrew, or use the radios to talk with troops on the ground or in other aircraft. They also learned how to bring

their own radios aboard the aircraft and connect it to the troop commander's antenna to maintain communications with their units, if the situation required it.

Chief Warrant 2 Fountain explained his role and offered the aviator's perspective of the training.

"As the pilot-in-charge, I am ultimately responsible for the entire airborne portion of the operation—managing safety and accountability for all of the personnel, mission planning and execution. The group today was very well organized, and there was a lot of training value in learning the loading procedures and tactics, techniques, and procedures for a hot insertion. It's always nice to do joint forces training with other branches of service. Army aviation provides the vast majority of air transportation inside Iraq and Afghanistan, so their familiarity with our procedures will help them when they get downrange. It's a good experience for the aircrew members as well. Most of us will go back to places where we'll carry tactical troops, run ring routes, and conduct insertions. As you hone a task, repetitive training is good when there is a consistent critique of safety and technique to ensure improvement. Staying current on those skills has long-term benefits for us."

The training also incorporated a squad of security forces Airmen from JBAB Security Services Division. Forming a single chink in flak vests, the Airmen integrated the airborne operations with their small unit tactics to improve the team. Staff Sgt. Joshua J. Fehring, installation patrolman

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Sexual Assault Awareness Month encourages bystander intervention

BY TECH. SGT. JESS HARVEY

SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

4/1/2011 - WASHINGTON (AFNS) -- The Air Force is observing Sexual Assault Awareness Month, starting April 1.

The Defense Department theme for the month is "Hurts one. Affects all," which is designed to point out how sexual assault affects not only the victim, but the department as well. The Air Force's slogan supporting the DDD theme is "Real Wingmen Act!" emphasizing the duty of all Airmen to intervene whenever they see questionable behavior.

"If all wingmen intervene when someone is starting to cross the line with another wingman, they will play a vital role in creating an Air Force culture in which sexual assault is not tolerated," said Lt. Col. Craig McCuin, the deputy program manager for the Sexual Assault Prevention and Response Program. "Perpetrators of sexual assault rely on bystander inaction in the hopes they can commit this crime and not get caught."

The idea is one of bystander intervention, McCuin said. "Bystander intervention is an all-out effort to get its people to engage in preventing sexual assault," the colonel said. Not only will bystander intervention prevent the physical and psychological injuries that occur when an assault happens, but it will also prevent damage done to the unit as a whole.

That's where "Hurts one. Affects All." comes in. "Sexual assault happens directly to an individual, but can indirectly affect everyone in a unit, as well as the victim's family and friends," McCuin said. Sexual assaults diminish the Air Force's ability to function proficiently at all levels.

"The mention of mission readiness together with the toll sexual assault takes on the victim is not meant to be callous," the colonel said. "It's just that we all need to understand the far-reaching impact a sexual assault can have on the victim and everyone else around them."

Some of the mission-related damages sexual assault incurs can include a loss of trust in the unit members or leaders, McCuin said. There is also the possibility that the victim and subjects may be temporarily, or permanently, unable to fulfill their obligation to the military due to physical condition, mental state or incarceration.

Transportation Task Force to provide answers April 18

BY JOSEPH P. CIRONE
JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

A community Transportation Task Force will provide answers to the public's questions at a 6 p.m. meeting scheduled on April 18 at 2100 Martin Luther King, Jr., Avenue SE, Suite 307, Washington, DC.

The District of Columbia Department of Transportation (DDOT) and Ward 8 Councilmember Marion Barry are sponsoring the meeting.

The DDOT Street Car

project; 11th Street Bridge congestion; Bottleneck at Howard Road and Martin Luther King, Jr. Avenue; Traffic emerging from Suitland Parkway and other topics will be discussed.

"Input to help ensure there is a shared vision between the stakeholders and the local government is valuable to us," said Brenda Richardson, an aide to Councilmember Barry.

For more information, e-mail: brendarichardson7@yahoo.com



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON)

Sexual Assault Awareness Month 5K Fun Run/Walk participants hit the streets Apr. 1 on Joint Base Anacostia-Bolling. Prior to the 3.1-mile run, members of the JBAB community came together for the signing of the proclamation by the JBAB vice commander stating that 'Preventing Sexual Assault is Everyone's Duty'. For more information on SAAM events or to contact a local Sexual Assault Response Coordinator Representative on JBAB, call the Warfighter & Family Services Center at (202) 433-6151.

SPICE

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Spice typically comes in small silvery plastic bags, marketed as incense and with the clever disclaimer, 'not for human consumption.' It is a mixture of plant materials that are usually sprayed with a synthetic compound chemically similar to THC, the psychoactive ingredient in marijuana.

So-called designer drugs such as Spice are tough to track—on purpose. They are created in laboratories to produce effects similar to more traditional drugs but remain different enough on a molecular level to escape detection in urine tests, until just recently.

Master Sgt. Wendell Carson,

JBAB Security Division superintendent of physical security, recalled first hearing about the cannabinoid substance during his time in Germany in 2006. It gained popularity in Europe, made its way to the U.S., and became mainstream around 2008.

Law enforcement officials say that Spice's popularity is especially pervasive among young adults, who thought the drug was safe because it was legal at the time.

"They also probably thought they wouldn't get caught," said Kibby.

"Spice, just like marijuana, is a social drug," Sergeant Carson added. "Very rarely will you find someone who smokes alone. There will be signs that give them away; are they acting suspicious? Is there a crowd setting? Is there packaging laying

around? People who take this drug, especially on a somewhat regular basis, may act hyper, fidgety or paranoid. It takes whatever mood you're in and amplifies it."

The military has a zero tolerance policy on all controlled substances. Anyone caught in possession of Spice or with any traces of the drug in their system, like any other drug, can be certain that they will face an Article 15 and possible discharge.

Sergeant Carson admonished service members to save themselves the trouble and steer completely clear of the drug.

"Don't use it, don't sell it, don't introduce it to your friends or family—Treat it like any other drug and just stay away from it."

Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

WASHINGTON, D.C.

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The editorial content of Joint Base Journal is edited and approved by the Joint Base Anacostia-Bolling Public Affairs Office. Tenant commands and others are encouraged to submit news, high-quality photos and informational items for publication. All submitted content must be received by noon on the Friday prior to publication. E-mail submissions to susan.moreno@afncr.af.mil.

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Emergency management briefing



(U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO)

Robert Avery, Joint Base Anacostia-Bolling office of emergency management, speaks about some of the free educational materials given away at an emergency management briefing held April 1 in the Bellevue Military Housing Community Center. Future briefings at Bellevue and JBAB housing are set to occur monthly.



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AIRMEN

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and military working dog handler, spoke about the need for this training because of expectations in a deployed location.

"The initial safety briefing was very informative," he said. "It covered all the stuff I didn't know the first time I flew on helicopter – the angles and positions for loading the helo, avoiding both the gunner's field of fire and the hot exhaust of the jet engines, and seat belt procedures. I'd never been on a helicopter or had this kind of training, so it was a little unnerving to suddenly be told to get in a helicopter with three rucksacks, a kennel, and a military working dog. If I'd had this class prior to getting deployed, I would have known that I would have needed someone to help me with the bags, how to approach the aircraft, and how to secure my gear inside the aircraft. If there is any chance that you'll be forward deploying, this training is vital."

Sergeant Fehringler elaborated on the benefits of training military working dogs to operate around aircraft.

"MWDs support a wide spectrum of missions, such as improvised explosive device detection," he explained. "Since MWDs are more sensitive than humans to sights, sounds, and smells, we have familiarization training to expose them to every type of walking surface or environment they may come in contact with, like the wind, heat and noise of a helicopter. If you're going into a combat mission or a hot landing zone, you don't want a dog that's skittish or really rattled by the flight and then you have to unload and immediately conduct a search for an insurgent, IED, or weapons cache."

Sergeant Vredenburg commented on the smooth execution of the event.

"The group was eager to learn and motivated to be there – everyone was very attentive and receptive to the safety brief, training, and run-throughs. The training was very well organized, and everyone continued to improve as we practiced. At first, some folks were hesitant tactically exiting the aircraft, but after the first run everyone was a lot more comfortable. They were faster getting on and off, helping out their buddy, adjusting belt buckles, and avoiding getting snagged up on their gear. Seatbelts take the most time to get used to, but they are also the most important for safety and staying secure."

Sergeant Vredenburg noted the mutually beneficial nature of the event.

"This is also good refresher training for the members of the air crew. If it's been a while since one of us has had a combat tour, this type of exercise keeps those tactical troop movement skills current."

Staff Sgt. Carlton L. Dixon, 744 Communications Squadron, NCO-in-charge of Enterprise Information Management Operations at Joint Base Andrews, summarized the exercise by underscoring the "train-as-we-fight" value of the class.

"When we flew, we went 'live' through everything we had learned -- it brought it all together. Because of the earlier training, I felt prepared and I had no problems whatsoever. I actually did better than I thought I would do, and I felt myself getting better with each turn. I gained a little confidence from that. But most importantly, I felt a huge sense of team building. A helicopter is different from an airplane. You are all right there, in touch with one another and not all spread out. We had a team of 11, and we had to work together so that everyone was strapped in, safe, and our weapons positioned right. We were counting on each other to get it done. Because when you're in the field, that's all you have – just you and your team."

DOD celebrates Month of the Military Child in April

BY ELAINE SANCHEZ
AMERICAN FORCES PRESS SERVICE

4/4/2011 - WASHINGTON (AFNS) -- Children of U.S. service members around the world will be honored throughout the month of April for their contributions to their families' well-being and sacrifices on behalf of the nation, a Defense Department official said.

Each April, Americans pause to recognize the nation's 1.8 million military children during the Month of the Military Child, which marks its 25th anniversary this year.

"It's really exciting that the Department of Defense, the White House and civic leaders recognize the sacrifices that military children make," said Barbara Thompson, the director of the Pentagon's office of family policy, children and youth. "It's particularly important during these times of conflict, when children are missing their parents and are sacrificing a lot, to say your sacrifice is recognized and we want to commend you for what you do for your family."

Throughout the month, military installations worldwide will host programs and activities for military children, including fairs, picnics, carnivals and parades, Thompson said. Communities also can get involved by sponsoring fun events to celebrate military children.

Military children's sacrifices and contributions have risen to the forefront in recent years, Thompson said, as people have become increasingly aware of the impact a decade of war is having on military families. Along with the typical military-related stressors of multiple moves and schools, children also have had to deal with long-term, multiple deployments and separations from one, or both, parents over the past 10-plus years.

Military children have known only war since 9/11, Thompson noted, and recent research suggests deployments and the length of time separated have an impact on children's academic success and psychological well-being.

Other research regarding children and attachment indicates that "this has to be a difficult time for military children," she said.

Just as important as caring for children is caring for their parents, Thompson added.

"We know that if the parent is taken care of, the children are taken care of," she said.

Thompson praised the introduction of programs such as the DOD's military family life consultants, who provide coaching and nonmedical counseling to children, families and staff in schools and child development and youth programs.

Sports and camps offer other opportunities for children to thrive and grow, she said.

However, she said, Defense Department officials can't tackle all of these issues alone.

The nation took an important step forward in January, Thompson said, when President Barack Obama unveiled a government-wide plan to strengthen military family support. Federal agencies committed to nearly 50 new programs and cooperative efforts to improve quality of life and well-being for military families.

Thompson also called for a strong "circle of support," in which schools, communities, health care providers and federal agencies come together to support military families.

"We know that it takes a village," she said.

"Without a doubt, when we can recognize their sacrifices, when we can tell them that we'll reach out and help them, that we care about them and will connect them with the resources they need, then we're doing right by them," she said.

Community Baseball League enrollment

BY JOSEPH P. CIRONE
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

The District of Columbia Ward 8 summer Baseball League will be enrolling new players for the 2011 season on April 13 at 1 p.m. at the Southeast Tennis & Learning Center Library, 701 Mississippi Avenue, SE.

The league is sponsored by the Oxon Run Community Alliance and Ward 8 Councilmember Marion Barry.

For more information or to RSVP, e-mail: bren-darichardson7@yahoo.com

JBAB Express grand reopening ceremony



(U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN SUSAN MORENO)

Above: From left, AAFES General Manager Nildy Eiley and Navy Capt. John Sears, Joint Base Anacostia-Bolling commander, cut the ribbon in front of the JBAB Express at the grand reopening ceremony April 1. The JBAB Burger King and Base Exchange are also currently undergoing refurbishments, and are slated to be unveiled later this year.

Right: Navy Capt. John Sears, Joint Base Anacostia-Bolling commander, and Nildy Eiley AAFES general manager, cut the cake at the JBAB Express grand reopening ceremony April 1. The JBAB Burger King and Exchange are also undergoing renovations, and are set to be unveiled later this year.



MWR at a glance

ARTS & CRAFTS CENTER

BLDG. 4472
202-767-4422

WOOD CRAFTER WANTED!

The JBAB Arts and Crafts Center is looking for an experienced woodcrafter to run the wood shop. Please apply at the human resources office in Building 12. Call for more information at 202.767.5206.

AUTO HOBBY SHOP

Bldg. P8
202-767-4571

BASIC AUTO CARE CLASS

April 13 | 5-7:30 p.m. | \$20

Come learn how to do a basic oil change, wiper blade replacement, flat tire repair and a few other basic auto care skills! There must be at least four participants for the class to take place.

INFORMATION, TICKETS & TOURS (ITT)

Bldg. 4472 (Arts & Crafts Center)

202-404-6576

Open Tuesday-Saturday 9am-6pm

RINGLING BROTHERS CIRCUS TICKETS

Purchase Ringling Brothers Circus Tickets Now at ITT!

Lower level section seats - \$19 per person (regular \$30)

Patriot Center Performances

April 15-17 – must pre-purchase tickets by April 7

April 23-24 – must pre-purchase tickets by April 14

ATLANTIC CITY TRIP

April 23 | 8 a.m.-10p.m. | \$38.75

Bus will depart from Fitness Center II, Bldg. 419 parking lot at 8 a.m. Bus will arrive at the Resorts Casino at noon. Bus will depart from Atlantic City at 6 p.m. and arrive at base at 10 p.m. Customer will receive \$22 casino credit.

RICHMOND INTERNATIONAL RACEWAY MILITARY APPRECIATION

Go to their website www.rir.com/salute and click on the Joint Base Anacostia-Bolling link to purchase tickets for Friday, April 29—the Bubba Burger 250 NASCAR Series Race. General admission is \$23 (\$7 savings) and kids under 12 years of age are admitted free of charge with a ticketed adult.

Tickets for Saturday, April 30, the Crown Royal Matthew & Daniel Hansen 400 NASCAR Series Race, are also available. Prices start at \$45, including admission and a Pre-Race Pit Pass.

KINGS DOMINION SEASON PASSES

Your 2011 Kings Dominion VIP Season Passes are now on sale at the JBAB ITT office! Passes are \$69, which includes free parking at the park.

D.C. UNITED HOME GAME TICKETS

Pre-purchase 2011 D.C. United Home Game Tickets at the ITT Office. Tickets must be purchased five business days prior to the game date. Tickets will be available for pick-up at the stadium will call booth. Prices Include:

Mezzanine - \$45.50 (regular \$52+tax)

VIP - \$34.75 (regular \$42+tax)

Premium - \$26 (regular \$32+tax)

Spectator - \$20.75 (regular \$23+tax)

Ask your ITT representative for more information on season ticket packages as well.

DISNEY MILITARY PROMOTION

Offer good through Sept. 28

You can now pre-purchase 4-Day Park Hopper or 4-Day Base with Water Park for \$135.50 (regular price \$304.59), or a 4-Day Park Hopper with water park for \$162 (regular price \$362.10).

Tickets may NOT be used on the following dates: April 17-23, and July 4 at Magic Kingdom only.

Ticket orders may take up to 15 business days.

POTOMAC LANES

Bldg. 1310
202-563-1702

DOLLAR SUNDAYS

Warm up at the Potomac Lanes every Sunday and enjoy discounted bowling from noon-4 p.m. for only \$1 per game per person. Shoe rental not included.

UNLIMITED COSMIC BOWLING

For an out-of-this-world bowling experience, there's nothing quite like cosmic bowling. Enjoy the futuristic sensation when we turn down the lights and fire up the cosmic show every Saturday after 6 p.m. There are dancing lights, hot music, glow-in-the-dark bowling lanes and pins! DJ Chris will be spinning the tunes from 7-11 p.m. Only \$20 per person & shoe rental is included!

LIBERTY CENTER

Bldg. 72

Now Open: noon-10 p.m. every day!

202-685-1802

Eligible Patrons: E1-E6 Single/Unaccompanied Active Duty Military

DC CHERRY BLOSSOM TRIP

April 9 | noon | FREE | Sign up by April 7

Join Liberty as we head downtown to visit the famous Cherry Blossom Festival. Enjoy the beautiful cherry blossom trees and take part in all the festival has to offer!

COMICS ON DUTY

April 12 | 7 p.m. | FREE

Laughs and food are just the right duo for a perfect

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MWR

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Tuesday night at the Liberty Center. Come on out, grab a bite to eat and be ready to laugh when we host "Comics on Duty" with four very entertaining comedians.

DINNER & MOVIE NIGHT: LIBERTY CENTER

April 14! 6 p.m. | Liberty Center

It's our monthly dinner and movie night at the Liberty Center! Come on over and grab a bite to eat, enjoy a movie and find out what's going on with Liberty.

INFO NIGHT: MILK DOES A BODY GOOD

April 19 | All Day | Liberty Center

Milk isn't just a great ingredient to put in some of your favorites foods and drinks, but it is also a healthy choice of beverage. Come to the Liberty Center tonight to find out the history of milk, fun facts and why it is essential for your everyday health.

TOURNAMENT NIGHT

April 21 | 6 p.m. | Liberty Center

For this month's tournament night we are changing it up! Get your game face on and enjoy a night at the Liberty Center, Liberty style! Food, games and awards will be provided.

LET'S GO TO THE MOVIES

April 22 | 6 p.m. | FREE

Join Liberty tonight as we take you to the AMC Hoffman Theater for a free movie. We must have a minimum of five Liberty participants and a maximum of 10 for the trip to go.

LIBERTY EASTER BRUNCH

April 24 | noon | Liberty Center

Come to the Liberty Center and enjoy a delicious and FREE Easter brunch!

LIBERTY PASSPORT EXCURSION: A TASTE OF THAI

April 28 | 6 p.m. | Thai Chili Restaurant

Join Liberty tonight as we head to Thai Chili Restaurant in Gallery Place, D.C., to enjoy some great Thai food. The first eight participants are free! There is a maximum of 10 participants for this trip.

FITNESS AND AEROBIC CENTERS

Bldg. 419-Anacostia 202-433-2962

Bldg. 15 & 38- Bolling 202-767-5895

MAY FITNESS MONTH

Fitness Month is just around the corner! JBAB MWR will host their Annual May Fitness Month with various activities through the month! Be sure to check out the May 411 for events such as Sports Day, Health Fair and a 5K Run!

BOLLING CLUB

Bldg. 50
202-563-8400

NEW TUESDAY LUNCH BUFFET!

Tuesdays | 11 a.m.-1:30 p.m. | Washington Dining Room
Come to the Club and enjoy our new soup, salad and sandwich lunch buffet! We will also be featuring our new Panini station.

Club Members: \$9.95
Non-Members: \$12.95

NEW 2-FOR-1 STEAK NIGHT

Thursdays | 5-9 p.m. | Wings Bar & Grill
Choose from a 12-ounce Rib Eye or 12-ounce New York Strip Steak, a tossed or iceberg wedge salad and a russet or sweet baked potato with butter, sour cream, chives and bacon. All meals come with a roll and butter as well as coffee, tea or iced tea. For reservations call 202-563-8400.

Club Members: \$17.95
Non-Members: \$35.95

CHAMPAGNE SUNDAY BRUNCH

April 3, 10 and 17 | 10:30am-2 p.m. | Washington Dining Room

Join us for the best Sunday brunch in the National Capital Region! The brunch features seasonal fruits, eggs Benedict, made-to-order omelets, scrambled eggs, breakfast meats, Belgian waffles, French toast, home fries, carving station, salad and dessert bar featuring soft-serve ice cream. There is also a selection of lunch entrees available. Brunch includes complimentary champagne, screwdrivers and Bloody Mary's.

SEAFOOD BUFFET

April 6 | 5:30-8:30 p.m. | Washington Dining Room
It's back! Join us the first Wednesday of each month for our famous seafood buffet. The menu includes: snow crab legs, oysters (seasonal), peel-and-eat shrimp, salmon cakes, New England clam chowder, baked and fried tilapia, fried chicken and other favorites! Salad bar and ice cream station will also be available.

JBAB Lent/Holy Week Schedule

Catholic

April 8

Stations of the Cross and Soup Supper, Chapel Center, 6 p.m.

April 15

Reconciliation Service, Chapel Center, 6 p.m.

April 16

Mass, Chapel Center, 5 p.m.
Seder Blessing, Chapel Center, 6 p.m.

Palm Sunday - April 17

Mass, Chapel Center, 9:30 a.m.

Holy Thursday - April 21

Mass of the Lord's Supper, Chapel Center, 6 p.m.

Eucharistic Adoration, Blessed Sacrament Room, 7:30 p.m.

Good Friday - April 22

Stations of the Cross, Chapel Two, noon

The Lord's Passion, Chapel Center, 6 p.m.

Holy Saturday - April 23

Easter Vigil Mass, Chapel Center, 8 p.m.

Easter Sunday - April 24

Mass, Chapel Center, 9:30 a.m.

Protestant

Thursdays thru April 21

Lenten Luncheons, Chapel Center 11:30 a.m.

Palm Sunday- April 17

Images of Christ Service, Chapel Two 10:45 a.m.

Gospel, Chapel Center 11:30

Good Friday- April 22

Chapel Two 6:30 a.m.

Easter Sunrise Service- April 24

Chapel Center 6:30 a.m.

Easter Sunday- April 24

Easter Egg Hunt, Chapel Two, 9:30 a.m.

Liturgical, Chapel Two 10:45 a.m.

Gospel Service, Chapel Center 11:30 a.m.

Think BEFORE Your Drink

RELIGIOUS DIRECTORY

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Non Denominational

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Wednesday: AWANA, Teen Clubs, Adult Prayer & Bible Study 7:00pm

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ORTHODONTIST - Kathy Marshall, DDS; PERIODONTIST - Justin Kleinman, DMD

J NOTES

Miscellaneous items related to your health, your career, your life and your community

Give the gift of life

An Armed Services Blood Program Blood Drive is Wednesday, April 6 from 10 a.m.-2 p.m. at the JBAB Fitness Center, building P15 Brookley Ave. Walk-ins are welcome. For more information or to make an appointment to donate, go to www.militaryblood.dod.mil or contact Tech. Sgt. Tiffany Hart at tiffany.hart@afncr.af.mil or call 202-767-5513 or 301-295-2109.

JBAB, WNY tax centers open for business

The Joint Base Anacostia-Bolling and Washington Navy Yard tax centers are open for business. The JBAB tax center days and hours of operation are Mondays, Wednesdays and Fridays from 9 a.m.-3:30 p.m.; the WNY tax center days and hours of operation are Tuesdays and Thursdays from 9 a.m.-3:30 p.m. Both offices operate by appointment only. For more information, call the JBAB tax center at 202-767-7599 or the WNY tax center at 202-685-5580.

JBAB Exchange offers Sears home delivery

The Joint Base Anacostia-Bolling (JBAB) Exchange now offers convenient delivery

and set-up from Sears Blue Service Crew on appliances, electronics, furniture, outdoor living items and sporting goods. Sears Blue Service Crew offers a professional uniform delivery team with a fast delivery network and next-day delivery on most in-stock items purchased before 3 p.m. Haul-away services are also offered. The Exchange offers the Military Star, Take It Home Today, and Exchange Protection programs to help finance and protect your purchases. Ask a Sales Associate for more details.

Attention Wiccans and Pagans

The open circle that meets at 5:30 p.m. every Thursday at the Chapel 2 Annex is now officially sponsored by the Sacred Well Congregation. For more information, e-mail literatahurley@gmail.com, or stop by.

Taxes brings H&R Block to Joint Base Andrews

Joint Base Andrews Army and Air Force Exchange Service is offering tax preparation services via an H&R Block concession stand through April 15. For more information, call 301-568-2154.

Lifeguards needed for JBAB

Lifeguards, Lead Lifeguards and water safety instructors are needed for Joint Base

Anacostia-Bolling. Visit our website at www.cnrc.navy.mil/ndw/About/Jobs/ for job description, salary and how to apply.

AAFES Starbucks now accepts Starbucks cards

Starbucks now offers the Starbucks card and has a new rewards program. Join My Starbucks Rewards by registering any card at www.starbucks.com/rewards and use it to pay for coffee and treats, and watch your rewards grow. There are three different levels of rewards available, each offering a variety of incentives, including free drinks. Set up your card with auto-reload and guarantee your Star-earning power.

Flu shot reminder

Flu shots available from 7:30 a.m. to 4 p.m. at the Joint Base Anacostia-Bolling Clinic.

Self-help cameras at JBAB Public Affairs

Self-help cameras are available at JBAB Public Affairs. For more information or to sign out a camera, call 202-767-4781 or stop by Bldg P-20 Suite 219.

Save the date!

The Air Force District of Washington Annual Awards Ceremony is April 29 at the Bolling Club. Cocktails will be served at 6 p.m. and dinner will begin at 7 p.m. Military members should wear mess-dress or semi-formal attire, while civilians should wear formal attire. The theme for the event is "Commitment to Excellence... Dedication to Service... Recognition of Airmen." For more information, contact Master Sgt. Lisa Thomas at 240-857-1533.

Visit AAFES on Facebook for more ways to save

Authorized fans of the AAFES Facebook page will soon have a chance take part in several upcoming events.

From March 23-April 27, AAFES Facebook fans will have a chance to tell us why they should win a wardrobe makeover. Facebook fans can upload a video or photo explaining why they need a wardrobe makeover for a chance to win a \$500 wardrobe makeover. The wardrobe makeover provided by the Exchange and sponsored by Junction West; R & R Casuals; Big Sky Outfitters; Decoded; Gumballs; JW Passports; PBX Basics and PBX Pro.

To stay informed about online savings promotions and receive exclusive coupons, join our online savings club, become a fan on Facebook, or visit www.shopmyexchange.com.

O-6 promotion party set for April 15

There will be a promotion party for all National Capital Region officers recently achieving the rank of O-6 from 5 p.m.-6:30 p.m. April 15 at the Ritz Carlton Hotel, Pentagon City, 1250 South Hayes Street. Family, friends and co-workers of all promotes are welcome.

Joint Service Drill Exhibition

Don't miss the 4th Annual Joint Service Drill Exhibition 12:30 p.m. April 9 at the Jefferson Memorial in Washington, D.C., where the five premiere military drill teams will compete for supremacy. The event is free and open to the public. For more information, call the Old Guard Public Affairs Office at 703-696-2531.



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