



SOUTH POTOMAC PILOT

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

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NEWSPAPERS
PERMIT #1

Navy, Community Development projects reviewed by Community Relations Council

By Gary Wagner

Over 80 attendees representing military leadership from Naval Support Facility (NSF) Indian Head and NSF Dahlgren, along with area community leaders representing local governments, business and defense partnerships, were present for the Feb. 17 meeting of the South Potomac Civilian-Military Community Relations Council.

This quarterly meeting of the group was hosted by Charles County at the Jaycees Community Center in Waldorf. Following a buffet breakfast, a speakers' program was initiated by Cmdr. Dennis Quick, executive officer for Naval Support Activity South Potomac.

During his opening remarks, Quick recognized the council's executive officers for the new year, to include Candice Quinn Kelly, president of the Charles County Commissioners; Joseph Grzeika, chairman of the King George County Board of Supervisors; Ed Rice, mayor of the Town of Indian Head; and Fred Rummage, mayor of the Town of Colonial Beach.

Rice will also serve this year as the civilian co-chair for the council's executive board.

Commissioner Kelly was a featured speaker on the morning's program. She took a few moments to update the council on the progress of two major development projects for Charles County – the Maryland Airport at Bryans Road and the Indian Head Science and Technology Park.

Sustainable and Sensible

Funding for the first phase of the airport and all permits are in place, Kelly affirmed. While money to construct a planned terminal isn't available yet, "the rest of the project is moving forward," she said, to include the completion of water lines in May.

Likewise, Kelly said, water lines for the tech-



A new explosive magazine is among facilities built at NSF Indian Head to accommodate the relocation of energetic production and engineering functions from Yorktown, Va. as a result of base realignment actions directed in 2005.

nology park are under construction. A preliminary plan for the development was filed in early February, and a presentation by the developer to the county's planning commission should happen by the end of March, she indicated.

"Both of these projects are important components of the economic development of the county," Kelly emphasized.

"The board is committed to economic development that is sustainable, sensible, eco-friendly, and sets the highest example possible to grow in a way that makes sense," she said.

Darrin Krivitsky, head of the Applied Technology Department for the Naval Surface Warfare Center, Indian Head Division (NSWC IHD), updated the council on the progress of a number of

military construction projects at NSF Indian Head that are dramatically enhancing the command's mission capabilities.

Funded construction projects include P-166 as the first phase of a new engineering campus to be located off Benson Rd. in the vicinity of Bldg. 1557. When complete, the total campus will locate over 700 engineers and administrative personnel in one location. P-166 is scheduled to be completed in March 2012.

Meanwhile, the first phase of a new energetics research campus, an 18,600-square-foot laboratory (P-167), is scheduled to be completed this

See **Projects**, page 3

Housing programs sited for quality customer service

Naval Support Activity South Potomac's bachelor housing and family housing programs were recognized for their quality of customer service during the annual Professional Development Seminar XXIII held on Jan. 17-21.

The seminar, hosted in New Orleans, La., provided military housing professionals with essential training opportunities that allowed all attendees to pursue training that can be tailor-made to meet their individual needs and interests.

CEL & Associates, Inc. created the National Real Estate Customer Service Award Program to recognize properties that have achieved the highest levels of customer satisfaction and service as rated by their residents. The awards program honors "the best in the industry" for their ability to provide high-quality customer service throughout their neighborhood.

During the training seminar, Naval Support Facility (NSF) Dahlgren's Bachelor Housing Program was recognized as one of

the 2010 CEL 'A List' and 'Crystal' Award winners. This award is an honor that has been bestowed on Dahlgren's Potomac Inn bachelor quarters for the fourth year in a row.

Tom Kubalewski, director of NSASP's Fleet and Family Readiness Program, and Navy Housing Branch Director Joyce Tate accepted the award on behalf of the bachelor housing staff, which includes Raymond Fields, Kenny Berry, Shanel Byrd and Yvonne Edmonds.

Also, NSASP was presented with the "Family Housing – PPV 'A List' Award for NSF Indian Head's Dashiell Mews neighborhood and NSF Dahlgren's townhome and Welsh Road neighborhoods. Both sites received the "Crystal" award for the entire family housing community.

Coleen Morehead accepted the awards on behalf of Lincoln Military Housing, Navy's partner for Public-Private Venture (PPV) military housing projects throughout the northeastern United States.



Tom Kubalewski, director of NSASP's Fleet and Family Readiness Program, and Navy Housing Branch Director Joyce Tate accepted the award on behalf of the bachelor housing staff, which includes Raymond Fields, Kenny Berry, Shanel Byrd and Yvonne Edmonds.

Exercise tests Emergency response, mutual aid

Exercise, exercise, exercise ...

By Gary Wagner

An explosion of unknown origin rips through the gymnasium on board Naval Support Facility Indian Head during early morning workday hours. There are likely multiple casualties to include both patrons and Morale, Welfare and Recreation staff.

Base police and firefighters race to the scene to secure the area and manage rescue efforts. It's quickly evident that, in fact, several people have been injured, and that additional emergency resources will be needed to augment NSF Indian Head's fire and rescue personnel.

The base dispatch office radios for assistance, and paramedics and ambulances from the Town of Indian Head, Waldorf and LaPlata respond to help with triage and to transport victims to an area hospital.

While the entire incident described above is fictitious, this scenario was "practiced" as described at NSF Indian Head on Wednesday, Feb. 23, as part of a week-long Exercise Solid Curtain/Citadel Shield 2011 (SC/CS 11).

SC/CS 11 is designed to enhance the training and readiness of naval security force personnel to respond to threats to installations and units, leveraging all processes security forces would implement in the event of an actual emergency. The nationwide exercise is the largest anti-terrorism/force protection (AT/FP) exercise in the country.

This year's event encompassed more than 250 individual training events across the country, each designed to test different regional AT/FP operations. Scenarios range from recognizing and countering base surveillance operations, to higher-tempo and active simulated emergencies such as small boat attacks on waterfront bases and cyber attacks on installations.

At all participating installations, the exercise involved stepping through the elevation of force

protection conditions and increased security measures.

Police, firefighters and emergency management personnel for Naval Support Activity South Potomac all participated in the training exercise throughout the week. This year, NSASP incorporated two separate incidents specific to NSF Indian Head and NSF Dahlgren.

In addition to the mass-casualty drill at Indian Head, the command also practiced an evacuation of Dahlgren School on Feb. 22. The purpose of this drill was to test the response by base police and fire personnel, as well as other responders upon the discovery of an unattended package at the school.

Regan Simmons, NSASP's training director and principal coordinator for the command's participation in SC/CS 11, emphasized that this year's exercise was particularly meaningful.

"We worked with several groups, military and civilian, in the exercise scenarios," he explained. Partnering with Navy EOD (Explosive Ordnance Disposal), a regional DoD military working dog team, Charles County emergency services and Civista hospital in LaPlata, Simmons said, "brought a lot more realism to what we were training to accomplish."

The exercise also served as an opportunity for fire and emergency services resources in the community around the Dahlgren and Indian Head naval bases to practice their own response plans, and hone the skills of their firefighters, paramedics and law enforcement personnel.

In the case of this year's mass-casualty drill at Indian Head, Charles County's Department of Emergency Services deployed its mass casualty trailer to the base, laden with medical supplies needed for the initial critical care of multiple victims.

The county's Tactical Response Team also participated in the exercise, to include tactical medics who are trained to accompany po-



U.S. Navy photo by Matthew Poynor

A Navy fire inspector performs an initial assessment on "victims" of a simulated building explosion on Naval Support Facility Indian Head during a mass casualty drill conducted on the installation as part of Exercise Solid Curtain/Citadel Shield.



U.S. Navy photo by Gary Wagner

A Navy police dog handler works with a bomb-sniffing dog to sweep the area around a building at Naval Support Facility Dahlgren evacuated as part of the Solid Curtain/Citadel Shield Exercise after an unattended package was discovered inside the building.

lice officers in high-risk situations, such as a barricade or active-shooter incident, to render medical care.

In addition, the county's hazardous materials team deployed to NSF Indian Head. Equipped to assist victims exposed to chemical



U.S. Navy photo by Matthew Poynor

EMTs from Waldorf in Charles County prepare to transport a "victim" of a simulated building explosion on Naval Support Facility Indian Head to a local hospital. Emergency personnel joined Navy firefighters to respond to the mass casualty drill conducted as part of Exercise Solid Curtain/Citadel Shield.

or biological hazards, for the exercise the team used their metering equipment to ensure there were no contaminants in the air, or that the victims weren't exposed.

"We rarely get to exercise our capabilities proactively," points out Elizabeth Campbell, Charles

County Emergency Services spokesperson.

"This event has been invaluable for us," she adds. "It gives us the opportunity to conduct a real debrief on our efforts. This kind of training is much better than a tabletop exercise."



NSA South Potomac • Office: 540-653-8153 • 540-284-0129

www.dcmilitary.com/dahlgren.shtml

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COMMUTER



CLEARINGHOUSE

CARPPOOL/VANPOOL WANTED

Riders wanted for van pool. Leaves from Richmond at Home Depot on Atlee-Elmont Rd. (exit #86B off I-95) to Dahlgren. Call David at (540) 653-9203.

Clinton, Md., to Dahlgren. Hours are flexible (0600 - 1700). Call Miranda at 703-692-9590.

Carpool/vanpool wanted from Montross area to Dahlgren. Can also take up to 3 or 4 riders from here if they would prefer me to drive. Call Doc at 252-670-6686. Early risers only.

Riders wanted for vanpool from Home Depot on Rt. 3 near Central Park, Fredericksburg, stops at main gate and B gate. Departs 0640, return 4 p.m. M-Th and 3 p.m. Fridays. If interested, call Mike at 540-903-4225 or e-mail to mcdonald7204@gmail.com

Riders wanted to start a vanpool or carpool from Fredericksburg/Rt. 208 lot or Massaponax area to Dahlgren mainside. Ideally arriving at Dahlgren between 6-7 a.m. and leaving Dahlgren between 2:30-3 p.m. Call Nicole, 540-653-7038.

Ferry Farm/Falmouth/Stafford Chatham Heights commuter lot to Dahlgren. Depart at 0620. Work hours 0700-1600. Accepting riders for A-gate only van and B-gate only van. Please call Le at 540-653-3184

From Fredericksburg Rt. 17 near Geico to Dahlgren Bldg. 1470. call Nasir, 540-653-9426.

Fredericksburg Massaponax or Rt. 208 to Dahlgren mainside. Current work schedule 0700-1530. Call Karen, 540-653-9429.

Spotsylvania/Fredericksburg to Dahlgren. Call Karen 540-653-9429.

Riders wanted to start vanpool leaving from Gordon Road commuter lot and dropping off on the main gate side of the Dahlgren base. The van would leave Gordon Road at 0630 M-F, leave Dahlgren at 1615 M-Th and 1530 on Friday. Call Jan, 540-653-3024.

RIDERS WANTED

Rt 234 & US 1 Dumfries Commuter Lot to Dahlgren. Depart at 0630. Stops at the Target parking lot off exit 133 (Warrenton). Leave Dahlgren at 1620. Call Lin at 540-653-1266.

Spotsylvania Rt. 208 commuter lot to Dahlgren. Depart at 0555. Work hours 0645-1545. Accepting riders. Call Vickie at 540-653-7927.

Claiborne Run at Chatham (Next to Steamers and CVS and across from Wawa on Butler Rd.) to Dahlgren. M-Th 0640 departure from Fredericksburg, leave Dahlgren at 1600; Fridays from 0640 to 1530. Call Maria, 540-653-3094.

Fredericksburg Rt. 208 commuter lot and Ferry Farm Wal-Mart to Dahlgren; accepting riders or drivers; call Gina at 540-653-2281.

Want to start a carpool? Need riders?

"Commuter Clearinghouse" is a source for information on carpools or vanpools that already exist and need passengers, as well as a place for employees to advertise to start a carpool or vanpool. Whether you already operate a carpool or vanpool and are open to accepting new riders or need drivers, or if you are looking for a carpool or vanpool, provide us with information that might help you find or start a commuter opportunity, such as, where you will need to commute from and to, preferred schedule and contact information.

You can send your information via e-mail to nsasp_pao_dlgr@navy.mil or contact our office toll free at 866-359-5540, or DSN 249-8153, or 540-653-8153.

Projects: Navy modernizing energy infrastructure

Continued from 1

August. A second military construction project planned for fiscal year 2016 will add an additional 19,700 square foot facility to complete the campus adjacent to the chemical laboratory at Bldg. 1864.

Design of a new agile chemical facility (P-162) is scheduled to be complete this month. The project will replace the Biazzi and Moser nitration plants with one state-of-the-art facility designed for remote versus attended operation. Construction is scheduled to be complete by September 2014.

Finally, three new buildings and five renovations are nearing completion in support of the relocation of energetic production and engineering functions from Yorktown, Va. to Indian Head, directed by the Base Closure and Realignment Commission in 2005.

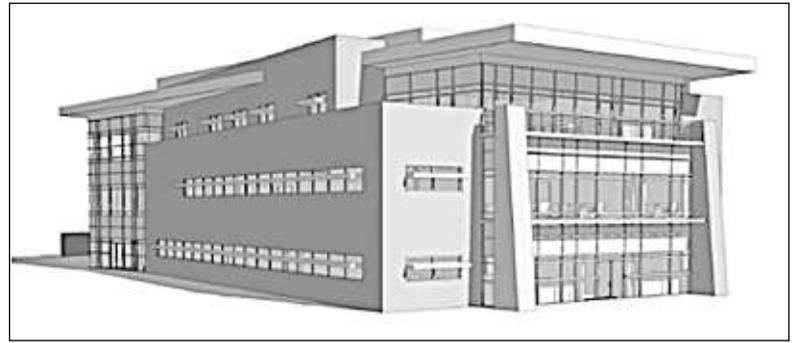
Altogether, these construction projects will serve to consolidate research and development and production activities in state-of-the-art facilities that will help modernize and sustain Indian Head Division's mission capabilities into the future, while also improving the base's total infrastructure.

Modernizing Energy Infrastructure

A progress report on the Navy's outreach to industry to replace the Goddard Power Plant at NSF Indian Head with a natural-gas fired power plant was presented by Cmdr. Douglas King, NSASP's Public Works Officer.

The action falls within a special real estate program called enhanced use leasing (EUL) currently being used by DoD departments to offer up underutilized government property for development by private industry. Under the EUL guidelines, the development has to be compatible with military missions on installations, and in exchange for making government property available, the military receives "services in kind," which can take various forms.

The Indian Head EUL proposal involves a 35-acre parcel in the vicinity of the Goddard Power Plant to be used to site a new gas-fired energy facility, as



An artist's concept depicts the first building slated for construction as part of a new campus planned to consolidate NSWC Indian Head Division engineering and administrative personnel.



U.S. Navy photo by Gary Wagner

Candice Quinn Kelly, newly elected president of the Charles County Commissioners, reviewed the county's economic development initiatives for the COMREL Council membership.

well as an additional 15-acre parcel between NSF Indian Head's Riverview military housing community and the Town of Indian Head's Village Green that could be used to locate a commercial or light industrial facility, such as a data center.

Navy is currently preparing to issue the final request for proposal to industry. Under the current project timeline, industry proposals would be due by April this year and Navy would make a selection by 2012 if an acceptable offer is received.

King also described a new military construction project that Navy is undertaking to upgrade the steam distribution system on NSF Indian Head.

The project will provide the base with decentralized steam and a 3.5 megawatt co-generation facility for electricity and steam. Natural gas, a cleaner and more efficient fuel source, will serve as the primary fuel for the new steam and power-generation facilities.

NSF Indian Head currently does not have any natural gas distribution infrastructure, and the nearest natural gas supply line is located approximately five miles northeast of the installation in the Bryans Road community. Therefore, the proposed project will involve the construction of a new natural gas transmission line from Bryans Road to the Indian Head Navy base.

Once the new natural gas facilities are completed, the deactivation and demolition of the Goddard Power Plant will result in a significant reduction in environmental impacts attributable to the coal-fueled plant.

The proposed military construction project supports Navy's emerging energy strategy, which is centered on energy security, efficiency and environmental stewardship.

Industrial College of the Armed Forces visits NSWCDD



U.S. Navy photo by Kim Brandts

Thirteen students representing a mix of academics and three faculty members from the Industrial College of the Armed Forces of the National Defense University in Washington, D.C., recently visited Naval Surface Warfare Center Dahlgren Division (NSWCDD) for briefs and tours of the Electromagnetic Rail Gun Facility, the Potomac River Test Range and Directed Energy facility. Their tour was in support and collaboration of their spring semester study group which is focused on analyzing the current state of the weapons industry and forecasting for its medium-term prospects.

COMMUNITY NOTES

Indian Head

Share Your History: Religious Life in Southern Maryland

Share Your History: Religious Life in Southern Maryland will be held from 10 a.m. to 2 p.m., March 12 at College of Southern Maryland, Leonardtown Campus, A Building, Auditorium, 22950 Hollywood Road, Leonardtown. Religious officials and community members are invited to a day to share written materials and photographs that pertain to their house of worship such as information on history, suppers, choirs, women's groups, clergy, retreats and special projects. Materials will be scanned or photographed and returned to their owners. The digital copies will become property of the Southern Maryland Studies Center. Display tables will be available for those who wish to set up an exhibit for their house of worship. CSM is hosting the event in partnership with the Southern Maryland Studies Center, the St. Mary's County Historical Society, the Genealogical Society of St. Mary's County and the Southern Maryland Heritage Area Consortium. To pre-register or reserve a display table, contact SMSC at smc@csmd.edu, or 301-934-7626. For more information, visit www.csmd.edu/Library/SMSC.

Tutors Needed to Teach People to Read

Learn to tutor adults to read! Nine hours of tutoring sessions will be provided March 29 - 31 from 6 - 9 p.m. by the Charles County Literacy Council. A \$20 non-refundable registration fee is required. To register or for more info, call (301) 934-6488.

Charles County Hosts First Annual Southern Maryland Inspiring Caregiver Awards

The First Annual Southern Maryland Inspiring Caregiver Awards event will be held in Charles County on Wednesday, April 20 at 6 p.m. at the Greater Waldorf Jaycees Community Center located at 3090 Crain Highway.

Nominations for the first annual Southern Maryland Inspiring Caregiver Awards are now being accepted. Nominees must be family, volunteer, or professional caregivers who currently work or previously have worked directly with Alzheimer's or dementia patients in Charles, Calvert, Prince George's, and/or St. Mary's Counties. A minimum of eight awards will be presented. In addition, one award will be given to an enduring caregiver with 10 or more years of care giving in the field of dementia care.

Nominations must be postmarked by no later than Saturday, March 19. Winners will be announced on Friday, March 25 and honored at the April 20 awards ceremony.

Tickets for the award ceremony are available for \$25. Event sponsorship opportunities are available. Proceeds support the mission of the Alzheimer's Association, which includes support, training, education, information and care for family caregivers. For more information, to download a nomination form and/or to purchase tickets, visit www.alz.org/nca or contact Linda Gottfried at 301-934-5856 or Linda.Gottfried@alz.org.

Dahlgren

Grow Your Own Bouquets Saturday

The King George Relay For Life team "It's All About Life" will hold "Grow Your Own Bouquets" program and shopping event with Lisa Zeigler on Sat., March 5 from 10 a.m. - Noon at the King George YMCA. Learn how having a small designated flower bed (3'x10') as a cutting garden is the first step to a season full of gorgeous cut flowers! Following Lisa's recommendations for easy soil preparations, variety selections, organic methods, and harvesting practices will have your garden producing a bounty of flowers to fill your home and enough to share with friends.

Immediately following the program there will be time to shop from the TGW catalog and provided samples to place orders to benefit the Relay for Life team. For more info, contact Evelyn Durling, (540) 775-5328 or email gejdurl@crosslink.net. All proceeds benefit the American Cancer Society.

Win For Wesley

The King George Relay For Life team "Win For Wesley" has two upcoming fundraisers to benefit the American Cancer Society. On Saturday, March 5 from 4:30 - 6:30 p.m., come Skate 4 Wesley at Stan's Skateland in Montross. Admission is \$10. On Friday, March 11, join us for a Soup Luncheon at Oakland Baptist Church on Rt. 301 from 11:30 a.m. to 1 p.m. Cost is \$20 and includes a Longaberger bowl for you to keep. Tickets need to be purchased ahead of time for this event - space is limited to 60 people! To register, email Marengo@crosslink.net.

Casseroles For A Cure

The King George Bark For Life "Dream Team" will be providing "Casseroles For A Cure" every Wednesday in March. A casserole dinner may be pre-ordered the Friday before. All casserole dinners include bread (donated by Panera Bread) and dessert. A \$20 donation benefits the American Cancer Society. Five types of casseroles will be available for order. For more information, call (540) 846-3382 or send an email to kg-barkforlife@yahoo.com.

KG County Basketball Tournament

The 2nd Annual King George County Basketball Tournament will be held March 10 at the King George High School Cafe & Gym. The event starts at 5 p.m. with a spaghetti dinner, including salad and roll. Dinner charge - adults are \$5 and children are \$2. The single elimination tournament starts at 6 p.m. The cost is \$3 per person, children 4 and under are free. The teams are from each school, the School Board Office and the Sheriff's Office. There will be entertainment between games from the various clubs at each school, including the Potomac Drummers, chorus, cheerleaders and more. Who will take home the trophy? Will the KG Sheriff's Office be defeated this year? Come out for a good meal and cheer on your teachers! All proceeds benefit the King George High School PTA/Afterprom program.

To have information about your event or meeting announced in "Community Notes," call or email the Naval Support Activity South Potomac Public Affairs Office at (540) 284-0129 or jeron.hayes@navy.mil.

Rosemarie Blades Honorary Scholarship

The Dahlgren Officers' Spouses' Club (DOSC) is offering the Rosemarie Blades Honorary Scholarship. The amount awarded for scholarships each year will depend on funds raised by DOSC and determined by the members of DOSC. The Scholarship Committee will make recommendations based on applications received. Listed below are the requirements for the scholarship along with the website for more information. The process is simply so apply today.

ELIGIBILITY REQUIREMENTS:

Must meet all of the following requirements by April 15, 2011.

Military affiliation:

Category I: Graduating high school seniors who are dependents of military personnel currently or previously assigned to Dahlgren as a permanent duty station. Military personnel are defined as members serving on active duty in any branch of the United States military. This includes members of the National Guard or Reserve Corps on active duty orders. Personnel may be either enlisted members or commissioned officers. Additionally, dependents of retired or deceased military personnel are eligible if the retired or deceased member was stationed at Dahlgren during active duty status.

Category II: Undergraduate students who are dependents of military personnel currently or previously assigned to Dahlgren as a permanent duty station. Military personnel are defined as members serving on active duty in any branch of the United States Military. This in-

cludes members of the National Guard or Reserve Corps on active duty orders. Personnel may be either enlisted members or commissioned officers. Additionally, dependents of retired or deceased military personnel are eligible if the retired or deceased member was stationed at Dahlgren during active duty status.

Category III: Civilian spouses married to active duty military members at time of application and maintaining active duty status throughout the academic year. Military members must be currently or previously assigned to Dahlgren as a permanent duty station. Military personnel are defined as members serving on active duty in any branch of the United States Military. This includes members of the National Guard or Reserve Corps on active duty orders. Personnel may be either enlisted members or commissioned officers.

Applicant must provide government orders showing sponsor's permanent change in duty station to Dahlgren, VA. If the sponsor is deceased, the applicant must provide proof of military benefits based on the family relationship to the deceased military member. (Example DD Form 1300 or DD Form 214)

Enrollment:

All Applicants must be enrolled in an accredited school on a full time basis in the fall of 2011. For more info and an application, visit <http://dahlgrenosc.webs.com/scholarshipsandcharities.htm>

Multi-state measles scare

By Patrick J. Hennessey, M.D., Ph.D., MPH CDR MC USN

Health Officials at the Centers for Disease Control and Prevention (CDC) announced Saturday that a woman with a confirmed case of measles traveled from the United Kingdom through Dulles International Airport on Sunday, February 20th, and again through Baltimore Washington International Thurgood Airport in the afternoon of Tuesday, February 22nd. Visitors to these airports during these time periods may have been exposed to the highly contagious, airborne measles virus. Individuals at greatest health risk from a measles exposure include pregnant women, infants under the age of 1 year old, immunocompromised individuals, and any individual under the age of 54 years old who has not been vaccinated against measles.

Measles is a highly contagious airborne virus spread from person to person by breathing, coughing or sneezing. Infected individuals typically develop a fever of greater than 101 F from seven to 18 days after initial exposure. Additional early symptoms include runny nose, cough, and red, watery eyes. A red rash will appear over the face and then spread to the rest of the body. An infected person is considered contagious beginning 4 days prior to the start of the rash until 4 days after the start of the rash. Measles is so highly contagious that 90% of people who are not immune and come into close contact with an infected person will develop measles. About one in twenty children who get measles will develop a serious pneumonia, one in 1,000 will get a brain infection, and one or two in 1,000 infected children will die from the disease.

Measles is rare in the United States due to

the widespread double vaccination of children at the ages of one year old and eighteen months. Americans born before 1957 are considered immune to measles because almost all Americans born before this time have had measles. Prior to the measles vaccine, 450 people in the United States died of measles each year, 48,000 were hospitalized, and about 1,000 suffered permanent brain damage or deafness. The risk of a large measles outbreak increases as the number of children who are not vaccinated in the United States grows each year, primarily due to poorly supported fears of vaccination initiating diseases such as Autism or religious conviction. The prevention of spread of a disease as highly contagious as measles depends on a large majority of the population being immune to the disease through a process known as "herd immunity".

What should you do if you may have been exposed? If you were at either of the two airports mentioned above on the dates listed and you develop a fever > 101 F with or without a cough, runny nose, or watery eyes, you should immediately phone your health care provider. You should not go to child care, school, work, or out in public until you are seen by a provider. Prior to going to the clinic, you should call the clinic to notify them of your symptoms and to allow them to prepare for your arrival. Although immunoglobulin injection in the first six days after exposure can prevent you from getting sick with the measles, this time-frame has already passed. What can you do to prevent the spread of this disease? Current vaccines have been demonstrated to be very safe for vaccination of both infants and adults. If you or your child has not been vaccinated against measles, it is time to do so. Call your or your child's primary care provider and schedule a vaccination today.

Base Happenings

Dahlgren

VITA Tax Preparation Program

The VITA tax preparation program provides tax services for military members. To make an appointment to have your taxes prepared, call (540) 653-1839.

ASBP Blood Drive Scheduled for March

The Armed Services Blood Program will hold a blood drive on Thurs., March 10 from 10 a.m. – 2 p.m. at the Bldg. 1470 Conference Room. All blood collected benefits military members and their families overseas, at home, in harm's way and recovering from injuries. Support our troop and give the gift of life – give blood! To make an appointment, register with <http://www.militaryblood.dod.mil/default.aspx>.

FFSC Legal Appointments

The Fleet and Family Support Center is offering appointments to meet with a legal representative on March 25. This service is open to all active duty military, their family members and military retirees with legal needs. To make an appointment, call (540) 653-1839 or (800) 500-4947.

Indian Head

Indian Head Toastmasters Hold Bi-Weekly Meetings

Tired of doing the same thing for lunch? Why not visit Toastmasters? Our club offers a fun and relaxing way to spend your lunchtime. Meet new friends while improving your professional and social skills. We share funny stories and play challenging games such as "Are you smarter than a 5th grader?" We meet on the 1st and 3rd Wednesday of each month from 11:30 a.m. - 12:30 p.m. in the Ward Conference Room in building 20. Everyone is welcome to attend. See you at the next club meeting! For additional information, contact: Darlene Exum, (301) 744-6359.

Religious Services at Indian Head Chapel

Religious services at the Indian Head Chapel are held every Sunday at 10 a.m. All with base access are invited to attend.

To have information about your event or meeting announced in "Base Happenings," call or email the Naval Support Activity South Potomac Public Affairs Office at (540) 284-0129 or jeron.hayes@navy.mil.

Serving Country and County

Mary Bolton, Fire Controlman Third Class, receives a certificate of appreciation from Kevin Eller, King George County Animal Control Officer.

Mary is currently completing training at the Aegis Training and Readiness Center. She has been volunteering at King George Animal Control since last September. Her training will be complete next month and she will be leaving for assignment on the USS Sampson in San Diego.

While stationed at Dahlgren, Mary has also been involved in the ATRC Recycling Committee serving as Vice President. She appreciates that "the chain of command at Dahlgren encourages and supports community involvement." In addition to volunteering at KGAC and on the recycling committee, Mary was part of a group of sailors who plant-



ed 30 cypress trees at the Sealston Sports Complex last October.

Currently there are several sailors actively volunteering at KGAC. The staff, and especially the dogs and cats, are grateful for their help. Dogs and cats that receive regular exercise, activity and socialization are much more adoptable. The efforts of our

volunteers greatly increase the chances of the animals finding new homes.

King George Animal Control is located at 11377 Citizens' Way off of Government Center Blvd. near the YMCA. The new hours are Monday through Friday from 10 am – 4:30 pm and Saturday from 10 am to 1 pm, closed on Sunday and Holidays.

Financial education and support



NSASP Fleet and Family Support Services and NSWC Federal Credit Union teamed up during February to provide financial education to base personnel. Events were held at the Liberty Center, ATRC, Dahlgren School, the Youth Activities Center and the Commissary in an effort to provide information to as many people as possible.

The Best Deal in Town!

Navy Gateway Inns & Suites

While budget cuts and travel restrictions continue to challenge missions for military and civilian travelers alike, there are many benefits to staying at Navy Gateway Inns & Suites (NGIS) for your official lodging needs.

Value, convenience, great accommodations, service and very affordable rates are the foundation of the Department of the Navy's NGIS lodging program.

NGIS offers affordable lodging rates that support the recent reduction of command travel expenses. In addition, supporting NGIS ensures that travel funds provide the opportunity for improvements to NGIS services and facilities for our warfighting community.

Lodging rates range from \$25 to \$65 per night with varying rates depending on location. Generally, NGIS lodging facilities will save guests between 40 to 65 percent off comparable civilian accommodations.

In-room amenities include Internet access, air conditioning, cable TV with



U.S. Navy photo by Gary Wagner

Patti McGee with the Navy Gateway Inns & Suites housekeeping staff at Naval Support Facility Dahlgren finishes preparing a room for its next guest.

premium channels, a DVD or VCR, telephone service, microwave and refrigerator. You'll also have housekeeping service, vending machines and guest laundry facilities as well as handicapped accessible and non-smoking rooms.

Free in-room coffee and newspapers as well as convenient on-base parking are also available during your stay.

Staying at NGIS not only provides great lodging at great prices, but it also offers the convenience of other base amenities. You can visit

the Navy Exchange, MWR activities with discounted tickets for area attractions and swimming pools, golf courses, beaches, movie theaters, youth centers and other great MWR activities right outside your door.

If you're looking for catering and conferencing needs, please contact the host region for particulars on reserving a conference center.

Reservations for Navy Gateway Inns & Suites locations can be made by calling 1-877-NAVY-BED (1-877-628-9233), or on line at www.dodlodging.net.



MWR Highlights

Indian Head

ITT Trips & Specials

Philadelphia International Flower Show

March 9 - "Springtime in Paris" is the theme for this annual flower show. Enjoy beautiful gardens, a floral showcase, live entertainment, shopping and more. \$75 per person, includes transportation and entrance to the event. Call the ITT Office at 301-744-4850 for more information.

Walt Disney World Military Appreciation Discount

Four theme parks in 4 days for ONLY \$135.50! Disney World is also offering 40% off accommodations at select Disney World Resort Hotels for active duty and retired military. Call for details.

Springtime in New York

April 2 - Let the ITT Office take you to New York for the day! \$60 per person includes roundtrip transportation aboard a deluxe motor coach.

The ITT Office has discounted lift tickets and equipment rentals for skiing, discounted tubing and discount learning packages at Ski Liberty, Round Top, White Tail, Timberline, Massanutten and Wintergreen Resorts. Call for pricing details.

Upcoming Indian Head Events

Read Across America with Dr. Seuss

March 1 from 11 a.m. to 1 p.m. at the Library Celebrate "Read Across America" Day at the General Library. A special guest will be in attendance to share their love of reading with the children. Refreshments will be served. This event is open to all eligible patrons and is FREE.

March Madness Hot Shot Competition

March 3 at the MWR Gymnasium Test your shooting skills! Who will sink the most shots from around the court and win a prize? Register the day of the competition at the Fitness Center front desk or email henry.c.garrard@navy.mil. Call 301-744-6649 for more information. This event is FREE and open to all eligible patrons.

Auto Hobby Shop Self Help Classes

Come by the Auto Hobby Shop on the second Monday of each month from 11 am to 1 pm for a FREE self help class.
 March 14 Engine Diagnostics Checks
 April 11 Cleaning Tips
 Call the Auto Hobby Shop at 301-744-6314 for class details. Open to all eligible patrons.

Luck of the Irish 5K

March 14 - Register at the Fitness Center Front Desk by 10:30 a.m. on race day, race starts at 11 a.m. Open to all eligible patrons, \$5 for civilians, FREE for military. Use the luck of the Irish to predict your finish time, closest predicted time wins a prize!

Comics on Duty - Back by Popular Demand!

April 13 starting at 7 p.m. at the Mix House. Don't miss this FREE all-headliner show.

Dahlgren

Liberty Center

540-653-7277

Mardi Gras Dinner

March 8, 5 p.m.
 Dinner is free and for Liberty patrons only. Join us for Cajun food and some King cake. For more information call the Liberty Center at 540-653-7277.

Cannonball Lanes

Bowling Center

540-653-7327

Buy a Value Meal, get a game free

Wednesdays in March. 11 a.m. - 2 p.m.
 Open to all with base access

Cosmic Bowling Nights

Fridays in March 7 p.m. - Midnight
 Enjoy music and lights while bowling.
 Open to all with base access.

Dahlgren Fitness Center

540-653-8580

St. Patrick's Poker 5k Run

March 17 at 11 a.m.
 Registration starts at 10 a.m. the day of the race at the Fitness Center.

Open to all with base access. T-shirts to the first 25 who register. Awards for overall male and female finishers first place male and female active duty. For more information contact the Fitness Center at 540-653-8580 or Ira Seth, Fitness Director at 540-653-2215. Sponsored by: Carroll's Automotive and NSWC Federal Credit Union.

Ballet/Jazz Classes

Classes start March 21
 Mondays and Thursdays for eight weeks. Cost is \$40 for military and \$50 for civilians. Classes are held in the group fitness room at the Fitness Center. Registration opens March 7th for all with base access - March 14th open to the public. Registration closes March 25th. Please contact Fitness Coordinator at 540-653-2016 for more information.

Information

Tickets & Tours Office

540-653-7327

New York City Trip

April 2
 Enjoy spring in the Big Apple. Cost includes round trip transportation and welcome package aboard a deluxe motor coach. Cost: \$60. For more information please call the ITT Office 540-653-8785 or 301-744-4850.

Dahlgren Library



Over 40 children and family members came to the Dahlgren Library to see the magic show this past Saturday, February 26, 2011. Magician, Michael Taggart thrilled the audience with amazing magic tricks using silks, rings, ropes and disappearing objects. This high energy performance was fun filled and interactive for the young audience.



March 4 <i>The Green Hornet</i>	Friday PG-13	7 p.m. 119 min
March 5 <i>The Green Hornet</i>	Saturday PG-13	2 p.m. 119 min
March 5 <i>The Dilemma</i>	Saturday PG-13	7 p.m. 111 min
March 6 <i>True Grit</i>	Sunday PG-13	3 p.m. 110 min

Admission

\$5 Civilian, \$4 Active duty, Retired & Reserve Military E6 and above and their family members with ID, \$2.50 E1-E5 and below and their family members with ID, \$2 Child (6-11), Free - Child (5 and younger)

For movie details and a listing of events at NSF Dahlgren, subscribe to our Dahlgren Electronic Newsletter, delivered weekly via e-mail.

Contact: Dahlgrenmarketing@verizon.net or FFRPMarketing_Dahlgren@navy.mil to subscribe.

For more information call 540-653-8785 or 540-653-7336.



The Dahlgren Library was recently transformed into the Short Stump Saloon, complete with gold mine, as guests attended the Murder Mystery Theater "Murder in Them Thar Hills." Guests used clues as well as speeches given at the funeral of a local gold miner who'd manage to cause problems for lots of town dwellers to determine the method of his demise. Nearly 50 people attended the event.

