



Spring weather means it is time to go fishing  
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**Up Front**

**Legal Assistance Office closure**

The Legal Assistance Office will be closed Friday and will reopen Tuesday at 8 a.m. Except for deploying personnel, Legal Assistance will not be scheduling new appointments until Wednesday. Also, the office will be closed for notary services on Friday.

**Mobilization and Casualty Assistance Operations**

The Mobilization and Demobilization Office and the Fort Belvoir Casualty Assistance Center in the Building 219 basement is on curtailed operations until Friday. The office is relocating to the Bldg. 213 basement. The offices will be fully operational Tuesday in the Building 213 basement. Phone numbers will remain the same.

**ASC, SFAC closure**

Army Community Service and Soldier and Family Assistance Center will be closed for training June 5, noon-5 p.m. Persons with an emergency financial need accompanied by a Red Cross message can call (703) 805-2532. For all other emergency financial needs call (703) 805-3130 and leave a message.

**Designated tobacco use area**

Fort Belvoir Community Hospital is a tobacco-free campus, and those who use tobacco products are asked to use one of two designated areas on campus to use tobacco products. These zones are behind the facility.

**Cardboard Regatta**

Transform cardboard into floating art. Ships set sail June 8 at 9 a.m., at the Directorate of Family and Morale, Welfare and Recreation's North Post outdoor pool. Fill out the registration form by May 31 at the Community Center or call (703) 805-9239 for more information.

**Lego Building Competition registration**

Test your creativity by designing a unique Lego creation that incorporates an Army or Army Family theme. Entrants must fill out a registration form at the Community Center. Creations must be made exclusively by contestant in a 24" by 24" square and dropped off at the Community Center by June 5. Winners will be announced June 7. For more details, contact the Community Center at (703) 805-3714.

**Outdoor Recreation operating hours**

Outdoor Recreation's current hours of operation are Thursday through Tuesday, 8 a.m. to 7 p.m., and closed Wednesdays.

**Quick and Healthy Cooking Class**

The next Belvoir hospital Quick and Healthy Cooking Class is Wednesday from 11 to 11:45 a.m. in the Nutrition Clinic, Oaks Pavilion, Room O1.110. It is open to active duty, retirees, and beneficiaries. For more information and to register, call (571) 231-2269.

**Garrison welcomes first travel camp visitors**

By **Tim Cherry**  
Staff writer

Fort Belvoir's Directorate of Family and Morale, Welfare and Recreation opened the installation's new Travel and RV (recreational vehicle) camp to campers May 16 and held its grand opening Wednesday.

The 52-pad camp provides a short-term outdoor rest and relaxation area for guests at \$60 per night for a maximum of 14 days. The camp, which can accommodate up to 40-foot RVs, rests in the Tompkins Basin Area along the shoreline of the Potomac River and is open to use for an outdoors experience in a scenic environment. The camp is available to servicemembers, Reservists, Guardsmen, Department of Defense civilians and contractors, Families and guests eligible under U.S. Army regulation 215-1, paragraph 7-1.

DFMWR conducted a ribbon cutting ceremony Wednesday to officially open the camp.

A couple of the first visitors to Fort Belvoir's Travel and RV camp arrived relieved and happy to use the site.

"We can finally settle down," said Capt. Jesse Allgeyer, National Intelligence



Photo by Jeffrey Mankie

**Brothers Roderick, 2, left, and Abraham Allgeyer, 4, begin to pull out their toys with their father Jesse Allgeyer at the new Fort Belvoir Travel Camp Friday. Allgeyer has been stationed to an installation in the area, and he, his sons; wife, Briita; infant daughter, Penelope; and dog, Bjorn, moved from Washington state with their RV.**

University student, whose Family arrived at Belvoir's Travel Camp after traveling cross country from Washington State. "This camp is probably going to be one of those secrets until more people learn about it. You can tell this place is going to fill up because it's in a great location."

Pads 1-14 and 36-52 on the lot are back-in types, while pads 15-35 are pull-throughs. The facility features Wi-Fi, electricity, sewage, cable connections, a laundry facility and a shower facility. The shower area will have six bathrooms — three for men and three for women — with one handicap

accessible shower each for men and women.

Jesse and his wife, Briita Allgeyer, stay-at-home mom, traveled from Washington with their three children as part of Jesses's Permanent Change of Station (PCS) move to Fort Belvoir. The Family  
**See CAMP, Page A11**

**Bike to Work Day celebrates commuting alternative**

By **Justin Creech**  
Staff writer

Commuter Connections and the Washington Area Bicyclist Association celebrated cyclists who commute to work daily during Bike to Work Day Friday, with 14,600 local cyclists participating in the event.

Pit stops were set up at 70 different locations throughout Washington, D.C., Maryland and Virginia for riders to pick up coffee and water, plus a Bike to Work Day hat and t-shirt.

Several people from Fort Belvoir participated in the event, including Elizabeth J. Willis, U.S. Army Research Institute for the Behavioral



Photo by Jeffrey Mankie

**Elizabeth Willis rides her bicycle along the Mount Vernon Trail in the Fort Hunt area of Fairfax County, Va. on Bike To Work Day on Friday Willis rides her bicycle from her home in Fort Washington, Md., to Fort Belvoir, Va., every day.**

and Social Sciences, survey statistician. She said this was her first time participating in the Bike to Work Day events since coming to Fort Belvoir.

"About 20 members of the Oxon Hill bike club who are retired rode over the

**See BIKING, Page A10**

**Fort Belvoir HHC, HQ Bn. welcomes incoming 1st Sergeant**

By **Tim Cherry**  
Staff writer

The Fort Belvoir Headquarters and Headquarters Company, Headquarters Battalion, welcomed its new first sergeant during a change of responsibility ceremony May 15.

1st Sgt. Shana Tinsley assumed responsibility from 1st Sgt. Bradley Scott in front of Soldiers and Family members in the Headquarters Battalion office. Tinsley is expected to help take HHC to new levels of success, according to HQ Bn. Command Sgt. Maj. Carolyn Reynolds.

"It's a bittersweet moment," said Reynolds, speaking about HHC's loss of Scott while adding Tinsley. "We're confident that she'll build on HHC's past success and help take the garrison to new heights." Tinsley hopes to continue



Photo by Tim Cherry

**Incoming 1st Sgt. Shana Tinsley, Headquarters and Headquarters Company, Headquarters Battalion, holds the NCO sword during a change of responsibility ceremony May 15.**

her career by helping HHC Soldiers develop their skills. Tinsley said she will work in 360 degrees, by seeking guidance from her superiors, by taking advice from her peers and by mentoring Soldiers within her ranks. "All Soldiers are entitled

to outstanding leadership," Tinsley said. "I will provide that leadership."

During her remarks, Tinsley expressed appreciation to Scott for helping her prepare to assume responsibility of the HHC first sergeant position.

"I'm thankful for this opportunity," Tinsley said. "First Sgt. Scott's leadership and dedication will not be forgotten."

Reynolds also expressed gratitude to Scott by stating his competence and leadership played a "great role" in the garrison's success.

Scott, a graduate of the Advanced Noncommissioned Officer's Course and Primary Leadership Development Course, is leaving HHC to attend the U.S. Army Sergeants Major Academy. He's appreciative of the time he spent at Belvoir and looks forward to continuing his career.

"When I leave the United States Army Sergeants Major Academy, I hope to enter into a command sergeant major position and keep on leading Soldiers like I like to do," Scott said.

# Viewpoint

## IMCOM CG Sends: Memorial Day holiday safety message

By Lt. Gen. Mike Ferriter, Commanding General  
U.S. Army Installation Management Command

This Memorial Day, we pause to honor those who gave their lives to protect the liberties afforded to all Americans. Every generation has had its heroes; and ours are our Soldiers, defending our freedoms around the world today, and their Families, supporting them at home.

While we remember those fallen comrades, we also want to ensure we take care of our team who selflessly serve others. Memorial Day marks the start of the summer and with it, the Army's Summer Safety Campaign. These critical days are a time of increased outdoor activity and an increase in hazards. A little planning and careful execution will go a long way.

As our Families get ready to kick off the summer I want to urge everyone to stay safe on the road during a time of year when automobile accidents and fatalities tend to increase. You all know the stories behind these losses; some have used alcohol then got behind the wheel; others traveled without getting the right amount of sleep the night before; and some may have been distracted.

To ensure a safe Memorial Day holiday weekend, I want you to refrain from all cell phone use behind the wheel and to make sure that all passengers are buckled up and children are in age-appropriate safety seats. Remember that children 12 and younger should always be in the back seat. Allow plenty of travel time to avoid frustration and diminish the impulse to speed. Don't drink and drive! There is no destination worth the life of you or your loved ones.

Many of you will head to the beach over the Memorial Day weekend.

As with many outdoor activities, there are common sense precautions to ensure your safety and that of your loved ones. Swim with a buddy, or at least, have someone onshore watching you. Avoid the rip current waters, those concentrated

**"There is no destination worth the life of you or your loved ones."**

Lt. Gen. Mike Ferriter, Commanding General  
U.S. Army Installation Management Command

rivers of water moving offshore. If you are caught in a rip current, don't fight it by trying to swim directly to shore. Instead, swim parallel to shore until you feel the current relax, and then swim to shore. Finally, swim sober. Alcohol is a major factor in drowning. Alcohol can reduce body temperature and impair swimming ability. Perhaps more importantly, both alcohol and drugs impair good judgment, which may cause people to take risks they would not otherwise take.

As the temperatures rise every spring, Soldiers, Army civilians, and their Family members are sometimes a little too eager to get back to the fun that only warm weather can bring. I encourage you to stay active – enjoy the warm weather, the great outdoors, and all the fun offered. Just be smart. Be safe.

IMCOM Command Sgt. Maj. Earl L. Rice and I thank you for everything you do to support the Army and our Soldiers and Families. This Memorial Day, please take a moment to remember those who have fallen while defending our way of life. Have a safe and good weekend.

Army Strong!

//Signed//

Lt. Gen. Mike Ferriter, Commanding General  
U.S. Army Installation Management Command

## Eagle on the Street

**What's the best training or education you ever received?**



**Master Resiliency Training.** I think it's a program the Army should have implemented a long time ago.

Master Sgt. Sharlinda Warner  
Master Resiliency Training instructor  
1st Battalion, Warrior Transition Brigade



**High school training,** because it was something I enjoyed the most.

Melinda Tirado  
Human Resources Assistant  
1st Battalion, Warrior Transition Brigade



**My major classes for Human Resources in college at George Mason University.**

Mesky Mekonnen  
Human Resources  
1st Battalion, Warrior Transition Brigade



**It was at Joint Readiness Training Center at Fort Polk, La. I learned to utilize tools for deployment to Afghanistan.**

Capt. Thomas Stall  
Network Enterprise Technology Command



**Presently, the best training Soldiers can take that I've received is resiliency training.**

Sgt. 1st Class Anthony Handy  
Fort Belvoir Headquarters Battalion, Combative Center noncommissioned officer-in-charge

## Army Chief of Staff addresses sexual assault, harassment

By Gen. Ray Odierno  
Chief of Staff of the U.S. Army

Over the last twelve years of war, our Army has demonstrated exceptional competence, courage, and resiliency in adapting to the demands of war and accomplishing the mission. Today, however, the Army is failing in its efforts to combat sexual assault and sexual harassment. It is time we take on the fight against sexual assault and sexual harassment as our primary mission. It is up to every one of us, civilian and Soldier, general officer to private, to solve this problem within our ranks.

The Army is committed to the safety and security of every Soldier, civilian, and Family member. Our Army is based on a bedrock of trust — the trust between Soldiers and leaders that we will take care of each other. Recent incidents of sexual assault and sexual harassment demonstrate that we have violated that trust. In fact, these acts violate everything our Army stands for.

They are contrary to our Army Values and they must not be tolerated.

It is up to every individual to contribute to a culture in which our Soldiers, civilians, and Family members can reach their full potential. It is imperative that we protect potential victims from ever experiencing a sexual crime. We must provide compassionate care and protect survivors after a crime has been committed. Our people must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.

Commanders, noncommissioned officers and law enforcement must ensure that every allegation of sexual assault and sexual harassment is thoroughly and professionally investigated and that appropriate action is taken. Leaders at every level are responsible for establishing a command climate and culture of mutual respect, trust, and

safety. Leaders must develop systems to "see" their units, and understand the extent to which their leadership promotes a positive command climate for all Soldiers. I urge everyone to start a conversation within your unit or organization, among leaders, peers, and subordinates and with Family and friends to better understand one another's experiences and to develop better solutions to this problem.

Our profession is built on the bedrock of trust; sexual assault and sexual harassment betray that trust. They have a corrosive effect on our unit readiness, team cohesion, good order and discipline. We are entrusted with ensuring the health and welfare of America's sons and daughters. There are no bystanders in this effort. Our Soldiers, their Families, and the American people are counting on us to lead the way in solving this problem within our ranks.

Raymond T. Odierno  
General, 38th Chief of Staff  
U.S. Army

**Eagle**



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Belvoir Eagle  
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# Giant supports healthier eating initiative during USO's Y.U.M. lunch

By Justin Creech  
Staff writer

Giant Food of Landover, Md. presented \$87, 282 and 16,500 healthy Snack Packs to the USO of Metropolitan Washington as a result of its March in-store giving campaign.

The donation took place during the "Your USO Meal" lunch at the Fort Belvoir USO Warrior and Family Care Center.

The in-store campaign raised money through \$1, \$3 and \$5 donations, and the Snack Packs consist of a bottle of water, hand sanitizer, health bar, pretzel bar, fruit snacks and drink mix sticks. USO plans on giving the Snack Packs out at their airport locations, centers and at events they support such as organizational days, deployment and homecoming ceremonies, and Family Readiness Group events.

"The snack packs will make our efforts to go out and support units much easier over the next few months and allow us to go out to many more events that we wouldn't be able to help out at otherwise," said K.J. Stevens, USO Warrior and Family Care Center, programs coordinator. "Their monetary donation is really an amazing contribution and will make a huge difference in the programming we can offer."

The lunch was catered by Red, Hot and Blue so Soldiers had the option of pulled pork, chicken, macaroni and cheese, baked beans and



Photo by Jeffrey Mankie

**Jamie Miller, center, with Giant Food, hands out USO snack packs to a group of Soldiers and civilian personnel during the "Your USO Meal" lunch at the USO Warrior and Family Center at Fort Belvoir, Monday.**

tossed salad to enjoy.

Steve Stoner, Giant Food of Landover, Md. vice president of human resources, and Terry McGowan, Giant Food of Landover, Md. director of quality assurance, spoke during the check presentation. McGowan and Stoner are both former service-members, and McGowan still serves in the Marine Corps Reserves. Both are pleased to contribute any form of help to the military.

"We are the nation's capital grocer. Being in the DC-Metro area, you've got the Pentagon, Fort Belvoir and such a huge military community," said Stoner. "There's noth-

ing better than being the nation's capital grocer and to give back to the community. This is our customer and we're going to take care of our customer."

The donation is appreciated by the USO, according to Elaine Rodgers, USO of Metropolitan Washington president and chief executive officer, as are the Snack Packs since they go along with healthy living activities USO is starting.

"This is such a terrific relationship with Giant," said Rodgers. "We are working with well known chefs who are going to be coming in and doing cooking classes for us. We are

working with the military professionals so we are creating the right kinds of programs."

Having spent four years at Fort Carson, Colo. as an Armored Cavalry Scout, Stoner is partial to the USO having utilized their services during his time in the Army.

"I can remember going off to boot camp and sitting in the USO for seven hours before the flight got there," said Stoner. "If you've never served, you don't understand that brotherhood. So, to be able to take care of those brothers and sisters that I once shared the sand and dirt with, it's very personally rewarding."

The donation from Giant and the free lunch provided by the USO was appreciated by the Soldiers who attended Monday, like Chief Warrant Officer 3 James Towle, 701st Protective Services Battalion.

"You always get a little choked up when someone from the community supports you," said Towle. "It makes you feel good."

Making sure Soldiers stay fit and ready to defend the nation is important to Stoner, which is another reason he's excited about Giant's relationship with the USO.

"As you send troops to combat and training exercises, you need to be fit and ready to fight," said Stoner. "It's about water, not coke, not Twinkies, but something that's going to give you sustainable energy so you can look after the well-being of our nation."

## Road construction

### Gunston Road

• **Water main:** The left lane of Gunston Road will be closed Friday and Saturday to test pit the existing water main. Work will be done from 7 a.m. to 3 p.m.

• **Paving:** Road crews will continue work to repave and restripe Gunston Road on South Post from 12th Street south to 23rd Street. The work will see various sections of Gunston closed, at least one lane at a time, until the work's scheduled completion Friday. Hours of scheduled work are 9 a.m. to 5 p.m.

Work will occur in two phases, beginning on the southbound lane between 12th and 16th Streets where there are three lanes. Traffic control cones and flagmen will be in place to maintain two-way traffic and guide drivers around the work.

The next phase of work will be where there are only two lanes. Southbound traffic will be maintained, but, northbound traffic will be detoured from 23rd Street to 16th Street via Bixby Road and Belvoir Road. During this phase, Gunston Road will be closed (during work hours only) at 18th, 19th, 20th and 21st Streets. Gerber Village residents will have to use Middleton Road to get to the Belvoir Road detour.

Drivers can help during the three weeks of construction by planning more travel time when necessary to travel along Gunston Road south of 12th Street. Commuters who normally enter and depart via Tulley Gate should consider using Pence Gate as an alternate.

For more information, call (703) 806-3005.

### Abbott Road

The section of Abbot Road west of Gunston Road and adjacent to the D.C. National Guard Regional Training Institute is closed for fire hydrant

installation and asphalt paving operations until May 31. Work will be done between the hours of 7 a.m. and 5 p.m.

### Langfitt Loop

Bowen Engineering is scheduled to pave a section of Langfitt Loop in Cedar Grove Village and a section of Hurley Road just outside of Cedar Grove Village between the hours of 7 a.m. and 5 p.m. starting Tuesday and lasting through June 7.

Detour and road closure signs will be posted during the work hours.

### Commissary parking lot

Bowen Engineering is scheduled to set up road closures on the access road in front of the Commissary (Bldg. 2302) to install new fire hydrants and complete asphalt paving work beginning Wednesday and lasting until June 7. The work will take place between 7 a.m. and 5 p.m. At the end of the day contractors will backfill or place steel plates over the exposed area to make it safe for vehicles and pedestrians.

If the work is completed earlier the road will reopen immediately upon completion.

See map below.

### Sharon Lane

Sharon Lane will be closed June 3-July 3 to conduct directional drilling. Work will be done from 7 a.m. to 5 p.m. Local travel will be allowed and controlled by flagmen.

### Troth Way

Bowen Engineering will set up road closures at the intersection of Troth Way and Belvoir Road from June 4-6 for asphalt and paving work. The work will take place between 7 a.m.-5 p.m. At the end of the day contractors will backfill or place steel plates over the exposed area to

make it safe for vehicles and pedestrians.

If the work is completed earlier the road will reopen immediately upon completion.

### Pohick Road

The outbound right lane of Pohick Road will be closed June 12-25 to install

a new water main parallel to the road. The lane closure will be in effect from just south of Pole Road to Route 1.

Work will be done from 6 a.m. to 3 p.m.





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# Pepper spray activity prepares gate guards for real-life occurrences

By Justin Creech  
Staff writer

Department of the Army Security Guards in training completed an obstacle course Friday that began with each guard getting sprayed with pepper spray.

The course consisted of four stations — high-knees, a baton hitting station, high-blocks and the “Redman” where guards had to take out their own pepper spray bottle and spray a guard wearing red-colored protective equipment, consisting of padding and a sealed helmet.

The purpose of the course was to familiarize guards with the effects of pepper spray should they ever be sprayed in a real-life situation.

“We want to make sure the first time they get sprayed is during training,” said Daniel Davis, Fort Belvoir DASG, training lieutenant. “The first time is the worst time. So, if they are on scene and accidentally get sprayed, and it’s their first time, their safety might be jeopardized. They (learn) through this course (the spray) does burn, but they can fight through it.”

Despite not enjoying the effects of the spray, guards like Oran Catlon understood why they were put through the course.

“This could happen in a real-life situation,” said Catlon. “So, I understand us going through this for those reasons.”

This is Catlon’s third time being sprayed since he was a Wackenhunt contracted guard prior to its contract expiring. He said the biggest



Photo by Justin Creech

**Steven Jackson, 29, front left, prepares for the pepper spray obstacle course along with other guards (on left), Friday by getting sprayed prior to the running the course. The purpose of the course is for guards to know how to handle the affects of pepper spray should they ever get hit with it in a real-life situation.**

part of dealing with the effects of the spray is staying mentally focused.

“A lot of people think, ‘Oh, it’s going to burn’ and you psych yourself out when you do that,” said Catlon. “Take a deep breath, keep blinking your eyes and stay focused.”

A person’s natural inclination when being sprayed is to close their eyes, according to Steven Jackson. So, it’s best to make sure you keep your eyes open.

Jackson tried to get through the course as quickly as possible, but was encour-

aged to slow down in order to prevent himself from potentially hyper-ventilating.

“It’s good to be exposed to it just in case you get sprayed in a real-life situation you know how to handle it,” said Jackson.

The guard training course is three weeks long and includes self-defense and training in combative techniques, plus fitness and law enforcement mental conditioning. The guards graduated Tuesday.

Capt. Robert Henry, Fort Meade, Md. Chief of Guards,

handles the fitness and law enforcement mental conditioning instructions.

“We go over nutrition and exercise programs because a lot of the incoming guards have never worked out before,” said Henry. “So, we show them how to start a basic exercise program.”

Making sure their home lives are in order is the first part of the mental conditioning, said Henry. The second part is learning to not panic in a dangerous situation.

“You train yourself so when something happens,

you react to how you’ve been trained instead of reacting emotionally,” said Henry. “When you hear a gunshot, you have to know to get behind cover and look around. You have to locate where the shot is coming from instead of spazzing out.”

Henry encourages guards to do at least one mile of cardio three days a week as well as a weight routine that works each muscle group.

“You’ve got to change the frequency and intensity of the workouts as well,” said Henry.

Self-defense techniques the guards are taught include how to escort someone in handcuffs and how to get out of a choke hold.

“If you are escorting someone you want to make sure you have pressure and counter pressure. So, if they are grabbing the arm and hand, and they bend it a certain way, as long as they’ve got pressure and counter pressure you can get compliance with minimal force,” said Davis. “If someone is trying to put you in a choke hold, if you lift up their thumbs they’re going to have to let you go because the thumb is the weakest part of the hand.”

Though it is short and highly intense, Catlon said the course is beneficial and definitely equips the guards with the skills they need to do their jobs.

“It’s a great program and a great job to have,” said Catlon. “A lot of people don’t realize what we do, and I think if they knew the work we put in they would respect us more. We’re not just flipping ID cards.”

# Motorcycle safety course helps students ride responsibly

By Tim Cherry  
Staff writer

Novice and experienced motorcyclists improved their riding skills during Fort Belvoir’s Basic Riders Safety Course May 13 at the 23rd Naval Mobile Construction Battalion.

The two-day course, sponsored by the Army Traffic Safety Training Program, teaches basic riding skills such as turning, stopping and balancing. Experience varied amongst the riders as one participant never rode a motorcycle before, but each student enjoyed the lessons.

“You learn good fundamentals of basic riding in this course,” said Sgt. 1st Class Adrin Young, 71st Forward Engineer Support Team-Advance noncommissioned officer-in-charge. “It’s good hands-on learning.”

Active-duty Soldiers, active Reserves and active Army National Guard are required to complete the course (offered for free on military installations) before operating a motorcycle. Belvoir’s class is typically offered every other week at the 23rd Naval Mobile Construction Battalion located on Stuart Road. Participants are provided training bikes and safety equipment. A state motorcycle endorsement is not required for the course.

“You feel a lot more freedom and closer connection to the environment when you’re riding a motorcycle. It’s a risky activity so you have to be much more alert ... it requires intense focus,” said Patrick Gallagher, Motorcycle Safety Course lead instructor. “This course teaches basic skills of how to operate a motorcycle and basic knowledge on how to identify risk and what to do to mitigate those risks.”

The Motorcycle Safety Course starts with video clips and group discussions. Participants watch instructional clips of real-life riders demonstrating the proper way to ride, inspect, mount and operate a motorcycle. Participants also read the Motorcycle Safety Foundation Handbook to learn about motorcycles. Riders discuss topics such as checking tire pressure, starting the bike properly and maintain safety while operating the vehicle. Participants also learn about the various controls of the bike such as the clutch, brakes, throttle and the stand.



Photos by Tim Cherry

**Patrick Gallagher, Motorcycle Safety Course lead instructor, instructs Basic Rider Course participants on how to properly start their motorcycles during training May 13, at Fort Belvoir’s motorcycle training range. Gallagher’s instruction was part of a two day course where six participants learned the basic fundamentals of safely riding a motorcycle.**

Personal Protective Equipment such as a fastened helmet and long-sleeve jacket is another talking point. PPE must meet the Department of Defense Instruction 6055.4 and Army 385-10 approved requirements. In addition to a helmet and long-sleeve jacket, DoD requirements include eye protection such as goggles or a full-face shield, sturdy shoes, full-fingered gloves and long trousers. PPE should fit each individual rider comfortably and be visible to other motorists.

The Army Safety Program Regulation 385-10 encourages, but does not require, motorcyclists to wear fluorescent or retro-reflective safety vests or jackets while riding. However, garrison officials still recommend riders wear the vests and any equipment that increases rider visibility to other motorists. That visibility reduces the chances of an accident.

Creating space is another big key to safety, Gallagher said. Motorcyclists should avoid riding side-by-side with other riders and they should also leave enough room between themselves and vehicles in front of them.

“Motorcyclists are much more vulnerable in a crash. Even in a fender bender, you’re much more likely to end up in the hospital,” Gallagher said. “You don’t want to call on your

skills as a rider to avoid an accident if you don’t have to.”

After the classroom discussion, participants hit the range on Motorcycle Safety Course motorcycles. Gallagher led members through various exercises designed to help riders gain comfort on the bike. The training includes lessons in how to start the bike, corner, operate the clutch and stop and go. Riders share ideas and opinions throughout the entire time on the range to help each other improve. Class size benefited the riders as only six students took the course, said Sgt. Rodney Stewart, 104th Maintenance Company automotive logistics specialist.

“You can get the necessary attention you need if you’re not grasping an exercise,” Stewart said. “You’re learning the skills you need to be safe on the road, so it’s good to get extra help.”

The Basic Rider Course is a great way for new and experienced riders to improve their skills, according to Staff Sgt. Algerita Landry, Fort Belvoir Community Hospital licensed protocol nurse. Landry, who has operated motorcycles prior to taking the Basic Rider Course, said the class allowed her to work on her fundamentals.

“It’s a good way to familiarize myself,” Landry said. “It’s an excel-

lent course to start you off with basic knowledge you need to know to operate a bike.”

Currently, the basic course is not a licensing course and does not substitute for the Virginia Department of Motor Vehicles road test but Gallagher said Virginia legislators will start accepting the class as a licensing course July 1. It’s unclear whether motorists who take the course prior to July 1 will be eligible to receive a license after July 1, Gallagher said.

Gallagher, a motorcyclist off and on for 42 years, likes to tell participants that motorcycle riding is a life-long learning process and the U.S. Army leadership agrees. Active-duty Soldiers, active Reserves and active Army National Guard are required to complete either the Basic Rider Course 2 or the Military Sport Bike Course within 12 months of completing the Basic Rider Course. The Basic Rider Course 2 is available on Fort Belvoir but the sport bike course is not. Both courses are designed to sharpen riders’ abilities. Instructors challenge students with techniques such as abrupt stopping and swerving. Participants should bring their own bikes to these courses because it allows them to gain familiarity with their vehicles, Gallagher said.

“The more you can fine tune your skills, the more likely you’ll enjoy the rides and be safe,” Gallagher said. “The advanced training provides more tools to add to your tool box to stay alive because it’s not all taught in the Basic Rider Course.”

Active-duty Soldiers, active Reserves and active Army National Guard are also required to take motorcycle refresher training if they have been deployed for more than 180 days. Soldiers must also take sustainment motorcycle training every three years following the completion of the Basic Rider Course 2 or the Military Sport Bike Course.

DoD civilians, Family members and retirees are not eligible to take the garrison’s motorcycle safety courses but are encouraged to take advantage of the MSF courses through other means.

Northern Virginia Community College offers a basic rider course which is open to anyone willing to pay the \$150 registration fee. The 15-hour program runs from mid-March through mid-November each year.

# Air Force rock band highlights USO date night

By Justin Creech  
Staff writer

The USO Warrior and Family Care Center will host its next couples "Your USO Meal" on the grill terrace at the center at 6 p.m. Wednesday. All active-duty servicemembers are eligible to come and can bring their spouse, fiancée, boyfriend or girlfriend.

The main attraction is a performance by Max Impact, the premiere rock band of the U.S. Air Force. The band, made up of six members, performs classic and current rock hits, country hits and patriotic favorites.

Max Impact is one of the Air Force's most powerful, successful and highly-utilized strategic communication assets. At home or abroad, its high-energy performances assist in enhancing troop morale, building partnership capacities with local and foreign communities, increasing recruiting and retention efforts and inspiring patriotism using effective and powerful music, according to the their website at [www.usafband.af.mil/ensembles](http://www.usafband.af.mil/ensembles).

"Due to budget cuts they are currently unable to travel," said KJ Stevens, USO Programs Coordinator. "They are so talented and such a fun show we thought this would be a great way for them to still be able to perform and for us to have a really fun event at the center."

Couples will enjoy Kabob's made of chicken and vegetables, and will have rice and corn as side dishes. USO organizes the date nights to give couples a chance to enjoy time to themselves and not have to worry about pricey restaurants or driving long distances to have fun.

"The purpose of the date night is to provide an opportunity for military couples to get a night out together without having to worry about how



Air Force Rock Band, Max Impact, will perform during the USO Warrior and Family Care Center's "Your USO Meal" on the grill terrace at the Center at 6 p.m. Wednesday.

Courtesy photo

expensive D.C. is or finding other events," said Stevens. "We found in our needs assessment survey that we were filling the need for single servicemembers and for Families, but we were leaving out military Families who didn't have kids, or have grown children. Even couples with young

kids need a night off once in a while." Military couples often forfeit time together due to deployments and unconventional work hours. So, the USO wants them to know those sacrifices are recognized and appreciated, according to Stevens.

"We are striving to give back to

them through "Date Night" events encouraging military couples to take a night off from their hectic lives to just enjoy themselves and enjoy each other," said Stevens. "It can be really expensive to do that in this area so we want to make it easier for them to do so."

# 911th Tech. Rescue Co. commander achieves goal

By Justin Creech  
Staff writer

Capt. Langston Turner's main goal when he took command of the 911th Technical Rescue Company in May of 2011 was to put the Army Engineer back into the company.

Today, as he relinquishes command of the unit he has so proudly commanded, he can do so knowing he achieved his goal.

"The company had gotten away from doing things like tactical exercises, demolitions, a lot of the construction aspects of the job," said Turner of the reason for his goal. "Now, we do demolition ranges annually and other training that focuses on the Soldiers' (Military Occupation Specialties)."

Turner's focus on leading the company to more engineering skills did not go unnoticed. Sgt. 1st Class Craig Chapman, 911th Technical Rescue Company noncommissioned officer-in-charge, agrees Turner was able to do what he set out to do with the company.

"He incorporated a lot of engineer training that we didn't have in the past," said Chapman. "We were able to go to air assault schools and he brought low density training back, so now the engineers can do a lot of their own training for the mission."

Improving the training courses the company takes was also important to Turner. He wanted the firefighters in the unit to be professionally board certified and master technicians so they would be up to speed with their civilian counterparts.

"We have personnel that are now pro-board certified and master technicians in accordance with the National Fire Protection Agency," said Turner. "It was important to me to do this because it develops the personnel so they can provide that training to some of the lower-enlisted Soldiers who couldn't go. It's a higher level of training for the Soldiers."

Along with the training courses, Turner also updated the company's equipment. In October, the company received a mini-make-over when they acquired new 10-ton dump trucks, Hemtt A-4's, and general mechanics tool boxes which allows the company to operate at 100 percent capacity.

"We were driving old trucks and he made

sure we got updated vehicles for tactical purposes which essentially made the mission better because now we are able to drive to locations with more reliable equipment," said Chapman. "The heavy equipment upgrade was big because we now have proper equipment to do the heavy digging and lifting."

Turner's care for every aspect of the company made him an effective leader and easy for the Soldiers to look up to, according to Chapman.

"He took a lot of pride in this company. His last day was (Wednesday), yet he was still in here (Monday) doing work," said Chapman. "He's just all-around concerned about this mission."

The fact Turner took time to talk to his Soldiers as well as demonstrate a no-nonsense attitude also made him an effective leader, according to Sgt. Daniel Savage, 911th Technical Rescue Company, chemical, biological, radiological, nuclear noncommissioned officer-in-charge.

"He cares deeply about the Soldiers and that makes a difference," said Savage. "He forces you to prioritize better and makes you more motivated."

The title of commander also didn't go to Turner's head, said Savage.

"If we had a conversation about any subject, sports, work, whatever he didn't hold himself above you," said Savage.

Turner is moving on to a position in the Pentagon. He is excited because of the career development aspect of the move, but admits he will miss the closeness that comes with working at the company level.

Turner will also miss the Soldiers he's worked with the last two years.

"I'll miss seeing the guys smiling, happy to be here, getting out and doing their jobs," said Turner. "It keeps you young and keeps your spirits up. I'm not behind a desk all day long, I'm out in the rain and mud with them. It's just fun and I feel like I'm making a difference in some of their lives."

The Soldiers of the 911th will miss Turner, too.

"I'll miss his professionalism," said Savage. "I'll also miss that he never backed down from a challenge."



## DES Journal

■ For the week of May 12-May 18, Directorate of Emergency Services reports the following:

- Civilian charged with driving under the influence, Pence Gate
- Received a report of damage to private property, Douge Creek
- Received a report of damage to private property, Main Post Exchange
- Received a report of a domestic disturbance, Lewis Village
- Received a report of a domestic disturbance, Woodlawn Village
- Civilian charged with driving with a suspended drivers license, Tulley Gate
- Civilian charged with communicating a threat by an electronic device, Woodlawn Village
- Servicemember charged with driving with a suspended drivers license, Tulley Gate
- Civilian charged with driving with a suspended drivers license, Meers Gate
- Five civilians were charged with underage possession of an alcoholic beverage and one civilian charged with operating a vehicle with a open container, Pence Gate
- Received a report of a traffic accident, North Post Shopette
- Received a report of a traffic accident, 9000 block of Stimson Road
- Received a report of a traffic accident, Pohick Road
- Received a report of a traffic accident, Fort Belvoir Community Hospital
- Received a report of a traffic accident, 16th Street
- Received a report of a larceny of private property, Hermyford Village
- Received a report of a traffic accident, Woodlawn Village
- Received a report of a traffic accident, Gunston and Pohick roads
- Received a report of damage to private property, PX Parking Lot

**Traffic violations for the week:**

- Traffic stops, 97; citations, 130; warnings, 21

■ Fire and Emergency Services responses through May 11:

- Building fire, three; interfacility transports dispatched, 16; emergency medical treatments, 19; hazardous conditions, nine; fire drill, one; fire inspections conducted, 14; good intent calls, three; dispatched and canceled by caller, seven; alarm activations, eight; service calls, three; assist police, one.

■ Total responses for the week, 84

■ Total calls from Jan.1, 1,793

*Entries in the Logbook are not necessarily adjudicative or prosecutorial in nature and do not always involve criminal charging by a prosecutor or in a criminal court.*

## Motorcycle awareness

It's that time of year when many explore alternative forms of transportation, namely motorcycles. There are over 4 million motorcycles registered in the United States. The popularity of this mode of transportation is attributed to low initial cost, use as pleasure vehicle and fuel efficiency.

- As a motorist, there are some steps to become more aware of motorcyclists.
- The motorcycle is a vehicle with the same privileges on the roadway. Give the motorcyclist a full lane of travel.
- Look for the motorcyclist at intersections and when a motorcyclist may be changing lanes. Use your signals clearly.

# Transparent leadership; Interactive training key to preventing sexual assault

By Staff Sgt. Megan Garcia  
3rd U.S. Infantry Regiment  
"The Old Guard"

"We don't allow sexual assault to happen within our ranks and we do not allow sexual harassment to happen within our ranks," said Sgt. 1st Class Michael Hertig, Equal Opportunity Advisor and Sexual Assault Response Coordinator, 3rd U.S. Infantry Regiment (The Old Guard), Joint Base Myer-Henderson Hall, Va.

Hertig has worked as The Old Guard's EOA/SARC for more than two years and said proactive leadership and training plays a vital role in preventing sexual assault and harassment.

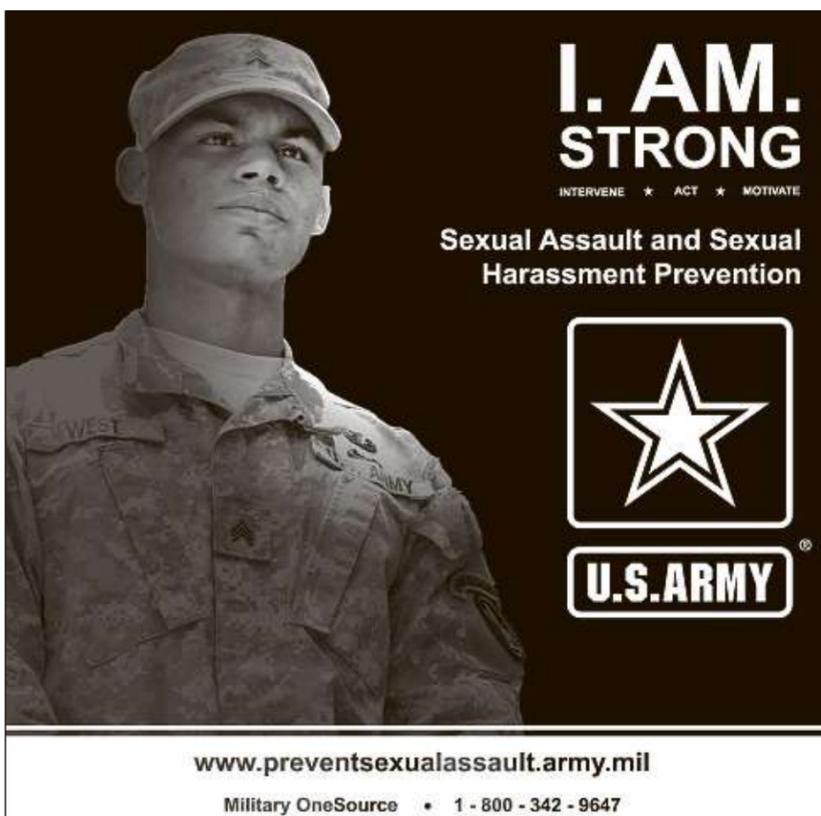
"The climate that allows sexual assault and sexual harassment is really dependent on the unit and the chain of command and how much they are involved," said Hertig. "The people that are in leadership positions here make it very easy for Soldiers to report issues as well as getting those issues solved quickly."

Hertig said the regimental commander has a zero-tolerance policy when it comes to such offenses and relies on his leadership at the lower levels to enforce it.

"At a minimum the first sergeant and the company commander take every allegation seriously and will handle it professionally," said Hertig. "That also means going down into the platoons to make sure this kind of environment is not tolerated."

Staff Sgt. Alexander Croteau, who assists Hertig if issues arise, experienced this first hand.

"When I was handling a case, the leadership made sure that we got everything taken care of," said Croteau, Sexual Harassment/Assault



Sexual Assault and Harassment Prevention graphic illustration by Spc. Danielle Belizaire.

Response Unit Victim Advocate, Regimental Headquarters and Headquarters Company. "They definitely want to know as much as they can so they can hold perpetrators accountable. Their biggest goal is to avoid revictimization and taking care of the victim and giving them any help that they need."

However, Hertig said there is still more that can be done and that starts with getting away from the typical classroom training that tends to rely

on PowerPoint instruction.

"We're looking at some more interactive ways of doing things and potentially presenting a mock sexual assault trial so Soldiers can understand the process. It will show everything from a person reporting to going through a court martial," said Hertig.

Hertig hopes this will get soldiers to think twice about the repercussions of committing either crime.

"I don't want our training to just

be about how to avoid being sexual assaulted or sexually harassed but I want it to also show what it is and what can happen to you if you do either of those events," said Hertig.

Hertig has also begun facilitating small group discussions in line with the Army's mandated training surrounding the movie "The Invisible War."

"The Invisible War" is a documentary film about sexual assault in the United States military and is told by those who were victims.

"The way we conduct the training is almost like a guided discussion. We show the video and there are certain points where we stop," said Hertig. "Myself and a panel of professionals such as lawyers, victim advocates and SARCs pose questions to give the senior leaders, who will be responding to these cases, a full understanding of how we run the program as well as from a victim's perspective."

Hertig believes conducting the training in a more intimate setting will yield better results.

"It's so easy to give the training to a mass of people at one time but not everybody is getting it," said Hertig. "That's why we are breaking it down into smaller groups. When you do it this way it allows for better interaction between the Soldiers and the leaders they will be reporting this to."

Hertig said preventive training isn't just about doing something the Army said to do, but it's ultimately about providing an atmosphere every Soldier deserves.

"Soldiers should be able to go to work, do their job and achieve what they want to achieve," said Hertig. "The commander is very serious about making sure he creates that climate."

## Hagel: Solving sexual assault crisis will take 'all of us'

By Karen Parrish  
American Forces Press Service

Sexual assault in the military is a crime and a problem that all military members at all levels will have to fight together, Defense Secretary Chuck Hagel said Friday.

"This is going to take all of us," Hagel said during a joint Pentagon news conference with Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff. Hagel noted he and Dempsey, along with the service secretaries and chiefs of staff, attended an "important, productive" White House meeting yesterday with President Barack Obama to address the situation, which Dempsey has termed a "crisis."

The meeting was important, Hagel said, because "it gave the president an opportunity to ask questions directly, and get the sense of this huge problem, serious problem, in our military."

It also allowed those military leaders to share their views with the commander in chief, Hagel said. He added all the meeting's participants are committed to solving sexual assaults, noting "there's not one of these people in leadership today that wants this to be their legacy."

The secretary said he spoke by phone today with the Response Systems to Adult Sexual Assault Crimes Panel, a nine-member body mandated by Congress, four selected by members of Congress and five by Hagel, that is charged with conducting a detailed review of factors surrounding sexual assault cases in the military.

"They're all highly respected, highly regarded, experienced men and women who understand cultures, society, command, and I think it's an exceptionally well-balanced group of men and women who we look to, to help us," Hagel said. He noted that there are a number of pieces of legislation pending in Congress designed to address sexual assault issues, but asked for time for the panel to do its work.

"I would hope that we would have some time here, everyone would have some time, to listen to what the panel comes back with," he said, "... and give them some time here to go in and really assess the problem. Why do we have the problem? How can we prevent the problem? What should we be doing better?"

Hagel noted sexual assault is a complex crime with many potential contributing factors, including popular culture, accountability and alcohol use.



Defense Secretary Chuck Hagel

"There are so many dimensions to this that I don't think you can come at it in one simple way," he said. "I get a lot of advice on this, and I listen to everybody."

The secretary particularly emphasized listening to sexual assault victims who "didn't feel their commanders were accountable enough (for victims) to be able to come forward and register a complaint, file a complaint, because they thought they would be subject to many things, ... and then also having no confidence that anything would be done about their complaint."

The secretary noted he issued guidance Friday on mandatory recertification and retraining for recruiters and sexual assault responders across the force. He is receiving weekly briefings on progress achieved, he said.

Hagel concluded, "We continue to look at every option, and we will. We have to. Every option is on the table."

Dempsey said the risks inherent to military service must not include the risk of sexual assault.

"It betrays the trust on which our profession is founded. It's a crime that demands accountability and consequences," the general said. He noted the Joint Chiefs have spent the better part of a year implementing a campaign focused on prevention, investigation, accountability, advocacy and assessment.

"The emphasis on prevention is especially important," Dempsey added. "As the president made clear to us yesterday, we can and must do more to change a culture that has become too complacent. Now's the time for us to recommit ourselves to our profession. Now's the time for character to be valued as much, if not more, than competence. Now's the time for moral courage at every level. There can be no bystanders."

Dempsey said during his early years in service, "The Army was broken." Racial tension and drug abuse "tore at the fabric of our service," he added.

Today's joint service is not broken — it is in fact remarkably resilient, he said.

"But we have a serious problem that we must solve: aggressive sexual behavior that rips at the bond of trust that binds us together," the chairman said.

He concluded, "Every single member of the joint force in every unit at every level must be alert to the problem and be part of the solution. Working together, we can and will restore faith in ourselves, and the trust and faith of the American people."

## App for military Families puts resources within easy reach

National Military Family Association  
News release

Military Families are in need of a central repository of vetted information and resources, which prompted the National Military Family Association to launch the first mobile app of its kind, MyMilitaryLife.

This mobile application offers military Families a customized experience that guides users through different life paths by anticipating their needs and determining appropriate resources for them at a particular stage in military life.

MyMilitaryLife is comprised of 10 "Life Paths" that help Families navigate the many adventures of military life and address key events a military Family might experience during their servicemember's career. With more than 10,000 official military and community support websites providing information for military Families, it is often difficult to navigate which sites are supplying credible information. Families are left scouring the internet to try and piece together the best resources to support the next steps in their lives. For the first time Families have access to trusted information right at their fingertips, specifically identified for their current life challenges and goals.

While every Family goes through challenges, the military lifestyle changes quickly and often with unexpected hurdles to overcome, making MyMilitaryLife a critical resource to have for every scenario. Below is an extended look at key features and Life Paths:

**Features:**

- Customized to-do lists
- Tailored resources based on Service branch, location, and needs
- Due date reminders
- Push notifications
- Emergency phone numbers for military Families

**Life Paths:**

- Having a Baby
- Reintegration
- Transitioning out of the military
- Spouse Education
- Spouse Employment
- The Basics
- Survivors
- Deployment
- Moving
- Raising Kids

"Military Families shouldn't have to struggle with finding information they need," said Executive Director, Joyce Raezer. "MyMilitaryLife serves as a trusted "one stop shop" providing Families with credible information, tailored to their specific situation. We've verified the resources and have put it into a format that eliminates the stressful search. Understanding our Families are often "on the go" it is also important to ensure there is access anytime, anywhere."

MyMilitaryLife is available through iTunes and Google Play, as well as the web portal.

The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the Families of the men and women currently serving, retired, wounded, or fallen. We provide Families of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Commissioned Corps of the USPHS and NOAA with information, work to get them the benefits they deserve, and offer programs that improve their lives. To learn more, visit [www.MilitaryFamily.org](http://www.MilitaryFamily.org).

# Belvoir Briefs

## This week

### Story Hour for Children

The Van Noy Library has resumed Children's Story time every Wednesday and Thursday from 10:30 to 11:30 a.m. Everyone is invited to bring their children to listen to the new storyteller. Call (703) 806-3323 for details.

### Military Spouse Career Series

Fort Belvoir Army Community Service Employment Readiness Program hosts an event in appreciation of "The Month of the Military Spouse" every Wednesday in May. Each week participants will be eligible to enter a drawing for a \$25 gift certificate as well as an entry to win an iPod Touch to be given away at the final event.

• **Wednesday:** Family-Friendly Work Options for Military Spouses is from 9 a.m. to noon. This is a career and job fair with employers with work-from-home positions, contract positions, part-time and temporary jobs.

To register for any of these events or for more information, call (703) 805-4590 to register.

### Legal Assistance Office closure

The Legal Assistance Office will be closed on Friday and will reopen Tuesday at 8 a.m.

### Mobilization and De-Mobilization Office moving

The Mobilization and De-Mobilization Office and the Fort Belvoir Casualty Assistance Center in Bldg. 219 basement will be on curtailed operations Friday in the event of re-locating to the Bldg. 213 basement. The offices will be fully operational Tuesday in Building 213. The phone numbers will remain the same.

### Quick and Healthy Cooking Class

The next Belvoir hospital Quick and Healthy Cooking Class is Wednesday from 11 to 11:45 a.m. in the Nutrition Clinic, Oaks Pavilion, Room O1.110. It is open to active duty, retirees, and beneficiaries. For more information and to register, call (571) 231-2269.

## Upcoming

### Fort Belvoir Commissary tours

Fort Belvoir Community Hospital hosts a commissary tour June 3 from 9 to 10 a.m. A Belvoir hospital registered dietitian will help select better food choices and answer food and nutrition questions while touring the commissary. These tours are available the first Monday of each month. To sign up, call the Nutrition Clinic at (571) 231-3369.

### National Intrepid Center of Excellence discussion

Fort Belvoir Community Hospital is seeking former patients of the National Intrepid Center of Excellence to participate in a research discussion group about their experiences.

There will be two discussion groups: one for former NICoE patients and separate groups for their Family members or friends.

The meeting for former NICoE patients is June 3 at 1 p.m. in River Pavilion, Floor 2, Reception 2. The discussion for Family members and friends will follow at 2:30 p.m.

Snacks and beverages will be provided.

To register, call (888) 669-2280.

### Change of responsibility

Operational Support Airlift Command will host a change of responsibility June 6 at 10 a.m. at Bldg. 3145, Walsh Hangar, Davison Army Airfield, Fort Belvoir, Va.

### Father's Day Special Brunch

The Officers' Club is accepting reservations for Father's Day Brunch June 16. There are two seating times: 11 a.m. and 2 p.m. Advanced pre-paid reservations required. Contact the Officers' Club at (703) 780-0930 for more information or to make reservations.

### Lego Building Competition

Test your creativity by designing a unique Lego creation that incorporates an Army or Army Family theme.



Photo by Jeffrey Mankie

## Ready to ride

**Elizabeth Willis visits the Spokes Etc. Bicycles pit stop at Collingwood Park along the Mount Vernon Trail in the Fort Hunt area of Fairfax County, Va., on Bike To Work Day Friday. Willis rides her bicycle from her home in Fort Washington, Md., to work at Fort Belvoir, Va., every day; a commute that lasts just under two hours.**

Participants must fill out a registration form at the Community Center. Creations must be made exclusively by contestant in a 24-inch by 24-inch square and dropped off at the Community Center by June 5. Winners will be announced June 7. For more details, contact the Community Center at (703) 805-3714.

### 2013 U.S. Army Soldier Show

Get ready for the 2013 U.S. Army Soldier Show, presented by the U.S. Army Installation Management Command, Army Entertainment Division June 21 at Fort Belvoir's Wallace Theatre. The doors open at 6:30 p.m. and the show starts at 7:30 p.m. Limited seating is available for a June 22 performance at 6 p.m. Seating is on a first-come, first-served basis. The theme for this year's performance is "Ready & Resilient."

The show is open to all authorized Family and Morale, Welfare and Recreation patrons. For more details call 703-805-3714 or visit [www.belvoirmwr.com](http://www.belvoirmwr.com).

Volunteers are also needed. Volunteers must be at least 18 years old. For more information, contact [ryan.m.moran.naf@mail.mil](mailto:ryan.m.moran.naf@mail.mil).

### Freedom Fest Cancellation

Directorate of Family and Morale Welfare and Recreation has been receiving inquiries about Freedom Fest this year. As mentioned in the April 11 edition of the Belvoir Eagle, funding and support issues within this fiscal year have led to the decision not to hold our event this year.

Other July 4th celebrations include:

- **Mount Vernon** offers "An American Celebration," complete with made-for-daytime fireworks, July 4, 8 a.m. to 5 p.m.
- **Washington, DC's Independence Day Parade** starts at 11 a.m., July 4. The parade route is Constitution Avenue and 7th to 17th Streets.
- **National Mall 4th of July Fireworks** begin at dark, usually around 9:15 p.m. The fireworks are launched from the Lincoln Memorial Reflecting Pool and light up the sky over the Washington Monument.
- **City of Fairfax Independence Day Evening Show** is July 4, 7-11 p.m.

Musical entertainment performed by the City of Fairfax Band and other top groups. After the rousing sounds of the 1812 Overture, the skies will light up to celebrate with a fireworks display. Visit [www.virginia.org/Listings/Events/AndExhibits/CityofFairfaxIndependenceDayEveningShow](http://www.virginia.org/Listings/Events/AndExhibits/CityofFairfaxIndependenceDayEveningShow)

- **Kings Dominion** pays tribute to servicemembers by offering free park admission to any active, inactive or retired U.S. servicemember with a valid military I.D., May 25-27 and July 4-5. The park presents nightly fireworks.
- **USA & Alexandria Birthdays Celebration** is July 13, 4-10 p.m., at Oronoco Bay Park, Pendleton and N. Union streets, Alexandria. Visit <http://dc.about.com/od/4thofjuly/a/AlexFireworks.htm> for full information.

is a tobacco-free campus, and those who use tobacco products are asked to use one of two designated areas on campus to use tobacco products. These zones are behind the facility.

### Tax help at Quantico

The Tax Center, Bldg. 3095 at Marine Corps Base Quantico, provides free filing services for space-available assistance to active-duty servicemembers, retirees and their dependents. The Tax returns will be prepared mainly by appointment. The office will accommodate walk-in appointments on a case-by-case basis only.

The tax center is open Monday through Friday from 8 a.m. to 3 p.m. and will remain open until June 1.

Call (703) 784-3976 to make an appointment or for more information.

## Education

### National Testing Center

The National Testing Center is open Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 3 p.m. The NTC is in the Barden Education Center, Room 134. Available tests are CLEP, DANTES, NOVA English and Math Placements, and NOVA (ELI) distance learning exams and Accuplacer. Appointments are preferred but walk-ins are welcome on a space-available basis. Contact Kay Martinez at [kmartine@nvcc.edu](mailto:kmartine@nvcc.edu) or (703) 805-9261 for more information.

### Central Michigan University

Registration for summer classes is open now. Summer classes begin June 28.

Central Michigan University offers a Master of Science in Administration (MSA) degree with concentrations available in Human Resources, Leadership, Public Administration, Acquisition, Information Resource Management and Health Services Administration. CMU accepts applications year round. New classes begin every six weeks. Degree completion in 18 months or less. For more information, call Mary Pat Mabeus at (703) 360-5336. CMU is in Room 142 of the Barden Education Center.

### NVCC Fall registration

Registration is under way for Northern Virginia Community College's fall semester and students are encouraged to enroll early while the most choices are available. Online registration is open 24 hours a day at [www.nvcc.edu](http://www.nvcc.edu) and personalized service is available at NOVA's campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge.

Students may register now and not pay tuition until July 29. Starting July 29, tuition is due by 5 p.m. on the next business day after registering. Classes in the 16-week session begin Aug. 21. Two eight-week sessions starting Aug. 21 and Oct. 16 are also offered.

### Webster University Registration

Registration for the summer term is now open through Friday. The summer term dates are Saturday through July 26.

Call (703) 781-7942 or visit [www.webster.edu/dcmetro](http://www.webster.edu/dcmetro) for more details.

### ODU Programs

Old Dominion University offers a Master of Science in Education with full Virginia licensure, through its Military Career Transition Program. Active and retired military, military spouses and qualified civilians are eligible for the program.

ODU's Belvoir office in Barden Education Center's Room 144 is open Monday through Wednesday from 8:30 a.m. to 3:30 p.m. Thursday from 8:30 a.m. to 5 p.m. and Friday from 8:30 a.m. to 2:30 p.m.

More information is available by calling (703) 781-8203 or at <https://dl.odu.edu>.

## Outside the gates

### Arlington National Cemetery Memorial Day observance

Arlington National Cemetery hosts a Memorial Day observance beginning at 11 a.m. with a Presidential Wreath-laying ceremony at the Tomb of the Unknowns followed by a remembrance ceremony at Memorial Amphitheater.

To remember the sacrifice of fallen servicemembers on Memorial Day, throughout the day, the Delaware Valley Floral Group and Flowers for Kids will be providing roses for the public to place on headstones at Arlington.

All ceremonies are free and open to the military community and general public. No tickets are needed to attend these events.

For more information, visit [www.arlingtoncemetery.mil](http://www.arlingtoncemetery.mil).

### NARFE Association meeting

National Active and Retired Federal Employees Springfield Chapter 893 hosts a Summer Luncheon at Kilroy's Restaurant at 5250 Port Royal Road, Springfield, Va., June 12, noon to 3 p.m. Cost is \$16 per person (non-refundable) and includes gratuity and tax. The menu is a burger bar (hamburger, chicken, or veggie), tossed salad, fries, and sodas. Payment is due no later than June 5. Reservations are required.

Contact Beverly Clemesen at (703) 924-0152 or [jiraff2@cox.net](mailto:jiraff2@cox.net) for reservations or more information.

### Fairfax County needs election officers

The Fairfax County Office of Elections is recruiting election officers for the June 11 Virginia primary election and/or the Nov. 5 Virginia general election. Qualifications include being a registered voter in the Commonwealth of Virginia and availability to work at least half of Election Day. All qualified voters are encouraged to become election officers, especially those with technology skills and diverse language abilities. You must attend a one-time training class. Call (703) 324-4735, TTY 771, or email [elect@fairfaxcounty.gov](mailto:elect@fairfaxcounty.gov).

### Operation Medicine Cabinet Cleanout

Help prevent prescription medicine abuse and accidental poisoning by monitoring and properly disposing of unused or expired medications during Operation Medicine Cabinet Cleanout.

Bring unused or expired medications (just pills or liquids – no pressurized canisters or needles) to six local Fairfax County district police stations for disposal any time Monday through June 1. Disposal is free, convenient, confidential and safe.

For more information, contact Amy Reif, UPC health sector coordinator, at [areif@upcfairfax.org](mailto:areif@upcfairfax.org).

## In Progress

### Designated tobacco use area

Fort Belvoir Community Hospital

NOTICE: Belvoir Briefs contains news and information of upcoming community events at and around Fort Belvoir. People and organizations wishing to publicize events must adhere to the newspaper's deadline: No later than noon on Thursday of the week before desired date of publication. Provide items via e-mail to [editor@belvoireagle.com](mailto:editor@belvoireagle.com). Material also may be submitted on disk, delivered to Room 201, Bldg. 269. For more information call (703) 805-5001.

# Northern Virginia Players perform 'Alice in Wonderland' to support Memorial Fund

By **Justin Creech**  
Staff writer

The Northern Virginia Players excited military Families and friends during the opening night of their performance of Alice in Wonderland Jr. at the Burke Community Church Friday.

The show, which raised money for the Bobby Collar Memorial Fund, included a cast of 68 local military children ages 8-18.

"It went better than expected," said Hannah MacGregor, 14, who portrayed Alice. "There are a lot of technical things that go into the show with Alice having to be on stilts and stuff, so I'm happy we pulled it together."

Michael Guerinot, 15, portrayed Cheshire Cat Number 1, and was equally satisfied with the cast's performance.

"I think things went really well,"

said Guerinot. "The crowd had a lot of energy and the actors fed off of that. It was really amazing."

Guerinot, MacGregor and directors Ann Eul and Kate Wittig, were happy to be able to raise money for the Memorial Fund. Collar, who performed in NVP's show of Disney's Mulan in May 2012, died unexpectedly Feb. 14.

Guerinot and MacGregor's Father's are both stationed at Fort Belvoir.

"It was hard on all the children," said Eul of Collar's passing. "I think it helps the children to do something for him. It gives them closure."

"My dad's in the military, so that's the kind of thing I want to reach out to and help," said MacGregor. "It's nice to know even though we are having fun, we are benefitting other people."

Contributing to the community in other ways than acting is pleasing for Guerinot.

"It's satisfying to act," said Guerinot. "But, to know I'm contributing to something positive by acting feels very good."

The group didn't start rehearsing until the middle of March. Having such a short amount of time to get 68 actors on the same page and know where to be on stage was tough, but MacGregor is pleased with how well the cast handled the tight work schedule.

"The rehearsals went really well," said MacGregor. "The space is a lot different in the studio than it is here. So, we definitely had to adjust when we got here, but overall everything went pretty smoothly."

To prepare for the character of Alice, MacGregor said she observed her two younger sisters behaviors.

"I would watch how my sisters act around people and tried to portray that," said MacGregor. "I basically

channeled the inner child in me."

Being a part of a group made up of military children who understand what it's like to constantly move and have to make new friends is comforting for Guerinot and MacGregor, and it gives them a chance to grow as individuals.

"I think I've grown a lot emotionally" said Guerinot of his time with NVP. "I have a lot of friends I can fall back on now. Everyone is here to help one another."

It's also nice to be with a group of peers as they all transition to the next stage of life, according to MacGregor.

"I made the transition from middle school to high school with NVP," said MacGregor. "So, it's great to be in a place I know I have people I can rely on and stay friends with even after I move, again."

## Information, resources available to those moving this summer

### Joint Personal Property Shipping Office, Washington Area and Fort Belvoir Claims office

News release

The Joint Personal Property Shipping Office, Washington Area and the Fort Belvoir Claims Office have tips for you in case you are making a permanent change of station (PCS) move this summer.

First-time movers and retirees should contact their closest Personal Property Processing Office (PPPO) for pre-move counseling. Fort Belvoir PPPO Counseling Office is closed indefinitely due to personnel shortages, however, a list of PPPOs in the National Capital Region can be found at [www.belvoir.army.mil/jppsoma/files/PPPO3.pdf](http://www.belvoir.army.mil/jppsoma/files/PPPO3.pdf).

"Veteran" movers are not required to visit the PPPO but can receive all pre-move counseling and make all transportation arrangements on line, if desired. Members are encouraged to go to [www.move.mil](http://www.move.mil) to receive counseling, arrange their moves, and file their claims.

Even if you are an experienced mover, you can still receive the personal touch and receive counseling at the nearest PPPO. Nearly all military moves are now processed through the Defense Personal Property System (DPS). The PPPO counselor can enter information into DPS on your move and request dates for the pickup of your household goods. The transportation service provider (TSP) will call you to arrange a pre-move survey about 7-10 days before the pickup date to ensure adequate personnel and time to properly pack your house-

### Belvoir household goods closed

Fort Belvoir Outbound Household Goods is closed indefinitely due to personnel shortages.

Personnel can use online counseling at [www.move.mil](http://www.move.mil). HHG counseling in available at the following locations in the National Capitol Region. We apologize for this inconvenience.

#### Personal Property Procession Offices

- **Pentagon**  
2530 Crystal Drive, Zackary Taylor Bldg. 10th Floor  
Arlington, VA 22202  
Contact: (703)-545-0002, DSN 865-0002, FAX (703) 602-0337  
*Appointment only*
- **Joint Base Myer-Henderson Hall**  
Henderson Hall HQMC, 1555 South Gate Rd., Bldg. 29/  
Room 302  
Arlington, VA 22214  
Contact: (703) 614-7190/7191, DSN 224-7190, FAX (703) 614-7192, email [m\\_hnhl\\_dmo\\_usmc.mil](mailto:m_hnhl_dmo_usmc.mil)  
*Walk-in counseling available*
- **Sugar Grove, W.Va.**  
100 Midway Drive, Bldg. 100/Housing Welcome Center  
Sugar Grove WV 26815  
Contact: (304) 249-6370, DSN 564-7276  
*Appointment only*
- **Walter Reed National Military Medical Center**  
8901 Wisconsin Ave. Bldg. 17/Suite 3D  
Bethesda, MD 20889  
Contact: (301) 400-0231/0229, DSN 295-0231/0229,

FAX (301) 295-4850

*Appointment and walk-in counseling available, call ahead of time.*

- **U.S. Coast Guard (Near Fort McNair)**

2100 2nd St. S.W., Room B102  
Washington D.C. 20593  
Contact: (301) 372-4032/4033, FAX (202) 372-4900  
*Appointment only*

- **Joint Base Anacostia-Bolling**

229 Brookley Ave. Bldg. 520/Room 101  
Joint Base Anacostia-Bolling, Washington D.C. 20032  
Contact: (202) 767-8888, DSN 297-8888, FAX (202) 767-8155  
*Walk-in, then appointment*

- **Joint Base Andrews**

Traffic Management Office, 1604 California Ave.  
Joint Base Andrews, MD 20762  
Contact: (301) 981-7520/4451, DSN 858-7520/4451, FAX (301) 981-9733  
*Walk-in, then appointment*

- **Fort George G. Meade**

2234 Huber Road. Suite 116  
Fort Meade, MD 20755  
Contact: (301) 677-9639, DSN 622-9639, FAX (301) 677-9667  
*Appointment and walk-in counseling available*

- **U.S. Coast Guard Baltimore**

2401 Hawkins Point, Bldg. 3  
Baltimore, MD 21226  
Contact: (410) 762-6023/6021, FAX (410) 762-6014  
*Appointment only*

hold goods for shipment.

Even if you like the personal touch and receive face-to-face counseling from a local PPPO counselor, it is still required for you to go into DPS and create an account for your move. This account will allow you to track your move, obtain online counseling, submit notice of damage and loss, and file your claim. The [www.move.mil](http://www.move.mil) site has video counseling and step-by-step instructions on what you need to do and how to communicate with the TSP.

You should consider the possibility of loss or damage and the need to file a claim before a move. There are inherent risks associated with

packing, transporting, and storage of household goods. It is very important that you take steps before the move to ensure that you can support a claim for loss or damage in case your property is lost, damaged, or destroyed. If a household good item is lost or destroyed by fire, for example, it may be impossible to properly support your claim if you have not taken steps before the move to document the ownership and value of your personal items.

Here are our suggestions of what you should do before the move:

- Make a personal inventory of your belongings. List the

make, model, and serial number of electronic items, and computer equipment. Take pictures of your items as displayed in your residence.

- Consider having antiques and unique items appraised at personal expense before the move. If the item is lost or destroyed, an appraiser may not be able to provide a credible appraisal of the item after the fact.
- Collect and scan receipts for high-value items.
- We recommend that you copy the personal inventory, digital photos, and scanned receipts to a CD or other portable digital format to hand carry with you during your move.

- Separate high-value items, like expensive jewelry, and hand carry these items with you to your next duty station.

Changing residences, jobs, and schools involves some stress for every Family member. As representatives of the Joint Personal Property Shipping Office, Washington Area and the Fort Belvoir Claims Office, we encourage you to document the ownership of your property, obtain face-to-face or online counseling, and identify the resources available for you during your PCS move. We hope that these steps will reduce and minimize the stress associated with your move

**Now showing at Wood Theater**

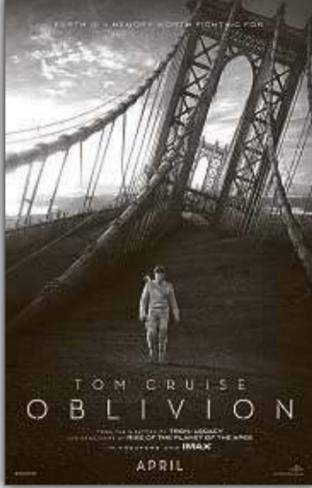
**TODAY**  
**The Croods** (PG), 6:30 p.m.

**FRIDAY**  
**Evil Dead** (R), 6 p.m.  
**Olympus Has Fallen** (R), 8:30 p.m.

**SATURDAY**  
**Oz The Great and Powerful** (3D) (PG), 2 p.m.  
**The Croods** (3D) (PG), 5 p.m.  
**Oblivion** (PG-13), 7:30 p.m.

**SUNDAY**  
**The Croods** (PG), 1 p.m.  
**42** (PG-13), 3:30 p.m.  
**Oblivion** (PG-13), 6 p.m.

**MAY 30**  
**Oblivion** (PG-13), 6 p.m.




*Wood Theater is in Bldg. 2120 on Abbot Road. Adult tickets are \$5 and children's tickets are \$2.50. Credit and debit cards may be used for the amount of purchase only. For more information, call (703) 806-5237.*

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# Bike to Work Day highlights heathy commuting option

## BIKING

From Page A1

Woodrow Wilson Bridge with me," Willis said.

Willis normally begins her commute before the sun rises, leaving from Oxon Hill, Md. Her route takes her over the Woodrow Wilson Bridge and along the Mount Vernon trail before bringing her on post.

"The last two or three miles I'm on the road, but the scenery is breath taking," said Willis. "I get here around 7 (a.m.), shower and I'm at my desk by 7:30. (After work) I'm home before it gets dark."

Willis began cycling home from work in January of 2009 after a doctor's appointment at Walter Reed Medical Center made her realize she needed to do something to improve her health. At the time, she was tak-

ing several medications for Lupus and Fibromyalgia that caused her weight to reach over 200 pounds.

"I went in to get my blood pressure checked and they had to use the fat lady cuff. Then, the doctor wrote obese white female on my chart," said Willis. "I was like, 'You're right. What am I doing? I'm not making myself healthy.'"

Starting with water aerobics and walking, then moving to cycling, Willis has been off the medication since November of 2009. She began cycling to and from work in November 2012. Her goal when she started training was to be fit, fabulous and 50.

"Some days, when I'm riding and I pass someone going up a hill I'm like, 'I can't believe I feel this great at 50,'" said Willis. "That's what people who don't ride need to learn. People think because they're older they can't have

a certain level of fitness but they can. I can outdo most people in their 20's. I didn't believe it was possible before, but it is."

After work Willis stops at each water fountain along the way on Mount Vernon Trail to talk to other riders which allowed her to make new friends.

"It's a social event for me," said

Willis. "I'm not in a rush to get home."

Her coworkers worry about her during storms, said Willis, but she always calls or texts them when she gets home so they know she's safe. Her husband recently started riding, though by himself, according to Willis.

"He doesn't ride with me, yet," said Willis. "He thinks I ride too fast."

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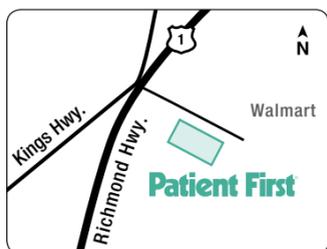
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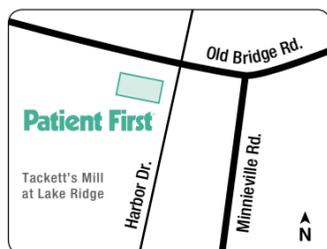
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# Defense Department's Healthy Base Initiative kicks off at Defense Logistics Agency

By Amanda Neumann  
Defense Logistics Agency  
Public Affairs

A new wellness campaign encouraging healthier lifestyles throughout the Defense Department kicked off at the Defense Logistics Agency's McNamara Headquarters Complex on Fort Belvoir, Va., May 15.

The Healthy Base Initiative, part of DoD's Operation Live Well and President Obama's National Prevention Strategy, is designed to fight against the rising occurrences of obesity and tobacco use among military servicemembers and defense civilian employees. DLA Headquarters is one of 13 demonstration sites for the HBI program.

Author and television personality Montel Williams, who spoke at the event, detailed his struggle with multiple sclerosis, and said he changed his entire lifestyle to better his odds against the disease.

"I set about making sure that I would change my life for the rest of my life," he said. "I said that day, 'I have M.S. but M.S. is never going to have me.' So I set about trying to study and learn as much as I could about this illness and the things that I can do to impact it. ... I started realizing that it would not just impact M.S., but it would impact the health and well-being of all people (if I just shared what I learned.)"

Williams said he wants people to know the choice to exercise is a life-changing one, something he has experienced firsthand, and he encouraged employees to take charge of their health and be aware of what they're putting in their bodies.

"This initiative is probably one of the most powerful initiatives I believe the military has ever put in place," he said. "Not just because it's a military-sponsored initiative, but it's one that is going to include civilians. This morning, at 5 a.m., I was in the gym. Don't tell me you have no time. This is how you can change your life. My choice is, if I don't, I can't walk. I couldn't walk before you right now."

The event also featured



Photos by Daniel Henry

**Dr. Jonathan Woodson, assistant secretary of defense for health affairs and director of the TRICARE Management Activity, speaks at the Healthy Base Initiative kick-off May 15 at the McNamara Headquarters Complex.**

several guest speakers, including DLA Director Navy Vice Adm. Mark Harnitchek; Dr. Jonathan Woodson, assistant secretary of defense for health affairs and director of the TRICARE Management Activity; and Charles E. Milam, acting deputy assistant secretary of defense for military community and family policy.

"It's a big thrill to kick off DLA's Healthy Base Initiative," Harnitchek said. "HBI is really designed to identify ways to improve the overall health and wellness of our DoD servicemembers, civilians and their Families. There are 13 installations and agencies that are part of the initial HBI implementation. And DLA, like always, is the first to get this going."

Harnitchek highlighted several new initiatives coming to the organization in the summer, including a bike share program and a weekly farmer's market. He also encouraged employees to follow his own example of fitness, noting that a ready workforce depends on its health.

"We have a great fitness program here at DLA already," he said. "Those who see me walking to the gym, you know that I'm a big believer in fitness. I think that's what HBI will do for everybody that participates; you'll not only be healthy, active and fit, but you'll have a lot of fun doing it. It all counts, and it all matters. The important thing is to just get started. Before you know it, you'll be a fanatic. Really, it's a big win for everybody."

Woodson, a trained vascular surgeon who serves as the senior doctor for the Defense Department, said healthy living is the one thing he can't order his patients to do.

"I'm responsible for the health of the force and, by extension, the civilians and the Family members of our active-duty servicemembers," he said. "When they're healthy and happy, I know the force is in a better position. I'm a vascular surgeon, I spent a lot of my career repairing arteries and opening up blood vessels to prevent strokes and heart attacks. The one thing I can't do is order the patient to change his or her behavior. It's hard to force people to change behavior; they've got to be willing to change behavior. Our job is to make it easy to do that."

Woodson also praised DLA, noting that the agency serves as a role model for all of DoD and the country. In addition, Woodson emphasized that although this is an individual commitment, leadership and organizational culture play a huge part in individuals' success.

"This is an individual commitment, but it's important to note that the culture and environment of the organization in which you work is important to success and that we need to make sure that you've got the tools available to make the changes that you desire," he said. "As much as we want to make change in our behaviors, when we live and work in environments that don't value health, it's easy to do the opposite. We



**DLA Director, Navy Vice Adm. Mark Harnitchek; Dr. Jonathan Woodson, assistant secretary of defense for health affairs; and Charles Milam, acting deputy assistant secretary of defense for military community and Family policy, warm up during the kick-off for the Healthy Base Initiative May 15 at the McNamara Headquarters Complex.**

need to actively encourage healthy behaviors and discourage unhealthy ones. It's much harder for an individual to actually stay committed to their pledge if the work environment and organization doesn't support that change."

Rising obesity rates, coupled with the rising costs of treating obesity and smoking-related issues in the DoD population, were indicators the department needed to make some changes, Milam said.

"We're doing this because obesity is on the rise," he said. "If I could show you a color-coded map, back in 1990, the U.S. was blue, meaning we did not have an overweight and obesity problem. In 2010, 40 percent ... of our nation is obese. The predictive model to 2030 is the majority of the U.S. will be obese. Now why does that matter to us? Because today we recruit from a pool of about 27 percent of young men and women who join the military. If I look at the predictive model, and if that holds true and obesity continues to rise in the U.S., it will have an impact on recruiting. We already know it has an impact on retention. We already know it impacts readiness. Today, just on the obesity-related illnesses alone, we spend \$1.6 billion in the DoD. Then, you look at the smoking-related issues and that's another \$1.6 billion. That's \$3.2 billion that we spend on these two things alone."

With each of the 13 sites using different initiatives,

Milam said he hopes results of the Healthy Base Initiative will eventually shape DoD's overall health policy and result in a healthier U.S. in general.

"The nice thing about the 13 sites we have ... is that everyone is going to be doing something a little bit differently," he said. "Everyone has their own initiatives. What we really hope to get out of all of this at the end of this demonstration is to figure out what levers we pulled and pushed really moves the needle, what things work, not only to look at an overarching program for the DoD, but in my opinion, it's how we can help this nation."

As a Department of Defense combat support agency, DLA provides the Army, Navy, Air Force, Marine Corps, other federal agencies, and joint and allied forces with a variety of logistics, acquisition and technical services. The agency sources and provides nearly 100 percent of the consumable items America's military forces need to operate, from food, fuel and energy, to uniforms, medical supplies, and construction and barrier equipment. DLA also supplies more than 80 percent of the military's spare parts.

Headquartered at Fort Belvoir, Va., DLA has about 27,000 employees worldwide and supports more than 2,210 weapon systems. For more information about DLA, go to [www.dla.mil](http://www.dla.mil), [www.facebook.com/dla.mil](http://www.facebook.com/dla.mil) or <http://twitter.com/dlamil>.

## Camp now open to travelers

### CAMP

From Page A1

traveled to various military and civilian travel camps on their way to Belvoir. Jesse and Briita weren't sure if Belvoir's camp would be open by the time they arrived but they were relieved once they learned DFMWR was accepting reservations.

"It's neat to be one of the first to use the camp," Briita said. "I'm just glad it was open."

Housing won't become available to the Family until June 6 so Jesse and Briita will use their RV for traveling and lodging while they wait. They expect to use Fort Belvoir's Travel Camp for the majority of that time.

Jesse and Briita expect the new facility to draw a large number of visitors each year because of its location along the Potomac River and the area is near Washington D.C.

"My kids can run around and play, we can do laundry and I can do physical training," Jesse said. "This is a good way to PCS."

For more information regarding the travel camp contact ODR at (703) 805-3081.

*Editor's note: read the Belvoir Eagle's May 30 edition to view information and photos from the Travel Camp ribbon cutting ceremony.*



Photo by Jeffrey Mankie

**Brothers Roderick, 2, left, and Abraham Allgeyer, 4, begin to pull out their toys with their parents, Jesse and Briita Allgeyer, holding daughter Penelope, and their dog, Bjorn, at the new Fort Belvoir Travel Camp on Friday.**

## U.S. Army Reserve installs first warrior transition liaison officer

Office of the Chief, Army Reserve  
News Release

The U.S. Army Reserve assigned its first liaison non-commission officer to Walter Reed National Military Medical Center recently to address the specialized needs of wounded Soldiers and their Families.

The assignment marks the kickoff of the Army Reserve's Warrior Transition Liaison Program, which will service over 1,972 Soldiers assigned to 28 Warrior Transition Units and nine community-based WTUs worldwide. It emphasizes commander involvement in the resolution of issues encountered by wounded Army Reserve Soldiers and their Families as they progress through the healing and transition process.

WT liaisons are intimately familiar with issues affecting the Army Reserve Soldier, to include geographic separation from on-base medical facilities. This familiarity allows them to better assist Soldiers with medical, legal, and administrative issues, while providing commanders with visibility of their Soldiers' progress and Families' concerns.

"Liaisons will assist in determining core issues, identifying and documenting steps that have been taken, and they will work for resolution of all issues at the lowest practical level," said Colonel Twanda Young, WT Liaison Program Manager. "These efforts help to ensure that the WTU and Army Reserve leadership is involved in the process."

WTUs and community-based WTUs were created in 2007 to provide command, control and medical management of wounded, ill, and injured Soldiers from all components. A WTU closely resembles a "line" Army unit, with a professional cadre of leadership and an integrated interdisciplinary team. Its mission is to provide comprehensive care management that allows assigned Soldiers to heal, and to transition back to military duty or to Veteran's status in our civilian communities.

Twenty-eight WTUs are located at major Army installations worldwide, and nine community-based WTUs are located regionally around the United States and in Puerto Rico. To date, more than 50,000 Soldiers have progressed through, or are in, WTUs or community-based WTUs.



Photos by Jeffrey Mankie

Philo Pinneo, 8, left, of Fort Belvoir, and father, Coast Guard Petty Officer 1st Class Luke Pinneo, hook the lure with an artificial maggot while out fishing on Dogue Creek Monday. Also with them were brother Hugh, 5.



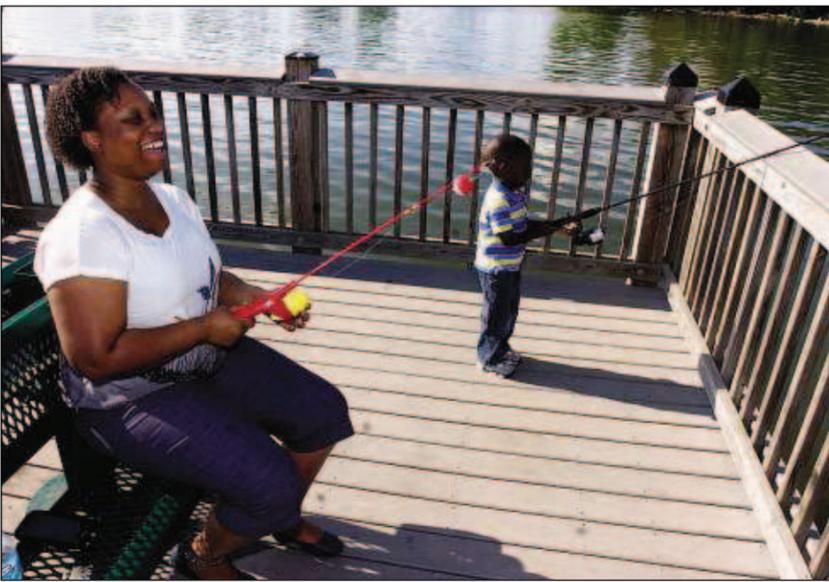
Paul Minor of Alexandria casts his rod and reel while fishing Dogue Creek at Fort Belvoir Friday. "This is my therapy. It relaxes me. It gives me peace of mind," Minor said.

## Fishermen take advantage of warm weather

By Jeffrey Mankie  
*Special to the Belvoir Eagle*

You'll find them morning, noon and night — therapy for some and sustenance for others. Fishing is never out of season, but with the arrival of spring more anglers flock to popular fishing spots at Fort Belvoir. During the week you'll find them along the banks of Dogue Creek enjoying the tranquility of nature and casting for crappy, sunfish and bass. Tompkins Basin also offers a beach and pier accommodating greater numbers of fishermen and women alike. A wider variety of fish can be caught as well, including 30-pound carp and the delectable snakehead.

Anglers are reminded that a Virginia license is required of all persons age 16 and older to legally fish at Fort Belvoir. Licenses, as well as federal and state requirements, are available at Outdoor Recreation. Call (703) 805-3081 for more information.



Timisha Watkins of Stafford traded for a child's fishing rod with son, A.J., 3, using the adult size as they fished with dad, Anthony, from the Col. Augustine P. Little Pier at Tompkins Basin at Fort Belvoir, Monday. Both parents work on post, but Anthony had the day off to bring A.J. up for a fishing day.



Friends Andrew Grijalra, 14, left, and Braden Walters, 15, of Fort Belvoir share the end of the pier with Scott Nguyen of Springfield while fishing on the Col. Augustine P. Little Pier at Tompkins Basin at Fort Belvoir, on Monday.



Coast Guard Petty Officer 1st Class Luke Pinneo of Fort Belvoir ties a lure to his fishing pole while out with sons, Hugh, 5, center, and Philo, 8, already fishing from the banks of Dogue Creek at Fort Bevoir, Monday. "After awhile the boys begin to lose interest and move on to other things along the banks of the creek," Pinneo said.



**B Section**

**Timeout**

**The ball-field  
campground**

By Rick Musselman  
Sports editor

People take their outdoor recreation seriously, especially in the summer months, and you can be convinced of that fact simply by looking at all the outdoor-activity stuff they bring out when the weather gets nice. Driving through any neighborhood in America you can pass open garages filled with all variety of sporting goods just waiting to see the light of day once again.

Most of us start taking our summer stuff off the shelves when we're planning a trip to a campground or the beach. But over the last few years I've noticed that an increasing number of us have decided we'd be better equipped to fully enjoy a weekend afternoon if we haul our fun stuff with us to less obvious gathering places — including, I find, the ball field.

I was passing a local baseball complex last weekend and noticed how many people were effectively "camping out" along the fences, in little compounds complete with sun tents, blankets, lawn chairs, hammocks, huge coolers and even a barbecue grill or two sending up fragrant white plumes like invitational smoke signals. The grounds were speckled with colorful kick balls the kids had brought and there were even kites flitting around in the sky over the outfield. Indeed, it looked like most of the stuff that spent the winter in storage was now out on the field, in case, I suppose, one were to grow weary of watching actual baseball. I half expected to see volleyball nets and a bunch of people pitching horse shoes somewhere. It's a shame Ferris wheels and cotton-candy machines aren't more accessible to the average person. We could make game day an event and a half.

Such spreading out in "Woodstock-fashion" is starting to look like one great way to spend an afternoon. I've mentioned before the fun of making a whole weekend out of a NASCAR race, and this is showing just as much promise.

As cool as it sounds, though, I've decided to keep this discovery quiet, only because like most neat things that go mainstream, everybody'll soon want a piece of the action and crowds will wreck it for us. Also like a lot of things, if people are already taking along half their garage to the baseball park, once word gets out they're liable to start bringing even more stuff out with them — like their canoes, mopeds, parasailing gear, dune buggies and hot air balloons — and some zoning official somewhere will shut the whole enterprise down.

Besides, with all that going on, everybody would probably forget all about the game.



Photo by Rick Musselman

Runners competing in the 9-13 year-old age bracket leave the starting line of the 2-mile race during the 2013 Armed Forces Kid's Run Saturday, at Pullen Track.

**Armed Forces Kid's Run  
draws record turnout**

By Rick Musselman  
Sports editor

Nearly 200 members of Fort Belvoir's youth community braved rainy conditions to compete in the 11th annual Armed Forces Kid's Run Saturday at Pullen Track.

That's the largest turnout in the history of the event here, according to Jerry Arrington, Fort Belvoir Child, Youth and School Services sports and fitness director and host.

"This is the most we've had sign up for this event so far; I'm extremely excited about the number of kids who came out for this — 182 in all — and that we can provide the opportunity for

the kids to just come out and run and have some fun," he said.

The Armed Forces Kid's Run provides military-dependent children an opportunity to compete in a variety of distance runs in different age groups to celebrate Armed Forces Day, the annual holiday established by President Harry S. Truman in 1949 for U.S. citizens to come together and thank our military members for their patriotic service in support of our country, according to the Department of Defense.

According to an America's Armed Forces Kid's Run press release, the event began in 1986 with 3,800 children participating in the first run in Spokane, Wash. Throughout the past

24 years 198,000 children ages 5 to 13 have enjoyed the run in Spokane, and in 2002 the organization began to offer it to all military bases.

The 2013 celebration involved 21,875 youth runners competing on 178 military installations worldwide.

"We've been doing this for the last ten years at Belvoir; it's one of the fitness programs we have to try to get kids involved in running," Arrington said.

Arrington also said the run aims to get more children actively involved in competition and to provide an alternative sport for youth who choose not to

See **RUN**, Page B2

**FBCH defeats ARMY GEO 13-6 in softball**

By Rick Musselman  
Sports editor

Fort Belvoir Community Hospital executed a series of base-hit rallies to best the Army Geospatial Intelligence Battalion 13-6 in an opening-week intramural softball match up May 15 at Pullen Field.

Sumid Smith manned the hill for FBCH as ARMY GEO stepped into the batter's box to kick off the first inning, putting a man on first via an early single to left field. FBCH, however, followed up with some stellar infield work from shortstop Michael Unruh and second baseman Robert Fritsch who stopped the grounders and made the on-target throws to first to retire GEO batters in short order.

In the bottom of the first Fritsch connected with a Jamie Spears pitch and drove a shot to deep left field for a triple. Following a pair of fly outs, Fritsch was then driven home for FBCH's first run of the evening with a base hit down the third base line. But another ground out followed and closed the inning.

GEO showed some promise in the top of the second with a pair of singles that dropped just beyond the infield. But an ensuing string of fly outs sent the team back out onto the diamond without a score.

FBCH began to dial in its batting prowess in the bottom of the second, cracking a pair of base hits that put a man on first and third. An-

other shot to deep centerfield brought two more runs across the plate, earning FBCH a solid 4-0 advantage. GEO tightened up the formation in the outfield and retired FBCH hitters with spot-on snags from right fielder Jacob Gulack. Third baseman Peter Schreck stopped a pair of grounders and connected with second baseman, Sarah Bergman, to pinch a pair of runners.

In the top of the third inning Spears led off with a single to right field. A pair of walks, followed by a screamer to centerfield by Terrance Parker, brought Spears home for GEO's first score. Flyouts then cooled off the GEO fire and FBCH came back in to the dugout.

Smith led off the bottom of the third for FBCH with a single to shallow left. Fritsch then stepped into the batter's box, connected with Spears' first throw down the pipe and drove a massive shot to the centerfield fence for a 2-run in-the-park homer. GEO then walked a pair of FBCH batters, but a run of ground outs followed and put the brakes on FBCH's momentum to close the inning with the score 6-1 FBCH.

Fourth-inning action got under way with GEO igniting a scoring fire that FBCH struggled to control from Smith's opening pitch. Schreck took to the plate and drove a long shot out to the right field fence for a double, followed quickly

See **SOFTBALL**, Page B2



Photo by Rick Musselman

Fort Belvoir Community Hospital second baseman, Robert Fritsch, rounds the bases after belting a shot to deep centerfield for a home run during his team's intramural softball match up against the Army Geospatial Intelligence Battalion May 15, at Pullen Field.



Photos by Rick Musselman

Children in the 5-6 year-old age bracket get in some warm-up time before competing in the half-mile race during the 2013 Armed Forces Kid's Run Saturday, at Pullen Track.

## Run celebrates Armed Forces Day

### RUN

From Page B1

participate in the installation's organized team sports.

"Not all kids play team or individual sports. This is an opportunity for those kids who are not comfortable with playing on a team," he said. "This event is in May every year to celebrate Armed Forces Day and it's just for kids to have a chance to get out, run and enjoy themselves."

The individual distance runs are geared towards three separate levels of athletic development.

"We have the 5 to 6-year-old run, which is twice around the track, or a half mile. Then we have the 7 to 8-year-old race, which covers one mile. The 2-mile run is for the 9 to 13 age group," Arrington said.

But everyone was invited to run, regardless of age, this year, he added.

Belvoir's Directorate of Family and Morale, Welfare and Recreation and Child, Youth and School Services sponsored the event in cooperation with CYSS Sports and Fitness Assistant Director, Julie Libert; CYSS Youth Sports Specialist, Aricka Vaughan; volunteers from Belvoir's fitness programs, and parents.

Participants paid a \$6 entrance fee to cover the cost of the participation T-shirt each runner received before the races, as well as refreshments CYSS staff provided on the field, Libert said.



Casey Holmes, 3, and Sean Sanders support a Family member competing in the 2-mile race during the 2013 Armed Forces Kid's Run Saturday, at Pullen Track.

### Final Results

#### Half-mile run, 5-6 year old division

- 1st Place: Patrick Jackson Jr., 3:53
- 2nd Place: Elijah Porter, 3:58
- 3rd Place: Madison Bell, 4:00

#### 1-mile run, 7-8 year old division

- 1st Place: Liam McGinity, 8:05
- 2nd Place: Samuel Watkins, 8:22
- 3rd Place: Eric McDonald, 8:24

#### 2-mile run, 9-13 year old division

- 1st Place: David Scott, 14:00
- 2nd Place: Aiden Boone, 14:28
- 3rd Place: Steven Espada, 14:35

Mekhi Edwards, a 7-year-old, ran the 2-mile race with 9-13 year-olds and placed fourth with a time of 14:45.

In keeping with the family-centered tradition of the Armed Forces Kids Run, many moms and dads joined their children in participating in the races as well.

For more information about the Armed Forces Kids Run, visit [www.americankid-srun.org](http://www.americankid-srun.org) or [www.belvoirmwr.com](http://www.belvoirmwr.com), or call Julie Libert at (703) 805-9138.



Kaylie Farmer, 2, participates in the 2-mile race during the 2013 Armed Forces Kid's Run Saturday, at Pullen Track.



Samuel Watkins sprints across the finish line of the 1-mile race during the 2013 Armed Forces Kid's Run Saturday, at Pullen Track.

## FBCH gets a win in the opening week of softball

### SOFTBALL

Page B1

by a triple from Parker that drove his teammate in for a run. Parker then advanced on a single up the middle from Spears that narrowed the deficit by two runs. Pop flies and ground-outs then cooled GEO jets and brought FBCH in for what would become an exhibition of hitting ability.

A series of walks put a man on first and second base. Smith then went to bat and drilled a massive shot to deep right field along the base line. Gulack back-pedaled to the fence and made a diving snag to limit FBCH to one run via the sacrifice fly. The glory would be short-lived, however, as Fritsch followed up Smith's promising hit with a blast to the centerfield fence for another 2-run homer. GEO gave up another batch of base hits up the middle, along with another run, before clamping the infield shut and retiring the inning. FBCH's scoring run established the team a 10-3 advantage going into the final two innings.

Bats quieted down in the fifth with both squads going three up, three down via shallow pops to the outfield and ground outs.

Schreck kicked off the top of the sixth with a triple to right field followed by a trio of base hits that brought three GEO runners in. FBCH, however, retired the next three batters with a catch in the outfield, a grounder grab from Unruh who slung the ball over to Fritsch at second for the pinch, and a line drive snag by Smith on the mound.

FBCH ushered in its final at-bat with Smith chipping a shot through the infield for a single. Fritsch then cracked another fly to the left field fence far beyond GEO outfielders reach, resulting in his third 2-run homer of the night. Anne Hernandez kept the momentum building with a single to shallow right field before another double to left drove her in.

A succession of pop flies quickly brought the inning to a close, putting a 13-6 win into FBCH's opening-week stats.

Intramural softball games are played Monday through Thursday at North Post and Pullen Fields through July 15.

More information regarding the league, including game schedules, is available from Geneva Martin, Fort Belvoir intramural sports coordinator, at (703) 806-5220.



Photo by Rick Musselman

Sumid Smith pitches for Fort Belvoir Community Hospital during an intramural softball match up against the Army Geospatial Intelligence Battalion May 15, at Pullen Field.

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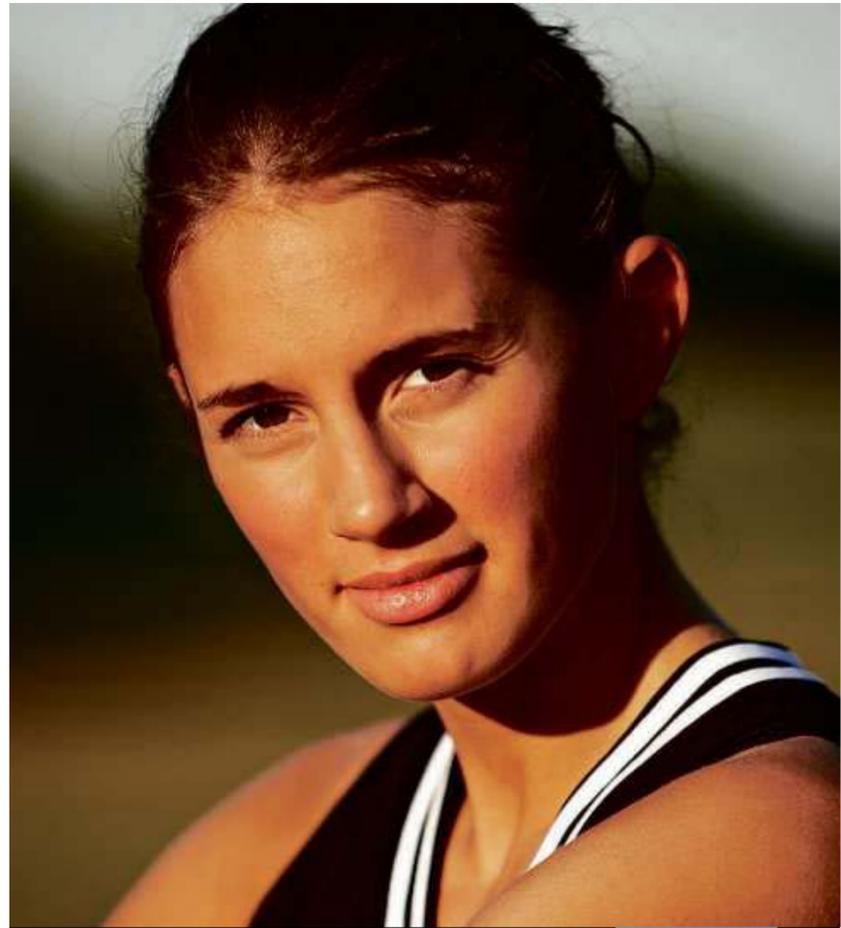
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# DAU shuts down DCATS 2-0 in soccer

By Rick Musselman  
Sports editor

Defense Acquisition University delivered its tried and true balance of precision fluidity on offense and unyielding determination on the opposite side of the ball to secure a hard won 2-0 intramural soccer victory over Defense Communications and Army Transmissions Systems May 14 at Fremont Field.

DCATS' offense, anchored by the highly flexible strategists Josie Perez, Randall Blackman and Pierre Georges, and supplemented by the surgical passing ability of Olakunle Ogunsuyi and Jeff Joo, kept DAU defenders fighting to take possession for the entire first period.

DAU, however, returned to the field after the midgame break with its legendary unit cohesion, led by Todd French, dialed in and immediately went to work concentrating its efforts on rapid progressions down the field. The refocused strategy, made increasingly effective by the ball control and corner kicking prowess of Frederick Wiredu, A.J. Larose and Heidi Taylor, finally paid off with a pair of scores which DCATS struggled to overcome throughout the second period.

The DAU defense denied DCATS any forward momentum for the remainder of the match to put the 2-0 win into the books.

The intramural soccer regular season wraps up tonight, starting at 6 p.m., at Fremont Field on North Post. A single-elimination tournament between the top eight teams is scheduled to run June 3-5 to determine the 2013 champion.

For more information and game schedules call Geneva Martin, Fort Belvoir intramural sports coordinator, at (703) 805-2559, or Justin Fitzgerald, league administrator, at (703) 806-3057.



Todd French, Defense Acquisition University, right, works the ball down the field as Defense Communications and Army Transmissions Systems defender, Pierre Georges, applies pressure during an intramural soccer match May 14, at Fremont Field.

Photo by Rick Musselman

## Little League teams make up rainout games

By Bill Behring  
Special to the Belvoir Eagle

It was cold night for baseball May 13, more like we should have been playing football, but the children persevered. All four Minor Division teams played the makeup games that got rained out May 11.

In Minor Division action the Phillies defeated the Mets 10-2 in the first game, with the big hits coming from Eric Smith and Peyton Parker, who each belted triples. Mark Smith and Chris Lawson followed up with doubles.

Powering for the Mets were Will Kobbe with a double, and Dominic Barnett with a single.

In the second game the Astros squeaked by the Orioles 9-8. With both teams strapped for pitching strength, having to play three games in the week, walks became a staple. Phillip Jaramillo, on the mound for the Astros, set the first three Oriole batters down in order.

In the Astros' first Roberto Arzabala singled to left scoring two, and two runners then scored before three outs were tallied.

In the top of the second inning four Orioles crossed the plate tying the game at 4. In the bottom of the second for the Astros, two runners scored and two others were on for

cleanup batter Ethan Crane who indeed cleaned off two of the bases with a drive to right.

Now at 8-4 the Astros saw the Orioles tie the game at 8. One run was already in and two were on base when the Orioles' cleanup batter, Matt Drumgold, ripped a shot to the left centerfield fence for an in-the-park home run. The Astros returned in the last inning and, with the bases loaded, Austin DeAtley walked, forcing in the winning run for the 9-8 victory.

The Fort Belvoir home run leader in the Major Division was the Rangers' Regan Sinclair, who came into Wednesday's game with a total of four, all made on the road. On his first at-bat at home against the White Sox, with teammate Patrick McKaig on base with his first of two singles, Sinclair parked it over the left field fence for his number-five homer as the Rangers went on to shut out the White Sox 10-0.

While on the mound Sinclair went the distance, striking out 11, giving up two walks, and fielding two grounders. Added momentum for the Rangers came from the bats of Devin Washington with two singles and Jaun Collazo with a double.

Almost all games Saturday took place despite the fact it was a constant drizzle of rain most of the day.

In the Junior Division, the Rays played the Central Springfield Red Sox in a double header. The teams got together in between games and fired up a brand new charcoal grill for some hot dogs and hamburgers. A fun, wet, afternoon was had by all despite the Rays suffering an 18 to 6 loss. Logan Gardner manned the hill for the Rays and held the Sox scoreless in the first inning, despite giving up two hits. He then struck out three.

In the first inning the Rays plated three runs on one hit from Gardner.

The Sox retaliated in the top of the second with five runs on five hits with doubles by Parker Derflinger, Kevin Kopp, and Aeris Taylor. In the bottom of the second the Rays added another run when Yahved Cubero, on base with a walk, scored on a sacrifice bunt by Jason Sarner. The Rays wouldn't score again until the fifth inning after the Red Sox plated 9 through their fifth inning on two doubles by Jack Ryan and a single by Patrick Ames.

In the Rays' fifth, two runs scored on RBIs by Daniel Moya-Rivera and Nathan Edwards.

In the sixth inning for the Sox, four more runs scored on one hit and in the Rays sixth they went quietly three up three down.

For information on all things baseball, email coachbill2@verizon.net.

## Ten-Miler sells out in 9 hours

U.S. Army Military District of Washington  
News Release

The popularity of the annual Army Ten-Miler continues to increase. Race officials increased the ATM runner field to 35,000; however, General Registration sold out again in just nine hours.

The Army's premier running event will be conducted Oct. 20 in Washington, D.C., at the Pentagon.

Priority Registration, presented by Navy Federal Credit Union, opened May 1 and sold out in 11 hours. Ten thousand entries were reserved in this session for U.S. servicemembers and runners who have competed in seven or more ATM races.

General Registration, for the general public, sold out in just nine hours May 15.

"We are pleased to see that the Army's race continues to have strong demand because of its tradition of excellence," said Jim Vandak, race director. "Heavy volume in the opening hour resulted in some registration delays but our registration contractor quickly resolved the issue."

Runners who missed the priority and general registration sessions can still gain ATM entry through the Transfer Program that opens June 1.

**The Fort Belvoir Army Ten-Miler Team** is looking for runners to represent the installation and compete in this year's event. Military and civilians (men and women) working or living on Fort Belvoir are eligible. The team will be made up of the top finishers of a timed 10-mile qualification run, June 25, 5:30 a.m., beginning at the Mount Vernon Trailhead /Parking Area (mile marker "zero" near the traffic circle). There will be two teams selected and both teams have eight slots and two alternates.

For more information and to sign up, contact Capt. Ryan Goltz at ryan.r.goltz.mil@mail.mil.

### Ladies Golf Association of Fort Belvoir Best Nine Holes Tournament Results, May 16

#### FLIGHT 1

- 1st Low Net: Carol Mills
- 2nd Low Net: Sarah Major
- 3rd Low Net: Young Stoddard
- 4th Low Net: Anne Mills
- 5th Low Net: Gloria Orr

#### FLIGHT 2

- 1st Low Net: Mary Blair
- 2nd Low Net: June Page
- 3rd Low Net: Debbie Trapp
- 4th Low Net: Young Grzella
- 5th Low Net: Vickie Hauser

#### FLIGHT 3

- 1st Low Net: Ellen Sibre

- 2nd Low Net: Ginger Poole
- 3rd Low Net: Margaret Hundelt
- 4th Low Net: Sun Corleis
- 5th Low Net: Marie Watrous
- 6th Low Net: Marcia Boynton

#### FLIGHT 4

- 1st Low Net: Carol Lucke
- 2nd Low Net: Helen Kinney
- 3rd Low Net: Boo Oncale

For more information regarding the LGAFB and upcoming tournaments call Gloria Orr, LGAFB publicity chair and webmaster, at (703) 914-2182 or (703) 346-4065.

For the latest news and information on

Fort Belvoir, call (703) 805-3030

# Sports & Recreation Briefs

## This week

### White water rafting trip

Outdoor Recreation offers a white water rafting day trip to Harpers Ferry, W.Va., Saturday.

For more detail, contact ODR at (703) 805-3081.

### Fort Belvoir Army Ten-Miler Team

The Fort Belvoir Army Ten-Miler Team is looking for runners to represent Fort Belvoir and compete in the 2013 Army Ten-Miler Oct. 25 in Washington, D.C. Military and civilians (men and women) working or living on Fort Belvoir are eligible. The team will be made up of the top finishers of a timed 10-mile qualification run, June 25, 5:30 a.m., beginning at the Mount Vernon Trailhead /Parking Area (mile marker "zero" near the traffic circle). There will be two teams selected and both teams have eight slots and two alternates.

For more information and to sign up, contact Capt. Ryan Goltz at ryan.r.goltz.mil@mail.mil.

### Lifeguards needed

Fort Belvoir Aquatics seeks Lifeguards who can provide outstanding support and service to all patrons who need a cool down at the Morale, Welfare and Recreation's pools. Apply on-line at [www.usajobs.gov](http://www.usajobs.gov). For more information contact Tina Robinson at (703) 805-2620.

### Fall Youth Sports Registration

Registration for Fort Belvoir Youth Sports is under way for the following sports: Tackle Football, Football Camp, Cheer Camp, Flag football, Fall baseball, Fall Soccer and Cheer (football). For more information, call Child, Youth and School Services sports at (703) 805-9139.

### Lego Building Competition registration

Test your creativity by designing a unique Lego creation that incorporates an Army or Army Family theme. Entrants must fill out a registration form at the Community Center. Creations must be made exclusively by contestant in a 24" by 24" square and dropped off at the Community Center by June 5. Winners announced June 7. For more details, contact the Community Center at (703) 805-3714.

### Aerobics class

A new aerobics class is under way at Graves Fitness Center. A good 30-minute workout on a spinning cycle can burn as much as 500 calories. Check out all the aerobics classes at [www.belvoirmwr.com](http://www.belvoirmwr.com) or call Graves Fitness Center at (703) 806-5368.

## Upcoming

### Cardboard Regatta

Transform cardboard into floating art. Ships set sail June 8 at 9 a.m. at the Directorate of Family and Morale, Welfare and Recreation's North Post outdoor pool. Start your voyage, fill out the registration form by May 31, at the Community Center or call (703) 805-9239 for more information.



Photo by Rick Musselman

## Taking a swing

Army Geospatial Intelligence Battalion second baseman, Sarah Bergman, connects for a single during her team's intramural softball match up against Fort Belvoir Community Hospital May 15, at Pullen Field. Intramural softball games are played Monday through Thursday at North Post and Pullen Fields through July 15. More information regarding the league, including game schedules, is available from Geneva Martin, Fort Belvoir intramural sports coordinator, at (703) 806-5220.

### Get Out and Hike

If you enjoy walking or hiking or would like to start hiking, join the Outdoor Recreation Trailblazers Hiking Interest Group. Plan your hiking adventure now.

There is no fee to join the group but there is a \$10 fee per hike to cover transportation costs. Advance hike prepaid cards are available for up to 10 hikes.

The next trip is June 8, for the Buzard Rocks Day Hike in Virginia.

### Intramural Cross-Country meeting

Earn Commander's Cup Points by competing with other units and agencies at Fort Belvoir. The Intramural Cross-Country organizational meeting is May 30. Contact Geneva Martin at (703) 805-2559 for signup details.

### Boater Education Course

Washington D.C., Maryland and Virginia all require boating education. The requirements are based on age and each jurisdiction has its own requirements.

A class which meets the boating education requirements of all states is offered by Flotilla 25-8 of the US Coast Guard Auxiliary June 1, from 8 a.m. to 5 p.m. at the Mount Vernon Knights of Columbus Hall at 8592 Richmond Hwy., Alexandria, Va. 22309.

Call Rich Miller at (703) 780 3765 or email eaglesailor75@cox.net for more information and an enrollment form.

### The ROCKS, Inc. golf tournament

The Washington, D.C. Chapter of The ROCKS, Inc. hosts the 7th Annual Golf Tournament at the Osprey's Golf Course June 8, starting at 8 a.m. The chapter sponsors five wounded Soldier teams from Fort Belvoir and host a day party. Details and registration information is at [www.therocksdc.org](http://www.therocksdc.org) or by

calling (301) 856-9319

## In Progress

### Men's softball tryouts

All softball enthusiasts stationed, assigned, attached or working at Fort Belvoir (active duty, government service or civilian contractors) are invited to try out for the installation's men's softball team.

For more information contact Command Sgt. Maj. Tom Craig at (202) 215-8187 or email thomas.s.craig.mil@health.mil.

### Women's elite softball

Softball players stationed, assigned, attached or working at Fort Belvoir (active duty, retired, DD 214 holders, government service or civilian contractors) are invited to try out for the Fort Belvoir ladies varsity-level tournament softball team. The team plays a limited tournament schedule concluding with the All World Sports Military World Series in Savanna, Ga. Oct. 4-6. For more information contact Coach Webb at (703) 201-2890 or email ww14feb@aol.com.

### Ladies Golf Association of Fort Belvoir

Ladies Golf Association of Fort Belvoir is open to all female golfers eligible for membership at Fort Belvoir Golf Club. This marks a major change in membership eligibility from previous years. Annual dues are \$60.

Weekly play is every Thursday morning now through the last Thursday in October. We welcome all eligible

female golfers to join us on the links.

For more information contact LGAFB president Mary Blair at (703) 360-1353.

### First Tee golf program

The First Tee of Washington D.C. offers a program for school-age children to learn about golf while learning core values and confidence. Applications for the program can be obtained at the Fort Belvoir Golf Course.

For more information, contact the Golf Course at (703) 806-5878.

### Little League umpires needed

Volunteer umpires are needed for the 2013 season. Those interested in umpiring should contact the Belvoir Little League's Chief Umpire, Eddie Mallard, at mallardeb1@verizon.net.

### Jujitsu Classes

Jujitsu classes are offered at Markham School Age Center Gym for children ages 3-18. Classes are split into age groups of 3-5 years old and 6-18 years old. The classes encompass Japanese Jujitsu, Kodokan Judo, bully-proofing and Gracie Brazilian Jiu-Jitsu.

The classes offer students an opportunity for tournament competition as well as seminars with Royce and Rodrigo Gracie.

The sessions are Wednesday, 6:15-7 p.m. for students ages 3-5; and 7-8 p.m. for students ages 6-18. Saturday classes are also available from 9:15-10 a.m. for students' ages 3-5; and 10-11 a.m. for students ages 6-18. All participants must be registered with Child, Youth, and School Services. Children can be registered at Parent Central Services at (703) 805-9146. The cost is \$55 per month.

### Lil Dragon's martial arts classes

Martial arts classes are offered at Markham School Age Center gym to children ages 3-5 years old. The sessions are Tuesdays only. Two sessions are available: 6:15-6:45 p.m.; or 6:45-7:15 p.m. All participants must be registered with Child, Youth and School Services. Children can be enrolled at Parent Central Services. The cost is \$40 per month.

For more information, call (703) 805-9146.

### Girls' Softball

Fort Belvoir's Youth Sports forms girls' softball teams independent of the Little League program for players ages 7-9 and 10-12. Interested parties should contact Assistant Sports Director Rashawd Pope at (703) 805-1257.

### Weight Watchers

A Weight Watchers group has been formed at Fort Belvoir. Weekly meetings are Wednesdays from 11-11:45 a.m. at Humphreys Engineer Center, 7701 Telegraph Road, Alexandria.

For information or to register, contact Lloyd Roberts, Safety and Occupational Health, Army Corps of Engineers, at (703) 428-7004 or email Lloyd.C.Roberts@usace.army.mil.

Any person or organization wishing to submit game summaries, events or briefs for the sports section must submit them no later than 5 p.m. Monday the week of publication. Send items to Rick Musselman at [rmusselman@belvoireagle.com](mailto:rmusselman@belvoireagle.com).

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Photo by Rick Musselman

## On the move

Todd French, Defense Acquisition University, boots the ball out of his team's territory during an intramural soccer match against Defense Communications and Army Transmissions Systems May 14, at Fremont Field. The intramural soccer regular season wraps up tonight, starting at 6 p.m., at Fremont Field on North Post. A single-elimination tournament between the top eight teams is scheduled to run June 3-5 to determine the 2013 champion. For more information and game schedules call Geneva Martin, Fort Belvoir intramural sports coordinator, at (703) 805-2559, or Justin Fitzgerald, league administrator, at (703) 806-3057.



## Religious Briefs

### Nosh and Learn

Join the Fort Belvoir Jewish congregation for a Nosh and Learn with Ambassador Douglas Davidson, Special Envoy for Holocaust Issues for the State Department. We will gather at 1:00 p.m., June 2 in the Religious Education Center on 12th Street. Call (703) 806-3393 for more information.

## Chapel Services

• **Woodlawn Chapel**  
1801 Wright Road, Bldg. 1801 (703) 806-5911  
Saturday: 5 p.m. Catholic Mass  
Sunday: 7:30 a.m. Catholic Mass  
9:15 a.m. Catholic Mass  
11 a.m. Gospel Service  
Monday-Friday: 12:05 p.m. Catholic Daily Mass

• **Belvoir Chapel**  
5950 12th St. Ste. 101 (703) 806-3006  
Friday: 8 p.m. Jewish Service  
4th Saturday: 9:30 a.m. Jewish Service  
Sunday: 8 a.m. Protestant Service  
9:30 a.m. Catholic Mass  
11 a.m. Protestant Service

• **Fairfax Chapel**  
5675 21st St.  
Sunday: 9 a.m. Hispanic Catholic Mass  
11:15 a.m. Catholic Mass

• **Anderson Youth Center**  
5850 Langfitt Loop (703) 805-2742  
Sunday: 10:59 a.m. Contemporary Protestant Service (ChapelNext)

Throughout the year, there are special services and masses. Call the following coordinators for those service dates and times:

- Catholic: (703) 806-5745
- Jewish: (703) 806-3393
- Protestant: (703) 806-4316
- Wedding Coordinator: (703) 806-0619

## Potomac Nationals Military Appreciation Night

Local minor league baseball team, Potomac Nationals, hosts a Military Appreciation Night June 23. The night will include Family-friendly fun, fireworks and more. The night will honor and remember members of the military and raise funds for Hope For The Warriors, a national nonprofit organization that assists post-9/11 servicemembers, their Families, and Families of the fallen who have sustained physical and psychological wounds

in the line of duty.

Military Appreciation Night will feature the Potomac Nationals versus Carolina Mudcats at 6 p.m. Throughout the night, military past and present will be honored. After the game, there will be a fireworks show. Funds raised through sponsorships, raffle tickets and more will benefit Hope For The Warriors.

To purchase tickets, contact Lorie Coker, locker@hopeforthewarriors.org.

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<p><b>FREE</b> Bruschetta Toasted Garlic Bread Topped With Fresh Diced Tomatoes With Purchase of 2 Entrees-Dine In Only Paradiso Ristorante Italiano Alexandria 703-922-6222 With this certificate. One coupon per table. Dine in only. Not valid with other offers or on holidays. Please base gratuities on full value of meal. Offer expires 6-30-13</p>	<p><b>\$5 OFF</b> Sunday Brunch Paradiso Ristorante Italiano Alexandria 703-922-6222 With this certificate. One coupon per table. Dine in only. Not valid with other offers or on holidays. Please base gratuities on full value of meal. Offer expires 6-30-13</p>

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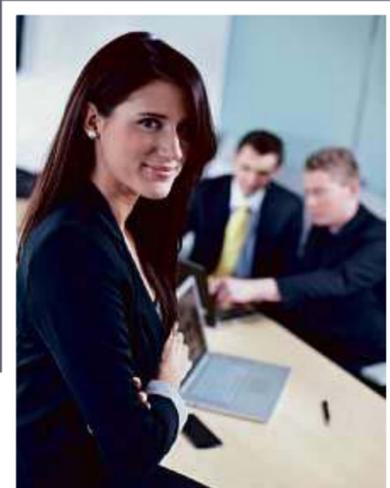
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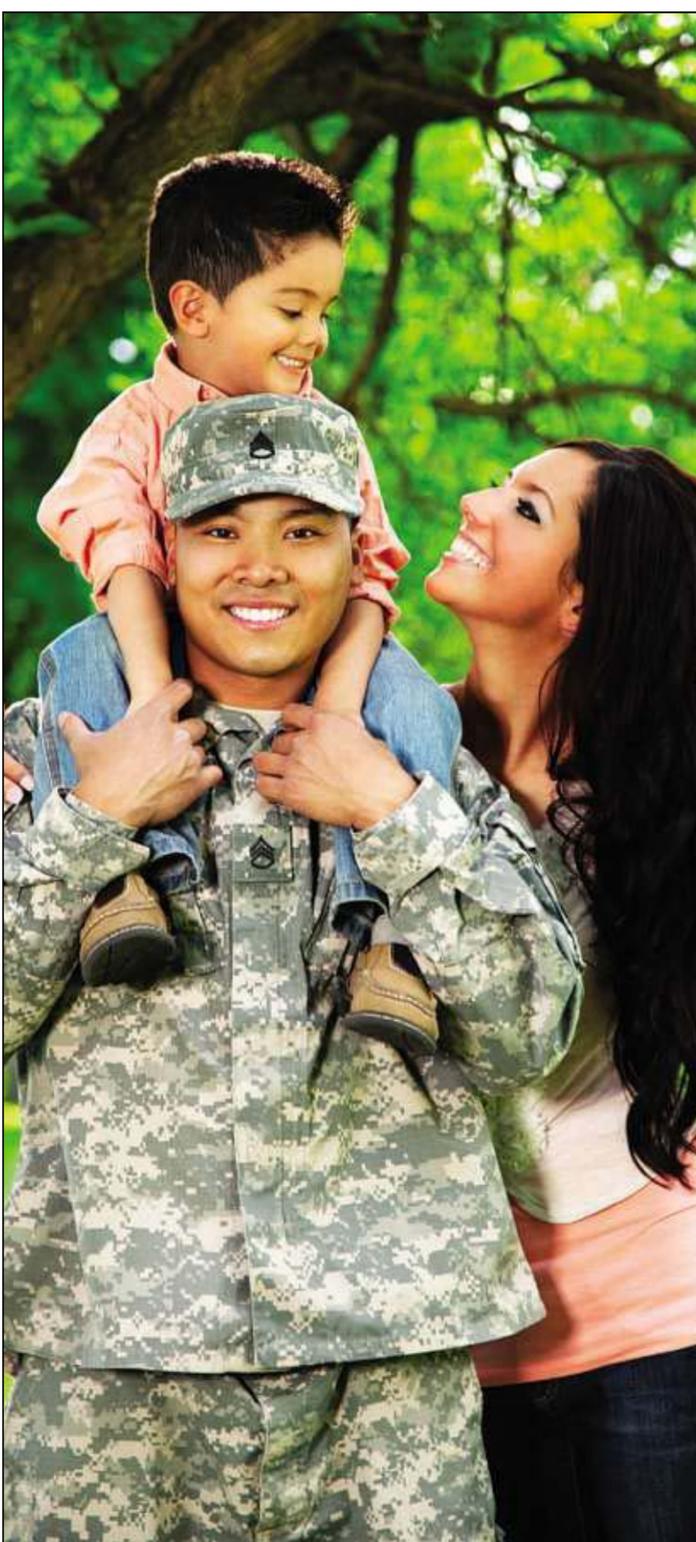
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