

Second Quarter COMREL Page 4



Congratulations Graduates! Page 12

Volume 4, Issue 12 • June 9, 2021

# CITE LOOP Indian Head

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Issue Highlights			
Leadership Corner P Second Quarter COMREL Discusses Bridge Updates, Climate Change and		The Loop is a biweekly electronic newsletter focused on communicating major initiatives and milestones across the Naval Surface Warfare Center Indian Head Division. This special edition of The Loop is cleared for release and employees are free to share with family and friends. For questions or submissions, please contact the Public Affairs Office at nswc.ihd.pao@navy.mil.	
the Latest From NSASP			
	Page 4	Leadership	
"100 Hellos of May" Day Is a Success	Page 5	Capt. Eric Correll	
Mind Your Mental Health: June Is National PTSD Awareness Month		Staff	
		Editor-in-Chief	
	Page 5	Christine Stevenson Public Affairs Officer	
From Student Intern to Student Mentor: Elijah Lewis		Managing Editors Barbara WagnerPublic Affairs Specialist	
	Page 6		
Baseball, Business and Family:		DeAndre CountissPublic Affairs Specialist	
Triple Play Formula for Success!		Art Directors	
	Page 7	Matt Poynor Photographer	
The Art of Science, or the Science of Art: Alexis George		Matthew Getz Graphics Specialist	
	Page 8	Ashli Jernigan Graphics Specialist	
Graduate Photos			
	Page 12	Acronym Glossary	

• CAD/PAD - Cartridge Actuated Device/Propellant Actuated Device

• NSWC IHD - Naval Surface Warfare Center Indian Head Division

R - Research, Development, Test and Evaluation Department

Code 02- Contracts Department

E - Systems Engineering Department
G - Systems Integration Department
M - Energetics Manufacturing Department

• D - EOD Department

Code 10 - Corporate Operations Department

• NAVSEA - Naval Sea Systems Command

#### **On the Cover**

For our third annual graduate edition of The Loop we share the success of the command's graduates with several spotlight articles as well as a full spread of graduation pictures. Congratulations and best wishes to each of the graduates!

## LEADERSHIP Corner

lass of 2021, it is with tremendous pride that we recognize and congratulate each of you for accomplishing your educational goals. Graduating during a year consumed by the pandemic, you faced many of the same challenges of the class of 2020. Still, for the class of 2021, the impact was greater. Many of you were never able to physically attend a lecture or experience a classroom setting outside of the confines of your home throughout the entire academic year. Many of the events that are a hallmark of your final year of educational pursuits were cancelled, and the year was turned into lessons in adaptability and learning to shift gears quickly. It is remarkable to us that you overcame and succeeded despite these challenges and are now preparing for the next chapter.

Whether you are now a high school or university graduate, have completed boot camp or accomplished requirements in pursuit of a trade, you have each had to adjust and align to this new normal to accomplish your goals. The flexibility and adaptation of the world's recent volatility has shown that you are more than just prepared academically; you are prepared mentally to meet the future challenges.

As a command, we prioritize education and continuous learning. From the command's Strategic Plan and our latest Guidance and Priorities for 2021 to the most recent Warfare Centers Strategic Plan, education has always been in alignment with innovation and excellence. The nation's warfighters depend on what this command delivers, and this command depends on our employees and the future employees — perhaps many of you — to build and deliver the innovation of tomorrow.

We hope that as you move forward into the world, you'll pursue innovation, continued education and new challenges. Much of what we do here at the







Technical Director Ashley Johnson (U.S. Navy photo by Matthew Poynor)

command boils down to research, experiments, trial and error; and from each outcome, we continue to learn. Be open and prepared to falter, to make mistakes in pursuit of your goals. Be willing to admit ignorance if you don't know, but be open to learning new things. Never stop asking questions and wondering why. It is in that process that you will discover your own innate strength and wisdom.

Much about this period in your life has been defined by some tough spots and challenges. But out of this, you have been forged, strengthened and honed. Look ahead to the future, no matter how uncertain it may seem. The future belongs to the innovators. It is the ones who are adaptable, willing to learn new concepts and build on that new knowledge that will succeed.

Regardless of your chosen path, you have now reached a significant milestone and one that we are honored to share with this command. Whether you are an employee at the command, a significant other, child or grandchild or connected by some other way, you are an extended member of the NSWC IHD family. We applaud your efforts as you move forward in your future pursuits.

Enjoy this time and your accomplishments. Know that your command family joins together to congratulate you on your successes and looks forward to what you will bring to the next chapter.

# Second Quarter COMREL Discusses Bridge Updates, Climate Change and the Latest From NSASP

By Barbara Wagner, public affairs specialist

The second quarter South Potomac Community Relations (COMREL) Council meeting took place on May 27, in Colonial Beach, Virginia. The COMREL Council meeting features updates from civilian representatives from Charles County, Town of Indian Head, King George County, Town of Colonial Beach, and Naval Support Facility (NSF) Dahlgren and NSF Indian Head. This meeting included updates from the bases, the Charles County Department of



NSASP featured a Nice/Middleton Bridge update at its second quarter COMREL meeting on May 27. Bridge construction is schedule for completion in 2024, with four lanes of traffic open in winter of 2022-23.

(Photo courtesy of Undeland Management)

NSASP will be working with the Town of Indian Head to assist with their 101st Anniversary Celebration on Sept. 25.

#### Nice/Middleton Bridge Update

John Undeland of Undeland Management, speaking on behalf of the consortium of companies involved in the Nice/Middleton Bridge construction project, noted that since the last COMREL meeting bridge update in March 2020, construction on the new structure has made a tremendous amount of

Planning and Growth Management and the Maryland Transportation Authority. Below are some of the updates most relevant to the command.

#### **NSASP** Updates

Naval Support Activity South Potomac (NSASP) Commanding Officer Todd Copeland updated the recent changes to the installation's health protection condition (HPCON) status. In May, the installation moved to HPCON Bravo, with more quality of life facilities opening back up to all patrons. The on-site workforce at both bases has increased from 20% to 50%, and active duty military are once again able to patronize community businesses in person.

There are still restrictions at the Visitor Control Centers, and masks must be worn on both installations by unvaccinated personnel.

Capt. Copeland also unveiled NSASP's 2020 demographics information that showed that while NSF Dahlgren's total employee number decreased, NSF Indian Head had moderate growth. progress. The goal is to have the bridge open to four lanes of traffic in the winter of 2022-23, with a completion date of Dec. 31, 2024. The underwater construction of the structure is near completion, and the above water portion of the project is well underway and commuters should begin to see more of the structure taking shape.

In addition to construction updates, Undeland introduced the "Make No Wake" campaign to promote the 6-knot speed limit within the vicinity of the bridge construction. There is now a 6-knot speed limit in effect for a half nautical mile north and south of the bridge project. Wakes created by speeding boats create hazards for bridge operators and workers. Undeland advised that boaters should use extreme caution and steer clear of the construction vessels.

#### **Charles County Climate Change and Resilience Effort**

NSASP's Community Liaison Thomas Hastings introduced the climate and infrastructure resilience

<u>See "Second Quarter COMREL" Page 18</u>

# "100 Hellos of May" Day Is a Success

#### By Shari Thomas, diversity, equity and inclusion program manager

Drum roll please! The command reached its "100 Hellos" goal! On May 26, the

Diversity and Inclusion (D&I) Hello Campaign Team invited each of you to join us virtually for our "100 Hellos of May." In response, employees popped in via the Fusion chat, sent emails and texts and made a concerted effort to engage with each other, all to say hello. From adding the "Just Say Hello!" graphic to email signatures, sharing a department-wide hello and even hosting a "Hello Day with Doughnuts," the command embraced the idea and campaign! The D&I Hello Campaign Team set a goal of 100 hellos and in turn the command reached out to one another on that day and exceeded expectations. We had fun, made connections and simply said hello to one another.



The D&I Team tallied the input and the command surpassed the anticipated goal of 100 hellos. The final count received was 111! Keep in mind that the 111 count excludes department and

individual emails or texts to say hello that the team wasn't aware of. Regardless, each of you assisted in exceeding the goal and the team hopes you enjoyed reaching out to your co-workers, saying hello and making connections!

The campaign was a great way to engage with one another in the spirit of inclusivity. As the D&I Hello Campaign Team concludes the "100 Hellos of May" Day, the team would like to thank everyone who participated and encourages the command to keep reaching out and connecting. Thank you, and keep an eye out for the next event!

## Mind Your Mental Health: June Is National PTSD Awareness Month

#### Courtesy of Magellan Health/DONCEAP

Approximately eight million Americans have posttraumatic stress disorder (PTSD). PTSD Awareness Month seeks to raise public awareness about PTSDrelated issues, reduce the stigma and help those struggling with PTSD to obtain needed treatment.

Traumatic events that can cause PTSD include physical or sexual assaults, war-related combat stress, serious accidents, terrorism, natural or man-made disasters, and other threats on a person's life.

Symptoms can include nightmares, flashbacks or disturbing thoughts about the experience(s), avoidance of traumatic memories, anger, irritability, depression and being easily startled or frightened. Helpful treatments include cognitive behavioral therapy with a mental health professional, medications such as antidepressants, family therapy to help loved ones understand a family member's PTSD, and peer support from fellow trauma survivors.

There are resources readily available to help diagnose and effectively treat PTSD. There should be no shame in seeking assistance.



For more information,

visit <u>https://www.MagellanAscend.com</u> or call 1-844-366-2327 (TTY 711) for compassionate and caring support.

# **From Student Intern to Student Mentor: Elijah Lewis**

## By Barbara Wagner, public affairs specialist

While in high school, Elijah Lewis participated in the Advancing Minorities' Interest in Engineering (AMIE) program that included tutoring from Morgan State University (MSU) students who mentored Lewis and others in math, science and engineering. It was only fitting that the university would bring him full circle as a mentor and help him reach his educational goals.

As a student intern in the command's E Department, Lewis discovered just how critical cyber infrastructure security was to the Navy and to successfully supporting the warfighter. Lewis interned with E from 2015-2018 while also pursuing a degree in

E Department's Elijah Lewis, a 2020 graduate of the NAVSEA-sponsored Master of Engineering in Cyber Engineering program at Morgan State University.

(Photo courtesy of Elijah Lewis)

While attending MSU, Lewis served as a tutor and mentor in the AMIE program and recruited for the university MECE program at the Black Engineer of the Year Award STEM Conference.

"I am passionate about helping others to make sure they receive the same opportunities that I have been blessed to receive," Lewis explained.

Serving in his community with AMIE and the Baltimore Tuskegee Alumni Club as both their corresponding secretary and as a member of the recruitment team, Lewis works to ensure that others can enjoy the same educational and career success.

Lewis notes words from Booker

T Washington as guiding thoughts: "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome," and, "If you want to lift yourself up, lift up someone else."

A lyric from rapper DMX, "See, to live, is to suffer but to survive, well, that's to find meaning in the suffering," has also shaped his view.

"These quotes make me realize that while life throws challenges at us, it's important to know that these challenges can be overcome if we have the right attitude," Lewis said, "The joy is not necessarily about our status in life, but the fact we

See "Student Intern to Student Mentor" Page 16

mechanical engineering with a minor in material science and engineering from Tuskegee University.

On a visit to MSU following his 2019 graduation from Tuskegee, Lewis discussed assisting with the AMIE program at the university. Morgan State's AMIE advisor recommended Lewis check into the NAVSEA-sponsored Navy/MSU Master of Engineering in Cyber Engineering (MECE) program. Knowing MSU's excellent engineering program, it didn't take long for Lewis to recognize how he could fit into the program and continue to support his educational goals.

"I was interning at the time, and the advisor of AMIE told me about the MECE," Lewis said. "I thought cybersecurity was an interesting field and one that was well needed in our society."

# **Baseball, Business and Family: Triple Play Formula for Success!**

## By Barbara Wagner, public affairs specialist

Dylan Brown knows a thing or two about being well rounded. Whether rounding bases in his beloved baseball, being well rounded academically, or as a member of his community, Brown knew that he wanted to be somewhere that would continue to provide the platform he was looking for his future. Somewhere he could continue playing the game he loved and being involved in his community.

Brown, the son of Renee (Code 02) and Jimmy (D Department) Brown, is a graduate of La Plata High School. Brown chose Mount Aloysius College in Cresson,

Pennsylvania, to continue his educational journey for two reasons. The first reason was for the school's community-based mission and second, being selected as a member of the institution's baseball team, the Mounties.

"I visited the college several times before I committed, and I really liked the people around the college and in the community," Brown said. "I also liked everything about the college itself. Their mission is centered on community and giving back, which I believe in. I am also very excited to be a part of the baseball team. The coaches and team seem to be a great fit, and I look forward to being a Mountie and playing at the college level."

Brown has been a part of baseball since being introduced to the sport at the age of 5. "T-ball was the first sport



Dylan Brown is the son of Jimmy and Renee Brown, both employees of NSWC IHD. Brown is a 2021 graduate of La Plata High School. (Photo courtesy of Renee Brown)

I was introduced to," Brown explained. "I have loved it since the first time I stepped on the field."

When Brown isn't playing baseball, he enjoys spending time with his friends, fishing and hunting, along with volunteering in the community. During the summers, he volunteers with his grandparents delivering Meals on Wheels. Brown noted how much he enjoyed the program because it allows him to get out into the community and meet and help those in need.

"Many times we were their only visitor, and they looked forward to seeing us," Brown shared. "It was also valuable time I was able to spend with my grandparents."

Another program that Brown volunteers with is the Bambino Buddy Ball League with the Charles County Youth League, volunteering as a "buddy." From April through June, challenged or special needs athletes are paired with a buddy who helps them in whatever way they need to play softball. "My favorite part of being a "buddy" was watching the athletes play, gain confidence and have fun," Brown said.

While at Mount Aloysius College, Brown will study business administration with a concentration in sports management. He hopes that his course of study will lead to a career with a major sports team to put his education and baseball experience to work in sports marketing, events management and sales.

See "Baseball Business and Family" Page 16

# The Art of Science, or the Science of Art: Alexis George

#### By Barbara Wagner, public affairs specialist

Alexis George is the daughter of Bob George from the command's CAD/PAD Joint Program Office at Hill Air Force Base in Utah. A recent graduate from the College of Engineering at the University of Utah, George is proof positive that science and art aren't as mutually exclusive as is often thought.

Pursuing a premedical program, George graduated this year from the University of Utah with a Bachelor of Science in biomedical engineering. She has enjoyed a lifelong passion for studying math, biology, chemistry, physics and engineering. But it is her other passion that has brought together artistry and mathematics — working as a makeup artist.

"I've always loved makeup," George explained. "As a teenager, I used to do all of my friends' makeup. After we graduated, some of those girls got married, and I began doing makeup for bridal work and weddings. It worked out perfectly for me; with a busy school schedule, I could pick when I could work. It was always a passion, and it just kept growing and growing."

Her talents and reputation did continue to grow. Today, George has been working as a makeup artist on the second season of the Bravo television network's "Real Housewives of Salt Lake City." She has been fortunate that the production worked around her school schedule, allowing her to pursue her education and art.



Alexis George, daughter of NSWC IHD employee Bob George, graduated from the College of Engineering at the University of Utah. Bob George is employed in the command's CAD/ PAD Joint Program Office contingent located on Hill Air Force Base in Utah.

With the university and show production in the same city, George shared she could work on a shoot between classes. Due to COVID-19, most of her classes were online in her senior year, allowing flexibility in her schedule to pursue both passions.

"If the job would have come up two semesters ago when classes were all in person, I don't think I could have had the time to be a part of the show," George explained. "With the majority of my classes on Zoom, I could be anywhere and participate."

Through the art and science of makeup, George can create symmetry or the impression of a smaller nose or more sculpted face

and address a client's concerns. But she notes that those changes are only good until the makeup washes off.

To truly combine her passions, George plans to continue her education to become a cosmetic plastic surgeon. As a plastic surgeon, she can create a more permanent change to enhance her patient's appearance.

"I love looking at faces and determining what to do to help them look their best. I think: What can I enhance? What can I make smaller or larger to help my clients look their best?" George said. "It's the same with plastic surgery. You can make small enhancements that make a striking difference. I think cosmetic plastic surgery will allow me to continue to combine the artistry with my love of science."

# **Momentum: Leading in the Virtual Workplace**

#### Courtesy of Magellan Health/DONCEAP

During this pandemic, many organizations have had to adapt to an environment where many employees work remotely. If you're a supervisor or manager leading remote workers, here are some telework best practices.

- Review workplace guidelines with your team such as priorities, boundaries, milestones and performance expectations. Help them clear any information bottlenecks so they have what they need to do their jobs.
- Communicate regularly with staff via video calls; listen carefully to their questions and concerns.
- For employees balancing work and family commitments at home, afford them the flexibility to work in ways and at times that are most productive for them.
- Avoid micromanaging, particularly if staff are communicating effectively and hitting their productivity targets.
- On video chats, be alert for signs of isolation or stress that employees may exhibit.

#### **More Tips for Virtual Managers**

Remember to foster belonging	During disruptive times, there can	Recognize and celebrate the same
among your team members. Include	be hesitancy for employees to try	work milestones that would be
a brief period at the begining of	something new. Instead, encourage	recognized in the office. Rewards
team calls for discussing non-	innovation, process improvements	for your staff might include public
work topics, e.g., "How was your	and appropriate risk taking; share	acknowledgment, tokens of
weekend?" Conduct occasional	these innovations widely to benefit	appreciation, career development
virtual office parties.	the organization.	opportunities and low-cost perks.



## **Department of the Navy Announces Diversity, Equity and Inclusion Planning Actions**

#### Courtesy of DON Press Office

Acting Secretary of the Navy Thomas Harker released a memo announcing specific actions towards the Department of the Navy (DON)s diversity, equity, and inclusion (DEI) efforts. The effort directs the Chief Diversity Officer of the Navy, Assistant Secretary of the Navy (Manpower and Reserve Affairs) (ASN (M&RA)), Catherine Kessmeier, to lead a strategic planning team and develop an action plan to promote DEI in Department-wide policies, programs and operations. Harker's memo formalizes guidance and establishes a framework to develop a strategic plan, identify actionable measures to integrate ongoing DEI efforts and recommend new initiatives.

"Equal opportunity is the bedrock of our democracy and diversity is one of our greatest strengths; both are critical to the readiness of our Navy and Marine Corps team and, ultimately, to our mission success," said Harker. "Aligned with these guiding principles, it is the policy of the DON to continue making transformative and meaningful steps that promote DEI in our policies, programs and operations across the enterprise. This review will examine both Navy and Marine Corps policies and build on existing efforts within both services."

As the Chief Diversity Officer for the Department, Acting ASN (M&RA) Kessmeier will:

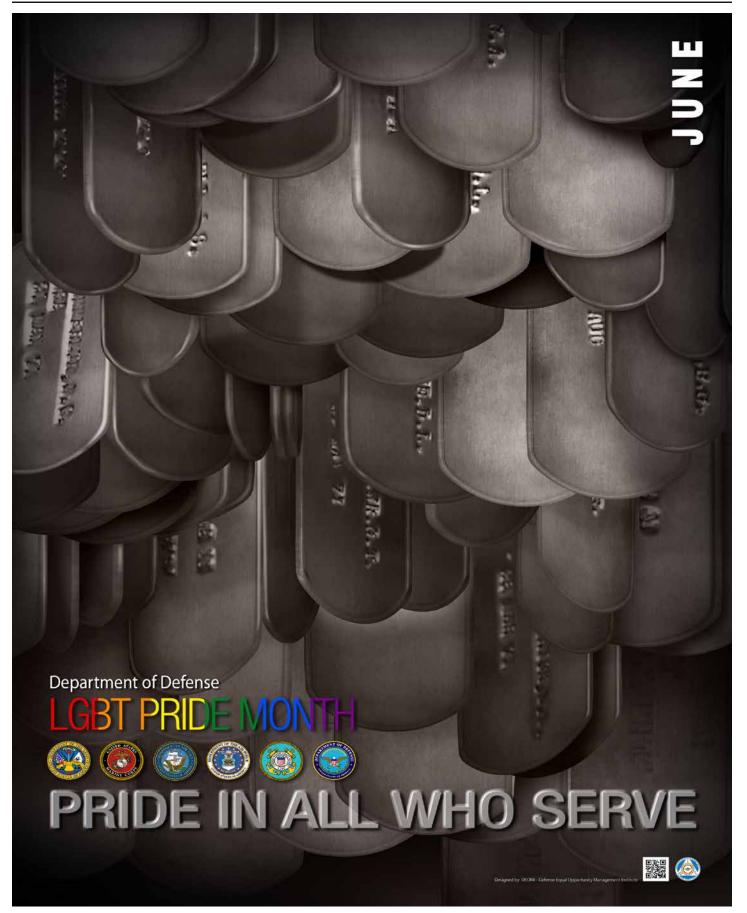
- Lead a strategic planning team, comprised of officer, enlisted and civilian representatives from the Navy, Marine Corps and Secretariat, to establish a framework to provide direction in developing a strategic plan, identifying actionable measures that integrate ongoing DEI efforts, and recommending new initiatives.
- Oversee and direct:
- A 60-day review of contracting to identify improvements needed to promote supplier diversity

and ensure proper implementation of equal opportunity and diversity policies in contracts.

- A 60-day review of policies and conventions of naming Navy and Marine Corps assets to identify measures to improve diverse representation.
- A 90-day review of precepts for selection and assignment boards to remove potential barriers to diversity.
- A 90-day review of diversity within the Senior Executive Service to improve the pace of diversity and the strength of the applicant pool, while remaining cognizant of the merit system principles.
- A 90-day review of Navy and Marine Corps grooming policies to inform potential changes to policy.
- A 90-day review to examine an appropriate authoritative data environment for DEI.

As review periods for the six initial actions in the memo are completed, the DON will release findings and actions it intends to take to remove existing barriers and advance diversity, equity and inclusion throughout the Department.

"Equal opportunity is the fundamental promise of the United States. The DON is committed to rooting out inequities that have sometimes kept that promise out of reach for underserved and underrepresented communities," stated Kessmeier. "We recognize the need to understand the barriers that face our workforce, and we need to ensure our policies and processes are constructed to support diversity, equity, and inclusion for every officer, Sailor, Marine and civilian. Advancing equity requires a systematic approach and the strategic planning team will work to address inequities in DON policies and programs that serve as barriers to equal opportunity."





#### Congratulations Graduates!

Ongratulations to all the members of our command family who are celebrating a graduation. There are few things in this world more important than education, so wear your achievements proudly. Please join us as we recognize and honor their successes!



Taylor AndersonLincoln University<br/>(R Dept.)Bachelor of Science<br/>computer scienceAccepted a position in R Dept.



Will Anderson La Plata High School Scholars Course of Study (Pam Anderson, D Dept.) University of Maryland applied science Science and Global Change Scholars program



Abigail Benton North Point High School Honors Diploma (Toni Benton, Code PC) College of Southern Maryland and Anderson University interior design



James Blanford III University of Louisville Bachelor of Science mechanical engineering (Jamie Blanford, G Dept.) Employed at Cepeda Associates



Jasmine Bohnoff St. Mary's Ryken High School Diploma (Aida Torres, Code 10) College of Southern Maryland and University of Maryland



**Dylan Brown** La Plata High School Diploma (Jimmy and Renee Brown, D Dept. and Code 02) *Mount Aloysius College business* 



Laci Cardova St. Mary's Ryken High School Diploma (John Cardova, Joint Program Office) University of Tennessee



Jackson Carswell Calvert High School Diploma (John Carswell, D Dept.) Jacksonville University



Tobias Coombs University of Maryland, Baltimore County Bachelor of Science biochemistry/molecular biology (Jerry Coombs, Velocity Lab) Massachusetts Institute of Technology doctoral program



Daphne Corso Riverbend High School Advanced Diploma (Bruce Corso, R Dept.) attending college



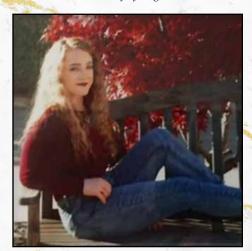
Hailey Didion Governor's School for Science and Technology Warhill High School Diploma (Amy Didion, M Dept.) University of Virginia



Sarah Driscoll University of New Haven Bachelor of Arts music industry (Dan Driscoll, R Dept.) master's program



Alexis George University of Utah Bachelor of Science (Robert George III, E Dept.) biomedical engineering Medical College Admission Test /medical school



Alexa Gillespie McAlester High School Diploma (Chris Gillespie, E Dept.) early childhood development certifications



Sam Gilroy Henry E. Lackey High School Diploma (Cindy and David Gilroy, Comptroller and M Depts.)



Morgan Hallett University of Maryland, College Park Bachelor of Science animal science (Janet Virgin, Code 10) University of Florida College of Veterinary Medicine



Aidan Hoffman Maurice J. McDonough High School Diploma (Eric Hoffman, R Dept.) University of North Carolina, Chapel Hill biomedical engineering



Logan Hoffman Maurice J. McDonough High School Diploma (Eric Hoffman, R Dept.) University of North Carolina, Wilmington education and speech pathology



Aidan Jacko La Plata High School Diploma (Julie Jacko, Code 02) Shenandoah University sports management and media and collegiate football



Ainsley Kidwell Maurice J. McDonough High School Diploma (Tom Kidwell, E Dept.) University of North Carolina, Wilmington



Elijah Lewis Morgan State University (E Dept.) Master of Engineering cyber engineering Employed with the Data Management Branch



Hannah Lyons Virginia Polytechnic Institute and State University (R Dept.) Bachelor of Science biochemistry Accepted a position in R Dept.



Aaliyah MacCheyne William Paterson University Bachelor of Arts sociology (Kevin and Marisol MacCheyne, G Dept.) Employed at SERV Behavioral Health System, Inc.



Kobre MacCheyne Morris Hills High School Diploma (Kevin and Marisol MacCheyne, G Dept.) County College of Morris engineering science



Anthony Manis U.S. Marine Corps Boot Camp (Lee Manis, E Dept.) U.S. Marine Corps School of Infantry



Kavina McDonald Maurice J. McDonough High School Diploma (Parul McDonald, ERP Business Office) Salisbury University psychology



Cassie Murphy Maurice J. McDonough High School Diploma (summa cum laude) (Connie Murphy, Safety Branch) Nazareth College musical theatre



James Moye Northside High School Diploma (Athena Jones, E Dept.) Kennesaw State University criminal justice



Caitie O'Donnell Clemson University Master of Science electrical Engineering (Amy O'Donnell, Deputy Technical Director) General Dynamics Engineering Leadership Development



Mary Elizabeth Anne O'Grady College of Southern Maryland, La Plata Associate of Arts music studies (David O'Grady, Code 10) worship leader/educator



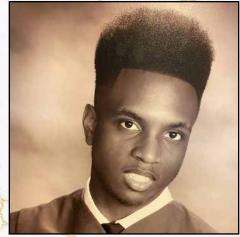
Kylea Rogers American University Bachelor of Arts communications, law, economics and government (Dave Rogers, G Dept.) House Subcommittee on Energy and Commerce



Samantha Rogers Columbus School of Law at The Catholic University of America Juris Doctor (Dave Rogers, G Dept.) career in public interest law



Madison Slattery La Plata High School Diploma (Karen Slattery, 0CA) College of Southern Maryland nursing



Antony Tibbs Henry E. Lackey High School Diploma (Sharon Tibbs, Code 02) College of Southern Maryland



Kevin Warring Johns Hopkins University Master of Science applied economics (OBD Employee)

Student Intern to Student Mentor (cont. from Page 6) did not let anything or anyone stand in our way to achieve that status."	Outside of work, Lewis enjoys spending time with his family and friends, listening to music, playing basketball, and enjoying quiet time with reading and meditation.
Lewis actually graduated from MSU's MECE program in 2020, but due to COVID-19 restrictions, his class could not "officially" graduate until 2021.Today, Lewis is working in E Department's Data Management	Lewis hopes that his MECE degree will allow him to improve Navy security and prevent future attacks.
Branch and is a member of the Virtual Fleet Support (VFS) team, a position he has held since August 2020. His main task is to assist the Consolidated Stock Point members with their printers/scanners, VFS or web ordering from the Windows application.	"I am excited about the opportunities and new challenges this position offers," Lewis said. "I look forward to helping my teammates and learning as much as I can to benefit the Navy. I am thankful for the opportunity."

#### Baseball, Bussiness and Family (cont. from Page 7)

A quote from Teddy Roosevelt and parental role models guide Brown as he moves towards a successful future. "My parents mean so much to me," Brown explained. "They work so hard every day at what they do, really demonstrating that if you want to be successful, you have to work hard. I think success at anything can be had with a work ethic like my parents and the concept from Roosevelt that you should 'do what you can, with what you have, where you are.""

#### The Art of Science (cont. from Page 8)

As George begins preparing for the Medical College Admission Test (MCAT), she credits her undergraduate education with providing her with the skills needed to be successful.

"They let us know that this was a very strenuous program and it required a lot of intensive work. They said to be successful, we need to not be afraid of hard work," George said.

George has shown that she can tackle difficult tasks, and she does so with style.

"It has taken a lot of effort to get here, and as I prepare to take the MCAT, there will be a lot more," George said. "Don't be scared of hard work or of failure. Don't overthink or second guess yourself, just do it!"

George is grateful for the support of her father throughout all of her pursuits.

"My dad has been my biggest supporter all throughout my life. Whatever I want to do, he does everything he can to help me succeed," George said. "I played sports growing up, and he never missed a game, no matter how far away. He supported me financially and emotionally all throughout college, even though he didn't have to. I couldn't ask for a better dad!"

# **CAD/PAD Success Corner**

#### Courtesy of Jason Caron, CAD/PAD deputy program manager

On June 7, 2016, at approximately 9:14 p.m. EDT, two F-16C aircraft attached to 157th Fighter Squadron, a unit of the South Carolina Air National Guard, collided during nighttime training over Jefferson County, Georgia. Both airmen ejected successfully.

The CAD/PAD Mishap Investigation Support Team was activated by the Air Force Safety Center and deployed to the region in support of the Aircraft Investigation Board. The investigation concluded that all devices, including 14 CAD/PAD manufactured by and tested at NSWC IHD, functioned as designed with no anomalies noted.

On May 27, 2021, a USMC AV-8B aircraft attached to Marine Attack Training Squadron (VMAT) 203 experienced gear failure during landing at MCAS Cherry Point, North Carolina. The marine aviator activated emergency landing gear blowdown systems and a CAD functioned successfully to deploy the

landing gear, allowing the aircraft to land safely and prevent further incident.

On June 3, 2021, a U.S. Marine Corps (USMC) AV-8B aircraft attached Marine Aircraft Group 13

REMINDER

experienced gear failure during landing at Marine Corps Air Station (MCAS) Yuma. The marine aviator activated emergency landing gear blowdown systems and a CAD functioned successfully to deploy the landing gear, allowing the aircraft to land safely and prevent further incident.



F-16C aircraft flown with the South Carolina Air National Guard.

(Mishap aircraft photos courtesy of the U.S. Air Force)





#### THE LOOP



MWR facilities open to all authorized patrons include:

- Auto Skills, Tuesday-Friday: 1-7 p.m., Saturday: 9 a.m. to 3 p.m.
- Community Recreation Center/Tickets/Library, Monday-Friday: 9 a.m. to 3 p.m.
- Gear Issue/Equipment Rentals, Tuesday and Friday: 9 a.m. to 3 p.m.
- Liberty Center, Monday-Friday: 2-8 p.m.
- Market Fresh Bistro (limited menu), Monday-Friday: 6 a.m. to 1 p.m.
- Weight House Fitness Center, Monday-Friday: 6 a.m. to 9 p.m., Saturday-Sunday: 8 a.m. to 3 p.m.

Temperature check/health screenings will be required at entrance to each facility. Face coverings must be worn at all times, except for fully COVID-19 immunized patrons. The fitness center has a pre-determined COVID-19 max capacity and once that limit is reached, no other patrons will be allowed in the center. Showers are open at a 50% capacity. Fully COVID-19 immunized patrons do not have to wear face coverings; however, masks are required for anyone not immunized at all times except when using cardio machines. Social distancing protocols are still in effect and that includes the restriction of working out in groups or pairs. Contact the Weight House Fitness Center at 301-744-4661 for further details.

The Aquatics Center will open on June 12 and remain open until Labor Day.

Aquatic Center hours are:

- Lap Swim, Monday and Wednesday-Friday: 10 a.m. to 1 p.m.
- Open Swim, daily 11:30 a.m. to 7 p.m.

The bowling center and theater remain closed at this time.

# Updates can be found at <u>https://www.facebook.com/indianheadffr</u>.

#### Second Quarter Comrel (cont. from Page 4)

planning effort for NSF Indian Head and the Town of Indian Head. The purpose is to collaboratively assess, prioritize and propose actions and next steps to ensure that NSF Indian Head remains a lasting part of the community.

The project goals include identifying and assessing the effects of climate change on NSF Indian Head and the surrounding community, integrating climate change considerations into a resilience planning effort to manage associated risks, and collaborating with stakeholders on climate change impacts and infrastructure-related challenges.

For more information or questions about the project, contact Beth Groth with the Charles County Department of Planning and Growth Management via email at GrothB@CharlesCountyMD.gov.



### **This Week in Naval History**

June 11, 1927 — USS Memphis (CL 13) arrives at Washington, D.C., with Charles Lindbergh and his plane, Spirit of St. Louis, after his nonstop flight across the Atlantic. Later that day, Lindbergh becomes the first person to receive the Distinguished Flying Cross when President Calvin Coolidge presents the award at the Washington Monument grounds.

#### Feedback

If you have an interesting story/event coming up that is newsworthy or would like to submit an article, contact the Public Affairs Office.

Phone: 301-744-6505 Email: nswc.ihd.pao@navy.mil Naval Surface Warfare Center Indian Head Division 3767 Strauss Ave. Indian Head, MD 20640



Charles Lindbergh arriving in Washington, D.C., on USS Memphis. (Photo courtesy of Hagley Museum)



#### PARTING SHOT



NSWC IHD Physics and Engineering Branch scientist Dr. Rohit Jacob (left) discusses an apparatus used to conduct testing of advanced fuel concepts to Naval Inspector General Vice Adm. Rick Snyder (center), U.S. Navy Flag Aide to Vice Adm. Rick Snyder Lt. Matthew Wellens (second from right) and Deputy Naval Inspector General Catherine Donovan (right) during a tour of the command, May 19.

(U.S. Navy photo by Matthew Poynor)



## FLY FARTHER.

### HIT HARDER.

