

**February 2013**

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Valentine's Day gift at the R&W!



# NEWSLETTER

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R&W Offices, 9000 Wisconsin Ave., Bldg. 31, Rm. B1W30, Bethesda, Md. 20892, Ph:(301) 496-6061 Fax:(301) 402-1052

### What Are the Benefits of Joining the R&W?

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**Just a kiss on your lips in the moonlight  
Just a touch of the fire burning so bright  
No I don't want to mess this thing up  
I don't want to push too far  
Just a shot in the dark that you just might  
Be the one I've been waiting for my whole life  
So baby I'm alright, with just a kiss goodnight**

*- Lady Antebellum- "Just a Kiss"*

### Also Inside:

<b>Fitness</b>	<b>page 2</b>
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### Upcoming Events

*Focus On You Wellness Workshop*  
Feb. 7<sup>th</sup> from 4pm – 5pm  
Bldg. T-39  
*See page 2 for more info.*

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*Nationals and Orioles Ticket Sales*  
Nationals – March 5<sup>th</sup> @ 8am – Online  
Orioles – March 7<sup>th</sup> @ 8am – Online  
*See page 3 for more info.*

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*College Savings Plan of Maryland Seminar*  
(12pm – 1pm)  
March 5<sup>th</sup> – Bldg. 31 Rm. 2  
*College Savings Plan of Maryland Webinars*  
March 12<sup>th</sup> and April 5<sup>th</sup>  
*See page 9 for details.*

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*Spring 2013 Mindfulness Class*  
Begins Friday, March 22<sup>nd</sup>  
*See page 15.*

Visit our website at [www.recgov.org](http://www.recgov.org)

# Start the New Year right with the NIH R&W Fitness Program

Visit [www.recgov.org/fitness](http://www.recgov.org/fitness) for more details about the R&W Fitness Program.

## Winter Wellness Workshops

The Registration deadline for the Winter Wellness Workshops has been extended through February 22<sup>nd</sup>! Sign-up today for a winter wellness workshop including Crossfit Fundamentals, Weightlifting, Bicycle Repair and more! Visit [www.recgov.org/fitnesscart](http://www.recgov.org/fitnesscart) or any fitness center location to view the complete workshop schedule and to register to participate. Workshops will be held from February - April.

## Focus on You Wellness Workshop:

### Avoiding Injuries

**Day/Time:** February 7<sup>th</sup> from 4pm - 5pm

**Location:** The Loft

RSVP online at [www.recgov.org/fitnesscart](http://www.recgov.org/fitnesscart).

This workshop will include a 45 minute interactive, Injury Prevention workshop with certified personal trainers, biomechanic specialists and Muscle Activation practitioners Stephen Carter and Derick Carter followed by 15 minutes for questions. Don't miss out on this opportunity to learn from experts about the causes, treatments and prevention of general injuries. Attendees will learn the impact of long term muscle imbalances to the body, simple ways to identify potential muscle imbalances and critical exercise mistakes that often lead to injury.

## Weight Watchers at Work Sessions

Weight Watchers is a program to help people lose weight by adopting a healthier lifestyle thru better eating choices, activity, exercise, and behavior change. Meetings are 45 minutes long with a 15 minute PRIVATE weigh-in at the beginning. There is a new topic each week that address lifestyle change. You may join a Weight Watchers session at any time. The cost of the session will be prorated. **Try a meeting for FREE!** Stop by any meeting to see if Weight Watchers at Work will work for you.

**Building 10** – Mondays at 11:30am – 12:30pm

Open House/Registration – Monday, March 4<sup>th</sup> Rm. 3-2550 (Payments will be collected for the session)

13 week series – New session Mon., March 11<sup>th</sup> – June 24<sup>th</sup>

**Executive Blvd** –Thursdays at 11am – 12pm (session ends 3/4)

6116 Executive Blvd. Conference Room 3056B

Contact: Ilene Burstyn at [bursytini@mail.nih.gov](mailto:bursytini@mail.nih.gov)

**Cost:** 13 weeks for \$155.35 (15 member minimum): Includes 14 weeks of free e-Tools or 18 weeks \$186.30 (20 member min): Includes 19 weeks of free e-Tools

Interested in bringing Weight Watchers at Work meetings back to **Building 31 & Rockledge II** or for more info about any of the Weight Watcher at Work Meetings contact Sherrell Freeman at [freemash@ors.od.nih.gov](mailto:freemash@ors.od.nih.gov).

## Make Your Training Personal!

February Special: Receive a complimentary 25-minute personal training session when you sign-up for a 3, 6, or 12 month fitness center membership. Contact Robert Geter [geterr@od.nih.gov](mailto:geterr@od.nih.gov) for more information.

## Take the Challenge!

The R&W 60 day Weight Loss Challenge begins February 25<sup>th</sup>. Sign up online at [www.recgov.org/fitnesscart](http://www.recgov.org/fitnesscart). Sign up open February 11<sup>th</sup> – 21<sup>st</sup>. The 60 day weight loss challenge will support participants with fitness assessments, consultation sessions, featured group exercise classes, and brown bag discussions on fitness and nutrition topics. Compete to win in the participation or weight loss categories. For more information about the Challenge, please email Michael Donovan at [donovanm@mail.nih.gov](mailto:donovanm@mail.nih.gov).

## Featured Group Fitness Classes

### Indoor Cycling

**Location:** The Loft (T-39)

**Day/Time:** Monday at 5:15pm, Tuesday and Thursday at 6:30am and 5:30pm

**Cost:** Drop-in: \$10

### Zumba with Ana

**Location:** The Loft (T-39)

**Day/Time:** Wednesday and Friday at 12:15pm

**Cost:** Drop-in: \$5

### Zumba with Ileana

**Location:** The Loft (T-39)

**Day/Time:** Wednesday at 5:30pm

**Cost:** Drop-in: \$5

## Valentine's Day Fitness Equipment Swap

February 14<sup>th</sup> 10am - 6pm at The Loft (Building T-39)

Bring your gently used fitness clothing & supplies and swap it for new to you goods. **We will only accept clean, undamaged, stain-free items.** We will be swapping yoga & active-wear clothes, yoga mats & props, running & hiking shoes, small portable exercise equipment (small weights, stretch bands, etc.), water bottles, backpacks, & bags.

***The NIH R&W Fitness Centers  
will be closed on Monday, February 18<sup>th</sup>  
in observance of President's Day.***

## Fitness Center Locations

**NIH Fitness Center**  
Building 31, B4 C18  
M-F 5:15am – 8:45pm  
Sat. 9am – 2pm  
301- 496-8746

**The Loft**  
Building T-39  
M-TH 11:30am-5:30pm  
Fri. 11:30am-5pm  
301- 496-8701

**Rockledge Fitness Center**  
6705 Rockledge Drive  
Rockledge One, Room 5070  
M-TH 7am-8pm, Fri. 7am-7pm  
301- 435-0038

**Baltimore Fitness Center**  
251 Bayview Blvd Rm. 3C011  
Baltimore, MD 21224  
24 hours/7 days  
410- 558-8300 x 7002

### Orioles and Nationals Ticket Sale

Batter Up! It's that time of year again! The R&W will once again offer tickets to the Baltimore Orioles and Washington Nationals. To better serve the NIH, NOAA and HHS communities, tickets will be sold online. **Nationals' tickets will go on sale on Tuesday, March 5<sup>th</sup> at 8am online at [www.recgov.org/nihshop](http://www.recgov.org/nihshop).** We will have 2 seats in Section 219 Row D. Ticket prices will be available on the R&W ListServ later this month. **Orioles' tickets will go on sale Thursday, March 7<sup>th</sup> at 8am online at [www.recgov.org/nihshop](http://www.recgov.org/nihshop).** Available will be two regular season tickets (2 seats behind first base – Section 14BBB seat 7-8) for \$70 (\$35 per seat). Tickets for Yankees and Red Sox games will be \$100 per game. Remember, you must be a Preferred 2013 R&W member to purchase tickets. When you come to pick your tickets up at your local R&W store you will be required to show proof of membership. R&W preferred memberships can also be purchased at the time you pick-up your tickets or online. Membership is \$9 for the year.

### Are You Having Trouble Controlling Your Drinking?

Closed (only open to people who have trouble controlling their drinking) Alcoholics Anonymous meetings occur at noon for one hour on Monday & Friday at NIH in Bldg. 31 Rm. B4BN09 (near the NIH Fitness Center). The meetings are free and confidential. For more info call the EAP at 301-496-3164.

*College Savings Plan of Maryland Seminar  
March 5<sup>th</sup> – Bldg. 31; Webinars March 12<sup>th</sup> & April 5<sup>th</sup>  
See page 9 for details.*

### Visit Le Ciel Salon & Spa to Help Support The Children's Inn at NIH

On Wednesdays throughout 2013 visit Le Ciel Salon & Spa to help support The Inn. 10% of the cost of hair, facials, waxing and massage services on Wednesdays will be donated to The Children's Inn at NIH! Le Ciel offers clients a full range of eco-friendly spa and salon services performed by a friendly, professional staff. Visit between 10am and 6pm on Wednesdays so your treatment will support The Children's Inn. Le Ciel Salon and Spa is located at 4728 Hampden Lane in Bethesda. Learn more at [www.lecielsalon.com](http://www.lecielsalon.com).

### 2013 Black History Month Observance Program

On Wednesday, February 20<sup>th</sup>, the NIH Black History Month Observance Program will host "At the Crossroads of Freedom and Equality: 150<sup>th</sup> Anniversary of the Emancipation Proclamation." Keynote Speaker, Dr. Griffin P. Rodgers, Director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) will present "Type II Diabetes and Obesity: And the major concerns within the African American Community." This program will take place from 9:30am – 10:30am in the Lipsett Auditorium in the Clinical Center, Bldg. 10. Sign language interpreters will be provided. Individuals with disabilities who require reasonable accommodations to participate in this event should contact Victoria Gross, Black Employment Program Manager, at 301-451-0746 or [Victoria.Gross@NIH.gov](mailto:Victoria.Gross@NIH.gov), or through the Federal Relay Service at 1-800-877-8339.

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### Monster Jam at 1<sup>st</sup> Mariner Arena

SUNDAY! SUNDAY! SUNDAY! USHRA Monster Trucks including Grave Digger®, Teenage Mutant Ninja Turtles, Brutus, Spike, Stone Crusher, Monster Magic, XXX, and Mountaineer roll into the 1<sup>st</sup> Mariner Arena in Baltimore on Sunday, March 3<sup>rd</sup> at 2pm. They'll race, freestyle and tear up the yards of dirt that'll fill the arena floor. The energy will be high, the sound will be loud, and most importantly, and The Trucks will be huge! R&W has Adult tickets for \$30 (reg. \$32) and Child tickets \$12. Tickets come with Pit Party Passes. To order tickets stop by any R&W store or call the Activities Desk at 301-496-4600.

### NIH Blood Bank Give Red, Save Green

The NIH Blood Bank and the NIH/NOAA R&W have joined together to raise awareness for the importance of blood and platelet donations. As an added incentive, those who donate will receive a coupon from the NIH Blood Bank for \$2 off an R&W membership. The NIH Blood Bank, an integral part of Bethesda's health care community, provides a lifesaving service that benefits our citizen's every day. The NIH Blood Bank collects blood and blood products, which help take care of and save the lives of patients in our community. This lifesaving service would not be possible without the generous time and effort of volunteer blood and platelet donors. The NIH Blood Bank is conveniently located in Bldg. 10 and provides reserved, free parking spaces for donors Monday - Friday from 7:30am - 5:30pm. Please call 301-496-1048 to schedule your appointment or visit [bloodbank.nih.gov](http://bloodbank.nih.gov) for additional information. Non-NIH employees will be eligible for an official NIH Extended Visitor ID allowing easy access from all entrances for a year. Thank you for caring...your help is appreciated!

### Online Discount Tickets thru Gov Hub

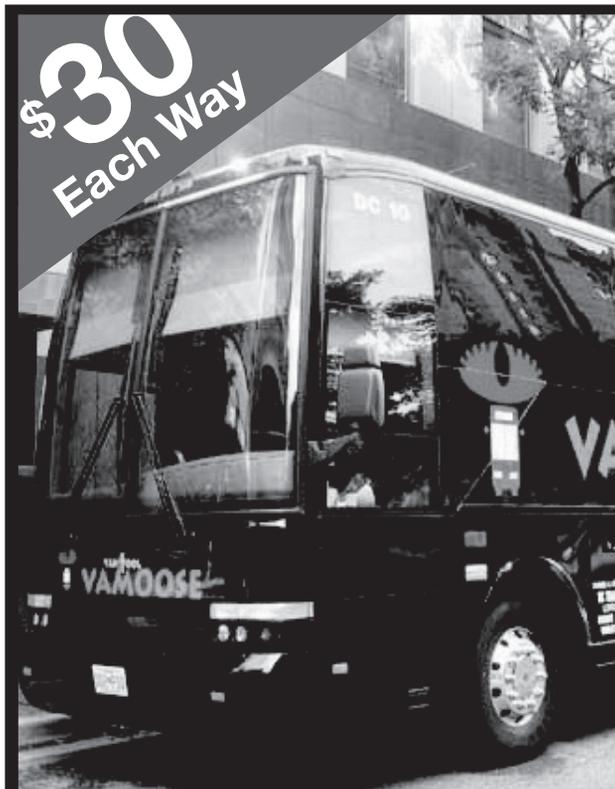
Get tickets to concerts, plays, and sporting events at venues locally and across the country. This means you can get tickets to shows that the R&W is unable to offer including Taylor Swift, WWE, Broadway, comedy shows and more. Prices are kept comparable to face value and handling fees are waived so you can get a great deal on the shows you like all the time. Gov Hub, whose mission is to get everyone a great seat, specializes in hard to find, and sold out events. With a seasoned staff, we guarantee to exceed your expectations. Most importantly we ensure a safe and friendly transaction. Gov Hub Tickets is proud to be the leading ticket agency in New York focusing in all sports, theater and concert events. From single tickets to large groups, we will accommodate your needs with professionalism and attention to detail. Experience a new level of entertainment with Gov Hub Tickets. If you are going on vacation, plan ahead and get tickets for events in the city to which you are traveling. Our special ticket portal is available on <http://www.recgov.org> or at <http://govhubtickets.com/>.

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***This March, Circus History  
Mixes with Myth and Majesty  
16<sup>th</sup> Annual Children's Premiere Night  
With Ringling Bros. and Barnum & Bailey Circus  
Benefiting the NIH Children's Charities***

Mark your calendars because this very special show is back again!!! Ringling Bros. and Barnum & Bailey® and the NIH/NOAA R&W invites Children of All Ages to join the Ringling Bros. team in the ALL-NEW, ALL-LIVE 142<sup>nd</sup> Edition of *The Greatest Show on Earth!* Ringling Bros. and Barnum & Bailey® comes to the Verizon Center on Wed., March 20<sup>th</sup>, with *Dragons*. For the first time in history, the legend of the Dragon meets the magnificence of the circus! A once in a millennium event honors The Spirit of the Dragon while allowing the audience to experience circus spectacles so incredible that once again they will believe in the unbelievable! Dragon tribes from the far reaches of the earth are brought together in a single performance, displaying their breathtaking skills in a circus tournament of champions. Each tribe must prove that they have virtues of Courage, Strength, Wisdom and Heart to arouse dragons which appear right before your very eyes! Ringling Bros. Ringmaster Johnathan Lee Iverson presides over this fantastical celebratory tournament of circus champions that brings together mystic dragon lore with authentic circus feats. Watch in astonishment as the Riders of the Wind, a dozen of the most deftly-balancing Cossack riders, charge into the ring on their thoroughbred horses, displaying great strength and amazing dexterity. The equestrian acrobat riders perform intricate maneuvers on horseback, including a double-man pyramid that builds to a remarkable Roman riding five-man high pyramid, all while the horses are galloping at full speed! The Globe of Steel features the Torres Family who will shatter all records by putting eight family members on specialized motorcycles. Once locked inside a 16-foot steel globe, all together they will orbit at an unprecedented 65 miles per hour within inches of each other! High above the arena floor, Dragon eyes reveal an enchanting display of aerial artistry, as captivating contortionists, Kiev Troupe, dance on clouds and float without care! Twisting and turning without a wire, these graceful and swift beauties will set hearts afire! The Shaolin Warriors, from China, execute intense and fearless Kung Fu martial arts dating back to the 5<sup>th</sup> Century. Not even 16 steel blades rotating within a metal ring of fire can unnerve the steady mind of a Shaolin Warrior as he jumps through the razor-sharp blaze blindfolded. A whimsical, heartwarming and awe inspiring display of showmanship brings an animal menagerie that can only found at Ringling Bros.® Presents DRAGONS. Andre McClain presents a charming display of mixed hoofstock including horses, ponies, mini-donkeys, and goats. Hans Klose with his ten high-energy rescue dogs display their animal athleticism by high jumping, hurdling, back flipping, walking on their hind legs and even diving from 16-feet up in the air. The Paniflov Troupe will amaze audiences as their performing domestic felines scale a "kitty low wire", balance on top of balls, jump through hula hoops and walk across parallel bars only using their front paws. And as always this year's show will feature everyone's favorite animals including elephants, lions and tigers.

**Circus Continued...**

Your escape from the everyday begins one hour before show time when you make your way to the arena floor. The FREE All-Access Pre-Show, allows families to interact with the stars, mingle with an amazing group of acrobats, aerialists, animals, clowns, jugglers and more. There's so much the Pre-Show has to offer and the show hasn't even started! So grab your cotton candy and be prepared to be whisked away into a whirlwind of action and adventure. **Join us for the 16<sup>th</sup> Annual Children's Premiere Night hosted by the NIH R&W, benefiting the NIH Charities on Wednesday, March 20<sup>th</sup> at 7pm with the FREE Pre-Show at 6pm.** You won't hear about this on the radio or television because this night is only for special invitees from the R&W...and you and your friends and family are invited!! This event is a fundraiser for the NIH Charities and is a wonderful opportunity for the R&W to provide a magical evening to many special needs children in the local metro area. Over the years, with your help, we have treated over 25,000 deserving children to the circus. The R&W has a goal to fill the entire Verizon Center with friends and family, so we need your help. Pass the word along to all your friends and family and have them join you for this special evening. Get your ticket for this once in a lifetime night of fun at the R&W Activities Desk in Bldg. 31 Rm. B1W30 or call 301-496-4600. Orders can be placed for tickets at any R&W store. **Tickets available include Circus Celebrity - front row/interactive seating where you become part of the show \$80 (reg. \$110), Front Row \$55 (reg. \$75), VIP \$40 (reg. \$55), Section 111 & 112 (best seats) \$25 (reg. \$35).** So don't delay...we have the best seats in the house for this special R&W hosted evening, but they won't last long! We'll see you at the circus!

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## 2013 R&W Preferred Memberships

Did you know...All NIH & NOAA employees, contractors and their families are eligible to become Preferred R&W Members? For \$9 per year, preferred members have access to discounted tickets (entertainment, sporting events, children's shows, etc.), movie rentals, discounted dry cleaning, gift items, fitness center programs and classes, recreational clubs, community discounts and much more. To sign up, stop by any R&W store, or join online at [www.recgov.org](http://www.recgov.org), click NIH, then click membership. Upon receipt we will send you membership materials including a membership sticker/card. If you are renewing, please remember your membership expired December 31, 2012. Renew at any store but remember to hold onto your red plastic membership card. Each year we will give you a new valid sticker for your card. You will be charged a fee for a replacement card. Sign up for R&W ListServ for the latest news on R&W events, tickets and more at [https://list.nih.gov/archives/r\\_w\\_assoc\\_list-1.html](https://list.nih.gov/archives/r_w_assoc_list-1.html).

## Cookies and Goodies Needed

### Valentine's Day - February 14<sup>th</sup>, 1:30 pm

Cookies and goodies are needed for the Clinical Center monthly party! If you are interested in contributing some goodies for the party please deliver the items to the R&W office in Bldg. 31, Rm. B1W30 or the R&W in Bldg. 10, Rm. B1C06 on February 14<sup>th</sup> by noon. Fran at our Rockledge R&W store will also accept goodies if it's more convenient to drop off there. Please deliver to Rockledge I, Rm. 4202 by the end of the day on Wednesday, February 13<sup>th</sup>.

*Do your Valentine's shopping at R&W stores!  
Great gift ideas are available on page 17.*

## NIH Philharmonia – February 23<sup>rd</sup>

The NIH Philharmonia is now preparing for their third concert. After an unprecedented December concert featuring two symphonies, conductor D'Alimonte will lead the orchestra in their February concert "Homage and Images", featuring Borodin's In the Steppes of Central Asia, Ravel's Le Tombeau de Couperin, and Mussorgsky's incredible Pictures at an Exhibition. The concert will be on Saturday, February 23<sup>rd</sup>, at St. Elizabeth Catholic Church in Rockville (917 Montrose Rd. between Rockville Pike and I-270). Most members of the orchestra work at NIH, NASA, FDA and other government agencies. For more info visit [www.nihphil.org](http://www.nihphil.org).

## NIH R&W Shipping Service Moving to Bldg. 10 CRC

Save time by mailing your packages from your workplace with help from the R&W and International Ship Masters. Mail items to anywhere in the world via any of the delivery services UPS, FedEx, or DHL, it's your choice! Every Tuesday you can bring your packages to the Bldg. 10 CRC, inside the R&W Store, between 10am – 1pm, and have them shipped out without the hassle of standing in the long lines you'd find at other mail facilities. This will be a huge time saver for mailing gifts, birthday items, and other packages.

## Upper Crust Bakery - Tuesdays, Bldg. 31A Lobby

Purchase delicious goods from Upper Crust Bakery every Tuesday in the Bldg. 31A Lobby, from 10:30am – 1:30pm. For sale will be a variety of breads and cookies. Upper Crust Bakery has become a popular addition and the feedback from NIH employees has been amazing. If you haven't purchased from them stop by and sample one of their many tasty treats.

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**Now On Sale!**  
**March 20<sup>th</sup> - Verizon Center**  
**6pm Pre-Show - 7pm Main Event**

- **Join the Circus as a Circus Celebrity - \$80** (reg. \$110)
  - **Front Row Seats - \$55.00** (reg. \$75)
  - **VIP – First 5 Rows - \$40.00** (reg. \$55)
- **Section 111 & 112 - Best Seats - \$25.00** (reg. \$35)

Every purchase helps provide tickets to local children's programs as well as raise money for the NIH Charities. See page 5 for full details on this event!

*Ticket sections subject to change.  
 Purchase these best seat locations before they sell out.*



Call the R&W Activities Desk at 301-496-4600 or stop by any R&W store to purchase tickets.



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## 2013 R&W Seminar Series Begins

### Understanding Federal Employees' Group Life Insurance - February 5<sup>th</sup>, 12pm - 1pm, Bldg. 31A, Rm. 2 -

This presentation covers the Federal Employees' Group Life Insurance program and options: Basic, Option A, Option B and Option C. It goes into detail about each type of insurance while employed and also during retirement. The presentation ends with a brief segment about additional coverage choices outside of FEGLI. RSVP to [potomacdistrict@firstcommand.com](mailto:potomacdistrict@firstcommand.com) or 703-418-9360.

### Are you Fiscally Fit or Are you Making Federal Financial Blunders? - February 20<sup>th</sup> - 12pm - 1pm, Bldg. 31 Rm. 2 and March 20<sup>th</sup> - 12pm - 1pm, Bldg. 31, Rm. 2 -

Are you a mid-career or near retirement federal employee? If so, this lunch and learn is designed specifically for you. Learn how to avoid the most typical financial blunders made with federal benefits as well as ways to maximize them most effectively. Learn how keep more of your Pension and TSP income through the use of simple tax strategies. Find out if the ROTH TSP option is appropriate for you and which factors to consider when evaluating benefit decisions related to retirement. Are you ready to be Fiscally Fit? RSVP to Corrie Troxel at 301-569-6941 or [admin@monumentalfinancial.com](mailto:admin@monumentalfinancial.com).

## Get a Head Start on College Savings!

March 5<sup>th</sup> - Bldg. 31 Rm. 2

All seminars will be held 12pm - 1pm

SAVE HERE. GO ANYWHERE! It's never too early or too late to start saving for college. The College Savings Plans of Maryland is the easy, affordable and smart way to save for your child's education at nearly any college in the nation. The College Savings Plan of Maryland offers two distinct and flexible plans that will help Maryland parents, grandparents, and family friends give their favorite student a head start. Also, they're the only 529 plans that offer a Maryland State income deduction for Maryland taxpayers. Maryland Prepaid College Trust - lock in future college tuition rates at today's prices, and is backed by the security of a Maryland Legislative Guarantee. Enrollment is open through April 8, 2013. Maryland College Investment Plan - managed and underwritten by T. Rowe Price, the plan offers a variety investment options, with no sales commissions or loads, and enrollment is open year-round. Use one or choose both; as little as \$25 per month can get you started today. Remember, it's never too early or late to have a plan. Can't make the on-site presentation? Try an informational webinar on March 12<sup>th</sup> or April 5<sup>th</sup>. You can join from your desk or at home as long you have both telephone and internet access. For info on registering for the webinars, visit [www.collegesavingsmd.org/webinar](http://www.collegesavingsmd.org/webinar). We hope you can attend one of the information sessions.



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## Escape to the Pocono Mountains With the One You Love

Every day is Valentine's Day during the Month of Love! So if you love romance and value, book your All-Inclusive stay between February 1<sup>st</sup> and 28<sup>th</sup>. You and yours can indulge your wildest fantasies in the privacy of one of our luxurious suites. With Cove Pocono Resorts All-Inclusive packages, you won't have to spend a lot to enjoy all they have to offer. Your suite is just the beginning of all that's included in your stay. Be sure to check out our top notch entertainment too! ONE price covers it all! What's included? Sexy suites, New luxurious Blush Beds, many rooms have with in-suite pools with sauna room and heart shaped whirlpool baths...others feature our world-famous Champagne Glass Whirlpool Bath-for-Two. Unique dining experiences - Unlimited breakfast in our restaurant or your bed (or both), Great dinners and Live nightly entertainment all included. Free golf and other fun-filled activities too. Unlimited access to activities at all three resorts (Key Around Club) Discount coupons for outlet shopping and more! Come play at one of our All-Inclusive, couples-only resorts — Cove Haven, Paradise Stream or Pocono Palace—and take advantage of the huge savings available right now for NIH employees! See their offer in the Travel Portal feature at [www.recgov.org/r&w](http://www.recgov.org/r&w).

## R&W Classified Ads Are Expanding

Last summer the R&W introduced our revamped housing website at <http://www.recgov.org/housing/>. This winter we have added a variety of different classified ad options including motor vehicles, general sale items, services and more. Go to <http://www.recgov.org/classifieds/> to see all of the options available for you to list on or purchase from. Registering for each site is free but there is a cost to list items. Listings run for 30 days.



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## HHS Recreation & Welfare Employee Association



Store location: Hubert H. Humphrey Building, 200 Independence Ave. SW, Washington DC, 8<sup>th</sup> Floor  
Online: <http://www.recgov.org/hhs>

### **FEBRUARY 6<sup>th</sup>: Health Awareness Day is Back!**

The journey to a better you continues on Wednesday, February 6<sup>th</sup>. Join FedStrive at the 2013 Health Awareness Day! Take time at this special event to become more aware and proactive with regard to your health and well-being. Activities and booths include:

- Red Dress Fashion Show
- Health screenings
- Team Lean Challenge registrations
- Wii games
- Massage therapy
- Ergonomics demonstration
- Physical activity demonstrations
- Food sampling with HHS Café Corporate Chefs
- Interactive exhibits with valuable health promotion resources

Also, be sure to learn more about what FedStrive can do for you! A host of health professionals will be available at the event to answer any questions you may have regarding FedStrive's programs and offerings.

The event will run from 10:30am - 1:30pm in the Great Hall of the Hubert H. Humphrey Building. See you there!

### **FEBRUARY 14<sup>th</sup>: Help Change a Life, Red Cross Blood Drive**

Approximately every two seconds, someone in this country needs blood. And just like the emergency room of a hospital, the American Red Cross must be ready to respond to patient emergencies (with blood and blood products) 24 hours a day, 7 days a week, 365 days a year. Through the everyday support and generosity of donors, the Red Cross can be prepared to do this day-in and day-out, no matter when or where these donations are needed. However, low supply levels make it difficult for the Red Cross to plan for potential emergencies.

With a constant need for more than 44,000 donations every day, FedStrive requests that you roll up your sleeves and donate blood at the Red Cross Blood Drive on Thursday, February 14<sup>th</sup> from 9am - 2:30pm. This Blood Drive will take place in the Great Hall of the Hubert H. Humphrey Building. To find out more about donation or schedule an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org).

### **FEBRUARY 19<sup>th</sup>: Hypertension Seminar**

About one of three adults in the U.S has hypertension, or high blood pressure. Because it often has no warning signs or symptoms, many do not even know they have it. This "silent killer" increases the risk for heart disease and stroke, the first and third leading causes of death in the United States.

Join FedStrive Nurse Sandra Dantzler to learn more about what hypertension is, what it does, and what you can do to stay in control.

This presentation will take place on Tuesday, February 19<sup>th</sup> from 12pm - 1pm in HHH 305A.

### **FEBRUARY 20<sup>th</sup> – MAY 22<sup>nd</sup>: You Need a Little TLC...That's Right, Team Lean Challenge!**

Is your New Year's resolution to get healthier by dropping a few of those holiday pounds? If so, the Team Lean Challenge (TLC) is a great way for you to transform your "I want to be" resolution to an "I am" goal!

Team Lean Challenge is a three-month program where you apply your individual efforts toward a five-person team goal of achieving the highest percentage of weight loss. FedStrive will award the TOP THREE TEAMS, as well as the TOP THREE INDIVIDUALS, that have achieved these percentages.

To join the Challenge, visit [fedstrive.foh.hhs.gov/TLC\\_SWC.html](http://fedstrive.foh.hhs.gov/TLC_SWC.html) to review TLC Rules and Online Enrollment Instructions. Then you must complete an official weigh-in. Weigh-ins will occur at the following times and locations:

- FedStrive Health Awareness Day event (HHH Great Hall) on February 6<sup>th</sup> from 10:30am - 1:30pm
- FedStrive Fitness Center (HHH 2nd Floor, Room 231-D) February 7<sup>th</sup> – 13<sup>th</sup> from 9am - 10:30am or 3pm - 4:30pm
- FedStrive Health Center (HHH 2nd Floor, Room G-215) February 7<sup>th</sup> – 13<sup>th</sup> from 10am - 12pm or 1pm - 3pm

**The Team Lean Challenge officially begins February 20<sup>th</sup> and ends May 22<sup>nd</sup>. Call us at 888-9-iSTRiVE.**

February Events



Go Green Get Healthy HHS





## HHS Recreation & Welfare Employee Association



Store location: Hubert H. Humphrey Building, 200 Independence Ave. SW, Washington DC, 8<sup>th</sup> Floor

Online: <http://www.recgov.org/hhs>

### FEBRUARY 26<sup>th</sup>: Office Ergonomics Seminar

Creating the perfect workspace doesn't sound very challenging, but there is actually a method to the madness. This method, Ergonomics, is essential to making the most out of our work day and avoiding serious problems. Ergonomics optimizes the job to the worker - maximizing the safe and efficient interaction between people, their work systems, tools, tasks and environment.

The seminar will take place on Tuesday, February 26<sup>th</sup> from 12pm - 1pm in the FOH Training Center (Health Clinic G-215).

### FEBRUARY 27<sup>th</sup>: Heart Healthy Life Seminar

What is cardiovascular disease? How do I know if I am at risk? How can I prevent it? Preventive Cardiologist William Borden, M.D. will have answers to all of these questions and MORE!

The seminar will take place on Wednesday, February 27<sup>th</sup> from 12pm - 1pm in HHH 305A.

### We Have a Gym! Take A Tour

Yes, it's true: HHS has a fully functional fitness facility in the Humphrey Building! Starting this month, FedStrive will be holding group orientations of the equipment in the fitness center every Tuesday at 9:30am - at 3pm. We'll meet in the Humphrey Building Great Hall and proceed from there. Get pumped!

### How are We Doing? FedStrive Wants to Hear From You.

Has your FedStrive experience helped you? What would encourage you to participate more? Share your honest feedback. Our aim is to deliver the best possible employee health and wellness services. The survey at the link below will help us gain a better understanding of how we can serve you better. It will only take a few moments of your time. Thank you.

Tell us like it is here: <https://www.research.net/s/FedstriveWellnessSurvey>.

### FEBRUARY IS "Health and Worksite Wellness" MONTH

This month, OPDIVs across HHS will be holding events to promote health and worksite wellness.

Did you know that February is American Heart Month? In 1963, Congress required the president to designate February as American Heart Month. Heart disease is the number one cause of death in this country, followed by cancer and stroke. Visit <http://www.healthfinder.gov/scripts/SearchContext.asp?topic=391&section=5&refine=1> to learn more about heart disease and how to avoid it.

National Wear Red Day is a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or Red Dress Pin.

The Heart Truth launched the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women.

Visit <http://www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm> for resources and ways you can get involved.

### R&W Store Open Tuesdays – Thursdays

Come to the R&W store located on the 8<sup>th</sup> Floor of the Humphrey Building, outside the Cafeteria. The store is open from 9am – 3:45pm. Purchase a variety of logo items, tickets and more.

February Events



Go Green Get Healthy HHS



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## In June Anything Goes At the Kennedy Center

The S.S. American, sailing from New York to England, carries an unusual group of passengers. Included amongst them are a gangster (Moonface Martin), a wealthy debutante and her mother (Hope and Evangeline Harcourt), a nightclub singer (Reno Sweeny), and a wealthy New York businessman and his stowaway assistant (Elisha Witney and Billy Crocker). It turns out that Hope is Billy's long-lost love. Unfortunately, she is now engaged to a wealthy Englishman, Lord Evelyn Oakleigh. After a series of comedic happenings, Billy manages to win back Hope. Meanwhile, Billy's friend, Reno, manages to seduce and win Lord Evelyn. All this happens while Moonface Martin attempts to escape the law and Hope's mother strives to maintain her social status. Orchestra seats for the 1:30pm performance of Anything Goes on June 23<sup>rd</sup> at the Kennedy Center are available at the R&W. See page 19 for ticket prices and go to any R&W store to purchase tickets.

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Now is the time to buy, refinance or remodel and the NIH Federal Credit Union (NIHFCU) is ready, willing and able to help qualified borrowers meet their mortgage needs with incredibly low rates and fees, express closing and local, expert servicing. Not ready to apply? Our free mortgage check-up is a no obligation consultation with an NIHFCU mortgage advisor. In it, we'll be pleased to advise you of options to help you own your current or future home for less. *NIHFCU membership is not required to receive a mortgage check-up.* Visit [nihfcu.org/mortgages](http://nihfcu.org/mortgages), call 855-203-4747 or stop by any branch to discover the benefits of NIHFCU for your home financing needs.

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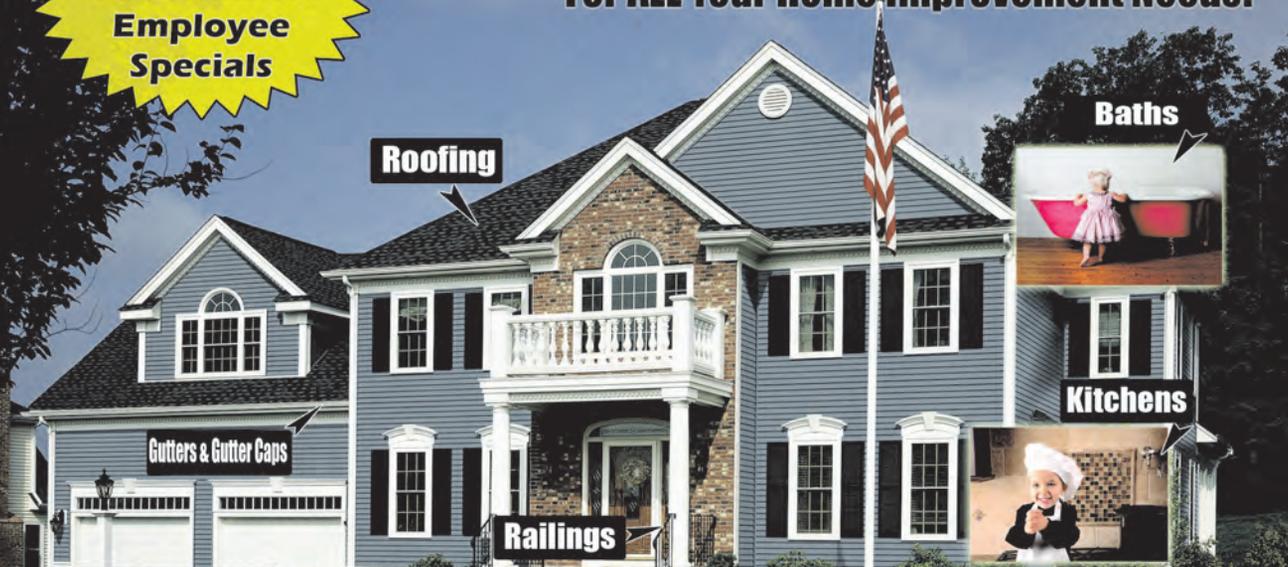
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## Baseball Opening Day Auctions

**Orioles** - The R&W will also be holding a silent auction via email for the Baltimore Orioles 2013 home opener vs. the Minnesota Twins on Friday, April 5<sup>th</sup> at 3:05pm. We have two tickets in Section 14BBB. The opening bid for the pair will be \$100 (\$50 per ticket), and bidding will be done in increments of \$5. The email auction will begin Tuesday, March 26<sup>th</sup> at 8am and end Thursday, March 28<sup>th</sup> at 3:30pm.

**Nationals** - The R&W will be holding a silent auction via email for the Washington Nationals 2013 home opener vs. the Miami Marlins on Monday, April 1<sup>st</sup>. We have two tickets in Section 219 Row D. Look for more details on the R&W ListServ. The email auction will begin Tuesday, March 19<sup>th</sup> at 8am and end Thursday, March 21<sup>st</sup> at 3:30pm.

*If you are interested in participating in either/both auction(s) please email [nihrw@mail.nih.gov](mailto:nihrw@mail.nih.gov) and note which one(s).*

## Shulman Rogers 5k to Benefit The Children's Inn

The Shulman Rogers 5k will take place on Saturday, April 6<sup>th</sup> at 8am at 12505 Park Potomac Ave in Potomac, MD. This race represents Shulman Rogers' signature charity event culminating twelve months of giving back to the community to celebrate the firm's 40<sup>th</sup> anniversary. Proceeds from the Shulman Rogers 5K will benefit The Children's Inn. There will be something for everyone – a USATF Certified 5K race and a short children's fun run! Learn more and register by contacting Stephen Metz at [smetz@shulmanrogers.com](mailto:smetz@shulmanrogers.com) or 301-230-6564.

**2013 R&W Memberships on sale \$9 for the year**  
**See more details about memberships on page 7.**

## See the World Famous Harlem Globetrotters

See a winning professional basketball team at the Verizon Center this year! The Harlem Globetrotters bring their amazing athletes that possess ridiculous and comedic basketball skills, to the Verizon Center Saturday, March 2<sup>nd</sup> at 1pm. Watch as they flip, soar, prank and attempt to trick shot their way past the Washington Wizards Generals. See page 19 for prices.

## Treats Galore Now a Monthly Staple in the Bldg. 31A Lobby

On the second Thursday of every month Treats Galore will be selling fudge from 10am – 2pm in the Bldg. 31A Lobby, outside the NIH Federal Credit Union. Choose from a variety of fudge flavors and more.

## RecGov Housing & Discount Guide

Looking for a new place to live? Want discounts on a variety of different vacation packages, cell phones, hotel stays and more? Grab the 2012-2013 RecGov Discount Guide, located in R&W stores and R&W news racks. If you would like a copy sent to you email David at [nihrw@mail.nih.gov](mailto:nihrw@mail.nih.gov).

## Join the R&W ListServ

Get the latest on all things R&W related delivered to your Inbox. Be the first to hear about upcoming events, R&W store specials, special ticket offers, early bird offers and much more. Everyone is welcome to join and membership is not required to receive the listserv emails. Go to [https://list.nih.gov/archives/r\\_w\\_assoc\\_list-1.html](https://list.nih.gov/archives/r_w_assoc_list-1.html) and "join the list" with your name and email and the info will begin to flow. For assistance, email [nihrw@ors.od.nih.gov](mailto:nihrw@ors.od.nih.gov).

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### Disney Live: Mickey's Music Festival

Mickey and friends will rock the Patriot Center Sunday, February 24<sup>th</sup> with the stars from The Little Mermaid, Aladdin and Disney/Pixar's Toy Story in their new touring show Disney Live! Mickey's Music Festival. Disney hits are remixed to the hottest sounds of today featuring hip-hop, pop, swing, reggae, rock, country and more! The irresistible lineup of performers includes Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; among more than 25 Disney stars featured in this jam session fit for the entire family! You can't resist dancing, singing, playing your air-guitar and laughing with this band of characters! Join them for a lively concert experience guaranteed to deliver a lifetime of rockin' memories. See page 19 for prices.

### Nationwide Is On Your Side

Icy roads, heavy snow, tree damage – all factors in unexpected incidents that can cost you dearly if you're not protected correctly. The NIH/NOAA R&W and Nationwide Insurance are here to help you avert grand financial losses when disaster strikes. Through this partnership employees of NIH/NOAA are offered a discount on their auto insurance. Taking advantage of this offer is simple, call your current Nationwide agent and ask for the R&W Affinity discount. A 3% discount will be applied to your policy. If you are not insured with Nationwide or have questions on your current Nationwide policy contact Corrigan Insurance Nationwide Insurance 301-623-3121 or 301-474-4111 or 410-792-8090 or 800-213-1634 Email: [corriganagency@nationwide.com](mailto:corriganagency@nationwide.com).

*Monster Jam – March 3<sup>rd</sup> – Baltimore  
Order by February 15<sup>th</sup>. See page 19 for prices.*

### Spring 2013 Mindfulness Class Begins March 22<sup>nd</sup>

This popular class is being offered from 5pm - 7:30pm on Fridays, March 22<sup>nd</sup> – May 10<sup>th</sup> for 8 sessions and a day-long retreat on Saturday, May 4<sup>th</sup> from 9am – 3pm and will cost \$250 per person. The course includes guided instructions in mindfulness meditation, gentle stretching and mindful movements, group dialogue, and home assignments. The course is informed by the work pioneered by Dr. Jon Kabat Zinn at UMASS since the 1970's. It also incorporates the work by others such as Thich Nhat Hanh, Jack Kornfield, and Tara Brach. Class location: Shanti Yoga Center for Harmony 4209/4217 East West Highway, Bethesda, MD 20814. The Saturday event will take place at NIH. New attendees are not accepted after the first class. The class instructor will be Rezvan Ameli, Ph.D., of NIMH, an experienced mindfulness instructor and practitioner, who is volunteering her services. For more information contact Dr. Rezvan Ameli at [Rezvan.Ameli@gmail.com](mailto:Rezvan.Ameli@gmail.com). To register, contact Kallie Wasserman [wassermankt@mail.nih.gov](mailto:wassermankt@mail.nih.gov) or 301-496-6061. This is an R&W sponsored activity.

### Al-Anon Provides Help for Those Involved With Substance Abuse

Al-Anon, an organization for family members of people with alcohol abuse, now welcomes family members of individuals with narcotic abuse problems to attend weekly group meetings. Al-Anon holds two weekly group meetings; Mondays and Thursdays at noon in Building 31, Room 1B63.

*Ringling Bros. and Barnum & Bailey Circus Present Dragons  
Wednesday, March 20<sup>th</sup> at Verizon Center – 7pm.  
Read about the show on page 5.*



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### **Disney on Ice: Treasure Trove Purchase Exclusively Online**

Discover endless riches when Disney on Ice presents Treasure Trove comes to the Verizon Center February 14<sup>th</sup> – 18<sup>th</sup>! Get tangled up with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Tiana, Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Mulan, and Snow White. Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the ‘Circle of Life.’ Don’t be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts’ Army of Cards. Purchase tickets online at [www.recgov.org](http://www.recgov.org), click NIH, click Tickets, then click on the Disney on Ice banner under on-line tickets. Use promo code Daisy for savings.

### **Recgov.org Travel Portal**

Our Federal Travel Portal is powered by Priceline.com. Now you can save more on Priceline’s already low prices. The biggest savings come from lower to no fees on your travel. Book a flight, hotel, rental car or a whole package right from your desk at <http://www.recgov.org/vacations>. Choose a flight from any major airline, stay in any name-brand hotel, or rent from any of the top 5 U.S. rental car agencies. Save money and travel when you like. Also in our Travel Portal are great resorts in destinations you can drive to. Stay in a Historical 1859 Hotel, take a bus to New York City, and visit Williamsburg, Lancaster, Atlantic City and many other great cities. We also have great deals on Breezes, an all-inclusive Resort in the Bahamas or Caribbean, and Cove Haven.

### **R&W Tax Preparation Service**

It’s that time of year again but don’t fret, we can help! The R&W is sponsoring our annual Income Tax Preparation Service through an independent accounting firm, Teti and Carswell. With more than 30 years of experience, they can provide assistance in all areas of taxation. Tax preparation for foreign nationals is also available. Half-hour consultations will be held on campus, in Bldg. 31 Rm. 9A22, on Thursdays, February 7<sup>th</sup> through March 21<sup>st</sup> between 3pm - 6pm (2/7 and 3/7 will be 4-6pm, 2/21 will be 4:30pm – 6pm) and Tuesday, March 26<sup>th</sup> from 3pm – 6pm. Call the R&W Activities Desk at 301-496-4600 to schedule an appointment. Fees will vary according to the required IRS schedules that are needed to be filed. *Call Today! The earlier you get your taxes done, the quicker your refund check comes back!*

### **Ahoy!! NIH Sailing Association Spring Open House February 28<sup>th</sup>**

Come to the NIHSA Open House on Thursday, February 28<sup>th</sup>, from 5pm - 8pm at the FAES House on the corner of Old Georgetown Rd and Cedar Ln. At the Open House, explore your interest in learning to sail and discover all the opportunities for sailing with the NIHSA. Information will be available to learn about the club’s six week basic training classes, racing program and all the other social activities the club offers. \$5.00 at the door includes pizza and snacks. Cash bar for beer and wine. Look for posters and flyers around campus! For more info visit [www.recgov.org/sail](http://www.recgov.org/sail).

*Washington Capitals tickets still available.  
See page 19 for games, prices, and location.  
Order online at [www.recgov.org/nihshop](http://www.recgov.org/nihshop).*



# **BETHESDA NAVAL BOWLING CENTER**

**Special Invitation for NIH Staff, Families and Friends.  
Bring your NIH employee ID card to enter NMMC.**

## **STATE OF THE ART BOWLING CENTER!**

- 20 Lanes-Bumpers Available
- League & Open Play Bowling
- Snack Bar With Beer On Tap
- Bowling Pro Shop
- Party Packages
- Outdoor Party Deck
- Pool Tables & Video Games
- Special Rates For League Bowlers

**[BethesdaNavalBowlingCenter.com](http://BethesdaNavalBowlingCenter.com)**  
**National Naval Medical Center, Bldg. 56-Stokes Rd.**  
**Open 7 Days A Week. Leagues, Groups, Parties!**  
**Call Us! 301-295-2060/2034**

# R&W CLASSIFIEDS

## SERVICES

**COMPUTER** – Computer problems? Need a website? Free estimates! Call Beth 301-717-6972

## HOUSE FORE RENT

**RENT** – Beautiful 3BR rambler off Cedar Ln. Lrg family rm addition, recreation rm, frplc and fenced backyard. Pets considered. Asking \$2300/mo. Call Eileen Mills Weichert Realtors, 301-503-1396 or 202-537-7423

To place a display ad in the R&W Newsletter please contact David Browne at [browned2@mail.nih.gov](mailto:browned2@mail.nih.gov)

## CHILD CARE

**CHILD CARE** – Bethesda in home licensed child care with toddler opening. License #160449 Call 301-828-5258 [www.creative-learning.com](http://www.creative-learning.com)

To place a classified ad visit [www.recgov.org](http://www.recgov.org) – Click NIH-Click Classified Ad Form.

### Prices:

1-100 characters \$15  
101-200 characters \$25  
Or call R&W 301-496-6061.



## Online Travel Reservations:

<http://www.recgov.org/vacations/>

Save on travel with our special “Low Fees” Travel Portal from Priceline.com!

## Movie Rentals

\$2.00 Monday – Wednesday due Thursday  
\$3.00 - Weekends starting Thursday due Monday, or Friday due Tuesday  
\$2.00 - Friday after 2pm

**Late fees \$2.00 per night per movie.**

**You must be an R&W member to rent movies.**

**February Movie Arrivals** – Select newly released movies can be found in the Bldg. 31 R&W store. This month look for Alex Cross, Flight, Skyfall, and Argo.

\*Selection subject to change



## R&W Gift Shop News

### February Update



*There is no remedy for love but to love more. ~ Thoreau*

The R&W invites you to become a R&W member and be our valentine, not just for one day but the whole year! The R&W has a big heart and is here to serve you with passion and dedication.

The R&W wants to supply you with the perfect gift to make your loved one happy. In addition to toys and cuddly stuffed animals we offer romantic greeting cards, balloons, jewelry, scarves, boxed chocolates, flowers, jewelry boxes, and more. If you'd like to have a romantic night at the movies we sell Regal or AMC tickets.

National Wear Red Day is Friday, February 1<sup>st</sup>. Support the fight against heart disease in women by wearing red. Buy a red dress pin for only \$2.00 at any R&W store.

**New Arrivals** – This month look for stuffed animals, Russell Stover's candy; dolls; grow herbs; porcelain ballerinas, roses, & flowers; birch wood-ply votives, coasters, bowls and trivets all made in the USA; balloons; scarves; jewelry; roll up bags; tapestry tote bags; and duffle bags.

**What's On Sale?** - NIH logo hand-powered lights \$4.72 (reg. \$5.90), NIH logo blankets \$26.39 (reg. \$32.99), select NIH logo sweatshirts \$31.96 (reg. \$39.95), hooded NIH logo sweatshirts \$33.56 (reg. \$41.95), Invirosax™ bag \$5 (reg. \$10). In addition ask for the special 50% off sale corner. (All the stores may not carry the same items)

**Special Sale for R&W Preferred Members** - Purchase a 2013 R&W membership card and at time of purchase receive a 10% discount on your entire purchase at any R&W gift shop. This offer does not apply to items already on sale, film, batteries, snack items, tickets, memberships and fresh plants.

**R&W Frequent Shopper Card** – Pick up your R&W Frequent Shopper Cards at any R&W store, have it stamped every time you spend \$10 or more, and save 20% off your first purchase after 10 purchases of \$10 or more at R&W stores. Cards cannot be combined, each purchase must be made on a separate day and the 20% discount excludes film, batteries, candy, plants, special holiday orders and tickets.

**Dry Cleaning Special** – Coats are 20% off (EPS and Rockledge stores only).

**Passport Photos** (Bldg. 10 B1-Level only) - Get two passport photos for \$10.99. It only takes 10 minutes to be processed. No appointment necessary. Come check it out!

**Order Your Department's Promotional Items at the R&W!** – The R&W has been very successful ordering promotional items for different branches of NIH and NOAA. We have taken orders from NHLBI, NIDDK, NIDA, NINR and NCI. We can do the same for your department and provide you with the best quality merchandise and prices. For quotes, samples, and catalogs contact Homaira at 301-496-4585 or [hamidh@ors.od.nih.gov](mailto:hamidh@ors.od.nih.gov).

**How can the R&W stores help better serve the NIH, HHS and NOAA communities? Call us at 301-496-4585 or email [hamidh@ors.od.nih.gov](mailto:hamidh@ors.od.nih.gov).**

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**Tickets**

\*Prices are subject to change.

<b>Attraction</b>	<b>R&amp;W Price</b>	<b>Gate Price</b>
<b>The Maryland Zoo in Baltimore</b> Adult (Ages 12-64) Child (Ages 2-11)	\$--- \$---	\$14.50-\$16.50 \$10.50-\$11.50
<b>Madame Tussauds, Washington DC</b> Adult (Ages 13-59) Child (Ages 4-12) Senior (Ages 60+)	\$16.50 \$10.50 \$14.00	\$21.20 \$15.90 \$19.08
<b>Medieval Times</b> Adult Child (Ages 3-12)	\$52.00 \$41.25	\$60.44 \$43.94
<b>Movie Tickets (limit 10 per customer)</b> AMC or Regal Theatres AMC or Regal (no restriction)	\$7.50 \$8.50	\$9.00-\$12.50 \$9.00-\$12.50
<b>National Aquarium, Baltimore, MD</b> incl Dolphin Discovery Adult Child (Ages 3-11) Senior	\$26.95 \$19.95 \$24.95	\$29.95 \$20.95 \$26.95
<b>National Museum of Crime &amp; Punishment, DC</b> <b>Adult</b> <b>Child (Ages 5-11)</b>	\$17.00 \$14.50	\$19.95 \$14.95
<b>Spy Museum, Washington, DC</b> Adult Child (Ages 5-11)	\$18.50 \$14.00	\$21.15 \$15.85

**Ski Lift & Rental Tickets**

R&W is offering discounted lift & rental tickets for the 2011-2012 season at SkiRoundtop, Liberty Mountain, & Whitetail Ski Resorts.

**Weekend/Peak Lift**  
\$59 (reg. \$68-\$71)

**Weekday/Non Peak Lift**  
\$46 (reg. \$62-\$63)

**Weekend/Mountain Package**  
\$95 (reg. \$109-\$112)

**Weekday w/Mountain Package**  
\$85 (reg. \$101-102)

**Beginners Learn To Ski Weekend Package** - \$75  
Package includes an all day lift ticket, complete ski or snowboard equipment rental and a class lesson.  
Must be 8 or older. (regularly \$76-\$91)

**Tubing** - Tubing tickets are for all persons age 5 and over.  
Each ticket is good for a two hour session.

**Weekend** - \$27 (reg. \$27-29)

Call the R&W Activities Desk at  
301-496-4600 to purchase tickets.



**Washington Wizards**  
**Season Tickets**

The R&W has two tickets for each home game (Center Court, section 417 Row D, Seat 14 & 15).  
The games listed below are \$50 for two tickets.

2/19 vs. Toronto @7pm      3/13 vs. Milwaukee @ 7pm  
2/27 vs. Detroit @ 8pm      3/25 vs. Memphis @ 7pm  
3/9 vs. Charlotte @ 8pm      3/31 vs. Toronto @ 6pm

Purchase tickets at  
<http://recgov.org/nihshop/>

**Georgetown Hoyas**

The R&W has 4 tickets located in Section 103 Row K.  
Tickets are \$35 each, those with \* are \$40  
(sold in 2's or 4's).



2/11 vs. Marquette @ 7pm\*  
2/20 vs. DePaul @ 7pm  
3/2 vs. Rutgers @ 9pm

Purchase tickets at  
<http://recgov.org/nihshop/>

# R&W TICKETS

You must be a Preferred R&W Member to purchase tickets. You can join the R&W at any time during the year. To order tickets, stop by any R&W store or the Activities Desk in Building 31 or call (301) 496-4600. Prices are subject to change. Tickets are non-refundable.

For the latest ticket information sign up for the R&W ListServ at [https://list.nih.gov/archives/r\\_w\\_assoc\\_list-1.html](https://list.nih.gov/archives/r_w_assoc_list-1.html)



## The Greatest Show On Earth

Your Ticket Purchase Benefits the NIH Children's Charities

Ringling Bros.  
- - and - -

Barnum & Bailey®  
142<sup>nd</sup> Circus



Wednesday, March 20, 2013  
16<sup>th</sup> Annual Children's Premier Night  
7:00pm @ Verizon Center

### Discounted Tickets Available

**\$80** - Join the Circus as a Circus Celebrity (reg. \$110)

**\$55.00** - Front Row Seats (reg. \$75)

**\$40.00** - VIP - First 5 Rows (reg. \$55)

**\$25.00** - (Section 111 & 112 - best seats - reg. \$35)

*Ticket sections subject to change. Purchase these best seat locations before they sell out.*

Order your discounted tickets today!

Call the R&W Activities Desk at 301-496-4600 or stop by any R&W store to purchase tickets.

## Disney Live: Mickey's Music Festival

Sunday, February 24<sup>th</sup> @ 1pm  
**\$30.50 – Lower Level**  
Patriot Center

Mickey and friends rock the world with the stars from The Little Mermaid, Aladdin and Disney/Pixar's Toy Story in their new touring show Disney Live! Mickey's Music Festival. Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more! The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family! You can't resist dancing, singing, playing your air-guitar and laughing with this band of characters! Come join them at Disney Live! Mickey's Music Festival for a lively concert experience.

To order tickets call the Activities Desk at 301-496-4600.

## Washington Capitals Season Tickets

The R&W has 6 tickets for each Capitals home game. Tickets are located on the Capitals side of the ice.

**Section 409, Row O, Seats 9 & 10.**

2/5 vs. Toronto @ 7pm

2/21 vs. New Jersey @ 7pm

3/7 vs. Florida @ 7pm

3/12 vs. Carolina @ 7pm

3/26 vs. NY Islanders @ 7pm

4/4 vs. NY Islanders @ 7pm

4/7 vs. Tampa Bay @ 7pm

4/11 vs. Carolina @ 7pm

4/16 vs. Toronto @ 7pm

4/23 vs. Winnipeg @ 7pm

4/25 vs. Ottawa @ 7pm

Purchase tickets online at [www.recgov.org/nihshop](http://www.recgov.org/nihshop).

## Monster Jam

Sunday, March 3<sup>rd</sup> @ 2pm  
1<sup>st</sup> Mariner Arena – Baltimore, MD  
Adults - \$30 & Child (Ages 2 -12) - \$12  
Tickets include Pit Pass

To order tickets call the Activities Desk at 301-496-4600.

## Anything Goes

Sunday, June 23, 2013 @ 1:30pm  
Kennedy Center - \$95 Orchestra Seating

An evangelist-turned-nightclub singer, a lovelorn stockbroker wooing a lovely debutante, the debutante's British lord fiancé, and a gangster disguised as a minister all turn up on a luxury cruise liner to sing, dance and romance. Anything Goes is the winner of three Tony Awards, including Best Musical Revival, Cole Porter's first-class comedy features some of musical theater's most memorable standards.

To order tickets call the Activities Desk at 301-496-4600.



## Harlem Globetrotters

Great for the Whole Family

Saturday, March 2<sup>nd</sup> @ 1:00pm  
Verizon Center

Tickets \$22.50 (reg. \$27) – Lower Level

Call the R&W Activities Desk at 301-496-4600 or stop by any R&W store to purchase tickets.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2013</h1> 						
<b>National &amp; Orioles Ticket Sale Early March</b> See page 3.	<b>Financial Seminar February 20<sup>th</sup></b> 12pm – 1pm Bldg. 31A Rm. 2 See page 9.		<b>College Savings Plan of MD Seminar March 5<sup>th</sup></b> 12pm – 1pm Bldg. 31A Rm. 2	<b>Treats Galore Bldg. 31A Lobby 2<sup>nd</sup> Thursday of every month</b> 10am – 2pm	<b>Capitals, Hoyas, and Wizards tickets still available for purchase online.</b> See pages 18 & 19.	<b>Black History Month Observance Wed., Feb. 20<sup>th</sup> Bldg. 10</b> 9:30am – 10:30am Full details on page 3.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>National &amp; Orioles Ticket Sale Early March</b> See page 3.	<b>R&amp;W Memberships on sale \$9 for the rest of the year.</b>	Understanding Federal Employees' Group Life Insurance Bldg. 31A Rm. 2 12pm – 1pm	Visit Le Ciel Salon & Spa on Wednesdays and support the Children's Inn. See page 3 for details.	R&W Tax Prep Every Thursday. See page 16 for schedule and how to make an appointment.	<b>National Wear Red Day</b>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>A 3-day weekend makes for a great weekend of skiing. Purchase tickets at R&amp;W.</b>	<b>Clean Out Your Computer Day</b> Delete All Files	<b>Upper Crust Bakery Bldg. 31A Lobby</b> 10:30am – 1:30pm	<b>Valentine's Day is tomorrow. Purchase gifts for your loved one at the R&amp;W.</b>	 Cookies and Goodies needed for Patient Party.	<b>Do a Grouch a Favor Day – For reading this you must spend at least \$5 at R&amp;W to make David happy.</b>	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Disney Live: Mickey's Music Festival</b> Patriot Center – 1pm See page 19.	<b>President's Day R&amp;W Stores &amp; Fitness Centers Closed</b>	<b>New DVD arrivals this month include Flight, Skyfall, and Argo.</b>	<b>The Circus is one month from today. Buy your tickets now for the best available seats.</b>	<b>Last day to register for Winter Wellness Workshops.</b> More info on page 2.	<b>NIH Philharmonia "Homage &amp; Images"</b> St. Elizabeth Church Rockville @ 7:30pm	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
<b>Disney Live: Mickey's Music Festival</b> Patriot Center – 1pm See page 19.	<b>60 Day Weight Loss Challenge begins today.</b> See page 2 for details on how to compete.	<b>R&amp;W shipping service now located inside Bldg. 10 CRC R&amp;W store every Tuesday.</b> See page 7.	<b>NIH Sailing Association Open House</b> FAES House 5pm – 8pm	<b>New Weight Watchers Session begins March 4<sup>th</sup> in Bldg. 10.</b> See page 2 for info.	<b>MonsterJam Sun., March 3<sup>rd</sup> - 1pm</b> <b>1<sup>st</sup> Mariner Arena</b> See page 4 for ticket info.	