

THE FIVE W'S

**WHO**  
is being suspicious?

**WHAT**  
is happening?

**WHEN**  
did you observe it?

**WHERE**  
is the activity taking place?

**WHY**  
are you suspicious?



# Pentagram

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Published For Joint Base Myer-Henderson Hall

## Gen. Perna visits JBM-HH barracks, talks housing

By Emily Mihalik, JBM-HH Public Affairs Office

On Jan. 29, the commanding general of Army Materiel Command, Gen. Gus Perna, visited JBM-HH to discuss critical installation issues with the United States Army Military District of Washington and Joint Force Headquarters National Capital Region Commander Maj. Gen. Omar Jones IV and JBM-HH Commander Col. Kimberly A. Peeples.

A key priority for the afternoon was for Perna to personally visit the barracks and observe housing and infrastructure issues with the joint base command team.

The visit was an opportunity for the general to see firsthand the unique challenges in maintaining and securing JBM-HH. A historic installation, connected to Arlington National Cemetery, JBM-HH's joint ceremonial and support missions set it apart.

Before visiting the barracks, the group participated in a windshield tour of Fort Myer and Henderson Hall.

The inclusion of Henderson Hall was important to the command team.

"When we became a joint base, we became a shared mission," said Peeples. "This is what makes us successful."

The presence of the JBM-HH Deputy Commander Marine Lt. Col. Mark Paolicelli



PHOTO BY SGT. NICHOLAS HOLMES

Gen. Gus Perna, the commanding general of Army Materiel Command, listens as Joint Base Myer-Henderson Hall Commander Col. Kimberly A. Peeples explains infrastructure and housing issues on the base.

see HOUSING page 5

## Novel Coronavirus Outbreak

(2019-nCoV)

### Symptoms\* of Novel Coronavirus

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

Fever

Cough

Shortness of breath

\* Symptoms may appear 2-14 days after exposure. If you have been to China within the past 2 weeks and develop symptoms, call your doctor.

For more Info visit: [www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

PHOTO BY BRYCE EVANS

## Officials say coronavirus risk to personnel low, advise precautions

By David Vergun, DOD News

Although the risk of contracting the new coronavirus virus is low, Centers for Disease Control and Prevention officials said, they recommend getting an influenza vaccine and taking everyday preventive actions to help stop the spread of germs.

Further guidance includes handwashing with soap and water for at least 20 seconds and if not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Also, avoid touching eyes, nose and mouth with unwashed hands and avoid close contact with those who are sick. Cleaning and disinfecting frequently touched objects and surfaces should also be done.

The Office of the Assistant Secretary of Defense for Health Affairs is working with the joint staff and others for any potential increased screening of DOD pop-

ulations at ports of entry.

"I approved a directive apprising our forces about precautions they should take, how to recognize the signs and symptoms of the virus," Defense Secretary Dr. Mark T. Esper said Jan. 30. "The Department of Defense continues to work closely with our inter-agency partners as we monitor the situation and protect our service members and their families, which is my highest priority."

The novel coronavirus continues to spread, with the CDC reporting several thousand cases worldwide, including cases in the United States, according to force health protection guidance from Matthew P. Donovan, performing the duties of the undersecretary of defense for personnel and readiness.

The State Department has issued a "do not travel" order to China.

DOD officials said the department will work closely with inter-

agency efforts and follow CDC guidance regarding the outbreak.

The Military Health System is prepared to execute updated guidance due to the fluidity of the situation, officials said. Due to the dynamic nature of this outbreak, DOD guidance recommends that people frequently check the CDC website for updates. If DOD personnel have returned from travel to China in the last 14 days or had close contact with someone infected with 2019-nCoV and feel sick with fever, cough or difficulty breathing, CDC directs seeking medical care right away, calling ahead to provide information about recent travel and symptoms so preparations can be made in advance for the visit. Also, CDC officials said they avoid contact with others.

There are no specific treatments for the 2019-nCoV, but treatment for people with severe cases would include care to support vital organ functions, officials said.

## Army Fee Assistance Program providing money for child care expenses

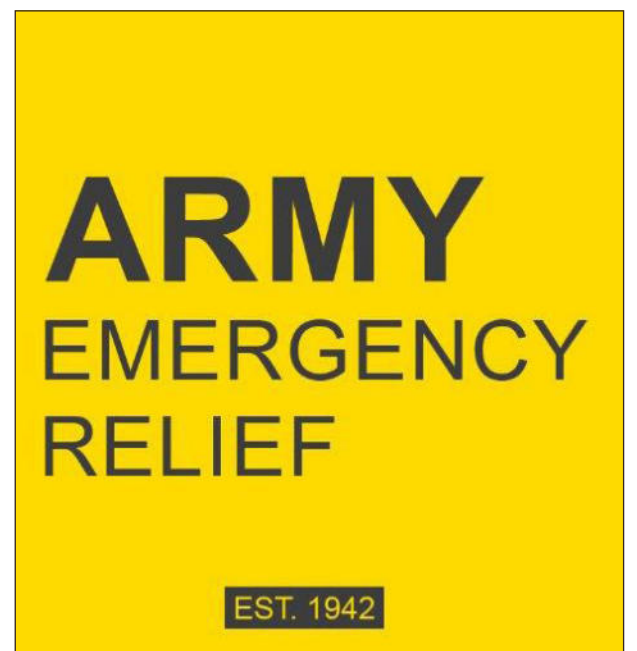
Based on financial need, Families must be enrolled in program

By Catrina Francis, Pentagram Editor

On Feb. 1, Army Emergency Relief began providing assistance that will help relieve distress on Soldiers and Families out-of-pocket child care expenses that exceed the Army Fee Assistance cap up to \$500 per Family for 90 days after a permanent change of station.

Trina Reliford, the Joint Base Myer-Henderson Hall AER officer, said through the fee assistance program, eligible Families receive monthly fee assistance, which is paid directly to the child care provider, to help offset the cost of child care in their communities. Army Fee Assistance is the Army's contribution toward the total cost of child care for Army Families. Soldiers must be enrolled in the program through Child and Youth Services. The program is intended to offset costs that arise when there's no availability at on-post child care facilities and more expensive civilian services are required.

see ASSISTANCE page 4



GRAPHIC BY AER

Index

Chaplain's Corner . . . . . page 2  
Grant Hall . . . . . page 3  
Honor Ceremony . . . . . page 6-7  
News Notes . . . . . page 11

**THURS.**  
60 | 51



**FRI.**  
55 | 33



**SAT.**  
48 | 35



**SUN.**  
46 | 32



Local forecast

For more weather forecasts and information, visit [www.weather.gov](http://www.weather.gov).

# Chaplain's Corner



COURTESY PHOTO

## Fighting the good fight

**By Chaplain (Col.) David M. Lockhart Command Chaplain 7th SC (T)**

The late Ray Charles was one of the most talented musicians who ever lived. Frank Sinatra called him the only genius in the business. Quincy Jones, who had worked with Charles since they were teenagers said, "it was obvious, early on, that Charles was a special talent. He had it. Whatever it is, Ray had it. And everybody knew it."

Although much of the success came from his innate musical talent, is was also due to his

mother's determination to not let his blindness affect what he was able to do in life. Charles said, "she instilled in me to try to be as independent as possible, because

how to do as much for yourself as you can, and I have trained myself to do that."

However, blindness was not the toughest thing Charles had to

Yet, the more difficult struggle was an internal one — his battle against a heroin addiction. He helped others in the first, but needed the help of others for the second. Nevertheless, both were eventually won.

**"All that is necessary for the triumph of evil is that good men do nothing."**  
—Edmund Burke

her thing was, even people who love you, they won't always have time to deal with you when you may need a person to do something. So, you better learn

overcome. He fought two significant battles in his life. In the '60s he joined the civil rights movement and helped fight against segregation laws in the South.

**Application:**  
God, we thank you for all those who resolved to take a stand against injustice in our own history. May we emulate their courage whenever and wherever we encounter it in our own lives. And help us to never allow anything to cripple us from being all You meant for us to be.

## Chapel services

Religious services will be held at Memorial Chapel at the below times.

**Catholic**  
Saturday Mass: 5 p.m.,  
Sunday Mass: 9 a.m.  
**Protestant**  
7:45 and 10:30 a.m.  
(Sunday)  
**Gospel service**  
noon (Sunday)  
**Samoan service**  
2:30 p.m. (Sunday)



**RENEWAL**  
REFUELING MIND · BODY · SPIRIT

Please Join Us  
Feb. 11  
11:30 a.m. to 1:30 p.m.  
Spates Hall

**FREE | Open to All**  
Come and be a part of our relational lunch and learn. We will discuss the key essentials for a healthy relationship.

**CONTACT NOW**

**Family Life Religious Affairs Specialist**  
Spc. Ashanti Bracey  
Office: (703) 696-3534  
Email: Ashanti.L.bracey.mil@mail.mil

**Family Life Chaplain**  
Chaplain Maj. Bryant Casteel  
Office: (703) 696-7668  
Cell: (703) 489-2647  
Email: Bryant.j.casteel.mil@mail.mil



**Southern Buffet**

Southern Fried Chicken (or Baked Chicken)  
Shredded BBQ Pork  
Fried Catfish  
Fresh Red Mashed Potatoes  
Baby Greens with Assorted Dressings  
Fruit Tray  
Corn on the Cob  
Desserts

**No RSVP Required**

## Saga of the four chaplains

Courtesy of The Gazette

This year marks the 77th anniversary of the sinking of the SS Dorchester (SC-290583) and the legendary acts of selflessness of four Army chaplains who were aboard. Four Chaplains Day, as U.S. Congress has declared, honors the four chaplains who went down with their ship and gave their life jackets to other passengers.

It was known as Torpedo Junction, the U-boat infested, icy waters of the North Atlantic during World War II. On Feb. 3, 1943, the USAT Dorchester, an old coastal steamer, was slowly making its way through those waters bound for Greenland.

Most of the men were seasick. Because they were in submarine waters, the captain directed the men to keep outer gear and life jackets on at all times. Moving among them were four Army chaplains: George Fox (Methodist), Alexander Goode (Jewish), Clark Poling (Dutch Reformed) and John Washington (Roman Catholic). The chaplains talked with and listened to the men — soothing apprehensions, offering encouragement or sharing a joke. By their concern, their camaraderie with the men and one another, and their very presence, they brought solace.

An enemy submarine, stalked the ship undetected, fired a torpedo toward the ship's stern. The missile exploded in the boiler room, destroyed the electric supply and released suffocating clouds of steam and ammonia



GRAPHIC COURTESY OF THE AMERICAN LEGION

The self-sacrifice of the four chaplains was a heroic act.

gas. Many on board died instantly. Some were trapped below deck. Others jolted from their bunks and stumbled their way to the decks of the stricken vessel. Taking on water rapidly, the ship began listing to starboard.

Because security reasons prevented the use of distress flares, escort vessels, still close enough to assist, pushed on into the darkness unaware that the USAT Dorchester was sinking.

Overcrowded lifeboats capsized. Rafts drifted away before anyone could reach them. Men clung to the rails, frozen with fear, unable to let go and plunged into the dark, churning water far below.

The four chaplains calmed the frightened men, got them into the spare life jackets and urged them over the side. The supply of extra jackets ran out with men still waiting. Having decided to remain with the sinking ship, the four chaplains either gave to or forced upon frightened service-

men their own life jackets.

Too quickly, no more lifeboats could be launched and many men were left aboard, but there was more for the chaplains to do. When last seen, they were standing together on the deck leading the men in prayer. With arms linked in friendship and heads bowed in prayer, they sank beneath the waves.

"No casting director in Hollywood could have selected a better cast of characters than these four to portray the basic unity of the American people," said Monsignor John McNamara, former chief of chaplains of the U.S. Navy, remarking upon the chaplains' religious diversity.

The self-sacrifice of the four chaplains was a heroic act. It was not the only heroic act aboard the Dorchester. But it was the identity of these four young men, representing three great faiths of the American people that adds symbolism to their sacrifice.

## ACS Corner

All courses below are in the Joint Base Myer-Henderson Hall Army Community Service classroom, 202 Custer Rd. (Bldg. 201), Fort Myer, VA 22211.

For more information on any course or to register, please call (703) 696-3512.

Registration is required. Army Community Service is open Monday through Friday 7:30 a.m. to 4 p.m.

### Play morning

Play morning is held Thursday mornings from 10 to 11:30 a.m. at the Henderson Hall Chapel, 1555 Southgate Rd., Bldg. 29, Arlington, VA 22211. Every Thursday children will have open play, structured activities, sing along songs with instruments and story time for preschool children infant to 5 years old. Registration is not required. For questions, please call (703) 696-3512 or (703) 614-7204.

### Transparenting

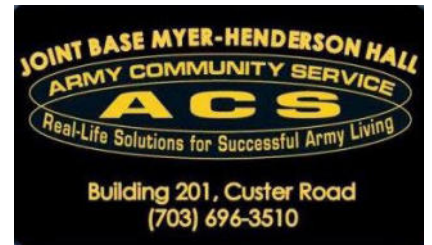
Transparenting is a seminar designed to provide parents who are separated or divorced with the tools to ensure that they continue supporting and encouraging their children despite the breakup of the family unit. The seminar is Thursday from 9:30 a.m. to 1:30 p.m.

### 1-2-3 Magic

The 1-2-3 Magic Parenting Program is the No. 1 selling child discipline program in the United States. The program is Tuesday and Feb. 18 from 9:30 to 11:30 a.m. The program provides parenting tips and resources to help parents raise well-behaved, happy, competent kids.

### 5 love languages

During the 5 love languages individuals will learn about the 5 love languages and discuss ways to keep their partner's "love tank" full. Five love languages will be held Feb. 13 from 9:30 to 11:30



a.m. Each participant will receive a copy of "The Five Love Languages" by Gary Chapman.

### Seven principles for making marriage work

On Feb. 20 and 27 from 9:30 to 11:30 a.m. the seven principles for making marriage work based on Dr. John Gottman's book "The Seven Principles for Making Marriage Work," teaches the warning signs of a troubled marriage and the steps to take to repair a relationship.

### Anger management toolkit



Anger management toolkit is a five-session training Feb. 25 through March 24 from 9:30 to 11 a.m. This in-depth five session curriculum was designed to help regular people learn coping skills when they are beginning to fill overwhelmed and frustration more frequently. Together individuals will explore the physiology of anger and how to express concerns in an appropriate and respectful way. During training individuals will discuss triggers, coping, assertive communication and self-care.

### EFMP courses

The Exceptional Family Program will have the following courses: Saturday a sip and paint from noon to 2 p.m.; Feb. 19 marriage enrichment in the Pentagon Conference Center B9 from 11:30 a.m. to 1 p.m.; March 26 parenting class in the Pentagon Conference Center B9 from 11:30 a.m. to 1 p.m.

For more information, contact Muriel Williams by email at Muriel.g.williams.ctr@mail.mil.

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Commander

**Command Sgt. Maj. Stephen M. Harris**  
Command Sergeant Major

**Mike L. Howard**  
Public Affairs Director

**Julia Simpkins**  
Command Information Officer

**Catrina Francis**  
Editor  
[catrina.s.francis2.civ@mail.mil](mailto:catrina.s.francis2.civ@mail.mil)

**Alice Swan**  
Reporter

**Christian Lilakos**  
Reporter

**Geoff Hoppe**  
Reporter

**Jeff Heeney**  
Reporter

**Glenda C. Booth**  
Reporter



PHOTOS BY CHRISTIAN LILAKOS

The guest registry of courthouse attendees during trial of President Abraham Lincoln conspirators.

## JBM-HH hosts quarterly Grant Hall open house

By Christian Lilakos  
Pentagram reporter

On Saturday, Joint Base Myer-Henderson Hall hosted its quarterly public open house showcasing Grant Hall's historic third-floor courtroom on the Fort McNair side of the joint base in southwest Washington, D.C.

The open house, which ran from 10 a.m. to 4 p.m., allowed visitors a viewing of the site at which the military tribunal of those suspected to have conspired to assassinate President Abraham Lincoln was held.

The third-floor courtroom of Grant Hall was restored to the state in which it appeared during the 1865 trial, giving attendees a firsthand experience of what the courtroom looked like through the duration of trial. Artifacts and documentation, supplied by the National Defense University Library, were on display. In addition, furnishings and replicas supplied by the producers of the 2011 historical film "The Conspirator" were viewable. On site, attendees had the opportunity to interact with historical reenactors of the conspirators, as well as historian Kim Holien.

Kim Bernard Holien, who served as the historian on JBM-HH for 18 years, provided visitors with comprehensive background information pertinent to the Lincoln trial and history of Grant Hall. In describing his connection with Lincoln and the importance of the trial at Grant Hall, Holien said, "Lincoln holds the imagination, not only of Americans, but people around the

world. He touches people and this is the culmination of Lincoln in Washington."

Holien advocated for the preservation and restoration of Grant Hall when it was at risk of being demolished.

"I was thrilled to be part of the saving of the buildings," said Holien, a self-proclaimed Civil War buff.

Nearly \$4.5 million in funding was required in order to save Grant Hall. Holien attributed much of the restorative process to Hans Binnendijk, the retired vice president for research at the National Defense University on Fort McNair. Given the essential historical events at Fort McNair, the Army's third oldest installation, it was imperative to preserve as much as possible from the time immediately following Lincoln's assassination, he said.

Grant Hall, originally a part of Washington's Federal Penitentiary from 1829 to 1868, underwent renovations from 2009-2012. Grant Hall is the only building that remains of the structure that was once Washington's Federal Penitentiary. Staff of the Africa Center for Strategic Studies occupy the first two floors of Grant Hall through the calendar year. Grant Hall courthouse open houses are open to the public every quarter of the year. The remaining open houses are scheduled from 10 a.m. to 4 p.m. May 2, Aug. 1 and Nov. 7.

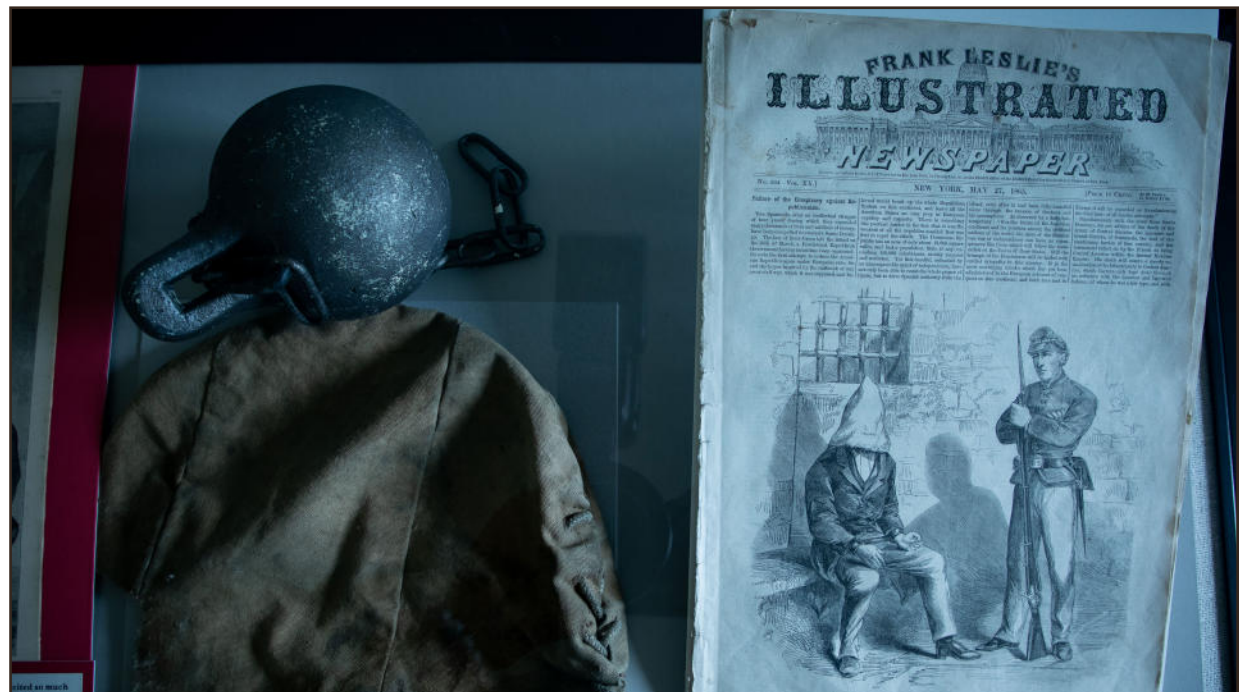
Reservations can be made at <https://home.army.mil/jbmhh/index.php/team-JBMHH/about/Base/public-affairs/community-relations/grant-hall>.



A replica of a prisoner with a hood from the National Museum of Crime and Punishment in Washington, D.C.



Dress worn by Robin Wright as Mary Surratt in the 2011 film, "The Conspirator."



An issue of Frank Leslie's Illustrated Newspaper, Dated May 27, 1865, along with prisoner's hood, cuffs and ball and chain



Historian Kim Holien explains the importance of Maj. Gen. Lewis Wallace at Grant Hall.

# Tax Center opens for active duty, retirees Feb. 18

By JBM-HH Tax Center

The opening date for the Joint Base Myer-Henderson Hall Tax Center was Monday. The JBM-HH Tax Center will be available for simple tax returns on the second floor of Bldg. 205, 101 Bloxon St., Fort Myer, Virginia. Operated by the U.S. Army Military District of Washington, the JBM-HH Tax Center will serve active duty service members, their authorized dependents and retirees. Please be aware that the 2020 JBM-HH Tax Center will operate differently from years past. Due to reduced manpower and limited resources, the JBM-HH Tax Center has limited the scope of services in order to provide as many complete and accurate tax returns for as many eligible customers as possible. The Tax Center sincerely apologizes for the inconvenience and appreciate the community's understanding. The Tax Center appreciates its loyal customers over the years. It is was a difficult decision to limit services. The Tax Center began preparing taxes Monday for

active duty service members and their authorized dependents only. It will open to retirees Feb. 18 and continue to serve all aforementioned customers through April 15. The center will be open Monday through Friday from 8:30 a.m. to 4 p.m. Customers will be seen by appointment only. Unlike years past, the Tax Center will no longer be seeing customers on a walk-in basis. By moving to an appointment only system, the Tax Center hopes to cut down on long wait times and customers making the drive to Fort Myer only to be told they cannot be seen that day. Appointments will be available every day the JBM-HH Tax Center is open. Customers began calling and scheduling an appointment Monday at (703) 696-1040. Customers can check the JBM-HH Consolidated Tax Center Facebook page at <https://www.facebook.com/MYERTAXCENTER> for unexpected changes to opening or closing times. Please also note that limitations on the types of tax returns that the Tax Center may prepare have changed significantly since years past. Examples of returns that are outside the scope of the JBM-

HH Tax Center this tax season include, but are not limited to: more than \$100,000 in combined gross income, more than 10 stock transactions, any foreign income or income from private business activities, more than one rental property (active duty only), and returns to be filed in Puerto Rico. Even if individuals have their taxes prepared at the JBM-HH Tax Center in past years, if individuals have any disqualifying tax situations this year, the Tax Center will be unable to assist them. Customers must bring their military ID cards, orders to active duty if they are mobilized members of the Guard or Reserve, all income statements, Social Security cards for all Family members, employee identification number for day care providers, all documents supporting deductions and credits, copies of their 2018 federal and state returns and, if applicable, a tax power of attorney or IRS Form 2848. For more information, please visit the website [https://www.mdwhome.mdw.army.mil/sja\\_nav/tax-center/tax-center](https://www.mdwhome.mdw.army.mil/sja_nav/tax-center/tax-center).

## ASSISTANCE from page 1

She added that the program is open to active duty, active Guard Reserve Soldiers with PCS orders in the continental United States. The Army Fee Assistance Program is not offered to Soldiers who are PCSing overseas, Army National Guard and U.S. Army Reserve Soldiers on Title 10 orders for activation. "Assistance will only be considered for a valid financial need for up to \$500 per month, per Family, regardless of the number of children enrolled," said Reliford. "This category is not intended to provide assistance for routine child care expenses, but rather for Soldiers who are participating in the Army Fee Assistance Program." Reliford pointed out that the money can be a loan, grant or combination of both based on financial need. Soldiers must also provide proof of their out-of-pocket childcare expenses and validate their financial need each month at their local AER office. The initial request should be submitted within the first 120 days after the family arrives to the new duty station, she said. "(This program) is not intended to provide assistance for routine child care expenses but rather for Soldiers who are participating in the Army Fee Assistance Program," Reliford said. Reliford said to receive the money from this program Soldiers need to fill out an AER application for financial assistance, AER Form 101 dated October 2019; an AER budget sheet, AER Form 57R dated October 2019; a leave and earning statement; documentation validating Family arrival, travel voucher DD Form 1351; certificate of participation in the Army Fee Assistance Program; PCS orders, and monthly billing statement of out-of-pocket expenses above the Army fee assistance subsidy cap. For AER assistance or more information about the Army Fee Assistance Program, call (703) 696-3510 for an appointment. Reliford added that if Soldiers need assistance and there is a Red Cross emergency, an appointment is not needed. *Pentagram Editor Catrina Francis can be reached at [catrina.s.francis2.civ@mail.mil](mailto:catrina.s.francis2.civ@mail.mil).*

JOINT BASE MYER - HENDERSON HALL CELEBRATES

IN HONOR OF

**BLACK HISTORY MONTH**

**HONORING THE PAST, SECURING THE FUTURE!**

**WHO**  
Active Duty Military, Civilians, Retirees, DOD Civilians and Family Members

**WHEN**  
Feb. 13  
11:45 a.m. - 1 p.m.

**WHERE**  
Fort Myer Community Center (Bldg. 405)

**Free Admission and Food Sampling**  
provided by  
*The Tender Rib*

**GUEST SPEAKER**  
**Sgt. Maj. Edward A. Bell**

POC: Master Sgt. Princella Mills at (703) 696-2964/Sgts. 1st Class Jason McKeogh at (703) 696-8729/Jasmar Briscoe at (703) 696-8729

## 'Nats on Base'



PHOTO COURTESY OF RON MCLENDON

Staff from the Joint Force Headquarters-National Capital Region and Military District of Washington, Joint Base Myer-Henderson Hall and Fort Belvoir met with the Washington Nationals Jan. 30 to discuss future "Nats on Base" engagement events. Taking the opportunity to pose with the Nationals' World Series trophy are (back row l to r) JFHQ-NCR/MDW Aide-de-Camp Capt. Christopher Blanchard; JFHQ-NCR/MDW Deputy Commander Egon Hawrylak, JBM-HH Deputy Commander Marine Lt. Col. Mark Paolicelli, JBM-HH Signal Support Systems Specialist Sgt. Tylandis Miller; JFHQ-NCR/MDW Commander Maj. Gen. Omar Jones IV, JFHQ-NCR/MDW Chief of Staff Col. Brandon Robbins, JFHQ-NCR/MDW Command Sgt. Maj. Richard Woodring, Fort Belvoir DFMWR Director George Dickson, Fort Belvoir Public Affairs Director Joe Richard; JBM-HH Community Relations Officer Leah Rubalcaba, JBM-HH DFMWR Sports Specialist Richard Pulignani, JFHQ-NCR/MDW Community Relations Specialist Jeremy Kern, and JFHQ-NCR/MDW Communications Office Deputy Director Ron McLendon; and (front row left to right) JBM-HH DFMWR Sponsorship Program Coordinator Brian Meers and JBM-HH DFMWR Recreation Specialist Todd Hopkins.

# NDAAs expands military spouse scholarship

By DOD

Military spouses now have more flexibility to use the My Career Advancement Account Scholarship to pursue education and professional credentials. The FY20 National Defense Authorization Act expands the program to help pay tuition up to \$4,000 for a license, certification or associate degree to pursue any occupation or career. As long as the military spouse, school and a spouse education and career opportunities career coach work together to define a clear career path, called an education and training plan, the funds can be applied. Previously, MyCAA could only be used toward 13 defined fields and 170 careers.

"These expansions are part of a comprehensive suite of services that connect military spouses to education and employment opportunities, as well as support throughout relocations, deployments and the transitions inherent to military life," said Joseph D. Ludovici, principal director for military community and family

policy.

The Department of Defense Spouse Education and Career Opportunities program offers the MyCAA Scholarship program. Spouses of service members in pay grades E-1 through E-5, W-1 through W-2 and O-1 through O-2 are eligible. Under the new law, spouses will remain eligible for the financial assistance if their sponsor is promoted above the eligible ranks as long as they have initiated the process and have an approved education and training plan in place.

"MyCAA provides crucial tuition assistance to support spouses in identifying a career path in which they can grow and advance," said Lee Kelley, director of Military Community Support Programs.

Military Families move frequently, with as many as one-third of service members moving every year. These moves can make it difficult for military spouses to find work and advance in a career of their choice. MyCAA, and the corresponding support available through the SECO program, are all free resources provided by the

Department of Defense to empower military spouses in overcoming employment challenges associated with military moves. SECO career coaches work with each MyCAA spouse to help them define their education and professional goals and decide how best to apply the scholarship funds to support those goals.

A RAND study of the program showed that MyCAA is associated with positive changes in military spouse employment and increased earnings. The same study showed that service members whose spouses use MyCAA were more likely to stay in service.

The best way to get started is to call Military One Source at (800) 342-9647 to connect with a SECO career coach. Individuals can learn more about MyCAA and all of the services available to support military spouses at <https://www.militaryonesource.mil/education-employment-for-spouses/mycaa-scholarship>.

To see a list of participating MyCAA schools and detailed information about the scholarship, visit

<https://mycaa.militaryonesource.mil/mycaa>.

The Defense Department established the Spouse Education and Career Opportunities Program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness, and career connections. This program also offers free career coaching services six days a week.

Military OneSource is a DOD-funded program that is a call center and a website providing comprehensive information, resources and assistance on every aspect of military life. Service members and the Families of active duty, National Guard and Reserve (regardless of activation status), Coast Guard members when activated for the Navy, DOD expeditionary civilians and survivors are eligible for Military OneSource services, which are available worldwide 24 hours a day, seven days a week, at no cost to the user.

## HOUSING

from page 1

bolstered Peeples' statement. The Marine deputy stayed on hand, offering his support.

During the tour, Jones and Peeples outlined the joint base's systematic renovation program, highlighting the installation's priorities. The general was able to observe the progress of gate improvement projects, which are part of the installation's responsibility in securing and maintaining the integrity of Arlington National Cemetery.

At The Old Guard barracks, the leaders observed areas in need of support. From a mechanical room to a barracks room, Perna was able to see the range of issues, which impacted the joint base barracks that included degraded equipment and infrastructure. TOG leadership assisted in the tour of the barracks, which highlighted root causes of infrastructure needs, which included areas damaged from environmental impacts such as mold and flooding due to storms.

Over the year, JBM-HH Directorate of Public Works has focused on service orders, which prioritized emergencies and matters of life, health and safety. Peeples explained the challenges to reducing the backlog that included limited manpower and funding.

Perna affirmed his commitment to Soldiers and their Families. He said resolving housing issues is important, and he feels empowered to keep Families safe.

The issues of housing support, for barracks and Army Families living on installations, are personal for Perna, who has led Army housing reform over

the past year.

"Inside the multidomain thought process, if we don't take care of strategic support areas (such as installations) we can be vulnerable," he said.

Perna's visit with JBM-HH leadership was an alignment with a greater goal of Army senior leadership in tackling housing and infrastructure issues.

"It's been a journey," he said. "It brings back almost a year now, when this issue really came out in the open, a reminder that Secretary Mark Esper, then secretary of the Army, and Gen. Mark Milley ... took responsibility for the housing issue. There was no pointing, no pacification of the sincerity or the seriousness of things. It was, 'This is our responsibility. It is worth taking responsibility.' I was really proud of that ... I was proud to be a Soldier that day."

When the announcement was made, the first thing leaders prioritized were issues of life, health and safety, he said.

"We took all of our homes, 87,000 homes, another 13,000 government homes, 6,700 barracks and created a common operating picture, and tracked every single work order at 60 installations," Perna said. "We set a 24/7 hotline so residents can call us, and (establish) a battle rhythm so commanders are briefing commanders ... we are holding ourselves accountable."

Perna and JBM-HH leadership said the priority was to create a sustainable plan to take care of Soldiers and Families now and long into the future. As he toured the barracks, Perna shook hands with TOG Soldiers he met, and did not hesitate to answer any questions he received.

"My responsibility is to ensure we have safe homes," he said. "That's all



PHOTO BY SGT. NICHOLAS HOLMES

Gen. Gus Perna, the commanding general of Army Materiel Command, listens while Joint Base Myer-Henderson Hall Commander Col. Kimberly A. Peeples explains infrastructure and base barracks.

I think of ... We are holding everybody accountable. That's what I believe in with all my heart."

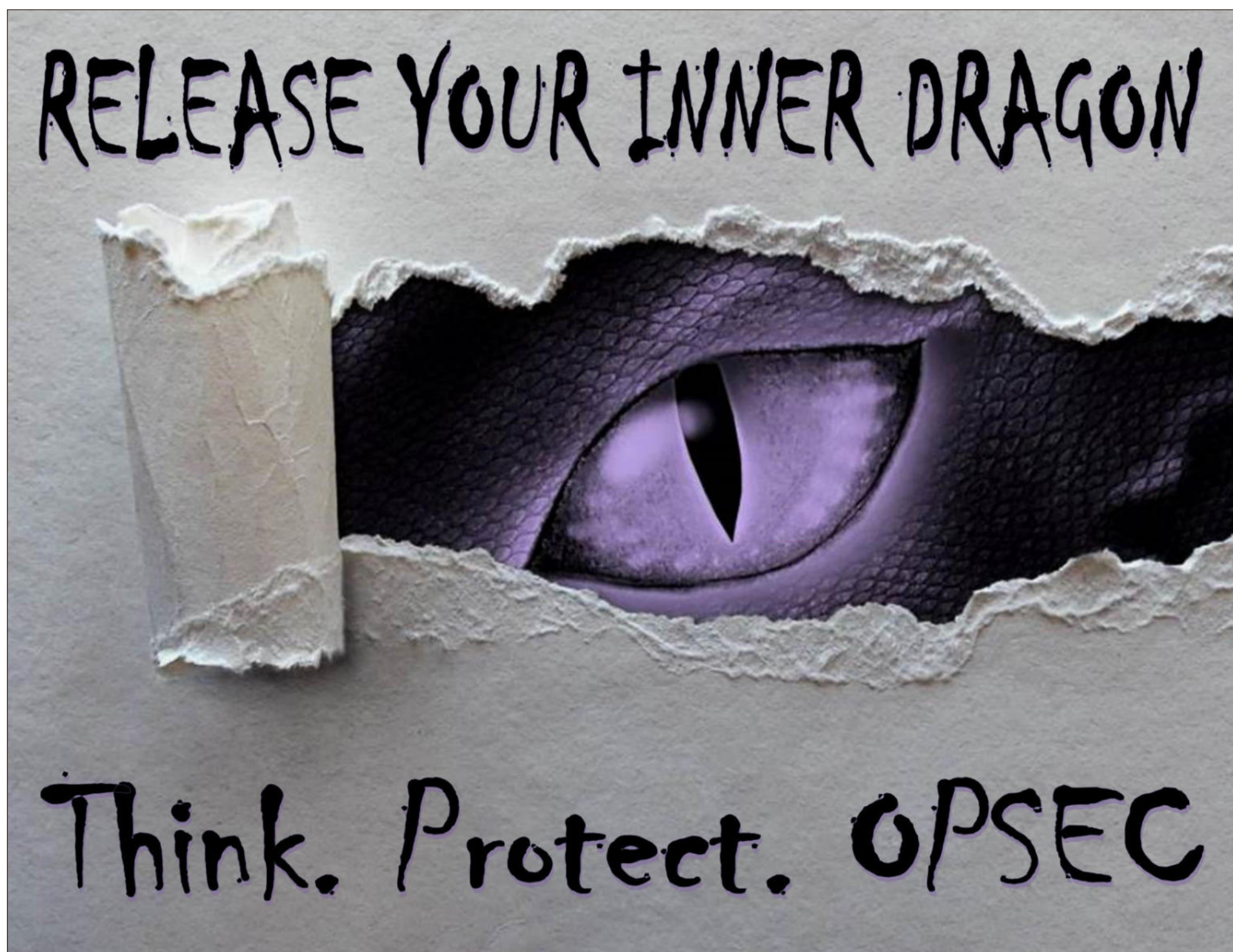
Perna said the goal is to solve problems, not symptoms, and that the process will take time.

"It's not going to happen overnight," he said. "We have to continuously build (Families') trust and confidence. We are going to provide quality and safe home for our Soldiers, Families and civilians. We are going to restore their confidence in us, and we are

going to ensure we are going to have a plan to get our installations where we want them for the next 50 years."

He urged Soldiers and Families with concerns to bring them up to the chain of command.

"We want to make sure our Families are on secure installations and that they are living in the best quality homes that are safe and that Families are happy to raise their children in. This is our standard," said Perna. "We are going to lead."



# Gen. McConville awards Legion of Merit

Compiled by Catrina Francis  
Pentagram Editor

On Jan. 30, Gen. James McConville, the Army chief of staff, awarded the Legion of Merit (Degree of Commander) to Gen. Andika Perkasa, the chief of staff of the Indonesian army, at Joint Base Myer-Henderson Hall's Whipple Field.

Andika received the award for exceptionally meritorious service as commander of the Indonesian army, from November 2018 to November 2019. Andika's leadership advanced the Indonesian army's strong relationship with its U.S. Army counterparts which directly enhanced the security and stability of the Indo-Pacific region. At his initiative, the two armies executed their first ever platoon exchange in November 2019. His support for the U.S. Army-Indonesian army relationship was essential

in the Indonesian army's decision to send its first ever company to the Joint Readiness Training Center in November and the establishment of a twinned unit relationship between the Indonesian Army's Apache Unit, Squadron 11, and the U.S. Army's 16th Combat Aviation Brigade. Andika's personal attention to combined Exercise Garuda Shield 13, in August 2019, led to the first live-fire of the Indonesian Apaches. Lastly, Andika's leadership led to the decision for an Indonesian cadet to enroll in each of the U.S. service academies in 2021. These events significantly increased the Soldier-to-Soldier and unit-to-unit contact between the two armies and will benefit both for years to come.

After receiving the award, McConville and Andika conducted a wreath laying ceremony at Arlington National Cemetery.



(Left) Gen. James McConville, the Army chief of staff, after awarding the Legion of Merit (Degree of Commander) to Gen. Andika Perkasa, the chief of staff of the Indonesian army, at Joint Base Myer-Henderson Hall's Whipple Field Jan. 30.



Gen. Andika inspects the formation of the U.S. Army Old Guard Fife and Drum Corps Jan. 30 on Whipple Field.



The U.S. Army Continental Color Guard showcase the colors Jan. 30 during the Legion of Merit ceremony on Whipple Field.



Army Chief of Staff Gen. James McConville awards the Legion of Merit to Gen. Andika Perkasa, the chief of staff of the Indonesian army, Jan. 30.

# Merit to Indonesian counterpart



Soldiers march with state flags during the Legion of Merit ceremony Jan. 30 on Whipple Field.



The U.S. Army Band "Pershing's Own" participate in the Legion of Merit ceremony Jan. 30 on Joint Base Myer-Henderson Hall's Whipple Field.



Soldiers assigned to 3d U.S. Infantry Regiment (The Old Guard) provide ceremonial support during an Army Full Honor Arrival ceremony in honor of the Indonesian army Chief of Staff Gen. Andika Perkasa on Joint Base Myer-Henderson Hall's Whipple Field, Jan. 30. During the ceremony, hosted by Gen. James C. McConville, the 40th chief of staff, Andika was awarded the Legion of Merit for exceptional meritorious service.



The formation of Soldiers on Whipple Field Jan. 30 during the Legion of Merit award ceremony.



Gen. Andika salutes the formation.

# Army research may improve stroke, TBI treatment

By U.S. Army CCDC  
Army Research Laboratory  
Public Affairs

New Army research provides a better understanding of the swelling that occurs in the brain during a stroke, which could contribute to new treatment strategies for stroke patients and have potential implications for traumatic brain injuries.

Cerebral edema, swelling that occurs in the brain, is a severe and potentially fatal complication for stroke victims. Research, funded in part by the Army Research Office and conducted at The University of Rochester Medical Center, shows for the first time that the glymphatic system — normally associated with the beneficial task of waste removal — goes awry during a stroke and floods the brain, promoting edema and drowning brain cells.

The research, conducted with mice, appears in the journal *Science*.

“These findings show that the glymphatic system plays a central role in driving the acute tissue swelling in the brain after a stroke,” said Maiken Nedergaard, M.D., D.M.Sc., co-director of the University of Rochester Medical Center for Translational Neuro-medicine and senior author of the article. “Understanding this dynamic — which is propelled by storms of electrical activity in the brain — point the way to potential new strategies that could improve stroke outcomes.”

The glymphatic system, first discovered by the Nedergaard lab in 2012, consists of a network that piggybacks on the brain’s blood circulation system and is comprised of layers of plumbing, with the inner blood vessel encased by a ‘tube’ that transports cerebrospinal fluid. The

system pumps the fluid through brain tissue primarily during sleep, washing away toxic proteins and other waste.

Before the findings of the new study, scientists assumed that the source of brain swelling was exclusively the result of fluid from blood.

“Our hope is that this new finding will lead to novel interventions to reduce the severity of ischemic events, as well as other brain injuries to which Soldiers may be exposed,” said Matthew Munson, Ph.D., program manager, fluid dynamics, ARO, an element of the U.S. Army Combat Capabilities Development Command’s Army Research Laboratory. “What’s equally exciting is that this new finding was not part of the original research proposal. That is the power of basic science research and working across disciplines. Scientists ‘follow their nose’ where the data and their hypotheses lead them — often to important unanticipated applications.”

## AN ELECTRICAL WAVE, THEN THE FLOOD

Ischemic stroke, the most common form of stroke, occurs when a vessel in the brain is blocked. This blockage denies the nutrients and oxygen cells need to function, which results in their rapid depolarization. As the cells release energy and fire, they trigger neighboring cells, creating a domino effect that results in an electrical wave that expands outward from the site of the stroke, called spreading depolarization.

During the spreading depolarization, vast amounts of potassium and neurotransmitters released by neurons into the brain cause the smooth muscle cells that line the walls of blood vessels to seize up and contract, cutting off blood flow



PHOTO BY SHUTTERSTOCK

Before the findings of a new study, scientists assumed the source of brain swelling was exclusively the result of fluid from blood.

in a process known as spreading ischemia. Cerebrospinal Fluid then flows into the ensuing vacuum, inundating brain tissue and causing edema. The already vulnerable brain cells in the path of the flood essentially drown in fluid and the brain begins to swell. These depolarization waves can continue in the brain for days and even weeks after the stroke, compounding the damage.

“When you force every single cell, which is essentially a battery, to release its charge it represents the single largest disruption of brain function you can achieve — you basically discharge the entire brain surface in one fell swoop,” said Humberto Mestre, M.D., a Ph.D. student in the Nedergaard lab and lead author of the study. “The double hit of the spreading depolarization and the ischemia makes the blood vessels cramp, resulting in a level of constriction that is completely abnormal and creating conditions for CSF to rapidly flow into the brain.”

The study correlated the brain regions in mice vulnerable to the fluid propelled by the glymphatic system with edema found in the brains of

humans who had sustained an ischemic stroke.

## POINTING THE WAY TO NEW STROKE THERAPIES

The findings suggest potential new treatment strategies that, used in combination with existing therapies, focus on restoring blood flow to the brain quickly after a stroke. The study could also have implications for brain swelling observed in other conditions such as subarachnoid hemorrhage and traumatic brain injury.

Approaches that block specific receptors on nerve cells could inhibit or slow the cycle of spreading depolarization. Additionally, a water channel called aquaporin-4 on astrocytes — an important support cell in the brain — regulates the flow of the fluid. When the research team conducted the stroke experiments in mice genetically modified to lack aquaporin-4, the fluid flow into the brain slowed significantly.

Aquaporin-4 inhibitors currently under development as a potential treatment for cardiac arrest and other diseases could eventually be candidates to treat stroke.

# Service academies focus on more robust sexual assault prevention

By David Vergun  
DOD News

The Defense Department released its annual report on sexual harassment and assault at the military’s service academies Jan. 30.

The report reflects the academies’ efforts to support sexual assault victims, but also shows more work needs to be done to reduce and stop the crime, Pentagon officials said.

“Our overall takeaway is that the academies’ mature response systems are very good at assisting people in getting the services that they need to recover,” Dr. Nate Galbreath, acting director of the Department’s Sexual Assault Prevention and Response Office, told reporters at the Pentagon shortly after the report was released. “That being said, we look forward to the efforts that the academies are putting into building up their prevention programs so that this crime does not occur.”

The DOD Annual Report on Sexual Harassment and Violence at the Military Service Academies, Academic Program Year 2018-2019 includes feedback from 292 cadets and midshipmen, faculty and staff members at the U.S. Military Academy, U.S. Naval Academy and U.S. Air Force Academy. DOD and service representatives also conducted onsite assessments of academy prevention and response efforts in compiling the report.

According to the report, the academies have each developed their own, robust response programs for sexual assault. The report also found that the academies have some of the pieces in place for effective prevention work, but all three schools need to better integrate, resource and evaluate their efforts.

“Prevention science tells us that it’s not just what you do to prevent the crime that counts, it’s also how you do it and sustain it that can make the difference in stopping the crime,” Galbreath said.

This year’s report includes feedback from focus groups held with cadets, midshipmen, faculty and staff. Focus group participants noted that senior officers at the academies continue to take great strides to emphasize that sexual assault and harassment have no place within academy culture. However, participants also noted that efforts by cadet and midshipmen peer leaders to address disrespectful behavior and support those who report it fall short.

“The academies have made real efforts to boost the number of women they recruit and accept,” Galbreath said. “However, men continue to comprise most of the student body. Focus



PHOTO BY BRANDON OCONNOR

The U.S. Military Academy, West Point, New York.

group participants told us that this makes for a ‘Bro’ culture, in which inappropriate language and behaviors are often tolerated. This creates an environment where similar behavior — or tolerance of that behavior — is socially rewarded. Those cadets and midshipmen that call out others for disrespectful behavior may then pay a social price.”

Galbreath announced that academy leadership will be piloting an effort to place cadet peer leaders at the center of efforts to improve academy culture and climate. This initiative will help prepare peer leaders to assess, plan and execute efforts to lead their fellow cadets and midshipmen, he said.

The report released Jan. 30 also said 149 reports of sexual assault were made at the academies, up from 117 reports received the prior year. Of the 149 reports, 122 were from cadets and midshipmen who made a report for an incident they experienced during their military

service.

“We are encouraged that more cadets and midshipmen are coming forward to connect with the support services that we provide to aid in recovery of sexual assault,” Galbreath said.

“The department recognizes the challenge of combating sexual assault in the military service academies and the high cost of not succeeding,” Dr. Elizabeth Van Winkle, executive director of the Office of Force Resiliency, said in a written statement. “Our academies produce our future leaders. At every turn, we must drive out misconduct in place of good order and discipline.

“Our data last year, and the findings from this year’s report, reflect the progress we have made in some areas, and the significant work that remains. We will not falter in our efforts to eliminate these behaviors from our academies and to inculcate our expectation that all who serve are treated, and treat others, with dignity and respect.”



PHOTO BY MARINES.MIL

In 1832, the Battle of Quallah Batto, Sumatra begins when the merchant ship *Friendship* was attacked in Sumatra by pirates who killed three of the ship's crew and plundered its cargo.

#### Feb. 6

In 1832, the Battle of Quallah Batto, Sumatra began when the merchant ship *Friendship* was attacked in Sumatra by pirates who killed three of the ship's crew and plundered its cargo. The USS *Potomac*, disguised as a merchant man, was dispatched on a punitive raid. On Feb. 4, 1832, it arrived at Quallah Batto. A landing party of Marines and Sailors attacked one fort, carried it and proceeded inland and reduced the remaining two forts. The first was stiffly defended until Marine Lt. Edson finally seized the drawbridge and gained entrance for the assaulting troops. All the defenders were either killed or retreated into the surrounding jungle. The Marines then assisted in the assault on the remaining position. Shortly thereafter, the remaining pirates escaped into the jungle with the Marines in pursuit. After inflicting casualties upon the sea rovers, the Marines and Sailors withdrew to the ships, which shelled the remaining strong point until its surrender.

#### Feb. 7

In 1971, Operation Dewey Canyon II ended, but U.S. units continued to provide support for South Vietnamese army operations in Laos. Operation Dewey Canyon II began Jan. 30 as the initial phase of Lam Son 719, the South Vietnamese invasion of Laos that commenced Feb. 8. The purpose of the South Vietnamese operation was to interdict the Ho Chi Minh Trail, advance to Tchepone in Laos and destroy the North Vietnamese supply dumps in the area. In Dewey Canyon II, the vanguard of the U.S. 1st Brigade, 5th Infantry Division, an armored cavalry/engineer task force, cleared the road from Vandegrift Combat Base (southwest of Cam Lo in the region south of the DMZ) along highway Route 9 toward Khe Sanh. The area was cleared so that 20,000 South Vietnamese troops could reoccupy 1,000 square miles of

territory in northwest South Vietnam and mass at the Laotian border in preparation for the invasion of Laos. In accordance with a U.S. congressional ban, U.S. ground forces were not to enter Laos. Instead, the only direct U.S. support permitted was long-range cross-border artillery fire, fixed-wing air strikes and 2,600 helicopters, which airlifted Saigon troops and supplies.

#### Feb. 8

In 1980, President Jimmy Carter unveiled a plan, which reintroduced draft registration. A system of conscription was used during the Civil War and again during World War I with the draft mechanism in both instances were dissolved at the end of hostilities. In 1940, prior to U.S. entry into World War II, the first peacetime draft in the nation's history was enacted in response to increased world tension and the system filled wartime manpower needs smoothly and rapidly after the attack on Pearl Harbor. At the end of the war, the draft law expired, but it was reenacted less than two years later to maintain necessary military manpower levels as a result of the Cold War. From 1948 until 1973, during peacetime and periods of conflict, men were drafted to fill vacancies in the armed forces, which could not be filled through voluntary means. Induction authority expired in 1973, but the Selective Service System remained in existence in a "standby" posture to support the all-volunteer force in case an emergency should make it necessary for Congress to authorize a resumption of inductions. Registration was suspended early in 1975, and the Selective Service System entered a "deep standby" posture. Beginning in late 1979, a series of "revitalization" efforts were upgraded to the system's capability for rapid mobilization in an emergency, and in the summer of 1980, the registration requirement was resumed. Presently,

young men must register within 30 days of their 18th birthday.

#### Feb. 9

In 1965, a U.S. Marine Corps Hawk air defense missile battalion was deployed to Da Nang. President Lyndon B. Johnson ordered this deployment to provide protection for the key U.S. airbase there. This was the first commitment of American combat troops in South Vietnam and there was considerable reaction around the world to the new stage of U.S. involvement in the war. Predictably, communist China and the Soviet Union threatened to intervene if the United States continued to apply its military might on behalf of the South Vietnamese. In Moscow, some 2,000 demonstrators, led by Vietnamese and Chinese students and clearly supported by the authorities, attacked the U.S. Embassy. Britain and Australia supported the U.S. action, but France called for negotiations.

#### Feb. 10

In 1763, the Seven Years' War, a global conflict known in America as the French and Indian War, ended with the signing of the Treaty of Paris by France, Great Britain and Spain. In the early 1750s, France's expansion into the Ohio River valley repeatedly brought the country into armed conflict with the British colonies. In 1756, the British formally declared war against France. In the first year of the war, the British suffered a series of defeats at the hands of the French and their broad network of Native American alliances. However, in 1757, British Prime Minister William Pitt (the older) recognized the potential of imperial expansion that was a victory against the French and borrowed heavily to fund an expanded war effort. Pitt financed Prussia's struggle against France and its allies in Europe and reimbursed the colonies for the raising of armies in North America. By 1760, the French were expelled from Canada,

and by 1763 all of France's allies in Europe had either made a separate peace with Prussia or had been defeated. In addition, the Spanish attempted to aid France in the Americas and failed. France also suffered defeats against British forces in India. The Seven Years' War ended when the treaties of Hubertusburg and Paris were signed in February 1763. In the Treaty of Paris, France lost all claims to Canada and gave Louisiana to Spain, while Britain received Spanish Florida, Upper Canada and various French holdings overseas. The treaty ensured the colonial and maritime supremacy of Britain and strengthened the 13 American colonies, which removed their European rivals to the north and the south. Fifteen years later, French bitterness over the loss of most of their colonial empire contributed to their intervention in the American Revolution on the side of the Patriots.

#### Feb. 11

In 1890, President Benjamin Harrison ordered 11 million acres of Sioux Reservation territory open for settlement. This eventually led to a revitalization movement known as the "Ghost Dance" that sprang up among the Sioux Indians of the western plains. These rituals held that an Indian Spirit would destroy the whites and return stolen lands. Federal troops confronted a band of Sioux — a nonviolent group who had left the reservation fearful of being caught up in the Indian awakening — at Wounded Knee in the Dakota badlands. In this last battle waged Dec. 29, 1890, the U.S. Army massacred 150 Sioux men, women and children; only 25 Soldiers were killed. With the battle of Wounded Knee and the final distribution of Indian lands, the frontier era of American history had finally passed.

#### Feb. 12

In 1988, two Soviet warships bumped two U.S. Navy vessels in wa-

ters claimed by the Soviet Union. The incident was an indication that even though the Cold War was slowly ending, old tensions and animosities remained unabated. The incident between the ships took place in the Black Sea, off the Crimean Peninsula. The American destroyer *Caron* and cruiser *Yorktown* operated within the 12-mile territorial limit claimed by the Soviet Union. They were challenged by a Soviet frigate and destroyer and told to leave the waters. Then, according to a Navy spokesman, the Soviet ships "shouldered" the U.S. ships out of the way, which bumped them slightly. There was no exchange of gunfire, and the American ships eventually departed from the area. There was no serious damage to either U.S. vessel or any injuries. In many ways, the incident was an unnecessarily provocative action by the United States. For many years, the United States challenged the Russian claim of a 12-mile territorial limit in the waters off the Crimean Peninsula. However, the timing and the use of the *Caron* in this operation made this a rather foolish act. The United States and the Soviet Union were engaged in negotiations to limit long-range nuclear weapons, and in December 1987, the important INF Treaty, by which the United States and the Soviet Union agreed to eliminate their medium-range nuclear missiles in Europe was signed. The *Caron* was well-known as an intelligence gathering vessel and its appearance in waters claimed by the Soviets was suspicious at best. For their part, the Soviets probably overreacted. American ships regularly moved through the area and were usually unchallenged. Perhaps the Soviet military believed a message should be sent Russia, which experienced severe economic and political problems, was still a nation to be taken seriously as a major military power.



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## News Notes

### CIF seeks updated information

The Joint Base Myer-Henderson Hall Central Issue Facility requests that unit commanders provide CIF activity with an updated DA form 1687 (Notice of Authority Card) with appointment orders for 2020 by close of business Feb. 28.

Units are required to reconcile their alpha roster with CIF by close of business Feb. 28.

Ceremonial uniforms and alterations pick up are available upon oral or written notification.

FLIPL's will only be hand carried to CIF by the regimental/battalion S-4 representative. Soldiers should contact their servicing S-4 for information.

### Family shelter needs volunteers

BOSS will be volunteering at the Katherine K Hanley Family Shelter in Fairfax, Virginia, from 8 a.m. to 2 p.m. Saturday and Feb. 15. Volunteers will assist facility with organizing, cleaning, cooking and serving meals to residents of the shelter. For more information, contact BOSS president Sgt. Kevin Abraham by phone at (703) 696-3471 or by email at kevin.s.abraham.mil@mail.mil.

### SOWC to tour State Department March 3

SOWC will tour the State Department March 3. Those interested should arrive at 10 a.m. and have some form of government ID. Those who are late will not be allowed entry. The tour will last 45 minutes and will begin at 10:30 a.m. Lunch will follow. The location will be announced later. Those wishing to attend should contact Barbara at (571) 261-2540 and she will assist an individual in making a reservation.

### AER kickoff March 5

On March 5, the JBM-HH community is invited to the kickoff of Army Emergency Relief in the base dining facility's VIP room, Bldg. 404 from 11:30 a.m. to 1 p.m.

### Mini education fair at JBM-HH Dining Facility

The next mini education fair will take place Feb. 18 from 11:30 a.m. to 1 p.m. in the joint base dining facility. Come meet a Fort Myer guidance counselor and onsite college representatives to learn more about the undergraduate and graduate programs that meet an individual's needs. For more information, contact Army guidance counselor Jennifer Souza at Jennifer.s.souza2@mail.mil.

### Green to Gold briefing

There are two upcoming Green to Gold briefings on JBM-HH. Attend the Army Reserve Officers' Training Corps Green to Gold briefing Wednesday or May 13 for more information. The briefings will take place at the Fort Myer Army Education Center, Bldg. 417, room 218 from 2 to 3:35 p.m. For more information, contact Army guidance counselor Jennifer Souza at Jennifer.s.souza2@mail.mil. Reserve a seat at <https://www.surveymonkey.com/r/33FQ785>.

### VA education briefing

Interested in learning more about the GI-Bill? Attend the VA education briefing March 17 from 1 to 3 p.m. at the Fort Myer Army Education Center, Bldg. 417. The class will be held in room 218 from 1 to 2 p.m. For more information, contact Army guidance counselor Jennifer Souza at Jennifer.s.souza2@mail.mil.

Reserve a seat online at <https://www.surveymonkey.com/r/L78SWHR>.

### Marriage enrichment retreats

The Chaplains Religious Enrichment Development Operation is offering marriage enrichment retreats in the National Capital Region. Individuals can give their relationship the gift of interpersonal tools to grow a more satisfying marriage.

Retreat dates for 2020 include Feb. 14 to 16, March 13 to 15, May 29 to 31 and Aug. 14 to 16.

The training will be held in Rockville, Maryland. Military and immediate Family dependents are welcome. For more information, contact CREDO NDW at [credo.ndw.fcm@navy.mil](mailto:credo.ndw.fcm@navy.mil) or call (202) 404-8831. Registration is required. Meals, lodging and parking are at no cost to the participants.

### Infant massage

Of the five senses, touch is most developed at birth. Research suggests that an infant massage has benefits for helping babies grow and thrive

including easing tummy troubles, boosting muscle development and helping soothe to sleep. Infant massage, using dolls for demonstration, will be taught over a span of five weeks, beginning April. 2 at Henderson Hall in Bldg. 12's conference room. Register by calling (703) 614-7208 or (703) 614-7204.

### Old Post Chapel Gate closes for construction

The Old Post Chapel Gate on the Fort Myer side of the installation is closed until spring. During this time, all funerals are moved to Memorial Chapel and will use Memorial Gate to access Arlington National Cemetery. There is no access, including pedestrian or personnel, to the cemetery via JBM-HH. All visitors to the cemetery must enter through the ANC Visitor's Center.

### Gospel service keeper of community celebration

Joint Base Myer-Henderson Hall Memorial Chapel invites the community to the gospel service keeper of the community award celebration Feb. 29 at 1 p.m. In honor of Black History Month, the award is given to individuals who have gone above and beyond to make a difference in their communities. The event is hosted by JBM-HH Family Life Chaplain (Maj.) Bryant Casteel.

Honorary guests include retired Brig. Gen. Clara L. Adams-Ender, Darren Haynes and the JBM-HH Gospel Service Praise team.

This event is free and open to the public. A soul food dinner follows the award celebration. For additional information, please contact Edgar Brookins at (202) 330-0939 or by email at [ebrookins47@gmail.com](mailto:ebrookins47@gmail.com).

### McNair turnstile reset

For security reasons, the timer at the turnstile at Fort McNair has been reset for entry. The gate is fully operational. Once an individual has entered his or her PIN number, move forward immediately. If it times out and the gate won't move forward, back out of the gate, press # to clear last entry and try to enter again. For more information, contact physical security at (703) 606-5213.

### 2020 Mobile DMV

Throughout 2020, the JBM-HH Soldier for Life-Transition Assistance Program will sponsor days with the DMV mobile unit on location. The tentative dates for 2020 are March 18, May 6, July 9, Sept. 16 and Nov. 6. The events run from 9 a.m. to 4 p.m. in the Spates parking lot off McNair Road. This service at Fort Myer will be exclusively for ID card/CAC holders including Family members, retirees and civilians.

With the latest technology, the wireless office on wheels offers all DMV services for the state of Virginia. No lines, no appointments needed.

### Annual tuba-euphonium workshop

The U.S. Army Band presents the annual tuba-euphonium workshop through Saturday. The workshop features concerts, recitals, exhibits, master classes and lectures by leading low brass authorities from around the world. Any tuba or euphonium player is invited to bring his/her horn for reading sessions.

The workshop will take place at Brucker Hall. Details on the workshop can be found at <https://www.usarmyband.com/tuba/index.html>.

To register, visit Eventbrite online at <https://www.eventbrite.com/e/2020-tuba-euphonium-workshop-february-5-8-tickets-77858939183>. Registrants must complete the automated installation entry form at <https://pass.aie.army.mil/jbmmh/>.

### Preretirement briefings

The 2020 preretirement briefing dates at JBM-HH have been announced. The dates are Feb. 18, March 17, April 7, May 5, June 2, July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3 and Dec. 1.

The briefings are being held in the Fort Myer Community Center (Bldg. 405) from 8 a.m. to noon. Preregistration is not required. While most of the meetings take place on a Tuesday, please note that the February and March briefings are not being held on the first Tuesday of the month due to unavailability of facilities.

For more information, contact retirement services officer Linda Hocking by email at [linda.r.hocking.civ@mail.mil](mailto:linda.r.hocking.civ@mail.mil).

### Valentine's Day Dinner at Patton Hall

Patton Hall will host a Valentine's Day Dinner Feb. 14. The event includes a cash bar at 6 p.m., dinner at 7 p.m. and music and dancing beginning at 8:30 p.m. Enjoy a gourmet meal, romantic music and dancing. The cost is \$28.95 for members and \$35.95 for nonmembers and guests. For more information, contact Patton Hall at (703) 524-0200.

### Capitol Deli new hours

Capitol Deli has new hours for the new year. The new hours are Monday through Friday from 7:30 a.m. to 2:30 p.m. and Saturdays from 11 a.m. to 4 p.m.

### Amazon lockers at MCX

Amazon lockers have arrived at Henderson Hall. The new Amazon hub lockers are located at Henderson Hall MCX, 1555 Southgate Rd., Arlington, VA 22214. Look for the "Devil Dog" hub when selecting a locker for delivery.

### Zembiac Pool open

Ready to get started on those New Year's resolutions? Why not start with getting in more swim time?

The Zembiac Pool facility is now open Monday through Friday from 6 a.m. to 6 p.m. The pool is closed weekends and holidays. Water temp is set at 80 degrees.

### Mentors needed

Marines and civilians are needed to serve as education mentors to elementary school students. Volunteers help provide mentorship and academic support while building a relationship that will shape a child's life and strengthen our community relations. As a mentor, individuals will serve as a trusted advisor who serves to enhance a child's academic success and confidence. Join the 3 million mentors in the country who help make a difference in a child's life.

The mentorship program is a reading program where students read to the mentors and mentors provide positive feedback to assure their efforts. A child who receives more assurance (from a mentor) is more likely to believe and trust in themselves. As a result, their grades can increase as well as their likelihood of success.

Registration is required. For more information and to register, please contact Amy Fishman at (703) 693-8378 or by email at [Amy.Fishman@usmc-mccs.org](mailto:Amy.Fishman@usmc-mccs.org).

### Army Blues opportunity for student musicians

It is that time of year for high school and college students to apply and submit materials for The U.S. Army Blues solo competition. Winners will have the opportunity to perform at the world-famous jazz club Blues Alley and on the National Mall in D.C. Submissions are due Feb. 19. For details, visit the following link <https://www.usarmyband.com/education-community/blues-solo-competition.html>.

### Functional academic skills training for Soldiers

The Basic Skills Education Program provides Soldiers with on-duty instruction in reading, math and language skills. The goal of the course to improve job performance, prepare Soldiers for more advanced schooling, increase reenlistment options and enhance trainability. The FY20 schedule is now available. For more information, call the education center at (703) 696-3178.

### Fooda at Exchange

Fooda is now open at the Fort Myer food court. The new food service provider is open Monday through Friday from 11 a.m. to 1:30 p.m. Food selection will vary daily. Check out the menu daily at [fooda.com/aafes-jbmyer](http://fooda.com/aafes-jbmyer).

### Car wash closed until further notice

The Henderson Hall car wash has announced that it will not be reopening in the foreseeable future. The infrastructure was found to need adjustments that must happen before the car wash can be opened. Updates will be posted as they become available.

see NEWS NOTES page 12



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## News Notes

### NOTES

from page 11

#### Made-to-order-pasta

Individuals can enjoy lunch made by the chef and featuring a person's favorite toppings. Served every Monday in the Old Guard Lounge from 11 a.m. to 2 p.m.

#### Rock 'n' roll night

Rock 'n' roll night is every first Saturday of the month. Doors open at 6 p.m., with music and dancing from 7 to 11 p.m. An a la carte menu and cash bar will be available.

#### Seafood dinner buffet

The seafood dinner buffet is the last Friday of the month in the Fife and Drum Dining Room. Doors open at 6 p.m. Cost is \$30.95 for member and \$35.95 for nonmembers.

#### Karaoke night

Karaoke night is every first Friday of the month in the Old Guard Lounge, located on the lower level of Patton Hall. Karaoke happens from 6 to 10 p.m.

#### All-you-can-eat buffet lunch

An all-you-can-eat buffet is served Tuesday through Friday from 11 a.m. to 2 p.m. in the Fife and Drum Room. Cost for members is \$11 and \$15 for nonmembers.

#### Sunday brunch

Sunday brunch is served every Sunday from 10 a.m. to 2 p.m. in the Fife and Drum Dining Room.

Cost for members is \$23, \$28 for nonmembers, \$10.95 for children (6-12) and children 6 years old and younger dine free.

#### Join retiree council

Retirees are welcome to become JBM-HH's Retiree Council members. The executive committee of the retiree council meets quarterly the first Thursday in the months of February, May, August and November. General membership meetings occur quarterly on the second Thursday of the above months. The council is an opportunity for individuals to have their voice heard and to improve the retired military community. For more information, call or email Linda Hocking at (703) 696-5948, Linda.r.hocking.civ@mail.mil or at usarmy.jbmhh.asa.mbx.hrd-rso@mail.mil.

#### Automated installation entry changes

The newest iteration of the automated installation entry system is currently being installed at Joint Base Myer-Henderson Hall. AIE is the Army's electronic physical access control system that increases security for Soldiers, Family members, Department of Defense civilian workforce, military retirees, contractor employees and visitors by electronically vetting and validating an individual at JBM-HH gates. The latest AIE brings capabilities to ease visitor access. The website for the new passes is <https://pass.aie.army.mil/jbmhh/>. The new capabilities will allow for visitors to obtain installation access via a web-registration or at a kiosk in the JBM-HH Visitor Center. It can also vet and register visitors at designated lanes at the gate. The installation of the AIE upgrade is ongoing and will go live early May. The fielding does not affect normal traffic flow, but drivers should be aware that personnel will be at the entrance gates.

#### Housing assistance, environmental health registry information

If individuals are residents at Joint Base Myer-Henderson Hall, there are two numbers they can call for 24/7 housing assistance. One is a 24/7 work order call center and the other is a housing

24/7 hotline.

If individuals live in Army Family Housing on Forts McNair or Myer and have work orders for their housing, please call the Joint Base Myer-Henderson Hall Army Family Housing contractor 24/7 call center at (703) 696-2923.

If individuals have any unresolved housing issues to bring to the attention of the JBM-HH command leadership and the Army Family Housing Office, please call the housing 24/7 hotline at (703) 965-6050.

Additionally, The U.S. Army Medical Command is establishing a Housing Environmental Health Response Registry to address health or safety concerns of current or former Army housing residents. The 24-hour registry will allow the Army Public Health Center to provide current or former residents information on environmental health hazards, assist them in seeking medical care for any housing related illnesses or concerns and serve as a two-way exchange of information. Call the registry at (800) 984-8523 to enroll.

#### Toastmasters improves listening, thinking

Toastmasters is available for individuals who want to improve their public speaking, thinking, listening and leading. Helmsmen Toastmasters holds weekly meetings every Thursday at 7:30 a.m. at the Pentagon, PLC2, just outside north parking entrance.

For more information, contact Carl Sabath at (703) 695-2804 or by email at [carl.e.sabath.civ@mail.mil](mailto:carl.e.sabath.civ@mail.mil).

#### Employee Assistance Program at Fort Belvoir

Employee Assistance Program services for JBM-HH are currently being provided by Fort Belvoir. For EAP services, please contact Dr. Jorge Grandela at (703) 805-5588 or Doryan Dixon (alternate) at (703) 805-1083.



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