



Joint Base Journal

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News and information for and about
Joint Base Anacostia-Bolling

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JOINT BASE ANACOSTIA-BOLLING

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579th Medical Group Public Health Flight encourages measles vaccination

By JEREMY K. JOHNSON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

According to the Center for Disease Control (CDC), from Jan. 1 to Feb. 20, 154 people from 17 states and Washington, D.C. were reported to have measles. Of those, 133 are considered related to an outbreak that began at an amusement park in California.

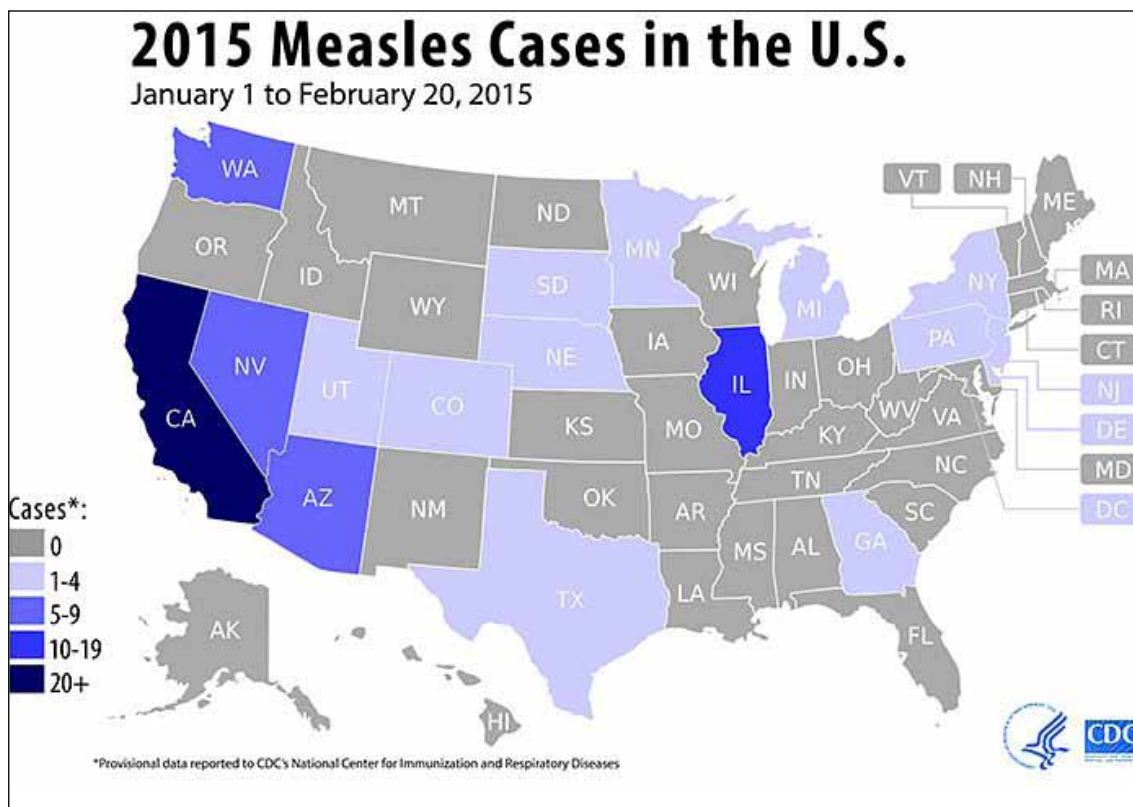
The CDC website (CDC.gov) says the majority of people infected with the disease were unvaccinated.

Air Force Capt. Michael Scannon, commander of 579th Medical Group Public Health Flight, says vaccination is strongly encouraged.

"Measles is a very contagious disease that was eradicated from the United States in 2000. The way it was eradicated was through very aggressive immunizations during childhood. The incidents of the disease came to zero by 2000, so the CDC was able to declare it no longer a concern in the U.S.," explained Scannon. "We still see cases in the U.S., but they've been linked to travel from outside the country. People go to countries all over the world, they come back to the U.S., have it, and they can spread it to the people that are vulnerable. Typically those people that are vulnerable are the ones that don't have the vaccine."

He acknowledged that vaccination it is not required for everyone.

"It depends where you live in the country and what the requirements are to attend school, but most of the



The United States experienced a record number of measles cases during 2014, with 644 cases from 27 states reported to CDC's National Center for Immunization and Respiratory Diseases (NCIRD). This is the greatest number of cases since measles elimination was documented in the U.S. in 2000.

states have some kind of exemption process to get out of having to get routine immunizations," Scannon said. "The MMR [Mumps, Measles and Rubella vaccine] - is a 2-shot series. It's always going to be a recommended requirement from the

CDC, but every school district will be unique."

The CDC website answers a lot of basic questions about measles. According to their site, measles has an incubation period of about one to two weeks.

The site describes the progression of the illness:

Measles typically begins with high fever, cough, a runny nose, and red, watery eyes (conjunctivitis). Two or three days after symptoms begin, tiny white spots (Koplik spots) may ap-

pear inside the mouth.

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit.

After a few days, the fever subsides and the rash fades.

Scannon says there's no reason to risk public outbreak when the vaccine is readily available for most Americans.

"From my standpoint as a public health professional, immunizations are always looked at as the gold standard when it comes to preventive medicine because it has proven effective. There are decades and decades of research to back it up," he emphasized. "It's always going to be the way to go as opposed to just letting a disease run rampant into a population, because there are always secondary effects with any kind of infectious disease."

"People get sick and they will flood a hospital. That takes away from being able to focus on other patients, whereas, if you have the vaccine and people are vaccinated, those people aren't flooding hospitals and those other patients can be seen in a reasonable amount of

See MEASLES, Page 3

JBAB dentists visit CDCs, teach kids how to brush away 'sugar bugs'



U.S. NAVY PHOTO BY MICHELLE L. GORDON

Giselle, 2, uses a giant toothbrush to remove the "sugar bugs" from dental assistant Airman 1st Class Carmen Coleman's tooth costume. Coleman and JBAB Dentist, Air Force Capt. Matthew Burns, visited CDC II Feb. 24 to teach kids about the importance of oral hygiene since February is Dental Health Awareness Month.

By MICHELLE L. GORDON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Visiting the dentist can be a scary experience for kids. To alleviate anxiety, dentists from Joint Base Anacostia-Bolling (JBAB) visited Child Development Centers (CDCs) and the Youth Center this month.

February is Dental Health Awareness Month, said Air Force Capt. Matthew Burns. Burns is a dentist assigned to the 579th Medical Group (MDG) on JBAB. He, along with dental assistant Airman 1st Class Carmen Coleman, visited CDC II Feb. 24 to teach kids about the importance of oral hygiene.

"What's your favorite candy?" Burns asked the excited group of 3 to 5 year olds when he entered the room.

Gummy Bears and chocolate were the most popular choices of

the preschoolers. Burns and Coleman explained to the kids that after they eat candy, they need to brush their teeth to remove the "sugar bugs."

To demonstrate, Burns and Coleman, who were dressed as teeth, instructed the children to place sugar bugs all over their costumes. Each child then had a turn removing the felt food with either a giant toothbrush or fake floss.

"Some children were hesitant, but once they saw the others participating and having fun they wanted to join in," said Coleman.

In addition to the preschool kids, Burns and Coleman talked to the toddlers.

Mia, 2, said she likes brushing her teeth with her Mickey Mouse toothbrush, but her favorite part is spitting out the toothpaste.

"We're teaching the kids how to brush and floss, and just getting

them acquainted with the concept of brushing twice daily," said Burns. "Because sometimes kids don't like brushing their teeth," he said with a laugh.

Training and Curriculum Specialist Femi O'Grady said the children enrolled at JBAB CDCs practice oral hygiene year-round. They all have toothbrushes on-site at the centers and they brush their teeth after breakfast as part of their daily curriculum. She said dental visits are something the CDCs do annually in February to celebrate Dental Health Awareness Month.

"They love to brush their teeth at this age," said O'Grady. "These visits reinforce the importance of healthy teeth, and visits like this also allow the children to get familiar with the dentist so they won't be afraid when they go to his office," she added.

Advanced Education in General Dentistry program at JBAB

BY NICOLE M. WOODS
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Joint Base Anacostia-Bolling (JBAB) is home to one of the 13 Advanced Education in General Dentistry (AEGD) programs offered in the United States Air Force, each providing diverse specialized training in clinical dentistry.

The program began at JBAB (then Bolling Air Force Base), in the 1960s and has since been an aggressively sought after program for postgraduate training due to the limited availability of residency positions.

Each year, nine dentists are selected for training at JBAB, with a few lectures and specialty classes held at Joint Base Andrews in Maryland. The courses cover all areas of dentistry, including forensic dentistry and pediatrics, just to name a few.

Residents entering the program have already completed four years of dental school and are fully licensed to practice dentistry.

"They're already licensed providers, but now they're learning a new method of doing things. They're learning the specialties," said Air Force Tech. Sgt. Micah Myers, non-commissioned officer in charge, dental residency flight.

The yearlong postdoctoral

training program is designed to meet the needs of graduates who want to enhance general practitioner skills.

"These fully-licensed dentists are getting a wide range of specialties, while also getting acclimated to the Air Force and its standards," Myers explained. "In private practice they might not get exposed to a lot of this stuff, but in the Air Force they have to be able to do more. They may have to go on a remote assignment or overseas, and could be the only doctor there."

According to Myers, there are standards Airmen are held to that may not be the same in private practice. For example, he said, dentists in the Air Force use rubber dams, which are thin rectangular sheets used to isolate one or more teeth from the rest of the mouth. Other practices use alternate, more modern techniques for isolation which tend to have varying outcomes, whereas the traditional rubber dam makes it easier to treat the patient.

He also mentioned that Air Force dentistry includes the use of complex amalgam restorations, which are metal fillings, as opposed to the clear fillings used in other practices outside the Air Force.

"The metal fillings are actually more reliable, better quality and will last longer," Myers said.

"They don't use them as much on the outside because it's cheaper to do composite fillings instead, which are the clear fillings."

The overall objectives of the AEGD program focus on enhancing competence and confidence in the various clinical disciplines that are integral components of dentistry. Graduates have a broader base of knowledge and experience to facilitate judgments in diagnosis, treatment planning, and decision making during treatment.

"They give you everything because you have to know a little about everything, every specialty; that is why there are specialists teaching the classes," Myers said.

Completion prepares the dentists to better evaluate patients' total oral health needs, provide a full range of general dental care, and know when to refer patients to appropriate specialists. The program also increases the understanding of practice administration through hands-on experience.

Many of the graduates have moved on to assume critical leadership roles in the Air Force Dental Corps in teaching and commander positions.

"It's really good experience, even if they get out and go back into private practice, they'd know a lot more than the guy working next to them."

Rear Adm. Rich Signs Military Saves Week Declaration



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS PEDRO A. RODRIGUEZ

Rear Adm. Mark Rich, commandant of Naval District Washington, signs the proclamation for Military Saves Week 2015. Military Saves is a research-based social marketing campaign to motivate, support, and encourage military families to save money and build wealth. Military Saves Week 2015 is from Feb. 24 to March 1, which coincides with America Saves Week.

New JAG answers frequently asked legal questions

BY MICHELLE L. GORDON
JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

"Can my chain of command punish me for posting something on Twitter?"

"Can I share this political video on Facebook?"

"Can my private group hold a fundraiser on base?"

These are just a few of the topics the Joint Base Anacostia-Bolling (JBAB) staff judge advocate (SJA) will address in the upcoming "Ask the JAG" section of the Joint Base Journal.

The section will largely be reader-driven, meaning JBAB SJA Navy Lt. Nicholas Inns will address the legal ramifications of topics submitted by email. However, he encourages readers with specific situations to speak with an attorney.

"Ethics, political activities, social media, those are things I can discuss generally, but if a service member is looking for legal advice for a personal issue, such as a landlord dispute or a divorce, then the legal assistance office can help them," said Inns.

Another commonly asked question relates to how legal documents are served on base, or in legal terms, service of process.

"It means someone wants to serve legal documents - there's a lawsuit, a restraining order, or something similar - there are specific rules for how that's done on a military base. I'll write about how the process works and what to do if you're contacted."

Prior to his arrival to JBAB, Inns served as a court-martial prosecutor. He has been a legal advisor to numerous Navy and joint commands, and a legal assistance attorney based out of Yokosuka, Japan. Here at JBAB, he serves as the legal advisor to the joint base commander and the tenant commanders.

"My office also reviews requests from private organizations, coordinates with off-base civilian law enforcement and judicial authorities, and provides training on numerous legal topics. So, while I primarily advise commands, I can certainly steer someone in the right direction, even if I can't help them," he said.

If you have a legal question you'd like the SJA to address in a future edition of the Joint Base Journal, submit it to paobjbab@gmail.com with the subject line: Ask the JAG. If you need to speak with someone in legal assistance, call 202-767-7588.

Bump, set, spike!



PHOTO COURTESY OF POLICE SGT. BIANCA BURGOS

The Joint Base Anacostia-Bolling (JBAB) Police Department faced-off against the JBAB youth in a volleyball game held Feb. 20 at JBAB Youth Center. "The police won all three games, but not by much," said Police SGT Bianca Burgos, JBAB crime prevention officer. "Holding friendly games like this with the youth helps build positive relationships between youth, community and law enforcement. This is key in creating a safe community and preventing youth violence," she added.

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.

Push it



U.S. AIR FORCE PHOTO BY ROLAND BALIK

A C-5M Super Galaxy sits on the flightline as Airmen clear snow Feb. 17 on Dover Air Force Base, Del. Winter Storm Octavia dumped a total of four inches of snow on the base and throughout the local area. The C-5 Galaxy is one of the largest aircraft in the world and the largest airlifter in the Air Force inventory. The aircraft can carry a fully equipped combat-ready military unit to any point in the world on short notice and then provide the supplies required to help sustain the fighting force. The unrefueled range of a C-5M is about 4,800 nautical miles - e.g., Dover AFB, Del., to Incirlik AB, Turkey, with 120,000 lbs (wartime planned load) of cargo - or about 7,000 nautical miles with no cargo on board.

Veterans Crisis Line



1-800-273-8255
PRESS 1

MEASLES

■ continued from 1

time. Measles is basically a preventable condition, so long as you stick to the vaccine recommendations.”

CDC.gov notes that in the decade prior to the vaccination efforts in the U.S. that began in 1963, an estimated 400-500 people died from measles every year, while an estimated 4,000 suffered from swelling of the brain (encephalitis).

Despite being eradicated in the U.S. after several decades of vaccination (thereby creating a low risk of infection), Scannon says the preventative procedure is still important.

“Even though it’s been eradicated in the U.S., with the global society that we live in, people travel all over the place, especially in - say - this area, where you have people from all over the world coming to ... advocate for their particular issues,” he said. “There’s always going to be the risk that the disease can come back. The virus only exists in humans. So, if we can eradicate it from every human on the planet, then hey, that’s great; we don’t have to worry about it.

“But, that’s not the case yet. The U.S. is in great shape, but the rest of the world can’t say that. They may not have the infrastructure that the U.S. has to do these effective mass immunizations over long periods of time so you can really hit every generation to prevent it from spreading.”

In the California amusement park identified as the likely source of the largest outbreak this year, Scannon says it wouldn’t be very difficult at all to spread the illness because it is airborne.

“Someone from outside the country likely ... had the disease. It’s extremely contagious - where basically if you have just a normal conversation, certainly a cough, that expels the particles in the air, and you breathe them in. More than likely you’re going to be infected.”

The CDC describes just how contagious measles is: *Measles can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours on a surface or in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, 90 percent of the people close to that person who are not immune will also become infected.*

Scannon emphasized the risks posed by the window of opportunity for infection.

“You’re infectious before the rash shows up. It’s four days before the rash appears, and then four days after it appears. How long you have the rash may vary, but there is that window of time you are infectious. So, in other words, - you would be infectious before that rash comes up and you wouldn’t necessarily know you’re spreading it,” he said.

Getting the vaccination continues to be the best option for preventing a mass outbreak, he concluded.

“No vaccine is 100 percent [effective],” said Scannon, “but typically it’s high 90s [efficiency] - so you get the vaccine and you’re in good shape. The odds are in your favor that you’re not going to get that particular condition or illness.”

In fact, the CDC says that after one shot, protection is estimated at 93 percent. With both shots, that estimate climbs to 97 percent and those with the vaccine who do get infected are much less likely to experience the disease’s severest symptoms.

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING
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JADOC Transfer of Authority

BY JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

On Feb. 10, Task Force Luzon, from the Ohio National Guard's 174th Air Defense Artillery Brigade, took over the manning of the Joint Air Defense Operations Center (JADOC) from the South Carolina National Guard's 263rd Army Air and Missile Defense Command. The members of the Ohio task force will stand watch at the JADOC, a key part of the command and control network for the North American Aerospace Defense Command's fully integrated, multi-layered air and missile defense in the National Capital Region.



U.S. NAVY PHOTOS BY LCDR JIM REMINGTON

Above: Canadian Forces Brig. Gen. Alain Pelletier (left), Continental U.S. North American Aerospace Defense Command Region - 1st Air Force (Air Forces Northern) (CONR - 1st AF (AFNORTH)), deputy commander, sits with U.S. Army Col. Frank Rice (center), the outgoing JADOC task force commander, and the incoming commander U.S. Army Col. Larry Pinkerton. CONR - 1st AF (AFNORTH) maintains operational authority over the JADOC and Pelletier was there to represent CONR-1st AF (AFNORTH) Commander, U.S. Air Force Lt. Gen. William H. Etter.

Left: U.S. Army Maj. Gen. Glenn Bramhall, commander of the South Carolina National Guard's 263rd Army Air and Missile Defense Command, presides over the transfer of authority ceremony between the South Carolina contingent, dubbed Task Force Tiger, and their Ohio National Guard counterparts.



High Seas must remain open to all, Navy leader says

BY JIM GARAMONE

DOD NEWS, DEFENSE MEDIA ACTIVITY

The world's ocean trade routes must remain open to all to maintain global commerce, the vice chief of naval operations said Feb 25.

"The world [economy] depends on those high seas staying free," Navy Adm. Michelle J. Howard told CNN's Jim Sciutto during the New America Future of War Project conference.

Noting that China is building its blue-water navy, Sciutto asked Howard how that could affect the maritime situation. China, she replied, "refers to itself as maturing and is starting to stretch its muscles in terms of who they are and how they see themselves as a world power."

Countries ask themselves if it is possible to be a world power without military power, and "China has taken the path that in order to be a global power, they have to have military strength," the admiral said.

U.S. Navy Seeks to Maintain Advantage

China is building its navy and following the path of many other countries in history, including the United Kingdom and the United States, copying what has been successful, the admiral said. But the United States wants to maintain its military advantage at sea, she added, and the Navy is continuing to acquire and adapt to maintain the lead.

But China is not what keeps her up at night, the vice chief said. North Korea and the capriciousness of its leader do worry her, she said. "When you have countries that have a certain amount of strength ... and then the leadership does not operate logically or on an agreed framework, then that creates a challenge," she added.

Working With China on Framework

The United States is working with China to create such a framework, Howard said. "We've made some tremendous progress with military-to-military contacts," she told Sciutto. "The chief of naval operations has had several engagements with his counterpart."

Last year at the Western Pacific Naval Symposium, leaders from several nations, including China, agreed to adopt a code for unexpected encounters at sea, Howard said.

"We have a way at the tactical level for our ships to communicate with each other, to alleviate any misunderstandings," she added. "There has been great dialogue and great movement between our navies."

Sciutto asked Howard if she worries about China's naval build up.

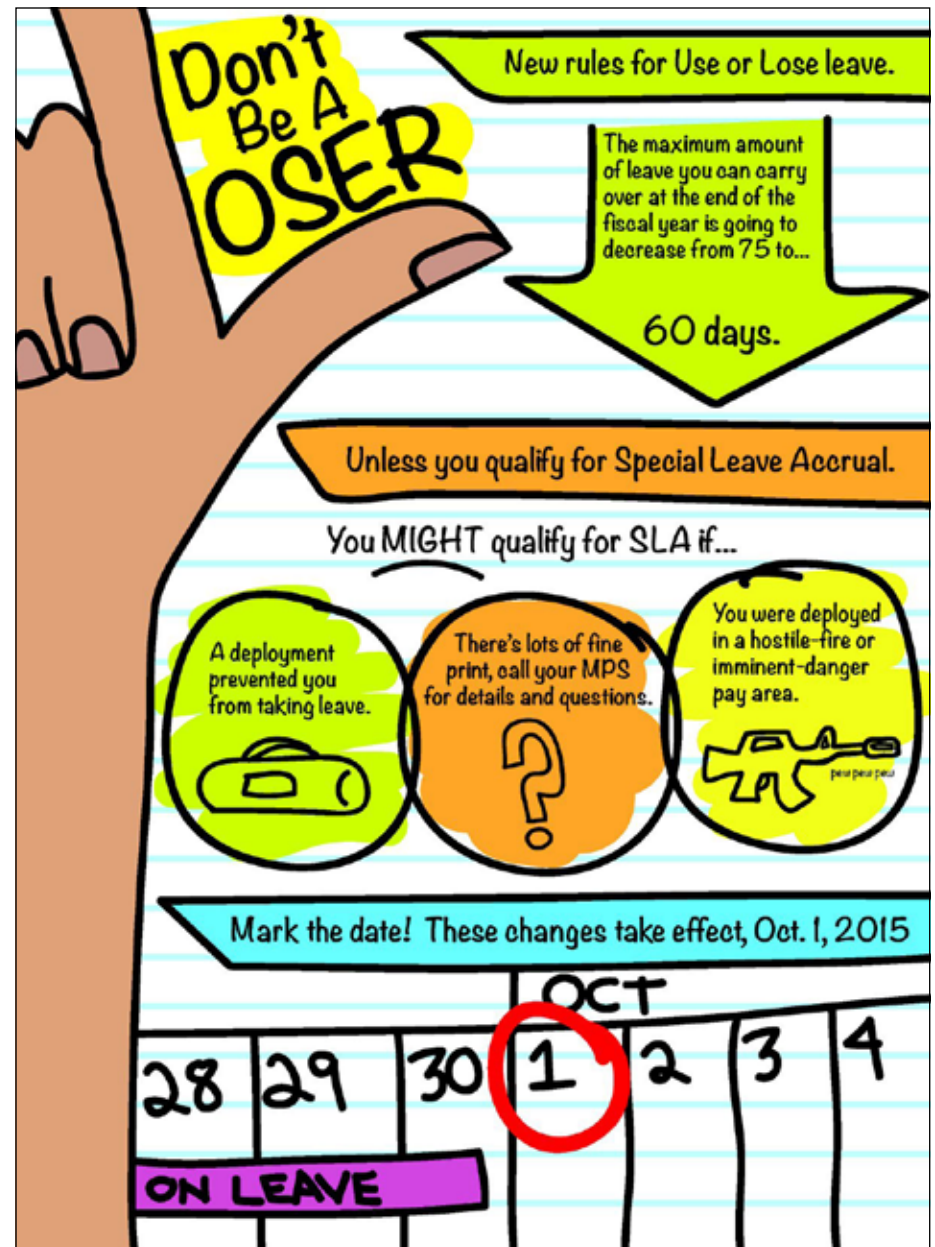
Alternate Futures

"The world is always a magical place, there are always a number of alternative futures that can unfold," she said. "You can look at it as a potential conflict -- that's one alternate future. You can look at it on the strength of the trade partnership we have with China -- that's another. And it's not just with China. It's all the nations of the region -- Japan, India, South Korea."

"So there are alternative futures here," she continued, "and what are we doing to walk down a path that walks away from conflict or creates the stepping stones to conflict?"

Guiding China and working with China is the best policy for the future of the world, Howard said.

Use it or lose it: Changes to leave policy arrive this year



U.S. AIR FORCE GRAPHIC BY TECH. SGT. JAMES STEWART

As of Oct. 1, the accrued leave balance for Airmen will go from 75 to 60 days of use or lose leave.

STAFF SGT. ALEXANDER MARTINEZ
HEADQUARTERS PACIFIC AIR
FORCES PUBLIC AFFAIRS

The warning on January's Leave and Earnings Statement is clear -- "Important: Manage your leave. On 1 Oct 15, you will lose all accrued leave over 60 days unless special leave accrual applies."

Active duty, active guard and reserve members with more than 60 days of leave have less than eight months to use or lose those days as a result of changes in leave policy.

As of Oct. 1, 2015, the accrued leave balance for service members will go from 75 to 60 days of use or lose leave. Since October 2008, high operations tempo drove the implementation of a temporary leave carryover extension provision that allowed active-duty members to carryover 75 days of leave to the next fiscal year without incurring a loss, but as of Sept. 30, or the end of fiscal year 2015, the provision expires, bringing the leave cap down to 60. Consequently, if individuals don't prepare by planning on using leave between now and Sept. 30, they will lose it.

Members may be eligible for Special Leave Accrual entitlements if they faced

situations caused by a catastrophe, national emergency or crisis, or operations in defense of national security that prevented them from reducing their leave balance before the end of FY15. SLA is not automatic, it must be requested. Members can talk to their servicing Military Personnel Section or Personnel Support Detachment customer service for further clarification.

As the military pay system has not yet been programmed to show the updated use/lose changes, the use/lose block on Leave and Earnings Statements may not reflect the accurate number of days a member is projected to lose. Currently, members wanting to know their actual use/lose leave balance need to look at their current leave balance and do the calculations necessary to arrive at the correct use/lose balance.

While calculating the number of leave days before the end of the fiscal year, members should also ensure they factor in the amount of leave they will earn up until the end of September, which accumulates at 2.5 days per month. For more information about the military leave program, visit your local finance office, MPS or PSD.

Dempsey: Russia, terrorists, cyber among top threats

By LISA FERDINANDO
DOD NEWS, DEFENSE MEDIA ACTIVITY

The global security environment contains a host of threats, including Russian aggression that threatens NATO allies, and the violent extremists network from western Pakistan to north Africa, said the chairman of the Joint Chiefs of Staff.

Army Gen. Martin E. Dempsey spoke Feb. 19 at a student conference on national affairs at Texas A&M University, rounding out a two-day visit to the campus.

He outlined his “two, two, two and one” view on national security, which is comprised of two heavyweights, two middleweights, two networks and one domain.

Russia is included as a heavyweight, along with China.

Russia ‘Lit a Fire’

Russia “lit a fire of ethnicity and nationalism that actually threatens to burn out of control,” he said. “And in so doing, they are threatening our NATO allies.”

Dempsey said it is hard to imagine that in 2015 there would be that kind of conflict and “those kind of instincts” that are coming to the front again in Europe.

The human suffering in Ukraine is “atrocious,” he said.

“It’s almost unimaginable,” the chairman told the audience, which included members of the Texas A&M University Corps of Cadets, other university students and members of the military.

The United States is working with its NATO allies, he said, to reassure the alliance and also try to assist Eastern Europe, including non-NATO countries, in “suppressing this effort to rekindle fires that haven’t burned in Europe” in 70 years.

China Reemerging

On the other heavyweight, China, he said that nation is reemerging on the global scene. It is a very strong economic country that is becoming militarily strong, the chairman said.

The United States will continue to work



DOD PHOTO BY D. MYLES CULLEN

Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, talks to about 700 attendees during a student conference on national affairs at Texas A&M University in College Station, Texas, Feb. 19.

with China in managing any differences, he said.

“We’ll be competitors but it doesn’t mean, I think, we’ll have to be enemies,” he said. “We’re working hard to do that.”

Middleweight Powers: Iran, North Korea

The two middleweights are Iran and North Korea.

The United States is working with its partners to try to convince Iran to seek a diplomatic resolution to the Iranian nuclear issue, he said. Western nations contend that Iran is seeking nuclear weapons, while Tehran says its nuclear ambitions are for peaceful purposes.

“We are working hard to reach a negotiated settlement on their nuclear program, but we shouldn’t forget there are other is-

sues which cause us concern about Iran,” the chairman said, noting those concerns include Iran being a state sponsor of terrorism.

Networks and Cyber Domain

The two networks Dempsey talked about in his speech are the violent extremist network from western Pakistan to northern Africa, and the transnational criminal network that runs north and south in the Western Hemisphere. The domain is cyber.

The transregional network of al-Qaida, Islamic State of Iraq and the Levant, and other terrorists are competing for a radical, anti-Western ideology that is fomenting the internal challenges of Islam’s Sunni and Shia, he said.

“That network is transregional,” he said. “It will take a generation or more to be defeated and it will take persistence on our part and working closely and most often through partners and hardening our allies in order to deal with it.”

To combat both the extremist and transnational criminal networks, they need to be “pressed” across their entire length, not just “pinched” in a spot, the chairman said.

“You have to interdict the financing; you have to interdict the flow of foreign fighters or criminals. It takes a really broad effort with partners to deal with that,” he said.

Finally, on the domain of cyber, he said, “we’ve got a lot of work to do. We’ve made some strides, some pretty significant strides, militarily in particular in terms of defending ourselves.”

But the general said despite the security in military networks, 90 percent of his administration and logistics functions ride on commercial Internet providers.

“So if they’re vulnerable, I’m vulnerable and I don’t like being vulnerable,” he said.

Action in securing this domain, he said, includes legislation that establishes a common set of standards on Internet security, and allows information sharing between the government and the private sector.

March Air Force promotions at JBAB

By JOINT BASE ANACOSTIA-BOLLING
PUBLIC AFFAIRS

Congratulations to the Airmen below on their selection to following ranks this March.

- Airman 1st Class Katarina C. Walters
- Senior Airman Steven R. Benton
- Senior Airman Cristela Gonzalez-Gonzalez
- Staff Sgt. Laura M. Benoit
- Staff Sgt. Lucas J. Darling
- Staff Sgt. Caleb N. Fryer
- Staff Sgt. Jamey B. Knight
- Staff Sgt. Twanna N. Mose
- Staff Sgt. Christopher M. Spear
- Staff Sgt. Gregory J. Wingender
- Tech. Sgt. Clinton P. Atkins
- Tech. Sgt. Scott A. Omary
- Master Sgt. Barrette T. Lafrance
- Master Sgt. Kyle P. Moccia
- Senior Master Sgt. Christopher J. Caldwell
- Senior Master Sgt. Demika L. Hunter

For more news from other bases around the Washington, D.C. area, visit www.dcmilitary.com.

Proclamation: National African American History Month 2015

FROM THE PRESIDENT OF THE UNITED STATES OF AMERICA

For generations, the story of American progress has been shaped by the inextinguishable beliefs that change is always possible and a brighter future lies ahead. With tremendous strength and abiding resolve, our ancestors -- some of whom were brought to this land in chains -- have woven their resilient dignity into the fabric of our Nation and taught us that we are not trapped by the mistakes of history. It was these truths that found expression as foot soldiers and Freedom Riders sat in and stood up, marched and agitated for justice and equality. This audacious movement gave birth to a new era of civil and voting rights, and slowly, we renewed our commitment to an ideal at the heart of our founding: no matter who you are, what you look like, how modest your beginnings, or the circumstances of your birth, you deserve every opportunity to achieve your God-given potential.

As we mark National African American History Month, we celebrate giants of the civil rights movement and countless other men and women whose names are etched in the hearts of their loved ones and the cornerstones of the country they helped to change. We pause to reflect on our progress

and our history -- not only to remember, but also to acknowledge our unfinished work. We reject the false notion that our challenges lie only in the past, and we recommit to advancing what has been left undone.

Brave Americans did not struggle and sacrifice to secure fundamental rights for themselves and others only to see those rights denied to their children and grandchildren. Our Nation is still racked with division and poverty. Too many children live in crumbling neighborhoods, cycling through substandard schools and being affected by daily violence in their communities. And Americans of all races have seen their wages and incomes stagnate while inequality continues to hold back hardworking families and entire communities.

But the trajectory of our history gives us hope. Today, we stand on the shoulders of courageous individuals who endured the thumps of billy clubs, the blasts of fire hoses, and the pain of watching dreams be deferred and denied. We honor them by investing in those around us and doing all we can to ensure every American can reach their full potential. Our country is at its best when everyone is treated fairly and has the chance to build the future they seek for themselves and their family. This means

providing the opportunity for every person in America to access a world-class education, safe and affordable housing, and the job training that will prepare them for the careers of tomorrow.

Like the countless, quiet heroes who worked and bled far from the public eye, we know that with enough effort, empathy, and perseverance, people who love their country can change it. Together, we can help our Nation live up to its immense promise. This month, let us continue that unending journey toward a more just, more equal, and more perfect Union.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2015 as National African American History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of January, in the year of our Lord two thousand fifteen, and of the Independence of the United States of America the two hundred and thirty-ninth.

-- BARACK OBAMA

JBAB 2014 Fourth Quarter Awards

BY JOINT BASE ANACOSTIA-BOLLING
COMMAND STAFF

Congratulations to the following JBAB personnel, who were recently recognized for going “above and beyond.”

**Not pictured:
Non-Commissioned Officer (NCO) of the Quarter**

Air Force Tech. Sgt. Thony Dorvil serves as the interim Military Personnel Flight (MPF) superintendent and first sergeant. He was selected as NCO of the Quarter not only because of his significant accomplishments at MPF, but also for a willingness to volunteer and lead in his off-duty capacity. Dorvil regularly volunteers for the nonprofit Habitat for Humanity. This quarter he oversaw 87 volunteers, contributing to the completion and renovation of more than 120 homes. He also serves as a Boys-to-Men program mentor. This quarter, Dorvil made significant self-improvement gains. He completed resiliency training, which allowed him to gain strength and stress management skills, as well as maximized his unit proficiency and wingmanship. Dorvil was selected to attend the 2014 Air Force District of Washington’s annual Capital Airman Seminar.



Team of the Quarter

The Small Arms Training Center (SATC) staff went above and beyond their normal duties in accommodating unscheduled and overtime requests by JBAB law enforcement for weapons qualifications. These additional duties required the SATC staff to incur significant unscheduled regular and overtime man-hours to ensure JBAB law enforcement personnel remained current with their weapons qualifications, while also de-conflicting already scheduled training with other law enforcement agencies. Additionally, the team provided direct support for the United States Navy Ceremonial Guard in conducting more than 20 gun-salutes in support of 10 Chief of Naval Operations (CNO) arrival ceremonies as well as other flag officer and foreign dignitaries. The SATC staff includes: Ronald Armstrong, Scott Harger, Michael Johnson, Bryan Kelly, and Bobby Shrestha.



Senior Non-Commissioned Officer (SNCO) of the Quarter

Navy Chief Yeoman Andre Barnett spearheaded the Unaccompanied Housing Annual Residents Satisfaction Survey, resulting in 56 percent participation amongst all bachelor enlisted quarters residents. He planned and coordinated a successful 2014 JBAB Holiday Cookie Caper, boosting the morale of more than 600 single service members living in the barracks/dorms during the holiday season. Barnett also participated in Prince George County community cleaning event by cleaning and maintaining several community parks to promote a safe environment for young kids to play in.



Civilian of the Quarter, Non-Supervisor

Michiel Kidane took charge and executed the 2014 Non-Appropriated Funds (NAF) Auction -- generating thousands of dollars in revenue for JBAB quality of life programs. He also coordinated for the 2014 Little Big Town concert on JBAB, which had an estimated attendance of more than 4,000. He volunteers to assist with all Warfighter and Family Readiness events and is consistently striving to improve his skills. This quarter, Kidane attended courses in supply management and enterprise safety application management, and he is working toward a degree in Sports Management.



Officer of the Quarter, Company Grade

Navy Lt. Teruo Toyama supervised 18 service contracts worth more than \$14 million, which provided uninterrupted, critical mission support to 48 tenant commands on JBAB. He leads by example and exercises safety as a top priority - completing 80 percent of annual Enterprise Safety Application Management System training requirements. Toyama also led the Public Works Department JBAB 2014 combined federal campaign, raising more than \$5,800 for non-profit organizations. In 2014, Toyama achieved his personal goal of finishing his first marathon in less than 3 1/2 hours.



Civilian of the Quarter, Supervisor

Leslie P. Walker coordinated nine Transition GPS seminars for nearly 400 attendees, coordinated and taught 35 employment classes, and instructed more than 67 Career Counselors regarding course changes. He obtained training on Military Occupation Codes crosswalk and trained new staff members resulting in zero disruption of service. Walker is a contributor to the Fisher House, where he volunteers not only his time, but also money, clothing and food. He also maintains the 9/11 Remembrance Garden at Leckie Elementary School.

Warfighter & Family Readiness Programs & Events

Stay Connected!

Stay up-to-date with all events, programs and specials! Visit www.MyWFR.com or download the Free Smartphone App, ABSalute.

Special Events

Military Saves Week

Protect your family and your future by increasing your financial readiness. Take the saver pledge at www.militarysaves.org, and join a community that is working hard to

build wealth and reduce debt. You'll receive access to FREE services and resources, plus tips on how to make savings automatic. Make an appointment with the Personal Financial Management Program Manager at MFSC today!

Navy-Air Force Half Marathon & Navy 5 Miler

MWR is excited to announce that the 4th Annual Navy-Air Force Half Marathon and 12th Annual Navy 5-Miler has opened registration! The half marathon and 5-miler will take place at 7 a.m. on Sunday, Sept. 20 on the grounds of the Washington Monument in Washington, D.C. Register today for the best price! The Runner's Expo and Packet

Pick-Up are scheduled for Sept. 18-19. Visit navyhalf.com for more details.

Save the Date! Easter Egg Hunt

March 28 | 11 a.m. | Base Track
Bring your Easter Basket for a morning of hunting Easter Eggs on the JBAB soccer fields near the base track. Children will be placed into appropriate age groups. The Easter Eggs will offer a sweet reward for those collected by the children and a select few eggs will hold a special prize. Parents, don't forget to bring your camera to capture those special moments with the Easter Bunny! Rain date is March 29.

Dining

The Slip Inn will reopen on March 2. Hours of Operation: Monday-Friday: 2-8 p.m.

Seafood Buffet

March 4 | 5-8:30 p.m. | Bolling Club, Washington Dining Room
Feast on an abundant selection of crab legs, steamed and spiced shrimp, fried oysters, fish and shrimp, the Club's famous fried chicken, numerous sides, clam chowder, salad bar and homemade banana pudding along with dozens of assorted cakes and pies.

Spinz at Potomac Lanes Bowling Center

Enjoy a new spin on food with hand-crafted burgers and sandwiches, signature pizzas and wings. Spinz also offers

RM - Regional Quality Manager

Responsibilities Include:
Demonstrate a total understanding of the Defense Health Agency's (DHA's) contractual requirements with regard to service delivery and quality.
Manage the quality management program. The program will utilize data, feedback, audits and other sources of information to drive and lead to improvement in service delivery, clinical outcomes and staff and client satisfaction.
Provide oversight and advice as required in the development of the Quality Improvement Projects and Clinical Patient Studies.
Ensure that quality and training activities provide the feedback and information necessary to ensure a continuous quality-improvement-training-evaluation cycle.

For requirement details and to apply to go:
<http://www.dcmilitary.com/section/military-careers>

NAVY-MARINE CORPS RELIEF SOCIETY

PLEASE POST

Relief Services Available - Washington Navy Yard

The Navy-Marine Corps Relief Society (NMCRS) is a non-profit organization that provides financial assistance to the families of active and retired Navy and Marine personnel. The Society's primary purpose is to provide financial assistance to the families of active and retired Navy and Marine personnel who are in need of financial assistance. The Society's funds are derived from donations and the interest on investments. The Society's funds are used to provide financial assistance to the families of active and retired Navy and Marine personnel who are in need of financial assistance. The Society's funds are used to provide financial assistance to the families of active and retired Navy and Marine personnel who are in need of financial assistance.

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a variety of healthy and vegetarian menu items such as the Greek salad, fresh veggies with hummus and the Veggie Patch sub!

Champagne Sunday Brunch
Every Sunday | 10:30 a.m.-2 p.m. | Bolling Club, Washington Dining Room
Enjoy the BEST Champagne Brunch in the Capital Region, featuring mimosas, bloody marys and screwdrivers. Choose from a variety of food to include a carving station, omelet station, bacon, sausage and grits as well as seafood newberg, eggs benedict and made to order waffles with assorted desserts.
Club Members: \$17.95; Non-Members: \$22.95

2-for-1 Steak Night
Every Thursday | 5-8:30 p.m. | Bolling Club, Wings Bar & Grill
Choose from a juicy 12oz rib eye or New York strip steak, tossed or Iceberg wedge salad and baked russet potato, sweet potato, French fries or rice pilaf and chef's choice vegetables. Catch of the day or grilled boneless chicken breast is also available.
Club Members: \$24.95 for two people; Non-Members: \$24.95 per person.

All-You-Can-Eat Buffet
Tuesday-Friday: 11 a.m.-1:30 p.m. | Bolling Club, Washington Dining Room

Entertainment

VIP Bingo's Player Card Promotion
March 1-31 | Potomac Lanes Bowling Center
If you live on Joint Base Anacostia-Bolling, then you're eligible for a free VIP Bingo Payer's Card with \$2 credit! Must be 18 years or older; only one \$2 credit per household. Ask Potomac Lanes today!

First Friday
March 6 | 5 p.m.-midnight | Bolling Club, Washington Dining Room
Featuring DJ Bob Ski and free hors d'oeuvres from 5-7 p.m. for club members! \$10 for non-members. Chef's specials will be available for purchase from 7 to 10 p.m.

Play Bingo at Potomac Lanes
Win up to \$8,000 per game and daily prizes! Sign up for you VIP Bingo Payer's Card today at Potomac Lanes!

Cosmic Saturday
Every Saturday | 8 p.m.-midnight | Potomac Lanes Bowling Center
Unlimited bowling and shoe rental for only \$15; \$12 for active military personnel and their families.

Birthday Party Packages
Receive two hours of bowling, shoe rental, choice of pizza or hot dogs and drinks for \$13 per person. Each person also receives a \$3 arcade game card! Reserve your party today by calling Potomac Lanes Bowling Center at 202-563-1701/1702.

Recreation

Harlem Globetrotters
March 14 | 1 p.m. | Verizon Center
The iconic Harlem Globetrotters are coming to Washington, DC with their unrivaled family show, featuring some of the greatest athletes on the planet! With incredible ball handling wizardry, amazing rim-rattling dunks and trick shots,

side-splitting comedy and unequaled on-court fan interaction, this must-see event is guaranteed to entertain the whole family. Purchase discounted tickets today at the ITT Office! Cost: \$18.50 for section 113, Rows P, Q & R.

Niagara Falls Weekend
June 11-15; Register by March 6 | ITT Office; 202-404-6576
Spend the weekend in Niagara Fall, Ontario Canada. Stay at the Radisson Hotel & Suites, overlooking Horseshoe Falls. Price includes motor coach transportation and a three night hotel stay.
• Jacuzzi Suites (Couples only): \$554
• Falls view Room: \$515
• City view Room: \$438

Woodshop Now Open!
Arts & Crafts Center | 202-767-6997 | Arnold Ave, Bldg. 4472
The woodshop is now open to all DOD ID cardholders every Tuesday and Thursday from 2-8 p.m. and on Saturdays from 9 a.m.-5 p.m. \$5 per hour.

Pavilion Rentals
Rent a park pavilion from Outdoor Recreation today and host your special event with the best view in the Naval District Washington! We provide the venue, you provide the reason. Pavilions are available from 7 a.m.-10 p.m., seven days a week by reservation. Call 202-767-9136.

D.C. Fishing License
Residents \$10
Non-Residents \$13
Temporary \$6.50
Other Services:
RV Storage \$35/mo (20' or less - small)
\$55/mo (21'-27' - medium)
\$90/mo (28'-40' - large)
Resale Lot \$12.00, first month
\$22.00, second month
\$32.00, last month

Auto Hobby Shop Specials
Coolant Flush: \$75, includes one gallon of coolant Oil Change: starting at \$13.50 with free washer fluid top off. (Oil and filter sold separately.) Air Conditioning Service: \$75 (Freon not included.)

Child & Youth Programs

Give Parents a Break
Fridays | 6-11 p.m. | Child Development Center II Saturdays | 9 a.m.-6 p.m. | Child Development Center II
Military families are subject to unique stressors associated with military life, including deployments, remote tours of duty, and extended working hours. This program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations. Respite Care is available with an approved referral. FREE for Respite Care referrals. \$4 per hour for all other patrons.
To learn more or to register visit [www. MyWFR.com](http://www.MyWFR.com).

Black History Month Trivia
February 27 | 6 p.m. | Youth Center
If you like a challenge and prizes then test your knowledge with black history month trivia! Sign up at the Youth Center in the teen or preteen room.

Mommy & Me Yoga
Every Wednesday | 10:30 a.m. | Library
Please bring your yoga mats and enjoy this free program offered through MWR!

Video Game Night
Every Friday | 4:30-6:30 p.m. | Library

Play games for Nintendo Wii, PlayStation 3 or Xbox 360 totally free!

Movie Madness
Every Friday | 5 p.m. | Library, Children's Room Featuring a popular, Navy Motion Picture Service (NMPS) G, PG and occasionally PG-13 rated movie. Complimentary theater style popcorn will be served. Any child under the age of 10 must be accompanied by a parent or guardian at least 16 years of age. Weekly movies will be posted at the Circulation Desk and outside mobile marquee.

Barracuda Swim Team
Registration: March 2-May 1 | Register online at www.MyWFR.com
Season: May 26-July 25
Cost: \$50, includes a swim team t-shirt. Swimmers are required to purchase their own swim suits suitable for competition.

Last Chance to Register your Child for Youth Sports

Challenger British Soccer Camp
Season: March 13-July 17 | Field #3
Registration: January 1-February 28 | Register online at www.challengersports.com
Cost: \$175 half day; \$250 full day


Little League Baseball
Season: March 16-June 20 | Field #3
Registration: Registration: Jan. 1-Feb. 28 online at www.mywfr.com
Cost: \$50, includes jersey, pants and baseball cap

Start Smart Baseball (Ages 3-5)
Season: March 20-April 24 | JBAB Tee

Professional Services

Call 301-670-7106

Clinical Research



Volunteers needed

Completed with goal to building research and make contribution to clinical research. Please contact for more information or to sign up for our research and other services at 202-563-1701.

- Ages 18 to 65
- In good health
- Not engaged in other research

Participate in research and receive personal and professional development. Receive the full experience.

Over 4000 of our patients and researchers. We offer a broad range of research. Both clinical and non-clinical research. We are looking for:

FINANCIAL CONTRIBUTIONS

For more information, contact our research coordinator: 202-563-1701 or 202-563-1702. Email: research@jba.com

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Ball Field, Giesboro Park
Registration: Jan. 1-Feb. 28 online at www.mywfr.com
Cost: Free

MYAC Baseball
Season: April 6-June 26 | Field #3
Registration: Jan. 1-Feb. 28 online at www.mywfr.com
Cost: \$50, includes jersey, pants and baseball cap Fitness & Sports

Aerobic Center

Free Functional Movement Screening
1st Tuesday of the month from 9 a.m.-10 a.m. & 3rd Thursday of the month from noon-1 p.m. | Fitness Center I
The Functional Movement Screening (FMS) simplifies the concept of movement and its impact on the body. Its streamlined system has benefits for everyone involved - individuals, exercise professionals, and physicians. Screenings are in one hour increments.

Free Fitness Orientation
New to the Fitness Center? During the fitness Orientation, fitness staff will describe how to design a cardio and strength training program and show you how to use the strength and training equipment correctly. The free orientation is held every Monday, Wednesday and Friday at 10 a.m. and 1 p.m.
Please sign up at Fitness Center 1, Bldg P-15.

24 Hour Fitness
Workout any time you want at the 24 hour Fitness Center. Sign up at Fitness Center I.

Reach over
125,000
military
personnel,
their families
and
the surrounding
areas

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