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Army ceremonial units bring pomp, precision to Super Bowl 50

Soldiers from The Old Guard and Pershing's Own participate in the opening ceremony of the National Football League's 50th championship game

By Spc. Brandon C. Dyer
3d U.S. Infantry Regiment
(The Old Guard)
Public Affairs

Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) and other Military District of Washington ceremonial units participated in opening ceremonies ahead of Super Bowl 50 at Levi's Stadium, Feb. 7 in Santa Clara, Calif.

Soldiers from The Old Guard participated in a Joint Armed Forces Color Guard during the singing of the National Anthem, performed by Lady Gaga. Additionally, Soldiers from The U.S. Army Band "Pershing's Own" performed as part of a Joint Armed Services Choir.

Gaga's performance was concluded with a stadium flyover by the U.S. Navy Blue Angels.

The Joint Armed Forces Color Guard was comprised of service



PHOTOS BY SPC. BRANDON C. DYER

The Joint Armed Services Choir performs during the opening ceremony of Super Bowl 50 Feb. 7, 2016, in Levi's Stadium, Santa Clara, Calif. The opening ceremony included the performance by the choir followed by the presentation of the Colors and the singing of the National Anthem by Lady Gaga. Members of The U.S. Army Band "Pershing's Own" and the U.S. Army Military District of Washington participated in the opening ceremony.



The Joint Armed Forces Color Guard presents the national colors during the opening ceremony of Super Bowl 50 Feb. 7, 2016, as the Navy's Blue Angels fly over Levi's Stadium, Santa Clara, Calif. The opening ceremony included the performance by a Joint Armed Services Choir followed by the singing of the National Anthem by Lady Gaga. Members of The U.S. Army Band "Pershing's Own" and the U.S. Army Military District of Washington participated in the opening ceremony.


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Joint base raises awareness of Zika virus

By Guv Callahan
Pentagram Staff Writer

The Joint Base Myer-Henderson Hall Directorate of Public Works is asking that the joint base community be cognizant of the Zika virus, a mosquito-borne disease that has been declared a global emergency by the World Health Organization.

The virus, which is primarily spread through the same mosquitoes that spread yellow and dengue fever, affected more than a million people in South and Central America, Mexico and the Caribbean in 2015, according to the Army Public



Mosquitoes spread diseases, including Dengue, Chikungunya and Zika

Know how to protect yourself, especially when traveling to warmer regions:

- Use insect repellent
- Use air conditioning or window/door screens
- Wear long-sleeved shirts and long pants


Pregnant?

Warning: Zika might be linked to birth defects

- There is no vaccine to prevent Zika virus infection
- Daytime is most dangerous for bites, but they can also bite at night.
- Mosquitoes that spread Zika and other diseases are aggressive daytime biters.

If you've recently traveled to the American tropics:

- Watch for fever with joint, muscle, or eye pain, or a rash in the next 2 weeks.
- If you get sick, see a doctor.



GRAPHIC BY LORRAINE WALKER

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Army surgeon general promoted at Conmy Hall

By Guv Callahan
Pentagram Staff Writer

Lt. Gen. Nadja West, 44th surgeon general of the U.S. Army and Commanding General of U.S. Army Medical Command (MEDCOM), received her third star during a promotion and swearing-in ceremony at Conmy Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall Feb. 9.

The Senate confirmed West as the new surgeon general in December 2015. On Wednesday, she received the promotion to her current rank that accompanies her new title in front of



PHOTO BY NELL KING

U.S. Army Lt. Gen. Nadja West takes the oath of office after promotion to her current rank as her husband, retired U.S. Army Col. Donald West, holds a Bible during the Feb. 9 ceremony on the Fort Myer portion of Joint Base Myer-Henderson Hall. West was promoted and sworn in by U.S. Army Chief of Staff Gen. Mark A. Milley. West is the Army's 44th surgeon general, she also serves as the commanding general for U.S. Army Medical Command.

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Winter weather news, information

In the event of weather-related closures, Joint Base Myer-Henderson Hall personnel follow the guidance of the Office of Personnel Management. OPM determines the open or closed status for all government agencies and installations located inside the Washington, D.C., beltway. Questions regarding duty status should be directed to supervisors. Partner organization personnel should inquire within their chain of command.

For OPM guidance, see www.opm.gov/status. An up-to-date OPM status is also available by calling 202-606-1900 around the clock. Also, see www.facebook.com/jbmhh; call the commander's information hotline at 703-696-6906, which is updated often in emergencies or inclement weather situations. See www.weather.gov for a forecast.

News Notes

Wreaths Across America pick-up event parking reminder

Those volunteering to help collect wreaths from tombstones at Arlington National Cemetery Feb. 13 are reminded that parking at any portion of Joint Base Myer-Henderson Hall is limited to Department of Defense ID card holders. DoD ID card holders may park in the Tri-services Parking Lot off McNair Road and enter and exit the cemetery on foot via Fort Myer's Old Post Chapel Gate. For those without DoD ID cards, parking is available at the cemetery's Welcome Center beginning at 8 a.m. for those with cemetery Family Gravesite Passes and handicap permits. All others will be accommodated in the cemetery's parking garage. For additional details on this event, visit the cemetery's website at <http://go.usa.gov/cyyu4>.

Official mail centers change operating hours

The Official Mail Distribution Centers have changed operating hours. Effective

immediately, the center in Bldg. 48 on the Fort McNair portion of the joint base will be open from 7:15 to 11:15 a.m., Monday through Friday. The mailroom in Bldg. 203 on the Fort Myer portion of the joint base will be open Monday through Friday from 12:15 to 3:45 p.m. For more information, Fort McNair Mailroom, call 202-685-2916; for more information, Fort Myer Mailroom, call 703-696-7801.

Washington's 284th birthday celebrated - Feb. 15

The U.S. Army Military District of Washington will conduct a Presidential Armed Forces Full Honors Wreath-Laying ceremony Feb. 15 at 10 a.m. at the tomb of George Washington located on the grounds of the first president's Mount Vernon Estate and Gardens, Mount Vernon, Va.

This ceremony will be followed by patriotic music and a military firing demonstration by the 3d U.S. Infantry

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Local forecast

For more weather forecasts and information, visit www.weather.gov.

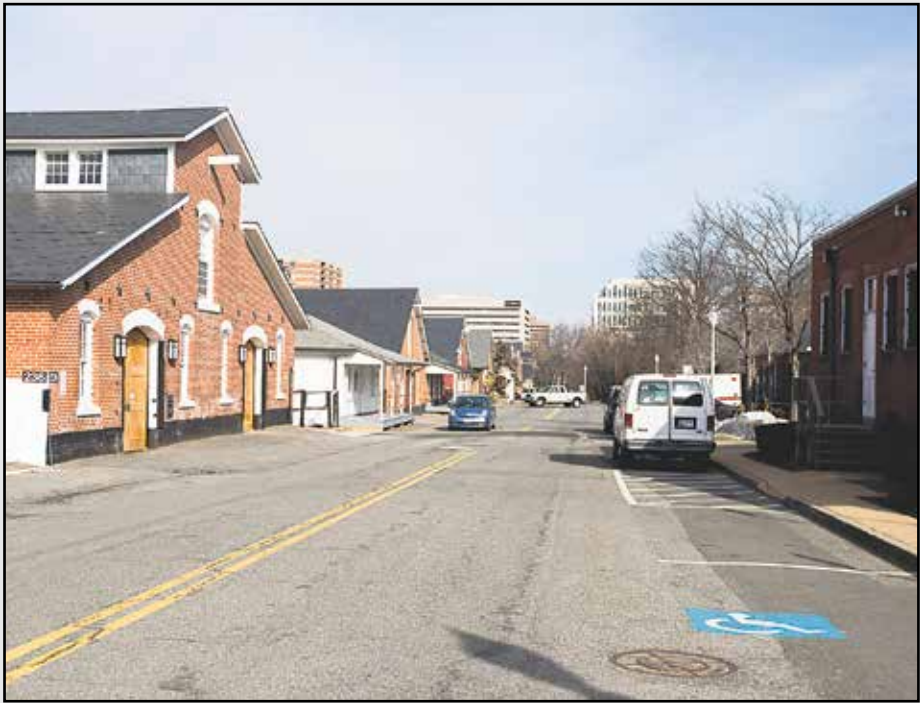
40 years a legend: Black Jack remembered



PHOTO BY CPL. CODY W. TORKELSON

The Old Guard Fife and Drum Corps Bugler Staff Sgt. Paul Mueller, left, participates in a wreath-laying ceremony Feb. 6 on occasion of the 40th anniversary since the passing of The Old Guard's Caisson horse Black Jack. The ceremony, which took place on Summerall Field on the Fort Myer portion of Joint Base Myer-Henderson Hall at Black Jack's memorial marker, included attendance by past and present members of the 3d U.S. Infantry Regiment (The Old Guard). Black Jack is one of the most notable horses of The Old Guard's Caisson Platoon; as a caparisoned (riderless horse) Black Jack was an escort in the funeral of President John F. Kennedy as well as Presidents Herbert Hoover and Lyndon B. Johnson. He also escorted the remains of U.S. Army Gen. Douglas MacArthur. Black Jack's interment was on Summerall Field Feb. 6, 1976.

JBM-HH Throwback Thursday #4



In an undated black and white U.S. Army photograph (top), the buildings that serve as today's The Old Guard Caisson stables (left) are easily recognizable in this shot taken from across the street at the intesection of Sheridan and Jackson Avenues. Also noticeable is an early model Ford automobile on the right side of the image. In the photo above, by Pentagonram staff photographer Nell King, taken Feb. 8, structures on the left remain nearly unchanged from the earlier photograph, while the building on the right — today's post office off Sheridan Avenue — was constructed after the black and white photograph was taken.

This week in military history

Compiled by Jim Goodwin
Editor, Pentagonram

- Feb. 11
1922:

Marine Corps Brig. Gen. John H. Russell is appointed as U.S. high commissioner and personal representative of the U.S. president to the government of Haiti, according to the Marine Corps Historical Division. This nine-year assignment placed Russell, a future Marine Corps commandant, in supreme command of both the occupying American forces and the Haitian Gendarmerie.
- Feb. 12
1988:

Two U.S.S.R. warships bump two U.S. Navy vessels – the destroyer Caron and cruiser Yorktown – in waters claimed by the Soviet Union, according to the This Day in Military History website. The incident showed that even at its closing moments, the Cold War continued to harbor tensions between the west and the east. No shots were fired during the incident, which occurred within a 12-mile territorial limit off the Crimean Peninsula claimed by the U.S.S.R., but disputed by the U.S.
- Feb. 13
1943:

Women Marines are reestablished under a Marine Corps Women's Reserve, according to an entry on Navy.mil. Marine Corps Col. Ruth C. Streeter, the reserve's first director, serves until Dec. 7, 1945.
- Feb. 14
1962:

U.S. military advisors in Vietnam are authorized by President John F. Kennedy to return fire if fired upon, according to the This Day in Military History website.
- Feb. 15
1898

Twenty-eight Marines and some 232 Sailors perish when the U.S. battleship Maine is mysteriously sunk by an explosion in the harbor of Havana, Cuba, according to the Marine Corps Historical Division. Although there was no definitive evidence as to the ship's demise or proof that the Spanish were involved with the sinking, the cry of "Remember the Maine!" went up and by late April the U.S. and Spain were at war.
- Feb. 16
2006:

The last Mobile Army Surgical Hospital (MASH) is decommissioned, according to the This Day in Military History website. Established in 1945, MASH was a U.S. Army medical unit that served as a fully-functional hospital in a combat area of operations with notable use during the Korean War and later conflicts. The successor to the MASH is today's Combat Support Hospital.
- Feb. 17
1912:

The Army published its very first physical requirements for pilots, according to an online U.S. Air Force chronology of flight. Also, on this same date in 1998, the first C-130J aircraft, a new transport with six-bladed propellers, advanced avionics with its shorter takeoff and landing capability, arriving at Keesler Air Force Base, Miss., to serve with the 403d Wing, according to the chronology.



Kurz and Allison's lithograph "Destruction of the U.S. battleship Maine in Havana Harbor" depicts the explosion that sank the doomed ship Feb. 15, 1898.

Cheer for the Military

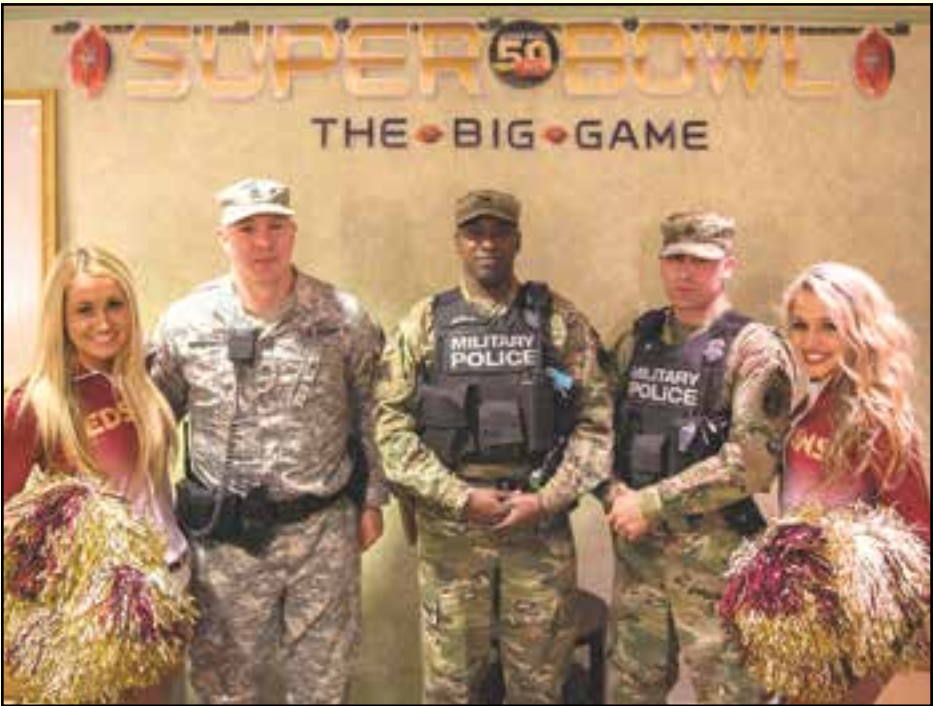


PHOTO BY SPC. DANIEL YEADON, 4TH BATTALION, 3D U.S. INFANTRY REGIMENT
Redskins cheerleaders Chloe Koutsos, left, and Heather Coleman, right, pose for a photo with military police officers U.S. Army Staff Sgt. Daniel Burkner, Staff Sgt. Andrew Monroe and Staff Sgt. Thomas Palos Feb. 11 during a Superbowl 50 party and viewing at the USO Honor Guard Lounge on the Fort Myer portion of Joint Base Myer-Henderson Hall. Patrons were able to enjoy the game on five different televisions at the event, which was coordinated by Family and Morale, Welfare and Recreation.

Quarterly awards



PHOTO BY ARTHUR MONDALE
Joint Base Myer-Henderson Hall Commander Col. Mike Henderson shakes hands as he awards certificates to members of the JBM-HH Directorate of Public Works during a quarterly awards ceremony at Spates Community Club on the Fort Myer portion of JBM-HH Feb. 4. Henderson and JBM-HH Command Sgt. Maj. Randall Woods, left, recognized DPW, Family and Morale, Welfare and Recreation, the Directorate of Emergency Services and other staff offices for their support of prevention and recovery efforts during and after winter storm Jonas struck the National Capital Region. See more imagery from this event online at www.flickr.com/photos/jbm-hh.

Gospel Service celebrates African-American History Month



PHOTO COURTESY OF ROB ROBERTS
Guest speakers and participants in a Feb. 6 African-American History Month Gospel service in Memorial Chapel on the Fort Myer portion of Joint Base Myer-Henderson Hall pose for a photo after accepting awards on behalf of their respective organizations. From left to right, U.S. Air Force Reserve Chapo (Lt. Col.) Myrtle Bowen, guest speaker and keeper of the Community Honorees; U.S. Army Maj. Patricia Coates; M. Tia Johnson, assistant secretary for Legislative Affairs, Department of Homeland Security; U.S. Navy Rear Adm. Sylvia Trent-Adams, deputy surgeon general, U.S. Navy; Evelyn Brooks Higginbotham, professor of History and African-American Studies at Harvard University; Alice Howard, Coalition of 100 Black Women, Prince William County Chapter; and U.S. Army Chap. (Lt. Col.) Grace Hollis.

By Julia LeDoux
Pentagram Staff Writer

With praise and worship, the participants of an African-American History Month Gospel Service a celebration Feb. 6 at Memorial Chapel on the Fort Myer portion of the joint base.

The event drew dozens of attendees to the chapel, where they heard a spirited musical performance by the JBM-HH Gospel Service Praise Team and a keynote address by Air Force Reserve Chap. (Lt. Col.) Myrtle Bowen, who also serves as senior pastor at the Contee A.M.E. Zion Church in Washington, D.C.

In her address to the congregation, Bowen urged her listeners to boldly proclaim their love of God when they

are in the world and outside of church. Throughout her sermon, Bowen also interwove the history of African-Americans in this country, of how they overcame the shackles of slavery to become leaders politically, socially and economically in the United States. She pointed to leaders such as Dr. Martin Luther King Jr., and President Barack Obama as role models for everyone to follow.

Bowen also urged attendees to visit the National Museum of African-American History and Culture in Washington, D.C., which opens this September.

The event also honored the Keeper of the Community Award, which was established in 2006 under Army

see GOSPEL, page 7

Fort Myer’s Military Spouse of the Year

By Julia LeDoux
Pentagram Staff Writer

Andrea Barreiro has been named the Fort Myer Military Spouse of the Year for 2016.

Military Spouse magazine founded the award in 2008 to honor military spouses of all ranks and from all branches of the American armed services.

Barreiro and her husband, 1st Sgt. Jose Barreiro, have been married for 16 years. First Sgt. Jose Barreiro is assigned to C Co., 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard). The couple has three girls, Viviana, 14, Alicia, 12 and Carolina, 11. The couple’s 3-year-old niece has lived with them for almost two years.

“We just got here last year,” she said. “I begged him to come up this way. I thought it would be really nice for the girls, that culture and the history that is here.”

Barreiro said she was surprised to be nominated for the award.

“I keep to myself,” she said. “I like to help people. I do a lot of volunteer work with my family and just try to be a good role model for my girls. I just thought I was flying under the radar.”

Barreiro is a full-time college student at Northern Virginia Community College, where she is pursuing three degrees and a part-time respite care provider for military families with children with special needs.

“If I’m not busy, something is wrong,” she said with a laugh. “I feel off.”

The award solicits nominations from the military community as well as the American public in the late fall. Three distinct phases of voting then follow, culminating in the announcement of the Military Spouse of the Year at an annual awards luncheon in Washington, D.C. in early May.

Barreiro, who also grew up in a military family, said the Military Spouse of the Year program underscores the importance of the role of the military spouse.

“We are the community that is still there,” she said. “The Soldiers can go to training, can go to war, and we are still



PHOTO BY NELL KING
Andrea Barreiro, posing here for a portrait Feb. 3 on the Fort Myer portion of Joint Base Myer-Henderson Hall, has been named the Fort Myer Military Spouse of the Year for 2016. Military Spouse magazine founded the award in 2008 to honor military spouses of all ranks and from all branches of the American armed services. A mother of three, Barreiro is a full-time college student at Northern Virginia Community College, where she is pursuing three degrees and a part-time respite care provider for military families with children with special needs.

there. We’re left to pick up all the pieces. If we build a community and a network while these gentlemen are gone, it will help out a lot of people. Together, we can accomplish more than we can by ourselves.”

Barreiro was also nominated as the Schofield Barracks Military Spouse of the Year in 2015 and attended last year’s awards ceremony soon after relocating to the National Capital Region.

“They happened to have a town hall meeting in Crystal City,” she said. “I got to go to that. They had the awards ceremony here, which was just mesmerizing.”

Barreiro said dignitaries such as members of the Joint Chiefs of Staff, the sergeant major of the Army’s wife and others attended the event.

“It’s an awesome networking system,” she said. “I’ve gotten to meet a lot of the other spouses who are involved in this and we’ve done a lot of great things together.”

Pentagram StaffWriter Julia LeDoux can be reached at jledoux@dcmilitary.com.

★ ★ ★ The United States Army Band ★ ★ ★		
CALENDAR OF EVENTS		
Feb. 11	11:30 a.m.	The U.S. Army Blues will perform a special concert in honor of African-American History Month at Brucker Hall on the Fort Myer portion of JBM-HH.
Feb. 11	Noon	The U.S. Army Concert Band Chamber Winds presents an afternoon of woodwind chamber music performing a variety of pieces celebrating the American Spirit. This performance takes place the day before President Abraham Lincoln’s birthday in Washington, D.C.’s historic New York Presbyterian Church, where Lincoln attended services during his time in office.
Feb. 16	7:00 p.m.	The U.S. Army Blues will perform at Knott Center, Calvert Hall College High School in Towson, Md.
Feb. 21	3:00 a.m.	The U.S. Army Band will perform a concert in honor of its 94th anniversary at Conmy Hall on the Fort Myer portion of JBM-HH. This event requires free tickets, which can be accessed online at https://goo.gl/cYR0UV .
Feb. 23	7:30 p.m.	The U.S. Army Band “Pershing’s Own” will perform a chamber music recital of works by African-American composers, past and present, at Brucker Hall on the Fort Myer portion of JBM-HH.
Feb. 24	7 p.m.	The U.S. Army Band Downrange will perform at Calvert Library at 850 Costley Way, Prince Frederick, Md.
March 3	7:30 p.m.	The U.S. Army Blues will perform a concert featuring the German Youth Jazz Band: Phoenix Foundation at Brucker Hall on the Fort Myer portion of JBM-HH.

Performances are free and open to the public, unless otherwise noted. All outdoor concerts are subject to cancellation or location change due to weather considerations. Call 703-696-3399 for up-to-date information on concert cancellations or location changes. For additional details and a full calendar of performances, visit www.usarmyband.com/event-calendar.html.

SUPER BOWL
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members including: Sgt. 1st Class Thomas C. Dell’Omo, Spc. Walter L. Hardin III, Staff Sgt. Marco A. Moreno Jr., Spc. Colin Z. Mantha, Marine Corps Sgt. Allen J. Banks Jr., Navy Seaman Jason D. Davis, Senior Airman Dalton R. Homme, Coast Guard Seaman Brett J. Lanze, Lance Cpl. Zachariah, T. Fredericksen and Sgt. 1st Class C. Michael Hooke.

Dell’Omo and Hooke played snare drums at the conclusion of the National Anthem. Lady Gaga added the drums to her performance during pre-show rehearsals.

“She wanted the ending to be more intense,” said Hooke. “To have more energy.”

“She also wanted it to be more inclusive,” said Dell’Omo. “She said I just want to include everyone. I feel like this will ramp it up to one big climactic ending.”

“I always appreciate when these opportunities come up,” said Dell’Omo. “For Mike and I, it is a good time for us to hone the craft that we do in the band... It’s meant to be marching troops.”

“It’s one of my favorite things when you are attached to the color guard,” said Hooke.



PHOTO BY SPC. BRANDON C. DYER

The Joint Armed Forces Color Guard presents the national colors during the signing of the National Anthem before the start of Super Bowl 50 Feb. 7 in Levi’s Stadium, Santa Clara, Calif. The opening ceremony included a performance by the Joint Armes Services Choir followed by the singing of the National Anthem by Lady Gaga. Members of The U.S. Army Band “Pershing’s Own” and the U.S. Army Military District of Washington participated in the opening ceremony.

This is the second Super Bowl Hooke and Dell’Omo have performed in.

The first was at Met Life Stadium in New York in 2014.

The drums themselves are two of the four original Moeller Drums that Gus Moeller made for the Pershing’s Own in 1952.

Moeller was a nationally-recognized musician, educator and author who developed a unique snare drum playing

style known as the Moeller Method.

One of the original drums is on display at the Smithsonian Museum, another is in the Band’s display case at Brucker Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall. The last two “you saw today,” wrote Hooke via a posting on social media.

The drums themselves have been played in inaugural parades for several U.S. presidents, as well as the funeral of John F. Kennedy.

VIRUS
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Health Center. And with these recent outbreaks, the number of cases among people visiting or returning to the United States is likely to increase.

The Centers for Disease Control report that 35 travel-related cases of the Zika virus disease have been confirmed in the United States, including three people in Washington, D.C., and one in Virginia.

Common symptoms of the virus are fever, rash, joint pain and red eyes, according to the CDC, but increased reports from Brazil of poor pregnancy outcomes in women who were infected with the virus while pregnant have prompted the agency to investigate a link between the virus and significant birth defects.

After cases of Guillain-Barr Syndrome, a neurological disorder, and microcephaly, a birth defect characterized by smaller than normal head size, were reported in children in areas of Brazil affected by the virus, the CDC is recommending that pregnant women in any trimester postpone any travel plans to areas where the virus is ongoing.

Although all of the cases in the continental U.S. have been contracted from traveling, JBM-HH DPW will be taking the necessary action to prevent the virus on the base.

Ronald Quarles, pest controller with DPW’s Environmental Management Division, said mosquito season on the joint base runs from March to the first frost, which typically occurs around November.

The base’s mosquito management program begins in mid-March, with DPW employees inspecting the base for potential mosquito breeding grounds, including gutters, tree cavities, manhole covers, sewer lines or anywhere else that standing water could gather.

“We inspect any receptacle or container that could be a potential breeding site,” Quarles said in an interview with the Pentagongram. “Mosquitoes can breed in a container of water as small as a soda cap.”

Any standing water found on the base will be treated with larvicide, chemicals designed to eliminate mosquito nests while the insects are at their larval stage, Quarles said. He added that larviciding is an ongoing process, and that the DPW Entomology Shop performs this task multiple times.

DPW also performs surveillance, catching and testing mosquitoes on the joint base from mid-June through the first frost. Once female mosquitoes, the only ones that bite, are captured, they’re sent to Fort Meade, Md., where they’re tested to determine if they carry disease.

Additionally, DPW employees spray pesticides to control the population of adult mosquitoes, Quarles said.

There are no vaccines to treat or current medicines to prevent Zika virus infections, according to the CDC. People infected with the disease should get plenty of rest and drink lots of fluids to prevent dehydration.

They should also prevent being bitten by mosquitoes during the first week they are infected, as the mosquito could then pass the virus on to somebody else.

“During the first week of infection, Zika virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites,” reads the CDC website.

For more information on the Zika virus, visit www.cdc.gov/zika.

For Army Public Health Center information on the virus, visit phc.amedd.army.mil.

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PROMOTION
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family, friends, West Point classmates and military leaders.

With this appointment, West becomes the first African-American Army surgeon general and the highest ranking female to have graduated from the U.S. Military Academy at West Point.

During the ceremony, Gen. Mark Milley, Army chief of staff, said West’s appointment was the latest great achievement in a long familial history of military service.

“This is quite a family,” Milley said. “It’s an incredible military family, and it has an impressive history of service to our nation.

“Her father served in the Army for 33 years,” Milley said. “He joined our Army in 1939, before desegregation. He believed then, and I would tell him it’s true now, that the Army is a great leveler ... He’s not with us today. But his daughter is living proof of his dream.”

Milley said West’s parents adopted 12 children, of whom Nadja is the youngest. Ten of them served in the military, including the Army, Navy and Marine Corps. Once orphans in Washington, D.C., West and her siblings were instilled by their adoptive parents with a pride in the profession of arms, Milley said.

“My brothers and sisters led by example,” West said during her remarks, recalling one particular moment walking to school with her older brother.



PHOTO BY NELL KING

U.S. Army Lt. Gen. Nadja West, center, has her current rank insignia pinned on during her promotion ceremony Feb. 9 on the Fort Myer portion of Joint Base Myer-Henderson Hall by her son, Logan, left, and daughter, Sydney, right. West’s husband, retired U.S. Army Col. Donald West, far right, and U.S. Army Chief of Staff Gen. Mark A. Milley, left, watch. Milley promoted and swore in West to her current rank in the evening ceremony. West is the Army’s 44th surgeon general; and also serves as the commanding general for U.S. Army Medical Command.

“I was holding his hand and I was skipping along,” she said. “He had his uniform on and I was so proud because I was going to show my classmates that my brother was a Soldier ... That’s an early memory that stayed with me forever.”

West said she wouldn’t be where she is today if it wasn’t for the people who had helped her achieve her success.

“I’m a living testament that I have only gotten this far by going together with the literally thousands who have supported me along the way,” she said.

In an interview after the ceremony, West said one of her top priorities as surgeon general is force readiness.

“My job will be to ensure that, from a health care aspect, that I can enhance the readiness of our Soldiers, their families and those who are entrusted to our care,” she said.

That means making sure the Army has a medical force that will be prepared to do whatever the nation may need, she said.

West also shared some advice for junior enlisted service members.

“There’s no limit to what you can do or what you can accomplish if you put your mind to it,” she said. “If you can tell from my background, there’s no limits. No matter what your beginnings are, you can

NEWS
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Regiment (The Old Guard), featuring the U.S. Army Old Guard Fife and Drum Corps and the Commander-in-Chief’s Guard. The military firing demonstration is scheduled to begin at 11:15 a.m. The wreath-laying ceremony, patriotic music and military firing demonstration are free and open to the general public.

Tickets are not required to attend these events. Space is limited to standing room only, though, and attendees are encouraged to be at George Washington’s tomb by 9:30 a.m.

SHARP training set for 2016

Sexual Harassment/Assault Response and Prevention training classes are set for fiscal year 2016. When even a hint of sexual harassment threatens, good order and discipline are at risk, trust is diminished and mission effectiveness is degraded. Prevention of and response to sexual harassment and sexual assault are individual responsibilities across the service, military and civilian personnel included. Below are February classes. Register for individual classes via the e-invite listed:

Feb. 17 (register by Feb. 15) – 9 to 11 a.m., Town Hall, Fort Myer — <https://goo.gl/xFZ05I>

Feb. 17 (register by Feb. 15) – 1 to 3 p.m., Town Hall, Fort Myer — <https://goo.gl/p7wLIC>

Feb. 24 (register by Feb. 22) – 9 to 11 a.m., Fellowship Hall, Memorial Chapel, Fort Myer — <https://goo.gl/LseBWG>

Feb. 24 (register by Feb. 22) – 1 to 3 p.m., Fellowship Hall, Memorial Chapel, Fort Myer -<https://goo.gl/eOuSXZ>.

For more information, call 703-696-6497.

Guest speaker on applied behavioral analysis therapy – Feb. 18

Neal Shapiro, a national applied behavioral analysis provider, will speak at a workshop Feb. 18 from 11 a.m. to 1 p.m. in Pentagon conference room B5. The workshop will focus on how to navigate ABA through Tricare. Shapiro, a native Washingtonian is the father of a 14-year-old with autism. Register by Feb. 16 by calling 703-693-5353 or 703-696-0783 or by emailing efmpHH@usmc-mccs.org.

Army Civilian Education Course available online

The Army Management Staff College (AMSC) is offering eligible Army Civilian Corps members an opportunity to experience and provide feedback on a 100 percent distance learning version of the Civilian Education System Basic Course. This on-line course consists of approximately 120 hours of self-paced distance learning. Completing this course awards graduates CES course credit for both the Phase 1 and Phase 2 portions of the current Basic Course. Eligibility requirements include completion of the CES Foundation Course, must not have completed the resident portion of the Basic, Intermediate or Advanced Courses. All paygrades are welcome; the course is open to the first 100 registrants. Employees who want to take this course will register in CHRTAS for the course named AMSC Basic Course Field Test <http://go.usa.gov/cy9Jm>. Students must complete all course work by April 30.

Prostate cancer support group meetings — Feb. 18

The prostate support group meets at Walter Reed National Military Medical Center Feb. 18 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, 3rd floor. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access. Spouses/partners are invited to either meeting. For more information, contact retired Col. Jane Hudak at 301-319-2918 or via email at jane.l.hudak.ctr@mail.mil.

MOPH monthly meeting slated for Feb. 20

The Greater Washington, D.C., Chapter 353, of the Military Order of the Purple Heart has started the New Year with its monthly meeting at the American Legion Post 176, 6520 Amherst Ave, Springfield, Va., Feb. 20 at 1 p.m. The Warrior Café will be open prior to the meeting should anyone wish to come early and eat lunch. All recipients of the Purple Heart Medal are invited, especially new recipients. For more information, please contact chapter Commander, retired U.S. Army Col. Gordon Sumner via email at gordon.sumner53@gmail.com, or chapter Adjutant William Lee at wlee95678@outlook.com.

Engineers Week program — Feb. 23

In recognition of Engineers Week, the Pentagon will host a program for Department of Defense employees in the National Capital Region. This year’s theme is Engineers Make a Difference. The event will be held Feb. 23 from 1 to 3:30 p.m. in the Pentagon Auditorium. As it becomes available, additional information, including this year’s featured speakers, will be posted on the Environmental, Sustainability and Energy Branch website at <http://go.usa.gov/cn6ex>. For more information, contact Dr. Sri Susarla at sridhar.susarla.civ@mail.mil.

2016 JBM-HH guidebooks, maps now available

The 2016 joint base guidebooks and maps have arrived. In some cases, bulk delivery was made to activities at Joint Base Myer-Henderson Hall, but if you find you don’t have what you need, stop by the Pentagongram in room 116, Bldg. 59 on the Fort Myer portion of JBM-HH. For more information, call 703-696-5401/0584.

News Notes submissions

Send your submissions for the Feb. 25 edition of the Pentagongram via email at pentagramjbmhh@yahoo.com no later than noon, Feb. 17. Submissions must be 100 words or less and contain all pertinent details. Submission of information does not guarantee publication.

Happy 75th, USO!



PHOTO BY ANDREW FRAZZANO

Joint Base Myer-Henderson Hall Commander Col. Mike Henderson, far left, JBM-HH Command Sgt. Maj. Randall Woods, second from right, and USO-Metro President and Chief Executive Officer Elaine Rogers, far right, join others at the Honor Guard Lounge on the Fort Myer portion of JBM-HH Feb. 4 to commemorate the USO's 75th anniversary with a special cake-cutting ceremony. The USO was formed in 1941 by President Franklin Roosevelt as the nation was being drawn into World War II. By doing so, Roosevelt united six separation organizations together, forming the United Service Organizations, which is chartered by Congress as the official organization that takes care of "active duty military and their families," said Rogers.

PROMOTION from page 4

aspire to be anything you want.” Prior to her appointment, West most recently served as the joint staff surgeon at the Pentagon. She is a graduate of the United States Military Academy with a bachelor of science degree in engineering. She also earned a doctorate of medicine

degree from the George Washington University School of Medicine in Washington, D.C. As Army surgeon general, West advises the secretary of the Army and Army chief of staff on all health care issues pertaining to the Army and its military health care system. That includes development, policy direction and management of an Army-wide health service system. She'll also be responsible for formulating policy regulations on health service support, health hazard assessment and the establishment of health standards. And as MEDCOM commanding general, West will oversee more than 48 medical treatment facilities providing care to nearly 4 million active duty members of all services, retirees and their family members. *Pentagram Staff Writer Guv Callahan can be reached at wcallahan@dcmilitary.com.*

JBM-HH Lenten and Easter services

Services will be held on the Fort Myer portion of JBM-HH in Memorial Chapel, as follows:

Feb. 12 – Friday, Eucharistic Adoration – from 10 to 11:45 a.m. (Blessed Sacrament Chapel inside Memorial Chapel)

Feb. 12, 19, 26 and March 4, 11 and 18 – Lenten Fridays – 6 p.m. – Stations of the Cross; 6:30 p.m. Penitential Supper

Feb. 22-24 – Lenten Mission – 6 p.m. – Meal; 7 p.m. – Mission

March 4 – Eucharistic Adoration – 10 to 11:45 a.m. (Blessed Sacrament Chapel, inside Memorial Chapel)

March 10 – Penance Service – 7 p.m. – Service with opportunity for individual confession

March 24 – Holy Thursday – 7 p.m. – Liturgy of the Lord's Supper – no noon mass

March 25 – Liturgy of our Lord's Passion and Death – 7 p.m. – no noon mass

March 26 – Holy Saturday – 7:30 p.m. Easter Vigil Mass

March 27 – Easter Sunday – Special Liturgical Music – 9 a.m. mass

Easter schedule continues through May 15
For more information, call 703-696-6635.

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Veterans Affairs, DoD and community partners strategize to tackle veteran suicide, ‘invisible wounds’

By Arthur Mondale
Pentagram Staff Writer

The U.S. Department of Veterans Affairs has a new strategy to combat the number of veteran suicides, one that includes reducing the number through social engagement.

Department of Veterans Affairs Secretary Robert A. McDonald and Dr. David J. Shulkin, VA’s under secretary for Health, addressed a packed audience inside the Washington Plaza Hotel in Washington, D.C., Feb. 2 during a summit on mental health entitled, Preventing Veteran Suicide: A Call to Action.

Attendees included Department of Defense leaders, national mental health professionals, reps from the Centers for Disease Control and Prevention, members of Congress, civil rights leaders and other distinguished guests.

Shulkin, the VA’s newest chief executive officer, told the crowd that he is focused on stemming suicide among vets, a health issue for more than a decade as the nation fought wars in the Middle East.

“When I was going through the confirmation process many members of Congress said that this needs to be a top priority, and that’s why we’re focusing on this,” Shulkin said. “Just seeing the number of suicides [among veterans] is just not acceptable.”

But some summit speakers and guests argued that reducing the number of veteran suicides will not only require more engagement and dialogue among VA health care partners, but a societal change as well.

“We’re expecting our veterans with problems to do something that we in our country don’t do. We’re expecting them to say excuse me, I’ve got Post Traumatic Stress Disorder and I’m hurting. Excuse me I feel suicidal, weak and I feel down,” said Dr. Barbara Van Dahlen, founder of the non-profit Give An Hour. “We don’t do that in our country, in this society. We do not talk about mental health and mental well-being. We don’t value mental health and mental well-being, mental fitness. You can give it whatever term you want, we’re not there yet.”

According to statistics re-



PHOTO BY ARTHUR MONDALE

Department of Defense leaders, national mental health professionals, members of Congress, civil rights leaders and other distinguished guests attend the summit, Preventing Veteran Suicide: A Call to Action, Feb. 2 at The Washington Plaza Hotel. The chief executive of the Veterans Health Administration said regardless of military affiliation, he wants to hear about the issues that are preventing people from accessing [mental health] care.

leased by the VA Serious Mental Illness Treatment Resource and Evaluation Center, there are five suicides per day among veterans receiving care in the Veterans Health Administration, alarming to Shulkin and others in an era of increased outreach and in-house training within the administration.

Moreover, from 2007 to 2015, the VA’s Veteran Crisis Line (1-800-273-8255; press 1), accepted 2 million calls from veterans, relatives and family members; 53,000 resulted in the “dispatch of emergency services to callers in imminent suicidal crisis,” and 320,000 calls ended in referrals, according to statistics released by the VA Office of Public Affairs.

Even with statistics that show many veterans are actively seeking VA services, the number of suicides are still unsettling to VA senior executives.

“There are tragedies out there every day,” Shulkin said.

Tragedies were highlighted at the summit during poignant discussions from veterans who were previously suicidal, and



DEPARTMENT OF VETERANS AFFAIRS PHOTO
Dr. David J. Shulkin, under secretary, Veterans Health Administration

parents of veterans who took their own life. But VA senior executives aren’t excluding the current active duty population, many of who, will leave the military and enter the VA health care system this year, adding to the approximately 29,000 veterans who live in Washington, D.C., alone, according to the National Center for Veterans Analysis

and Statistics (NCVAS).

Shulkin told the Pentagram regardless of military affiliation he wants to hear about the issues that are preventing people from accessing care.

VA leaders are already aware of barriers like privacy and confidentiality concerns, according to Shulkin. And senior VA leaders are promoting options for concerned active duty personal to consider, to include seeking help at a VA readjustment counseling services (RCS) center. Currently there are five physical locations in the National Capital Region.

“The vet centers are a wonderful resource that veterans use, and active duty military can use them, too,” said Dr. Maureen Fay McCarthy, deputy chief, Patient Care Services officer and acting assistant deputy under secretary for Health for Patient Care Services. “And this includes veterans that have been dishonorably discharged.”

For example, approximately 400 active duty personnel sought help for Military Sexual Trauma at VA readjustment counseling


service centers nationwide last year alone; confidentiality could have been a factor for why these hundreds sought treatment in RCS centers instead of within Department of Defense clinics, McCarthy said.

“The active duty personnel feel safer going to our vet [RCS] centers because of privacy issues,” she said. But she warned, “We may be in a situation where we have to disclose [information].”

Still, VA leaders are intent on taking “actionable steps” to change the current mental health culture, and the fear that prevents both active duty and veterans from seeking help.

“One thing that I know as a physician is that everyone needs somebody advocating for them...particularly for people with mental health disorders,” said Shulkin. “people aren’t able to advocate for themselves the way they would if they were healthy.”

Pentagram Staff Writer Arthur Mondale can be reached at awright@dcmilitary.com.



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A historical trial



PHOTO BY JIM GOODWIN

Paul Severance, a historian and professor of military strategy and warfare at National Defense University's Eisenhower School, speaks with visitors to the third-floor courtroom of Grant Hall on the Fort McNair portion of Joint Base Myer-Henderson Hall during a public open house of the courtroom Feb. 6. JBM-HH hosts a public open house of the courtroom — the site of the May to June 1865 military tribunal of those thought responsible for the plot to assassinate President Abraham Lincoln — four times annually. The courthouse was restored several years ago and is now decorated with tables, chairs and labelled photographs of key tribunal participants to help visitors learn about the 150-year-old courtroom and the events that took place there.



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from page 3

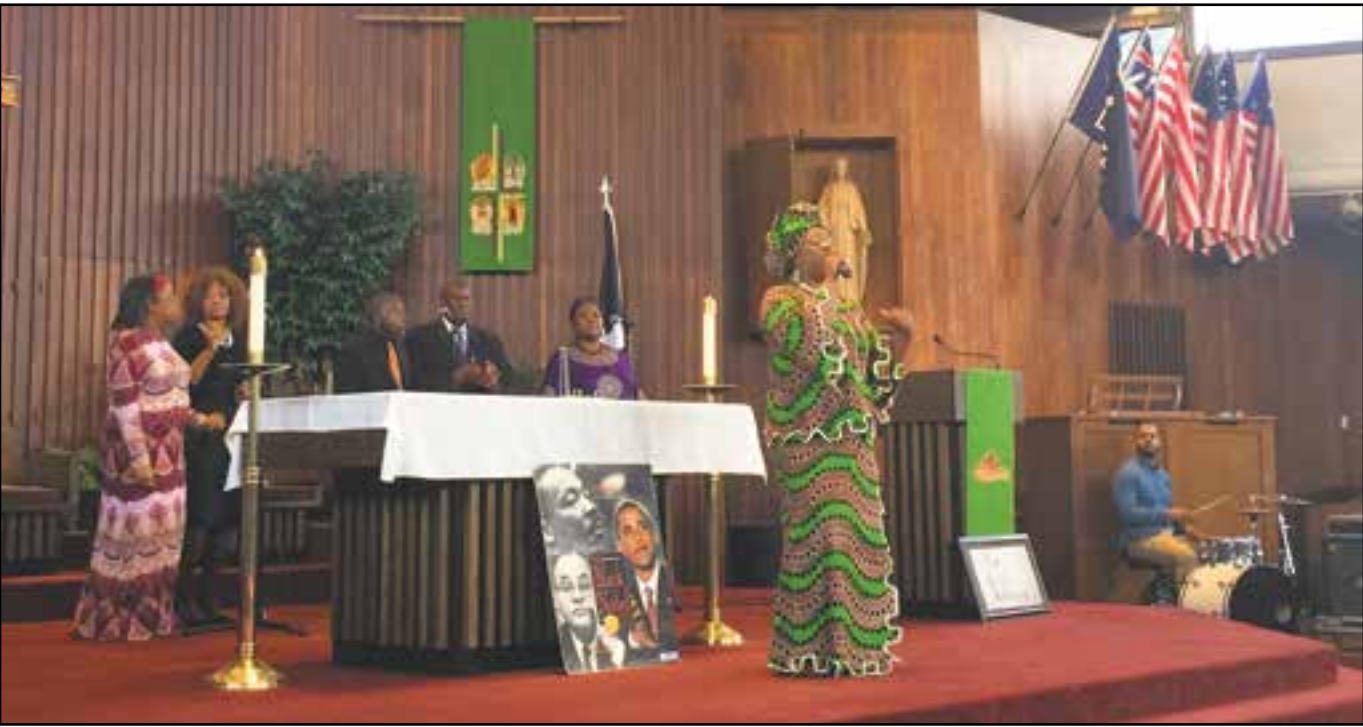
Chap. (Lt. Col.) C. Wayne Brittian. The award is given to individuals and organizations who impact the community by their deeds, service and achievements.

The 2016 Keeper of the Community Award honorees included Kappa Epsilon Psi Military Sorority, Inc., Northern Virginia Delta Chapter; National Coalition of 100 Black Women, Prince William Chapter; Dr. Evelyn Brooks Higginbotham; Tia Johnson; Rear Adm. Sylvia Trent Adams; and Sister Freda B. Womack of the JBM-HH Gospel Service.

The U.S. Army Band “Pershing’s Own” will perform a special African American History Month observance concert Feb. 12 at 11:30 a.m. in Brucker Hall on the Fort Myer portion of the joint base to celebrate African-Americans who have served the nation in and out of uniform.

For more information on African-Americans’ impact on the Department of Defense and beyond, visit <http://go.usa.gov/cP6aj>.

Pentagram Staff Writer Julia LeDoux can be reached at jledoux@dcmilitary.com.



Members of a Gospel Praise Team perform a musical selection of hymns and other songs Feb. 6 during the JBM-HH Gospel Service African-American History Month Celebration at Memorial Chapel on the Fort Myer portion of the Joint Base Myer-Henderson Hall.

PHOTO BY JULIA LEDOUX

<div></div> <div>Washington’s Birthday</div> <div>Operations and services</div> <div>holiday hours</div>	
Andrew Rader U.S. Army Health Clinic and Fort McNair Army Health Clinic	Closed. For more information, call 703-696-7957.
Andrew Rader U.S. Army Dental Clinic	Open for sick call Feb. 12, 7:30 to 9 a.m. Closed Feb. 15. All dental sick-call and emergencies should report to Logan Dental Clinic, Fort Belvoir Community Hospital for support at 571-231-3126/3124.
Army Community Service	Closed. For more information, call 703-696-3510.
Auto craft shop	Closed. For more information, call 703-696-3387.
American Clipper Barber Shop	Open 11 a.m. - 3 p.m. For more information, call 703-271-8177.
Bowling Center	Open noon to 6 p.m. For more information, call 703-528-4766.
MCCS Car Wash	Open 24 hours a day, seven days a week.
Cody CDC	Closed. For more information, call 703-696-3095.
Community Activities Center	Closed. For more information, call 703-696-3470.
Commissary	Open 8:30 a.m. – 4:30 p.m.; no Early Bird shopping. Call 703-696-3674.
CYSS	Open noon to 6 p.m. For more information, call 703-528-4766.
FMWR Admin Offices	For more information, call 703-696-3305.
Fort Myer Officers’ Club	Closed. For more information, call 703-524-0200.
Fort McNair Officers’ Club	Closed. For more information, call 703-524-0200.
Fort McNair Five Star Catering	Closed. For more information, call 202-484-5800.
Spates Community Club	Closed. For more information, call 703-527-1300/1302.
Spates Five Star Catering	Closed. For more information, call 703-527-1300/1302.
Marine Corps Exchange, Vineyard Wine & Spirits and NEX Uniform Center	Open 10 a.m. to 6 p.m. For more information, call 703-979-8420. NOTE: Any Marine Corps Community Services activities not listed here are closed.
Fort McNair Fitness Center	Closed. For more information, call 202-685-3117.
Cpl. Terry L. Smith Gymnasium	Open 7:30 a.m. - 3 p.m.; group exercise classes are cancelled. For more information, call 703-614-7214.
Headquarters Command Battalion, Fort Myer portion of JBM-HH	Closed. For more information, call 703-696-6377.
Headquarters and Service Battalion, Henderson Hall portion of JBM-HH	Closed. For more information, call 703-614-1471.
Java Café	Open 10 a.m. - 4 p.m. For more information, call 571-483-1962.
Library	Closed. For more information, call 703-696-3555.
Consolidated Tax Center	Closed. For more information, call 703-696-1040.
Veterinary Treatment Facility	Closed. For more information, call 703-696-3604.

Almost all activities on Joint Base Myer-Henderson Hall will be closed Monday, Feb. 15, the federal holiday that commemorates the birth of George Washington, although the holiday is often commemorative of all American presidents. Most military personnel will have a training holiday Friday, Feb. 12. The following facilities and places of business have reported open or closed hours for Feb. 15. Unless otherwise noted, this list applies to Feb. 15. This list is not all encompassing; please check with the facility you wish to visit for more details.

For more JBM-HH event photos from this issue, visit us online at: www.flickr.com/photos/jbm-hh

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De-icing impacts local water quality



PHOTO BY NELL KING
JBM-HH used some 500 tons of salt and sand to help thaw the road and walkways, according to JBM-HH Directorate of Public Works officials. Although chemicals in de-icers can negatively impact water quality through run off into storm drains and streams, there are precautionary measures to help minimize this impact, according to environmental experts.

By Jen Tolbert
Environmental Management Division,
JBM-HH Directorate of Public Works

As we enter the cold winter months, many of us are planning ahead for the snowy days to come, especially the icy roads. While counties and cities are preparing their sand and salt trucks for future storms, homeowners are stocking up on de-icing materials for their home driveway and sidewalks. You may be aware that de-icers can be unhealthy for pets and may corrode driveways, cars, and other items made of metal, but have you considered the impact to the environment, including your drinking water? While these de-icers are effective, the improvement in vehicle and pedestrian safety comes at a price.



PHOTO BY NELL KING
Jen Tolbert, Environmental Management Division, Directorate of Public Works

What are common de-icers and how do they work?
The most common materials used for de-icing home driveways and walkways include abrasives such as sand or cat litter and commercial products that contain chemicals such as sodium chloride, calcium chloride, magnesium chloride, calcium magnesium acetate, potassium acetate and salt. Salt and other chemical de-icers work by lowering the freezing point of water. As the minerals dissolve, they form a liquid layer in the ice that makes the snow and ice easier to remove. Abrasives, on the other hand, only help to break up the ice and provide traction. Unfortunately, while these materials improve our safety on roads and sidewalks, they can negatively impact water quality if they are carried off the surfaces on which they were originally applied and into storm drains and streams.

What are the potential impacts from using de-icers?
When de-icing materials used to melt snow and ice are washed off the road and sidewalks by rain, the resulting runoff, called stormwater, is polluted with chemicals, minerals and sediments from the de-icers. This polluted stormwater can then flow to vegetation alongside roads, streams and ponds, or stormwater inlets, which carry the water to local water bodies. De-icer chemicals can also percolate through the soil to groundwater and contaminate well water in areas that use wells for drinking water supply.

According to the National Cooperative Highway Research Program (NCHRP), sodium chloride, calcium chloride and magnesium chloride de-icers can impact water quality and aquatic life by adding too much chloride and metals. Many metals are toxic to aquatic life, even in low concentrations. Chloride de-icers also often contain phosphates, which can cause algae to grow too quickly, smothering other aquatic organisms. Acetates tend to have a high impact on water quality by adding organic content, which uses up some of the oxygen needed by aquatic organisms. The abrasive de-icers impact water quality by adding sediments and increasing the cloudiness in bodies of water. The sediments from abrasives can clog small spaces and smother underwater habitats that are important to aquatic life.

How can we prevent and reduce these impacts?

Many people are under the impression that more is better when it comes to applying de-icers, but we need to consider these environmental impacts. Fortunately, there are several ways to reduce or prevent these impacts:

Follow the directions on the packaging of the de-icer and use the minimum amount possible. De-icers are meant to break the bond between the ice and the pavement or concrete to make it easier to remove, not to melt it all.

Use a small amount of a de-icer or anti-icer (meant for pretreatment) on roads or sidewalks before or shortly after the start of a snowfall, preventing ice from bonding to the ground in the first place. This method can help reduce the total amount of de-icing material applied. However, it is important to be conservative with how much pretreatment material is applied and when it is applied; avoid applying large amounts of pretreatment chemicals for just a few flurries.

Do some research and use the appropriate de-icer. Certain de-icers work better at different temperatures and in different locations. Choosing the right one can decrease the amount of de-icer needed.

Pick up a snow shovel. Keeping up with shoveling the snow off driveways and sidewalks will help to prevent snow and ice from bonding to the pavement or concrete in the first place.

Shovel snow onto grassy areas where possible. As the snow melts, the runoff will be filtered by the grass and soil before reaching a body of water.

Store de-icers in a covered area and in proper containers to avoid the material from being unintentionally spread to the environment by rain or wind.

Employing these methods can help to balance the need for improving safety during dangerous weather conditions with the need to protect our environment and drinking water quality.

To report conditions that could cause stormwater pollution or to get more involved with stormwater activities at JBM-HH, call the Environmental Management Division at 703-696-8055.



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Job well done, Jamey



PHOTO BY DELONTE HARROD

Jamey Westerman, club manager of the Fort McNair Officers' Club, shakes hands with Davis D. Tindoll Jr., director, U.S. Army Installation Management Command Atlantic Region, after receiving a challenge coin from Tindoll Feb. 9 at the club on the Fort McNair portion of Joint Base Myer-Henderson Hall. Tindoll recognized Westerman's work for improving the club's financial performance in Fiscal Year 2015. Tindoll openly recognized Westerman for her hard work and dedication. The short ceremony ended and Westerman gave Tindoll and other attendees a tour of the club. "Jamey inherited an underperforming facility and over the course of the fiscal year worked to eliminate unprofitable programs, manage labor and expenditures, resulting in the profitability of the facility," said JBM-HH Family and Morale, Welfare and Recreation Director Denise James in an email. "Her success has been exceptional."


Soldier for Life-Transition Assistance

Program seminars and workshops

Reservations are required. Spouses are encouraged to register and attend. Call the SFL-TAP office, 703-696-0973 or log-in at www.acap.army.mil. Available to all registered clients who have completed DD2648/2648-1 and initial counseling. Location of seminars and workshops are in the SFL-TAP Bldg. 404 on the Fort Myer portion of JBM-HH unless otherwise noted.

Retiring transition assistance program <i>8 a.m. to 4 p.m.</i> <ul style="list-style-type: none">Feb. 12 or 22-26	Smart investments <i>1 to 3 p.m.</i> <ul style="list-style-type: none">Feb. 24*
Business franchise opportunities <ul style="list-style-type: none">Feb. 19	Credit scores from good to excellent <i>1 to 3 p.m.</i> <ul style="list-style-type: none">Feb. 25*
Finding and applying for federal jobs <i>9:30 a.m. to noon</i> <ul style="list-style-type: none">Feb. 24*	Home buying <i>10 a.m. to noon</i> <ul style="list-style-type: none">Feb. 23*
Federal resume <i>12:30 to 3:30 p.m.</i> <ul style="list-style-type: none">Feb. 18	Debt free <i>10 a.m. to noon</i> <ul style="list-style-type: none">Feb. 25*
Accessing higher education <i>8 a.m. to 4 p.m.</i> <ul style="list-style-type: none">Feb. 16-17*	TRICARE benefits in depth <i>10 a.m. to noon</i> <ul style="list-style-type: none">Feb. 18
Career technical training <i>8 a.m. to 4 p.m.</i> <ul style="list-style-type: none">Feb. 16-17	Marketing Yourself for a Second Career <i>3 to 5 p.m.</i> <ul style="list-style-type: none">Feb. 23*

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