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WANTED: Honor Flight guardians

As more veterans of World War II, Korea and Vietnam travel to D.C. as part of the Honor Flight program, more volunteers are needed to escort them

By Arthur Mondale
Pentagram Staff Writer

For over a decade, Honor Flights have transported thousands of World War II, Korean War and Vietnam War veterans who live all across the U.S. to Washington, D.C. During these trips, veterans visit the memorials of their respective wars, among a long list of other national monuments.

These veterans are flown to D.C. for a time of remembrance and reflection at commemorative, nationally-recognized structures of high importance, memorials built to honor those who served, fought and perished. But the logistics surrounding these significant visits require heavy volunteer manpower: Honor Flight airport greeters and guardians.

"I've been volunteering for a couple of years," said Daisy May Morgan, a retired U.S. Navy senior chief petty officer, who was last stationed at the Pentagon. "I volunteer my time out of my appreciation for our nation's pioneers and the shoulders that we are currently standing on."

Morgan served as an Honor Flight airport greeter during the arrival of the oldest World War II vet, 110-year-old Frank Levingston, who arrived in D.C. by way of an Honor Flight to Ronald Reagan Washington National Airport in December 2015. Levingston's visit was featured in the Pentagram; his schedule included a visit to Arlington National Cemetery, the Tomb of the Unknown Soldier and the National World War II Memorial.

Another volunteer who assisted during Levingston's monumental trip was U.S. Army Spc. Daniel Yeadon, social media and outreach specialist with 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) at Joint Base Myer-Henderson Hall. Yeadon has served as a volunteer guardian (escort) to half a dozen visiting veterans over the last 12 months and sums up his volunteer experience in one word: indescribable.

"There's not another volunteer experience like volunteering with a veteran on an Honor Flight," said Yeadon. "It's an experience

see HONOR GUARD, page 4



PHOTO BY NELL KING

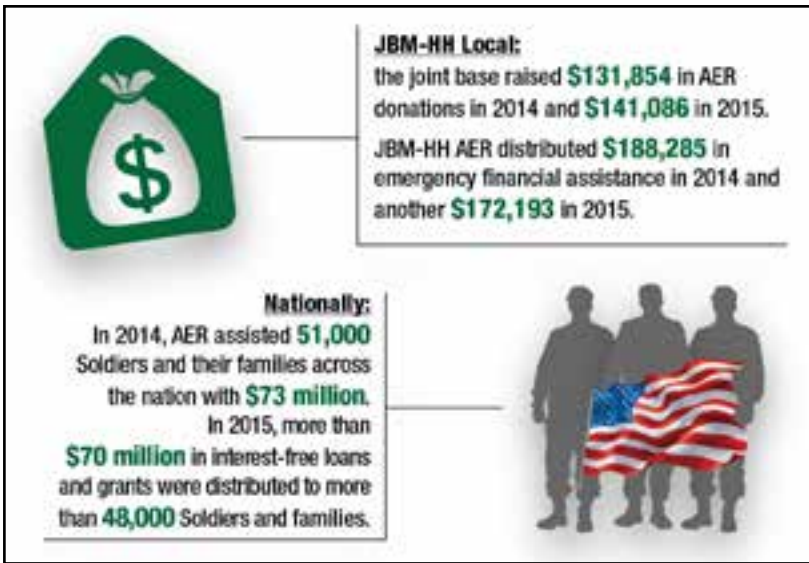
U.S. Army Master Sgt. Annette Reed, center, shakes the hand of one of 75 female veterans who took part in the first all-female honor flight in the United States Sept. 22, 2015, at Ronald Reagan Washington National Airport in Arlington, Va. The airport's Honor Flight Guardian Coordinator, Laura Robertson, conducted a two-hour Honor Flight Guardian training seminar March 1 at Arlington Public Library. The seminar allowed Robertson to screen potential "guardians" (volunteers) who serve as escorts for the hundreds of World War II, Korean War and Vietnam War veterans who visit Washington D.C. as part of the Honor Flight program. Guardians are screened to ensure they are dependable, physically fit and relatable, Robertson said.

AER campaign raises awareness, funds for Soldiers in need

By Guv Callahan
Pentagram Staff Writer

The 2016 Army Emergency Relief (AER) Campaign is underway, with Army leadership raising awareness of the benefits of the financial assistance program and giving Soldiers the opportunity to donate.

Running from March 1 to May 15, the Army-wide campaign raises funds for AER, a private nonprofit organization that provides emergency financial relief to Soldiers, active and



GRAPHIC BY LORRAINE WALKER

see AER, page 4

Rader Clinic unveils MedSafe to protect prescription drug beneficiaries

By Arthur Mondale
Pentagram Staff Writer

Patients and staff at the Andrew Rader U.S. Army Health Clinic now have a way to easily dispose of unwanted and outdated medications, thanks to the installation of a new "MedSafe" near the clinic's lobby March 3.

The MedSafe—a dark blue container similar in appearance to a mailbox—is a 38-gallon medication disposal receptacle that allows patients to properly dispose of expired and unwanted medications.

see MEDSAFE, page 5



PHOTO BY NELL KING

On March 3, Andrew Rader U.S. Army Health Clinic unveiled its first MedSafe: a 38-gallon medication disposal receptacle for expired and unwanted medications. Here, American Red Cross volunteer Madeline Mocko, left, and Pharmacy Technician Sgt. Hezel Castro, demonstrate how to use the MedSafe during a photo shoot at the clinic March 7. Patrons can use MedSafe to deposit the following Schedule II-V Controlled Substances: prescription medications, over-the-counter medications, vitamins, medicated lotions and ointments, liquid medications (must be placed in leak-proof bag) and transdermal skin patches.

News Notes

American Dream U Vetracon – March 11

American Dream U's Vetracon is March 11 from 9 a.m. to 4 p.m. at the Rosenthal Theater on the Henderson Hall portion of the joint base. The event gives service members the opportunity to get advice from top business leaders. The Vetracon is free of charge and lunch will be provided. Join industry leaders to discover the tactics, techniques and procedures needed to develop leadership skills, land a dream career or start a business. This event is open to all members of the military community: active duty, retirees, veterans, civilian employees and spouses. Sign up at <http://american-dreamu.org/jbmh>.

Seven Habits workshops March 11, 21, April 8

MCCS Henderson Hall's Marine Corps Family Team Building program offers three opportunities at the Pentagon to take a one-day The 7 Habits of Highly Effective People workshop. Dates are March 11 and 21 and April 8 from 9 a.m. to 4 p.m. Participants will experience innovative exercises, case studies and poignant video segments, as well as learn from other participants. Registration is required. Call 703-693-8905 for more information and to register.

Smith Gym cancels towel service

As of March 1, the Cpl. Terry L. Smith Gymnasium on the Henderson Hall portion of JBM-HH no longer provides towel services. The gym's facilities and services include an aerobics room, basketball and volleyball courts, cardio areas, free weight workout rooms, stretching areas, a spin room, athletic training room, locker rooms and showers, racquetball courts, sauna and a selectorized equipment area. To contact the gym, call 703-614-7214.

Video game tournament – March 12

USO-Metro is hosting its annual Operation Game On, a video game tournament for active duty service members March 12, 10 a.m. to 6 p.m. at the USO Warrior and Family Center at Naval Support Activity Bethesda. The tournament is played on Xbox One and feature play on the game Call of Duty: Black Ops III. Participants will enjoy complimentary morning refreshments, lunch and raffle prizes. Service members can sign up to participate individually or in teams of five by registering online at <http://goo.gl/JWrHHo>. For more information, call 703-402-7840.

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

Becoming an expert



PHOTO BY SPC. DAN YEADON, 4TH BATTALION, 3D U.S. INFANTRY REGIMENT

Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) conduct training March 1 at Fort A.P. Hill, Va., in preparation to earn the Expert Infantry Badge. Sgt. 1st Class Brian Hines, left, an infantryman from The Old Guard’s Commander in Chief’s Guard, talks infantry field tactics with Soldiers from The Old Guard and the 82nd Airborne Division. Established in 1944 by then-Army Chief of Staff Gen. George C. Marshall, the badge was designated as a means of recognizing the infantry’s “tough, hard hitting role in combat and...proficiency in the infantry arts,” according to an entry on the U.S. Army Maneuver Center of Excellence’s website. To earn the badge, infantrymen must be nominated, train and then pass a series of physical, tactical and academic tests. See next week’s Pentagram for full coverage of The Old Guard’s latest EIB recipients.

EDITORIAL

From the commander: Army Emergency Relief critical to Soldiers in times of need

By Col. Mike Henderson
JBM-HH Commander

March is already here, and that marks the beginning of the Army Emergency Relief (AER) campaign. Since its founding in 1942, AER has taken care of Soldiers and their families by providing financial assistance in a time of need.

Last year alone, the Joint Base Myer-Henderson Hall AER distributed some \$172,000 in interest-free loans and grants to Soldiers and family members. Such an extraordinary accomplishment is not sustainable without the continued generosity of Soldiers like you.

Unfortunately, donations to AER over the past two years have declined by 40 percent. As leaders, it is imperative that we maintain an excellent level of support to our fellow Soldiers. It is also vitally important to never leave a Soldier behind; continued support of AER by each one of us is one way to do just that.

For those Soldiers and Army families in need, I encourage you to apply for relief through the AER directly. We never know when we may need assistance, and that’s why AER is so important. This annual effort is not just about collecting money, never to see a return on investment. Instead, it is a very direct



OFFICIAL U.S. ARMY PHOTO

way for Soldiers to help Soldiers. Our contributions directly fuel the AER’s ability to help our Soldiers and Army family members.

We take great pride in our commitment to be there for each other, and this is just another way for the joint base community to make good on that promise. This year’s campaign runs through May 15, and I ask that you be a part of this important effort.

To learn more, call Trina Reliford at 703-696-8435 or visit www.aer-hq.org.



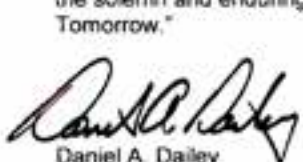
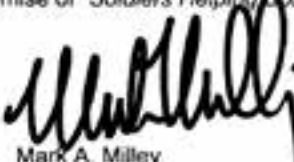
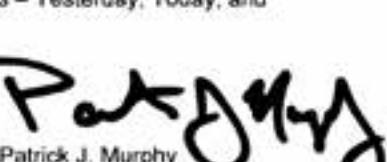
“2016 Army Emergency Relief Annual Campaign”

For the past 74 years, Army Emergency Relief (AER) has clearly made a difference in enhancing the readiness and relieving the distress of Soldiers and their Families by providing \$1.7 billion in needed financial assistance. Last year alone, over \$70 million in interest free loans and grants were distributed to more than 48,000 Soldiers and dependents. Such an extraordinary accomplishment is not sustainable without the continued generosity of active duty and retired Soldiers and Army Civilians.

Unfortunately, the number of Soldiers donating to AER over the past 2 years has declined 40%. This year, we are asking Commands to re-emphasize annual fundraising efforts to maintain past levels of AER support. Those efforts include:

- Ensuring every Soldier receives the opportunity to voluntarily donate through on the job solicitation.
- Creating a greater awareness of AER benefits through sustained publicity before and during the campaign.
- Conducting robust Campaign Kickoff events involving installation leaders at all levels.

The 2016 AER Annual Fundraising Campaign will commence on 1 March and continue until 15 May. The campaign theme, “Never Leave a Soldier Behind,” carries the solemn and enduring promise of “Soldiers Helping Soldiers – Yesterday, Today, and Tomorrow.”

  
Daniel A. Dailey Mark A. Milley Patrick J. Murphy
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Chief of Staff

JBM-HH Lenten and Easter services

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

- | | |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| March 11 and 18 – Lenten Fridays – 6 p.m. – Stations of the Cross; 6:30 p.m. Penitential Supper | March 25 – Liturgy of our Lord’s Passion and Death – 7 p.m. – no noon Mass |
| March 10 – Penance Service – 7 p.m. – Service with opportunity for individual confession | March 26 – Holy Saturday – 7:30 p.m. Easter Vigil Mass |
| March 24 – Holy Thursday – 7 p.m. – Liturgy of the Lord’s Supper – no noon 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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Community

Atlantic Coast Conference mascots help greet children of fallen combat troops

By Delonte Harrod
Pentagram Staff Writer

Fourteen different mascots from major colleges within the National Collegiate Athletic Association’s Atlantic Coast Conference descended upon the fitness center on the Fort Myer portion of Joint Base Myer Henderson-Hall March 7 to interact with Gold Star families.

Mascots from universities, including Virginia Tech and University of Virginia, came to spread joy to families, according to Tim Lynde, senior associate commissioner of brand marketing for the ACC.

“Everywhere the mascots go we hope to bring people joy,” Lynde said. “We’ve [toured] all over D.C....and we have made a bunch of friends.”

Children hugged, took pictures and played basketball with the mascots. The older youth, mostly young teenagers, danced to “The Cupid Shuffle,” an urban line dance, the Macarena, and also played basketball with the mascots.

Tragedy Assistance Program for Survivors (TAPS), an organization that seeks the



PHOTO BY NELL KING

Five-year-old Lila Bennett, holding basketball, Notre Dame’s Leprechaun mascot and Boston College’s Baldwin the Eagle March 7 at the Fort Myer Fitness Center on Joint Base Myer-Henderson Hall. Tragedy Assistance Program for Survivors and other organizations teamed up to bring ACC tournament mascots to JBM-HH to play basketball and spread some cheer.

see MASCOT, page 5

Military families visit 1600 Pennsylvania Avenue

By Julia LeDoux
Pentagram Staff Writer

The Joint Base Myer-Henderson Hall Army Family Team Building Program, in collaboration with the Relocation Readiness Program, hosted a tour of the White House March 1 for service members and military family members.

JBM-HH Army Community Service

Volunteer Coordinator Kathryn Feehan said events like the White House tour are more than just an opportunity for families to have fun and learn new things.

“One of the missions of the Relocation Readiness Program is to assist folks who have recently PCS’ed [permanent change of station] to the NCR

see SPOUSE, page 7



PHOTO COURTESY OF KATHY K. FEEHAN

Military family members participate in a tour of the White House March 1 as part of a military spouse meet and greet event coordinated by Joint Base Myer-Henderson Hall’s Army Community Service office.

Army Wounded Warrior: ‘Never give up, never quit’

By David Vergun
Army News Service

“Don’t pity me,” retired Staff Sgt. Travis Mills told hundreds of Soldiers who came to listen to the former 82nd Airborne Division Soldier who lost portions of both arms and legs and nearly his life in Afghanistan four years ago.

Mills, who is now an advocate for veterans and disabled service members worldwide, spoke Feb. 29, at a U.S. Army Military District of Washington-sponsored Ready and Resilient event at Conmy Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall.

The fateful day

On April 10, 2012, while on dismounted patrol on his third tour in Afghanistan, Mills triggered a buried improvised explosive device.

Two of his buddies were injured as well, he said.

Mills was blown into the air. When he landed, bloody and dazed, he said he quickly assessed the situation and when the medic came, “I told them to fix those two guys first. I’ve seen guys done in for less than my injuries and I knew I was going to die.

“The medic told me to ‘let me do my job,’” he said.

The medic applied multiple tourniquets to Mills and within 20 seconds, all the bleeding had stopped. “He saved my life,” Mills said.

Several others who had been injured were medically evacuated to Kandahar. One guy, who lost one of his testicles, was screaming.

“I calmed him down,” Mills said, adding that later that Soldier had a child and “he named the kid after me.”

Mills said he was thankful to make it to Kandahar, Afghanistan, where he got immediate medical attention. The medical staff is so good there that 99 percent of



PHOTO BY CPL. CODY W. TORKELSON

Retired Army Staff Sgt. and Wounded Warrior Travis Mills addresses Soldiers, civilian employees and guests during a Ready and Resiliency training session at Conmy Hall Feb. 29 on the Fort Myer portion of Joint Base Myer-Henderson Hall. Mills retired from the Army after losing all four limbs during combat operations in Afghanistan in 2012. Mills is now a motivational speaker, author and an advocate for veterans and amputees.

those who make it to Kandahar alive survive. Mills said his other two buddies survived their injuries, which were much less serious than his.

Anger, then hope

Mills admitted that at first, he felt a lot of anger and embarrassment at what happened to him. He was married with an infant girl at the time, and said he thought to himself that when the little girl grows up, she’ll think he’s a monster because of his disfigurement. He said he even questioned his religion.

see WOUNDED, page 7

★ ★ ★ The United States Army Band ★ ★ ★		
CALENDAR OF EVENTS		
March 12	7:30 p.m.	The U.S. Army Concert Band and guest soloists will perform as part of the American Trombone Workshop at the Cincinnati College Conservatory of Music in Cincinnati, Ohio.
March 14	7 p.m.	The U.S. Army Band Saxophone Quartet will perform a recital at the Cincinnati College Conservatory of Music in Cincinnati, Ohio.
March 14	7 p.m.	The U.S. Army Band “Pershing’s Own” will host its annual Young Artist competition at Brucker Hall on the Fort Myer portion of JBM-HH.
March 20	3:30 p.m.	The U.S. Army Chorus will perform at the National Gallery of Art in Washington, D.C., as part of a year of concerts and events in honor of the 60th anniversary of the group’s founding in 1956. The anniversary concert series will include a concert reunion of past members, many who have had successful careers in music education, as soloists on Broadway and on opera stages around the world.
March 27	6:30 a.m.	The U.S. Army Concert Band and Chorus will perform at this year’s Easter Sunrise Service at the Memorial Amphitheater in Arlington National Cemetery, Va.
March 28	7:30 p.m.	The U.S. Army Band “Pershing’s Own” will perform a special concert to celebrate Women’s History Month at the Church of the Pilgrims, 2201 P Street N.W., Washington, D.C.
April 2	11 a.m.	A bluegrass combo from “Pershing’s Own” will perform at the Caisson Spring Open House at the Caisson Stables on the Fort Myer portion of JBM-HH.
April 7	12:40 p.m.	The U.S. Army Blues will perform in the Howard University Jazz Festival, 2400 6th Street N.W., Washington, D.C.

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.

HONOR FLIGHT
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that’s filled with all these emotions from the time these veterans land until the time they return back home. By the end of the experience you know about a person’s military career: their experiences in war and how they felt losing friends when they were serving in battle.

“The stories you’ll hear and the tears they shed in front of you are proof these men and women have actually seen war,” he said. “And to be able to visit monuments with these men and women who have been all over the world, but have never been to the monuments that were built for them is just priceless.” Yeadon’s sentiments were echoed by U.S. Marine Corps Master Sgt. Jason Surratt, staff noncommissioned officer-in-charge of the Official Military Personnel File Office at Marine Corps Base Quantico, Va. Surratt served as a guardian five times last summer alone. He called the experiences “life changing” for both the veterans he’s escorted and himself.

“These men and women have requested to go on these flights for a reason,” said Surratt. “The last person I escorted was a 101-year-old man. He came to D.C. for the same reason others had come before him — for closure.”

Honor Flight guardian assignments soon to increase

The next round of Honor Flight arrivals will begin flying into D.C.-area airports in April, May and June, according to Laura Robertson, guardian coordinator for Ronald Reagan Washington National Airport. And she’s being proactive about avoiding a potential shortage of greeters and guardians this spring and summer.

“Honor Flights have evolved,” said Robertson. “Every veteran on an Honor Flight needs a guardian. It used to be every three veterans needed a guardian, now the norm is every veteran will have their own individual guardian. In that case they are utilizing more D.C.-based guardians.”

“And we’re heading into the time of year when you’re going to see Honor Flights arrive just about every other weekend at DCA [Ronald Reagan Washington National Airport] and Washington Dulles International Airport,” Surratt said.

Moreover, trips have gotten longer, Robertson adds. A two-day, overnight stay has become more common. That requires volunteers to prepare for two days of visiting national monuments, to include: the World War II Memorial, the Korean War Memorial, the Vietnam Memorial, the Lincoln Memorial, the Marine Corps War Memorial, the U.S. Air Force Memorial, the U.S. Navy Memorial, Arlington National Cemetery, Tomb of the Unknown Soldier, the Women in Military



PHOTO BY DAMIEN SALAS

From left, Spc. Dan Yeadon and Honor Flight attendee retired U.S. Navy Petty Officer 1st Class Tommie Lee from Austin, Texas, view the U.S. Marine Corps War Memorial while waiting to take a group photo in Arlington, Va., May 2, 2015. Yeadon, a Soldier with the 3d U.S. Infantry Regiment (The Old Guard) on Joint Base Myer-Henderson Hall, is one of dozens of local service members who serve as guardians — volunteers who serve as escorts for the hundreds of World War II, Korean War and Vietnam War veterans who visit Washington D.C. as part of the Honor Flight program.

Service for America Memorial, and a city tour of Washington, D.C., which could include stops at the Smithsonian Museum and Washington Navy Yard.

On March 1, in an effort to reach a larger pool of volunteer guardians, Robertson held a two-hour Honor Flight Guardian Training seminar at the Arlington Public Library. The event was attended by military-affiliated personnel who work at installations in northern Virginia. The hope was to reach a pool of volunteers who were dependable, physically fit and relatable, she said.

“Our primary mission is to watch over the safety of our veteran, and that includes the emotional well-being, their physical and mental health,” Robertson said. “Typically our volunteer guardians need to be dependable and fit enough to walk between three to five miles a day, because these trips pack in what some people do in a week. But the emotional well-being is just as important. This should be a fulfilling day for our veterans, and our guardians need to initiate conversation in a respectful way.”

The seminar covered general safety rules, as well as medical concerns, the importance of hydration and the importance of capturing the guardians’ experience with his or her designated veteran through pictures, either by cell phone or digital camera. “It’s important to think about photographs,” Robertson said. “Serving as a guardian should be seen as a memorable honor and a privilege.”

Attendees were given a lot of training material to review and provided with a medical information form and a legal waiver.

“I’m building a pool of eligible



PHOTO BY ARTHUR MONDALE

Laura Robertson, right, guardian coordinator for Ronald Reagan Washington National Airport, answers questions while collecting medical information and legal waivers from military-affiliated volunteers following a two-hour Honor Flight Guardian training seminar March 1 at Arlington Public Library in Arlington, Va. The training screens potential “guardians” (volunteers) who serve as escorts for World War II, Korean War and Vietnam War veterans who visit Washington D.C. as part of the Honor Flight program. Guardians are screened to ensure they are dependable, physically fit and relatable, Robertson said.

guardians, so the next time I get a request for guardians they will be among the people who are notified,” Robertson said. “But I understand that everyone has their own gifts, limitations and thresholds.”

“You need to be able to empathize, which is why service-connected volunteers are so important,” Yeadon added.

“Volunteers should understand that you’re helping them [Honor Flight veterans] tell their story — and it could be a two day event,” Surratt said. “It’s a big deal that’s capped off with a return full of claps and ovations, and the highly anticipated heroes’ welcome that awaits them when they arrive back to the airports from where they originally came. Thousands of people are just waiting for them to come home. This kind of volunteer experience is both memorable and equally amazing.”

Honor Flight volunteer opportunities are available both during the weekend and mid-week according to Robertson. To learn more visit www.honorflightdca.com.

Pentagram Staff Writer Arthur Mondale can be reached at amondale@dc-military.com.

AER
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retired, and their families in times of need.

AER gets the majority of its funding from voluntary donations by Soldiers and civilians, as well as repayment of AER interest-free loans and investment income, according to the organization’s website.

Since it was established in 1942, AER has provided more than \$1.7 billion to 3.7 million Soldiers and their families.

In 2014, AER assisted 51,000 Soldiers and their families across the nation with \$73 million. In 2015, more than \$70 million in interest-free loans and grants were distributed to more than 48,000 Soldiers and families.

But in a letter to kick off the 2016 campaign, Army leaders noted that the number of Soldiers donating to AER has declined 40 percent. In light of that decrease, leaders are urging commands to re-emphasize their fundraising efforts.

Trina Reliford, AER officer and accredited financial counselor with Joint Base Myer-Henderson Hall Army Community Service, said it’s important for Soldiers to be aware of the program and to consider donating.

“The donations go directly into helping Soldiers and their families during their financial hardship,” she told the Pentagram.

According to Reliford, the joint base raised \$131,854 in AER donations in 2014 and \$141,086 in 2015.

In past years, JBM-HH AER had set fundraising goals for the annual campaign, Reliford said. In 2014, for instance, the local AER program set a goal of \$125,000 in donations and ended up exceeding that amount.

But there are no goals for the 2015 and 2016 campaigns. Instead, Reliford and joint base leaders are focusing on getting the word out and getting donations through awareness.

“We’re trying to get 100 percent solicitation so that we can educate the community on AER campaign donations,” she said. “Our focus is on 100 percent contact and awareness.”

Reliford noted that AER is not allowed to solicit donations from civilians.

“If they see the information around, they can say, ‘Oh I’d like to donate,’” she said. “But we can’t just walk up to a civilian and ask them to donate.”

For the most part, the joint base community is aware of the annu-

al AER fundraising campaign and the many benefits of the program, Reliford said.

“They’re mostly aware,” she said. “During the campaign, each unit has coordinators and key-workers that go through their areas and give out information on the campaign.”

JBM-HH AER distributed \$188,285 in emergency financial assistance in 2014 and another \$172,193 in 2015.

AER financial assistance can be used for rent and mortgage payments, utilities, food, medical costs, relocation, funeral expenses and much more.

Reliford encouraged Soldiers to contact AER if they are ever in need.

“A lot of people have their pride,” she said. “But once they find out that the service is there, they feel comfortable coming and using it. Other people have said that they weren’t aware the service was there.”

For more information about AER Soldiers should contact their local AER officer or visit www.aerhq.org/dnn563/Home.aspx.

To make a donation to AER, visit www.aerhq.org/dnn563/Donations.aspx.

Pentagram Staff Writer Guv Callahan can be reached at wcallahan@dcmilitary.com.

NEWS
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Time to spring forward! Daylight Savings begins March 13

Don’t forget to set clocks forward one hour when Daylight Savings Time begins at 2 a.m., March 13. Set your clocks forward Saturday evening before going to bed to ensure you do not forget. Also, Daylight Savings Time is an opportunity to check smoke detector and fire alarm batteries to ensure both are functioning properly.

Netcetera class – March 14

JBM-HH Army Community Service is hosting a class to give parents and caregivers easy steps on the “how to” talk to children about Internet etiquette and safety March 14, 9:30 to 11:30 a.m. in the ACS classroom in Bldg. 201 on the Fort Myer portion of JBM-HH. For more information or to register, call 703-696-3512.

Interviewing 101 – March 16

Want to learn the secret to successful interviewing? Find out at this workshop held March 16 from 9 to 11 a.m. in Bldg. 21 on the Henderson Hall portion of the joint base. You’ll learn about the interview process, effective and confident communications and how to respond to challenging questions. Be prepared to meet your future employer. Register to attend by calling 703-614-6828.

VA assistance available March 17

An American Veterans organization representative reviews service member medical records and provides assistance with the Department of Veterans Affairs disability compensation process March 17 from 7:30 a.m. to 1 p.m. in Bldg. 29 on the Henderson Hall portion of the joint base. Register in advance by calling the Career Resource Management Center at 703-614-6828.

Women’s History Month celebration – March 17

Join the Joint Base Myer-Henderson Hall community in celebrating Women’s History Month at the Fort Myer Officers’ Club (Bldg. 214) March 17 from 11:30 a.m. to 1 p.m. The guest speaker is Joan Bradley Wages, president and CEO of the National Women’s History Museum. For more information, call 703-696-8729.

2016 Commander’s Race Series begins March 18

The first road race in this year’s Joint Base Myer-Henderson Hall Commander’s Series begins with the Shamrock Shuffle 5K race and 1-Mile walk March 18 at the Fort Myer Fitness Center beginning at 6:45 a.m. The race is coordinated by the Family and Morale, Welfare and Recreation Directorate, in partnership with the Military District of Washington Sgt. Audie Murphy NCO Club and JBM-HH Army Emergency Relief. The race is open to all Department of Defense ID card holders. Registration is available online for the race at www.jbmhhhMWR.com; race day registration opens at 5:45 a.m. Awards will be presented for a variety of finisher categories in the men’s and women’s divisions, as well as age groups. For more information, call Todd Hopkins at 703-696-0594 or 703-939-1045.

MOPH meets March 19

The Greater Washington, D.C. Chapter 53, Military Order of the Purple Heart will hold its monthly meeting at American Legion Post 176, 6520 Amherst Avenue, Springfield, Va., March 19 at 1 p.m. The Warrior Cafe will be open prior to the meeting should anyone wish to come early and enjoy lunch. All recipients of the Purple Heart Medal are invited, especially new medal recipients. For more information, contact Commander Gordon Sumner at gordon.sumner53@gmail.com or William Lee at wlee95678@outlook.com.

Army Emergency Relief policy change allows direct access

A 2015 policy change now allows Soldiers direct access to AER without having to get approval through their chain of command. AER managers voted unanimously to approve the policy change in July because the number of active duty Soldiers requesting assistance had declined 35 percent over the past six years. Studies revealed Soldiers are reluctant to seek AER assistance because the process can be intimidating, and there is a perceived negative stigma associated with asking for financial help. For a list of questions and answers on the policy change, see www.slideshare.net/JBMHH/aerqa. For more information, call 703-696-8435.

There’s still time: Visit the JBM-HH Tax Center

The Joint Base Myer-Henderson Hall Consolidated tax center is open for simple tax returns in Bldg. 205 on the Fort Myer portion of the joint base. The tax center will prepare taxes through April 18. No appointments are necessary. The center is open Monday through Friday from 8 a.m. to 4 p.m. Jointly operated by the U.S. Army Military District of Washington and U.S. Marine Corps National Capital Region Command, the tax center serves military personnel, their families and other eligible customers, including military on active duty; National Guard and Reserve personnel on orders more than 29 days; retirees drawing retiree pay (not retired National Guard and Reserve personnel who have not yet started drawing retirement pay); and family members of the above categories. For more information about the tax center’s services, visit their website at <http://go.usa.gov/cnu9J>. Call 703-696-1040 for more information.

Veterans History Project panel of women veterans — March 21

The Library of Congress’ Veterans History Project is celebrating Women’s History Month with a panel discus-



PHOTOS BY NELL KING
Lila Bennett high-fives North Carolina State University's mascot, Mr. Wuf, March 7 at the Fort Myer Fitness Center on Joint Base Myer-Henderson Hall. Bennett made sure to practice her bouncing skills before all the mascots arrived so she could play with them.

MASCOT
from page 3

well-being of families who have lost loved ones during combat, and JBM-HH's Survivor Outreach Services, an organization that "provides long term support to surviving families of fallen Soldiers," according to their website, partnered with New York Life Foundation TAPS to bring mascots to the joint base.

"These kinds of events are important for our survivors [so] that their sacrifices are not forgotten," said Kristi Pappas, support coordinator at Survivor Outreach Services. "Many of our survivors are young families who have lost a mother or father."

Maria Collins, vice president of the New York Life Foundation, said the event was an opportunity to carve out space to allow children just to be children.

"You have to be a kid and you have to enjoy life," she said. "Unfortunately, when you lose someone, you will always remember them—and you will always feel that sadness, but sometimes you want to be taken out and just have a good time and be a kid. And they

need to be kids and they need to enjoy themselves. And what a better way."

This event was helpful to the Deck family.

Crystal Deck, along with her four children—Reese, 17, Madi, 15, Lexi, 14 and Sean 7—attended the event. Ten years ago, according to Deck, her significant other, Michael V. Johnson, who was a hospital corpsman in the U.S. Navy, died in Iraq. And her oldest son, Reese, suffers from "chronic malnutrition, encephalopathy, and osteogenesis imperfecta (brittle bone)."

"Reese has a gastrostomy tube and he receives all of his nutrition via the tube," said Deck. "He is fed a special medical formula over 12 hours each day. He takes very little, if nothing, via the mouth and his digestive system doesn't work, so everything that he eats comes back up and he has difficulty using the bathroom."

Yet, despite his multiple illnesses, Reese came to the event just to see the mascots and to play some basketball.

"It is good for us to come here," said Deck. "It helps us to get away from everything [for a while]. [My kids] aren't too impressed by many things, but

these mascots seem to be showing them a good time."

In addition to providing connection with other military families, the mascots could be a reminder to the families of the educational legacies left by lost loved ones and serve as inspiration to the children, according to Diana Hosford, director of Teams 4TAPS.

"There could be a child in there whose loved one could have gone to one of those schools the mascot is representing," added Hosford. "So [this] is special. "It is a special way to have fun and be back in an environment where they're with their military families."

JBM-HH Commander Col. Mike Henderson said that TAPS's commitment to helping families across the country is "just phenomenal" and the way they use their programs to connect military families and provide emotional help is "beyond words."

The event ended with mascots taking a group photo with parents, children and representatives from the partner organizations. After the fun, families were treated to ice cream.

Pentagram Staff Writer Delonte Harrod can be reached at dharrod@dcilitary.com.



Benjamin Voelke (center) meets Syracuse's mascot, Otto the Orange, March 7 at the Fort Myer Fitness Center at Joint Base Myer-Henderson Hall. Tragedy Assistance Program for Survivors and other organizations teamed up to bring ACC tournament mascots to JBM-HH to play basketball and spread some cheer.



Madi Deck (front) and her sister Lexi Deck dance along with a few Atlantic Coast Conference collegiate mascots March 7 at the Fort Myer Fitness Center on Joint Base Myer-Henderson Hall. The ACC tournament mascots spent time not only playing basketball but also dancing during the special event, which was organized by Tragedy Assistance Program for Survivors and other organizations.



Collegiate mascots of teams participating in the 2016 Atlantic Coast Conference Basketball Tournament in Washington, D.C., gathered at the Fort Myer Fitness Center to greet military families -and dance to the Macarena - March 7 on Joint Base Myer-Henderson Hall. The ACC tournament mascots played basketball and danced during the special event, which was organized by Tragedy Assistance Program for Survivors and other organizations.



Collegiate mascots of teams participating in the 2016 Atlantic Coast Conference in Washington, D.C., gathered at the Fort Myer Fitness Center to greet military families - including dancing to the Macarena - March 7 on Joint Base Myer-Henderson Hall. The ACC tournament mascots spent time not only playing basketball but also dancing during the special event, which was organized by Tragedy Assistance Program for Survivors and other organizations.

MEDSAFE
from page 1

participated in initiatives to protect beneficiaries and the environment like Drug Disposal Take-Back Days. While those annual initiatives will continue, patrons need not wait for designated dates to dispose of unwanted drugs, according to U.S. Army Capt. Dana Bal, the clinic's pharmacy chief.

"Previously, Rader Clinic had [Drug Disposal] take-back days, which are only semi-annual events, so having the Med-Safe inside the main entrance of Rader Clinic means there will be a place for patients to properly dispose of their medication year round in one centralized location," Bal said. "Patients will know that when Rader Clinic is open, the MedSafe is also available for use."

MedSafe provides an easy, safe and secure prescription drug disposal method, already used at locations including Walter Reed National Military Medical Center and Kimbrough Ambulatory Care Center at Fort George G.

Meade, Bal said.

"Compounds of prescriptions decompose just like everything else over time, so patients who take them are at risk of these prescriptions not working properly as expired drugs lose their stability and effectiveness," Bal said. "But also if they are disposed of improperly, prescriptions could get into our water system and end up hurting the environment."

More than 14,000 beneficiaries receive medication from the pharmacy at Andrew Rader U.S. Army Health Clinic, according to Bal. That means thousands of expired and unwanted prescription drugs could be stockpiled in beneficiaries' homes that could pose a risk to patients and the environment, she said.

In an email, Bal explained that medications disposed via MedSafe are contained within a stainless steel receptacle, eliminating a chance that the drugs could contaminate water sources and reduces risk of diversion or harm. Likewise, the medications collected from the Med-Safe are incinerated, rendering pharmaceuticals non-retriev-

able, she wrote.

Patrons can use MedSafe to deposit the following Schedule II-V Controlled Substances:

- Prescription medications
- Over-the-counter medications
- Vitamins
- Medicated lotions/ointments
- Liquid medications (must be placed in leak-proof bag)
- Transdermal skin patches

Items that cannot be disposed of in the MedSafe:

- Needles (e.g. epinephrine autoinjector, syringes, etc.)
- Inhalers
- Thermometers
- Contraband drugs
- Infectious waste/medical waste
- Personal care products
- Hydrogen peroxide
- Aerosol cans
- Business waste (e.g. trash, paper, etc.)

Pharmacy technicians the Pentagon spoke with said the number of patients on any given day receiving an initial prescription, refill or renewal is consistent, so the MedSafe is a convenient investment for both Rader Clinic and an aging population.



PHOTO BY ARTHUR MONDALE
U.S. Army Capt. Dana Bal, left, chief of pharmacy for Andrew Rader U.S. Army Health Clinic on the Fort Myer portion of Joint Base Myer-Henderson Hall, speaks with Pharmacy Technician Devone Butler inside the pharmacy March 3. Bal is responsible for ensuring more than 14,000 beneficiaries remain current with their medications with the help of a team of pharmacy technicians.

"It's amazing how powerful a small pill can be in helping people keep up with their health, but once they expire, the potency is not the same," said Devone Butler, a pharmacy technician at Rader Clinic. "The MedSafe should serve as a constant reminder of that to our patients."

The MedSafe is located on the first-floor of Rader Clinic in

the main entrance. Expired or unwanted medications can be dropped off Monday through Friday, 7:30 a.m. to 5 p.m. If a patient is unsure of what type of medications/substances can be disposed of in the MedSafe they can call 703-696-3540.

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

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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 8 a.m. to 4 p.m. <ul style="list-style-type: none">• March 11 or 14-18• April 11-15 or 18-22• May 9-13 or 23-27	Accessing higher education 8 a.m. to 4 p.m. <ul style="list-style-type: none">• May 10-11*• July 12-13*
ETS TAP 8 a.m. to 4 p.m. <ul style="list-style-type: none">• April 4-8• May 2-6	Career technical training 8 a.m. to 4 p.m. <ul style="list-style-type: none">• April 19-20*• Jun 21-22
Entrepreneur track boots to business 8:30 a.m. to 3:30 p.m. <ul style="list-style-type: none">• March 22-23• May 17-18	TRICARE benefits in depth 10 a.m. to noon <ul style="list-style-type: none">• March 24• April 21*• May 19
Business franchise opportunities 3 p.m. to 5 p.m. <ul style="list-style-type: none">• April 25• June 27*	Marketing yourself for a second career 1 to 3 p.m. <ul style="list-style-type: none">• March 29*• April 26• May 24*
Finding and applying for federal jobs 9:30 a.m. to noon <ul style="list-style-type: none">• March 30*• April 27• May 26*	Capstone (Every Friday by appointment) 9 a.m. to 11 a.m. <ul style="list-style-type: none">• March 11, 18, 25• April 1, 8, 15, 22, 29• May 6, 13, 20, 27
Federal resume 12:30 to 3:30 p.m. <ul style="list-style-type: none">• March 24• April 21*• May 19	

*Located in Education Center Bldg. 417, room 108/**218



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Commander signs local union agreement



PHOTO BY NELL KING
Joint Base Myer-Henderson Hall Commander Col. Mike Henderson signs a collective bargaining agreement between JBM-HH and Public Service Employees Local Union 572 during an official ceremony March 2 on the Fort Myer portion of JBM-HH. The document details agreed upon working conditions of some 100-plus, union-represented employees throughout JBM-HH. Watching Henderson sign are various members of JBM-HH's Directorate of Public Works as well as Larry Doggette, Union 572's business manager (standing, wearing hat).

Three ways to add \$100,000 to your TSP retirement account

By Beth Perry
Federal Retirement Thrift Investment Board



COURTESY GRAPHIC

Similar to private sector 401(k) plans, the Thrift Savings Plan (TSP) is a defined-contribution plan that provides uniformed service members and federal employees the opportunity to save for additional retirement security. To sign up for the TSP or increase your contributions, log into myPay and follow the instructions at the end of this article.

Saving for retirement sounds daunting, but here's some inspiration: Thousands of uniformed services members younger than 35 have \$100,000 or more in their TSP accounts. Here's how you might join them.

1. Dial down your cell phone. When you consider data and texting, most plans cost more than \$75 per month. Saving that amount could grow into more than \$106,000* after 35 years. You probably can't give up your cell phone completely, but simply scaling back your usage can make a difference. For example, consider making free internet calls to reach family overseas. And if you are deployed to an area without cell service for an extended period, you may be able to suspend or cancel your contract. Check with your service provider to learn more.

2. Cut back your cable. The cost of cable has increased dramatically in the past 10 years, and rates are projected to continue rising. If you're willing to part with your 200

channels, saving that extra \$80 a month can mean almost \$114,000* in 35 years. Many providers also offer basic plans at a big discount – some are as low as \$25 per month. Plus, the libraries on post often have extensive DVD collections you can check out at no cost.

3. Think small. Even minor changes can add up over time. For example, saving the cost of a \$1 mobile app could mean \$30,000.* Investing the \$1.50 you'd spend on a soda from the base vending machine each day could grow to \$45,000.* And that fancy coffee? Saving the \$3.50 you'd spend on a daily cup could brew into \$105,000.* The important part is to start early and be consistent.

Found a way to save extra money? You can sign up for the TSP or increase your contributions by logging into myPay. In the Traditional TSP and Roth TSP section, choose how much of your pay you'd like to save (7 percent, for example). Then click "Save" at the bottom of the screen. You can also update your TSP mailing address in myPay.

* All figures assume consistent saving and an investment return of 6 percent per year compounded monthly. Unless otherwise noted, examples are based on a 30-year time period.

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NEWS

from page 4

sion titled “A Band Apart: Women at War” March 21 at noon in the Whithall Pavilion on the ground floor of the Library of Congress (10 First Street S.E. in Washington, D.C.). This event is free and open to the public; no tickets are required. Participants include Elisa Basnight, U.S. Army veteran and chief of staff of the U.S. Mint; Marsha Four, U.S. Army Nurse Corps veteran and vice president of Vietnam Veterans of America; Linda Spoonster Schwartz, U.S. Air Force veteran and assistant secretary for policy and planning at the Department of Veterans Affairs; and more. For more information, visit www.loc.gov/vets or call 888-371-5848.

Step up Sexual Assault and Prevention Response training – March 22

Headquarters and Service Battalion on the Henderson Hall portion of JBM-HH is hosting a step up sexual assault and prevention response training for junior Marines (E3 and below) March 22, 8 to 10 a.m. in Room 104 in Bldg. 29 on Henderson Hall (battalion HQ building). The training is an annual requirement and cannot be completed on Marine Net. For more information, call 703-614-1471.

Job search for newcomers class – Military-friendly job fair – March 23

Meet face-to-face with dozens of employers and government agencies with

immediate staffing needs, as well as military-friendly schools and veteran service organizations March 23 from 9 a.m. to 12:30 p.m. at the Army Navy Country Club, 1700 Army Navy Drive, Arlington, Va. Early registrants include National Security Agency, National Institutes of Health, HITT Contracting, AECOM, State Farm, PenFed, Pepco Holdings, Sears Home Services, Endeavor Air, BAE Systems, Prince William County Police and more. This job fair is especially for transitioning and former military and family members seeking employment. Free and open to all job seekers. Business attire for attendees is recommended. Pre-register through <http://corporategray.com> to receive a job fair directory before the event; this also makes resumes available in advance to the participating companies.

Easter Sunrise Service announced – March 27

The annual Easter Sunrise Service, hosted by Joint Base Myer-Henderson Hall Commander Col. Mike Henderson, will be held Sunday, March 27, at Arlington National Cemetery’s Memorial Amphitheater. The non-denominational worship service will begin with a prelude by the U.S. Army Band “Pershing’s Own” at 6:15 a.m. The service is scheduled to begin with a call to worship at 6:30 a.m. Seating is available on a first-come, first-served basis. This year’s Easter message will be delivered by Chap. (Brig. Gen.) Thomas L. Solhjem, deputy chief of Chaplains, United States Army. An interpreter for the hearing impaired will be present. For more information, please call 703-696-6635.

Washington CID Bn. moving – March 28

The Washington Criminal Investigation Division (CID) Battalion, currently located at 105 Fenton Circle, Bldg. 305, Fort Myer, is moving to new quarters at 106 Stewart Road, Bldg. 313, Fort Myer. CID will open for regular operations at the new location March 28. For more information, call 703-696-5998/5898/1708.

Save the date: SHARP interactive presentation – April 1

April is Sexual Harassment and Assault Prevention Month and the JBM-HH Sexual Harassment and Assault Prevention Office is hosting an interactive presentation April 1 called “Beat the Blame Game” at 9:30 a.m. in the Town Hall center on the Fort Myer portion of JBM-HH. This presentation will focus on how to stop victim blaming, retaliation and reprisal while empowering people to prevent and intervene to stop sexual violence. For more information, call Yolanda King at 703-696-6497 or email at yolanda.m.king.civ@mail.mil.

2016 Thrift Shop/AOWCGWA scholarship applications now being accepted

In partnership between the Fort Myer Thrift Shop and Army Officers’ Wives’ Club of the Greater Washington Area, applications are now being accepted for the 2015-2016 school year. Applications must be received and/or postmarked by March 25. Information about the scholarship program and applications to include the eligibility requirements are

now available on the following websites at www.fortmyerthriftshop.org or www.aowcgwa.org under “scholarships” and “community grants” links. In 2015, the partnership awarded \$105,500 for scholarships. Volunteers and staff give of their time, working numerous hours every year at the thrift shop to raise funds for deserving students through scholarships. The thrift shop is a 501c (3) tax exempt organization that raises funds for both scholarships and community grants through donations and consignments. Tax receipts are available for all donations made to the Thrift Shop.

Food truck now available at MCX

A food truck that serves Mexican food is now available Tuesdays from 11 a.m. to 2 p.m. in front of the Marine Corps Exchange on the Henderson Hall portion of JBM-HH. The truck, serves fish, shrimp, carne asada, veggies, rice bowls, salads, yogurt and much more. For a full menu, visit www.mccshh.com/pdf/Rito_Loco.pdf. The truck accepts cash and credit cards.

News Notes submissions

Send your submissions for the March 24 edition of the Pentagongram via email at pentagramjbmhh@yahoo.com no later than noon, March 16. Submissions must be 100 words or less and contain all pertinent details. Submission of information does not guarantee publication. Please note that unless otherwise noted, all events listed are free and open to all Department of Defense ID card holders.





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