



Pentagram

Vol. 62, No. 34 August 25, 2016

www.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

New school year, same urgent reminder for drivers

JBM-HH traffic accident investigators: 'Drivers should expect zero leniencies in court'

**By Arthur Mondale
Pentagram Staff Writer**

The start of the school year is here, and drivers are seeing more school buses on the road. Most District of Columbia Public Schools began classes Aug. 22, and Prince George's County Public School students returned to class Aug. 23. Students in

many other districts, including Arlington Public Schools, are expected to return to class on Sept. 6.

Joint Base Myer-Henderson Hall law enforcement officials remind drivers to be cautious – and that they'll be watching to ensure all traffic laws are followed.

see SAFETY, page 4



COURTESY PHOTO

A stopped school bus displays an extended stop sign with flashing red lights halting motorists. "Drivers need to be mindful both on and off post," said Lt. Troy Dennison, chief of operations for JBM-HH police, in reference to the increasing number of school bus drivers can expect to see.

Woods looks back on two years as JBM-HH CSM

**By Julia LeDoux
Pentagram Staff Writer**

Outgoing Joint Base Myer-Henderson Hall Command Sgt. Maj. Randall E. Woods is looking back over his two years as the installation's senior enlisted leader as he prepares for his Aug. 26 change of responsibility ceremony.



DEPT. OF ARMY PHOTO
Command Sgt. Maj. Randall E. Woods.

"The exposure I had with senior leaders throughout DoD gave me a better picture and understanding of what it takes to serve at a higher level," he said in an interview with the Pentagram. "I have added quite a few tools to my leadership kitbag that I will utilize in the future."

Woods said it's been an honor to serve as the JBM-HH command sergeant major, a position he's occupied since 2014.

"My opinion, it is the people that make this place great, not the history or the grounds we walk on," he said. "The most rewarding part of my two years as the joint base command sergeant major is having served with and gotten to know the people who make up this joint base."

see FAREWELL, page 4

JBM-HH rolls up sleeves to help ASBP resolve summer blood shortage



PHOTO BY SPC. DANIEL YEADON, 4TH BATTALION, 3D INFANTRY REGIMENT (THE OLD GUARD)

Sgt. Samuel Machtinger from 529th Regimental Support Company, 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) donates blood during the Armed Forces Blood Program donation drive at the Fort Myer Fitness Center Aug. 17.

**By Spc. Daniel Yeadon
4th Battalion,
3d Infantry Regiment
(The Old Guard)**

A national shortage has triggered urgent calls for donors by blood banks in many parts of the country. Donors at Joint Base Myer-Hender-

son Hall answered that call during a blood drive at the Fort Myer Fitness Center Aug. 17.

The Armed Services Blood Program collects blood for use in military treatment facilities and by military medical personnel serving all over the world. The ASBP also

works closely with its civilian counterparts, sharing blood products with civilian agencies in times of need.

Blood donations typically drop off during the summer months, and this year is no exception. But at the JBM-HH drive, blood bank personnel were able to collect

enough type O blood to meet demand during what Donna Onwona, ASBP public affairs specialist and donor recruiter for the National Capital Region, called "a very challenging week."

Command Sgt. Maj. Lee

see BLOOD DRIVE, page 4

Ten Things to know around DoD in September

**By Julia LeDoux
Pentagram Staff Writer**

1. What's in a name? Beginning Sept. 1, Service members of any rank or military branch are eligible to apply for membership at historic Fort Myer Officers' Club.

With new, inclusive membership, there'll be a new name. The following is a list provided by patrons. You can pick one name, or number them in your order of preference, then send your reply to jbmhhfwmr@gmail.com with subject line: "Named!"

The winning entry will be announced and published in the Sept. 1 edition of the Pentagram. The suggestions are:

- Patton Hall
- Fort Myer Social Club
- The Myer Club or just Myer Club
- The Patton-Puller Club
- The Patriot's Retreat
- The George C. Patton Community Pavilion
- Joint Base Hero's Club
- The Cannon Club
- The Fort Myer Cannon Club
- The Capitol Club of Fort Myer

- The Capitol Club
- The Military District of Washington National Capitol Club
- The Nation's Capitol Club
- The Armed Forces Club of America
- Washington's Club
- The Commander-in-Chief's Club
- The Old Guard's Club
- The Club of The Old Guard
- America's Old Guard Club
- Patton Armed Forces Club
- Potomac Armed Forces Club
- Patton's Joint Base
- The Joint Base Capitol Club
- The Military Club of Arlington
- Patton's Racquet and Swim Club

For more information about the club and a membership application, visit: jbmhhmwr.com or facebook.com/pages/Ft-Myer-Officers Club.

2. George Washington Patriot Run – Sept. 11

Celebrate patriotism with a 5K or 10K run in the footsteps of our first commander-in-chief; Sept. 11, 8 a.m. at George Washington's historic Mount Vernon estate. The event also features ceremonies honoring the military and first responders who were at the Pentagon on 9/11, and a "Patriot Expo,"

featuring displays by 20 veteran-owned businesses and non-profit organizations. For more details, visit www.mountvernon.org.

3. Reset coming to Fort Myer Commissary. A reset of the Fort Myer Commissary will take place Sept. 26 to 27. The store will close at 6 p.m. on Sept. 25 and reopen to customers at 8:30 a.m. on Sept. 28. The reset will include a complete dry grocery, chill and frozen section reset with a full shelving change out.

4. DeCA has new approach to calculating savings. According to a news release at DOD.gov, the Defense Commissary Agency will align how it calculates savings more closely with private sector practice. Commissary prices will be compared more frequently with those being charged by local grocers to better inform military customers of how much they can save when choosing to shop at the commissary. For more information on DeCA's new approach to calculating savings, go to the detailed Transformation FAQ posted under the customer service tab at www.commissaries.com.

see TEN THINGS, page 4

News Notes

Henry Gate: pedestrian tips

The access Enhanced Security Pedestrian Gate (ESPG) at Henry Gate is now open for use by all military ID card holders. While anyone with a military ID card can exit the ESPG, returning through the ESPG requires additional steps.

First, ensure you stop by the Fort Myer Visitor Control Center (Bldg. 415) to register your military ID card and fingerprints before exiting via the ESPG, or you will need to re-enter the installation at another access control point. The visitor center is open Monday through Friday, 8 a.m. to 5 p.m.

Second, understand you cannot bring guests through the pedestrian access point; each user must be registered, and must enter separately using his or her own CAC or other military ID. Please note: One-year AIE or Automated Installation Entry pass holders are not eligible to register.

Third, remember that if you get a new ID card, you'll need to register it at the visitor center before using it to enter the installation using the ESPG at Henry Gate (the card will be valid for access at other access control points).

Fourth, know that the gate is designed to block entry by anyone carrying bulky or heavy items. If you have a large item, the gate will not open automatically — use the intercom to contact the police desk, or you can use a personal cell phone to call the police desk at 703-588-2800/2801. Security desk personnel will verify who you are and manually override the door lock to grant you access. If you are wearing a back pack or handbag, do not remove it to go through the ESPG. If you are denied entry even while wearing your back pack or bag, use the intercom in the ESPG or call the security desk for assistance (the numbers are also posted inside the ESPG).

Following these tips will make use of the ESPG easier for both you and our security staff.

For more information about using the ESPG at Henry Gate or other installation access questions, call 703-696-8968 or 703-588-2803.

see NEWS, page 4

Index

Labor Day holiday hours page 2
 Community page 3
 News Notes page 4
 School resources page 5
 Fitness Expo page 6

THURS.
91 | 69



FRI.
93 | 70



SAT.
91 | 68



SUN.
89 | 68



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

Running to say farewell



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

Soldiers of 4th Battalion, 3d U.S. Infantry Regiment (The Old Guard) took part in an early morning run to build unit esprit de corps and say farewell to Command Sgt. Maj. James Hill, Warrior Battalion command sergeant major, on Joint Base Myer-Henderson Hall Aug. 19.

JBM-HH Labor Day weekend Operations and services holiday hours

Andrew Rader U.S. Army Health Clinic	Closed. For more information, call 703-696-7957.
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.
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	Closed. For more information, call 703-696-8163.
Dining Facility (DFAC)	The DFAC will serve brunch and supper, Sept. 2-5. Brunch hours and pricing is 9 a.m. to noon, \$6.25; supper hours and pricing is 4-5:30 p.m., \$7.65. For more information, call 703-696-2087.
Fife and Drum	Closed. For more information, call 703-524-0200.
FMWR Admin Offices	Closed. For more information, call 703-696-3305.
Fort Myer Exchange (AAFES)	Open 10 a.m. to 4 p.m. Most concessions are open 10 a.m. to 6 p.m. Barber shop and ASAP Flowers & Gifts are closed. For more information, call 703-522-4575.
Fort Myer Fitness Center	Open 8 a.m. 4 p.m. For more information, call 703-696-7867.
Fort Myer Officers' Club	Closed. For more information, call 703-524-0200.
Fort Myer Officers' Club Pools	Open from 11 a.m. to 8 p.m. For more information, call 703-524-0200.
Fort Myer Five Star Catering	Closed. For more information, call 703-524-0200.
Fort McNair Officers' Club	Closed. For more information, call 202-484-5800.
Fort McNair Fitness Center	Closed. For more information, call 202-685-3117.
Fort McNair Five Star Catering	Closed. For more information, call 202-484-5800.
Java Café	Open 10 a.m. to 4 p.m. For more information, call 571-483-1962.
Library	Closed. For more information, call 703-696-3555.
Marine Corps Exchange and Vineyard Wine & Spirits	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.
McNair Express (AAFES)	Closed.
Myer Express (AAFES)	Open 9 a.m. to 5 p.m.
NEX Uniform Shop (inside MCX Henderson Hall)	Open 10 a.m. to 4 p.m. For more information, call 301-252-8143.
Old Guard Lounge	Closed. For more information, call 703-524-0200.
Pentagon Express (AAFES)	Closed.
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.
Spindrift Café	Closed. For more information, call 703-524-3037.
Cpl. Terry L. Smith Gymnasium	Open 7:30 a.m. - 3 p.m.; athletic training room and outdoor recreation gear check out are closed. For more information, call 703-614-7214.
Zembiec Pool	Open 10 a.m. - 4 p.m. For more information, call 703-693-7351.

Almost all activities and offices on Joint Base Myer-Henderson Hall will be closed Monday, Sept. 5, the federal holiday designated as Labor Day. Always the first Monday in September, Labor Day is a creation of the labor movement of late 19th Century America and is dedicated to the social and economic achievements of American workers. Most military personnel will have a training holiday Friday, Sept. 2. The above listed facilities and places of business have reported open or closed hours for Sept. 5. Unless otherwise noted, this list applies to Sept. 5. This list is not all encompassing; please check with specific facilities for more details.

Corrections:
 Due to an editorial error, the phone number for the JBM-HH Staff Judge Advocate's Office was listed erroneously on page 8 of the Aug. 26 edition of the Pentagram. The correct number is 703-696-0761.
 Due to a contributor's error, the date published for the Love and Logic parenting workshop listed in the "News Notes" feature on page 4 of the Aug. 26 edition was incorrect. The event is Aug. 26.

H&S Battalion implementing new emergency notification system

By Guv Callahan
 Pentagram Staff Writer

Marines in Alpha and Bravo companies and civilians working aboard Henderson Hall have until Sept. 15 to validate their contact information in a new emergency mass notification system for Headquarters and Service Battalion, Headquarters Marine Corps, Henderson Hall.

The system is expected to improve the command's ability to release timely, accurate information to Marines and civilians assigned to the command.

Col. Andrew M. Regan, battalion commander, stated that the notification system would be used during emergency events such as active shooter situations, man-made and natural disasters, life-threatening weather, force protection condition changes and more.

"The ability to rapidly share information that enables personnel to respond to emergency events is essential," Regan said in a letter of instruction to H&S Battalion personnel. "To that end, I have directed the implementation of an emergency mass notification program to ensure potentially affected personnel are provided timely, accurate and actionable information regarding emerging threats and situations whether personnel are at work, at home or otherwise dispersed."

The new emergency notification system will improve communication through a variety of means, which is part of a larger effort to make notification and response faster throughout the region, said Maj. Khari Wright, battalion operations officer.

"It can be a text message," he said. "It can be an email. It can be a phone call

to either a work, home or cell phone. It all depends on what information we have for the users."

Leaders will decide which devices personnel should receive specific notifications on, and should also carefully consider the contents of the message, he said.

"There's a leadership decision that has to be made; is this relevant to my population? How relevant is it? What do I want to tell them about it? Do I want to tell them to avoid the area or do I want to tell them that it's going on but there should be no impact to you?" he said. "It's not necessarily automatic."

Marines can verify their contact information by logging onto Marine Online (MOL), navigating to the "Personal Info" tab, scrolling to the "Personal Updates" section and clicking on the "Contact Information" link. They will need to make sure the work phone, mobile phone, home phone, preferred number to receive text messages, work email and personal email sections are all up to date.

Civilians can validate their information by logging onto the Total Workforce Management Services (TWMS) website, navigating to the "Self Service" page, clicking the "Personal/Recall Information" link and updating the information as required.

In late September, a test message will be released on the system to gauge the ability of the target population to respond in a timely manner. Tests will then be conducted quarterly, battalion officials said.

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

Stay Connected with JBM-HH!

[Facebook.com/jbmhh](https://www.facebook.com/jbmhh)
 [Flickr.com/photos/jbm-hh](https://www.flickr.com/photos/jbm-hh)
[@jbmhh](https://twitter.com/jbmhh)
 [slideshare.net/jbmhh](https://www.slideshare.net/jbmhh)

A family affair, PART 2

By Guv Callahan
Pentagram Staff Writer

Ebony Nicholas' father, two sisters and aunt all work on Joint Base Myer-Henderson Hall. As a JBM-HH security guard with the Directorate of Emergency Services, Nicholas said she likes being able to see them at work, and knowing she can keep them safe in the event of an emergency.

"It's comforting to know that I'm at the gates and I'm their first line of defense," Nicholas said during an interview with the Pentagram. "To know that my family is here and that I can keep them safe – it makes me take my job a lot more seriously."

Nicholas is the youngest daughter of Rubin "Mick" Nicholas, a JBM-HH bus driver who has been working on the installation for more than 41 years. She's been working on the joint base since March 2012, where she started as an employee at the commissary, and has been coming to JBM-HH since she was a child because of her dad, she said.

After she spent a year in the Army,



PHOTO BY GUV CALLAHAN

Ebony Nicholas, a security guard for the Joint Base Myer-Henderson Hall Directorate of Emergency Services, has been an employee on base since 2012, but she's been visiting JBM-HH since she was a child. Her father, Rubin, has been a JBM-HH bus driver for more than 41 years. Her two sisters and aunt also work on the installation.

including a deployment to South Korea, Nicholas said it was her dad who drew her back to JBM-HH.

"I also wanted that whole military environment again," she said. "I missed that feeling, so I love the fact that I get to work with Soldiers every day. I'm familiar with the base already – I've been coming here since I was a kid. Most of the people I see coming through the gate used to buy fundraiser stuff from me, it's kind of funny."

Nicholas said she sees her family members on base regularly. Her older sister, Tiffany, works with her at DES and sometimes they are posted to the same gates.

"We get to work together sometimes,

which is kind of cool," she said. "People make jokes all day long."

Nicholas said these days, she notices things she overlooked as a child watching out the bus window.

"As a kid I used to come to work with my dad in the morning and stay with him all day long and we would go through the cemetery and ride different places and historians would get on the bus and talk to us and tell me stories," she said.

She said her father inspired her love of history on those tours, and being close to him is still the best part of working on base today.

"My dad is my hero. It's kind of cool thinking that when I was a kid I was

so proud of his job. He drives the Soldiers around and now he's driving me around because I'm here too... I see him almost every day – he's always checking on us and making sure we don't need anything," she said.

Nicholas said JBM-HH has always been like a home for her, and now that she works on base she hopes it will remain her home for a while.

"Other bases just don't have that same environment, that same family environment. I prefer being here and knowing that [my family is] okay, because that's my job," she said.

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

Running for Equality



By Delonte Harrod
Pentagram Staff Writer

Male and female service members will plant their feet at the starting line of a 5K run Friday to celebrate and honor Women's Equality Day, a nationally recognized holiday.

"[The run] is to commemorate the 19th Amendment, which was the passing of the women's right to vote on Aug. 26, 1920," said Sgt. 1st Class William E. Reynolds Jr., an equal opportunity advisor for the Joint Base Myer-Henderson Hall Equal Opportunity Office.

The late Rep. Bella Abzug (D-NY) "introduced a bill, that Congress eventually passed, that would recognize Aug. 26 as Women's Equality Day," reads the National Women's History Museum website.

The day is a symbol of women's continued fight for equal rights, and the bill decrees the president is authorized and requested to issue a proclamation annually in commemoration of woman suffrage and [in addition to] the 1970 Strike for Equality," according to the site.

Using a 5K run to honor Women's Equality Day is a strategic way to get

people from different ethnic groups, genders, religions and age to help advance the conversation about women's equality in the military, Reynolds said.

"I feel like it is a great opportunity," said Alicia Walker, a supervisory program specialist for School Age Services at the Cody Child Development Center. She plans to bring a group of six-to-seven girls enrolled at the CDC to the event, where they will have an opportunity to run with female Soldiers, Marines, and other women and men participating in the event.

"I am doing something to give back to the women who didn't have the right to vote and I have the right to vote now, so it is a great feeling," she said.

The Women's Equality Day 5K is scheduled for Friday, Aug. 26 at the Myer Fitness Center. Registration opens at 5:15 a.m. at the Fort Myer Fitness Center. Runners will step off at 6:45 a.m. and awards will be presented at 7:30 a.m.

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

Women's Equality Day is August 26

Zika prevention



PHOTO BY JAMES GATHANY, CENTERS FOR DISEASE CONTROL

A female *Aedes aegypti* mosquito is shown feeding on a human host in this Centers for Disease Control 2006 photo. The mosquito, which can be found in the National Capital Region, is known to carry several diseases that can be transmitted to humans – including West Nile virus, Yellow Fever, and Zika virus. Mosquitoes more commonly found in the National Capital Region are *Culex pipiens* and *Aedes albopictus*, which are also capable of carrying human diseases. Local mosquitoes may also carry the parasite that causes heartworm disease in pets.

Compiled by JBM-HH and Pentagram Staff

Hot, humid summer days are the perfect time for lots of things – weekend barbecues, lazy afternoons at the pool, and breeding mosquitoes.

While the Zika virus has made headlines this summer (and appears to be working its way north from South and Central America, arriving in Florida last month), several mosquito-borne diseases are already found among insect populations in the National Capital Region, including West Nile Virus and

Eastern encephalitis.

Here's how to protect yourself, and help public health officials "fight the bite!"

The kind of insect repellent makes a difference: The Centers for Disease Control and Prevention officials recommend people use an insect repellent that is registered with the Environment Protection Agency. Registered products contain active ingredients that have proved effective in repelling mosquitos and are safe and effective for pregnant and breastfeeding women,

see ZIKA, page 6

★ ★ ★ The United States Army Band ★ ★ ★ CALENDAR OF EVENTS

Aug. 27	7 p.m.	The U.S. Army Band Downrange will perform Music at the Marina at Leesylvania State Park, 2001 Daniel Ludwig Dr., Woodbridge, Virginia.
Aug. 28	2 p.m.	The U.S. Army Band Downrange will perform a Summer on the Square Concert Series at Old Town Square, Downtown Fairfax, 3999 University Dr, Fairfax, Virginia.
Sept. 3	7:30 p.m.	The U.S. Army Herald Trumpets will perform a West Point Band Labor Day Concert at Trophy Point Amphitheater, USMA, West Point, NY
Sept. 4	7:00 p.m.	The U.S. Army Blues will perform a Mid-Atlantic Symphony Orchestra Concert at Freeman Stage, 31750 Lake View Dr., Selbyville, DE
Sept. 6	9 a.m.	The U.S. Army Band, The Old Guard Fife and Drum Corps, and The U.S. Army Drill Team will perform short, live demonstrations for Meet America's Army. Live performances between 9-12 (weather permitting) at Lincoln Memorial Plaza, Washington, DC
Sept. 14	6 p.m.	The U.S. Army Blues will perform a WWII Memorial Concert at the WWII Memorial, 17th and Constitution Ave, Washington, DC

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.

SAFETY

from page 1

“Too many commuters are either inattentive to their surroundings while driving or they have a blatant disregard for the School Bus Stop Law,” said Lt. Troy Dennison, chief of operations for JBM-HH police. “Both in the I-395 beltway and here on the installation, drivers need to be mindful both on and off post.”

In accordance with VA 46.2-859 (School Bus Stop Law), a driver “must stop for stopped school buses with flashing red lights (and an extended stop sign) when approaching from any direction on a highway, private road or school driveway” until all persons are clear and the bus moves again, the Commonwealth

of Virginia Department of Motor Vehicles driver’s manual states.

Drivers must stop even if the signals are not on, when the bus is loading or unloading passengers.

Despite the law, violations are common. Last year, JBM-HH began enhanced enforcement at two school bus stops; in front of the Fort Myer Officers’ Club at the intersection of Lee and Jackson Ave., and in front of the Fort Myer Fitness Center on Sheridan Ave.

“The situation had become almost epidemic,” Dennison said. “We not only had to monitor the school bus routes but also place speed signs on the routes to reduce the number of traffic infractions. I personally had to pull someone over who had blatant disregard for the law. This

driver didn’t even try to stop as children were noticeably attempting to board the school bus. He was cited for inattentive driving for passing the school bus while texting.”

In October 2015 alone, there were five citations written for drivers who passed a stopped school bus, 12 speeding violations, and four reckless driving citations for drivers who were clocked traveling at least 20-miles per hour over the speed limit at the two locations, said Patrick O’Mara, a JBM-HH traffic accident investigator.

“Currently we are still citing people who are traveling 10 to 15 miles per hour over the speed limit,” Dennison said.

Police officers said they will continue enhanced enforcement until local drivers

consistently follow the law.

“It’s got to the point that we have and will monitor the school bus routes every day in the morning,” O’Mara said. “If drivers pass a stopped school bus it’s a mandatory court appearance and a reckless driving charge. It’s as if you made the infraction outside the gate, and drivers should expect zero leniencies in court.”

Per installation policy, drivers receiving three citations within a year can lose driving privileges on JBM-HH.

“The message for area drivers is to pay attention to the roadway,” Dennison said. “Think about the safety of children and yourself.”

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

FAREWELL

from page 1

Woods said he came into his current assignment knowing that serving as the JBM-HH CSM wasn’t the typical brigade or garrison command sergeant major position.

“This position was great for my type of leadership and approach,” he said. “I am not a CSM who yells and screams or always has something to say, because I have found that to be counterproductive.”

Instead, Woods said that he always wants Soldiers to know that they can come to him with issues or just to talk.

Woods said he is most proud of two things – teamwork, and the combined strategic and future planning that key leaders on the joint base have undertaken this past year – during his tenure as joint base CSM.

“I knew developing relationships with the workforce, installation partners the retiree population and our community partners would be one of the keys to success, and I believe these relationships greatly assisted in the joint base accomplishing its mission,” he said.

Woods stressed that a lot of work has gone into planning for the joint base’s future. Even though he won’t

be here to see the fruits of that labor, he is “confident that in 10 years’ time our efforts will be evident and the joint base will be a better place to work and live,” he said.

“Each and every day I was surrounded by the most dedicated, hardest working group of people who made these two years two of the best years of my career,” Woods said. “I am a better leader and person to have been able to work with them.”

He called the service members and civilians who make up the joint base community “first class Americans.”

Woods said he doesn’t

have just one memory of the joint base that he will take with him to his next assignment, at Fort Bragg North Carolina, as the FORSCOM JAG SGM.

“What I will miss the most about the joint base is the people,” he said. “Without a doubt, the reason I came to work every day, excited for a new day was because I was a member of a great team.”

Woods will relinquish responsibility to Command Sgt. Maj. Carolyn Y. Donaldson during a ceremony on Summerall Field Friday, Aug. 26 at 10:30 a.m.

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

BLOOD DRIVE

from page 1

Ward, the incoming 4th Battalion, 3rd U.S. Infantry Regiment (The Old Guard) Command Sergeant Major, brought his children to see him donate. “They can see that the gift of blood has long

lasting benefits to those in need ... I feel I have passed the desire to give this special contribution to the next generation,” Ward said.

Onwana said the blood collected at JBM-HH will supply Military Treatment Facilities in the National Capital Region and at locations overseas.

“The ASBP has always been able to count on blood drives at JBM-HH to help make the weekly quota,” she said.

Officials hope to give local blood banks an even bigger boost during the Army-Navy game, with an “Army-Navy Blood Drive Challenge” scheduled for JBM-HH Dec. 6.

Participants will be encouraged to “Beat Army” or “Sink Navy” by casting a ballot for their favorite team while signing in to donate.

For more information about ASBP programs, including platelet donations and bone marrow donor registration, visit military-blood.dod.mil.

TEN THINGS

from page 1

5. **The Summer Olympics may be over, but did you know that the U.S. military sent more than a dozen athletes to Rio de Janeiro, Brazil, to compete in this year’s games?** According to an article at www.goarmy.com, among the American military athletes who competed are Army Spc. Hillary Bor; Army Spc. Paul Chelimo; Army Sgt. 1st Class Glenn Eller; Marine Corps 2nd Lt. David Higgins; Army 2nd Lt. Sam Kendrick; Army Spc. Shadrack Kipchirchir; Army Spc. Leondar Korir; Army Spc. Daniel Lowe; Army Staff Sgt. Michael Lukow; Army Sgt. Elizabeth Marks; Army Sgt. 1st Class Michael McPhail; Army Sgt. John Nunn; Army Sgt. 1st Class Josh Richmond; Army Sgt. 1st Class Keith Sanderson; Army Sgt. Nathan Schrimsher; Air Force 1st Lt. Cale Simmons; and Naval Academy Cadet Regine Tugade.

6. **Bold Alligator tested capabilities.** “Bold Alligator,” the largest joint, multi-national amphibious assault exercise series on the East Coast, recently tested the SS Wright’s ability to serve as a potential command and control platform, according to an article on www.marines.mil. The ship is an Aviation Logistics Support (Roll-on/Roll-off) container ship that was converted for Navy use in 1986.

The exercise, conducted Aug. 15 to 26 off the coast of Norfolk, Virginia, also tested the ship’s suitability to provide integrated air and ground logistics support and to serve as a possible hub for unmanned air and maritime vehicles providing support to a Marine landing force.

7. **Funded legal education program.** The 2017 Army Funded legal Education Program is accepting applications through Nov. 1. Commissioned Army officers between the rank of second lieutenant and captain are eligible to apply.

The Judge Advocate General is authorized to select up to 25 officers for law school attendance each fiscal year. The FLEP selection board chooses active-duty Army lieutenants and captains from the Operations, Operations Support, Force Sustainment and Health Services branches for detail to the JAGC and a military-funded legal education.



PHOTOS BY TIM HIPPS, ARMY IMCOM

Sgt. Hillary Bor (top center in blue), a Soldier in the U.S. Army World Class Athlete Program stationed at Fort Carson, Colo., leaps over a hurdle on his way to an eighth-place finish in the men’s 3,000-meter steeplechase with a personal-best time of 8 minutes, 22.74 seconds Aug. 17, 2016, at the Rio Olympic Games in Rio de Janeiro, Brazil. Brimip Kiprop Kipruto of Kenya won the race in an Olympic record time of 8:03.28, followed by silver medalist Evan Jager (8:04.28) of Team USA and bronze medalist Ezekiel Kemboi (8:08.47) of Kenya.

To find out more, including eligibility requirements and how to apply, see Army MILPER Message 16-053 and AR 27-1, Chapter 14. Or, call the Staff Judge Advocate’s office at 202-685-2279 for more information.

8. **Inherent Resolve has new commander.** Army Lt. Gen. Stephen J. Townsend, commanding general of XVIII Airborne Corps based at Fort Bragg, North Carolina, assumed command of Combined Joint Task Force-Operation Inherent Resolved during a transfer of authority ceremony Aug. 25. During the ceremony, Townsend took command from Army Lt. Gen. Sean Macfarland and will now lead the fight against ISIL, according to an article on www.army.mil.

9. **New tourniquet to save lives.** Lt. Gen. Nadja Y. West, surgeon general of the Army, predicts a new tourniquet will save lives in an article on www.army.mil. The junctional tourniquet can be applied to wounds in ways that cannot be treated using a conventional tourniquet. Developed at Fort Dietrich, Maryland, the junctional tourniquet is a belt with air bladders that can be inflated, then used to apply pressure



2nd Lt. David Higgins shoots his rifle in the World Championships in Granada, Spain, in September 2014. Higgins attended the United States Air Force Academy, and then decided to cross-commission into the United States Marine Corps. He’s in Rio representing Team USA and the U.S. Marine Corps on the rifle shooting team.

to a wound. The tourniquet can stop bleeding in as little as 60 seconds.

10. **Saving energy is Army Strong.** The U.S. Army recently announced that it has surpassed the \$1 billion mark in energy savings performance and utility energy services contracts in less than five years, according to a release at www.army.mil. Since 1992, the Army has aggressively pursued the energy savings and currently has the largest energy savings performance contracting program in the federal government.

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

NEWS

from page 1

Vote your choice for new club name

Beginning Thursday, Sept. 1, service members of any rank or military branch are eligible to apply for membership at the historic Fort Myer Officers’ Club. With new, inclusive membership, there’ll be a new name. Please take a moment and select from among the suggestions at <http://goo.gl/bT6in6>. Pick one name or number them in order of your preference, then send your vote to jbmhhfmwr@gmail.com with subject line: “Named!” The winning entry will be announced and published in the Sept. 1 edition of the Pentagram.

Feds Feed Families program

Give a hand up and help those in need by donating non-perishable items during the Feds Feed Families food drive. Donation boxes are stationed throughout the joint base, or purchase a pre-selected brown bag assortment at the Fort Myer Commissary to donate to the Capital Area Food Bank for distribution to families in the National Capital Region. This is an opportunity to give back to the community in which we live, work and train. Boxes will be available through Aug. 30. For more information, call Ketty Henderson at 703-696-7572 or Barbara Claybrooks at 202-685-3720.

Mosquito prevention

Zika virus has made its way to Miami, and diseases like St. Louis encephalitis, eastern equine encephalitis and West Nile Virus are already here in the National Capital Region.

Summer heat and standing water are a “perfect storm” for breeding mosquitos. Greatly reduce your chance of contracting a mosquito-borne illness by following the four Ds:

Defend – Avoid the outdoors when mosquitos are most active, from dusk to dawn.

Dress in long sleeves and pants when enjoying the outdoors.

Drain standing water from outside containers such as flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires and bird baths.

Defeat – Use an insect repellent containing DEET.

For more information about West Nile and Zika virus, see www.cdc.gov/westnile and www.cdc.gov/zika.

Pentagon hosts mass casualty exercise – Aug. 25

The Pentagon Force Protection Agency (PFPA), Arlington County Fire & Rescue, Joint Base Myer-Henderson Hall Fire Dept., and other National Capital Region emergency response partners will conduct a mass casualty exercise at the Pentagon Mall Terrace and Heliport Aug. 25, 9 a.m. to 1 p.m. The exercise scenario will involve a simulated helicopter crash and subsequent fire and may be visible from the Virginia State Highway Routes 27 and 110. The exercise will not disrupt normal employee or visitor access to the Pentagon.

Chapel sponsored BBQ – Aug. 26

All members of the JBM-HH community are invited to attend a picnic hosted by the Chaplain’s office this Aug. 26, 6 to 8 p.m. on the field next to Spates Community Club. Come for the barbecue, stay for the friendship and fellowship while enjoying flag football, basketball, corn hole, horse shoes, and live music. The event is free and everyone is invited. For more information contact evelyn.d.hartz.mil@mail.mil or call 703-696-7673.

Women’s Equality Day run/walk – Aug. 26

The annual Women’s Equality Day 5K run/walk is set for Aug. 26 at the Fort Myer Fitness Center. Meet up in the parking lot at 5:15 for registration. The run begins at 6:15, and awards will be presented at 7:30 a.m. Awards will be presented to first place runners/walkers and to the unit with the most participants. The JBM-HH hosted event is free and open to all military personnel, civilian employees, family members and retirees. For more information, call 703-696-8729/2964.

Change of Responsibility – Aug. 26

Joint Base Myer-Henderson Hall Commander Col. Patrick M. Duggan will host a change of responsibility ceremony for outgoing JBM-HH Command Sgt. Maj. Randall E. Woods and incoming Command Sgt. Maj. Carolyn Y. Donaldson at 10:30 a.m., Aug. 26 at the flagpole on Summerall Field, Fort Myer. Everyone is invited. For more information, call 703-696-3283.

EFMP Speaker Series – Aug. 26

The Exceptional Family Member Program’s Speaker Series continues Aug. 26 with a presentation by Scott Campbell, former president of the Autism Society of Northern Virginia, 9 to 11 a.m. at the Pentagon Library Conference Center, Room B3. Campbell is an autism safety and awareness trainer for families and first responders in Virginia, Maryland and the District of Columbia, and will speak on “Autism Spectrum Disorders and Public Safety Considerations: Guidance for Families, Caregivers, and Self-Advocates.” This free workshop is open to anyone who can access the Pentagon. Register by calling 703-693-5353 or email mefmpHH@usmc-mccs.org.



Resources to ensure K-12 have a successful 2016-17 school year

By Arthur Mondale
Pentagram Staff Writer

School is back in session and Joint Base Myer-Henderson Hall has resources to take your family from “stress” to “success.”

Here’s a comprehensive list of resources and offices aboard JBM-HH to ensure school-age children have a successful academic year, packed with learning, sports and fun.

-Cody Child Development Center offers two programs for children enrolled in Child, Youth & School Services (CYSS) Programs.

For children in K-12 enrolled in Arlington Public Schools, there is School Age-Care (SAC) from 6 a.m. to 8 a.m., and from 3 p.m. to 6 p.m. Children receive breakfast and can take part in fitness activities in the morning and get homework assistance in the afternoon.

For younger children, the CDC offers care for children six-weeks to Pre-K weekdays from 6 a.m. to 6 p.m., regardless of the school district parents reside in.

“There’s a cooking club, a running club, a coding club, a French club, there’s a lot of fun things to pique kids’ interests,” said Sunny Smith, chief of JBM-HH Child, Youth & School Services (CYSS) Programs. “It’s quality care, and both programs are accredited.”

The cost for both CYSS programs is based on total family income. Parents must be affiliated with the Department of Defense.

Visit militarychildcare.com to learn more or call Cody Child Development Center at 703-696-4942/0313.

- School Liaison Programs provide military parents with information about local schools, graduation requirements, post-secondary preparation, transition services, home school support and tutoring support (via tutor.com) among other services. Liaison officers coordinate with the military installation, local school administrations and parents to meet the education needs of military and DoD-affiliated children. JBM-HH has two school liaison officers to assist local service members. One assigned to Marine Corps Community Services and one at Army Community Service.

The Henderson Hall School Liaison Officer is distributing backpacks and school supplies, donated



PHOTOS BY ARTHUR MONDALE
Children receive homework assistance at the Cody Child Development Center computer lab during Power Hour, one of many programs offered by Child, Youth & School Services (CYSS).



School supplies including backpacks, notebooks and other miscellaneous items, line the walls of the Henderson Hall School Liaison Office. The items are free to students in grades K-12.

ed by the USO while supplies last. The office is also seeking volunteers for both fall and winter activities with children in grades K-12.

“Military families can get isolated, and sometimes Facebook and Google don’t have all the answers for parents,” said Chanel Sharp, MCCS school liaison officer. “School liaison officers can provide parents with resources about what area schools have to offer.”

“Most of our families don’t live on the installation, so it’s imperative that the school liaison officers network to better serve our military families,” said E. Ann Daffin, school liaison officer for ACS.

To learn more call the ACS School Liaison Program at 703-696-7620, or the MCSS Henderson Hall School Liaison Program at 703-693-8378.

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

Visit us online toady at dcmilitary.com

“AMU HELPED ME REACH HIGHER”

AMU ALUM AND VETERAN WES O'DONNELL (MBA 2011)



Veteran, author, and entrepreneur Wes O'Donnell gained the right tools and confidence from AMU to publish a book, start a healthcare solutions company, and launch a successful digital media group. Join the #1 provider of education to the Armed Forces* and gain knowledge that's relevant to what you do today and what you want to do tomorrow. Reach higher at www.AMUonline.com/Comprint

*As reported by Military Times, July/August 2015



SPECIAL RATES FOR MILITARY AND FEDERAL EMPLOYEES

Barcroft Apartments is now offering its garden apartments with 10% discount for military personnel & month to month leases available.

Efficiency.....	\$1004-\$1030
One Bedroom.....	\$1095-\$1130
Two Bedrooms.....	\$1340-\$1425
ThreeBedrooms <i>PlusElectric</i>	\$1525-\$1570
Townhome.....	\$1500

All prices subject to change. All utilities paid.

- Park right at your door in this park-like setting.
- Walk to elementary and high school or Army National Guard Readiness Center.
- Take the express bus to the Pentagon, Ft. Myer, Henderson Hall or Ballston in 12 minutes.
- Cats welcome. No dogs.

PLEASE CALL (703) 521-3000
HOURS: MON. - FRI. 9-5 Call for Saturday hours



BARCROFT APARTMENTS

1130 South George Mason Drive • Arlington, VA 22204
At Columbia Pike and So. George Mason Drive Some Restrictions Apply

JBM-HH hosts Health fair



(above) An instructor demonstrates a Mixedfit workout during the Health and Fitness Expo Lite at Myer Fitness Center Aug. 19. The fair was hosted by JBM-HH MWR to provide health information, education and demonstrate fitness options for members of the installation community members.



(right) Brian Meers, commercial sponsorship program coordinator, demonstrates how to use an ab-roller during the Health and Fitness Expo Lite at Myer Fitness Center Aug 19.

ZIKA from page 3

according to the CDC website. Apply products in the proper order; apply sunscreen to protect your skin, then insect repellent to repel bugs. The CDC does not recommend that consumers use natural repellents that are non-EPA registered, because they may not be as effective.

Clothing is key to preventing mosquito bites

The CDC recommends that individuals wear long-sleeved shirts and long pants. The CDC suggests that clothes should be sprayed with an Environmental Protection Agency-registered insect repellent, either before putting the clothes on or after. Avoid thin fabrics, mosquitoes can bite through them! Parents and caregivers can cover a child's stroller with a mosquito net to provide additional protection.

Guarding your home against mosquitos

Mosquito misting systems, which spray pesticides at timed intervals over a localized area, can be effective in decreasing the number of mosquitos

around your home, but some pesticides can also be harmful to beneficial insects. The EPA has information about the pros and cons of such systems. Consider running your air conditioner even when you aren't home, as mosquitos tend to congregate in hot, humid spaces.

Choosing the proper hotel

If travelling outside the U.S., choose a hotel with air conditioning and the windows should have screens and doors, the CDC recommends. The CDC suggests purchasing a mosquito net large enough to protect you while lying in bed. Effective mosquito nets are composed of a fine mesh, at least 156 holes per square inch, and are large enough to cover your entire body, without touching, and long enough for all four edges to be tucked beneath the mattress.

Dusk and dawn

Mosquitos are most active in early morning and evening, but many species bite throughout the day, according to information provided on the D.C. Department of Health website. Consider avoiding outdoor activities when mosquitos are most active or taking extra care with preventative efforts.

Standing water

Mosquitos like to gravitate to standing water, which is also one of their favorite breeding grounds. Mosquitos frequently lay eggs in rain gutters, bird baths, and rain collection barrels. But don't let your guard down once you've eliminated sources of standing water in your yard – some types of mosquito will travel up to 20 miles in search of "a blood meal."

Protecting yourself against the Zika virus

While Zika virus hasn't yet been found in local mosquitos, there's still cause for concern. Service members travelling to Zika-affected areas should take precautions to avoid contracting the virus, which can be transmitted to local mosquitos or even sexual partners. Zika may produce flu-like symptoms, or no symptoms at all. Symptom can include fever, rash, joint pain, or conjunctivitis (pink-eye).

More importantly, the virus may cause a serious birth defect, called microcephaly, in children of women who contract the virus while pregnant. The condition is associated with abnormal brain development and related neurological conditions; such

as seizures, poor motor skills, and intellectual disabilities. The virus can also cause an immune reaction and trigger Guillain-Barré syndrome in adults.

Zika is already found in mosquitos and humans throughout South and Central America, Puerto Rico and Guam; more recently, cases transmitted by infected mosquitos were reported in Florida. Anyone travelling to a Zika-affected area for personal or military travel should take precautions to avoid contracting the virus.

Pregnant women

Women who are pregnant should avoid going to cities or towns that have been known to have Zika outbreaks. If you are pregnant and planning travel to these places, the CDC recommends discussing your plans with a healthcare professional. According to U.S. Army Public Health Command, service members assigned to Zika-affected areas should wear permethrin-treated uniforms. If factory-treated uniforms are not available, most field uniforms can be treated using the Individual Dynamic Absorption Kit (NSN 6840-01-345-0237) or .5% permethrin aerosol (NSN 6840-01-278-1336); however,

flame-resistant uniforms should not be treated. For more information, visit health.mil/zika.

Sexual Intercourse

The Zika virus can also be spread through sexual intercourse, including vaginal and anal sex. CDC recommends anyone who may have been exposed to the disease, including those travelling in or who have recently visited Zika-affected areas, use a condom during sexual intercourse until at least eight weeks have passed since the time of the possible exposure. This is especially critical when having sex with a partner who is or could become pregnant, or who may have other sexual partners.

What if a person has symptoms of Zika? If you think you may have been exposed to the Zika virus or have symptoms, see a health care professional. Men and women who think they may have Zika should use condoms during any sexual activity until Zika can be ruled out. If a person contracts Zika, the CDC advises men to abstain from sexual intercourse of all kinds for six months, and women to abstain for eight months.

Pentagram Staff Writer Delonte Harrod contributed to this report.



Westminster School

Established 1962

Preschool - 8th Grade

Presenting Challenge | Building Character | Instilling Confidence

The Class of 2016 Shines Like a Golden Griffin!



Since 1962, Westminster School has been graduating highly accomplished scholars who are also kind, courteous, responsible, poised, and confident in pursuit of their dreams. We are proud of the many honors and achievements of this year's graduating class, including:

- 52% received the President's Education Award from President Obama
- 42% were inducted into the National Latin Honor Society
- 58% won medals for the National Latin Exam
- 58% were members of the National French Honor Society
- 42% won National French awards and 33% achieved medal status
- 100% performed in a production of "South Pacific"
- 100% were members of the Builders Club, providing many hours of community service
- 65% were enrolled in Kindergarten or 1st grade (52% in KG)
- Led the MathCounts Club to achieving Gold Medal Status

Start Your Child Off on the Path to Success!

Members of the Class of 2016 Gained Admission to the Following High Schools:

- Bishop Ireton High School
- Bishop O'Connell High School
- Blue Ridge School
- Flint Hill School
- Gonzaga College High School
- Georgetown Day School
- St. Anselm's Abbey School
- St. John's College High School
- St. Stephen's & St. Agnes School
- The Madeira School
- Paul VI Catholic High School
- The Potomac School
- St. John Paul the Great Catholic High School
- Trinity Christian School

**10% off
1st Year's Tuition
for Active Duty
Military**

Many graduates will choose to attend public schools and enroll in AP and IB programs.

Limited Space Available for Fall, 2016

3819 Gallows Road ~ Annandale VA 22003

703-256-3620

Extended Care - Bus Service - Camp Programs

www.westminsterschool.com

NEWS
from page 4

Love and Logic – Aug. 26

JBM-HH's Army Community Service is hosting a Love and Logic workshop for parents and educators Aug. 26. Parent session: 9 to 11 a.m. Educator session: 12:30 to 3:30 p.m. This workshop, provided by the New Parent Support Program, shows parents and educators techniques for connecting to children and fostering meaningful relationships. Workshops are conducted at Memorial Chapel (Bldg. 480). For more information or to register, call 703-696-3512.

Women's Empowerment Group – Sept 1

Marine Corps Community Services Henderson Hall hosts a women's empowerment group meeting the first and third Thursday of each month from 10 to 11:30 a.m. The next meeting is Sept. 1. The group is open to active duty personnel and their spouses or intimate partners who are interested in relationship education and finding support for creating and maintaining a healthy relationship. For more information or to register, call 703-693-7181.

EFMP Back to School Bowling Bash – Aug. 27

The Exceptional Family Member Program invites their families to a Back-to-School Bowling Bash Aug. 27, noon to 2 p.m., at the Strike Zone Bowling Center on Joint Base Myer-Henderson Hall. The event, co-hosted with Army Community Service and the school liaisons, offers free bowling and refreshments. Space is limited, and families are encouraged to register early by calling 703-696-0783 or 703-693-5353. Registration closes Aug. 12.

Tree removal may cause traffic disruptions – Aug. 29-Sept. 2

Tree removal may create noise and traffic disruptions on Fort McNair during the week of Aug. 26-Sept. 2. On Aug. 30, crews will periodically stop traffic on 1st Ave. between the hours of 7 a.m. to 3 p.m. to remove trees along the roadway. Additional work will take place on the grassy area south of 1st Ave. and the marina from E St. to 4th Ave. SW on Aug. 29 and Sept. 1-2. For more information, call 202-281-6721 or 703-696-3290/3291.

Fort McNair Officers Club begins weekday lunch Sept. 6

Beginning Sept. 6, the Fort McNair Officers Club will be open for lunch Monday through Friday from 11 a.m. to 1:30 p.m.

Mondays will be dedicated to grilled summertime favorites (beginning at \$7.75); Tuesdays feature tacos/Mexican foods for \$10.75; Wednesdays menu is Italian for \$10.75; Thursdays, Caribbean for \$10.75; and Fridays, Southern buffet for \$10.75.

For more information, call 202-484-5800.

Volunteers wanted: National Day of Remembrance – Sept. 10

Naval District Washington Regional Community Service Program seeks volunteers to help pull weeds, mulch trees, move gravel, remove tree stumps, paint fences and perform landscaping during the National Day of Remembrance; Sept. 10, 8:30-noon at the Historic Congressional Cemetery (1801 E St. SE, Washington D.C.). Volunteers will receive lunch and a free Tshirt. Questions? Call (202) 433-6854 or email olivia.hunter@navy.mil.

'Ride 2 Recovery' honor ride – Sept. 10

A 9/11 memorial ride Honor Ride is scheduled on Joint Base Myer-Henderson Hall Sept. 10 at Parking Lot A, across from the U.S. Army Band's Brucker Hall (Bldg. 400). Rider check-in is at 6:45 a.m., pre-ride ceremony at 7:30 a.m. Ride begins at 8 a.m. This event is hosted by Ride 2 Recovery, in support of the 2016 Honor Ride in Washington, D.C. Wounded veterans ride free. For more information, visit www.ride2recovery.com and select "special events."

Seasonal hiring event at the Marine Corps Exchange

Marine Corps Community Services Henderson Hall will conduct two hiring events for flexible positions in the Marine Corps Exchange, Sept. 10 and 17 from 9 a.m. to 4 p.m. Positions open include sales associate, store worker and materials handler. Benefits include free use of pool and fitness center plus shopping privileges at the store. No appointment is necessary and walk-ins are welcome. Applicants who can access the joint base should report to Building 26 (MCX), third floor training room for an application. For more information, call 703-979-8420, ext. 306.

Save the date:

Annual Doggie Dip – Sept. 10

Join us for the "last hoorah" of the 2016 pool season before the pools close for another winter. Come on out to where "every dog has their day," Sept. 10 from 10 a.m. to noon at the Fort Myer Club Pool Complex (weather permitting). This is a free family and pet event. Participating dog owners must sign a waiver;

dogs must display a current dog license and rabies tag upon entering the Fort Myer Club Pool Complex. For more information, contact Todd Hopkins at 703-696-0594 or 703-939-1045 or email mtodd.a.hopkins.civ@mail.mil.

Graduation recognition ceremony

The Fort Myer Education Center is hosting the first Joint Services Graduation Recognition Ceremony for Joint Base Myer-Henderson Hall, Fort Myer Hub Education Centers and the National Guard Bureau Nov. 15 from noon to 2 p.m. at the JBM-HH Recreation Center. All service members, family members, DoD civilians, veterans and retirees who complete their degree, diploma, or certificate requirements between October 2015 and October 2016 are encouraged to participate. The guest speaker will be Sgt. Maj. of the Army Daniel Dailey. The deadline to submit the registration form is Oct. 1. Contact the Education Center at 703-696-1588 or email karen.r.powell.civ@mail.mil for a registration form.

AFAP seeking quality of life issues

Do you have a quality of life issue you would like to be heard by senior leadership?

Army Family Action Plan (AFAP) is a program that provides Soldiers, civilians, retirees and their families a voice in shaping their standard of living by identifying issues and concerns for Army senior leadership. If it is a program or service, AFAP can improve it. If it's a policy, AFAP can change it. If it's a law, AFAP can amend it. Issues can be submitted directly to AFAP Program Manager Kathy Feehan at kathryn.k.feehan.civ@mail.mil or online through the AFAP Issue Management System at www.myarmyonesource.com.

Save the date: Operation Dragoon 72nd Anniversary – Sept. 15-17

Veterans of 6th Army Group commemorate the 72nd anniversary Operation Dragoon; Sept. 15-17. History programs are scheduled for Sept. 15-16, 9 a.m. to 5 p.m. daily at American Legion Post 176 (6520 Amherst Avenue, Springfield, Virginia). Topics include Alsace Lorraine, the Colmar Pocket, the Siegfried Line, southern Germany and western Austria. Wreath ceremony: Sept. 17, 9-11 a.m. at Arlington National Cemetery, Memorial Amphitheater. Banquet: For more information, email timmoni15@yahoo.com or call 703-912-4218. Veterans, families, and interested members of the public are invited to historical seminars.

Save the date: "Golf with Us"

The next MCSS Henderson Hall "Golf With Us" tournament Sept. 16 at the Medal of Honor Golf Course, Marine Corps Base Quantico. Tournaments are sponsored by Navy Mutual Aid Association. Registration is \$30 for most enlisted personnel, \$40 for officers, senior NCOs, and military retirees, and \$55 for civilians. For more information or to register online, visit www.mccsHH.com/GolfWithUs.

Fall Wine & Beer Festival – Sept. 17

MCCS Henderson Hall holds a Fall Wine & Beer Festival Saturday, September 17, 11 a.m. to 4 p.m. in front of the Marine Corps Exchange. The event features free tastings to patrons age 21 and over, as well as gourmet food tastings and lunch for sale. Everyone is welcome to meet the vendors, enjoy deejay entertainment, and enter for a chance to win prizes. Read more at www.mccsHH.com/FallWineBeer or call 703-979-8420.

MDW Combatives competition and All-Army tryout

The MDW Combatives competition (and All-Army team tryout) is Sept. 23, 9 a.m. at the Fort Myer Fitness Center (212 Sheridan Ave. Bldg. 414; JBM-HH). Competition is open to all active-duty service members assigned to the Military District of Washington; competitors will be assigned to one of eight weight classes during the Sept. 22 weigh-in, following an 8 a.m. fighters brief. Spectator gallery is free and open to all members of the MDW and JBM-HH community who would like to attend. For more information, email usarmy.belvoir.imcom.mbx.hqbn-combatives@mail.mil.

Death notice

Anyone with debts owed to or by the estate of Pfc. Edwardo S. Ward, Walter Reed National Military Medical Center Warrior Transition Brigade, must contact 1st Lt. Carl B. Rios, the Summary Court-Martial Officer for the Soldier. Ward recently passed away on Aug. 4. Call Rios at 301-412-7544.

News Notes submissions

Send your submissions for the Sept. 1 edition of the Pentagram via email at pentagramjbmhh@yahoo.com no later than noon, Aug. 24. 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.



Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised here in is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference limitation, or discrimination based on sex, handicap, familial status or national origin or an intention to make any such preference limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

Houses for Rent

Colonial Beach 3 BR 2 BA

Home. 14 miles to Dahlgren Base. New appliances and flooring. \$1200/month plus deposit. Credit check required 540-775-5547

Help Wanted Full Time

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com

MARYLAND ENVIRONMENTAL SERVICE

Admin Specialist I
Maryland Environmental Service seeks an Admin Specialist at our facility in Capitol Heights, MD. Must have HS Diploma/GED & 3 years of administrative/professional experience. Send resume Attn: 400786 to MES: 259 Najoles Rd, Millersville, MD 21108, or fax to 410-729-8235, or email resumes@menv.com

To place an ad

Call 301-645-0900

Help Wanted Full Time

MARYLAND ENVIRONMENTAL SERVICE

Driver I
Maryland Environmental Service seeks a Driver at our facility in Capitol Heights, MD. Must have at least 2 years of related/commercial driving experience & Class A CDL license. Send resume Attn: 400787 to MES: 259 Najoles Rd, Millersville, MD 21108, or fax to 410-729-8235, or email resumes@menv.com

PESYSTEMS, INC.

Immediate need to place qualified candidates into cleared DoD acquisition professional positions! View position descriptions and apply online at www.PESystems.com/careers/

MEDICAL BILLING SPECIALISTS NEEDED!

Begin training at home for a career working with Medical Billing & Insurance! Online training with the right College can get you ready! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711

MARYLAND ENVIRONMENTAL SERVICE

Operator-in Training
Maryland Environmental Service seeks an OIT at our Brown Station facility in Upper Marlboro, MD. Must have HS Diploma/GED & valid driver's license. This is a 3yr program with on the job training & room to grow; starting salary \$13.65/hr. See all details and OIT video on www.menv.com, Careers Page. Send resume Attn: 400707 to MES: 259 Najoles Rd, Millersville, MD 21108, or fax to 410-729-8235, or email resumes@menv.com

Misc. Services

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-217-3942

To place an ad

Call 301-645-0900

Misc. Services

AIRLINE MECHANIC TRAINING - Get FAA certification. No HS Diploma or GED - We can help. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 888-686-1704

CRUISE VACATIONS - 3, 4, 5 or 7+ day cruises to the Caribbean.

Start planning now to save \$\$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. To search for your next cruise vacation visit www.NCPravel.com

DISH TV 190 channels plus Highspeed Internet Only \$49.94/mo! Ask about a 3 year price guarantee & get Netflix included for 1 year! Call Today 1-800-686-9986

To place an ad

Call 301-645-0900

Travel/Transportation

ALL INCLUSIVE RE-SORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Search available options for 2017 and SAVE at www.NCPravel.com

Furniture

Moving Sale: Dining set: 6 chairs lighted china cabinet, round table \$150. Love seat matching queen size sofa bed \$150 all very nice. Kenwood stereo with cabinet and speakers \$50 more info call 301-856-0976

To place an ad

Call 301-645-0900

Lawn & Garden Equipment



2002 cub cadet 3204 garden tractor \$1500. 855 hrs. and full service history. Hydrastatic transmission, PTO, 23 hp Kohler engine and 48" deck. 540-226-2654.

Trucks/Sport Utility Vehicles



2004 Nissan Xterra 4 Wheel Drive, V6 motor, excellent condition, 190K miles \$4,000 OBO Located in Hurlock, MD 410-463-5312

To place an ad

Call 301-645-0900

Wanted to Buy Autos

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com



Business & Services

DIRECTORY

Insurance

Marcus Soriano • 757.897.5288
8280 Willow Oaks Corporate Dr. #600 • Fairfax, VA
msoriano22wob@wfgmail.com • marcusoriano.wfgopportunity.com

Life • Investment • Annuities 401k Rollovers

Come learn about how money works and the potential impact on your future for not knowing about the following:
- Tax implications on wealth creation.
- Various strategies of preserving ones wealth & estate.
- Asset Accumulation & the importance of planning.
<http://www.researchwfg.com/> • Licensed in the DC metro area

Real Estate

THE MASON TEAM
kw KELLERWILLIAMS REALTY PROPERTIES 240-737-8130

Anthony Mason (Air Force Veteran) and Lashika Mason - Real Estate Professionals
Serving MD, DC & VA
Thinking about BUYING, SELLING or INVESTING in real estate in MD, DC or VA? Contact us today to schedule a listing appointment or buyers consultation.
The Mason Team will get your home sold fast with our creative, personalized, robust marketing plan. We specialize in working with first-time homebuyers, VA loans, and negotiating win-win deals. We appreciate the opportunity to earn your business.
9701 Apollo Drive, Suite 102 Upper Marlboro, MD 20774
www.DistrictLuxuryHomes.com
anthonymasonopensdoors@gmail.com
Office: 240-737-8130 • Direct: 240-247-7677



LET US PUT YOU IN THE DRIVER'S SEAT



You'll find it's easy to apply for an auto loan from Navy Federal. With low rates, low monthly payments and a fast approval process, you'll be hitting the road in style. Plus, if you didn't finance your auto loan at Navy Federal, now is your chance. Refinance your current auto loan from another lender and get **\$200***



APPLY TODAY! navyfederal.org 1.888.842.6328

Federally insured by NCUA. *Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. \$200 will be credited to the primary applicant's savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the \$200 offer will become invalid. Offer may end at any time. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. © 2016 Navy Federal NFCU 13574 (7-16)

NAS PATUXENT RIVER AIR EXPO

October 29 & 30



Are you ready?