# THE JBM-HH MISSION

PROTECT THE FORCE



**READINESS** 

MITIGATE TRANSMISSION RISK AMONG PERSONNEL





# Bentagram

Vol. 64, No. 14 April 9, 2020

Published For Joint Base Myer-Henderson Hall

# JBM-HH hosts first virtual COVID-19 town hall

By Leah Rubalcaba **JBM-HH Community Relations Officer** 

Joint Base Myer-Henderson Hall held its first virtual COVID-19 town hall April 2 hosted by JBM-HH Commander Col. Kimberly Peeples. Members of the panel included the 3d U.S. Infantry Regiment (The Old Guard) Regimental Commander Col. James Tuite and Andrew Rader U.S. Army Health Clinic Commander Lt. Col. Soraya Goddard. Subject matter experts on hand to help answer questions were Rader Clinic's Occupational and Environmental Medicine

medical officer Dr. Kimberly Beck and The Old Guard's regimental physician Maj. Adam Sasso. The moderator was Joint Base Myer-Henderson Hall's director of public affairs Mike Howard.

The event was livestreamed on Facebook from a studio in Brucker Hall, the U.S. Army Band "Pershing's Own" building on Fort Myer, and garnered more than 20,000 views, 24 shares, 5,324 reactions and 2,249 engagements in less than 24 hours.

Each commander provided an opening statement and Peeples began by assuring

see VIRTUAL, page 4



PHOTO BY JEFF HEENEY

Col. Kimberly Peeples talks during the first JBM-HH virtual town hall April 2 in Brucker Hall.

# Joint base prepares for virtual Easter service



PHOTO BY MIKE HOWARD Sgt. 1st Class Jeffrey Northman, video producer and bugler for The U.S. Army Band "Pershing's Own," signals for the musicians to begin playing for a livestream video during a rehearsal at Memorial Chapel for the Joint Base Myer-Henderson Hall Easter Sunrise Service Wednesday morning. The chapel is the inclement weather location for the service. The virtual service will be Easter morning 6:30 to 7:30 a.m. from Arlington National Cemetery. The service will be live streamed from the JBM-HH Facebook event page at https:// www.facebook.com/events/157705792123976/.

# Defense health official urges personnel, **Families to wear face masks**

By Terri Moon Cronk **DOD News** 

Defense Department personnel and their Families — military and civilian — are urged to wear face masks during the COVID-19 pandemic, a Defense Health Agency official said.

"The Department of Defense urges individuals on DOD property, installations and facilities to wear cloth face coverings when a 6-foot social distance cannot be maintained to help prevent the spread of COVID-19," Navy Cmdr. (Dr.) Cameron J.L. Nelson, chief of DHA's occupational medicine branch, said, noting that this complies with guidance disseminated by the Centers for Disease Control and Prevention.

"This guidance is especially important for Families and others who may need to go out in public to perform essential tasks, such as food

The face-covering mask can be fashioned from simple household items such as a clean T-shirt or cloth, as demonstrated in CDC's doit-yourself guide.

Because surgical face masks and other personal protective equipment are in short supply in the health care arena across the United States, the CDC advises that homemade cloth face coverings should:

- Fit snugly but comfortably against the side of the face;
- Be secured with ties or ear loops;
- Include multiple layers of fabric; Allow for breathing without restriction; and

without damage or change to the shape.

• Be able to be laundered and machine dried

• CDC officials said cloth face coverings are especially critical in areas of significant community-based transmission.

Using a simple cloth face covering not only can slow the spread of COVID-19, but also can help those who could unknowingly have the virus from spreading it to others, the CDC

Cloth face coverings should not be placed on children younger than age 2, on anyone who has trouble breathing or who is unconscious, incapacitated or otherwise unable to remove

the mask without assistance, the CDC advised. Cloth face coverings should be washed routinely in a washing machine, CDC authorities

said. When removing a used face cloth covering, the CDC said people should use caution and not touch their eyes, nose or mouth, and immediately wash their hands after taking the covering off.

The CDC emphasized that its recommendation on face cloth coverings complements, and does not replace, the President's Coronavirus Guidelines for America, 30 Days to Slow the Spread, which remains the cornerstone of the national effort to slow the spread of the coro-

CDC officials will make additional recommendations as the evidence for appropriate public-health measures continues to develop.

"Everyone must do their part to protect themselves and their Families," Nelson said.



PHOTO BY U.S. ARMY

Per Army guidance, Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army combat uniforms or other materials that have been chemically treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

Index

Chaplain's Corner . . . . . . . . page 2 TOG mission . . . . . . . . . page 3 News Notes.....page 10

THURS. 58 | 40



51 | 37



SAT. 58 | 42



SUN. 66 | 55



**Local forecast** 

2 Thursday, April 9, 2020 **PENTAGRAM** 

# Chaplain's Corner

# The furnace of affliction is the place to prove all that's in your heart

By Chaplain (Maj.) **Bryant Casteel** JBM-HH Family Life Program Chaplain

Many times, in Scripture we hear of God testing men to see what they would do. Of course, God already knows what every man will do in every situation, so what's the deal?

God is in a relationship with us, and in relationships, each party has the privilege to show how they feel about the other. God wants to experience

our love for him and gives us opportunities through trials to show him what is in our hearts.

This is also a principle that is played out in our human relationships. It is easy to love and give your best during the best of times, but what about the hard times? Does your love wane when times get hard? Does your love wander when it becomes difficult to remember there were good times? How about your words? Do you spew poison or encouragement when the weight of the world is

"I also will no longer drive out before them any of the nations which Joshua left

crushing your family? Do you defend the wall with all the devotion of one who will build their family, or are you sitting on the wall helping to tear it down? What do those in your life experience of your love say when you are in the furnace of affliction? Let us strive to have the testimony of Job when he was tested. He blessed the Lord in abundance and in desolation. In all things, Job did not sin with his lips; his heart did not wander. Fight, endure,

when he died, so that through them I may test Israel, whether they will keep the ways of the Lord, to walk in them as their fathers kept them, or not."

-Judges 2:21-22



# **Zoom with** joint base RSO

By JBM-HH RSO

The Joint Base Myer-Henderson Hall Gospel Service is offering the following religious support opportunities:

Wednesday night Bible study at 6:30 p.m. via Zoom Video Conferencing. The gospel service at noon will continue to meet Sundays through Zoom. If individuals need a place to worship or connect, contact RSO at JBM.HHGospel@gmail and someone will reach out so individuals can Zoom in with RSO.

The JBM-HH Gospel Service message is "We are Shut Down; but Not Disconnected."We are still able to exercise 1Thessalonians5:16-18, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

The Family Life Chaplain, Chaplain (Maj.) Bryant Casteel, is offering online counseling by video or phone to anyone who is in need.

If an individual would like to set up an appointment, please email Casteel at bryant.j.casteel.mil@ mail.mil.

# God has a purpose for your life

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

God has a purpose for your life. Yes, God has a plan for your life. However, sometimes we get frustrated because we can't see the results instantly. We are so impatient and don't want to wait on God for anything. We want God to microwave it for us because we don't feel like God is moving swiftly enough. "God is taking too long to work out our situations." We feel like we could do it better than God, saying things like, if I were God, I would have taken care of my problems this way, and everything would be fine right now.

I am reminded of a story I heard growing up in north Alabama. The story was about a man standing around a watermelon patch, and he backed up against this big oak tree. He

looked up and saw these little small acorns on this big oak tree and looked over and saw these big watermelons on those small little

vines. He said, "Oh My God, look at what God has done." God has messed up nature. Now, if I were God, I would have put these little small acorns on these small watermelon vines, and I would have put these big watermelons

on this big oak tree, and about that time, the wind started blowing. One of the acorns fell from the tree and hit the man on top of the head, and he said, "I thank God it was not a watermelon."

See, God

is doing, just

as there was

knows what he

purpose for the

acorn and water-

melon, God has

"God's timing is always perfect. Trust His delays. He's got you." — Tony Evans

a purpose for your life. God knows what is best for you. You may have to encounter some rough and rocky situations. The valley may get low, and the mountain may get hard to climb, but we must never forget God has a purpose for our lives.

Romans 8:28 says, "And we know that all things work together for good to those who love God, to those who are the called according to his purpose." No matter what we are going through, God has a plan to get us from where we are to where he purposed us to be. When our lives do not look like what the Scriptures proclaim, remember that it is just at a layover and not the final destination.

#### **Application:**

This week rest assure that God has a purpose and a plan for our lives. We can lean and depend on God in the midst of any situation. Be patient, keep the faith knowing God has a plan for

# **Bible Study Live**

Join Chaplain Bryant Casteel for Bible Study Live

Wednesdays at 6:30 P.M. Eastern



https://zoom.us/j/303609381?pwd=dmpWOFIrNEo4YWISeGJGWFVrR0JLZz09 Meeting ID: 303 609 381 Password: 746971 Telephone only dial in at +1 (646) 876 9923 (USA)

# **ACS Corner**

**Connect with Army Community Service** 

To keep the community safe and healthy Joint Base Myer-Henderson Hall Army Community Service is closed for general services,

but will continue providing services digitally. Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide linked to the JBMHH homepage are available as well.

Real-Life Solutions for Successful Army Living Building 201, Custer Road (703) 696-3510

Stay connected!

https://home.army.mil/jbmhh

Facebook: Facebook.com/jbmhh

Flickr: Flickr.com/photos/jbm-hh

Twitter: @jbmhh

Pentagram



703-696-5401

The Pentagram is an authorized publication for members of the Department of Defense Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office. Pictures not otherwise credited are U.S. Army photographs. News items should be submitted to the Pentagram, 204 Lee Ave., Bldg. 59, Fort Myer, VA 22211-1199. They may also be e-mailed to catrina.s.francis2.civ@mail.mil. The Pentagram is printed by offset every Thursday as a civilian enterprise newspaper by APG Media of Chesapeake, LLC. APG Media of Chesapeake, LLC is located at 29088 Airpark Drive, Easton, MD 21601. Telephone (301) 921-2800. Commercial advertising should be placed with the printer. APG Media of Chesapeake, LLC Publications is a private firm in no way connected with the Department of the Army or Department of the Navy. The appearance of advertisements in this publication, to include all inserts and supplements, does not constitute an endorsement by the Department of the Army or Department of the Navy of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser shall result in the refusal to print advertising from that source

Col. Kimberly A. Peeples Commander

Command Sgt. Maj. Matthew Majeski

Command Sergeant Major

Mike L. Howard

**Public Affairs Director** 

**Julia Simpkins** Command Information Officer

Catrina Francis Editor catrina.s.francis2.civ@mail.mil

> Alice Swan Reporter

**Christian Lilakos** Reporter

Jeff Heeney Photographer

Glenda C. Booth

Reporter

Liam Griffin

Reporter

Denise Lew Reporter

**David Miller** 

Reporter

Olivia Overman Reporter

Caroline Shively Reporter

# Community



A Soldier assigned to the Presidential Salute Battery, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) cleans 3-inch anti-tank guns of World War II vintage, mounted on a 105mm Howitzer on Joint Base Myer-Henderson Hall March 25. PSB maintains their guns at all times to ensure mission readiness.

# **PSB** maintaining operational readiness during COVID-19

By Sgt. Nicholas Holmes 3d U.S. Infantry Regiment (The Old Guard)

Soldiers assigned to the Presidential Salute Battery, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), altered daily operations to ensure the safety of Soldiers and maintain operational readiness, due to COVID-19, March 25.

The PSB's primary mission is to render honors to the president and foreign dignitaries visiting the United States, as well as honoring fallen general officers during funerals in Arlington National Cemetery, by firing cannon salutes.

"As of now all ceremonial missions have been canceled until further notice," said 1st Lt. Cody Becker, platoon leader with the PSB. "However, we are continuing to clean our cannons to ensure we maintain readiness once ceremonial missions begin to come down."

The platoon is now operating three-section rotation, compared to their typical all hands on deck ap-

"Currently we have switched to, as we refer to (it) in the mortar world,

three operating sections," said Becker. "This will limit the interactions between the Soldiers. We are also practicing the 6-foot distance advised by regiment, to decrease the chance of possible contamination from Soldier to Soldier."

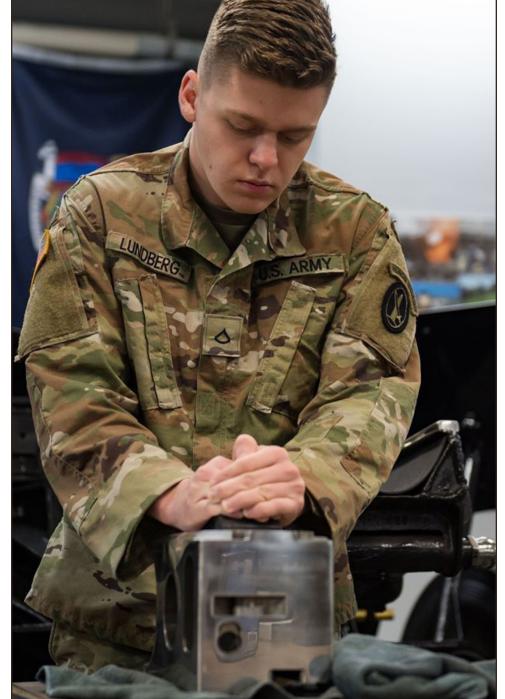
The different sections are now required to sanitize their work areas daily, in addition to their normal duties.

Utilizing this operational approach requires trust in the junior enlisted Soldiers, said Becker.

Trust in the junior enlisted leaders is imperative in times like these, according to Becker. He said he has faith in these leaders to hold their Soldiers accountable and carry out the standards in accordance to the guidance put out by higher headquarters.

The changes have been met with a positive response, however, have required some getting used to, according to one Soldier.

"For me the biggest change has been not working as a platoon," said Pfc. Joshua Peacock, an indirect fire infantryman with the PSB. "We are a close-knit platoon, it's just different not seeing everyone every day. It's working, but I'd like to get back to our normal routine as soon as we can."



A Soldier assigned to the Presidential Salute Battery, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) cleans 3-inch anti-tank guns of World War II vintage, mounted on a 105mm Howitzer March 25.



Two Soldiers assigned to the Presidential Salute Battery, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard) clean their 3-inch anti-tank guns of World War II vintage, mounted on a 105mm Howitzer, on Joint Base Myer-Henderson Hall March 25. PSB maintains their guns at all times to ensure mission readiness.



# Help keep our #Team JBMHH Firefighters safe and ready to protect, support, and defend.

- If you are feeling sick, please do not visit a fire station for evaluation. Please call your medical professional right away.
- Please only utilize the 911 system only in the event of severe difficulty breathing or illness.
- Your efforts to protect our firefighters and will ensure that members can remain on the trucks where they can do the most good and continue to protect our communities.

**PENTAGRAM** Thursday, April 9, 2020

# Girl escapes Cambodian jungle, grows up to join US Army

By Denise Lew Pentagram Reporter

Sgt. 1st Class Neary Ung serves as a 42A40, the human resources noncommissioned officer in charge for joint activities at Headquarters Battalion on Joint Base Myer-Henderson Hall. At 5 foot 3 inches, Ung is fit, unassuming and quiet. Beyond her exterior, she encapsulates hard work and grit and has risen quickly up the ranks for the past 17 years. Ung attributes her work ethic to a unique personal story of sacrifice and hardship.

Born in Vietnam and raised in Cambodia's countryside, Ung is the third of six siblings, with two younger sisters and two older brothers. Childhood was far from picture perfect; the family lived in a mere straw hut.

"We were poor, had no money to buy food, had only one set of clothes, no shoes and no TV or

electricity," she explained. "Basically, we lived in a tropical jungle."

In 1987, when Ung was just 7 years old, her parents decided to escape their home in Thma Koul, Cambodia by going into Thailand. Just two months earlier, her uncle had undertaken the same risk but did not make it.

"My uncle died from a landmine, attended by his wife and three kids at the hospital," said Ung. "The rest of their group got locked up in prison."

Aware of the risks of being watched by authorities, her parents concocted a plan to break up into groups and head to the nearest train station.

"My grandfather pretended to go into the city to visit my aunt," she said. "Later, my two brothers pretended to walk to school but instead walked straight to the train station. A short while later, my mom and two sisters followed. Finally, my dad left an hour later. We all made it onto the train, except for my dad, who missed it."

Once the train arrived in Sisophon, Thailand, three gentlemen "guides" took them to a safehouse where they could rest for the night. But they soon received warning that authorities might capture them if they were discovered at the house.

"We walked to a meeting point in the woods and met another group, and someone said that they had seen my father," Ung said. "But my dad was not at the meeting point that night. So, we continued on our journey, slept during the day and traveled at night for several days. My mom told me that we only ate one time. We went across a landmine farm, and the guide would check the ground before we followed."

see UNG, page 7



Sgt. 1st Class Neary Ung at her desk on Joint Base Myer-Henderson Hall.

# 'Pershing's Own' keeps mission going despite social distance constraints

By Alice Swan Pentagram reporter

COVID-19 safety requirements may have halted live concerts at Brucker Hall, home of The U.S. Army Band on Joint Base Myer-Henderson Hall, but TUS-AB has found a new way to entertain music lovers around the Military District of Washington, and beyond. Since late March, TUSAB has been offering live streamed weekly performances on a number of social networking platforms.

According to Col. Andrew Esch, band commander and conductor, the virtual "United We Stand" concerts were a natural extension of work TUSAB had already started, to increase outreach to a wider audience.

"Understanding that so many people get their news, information and entertainment online had already led us to build the infrastructure and develop the capabilities," explained Esch. "Most of our efforts up to now have been either short offerings designed as social media posts or the rebroadcast of a live perfor-

"Engaging people online is definitely different, but adapting is what we do, it's what the Army does. Under the current situation, we're really focusing our efforts on it and progress is much more rapid

\*

PHOTO COURTESY OF MASTER SGT. CHRIS BRANAGAN Members of The U.S. Army Band "Pershing's Own" wind ensemble prepare for a recent

than it might have been otherwise. In the end, I'm confident we'll emerge even more capable, and versatile than ever

livestreamed "United We Stand" performance.

TUSAB will be streaming the "United We Stand" performances on their web and social network sites every Tuesday at 2 p.m., Thursdays at 7 p.m. and Fridays at 4 p.m. Esch stated that TUSAB is strictly following the Centers for Disease Control and Prevention and public health safety guidelines to keep Soldiers safe. He said the recording is done in the large rehearsal hall which allows proper spacing and there are never more than 10 people in the room at a time. Each performer's position is marked on the stage to further ensure proper distancing. The cameras and operators are in a separate viewing room to help maintain the 10-person limit.

"When we realized we were going to shift in this direction the first thing we did was ask for volunteers and for their ideas," Esch said. "The response was immediate and overwhelming. These folks are American Soldiers. They're resilient, they want to contribute and they're ready to go. So, everything you're seeing and hearing are products they themselves are putting together."

He also noted that band members are supporting the Military District of Washington and JBM-HH in special duty details at Rader Health Clinic and the commissary.

Recognizing that there are children now at home, TUSAB is developing programming geared to them. Esch said that band member Master Sgt. Leigh Lafosse, who has two education degrees and a doctorate in Musical Arts, is coordinating efforts to develop educational musical videos for all ages. The goal is to create products that support not just music teachers, but STEAM teachers as well, he explained.

Viewers have an opportunity to influence TUSAB's weekly shows. People can use any social networking platform they prefer to submit music requests and TUSAB will do their best to incorporate as many as possible Esch noted.

Since the streaming performances began, the shows have reached an estimated 100,000 people and have had 40,000 views reported band officials.

Esch said that "Pershing's Own" is ready to stage the performances for as long as needed.

"We have no shortage of creativity or will," he said. "As you know, music has an incredible power to unite people and create powerful connections, even in the digital space, so we'll continue the mission as long as America and the Army needs us."

To learn more about the "United We Stand" concerts, visit www.usarmyband.

## **VIRTUAL**

from page 1

the viewing audience of the joint base's commitment to protecting the force, mission assurance and its interagency partners.

"We are at (Health Protection Condition) Charlie, which means we are at a substantial risk of community transmission," she stated, "but we have aggressively been implementing measures since day one at risk reduction across the joint base. As a joint base, we are ready, and we are committed to flattening the curve."

Tuite described the changes in his

regiment in just the last three weeks. "We would do upward of 40 different ceremonies or events per month," he said. "All of those have been cancelled. Funerals have been greatly reduced to what they can be in accordance to the health protection

"We understand the enemy we are now facing and it is attempting to attack us in our way of life. What we do is important in how we fight this."

In addressing his Soldiers and their Families, Tuite said, "We all have an individual responsibility to do the appropriate health protection behaviors ... and there are three things we can continue to do ... to stay healthy, to stay fit and, for us as an organization, to stay ready."

Goddard stated that the priority of the Andrew Rader Health Clinic is to protect the staff as well as military beneficiaries. To prevent the spread of the virus in the health care facilities, Goddard made the decision to pause health care at the Fort McNair clinic and consolidate manpower and care at Fort Myer's Andrew Rader Health Clinic. And, in order for staff

to continue to safely provide services and health care, Goddard and her team instituted virtual appointments when physical interaction is not necessary and moved the pharmacy to a drive thru operation.

Addressing military beneficiaries, Goddard emphasized, "We do remain open and here to serve you for acute appointments and time sensitive things that need an in-person exam or treatment by a provider."

Goddard also announced the simple screening instituted at the clinic's front door for those needing to enter the clinic to ensure that anyone, who may be deemed at risk or showing COVID-like symptoms, will be seen

"Yes, we do have (COVID-19) testing capabilities at Rader Clinic," stated Goddard. "If you feel you are symptomatic ... call the nurse hotline to get further instructions."

Goddard also thanked the viewing audience for their concerns over the clinic having enough personal protective equipment.

"We have enough equipment to appropriately treat our patients and protect our staff," she said.

Questions from the town hall viewing audience included many questions about the commissary ranging from shortages of grocery items to special store hours to the possibility of the commissary closing. Peeples assured the town hall audience that it is the command's intent to keep the commissary, as well at the exchanges, open and shared a sentiment from the commanding general of the U.S. Army Installation Management Command, Lt. Gen. Douglas Gabram, said he terms the commissary as "the Alamo — to protect at all costs."

Peeples added the priority of the



Joint Base Myer-Henderson Hall's director of public affairs Mike Howard gives panelists final direction before the start of the base's first virtual COVID-19 town hall held April 2. Members of the panel included (left to right) the 3rd U.S. Infantry Regiment, The Old Guard, regimental physician Maj. Adam Sasso; The Old Guard Regimental Commander Col. James Tuite, JBM-HH Commander Col. Kimberly Peeples; Andrew Rader U.S. Army Health Clinic Commander Lt. Col. Soraya Goddard and Rader Clinic's Occupational and **Environmental Medicine medical officer Dr. Kimberly Beck.** 

base is to keep key and essential services that the garrison offers open to include — along with the health clinic — law enforcement, fire and emergency, veterinary emergency services and ID card services on an appointment basis.

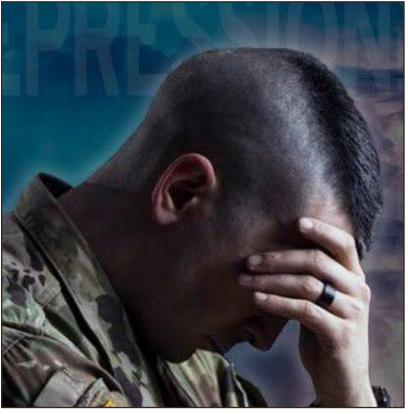
Other town hall questions ranged from what steps personnel can take to prevent the possibility of taking the virus home to questions about Soldier physical fitness testing. There were also many concerns over the Soldiers and horses at the Caisson Stables.

Some of the key messages from the panel and subject matter experts during the town hall included that

while it is important to maintain a physical distance during these trying times, it is not good to maintain an emotional distance. It is important to remain "virtually social" with family, friends and co-workers and to reach out to others – especially for those who are dealing with anxiety. It is each individual's responsibility to stay healthy.

If an individual missed the livestream, he or she may view the town hall broadcast at Joint Base Myer-Henderson Hall's Facebook page at https://www.facebook.com/jbmhh/ videos/669945413835094. The next JBM-HH virtual town hall will be held Thursday at 1 p.m.

**PENTAGRAM** Thursday, April 9, 2020 5



If taken the wrong way, the term social distancing could negatively impact a Soldier's mental health, said Chaplain (Maj. Gen.) Thomas L. Solhjem, the Army's 25th chief of chaplains. Especially for those who live and work



Chaplain (Maj.) Raziel Amar, New York National Guard chaplain, talks to a service member at the Javits

# Army's top chaplain: more social distancing, less disconnection

By Thomas Brading **Army News Service** 

While officials have relied on "social distancing" to curb the spread of COVID-19, the Army's top chaplain said the term doesn't mean stopping all contact with friends and family.

Social distancing, a term used by the Centers for Disease Control and Prevention, aims to head off the COVID-19 pandemic by advising people to stay at least 6 feet apart with no large gatherings and as many staying home as possible to slow the spread of the airborne virus.

Chaplain (Maj. Gen.) Thomas L. Solhjem, the Army's 25th chief of chaplains, is concerned some details of the phrase may get lost in the fog. If taken the wrong way, the term could negatively impact a Soldier's mental health, he said, especially for those who live and work alone.

"It's lonely here," the two-star chaplain confessed, during an interview from his Pentagon office.

His staff — who used to fill the workplace with conversation and camaraderie — were told to go home last month. and have since teleworked to minimize

These days, the Pentagon hallways like much of the world — grow quieter and quieter, and the chaplain's conversations are now in short supply.

The defense building, where more than 23,000 federal officials and service members work, has operated on minimal manning since March 16. However, the mission goes on, including that of the U.S. Army Chaplain Corps, whose mission is "to care for the Army's soul, and the dignity and worth of each person," he said.

#### Safeguarding the spirit of the Army

As more and more Soldiers are isolated in their homes, they are finding new ways to sustain their mission. Army chaplains are no different.

"Self-isolated chaplains are still virtually connecting with Soldiers in their units," Solhjem said. "Troops have been reaching out to chaplains on social media, with FaceTime, Skype, phones — whatever capabilities their chaplains have. Soldiers know we're here for them, no matter what."

The virtual turnout has been unprecedented, he said. Since the COVID-19 outbreak, chaplains have noticed an "off the charts" increase of social media activity. For example, virtual services that would normally receive a few hundred views at best, are ranging in the multiple thousands.

"The religious communities across the Army will come out of this stronger," Solhjem said. "We're connected to each other and more connected to God than we were when we went into it. It's because of the creativity and initiative of our unit chaplains who are just out there getting it done. People are looking for hope during uncertain times. We're investing in people, and connecting them in spirit, community, and now virtually. Physical distance has never limited us from connecting with people, whether it is carrier pigeons, radios, or handwritten letters from deployed

"Chaplains have great resources, and they are here to care for your soul. Whether you're a person of faith or not. Every Soldier, every Family member,

locations.

every civilian, every veteran and retiree — they're all in the Army Family. We protect each other. We're valuable. Each of us is precious, and we must protect each other in this because there are things that will destroy us — and it's not just a virus."

#### Dangers of social disconnection

"This is a rough time, and Soldiers need to know what social distancing means," Solhjem explained. "Troops understand physical numbers — like no groups larger than 10 people, or always maintain at least 6 feet of separation."

It's the numbers that matter in the lexicon of social distancing, he said, which means Soldiers need to keep a physical distance from others. It doesn't mean stop socializing. As troops stay apart, they should still be connected.

But certain vulnerabilities can be exposed when troops get the wrong idea, he said, especially when they feel increasingly lonesome and withdrawn. If those feelings are coupled with things like substance abuse, it can lead to risk-taking behaviors.

For example, Solhjem recently spotted young Soldiers leaving a store with multiple bags of alcohol in tote. Although the troops assured him they would practice moderation, the chaplain feared the risk they invited with excessive alcohol.

"Although this is not what civil society needs to hear ... it's the realities of the environment," he said. "What's important is how people respond to the pandemic."

#### Message from the frontlines

With medical masks and prayer books in hand, ministry teams from the National Guard have stretched far beyond their chapels, to COVID-19 hotspots around the country.

"The military is trained to deal with fear, anxiety, uncertainty," Solhjem said. "That's all part of the training in our DNA. I think there are things that civil society can learn from, how we do things."

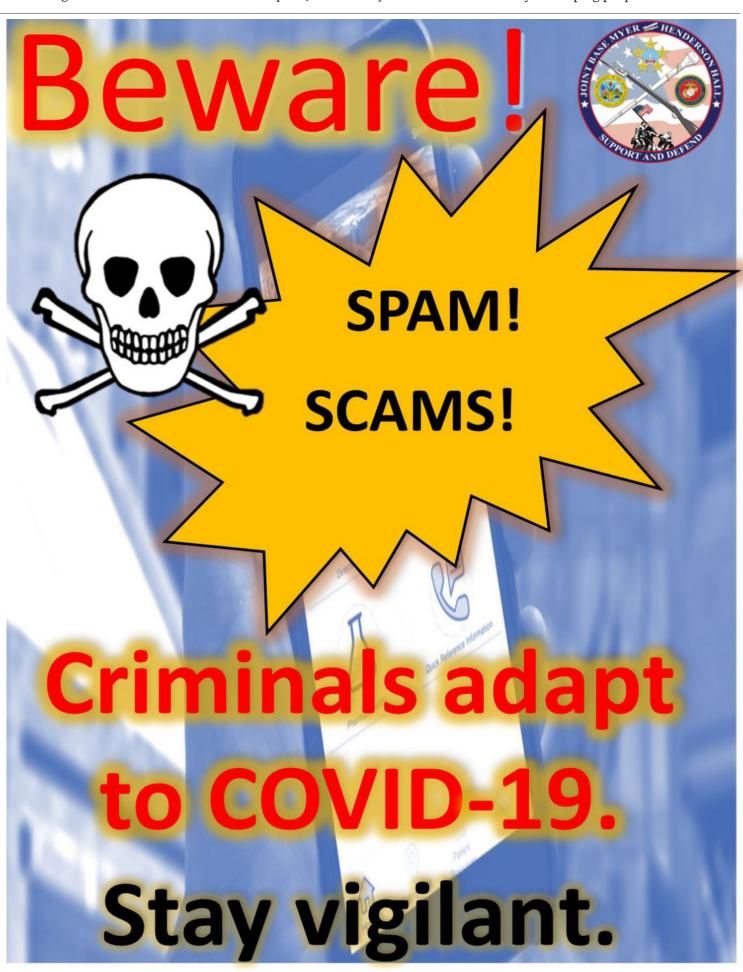
Chaplain (Lt. Col.) Scott Ehler, the New York National Guard state chaplain, has ministry teams on the ground all over New York to support activated troops on the frontlines of the COVID-19 outbreak.

"We're here to remind them that during these trying times, we're a beacon of hope," Ehler said. "We're there to take care of our service members and to make sure their spiritual needs are being met."

Although a concentration of support has been provided in New York City, chaplains are working all over the state, he said.

"One of the great things I'm seeing and hearing from our service members on the ground is they are working in and helping communities," he said. We have service members preparing food that's going to be delivered to people in need. We have service members cleaning so when restrictions are lifted, people can continue to safely go back to their community center, synagogue, church, wherever.

"There is a sense of accomplishment (in New York). A lot of our service members are feeling that way because they are helping people."



6 Thursday, April 9, 2020 PENTAGRAM

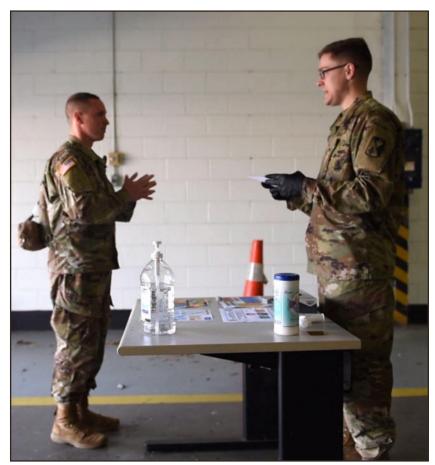


IOTO BY MASTER SGT. CRISTA MARY MACK

Basic combat training recent graduates are screened upon arrival at Fort Lee, Virginia, for COVID-19. A combined effort of social distance enabled training and other health and safety measures were implemented in the first controlled transport of approximately 800 BCT recruits from Fort Jackson, South Carolina, to Fort Lee, Virginia. U.S. Army Training and Doctrine Command is dedicated to meeting critical mission requirements while safeguarding the health and wellness of recruits, trainees, drill sergeants, support personnel, cadre and their Families.



Soldiers at Fort Eustis, Virginia, stand in formation while practicing social distancing at advanced individual training in March. The Army announced it would halt the transportation of recruits to basic combat training March 16.



A Soldier at Fort Eustis uses hand sanitizer before entering a military facility in March. The Army has delayed movement of new recruits into basic training for at least two weeks.

# Army delays recruit movement to basic training, offers incentive pay

By Joseph Lacdan Army News Service

To help slow the spread of coronavirus, the Army will halt the movement of new recruits to basic combat training for at least two weeks, service leaders said Monday. New recruits may also be eligible to receive up to \$6,000 of delayed shipping incentive pay added to any existing bonuses, depending on the length of delay.

About 220 recruits scheduled to ship from April 6-20 will be rescheduled. However, basic training that has already begun and advanced individual training will continue in a limited capacity to maintain readiness, said Gen. Paul Funk II, U.S. Army Training and Doctrine Command commander.

"We are focusing on the health and safety of our force right now," said Maj. Gen. Frank Muth, U.S. Army Recruiting Command commander. "And this will help us ensure our training bases are fully prepared to receive our new recruits in the safest way possible."

Recruits who have experienced extreme hardship and had their basic training dates rescheduled due to living in a COVID-19 red zone may be approved for the new Future Soldier to Active Duty program. Through the program, new Soldiers can receive \$1,600, or the base pay of an E-1 private during the delay.

By April 20 the Army will have delayed the shipment of a total of about 4,000 active duty and Army Reserve recruits since March 16, Muth estimated. Until Monday, the Army had shipped about 1,700 recruits to BCT while delaying the transportation of troops in COVID-19 red zones.

The decision to stop the transportation of trainees to BCT stems from last month's Defense Department order to minimize domestic travel and contain the COVID-19 outbreak. Muth said recruiters will continue to maintain regular virtual and phone contact with new Soldiers awaiting travel to the Army's training bases: Fort Jackson, South Carolina; Fort Leonard Wood, Missouri; Fort Benning, Georgia; and Fort Sill, Oklahoma.

"This pause is only for our current future Soldiers who had already signed a contract with us," Muth said. "Our recruiters will still be out there in the digital space working with applicants who are interested in serving ... when the situation stabilizes."

Training changes

Smaller classes, social distancing and increased health screenings are among the significant changes at the training bases amid the COVID-19 outbreak.

About 100 Soldiers at the training installations have tested positive for coronavirus and 12 have fully recovered, Funk said. Each installation has taken measures to practice social distancing during physical training sessions and in dormitory housing, said public affairs officers at the installations.

"Ensuring the safety of all of our Soldiers, Family members and civilian personnel is always our No. 1 priority," said Funk, adding that the service will reassess the environment at the end of the two-week delay to decide whether to resume new troop movement to BCT. "And we will continue to take an abundance of caution to

protect our force as this situation

develops."

Recruits take health screenings
before initial processing, at their local
military entrance processing stations
and when they arrive at basic training
installations. For their first two weeks,
recruits take part in limited training
while being closely monitored and
taking daily health assessments, said
Maj. Gen. Lonnie Hibbard, Center for
Initial Military Training commander.
The recruits will also take the classroom portion of the eight-week basic
training curriculum during the controlled-monitoring phase.

"Force health protection is the Army's top priority," said Lt. Col. Peggy Kageleiry, CIMT public affairs director. "Protecting the force includes mitigating the spread of the coronavirus by executing strict health protocols at Army training centers. The Army will continue to train new recruits to maintain operational readiness."

At Fort Sill, Soldiers continue to participate in basic training while practicing proper distancing during physical training and in learning activities. Instructors have changed the dimensions of formations to place recruits 6 feet apart and cadence-calling drills have been eliminated. Indoor classes have also moved outdoors. Col. Michael Konczey, 434th Field Artillery Brigade commander, said March 27 among the recruits and drill sergeants remains high.

Fort Sill will livestream its basic training and advanced leadership training course graduations, which remain closed to the public.

remain closed to the public.

At Fort Leonard Wood, the training base's 60-bed, open-bay dorm rooms

are now housing 30 recruits per room for proper social distancing, a base official said. Kageleiry said recruits and drill sergeants at Leonard Wood and the Army's other training bases continue to get screened daily to help

prevent COVID-19's spread.

"I get asked a lot, 'Why are we still training?" said Col. Adam Hilburgh, 3rd Chemical Brigade commander at Leonard Wood. "The Army's mission is to fight and win our nation's wars, and in order to do that we need to maintain readiness. And one of the ways we do that for the Army is to provide trained, disciplined, quality Soldiers to the force, and we do that continuously."

Fort Benning — home of the Army's Infantry School, Armor School, Ranger School, and Airborne School — suspended all combatives training. At Fort Jackson, base officials confirmed a Soldier in training with 3rd Battalion, 13th Infantry Regiment, and an Army officer enrolled in the Adjutant General Basic Officer Leader Course were among those diagnosed with COVID-19. In-person graduations at the installation have also been canceled.

Gen. James C. McConville, the Army's chief of staff, said at a press conference March 20 that protective measures have been implemented because infection prevention is paramount. Should recruits show COVID-19 symptoms, the installations have the required medical capabilities to quarantine and treat all impacted personnel, he said.

"Parents are sending us their sons and daughters," he said. "We have an obligation to take care of them."

#### Thursday, April 9, 2020 7

#### **UNG** from page 4

After traveling for several nights, they reached the border to Thailand. Crossing the field was the final stretch to freedom.

"It was a dangerous, life or death situation because if the tower's searchlight spotted us, then we would be shot to death," she said. "We ran in pairs and finally crossed the border to Thailand."

At last they had made it. In the morning, they reunited with another uncle and a few weeks later, Ung's father finally arrived. The family lived at a refugee camp for a few years in Thailand.

In December of 1990, when Ung was 11, the Thailand Embassy allowed her family to immigrate to the United States.

"My mom's older brother in Ohio got a church in Columbus, Ohio, to sponsor all nine of us," said Ung.

After living in Ohio for a few years, the family moved to Portland, Maine.

"I attended middle and high school there and joined



Sgt. 1st Class Neary Ung when she joined the U.S. Army in 2003.

the U.S. Army in 2003," said Ung. "I wanted to get out of Maine and try something different."

March marked 17 years since Ung joined the Army. Looking back upon her journey, Ung said she has no doubt that her experience shaped her personally and professionally. She is incredibly thankful that her family made it to the U.S.

"We have better opportunities and (did) not have to be homeless," Ung said. "If you take an extra step toward what you want to do and go for it, you're going to get it. It's the land of opportunity. A lot of people



PHOTOS COURTESY OF SGT. 1ST CLASS NEARY UNG

Ung's uncle, mother, youngest sister, Ung, second eldest sister, father, second eldest brother, eldest brother and grandfather when the family lived in Thailand.

have dreams, but it depends on how hard you work for it and want to get it; if you are going to walk the talk."

Aside from her unique experience in the past, Ung lives a normal life pretty much just like any other American.

"I like to go to the gym and go for a long jog, relax

at home drinking beer and watch Netflix with my hubby," she said.

But her life ambitions are far from over.

"I want to be an entrepreneur after I retire in 2023, and open a liquor store or a distillery," said Ung. "In 10 years, I see myself in Hawaii with my lovely and sweet

husband." Until then, Ung is focused

on her duties JBM-HH. "I like to help service members with their pay issues, ensuring that their needs are met," Ung said. "Sometimes it takes longer, but it's worth it."

And after this chapter, another journey lies ahead.





# Mobile Made Easy.

Reach your customers with a unique, engaging mobile ad! It's SIMPLE... and it WORKS.



- 1. Set your location and coverage radius
- 2. Create an AdScroll message
- 3. Configure target settings and go live!



Scrolling "Ticker" unit that looks like Breaking News



Change messaging quickly & easily



Target the right audience in the right location



Superior results

# ■ Verizon 🕏 √ 0 x 74% ■ espn.com SCORES MJ or LeBron: Who is the greatest player of all time? eBron's dominance at age 33 is forcing a reconsideration Sluws CLICK FOR 10% COUP

#### What do we do?

AdScroll places your message on mobile devices and drives traffic to your event, store, or service.

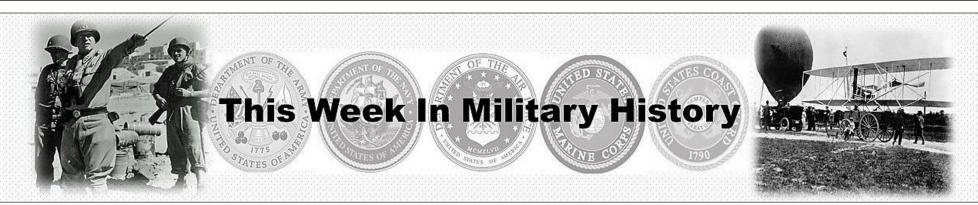


# Build an AdScroll in under a minute and get live today!

410.200.7866 info@nxcmedia.com apgchesapeake.com



**PENTAGRAM** 8 Thursday, April 9, 2020





COURTESY PHOTO

In 1782, the Battle of the Saintes began. The Battle of the Saintes (known to the French as the Bataille de la Dominique, or Battle of Dominica) was an important naval battle that took place over four days through April 12, 1782, during the American War of Independence.

In 1782, the Battle of the Saintes began. The Battle of the Saintes (known to the French as the Bataille de la Dominique, or Battle of Dominica) was an important naval battle that took place over four days through April 12, 1782, during the American War of Independence. This was a victory of a British fleet under Adm. Sir George Rodney over a French fleet under the Comte de Grasse, which forced the French

and Spanish to abandon a planned invasion of Jamaica. The battle was named after the Saintes (or Saints), a group of islands between Guadeloupe and Dominica in the West Indies. The French fleet defeated here by the Royal navy was the same French fleet that had blockaded the British army during the Siege of Yorktown. The French suffered heavy casualties and many were taken prisoner, which included the Comte de Grasse.

Four French ships of the line were captured (including the flagship) as well as one destroyed. Rodney was credited with pioneering the tactic of "breaking the line" in the battle, though this is disputed.

#### April 10

In 1963, the USS Thresher nuclear-powered submarine failed to surface 220 miles east of Boston in a disaster that claimed 129 lives. The second USS Thresher (SSN-593) was the lead boat of her class of nuclear-powered

attack submarines in the United States Navy. Its loss at sea in the North Atlantic during deep-diving tests approximately 220 miles east of Boston was a watershed event for the U.S. Navy, led to the implementation of a rigorous submarine safety program known as SUBSAFE. Judging by the 129 crew members and shipyard personnel who were killed in the incident, historic context and significance, the sinking of Thresher was then, and remains today,

the world's worst submarine disaster. As the first nuclear submarine lost at sea, its disappearance generated international shock and sympathy.

#### April 11

In 1945, the American Third Army liberated the Buchenwald concentration camp, near Weimar, Germany, a camp that was judged second only to Auschwitz in the horrors it imposed on its prisoners. As American forces

see HISTORY, page 9





#### Ready to Power Up Your Savings?

Get started with an EasyStart<sup>sм1</sup> or Special EasyStart<sup>2</sup> Certificate—all it takes to start is \$50.

Choose a term of 6, 12, 18 or 24 months<sup>3</sup>

 Add money regularly with automatic transfers

Earn up to 7X the national average4 Visit navyfederal.org/pledge





Insured by NCUA. ¹This Annual Percentage Yield (APY) is accurate as of 3/6/2020. This APY is an annualized rate that reflects estimated earnings based on the dividend rate and frequency of compounding. Dividends compounded daily, credited monthly. A minimum balance of \$50 is required. Penalties may apply for early withdrawal. <sup>2</sup>Limit one Special EasyStart Certificate per member. This offer, including the stated APY, is effective Dec. 10, 2018. Navy Federal reserves the right to end or modify this offer at any time. Penalty for early withdrawal. The Special EasyStart Certificate has a \$50 minimum balance, a \$3,000 maximum balance and a 12-month term. Additional deposits are allowed at any time, subject to the maximum balance. Certificate owner(s) age 18 and older must have Direct Deposit of Net Pay or payroll allotment and a Navy Federal checking account within 90 days of the certificate issue date. If these requirements have not been satisfied by the 90th day, your Special EasyStart Certificate dividend rate will be reduced to the prevailing dividend rate of the standard EasyStart Certificate for the remainder of the certificate's term. <sup>3</sup>Rates based on terms selected. <sup>4</sup>Based on 12-month national average rates for non-jumbo deposits (of less than \$100K) as of Mar. 16, 2020. Source: https://www.fdic.gov/regulations/resources/rates. Image used for representational purposes only; does not imply government endorsement. © 2020 Navy Federal NFCU 13793 (3-20)

### **HISTORY**

from page 8

closed in on the Nazi concentration camp at Buchenwald, Gestapo headquarters at Weimar telephoned the camp administration to and announced that it was sending explosives to blow up any evidence of the camp, which included its inmates. What the Gestapo did not know was that the camp administrators had already fled in fear of the Allies. A prisoner answered the phone and informed headquarters that explosives would not be needed, as the camp had already been blown up, which, of course, was not true. The camp held thousands of prisoners, mostly slave laborers. There were no gas chambers, but hundreds, sometimes thousands, died monthly from disease, malnutrition, beatings and executions. Doctors performed medical experiments on inmates, testing the effects of viral infections and vaccines. Among the camp's most gruesome characters was Ilse Koch, wife of the camp commandant, who was infamous for her sadism. She often beat prisoners with a riding crop, and collected lampshades, book covers and gloves made from the skin of camp victims. Among those saved by the Americans was Elie Wiesel, who won the Nobel Peace Prize in 1986.

#### April 12

In 1918, Marines of the 4th Brigade suffered their first gas attack on the night and early morning hours of April 12 to 13 when the Germans bombarded the 74th Company, 6th Marines near Verdun with mustard gas. Nine Marine officers and 305 enlisted Marines were gassed and evacuated, and 30 Marines died from the effects of the gas shells, which hit in the middle of the reserve area cantonments in which they

were sleeping.

April 13

In 1777, American forces were ambushed and defeated in the Battle of Bound Brook, New Jersey. The Battle of Bound Brook was a surprise attack conducted by British and Hessian forces against a Continental Army outpost at Bound Brook. The British objective of capturing the entire garrison was not met, although prisoners were taken. The American commander, Maj. Gen. Benjamin Lincoln, left in great haste, and abandoned papers and personal effects. Late on the evening of April 12, 4,000 British and Hessian troops under the command of Lt. Gen. Charles Cornwallis marched from the British stronghold of New Brunswick. All but one detachment reached positions surrounding the outpost before the battle began near daybreak the next morning. During the battle, most of the 500-man garrison escaped by

the unblocked route. American reinforcements arrived in the afternoon, but not before the British plundered the outpost and began the return march to New Brunswick.

April 14

In 1965, the Joint Chiefs of Staff ordered the deployment of the 173rd Airborne Brigade from Okinawa to South Vietnam. The 173rd arrived in Vietnam in May 1965, and was the first major U.S. Army ground combat unit committed to the war. Headquartered at Bien Hoa Air Base near Saigon from May 1965 to October 1967, the brigade conducted combat operations in the region surrounding Saigon. In November 1967, the brigade fought a major battle with North Vietnamese army forces at Dak To in the Central Highlands, winning the Presidential Union Citation for bravery in action. After more than six years in South Vietnam, the 173rd withdrew from Vietnam in

August 1971 as part of President Richard Nixon's troop withdrawal program. During combat service in Vietnam, 12 troopers of the 173rd Airborne Brigade were recipients of the Medal of Honor for conspicuous bravery; 1,606 were killed in action; and 8,435 were wounded in action.

April 15 In 1962, the first Marine air unit was sent to Vietnam. Fifteen Sikorsky UH-34D combat helicopters of the U.S. 362nd Marine Medium Helicopter Squadron (HMM-362), arrived from the aircraft carrier Princeton, which was based near Soc Trang, 100 miles southwest of Saigon. The 450 Marines and their craft, as task unit dubbed 'Shoofly,' reinforced the three U.S. Army helicopter companies already in Vietnam, and carried supplies and troops to isolated or threatened villages and troop concentrations.



# **Army COVID-19 Information Hotline**

1-800-984-8523 Overseas DSN 312-421-3700 Stateside DSN 421-3700







# **WOW!** Handpicked fresh from the grove!

Perfect for Mother's Day! Mention Promo Code SPG20.

**Handpicked** and **hand packed**, our fresh, juicy oranges are **delivered** to your door fresh off the tree! As always, our famous citrus is picked and packed at its peak, fresher than anything you'll find in stores. Paired with cookies and candy, this is the perfect gift box for Mother's Day, birthdays, or just because.

- 3 Grove Navel Oranges
- 2 Honey-Sweet Tangerines
- 3 oz. Chocolate Chip Cookies
- Jelly Belly® Beans
- Saltwater Taffy

# Call 1-202-918-7511 to order item 836 or Visit HaleGroves.com/MB00116

Order Item #836, mention Promo Code SPG20 for FREE Shipping.

**Only \$29.99\***, plus FREE Shipping. Satisfaction completely guaranteed. Order by April 30th, 2020 for GUARANTEED Mother's Day delivery.



Since 1947. Hale Groves, Vero Beach, FL 32966

IC: HMVS-A254

Call now to receive **FREE Shipping!**  10 Thursday, April 9, 2020 PENTAGRAM

### News Notes

# JBM-HH leaders to host virtual town hall Thursday

Joint Base Myer-Henderson Hall Commander Col. Kimberly Peeples will join leaders on the joint base for an informative virtual town hall hosted from the JBM-HH Facebook page. The event will start at 12:45 p.m. Thursday, streamed from www. facebook.com/jbmhh. The video link is https://www.facebook.com/events/571317133484598/.

The town hall live stream is a part of a series of town halls leadership will participate into inform and update the joint base workforce and community. The town halls will take place Thursdays at 1 p.m. from the JBM-HH Facebook page.

# JBM-HH Easter sunrise livestream Sunday

In a time of social distancing, a long-held tradition will continue at Arlington National Cemetery Sunday. While the cemetery will not physically open to the public for the ceremony, a virtual experience will be offered for all, as long as conditions allow. The service will be live streamed from the JBM-HH Facebook event page https://www.facebook.com/events/157705792123976/.

The sunrise service will take place from 6:30 to 7:30 a.m. and features guest speaker Chaplain (Maj. Gen.) Thomas L. Solhjem, the U.S. Army chief of chaplains.

The decision to stream live was made in keeping with the mission to protect the force, preserve readiness and mitigate the risk of transmission of illness among personnel.

#### **AAFES** Easter hours

All AAFES facilities will be closed for Easter Sunday except for Fort Myer Express which will be open from 9 a.m. to 6 p.m.

#### Myer Flyer Shuttle suspended

The Myer Flyer Shuttle Route 9, which travels from the Pentagon to Joint Base Myer-Henderson Hall has been suspended. If this is impacting individuals, please let the motor pool know. JBM-HH is assessing how many people need this service, so input is appreciated. Please call the motor pool at (703) 696-7009 or (703) 696-7136.

#### **COVID-19 affecting PCSing**

Soldiers who are permanently changing stations Soldiers and Families on orders to or from a country with a Centers for Disease Control and Prevention warning level category 3 for COVID-19 (Korea and Italy) will stop movement and delay travel until May 6 or further notice, according to an Army message. If a service member receives orders from Joint Base Myer-Henderson Hall's Military Personnel Division, please contact Douglas Russell at (703) 696-3695, or by email at douglas.a.russell3.civ@usa.army.mil with any questions.

Department of Defense customers who are or were expected to PCS to Korea or Italy and previously arranged to have their household goods, unaccompanied baggage and privately owned vehicle shipments and official travel tickets issued by JBM-HH, are requested to contact the JBM-HH Transportation Office.

The transportation office can be reached by calling (703) 614-7190/91 or by email at m\_hnhl\_hqbn\_dmo@usmc. mil. Please contact the office with any questions regarding the rescheduling or cancellation of shipments and flights due to the travel restrictions that are currently in place for Korea and Italy.

The direct point of contact for this transportation announcement is transportation officer Kenny Hopkins at (703) 693-8541 and by email at kenny.r.hopkins@usmc.mil.

### MCX tailor shop curtails services

The tailor shop at Henderson Hall will be closing with the exception of New Type III's (camouflage uniforms) and request to have a nametape, branch of service tape or insignia sewn on. A tailor will come in Thursdays to accommodate those needs, otherwise she will be home to adhere to the company's action of closing tailor shops.

Dry cleaning services have been suspended until further notice. However, they will drop off remaining items May, 31

#### Henderson Hall Mobile Center new hours

The new hours for the Henderson Hall Mobile Center begin Sunday: Monday-Friday 10 a.m.-6 p.m., Saturday and Sunday 10 a.m.-5 p.m.

## National Collegiate Solo competition extends deadline

Due to current restrictions and public health concerns, the 2020 National Collegiate Solo Competition event and application procedures are modified in the following ways:

- 1. The application due date will be extended. Online application and uploaded entries must be received before 11:59 p.m. April 27.
- 2. Unaccompanied recordings will be accepted.
- 3. Should the scheduled performances June 4-5 be cancelled; a future date will be scheduled for the winner to perform with the U.S. Army Band in concert.

For more information, please visit https://www.usarmyband.com/education-community/national-collegiate-so-lo-competition.html.

#### Support firefighters

Firefighters answer the calls to be first responders in matters of life, health and safety. Let's help them accomplish the mission to protect, support and defend the JBM-HH community. If an individual or his or her loved one is feeling ill, do not visit the JBM-HH firehouses for a medical evaluation. Instead, call a doctor or medical professional right away. Individual efforts can help keep firefighters out of quarantine, working on the front line, keeping communities safe.

## Henderson Hall suspends career resource classes

All in-person classes at the Henderson Hall Career Resource Management Center are suspended until further notice. Please contact the unit transition coordinator for the most current guidance on completing transition readiness seminar requirements.

The staff will remain available via email and telephone to complete individual counseling and capstone review appointments and related transition services. For transition support, please contact the office during normal business hours from 8 a.m. to 4:30 p.m. For more information on these services, visit the Henderson Hall CMRC online at http://www.mccshh.com/crmc.html.

## Old Guard Dining Facility switches to 'grab-and-go'

The Old Guard Dining Facility will take additional steps to further distance the culinary specialists from patrons. The facility is transitioning from the current "to-go" concept to

a "grab-and-go" concept, meaning all food items will be labeled and prepackaged, with little to no interactions between patrons and culinary specialists. With this change, there is no impact to the current meal schedule or manning cycle. Thank you for the support and understanding in this matter.

## Marine Corps Exchange moves to cashless service only

In order to preserve the health and well-being of patrons and staff, the Henderson Hall Marine Corps Exchange will remain open for essential retail purchases only. Essential purchases are those items located on the first floor. The second and third floors will be closed until further notice. The store will operate from 10 a.m. to 6 p.m. through Saturday. Beginning Sunday, hours will change to 10 a.m. to 4 p.m.

The Vineyard will remain open with the same operating hours as the main store. The Vineyard is enforcing a policy of no more than five customers inside at one time.

#### Exchange curtails services

There will be no dining in at Exchange facilities, with only food "to-go" available.

• The main store will be open from 9 a.m. to 6 p.m. Monday through Saturday. Sunday hours are unchanged.

Starbucks will open at normal times. All

concessions at main store will close at 6

p.m.

• Precision Tune Auto Care will be open Monday to Friday from 8 a.m. to 4

- p.m. and Saturday from 8 a.m. to 3 p.m.
   Panda Express will now close at 7
- Myer Watch and Jewelry Repair is closed.
- The snack area in the Express Snack Avenue is closed.
- •The Myer Optical Shop will be closed through Saturday.

#### CYS update

Cody CYS Center is open for children of some mission essential parents. The CYS Center is open for children of the following Family categories only: Single/dual DOD COVID-19 mission essential, and DOD COVID-19 mission essential with a spouse who works in the health care industry or is a first responder (i.e. emergency medical technicians, paramedics, police officers, firefighters). If an individual submitted a form, but his or her Family is not in one of the above categories, CYS is unable to provide care at this time. Forms received at the current time will be considered on a case-by-case basis.

#### Rader Clinic update

The Rader Clinic Pharmacy has initiated a drive thru pharmacy. When approaching the clinic, please follow the directional pattern that it set up for safety and efficiency. The clinic pharmacy new closure time is 3:30 p.m., until further notice. For any patients or residents on either Forts Myer or McNair who think they may have been exposed to COVID, please stay at home and call (800) Tricare (874-2273), option 1. Individuals can also web chat at www. mhsnurseadviceline.com. Individuals will get additional instructions from the nurse at that number on what to do. There is currently testing capability at Rader Clinic for COVID-19. If an individual has concerns or would like to inquire about testing, please call (800) Tricare (874-2273) Option 1. A nurse will talk to the individual about whether it is appropriate to test him or her based on his or her symptoms, travel and contact history. If the individual meets the criteria for testing, the nurse will give him or her detailed instructions. Lastly, if an individual has an in-person appointment at the Rader Clinic, the clinic has a screening station set up in the main entrance. Please be prepared to answer some simple questions about symptoms and recent travels.

#### Commissary changes

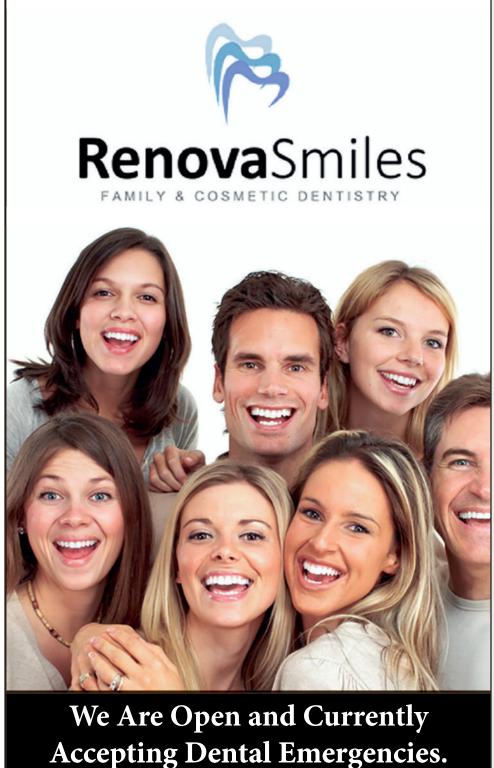
There are now 100-percent ID card checks at the Fort Myer Commissary. The commissary is open normal hours except that the commissary is not opening for early bird shopping, which provides more time to clean and restock shelves. Normal open hours are from 8 a.m. to 7:30 p.m. Monday through Friday, 8 a.m. to 6:30 p.m. Saturday and 8 a.m. to 6 p.m. Sunday. The Defense Commissary Agency asks patrons not to bring reusable bags from home, although they can be purchased in store for one time use. Customers are encouraged to minimize the use of cash to reduce this high touch point item.

## Fort Myer Thrift Shop community grants

The Fort Myer Thrift Shop is now accepting applications for community grants to organizations that provide services and/or support to military organizations, personnel and their Families. Requests are accepted from 501 c (3) and government entities in this area. Additional information and application forms are available online at www. fortmyerthriftshop.org under community grants. Requests must be postmarked by April 23. Questions may be emailed to communitygrantsfints@gmail.com.

#### Fort McNair clinic closed to the amangion of pressurior

Due to the expansion of precautions across the community surrounding the COVID-19 development, Andrew Rader U.S. Army Health Clinic will begin to limit visitor access and increase screening protocols. Fort McNair Clinic is closed and will be centralizing all patient care at Rader Clinic for the JBM-HH and McNair beneficiaries. For patients who live or work on Fort McNair, please temporarily use the Rader Main Clinic line to make an appointment at (833) 853-1392 for the Fort Myer location. Or, like always, individuals can use tricareonline.com or call the NCR Appointment Line at (855) 227-6331. The clinic asks that visitors without an appointment or need for other medical services, such as lab/pharmacy/radiology/immunizations, avoid entering Andrew Rader and Fort McNair clinics. Additionally, the clinic will be enhancing its screening protocols before patients enter the building. This could cause a slight delay as an individual arrives. Though the screening process for most will take less than a minute, the clinic encourages patients to arrive 10 minutes earlier than normal.



# \$99 specials Most insurances accepted

- Dental Implant Consultation + CT Scan
  - Invisalign Consultation+ Dental Impressions
  - Consultation+Xrays+Cleaning

www.renovasmiles.com
Woodbridge: 703-670-5414
Falls Church: 703-998-8826
Manassas: 703-368-4344

**PENTAGRAM Thursday, April 9, 2020 11** 



# Classifieds

Call 301-645-0900

### **FACILITIES MAINTENANCE TECHNICIAN**

Corteva Agriscience in Chestertown is now seeking a Facilities Maintenance Technician to provide maintenance for all Chesapeake Farms buildings, vehicles and equipment.

Corteva offers an excellent benefits package that begins on day one of employment including generous 401k match, health and dental insurance, 20 vacation days, paid holidays and more!

For more details and to apply, visit: www.corteva.com/careers



EOE/AA Race, Sex, Religion, National Origin, Veteran, Disability



#### **Environmental Inspector**

Maryland Environmental Service seeks an Inspector at our Poplar Island dredging facility near Tilghman, MD.

Must have HS Diploma/GED & 1 year experience.

See all details and apply at www.menv.com/careers MES offers excellent benefits package.

EOE



# **Nursing Faculty: 10-month**

Responsibilities: Chesapeake College offers two full-time nursing positions to begin August 2020. The program is seeking professionals with expertise in one or more of the following specialty areas - medicalsurgical, pediatric and critical care nursing.

Requirements: The successful candidate must hold current RN licensure in the state of Maryland, a minimum of a Masters' Degree in Nursing, and demonstrate a strong foundation in nursing theory and practice. A Masters in Nursing Education or Post - Masters Certificate in Nursing **Education** is preferred.

For best consideration, interested applicants should submit a cover letter, resume, and unofficial transcripts to hr@chesapeake.edu by April 30, 2020.

Please visit our website for additional information on open positions.

www.chesapeake.edu/employment Chesapeake College is an Equal Opportunity Employer Minorities and Women are encouraged to Apply



SoMD | Classifieds



# Hiring Trends in Nursing Compassionate

Professionals in the healthcare industry have noticed a shift in focus over the past decade or so, one that is centered on optimizing the patient experience. Many hospitals and healthcare centers have enacted policies that mimic those traditionally found in the hospitality sector.

Patients are catered to with state-of-the-art facilities and responsive care plans that measure their overall satisfaction with their stay, physician, nurses and even food quality. These trends have impacted what healthcare organizations are looking for in their nursing staff.

#### Characteristics of a Nurse

Here are some of the main personal characteristics that hiring managers are looking for in their next nursing professional:

proach with great attention to detail; Solid critical thinking skills and ability to think quickly in stressful situations; Strong interest in science and math; · Flexible learning style and adaptable to change in the rapidly evolving healthcare industry; and · Ability to collaborate with

#### How to Become a Nurse

others and work long shifts.

If you're looking to become a nurse, the first step is figuring out what type of nursing professional you'd like to be. All states require nurses to complete some kind of formal degree through an accredited nursing school, while some professional certifications allow you to become more specialized. Some of these certifications and credentials are acknowledged by organizations such as the American Nurses Association and National Association for Practical Nurse Education and Service. Do some research to find out where

your passions for nursing can align with the right job and environment.

#### **Different Kinds of** Nurses

As the industry has evolved, so too has the way we identify and classify nursing professionals. Different nurses specialize in different areas that can include ambulatory care, pediatrics, informatics, school nursing and mental health. Here are some of the most common qualifications required for various levels of nursing:

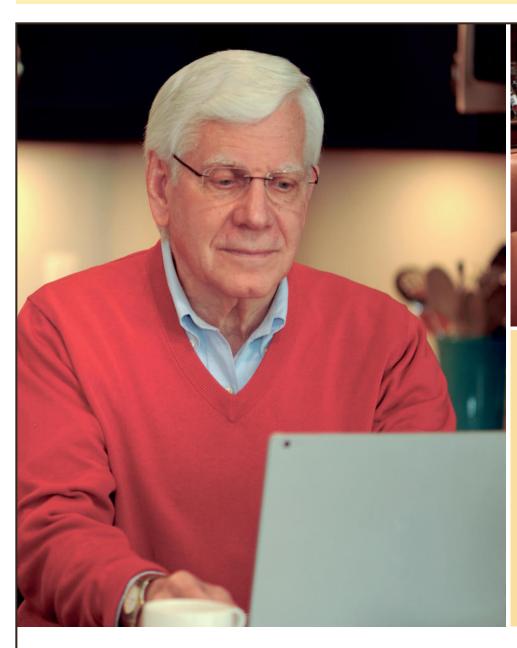
Licensed Practical Nursing (LPN) and Vocational Nursing (LVN) certifications; Registered Nurs-Board Certiing fication (RN-BC); Clinical Nursing Specialist Board Certification (CNS-BC); and · Nurse Practitioner Board Certifications (NP-BC). If you are considering a career in nursing, be sure to talk with your college's nursing gram about the degree and designation that fits best with your personal and career goals. Thursday, April 9, 2020 **PENTAGRAM** 



# THANK YOU

To All Those on the Front Lines Joining Us in the Fight Against #COVID19







THESE DAYS, IT'S **MORE IMPORTANT** THAN EVER TO BE CONNECTED.

We are now offering flexible options to stay in touch, and learn about each of our Ingleside communities. Talk virtually with a marketing team professional, view floorplans and photos, or register for an upcoming online presentation. Discover how you can live an engaged life at Ingleside.

## **INGLESIDE** AT ROCK CREEK

Treasured home of an inclusive group of people whose experiences create the perfect balance for stylish retirement living in Washington, DC.



## WESTMINSTER **AT LAKE RIDGE**

Charming, historic neighborhood brimming with small-town charm, set against the natural forested beauty of Northern Virginia.



## **INGLESIDE AT KING FARM**

Offers a variety of cultural arts, wellness programs, and some of the area's newest and spacious apartment homes in Rockville, MD.



TO LEARN MORE OR SIGN UP FOR AN ONLINE PRESENTATION, PLEASE CALL 202-360-4194.





