

THE JBM-HH MISSION

PROTECT THE FORCE



PRESERVE READINESS



MITIGATE TRANSMISSION RISK AMONG PERSONNEL



Pentagram

Vol. 64, No. 17 April 30, 2020

home.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall



PHOTOS BY SGT. NICHOLAS T. HOLMES



A Soldier with the 3d U.S. Infantry Regiment (The Old Guard) conducts maintenance on a vehicle on Joint Base Myer-Henderson Hall April 21.

Soldiers with the 3d U.S. Infantry Regiment (The Old Guard) conduct maintenance on a vehicle on Joint Base Myer-Henderson Hall April 21. Given the current health protection guidance from the secretary of defense, Old Guard Soldiers wear face coverings to mitigate the spread of COVID-19 while executing their missions.

Old Guard Soldiers maintain vehicle readiness during COVID-19 pandemic

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

During the COVID-19 pandemic, Soldiers assigned to the 529th Regimental Support Company, 3d U.S. Infantry Regiment (The Old Guard), continue to maintain vehicle.

The 529th RSC is responsible for maintaining the readiness of the unit's tactical and nontactical vehicles in support of the National Capital Region. The company also provides ground transportation support for deployment, redeployment,

mobilizations and demobilizations.

"Our mission is to support the (National Capital Region)," said Sgt. 1st Class Shane Markle, non-commissioned officer with 529th RSC. "There have been changes made every day. We have adapted to them and maintained readiness no matter the circumstances that have arrived. We continue to perform a vital task each and every day."

Due to the Centers for Disease Control and Prevention recommendations for social distancing, the company has split into two shifts, said Sgt. Curtis Riggs, team leader with 529th RSC.

Additionally, the unit has implemented precautions to prevent the spread of COVID-19.

"We are continuing to sanitize doors and common areas and practice social distancing," said Markle. "Each Soldier is issued their own equipment, and as tempting as it is, they are no longer allowed to share tools. Again, this is all an effort to reduce exposure to the virus."

These changes have allowed for some unexpected benefits.

"The different shifts have allowed us to make great headway," Markle added. "We have made great strides in our effort to maintain our over-

all readiness. We have gone from 47 service requests, to less than 10. The Soldiers are hard at work sustaining operational preparedness. Readiness will always be a top priority."

Confidence in leadership continues amid the pandemic.

"You can't really be prepared for something that has never happened," said Markle. "It's uncharted territory, but I think the command really has responded well. They responded quickly and efficiently. I have trust they will continue to keep our welfare a priority."

Survivors find community for healing with MDW's trauma support group

By Alice Swan Pentagram Reporter

Since 2018, trauma survivors have been finding solace and recovery through the Women's Trauma Recovery and Empowerment Group, offered by Fort Belvoir Community Hospital's Adult Outpatient Behavioral Health Clinic.

The program has become a key component of the Military District of Washington's Sexual Harassment/Assault Response and Prevention Program's assistance to those who've experienced sexual assault, harassment, domestic violence or abuse.

The WTREG was started by 1st Lt. Jennifer Weekes, U.S. Public Health Service, when she began her assignment at the hospital's Behavioral Health Clinic. While one-on-one counseling was being offered, the clinic did not have a peer support group program for victims.

"I saw this gap and the hospital leadership supported my developing a proposal and then implementing the group," said Weekes. "This is brand

new and the first trauma group to use the Trauma Recovery and Empowerment model and it is also open to women in all branches of service, and on a space available basis, to retirees and dependents."

Weekes explained that the behavioral health model she is using was developed by Dr. Maxine Harris, founder of the Community Connections Trauma Work Group. The model is built on

the principles of strength-based approaches, validation and empowerment taught in an eight-week group session. Topics covered include mindfulness,

healthy relationships.

"During the weekly sessions, a specific topic is addressed comprehensively and relevant group activities are completed,"

said Weekes. "As applicable, practice work is given for group members to use in daily life. It is amazing being able to see women walk into the group feeling alone and within three weeks see them challenging themselves, participating and sharing."

She noted that this behavioral model works because it provides empowerment and skill building. Group members

see that they are not alone and build a community of peer support during their eight-week session.

"This group not only provides a supportive environment for participants," said Weekes, "but also equips members with coping skills, along with techniques and strategies for symptom management."

Weekes shared that she has received positive feedback from participants since the program began. She said that group members report decreased post-traumatic stress, anxiety and depression symptoms. They also appreciate having a safe community to process their traumas and develop the behavior skills to cope with stressors.

Santana Smith (named changed to protect privacy), an active duty Soldier serving within the MDW, participated in a WTREG session in 2019

see TRAUMA, page 4



Index

Chaplain's Corner page 2
Alcohol awareness page 3
News Notes page 10

Local forecast

THURS.
64 | 53



FRI.
62 | 51



SAT.
71 | 53



SUN.
75 | 55



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

Chaplain's Corner

Let go, move forward

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

This week, I heard a story about two cousins, Gus and H. L. They went to a Fourth of July party. The party got really good because they made a few too many trips to the punch bowl. The punch bowl had some tasty stuff in it mixed with the fruit punch. They kept going back to the punch bowl and getting full of the tasty spirits, forgetting the party was located across a lake and they had to row their boat across it to get home after the party. When the party was over around four in the morning, they got back in their boat and began rowing it back to the other side of the lake to get home. At 5 a.m., they were still rowing. At 6 a.m., they were still rowing. At 7 a.m., the sun came up, and they discovered they had not pulled up the anchor. As a consequence, they kept going where they had already been. Why? Because they forgot to let go of something that was keeping them from getting

to where they were trying to go.

If you are not careful, some stuff you refuse to let go of won't let go of you either. Before you know it, life will become one big merry-go-round where you keep going where you already have been and doing what you have already done.

Some of us need to pull up the anchor and let go of the past. Some things are not easy to let go of, but if you don't pull up the anchor and let go, you'll make life miserable for yourself and perhaps for others around you as well. Failure to do so will rob you of joy, peace of mind and fulfillment, which you should be enjoying. If you're challenged with letting go, ask God to give you the strength to let go and move forward.

Application:

Make a list of the things you are struggling to let go of, those that need to be forever buried in the eternal tomb of yesterday, so you can move forward. Inhale and then exhale and let it go. Trust God and let it go.

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 1 Thessalonians 5:16-18, "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.

VA eLearning Offerings

VA offers eLearning opportunities for service members through Joint Knowledge Online (JKO). Access the VA Transition Assistance Program (TAP) Curriculum, VA Benefits and Services, as well as available Military Life Cycle (MLC) modules.

Download the Participant Guide to accompany the online VA Benefit and Services course at benefits.va.gov/TAP.



COURSE NAME	VA TAP CURRICULUM COURSE OVERVIEW	JKO COURSE NUMBER
VA BENEFITS AND SERVICES	Explains how to navigate your transition journey with VA benefits and services, including: supporting yourself and your family, getting career ready, finding a place to live, maintaining your health, and connecting with your community.	TGPS-US006
MLC MODULE NAME	MLC MODULE OVERVIEW	JKO COURSE NUMBER
VA EDUCATION BENEFITS	Provides information about Defense Department (DOD) and VA education benefits to include Post-9/11 benefits that may help service members pay for or offset the cost of tuition, housing, books, and supplies.	MLC-US013
VA BENEFITS 101	Highlights VA benefits and services to include education, home loan guaranty, health care, and insurance and memorial benefits.	MLC-US014
SOCIAL AND EMOTIONAL HEALTH RESOURCES	Describes services and provides information on resources for coping with life experiences and stressors that may impact social and emotional health.	MLC-US018
COMMUNITY INTEGRATION RESOURCES	Explains how to identify local services and community organizations that can provide assistance and aid to service members and their loved ones.	MLC-US020
VET CENTERS	Describes how to connect with local Vet Centers and how service members, Veterans, and their loved ones can use Vet Centers as a free resource.	MLC-US015
VA LIFE INSURANCE BENEFITS	Communicates the different types of VA life insurance benefits to help determine the best choice for service members and their loved ones based upon interests and needs.	MLC-US019
RESERVE COMPONENT DUAL PAYMENTS	Provides an overview on drill pay, compensation eligibility, and dual payment.	MLC-US022
SURVIVOR AND CASUALTY ASSISTANCE RESOURCES	Provides an overview on VA and DOD survivor benefits and eligibility, and what to do in the event of a loss.	MLC-US021

Revised March 2020

Bible Study Live

Join Chaplain Bryant Casteel for Bible Study Live

Wednesdays at 6:30 P.M. Eastern

Stream to watch live or dial-in

<https://zoom.us/j/303609381?pwd=dmpWOFirNEo4YWlSeGJGWVFrR0JLZz09>
Meeting ID: 303 609 381 Password: 746971
Telephone only dial in at +1 (646) 876 9923 (USA)

You protect the force

Cover your face keep Soldiers and Families safe

ACS Corner

Connect with Army Community Service

To keep everyone safe and healthy, Joint Base Myer-Henderson Hall Army Community Service is closed for services, but will continue providing services telephonically and digitally.

To contact ACS, call (703) 696-3435 to reach someone who will get the service an individual is looking for.

Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide linked to the JBM-HH homepage are available as well.

Month of the military child

Individuals can get their free Military Child Appreciation Kit from the teams that support kids at the

Department of Defense. While every military child is unique, they all have something in common, they are part of and supported by a broader military community.

Military kids can get a free kit as a part of Month of the Military Child by going online to <https://www.militaryonesource.mil/stand-with-milkids>.

Building 201, Custer Road
(703) 696-3510

Stay connected! <https://home.army.mil/jbmhh> Facebook: [Facebook.com/jbmhh](https://www.facebook.com/jbmhh) Flickr: [Flickr.com/photos/jbm-hh](https://www.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 Airport 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. Peoples
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

Choose safe behaviors to relieve COVID-19 stress

By Alice Swan
Pentagram Reporter

With COVID-19 causing social isolation, employment and financial worries, along with health fears, one could easily turn to alcohol to escape the pressures of daily life.

However, avoiding alcohol is important during this health crisis, said officials from the Centers for Disease Control and Prevention because drinking, especially heavy use, weakens the immune system and reduces an individual's ability to cope with infectious diseases. These health experts also noted that using marijuana and other inhaled substances, including cigarettes and e-cigarettes or vaping devices, can be dangerous because of their negative effects on the body's pulmonary system.

Albert Mack, the Joint Base Myer-Henderson Hall's Army Substance Abuse Program manager, encouraged the JBM-HH community to choose safe alternatives to relieve their loneliness, stress and anxiety. He also reminded military and civilian personnel that though they may be working from home, military codes of conduct are still in force and should guide decision making.

Mack offered several tips for community members to follow to not only protect their well-being, but also remain productive as they work from home at this time.

- "Take precautions to stay healthy and if you find yourself, because of a long period of social isolation, making an unhealthy choice, break your routine," suggested Mack. "Go out for a walk to get some fresh air or just go sit in your backyard if you have one."

- "Music is a great stress reliever," Mack noted. "Find some nice soothing music, put your feet up, close your eyes and think about positive thoughts or situations in your life that have brought joy."

- "Avoid too much exposure to social media," he advised. "Much of what we are seeing on our phones or devices is negative. For example, I only watch the first 15 minutes of a news broadcast, because after 15 minutes it just repeats itself. You don't want to make yourself feel hopeless by hearing the same negative news over and over again."

- "Focus on positive things that are going on in the world, like people making safety masks or helping others who are struggling," he said.

- "Add color to your life, and what I mean by that is maybe get a plant," Mack said. "Plants add color to your environment. Watching them grow is fulfilling especially now when it seems all we hear about is COVID-19 deaths. Seeing plants thrive gives a sense of joy and something positive to focus on."

- "Avoid unhealthy urges by tackling a project in your house," he offered. "Do something around the house that you've been putting off. Clean a room or go through a closet and find things to donate. That will help you fill the time to avoid boredom and take your mind off harmful choices."

- "Stay away from alcohol or banned substances when you're hungry, angry or tired. Alcohol is a depressant and it will just amplify those moods," Mack explained.

- "Stay in contact with family and friends, people you haven't talked to in a while," he recommended. "You've got time, give them a call. Don't send a text — you want to hear their voice and



let them hear yours, so you feel more connected."

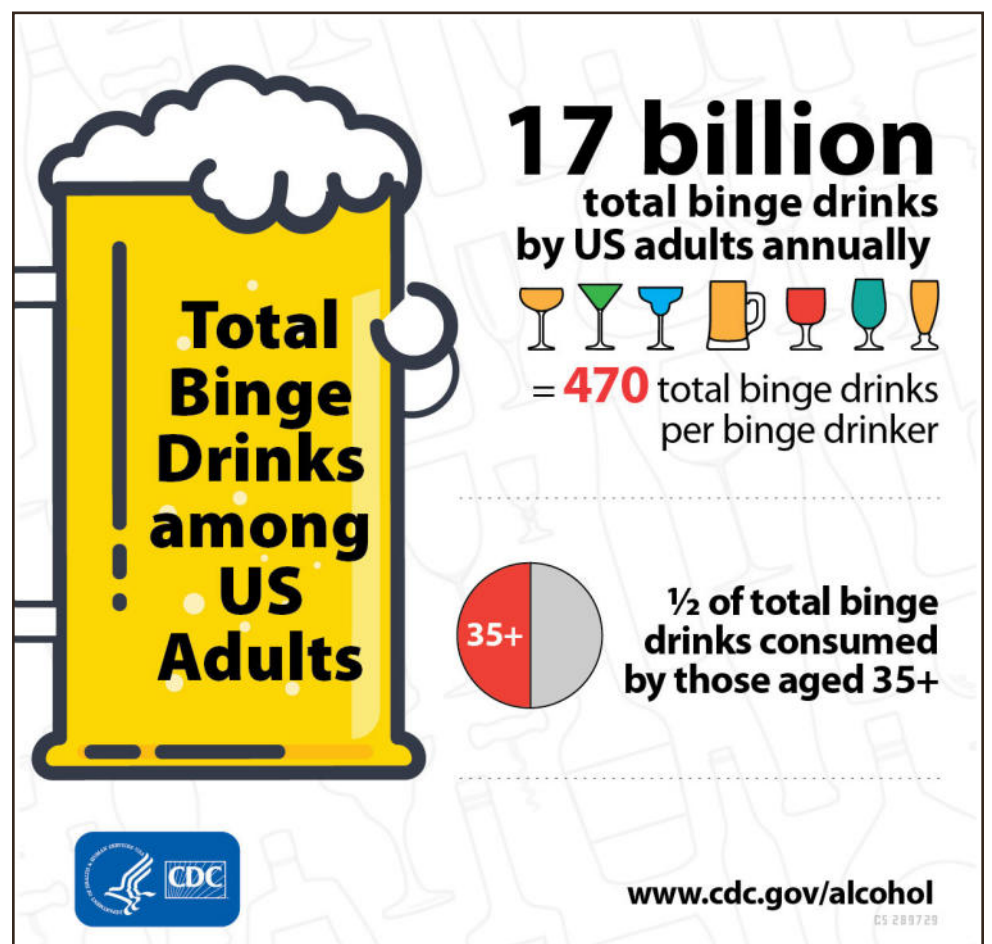
If an individual feels he or she is having problems with alcohol or substance abuse, Mack said that there are ways to seek help during COVID restrictions. He said that Soldiers can call Rader Clinic at (833) 853-1392 to reach behavioral health services for counseling. Mack recommended that civilians call their health care provider for counseling referrals. Civilian employees who are retired military are eligible to receive help through Rader Clinic's behavior health services on a space available basis.

He also encouraged leaders to look for possible problems among their staff and Soldiers during this period of teleworking.

"Stay engaged with your people and pay attention to what they say and how they say it," Mack stressed. "They may be giving you some verbal clues but if you don't pay attention you may miss that message. It could be an important message about the kind of struggles they are having."

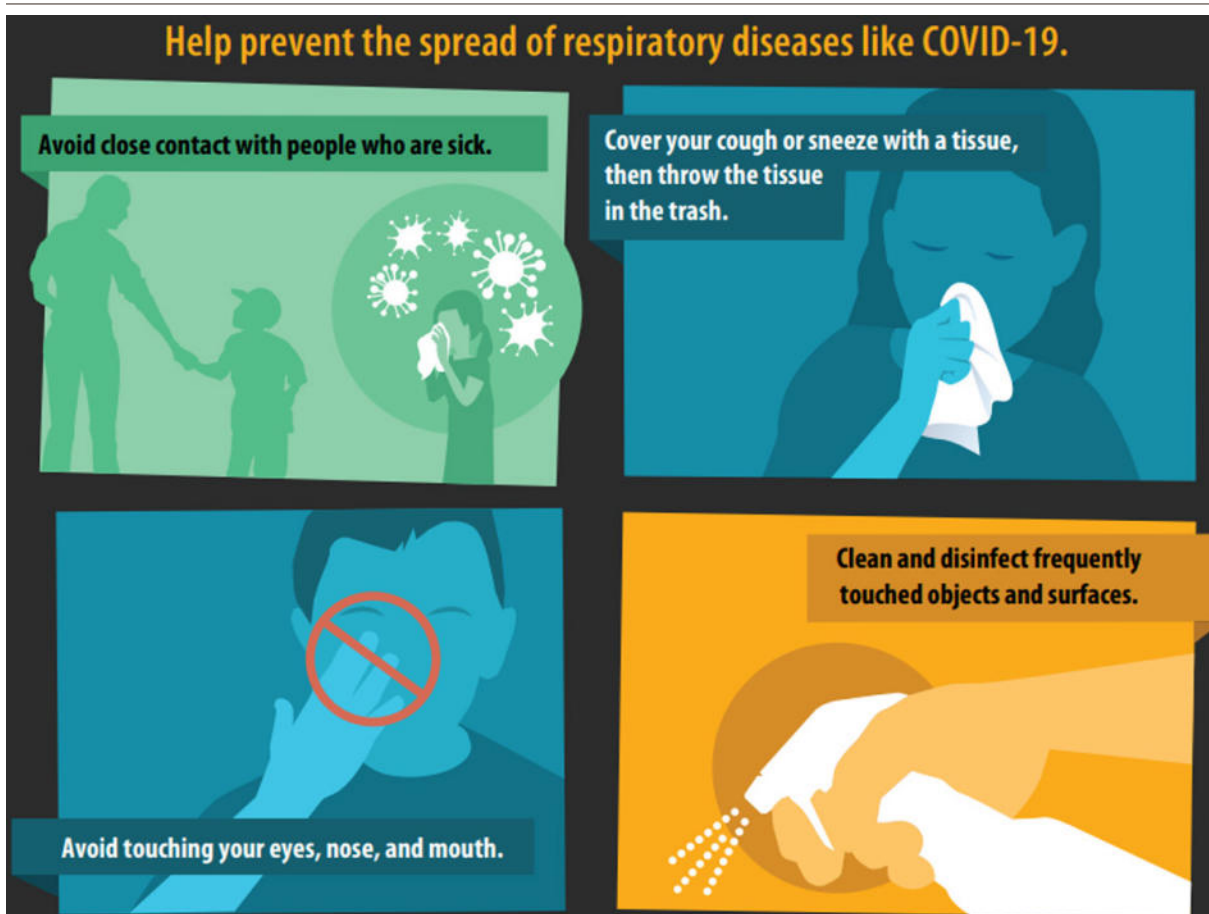
"We ask people every day how they are doing and they may say 'fine.' But pay attention. If they don't look fine or sound fine, you need to ask another question or two to make sure they are fine."

For more information on stress relief



solutions, visit the CDC's website at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html. Military OneSource also has

helpful information for the whole family at <https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/follow-these-stress-relief-tips>.



Combating sexual harassment is key component of SHARP program

By Alice Swan
Pentagram Reporter

Following the release of reports showing increasing incidents of sexual assaults and harassment within the military, Department of Defense officials announced in 2019 that sexual harassment is a criminal offense. Then acting secretary of Defense, Patrick Shanahan, called the move a necessary step to eliminate the “scourge” of sexual assault and abuse in the ranks of all the services.

Ending sexual harassment in units and the workplace is an important part of the work Master Sgts. Alveria Minter and Marvin Hicks perform each day as sexual assault response coordinators for the Military District of Washington’s Pentagon Sexual Harassment/Assault Response and Prevention Office. Both officials noted that sexual harassment is not just harmless words, compliments or jokes. It can foster mistrust, destroy morale and create hostile work environments.

During DOD’s observance of Sexual Assault Awareness Month, Minter and Hicks shared important information on what constitutes harassment, how to report an incident and the roles co-workers and leaders can play in stopping it.

How does the DOD define sexual harassment?

Sexual harassment is a form of gender discrimination. It

includes unwelcome sexual advances, requests for sexual favors and other physical or verbal conduct of a sexual nature. Individuals are encouraged to read Regulation AR 600-20 Chapter 7, https://www.sexualassault.army.mil/files/r600_20_chapter7.pdf. People may interpret sexual harassment differently. An individual might not think what he or she said or did is a harassment behavior, but when an individual reads it in black and white in the regulation, he or she will have a clear understanding.

What are some examples of harassment behaviors?

Harassment can occur in a variety of circumstances. The harasser can identify with any gender and have any relationship to the victim. Examples are deliberate touching, stroking or repeated brushing against another person’s body. A person may make repeated requests for a date or for sexual activity. Written, verbal, pictorial or nonverbal communications of a sexual nature not related to the work to include pressure or demands for a date or for sexual activity are also forms of harassment.

Is sexual harassment gender specific?

No, sexual harassment is not gender specific. A common misconception that’s faced is that victims of sexual assault and harassment are always

women. This is not the case. Men are often scared to report it because of masculinity issues. Individuals tend to view men as the prime abusers and females as the main victims. There is no question that most of the time, sexual (assault, abuse, harassment, etc.) is done by a man to a woman, but it is more common than people think that



more women are doing of the abusing and harassing whether they are a direct manager, indirect supervisor, co-worker, teacher, peer or colleague.

How does a service member or civilian employee report harassment in the workplace?

DOD civilians must contact the equal employment office within 45 calendar days of

becoming aware of the sexual harassment, to initiate the complaint process.

Military personnel can report harassment to the SHARP office or similar programs in other service branches (Air Force and Marine Corps have SAPRs and the Navy has SAPRO) and the reporting process depends on how they want to report:

- Anonymous complaint — Encourages the reporting of incidents while maintaining anonymity.
- Direct approach — Confront the harasser and inform the person that the behavior is not appreciated or welcomed and that it must stop.
- Third party — Ask someone else to talk to the harasser, to accompany the complainant, or to intervene on behalf of the complainant to resolve the conflict.
- Chain of command — Report the behavior to your immediate supervisor, others in the chain of command and ask for assistance in resolving the situation.
- File a formal complaint — Filed in writing, commander is notified, and requires a reprisal plan.

Can individuals report harassment behavior they may see occurring to someone else?

Yes, they can report it. All service members and DOD civilians have a responsibility to help resolve acts of sexual har-

assment. When individuals see something, say something.

What can co-workers or supervisors do to ensure safe and inclusive work environments?

Leaders should recognize they have the responsibility to ensure that each employee is aware and knows venues to discuss and get support. The SHARP Program reinforces the Army’s commitment to eliminate incidents of sexual harassment and sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting and accountability.

Why is Sexual Assault Awareness Month important?

Sexual assault is a horrendous crime that inflicts unimaginable pain on its victims. Preventing perpetration is the only guarantee to stop sexual assault before it occurs. Prevention must be part of a comprehensive approach and the first line in the effort to eliminate this abhorrent behavior from the ranks. It is everyone’s duty to foster a culture of trust so that service members, civilians and Family members will never engage in or tolerate actions that hurt other members of the team. That culture of trust begins with engaged leaders at all levels, not just during the month of April — but throughout the year.

TRAUMA from page 1

and echoed those reactions. She was referred to the program by the therapist she was seeing to help cope with her trauma as a victim of sexual assaults and harassment during her time in service.

“Initially the trust factor was not there, and I went into the first week with my arms crossed, not knowing what to expect,” Smith said. “I had never

spoken openly about my experiences, so I was very apprehensive. But something happened. The biggest thing was that I saw I wasn’t alone. The others were talking about their trauma and I learned from them. We learned about self-care, something I hadn’t heard about. I never had girlfriends before, but these women became my sisters.”

Smith said that WTREG helped her learn how to deal with her experience and address her past. She said the sessions helped her recognize stressors and

triggers and develop skills to cope with them.

“Most of all I am speaking up for myself,” said Smith. “I felt my voice had been taken away and Lt. Weekes helps us get our voices back. I was ready to give up, but I’m still serving because of Lt. Weekes and my group sisters.”

While COVID-19 restrictions have currently halted the support group sessions, Weekes noted that referrals to the group are ongoing and members are able to reach out to Weekes via phone,

video chat or email for counseling. She said that as soon as restrictions are lifted, group sessions will promptly resume.

For more information about the Trauma Recovery and Empowerment Group, individuals can contact Weekes at jennifer.d.weekes.mil@mail.mil. Referrals can be made to the Women’s Trauma and Empowerment Group by behavioral health providers and personnel within the MDW SHARP community.

www.jbmhh.armymwr.com

Chalk The Walk Friday May 1st 2020

Theme: Thanking Essential Workers

Submit: Final chalk design via Facebook

PRIZE!!!! \$50 AAFES Gift Card

Follow us @JBMHFMWR



www.shopmyexchange.com



EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE





PHOTO BY PFC. GENESIS MIRANDA
Spc. Ashlie Chandler, a behavioral health specialist at the Javits New York Medical Station, talks to a Soldier in the facility's Behavioral Health Outpatient Clinic in support of the Department of Defense COVID-19 response April 18. U.S. Northern Command, through U.S. Army North, is providing military support to the Federal Emergency Management Agency to help communities in need.



PHOTO BY U.S. ARMY
Officials curtail exercises, limit training, stop military moves and take other measures in an effort to flatten the curve of coronavirus infections.

DOD plans for resumption of normal operations after pandemic

By Jim Garamone
Defense.gov

Defense Department planners are working on how to resume normal military operations following the coronavirus pandemic, Pentagon spokesman Jonathan Rath Hoffman said.

Because defense is a full-time necessity, the military cannot shut down, Hoffman said at a Pentagon news conference Friday. Still, officials curtailed exercises, limited training, stopped military moves and took other measures in an effort to flatten the curve of coronavirus infections.

"We'll be evaluating many different areas," Hoffman said. "One is training — how are we protecting our trainees, and how are we keeping the pipeline full? We're continuing to look at that, continuing to adopt

and adapt so that we can pursue full training classes in the future."

Defense Secretary Dr. Mark T. Esper is also closely following the stop-movement order. The order goes until June 30.

"But once it is lifted — and the secretary is reevaluating that every 15 days — how are we going to deal with the backlog of individuals that need to move throughout the world?" Hoffman said.

This is a complex issue, and the planners at the U.S. Transportation Command have the lead for the department.

DOD has done a good job of protecting strategic forces, but officials are still going to look at the process to see if there aren't better ways to do this in the future, Hoffman said.

Even if there is a return to normal,

the virus will still be around. DOD planners are looking at the testing program, and officials are putting the final touches on the system it will employ and getting the supplies that will be needed. DOD scientists and doctors are also heavily involved in developing a vaccine and for treatment protocols for COVID-19, Hoffman said.

"We're going to be doing that for months and months going forward," he added.

Finally, the department is looking at the industrial base with an eye to replenishing the DOD stockpile in case of future crises, and to produce more equipment for the coronavirus fight, he said.

Hoffman announced that the Navy hospital ship USNS Comfort will soon leave New York City. It will

return to its homeport of Norfolk, Virginia, to restock and get ready for another mission, if needed.

"We'll be looking to (the Federal Emergency Management Agency) to identify where that next location is; they are the federal government's lead on this, and so they're the ones who will be tasking us," he said.

Hoffman cited "modest progress" in mitigating the virus in the nation's hardest-hit city, calling that "a welcome sign." The rate of infections in New York is declining, he noted, adding that there are still many places where this is not the case, and that the department stands ready to assist.

"As of today, we have more than 60,000 personnel deployed nationwide, including 4,400 medical professionals on the front lines," Hoffman said.

Soldiers reminded to exercise ethical responsibilities during pandemic

By Joseph Lacdan
Army News Service

Even in difficult times, the rules still apply.

As the coronavirus continues to spread nationwide and the economy feels its impact, the Army Office of the General Counsel warns Soldiers that potential problems could arise if they choose to start fundraising campaigns for themselves or other Soldiers.

Some Soldiers or federal employees may have spouses or Family members who have lost their jobs during the nationwide lockdown. Those shouldering additional financial burdens may want to turn to popular crowd-sourced fundraising websites such as GoFundMe or Kickstarter.

John Kent, associate deputy general counsel at the Army Office of General Counsel and expert in ethics, said Soldiers should familiarize themselves with which gifts are acceptable.

"A gift is OK in some instances and not OK in others," Kent said. "The overarching rule is it's not OK when the gift is either given because of the individual's status as a Soldier or an Army employee, or when it comes from a prohibited source. But there are exclusions and exceptions to this rule that may apply."

Soldiers and Department of Defense employees cannot use their status as a service member or government employee as a means for soliciting funds. Further, DOD regulations generally prohibit Soldiers from receiving funds from "prohibited sources" — such as companies or private organizations that do business with or have vested interests with the DOD. Soldiers and employees also cannot receive donations from federal personnel who earn a lower annual income.

Fundraising campaigns could be organized, but rigorous accountability of donors and records of sources must be kept.



PHOTO BY NAVY LT. J.G. MATTHEW STROUP
Soldiers and Sailors assigned to Provincial Reconstruction Team Farah, unload care packages and Christmas gifts during mail call on FOB Farah, Dec. 15, 2019. Soldiers are reminded to abide by Department of Defense guidelines on receiving gifts during the COVID-19 stay-at-home order. Gifts distributed at the organizational level could be acceptable gifts under DOD guidelines.

"They are theoretically possible," Kent said. "But the pragmatic problems with conducting them within the rules that we have to follow make that extremely difficult."

Soldiers who choose to run such campaigns must be able to provide records, or otherwise they may have to return the funds. Kent said the problem could be escalated further if patrons donate anonymously. "Some platforms cannot or will not identify who the real donors are," he said. "And that poses a real problem."

As an alternative to fundraisers, Soldiers can also apply for the Army Emergency Relief program to receive funds in financial emergencies. The funds can be applied towards utilities, rent and other living expenses.

As Soldiers become more publicly visible in the fight against the global pandemic, they should understand the rules on accepting gifts from

the public. Members of the National Guard, for instance, have deployed to assist hospitals in various states throughout the country, prominently in New York City and the northeast.

Soldiers generally may not accept gifts exceeding \$20 in value from a prohibited source or given to them because of their official positions as Soldiers, and such gifts must not total more than \$50 annually from any single source. Those gifts could include donations of protective equipment like masks and gloves. Unless an exception to the rule applies, gifts of cash may never be accepted from a prohibited source or because of one's status as a Soldier.

Soldiers who have fallen ill with COVID-19 or another illness can receive certain gifts from their fellow Soldiers, to include food and other comfort items subject to certain limitations. Kent recommends seeking advice from an ethics

counselor before accepting or giving such gifts.

There are some exclusions and exceptions to the base rule against accepting gifts from prohibited sources or based on their official status. For example, in addition to the \$20 gift rule, Soldiers may accept gifts from prohibited sources if the gifts have been made available to everyone or all military members. For example, during Operation Desert Storm, Busch Gardens offered free admission to all military members and their Families. Certain social gatherings that meet specific exceptions may also be acceptable. Soldiers could potentially accept financial assistance from a crowd-sourced relief fund, provided that it does not discriminate based on position, rank or pay.

Additionally, Soldiers may benefit from gifts that are accepted by authorized senior Army leaders on behalf of the

Army and then distributed to Soldiers and Army organizations supporting Soldiers. Such gifts could include equipment and discounts or free passes to entertainment events like concerts or sports games.

Soldiers should contact their ethics advisors if they are offered or have received excessive gifts from prohibited sources. Kent said such cases should be reported as early as possible.

Soldiers who have any questions regarding acceptable gifts can consult ethics counselors through their first sergeant or chain of command. Questions on whether donations from prohibited donors or fellow Soldiers are acceptable should also be directed to counselors, he said.

"If there is a way for a Soldier to accept a gift within the applicable gift rules the ethics counselor will try to identify how that can happen," said Kent.

Army moves to reclaim lost time in modernization programs

By Sean Kimmons
Army News Service

Signature modernization programs remain on track to deliver capabilities to Soldiers, despite facing delays due to the coronavirus, Army leaders said April 23.

Some of the more than 30 programs have already postponed tests, including Soldier-input events, as a result of safety concerns and supply chain challenges.

The service, though, plans to make up for lost time to stay on schedule, said Gen. John M. Murray, commander of U.S. Army Futures Command.

“What I believe is the most important thing is when we promised our Soldiers we would deliver that capability,” he said during a press briefing. “The current estimate is we will deliver the capability by the time we said we would deliver that capability to our Soldiers, which is first unit equipped.”

Soldier touchpoints, which have allowed Soldiers to play a critical role in the development of new equipment, have varied depending on the location of the event.

The 1st Infantry Division’s 1st Armored Brigade Combat Team is now conducting Soldier touchpoints at Fort Riley, Kansas, for the Future Tactical Unmanned Aerial System capability demonstration.

In order to do this, Soldiers are wearing personal protective equipment along with practicing social distancing and good hygiene, Murray said.

The demonstration consists of five brigades across the country that will test technology that may lead to a replacement for the RQ-7 Shadow.

Later this month, the 101st Airborne Division’s 2nd Brigade Combat Team at Fort Campbell, Kentucky, is also slated to begin its touchpoints for the demonstration after a slight delay, he said, adding these events depend on local conditions.

“We consult, but ultimately we will defer to the local commander on the ground to make those types of decisions about the health of the force and what they can and cannot do,” he said.

The pandemic has led the Army to postpone similar events, particularly for the Integrated Visual Augmentation System, a heads-up display designed to increase situational awareness in combat and for training.

The device’s third iteration for Soldier input is a critical one since it will be the first



PHOTOS BY PROGRAM EXECUTIVE OFFICE AVIATION
Spc. Nicholas Miller, assigned to 1st Engineer Battalion, 1st Infantry Division, conducts flight operations through a laptop-based ground control station, as part of a Soldier touchpoint for the Future Tactical Unmanned Aerial System capability demonstration at Fort Riley, Kansas, April 8. The Army's signature modernization programs remain on track to deliver capabilities to Soldiers, despite facing delays due to the coronavirus, Army leaders said April 23.

time they will test hundreds of sets of the military form factor, a ruggedized version with integrated low light and thermal sensors.

While the tests had been scheduled for this summer, they were postponed to the fall after manufacturing delays, Murray said.

A subcontractor for Microsoft, which received the contract, should be operational again this week or early next week, he said.

“We have plans in place to make that time up and maintain first unit equipped like we promised all along,” he added.

Bruce D. Jette, assistant Army secretary for acquisition, logistics and technology, explained that companies may have to shut down for a 14-day quarantine if a worker tests positive for the virus.

BAE Systems, for example, had to briefly halt operations at their plant in York, Pennsylvania.

“You can’t do assembly of armored vehicles by telephone or computer; you’ve got to have welders and people in there and sometimes they’re in close proximity to each other,” he said. “They went back and rescrubbed their entire procedures and they took care of their people, as we encourage them (to do).”

Boeing also had to temporarily close a plant in Philadelphia until it was safe to reopen.

“Right now, all of the



Spc. Christopher McCoy, assigned to 1st Engineer Battalion, 1st Infantry Division, conducts an engine start on the JUMP 20, as part of a Soldier touchpoint for the Future Tactical Unmanned Aerial System capability demonstration at Fort Riley, Kansas, April 8.

companies that were closed for any period of time have reopened,” Jette said.

Each priority program, Murray said, affords a bit of wiggle room for unforeseen circumstances, which the Army will now be able to use to meet timelines.

“(In) every individual program, there are little places where we’re massaging and working to make back time,” the general said. “We’re not really cutting anything out. We’re just moving faster than we originally planned to go from prototype delivery into the hands of Soldiers.”

An example is with the Next-Generation Squad Weapon, which currently

faces a six-week delay for three vendors to deliver prototypes. Once they get delivered, the Army plans to speed up the time it takes to get them out to units for testing.

“We will get weapons into the hands of Soldiers, under current conditions, two weeks after we take delivery of the prototypes,” Murray said. “That used to be a longer process. We’ll get four of those six weeks back right away by accelerating the time.”

Army Secretary Ryan D. McCarthy said the Army was grateful for how resilient industry has been to keep programs moving.

“It’s amazing how quickly

they’ve adapted, kept their workforce engaged and are protecting cost schedule and performance on these weapons systems,” he said at the briefing.

He also credited Army modernization and acquisition officials in working progress payments for manufacturers, helping with small business loans, and managing second- and third-tier suppliers.

“We’ve been very supportive of our industry base and their supply chains to ensure that they continue to go down the path of recapitalizing existing weapons systems, as well as the development of the new ones,” he said.

COVID-19

CORONAVIRUS DISEASE

Army COVID-19 Information Hotline

1-800-984-8523

Overseas DSN 312-421-3700

Stateside DSN 421-3700



ADAPT seeks military Families for paid research opportunity

By ADAPT

The After Deployment: Adaptive Parenting Tools research study continues to seek participants and provide Families with resiliency resources during the coronavirus pandemic.

The program currently has more than 300 participants at military installations across the United States, and the Fort Belvoir and Joint Base Myer-Henderson Hall site is hoping to enroll another 50 Families in the National Capital Region.

“Our favorite part of working for ADAPT is connecting with the community and providing valuable programs and resources to military Families,” said Meagan McKissick, site coordinator for Forts Belvoir and Myer. “We love attending races, festivals and installation events, and while we have had to adapt our recruitment strategy to follow with social distancing guidelines and stay home orders, we are still bringing those resources to Families from our various social media platforms and connecting with the community.”

Web-based recruitment events are underway on the ADAPT for active duty Fort Belvoir Facebook page with a “Question of the Week” weekly discussion, Friday Facebook LIVE raffle and parenting Q & A events with Dr. Abigail Gewirtz, a child psychologist, and leading expert in Families under stress. People can also connect with ADAPT on Instagram at adaptftsbelvoirmyer.

“The Ask Abi events are really great because she translates ADAPT skills to help us parent during a pandemic,” said Arianne Anderson-Ion, the Fort Belvoir and Myer site assistant. “She tackled stressful and relevant topics like managing stress and worry about aging parents and focusing on balance while trying to work from home and homeschool our kids.”

ADAPT is a Department of Defense funded parenting program that uses evidence-based curriculum derived from parenting principles such as teaching through encouragement, emotion regulation, family problem solving and effective discipline. It is being offered to active duty Families in two formats — a two-day workshop or through an online self-paced

course.

Fort Belvoir recently wrapped up their first workshop in March.

McKissick said participants seemed to really enjoy the program content and the group had a great time with fellow ADAPT Families and Minnesota-based facilitators.

“One parent even told me that the ADAPT parenting tools were a gift,” she stated.

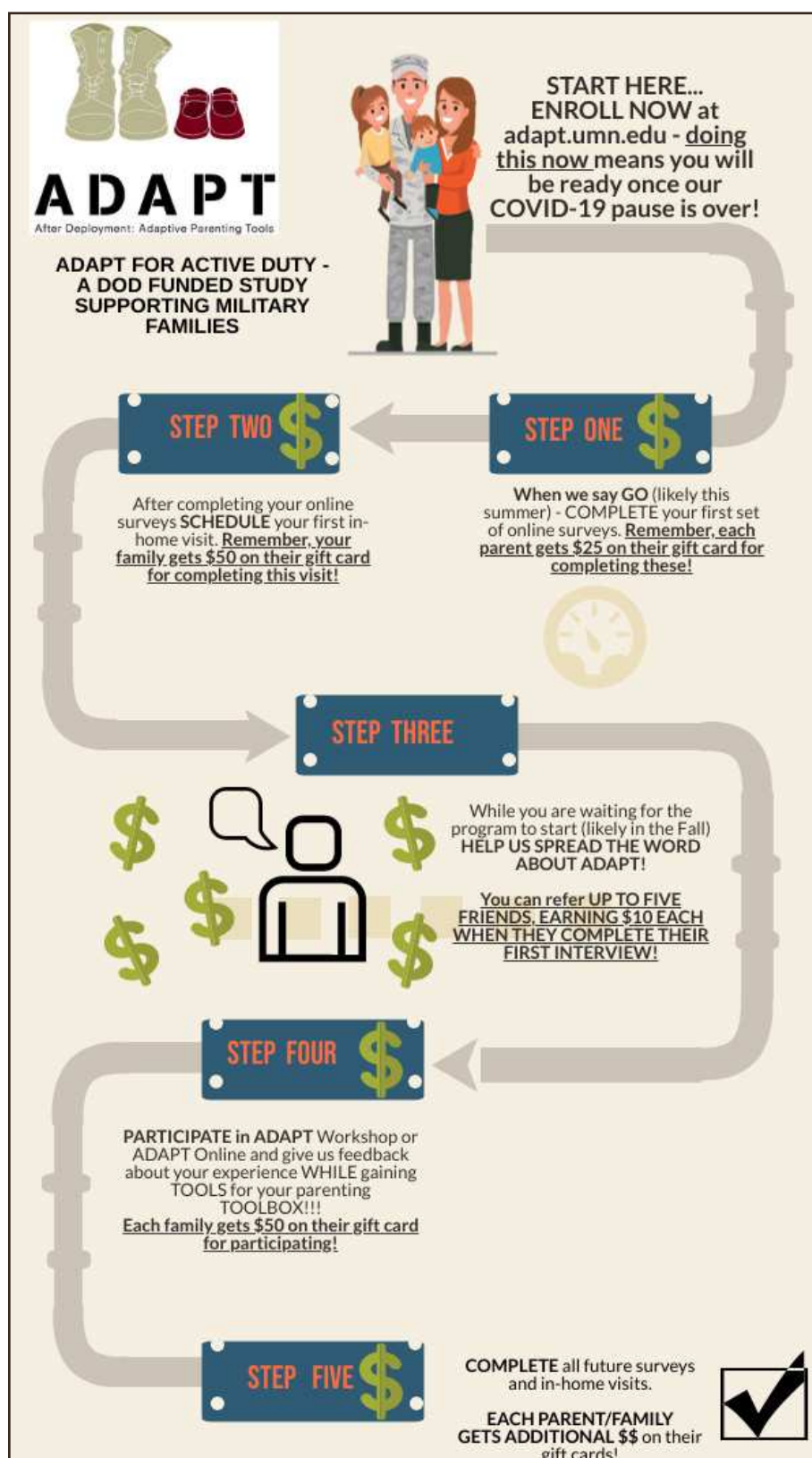
Other participants reported that they “noticed positive changes in my children’s behavior since the beginning of the program especially better listening and compliance.” Another said, “After only two weeks of using the incentive chart, the kids don’t need reminders and are excited to finish their incentive.”

According to Amy Marjerle, the ADAPT program manager, Fort Belvoir had the highest turnout for a two-day workshop in ADAPT history with more than 75% of Families assigned to the workshop condition attending at least one day.

“However, we know that not all Families need to be served by an in-person program and could benefit from accessing the tools online at their leisure,” she said. “Determining what works best for whom is the focus of our current study with active duty.”

The next cohort is scheduled to attend intervention in the fall, granted it is safe to do so. For Families in the greater Washington, D.C., area who are interested in participating and meet the eligibility criteria: have an active duty or full-time Reserve Family member, deployed or experienced a long-term temporary duty in the past five years and have a child between the ages of 5 and 12, they can enroll and earn up to \$520 for participating in the program.

According to the research timeline, a typical Family will be compensated for three online surveys, a baseline home interview and receiving program content either at a two-day workshop or in an online course. Some Families will also be invited to participate in additional services to help tailor the skills in a small group format or one on one. Follow up interviews at the one and two-year mark are also compensated.



DOD COVID-19 Authorized Face Masks

AUTHORIZED

- OCP/Green Mask ✓
- Neck Gator ✓
- Tan Mask ✓

Mask consideration should be complementary to the uniform. Colors such as browns, greens, tans, and current camouflage pattern that are similar to the Army Combat Uniform are preferred.

Note: Medical equipment such as N95 respirators or surgical masks will not be issued for this purpose as this equipment is reserved for the appropriate personnel.

UNAUTHORIZED

- Bright Colored Mask ✗
- Logo Mask ✗
- Costume Mask ✗

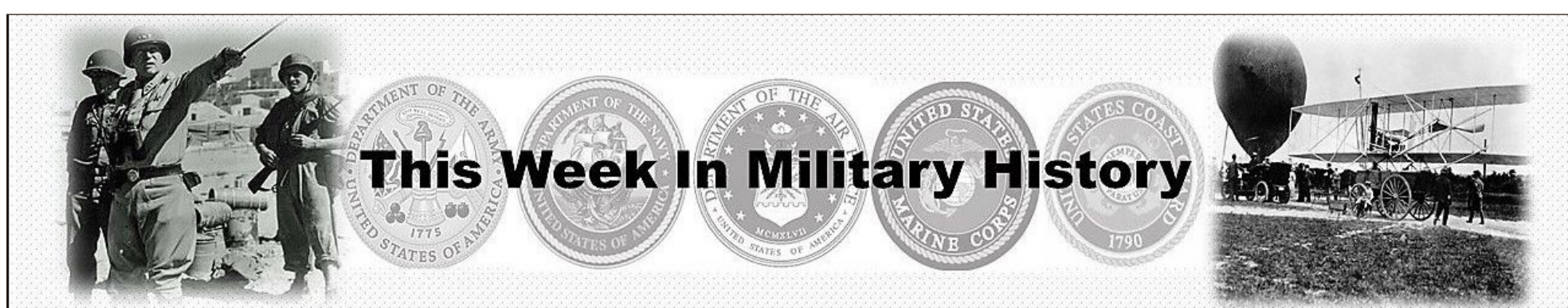
Masks will not display logos, colors not similar to the Army Combat Uniform, or be associated with costumes.

Note: It is recommended NOT to use old combat uniforms since they have been previously treated with anti-wrinkling agents and permethrin (insecticide).

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.





On May 2, 1863, Stonewall Jackson administers a devastating defeat to the Army of the Potomac and is wounded by friendly fire.

PHOTO BY TXSTATE.EDU

April 30

In 1865, the eight suspects in the President Abraham Lincoln assassination plot who were imprisoned on monitors USS Montauk and Saugus were transferred to the Arsenal Penitentiary, located in the compound of what is today Fort

McNair. This was also the site of their trial by a military tribunal, which returned its verdict June 30, 1865. Three of the eight, along with Mary E. Surratt, were hanged in the prison yard of the penitentiary July 7 — along with Lewis Paine, who made the unsuccessful assassination attempt

on Secretary of State William H. Seward; George A. Azeroth who had been designated by Booth to murder Vice President Johnson; and David E. Herold who had accompanied Booth in his escape from the city. Michael Laughlin and Samuel B. Arnold, boyhood friends of Booth and

conspirators in the actor's earlier plans to abduct Lincoln and in his later plans to assassinate the government's top officials, were sentenced to life in prison. Another accomplice, Edward Spangler, stagehand at the Ford Theater was sentenced to six years in prison. The remaining

two of the eight who were incarcerated on the monitors — Ernest Hartman Richter, a cousin of Azeroth, and Joao Celestino, a Portuguese sea captain were released without being brought to trial.

see HISTORY, page 9

MADE FOR THE MILITARY

For nearly 100 years, we've served military members. We not only understand your needs — we share your values. You'll see it in our products and services tailored for military life.

Join USAA

USAA.COM/JOIN or call 800-531-8521



WHAT YOU'RE MADE OF
WE'RE MADE FOR™

HISTORY

from page 8

May 1

In 1915, a German submarine, U-30, torpedoed the U.S. ship Gulf light I. The American 5,189-ton tanker Gulf light, was built by the New York Shipbuilding Company of Camden, New Jersey for the Gulf Refining Company (a predecessor of Gulf Oil). It was launched Aug. 8, 1914. The ship became famous when it was torpedoed early in World War I and became the center of a diplomatic incident, which moved the United States closer to war with Germany. The ship survived the attack but was eventually sunk in 1942 by torpedo attack in World War II. Of the 38 crew, there were three fatalities. The captain had suffered a heart attack and two crew members were reported lost when they jumped overboard after the torpedo hit. It was the first American ship to be torpedoed during World War I, although another ship, the Cushing, was bombed shortly before, again by mistake because no American markings were seen from what was then a somewhat novel air attack. The German government apologized for attacking Gulf light, but refused to change its strategy of unrestricted submarine warfare. A report by the British admiralty into the attack concluded that the German commander had behaved properly according to "Cruiser rules" defined in international law. A merchant ship under escort by military vessels forfeited any right to be warned before being attacked, so the patrol ships had made Gulf light a legitimate target by taking it under escort. As an American ship, the submarine would not have attacked had it seen its nationality, but apart from an ordinary flag Gulf light was not carrying any additional markings painted on the hull

to make clear its nationality, which other ships were then doing. The report also suggested that the tanker being stopped and then slowed down by the accompanying patrol had made her an accessible target. The admiralty report was not published at the time and official comment did not explain the circumstances.

May 2

In 1863, Stonewall Jackson administered a devastating defeat to the Army of the Potomac and was wounded by friendly fire. In one of the most stunning upsets of the war, a vastly outnumbered Army of Northern Virginia sent the Army of the Potomac, commanded by Gen. Joseph Hooker, back to Washington in defeat. Hooker, who headed for Lee's army confident and numerically superior, had sent part of his force to encounter Lee's troops at Fredericksburg the day before, while the rest swung west to approach Lee from the rear. Meanwhile, Lee left part of his army at Fredericksburg and took the rest of his troops and confronted Hooker near Chancellorsville. When the armies collided May 1, Hooker withdrew into a defensive posture. Sensing Hooker's trepidation, Lee sent Jackson along with 28,000 troops on a swift, 14-mile march around the Union right flank. Splitting his army into three parts in the face of the mighty Army of the Potomac was a bold move, but it paid huge dividends for the Confederates. Although Union scouts detected the movement as Jackson swung southward, Hooker misinterpreted the maneuver as a retreat. When Jackson's troops swung back north and into the thick woods west of Hooker's army, Union pickets reported a possible buildup; but their warnings fell on deaf ears. In the evening of May 2, Union Soldiers from Gen. Oliver

Otis Howard's 11th Corps were casually cooking their supper and playing cards when waves of forest animals charged from the woods. Behind them were Jackson's attacking troops. The Federal flank crumbled as Howard's men were driven back some 2 miles before they stopped the Rebel advance. Despite the Confederate victory at the Battle of Chancellorsville, Union forces soon gained the upper hand in the war in the eastern theater. Scouting in front of the lines as they returned in the dark, Jackson and his aides were fired upon by their own troops. Jackson's arm was amputated the next morning, and he never recovered. He died from complications a week later, which left Lee without his most able lieutenant.

May 3

In 1942, the first day of the first modern naval engagement in history, called the Battle of the Coral Sea, a Japanese invasion force succeeded in occupying Tulagi of the Solomon Islands in an expansion of Japan's defensive perimeter. The United States, having broken Japan's secret war code and forewarned of an impending invasion of Tulagi and Port Moresby, attempted to intercept the Japanese armada. Four days of battles between Japanese and American aircraft carriers resulted in 70 Japanese and 66 American warplanes destroyed. This confrontation, called the Battle of the Coral Sea, marked the first air-naval battle in history, as none of the carriers fired at each other, allowed the planes taking off from their decks to do the battling. Among the casualties was the American carrier Lexington; "the Blue Ghost" (so-called because it was not camouflaged like other carriers) suffered such extensive aerial damage that it had to be sunk by its own crew. Two hundred sixteen Lexington crewmen died as a result of the Japanese aerial

bombardment. Although Japan would go on to occupy all of the Solomon Islands, its victory was a pyrrhic one: The cost in experienced pilots and aircraft carriers was so great that Japan had to cancel its expedition to Port Moresby, Papua, as well as other South Pacific targets.

May 4

In 1626, Dutch explorer Peter Minuit landed on what is now Manhattan Island. Minuit became director-general of New Netherlands. Indians sold Manhattan Island for \$24 (1839 dollars) in cloth and buttons. The 1999 value would be \$345. The site of the deal was later marked by Peter Minuit Plaza at South Street and Whitehall Street.

May 5

In 1961, from Cape Canaveral, Florida, Navy Cmdr. Alan Bartlett Shepard Jr. was launched into space aboard the Freedom 7 space capsule, and became the first American astronaut to travel into space. The suborbital flight, which lasted 15 minutes and reached a height of 116 miles into the atmosphere, was a major triumph for the National Aeronautics and Space Administration. NASA was established in 1958 to keep U.S. space efforts abreast of recent Soviet achievements, such as the launching of the world's first artificial satellite — Sputnik 1 — in 1957. In the late 1950s and early 1960s, the two superpowers raced to become the first country to put a man in space and return him to Earth. On April 12, 1961, the Soviet space program won the race when cosmonaut Yuri Gagarin was launched into space, put in orbit around the planet and safely returned to Earth. One month later, Shepard's suborbital flight restored faith in the U.S. space program. NASA continued to trail the Soviets closely until the late 1960s and the successes of the Apollo lunar program. In July 1969, the Americans

took a giant leap forward with Apollo 11, a three-stage spacecraft that took U.S. astronauts to the surface of the moon and returned them to Earth. On Feb. 5, 1971, Alan Shepard, the first American in space, became the fifth astronaut to walk on the moon as part of the Apollo 14 lunar landing mission.

May 6

In 1942, U.S. Lt. Gen. Jonathan Wainwright surrendered all U.S. troops in the Philippines to the Japanese. The island of Corregidor remained the last Allied stronghold in the Philippines after the Japanese victory at Bataan (from which Wainwright managed to flee to Corregidor). Constant artillery shelling and aerial bombardment attacks ate away at the American and Filipino defenders. Although still managing to sink many Japanese barges as they approached the northern shores of the island, the Allied troops held the invader off no longer. Wainwright, only recently promoted to the rank of lieutenant general and commander of the U.S. Armed Forces in the Philippines, offered to surrender Corregidor to Japanese Gen. Homma, but Homma wanted the complete, unconditional capitulation of all-American forces throughout the Philippines. Wainwright had little choice given the odds against him and the poor physical condition of his troops (he had already lost 800 men). He surrendered at midnight. All 11,500 surviving Allied troops were evacuated to a prison stockade in Manila. Wainwright remained a prisoner of war until 1945. As a sort of consolation for the massive defeat he suffered, he was present on the USS Missouri for the formal Japanese surrender ceremony Sept. 2, 1945. He was a recipient of the Medal of Honor by President Harry S. Truman. Wainwright died in 1953 — exactly eight years to the day of the Japanese surrender ceremony.

FIND WHAT YOU LOVE
WITH A VOICE COMMAND

Google Assistant

INTRODUCING
AT&T tv

Get the first 3 months of HBO,[®] CINEMAX,[®] SHOWTIME,[®] STARZ,[®] EPIX[®] included at no extra cost.

With ENTERTAINMENT through ULTIMATE Pkgs. Services auto-renew after 3 mos. at then prevailing rate (currently \$54/mo.), unless you call to change or cancel. Req.'s you to select offer.

PACKAGES
STARTING FROM

\$39⁹⁹
MO.
For 12 mos. plus taxes & Regional Sports Fee when bundled.

W/24-mo. agmt & other qualifying AT&T svc (min. \$39.99/mo. + taxes and fees). TV prices higher in 2nd year.* Regional Sports Fee up to \$8.49/mo. is extra & applies.

AT&T TV: Requires high speed internet. Recommend minimum Internet 25 plan (min 8 Mbps per stream for optimal viewing). Limit 3 concurrent AT&T streams. See att.com/tv for details. *\$19.95 ACTIVATION, EARLY TERMINATION FEE (\$15/MO. FOR TV) FOR EACH MONTH REMAINING ON AGMT. EQUIPMENT NON-RETURN & ADD'L FEES APPLY. Price incl. ENTERTAINMENT AT&T TV Pkg., 1 AT&T TV device & is after \$10/mo. bundle discount on TV for up to 12 mos. Pay \$49.99/mo. + taxes until discount starts w/in 3 mos. New residential customers only, excluding DIRECTV and U-verse TV customers. Restr's apply.



All your favorite entertainment, together in one place, including: Live TV & Sports, On Demand, Cloud DVR, and access to HBO, Netflix, Pandora & more!¹

¹ Req.'s separate subscription/login for HBO,[®] Netflix and Pandora.

CALL your AT&T Dealer Today!

Iv Support Holdings LLC

1-571-775-3824



AT&T
Preferred
Dealer

AT&T TV: Requires high speed internet. Recommend minimum Internet 25 plan (min 8 Mbps per stream for optimal viewing). Limit 3 concurrent AT&T streams. ENTERTAINMENT 1-YR AT&T TV PACKAGE W/ OTHER ELIG. SVC: Ends 6/27/20. Available only in the U.S. (excludes Puerto Rico and U.S.V.I.). 1st & 2nd year Pricing: \$39.99 for first 12 mos. only. After 12 mos. or loss of eligibility, then prevailing rate applies (currently \$93/mo. for ENTERTAINMENT), unless cancelled or changed prior to end of the promo period. \$10/mo. bundle discount: Internet; Req's new (min. \$39.99/mo. plus taxes and \$10/mo. equip. fee) or existing svc. Excludes DSL, Wireless; Consumers only. Sold separately. Req's new (min. \$50/mo. after discounts) or existing AT&T postpaid svc on elig. plan (excl. Lifeline) on a smartphone, phone or AT&T Wireless Internet device (excl. voice-only AT&T Wireless Internet). Both svcs: Eligible svc must be installed/activated w/in 30 days of TV activation and svc addresses must match to receive bill credit starting in 1-3 bill cycles. First time credit will include all credits earned since meeting offer requirements. Must maintain both qualifying svcs to continue credits. No credits in 2nd year for bundled services. Includes: ENTERTAINMENT TV Pkg. & one (1) AT&T TV device. Add'l devices avail for \$120 each or on installment. Additional Fees & Taxes: Price excludes other add'l fees & charges. Regional Sports Fee of up to \$8.49/mo. (which is extra & applies to CHOICE and higher Pkgs.). Different offers may apply for eligible multi-dwelling unit customers. AT&T TV: Subject to AT&T TV terms and conditions. Avail. in the U.S. only (excludes Puerto Rico and U.S. Virgin Islands). AT&T TV service will continue monthly at the prevailing rate charged to your payment method on file, unless you cancel, subject to any early termination fees. If you cancel in the first 14 days of order, you must return the included AT&T TV device within 14 days of order to avoid \$120 non-return fee. Additional devices purchased on installment agreement subject to additional terms and conditions. See cancellation policy at att.com/help/cancellation-policy-att-tv.html for more details. Once you've canceled, you can access AT&T TV through the remaining monthly period. No refunds or credits for any partial-month periods or unwatched content. Compatible device req'd. Residential customers only. Pricing, channels, features, and terms subject to change & may be modified or discontinued at any time without notice. Some offers may not be available through all channels and in select areas. Regional Sports & Local Channels: Not available in select areas. Channels vary by package & billing region. Device may need to be in billing region in order to view. GENERAL: Limit 3 concurrent streams per account. Programming subject to blackout restrictions. Taxes may apply. See your Order Confirmation email and att.com/legal/att-tv.html for more details. GENERAL WIRELESS: Subj. to Wireless Customer Agmt (att.com/wca). Credit approval req'd. Deposit/Down Payment: May apply. Charges/restrictions: Taxes, Reg. Cost, Recovery Charge (Up to \$1.50), other fees and charges, usage, speed, coverage & other restr's apply per line. See att.com/mobility/fees for details on fees & charges. International and domestic off-net data may be at 2G speeds. AT&T service is subject to AT&T network management policies, see att.com/broadbandinfo for details. Offers may not be combined with other promotional offers on the same services and may be modified or discontinued at any time without notice. Other conditions apply to all offers. HBO,[®] Cinemax and related channels and service marks are the property of Home Box Office, Inc. STARZ[®] and related channels and service marks are the property of Starz Entertainment, LLC. Visit starz.com for airdates/times. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS company. ©2020 EPIX Entertainment LLC. All Rights Reserved. EPIX[®] is a registered trademark of EPIX Entertainment LLC. ©2020 AT&T Intellectual Property. AT&T and the Globe logo are registered trademarks and service marks of AT&T Intellectual Property. All other marks are the property of their respective owners.

News Notes

JBM-HH virtual town hall Thursday with Maj. Gen. Jones

JBM-HH hosts virtual town halls via Facebook once a week, with the next taking place Thursday. The town hall begins at 1 p.m. and will feature JBM-HH leaders and subject matter experts who will speak about what the installation is doing to mitigate the virus threat on base and among personnel. Joint Task Force-National Capital Region and U.S. Army Military District of Washington Commanding General Maj. Gen. Omar Jones IV will join the JBM-HH team this week.

All are invited to view the town hall online and questions are welcomed. Individuals may submit questions in advance on the JBM-HH Facebook page in the event discussion or via email to usarmy.jbmhh.asa.list.pao-all@mail.mil. On the day of the virtual town hall, the live feed can be viewed at the Facebook event page <https://www.facebook.com/events/947635472324067/> or www.facebook.com/jbmhh. Individuals do not need a Facebook account to view the town hall. Previous town halls can be viewed on the video section of the JBM-HH Facebook page.

Virtual master classes open to all ages

The United States Army Band "Pershing's Own" is offering free virtual master classes. Classes are available to students of all ages and levels. To apply for a virtual master class, visit

<https://forms.gle/iXgm7vovYQnNosRj7>. There are limited spots available. Not all requests will be guaranteed a session, but the band will honor as many as personnel can support.

COVID Coach is here virtually

The U.S. Department of Veterans Affairs has created a free online app called COVID Coach. Information on obtaining the app can be found at https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp. COVID Coach was created for everyone, including veterans and service members, to support self-care and overall mental health during COVID-19. The free app is secure and helps connect individuals to important resources for coping and adapting during this time.

Free Red Cross course for stress relief

The Red Cross is offering a free online course entitled "Mental Health First Aid for COVID-19." The course is available online from the Red Cross at <https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>.

Myer Exchange extends refund policy

For military shoppers who need to make a return but are hesitant to visit the Fort Myer Exchange during the COVID-19 pandemic, the Army and Air Force Exchange Service is extending its return policy. All purchases made since

March 16, are eligible for returns through July 1.

"While extensive preventive measures have been implemented at the Fort Myer Exchange to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time," said Exchange General Manager JoAnne Cahalan. "Extending the return window gives military shoppers peace of mind."

The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders.

Myer Exchange curbside pickup

The Fort Myer Exchange has four parking spaces designated for curbside pickup. Authorized patrons can place an order online at shopmyexchange.com and select to pick up their purchases in store.

Once the store processes the order the customer will receive a phone call alert that the order is ready for pickup. Designated spaces are provided for curbside pickup. When parked, a customer can either call or text the phone number on the sign, which is (703) 472-7342 to let the Exchange know which numbered space the vehicle is parked at. Exchange employees will be able to walk to the vehicle and deliver the purchased items.

For more information, please visit https://www.facebook.com/pg/MyerExchange/posts/?ref=page_internal.

H&R Block kiosk closed

The H&R Block kiosk at the Fort Myer PX has closed. There is a H&R Block Shop located at Fort Belvoir PX Mall open year-round.

Capitol Deli curbside delivery and carry out

Capitol Deli has a new curbside delivery and carry-out option. Customers can now place and pay for orders over the phone. On the phone call, customers can indicate their desired curbside delivery or carry-out option. Customers can call (571) 483-1962 Monday to Friday from 10:30 a.m. to 1:30 p.m.

Civilian development opportunities

There are many opportunities for community members to grow as Army professionals. Catch this special video for Army civilians from workforce development specialist Kathy Feehan at <https://www.facebook.com/368408587073/videos/2845654492215496/>.

The Army Management Staff College Civilian Education System courses provide quality instruction and fulfill prerequisite requirements for some other centrally-funded training, education, and professional development. To register for virtual CES courses, visit <https://www.atrrs.army.mil/channels/chrtas/student/logon.aspx>.

The 2020 Senior Enterprise Talent Management

and Enterprise Talent Management Programs are accepting applications for training opportunities in 2020. The application window closes May 15, so apply now. Log into the SETM automated system online at <https://www.csldo.army.mil/> to apply for these great opportunities for permanent Army Civilians in grades 12 to 15 and pay band equivalents.

Marine Corps Exchange updates

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 store will operate from 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.

MCX stores will not accept exchanges and returns until July 1. Purchases prior to and during this suspension period will be accepted for return or exchange from July 2 to 22. The store is currently no longer accepting cash payment as an option. To prevent transmission of germs, the exchange is accepting card payments only.

Individuals are reminded to wear face coverings

Individuals should remember to always wear a cloth face covering with them in case they are in a situation where they cannot keep a distance of 6 feet between themselves and others. Cloth face coverings are required on all military installations, properties and facilities (except residences).

Debts owed

Anyone with debts owed to or by the estate of Pfc. Leonid D. Ciuffoli, Company H, 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), must contact 1st Lt. Ben Morgan, the summary court-martial officer for the Soldier. Ciuffoli recently passed away April 12. Contact Morgan at (443) 878-8697 or by email at benjamin.j.morgan21@mail.mil.

May 2 Grant Hall open house cancelled

The JBM-HH Grant Hall Courtroom Public Open House scheduled for May 2 at Fort McNair is cancelled due to the current mandates for social distancing. As the open houses are held quarterly, plans are to still host the open houses on the first Saturday in August, Aug. 1, and the first Saturday in November, Nov. 7. Information and updates on the upcoming open houses are to be provided on the JBM-HH Facebook events page.

see NEWS NOTES page 12



Your Success is Just a Click Away!

At Graduate School USA (GSUSA), your success is of the utmost importance. Although our nation is experiencing a challenging time, we are still committed to providing you with the training solutions to meet your needs. In keeping with our commitment, GSUSA offers virtual instructor-led and self-paced online courses.

Each online session is designed to provide the same high-quality learning experience that you have come to expect from your training partner.

If you are seeking DoD financial management certification, GSUSA has more than 200 courses that are mapped to DoD competencies. For those who are already certified, taking GSUSA classes can help you maintain your certification, at all three levels.

Your success is only a click away at Graduate School USA, where supporting you is our mission!

Visit www.graduateschool.edu/virtual for more information.

ACCET Accredited by the Accrediting Council for Continuing Education & Training

Graduate School USA (GSUSA) is a private, not-for-profit educational institution, not affiliated with the federal government or any federal agency or department.

Southern Maryland Classifieds

FOR ASSISTANCE PLEASE CALL 410-770-4000, 888-431-3122, OR EMAIL CLASSADS@CHES PUB.COM



Lube Truck Driver Operator / Helper

Must have 4 years experience.

Knowledge of maintenance & lubricating off road heavy equipment.

Must have clean driving record and all application endorsements, tanker & hazmat.

Please have copy of work references, up to date driving record, and copies of CDL + DOT cards when applying or sending resume.



Send Resume To: Jimmy Richards & Sons Exc., Inc
 Fax: 301-645-2862 | Email to hr@jrsons.org
 Please Call 301-645-5212
 Mon - Fri, 7am - 4pm For Application Arrangements.

JIMMY RICHARDS & SONS EXCAVATING, INC.



Your time. Your place.
Chesapeake College

Web & Digital Communications Coordinator

Responsibilities: As a member of the Office of College Relations, the Web and Digital Communications Coordinator will have primary responsibility for the College's digital platforms, including the College website and portal.

Requirements: Minimum Bachelor's Degree in related field, and 3 years' experience with website content maintenance, email marketing, and social media community management as a part of an integrated approach to marketing communications

For best consideration, interested applicants should submit a cover letter, resume, and samples of work by May 20, 2020.

To apply, or for additional information, please visit our website:
www.chesapeake.edu/employment
 Chesapeake College is an Equal Opportunity Employer
 Minorities and Women are encouraged to Apply



AdScroll

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



Target the right audience in the right location



Change messaging quickly & easily



Superior results

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








News Notes

NOTES

from page 10

Warrant officers conduct weekly briefings

Virtual warrant officer briefs will be conducted on a weekly basis. Briefings will be conducted every first and third Wednesday of the month at 1 p.m. and the second and fourth Thursday of the month at 1 p.m.

To access the brief, individuals must have CAC access. The brief is located at <https://conference.apps.mil/webconf/gowarrantnowNCR>.

Census Bureau opportunities available

The U. S. Census Bureau has employment opportunities all across America, but they are specifically looking for active duty military spouses and Family members 18 years of age or older who reside on JBM-HH. Applicants include military spouses, high school seniors, college students or other Family members interested in a job that pays well and is temporary. Applicants for JBM-HH must be from joint base zip codes. The bureau needs 18 workers to help with the 2020 census. With COVID-19, it will be work from home, online and on the telephone. Hourly Rates: \$22.50-\$27.50.

Individuals can apply at <https://2020census.gov/en/jobs.html> or call (888) 480-1639.

The bureau is also looking for anyone who lives in Alexandria, Arlington and Fairfax, Virginia, areas for the following types of full-time and part-time positions. Individuals can apply at the same link as above.

Recruiting assistant: Assists in recruiting and testing job applicants.

Census field supervisor: Appoints, trains, and supervises enumerators who are engaged in data collection.

Office operations supervisor: Coordinates, supervises, and oversees the work of office clerks in specific functional areas.

Enumerator: Locally hired workers who perform field enumeration activities in and around their respective neighborhoods.

Clerk: Office clerks perform a wide variety of clerical functions in support of field data collection, recruiting, payroll/personnel, automation technology and quality assurance operations.

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.

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.

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 p.m.
- 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 Center is open for children of some mission essential parents. The 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.mh Nurseadvice.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.



OUR COMMITMENT CONNECTS US

Join and Get **\$25¹** During Military Appreciation Month

Sign up at online
May 1-June 1 with code **MIL2020**.

Already a member?
Refer an Active Duty servicemember,
veteran, DoD civilian, DoD contractor or
their dependents, and when they join,
you'll both get **\$25²**

navyfederal.org/celebrate

NAVY FEDERAL
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS

Our Members Are the Mission

MILITARY APPRECIATION MONTH

Federally insured by NCUA. Offer valid between 5/1/2020 and 6/1/2020 and can expire anytime without prior notice. This offer may not be combined with any other new-member offers at the time of account opening. To receive the \$25 bonus, you must be eligible to join and join online using promo code MIL2020. Individuals eligible for this offer include Coast Guard, all Department of Defense uniformed personnel, reservists, Active Duty, retired, veterans, Army and Air National Guard, DoD civilian employees, DoD contractors, and their dependents. Account must be in good standing for credit to be processed. \$5 minimum balance is required to open and maintain membership savings account and to obtain bonus. If you have not funded your new membership savings account at the time the bonus is credited, we will hold the minimum \$5 share required for your membership. Bonus deposited within 14 business days of account opening. Annual Percentage Yield (APY) 0.25%, effective 3/27/2020. Fees may reduce earnings, and rates may change. Navy Federal employees and their immediate family are not eligible to participate in this program. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. Offer valid between 5/1/2020 and 6/1/2020 and can expire anytime without prior notice. This offer may not be combined with any other new-member offers at the time of account opening. To receive the \$25 referral bonus, the person referred for membership must be eligible to join and join online. Individuals eligible for this offer include Coast Guard, all Department of Defense uniformed personnel, reservists, Active Duty, retired, veterans, Army and Air National Guard, DoD civilian employees, DoD contractors, and their dependents. Referring members must be at least 18 years of age, be in good standing, and not have previously joined through the Delayed Entry Program (DEP). Referred individual must have referring member's name and Access Number at the time of joining for accounts to be credited. Recruiters are not eligible to refer recruits. If the referred person is ineligible for membership, Navy Federal reserves the right to reclaim the referral awards and related bonuses, and to close any resulting new accounts. Account must be in good standing for credit to be processed. \$5 minimum balance is required to open and maintain membership savings account and to obtain bonus. If you have not funded your new membership savings account at the time the bonus is credited, we will hold the minimum \$5 share required for your membership. Bonus deposited within 14 business days of referred individual's membership being established. Annual Percentage Yield (APY) 0.25%, effective 3/27/2020. Fees may reduce earnings, and rates may change. Limit 5 referrals per member. Navy Federal employees and their immediate family are not eligible to participate in this program. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. Image used for representational purposes only; does not imply government endorsement. © 2020 Navy Federal NCU 13805-A (4-20)