

# THE JBM-HH MISSION

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# Pentagram

Vol. 64, No. 21 May 28, 2020

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Published For Joint Base Myer-Henderson Hall

## FINAL EDITION

# Pentagram moves to digital age, ends decades as printed newspaper

By Mike Howard  
Former Public Affairs Director  
Joint Base Myer-Henderson Hall

Today marks the end of an era. Pentagram readers will no longer smell fresh ink or feel crisp newsprint. This printed edition is the last one. Beginning next week, the Pentagram will become an online-only publication.

“This is a very sad day for us at the joint base,” wrote Col. Kimberly Peeples, Joint Base Myer-Henderson Hall commander, in an email. “The Pentagram is iconic. The editors and writers made it the reputable, beloved and valued information source it’s been for years! ... It will be hard to replace and will be sorely missed.”

The Pentagram was printed by a private company at no cost to the Army. The printer’s revenue comes solely from ad sales. While low ad sales have been threatening the overall newspaper business for some time, COVID-19 made it especially hard-hitting for the Pentagram.

The command left the door open for bringing back the print version after COVID-19 is over and the economy recovers, but for now the change is immediate.

### New Beginnings

Although saving the Pentagram became a top priority for Peeples, she understands how technology and the current pandemic is affecting print news.

“It has been one of my priorities to keep the print edition of the newspaper going even in these tough days for print publications,” Peeples said via email. “I know there is an important segment of our community that doesn’t rely on digital media for its news. However, with COVID-19, it just is not feasible to print a full newspaper any longer.”

Still, Peeples wants to reassure readers that her staff will find ways to continue communication with the joint base’s key audiences, especially the retiree community.

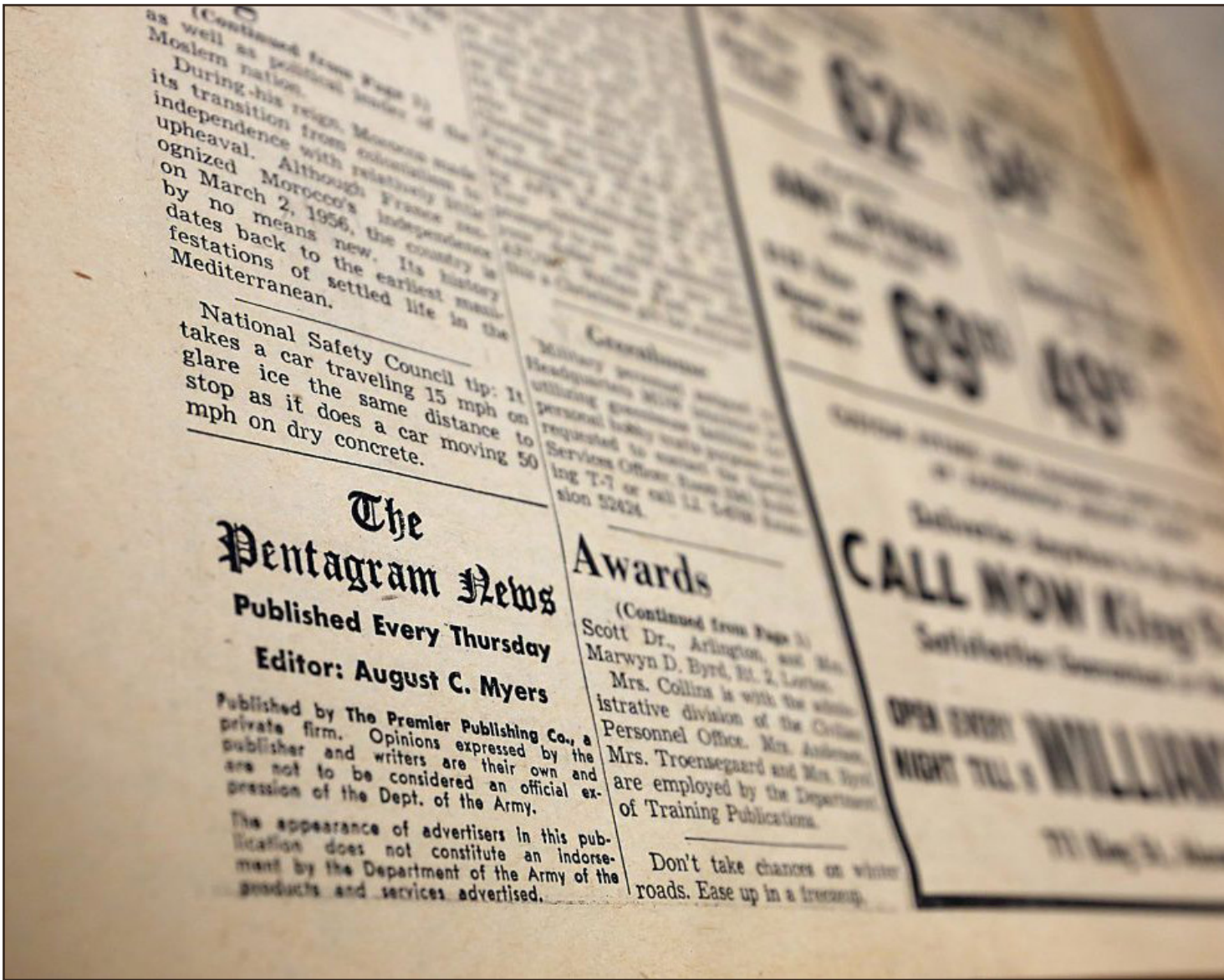
“Welcome to the digital age,” emailed Glenn Wait, JBM-HH chief of staff. “You know no matter what may change, the Army goes rolling along. During COVID-19, we have learned that social media tools can keep us connected. We have had tremendous success with our virtual town halls and video efforts. Now an online newspaper will be another dimension of our communications.”

Julia Simpkins, JBM-HH command information officer, will lead that effort.

“Our aim is to maintain continuity in command information sharing,” said Simpkins in a text. “I don’t view this hiccup as a bad thing, but as evolution. The online world is taking precedence over the physical world of storytelling. News stories are no different. The methods of putting out information evolves, but the need for that information is a constant.”

### Pentagram History

I was not able to access a collection



NEWSPAPER COURTESY OF KIM HOLIEN

The Pentagram News, one of several newspapers that were precursors to today’s Pentagram newspaper, was billed as an “independent newspaper” and was published weekly from 1949 to 1971 before being replaced by the MDW Post. Today’s Pentagram is derived from two Greek words: “Pente,” meaning “five,” and “Gamma,” meaning something written, drawn or otherwise noted.

of bound copies of the newspaper in the Fort Myer library because it is closed due to the pandemic, so I reached out to some other sources for a look at the history of the Pentagram.

A Google search turned up an article Jim Goodwin wrote about the newspaper in 2015. Goodwin was the paper’s editor from 2014 to 2016.

The Pentagram traces its roots to 1949 when the Military District of Washington published the Fort Myer Post, according to Goodwin, who was able to access the archive for his article. This newspaper “served those who worked at or lived on any installation within the Military District of Washington, according to a look at Pentagram archives,” Goodwin wrote.

The Pentagram News started sometime before 1957, Goodwin continued. This paper appears to be the actual predecessor to our current newspaper as it was printed by a civilian contractor at no cost to the government and became a weekly published every Thursday.

Kim Holien, former historian at JBM-HH, wrote in an email that his personal knowledge of the Pentagram goes back to the 1950s. His father retired at Fort Myer in November 1957. The younger Holien wrote that he found a copy of the paper from that month and year, confirming that the paper is at least that old.

That nearly 63-year-old edition contained a story about his father’s retirement on Summerall Field, wrote Holien. “At that time the Retirement

“This is a very sad day for us at the joint base,” wrote Col. Kimberly Peeples, Joint Base Myer-Henderson Hall commander, in an email. “The Pentagram is iconic. The editors and writers made it the reputable, beloved and valued information source it’s been for years! ... It will be hard to replace and will be sorely missed.”

Stand consisted of a cement block about four inches high and about ten-foot-by-ten-foot or thereabouts,” he wrote.

Goodwin explained that the Fort Myer Post changed its name to the MDW Post and eventually went away. In 1983, the word “news” was dropped from the title of The Pentagram News.

### Early Days

My search for historical information found former staffers from various generations who offered personal memories of their experiences with the publication to help me give a proper tribute to the paper.

A friend connected me with Steve Abbott who was an Army specialist five working on both the MDW Post as the editor and The Pentagram News as the senior military reporter from 1973 to 1977.

Abbott remembers the monthly MDW Post as the Military District’s official publication published at the

same time the organization was also printing The Pentagram News.

“These two papers could not have been more different,” Abbott wrote in an email. “The Pentagram News — ‘The’ was part of the official name — was a serious publication written with the knowledge that it was read by the highest level military and civilian leaders in the Pentagon. ... The Post was definitely targeted to our younger enlisted soldiers. It was great fun to edit and write for the Post.

“As reporters we were able to truly be journalists and present both sides of a topic (for both papers) ... we generally were able to cover current issues, in a balanced fashion, even if they were somewhat controversial. I remember having meetings with (my public affairs boss) after an edition had come out and he relayed some spirited conversation he had with a senior military type about how we had covered a particular story.”

see NEW BEGINNINGS, page 4

### Index

Chaplain’s Corner . . . . . page 2  
Cyberbullying . . . . . page 3  
Flags in . . . . . page 6-7  
News Notes . . . . . page 11

### Local forecast

**THURS.**  
85 | 67



**FRI.**  
85 | 69



**SAT.**  
84 | 62



**SUN.**  
78 | 60



For more weather forecasts and information, visit [www.weather.gov](http://www.weather.gov).



# Chaplain’s Corner

## I want to be a cow

**By Retired Chaplain (Brig. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains**

I was sitting on the side of a lake the other day and saw several fish jumping out of the water chasing bugs. I thought of the simple life animals have with so much less worry than I. Then I thought of a cow. I just want to be a cow standing in a field chewing my cud. I think I wouldn’t mind being one and see what it is like.

Well, first of all I wouldn’t want to be any other type of cow except a milk cow. Those other types seem to end up on the dinner plate way too soon. Yes, a milk cow has it all. It gives milk, is cared for and allowed to eat all day to give milk. What a soft life with so little hassle. It’s not nearly like my life full of stresses, expectations, disappointments and sacrifices. Just for a little while, I would like to be a cow and get a break.

I bet I’m not the first one to imagine this escape to live a simpler life. Life can be so complicated and toilsome. As one problem is solved, another begins if not simultaneously. The old saying, “an


hour late and a dollar short” is actual reality. We all wish to just to escape for a little while and see how it can be with this burden of living a bit lighter. Maybe a life of a cow is a good example. I can chew cud and swat flies with my tail for a while.

That’s a good fantasy, but it is a fantasy. I wasn’t created to be a cow but a human being, which can include more stresses and challenges. If I was a person with all my capabilities but yet made on a cow-like level of responsibility, life would be so boring and frustrating because I would strive to do and be more. I’m built that way. I need the challenges. I need the love of others. I need to feel the euphoria of accomplishments. I need to count the many things I accomplished at the end of the day to feel worthwhile and relevant. I need to have more questions than answers. I need to feel so overwhelmed that I turn to a God who understands and answers me. A cow falls short in these categories.

So, as I gaze in the field of milk cows, I can appreciate their life, but I think I’ll take on my life of challenges for I am blessed ... soon as I take a breather looking at cows.



COURTESY PHOTO



### 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.

### 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)

## 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.

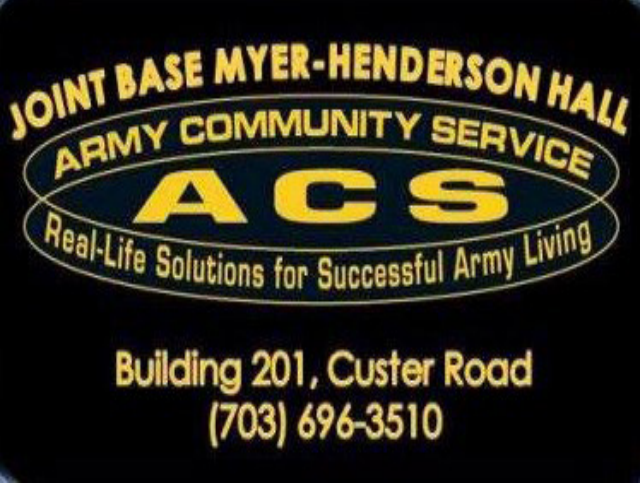
Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide linked to the JBM-HH homepage are available as well.


### ACS classes, information

Please join the JBM-HH Army Community Service for classes and information anywhere, anytime on its YouTube Channel. To stay connected, click “Subscribe” and continue to receive resources available whenever individuals need it. New featured videos include stress management part two and the seven principles for making marriage work with much more to follow. To subscribe, visit <https://www.youtube.com/channel/UCnTcKDomPZeXm-vnYddOIQkg>.

### ACS stress management

JBM-HH Army Community Service released a YouTube link to the ACS Family Advocacy programs stress management. Individuals can find it at <https://youtube/x8x9dc3MYOw>.





### Joint Base Myer-Henderson Hall

## COVID-19 Resources for domestic abuse victims

**Here for you 24/7**

The Army is committed to the safety and well-being of Soldiers and Family members. With the stress, uncertainty, isolation, and financial strain of COVID 19, some relationships may experience increasing conflict or abusive behaviors.

Help is available. Army Community Service's Victim Advocacy Program provides 24/7 assistance to victims of abuse including crisis intervention, safety planning, locating safe shelter and assisting with identifying other needed resources and support services. Military Police are also available to respond 24/7.

**For immediate assistance contact the National Domestic Violence Hotline at 1-800-799-7233.**

**For individuals**

Resources for Victims of Abuse during COVID-19

**Military One Source article: When Home isn't Safe** <https://www.militaryonesource.mil/when-home-isn-t-safe-tips-for-victims-of-domestic-abuse?redirect=family-relationships/family-life/covid-19-resources>

**National Domestic Violence Hotline article: Staying safe during COVID-19** <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

**For Army Families**

Resources for Army Families to Support Healthy Coping

**Military One Source:** <https://www.militaryonesource.mil/coronavirus>

**Guidance from CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

**From Zero to Three:** <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>


**Resources for Families from Center for The Study of Traumatic Stress:** <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

**FREE. 24/7. CONFIDENTIAL NATIONAL DOMESTIC VIOLENCE HOTLINE**


**1 (800) 799-7233**

U.S. Army Guidance: <https://www.army.mil/coronavirus/>  
U.S. Department of Defense: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>  
JBM-HH updates : <https://home.army.mil/jbmhh/index.php/teamJBMHH/about/COVID-19>  
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**Pentagram**



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# Cyberbullying webinar reveals dangers children may face online

POTENTIAL WARNING SIGNS OF CYBERBULLYING	
Type/Source	Potential Signs
Cyber Bullied	<ul style="list-style-type: none"><li>• Displays frustration or anger after computer use</li><li>• Avoids discussion about computer use</li><li>• Displays anxiety over instant messages or emails</li><li>• Change in mood or disposition</li><li>• Stops using the computer</li></ul>
Cyber Bully	<ul style="list-style-type: none"><li>• Avoids discussions about computer use</li><li>• Unusual agitation when unable to use the computer</li><li>• Computer use is excessive</li><li>• Use of multiple accounts that may not be their own</li><li>• Closes programs or does not allow you to view the screen</li></ul>
Cyber Bully Victimization	<ul style="list-style-type: none"><li>• Emotional upset – depression, sadness, anxiety, anger, or fear, especially if there is nothing readily apparent that could be causing this upset, or if your child seems especially upset after using the internet</li><li>• Avoidance of friends, school, or other activities</li><li>• Decline in grades</li><li>• Subtle comments that reflect emotional distress or disturbed online or in-person relationships</li></ul>
Source	<a href="http://www.loveourchildrenusa.org/parent_cyberbullying.php">www.loveourchildrenusa.org/parent_cyberbullying.php</a> , © All rights reserved. Love Our Children USA™

By Denise Lew  
Pentagram Reporter

It is an unprecedented time in history as millions of Americans are stuck at home and going online has become their primary outlet to the world.

While the internet has become a remedy for social connection, it has also become an increasingly dangerous environment for cyberbullying, especially among children.

Joint Base Myer-Henderson Hall invited the Arc of Greater Prince William, Office of Special Education and the Parent Educational Advocacy Training Center, a statewide nonprofit organization, to host a seminar on cyberbullying May 20. The PAETC “empowers families, with a focus on children with intellectual disabilities. Additional targeted outreach initiative areas included bullying awareness, early childhood, military outreach, family engagement, Latino outreach and transition to adulthood,” according to Keri Peko, military outreach specialist at the PAETC. Family engagement specialist Tina Norris presented an overview of cyberbullying and tips for parents.

A United Nations study reported in April that the world has an estimated 4.57 billion internet users, up 7.1% from just a year ago.

“Our children are online daily, now more than ever, because of these uncertain times that we currently find ourselves in,” said Norris. “It’s important as parents to understand the dynamics of cyberbullying so that we know how to protect our children while they are online.”

Cyberbullying is defined as sending, posting or sharing negative, harmful, false or mean content about someone else, causing embarrassment or humiliation which can cross into criminal behavior on digital devices, according to stopbullying.gov. Unfortunately, children with physical, social or environmental disabilities may possess greater

chance of experiencing cyberbullying, said the PAETC. Depending on the condition of the case, cyberbullying may be categorized as a criminal violation. Secret acronyms or “codes” are used virtually, insidious motivations of perpetrators, some warning signs of cyberbullying and tips to protect children from cyberbully attacks, according to the nonprofit organization.

As children may spend most of their time in the educational system and now virtual learning due to the pandemic, schools need to be vigilant about cyberbullying.

“School officials can be held liable under civil rights laws if they are deliberately indifferent to harassment of which they have actual knowledge, that is so severe, pervasive and objectively offensive that it can be said to deprive the victims of access to the educational opportunities provided by the school,” said the PAETC.


Therefore, it is recommended that educators have active plans to “assess cyberbullying cases and evaluate implemented therapeutic response programs,” the nonprofit organization suggested. Ultimately, it is essential that parents, educators and counselors stay vigilant and work together to protect children from cyberbullying.

It is not uncommon that parents must bring up concerns of cyberbullying despite a “contentious relationship” with the school.


“Cyberbullying is a whole other realm,” explained Norris. “The difficulty or contention between parties has to be put to the side, and the immediate need should be addressed — and that is the safety of our kiddos.”

Parents are suggested to address the problem where it took place, such as with the teacher of the classroom (or virtual class) in which cyberbullying occurred, and If that is unsuccessful, parents may ask for intervention from the guidance counselor or principal. The PAETC urged that “collaboratively working together is how we are going to solve this widespread epidemic.”

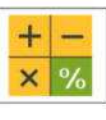
### Factsheet for Virginia's Parents




**MEETME** is a dating social media app that allows users to connect with people based on geographic proximity. The app encourages users to meet each other in person.




**WHATSAPP** is a popular messaging app for users to send texts, photos, make calls and video chats and voicemail. It does not require cell service & uses an internet connection on phones &




**CALCULATOR%** is one of several “vault” style or secret apps that appears to be a harmless app, but is used to hide photos, videos, files, and browser history.




**DISCORD** is a voice and text chat tool that allows gamers to communicate in real time while playing video games. It discusses adult content but allows users as young as 13.



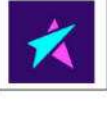
**TUMBLR** is a blogging app & website allowing users as young as 13 to create an account. A range of inappropriate content such as drug use, offensive language and pornography are easy to find.




**YOUTUBE KIDS** is an alternative to YouTube with kid-targeted videos arrived at preschoolers to tweens. The app has some controversy with some inappropriate ads squeezing their way in but is better at parental control than regular YouTube.




**KIK MESSENGER** is an app used for communicating with friends in group chats or direct messages. But also allows you to chat with strangers by accessing public chats to talk about.



**LIVEME** is a tool for broadcasting livestreaming videos and watching others’ videos. Terms of use specify that users be at least 18 or have parental permission, but young teens are often found






**YUBO (formerly YELLOW)** is often called “Tinder for teens” because users swipe right or left to accept or reject the profiles of other users. If two people swipe right on each other, they can chat and hook up via Snapchat or Instagram.




**AUDIO MANAGER** is another app designed as a “vault” style or secret app. It has nothing to do with managing music and is designed to hide messages, photos, videos, or other apps.


PEATC's mission focuses on building positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. For more information about us, please contact:

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## A PEATC Do You Know....




### Factsheet for Virginia's Parents 15 Apps Parents Should Know About




**SNAPCHAT** is a photo & video sharing app that promises users their photo or video will disappear even though it doesn't. Snapchat stores allow users to view content for up to 24 hours and share their location.



**TIK TOK** is an app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyberbullying and explicit content.



**OMEGLE** is an app with the slogan: “Talk to Strangers!” It allows users to socialize with others without the need to register. The service randomly pairs users in one-on-one chat sessions where they chat anonymously using the names “You” and “Stranger”



**WHISPER** is a form of anonymous social media, allowing users to post and share photo and video messages anonymously with strangers. It also reveals a user's location so people can meet up.



**ASK.FM** allows anyone to post anonymous comments and questions to a person's profile and is increasingly being used as a means to communicate abusive, bullying, and sexualized content.

**Social Media apps EVERY parent needs to know.**




*Courtesy of San Jose Police Department Department's Silicon Valley Internet Crimes Against Children Task Force Dedicated to Making the Internet a Safer Place.*

Do you children currently have these apps on their phone?

~~~~~

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# June 4, 6 Twilight Tattoo postponed

PHOTO COURTESY OF THE U.S. ARMY BAND

The June 4 and 6 performance of Twilight Tattoo has been postponed due to the COVID-19 pandemic. Twilight Tattoo is a free hourlong, live-action military pageant featuring Soldiers from the 3d U.S. Infantry Regiment (The Old Guard) and The U.S. Army Band “Pershing’s Own.” Experience a glimpse into American history through performances by The U.S. Army Blues, vocalists from The U.S. Army Band Downrange and U.S. Army Band Voices, The U.S. Army Old Guard Fife and Drum Corps, and the U.S. Army Drill Team. Twilight Tattoo performances are scheduled for either Summerall Field or Conmy Hall at Joint Base Myer Henderson-Hall weather dependent.



NEW BEGINNINGS  
from page 1

Abbott said the story was about young married enlisted people stationed in Washington experiencing financial hardship. “We reported the story without restraint but that was one that caused some discomfort in the Pentagon.”

Another former Pentagon editor, Martha Rudd weighed in via Messenger. “When I was editor, the paper was sometimes 64 pages,” she wrote. “Despite its name, it was not the Pentagon’s paper. It was MDW’s. Some leaders in the Pentagon didn’t get that so it was a battle to keep control of content.”

Rudd was the Pentagon editor from 1984 to 1986.

Journalism Legacy

Gary Kieffer, who introduced me to Abbott, was assigned to the Army’s Special Photographic Operations Detachment at Fort Myer from 1973 to 1976. In those days, the detachment did not directly support either the Posts’ or The Pentagon News’ mission, but Kieffer pushed Abbott to allow him to photograph for the papers on occasion.

“It developed into getting assignments weekly,” said Kieffer in a Facebook post on my personal page, where I mentioned the end of printing the Pentagon. “Very proud of those early days and my start into photojournalism.”

Kieffer covered Presidents Richard Nixon and Gerald Ford as an Army photographer. Afterward, he covered the White House for U.S. News and World Report, and later was a stringer for Time and Newsweek covering Presidents Jimmy Carter, Ronald Reagan, George H.W. Bush, Bill Clinton and George W. Bush.

*“Welcome to the digital age,” emailed Glenn Wait, JBM-HH chief of staff. “You know no matter what may change, the Army goes rolling along. During COVID-19, we have learned that social media tools can keep us connected. We have had tremendous success with our virtual town halls and video efforts. Now an online newspaper will be another dimension of our communications.”*

This theme of the Pentagon providing a foundation to journalists and public affairs specialists became a central part of the thread on my Facebook page.

“I was Pentagon NCOIC in the mid-90s,” said Kathy Rhem in a post, “when the paper was at Fort McNair. It was a formative assignment for me, covering actual news in the nation’s capital and learning from some of the best in the business. I also learned skills and honed judgement during that assignment that helped me rise through the ranks as a DoD civilian.”

Rhem went on as a Soldier to be a senior military journalist for what was then American Forces Press Service, now DoD News, and was in that job on 9/11. Although she was not in the building when the plane hit the Pentagon, she went back into the building to cover Defense Secretary Donald Rumsfeld’s evening news conference and worked overnight to provide updates on the DoD homepage — articles printed in the Pentagon, according to Goodwin.

“It felt so significant to us to be there doing our jobs while the building was still burning,” Rhem wrote in a Messenger message.

Adrien Creecy-Starks arrived in MDW in 1991 as the public affairs plans officer, doing that job

until she became deputy PAO in 1997. As she left MDW in 2006, she worked in the office during the time the publication shifted to Fort Myer.

“I always remember the Pentagon fondly,” wrote Creecy-Starks, who reported to the command in time to help plan the Desert Storm victory parades. “Loving the printed word on paper, I remember the Pentagon as an official publication in the NCR for the military community, covering historic moments from the victory parades and identification of one interred at the Tomb of the Unknowns to presidential inaugurations and state funerals.”

Steve Barrett spent the early years of his 43-year career in public affairs working with the Pentagon.

“(There were) many wonderful writers, editors and photographers who served MDW and the National Capital Region well,” wrote Barrett. “Many of our Army’s best public affairs professionals worked the Pentagon pages through the years and I was glad to work with many of them in my time there.”

Real Sadness

“This news squeezed some tears right out of my eyes,” wrote Sharon Walker on Facebook.

Walker served as the command information officer for Fort Myer and later JBM-HH, where she oversaw publication of the Pentagon from 2000 to 2018. She remembers that the mission to publish the newspaper had shifted to her office from MDW just prior to her arrival.

She also remembers when the newspaper began including the Marines from Henderson Hall in its audience in 2009 when Henderson Hall was joined with Forts Myer and McNair to comprise JBM-HH.

“So sad,” wrote Shari Lawrence about the end of the print version. “The Pentagon was my first Army job — I was an MDW intern from 1984 to 1986 and the Pentagon was my first stop. I worked with the best guys. ... We were a force to be reckoned with. No one could fill a 56-page paper like our crew, even when one edition flew away in the wind from the top of a car one Tuesday night!”

Fond Memories

“My motto for all the Army newspapers I edited was to make each as much like a civilian newspaper as possible while never forgetting it was a military paper, to meet the real information needs of soldiers,” messaged Rudd, “and to support the staff so they were happy and productive in their jobs.

“Some of my memories are hilarious and unpublishable. But what I remember best are the staffs, both military and civilian. They were simply wonderful — talented, professional and bright. We got word processing while I was there. It was great once we got used to it. Before that, ‘technology’ had consisted of a whiz wheel and a pica pole! I loved the Pentagon. I learned a lot and laughed a lot with some wonderful people. What more could anyone want?”

That became another theme on my thread.

“A treasured memory is the small military staff completing and publishing the paper while all the civilian staff was furloughed in the November 1995 government shutdown and the adventure I had getting home from Fort McNair during ‘Blizzard of ‘96,’ Rhem wrote. “I hated to leave that assignment, and some of my co-workers from then are lifelong friends.”

In her current office at the Defense Logistics Agency, she has a framed commemorative page one to remind her of those days — a tradition among those who worked on the paper.

Feeling of Pride

Sheppard Kelly is proud to have been associated with the newspaper at MDW from 1972 to 1976 and 1991 to 1999. He served in various roles as a writer, NCOIC and assistant editor.

“What can I say?” he wrote on Messenger. “I hate to see it go. That newspaper was a major part of my working life ... it was recognized as the best in the Army and best in Department of Defense.”

For Lawrence, serving on the Pentagon was a privilege.

“Holding the newspaper in my hands ... was a feeling of accomplishment,” Lawrence wrote.

“Thanks to everyone before, during and since my tenure who worked so hard to make the Pentagon the award-winning paper it was and will remain in its online form.”

Adrienne Combs agreed, but understood the situation. She arrived in MDW PAO in 1998 when the office was still responsible for printing the paper. She worked with the newspaper in her role first as chief of marketing and community relations until 2006 and then in her job as deputy PAO until her retirement in 2019.

“I love holding a newspaper and turning pages but understand the need to turn to digital especially now,” she wrote. “The Pentagon was instrumental in helping MDW advertise special events and programs like Twilight Tattoo and The U.S. Army Band concerts. I hope in the future a print copy might come back but right now I understand the decision.”

For Catrina Francis who has been editor since 2018, this sense of accomplishment in producing real news for the NCR community in a journalistic way will continue.

“Today is a bittersweet day for me,” she wrote in an email. “For the past 15 years I’ve been a part of the weekly grind that comes with working on an Army newspaper. Even though at times it can be hectic, I will miss the weekly press deadlines. Although technology has changed the way we view news, the new Pentagon will continue to tell the Army and Marine Corps story and report the news.

“The news will now be in a digital format and readily accessible to everyone.”

Final Thoughts

“The Pentagon was my first Army newspaper,” wrote Kelly DeWitt, a former writer on the Pentagon said in Messenger. “I cut my teeth on Army journalism there.

“Being stationed in the D.C. area as a private first class was intimidating but working at the Pentagon gave me the opportunity to see the Army in a different way. We were encouraged to write about subjects that weren’t often covered in other Army newspapers. My stint there provided a strong understanding of what military journalism should look like.”

DeWitt was an Army public affairs Soldier working for Rudd from 1984 to 1986.

“It was my first job as a DA civilian and after I completed my military service,” Courtney Dock wrote on my Facebook page. “Moving from active duty Navy to working as a DA civilian was quite the culture shock. However, the position was a great entry into the civilian corps and helped pave a foundation for my continued career success.

“Most of what I learned was geared toward being a DA civilian and working at a garrison. It was a great job to learn more about the army as a whole.”

Dock served as editor of the paper at JBM-HH from 2011-2014.

And just as I was finishing my article, former JBM-HH editor Brent Wucher posted on my page.

“A lot of work goes into putting the Pentagon out every week,” he wrote about his time there from 2017 to 2018. “My favorite parts of being the editor and then the command information officer was getting calls from the Soldiers home from veterans telling me how much the paper meant to them.


“I remember one time we couldn’t get the contracted delivery person on the bases to deliver. I loaded up the government vehicle and spent the next ten hours delivering the Pentagon. I was exhausted but got to meet so many people waiting for the paper to be delivered.”

Writing on my Facebook page thread, Lawrence provided the perfect closing to this article and the print paper:

“Thanks for closing a chapter on Army journalism in the National Capital Region. Save us hard copies, Mike!!”

Editor’s note:

Howard served as JBM-HH public affairs director from January 2017 until this past Saturday.



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# SMA expects ACFT to continue as planned in COVID-19 environment

By Joe Lacdan  
Army News Service

Despite some delays in fielding necessary equipment during the COVID-19 pandemic, the Army’s top enlisted leader believes the service will still successfully implement its new Army Combat Fitness Test.

Sgt. Maj. of the Army Michael A. Grinston said May 21 he remains optimistic that most units will have the necessary equipment for the test by June, despite the impact of the virus.

Grinston said he has spoken to representatives at U.S. Army Materiel Command and the fielding process remains on schedule.

He also reminded Soldiers to continue physical training sessions from home.

There’s “no excuse not to do PT. And it’s always a great opportunity,” he said during an online event, hosted by the Association of the U.S. Army.

Grinston said the ACFT is better suited for physical distancing than its predecessor, the Army Physical Fitness Test, as most of the exercises are done while safely distanced from others.

During the 2-mile run, for instance, a limited number of lanes can be made available to runners and the event does not need to be done in large groups. The hand-release push-ups test requires another individual to properly count repetitions, but the tracking person can count at a 6-foot distance.

As of now, ACFT and APFT requirements are suspended, pending further guidance. Soldiers can use their last APFT score to remain promotion eligible, and the Army extended the expiration dates of previous APFT scores.

When Soldiers eventually take the APFT again, large groups will also be prohibited from running the 2-mile run together. Soldiers counting repe-



Sgt. 1st Class Phelps (top) gives instructions on the Army Combat Fitness Test on U.S. Army Garrison Humphreys, South Korea, May 14. Sgt. Maj. of the Army Michael A. Grinston said he expects the ACFT to continue implementing the ACFT across the service despite the COVID-19 conditions. Grinston added physical distancing measures will be used for the test.

titions on pushups during the APFT must also remain 6 feet apart. While taking the sit up test, Soldiers can now use a heavy bar to hold their feet down instead of having another Soldier hold their knees, Grinston said.

“Do I think we’re confident when we start the ACFT that we can do it given the conditions of a COVID-19 environment? Absolutely,” Grinston said.

Soldiers will also be required to wipe down each piece of exercise equipment with sanitizer after completing the corresponding test.

“If you touch the bar for your max deadlift, you wipe the bar down and

then you move on to the next station,” Grinston said.

### Virtual transition

Grinston lauded the efforts of Army recruiters who have turned to using online tools to contact potential recruits. He said recruiters have used tools that include FaceTime to secure contracts and commitments from recruits. He said that he still expects the service to meet its end-strength goals by the end of the fiscal year.

The Army started changing its recruiting strategy by loosening restrictions on social media use for recruiters and establishing an esports team. The

service also established virtual recruiting stations. Grinston said many recruiters have adapted to using the virtual space so well, that he expects recruiters to continue to use online tools after the pandemic has passed.

“We really got ahead of this about a year ago when we started doing different marketing or doing things in the digital space that really led us up to (COVID-19 stay-at-home orders)” Grinston said. “And so, when we did the brick and mortar closures, we already had some of the digital recruiting going on. Some of the recruiters just really took off.”

# Army’s strength continues to increase during COVID-19

By Devon Suits  
Army News Service

The Army remains on track to meet its end-strength goal of 485,000 active duty Soldiers by end of fiscal year 2020, despite the recent shift in recruiting operations to limit the spread of COVID-19, G-1 officials said May 19.

Retention is about 15% higher than anticipated at the beginning of the year, said Casey Wardynski, the assistant secretary of the Army for manpower and reserve affairs.

In addition, Army recruiters have increased their online presence, often engaging with individuals through gaming or social media platforms to complete the initial interview process, Wardynski said.

“Recruiters are operating in a virtual world,” he said during a virtual town hall. “We were concerned originally, but thanks to the innovations by U.S. Army Training and Doctrine Command and U.S. Army Recruiting Command ... we can bring these young folk in.”

Personnel interested in an Army career can complete most of their entry requirements without any in-person contact, according to a news release by USAREC in April.

During the virtual application process, individuals can determine their service eligibility, guarantee their training of choice or identify any monetary entitlements, the release read. Once an individual’s military occupational specialty is confirmed, the applicant will complete the remaining in-person medical and enlistment requirements to determine final eligibility.

Ensuring the health and safety of all personnel has led to additional screening procedures during the recruitment process, Wardyns-



Sgt. Mason Jones, an Army recruiter assigned to the recruiting station in Barre, Vermont, is using biweekly gaming tournaments during the COVID-19 pandemic to connect with potential Army applicants.

ki added.

Individuals that once tested positive for COVID-19 are not precluded from military service, he said, but they must undergo additional screening before gaining entry into the force.

“We want to make sure that the people in the Army have the capacity to serve. The Army is an outdoor sport ... (and) a physical enterprise,” Wardynski said.

The added screening process should identify applicants with an underlying condition, or an individual who needs additional time to heal from the virus, he added. Delaying entry will help mitigate risk within the training environment.

“We want to protect our folks who are already in, and we want to protect folks who want to join us,” Wardynski added.

### Building the civilian workforce

Beyond recruiting Soldiers, the Department of the Army civilian workforce has continued to grow during the COVID-19 pandemic, said Peter Hosutt, the depu-

ty director of civilian human resources.

USAJobs — the federal government’s official employment website — has been vital to the Army’s recruiting process, he said. Since March, the Army has hired more than 3,800 personnel into the civilian workforce, with an additional 500 people added to medical positions around the force.

Adjusting to the COVID-19 environment has required changes to the onboarding process, he added. New hires now complete their inprocessing virtually, to ensure the health and safety of all personnel. The Civilian Human Resources Agency is also considering a remote work option for new employees.

“If you have a civilian related concern, don’t hesitate to reach out to your civilian personnel advisory center,” he said. “They are there to support you.”

Aside from changes to the Army’s hiring process, Army leaders recently added the Civilian Implementing Plan

to the Army’s People Strategy, Wardynski said. The plan looks to provide civilians with a clear line of progression through the realignment of select civilian career programs. A policy memo about the program is slated for release at a later date, he added.

“We are creating pathways into new career programs that make sense,” he said.

### Soldiers for life

As the need for logistics personnel continues to increase, the Army could expand its voluntary recall program to fill these critical positions throughout the force, Wardynski said.

Soldiers have recently been serving in “unexpected ways — establishing a hospital in the Javits Convention Center in New York City, building temporary hospitals around the country or moving protective equipment to sites of need,” he said.

Launched in March, the voluntary recall program offered qualified retired and separated Soldiers in select medical fields a chance to return to active duty service.

More than 27,000 Soldiers answered the call, with close to 200 former Soldiers selected to provide medical support.

“Medicine was first, and we brought in hundreds of folks ... to help around the country,” he said. “You can now envision a situation in which we might need a good number of logistics (personnel) back in the force.”

Soldiers for life who are interested in the voluntary recall process can inquire through the U.S. Army Human Resources Command website, he said.

### Financial support

Soldiers and Families impacted by the recent stop-movement order may be eligible for additional financial support, Wardynski said.

Soldiers could receive restriction of movement pay — an additional \$100 per day — if they are forced to live in temporary housing without their personal property, he said.

Additionally, Soldiers who recently arrived at a new location and need to quarantine for some time could be entitled to “isolation pay.” The Army created this entitlement to defray the cost of living at the new location.

The Army’s goal is to protect all Soldiers, Families, civilians and support them through this hard time, Wardynski said. The best channel for support is through the individual’s chain of command, he added.

“If you have a need, inform you your chain of command — don’t suffer in silence,” he said.

“Commanders have been responsive to their unit’s needs. They have brought those concerns to the Department of Army when necessary. They make sure our Families and our Soldiers aren’t displaced and have an unusual hardship placed upon them.”





PHOTO BY STAFF SGT. MARYAM TREECE  
U.S. Army Gen. James C. McConville, 40th chief of staff, places a flag in front of a headstone during Flags-In at Arlington National Cemetery, Arlington, Virginia, May 21.



Among a sea of U.S. flags, a TOG Soldier places a flag in front of a headstone.



PHOTO BY STAFF SGT. MARYAM TREECE  
U.S. Army Gen. Mark A. Milley, 20th Chairman of the Joint Chiefs of Staff, stands at a headstone during Flags-In at Arlington National Cemetery, Arlington, Virginia, May 21.

# The Old Guard Soldiers honor fallen with Flags-In tribute for Memorial Day

By Denise Lew  
Pentagram Reporter

Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) held a longstanding tradition known as Flags-In to honor the nation's fallen Soldiers at Arlington National Cemetery May 21, ahead of Memorial Day weekend.

The Soldiers placed small American flags in front of more than 228,000 gravestones, a tradition held since 1948. Flags were inserted at the base of 7,000 niche rows in the Columbarium Courts, Niche Wall and also at the "Tomb of the Unknown Soldier" and Chaplain's Hill, according to Arlington Cemetery.

Carrying rucksacks full of American flags, TOG Soldiers convened to step foot onto the hallowed

grounds May 21. The Soldiers entered in small groups, maintaining a 6-foot physical distance in accordance with COVID19 precautionary measures. Flags were carefully inserted a foot's length in front of every headstone.

"Every flag is placed in pretty much the same exact location in front of each tombstone," said Sgt. Darren Tinkham. "It's just another standard that we uphold here to honor those members that came before us and our way of paying tribute to them."

The Flags-In tribute shows Families that their loved ones are not forgotten.

"It is important for The Old Guard because it's an honor that we get to take part in," said Staff Sgt. James Masson. "We get to put a flag at the head of every gravestone in the cemetery to honor

the fallen that have given their lives and service to this nation. I've done a lot in service for this nation and this is the most honorable thing that I've ever done in service to my nation. And I can't express in words how truly important this event is (with) regard to honoring the service members that have given their lives in the past in service to this nation."

This year's Flags-In is Master Sgt. De Los Santos Ismael's 19th and last tribute before he retires from the Army.

"I have lost my parents and people close to me," said Ismael. "But to think that the fallen heroes have done in defense of their country and the Constitution, that I get a small part of that. It's an albeit humbling experience; it's very much an honor. This was a human being — a service

member or Family member of that service member. And in some small way, we are all connected through the serving for the United States and the Constitution. In a very small part, I get to pay a very small tribute to that individual."

TOG Soldiers may find the tribute comforting after losing a beloved Family member.

"It's especially special this year, as it was last year, as I get to place a flag at the headstone of my infant son who's buried here in section 12A," said Chief Warrant Officer Scott Sobatoka. "It's humbling; it's very humbling to be able to come out here, not just to place a flag at my son's headstone but to place a flag at the headstone of America's fallen heroes. It's very significant to do it for my son."

Some Soldiers feel that it is their duty to visit the

gravestones of fallen friends who never made it back to their Families.

"As someone who is deployed multiple times ... you come home ... and I have friends who didn't," said Tinkham. "It's kind of my way to come out here and still recognize the sacrifices they made for my country."

"This is my third Flags-In," said Masson. "I have two friends that are buried in Section 60. They gave their lives in the global war against terror, so it's personally important to me for that reason."

Having a faith has often bolstered the courage of Soldiers throughout history. Chaplain's Hill in Section 2 commemorates chaplains who were killed in war since World War I and other prominent chaplains. Each year, TOG chaplains and Soldiers convene with National Capital Region's

chaplains to place flags at the four memorials and gravestones at Chaplain's Hill.

This year's Flags-In tradition continued despite Arlington National Cemetery's closure to the public. That alone signifies how important the tribute is, according to Chaplain (Maj.) Joseph Mason, chaplain of TOG.

"For me, the idea of the cost of service and for our way of life ... it's about doing what's right," said Mason. "And the time that it takes and the effort that it takes is all worth it for us to continue to show our nation, to remind ourselves, and to remind those that have their loved ones buried here that they're not forgotten."

This Memorial Day, Arlington National Cemetery's sea of flags reminds the nation of fallen heroes who fought for the country's freedom today.



PHOTO BY STAFF SGT. MARYAM TREECE  
U.S. Army Gen. Mark A. Milley, 20th chairman of the Joint Chiefs of Staff, places his coin on a headstone during Flags-In at Arlington National Cemetery, Arlington, Virginia, May 21.



A TOG Soldier places a U.S. flag in front of a headstone.

PHOTO BY ELIZABETH FRASER



A Soldier of The Old Guard salutes the gravestone of a fallen Soldier.

PHOTO BY ELIZABETH FRASER



A TOG Soldier gathers U.S. flags for placement.

PHOTO BY ELIZABETH FRASER



PHOTO BY STAFF SGT. MARYAM TREECE  
U.S. Army Maj. Gen. Omar J. Jones IV, commanding general, Joint Force Headquarters — National Capital Region and the US Army Military District of Washington, pauses before he places a flag at a headstone during Flags-In at Arlington National Cemetery, Arlington, Virginia, May 21. Flags-In is an annual military operation carried out by The Old Guard that honors America's fallen heroes.



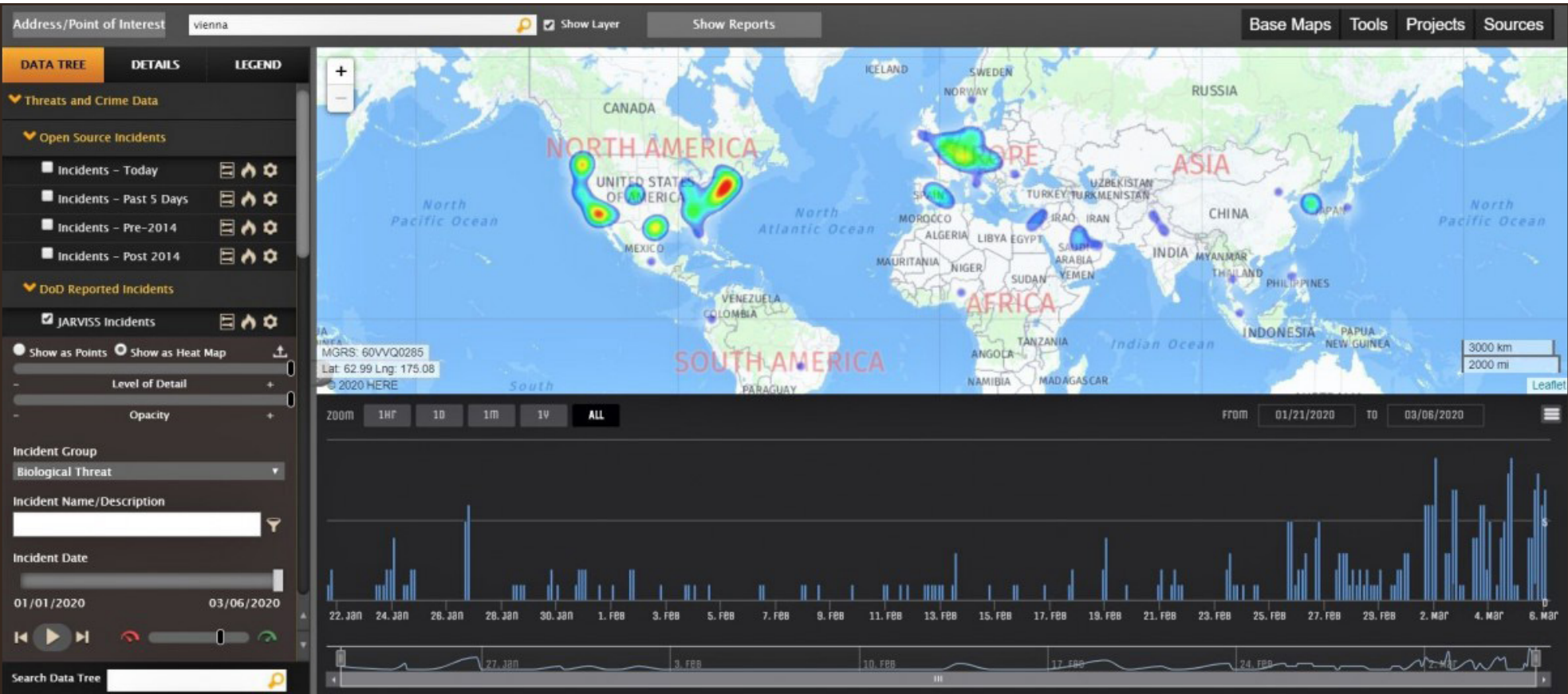


PHOTO BY STEVE GARDNER

The Joint Analytic Real-time Virtual Information Sharing System is Army software designed to target criminal activity and natural disaster information in and around Army installations and stand-alone facilities. Now it's being used to identify COVID-19 threats.

# Army’s anti-terrorism technology chasing COVID-19

By Thomas Brading  
Army News Service

The Army’s technology used to root out terrorism threats is also monitoring the spread of COVID-19, and in the process giving Army leaders a leg up to make real-time, force protection decisions, said the Army’s top criminal investigator.

The Joint Analytic Real-time Virtual Information Sharing System is Army software designed to target criminal activity and natural disaster information in and around Army installations and stand-alone facilities, said Maj. Gen. Kevin Vereen, provost marshal general.

Earlier this year, as the COVID-19 pandemic emerged, JARVISS — originally developed in 2018 after the Fort Hood, Texas, shooting — shifted its mission to also help leaders track the virus’ impact on installation readiness, training and recruiting.

The shifted focus toward biological threats “wasn’t much of

an adjustment in how we operate,” said James Allen, JARVISS program manager.

“JARVISS was designed to compile information against any threat against the Army,” Allen said, so using data synthesis, the only real objective was to add another information layer that tracks COVID-centric data.

In the past, specific profiles were developed for installations around the type of threats they were concerned with. The idea of a worldwide biological threat wasn’t necessarily on every commander’s radar until a few months ago, Allen said.

**How it works**

The desktop and mobile app can store unclassified Army data and open-source threat information from over 80,000 sources, including social media, news media, blogs and government agencies, Vereen explained. It then translates the holistic information into actionable data to help commanders make real-time decisions.

In other words, when a crisis hits, timing is everything. This is why accurate information is critical to a commander’s situational awareness — especially when making decisions that impact not only the continuity of military operations, but also Soldiers and their Families, he said.

“Think of JARVISS like (the GPS navigation app) Waze,” he said, comparing the technology to popular user-submitted apps. “These apps help users navigate — in real-time — our highways and roadways (based on community-driven data).”

For example, he said, if someone uses a GPS navigation app and there’s traffic or a road closure ahead, the app said, “Hey, there’s a delay ahead, but here’s a different route to get you home.” It knows this based on multiple information sources submitted by users within the area.

The GPS app then takes the information and translates it into actionable information to

help the user make decisions. In essence, that’s how JARVISS works. Except, instead of navigating the road ahead, it navigates possible threats against the Army.

COVID-19 pandemic

Earlier this year, one of those threats emerged. JARVISS developers flagged COVID-19 after its initial human-to-human contact, Allen said.

Shortly after, the virus started popping up around the country, and by March, it became a full-on pandemic. That’s when the additional data information layer was needed by commanders.

“If (commanders) need to bring their Soldiers in from off-post locations, or in some cases keep Soldiers on a military installation because the outbreak is just too high,” he said, “JARVISS helped make those decisions.”

The demand for the software is a case-by-case basis, Vereen explained. For example, in early hotspots like Joint Base

Lewis McChord, Washington, commanders responded sooner because of the high rate of infections there versus other parts of the country.

It’s also used in hardest hit COVID-19 locations. It’s used by the National Guard, which has thousands of troops across the country, and other state and federal agencies. They are using JARVISS to track the spread of the virus, Allen said.

At the same time, he said, today’s generation of Soldiers also have information at their fingertips. Through JARVISS, however, command-level decisions can be made from compiled data to protect families.

“As the Army phases into a steady state of operations, JARVISS has the capability of assessing the COVID-19 threat,” Vereen said. “It’s providing commanders with the tools needed to make appropriate decisions, and balancing readiness with the health and safety of the force is critical to our success.”



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# For some, teleworking may continue as post-COVID-19 option

By C. Todd Lopez  
DOD News

In April, the Defense Department’s chief information officer said some of the tools and infrastructure put in place to support the rise of telework due to COVID-19 might remain after the pandemic subsides. Now, department leaders said, it is possible telework itself may live on.

“We’ve learned a lot of lessons about the ability to telework, and how we keep our productivity up,” Matthew Donovan, under-secretary of defense for personnel and readiness, said during a briefing May 21 at the Pentagon.

“I think moving forward ... as we step through a phased approach on reopening, ... we’re going to continue to maximize the teleworking,

We’ve made a lot of progress with making sure that the network capacities are available, and people have access to the materials and documents that they need from a teleworking location.”

Also included in discussion of a military rebound from COVID-19 was the status of the aircraft carrier USS Theodore Roosevelt, which has been at port in Guam since late March as a result of the pandemic. The ship is now once again underway, said Jonathan Rath Hoffman, assistant to the secretary of defense for public affairs.

“We’re proud to say that the USS Teddy Roosevelt is underway today,” he said. “The ship left Naval Base Guam and entered the Philippine Sea to conduct carrier qualification flights

for the embarked Carrier Air Wing 11. We wish the very best to the Roosevelt and her crew.”

Aboard, Roosevelt’s crew is practicing better social distancing effort to ensure continued crew health and safety, Hoffman said.

“We’re concerned for any additional outbreaks, but we have learned a lot over the last couple months,” he added.

As a result, he said, the ship is operating with a reduced crew to ensure additional spacing between crew members. The crew is wearing masks and gloves and will have increased COVID-19 testing. Additionally, Hoffman said, the ship will have longer dining hours to ensure that fewer individuals are in the dining facilities at the same time.

“There’s a bunch of

different lessons learned that they’ve taken and that they’re using,” he said. “No one is going into this believing that this is the last we’ve seen of coronavirus. But they’re trying to be very diligent and very careful and thoughtful in how they move forward and be very assertive in confronting the virus whenever they see it.”

Hoffman said the Roosevelt has no change in its mission — it will pick up where it left off in late March. The carrier air wing is being recertified, which should take up to two weeks

to complete, he added.

“They’re recertifying the flight deck, recertifying the crew,” Hoffman told reporters. “It’s something that happens after a ship has been in port for an extended period of time. At that point, the ship will return to Guam, pick up the remaining crew members who are still quarantined and who are still recovering from COVID. They’ll get back on the ship, and then the ship will move out for the rest of its mission, ... the tour that it started earlier this year.”



A Texas National Guard Joint Counterdrug Task Force member supports law enforcement in the fight against illicit drugs amid the COVID-19 pandemic while teleworking from Austin, Texas, April 14.



PHOTO BY NAVY SEAMAN ERIK MELGAR  
Navy Petty Officer 3rd Class Nicholas Signor heaves mooring line on the fantail of the aircraft carrier USS Theodore Roosevelt after the ship departed Apra Harbor in Guam, May 21.



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**GIFT CARD:** \$100 Visa Gift Card fulfilled by Protect Your Home through third-party provider, Mpell, upon installation of a security system and execution of monitoring contract. \$4.95 shipping and handling fee, gift cards can take up to 8 weeks to arrive after following the Mpell redemption process. **BASIC SYSTEM:** \$99 Installation. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 Offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty. **ADT Pulse:** ADT Pulse Interactive Solutions Services ("ADT Pulse"), which help you manage your home environment and family lifestyle, require the purchase and/or activation of an ADT alarm system with monitored burglary service and a compatible computer, cell phone or PDA with Internet and email access. These ADT Pulse services do not cover the operation or maintenance of any household equipment/systems that are connected to the ADT Pulse equipment. All ADT Pulse services are not available with the various levels of ADT Pulse. All ADT Pulse services may not be available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the ADT Pulse features you desire. **ADT PULSE + VIDEO:** ADT Pulse + Video installation is an additional \$299. 36-month monitoring contract required from ADT Pulse + Video: \$59.99 per month, (\$2,159.64), including Quality Service Plan (QSP). Doorbell camera may not be available in all areas. **GENERAL:** For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account, satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglary, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglary, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional charges may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on Homeowner's Insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. **Licenses:** AL-21-001104, AR-CMPY.0001725 AZ-ROC217517, CA-AC06320, CT-ELC.0193944-L5, DC-EMS902653, DC-602516000016, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AS-0206, ID-ELE-SJ-39131, IL-127.001042, IN-C.P.D. Reg. No. – 19-08088, City of Indianapolis: LAC-000156, KY-City of Louisville: 483, LA-F1914, LA-F1915, LA-F1082, MA-1355C, MD-107-1626, ME-LM50017382, MI-3601205773, MN-TS01807, MO-City of St. Louis: CC#354, St. Louis County: 100194, MS-15007958, MT-PSP-ELS-LIC-247, NC-25310-SP-FA/LV, NC-1622-CSA, NE-14451, NJ Burglar Alarm Lic. # -NJ-34BF00021800, NM-353366, NV-0068518, City of Las Vegas: 3000008296, NY-Licensed by the N.Y.S. Department of State UID#12000317691, NYS #12000286451, OH-53891446, City of Cincinnati: AC86, OK-AC1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA022999, RI-3582, RI-7508, SC-BAC5630, SD- 1025-7001-ET, TN-1520, TX-B13734, ACR-3492, UT-6422596-6501, VA-115120, VT-ES-2382(7C), WA-602588694/ECPROTEYH934RS, WI-City of Milwaukee: PAS-0002966, WV-WV042433, WY-LV-G-21499. 3750 Priority Way South Dr. Indianapolis, IN 46240 ©2017 DEFENDERS, Inc. dba Protect Your Home

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# News Notes

## JBM-HH virtual town hall Thursday

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.

Joining in this week’s town hall will be Capt. Charles Rettig, chief of physical therapy, to discuss home physical fitness and Phil Santee, chief of installation safety and health, to discuss occupational health.

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](mailto: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 at <https://www.facebook.com/events/244360250159135/>. 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.

## Marine Corps Exchange new hours, at-risk shopper program

The Marine Corps Exchange has announced new store hours of 10 a.m. to 6 p.m. daily effective Sunday, to include the Vineyard. All three levels are open.

The MCX has started an early-bird program for shoppers in the at-risk population demographic. At-risk customers can shop Tuesday and Thursday from 9 to 10 a.m. prior to the general public. The MCX continues to maintain safety requirements including social distancing, use of face coverings, daily cleaning protocols, Plexiglas protectors at registers and sanitation stations at entrances and elevators. The use of fitting rooms and trying on of shoes are temporarily prohibited. There may be purchase limits on high-demand items.

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. The store is accepting card payments at this time.

The Henderson Hall Alteration Shop (uniforms) is closed until further notice. The tailor shop for civilians is open Tuesday through Thursday from 11 a.m. to 4 p.m. and Friday through Saturday from 10 a.m. to 4 p.m. Capitol Deli continues curbside delivery and carry-out. Customers can call (571) 483-1962 Monday to Friday from 10:30 a.m. to 1:30 p.m.

Customers are reminded that the barber shop and gym remain closed at this time. The car wash is open.

## FMWR seeks participants

As Joint Base Myer-Henderson Hall’s Family and Morale, Welfare and Recreation considers changes and improvements for its food operations, it is important they hear from its members and customers. FMWR is asking for a few minutes of an individual’s time to complete a survey. To answer survey questions, please visit <https://www.surveymonkey.com/r/TGMT97R>

## Shuttles resume under limited service

The following Department of Defense shuttles will resume under limited service:

DOD Shuttle Route 1 (Pentagon – Naval Support Facility – Suffolk building)

First bus departs Pentagon at 8 a.m. Last bus ends at Suffolk Building at 2:30 p.m. (Drop-off only) Frequency: Every 60 minutes

DOD Shuttle Route 8 (Pentagon – Washington Navy Yard)

First bus departs WNY Bldg. 197 at 8 a.m. Last bus ends at WNY Bldg. 197 at 3 p.m. (Drop-off only) Frequency: Every 60 minutes

DOD Shuttle Route 11 (Pentagon – Joint Base Anacostia-Bolling)

First bus departs JBAB Bldg. 603 at 8 a.m. Last bus ends at JBAB Bldg. A-168 at 2:18 p.m. (Drop-off only) Frequency: Every 60 minutes

DHHQ Meeting Shuttle (Pentagon – DHHQ)

First bus departs Pentagon at 8 a.m. Last bus ends at DHHQ at 3:30 p.m. Frequency: Every 60 minutes

DHHQ Commuter Shuttle (Pentagon – DHHQ)

Morning shuttle: First bus departs Pentagon at 6 a.m. Last bus ends at Gatehouse Road at 7:50 p.m. Afternoon shuttle: First departs Gatehouse Road at 4 p.m. Last bus ends at DHHQ at 7:05pm (Drop-off only) Frequency: Every 15-20 minutes

DHHQ Shuttle Information can also be found on the DHHQ website at <https://info.health.mil/cos/admin/DHHQ/SitePages/DHHQ%20Shuttle.aspx>.

As a reminder and until further notice, please follow the DOD shuttle modified boarding procedures to ensure the health and safety of employees and operators.

- All passengers on DOD shuttles are required to wear face coverings.
- All passengers will maintain social distancing measures when riding the shuttle. This includes passengers taking one seat per row on each side of every shuttle. The first two rows of the shuttles will not be used by passengers.
- Shuttle capacity will be reduced by at least 50%.

For questions regarding shuttle schedules and policies, please contact the following:

- DOD Shuttle Routes 1, 8 and 11 Dispatch: (202) 685-1746
- DHHQ Shuttle Information: DHHQ Voice of the Customer mailbox at [dha.dhhqvoiceofthecustomer@mail.mil](mailto:dha.dhhqvoiceofthecustomer@mail.mil)

• WHS Transportation Management Program Office at [whs.pentagon.fsd.mbx.dod-shuttle-bus@mail.mil](mailto:whs.pentagon.fsd.mbx.dod-shuttle-bus@mail.mil)

## Equal opportunity virtual observances

The Equal Opportunity Office honors two monthly observances in June, Army Heritage month and LGBT Month. Due to social distancing measures, the observances will take place virtually this year.

Keep an eye out for the June observance videos on the joint base Facebook page. The videos will highlight and recognize the service and sacrifices of a diverse Army and the long history of defending the nation.

## Army Emergency Relief is here for Soldiers

AER support is available for Soldiers in need of support with over 30 categories of assistance. In response to COVID-19, AER has implemented an online application process, with electronic payment directly into the Soldier’s bank account. Soldiers may contact their chain of command, call (703) 696-3510 or visit <https://jbmhh.armymwr.com/programs/army-emergency-relief-aer> for more information.

## Debts owed

Anyone with debts owed to or by the estate of Col. Michael Wayne Sharp, Reserve Integration Office, DIA, must contact Capt. Adam Disney, the summary court-martial officer for the Soldier. Sharp recently passed away April 29. Contact Disney at (606) 521-1392.

## Army Community Service YouTube channel

JBM-HH Army Community Service announces a newly created YouTube Channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. ACS will continue to post educational, prevention-based training and informational videos, so community members are encouraged to subscribe. Go to online to the following site at <https://www.youtube.com/channel/UCnTcK-DomPZeXmvnYddOlQkg>, click “Subscribe” and continue to receive resources available whenever they are needed.

## Stress management refresher

Has “staying safe at home” been stressful? Check out the ACS Family Advocacy Program for stress management refresher.

The Joint Base Myer-Henderson Hall Family Advocacy Program has a new stress management video designed to help individuals with those very needs. Visit the video at the following link <https://youtu.be/x8x9dc3MYOw>.

Have questions or comments for the JBM-HH Family Advocacy Program? Feel free to contact the Army Community Service Family Advocacy Program at (703) 696-3512.

## ‘Safety Checks’ with Henderson Hall

Henderson Hall has released the latest issue of “Safety Checks” digital magazine online at [http://www.mccshh.com/pdf/Safety\\_Checks\\_202005.pdf](http://www.mccshh.com/pdf/Safety_Checks_202005.pdf).

The issue includes information on how to stay safe outdoors during summertime activities. The recommendations include COVID-19 outdoor activity guidance for Marines and Families.

## Free Red Cross course

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/a6R3o0000014ZIg.html>.

## Equal Employment Opportunity training

JBM-HH civilian employees are reminded that EEO Anti-Harassment and No Fear training is an annual requirement. Employees are allowed duty time to complete the training.

EEO-203A Army EEO, Anti-Harassment and No Fear training (for nonsupervisors only) <https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx>.

EEO-203B EEO, Anti-Harassment and No Fear Training (for supervisors only) <https://www.atrrs.army.mil/selfdevctr/catalog/course.aspx>

## 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](http://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 pick up. 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](https://www.facebook.com/pg/MyerExchange/posts/?ref=page_internal).

## 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.

Capitol Deli curbside delivery, 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.

## Warrant officer briefs

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. Visit <https://conference.apps.mil/webconf/gowarrantnowNCR> to sign in. For more information, please contact Chief Warrant Officer 3 Sara Sewall at [sara.w.sewall.mil@mail.mil](mailto:sara.w.sewall.mil@mail.mil) or Staff Sgt. Nicolas Cassano at [Nicolas.j.cassano.mil@mail.mil](mailto:Nicolas.j.cassano.mil@mail.mil).

## 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.

## Connect with Arlington National Cemetery

While Arlington National Cemetery is closed to visitors, individuals can still experience its beauty and history from home.

Tour Arlington National Cemetery virtually at <https://www.arlingtoncemetery.mil/Blog/Post/10739/Experience-Arlington-National-Cemetery-from-Home>.

Highlights of the tour including the following:

- Take a virtual walk through the cemetery in springtime with the photo album “2020 Horticulture Highlights.” Learn more about the variety of plants and the work that goes into maintaining them.
- Learn about the cemetery’s origins and early history, as well as the people who previously called Arlington home.
- Check out the album “Gravesites of Interest” and explore how the variety of grave markers tell their own stories of the cemetery’s history.
- Learn about the services Arlington National Cemetery conducts for fallen service members and their Families by reading about the meaning behind the honors rendered at military funerals.
- If a person is interested in learning even more about the unique stories told at Arlington National Cemetery, check the blog post, “Nurses in the Spanish-American War,” which includes links to resources and lesson plans for students of all grade levels, as well as teachers, families and lifelong learners.

## 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](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.

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 30, but applicants are still advised to consult their command for internal deadlines. 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.

## Individuals are reminded to wear face coverings

Individuals should remember to always have 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).



# You protect the force

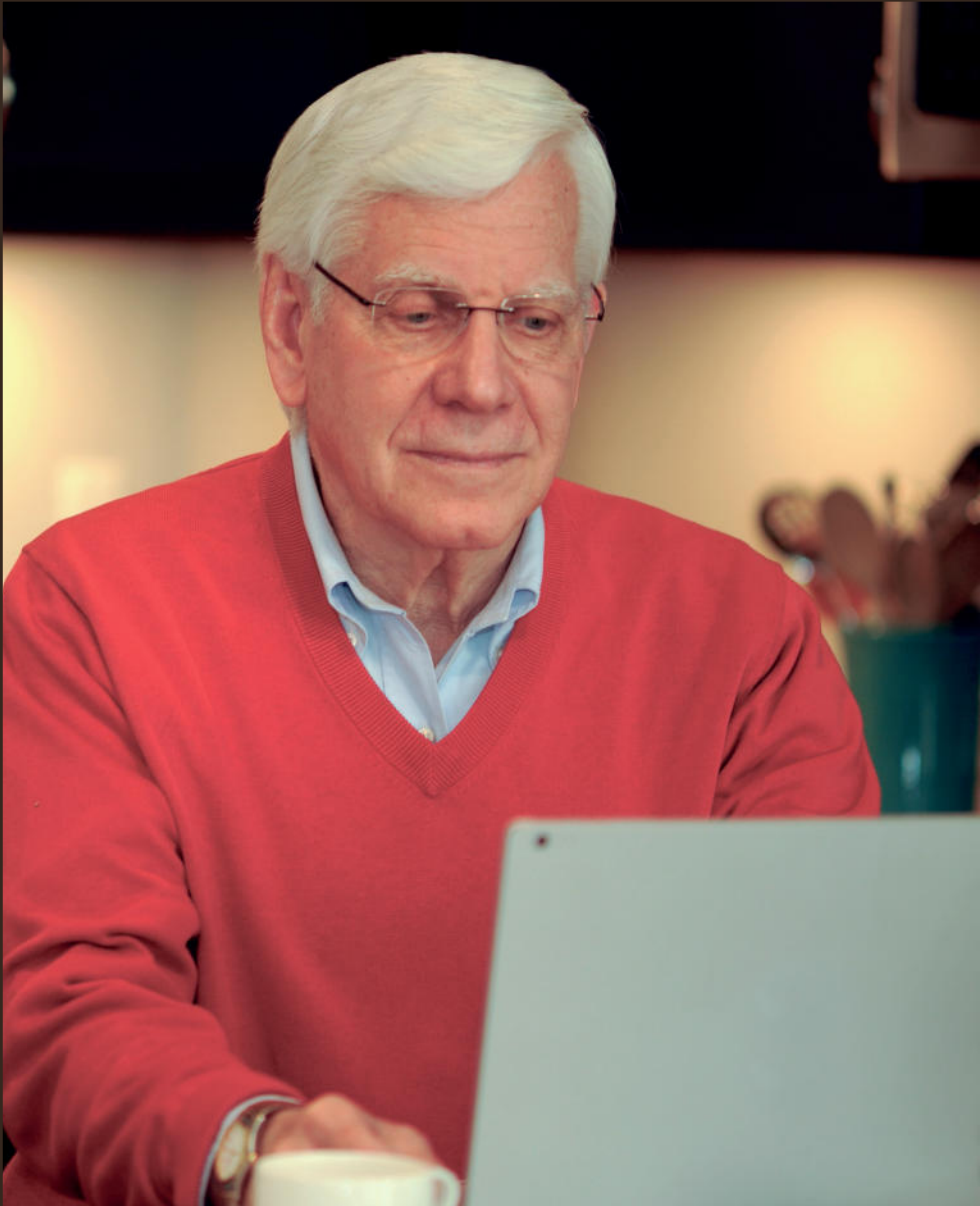
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