



Pentagram

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New fence provides more security for joint base

By Emily Myers
JBM-HH Public Affairs

A new perimeter fence separating Joint Base Myer-Henderson Hall and Arlington National Cemetery provides a new level of security for the joint base along its eastern border.

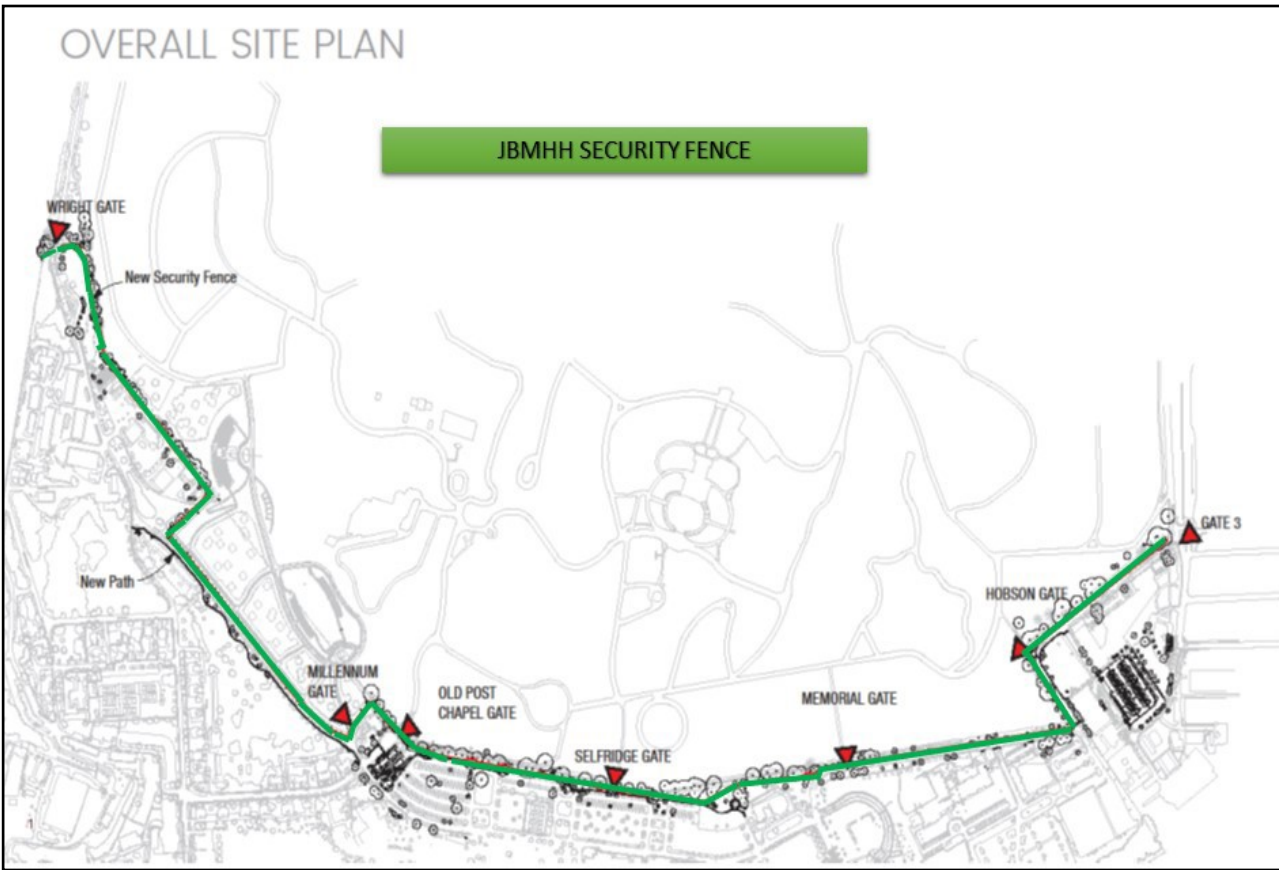
The goal is to secure the perimeter of JBM-HH to protect its occupants and assets with a nonvehicular rated anticlimb fence and K8-rated vehicular barriers where necessary.

Sagres Construction was awarded the \$15 million contract in 2018, and the U.S. Army Corps of Engineers Baltimore District is the executing agent for the project. The historic ANC stonewall did not meet current antiterrorism and force protection standards. Construction began in the late fall of 2018 and physical construction was completed in September 2020.

Bernadette Osterhaus, the project manager from USACE-Baltimore District, stated that, “While physical construction of the fence has been completed, the security camera installation is still underway.”

This beneficial technological update is expected to be complete later this spring.

The location of the fence relative to the his-



Courtesy graphic

A new perimeter fence separating JBM-HH and ANC provides a new level of security for the joint base.

toric boundary wall varies at it winds its way across JBM-HH. For security purposes, a gap of 10 feet is desirable so that the boundary wall

cannot be used as a launch point to

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McNair quarters offer glimpse of history

By Emily Mihalik
JBM-HH Public Affairs

“Historic preservation is not just the story of individual build-

ings,” explained Kelly Whitton, cultural resources manager for Joint Base Myer-Henderson Hall. “Buildings, landscapes, campuses and neighborhoods may all work

together to tell the story of a place, such as Fort McNair.”

The installation is listed as a local historic district by Washington, D.C., and is eligible for listing as a district on the national level in the National Register of Historic Places. Within a historic district, the history and architectural integrity of buildings must be considered before making any changes. To understand the historic significance of the noncommissioned officer duplexes at Fort McNair, one needs to look back to the installation’s conception, said Whitton. The installation dates back to 1791 when Pierre L’Enfant plotted out Washington, D.C. “At the turn of the 20th century, (the United States was) post-Civil War, Reconstruction, Spanish-American War,” she said. “At that time, the Army determined they needed a centralized leadership training, and this would be the benchmark of a modern Army.”

President Theodore Roosevelt

and Secretary of War Elihu Root directly called upon the renowned American architectural firm McKim, Mead and White to lay out the Army War College on the site of the Washington Barracks.

Whitton said the decision to reach out to the architects directly might have been symbolic, given the high profile projects they were working on, providing credibility to the task. The firm was renowned for historically important projects including the Agricultural Building at the Chicago World Fair in 1893, and the redesign of the University of Virginia Rotunda in 1896. Whitton said the firm’s presence was especially significant as in 1902 McKim was undertaking a comprehensive renovation of the White House, and participating on the McMillan Plan for the National Mall.

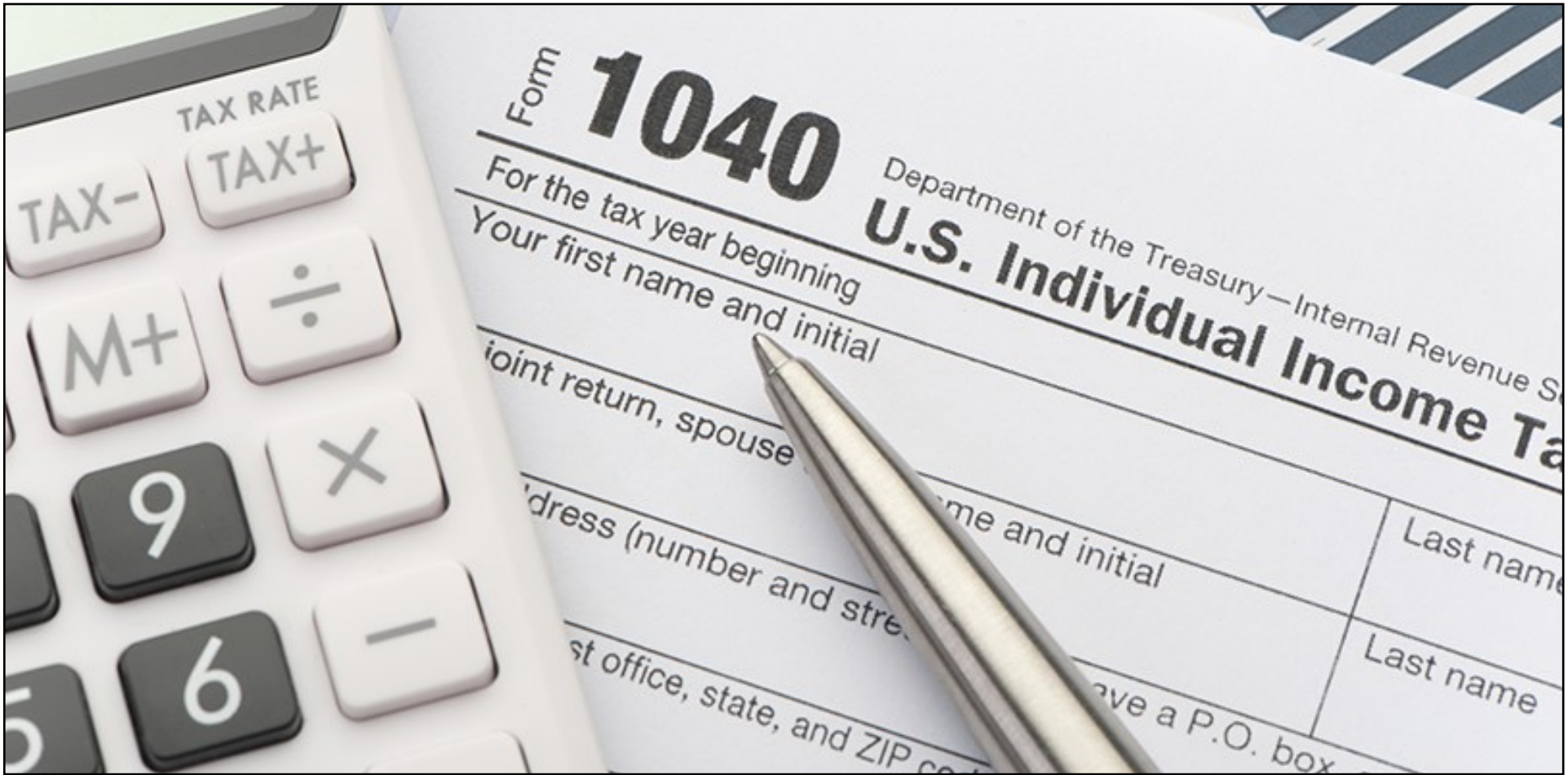
According to Whitton, an almost full-scale demolition of the site’s buildings took place at this time. The Beaux-Arts movement influenced the vision, with focus on formalized symmetry that gives

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Photo by NDU

In 1904, GFOQ mostly completed (Qtrs 2-3 still under construction at far end of row). Image demonstrates the hierarchical relationship between Bldg. 60, the McNair Club (formerly the Officer’s Mess) and smaller GFOQ, as well as the regimentation of the campus master plan. This is akin to the hierarchical relationship between the GFQ and NCO homes.



JBM-HH Tax Center to open Feb. 16

The JBM-HH Consolidated Tax Center opens Feb 16. The service will be remote in compliance with Centers for Disease Control and Prevention COVID-19 social distancing guidance.

The service will be available only to active duty and reservists who have been on active status for the past 30 days or longer and Gold Star Families.

To participate, customers need a .mil account. Gold Star Families without a .mil account are an exception to the requirement. Contact can only be made through the tax center’s .mil email address at usarmy.jbmhh.mdw.mbx.legal-taxcenter@mail.mil.

Prior to an appointment, the IRS Volunteer Income Tax Assistance Form 13614 must be completed. The form can be found on the center’s Facebook page at

<https://www.facebook.com/MYERTAXCENTER>.

Based on IRS publications 4491 and 4012, and due to budgetary and personnel constraints, the below bullet points are out of scope for the tax center.

People with any of the following issues cannot be seen at JBH-HH and it is recommend that they seek civilian professional tax assistance:


- Taxpayers not on active duty status
- Taxpayer is a lieutenant colonel with more than 15 years of service or higher
- Taxpayers with gross income greater than \$100,000
- Income and expenses related to paid household employees
- Taxes related to business or self-employment including home-based businesses (with the excep-

tion of on-post child care providers and Lyft/Uber drivers), such as:

- Expenses for employees or 1099
- Use of home as a business
- Actual vehicle expenses costs — not mileage
- Depreciation of business assets
- Entity issues — partnerships, S corporations, LLCs
- Capital gains and losses issues
- Any partnership schedule or Form 1099 K
- Self-employment insurance deductions
- Inherited property from a person who died before 2010 (unless the taxpayer knows the basis)
- Sale of home if ever used as rental property
- More than one rental property
- Retirement IRA rollovers,

- which are not tax free
- Retirement ROTH IRAs with excess contributions
- Nondeductible traditional IRA contributions
- Foreign income or foreign tax credits more than \$300
- More than 10 stock market transactions
- Noncash charitable contributions exceeding \$500
- Adoptions

The JBM-HH Consolidated Tax Center only prepares tax returns for the 50 states. The tax center reserves the right not to prepare a tax return they feel they are not trained to do, even if the same return was prepared by the tax center in a prior year. The tax center also reserve the right to refuse to prepare a tax return that they know to be incomplete or inaccurate.




Celebrating AFRICAN-AMERICANS in the U.S. Army

Col. Margaret Bailey

**In 1964 she became the first black nurse to be promoted to lieutenant colonel in the U.S. Army Nurse Corps.
She was promoted to colonel in 1970.**

Be inspired by the sacrifices and accomplishments of black women in the military; and all veterans.



Pentagram



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Community

Soldiers guard during rain, sleet, snow



Photos by Sgts. Gabriel and Jacob Holmes

Soldiers assigned to the Tomb of the Unknown Soldier maintain their constant vigil at the nation's most sacred shrine regardless of the weather. Since July 2, 1937, the Tomb of the Unknown Soldier in Arlington National Cemetery has, to the highest standards, been guarded continuously, without fail, no matter the circumstance. For information regarding the upcoming Tomb of the Unknown Soldier Centennial Commemoration, please check visit <https://www.arlingtoncemetery.mil>.





Five love languages

The five love languages workshop will be held Feb. 11 from 11 a.m. to 1 p.m. This is a virtual platform workshop. During this workshop, people will learn the five love languages and discuss ways to keep their partner’s “love tank” full. Registration is required.

For more information and to register, email Megan Read at megan.w.read.ctr@mail.mil.

Transparenting (co-parenting class)

Transparenting, a co-parenting seminar, will be held during a virtual platform Feb. 16 and 23 from 11 a.m. to 12:30 p.m. This seminar is designed to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. Registration and attendance at both sessions are required.

For more information or to register, email Megan Read at megan.w.read.ctr@mail.mil.

Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety

items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS YouTube channel

JBM-HH Army Community Service has announced 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. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>. and click “Subscribe” and continue to receive resources available whenever.

LEADERS SOLDIERS FAMILIES AND CIVILIANS

SAFETY STARTS WITH YOU

What can you do to keep yourself and others safe?

JBM-HH Guidelines for reporting injury or illness

Your safety is our priority!

Please report accidents or injuries to the JBM-HH Installation Safety Office by phone at (703) 696-0828 or by email at: usarmy.jbmhh.asa.mbx.iso@mail.mil

What is a work-related injury or illness?

An injury or illness must be considered a work-relatable event or exposure if the work environment either **caused or contributed to the resulting condition, or the event significantly aggravated a preexisting injury or illness.**

When to report an accident or incident:

The Occupational Safety and Health Administration and Army Regulation AR 385-10 requires organizational leaders to report any unplanned event, accident or illness, of military and DA civilian personnel (AF and NAF) to the Installation Safety Office that results in:

- Death (Class A)
- Days away from work (Class B/C)
- Restricted work or job transfer (Class C)
- Medical treatment beyond first aid (Class D)
- Loss of consciousness (Class C)
- Any significant injury or illness diagnosed by a physician or other health care provider (Class D or higher)
- Property damage greater than \$5,000 (Class E or higher)

Accident Notification and Reporting:

Personnel involved in or aware of an accident, injury or illness must report it immediately to the supervisor or person directly responsible for the operation, material, or person involved.

Supervisors or leaders will report an accident, injury or illness to the JBM-HH Installation Safety Office within one hour of being notified of the event or immediately after it is safe to do so.

The Installation Safety Office is required to capture all reported, work-relatable events on the organization’s OSHA 300 log within seven working days of being notified of the event. All Army Class A, B and C incidents must be reported immediately to the U.S Army Combat Readiness Center for both military and civilian personnel.

If the event results in the death of a civilian employee, the organization must report the fatality to OSHA within eight hours of the event taking place for civilian personnel.

If the event results in the in-patient hospitalization of one or more employees, an amputation, or loss of an eye, the organization must report the event to OSHA within 24 hours of the event taking place.

How to report a work-related injury or illness:

Immediate or initial notification of a work-related injury, illness, or Army accident can be made by phone or email to the ISO. If the event triggers a Commander’s Critical Incident Report, all notifications shall also be made per CCIR notification and reporting requirements in addition to reporting the event to the ISO.

The Army Ground Accident Report: Shall be used to report all recordable military and Army civilian incidents. A fillable AGAR Form can be at:

<https://armypubs.army.mil/ProductMaps/PubForm/DAForm.aspx>

All AGARs shall be completed by the supervisor of the impacted employee and submitted to the ISO within seven working days from the date the incident occurred.

Federal Employee’s Compensation Act:

All Federal employees or contractors who have sustained a work-related injury or illness should file a claim for benefits if eligible based of employment status.

Appropriated Fund Employees can directly file under the FECA Employee Compensation Operations and Management Portal. Once an employee has filed a claim, their supervisor will be notified directly by the ECOMP portal. Employees are required to report all incidents regardless of a claim being file.

Non-Appropriated Fund Employees can file under the Contract Claims Services, Inc. website. NAF employees are also required to notify their supervisor in the event of an incident. Management will collect employee information and file a claim for the employee through the CCSI website.

AF: WWW.ECOMP.DOL.GOV / NAF: WWW.CCSAPPS.COM

Army Accident and incident Classification:

An Army accident is defined as an unplanned event, or series of events, which results in one or more of the following:

- Occupational Illness to Army military or DA civilian personnel
- Injury to Army military on or off duty
- Damage to Army property
- Damage to public or private property and/or injury or illness to non-Army personnel caused by Army operations.

Accident classes are used to determine the appropriate notification, depth of investigation and reporting procedures. Army accident classifications are as follows:

Class A

- An injury or occupational illness which results in a fatality or permanent disability.
- An Army aircraft is destroyed, missing, or abandoned
- Property damage resulting in \$2 million or more

Class B

- When one or more personnel are hospitalized as in patient as a result of a single occurrence.
- An injury or illness the results in a permanent partial disability
- Property damage resulting in \$500,000 to less than \$2 million.

Class C

- An injury or illness that results in a temporary disability of any kind and/or is a days away from work case.
- Property damage resulting in \$50,000 to less than \$500,000.

Class D

- An injury meeting the requirements of an OSHA recordable case that does not result in death, disability or days away from work.
- Property damage resulting in \$20,000 to less than \$50,000.

Class E

Property damage resulting from a ground accident of \$5,000 to less than \$20,000

COVID-19 OSHA- Recordable:

If an employee has contracted COVID-19 the employer must make “reasonable” efforts to take into account all available evidence to determine if the illness was contracted at work.

- Employers should do ask the employee how they think they contracted the COVID-19 illness, discuss the out-of-work activities, and review the employees work environment for potential exposure.
- Evidence in the work area that the employee contracted the illness at work
 - Confirmed close contact with a positive or potentially positive COVID-19 case while at work.
 - Lengthy and frequent exposure to the general public with ongoing community transmission
- Evidence that the employee did NOT contract the illness at work
 - The employee has had close contact with someone who (1) has COVID-19; (2) is not a coworker, and (3) exposes the employee during the period in which the individual is likely infectious.
 - Is the only employee to contract COVID-19 in their vicinity and the job duties do not include having frequent contact with the general public, regardless of the rate of community spread?

If, after the reasonable and good faith inquiry described above, the employer cannot determine whether it is more likely than not that exposure in the workplace played a causal role with respect to a particular case of COVID-19, the employer does not need to record that COVID-19 illness.



Chaplain's Corner

Seek, tell the truth

By Chaplain (Lt. Col.) Scott B. Koeman
TACOM Chaplain

Psalms 119:163 "I hate falsehood, but love your law."

I have noticed there are two things, among many, that trouble people most — lying and stealing. Most everyone expresses strong reactions when they are the victim of either. If there were a third, it would be betrayal. Betrayal is a synonym or form of lying and creates the same effect.

Jesus tells us the father of lies is Satan. Throughout Scripture, we are told of tragic stories of what happens when God's people lie and the painful consequences that follow. There is no place for falsehood among God's people and certainly no place for falsehood in the economy of God's kingdom. That is Satan's domain. Falsehood breaks life, shatters lives, destroys families, ruins friendships, creates war, builds distrust and pollutes expectations.

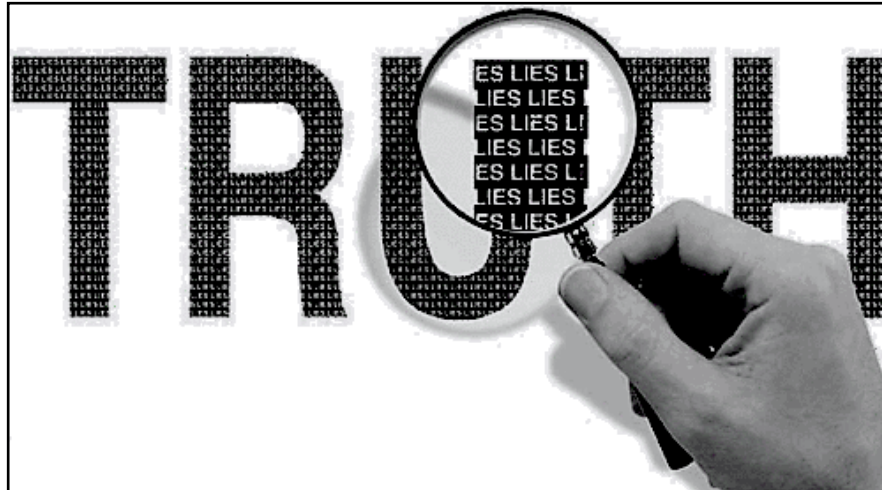
It is a sin and, therefore, it leads to eternal death.

Jesus said in John 14:6, "I am the way, the truth, and the life. No one comes to the Father except through me." Jesus is the truth and the

we are born again. We can be faithful and true. We must never surrender to the deceptions and lies of the devil who always reminds us of our failures and sin.

Chaplain, it's only a small little lie. Are not small lies "OK?" Do not be fooled by the evil one. A small lie may turn away a momentary consequence, but one lie only breeds another and another. Willful sin will plant a seed that will grow into something we will pay for later with greater cost. Lying breeds contempt for God's law and will. It enables complacency in our character, which will only quench the Holy Spirit's work in our lives. When we go about our day, we face constant testing. No matter how much we have failed to accomplish a task or responsibility,

let us reflect our faithful Lord and Savior who is called "Faithful and True" Revelation 19:11. Tell the truth. Speak the truth. Moreover, by God's power live it — others are watching!



true hallmark of being a genuine Christ follower is to not only seek the truth, Jesus, but also exhibiting truth in our thoughts, words and deeds. That is a tall order and not easy. However, we have the Holy Spirit indwelling us if

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso/> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass	Saturday at 5 p.m. and Sunday at 8:30 a.m.
Protestant Service	Sunday at 10:30 a.m.
Gospel Service	Sunday at 12:30 p.m.
Samoan Service	Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass	8:30 a.m.
General Protestant	10:30 a.m.
Gospel Service	12:30 p.m.

Amps to Zap

A IS FOR APPLIANCES

Plug major **appliances** directly into a wall outlet. Do not use extension cords or power strips. Only one heat-producing appliance should be plugged into an outlet.



#NBAW
National Burn Awareness Week
FEBRUARY 7-13, 2021

Commentary

Illinois regiment commanded entirely by Black officers during World War I

By Kevin Braafladt
Army Sustainment Command

History is full of fascinating accounts and lessons if you take the time to study it and do a little digging.

One of these lessons and pillars of standing against adversity is the story of the 370th Infantry Regiment, 93rd Infantry Division during World War I. Its history and contributions are often lost in the confusion of the war; however, some physical traces of its legacy remain.

The 370th is one of few African-American regiments that served in combat in World War I and notably was the only regiment commanded entirely by Black officers. Yet few people know about this unit of young Black men, which served alongside First Army during World War I.

The unit's lineage is tied primarily to the 8th Illinois Regiment, originally formed in 1898 by Gov. John R. Tanner of Illinois. Tanner authorized the formation a regiment of Black Soldiers recruited from communities in Chicago and Springfield. The regiment was making history, as it was the only unit to be led by Black officers to fight in the Spanish American War.

The 8th Illinois regiment was mobilized in October 1917, and re-designated as the 370th Infantry Regiment and shipped south by train to Camp Logan on the outskirts of Houston, as this was the usual training camp for Illinois Guard units. The regiment was nearly 3,000 strong at the time of mobilization. After completion of training in March 1918, the regiment shipped out to Newport News, Virginia, where the 370th first met the other 93rd Division regiments (369, 371st and 372nd Infantry Regiments). The rest of the Soldiers were comprised of National Guard units from New York, Illinois, Connecticut, Maryland, Massa-



Photos by U.S. Army

Officers of the 370th (Old 8th Illinois) on the deck of the LaFrance IV before landing in New York City. From left to right; 2nd Lts. Lawson Price; L.W. Stearls; Ed White; Eli F.E. Williams; 1st Lt. Oasola Browning; Capt. Louis B. Johnson; 1st Lts. Frank Bates; and Binga Desmond.

chusetts, Ohio, Tennessee, the District of Columbia and from Black men drafted in South Carolina.

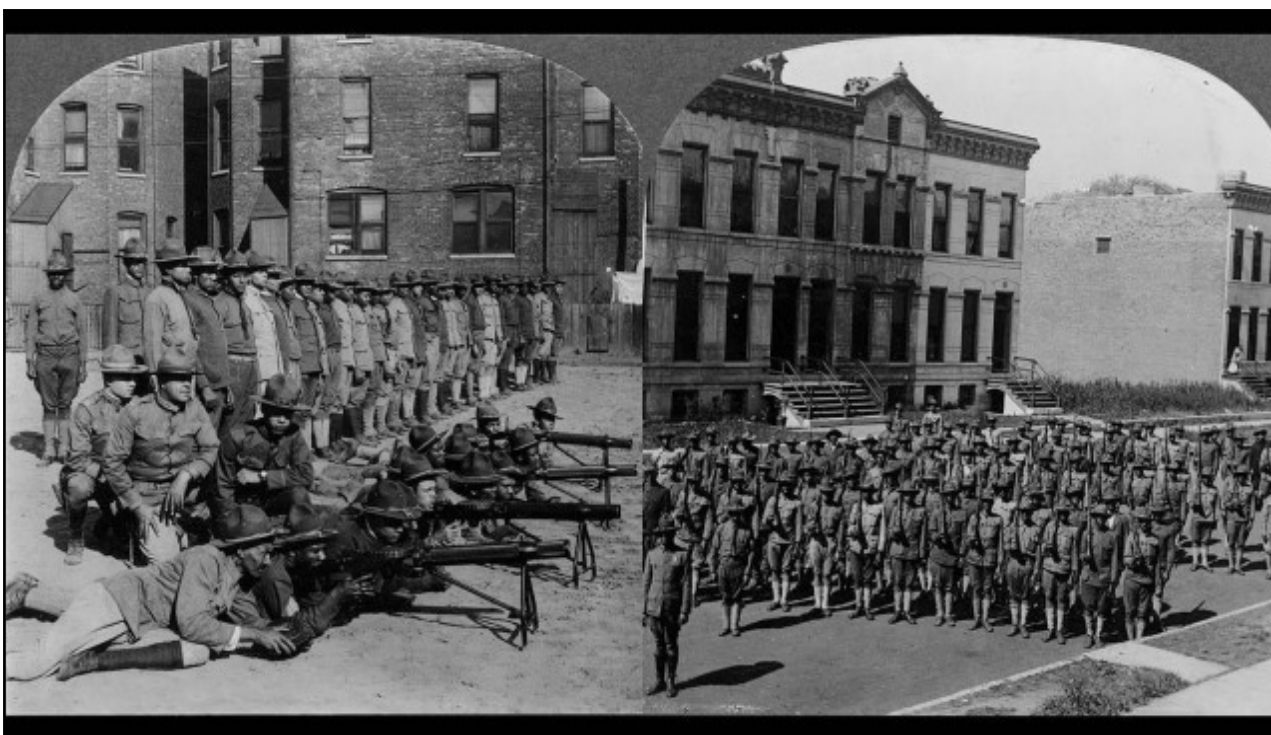
Upon arrival in France, the 93rd Division and its regiments were assigned to the French army. At the time, it was said to be a temporary arrangement with the plan that they would be regrouped as an American division. This was never done so, as the regiments remained with French army until the close of hostilities. The men of the 370th fought with distinction in France and Belgium during the war. The Soldiers fought hard, so hard that the Ger-

mans who fought them gave them the nickname of Schwarze Teufel, "Black Devils" for their ferocity in combat. The 370th Infantry served with distinction along with the French 34th, 36th, and 59th Infantry Divisions, earning streamers for the battles of Lorraine and Oise-Aisne. Sectors occupied and engagements participated in were Saint Mihiel with the French in 1918, Argonne Forest, St. Gobain Forest, Bosi de Mortier, Mont des Signes, Oise-Aisne Canal, Laon, Grandlup, Soissons and Oise-Aisne and Lorraine offensives. One battalion of the regiment, under the command of Lt. Col. Otis B. Duncan, was engaged in pursuit of the retreating enemy far in advance, when halted by the Armistice.

For its actions during the war, the members of the 370th received 21 Distinguished Service Crosses, one Distinguished Service Medal and 68 Croix de Guerre. Notably, Duncan was awarded a Croix de Guerre of the 370th and was additionally the highest-ranking African-American officer to serve in World War I combat.

The regiment would wear the distinctive blue helmet patch denoting the wearing of French equipment during the war. Immediately upon the 370th's return from France, the Black communities in Chicago began fundraising to erect a monument to the 370th Regiment, "Black Devils." The monument was completed in 1928, and dedicated Nov. 11, Armistice Day.

The legacy of the 370th Infantry is borne today by the 178th Infantry Regiment, Illinois National Guard. In 2008, the unit deployed to Paktia Province, Afghanistan, in support of Operation Enduring Freedom. The Soldiers returned home in 2009.

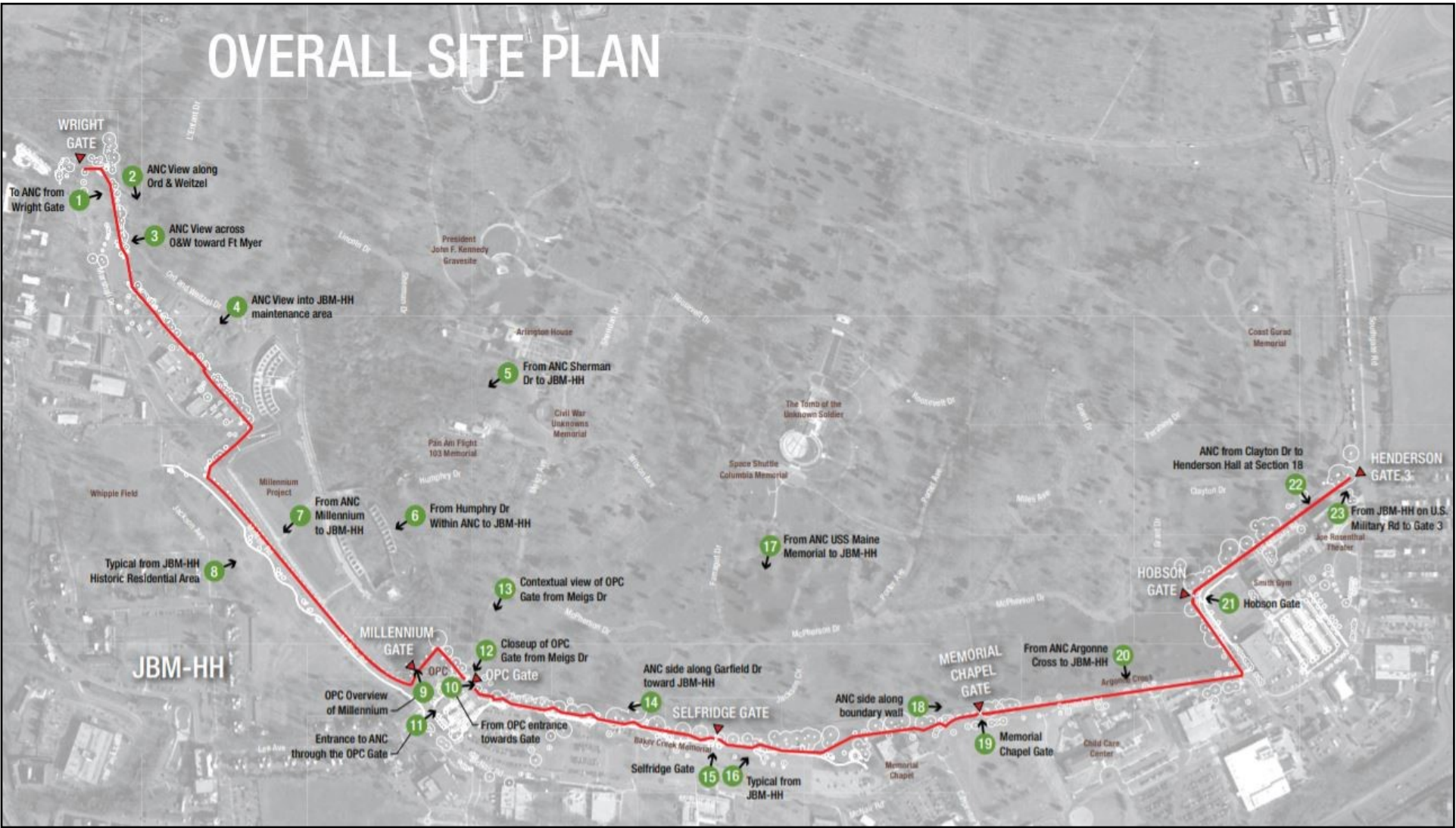


Soldiers of the 370th Infantry Regiment , 93rd Infantry Division, stood against adversity during World War I.



STAY VIGILANT
Report concerns to Base Defense Operations
Usarmy.jbmhh.id-sustainment.mbx.dptms-bdoc@mail.mil
(703)696-5113/5662 Together, keeping JBM-HH safe.
Dial 911 in emergencies. For non-emergency dispatch, call (703)588-2800/2801.





FENCE from page 1

point to scale the fence.

Vihn Cayton, the JBM-HH antiterrorism officer, explained why the new perimeter fence was necessary to enhance security on the joint base.

“Tourists visiting Arlington National Cemetery jump the stone wall separating JBM-HH and

ANC not knowing it is off limits without going through proper access control points and procedures,” he said. “These wall jumpers are a big security concern for the joint base.”

In addition to the 8-foot decorative metal fence, improvements include five vehicular access gates of varying widths, which includes 8-foot wide maintenance access

gates and a 5-foot wide trail that follows the path of countless runners and walkers made from permeable pavement. It also has small seating areas with benches and detailed planting along the trail and landscaping consisting of trees, shrubs and groundcovers.

The fence also mitigates the possible deleterious effects of

views both from the base and from the cemetery while preserving cultural and natural resources, enhancing the functionality of the base in support of ANC services and maintaining joint base infrastructure by relocating assets.

A ribbon cutting ceremony will be announced later this year.

HISTORY from page 1

a sense of grandeur. The vision was to create a broad campus, a true mall, surrounded by offices and housing.

“The way they laid out this grand plan, we ended up with six NCO houses,” Whitton said. “When you look at the buildings architecturally they are meant to reflect the general officer buildings. In placement, (all barracks, general flag officers and NCO quarters) face the parade field. From an architectural perspective, there are a lot of classical elements.”

Perhaps the most noticeable classic hierarchical element is the utilization of columns.

“If you look at the houses and how they relate to each other, the general flag officer homes have (the biggest, two-story) columns,” said Whitton.

While the officer and NCO homes feature the same style column, the NCO columns are only one-story tall, creating a visual hierarchy.

Whitton said it is important to recognize that the housing at McNair is distinct from others in the Army, and speaks to the history of Washington, D.C.

“Something that stood out to me about the dormers, (which are placed) gable to arch to gable,” she said. “It doesn’t happen often in Army housing, but it happens at the White House. It might be a signature element that describes the architect’s work at the time and it is significant to Washington, D.C. It is clever, almost like a calling card.

“Since we are talking about the NCO duplexes, one fun element, on the interior of the building on the stairs there are these wooden brackets that connects the handrails to the wall. The originals remain (in one home, and) are in the shape of a shield.”

Whitton said details like the shield point to the



In October 1905, NCO quarters under construction — dormer roofs visible as well as single — story porches, in direct comparison (and deference) to the GFOQ. The GFOQ units feature two story portico with Chippendale railing on top.

simplicity of the McNair houses from an interior standpoint. She said the exterior design elements were clever and subtle, and the intension was to make McNair feel more of a campus.

Preserving the campus is an important part of the goal in any renovations at McNair, said Whitton.

“If you look at my job, when we look at historic districts, if you removed a building, do you remove

the integrity?” she asked. “We are looking at preserving the elements that speak together.”

Whitton said that if a person takes the time to consider the architecture of Fort McNair, he or she would see the story of the joint base.

“So much of the JBM-HH story is people and events, the (story of the) buildings themselves magnify (this history even) more,” Whitton said.

Army announces new grooming, appearance standards

New changes to grooming and appearance standards are slated to take effect next month, as part of the Army’s commitment to improve the well-being of all Soldiers.

Army senior leaders approved several upcoming grooming and appearance modifications, said Sgt. Maj. Brian Sanders, senior enlisted leader of Army G-1’s uniform policy branch.

The announcement will be followed by an all-Army activities message that will take effect late February and will supersede the standards outlined in the grooming and appearance chapter of Army Regulation 670-1 until the next scheduled revision.

“This is one of the many facets of putting our people first and recognizing who they are as human beings,” he said. “Their identity and diverse backgrounds are what makes the Army an ultimate fighting force.”

The changes originated from a panel of 17 Soldiers — 15 women and two men — who assessed a list of proposed grooming and appearance modifications connected to the professional appearance, health and wellness, diversity and inclusion of Soldiers.

The panel included Soldiers from all components, representing a cross-section of ranks, units, ages, cultural backgrounds, career fields and races. The process also included two Army dermatologists, an Army psychologist, and an Army equal opportunity advisor as subject-matter experts, who provided medical or EO knowledge to back the panel’s findings.

The push to change the Army’s grooming standards proves that the force is evolving and making a concerted effort to make everyone feel included, said Master Sgt. Quintana Mitchell, the uniform policy noncommissioned officer for G-1.

“I use the analogy, ‘If you look good, you feel good — and if you feel good, you perform (well),’” Sanders said. “If I am in the Army long enough, it would be nice to see how these changes have improved productivity ... and make Soldiers perform better.”

Minimum hair length

One of the updates will authorize no minimum hair length for all personnel, to include making it an optional style for female Soldiers. Under the current policy, a Soldier’s hair length can be no shorter than one-fourth inch from the scalp unless otherwise exempt due to a medical condition or injury.

Panel findings determined that females attending Ranger, Special Forces or Sapper training were often encouraged to cut their hair to abide by health and hygiene recommendations while training in an austere environment, Sanders said.

If the Soldier were to washout or graduate from training, their hair was often below the one-fourth inch minimum length requirement and outside



Photo by U.S. Army

A female Soldier poses for an example photo with hair shorter than one-fourth inch, natural colored highlights, and earrings in the Army Combat Uniform, in support of upcoming change in Army grooming and appearance standards.

Army regulations.

Multiple hairstyles

Soldiers will also be authorized to wear multiple hairstyles as long as it maintains a neat and professional appearance, and if the hairstyle doesn’t impede the use of headgear or other equipment, Sanders said.

Under the current standard, Soldiers are allowed to braid, twist, lock or cornrow their hair if they are uniform and no greater than one-half inch in width. Individuals must also have appropriate size and spacing between each braid, cornrow, twist or lock, and are authorized one distinct type of hairstyle at one time. The updated standard removes the constraints of dimension requirements.

By eliminating some of the restrictions, Soldiers will now have more flexibility, all while keeping it within the confines of professionalism, Mitchell said. Further, having a choice to wear multiple hairstyles will allow female Soldiers more ways to secure their hair so that it can fit appropriately under their headgear.

Ponytails

Female Soldiers with medium-length hair will have the option to wear a ponytail if the individual’s hair length or texture prevents them from securing it into a tight bun, Sanders said. A medium-length hairstyle must extend more than 1 inch from the scalp and cannot exceed the lower edge of the collar in all uniforms.

Under the new policy, medium-length ponytails are only authorized for wear on the back of the scalp and cannot exceed the head’s width or interfere with the proper wear of a Soldier’s headgear.

The updated standard will also allow females with long hair the option to wear a ponytail while wearing an Army Combat Uni-

form during physical training, or while wearing tactical headgear during tactical training or combat operations. The Army defines long hair as a length that extends beyond the collar. Army standards require this hairstyle to be neatly and inconspicuously fastened above the collar’s lower edge.

“We can’t tell a Soldier to cut their hair so their helmet can fit,” Sanders said. “We can still allow a female Soldier with longer hair to put into a long ponytail and tuck it in their ACU top so they can still conduct their mission.”

Dermatologists involved in the review process provided critical input tied to the updated ponytail policy, Sanders said. The authorized wear of a medium-length ponytail could lower an individual’s risk of hair loss, reduce scarring or decrease the likelihood of migraine headaches caused by repeatedly pulling hair into a tight bun.

The lack of hairstyle options as a result of a Soldier’s hair length or texture can often stress an individual as they try various techniques and devices to secure their hair to maintain a neat appearance, Mitchell said.

Hair highlights, root growth

The Army plans to authorize the wear of highlights if it presents a natural appearance and is not a prohibited color, Sanders said. Further, if a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1 ½ inches of the original color.

“Some Soldiers develop natural highlights,” Sanders said. “We cannot assume that a Soldier’s hair should be a specific color based on their complexion.”

Under the current regulation, Soldiers are only authorized to dye, tint, or bleach their hair. The

color of their hair must also be uniform and not detract from their professional appearance. Unauthorized pigments include, but are not limited to, purple, blue, pink, green, orange, bright red and fluorescent or neon colors.

“The emphasis is on natural hair colors,” Mitchell said. “It doesn’t necessarily have to be a color that is typically seen on a certain ethnic group. It just has to be a natural hair color that presents a neat and professional image.”

Optional wear of earrings with ACU

Female Soldiers will soon be authorized to wear earrings with their ACU. Either earrings can be screw-on, clip-on or post-type earrings in gold, silver, or diamond and must be unadorned and spherical without exceeding 6 millimeters or one-fourth inch in diameter.

Pearl earrings are not authorized with the ACU, Sanders said. Females are currently authorized to wear earrings when wearing their service, dress, mess and evening mess uniforms.

Individuals will not be allowed to wear earrings in a field environment or during a combat-related deployment, or in locations where access to regular hygiene is limited.

“Our identity is important,” Sanders said. “If we care about people first and the Soldier as a whole, we have to care about the many aspects to who they are as well. This is a small, but significant change that positively impacts a considerable size of our force.”

Additional colors of lipstick, nail polish

Along with supporting a Soldier’s identity, the Army approved the use of additional colors of

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lipstick and nail polish, including the wear of clear nail polish by male Soldiers. Females also have the option to wear an American manicure, a two-tone nail style that maintains a natural appearance.

“Some male Soldiers in certain occupation specialties rely on their hands, which are under constant bombardment while working with tools or harsh chemicals,” Sanders said. “A male Soldier would take this opportunity to keep their nails protected.”

According to the updated policy, extreme colors and nail shapes, such as a coffin, ballerina and stiletto nails, are prohibited while in uniform or on duty in civilian clothes. Unauthorized pigments include, but are not limited to, purple, blue, pink, green, orange, bright red and fluorescent or neon colors.

Offensive wording change, updated imagery

Another update will remove and replace potentially offensive and weaponized words and phrases, such as “Mohawk, Fu Manchu, dreadlock, eccentric, and faddish,” Sanders said.

Army officials are currently

replacing phrases of concern with alternative verbiage to provide increased clarity and guidance about a Soldier's professional appearance based on safety, good order and military bearing — instead of relying on the phrase at the discretion of the commander.

“This is how we shift the culture and embrace forward thinking,” Sanders added. “It is time to dig deeper and use our lexicon and vocabulary to describe what is authorized and what does not conform to a professional military appearance, good order and discipline.”

The updated standard will also include a link to imagery and videos to provide Soldiers with specific examples of proper grooming and appearance standards, Sanders said. Current images are too vague, outdated and leave too much room for interpretation without adequate guidance.

“Pictures speak 1,000 words,” he said. “We won’t be able to capture every grooming and appearance standard, but we will be able to categorize them to equip Soldiers at all levels with the information needed to ensure regulatory standards are being realized in a fair and inclusive way that is easily understood across the force.”



Photo by U.S. Army

A female Soldier poses for an example photo with long hair while wearing tactical headgear to illustrate an upcoming change in Army grooming and appearance standards. The Soldier’s hair is secured into a long ponytail and tucked underneath her Army Combat Uniform collar. Females with long hair will now have the option to wear a ponytail while wearing an Army Physical Fitness Uniform, conducting physical training in a utility uniform or while wearing tactical headgear or other equipment.



WINTER

2021

READING CHALLENGE

Join the JBM-HH FMWR Library
for some cozy Winter Reading!

January 31 - February 28

Sign up here:
<https://jbmhpost.beanstack.org/reader365>

Read books - win prizes!

News Notes

Town halls now biweekly

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. Jan. 11. Unless there's an emergent, and ongoing important issue, town halls will now be livestreamed via Facebook bi-weekly, Thursdays at 1 p.m.

Discussions will include updates on the current state of the joint base and DOD's COVID-19 vaccination plan.

To ask question in advance and to view the livestream the day of the town hall, visit JBM-HH Facebook page at <https://www.facebook.com>. Questions may also be asked by emailing the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

Have a healthy new year

People can build their basket with the Defense Commissary Agency. The new dietitian approved thumb sticker makes it easy to identify foods that are dense in nutrition from lean proteins, healthy fats and whole grains. There are approximately 3,200 consumer-packaged goods that are in the DeCA portfolio that qualify for the DAT. This number will continue to grow.

The dietitian-approved seal is DeCA's way of helping community members quickly identify items to improve the nutrition quality of their diet. The program can be seen as a dietitian alongside a person, helping choose items that align with the Dietary Guidelines for Americans to promote a healthy eating pattern.

The guidelines encourage people to fill carts with these items:

- Fresh produce

- Lean meats and eggs

- Packaged items that have the green thumbs up

- A few indulgences and treats and using nutrition attributes as a guide

Using DAT to build a shopping cart filled with nutritious foods is the first step in building a healthy eating pattern that supports readiness and resilience.

Burn Awareness Week

JBM-HH Fire and Emergency services joins the American Burn Association in observing National Burn Awareness Week Sunday through Feb. 13.

The week is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.

More than 73% of burn injuries occur in the home. People can learn how to keep their family safe as they balance work and play within the home.

For more information, including safety tips for the whole Family, visit

<http://ameriburn.org/prevention/burn-awareness-week/>.

These safety tips can be shared to help spread the word on the

dangers that exist and what can be done to reduce the risks.

Bridge, tunnel inspections

The District Department of Transportation will temporarily close single lanes on the following roadways for bridge and tunnel inspections:

- K Street, N.W., over Whitehurst Freeway Ramp, right lane closure of Eastbound K Street, N.W., over Whitehurst Freeway Ramp followed by a right lane closure of Westbound K Street,

- N.W., over Whitehurst Freeway Ramp Thursday from 10 a.m. to 3 p.m. weather permitting.

- North Capitol Street and border of Ward 5 and 6 under New York Avenue, right lane closure of Northbound North Capitol Street under New York Avenue followed by a right lane closure of Southbound North Capitol Street under New York Avenue followed by a left lane closure of Southbound North Capitol Street under New York Avenue Friday from 10 a.m. to 3 p.m., weather permitting.

Traffic controls will be in place to warn drivers approaching the areas. Motorists should anticipate moderate-to-heavy delays due to the lane closures. Drivers are advised to stay alert while traveling through these locations and to be observant of the inspection personnel.

Thrift shop open by appointment

The Fort Myer Thrift Shop has reopened to the joint base community. The current hours of operation for the store are 10 a.m. to 1 p.m. Tuesday and Thursday. Customers are required to make an appointment prior to visiting.

Appointments can be made by calling (703) 527-0664 or messaging the store's Facebook page at <https://www.facebook.com/Fort-Myer-Thrift-Shop-287383261306759>.

Customers can visit the shop's Facebook albums for a preview of the shop's inventory.

Commuter store closure

The Pentagon Commuter Store, located by the Pentagon Metro entrance, has temporarily suspended service, which began Monday until further notice.

As an alternative, the mobile commuter store will be available every Tuesday from 7 a.m. to 2 p.m. at the Pentagon Transit Center Bus Bay U7, offering the same commuter services to include SmarTrip cards, E-Z Passes, VRE passes and more.

Commuting during winter weather

During winter weather, DOD shuttles servicing the Pentagon and Mark Center will operate based on the Office of Personnel Management operating status. For example, if the OPM operating status is two-hour delayed arrival, the DOD shuttle schedule will also

be under a two-hour delay. Shuttle schedules and frequency may be further adjusted based on road conditions.

During the COVID-19 pandemic, additional service changes may apply. Updates will be shared as information becomes available on the Washington Headquarter Services' Transportation Management Program Office website and social media accounts.

People should exercise safety and plan their commute accordingly during inclement weather and the winter months. People can sign up for alerts from their transit providers during the winter months to receive latest updates on their commute.

Blood drive Thursday

The Armed Services Blood Program will be hosting a blood donation drive Thursday, from 9 a.m. to 1 p.m. at the Smith Gym. Appointments are highly recommended to allow for social distancing. To make an appointment online visit ASBP at <https://militarydonor.com>, and type in the sponsor code: HH. Need help making an appointment or have questions, email donna-lee.onwona.civ@mail.mil.

Information on COVID-19 Vaccines

JBM-HH is following DOD guidance for the COVID-19 vaccine distribution timeline. Rader Clinic is under phase 1B, with vaccine distribution for mission essential personnel.

The distribution timeline is dependent on the how much of the vaccine the clinic receives. The Army is distributing the COVID-19 vaccine as soon as it is received and prioritizing recipients of the vaccine based on the CDC's prioritization framework.

Once the clinic receives shipments, messages will be sent out to the enrolled patient population based on the vaccination phases. For more information, visit <https://rader.nrmc.amedd.army.mil/> or <https://www.facebook.com/raderclinic>.

Defense Commissary Agency scholarship opportunity

The Defense Commissary Agency has announced that the submission period for the 2021-22 Fisher House Scholarships for Military Children is open through Feb. 17.

The scholarship program was created to recognize the contributions of military Families to the readiness of the fighting force and to celebrate the role of the commissary in the military Family community.

It is the intent of the program that a scholarship funded through contributions be awarded annually at each commissary operated by DECA worldwide.

Applications must be submitted online. For more information, visit <https://fisherhouse.org/>

[programs/scholarships/sfmc/](https://www.army.mil/programs/scholarships/sfmc/).

Army Emergency Relief scholarship opportunities

The Army Emergency Relief Maj. Gen. James Ursano Scholarship Program is a need-based scholarship program established to assist children of Army Soldiers in obtaining their first undergraduate degree. Applicants may receive assistance for up to four academic years but must meet eligibility criteria and reapply each year.

Award amounts vary each year based on the number of applicants, total approved scholarship budget, the expected family contribution found on the Free Application for Federal Student Aid Report, and the average cost of attendance of a college or university in the United States, provided by the College Board. The application cycle runs through April 1. For more information, visit <https://www.armyemergen-cyrelief.org/scholarships/child/>.

Needs assessment survey

All are encouraged to complete the JBM-HH Education Center needs assessment. The survey will be open online to access until Monday.

The primary purpose for conducting the survey is to find out if the current education center programs are meeting the community's needs. With this information the center can identify current educational needs and develop new programs to offer.

To access the survey, visit https://docs.google.com/forms/d/e/1FAIpQLSc-mUY7xEZd6oIv_M6TB-1HOn8TWMf-rh1huhK3cuiX-vbIJmM2w/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link.

For more information contact education services specialist Jennifer Souza at jennifer.s.souza2.civ@mail.mil.

Army Emergency Relief

The Army Emergency Relief program continues to find ways to provide financial assistance to Soldiers in need. With the increase in demand for homeschooling and child care due to COVID-19 restrictions, AER introduced a new assistance program to help Army Families address the costs associated with child care assistance.

For more information, visit <https://go.usa.gov/xAkmS>.

JBM-HH COVID-19 facility updates

Due to the recent rise in COVID-19 cases in the region, please be advised of the following: The AAFES Food Court dining area is currently closed. Food options are still be available for takeout. Masks and social distancing are required. Patrons of all three JBM-HH Gyms (Myer, McNair and Henderson Hall) must now wear face masks at all times, to include during active exercise.