



Pentagram

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Joint base recognizes employees during quarterly town hall

Rachel Deloach
JBM-HH PAO

On Thursday, Feb. 24 Joint Base Myer-Henderson Hall Director of Human Resources Ken Washington and Workforce Development Specialist Jennifer Souza hosted the quarterly employee town hall.

The 45-minute informational brief covered a wide range of topics such as:

- Onboarding
- Civilian Education System courses
- Mandatory training
- Award recognition

Following the town hall, 11 JBM-HH employees were recognized as employees of the quarter.

“There is not a lot of things that I enjoy doing around here more than taking a moment to recognize the women and men of the joint base,” said JBM-HH Commander Col. David Bowling in his opening comments.

JBM-HH Command Sgt. Maj.

Matthew Majeski echoed Bowling’s comments.

“Every member of the joint base team from folks at (the Directorate of Public Works) to DHR and (Family and Morale, Welfare and Recreation) to operations, all play a role in how the joint base completes our mission and that is appreciated not just at this level but every level,” said Majeski.

Supervisors in directorates submitted nominations for employee of the quarter.

The following employees were recognized during the town hall:

- Command Group – Carla Moss
- Directorate of Resource Management – Elena Sarsoza
- Directorate of Operations – Jonathan Dixon
- Directorate of Family, Morale, Welfare and Recreation – Philip White
- Directorate of Human Resources – Patricia Watson
- Directorate of Human Resources – Ronald Smith



Photos by Star Demery

(Above) Director of Human Resources Ken Washington and Workforce Development Specialist Jennifer Souza conduct an employee town hall Feb. 24.

(Below) Director of Human Resources Ken Washington presents an award to HR Benefits Coordinator Patricia Watson during the employee recognition ceremony.



(Right) Joint Base Myer-Henderson Hall Commander Col. David Bowling hugs Command Group Executive Assistant Carla Moss during the JBM-HH Employee Recognition Ceremony,

Four employees were given federal service awards:

- Directorate of Human Resources – Christopher Tamayo for 25 years of service
- Directorate of Human Resources – Eleanor Thompson for 40 years of service
- Directorate of Human Resources – Tracy Wright for 25 years of service
- Command Group – Patrick MacKenzie for 40 years of service



US stands with Ukraine, Biden says in State of the Union

By Jim Garamone
DOD News

In his first State of the Union address since taking office more than a year ago, President Joe Biden inspired bipartisan applause for the determination of the Ukrainian people against the Russian onslaught and said the United States stands with Ukraine in its struggle.

On Tuesday, the president used the first part of the State of the Union address to stress that America will stand against dictators.

“Six days ago, Russia’s Vladimir Putin sought to shake the foundations of the free world thinking he could make it bend to his menacing ways, but he badly miscalculated,” Biden said. “He thought he could roll into Ukraine and the world would roll over. Instead, he met a wall of strength he never imagined — he met the Ukrainian people.”

Biden praised the Ukrainian people for their “fearlessness, their courage, their determination.” He said their stand against the Russian invaders “inspires the world.”

The halls of Congress were brightened by representatives, senators and guests wearing the colors of the Ukrainian flag. It was truly a bipartisan moment when Biden asked the assembled legislators to applaud the courageous stand of the Ukrainian people.

“Throughout our history we’ve learned this lesson: When dictators do not pay a price for their aggression, they cause more chaos,” the president said. “They keep moving. And the costs and the threats to America and the world keep rising.”

This was why the allies founded the NATO alliance in the ashes of World War II. The defensive alliance was to bring stability and peace to a war-ravaged continent, where millions died in the insanity of Hitler’s war.

NATO is still relevant. It is unified against Putin and his invasion.

“It matters,” Biden said. “American diplomacy matters. American resolve matters.”

Biden condemned Putin’s latest premeditated attack on Ukraine and said the Russian leader rejected repeated efforts at diplomacy.

“He thought the West and NATO wouldn’t respond,” Biden said. “And he thought he could divide us at home. Putin was wrong. We were ready.”

The president told the legislators that America and its allies were ready for Putin.

“We spent months building a coalition of other freedom-loving nations from Europe and

the Americas to Asia and Africa to confront Putin,” he said. “I spent countless hours unifying our European allies.”

The United States and its allies and partners shared with the world “what we knew Putin was planning and precisely how he would try to falsely justify his aggression. We countered Russia’s lies with truth,” he said. “And now that he has acted, the free world is holding him

reeling, and Putin alone is to blame.”

The United States and its allies will continue to provide support for Ukraine. Military, economic and humanitarian aid will flow into the country, he said.

Biden also spoke about the American forces deploying to Europe to reassure NATO allies.

“Our forces are not going to Europe to fight in Ukraine, but to defend our NATO allies —

in the event that Putin decides to keep moving west,” Biden said. “For that purpose, we’ve mobilized American ground forces, air squadrons and ship deployments to protect NATO countries including Poland, Romania, Latvia, Lithuania and Estonia.” He made it clear that the United States takes the NATO Treaty seriously and that an attack on one NATO ally is



The U.S. Capitol building.

Photo Elizabeth Kearns

accountable.” The United States, the nations of the European Union, the United Kingdom, Japan, Australia, Canada, Korea, New Zealand and even historically neutral Switzerland are acting against Putin.

“We are inflicting pain on Russia and supporting the people of Ukraine,” Biden said. “Putin is now isolated from the world more than ever.”

The allies are enforcing sanctions against Russia that have already had effects.

“We are cutting off Russia’s largest banks from the international financial system,” he said. “We are choking off Russia’s access to technology that will sap its economic strength and weaken its military for years to come.”

Russian oligarchs and corrupt leaders will suffer from these sanctions as the United States joins with European allies “to find and seize your yachts, your luxury apartments, your private jets. We are coming for your ill-begotten gains,” the president said.

The president announced another sanction. “We will join our allies in closing off American air space to all Russian flights — further isolating Russia — and adding an additional squeeze on their economy,” he said. “The ruble has lost 30% of its value. The Russian stock market has lost 40% of its value and trading remains suspended. Russia’s economy is

an attack on all.

“I have made crystal clear the United States and our allies will defend every inch of territory of NATO countries with the full force of our collective power,” he said.

The Ukrainian people will suffer at the hands of Putin. Economic sanctions will take weeks or months to take effect. In the meantime, Russia has unleashed more than 100,000 troops into Ukraine.

“Putin has unleashed violence and chaos,” the president said. “But while he may make gains on the battlefield, he will pay a continuing high price over the long run.”

Putin’s war on Ukraine will leave Russia weaker and the rest of the world stronger, the president said.

“We see the unity among leaders of nations and a more unified Europe, a more unified West,” Biden said. “And we see unity among the people who are gathering in cities in large crowds around the world even in Russia to demonstrate their support for Ukraine.

“In the battle between democracy and autocracy, democracies are rising to the moment, and the world is clearly choosing the side of peace and security. This is a real test. It’s going to take time. So let us continue to draw inspiration from the iron will of the Ukrainian people.”

Pentagram



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Col. David Bowling
Commander
Command Sgt. Maj.
Matthew Majeski
Command Sergeant Major

Stardust Demery
Interim Public Affairs
Officer
Catrina Francis
Editor

Community

Chief of Staff Patrick MacKenzie retires from JBM-HH



JBM-HH Fire Chief Russell Miller (left) presents Patrick MacKenzie with a garrison hat.



Photos by Rachel Deloach
Command Sgt. Maj. Matthew Majeski (right) presents Patrick MacKenzie with a coffee table book of Joint Base Myer-Henderson Hall on behalf of the organization.



Director of Human Resources Ken Washington gives remarks about Patrick MacKenzie.



Col. David Bowling embraces Patrick MacKenzie after congratulating him on a job well done as chief of staff.

JBM-HH updates cloth face coverings policy


When the Centers for Disease Control and Prevention-COVID-19 community level is low in the county where a Department of Defense installation or facility is located, indoor mask-wearing is not required for DOD personnel or visitors. The screening testing program contained in reference is not required for that installation or facility.

- Individuals may choose to wear a mask regardless of the COVID-19 community level.
- Regardless of the CDC COVID-19 community level, DOD force health protection guidance for workplace access and mask wearing for DOD personnel with symptoms, a positive test or exposure to someone with COVID-19 remains in effect.
- All other force health protection guidance remains in effect, including guidance regarding workplace access, occupancy levels, physical distancing, travel and meetings. Individuals must follow more rigorous workplace mask mandates when commanders and supervisors determined that it is required to protect health and safety in the workplace, such as mask wearing by health care workers.
- As of March 1, the District of Columbia and Arlington County are designated “low” by the CDC.
- The garrison mask policy for Andrew Rader Clinic and the Cody Child Development Center has not changed. All personnel and visitors regardless of vaccination status are required to wear masks indoors until further notice.



2022 AER campaign kicks off on JBM-HH

CELEBRATING




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HELPING THE U.S. ARMY
TAKE CARE OF ITS OWN


Visit a local AER office or go to aerhq.org.

Stand with your squad, your precious donation helps Soldiers and Army Families in need.

ARMY EMERGENCY RELIEF



The 2022 Army Emergency Relief Annual Fund Campaign began Tuesday. Individuals can donate online by allotment (active-duty Soldiers and retirees), credit cards (all) to donate by visiting <https://www.armyemergencyrelief.org/donate>, by check and mail to Army Emergency Relief, 2530 Crystal Dr., Suite 13161, Arlington, VA 22202.



Army Emergency Relief has over 30 different assistance categories and helps over 40,000 Families each year!

ASSISTANCE CATEGORIES INCLUDE:

- Food, Rent, Utilities
- Emergency Travel
- Essential Vehicle Repairs/Maintenance
- Child Car Seats
- Initial Essential Furniture
- Medical Care
- Dental Care
- Funeral Expenses
- Delayed/Stolen Pay
- Spouse Re-Licensing Fees (PCS)
- Minor Home Repairs
- Scholarships & Much More!

AER DOES NOT ASSIST WITH:

- Ordinary Leave/Vacation
- Fines/Legal Expenses
- Debt Consolidation
- Home Purchase or Improvements
- Purchase/Lease Vehicle
- Credit Card Bills

This is not an exhaustive list of all that AER can do! if a Soldier/Family need is not listed, **still come to AER!** (AERHQ.ORG)

For more information contact JBM-HH AER Office at (703) 696-8435.

Lithium Ion Battery Safety for Consumers



Lithium ion batteries supply power to many kinds of devices including smart phones, laptops, scooters, e-cigarettes, smoke alarms, toys, and even cars. Take care when using them. In rare cases, they can cause a fire or explosion.

The problem

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

Safety Tips

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed or on a couch.
- Keep batteries at room temperature.
- Do not place batteries in direct sunlight or keep them in hot vehicles.
- Store batteries away from anything that can catch fire.

Signs of a Problem

Stop using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, odd noises. If it is safe to do so, move the device away from anything that can catch fire. Call **9-1-1**.

Battery Disposal

- Do not put lithium ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.

High-Tech Luggage

Some major airlines no longer accept 'smart' luggage with non-removable lithium ion batteries as checked or carry-on luggage. The powerful batteries can potentially overheat and pose a fire hazard during flight.

In some instances, smart bags with removable lithium ion batteries will be allowed on board if the battery can be removed on site and taken on board with the customer. Check with your airline for restrictions.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



nfpa.org/education ©NFPA 2017



Anonymous

support for sexual assault survivors in the military

safehelpline.org | 877-995-5247



ACS services are virtual

To keep all safe and healthy, Joint Base Myer-Henderson Hall's Army Community Service is closed for general service, but providing services telephonically and digitally. To contact ACS, call (703) 696-3510 or 3435. Online resources such as Army One Source, myarmyonesource.com and the community resource guide are linked to the JBM-HH homepage as well.

Financial readiness training

First term Soldiers must attend a financial readiness training upon arrival at JBM-HH, which is mandated by AR 608-1, 4-38, c. This training reviews how to develop a budget,

credit-building strategies, making sense of the Thrift Savings Plan and more. Soldiers may elect to attend a group session or a one-on-one appointment.

To schedule training or for more information, contact Cheyanne Pace at Cheyanne.n.pace.civ@mail.mil or call (703) 696-3510.

Find support with JBM-HH ACS

At Army Community Service, people will find all kinds of programs and services that combine fun with self-improvement. The joint base ACS office continues to serve virtually. To learn about available opportunities, call (703) 696-3510. All JBM-HH ACS programs support Soldiers, civilian employees and

Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

Army Emergency Relief is here for Soldiers, Families

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call ACS at (703) 696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Changes coming to enlisted joint professional military education

By Jim Garamone
DOD News

Change is coming to enlisted professional military education ensuring the new realities of strategic competition are addressed and emphasizing joint education, the Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López said.

The changes mirror what is happening in the force, he said.

Colón-López and the other senior enlisted leaders have issued "Developing Enlisted Leaders for Tomorrow's Wars" — an in depth look at the vision they have for professional military education.

Tied to it is the chairman of the Joint Chiefs of Staff publication "Enlisted Professional Military Education." Air Force Senior Master Sgt. Kristofer Reyes, the manager for enlisted joint professional military education on the Joint Staff, worked with Colón-López to see the project to fruition.

The idea of "joint" has grown over the years. In the 1960s, it meant two or more services worked together — mostly at the senior levels.

Military leaders saw the advantages of the services working together, and the move since then has been to plan together and fight together. What started with senior officers has pushed down the ranks — officer and enlisted — with the realization that even entry-level service members need to know something about the capabilities provided by members of other services.

In Iraq, it was not unusual for an Army patrol to go outside the wire, with Air Force and Navy personnel helping defend against the improvised explosive device threat. Air Force, Army, Marine or

Navy aircraft may have provided the close-air support needed. Persistent observation may have come from any of the services; overarching everything would be satellite communications and surveillance — usually run by the Air Force, but not always.

Service members still have to know the procedures and capabilities of their own services first, but they also need to understand the advantages that working as a joint force team provides.

But it now goes even beyond that. The military works as part of a whole-of-government team. The civilian agencies — the departments of State, Treasury, Justice, Agriculture and more — provide capabilities that can be crucial to success of U.S. security efforts.

The place to learn about the joint force concept can't be on the battlefield, on the fly, Colón-López said. This is why he oversaw a revision of the enlisted professional military education effort — emphasizing the joint nature of operations and the responsibilities of noncommissioned officers and



Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López briefs the department's senior non-commissioned officers on the new publication "Developing Enlisted Leaders for Tomorrow's Wars" during a meeting in the Pentagon.

Photo by Air Force Master Sgt. Michael Cowley

petty officers to lead the way.

Gen. Mark Milley, the chairman of the Joint Chiefs of Staff, gave Colón-López his marching orders soon after taking office in October 2019.

"He asked me to look at the way that we were professionally educating our enlisted force, specifically, on the joint enterprise and how we need to go ahead and start shaping it for strategic competition," the SEAC said in an interview.

After 20 years of counterinsurgency operations, enlisted professional military education emphasized the counterterrorism fight, he said. That had to change as the force confronts the strategic challenges arising from China and Russia.

Counterinsurgency efforts will

still be a part of PME courses. Colón-López said the threats from terrorism haven't disappeared, but the courses will be broader.

"So, we started looking at the Keystone course," he said.

Keystone is the top-level enlisted PME course.

"In the process of looking at Keystone, we identified a gap: That is, that while the services get a little bit of joint education for enlisted throughout their PME, it's not enough," he said.

Colón-López worked with the service senior enlisted advisors looking at the timing for joint PME.

"Long story short, we decided E-6, E-7 is the sweet spot because by that point, they have enough

See NCO COURSE, Page 9

Chaplain's Corner

What does love mean?

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

We are in the midst of winter when spring seems far away. It's beautiful in its unique way, but we miss the warmth and green. It will come.

Bills from the holidays are finding us, preparation for our income taxes are here, and news plays a lot of negative and sad moments; far too many. We look for smiles, laughter and hope. We need to be reminded that it's there, and it will always be there if we look a little closer. Valentine's Day is over but maybe it's more an attitude than a day.

I have found this article in my files, source unknown, that really lifted my spirits and hopefully you too.

A group of professional people posed this question to a group of four-through 8-year-olds, "What does love mean?" The answers they got were broader and deeper than anyone could have imagined. See what you think:

"Love is that first feeling you feel before all the bad stuff gets in the way."

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

"Love is when you go out to eat and give somebody most of your french fries without making them give you any of theirs."

"Love is when someone hurts you. And you get so mad but you don't yell at them because you know it would hurt their feelings."

"Love is what makes you smile when you're tired."

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and daddy are like that. They look gross when they kiss."

"Love is what's in the room with you at



Photo by kcr.sdsu.edu

Christmas if you stop opening presents and listen."

"If you want to learn to love better, you should start with a friend who you hate."

"Love is hugging. Love is kissing. Love is saying no."

"When you tell someone something bad about yourself and you're scared they won't love you anymore. But then you get surprised because not only do they still love you, they love you even more."

"There are two kinds of love: Our love; God's love. But God makes both kinds of them."

"Love is when you tell a guy you like his shirt, then he wears it every day."

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

"During my piano recital, I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep

at night."

"Love is when mommy gives daddy the best piece of chicken."

"Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford."

"Love is when your puppy licks your face even after you left him alone all day."

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

"I let my big sister pick on me because my mom says she only picks on me because she loves me. So I pick on my baby sister because I love her."

"Love cards like Valentine's cards say stuff on them that we'd like to say ourselves, but we wouldn't be caught dead saying."

"When you love somebody, your eyelashes go up and down and little stars come out of you."

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."

Such great insight into life through the lens of love from children. How about ours?

RELIGIOUS SERVICES at MEMORIAL CHAPEL (Bldg. 480)

Saturdays

5 p.m. Catholic Mass

Sundays

9 a.m. Catholic Mass

10:30 a.m. Protestant Service *

Noon Gospel Service *

* The Protestant and Gospel Sunday services are streamed LIVE on the RSO Facebook page.

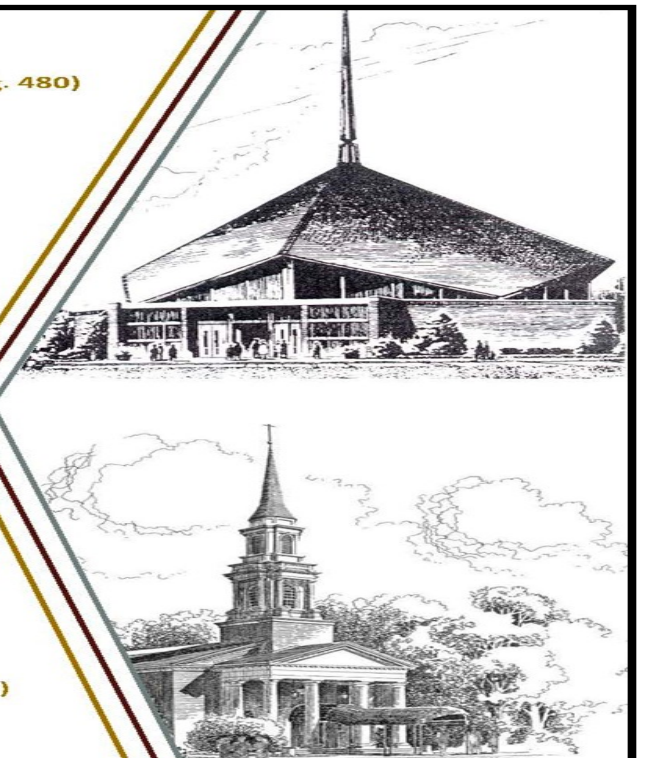


LIKE and FOLLOW the JBM-HH
Religious Support Office on
Facebook to stay up to date on the
latest Religious Support information!
[Facebook.com/jbmhrso/](https://www.facebook.com/jbmhrso/)

Sundays

10 a.m. Samoan Service

RELIGIOUS SERVICE at OLD POST CHAPEL (Bldg. 335)



Sleep apnea affecting service members

By Claudia Sanchez-Bustamante
MHS Communications

If an individual sometimes wake up feeling tired, headachy or has a sore or dry mouth, these could be symptoms of obstructive sleep apnea, also known as OSA. It's one of several affecting service members.

Getting proper sleep means sleeping at least seven hours a night and sleeping continuously through the night. Good sleep remains vital to service members' physical and psychological strength and resilience.

"OSA is the most common sleep-related breathing disorder," said Lt. Col. (Dr.) Jennifer Creamer, a sleep specialist at Fort Leavenworth, Kansas. "(Yet it) remains undiagnosed in most affected men and women. It's caused by the repetitive collapse of your upper airway during sleep."

This occurs when a person's throat muscles relax, blocking his or her airway while he or she sleeps. That makes it harder to get enough air, which decreases the oxygen levels in an individual's blood, explained Creamer.

A person brain senses his or her breathing problem and wakes him or her up briefly throughout the night so he or she can reopen his or her airway. Symptoms include loud snoring, choking or gasping. The repeated sleep interruptions can make an individual feel tired, irritable or unfocused throughout the day.

"Sleep fragmentation contributes to lighter and less restorative sleep," said Creamer. "It can affect your mood, your performance and your quality of life."

Who's At Risk for OSA?

OSA can affect anyone at any age. However, it affects younger men at a higher rate than younger women, Creamer said. Among older people, that gender gap closes.

"Sleep apnea increases in women at the time of menopause," she said.

The symptoms for women with OSA are distinct. Women are more likely to have insomnia and less likely to snore or show noticeable pauses in breathing, she explained.

Still, several factors can influence a sleep apnea diagnosis, including excessive weight. Other risk factors include advancing age, having a recessed jaw or enlarged tonsils, Creamer added.

Sleep apnea can also be linked with other health problems, such as heart, kidney and pulmonary diseases; high blood pressure and stroke, she said. It can also contribute to depression or anxiety.

How Is It Diagnosed?

Health care providers can evaluate people at risk for OSA and order a sleep study to confirm evidence of the disorder. Some sleep studies require a patient to stay overnight in a sleep lab. Home sleep tests are also available.

During an overnight lab study, a technician attaches electrodes to an individual's scalp to record his or her brain waves. They also



Photo by Staff Sgt. Christopher Klutts
A service member participates in a sleep study at Madigan Army Medical Center, Joint Base Lewis-McChord in Washington. Sleep technicians connect 26 sensors to patients that measure eye and muscle movements, brain activity, heart rate and breathing.

monitor a person's breathing, the oxygen levels in his or her blood and heart rate as well as eye and leg movements during the night.

The home tests use breathing monitors with sensors that track a person's breathing and oxygen levels. One type has a probe that goes over an individual's finger and the other has probes over his or her finger, under the nose and on chest belts.

How Is It Treated?

Depending on each patient, doctors can recommend numerous treatments for mild OSA. Losing weight can be helpful. Another tactic is to change sleeping position, such as sleeping on the side if OSA occurs when a person sleeps on his or her back, continued Creamer.

Reductions in smoking or alcohol consumption can also reduce OSA, according to the National Institutes of Health.

Another option is to wear a device over the teeth while sleeping. It fits over the teeth like a retainer to keep the jaw in a forward position and keep the airway open.

For moderate to severe OSA, treatment options include upper airway surgery or Continuous Positive Airway Pressure, known as CPAP, therapy. CPAP machines use a facemask and mild air pressure to keep the airways open.

For more information, or if a person is concerned that he or she may have OSA, see a primary care provider for further evaluation. If a person meets the criteria, his or her provider can refer him or her for a sleep study.

Tricare covers some sleep studies. To see if it's covered, visit <https://www.tricare.mil/CoveredServices/IsItCovered/SleepStudies>.

JBMHH HUB EDUCATION CENTER

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Test dates: March 2, 4, 9, 11, 2022
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CLEP EXAMS will be administered at HENDERSON HALL, Arlington VA



Teeth grinding: You won't believe how harmful it really is

By Janet Aker
MHS Communications

Are you a teeth grinder or a jaw clencher?

You might not even realize that you're doing it, especially while you're sleeping. But your jaw can grit and grind with as much as 250 pounds of force. Ouch!

Chronic, involuntary teeth grinding — technically called bruxism — can lead to all sorts of health problems. You could crack or fracture your teeth, which may require crowns or dental implants. You could also wear down the enamel on your teeth, leading to periodontal disease or lost teeth.

Teeth grinding can cause chronic pain in your head, neck and ears. It can lead to migraines, noise sensitivity and tinnitus, said Navy Capt. (Dr.) Cecilia Brown, director of dental services at Naval Hospital, Jacksonville, Florida.

In the most severe cases, you might need a total joint replacement for the hinge on your jaw. Surgeons can implant a titanium joint. That's needed when bruxism wears down the jaw cartilage so that moving your mouth grinds bone against bone, Brown said.

Bruxism, to varying degrees, is common. Up to 30% of people grind their teeth in some way, and estimates suggest that about 10% to 15% of adults suffer painful bruxing during sleep, according to Air Force Lt. Col. Preston Duffin, director of orofacial pain at the 59th Dental Training Squadron-Joint Base San Antonio-Lackland.

"Most people have some degree of clenching, grinding, muscle guarding or other jaw activity during the day and night that is not associated with normal functioning like eating, talking or swallowing," Duffin said.

Any "evidence of excessive tooth wear" could warrant some treatment, he said.

Many people don't fully understand how harmful teeth grinding can be.

"It's very difficult to manage, and difficult to get patients to understand the possible consequences," Brown said.



Photo by Marine Cpl. Michael Lockett
(Right) U.S. Navy Hospitalman Justin Sobleskie and U.S. Navy Lt. Matthew Roberts, USS Carter Hall dental department head, do dental work on aboard the USS Carter Hall (LSD 50) while at sea.

Bruxism as a Coping Mechanism

"You can't pinpoint one thing" that leads to bruxism behavior, Brown said. But teeth grinding and jaw clenching can be coping mechanisms for stress. Bruxism also shows up in patients with post-traumatic stress.

Active-duty service members on deployment can develop bruxism due to sleep deprivation, stress or not eating properly. Some people clench their teeth to keep focused, Brown said.

Teeth grinding can occur during the day and at night.

"If you have this condition during the day when you're 'biting your tongue' to keep your words in, it's a coping mechanism that you will likely feel in your jaw muscles when you get home or off-duty and relax," Brown said.

At night, bruxism occurs during periods of dreaming when your body has more muscle activity. "It's involuntary and unconscious," Brown said.

If your facial muscles are working all the time, "like a body builder's muscles, they get big, sore and inflamed," she said.

"Eventually, this can cause you to not be able to open your mouth fully.

Those who have obstructive sleep apnea or fibromyalgia also are susceptible to bruxism."

Night Guards and Other Treatments

The first line of defense is to wear a night guard to protect your teeth while you sleep. But that may or may not work.

"Some people grind right through the night guard," Brown said.

Tricare covers night guards when medically necessary.

Typically, "if you are aware of nighttime grinding and wake in the morning with jaw pain or tiredness, then there is a better chance you will be a good responder to night guard therapy," Duffin said.

Beyond a night guard, Brown said, there are a variety of treatment options that can reduce the frequency or harm caused by teeth grinding. They include:

- Physical therapy such as massage, compresses and mouth stretching exercises
- Yoga

- Counseling
- Treatment for acid reflux, which is a factor for bruxism development
- Nonsteroidal anti-inflammatory drugs
- Muscle relaxants
- Botulinum toxin injections (Botox)
- Anti-anxiety medications
- A diet limited to soft, nonchew foods
- Changing pillows if they are not firm enough

Has the pandemic increased cases of bruxism? Duffin said he can "certainly say there is a greater tendency for patients to complain of higher levels of perceived stress and anxiety, which is likely influencing increased activities like bruxing, jaw pain and tooth wear."

While many people who suffer from bruxism have mild symptoms, in some cases it can become a serious medical condition.

"Bruxism is a real condition that's very debilitating," Brown said. "We need to make sure our medical practitioners can identify it and try to intervene earlier."

NCO COURSE from Page 5

time in service to understand the culture and what is required from their services," he said. "(These noncommissioned officers and petty officers) know their trade, and they're well ingrained on what an NCO or petty officer does."

They devised a course that Colón-López calls "Keystone-minus" to bridge that gap. Aimed at E-6 and E-7s, it is a two-week, in-

residence joint professional military education course.

"It will cover everything from the way that laws are made to the way that budgets are passed to the way that the orders come down from the civilian leadership to the joint force," he said. "It also will cover the ways the services support the combatant commands and how they execute orders. So, that's really what the course is going to go ahead and cover."

The course begins in March. There will be

two Gateway classes per year, and they will be held at the National Defense University at Fort Lesley J. McNair in Washington, D.C.

"What we owe the chairman, the joint chiefs and the Department of Defense are the best educated, knowledgeable and action-oriented NCOs and POs," Colón-López said. "If we are not doing that, we're not going to be any better than any other military out there in the world."

Our values, always
HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

News Notes

Ride the Myer Flyer

The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. Please keep in mind that riders will be required to show their CAC or military ID to the shuttle driver.

Face coverings may be required for all riders; and only a maximum of 50% of passengers will be allowed on the bus at this time. Food or drink are not authorized while on the bus.

Workforce development information

Civilian career and development is at an individual's fingertips. These resources are meant to help a person focus his or her career direction, identify professional goals and implement an action plan to manage and take charge of his or her career. Contact the workforce development specialist for questions regarding professional development and programs by emailing Jenifer.souza2.civ@army.mil.

The Army's call for nominations for the Defense Civilian Emerging Leader Program is now open for Cohort 16, Class of 2023 (March-May 2023). The DCELP mission is to recruit and develop the next generation of innovative leaders who possess the technical and leadership competence to meet the future leadership imperatives of the DOD. GS-7 through GS-12 and equivalent civilians and interagency partners are eligible to apply. Please contact the workforce development specialist for questions regarding this opportunity by emailing Jennifer.souza2.civ@army.mil.

JBM-HH guidebook and maps

The annual Joint Base Myer-Henderson Hall base guide books for 2022 have arrived and are available for an individual's convenience and information. If your department needs a supply of guidebooks please email usarmy.jbmhh.asa.list.pao-all@army.mil.

JBM-HH changes to HPCON B

Due to the decline in cases within the National Capital Region, Joint Base Myer-Henderson

Hall and Fort McNair transitioned to HPCON Bravo.

During HPCON B, the following installation mitigation measures will remain in place: Workplace occupancy range increases to 50% (and up to 75% for units/agencies that have increased mission-requirements, a fully established testing processes in place for unvaccinated workforce members, and where 6 feet of separation can be maintained); gathering/event restrictions are still in line with DOD (>50PAX requires SECARMY approval), until further notice. This excludes military training, exercises, funerals and/or receptions at Patton Hall; and events and ceremonies in Conmy Hall will be limited to 50% capacity.

AECW deployment opportunities

The Army Expeditionary Civilian Workforce has multiple deployment opportunities available for current Army civilians to work as Linguists in one of the following languages: Ukrainian, Russian, Slovakian, Polish, Hungarian, Bulgarian and Romanian in various locations in Europe (Poland, Romania, Germany, Bulgaria, Hungary and Slovakia). Language skills will be tested prior to receiving an offer.

These opportunities are TDY assignments for six months with potential for extensions. These are considered details to a set of duties, with no change in an individual's permanent grade or position of record. The desired grade level of the individual filling the position must range between G-11 and GS-13. Highly qualified personnel outside the grade range may be considered. Secret clearance or higher is required.

These deployment opportunities are in field conditions, meaning barracks, BOQs or other available billeting arrangements.

Permanent Army civilians are eligible to apply for these opportunities. Those who are currently on overseas assignments must have at least 18 months remaining until your date of estimated return from overseas and cannot be enrolled in the Priority Placement Program.

Term civilians are also eligible

for the program as long as the expiration date of the term appointment extends beyond the end date of a deployment assignment.

There are varying financial incentives offered with these positions. Some locations are authorized a post differential rate, which is a percentage increase in the total salary. Paid overtime may also be available, based on mission needs of the deployed/in-theater organization.

In addition to the financial incentives, deployment assignments offer career broadening experiences at a level and scope that is difficult to match in a regular assignment. It is the chance of a lifetime to make a difference and to contribute in direct support of deployed Soldiers in a contingency operation.

Application procedures: Submit a resume, recent SF-50 (to verify status), DD214 (if former military) and a signed request for deployment form. Submit these documents through the supervisory chain to the command's deployment coordinator. The command deployment coordinator will send the package to AECW at the group box. For questions, please send them to the group box at usarmy.belvoir.aglcp.list.ecw-deployments@army.mil. This announcement is specifically for linguist support. Personnel applying will test to determine skill level prior to selection for deployment.

Tax center

The Pentagon Tax Center is open for virtual appointments from now through June 3. Appointments are available Tuesdays, Wednesdays and Thursdays. Fridays are reserved for single service members and simple returns. For more information and to make an appointment, please email usarmy.pentagon.hqda-otjag.mbx.la@mail.mil or message on Facebook at <https://www.facebook.com/pentagonjtLAO>, please use subject line — Tax Prep Appointment.

Never too late senior fitness Classes

Never too late senior fitness

classes will be held Mondays, Wednesdays and Fridays from 9:45 to 11 a.m. at the Community Activity Center, 228 McNair Rd., Bldg. 405, next to the bowling center.

As of March 1, face masks are no longer required indoors in DFMWR facilities (except for the CDC). All certified instructors and current attendees are currently vaccinated. The N2L fitness class is open to all Department of Defense ID card holders, military, civilians, retirees, reservists and military spouses. For more information, please contact Chester Taylor at gotlander6@gmail.com.

Army Emergency Relief is here for Soldiers, Families

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest free loan, grant, or combination of the two. If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-3510. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Commissary early bird hours, Click2Go

The Commissary has begun early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m. Don't forget the Commissary's CLICK2GO online shopping and curbside pickup service individuals can access from their mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>. For additional information on the Fort Myer Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/>.

Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money

National Suicide Prevention Hotline

Military Crisis Support

800-273-8255