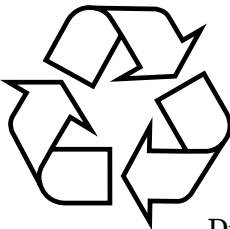




Alcohol Awareness Month is April 1-30
Be sure to see the article about the month's observances, by ASAP Program Manager, Doryan Dixon, in next week's Eagle.

Recycling program ends on installation today

By Paul Lara
Belvoir Eagle



Fort Belvoir's recycling program, and the recycling center on Pohick Road, have ceased operations as of today. According to Brad Britain, director of Fort Belvoir's Directorate of Public Works. The Garrison's recycling and refuse disposal is no longer available to unit partners, although for residents of on-post housing, all trash and recycling pick-up remains unchanged.

"The purchasing of recyclables has nearly stopped," said Britain. International customers have stopped buying cardboard and we saw a marked decrease in payments – less and less over the years. In terms of expenditures, it's about 600 to 700,000 dollars a year to recycle and we've been recuperating less than a third of that."

That was the principal reason behind the Garrison's decision, according to Dr. John Moeller, deputy to the Garrison commander.

"The decision to discontinue recycling on Fort Belvoir was a difficult one. Unfortunately, U.S. Army Garrison

See Recycling, page 4

Commander: students returning to school 'a critical step' forward

By Paul Lara
Belvoir Eagle

Col. Joshua SeGraves, Garrison commander, spent his Tuesday morning, now the first day of the school week, at the entrance to Fort Belvoir Primary School greeting parents and students back to school, along with the school mascot, "Mr. Dolphin", in a Garrison tradition, although delayed by the return of in-student instruction across the county. SeGraves said this is a much-needed return to some normalcy, as pandemic infection rates in the county, though still high, have levelled off as immunizations continue to rise.

"At this point, a return to normal is a critical step we're making in the pandemic, and I think the schools have done it extremely well, in terms of safety and COVID precautions. So I think we've got all the mitigation measures in place to make sure everyone's safe, and at this point, everyone's looking for every bit of normalcy they can get," SeGraves said.

"It's a little bit of normalcy when families



Photo by Paul Lara

Col. Joshua SeGraves, Garrison commander, and "Mr. Dolphin", the Fort Belvoir Elementary School mascot, wave to students as they return to in-class instruction, March 23.

and we are looking forward to this phased-in approach to bringing even more kids back, and are very hopeful about the next year as well."

Jamey Chianetta, Upper School principal, said the return to class has been good, so far.

"The Students have been super excited to be back at school and the teachers are thrilled to see them," Chianetta said. "We got good news last week that the students are able to use the playground equipment after all, so we're being super-careful with sanitizing and they've been able to enjoy the playground. They've been able to enjoy each other in the classroom and still connect with the students at home online."

get to bring their children to school and have some in-person learning. That's great for families, and it's also a positive step for kids, in terms of overall developmental learning."

"This is what the school is supposed to be – full of kids, said Margo Pareja, Fort Belvoir Primary School principal. "The kids have been great; the teachers have been great,



By Terry Ruggles
Managing Editor

April 15 will be the final printed edition of the Belvoir Eagle.

There are many reasons for this newspaper coming to an end and the pros and cons were debated back and forth before this decision was made. The main reasons involve you, our readers, and where Soldiers and their families get their information from.

These days most of you get your information digitally, through social media sites or websites. That's where we're headed, too.

Some of you may already know that we provide links to Eagle stories on our website, home.army.mil/belvoir, and that will continue as we set up a full, digital Eagle presence there. Our goal is to continue to provide the same coverage of Army, military and Fort Belvoir stories that you've grown accustomed to in the printed Belvoir Eagle.

In the meantime, keep up with what's happening on post by following us on our Facebook, Twitter and Instagram pages (search 'Fort Belvoir') to learn the latest information. And, if you haven't already, download the Digital Garrison app, specifying Fort Belvoir as your post, to receive updates about immediate happenings on post, right to your phone.

Thank you for allowing us in to your homes and offices all these years. We look forward to seeing you again, on the 'digital side.'

Out of the 1,200 students attending both schools, 75% of them have returned to class for hybrid instruction, which is two days in person, and two days online. The school week had been shortened to a Tuesday through Friday.

In perhaps 30 minutes, the chaos of carpools and busses arriving in front fell silent, as every child had been accounted for, and escorted off to class. SeGraves said it was his first understanding of the systematic procedures everyone was following.

"I think that, when you think about efficiency for carpools and busses coming in, this is a great model. I was unaware of the system they have, in terms of computers communicating for both pick-up and drop-off, with the students, but the school has it down to a science – with that system, as well as physical monitors at both carpool and bus lanes. It's really efficient and seamless, while respecting COVID mitigation measures. It's really safe, and well done by both of our schools," said SeGraves.

Tomorrow is Wear Blue Day for Child Abuse Prevention

By Paul Lara
Belvoir Eagle

The Fort Belvoir Army Community Service Family Advocacy Program is urging everyone to wear blue Friday, as part of a month-long effort to raise awareness and empower people across the community to play a role in making great childhoods happen, according to FAP specialist Briana Crawford. “We’re trying to be as visible as possible, and raise engagement as much as we can for this special month,” Crawford said. “It’s not only Child Abuse Awareness Prevention month, but also Autism Awareness Month, and Month of the Military Child.”

ACS is conducting a community scavenger hunt starting today, and running through April 30. Crawford said there will be ten activities for families to participate in. “Once they complete all the tasks, send screenshots to me,” Crawford said. “If they complete just five, they’ll be entered into the drawing for a prize, but if they complete all ten, they will be entered twice into the drawing,” adding that prizes haven’t been made public yet, but there will be three winners drawn randomly from the entrants. Winners can pick up their prizes the last week of April at the ACS building.

- Tomorrow is Wear Blue Day, and there are several ways to participate online:
- Wear blue on Friday and tell people you are participating in a national day to highlight child abuse prevention.
 - Take a picture of yourself and your colleagues all dressed in blue and share it on your favorite social media platform using the #AllInToEndChildAbuse or #WearBlue hashtag.
 - Share a story of how you help mentor



Photo by Paul Lara
Left to right: Cury Piza, Zachary Deng and Zoe Piza plant blue pinwheels at Fort Belvoir’s Army Community Services, in this 2019 file photo, in observance of Child Abuse Prevention Month.

children, advocate for policies that keep kids safe, or donate time or money to a local child-serving organization and inspire others to get involved during Child Abuse Prevention month.


Crawford said that Purple Up for Military Kids will be April 15, and everyone is urged to tag ACS for this as well.

April 16, a Fort Belvoir Community Hospital Nutritionist will host a healthy eating workshop via Microsoft Teams at 10:00 a.m., which will stress the importance of establishing healthy eating at a young age to foster life-long habits.


ACS will also host an information booth at the Fort Belvoir Exchange on Wednesdays throughout April, with flyers, contact information, and families can pick up pinwheels to place in their home gardens, along with swag bags.

The ACS Family Advocacy Program is your key resource on post, and you can call their 24-hour Hotline at 703-229-2374. Follow ACS on Facebook at @OfficialFortBelvoirACS.

Recognizing Child Abuse	
To recognize and report child abuse, watch for signs that may signal the presence of child abuse or neglect.	
The Child	The Parent
Is overly compliant, passive, or withdrawn.	Shows little concern for the child.
Has not received help for physical or medical problems brought to the parents' attention.	Denies the existence or blames the child for the child's problems in school or at home.
Rarely touches or looks at the parent.	Rarely touches or looks at the child
Has learning problems that cannot be attributed to specific physical or psychological causes.	Asks teachers or other caregivers to use harsh physical discipline if the child misbehaves.
Is always watchful, as though preparing for something bad to happen.	Sees the child as entirely bad, worthless, or burdensome.
Lacks adult supervision.	Looks primarily to the child for care, attention, and satisfaction of emotional needs.
Shows sudden changes in behavior or school performance.	Demands a level of physical or academic performance the child cannot achieve.




Call if you have unresolved health or safety concerns:
1-800-984-8523



LEARN MORE

Visit the Housing Resident Portal on the Fort Belvoir Website

**USAG FORT BELVOIR**

Installation Management Command

How to Resolve Housing Concerns

LEVEL 1 – SUBMIT YOUR WORK ORDER


- Online - www.villagesatbelvoir.com
- In-Person - Maintenance Facility Building 1108
- Phone - 24-Hour Emergency Maintenance Request Line: 703-619-3880

LEVEL 2 – MAKE CONTACT

- Villages at Belvoir Management: 571-318-7546
- Contact Your Chain of Command
- Fort Belvoir Housing Office: 703-805-3018/3019

LEVEL 3 – CONTACT GARRISON COMMANDER

- Garrison Commander's Housing Hotline: 571-259-9867
- Submit concerns to the Fort Belvoir Interactive Customer Evaluation ICE System: <https://ice.disa.mil>



Residents with health concerns related to housing conditions, call Fort Belvoir Community Hospital Rapid Hotline: 571-231-2004

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Volume 29
Issue 62



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Transition Assistance Program increases ability to succeed in post Army career

Compiled by Paul Lara
Belvoir Eagle

The Army Transition Assistance Program is a commander's program and a Soldier's responsibility. The program provides transition assistance services to eligible Soldiers with at least 180 days of active duty service. TAP helps transitioning Soldiers discover knowledge, skills, and resources necessary to be competitive and successful in the global workforce, and make informed career decisions through counseling and employment assistance.

Going early and often to TAP is statistically proven to increase the chance of post-transition success for Soldiers. A study by Hiring Our Heroes found that Service members are two times more likely to get a job before leaving active duty if they start their job search at least six months or more before transitioning. This indicates that many TAP requirements need to be completed much earlier in order to begin the job search at this six-month mark with the documents and knowledge needed to successfully search for open positions.

TAP supports the Army's Active Component recruiting effort by producing successful alumni. The decision to enlist in the Army is often influenced by friends and relatives. When Army alumni are successful, they serve as powerful examples of what Army service can do for a young man or woman's future.

"The objective is to prepare separating



TRANSITION ASSISTANCE PROGRAM
Start Strong • Serve Strong • Reintegrate Strong • Remain Strong

service members for a successful transition back to civilian life," said Charles Freeman, with Fort Belvoir's TAP office. "Your civilian career trajectory is more unpredictable, as there are more unknowns." Freeman added that the following TAP classes help Soldiers prepare for those unknowns.

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"The objective is to prepare separating service members for a successful transition back to civilian life," said Charles Freeman, with Fort Belvoir's TAP office. "Your civilian career trajectory is more unpredictable, as there are more unknowns." The complete list of SFL/TAP classes can be found at sfl-tap.army.mil/

For more information, call Fort Belvoir TAP at 703-805-9247, or follow on Facebook @FortBelvoirTAP.

From Recycling, page 1

Fort Belvoir is facing budget challenges, forcing us to make tough choices,” Moeller said. “Eliminating the recycling and composting programs on Fort Belvoir will save us almost \$1 million dollars a year. These two programs are not required by the Army, so we are trying to focus our resources on those services and programs that we are required to provide, while possibly eliminating those services and programs which are not required. I also need to stress that this decision does not impact the residential recycling program, which is managed by our housing partner.”

Compost yard removed

The large composting site behind the Recycling Center is also closed, which means that it no longer accepts yard waste, according to Vijay Ivatury, the solid waste and recycling program manager of DPW’s Operations and Maintenance Division. “We used to collect yard waste from all tenant facilities and residential areas. We would turn it into mulch, but it comes down to a cost savings,” Ivatury said. “It all comes to about \$8,000 a month for the mulch creation,” adding that more work has to be done to return the mulch yard to a

condition to be abandoned. “Also, all previously recyclable materials, including white paper, mixed paper, cardboard, cans, toner cartridges, lead acid batteries, and glass won’t be picked up from office buildings,” he said. All those items, except toner cartridges and lead acid batteries, can be disposed of in the trash. Britain said that toner cartridges can be returned to the manufacturer, and lead acid batteries can go to the Lorton landfill or the I-66 Transfer Station in Fairfax, for a fee. Britain said that some trash costs will continue to be offset, as the Garrison changes the stream to the waste to energy plant, which reduces the burden on the local landfill, and as it is converted to energy, recoups more than 80% of the disposal costs, “Those costs go from \$700,000 to about \$100,000 a year,” he said. The installation’s bulk waste site on 25th street, across from the Thrift Shop, has also closed. It had been the place for people to drop off bulk items, furniture, scrap metal, scrap wood, and heavy appliances. The Recycling Center’s closing also stops a convenient spot for those PCSing to get their personal vehicle weighed for free. DPW has made arrangements with the Lorton Landfill and the I-66

Transfer station to provide this service for free, as long as driver brings an up-to-date military ID card and a copy of the PCS orders. “Another change is we stopped

collecting and disposing of tires,” Ivatury said. “They were able to bring their tires to us, and we would get rid of them, but that cost the Garrison \$5,000 a month.”



Photo by Paul Lara

Fort Belvoir’s Recycling Center, on Pohick has been closed, as it was not financially sustainable, along with the vehicle weigh station and the mulch yard behind the building.

Sexual Assault Awareness: ‘Protecting Our People Protects Our Mission’

By Paul Lara
Belvoir Eagle

This year’s Sexual Assault Awareness Month occurs in the shadow of the disappearance and murder of Private 1st Class Vanessa Guillén, who had reported to her family last year that she was being sexually harassed by a sergeant on Fort Hood. She disappeared April 22, and her remains were found June 30.

Visiting Fort Belvoir in February, Lt. Gen. Douglas Gabram, IMCOM commander, told Garrison leaders he was disturbed by the resultant 136-page report on the case.

“That report will punch you in the gut – that really hurt,” Gabram said. “It’s not who we are, but it’s happening. That needs to be fixed. We have to teach you, set you up with the right tools so you can stop that.”

“I was watching the story on the ID channel last night. I can’t believe that it’s almost a year since that happened,” said Marie-Jules Byrd, Fort Belvoir SHARP victim advocate, who spoke to the Eagle about this year’s virtual



events, to commemorate the month. Byrd said she saw how pandemic restrictions moved the needle on the number of incidents of harassment and assault.

“I started to transition out of the military during COVID, and as a 1st Sgt., I’d seen a decrease of misbehavior so that cut out a lot of barracks parties, the club scene or outside activities. They had to stay put in their barracks,” Byrd said.

Byrd, and Chinita Reid-Latson, the installation’s Sexual Assault Response Coordinator, have been coordinating events to educate people and communities through prevention and intervention training about the often-silent crime.

“Many assaults are not reported, and I believe that less than half of the assaults have been reported, due to fear of reprisal,

fear of rank, fear of not actually identifying sexual assault or harassment. Reports might also be delayed by months or years, if reported at all,” said Reid-Latson.

“Victims need to be educated about their rights and their reporting options, to report the aggression and they will be protected. This is why the SHARP program was created; to give victims hope and closure,” Byrd said.

“Victims need to know that it’s okay to report, and they now have options to report,” she said, regarding the difference between a restricted vs. unrestricted report. “If they’re scared of retaliation, they can make a restricted report that only the victim advocate will be briefed on, but it stays strictly confidential.”

Fort Belvoir SHARP will be raising awareness through a



virtual 5k this month, and the first 125 applicants get a shirt and some SHARP gifts. Reid-Latson also asked everyone to show support for sexual assault survivors by wearing denim (jeans) on April 28 to show your protest against sexual violence. The campaign began after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped the person who raped her remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim.

If you, or someone you know, is being harassed or has been assaulted, contact the Fort Belvoir SHARP Hotline at 703-740-7029.

Army Combat Fitness Test 3.0 effective today

By Michael A. Grinston
Sergeant Major of the Army

In our continued efforts to improve the Army Combat Fitness Test (ACFT), we knew there would be changes along the way. Now, we formally announce ACFT 3.0, effective today.

What has changed?

First, the Plank has been added as a full 100-point alternative to the Leg Tuck. Each Soldier will indicate which core strength test event they will do before the test begins. The reason we are keeping the Leg Tuck, and adding the Plank, is that the Leg Tuck is a better correlation to fitness requirements for Warrior Tasks and Battle Drills and Soldier common tasks. By making the



Photo by Paul Lara

An NCO grimaces as she carries kettle bells during training for the Army Combat Fitness Test, at Graves Field in this 2020 file photo.

Plank a fully graded, alternate assessment, we are working to give Soldiers who are currently struggling with the Leg Tuck, a chance to succeed on the ACFT, while adapting their physical readiness training to the Army's changing culture of fitness.

I challenge all Soldiers to continue to train for the Leg Tuck, but encourage you to choose the event best for you to meet the Army Standard.

Second, "how" your ACFT performance may be used in the future for assessments and promotions. The absence of Army policy has led many

ACFT 3.0: Recognizing Performance Excellence

Potential Performance Categories: Tiered Performance Evaluations to Enhance Excellence

Potential ACFT Performance Categories

ACFT Tier	Army-Wide Percentile
PLATINUM	Top 1%
GOLD	Top 10%
SILVER	Top 25%
BRONZE	Top 50%
GREEN	360 pts to 50%

- In ACFT 3.0, the minimum expected standard is 60 points per test event, totaling 360 points, for ALL Soldiers regardless of MOS.
- Performance tiers are designed to enable the Army to recognize excellence in physical fitness while accounting for physiological differences between men and women.
- Performance categories for each gender are expected to be calculated annually based upon scores from across the total force.
- Once the Army completes the ACFT transition period, performance categories may be used on promotion and selection boards, evaluations, OMLs, etc.

Example: If a female Soldier receives a raw score in the top 25% of all female Soldiers who have taken the ACFT, she could receive a Silver rating, enabling comparisons to the color-tiered ratings of other female Soldiers. ACFT tiered performance is being explored for use on various personnel actions and could be annotated as "Service member scored SILVER on ACFT."

The ACFT 3.0 has a single physical fitness scoring table. This scoring table is used to measure physical performance for all Soldiers regardless of age or gender.

Soldiers to conclude that only the ACFT raw-score would be used. However, as we continue to refine the ACFT, we identified that use of a raw-score alone does not allow us to account for physiological differences between men and women. In ACFT 3.0, the Army is exploring a gender based tier system with the goal of both accounting for recognized physiological differences between men and women, while fostering and recognizing above-average physical performance, something inherent to Army culture.

The current plan is that each October, we will separate men's and women's scores and rank order them from highest to lowest. The top 1% of scores in each gender may make up the Platinum category, top 2-10% in the Gold category, top 11-25% in Silver category, and top 26-50% in the Bronze category. The green category may be for Soldiers who pass the ACFT, but do not place in the top 50% of scores across the Total Army.

While the Army is exploring the potential to use these tiers in the future, ACFT 3.0 maintains the gender neutral baseline of 60 points in each event, for a total of 360 points on the ACFT. This baseline is the expected standard to be a Soldier in any MOS, and is directly related to a Soldier's ability to successfully complete combat related WTBDs. Independent research shows that the ACFT is nearly twice as effective at predicting WTBD

performance, compared to the APFT.

Future Changes

While we already know that the ACFT is a far better test than the APFT, the Army will continue to refine the ACFT as necessary and appropriate. These adjustments will make the ACFT the most effective test for the Army and our Soldiers. The refinements will be data driven and it's critical we make training for, and taking the ACFT, one of our highest priorities. As of last week, only 25% of the Army had taken the test. We cannot, and should not, make final policy decisions based this limited data set. Taking the ACFT and putting scores into DTMS is critical to allow leaders to make these decisions.

While we expect to be ready for full implementation around March 2022, we will only make policy changes when sufficient data exists for Army leaders to make fully informed decisions. Until full implementation, any diagnostic score recorded in DTMS will not be linked to your name in any Army personnel system and no administrative actions will be taken for or against you on the basis of your performance on the ACFT during this ongoing transition period.

Training resources are available at www.army.mil/ACFT, including the ACFT Training Guide, which contains a full 30-day training plan.

While there is often a focus on fitness, as it is one of the cornerstones of a fit and lethal force, fitness is just one metric the Army rewards excellence for. Soldiers understand there are many leadership and performance elements that make up a great Soldier. We need to continue to grow and set new challenges in all of these areas.

To recap:

- ALL Soldiers are expected to pass the 60-point Army Standard on each test event - regardless of age or gender.
- Soldiers will choose either the Leg Tuck or Plank for their core strength test event.
- The Army is exploring options for Soldiers to be tiered based on their gender and total ACFT score.
- Take the test! The diagnostic ACFT scores uploaded to DTMS will not be used against you or even available to your local command, but are critical to providing sufficient data for Army leaders to make fully informed decisions.

Modernizing for the future battlefield isn't just about technology and equipment. We must modernize the way we view physical fitness and train our bodies to ensure we remain the world's most fit, ready, and lethal force.

COVID-19 presents challenges to heart health, physical fitness for Soldiers

By Military Health System
Communications Office

A healthy heart is a prerequisite for a fully trained combatant or a fit beneficiary. Without a healthy heart, a Soldier cannot expect to complete tasks such as loading 155 mm rounds onto a bustle rack, or a beneficiary may huff and puff going up stairs.

"A heart at rest stays at rest, while a heart in motion stays in motion, to paraphrase the old axiom," said Navy Lt. Cmdr. (Dr.) Olamide Oladipo, chief of cardiology at the Navy Medical Center-San Diego.

Due to on-again, off-again shutdowns resulting from the COVID-19 pandemic, the overall health of both military personnel and beneficiaries has taken a hit over the last year, he noted. A more sedentary lifestyle increases the risk of cardiovascular disease and, therefore, death.

One way the military is addressing this issue is through the Aging Warrior study, which intends to look at cardiovascular risks in men 40 and older and women 52-55 with one risk factor for cardiac disease, such as hypertension, Oladipo explained. Following a CT scan, study participants will receive preventative medication or other interventions if they show early signs of cardiac atherosclerosis (a narrowing or blockage of the heart vessels).

As to fitness, NMC-SD has "adopted more of a holistic approach; we treat the whole person" among active-duty personnel and beneficiaries,



Photo by Navy Seaman Josalyn Brown

U.S. Coast Guard recruits from company Romeo-199 participate in a Jan. 8 run program on the track at U.S. Coast Guard Training Center in Cape May, New Jersey, as part of their modified training schedule due to COVID-19 restrictions.

said Melissa Palacios, a nurse and head of the Health and Wellness Department at NMC-SD's Naval Medical Readiness Training Command. "We're looking at concomitant diagnoses that affect a person's heart health," such as diabetes, sleep apnea, obesity, stress, PTSD.

"We do this though more virtual classes, group-based exercise programming, fitness trackers and apps that help with heart rate monitoring, food intake, medication, and sleep hygiene, for example," she said, also noting the negative impact COVID-19 has had on the base's effectiveness in physical training and meeting beneficiaries' fitness needs.

"Getting moving can have a profound impact on lowering blood pressure, strengthening muscles, controlling weight, lowering stress, and reducing inflammation, therefore decreasing risk for heart disease," Palacios said. "We encourage our active-duty members and beneficiaries to not only participate in aerobic activities such as swimming, dancing, cycling, brisk walking or cycling but also in identifying opportunities in their everyday lives to intentionally become more physically active such as taking the stairs."

The ideas behind fitness training also have changed in the Army. At Fort Leonard Wood in Missouri, unit physical training "used to be very focused on the Army Physical Fitness Test events (pushups, sit-ups, and running)," said Maj. Brett Dougherty, director, Physical Performance Service Line, General Leonard Wood Army Community Hospital. "However, over the last few years, that focus has slowly changed to incorporate more resistance training, specifically functional lifting, and that change accelerated with the introduction of the Army Combat Fitness Test that looks at the body more functionally."

Physical fitness is therefore much more than laps run, push-ups done, crunches crunched. It's a holistic framework of both physical and mental fitness that means being able to exercise while avoiding injury and enjoying a longer life span. And, when it comes to physical fitness, a healthy heart is paramount.

DOD Launches "Chill Drills by Military OneSource" mobile application

By Military OneSource

The Department of Defense launched a new mobile app designed to help the military community manage stress. The free Chill Drills by Military OneSource mobile app is now available for download on Google Play and Apple's App Store.

The Chill Drills app includes a collection of mindfulness audio exercises that give Service members and military families access to expert stress-relieving techniques, which can help:

- Slow heart rate
- Lower blood pressure
- Reduce the levels of stress hormones in the body
- Improve sleep quality and the ability to fall asleep
- Encourage muscle relaxation

"Life in the military comes with many opportunities and also unique challenges, so managing stress is critical," said Deputy Assistant Secretary of Defense for Military Community and Family Policy, Patricia "Patty" Montes Barron. "The Department of Defense is thrilled to deliver one of our most popular and highly-requested web products in the form of a new mobile application, so the military community can regenerate and be well anytime and anywhere."

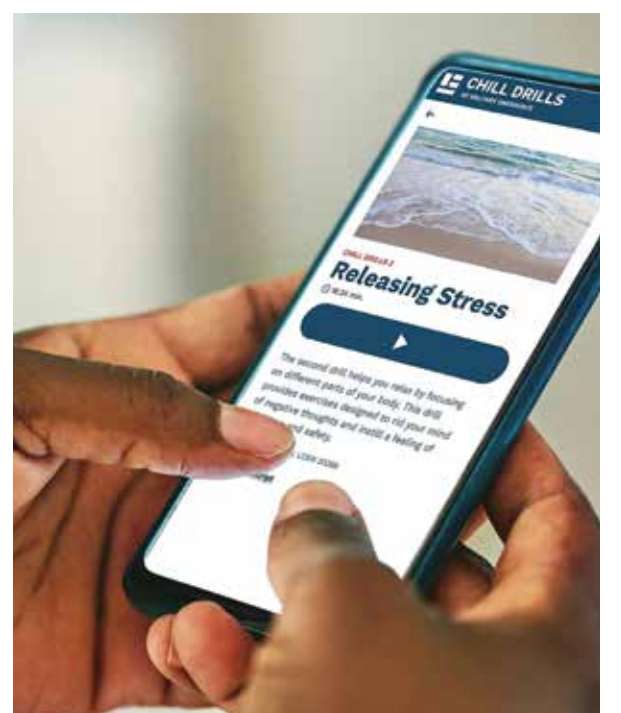
While each drill was designed to help calm your mind and relax your body, some target common challenges, including back pain,

negative thoughts and sleeplessness. Practice your favorite drills regularly to lower your baseline stress level and be better prepared to deal with pressure in the future. The six Chill Drills segments are:

- **Overview.** A brief overview of Chill Drills to help you get ready to relax.
- **Chill Drills 1 – Tuning In.** A progressive muscle relaxation exercise to reverse the symptoms of stress.
- **Chill Drills 2 – Releasing Stress.** A calming drill to rid your mind of negative thoughts by focusing on different parts of your body.
- **Chill Drills 3 – Easing Back Pain.** A drill to help you become pain-free by targeting and releasing tension in your neck, shoulders and back.
- **Chill Drills 4 – Getting to Sleep.** A relaxation exercise to listen to in bed to help you fall asleep and improve the quality of your rest.
- **Chill Drills 5 – Music to Chill By.** A calming soundtrack to help you fall asleep.

To ensure the Chill Drills app continues to meet the needs of the military community, the department will review and evaluate the new app to help inform ongoing updates and enhancements.

Chill Drills is one of two apps recently launched by the department. The My Military OneSource mobile app, launched in 2020, offers



Courtesy photo

a fast, 24/7 gateway to personalized military benefits, access to experts, guides for the military community and much more.

To learn more about the Chill Drills app or to download the app, visit www.MilitaryOneSource.mil/ChillDrills. Users can also stream Chill Drills from the Military OneSource website with an internet connection.

Army to review behavioral health discharges, status-upgrade procedures

By Paul Lara
Belvoir Eagle

The U.S. Army has agreed to review the discharges of thousands of veterans affected by post-traumatic stress disorder, traumatic brain injury, military sexual trauma or other behavioral health conditions, and to change some of its administrative procedures for individuals who apply to have their discharge statuses upgraded in the future, according to a December release by Army Public Affairs. This agreement follows a settlement reached in the nationwide class action lawsuit Kennedy v. McCarthy. A federal court preliminarily approved the agreement last December.

Under the agreement, the Army will automatically reconsider certain discharge-status-upgrade decisions made by the Army Discharge Review Board between April 17, 2011, and the effective date of settlement that partially or fully denied relief to Iraq- and Afghanistan-era veterans with less-than-fully-honorable discharges. The settlement also

expands reapplication rights for eligible applicants who were discharged and received an adverse ADRB decision between Oct. 7, 2001, and April 16, 2011.

The Virginia Department of Veterans Services is one agency that is available to guide Veterans to attorneys and non-profits to help with this process, according Deputy Commissioner Thomas Herthel.

“We do get clients who come to us seeking assistance and there are those who receive other-than-honorable discharges to a punitive discharge court martial,” Herthel said. “We first have to review the facts of the case.”

The lawsuit started four years ago with Iraq War veteran Stephen Kennedy. He came home with depression and PTSD, which spiraled into alcohol abuse and self-harm. The Army gave him a general discharge, blocking him from some veteran’s benefits, and it denied his upgrade applications until he sued.

“You can’t get the benefits you need to actually recover from the thing that got you discharged in the first place,” Kennedy said, in an interview with the America Homefront Project.

Honorable discharges are the gold standard among Veterans, and the designation comes with full access to VA benefits like health care, disability benefits, and higher education.

But discharge status isn’t just about benefits. Bart Stichman, the Executive Director at the National Veterans Legal Services Program, said to American Homefront Project that a stigma is attached to less than honorable discharges.

“If you don’t get an honorable, it’s a ticket to underemployment,” Stichman said. “If (your discharge) is anything other than honorable, then it’s very likely that they won’t hire you.”

The National Veterans Legal Services Program has started a new program to provide free legal representation to Veterans who

were involuntarily separated from the military and received a less than honorable discharge.

In addition, the Army will implement other procedures, including a program to enable applicants to appear telephonically before the Army Discharge Review Board, more training for board members and updated protocols for decision making in cases involving symptoms or diagnoses of PTSD, TBI, MST or other behavioral health conditions.

Discharge upgrades are not guaranteed and applications will be decided on a case-by-case basis.

A court-approved class notice, the full text of the settlement and information about the court’s hearing can be found at arba.army.pentagon.mil/adrb-overview.html.

INFORMATION



APPLY FOR A DISCHARGE THROUGH VETERANS AFFAIRS
@ va.gov/discharge-upgrade-instructions/

ASSISTANCE AVAILABLE THROUGH THE
NATIONAL VETERANS LEGAL SERVICES PROGRAM

@ nvlsp.org



Twilight Golf League now at Fort Belvoir

By David Fawcett
Belvoir Eagle

The Fort Belvoir Golf Course will host a Monday Night Twilight League on Mondays starting April 12th. The first session goes through June 14th. The second session runs July 12 to Sept. 13. The league is sponsored by the Twilight Golf Association.

"It's a great place to play," said organizer Nick Conrad of Fort Belvoir's Golf Course. "It has 36 holes so you can rotate and it's a fun, and cool course in good shape. They treat it like a country club."

The rec league is open to all adults at any skill level. Tee times are from 5 p.m. to 6 p.m. and foursomes will play 9 holes with teammates each week.

Participants keep their own score.

The league entry fee is \$49 per

person. The greens fees are \$25 per player at the counter each week to play with a riding car or \$14 if participants elect to walk.

Conrad said they planned on doing the league a year ago, but the pandemic cancelled everything.

Due primarily to schedules, Fritz Diekmann, the PGA Head Golf Professional at the Fort Belvoir Golf Club, said the club usually doesn't have many leagues. There is currently one meeting on Wednesdays.

In putting the event together, Conrad said he looks forward to seeing how it all works out. "I'm excited to do it," Conrad said.

Players can register online at www.twilightgolfassociation.com. For more information about the Monday Night Twilight League at the Fort Belvoir Golf Course, call 1-855-565-4653.

Belvoir Community Briefs



Community Scavenger Hunt

April is National Child Abuse Prevention Month, Autism Awareness Month and Month of the Military Child. The Community Scavenger Hunt is a month-long effort that fosters family fun and bolsters social and emotional well-being. Each scavenger hunt activity will take participants to a physical location, a website or encourage a family activity. The Community Scavenger Hunt begins today at 12 a.m. and ends April 30 at 12 a.m. For the list of tasks, and rules and eligibility, visit belvoir.armymwr.com.



Virtual Storytime

Join your library team every Wednesday at 10:30 a.m. on the Belvoir MWR Facebook page for a virtual group reading experience. Storytime targets ages 5 and under, but all ages are welcome to join!



MWR/SHARP 5K

Fort Belvoir's Sexual Harassment/Assault Response and Prevention program, in partnership with MWR, will host the annual MWR/SHARP 5K Run/Walk. The 5K will be run virtually. Eligible participants include all active duty Soldiers, as well as mobilized/ADOS National Guard/Reserve component Soldiers, retirees and DoD civilians. The first 100 participants will receive a MWR/SHARP 5K shirt (sizes are limited). Registration opens April 5 at 5 a.m. and closes April 23 at 7 p.m. To register, visit belvoir.armymwr.com.



Play Morning

Play Mornings, hosted by Army Community Service, allow the opportunity for families to connect virtually and have a playgroup experience together through crafts, story time and other activities. Classes are biweekly at 10 a.m., Fridays. The next sessions will be April 9 and 23. Additional sessions take place through June. Participants will be notified of any changes in the schedule. Registration is required by calling 571-231-7028.



Fort Belvoir Chapel Hours		Belvoir Chapel	Fairfax Chapel	Thurman Auditorium
		<ul style="list-style-type: none">• Friday Jewish Shabbat – 7 p.m.• Saturday Jewish Shabbat – 10 a.m.• Saturday Catholic Mass – 5 p.m.• Sunday Catholic Mass – 9:30 a.m.• Sunday Traditional Protestant – 11 a.m.	<ul style="list-style-type: none">• Monday-Thursday Daily Catholic Mass – Noon• Sunday Anglican – 9 a.m.• Sunday Catholic Mass – 11 a.m.	<ul style="list-style-type: none">• Sunday Gospel – 11:30 a.m.
			Resiliency Center <ul style="list-style-type: none">• Sunday Chapel Next - 9:30 a.m.	<p>During the current pandemic, you must register to attend services in person.</p> <p>The registration link can be found on the facebook.com/FortBelvoirRSO.</p>

