



Fort Belvoir will participate in Virginia's statewide Tornado Drill, Tuesday at 9:45 a.m. For more information, see the story on page 3.

New Guidance issued by CDC for people fully vaccinated against COVID-19

Compiled by Paul Lara
Belvoir Eagle

Monday, the Centers for Disease Control and Prevention issued its first set of public recommendations for people fully vaccinated against COVID-19, and the Belvoir Hospital Chief of the Infectious Diseases, Lt. Cmdr. Derek Larson, said he's encouraged that the CDC seems to be balancing the need for people to be together with how to do that safely.

According to the Interim Public Health Recommendations for Fully Vaccinated People, posted on its website, the CDC is still urging caution, but setting some activities that should present a reduced risk of infection or illness.

A key point is that 'fully vaccinated' is a status that takes time, and is not conferred immediately after the second injection of the Pfizer or Moderna vaccine, or right after receiving the one-dose vaccine by Johnson & Johnson. "That requires time for



the body to respond," said Larson, noting that a robust immune response kicks in two weeks after the final injection.

In public spaces, the report states, "Fully vaccinated people should continue to protect



themselves and others, including wearing a well-fitted mask, physical distancing (at least 6 feet), avoiding crowds, avoiding

See Guidance, page 4

Public Health Emergency Officer key Garrison resource during pandemic

By Paul Lara
Belvoir Eagle

Col. Jeremiah Stubbs had the benefit of attending training for his current role as Public Health Emergency Officer in March, 2020 at the U.S. Army Medical Center of Excellence, in San Antonio, just as it was becoming evident that the novel virus that surfaced in China had spread to Europe, and even Washington and New York.

"It was an enhanced learning experience," Stubbs said, "While receiving our lectures, we were at the same time hearing on the news the events taking place, just as the World Health Organization was elevating the world health emergency to a pandemic. While receiving our lectures, we were simultaneously hearing those events unfold on the news. PowerPoint is one thing, but when it's happening around you; that's how you learn."

His decision to become a PHEO preceded COVID-19, though.

"I don't know if it was something the lord had planned for me, but it all happened at the same time," said Stubbs.

Assigned to Fort Belvoir



Photo by Paul Lara

Col. Jeremiah Stubbs is the Garrison Public Emergency Health Officer, and offers health guidance to the commander during health emergencies.

Community Hospital, Stubbs carries an additional role as advisor to Garrison Commander Col. Joshua SeGraves, bringing to the table a level of expertise and science-based advice during this public health emergency.

"Our commander is responsible for outcomes at Fort Belvoir, and my job is to help him understand what 'right looks like' with risk mitigation and what we should do to keep our citizens safe, through best practices coming from CDC,

Army Public Health Center, the Navy Bureau of Medicine and Surgery, and others," Stubbs said. "We share information with each other – that is key. In doing our job, what has been the most beneficial aspect is sharing info from other subject-matter experts, because if you consider something like COVID-19, it is a "novel" virus, so we are learning things daily; we've been learning things all along through information sharing.

"The only way you can keep up with the rapidly-evolving best practices is to keep in touch with your colleagues. In public health, It serves the public best when we're all on the same page," he said. "No public health initiative will work unless you have the trust of the public. If you're not able to communicate the message in a way that is believable and understandable to the public, you will not be successful."

Stubbs said the PHEO is crucial because they can synthesize key information from existing relationships with specialists in infectious disease, toxicology and other disciplines without the commander having to reach out to numerous experts.

At Stubbs' side is Holly Mann,

the Garrison's Alternate PHEO, to provide a continuity of effort, and keep things moving in the right direction.

"With the increased demand of the PHEO, the APHEO fills some gaps as needed, and takes on some administrative requests. Whether things are improving or declining, the PHEO has to react quickly, and the APHEO keeps that continuity going," Mann said.

"For the Garrison, it's going to be long-term recovery and learn as we go," said Mann. "Things like remote support to our mission sets; school closures; child care or other community-based services - so much of that has changed. As we adapt, we're finding much of that is unique. Hopefully, through this, we'll be better prepared for another public health emergency that none of us has thought about."

Stubbs said the delivery of millions of vaccines going into arms is the light at the end of the tunnel we've been waiting for.

"I do believe we're breaking through ... to see a long line of people waiting to get vaccines. I'm pleased to hear there's demand. That tells me our message is getting through, and we're getting a grip on this problem."

'Gut check' reveals incredible complexity to health in microbiome

By Kellie Hundemer MS, ACSM CPT
Health Educator, Armed Forces
Wellness Center

When you think of health what comes to mind? New fitness trends? The latest recipes or diets that include health oddities such as seaweed or Ghee? Certainly, nutrition and physical fitness are components within the bigger picture of health. However, a missing piece within that picture is your microbiome or gut health. Gut health is way more complex than we'd previously thought and affects many components of health.

The microbiome is composed of trillions of microbes that live mostly within the small and large intestines. According to the University of Washington an average person's microbiome may collectively weigh up to 5 pounds. Each of these microbes have special jobs such as digesting or food, protection against other harmful bacteria, and regulating our immune system. Recent studies have also shown that the microbiome can affect brain health and influence different disorders such as depression and anxiety.

Research about nutrition and the microbiome is ever evolving however, there are some simple things you can incorporate within your routine to improve your gut health. A common method is to incorporate a prebiotic or a probiotic within your diet. These supplements help to promote the growth of beneficial gut bacteria. However not all supplements are high quality so you may want to consult your health care provider if you have any questions when choosing a supplement that is right for you. You can also incorporate fermented foods such as yogurt, kefir, sauerkraut, and pickles within your diet. Fermented foods naturally contain different strains of prebiotics and probiotics. In addition consuming seasonal fruits and vegetables can also help to proliferate good bacteria within your gut. Many nutrients within fruits and vegetables decline overtime, therefore by eating seasonally you'll most likely receive the full spectrum of nutrients from the food. Be on the lookout for these seasonal fruits and vegetables in March to improve your microbiome.

1. Microbes interact with immune cells in the gut, prompting the cells to make cytokines that circulate from the blood to the brain.

2. Microbes interact with gut cells called enteroendocrine cells that produce neuroactive molecules and peptides. These molecules interact with the vagus nerve, which sends signals to the brain.

3. Microbes in the gut produce neurotransmitters and metabolites like butyrate. These circulate to the brain, where some of them are small enough to cross the blood-brain barrier, and others alter cell activity at the barrier itself.

4. In 2018 researchers at the University of Alabama at Birmingham reported at a meeting that they had found gut bacteria in human brain tissue. The study has not yet been published, and skeptics abound, but it suggests that microbes might somehow be making their way into the brain.

Courtesy Chemical & Engineering News

Gut Microbiota

Is It Your Time to Get the COVID-19 Vaccine?

***UPDATE**

Health Care, Emergency, and Safety Personnel, and Other Essential and Critical Groups

PHASE 1A
Emergency rooms, urgent care centers, and first responders (i.e., police, search and rescue, and fire personnel), and Armed Forces Retirement Home residents

Sub-tier 1
Health care and support personnel at military hospitals and clinics, along with other non clinical staff authorized to receive vaccine from DoD, who support patient care with a high risk of exposure or potential to interface with COVID-19 positive cases

Sub-tier 2
Outpatient health care and support personnel, including National Guard and Reserve personnel as well as active duty service members deploying or supporting COVID-19 response operations in Title 10 or Title 32 duty status

PHASE 1B
National critical capabilities (strategic and nuclear deterrence forces, homeland defense)

Sub-tier 1
Personnel preparing to deploy to locations outside of the continental U.S. (OCONUS)

Sub-tier 2
Personnel preparing to deploy within the next three months, including military civilian and contractors authorized to receive immunization from the DoD

Sub-tier 3
New! Beneficiaries age 75 or older

New! Front Line Essential Workers: Education and youth and child services staff sector, eligible defense manufacturing, DoD corrections staff, DoD postal service staff, DoD public transit workers, Commissary and other installation food service or agricultural workers

*** Vaccination appointments are underway for Phase 1B beneficiaries (75 years and older only) through TRICARE Online.**

Source: DoD Population Schema
www.defense.gov/portals/1/spotlight/2020/coronavirus/vaccine-availability/SCHEMA.pdf

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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Statewide tornado drill Tuesday morning

Do you know what to do?

By Holly Mann

Garrison Emergency Manager

Mark your calendar for this year's Statewide Tornado Drill, Tuesday at 9:45 a.m. The Fort Belvoir

Garrison will participate in this annual day of preparation and readiness by testing its Mass Warning and Notification capability in an audible message using Giant Voice tower speakers located throughout the post.

"Tornadoes can occur any month of the year. In 2019, 19 confirmed tornadoes touched down throughout the Commonwealth impacting 21 different jurisdictions," said Jeff Orrock of the National Weather Service. "When a tornado watch is issued for your area, review your plan and know where to seek safe shelter when a tornado warning is issued."

What to Expect Tuesday

At 9:45 a.m., a distinct alert will be broadcast over the Giant Voice towers, and will resonate throughout the installation, indicating this is a Tornado Warning exercise for the Fort Belvoir community and to seek shelter immediately. Once the exercise is complete, an "all clear" message will be issued.

Reminder to Fort Belvoir's students

This year's tornado drill occurs during the same time students will be arriving at Fort Belvoir Elementary School or busing to nearby schools. Parents, guardians, and teachers are

encouraged to prepare children for the exercise. This is a good time to discuss what to do in the event of a real tornado warning and identify the best place to take cover if you are at school, traveling in a vehicle, or walking somewhere.

At Work

Mission partners are encouraged to participate in this year's drill by testing their own notification and accountability systems, and taking action within their own workspaces to respond as if this were a real tornado warning. It's extremely important to still exercise COVID precautions by avoiding confined spaces, maintaining physical distancing, and correctly wearing masks. Remember that even in this COVID environment, if a tornado warning is issued, everyone needs to know where to go and how to respond.

Home Preparedness

Due to increased telework and remote learning, this year will provide an opportunity to practice tornado preparedness while at home. Identify a safe room or an interior area in the house that is on the lowest level. Keep your emergency kit and emergency communication plan up to date. Stay alert to changing weather conditions and know how to receive alert notifications from Fort Belvoir and the surrounding area.

Self-register in Fort Belvoir's ALERT system at <https://alert.csd.disa.mil> and with Fairfax

County at <https://www.fairfaxcounty.gov/alerts>

The Virginia Department of Emergency Management, along with the National Weather Service, leads the Statewide Tornado Drill as an opportunity to prepare Virginians for tornado threats and to test public warning systems. In 2020, the drill was canceled due to the pandemic response.

For more information on how to prepare for tornadoes at home, at work, or on the go, visit: <https://www.ready.gov/tornadoes>.



Photo by Hun Chustine Minoda

A Big Voice tower undergoes maintenance in this 2020 photo. Towers like this will activate across the installation Tuesday morning for the statewide tornado drill.

poorly ventilated spaces, covering coughs and sneezes, washing hands often, and following any applicable workplace or school guidance. Fully vaccinated people should still watch for symptoms of COVID-19, especially following an exposure to someone with suspected or confirmed COVID-19. If symptoms develop, all people – regardless of vaccination status – should isolate and be clinically evaluated for COVID-19.”

What’s Changed

If you’ve been fully vaccinated, the CDC has issued the following guidance:

- You can gather indoors with fully vaccinated



Courtesy Centers for Disease Control and Prevention
New CDC guidance explains some relaxed measures for those fully vaccinated, but prevention measures will continue to be necessary for all people, regardless of vaccination status.

- people without wearing a mask.
 - You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
 - If you’ve been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
- “If two people are vaccinated there’s lower risk when they’re together,” Larson said. “They still recommend against medium and large-sized gatherings to prevent asymptomatic spread and furthering the pandemic,” adding that “Society needs a little bit of a break, and we need to stay safe, and that’s a tough balance.”

What Hasn’t Changed

- For now, if you’ve been fully vaccinated:
- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
 - You should still avoid medium or large-sized gatherings.
 - You should still delay domestic and international travel. If you do travel, you’ll

- still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you’ve been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
 - You will still need to follow guidance at your workplace.

What we know

The CDC summary states that “We know that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death, and that other prevention steps help stop the spread of COVID-19, and that these steps remain important, even as vaccines are being distributed.

What we’re still learning

This guidance may change as new data comes to light, as there are still several aspects that epidemiologists are still learning. That includes how effective the vaccines are against variants of the virus that causes COVID-19. Early data show that vaccines may work against some variants but could be less effective against others. The CDC also said it is unknown how well the vaccines keep people from spreading the disease, and will have better data as more people get vaccinated. Additionally, it is still unknown how long the vaccines can protect people.

For more information, read the full report of recommendations at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Army Emergency Relief: support your squad

By Paul Lara
Belvoir Eagle

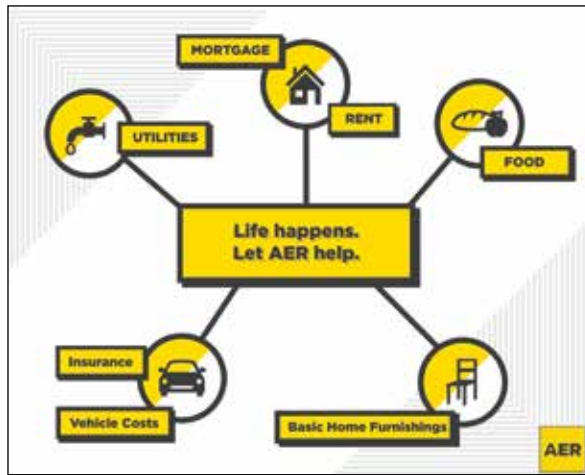
Life is full of surprises, and many of those surprises can be expensive complications. That is where Army Emergency Relief steps in to help you get through it. AER is a non-profit, financial assistance organization dedicated to providing emergency loans and grants to Soldiers and Families that are always free of interest or loans.

Beginning today, and running through July 30, AER is asking for donations to help Soldiers, retirees and their families navigate short-term financial emergencies, according to Matt Howland, AER's chief of Marketing and Communications.

"Over the past year, we expanded programs and eligibility to ensure Soldiers had access to the financial assistance they may need, including an intense focus on assistance for the hardship caused by COVID-19," Howland said. "All told, through the Support of Soldiers helping Soldiers, we provided over \$5M in assistance in response to COVID-19."

Howland stressed that Soldiers should not consider donating to AER because they fear their own financial future, "but because they wish to support the resiliency and financial future of their brothers and sisters in arms - just as those brothers and sisters will provide similar support to others in their squad. Resiliency abounds."

AER launched childcare and remote education assistance last year, but under the original guidelines, Howland said assistance



was provided in the form of grants, zero-interest loans, or a combination of both.

"We've determined the best way for us to meet the need would be to enhance the assistance to a needs-based 100% grant for hardship caused by COVID-19," Howland said. "This means Army Families requiring financial assistance for childcare or remote education (because of COVID-19) will receive a 100% grant to meet their valid needs. Documentation is required to validate the need and families should work with their local AER officer to request assistance."

AER Childcare Assistance

- Assistance for before/after school care, childcare facility, nursery school, private licensed sitter, or private licensed caregiver for an Exceptional Family Member

- Recipient of childcare must be age 12 or younger
- Spouse must be employed or pursuing a college degree or professional certification, reentering workforce following unemployment due to COVID-19, or pursuing employment while Soldier is geographically unavailable
- Proof of reduced capacity or childcare center closure required

AER Homeschool and Remote Education Assistance

- Assistance for traditional full-time homeschool families and remote education due to COVID-19
- Assistance available for dependent children in Pre-K through 12th grade or pursuing an undergraduate degree, including tutoring support
- Maximum \$2k per academic year for dependent children in Pre-K through 12th grade, \$3k for dependent children pursuing undergraduate degrees
- Instructor must provide a letter of support for tutoring

As Fort Belvoir does not currently have an AER officer, Soldiers needing immediate assistance have several options: They can utilize AER Quick Assist by speaking with their company commander or first sergeant for a loan approval; direct access to AER at Joint Base Myer-Henderson Hall, 202 Custer Road, Fort Myer, VA, or call (703) 696-8435



911th Technical Rescue: like no other Army Company

Photos by Paul Lara

A Huey is lodged in the roof at the Lorton Training Site, which is one of many items at the Fairfax County Urban Search and Rescue location.

By Paul Lara
Belvoir Eagle

It was a dystopian neighborhood: trucks had crashed into the sides of buildings; helicopters had crashed into the roof of another, and piles of rubble and concrete everywhere you looked. That was what greeted me as I came to the Lorton training site last month to witness a competition for Rescuer of the Quarter, conducted by the 911th Technical Rescue Engineer Company, which is the only such Company in the Department of Defense.

"This Company is one of one in the Army," said Command Sgt. Maj. Greg Galassi, with The Army Aviation Brigade. "There is no other company that does what they do, with these capabilities and training. These Soldiers are the best of the best in the engineer field."

Capt. Joseph Thomson, commander of the 911th, said his team specializes in urban search and rescue, so the Lorton training site offers much of what they may encounter on a bad day when moments may mean lives. He said its members specialize in five technical rescue disciplines: rope rescue; confined space rescue; structural collapse; mine or tunnel rescue; and trench rescue.

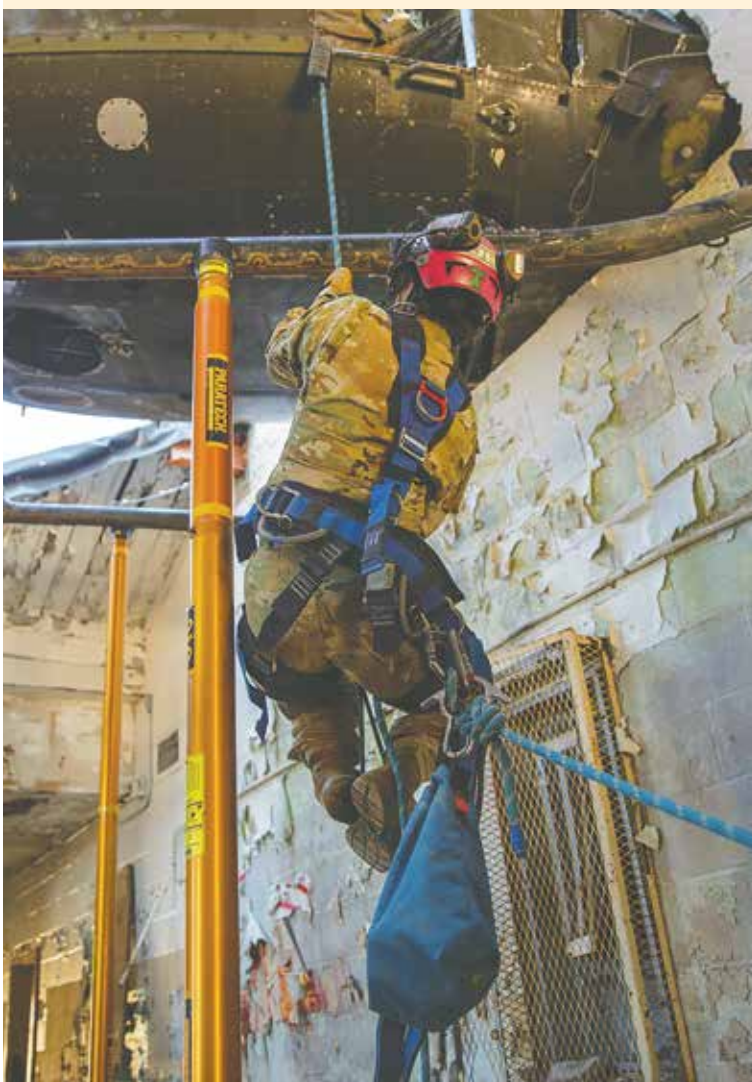
"The technical search emphasizes

the need to fully search the entire structure, whatever it may be, because you'll never know where a survivor may be, or what equipment will be down there," said Lt. Joel Via, the company's executive officer. "They have to find the components for a tripod for rope rescue and assemble it out here. The catch is that even if you find more than two components at a time, you can only bring one back at a time, adding to time pressure."

When doing a rope-climb up a structure, Spc. Dashaun Miller-Kinard carried a 50-pound pack as well.

"That represents ascending up to an area with all our gear, to keep from going up and down, and calling for pieces we need," Miller-Kinard said, adding that he was feeling good about his performance so far. "I'm confident on a concrete breach, but I just didn't make the hole big enough, and I got caught and ripped the seat of my pants on the rebar," he said, tugging at the fresh hole in his uniform. "I'm feeling good about my day, so we'll see how it goes."

In 2001, after an airliner was smashed into the Pentagon, the company commander and first Sergeant moved the team to the disaster site without waiting for orders, and spent the next ten days in search and rescue operations. Because of that, the company was re-designated



Spc. Vanessa Toro climbs into a helicopter as the 911th Engineering Technical Rescue Company holds a competition for Rescuer of the Quarter at the Lorton Training Site, Feb. 25. The 911th is the only company of its kind in the Army.



Spc. Dashaun Miller-Kinard, center, is awarded the 911th Engineering Technical Rescue Company's Rescuer of the Quarter Award, Feb. 25, by Capt. Joseph Thomson, left and 1st Sgt. Christopher Hoffman. Out of six competitors, Miller-Kinard won the competition by just three points.

the 911th in 2006 for its actions.

That level of motivation is what drives this unit, according to Col. Winfield Adkins, commander, U.S. Army Aviation Brigade.

"They're very motivated Soldiers; they fill my motivational tank every day I come in. Being their commander is a privilege just watching what they do," Adkins said. "They take a lot of pride and care in learning their craft and knowing their mission-set."

Skilled rescuers need to arrive on site in the shortest time possible, which is why they're paired with the 12th Aviation Battalion.

"The Soldiers in the 911th are an extremely rare combination of art and science with folks who are technically proficient at what they do; but what they do requires such an extraordinary amount of imagination," said Lt. Col. Ryan Forshee, 12th Aviation commander. "If you think about how challenging it is to find people who can do both those things extremely well, that's rare – and we've got a company full of them here at Fort Belvoir."

After scores and times were calculated, Thomson announced the winner of the voluntary competition at the day's end. Apparently, the torn uniform didn't deduct from the score, as Miller-Kinard edged out the next competitor by just three points, and said "This feels good. I'd like to thank all my past team leaders – this was fun," he said.

"They are here to respond on the nation's worst day, and they're ready to do it every day," said Forshee.



Spc. Jonathan Best, a rescuer with the 911th Engineering Technical Rescue Company, cuts rebar to create a hole large enough to climb through, during a competition for Rescuer of the Quarter at the Lorton Training Site, Feb. 25.



Spc. Brendan Potechin, left, and Spc. Vanessa Toro evacuate a helicopter crash victim as the 911th Engineering Technical Rescue Company holds a competition for Rescuer of the Quarter at the Lorton Training Site, Feb. 25.



Photo by Paul Lara

Katie Boyette, in her office at Patriot Pet Care, in this 2020 file photo.

Boyette turns love of animals into a career

By David Fawcett
Belvoir Eagle

When Katie Boyette saw a job listing posted for a pet care manager at Fort Belvoir, she did a mental double take.

"I was not sure if this was real," Boyette said.

The position checked all her boxes. It offered her the opportunity to return closer to home. It offered the opportunity to use her business background. And it offered her the opportunity to work with animals.

"It was the perfect fit," Boyette said.

After interviewing her for the job, Tim Coolican agreed. Boyette had the right combination to not only do the job, but expand it and do so with gusto. She was an easy pick to run Patriot Pet Care when it opened in July.

"At the end of the day, she was the clear choice," said Coolican, Fort Belvoir's director of business operations chief at DFMWR. "She clearly had the background, but in talking to her you could tell this was not just a job to her. That meant a lot."

Boyette always wanted to turn her love of animals into a career. Growing up in Gloucester, Va., Boyette and her family owned cats at first and then added a German Shepherd when she was in elementary school.

Boyette remained involved with animals in different ways. She worked with the famous Budweiser Clydesdales in Williamsburg from 2002-2006. She also helped open a PetSmart in Temple, Texas in 2007 and received a degree from the University of Louisville in equine business. Located in the heart of

horse country, Louisville is the only college in the world to offer that type of degree.

It was then she found the Patriot Pet Care manager position at Fort Belvoir. Given her background in business and animal care, Boyette felt comfortable assuming this new role.

In running the day-to-day operations, Boyette envisions a facility that provides more than just boarding and daycare. Patriot Pet Care also offers grooming and, in January, started offering training as well.

In addition, Patriot Pet Care offers other specialty services like "couch cuddles", where dogs or cats can spend time in the pet lounge watching TV or snuggle with one of the staff members, and a media package, where owners receive daily email updates with pictures and video of their pets while boarding.

Boyette knows this is a work in progress, but loves seeing the inroads Patriot Pet Care has already made. Patriot Pet Care is trying to expand its hours to accommodate more people for daycare as they return to work from the pandemic.

More than anything, though, Boyette wants to create an environment where the pet owners feel safe dropping off their pets.

Her other goal is to train the dogs properly. Going back to her days when she chose to focus on animal behavior, Boyette wants to answer owner's questions about why their dogs are jumping the fence or going to the bathroom inside the house. She knows there's an answer and she can provide it.

"I want their pets to become good household members," Boyette said.

Women’s History Month

Compiled by Paul Lara

Women’s History Month celebrates women’s contributions to history, culture and society by reminding all of us about the significant achievements made by women in the United States. Women’s History Month has been observed annually in the United States since 1987, from March 1 through March 31 each year.

Below is a list of some of the milestones and contributions made by women just during the month of March.

MARCH MOMENTS IN WOMEN’S HISTORY

- MARCH 12, 1912** – **Juliette Gordon Low** assembled 18 girls together in Savannah, Ga., for the first-ever Girl Scout meeting.
- MARCH 12, 1993** – **Janet Reno** is sworn in as the first woman U.S. Attorney General.
- MARCH 13, 1986** – **Susan Butcher** won the first of 3 straight and 4 total Iditarod Trail Sled Dog Races in Alaska.
- MARCH 17, 1910** – **Camp Fire Girls** is established as the first interracial, non-sectarian American organization for girls.
- MARCH 17, 1917** – **Loretta Perfectus Walsh** became the first woman to join the Navy and the first

- woman to officially join the military in a role other than a nurse.
- MARCH 20, 1852** – **Harriet Beecher Stowe’s** novel Uncle Tom’s Cabin is published and becomes the best-selling book of the 19th century
- MARCH 21, 1986** – **Debi Thomas** becomes first African American woman to win the World Figure Skating Championship
- MARCH 23, 1917** – **Virginia Woolf** establishes the Hogarth Press with her husband, Leonard Woolf.
- MARCH 31, 1888** – **The National Council of Women of the U.S.** is organized by Susan B. Anthony, Clara Barton, Julia Ward Howe, and Sojourner Truth, among others, the oldest non-sectarian women’s organization in the U.S.
- MARCH 31, 1776** – **Abigail Adams** writes to her husband John who is helping to frame the Declaration of Independence and cautions, “Remember the ladies...”



Courtesy of Academy of Achievement

Susan Butcher won the first of 3 straight and 4 total Iditarod Trail Sled Dog Races in Alaska.

Work on dismantling Fort Belvoir's deactivated reactor to resume this fall

By Paul Lara
Belvoir Eagle

After a hiatus due to COVID-19, work has resumed on decommissioning and dismantlement of Fort Belvoir's SM-1 deactivated nuclear reactor, according to the U.S. Army Corps of Engineers – Baltimore District. Program Manager Brenda Barber said that USACE plans to conduct additional community outreach efforts and town hall meetings to discuss the work ahead.

"The team will begin the project efforts with four to six months of engineering and work planning. We anticipate crews mobilizing to the site at Fort Belvoir in late fall 2021," Barber said. "The remainder of 2021 and majority of 2022 will focus on site preparation, and the early stages of decommissioning will begin in 2022 and continue for two to three years. The remainder of the contract will focus on site restoration and final documentation, with an estimated project completion in 2025."

Barber said the decommissioning contract includes all aspects of the project, including the removal of all reactor components; transportation and disposal of material; site cleanup; and restoration. The U.S. Army Corps of Engineers team will work hand in hand with the decommissioning contractor to ensure all aspects of the project are done with safety as the top priority. The USACE team overseeing the SM-1 decommissioning has a proven track record of safely carrying out a broad array



Photo by Paul Lara

A scale model of the Fort Belvoir SM-1 nuclear power plant, sitting in the reception area in this 2020 file photo.

of radiological projects around the world. . This includes the complete decommissioning of one of SM-1's sister reactors - the Army's deactivated M1-H1 nuclear reactor onboard the STURGIS vessel, which was the world's first floating nuclear power plant.

Due to restrictions with the pandemic,

Barber said the team has limited ability to host site visits, "but there is a virtual tour of the site to allow everyone to see the site firsthand. The virtual video tour is available on YouTube at http://bit.ly/SM-1_VirtualTour.

For more information, email brenda.m.barber@usace.army.mil or call 410-375-4565

