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# Pentagram

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26.2



PHOTO BY RACHEL LARUE

Girma Bedada (upper left), runs the Marine Corps Marathon Oct. 27. He went on to win with a time of 2:21:31.

## 38th Marine Corps Marathon flanked by supporters

By Rhonda Apple  
Pentagram Staff Writer

On any given Sunday before dawn, the majority of streets around the National Capital Region have little traffic and very few people are filing onto the sidewalks and pathways. However, Oct. 27 was not your typical Sunday. It was the day of the "People's Marathon" – the 38th annual Marine Corps Marathon.

Thousands of runners, supporters, marathon staff, charity organizers and volunteers – including Marines stationed throughout the NCR – began to congregate near the Marine

Corps War Memorial and along the entire race course from Arlington, into Washington and back toward Rosslyn before daylight. Excitement filled the crisp morning air, with the temperature hovering around 49 degrees. MCM announcer Rob Power's upbeat voice boomed with encouragement and inspirational messages as runners gathered at the marathon arch, located between Arlington National Cemetery and the Pentagon on Route 110. Among the 30,000 registered marathoners were those wearing trash bags for added warmth over their running clothes.

see MARATHON, page 8

## JFK flame transfer starts month of remembrance

By Jim Dresbach  
Pentagram Staff Writer

Nearly a half century ago, Americans witnessed a late November darkness that was eventually illuminated by an eternal flame.

On Oct. 29, that flame at the John F. Kennedy gravesite in Arlington National Cemetery was transferred from temporary to permanent status by Secretary of the Army John McHugh and the cemetery's Chief Engineer and Acting Chief of Staff Army Col. Michelle Stewart.

The temporary flame has been used at the JFK burial site since April so construction upgrades could be performed. The U.S. Army Corps of Engineers Norfolk District and construction partners combined to finish a number of tasks before the assassination anniversary. The project replaced the burner assembly and the supporting infrastructure including gas, electric and compressed air lines for the flame as well as installed new drainage lines below the flame. Workers also relocated gas pressure regulators from inside to outside the chamber to provide easier maintenance and access.

"An upgrade such as this can be challenging for any project, but even more so for such an iconic symbol that remained so visible to the public during construction," Army National Military Cemeteries and Arlington National Cemetery Executive Director Patrick K. Hallinan told a gathered crowd of several hundred during the 20-minute ceremony.

He called the transfer "an historic event" and explained that millions of servicemembers and tourists from around the world have traveled to Arlington to pay respect to the 35th president of the United States and his family at the Cape Cod fieldstone grave, which is highlighted by a five-foot circular flat-granite stone that rests below the retransferred perpetual flame.

"And they come to see the eternal flame," the executive director said. "[It is] the embodiment of hope and renewal – a symbol that is just as relevant today as it was then."

see FLAME, page 5

## JBM-HH community gets rid of unwanted meds

By Julia LeDoux  
Pentagram Staff Writer

Groceries were not the only items being unloaded Oct. 25 at the commissary on Joint Base Myer-Henderson Hall.

The military food store served as a local drop-off location for National Drug Take-Back Initiative day.

"I really worry about the narcotic ones," said Maggie Maguire as she tossed her unwanted prescription drugs into a cardboard box located near the store's entrance. "I don't want them around."

Sponsored by the installation's Army Substance Abuse Program office and

other agencies, the event provides an opportunity for people to safely dispose of their unwanted or unused prescription drugs in a safe and environmentally friendly manner, said JBM-HH Army Substance Abuse Program Coordinator George Suber.

"Law enforcement is going to transport [what we collect] down to the DEA [Drug Enforcement Agency] substation at [Reagan]National Airport," he continued. "They actually take it back to Virginia State Police. They take it out to an undisclosed area and burn all of this up."

JBM-HH partnered with the National Guard Bureau in collecting the unwanted items last week, added

Suber.

Calling the day a really big help, Maguire recalled "a time when people were flushing them [unwanted or unused prescription drugs] down the toilet. But then the streams were getting polluted with the various drugs. This way, they're prescriptions, you turn them in."

Army Sgt. Stuart Arnett, noncommissioned officer in charge at the Andrew Rader U.S. Army Health Clinic, said the joint base hosts a prescription drug take-back day every six months.

"The only things we don't take back are injectables," he said.

Suber and Arnett manned the drop-

see TAKE BACK, page 5



PHOTO BY RACHEL LARUE

Andrew Rader U.S. Army Health Clinic pharmacy NCOIC Sgt. Stuart Arnett, (left) and Army Substance Abuse Program Prevention Coordinator George Suber, (center) collect items from Maggie Maguire, (right) during Drug Take-Back Day on Joint Base Myer-Henderson Hall in the commissary Oct. 25.

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### Giving thanks

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### HQ hauntings

Is a 100-year-old nurse spooking JBM-HH?  
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PHOTO BY RACHEL LARUE

**Semper Fi**

Ballard Hall crosses the Marine Corps Marathon finish line as Commandant of the Marine Corps Gen. James F. Amos (right) watches Oct. 27. For more photos, log onto [www.flickr.com/photos/jbm-hh](http://www.flickr.com/photos/jbm-hh).

**Community Spotlight**

- **Name (rank)?** Staff Sgt. Alberto Rodriguez
- **Job title/where do you work?** HQ Co., HQSVC Bn., HQMC, Henderson Hall, Admin. Chief.
- **Military service?** USMC.
- **Favorite sports team?** New York Yankees, FC Barcelona.
- **Favorite Book?** "A message to Gareia" by Elbert Hubbard, "Blink" by Malcolm Gladwell and "The Alchemist" by Paulo Coelho.
- **Favorite food?** Pork chops and Philly sushi roll.
- **Favorite band/music artist?** Beethoven's "Moonlight Sonata."
- **Favorite movie?** "Fight Club."
- **Favorite place you've ever traveled to or been stationed?** Palma de Majorca, Spain; Malta; Kyoto, Japan.
- **What do you like most about working on/visiting JBM-HH?** The Cpl. Terry L. Smith Gym.
- **What are your goals for the year?** Finish writing a book.
- **What do you like most about living in the National Capital Region?** The city-like environment, D.C. events, the parks, museums and the night life (Adams Morgan).
- **What's the best advice you've ever received?** Every person is responsible for their own actions and well-being. "If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed," Albert Einstein.



**Commander, Joint Base Myer-Henderson Hall  
Col. Fern O. Sumpter's vision and philosophy:**

With a team of resource management savvy and technically competent DoD professionals, establish JBM-HH as DoD's premier provider of consistent, quality services that enhance readiness and the overall well-being of our customers.  
We must be ...  
- Experts at what we do ... constantly improving our skills and knowledge.  
- Focused ... set priorities and complete the mission.  
- Committed ... to the mission and each other, fostering a community of excellence.  
- Professional/respectful ... remain calm, even when others are not... count on each other at all times, treating everyone with dignity and respect.

**Caption This**



PHOTO BY STAFF SGT. NATHAN AKRIDGE

**Caption This #40**

If you've ever looked at a photo, read the caption underneath and thought you could do better, now is your chance. Each week, "Caption This" will have a photo taken from around the base. It's up to you to figure out the best, funniest or craziest caption that describes what's going on in the picture. The only rule is you have to KEEP IT CLEAN!  
"Caption This" submissions can be sent either by emailing them to [pentagramjbmhh@yahoo.com](mailto:pentagramjbmhh@yahoo.com), commenting on our Facebook page [www.facebook.com/jbmhh](http://www.facebook.com/jbmhh) or just stopping by Headquarters Bldg. 59, suite 116 and dropping it off. Don't forget to add the "Caption This" number, your name, rank or position and where you work.  
Every week the Pentagram staff will pick their favorite. The winner's name, caption along with the photo, will be printed in the newspaper. Compete with your friends and coworkers and see who can come up with the best one. And if you have a photo you think would make a great "Caption This," send it in.

**Caption This #39**

"No, you do it like this."

**Adam Runk**



**Pentagram**



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<http://www.army.mil/jbmhh>

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## Safety tip

### Change of season

**Steve Kurtiak**  
**Driving Directorate**  
**U.S. Army Combat Readiness/Safety Center**  
**Fort Rucker, Ala.**

One of the most beautiful times of the year for a motorcycle ride is during the fall as nature's colors reach their full brilliance. However, despite the season's beauty, fall can be an especially dangerous time for riders. With days getting shorter and temperatures falling, motorcyclists need to adjust their riding techniques accordingly.

#### See and be seen

As the days shorten, you'll be spending more time riding in the dark. While you'll be able to enjoy some beautiful sunrises and sunsets as you ride to and from work, you'll also have to deal with the sun's glare. That glare, especially when the sun is low on the horizon, can make it hard for drivers to see you or you to see the road. You have probably experienced this many times in a car.

Despite leaning your head back, pulling down the sun visor and wearing your sunglasses, you're still partially blinded by the glare. This problem can be worse for motorcyclists. Even if your helmet has a visor or tinted shield to reduce the glare, you'll still have problems seeing oncoming traffic. If you can't reduce the glare, you'll have to hold your head so you can see the road while trying to keep the sun out of your eyes. This usually means riding with your head in an awkward, tucked position.

To be seen, you need to position yourself in your lane where you'll be as visible as possible to oncoming traffic. This is particularly important when approaching intersections, where the bottom-line rule is to always assume someone will pull out in front of you.

You need to prepare yourself for that by adjusting your speed accordingly, being ready to maneuver quickly and always leaving yourself a way out. While these tips apply year round, they're especially important in the fall, when the sun's glare makes it harder for others to see you during sunrise and sunset.

#### Slip-sliding away

Falling leaves present their own hazards. Wet leaves reduce traction and can make riding to work or taking weekend trips on twisty, two-lane roads more dangerous. Smart riders adjust their speed going into curves and look well ahead to choose the best line to avoid any wet, slick leaves. As temperatures drop, smart riders will be on the lookout for shaded curves, where the lack of sunlight has kept the ice from melting. Whether you ride in the Great Smokies, Cascades, Adirondacks or foothills of the Alps, it's up to you to be aware of the road conditions before you ride. Every morning, I check the weather, dress accordingly and mentally prepare myself before starting my motorcycle.

Speaking of dressing for the ride, there's nothing worse than having cold hands and feet. Not only is being cold uncomfortable, it can impair your ability to control your motorcycle. Whenever my hands begin to feel a slight chill, I start adding layers of clothing.

I put my summer gloves away and wear my winter set without the liner. When my hands start feeling cold again, I add the liners and I'm good until the spring. I do the same thing with my jacket and pants. Because my boots provide excellent protection from the elements, I just wear thicker socks in the late fall and early winter. The cold not only affects your body, it can also affect your ability to make good decisions. A friend with many years of riding experience crashed during an early winter morning when he failed to recognize slippery road conditions ahead of him on an exit ramp. Being cold, he was less alert to dangers and didn't spot the spilled diesel fuel until it was too late to avoid it. Luckily for him, he was wearing the appropriate personal protective gear and only suffered a broken left arm and some ruffled pride. Regardless of your level of riding experience, being cold and not having your head in the game can bite you.

#### Storing your motorcycle

When the riding season ends, you'll definitely want to protect your motorcycle by properly winterizing and storing it. Some of you will put up your bikes in November, so now is the time to start thinking about the proper storage techniques. Your owner's manual, coupled with the T-CLOCS (tires, controls, lights, oil, chassis and stand) inspection checklist, will guide you through the proper steps.

Winter — and the snowplow that buried your driveway with two feet of snow to shovel — will soon be gone. By following the steps in your owner's manual, T-CLOCS checklist and the check sheet you made, you'll save money on maintenance costs and get on the road quicker in the spring. Live to ride and ride safe!

## Army Ten-Miler team recognized

By Cory Hancock  
**JFHQ-NCR/MDW Public Affairs**

Maj. Gen. Jeffrey S. Buchanan, Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington commanding general, hosted an award ceremony at the Fort Lesley J. McNair portion of Joint Base Myer-Henderson Hall to recognize the efforts of the Army Ten-Miler organizational team Oct. 29.

Certificates of appreciation were awarded to Stefani Beale, Gia Bower, Heather Boyd, and Earl McKnight for their outstanding performance of duty over the past year planning, coordinating and achieving outstanding results culminating in the highly successful running of the 29th Army Ten-Miler.

Buchanan awarded the Department of the Army achievement medal for civilian service to Nancy Brandon for her performance on the Army Ten-Miler organizational team. Brandon demonstrated outstanding leadership in strategically reinforcing the Army Ten-Miler brand and overseeing the development of the new website.

James Vandak was presented the commander's award for civilian service by Buchanan. Vandak exhibited exemplary skill and versatility in overcoming the challenges presented by the government shutdown. His hard work and expert management resulted in a successful Army Ten-Miler.

"The Army Ten-Miler is produced by the U.S. Army Military District of Washington and all proceeds benefit Army Morale, Welfare and Recreation programs. To date, the race has generated \$4 million for Army MWR," said Vandak, Army Ten-Miler director. "This year, 35,000 runners registered in a record 20 hours to compete for top honors in the third largest 10-mile running event in the world. ATM is the only race to start and finish at the Pentagon.

"The MDW command works on planning and coordinating the Army Ten-Miler with internal and external partners throughout the year," said Vandak. "After completing the after-action report in early November, planning immediately begins for the next Army Ten-Miler.

"In 2014, we will celebrate the 30th anniversary of the Army Ten-Miler," said Vandak. "The race date is set for October 12, 2014."

Rear Adm. Boris D. Lushniak, the acting United States surgeon general, joined Buchanan at the ceremony. Lushniak presented the entire Army Ten-Miler organizational team with a certificate of appreciation from the Office of the Surgeon General.

"The Office of the United States Surgeon

General and the United States Public Health Service Commissioned Corps is dedicated to promoting and advancing the health and safety of our nation," said Lushniak. "In essence, the Army Ten-Miler team exemplifies the surgeon general's vision of a healthy and fit nation by taking leadership, showing dedication and commitment to improving our nation's health."

There currently are more than 6,700 public health service officers on active duty. Officers are assigned to all of the PHS Agencies and to a number of outside agencies, including the Bureau of Prisons, U.S. Coast Guard, Environmental Protection Agency, Health Care Financing Administration, and the Commission on Mental



PHOTO BY CORY HANCOCK

Rear Adm. Boris D. Lushniak, the acting United States surgeon general (far left) and Maj. Gen. Jeffrey S. Buchanan, JFHQ-NCR/MDW commanding general (far right), stand with members of the Army Ten-Miler organizational team following a ceremony recognizing their efforts in planning, coordinating and executing the 29th Army Ten-Miler. (From left) Nancy Brandon, Earl McKnight, Heather Boyd, Gia Bower, Stefani Beale and James Vandak were recognized during a ceremony held at the Fort Lesley J. McNair portion of JBM-HH Oct. 29.

Health of the District of Columbia.

"I am delighted and invigorated that for the past four years the U.S. Public Health Service Commissioned Corps has been able to work with Mr. Jim Vandak and his team in the inclusion of our uniformed service in this special and patriotic event," said Lushniak. "This year, we had a team of about 100 sign up for the Army Ten-Miler, commissioned corps officers that came from as far as Alaska to join the run; next year we hope to have 200.

"We look forward to the continued relationship between the Office of the Surgeon General and the Army Ten Miler team," said Lushniak.

## News you can use

### Job fair

The JBM-HH Army Career and Alumni Program will sponsor a job fair Nov. 5 from 10 a.m.-2 p.m. at the Fort Myer Officers Club, 214 Jackson Avenue, on the Fort Myer portion of the joint base. The job fair is open to all transitioning servicemembers, veterans and military family members. All military and prior military may pre-register online at [www.civilianjobs.com](http://www.civilianjobs.com) and be matched with companies based on career and geographic preferences. For more information, visit [www.civilianjobs.com](http://www.civilianjobs.com) or call 1-678-819-4153.

### National American Indian heritage month

Celebrate National American Indian heritage month Nov. 14 from 10 a.m.-1 p.m. by touring the National Museum of the American Indian. The bus departs from Bldg. 405 on the Fort Myer

portion of the joint base at 9:30 a.m. Uniform is civilian attire. Reservations are due by Nov. 7. To register, contact Sgt. 1st Class Adrienne Robinson at [Adrienne.d.robinson2.mil@mail.mil](mailto:Adrienne.d.robinson2.mil@mail.mil) or by calling 703-696-2964 or Sgt. 1st Class Michael Swinton at [michael.l.swinton@mail.mil](mailto:michael.l.swinton@mail.mil) or by calling 703-696-8729.

### Daylight saving time

Mark your calendars for daylight saving. Set clocks back one hour, effective Nov. 3 at 2 a.m.



## Veterans Day holiday hours

Most offices on Joint Base Myer-Henderson Hall will be closed Nov. 11 in observance of Veterans Day, a federal holiday. Some military activities will have curtailed operations Friday, Nov. 8, to allow for a training holiday for military personnel.

The following facilities and places of business will have altered hours during the upcoming holiday. Unless otherwise noted, this list applies to Nov. 11. This list is not all encompassing. Please check with the facility you wish to visit for more details.

- Headquarters Command Battalion – Nov. 8 (curtailed operations) and 11 (closed).
- Old Post and Memorial Chapel – Closed.
- Rader Health Clinic – Closed.
- Rader Dental Clinic – Closed.
- Fort McNair Health Clinic – Closed.
- Commissary – Open from 9 a.m. to 5 p.m., holiday hours.
- Fort Myer Exchange – Open from 10 a.m. to 4 p.m.
- Fort Myer Shoppette – Open from 9 a.m. to 5 p.m.
- Fort McNair Shoppette – Closed.
- Subway – Open from 9 a.m. to 4 p.m.
- Flower Shop – Open from 10 a.m. to 3 p.m.
- Barber Shop (Fort Myer) – Open from 10 a.m. to 3 p.m.

- Barber Shop (Henderson Hall) – Open from 11 a.m. to 3 p.m.
- Barber Shop (Fort McNair) – Closed.
- Cleaners/Alteration – Open from 9 a.m. to 3 p.m.
- GNC – Open from 10 a.m. to 3 p.m.
- Optical Shop - Open from 10 a.m. to 3 p.m.
- Firestone – Open from 7 a.m. to 4 p.m.
- Marine Corps Exchange, The Vineyard Wine & Spirits – Open from 10 a.m. to 6 p.m.
- CYSS – Closed.
- Army Community Service – Closed.
- Fort Myer Fitness Center – Open from 9 a.m. to 5 p.m.
- Fort McNair Fitness Center – Closed.
- Cpl. Terry L. Smith Gymnasium – Open 9:30 a.m. to 6 p.m.
- Maj. Douglas A. Zembiec Pool – Closed.
- Library – Closed.
- Recreation Center – Closed.
- USO - Closed.
- Auto Shop – Closed.
- Fort Myer Officers Club – Closed.
- Fort McNair Officers Club – Closed.
- Spates Community Club – Closed.
- Java Café – Open from 10 a.m. to 3 p.m.
- Bowling Center – Open noon to 6 p.m.
- MCCS Henderson Hall Car Wash – Open 24/7.
- Legal Services & Claims Office – Closed.

## A boo debate at Bldg. 59: Argument is on whether JBM-HH HQ is haunted

By Jim Dresbach  
Pentagram Staff Writer

The growing catalog of ghost sightings in Northern Virginia and Washington, D.C., exponentially grows and tends to receive more print and airtime during ghoulish and goblin time. The Fort McNair portion of Joint Base Myer-Henderson Hall has the ghost of convicted Lincoln assassination conspirator Mary Surratt. Many say when the fog rolls off the Anacostia and Potomac Rivers, Mrs. Surratt can be seen walking the parade field. Ghost hunters and some overnight VIPs swear the White House provides a roof for the apparition of Abraham Lincoln himself.

Word now is that the JBM-HH headquarters building (Bldg. 59) may have its own in-house haunter.

In August, a United Services Organization employee claims she briefly rendezvoused with a quick-stepping, yet heavy-footed "nurse."

USO Development Associate Victoria "Vix" Mechlin is a work-time resident of Building 59's top floor. After descending the two flights on the back staircase at the end of the day Wednesday, Aug. 28, she headed for the front door and



PHOTO BY RACHEL LARUE

Joint Base Myer-Henderson Hall's headquarters building (Bldg. 59) used to serve as a hospital. The original parts of the building are over a century old.

over the loudspeakers. I was heading out of the building [through the front door]," Mechlin recalled. "I was walking down the hallway, and I heard rustling like a movement of clothing and heavy footsteps. It was so quiet I just noticed it."

Now more curious and approaching the vicinity of Command Sgt. Maj. Earlene Y. Lavender's office, Mechlin got a glimpse of what she thinks was a Victorian-Age nurse.

"The thing that made me turn my head to the right toward the front staircase was the sound of a skirt sweeping the floor," she said. "I looked and right past the pictures of the commanders I saw a [long, blue] skirt, which seemed out of focus to my eyes, and the back of a woman's head with brown hair in a bun. Her hair was almost all covered with this cap - it was a white cap - and she was wearing a white apron. It was a lot of clothing. What first struck me was 'wow...who's that?' She looked like somebody in costume, but it was awful hot outside for that much clothing."

That Wednesday evening, a Twilight Tattoo was scheduled for Whipple Field, but a call by the Pentagon to the Military District of Washington-National Capital Region public affairs office, which oversees tattoos and Spirit of America performances, confirmed that no Spanish-American War or World War I era costumed nurses were a part of the 2013 pageants.

As the medical personnel vision headed toward the com-

mander's office, she disappeared from Mechlin's sight.

"I then wondered where she was going. She was moving fast. She had a heavy, intentful walk," Mechlin remembered. "I was wondering if she was doing a reenactment. I must have saw her for 10 or 15 seconds - my brain was trying to take it in as fast as I was seeing it. She didn't turn around. She seemed very busy. Whatever she was doing, she was in a hurry."

The history of building 59 gives a bit of validity to Mechlin's encounter - the headquarters was once the base hospital.

"The colonel's office in Building 59 was the surgical suite; the colonel's outer office would have been the [surgical] prep room area," former JBM-HH Historian Kim Holien explained.

When interviewed for the story, Mechlin was shaken by the incident, but felt whatever she bumped into meant her no ill will.

"Yeah, it threw me off. But I just want her to stay here," the USO employee laughed.

Holien is a major student and follower of past events and the important men and women who shaped D.C. history, and he keeps an open mind about ghost stories. Yet, while he worked in an office that borders the hallway where the August sighting occurred, he had hardly felt a chill or heard a booted footstep.

"In 18 years, I never saw anything [resembling a ghost]," Holien said of the Building 59 hallway.



PHOTO COURTESY LIBRARY OF CONGRESS

A USO employee claims to have had an encounter with a ghost resembling a Spanish-American War era nurse which was dressed much like the one above.

Lee Avenue. What she encountered for less than a half minute produced goose bumps on the back of her neck.

"It was five o'clock. I just heard [the bugle call] retreat

## MDW Soldier reenlists in NYC

By Jim Dresbach  
Pentagram Staff Writer

Army Staff Sgt. Danilo Fernandez became a military policeman on Sept. 11, 2001 and left New York City two days before the 9/11 terrorist attacks at the World Trade Center.

He returned to one of the city's most iconic sites last month for a personal milestone ceremony.

While surrounded by family, Fernandez indefinitely reenlisted in the Army at the World Trade Center Memorial Oct. 18.

Fernandez, born and reared in New York City, is currently a military policeman with the 241st MP Detachment at Fort George G. Meade, Md.

"The main reason I chose the World Trade Center Memorial is because [9/11] played a significant part in my life," the staff sergeant said. "I was going through rites of passage that day. On 9/11, we were in a room hearing rumors [about the attacks], but I didn't find out about it until after I became a military policeman later that day."

A large group of family members joined Fernandez at the bottom portion of Manhattan

for the ceremony. His father was a Soldier and he grew up as a self-described "Army brat."

"I have a pretty extensive family," he said during a telephone interview. "I have a lot of aunts and uncles in New York City."



PHOTO CONTRIBUTED

Army Staff Sgt. Danilo Fernandez (center) joins family members along with 241st MP Detachment Commander Capt. Hamid Conteh (far right) after Fernandez reenlisted at New York City's World Trade Center Memorial Oct. 18.

## News Notes

### Death notice

Anyone with debts owed to or by the estate of Master Sgt. Gary Dix, Directorate of the Pentagon, must contact Capt. Brandon Bennett, the summary court officer for the Soldier. Dix passed away Oct. 3, 2013. Call Bennett at 703-607-7998.

### Legal services closed Nov. 1

The legal services office in Bldg. 201 on the Fort Myer portion of Joint Base Myer-Henderson Hall is closed Nov. 1 for training. Legal services will reopen Nov. 4 at 8 a.m. For more information, call 703-696-0761.

### Thrift shop open

The Fort Myer Thrift Shop will be open Nov. 2 from 10 a.m.-3 p.m. Clothing and shoes with red tags will be on sale. For more information on sales and specials at the store, visit [www.fortmyerthriftshop.org](http://www.fortmyerthriftshop.org).

### Shake off the shutdown

Mark your calendars to shake off the shutdown. The U.S. Army Band Downrange will join forces with The U.S. Army Orchestra Nov. 2 at 7:30 p.m. and Nov. 3 at 3 p.m. for a special performance of music from the classic rock band The Who. Bring family and friends to Brucker Hall on the Fort Myer portion of JBM-HH for this free performance. No tickets are required.

### Daylight saving time

Mark your calendars for daylight saving. Set clocks back one hour, effective Nov. 3 at 2 a.m.

### Gates, barrier maintenance time

Periodic preventative maintenance work will be done on JBM-HH gate bollards and pop-up barriers Nov. 4, 5 and 6 according to the following schedule:

Fort Myer and Henderson Hall portions of the joint base, Nov. 4, morning: Henry Gate; afternoon, Gates 1 and 3, Henderson Hall portion of JBM-HH.

Nov. 5, morning: Wright Gate, afternoon: Hatfield Gate

Nov. 6, morning: ceremonial gate on the Fort McNair portion of JBM-HH; afternoon, 2nd Street Gate.

Traffic disruption will be minimal during the work, but use caution when traveling through the gates during this time. Expect to hear testing of a speaker system during the work. For more information, call 703-588-2810.

### Parking limited at Summerall Field

The Summerall Field parking lot will be closed Nov. 4, 5, 10 and 11 so that participants in the Nov. 11 Veterans Day ceremony and activities can practice and perform. The parking lot, on the Fort Myer portion of the joint base, runs along Sheridan Avenue between Bldg. 417 and Bldg. 243. For more information, call 703-696-3291.

### Tickets available for holiday festival concerts

See [www.usarmyband.com](http://www.usarmyband.com) for details about the U.S. Army Band's American holiday festival concerts. Free tickets will be available online beginning Nov. 4 at 10 a.m. for this year's holiday concerts that will be held at Brucker Hall on the Fort Myer portion of JBM-HH Dec. 7, 8 and 13.

### Resiliency training open to all

Comprehensive Soldier and Family Fitness is open to everyone with a Nov. 4 class titled avoiding thinking traps. Class will be held from 1-3:30 p.m. in Bldg. 405 on the Fort Myer portion of the joint base. The next training will be held Nov. 18 from 1-3:30 p.m. in Bldg. 405. To get more information or to register, call 703-696-2619 or email [paul.a.brown128.mil@mail.mil](mailto:paul.a.brown128.mil@mail.mil) or visit <http://csf2.army.mil>.

### Flu season is afoot

Andrew Rader U.S. Army Health Clinic on the Fort Myer portion of JBM-HH will provide season influenza vaccine to active duty and reserve component military personnel, DEERS eligible beneficiaries ages two and above and JBM-HH DoD civilian employees at the Memorial Chapel Fellowship Hall from 8 a.m.-3 p.m. Nov. 5; Nov. 12 and 14; and Nov. 21. Children under the age of two must see their assigned primary care provider. Rader Clinic enrolled children under the age of two can get the vaccine on a walk-in basis at the Rader Immunization Clinic, Monday-Friday, during normal clinic hours, 7:30 a.m.-3:30 p.m. The clinic is closed from noon-1 p.m. A pediatric appointment is not necessary.

Through Nov. 17, flu vaccine will be provided at the above flu clinics only, except for Rader-enrolled children under two years of age. The flu vaccine will also be offered to enrolled beneficiaries during a scheduled visit with their primary care manager. Do not schedule an appointment early to get a flu shot. All eligible beneficiaries must show a valid ID card or DoD common access card prior to getting the flu vaccine. Call the flu hotline at 703-696-2994 for updated information.

Continues on next page

# News Notes

Continued from previous page

## Power outage scheduled

On Nov. 6 from 4 p.m.-midnight, there will be a power outage on the Fort Myer portion of the joint base that will affect several activities. Workers will install and activate a new transformer and remove old equipment. The buildings affected include Bldg. 305 (CID, DES and unions); Bldgs. 306, 312, 313 and 318 (DPW and DOL clothing sales), Bldg. 314 (The Old Guard motor pool), quarters in Bldg. 317, Bldg. 307 (PGOV), Bldg. 321 (environmental) and Bldg. 322 (USACEW). Rain date for the outage is Nov. 7. For more information, call 703-696-8692 or 703-965-6072.

## Ethics training slated

All employees who are required to file a financial disclosure must also receive annual ethics training. Training for members of the Military District of Washington, Joint Force National Capital Region and JBM-HH who have not received this training must satisfy their training requirement by attending the following session:

The Fort McNair portion of the joint base in the Inter-American Defense College auditorium, from 11 a.m.-noon, Nov. 6 and 19.

If you are unsure of whether you are a designated OGE form 450 filer, consult your supervisor. Supervisors may contact the administrative law division, specifically Amanda O'Neil, at [Amanda.m.oneil2.civ@mail.mil](mailto:Amanda.m.oneil2.civ@mail.mil) or Tracy Hernandez at [tracy.r.hernandez.civ@mail.mil](mailto:tracy.r.hernandez.civ@mail.mil) or by calling 202-685-4582.

## Toddler play group meets

The Marine Corps Community Services New Parent Support Program holds a play group for children 5 years old and younger and their parents Nov. 12 from 10-11:30 a.m. at Marine Barracks Washington. Playtime, story time and activities are planned, and snacks are provided. The group meets at MCCS Post 5 classroom in Bldg. 20, second floor. For more information, call 703-696-7204 or 202-433-4881.

## CFC mid-season rally

Plan to join colleagues Nov. 12 from noon-2 p.m. at the Fort Myer Fitness Center, Bldg. 214, to get more information on the combined federal campaign. For more information, call Barbara Edmondson at 703-696-3110.

## Flame, from page 1

The Oct. 29 ceremony ended a period which marked only the second time a temporary flame has been used at the grave. The first time was when First Lady Jacqueline Kennedy lit a temporary flame during the Nov. 25, 1963 burial following her husband's Nov. 22 assassination. That flame was then transferred to the permanent eternal flame in March 1967.

"As we approach the 50th anniversary of President Kennedy's death, it is fitting that we once again transfer the flame from a temporary one to a permanent eternal flame – a flame that is more modern, more efficient and ensuring the light continues to remain a beacon of hope and remembrance for all who see it," Hallinan added.

The transfer ceremony starts a string of JFK remembrance events that will take place at

## Take back, from page 1

off location for four hours, from 10 a.m. to 2 p.m. Within the first 30 minutes of being open for business, 27 people had dropped off unwanted prescription drugs.

According to Suber, 95 participants had

dropped off a total of 222 pounds of unwanted or unused drugs at the event, filling 10 bags. The National Guard location tallied approximately 50 participants and 72.8 pounds of prescription drugs.

## Managing holiday stress

On Nov. 13 from 9-11 a.m. in Bldg. 201 on the Fort Myer portion of the joint base, get the basics of identifying stressors in your life and learn how to create a stress management plan with an emphasis on holiday stress. Registration is required. For questions or to register, call 703-696-3512 or email [karen.a.stpierre.ctr@mail.mil](mailto:karen.a.stpierre.ctr@mail.mil).

## Holiday home safety

Bring children, ages up to 5, for a time of play, holiday crafts and stories Nov. 14 from 10 a.m.-noon, in the ACS classroom on the Fort Myer portion of the joint base. You will receive a safety kit that will include items to help ensure the home you are staying in is safe for your little ones. Registration is required. For questions or to register, call 703-696-3512 or email [karen.a.stpierre.ctr@mail.mil](mailto:karen.a.stpierre.ctr@mail.mil).

## Junior wrestling registration open

Child and Youth Services is hosting junior wrestling and registration is now open. Registration deadline is Nov. 15. Open to youth of eligible Department of Defense personnel, ID card holders, retirees and DoD civilians, five-14 years old, co-ed. To register, contact Parent Central Services, Bldg. 483 on the Fort Myer portion of the joint base, or call 703-696-0313/4942. The junior wrestling program is also looking for coaches. For more information, contact Annette Engum at 703-696-3728 or via email at [Annette.engum@us.army.mil](mailto:Annette.engum@us.army.mil).

## Baby stages

Learn about stages for your child in a class that provides an overview of the developmental milestones for children ages 0-3 Nov. 15 from 1-3 p.m. in the ACS classroom, Bldg. 201 on the Fort Myer portion of the joint base. For questions or to register, call 703-696-3512 or email [karen.a.stpierre.ctr@mail.mil](mailto:karen.a.stpierre.ctr@mail.mil).

## Thanksgiving dinner

The JBM-HH Gospel Service and Better Opportunity for Single Soldiers (BOSS) will be hosting the annual servicemembers Thanksgiving dinner Nov. 16 from 12:30-4 p.m. at the Community Center, Bldg. 405, on the Fort Myer portion of the joint base. This dinner is free and open to all servicemembers and their families. Join the JBM-HH Gospel Service and BOSS for food, fun and fellowship. Special music will be provided. For more information, call Freda Womack at 703-618-4344.

## TransParenting

On Nov. 18 and 25 from 9-11 a.m. in the ACS classroom, Bldg. 201 on the Fort Myer portion of the joint base, join this two-part seminar to provide parents who are separated or divorced with the tools to ensure that they are able to continue supporting and encouraging their children despite the breakup of the family unit. You must attend both sessions to receive a certificate of completion. Registration is required. For questions or to register, call 703-696-3512 or email [karen.a.stpierre.ctr@mail.mil](mailto:karen.a.stpierre.ctr@mail.mil).

## Military career and education expo

Mark your calendars for Nov. 21 from 10 a.m.-2 p.m. for the JBM-HH military career and education expo to navigate your way to a better future. The event will be held in Bldg. 405, the community activities center, on the Fort Myer portion of JBM-HH. Call for more information and to register for some of the briefings at 703-696-1541/3178.

## Radio City Christmas Spectacular

JBM-HH Hall Family, Morale and Welfare is going to New York for the annual Radio City Christmas Spectacular featuring the Rockettes Dec. 14. Cost of the trip is \$125 per person, and the bus departs from the JBM-HH Community Center at 5 a.m. and returns at 10 p.m. Forty people must be signed up and paid in full in order to take the trip. Call the Community Center at 703-696-3469/3470 as soon as possible to purchase tickets. Credit card payments will be accepted by phone or mail payment to JBM-HH Community Center, 228 McNair Rd., Bldg. 405, Fort Myer, Va., 22211.

## Get onboard with ACAP

Army Career and Alumni Program has classes, seminars and workshops to suit your transition needs. Get a timeline of how you should plan to transition from military service to a civilian career. For more information, call 703-696-9603. See a schedule of upcoming classes and get the timeline at [www.army.mil/jbmhh](http://www.army.mil/jbmhh) and click on Army Career and Alumni Program under hot topics, right side of the page.

Please send your news notes to the Pentagram at [pentagramjbmhh@yahoo.com](mailto:pentagramjbmhh@yahoo.com).

Arlington National Cemetery. Starting Nov. 15, a special pictorial exhibit honoring President Kennedy's legacy will be on display in the basement of the Memorial Amphitheater. This exhibit will be on display through Dec. 1, 2013. On Nov. 22, Arlington National Cemetery will conduct a wreath-laying remembrance ceremony at President Kennedy's gravesite. On the 50th anniversary of the funeral, the Irish Defence Forces 37th Cadet Class will conduct a remembrance ceremony at President Kennedy's gravesite. The 37th Cadet Class flew to Washington to provide an honor guard during the 1963 Kennedy funeral service.

PHOTO BY RACHEL LARUE

Secretary of the Army John M. McHugh lights the permanent eternal flame at the gravesite of President John F. Kennedy during the ceremony to transfer the temporary flame to the permanent eternal flame Oct. 29.



## Speaker Series

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# 38th Marine Corps Marathon

The Marine Corps Marathon hosted its second-largest participation during the 38th running of the event surpassing 23,000 finishers for the second consecutive year ushering in 23,480 finishers. The MCM10K, held simultaneously with the MCM, welcomed a record with 7,576 finishers. Girma Bedada captured top honors at the 38th MCM, winning the event in 2:21:31, while U.S. Coast Guard Lt. Patrick Fernandez placed second overall at 2:21:51. The women ran a competitive event as Army, Navy and Air Force runners took top honors from their fellow female marathons. Finishing first was Army Capt. Kelly Calway who ran an impressive 2:42:15, making her the seventh-fastest woman to complete the MCM. All of the "Groundpounders" completed their 38th consecutive MCM, displaying that marathon running can become a lifelong practice as Mel Williams and Will Brown finished together in 6:18:57, while Al Richmond finished in 5:53:02 and Matt Jaffe completed the event in 6:43:30. (MCM Press Release). For more photos, log onto [www.flickr.com/photos/jbm-hh](http://www.flickr.com/photos/jbm-hh).

PHOTOS BY RACHEL LARUE UNLESS NOTED



PHOTO BY JIM DRESSBACH





# Reflections of 'The People's Marathon'

By Rhonda Apple  
Pentagram Staff Writer

Near the base of the Marine Corps War Memorial, Stephanie Reyna of Bedminster, N.J., rested with her sister, Tracey Reyna of Alexandria, Va., after they completed the Marine Corps Marathon 10K. "We're running in honor of our dad, Lawrence Reyna. He served in the Marine Corps in Vietnam," said Tracey. "He ran with us here the first year they did a 10K at the MCM, but couldn't be here today," added Stephanie. "I've run a couple of marathons before, but never the MCM," said Tracey. "Today was a personal challenge for me because I literally couldn't walk two years ago due to disk issues in my back," said Stephanie. The sisters said they've run the MCM10K numerous times and enjoy each year they participate.

"Being here is not competitive – it's 'The People's Marathon,' and other racers are cheering one another on. The atmosphere here is great," said Tracey. "It's very inspirational," added Stephanie.

Hand-cyclist Joe Lopez relaxed after completing his seventh consecutive Marine Corps Marathon. "I think I made good time – I always try to finish under 2:30:00," said the Marine veteran. Lopez said he was stationed with 1st Battalion, 24th Marines out of Camp Pendleton, Calif., and was deployed to Iraq when he got sick in 2006.

"I got a small pox vaccination before deployment, and it gave me an autoimmune disease, which attacked my brain and my spinal cord [after I was in Iraq]. They flew my mom to the hospital in Germany because they didn't think I was going to live. While I was in the hospital, I saw the Marine Corps Marathon on television and I said 'I want to do that next year,'" he said.

Lopez completed his seventh MCM Oct. 27 and plans to continue competing each year. As determined as he was to heal from his spinal injury and learn to walk again, Lopez shared equal determination about continuing to hand-cycle in future MCMs. "I want to train even harder next year and improve my time."

Heather Schultz of Orlando, Fla., was the 15th female to cross the finish line. "It's my first Marine Corps Marathon of 20 marathons I've run," she said. "I thought about my 'dad' the entire race. I was raised by my grandfather, Edwin Jones. He was a disabled vet who served in the Air Force and suffered from conditions as a result of Agent Orange," she said as she fanned away tears in her eyes. "I've always wanted to run the MCM. It was very inspirational running here. I tried to pay attention to the historical sites. Also to see all the Marines along the race course encouraging the runners was great."

Aaron Mendelsohn, a native Washingtonian now residing in New York City, finished his third MCM this year. "I loved running down Rock Creek Park near where I grew up. I saw my parents and my little four-year-old daughter on the race course," he said.

Aaron said he was proud he completed the "People's Marathon," and each year he runs it, he improves his time. However, this year, another marathon weighed heavily on his mind.

Aaron ran the Boston Marathon April 15 with his brother, retired Army 2nd Lt. Bruce Mendelsohn. "He met me at the finish line, and we went to a party at Boylston Street, which was directly above the first explosion. I was about five feet inside and Bruce was right by the window when we heard this great 'boom' [sound]," Aaron recalled. "I looked over and saw smoke coming in the window and Bruce on the ground. He jumped up and told me to get everyone to the back of the building, there could be a secondary explosion and ten seconds later there was. Bruce ran outside and put a tourniquet on a girl's leg and helped save her life. It was very heroic."

Like so many who run in honor of a fallen loved one, a fellow battle buddy, or even a charitable organization which helps those in need, Aaron said he ran the MCM for Boston. "I ran in honor of the people in [the] Boston [Marathon] who didn't finish, for those who were injured and also for my brother."

He said running marathons means a lot to so many people. "It's a triumph of human spirit and physicality. For those kids to attack the finish line of a marathon is devastating. That's why anytime someone finishes a marathon [now] they can symbolically think 'I defeated that.'"

## Marathon, from page 1

Others wore costumes – from ballet tutus to a couple dressed as a carton of milk and a box of cereal. There was a Washington Redskins fan decked out in a team jersey juggling three semi-inflated footballs and a runner without shoes. Dozens of charities' logos flanked colorful running apparel.

Family members, friends and locals lined the sides of the road with colorful signs and cowbells, chatting amicably.

Marine Staff Sgt. James Sides, a Marine Explosive Ordnance Disposal tech from Gainesville, Fla., completed his first official skydive near the MCM start line. Sides was blinded in his left eye and lost his right hand attempting to dismantle an improvised explosive device in July, 2012. He was joined by fellow skydivers retired Marine Lt. Col. John Bates and retired Army 1st Sgt. Dana Bowman, a double amputee and former member of the Army's Golden Knights parachute team. The three were part of the 11-member skydiving team, which carried a 7,800 square foot American flag, the largest flag to be included in a performance jump. They also carried smaller U.S. flags and the five flags of each military service.

About 20 minutes after the skydiver's performed their "jump into the MCM," a celebratory gun salute from a 105mm Howitzer M2A1 (M101) fired to signify the start of the race with the wheelchair and hand-cycle racers beginning their 26.2-mile journey, followed by runners for both the MCM10K and full marathon.

"It's exciting being here for the first time to see my husband run the marathon. There is so much energy here," said Jennie Cross of Cumberland, Md., wife of retired Marine Corps Master Sgt. Joe Cross. He finished the marathon in 3:24:15.

Jennie said her husband had run 18 marathons, and this was his fifth MCM. "It's just awesome here and there are all these charities that will benefit from this. The Marine Corps Marathon does it big," said Jennie.

Marine Maj. Seth Goldstein, stationed at Quantico Marine Corps Base, said he was at the marathon to support his friend, Marine veteran Tony Katafiasz of Toledo, Ohio. Katafiasz crossed the finish line at 5:52:17.

"He decided to run the Marine Corps Marathon for the first time this year, and this is the first time I've attended," said Goldstein. "The mass of people here is incredible, not only the people coming out to run,

but so many people get up early to come out and watch it," he said.

About an hour after the race started, Reggie Payne, a former Army National Guardsman from Georgia, rested under a large tree on the grounds of the Marine Corps War Memorial. "I'm having a little picnic," said Reggie while munching on cookies.

"I'm here to support my wife, Katherine. It's her first marathon and we came from Fort Myers, Fla., where we relocated for my wife's job. She's an Army veteran and worked as a communication specialist. She's been running for about 20 years, but she never ran an official race other than a 5K in Atlanta. Katherine said running the Marine Corps Marathon was on her bucket list and she had to do it," Reggie said with a smile.

After training for the MCM for 18 months, Reggie said there was valid concern his wife might not be running the marathon this year if it was cancelled due to the recent government shutdown. "She was mad because she had been getting up at 4 o'clock every morning to run, she was concerned it might not happen, but here we are, and it's incredible to be here," Payne said. Katherine Payne completed her first MCM at 5:34:00.

Pre-race ceremonial events included the presentation of colors by the Marine Ceremonial Platoon from Marine Corps Base Quantico, Va. The a cappella group the Liberty Voices performed the national anthem.

The MCM10K, held simultaneously with the MCM, had 7,576 finishers who completed the 6.2 mile run from the National Mall to the finish at the Marine Corps War Memorial.

The 2013 Marine Corps Marathon hosted 100 wheelchair and hand-cycle participants.

Girma Bedada of Columbia, Ga., captured top honors, winning the MCM in 2:21:31. Coast Guard Lt. Patrick Fernandez of Alexandria, Va., placed second overall at 2:21:51.

Military women were competitive, with Army, Navy and Air Force runners taking top honors. First was Army Capt. Kelly Calway, of Manitou Springs, Colo., finishing in 2:42:15. Navy Lt. Gina Slaby, of Virginia Beach, Va., captured second among the women coming in at 2:48:03, and Senior Airman Emily Shertzer of Jonestown, Penn., finished a close 2:48:07.

Of the 30,000 who registered for this year's MCM, 23,480 people officially finished, according to the MCM website.

## Commentary: My 26.2 mile journey

By Courtney Dock  
Pentagram Editor

For the last 10 months, people have been looking at me like I'm nuts. At the beginning of the year, I made a decision I was going to change my life; I was going to run the Marine Corps Marathon.

If you had met me in January, you would know that I couldn't have run a mile. I was terribly embarrassed of that fact. I am a veteran. How in the world had I let myself get to the point that I couldn't have run a PT test if I wanted to? Things needed to change. But a marathon?

My best friend, Ashleigh, works for Disabled American Veterans. Through her, I had worked with DAV on a few small projects. I had also attended a few USA Warriors hockey games; DAV is a sponsor and the team is comprised of disabled veterans.

I was inspired by the Warriors playing such a physical sport. The team captain, Mark Little, is a double-leg amputee. He's amazing to watch skate and lead on the ice. All the team members are amazing.

I was also moved by Ashleigh and other disabled

veterans I had seen running the marathon in 2011. There was no reason I couldn't do it. So I went from Team DAV cheerleader to Team DAV team member. I told my family and made the official announcement on Facebook. I was committed.

The first thing I did was start recruiting other people to the team. And by other people, I mean all my friends, all of whom are veterans. If I was doing this, I was going to drag them all into running too. Most came willingly. My selling point was, "If I can do it, you can, too." So they signed up.

Through the team, I was given a tailor-made training schedule. My teammates and I found races to run in together to keep logging miles. I personally thought of every single excuse I could think of to get myself out of running. And then I found a reasonable solution so I could stop making excuses.

Before training for the marathon, I hated running. In the first couple of months of training, I would make up songs in my head during my runs about how much I hated running. Then one day it finally all clicked. I got home, felt awesome and didn't hate that I just spent 30 minutes pounding the



PHOTO BY COURTNEY DOCK  
Courtney Dock, Joint Base Myer-Henderson Hall public affairs specialist, poses at the official half-way mark at Haines Point, Washington, D.C., of the Marine Corps Marathon Oct. 27. This was Dock's first marathon.

pavement with my feet.

I was able to take advantage of a program through Installation Management Command called the Civilian Wellness Program, which allows participants up to one hour, three times a week to work out during their normal working hours. And while I wasn't happy to be furloughed during the summer, I used the time

off to get in longer training runs. Each week, I reached a new achievement.

It became intoxicating. It was exhilarating to see how much further I could go each week. Having teammates made a big difference too. They would hit new milestones and personal records, which encouraged me to keep striving for more. Turns out that my enthusiasm

motivated them as well. The more they saw me achieve, the more they worked at making sure they would be ready to run Oct. 27.

I was in denial leading up to marathon day. On race day, I woke up at 3:30 a.m., got dressed and picked up my teammates to head off to the start line. I was still in denial when I crossed the start line. I couldn't believe I was doing this, so I took a "selfie" to document the moment. The fact that I was going to be running a marathon didn't actually hit me until about a quarter mile into the race.

I'm a slow runner, so I knew I needed to pace myself throughout the run. It's very hard to do when you're surrounded by thousands of people about to embark on the same insane life decision and thousands more spectators who came out to cheer on the insanity.

It's nearly impossible not to get emotional when you are out there. So many people are wearing team shirts in support of various veterans organizations, shirts in honor of fallen servicemembers and spectators holding motivational signs telling runners how inspiring they are.

see COMMENTARY, page 9



# Resource Management personnel recognized at quarterly luncheon

By Julia LeDoux  
Pentagram Staff Writer

Joint Base Myer-Henderson Hall Commander Col. Fern O. Sumpter recognized members of the Directorate of Resource Management at the quarterly directorate luncheon Oct. 30 at the Fort Myer Officers Club.

"Thank you, thank you, thank you," she said to the civilians gathered together for the luncheon. "We've been through a lot. Every time, as a team, we've pulled it together."

That coming together in the face of adversity was also the theme of JBM-HH Installation Chaplain Lt. Col. Clyde Scott's address to attendees. He noted that many Soldiers have experienced financial, marital and other personal problems due to serial deploy-

The program has five dimensions – physical, social, emotional, family and spiritual, said Scott.

"A great amount of training time is devoted to physical health and conditioning, but total fitness also involves emotional and spiritual aspects," he noted.

Scott stressed that human beings are spiritual creatures.

"There's something inside of us that isn't controlled by the world around us, rather it guides our responses to the world around us," he said.

Scott shared that his father was an alcoholic who physically abused him when he was a child. That abuse, he said, left deep emotional and psychological scars.

"As I grew in my new found faith in the early '70s while serving in Germany as a 63 Hotel mechanic, I realized more and more the need to reconcile with my father," he said.

Before that reconciliation could happen and he could work on having a more functional relationship with his father, Scott said he first had to forgive him.

"The physical side of me was incapable of facilitating the healing necessary to develop the father-son relationship that I was so desperately looking for," said Scott, who had to engage his spiritual nature to begin the reconciliation process.

"It's this same external spirit that I encourage all of you to tap into more and more, especially when we are overwhelmed with life's challenges that constantly assail us," he said.

Scott said the military calls that resiliency and encouraged luncheon attendees to engage the external, the invisible, the eternal.

"My bet is when you intentionally engage your spirit, you will feel better equipped to deal with others, including your supervisor, your co-workers, your customers, more patiently, with empathy and compassion," he said.

Sumpter presented each awardee with a commander's coin.



PHOTO BY RACHEL LARUE

Installation Chaplain Lt. Col. Clyde Scott addresses attendees of the directorate of the quarter luncheon Oct. 30 at the Fort Myer Officers Club on Joint Base Myer-Henderson Hall. The lunch is supported by the joint base chapel community and recognized members of the Directorate of Resource Management.

ments and spending significant amounts of time away from their families and loved ones.

"In its efforts to better enable returning Soldiers to cope, the U.S. Army has launched a program called comprehensive Soldier and family fitness," he continued.

## Commentary, from page 8

Emotions finally got the best of me near the half-way point on Haines Point. There are few spectators on this stretch of the run. You're out there and realize you're barely at the halfway point of the entire marathon, and you still have to get to the Mall and beat the bridge. It just sucks.

As motivation, someone put signs out every 20 feet on the point. Most were very funny. I laughed out loud at a lot of them. Some even made me stop for a picture. And then there was one that said, "Remember why you're out here doing this." And that's when I stopped running and started crying.

I was out there for so many reasons. I was running for Team DAV. I was running for my friends. I was running for my fellow veterans, for those who couldn't, for the servicemembers deployed around the world. I was running to set a good example for my daughter so she'd have a role model to look up to. I was running to prove all the people wrong who looked at me like I was nuts.

I was running to prove to myself I could do it.

After hitting the official halfway point and taking another selfie, I collected myself and carried on. I was only halfway there and that meant I had a long way still to go.

A lot of people asked me what I think about while running for that long. I thought about a lot of stuff... my grocery list for the week, one-year and five-year life goals, cheeseburgers stacked high with bacon, how funny a spectator's sign was, as many state capitals I could remember... weird stuff. I also spent a lot of time thanking spectators and volunteers for being out there. Without them it would have been terribly boring. When the route lapped back on itself I also looked for Team DAV members to cheer them on. I also took a lot more pictures. Hey, I am a public affairs specialist, I needed to document this for my scrapbook!

As I got closer to the end and after hitting the dreaded "wall" I started texting my friends at the

finish line who were waiting for me. I let them know how many miles from the end I was. I just wanted to get there. And though I did hit the wall, at no point in time did I ever think I couldn't do it. I knew I was completing this thing no matter what.

When I got to the 26-mile mark I started crying again. I only had .2 miles left to go and my daughter was waiting for me at the finish line. I stormed the hill to the Marine Corps War Memorial. As I crossed the finish line I felt amazing. I couldn't stop crying and smiling. I had truly achieved something I had once said I would never do in a million years.

In the last 10 months, I have logged more than 450 miles, lost almost 40 pounds, told countless people about an amazing veterans service organization, set a positive example for my daughter and accomplished an amazing feat that most people don't even dream to achieve.

It has been an amazing 26.2 mile journey.



MARINE SGT. ALVIN WILLIAMS JR.

## Chow time

Maj. Gen. Michael R. Regner, staff director for Headquarters Marine Corps, receives breakfast from a dining facility worker at the Consolidated Dining Facility on the Fort Myer portion of Joint Base Myer-Henderson Hall Oct 25. Regner was at the DFAC having breakfast with Marines from Headquarters and Service Battalion.

PHOTO BY JIM DRESSBACH

## Halloween

A young Spiderman displays his costume before the start of the Demon Dash Two-Miler Oct. 31. The Joint Base Myer-Henderson Hall Directorate of Family and Morale, Welfare and Recreation estimated that more than 100 runners started and finished in front of the Fort Myer Fitness Center. Awards were presented for best and scariest costumes, best group costume and largest military unit. For more photos, log onto [www.flickr.com/photos/jbm-hh](http://www.flickr.com/photos/jbm-hh).



PHOTO BY LAUREN POINDEXTER

## Award

Joint Base Myer-Henderson Hall's Equal Opportunity Advisor Sgt. 1st Class Michael Swinton Jr. (left) is awarded the meritorious service award by Lawrence Romo (right), director of Selective Service System, Oct. 31. Swinton was recognized for his support of the agency's cultural awareness program from January 2011 to October 2013.



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# Corporal's Course paves way for future leaders

By Rhonda Apple  
Pentagram Staff Writer

Marines and a Soldier on Joint Base Myer-Henderson Hall have been acquiring leadership skills in the Corporal's Course held on the Henderson Hall portion of the base.

The three-week command-sponsored course, part of the enlisted professional military education program, began Oct. 15 and will run through Nov. 1.

"Marines are eligible to attend at the rank of corporal. Also lance corporals are allowed to attend if their command believes they've earned the right and displayed leadership, maturity and all the qualities it takes to become a corporal and non-commissioned officer," said Staff Sgt. Joseph Morris, senior instructor for the course. "We have 10 Marines and one Soldier in this course. Six Marines are corporals and four are lance corporals. Two of the lance corporals will be promoted to corporal on November 1, the day we graduate."

Morris explained Marines are taught leadership skills including counseling, proficiency and conduct marks, and mentoring during the course.

"The Marine Corps mentorship program is something we do on a daily basis, so any interaction we have with our junior Marines or even Marines at our same grade level in everyday conversations is [the opportunity] to make that Marine better," said Morris. "It's about giving them advice [about] what's going on in their lives, how they can deal with their problems, what they can do to advance their careers, or if they just want to do four years and get out [of the service], what they can do to prepare for that."

The senior instructor said Marines get a really good idea of how to be a leader in this course. "It's a first look at the big picture of the Marine Corps with operational training – including war-fighting, joint operations with other services, including allies Marines work with in other countries and the make-up of the Marine Air Ground Task Force, said Morris.

Morris said the course is also available on the Internet, but Henderson Hall command leadership prefers the servicemembers attend the resident-based course. The advantage of a physical course versus a virtual one is the face-time the Marines get with their instructors – senior Marines who have time in service and real-world, working experience to share with junior Marines.

Trained in motor transportation, Morris is a master instructor and curriculum developer in his job specialty. He taught Motor T courses at Fort Leonard Wood, Mo., prior to his assignment at Henderson Hall.

"I love teaching and being with the Marines. They volunteered to come [to the course] and they want to learn everything we know."

Morris said the course also

includes the physical fitness test and combat fitness test and includes the opportunity to go out patrolling and using hand and arm signals, as well as practicing land navigation with a map and compass.

In addition, class members visited Quantico Marine Base to complete both an obstacle and endurance course.

"Since we are a joint base, I'm hoping more Soldiers take the course the next time it's offered here," said Morris.

Spc. Bryan Hinton, human resources specialist with Headquarters and Headquarters Company, United States Army Garrison on the Fort Myer portion of the base, is the first Soldier to take the Corporal's Course on JBM-HH.

"My first sergeant Nicholas Strong told me about the course and asked if I wanted to attend," said Hinton. With a goal of being promoted to sergeant, then staff sergeant, attending jump master school, finishing his undergraduate degree, and obtaining a master's degree, Hinton said he liked the course. "I've particularly enjoyed learning the traditions and customs of the Marine Corps.

"I wanted to see how similar and how different the two branches of service are, and pick up some knowledge that I would have never gained elsewhere because in the operational Army you don't often get to work with Marines," Hinton added.

The Soldier said he gained valuable information in the course about leadership styles. "A military leader, in general, has to be flexible. There have to be different leadership styles for different Soldiers because what may work for one may not work for another," Hinton explained.

"I'm learning Marine Corps-specific information, which is very similar to the Army Warrior Leader Course I took at Fort Bragg [N.C.]." Despite the similar information, Hinton feels learning the Marine Corps way could benefit him in the future. "If I go to a joint unit and have Marines with me, I will know exactly what I need to do to help those junior Marines progress," he said.

He also said there was a difference in the services' physical fitness tests – and the Marines additionally take a combat fitness test, which he participated in as part of the course.

"The instructors are very knowledgeable about the material they're teaching, and I'm making new friends with my Marine classmates," said Hinton.

"Working inside the Pentagon, getting out of the office is something we don't do often," said Cpl. Curtis Dunham, a communications specialist assigned to Headquarters Marine Corps Administrative Resources Information at the Pentagon.

"Also, when I was in communication school at Twentynine Palms, [Calif.], I was made class commander of our class and our sister class. I had 36 Marines under my charge to take care of, make sure they got to class and take care of them as best I could as a lance corporal," said



PHOTO BY RACHEL LARUE

Cpl. Maurice Fullenwider (center) takes part in the Combat Fitness Test the morning of Oct. 17 on the Henderson Hall portion of JBM-HH. Fullenwider, along with other Marines and a Soldier, is taking part in the Corporal's Course.

Dunham.

The Marine explained in addition to him being older than most of his fellow classmates, he was reclassified to his present military occupation specialty due to a medical injury while training as an infantryman.

"After that experience, I look back at the things I wish I would've done better as a leader and how I would fix it. That's why I wanted to take this course – it teaches a lot about leading junior Marines and how to be a better leader," Dunham said. "Also, it will help me improve myself the next time I'm put in a situation to take care of junior Marines. I can not only do a more effective job, but I can feel better about myself as a leader because I have a better skill set."

Dunham said not only was the course a benefit for personal progression, but career progression as well.

"At the end of the course, I want to be able to feel like a non-commissioned officer. I plan to reenlist and whenever I go to another duty station out in the fleet, whether as a corporal or hopefully as a sergeant, it will be expected of me to know

this [information]."

He said an interesting aspect of the course has been the sword and guidon manuals. "We're the only enlisted noncommissioned officers in all the branches of service that are allowed to carry a sword, so learning to carry it properly, with efficiency and pride is a big thing – it's the one thing that sets us apart from junior Marines – that and the blood stripe on our dress blues."

Dunham said in addition to learning how to effectively carry out leadership through mentoring and counseling, he places high importance on the "keeper of traditions" section of the course. "The legacy of the Marine Corps has to be taught to junior Marines. If we don't preserve and pass that down, it's going to be lost," said Dunham.

"It's pure motivation for me to see Soldiers and Marines in our first interservice training, especially since this course is hosted on a joint base. The Corporal's Course is the first stepping stone to leadership continuum," said Henderson Hall Battalion Sgt. Maj. Craig D. Cressman.



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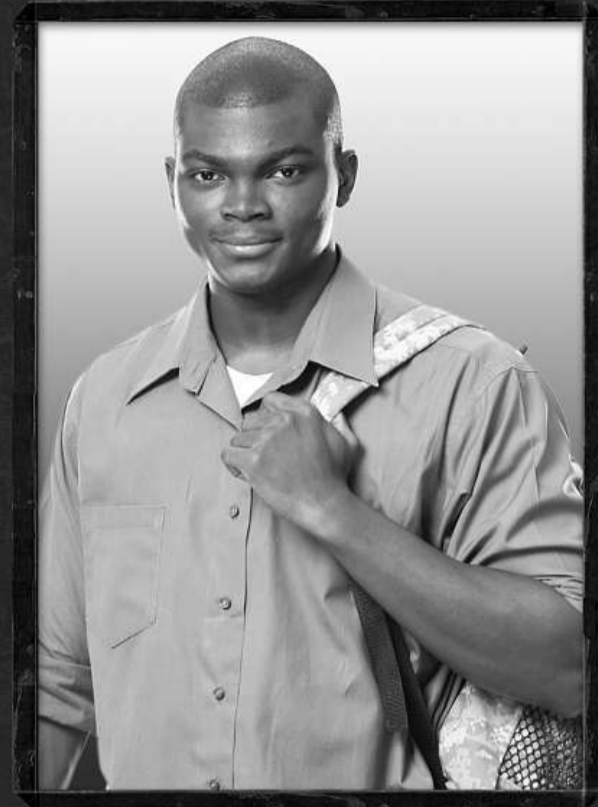


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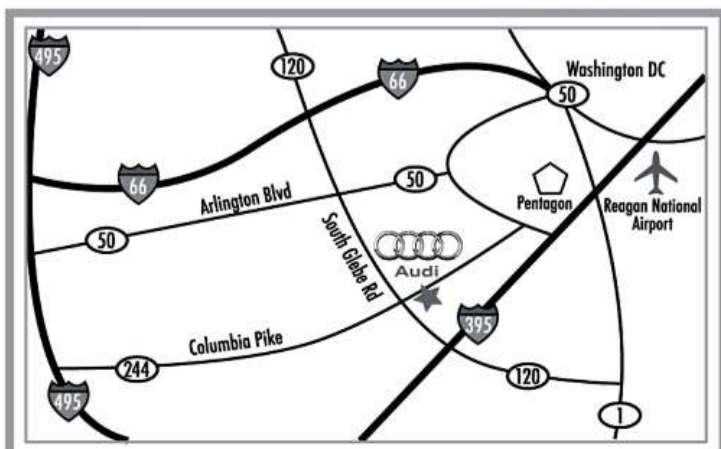
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