

THURSDAY, APRIL 2, 2015

# THE FORT JACKSON LEADER

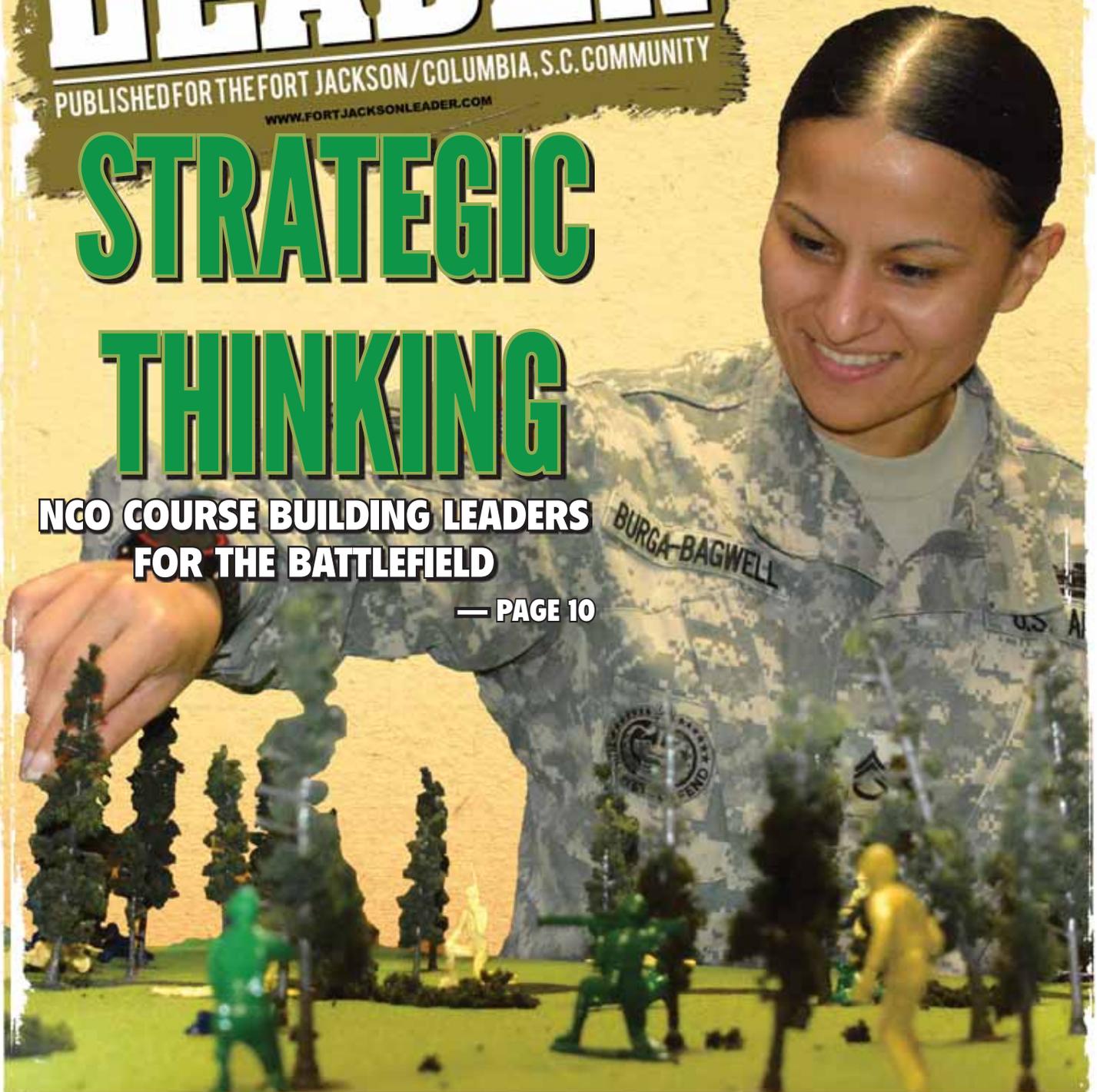
PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
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**FORT JACKSON  
BATAAN TEAM  
FINISHES FIRST**  
— PAGE 8

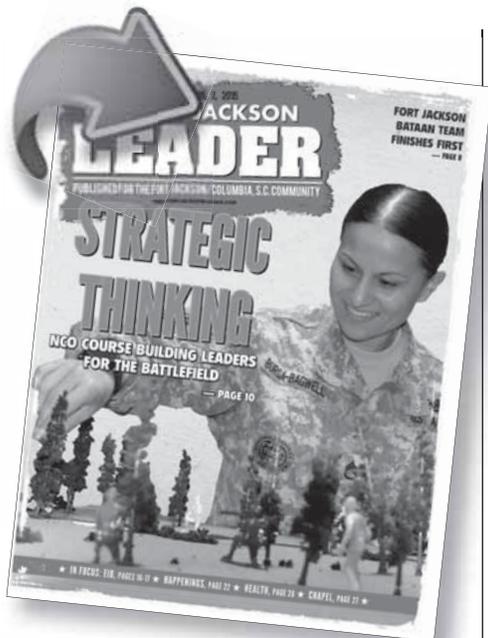
## STRATEGIC THINKING

**NGO COURSE BUILDING LEADERS  
FOR THE BATTLEFIELD**

— PAGE 10



★ IN FOCUS: EIB, PAGES 16-17 ★ HAPPENINGS, PAGE 22 ★ HEALTH, PAGE 26 ★ CHAPEL, PAGE 27 ★



## ON THE COVER

Photo by WALLACE McBRIDE

Staff Sgt. Caroline Burga-Bagwell, 165th Infantry Brigade, simulates a strategic scenario during the Battle Staff NCO Course. **SEE PAGE 10.**



Fort Jackson, South Carolina 29207

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## NEWS

### Exercise planned

Fort Jackson will conduct a full-scale emergency exercise Monday and Tuesday. The exercise will test Fort Jackson's full spectrum of emergency capabilities in the event of a real emergency. During the exercise, expect delays at the gates and throughout the installation.

### Report Suspicious Activity or Behavior

**iWATCH ARMY**

**iREPORT** **i KEEP US SAFE**

**See Something Say Something**



Photo by DAVID SHANES, command photographer

### Retiring from service

Twelve Soldiers are honored during Retirement Review Tuesday at the Post Theater. The retirees are Maj. Larue Meehan Jr.; Maj. William Talbert; Maj. Rita Sims; Capt. Fernando Sulca; Capt. Anthony Jackson; 1st Sgt. Thomas Welch Jr.; Master Sgt. Charles Landrum; Sgt. 1st Class Jermal Washington; Sgt. 1st Class Mark More; Sgt. 1st Class Stephen Propst; Staff Sgt. Jesse Kimbrough; and Staff Sgt. Jamie Zug.



Photo by JENNIFER STRIDE

**Michelle Rosenthal, the victim witness liaison with the Fort Jackson Staff Judge Advocate office, explains brochures available for victims and witnesses who are involved in the military judicial process. Rosenthal serves as a facilitator and coordinator.**

## Liaison helps victims navigate judicial system

By JENNIFER STRIDE  
Fort Jackson Leader

Michelle Rosenthal, who retired from the Army in 2001, began work as Fort Jackson's appointed victim witness liaison in 2005. She assists victims and witnesses involved in the military judicial process as a facilitator and coordinator, acting as the primary point of contact through which victims and witnesses can get information and help in obtaining services.

Rosenthal started her Army career in field artillery as a surveyor, then transferred into the legal arena. She served as a drill sergeant from 1988 to 1991 at Fort Jackson and was later NCO in charge of criminal law.

"I chose legal because it helps people. I just fell in love with it," Rosenthal said. "I coordinate and facilitate for victims and witnesses. They come in here first to see me."

She said her desire to get to the bottom of things was a driving force in her decision to continue her career as a victim witness liaison.

"Victim witness liaison is what I did my last three years in the military. I've always had a passion for helping people and there's always more than what is on the surface," Rosenthal said. "What's making you tick? Let's figure it out and get you the help you need."

Victim and witness programs coordinate with related military and civilian agencies, including investigative and law enforcement personnel, chaplains and health care personnel. Their responsibilities lie outside the military justice section, when possible, to be perceived as impartial in the prosecution process. Additionally, they cannot claim attorney-client privilege.

"I can help people by sending them to the right agencies and getting them some assistance," Rosenthal said. "I make sure I put them in direct contact with whom they

need to talk to."

Army Regulation 27-10, Chapter 17 states that, "In cases in which a victim has been subjected to attempted, or actual violence, every reasonable effort will be made to minimize further traumatization. Victims will be treated with care and compassion, particularly in circumstances involving children, domestic violence, or sexual misconduct."

"The main thing is to stay calm and make sure the victim is taken care of as well as the witness," Rosenthal said.

Rosenthal also works in conjunction with the unit victim advocates who are responsible for providing crisis intervention, referral and ongoing nonclinical support to sexual assault victims.

Rosenthal has serviced more than 90 victims and witnesses over the past year.

*Jennifer.L.Stride.civ@mail.mil*

## New Post HQ breaks ground

Maj. Gen. Bradley Becker, Fort Jackson's commanding general, smashes a wall at the new Post Headquarters building during a groundbreaking ceremony Friday. Post Headquarters is scheduled to move in the building that was formerly home to the NCO Academy in December. The NCO Academy moved to the Soldier Support Institute earlier this year.

Photo by SUSANNE KAPPLER



# Post to celebrate military children

## Leader Staff Report

April is Month of the Military Child, and Fort Jackson has a number of events planned that put children in the spotlight.

This year's theme for Month of the Military Child is "Their Lives, Their Stories." It highlights the unique lifestyles, contributions and sacrifices military children make. Throughout April, Army organizations worldwide will hold a variety of events to officially recognize the resilience of our military children.

Fort Jackson's events include:

### TEEN SUMMIT

Fort Jackson teens between the ages of 12 and 19 are invited to participate in this year's teen summit, which embraces the theme "TLC – Teens Living with Confidence." The summit is scheduled from 10 a.m. to 3 p.m., Friday at the Solomon Center. It is open to teenage children of active duty and retired Service members and DOD civilians. Parents are invited to attend. For more information, call 751-6325 or email [shaneen.r.dialscorujo.civ@mail.mil](mailto:shaneen.r.dialscorujo.civ@mail.mil) or

[kamala.henley.civ@mail.mil](mailto:kamala.henley.civ@mail.mil).

### SPRING JAMBOREE AND EGG HUNT

This year's Spring Jamboree and Egg Hunt is scheduled from 10 a.m. to noon, Saturday at the Youth Sports Complex. The event includes free activities, games and prizes. The egg hunt is open to children 12 and younger. For more information, call 751-4824/4869.

### APRIL FOOLISH DOG SHOW

Fort Jackson's annual April Foolish Dog Show is scheduled from 2 to 4 p.m., April 12 at the Youth Sports Complex. The show features dogs that are "talented" in one of the following categories: best kisser; hairiest; prettiest eyes; longest tail; coolest trick; most diva-like; longest ears; least obedient; best senior; most mysterious heritage; celebrity or owner look-a-like; cutest puppy; best costume; best vocal performance; and "ya gotta love me."

Community members who do not have a real dog, may enter their favorite "real stuffed dog." The categories are: squeeziest; most resembling a real dog; most humorous; and best loved.

Pre-registration packets are available at any Child,

Youth and School Services location or at the CYSS Central Enrollment. Pet owners must bring proof of up-to-date shot records. For more information, call 751-3053

### FAMILY FUN FAIR

Fort Jackson's Big Day Out joins forces with CYSS to include the Month of the Military Child Family Fun Fair. The event is scheduled from 8 a.m. to 2 p.m., April 18 at Semmes Lake. The day starts with a 5K fun run/walk at 8 a.m. Free lunch will be served at noon. The recycling regatta begins at 1 p.m. Children's activities will be offered throughout the day. For more information, call 751-8707.

### YOUNG LIVES, BIG STORIES CONTEST

In addition to the local events, Army Family and Morale, Welfare and Recreation hosts a contest for military children through 12th grade, "Young Lives, Big Stories." Children are encouraged to draw or write about what it is like to be a military child for a chance to win prizes. Drawings are accepted for children ages 3 through second grade. Third graders and older may enter written submissions. For more information, visit [www.armymwr.com/momc-big-stories.aspx](http://www.armymwr.com/momc-big-stories.aspx).

## Advertising in the Leader

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Classifieds may also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020.

For display ads, call Betsy Greenway at 432-6157 or email [bgreenway@chronicle-independent.com](mailto:bgreenway@chronicle-independent.com).



## Upcoming Family & MWR Events

- » **NCO Club Morning Breakfasts**  
Every Thursday (6:30 - 9:30 a.m.)  
For info, call 782-2218.
- » **Palmetto Falls Season Passes on Sale**  
Now at Victory Travel or online at webtrac. For info, call 751-5812.
- » **Seafood Lunch Buffet**  
Apr 3 (11 a.m. - 1:30 p.m.)  
At the Officers' Club. Only \$8.50.  
For info, call 782-8761.
- » **Spring Jamboree & Egg Hunt**  
Apr 4 (10 a.m. - 12 p.m.)  
At the Youth Sports Complex.  
Free event. For info, call 751-4824.
- » **Evening Story Time**  
Apr 9 (6:30 - 7 p.m.)  
At Thomas Lee Hall Library.  
Free event. For info, call 751-5589.
- » **Friday Story Time**  
Apr 10 (11 - 11:30 a.m.)  
At Thomas Lee Hall Library.  
Free event. For info, call 751-5589.
- » **Charlestowne Landing and Historic Charleston Day Trip**  
Apr 11 (8 a.m. - 7 p.m.) Depart from Marion Street Station. \$29 per person.  
For info, call 751-3484.
- » **Celebrate National Library Week**  
Apr 12-18 (during business hours)  
At the Thomas Lee Hall Library  
Participate in a Library-themed guessing game, learn about the Online Resources you can access from home, or join us on Friday for Storytime with the Columbia Museum of Art. Free events all week long.  
For info, call 751-5589.
- » **Sunday Champagne Brunch**  
Apr 19 (11 a.m. - 1:30 p.m.)  
At the Officers' Club. \$14.95 for members. \$19.95 for non-members.  
For reservations, call 782-8761.
- » **Colonial Living History Park and Aiken Day Trip**  
Apr 26 (8 a.m. - 5 p.m.)  
Depart from Marion Street Station. \$19 per person for transportation.  
For info, call 751-5589.
- » **Spring Army Sports Program Meeting**  
Apr 27 (2 - 4 p.m.)  
At the Joe E. Mann Building  
Free event. For info, call 751-3096.



## SAVE BIG AT VICTORY BINGO!

**APR 4 • DOORS OPEN AT 1 P.M.**

Get a \$10 Discount on a Regular Game Computer Pack and you could win some serious cash! For more info, call 751-3411.

### FIRST FRIDAY TOURNAMENT

Sponsored by  
Golf Academy of America

**At Fort Jackson Golf Club**  
**3652 Semmes Road • 787-4344**



**Friday, Apr 3**  
1 p.m. Shotgun Start at Wildcat

Cost:  
Normal Fees plus \$10 \*Includes golfing fees, post-tournament meal and prizes

Registration:  
Call the Golf Shop at 787-4437 to register.

Details of tournament:  
4-Person, Captain's Choice with Gross and Net Scoring. All teams must have a minimum team handicap of 40 with no one handicap counting more than 20.

Mention of sponsor does not imply endorsement.



### APRIL FOOLISH DOG SHOW

**SUNDAY, APRIL 12**  
**2 - 4 P.M.**

**AT THE YOUTH SPORTS COMPLEX**

Is your dog, talented or funny? Enter your dog! First, Second, & Third Place Prizes will be awarded in all categories. Don't have a dog? Enter your favorite stuffed dog instead!

Pre-registration packets may be obtained at any CYSS location or at the CYSS Central Enrollment Office in the Joe E. Mann Building, 3392 Magruder Avenue. Must bring proof of up-to-date shot records. For further information, contact Beverly Metcalfe at 751-3053.

**PRESENTED BY CYS SERVICES**





**Make your reservations now!**

### Hippity Hop on down to the NCO Club for a spectacular Easter Sunday Brunch!

Sunday, Apr 5 (10:30 a.m. - 2 p.m.)

Full Brunch Buffet with omelet and waffle station, lunch and assorted delicious desserts. Featuring a visit from the Easter Bunny and face painting by Sarah Dippity.

**Adults \$14.95 • Children \$6.00**  
(ages 4-11)

5700 Lee Road • 782-2218

### EASTER SUNDAY BRUNCH

**At the Officers' Club**  
**3630 Semmes Rd • 782-8761**

Foodies, Rejoice! Complimentary glass of champagne, fresh fruit and cheese, fried chicken, london broil, salmon, boiled shrimp, mac & cheese, breakfast items, made-to-order omelets, waffles and tempting desserts. Reservations required.

**\$17.95 for members**  
**\$22.95 for nonmembers**  
**\$6.95 for kids (4-11)**



## Soldier for Life

# Dispelling military retirement myths

By CHRIS FLETCHER  
Fort Jackson Leader

When a career Soldier decides it's time to hang up the uniform and submits his retirement paperwork to the personnel office, he may think it's all downhill from there.

He would be wrong ... Soldiers need to attack retirement just as they would any other activity through planning, preparing, rehearsing and finally executing.

Greg Fountain, Fort Jackson retirement services officer, said the key to retiring from the Army is preparation.

"Once a Soldier decides he wants to retire, he needs to remember, it's not an event, retirement is a process," Fountain explained.

Fountain should know. A career adjutant general Soldier, who retired from Fort Jackson's Soldier Support Institute after 22 years of service, he has helped countless Soldiers through the retirement process.

Along the way, Fountain has heard a number of myths and helps direct Soldiers through myriad rules and regulations surrounding military retirement.

"You have to understand, 99.5 percent of the people who are going to retire, this will be their first time retiring from the Army," Fountain said. "So there are a lot of myths out there."

Myths covering taxes, early retirement, the Survivor's Benefit Plan and at what rank a Soldier retires can cause confusion for retiring Soldiers. Fountain tries to alleviate Soldiers' concerns and dispel myths when he meets with them.

## IS RETIRED PAY TAXABLE?

Fountain explained there can be a lot of confusion regarding taxable income on military retirement pay.

"Some retiring Soldiers believe they pay taxes on their home of record, or where they joined the Army, but this is not true," Fountain said. "When you retire and take your uniform off, you pay taxes in the state that you reside. You pay taxes in your state of residence. If you take your uniform off here in South Carolina, you'll pay taxes in South Carolina."

He added in some states the retired pay is not taxable, and to further add to the confusion in some places the retiree's retirement pay is taxable, but not taxed by the state. South Carolina is one of those states.

"South Carolina made an agreement with the Defense Finance and Accounting Services that the state will take money out of your retirement check to pay taxes, but it's not South Carolina law to take taxes out," Fountain said. "You have to elect to have taxes taken out, but you are still liable for taxes."

## WHAT'S THE DEAL WITH EARLY RETIREMENT?

Fountain said he gets many Soldiers who come to him asking if they can retire at 15 years. This is a popular myth, he explained as Soldiers get tired and want to retire sooner rather than later. But it's not an option for Soldiers to consider.

"You have to be selected to retire early or separate at 15 years," he said. "The Army will give you an option to retire at 15 years; it's not something you can request."

He added almost always the 15 year retirement comes from either an officer selection board or selection from the Qualitative Service Program.

## WHO NEEDS THE SBP ANYWAY?

Fountain said he believes retiring Soldiers need to re-

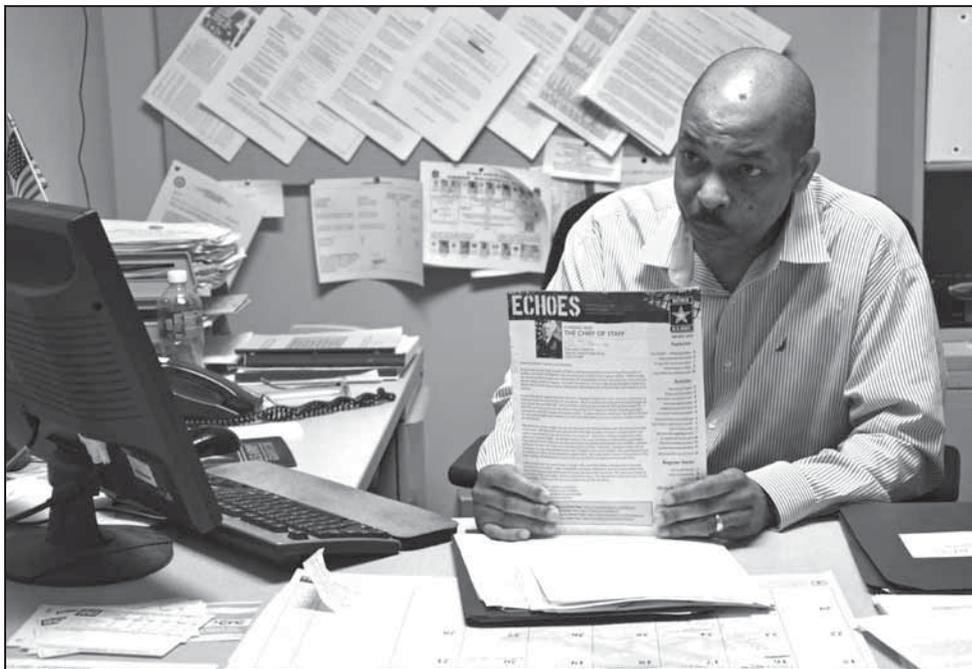


Photo by CHRIS FLETCHER

**Greg Fountain, the Fort Jackson retirement services officer, explains the benefits of the Army Echoes newsletter to a retiring NCO recently.**

search all aspects of the Survivor's Benefit Plan, or SBP, before making a major decision affecting the welfare of a retiree's spouse and family.

"Soldiers believe because they're active duty that they're 100 percent fit," Fountain said. "They'll be able to leave active duty and get a 1 million dollar insurance policy. So they waive their Survivor's Benefit Plan, and it turns out once they apply for their insurance, they're either uninsurable or the rates are sky high."

For Soldiers who believe they will be better off without the SBP, Fountain said he recommends they have their commercial life insurance policy in hand before seeing him to fill out the data for payment of retired personnel.

"Too many times, I've watched Soldiers say they're going to get insurance and they end up coming back after their retirement date when they find out they're uninsurable," he explained.

However, Fountain reiterated, after the retirement date passes, it is too late to elect the SBP.

## SOLDIERS ALWAYS RETIRE AT THE HIGHEST RANK HELD, RIGHT?

Fountain entertains a number of questions regarding what rank a Soldier will retire at with the common belief being a Soldier retires at the highest rank obtained during military service. The difference could mean a loss of thousands of dollars for a misinformed Soldier.

"Some Soldiers believe if they're reduced in grade for some reason, they can retire at the highest grade held. That's partly true, but mostly false. ... The key phrase in the regulation ... 'Soldiers can retire at the highest grade held successfully,'" Fountain explained. "So if you get reduced through any negligence on your own part, then you won't retire at the highest grade, you'll retire at the reduced grade."

He also said officers need to remember if they were

enlisted prior to their commission, then there is a service obligation tied to retirement too.

"If you don't have eight years as an officer, you're going to retire at the highest enlisted grade that you held," Fountain said.

## SUCCESSFULLY NAVIGATING THE RETIREMENT PROCESS

Soldiers can avoid the rumors, myths and lore about military retirement by going to the source.

Fountain explained once a Soldier decides to retire, he needs to attend a pre-retirement orientation briefing immediately. Pre-retirement orientations are held quarterly here.

"At the pre-retirement briefing, we have people from all different government agencies come together and explain their portion of the retirement," Fountain said. "We have DFAS, G8 (finance), legal services, TAPS (Transition Assistance Program), and other organizations who come and brief."

Fountain said the next step is for the Soldier to contact his nearest TAPS representative as he can start the transition process 24 months out.

Spc. Kris Henshaw, a food inspector with the Public Health Command, will receive a physical disability retirement in May and completed his TAPS program almost one year ago.

"It was very informative; it was a lot of information at a very rapid pace," Henshaw, who is stationed in Charleston, said of the TAPS program.

The seven-year veteran added since he is receiving a physical disability retirement, the process seemed daunting at times.

"The idea of what my entitlements were being medically retired, there was a lot of confusion," said Henshaw,

# Know the keys to maintain good credit

**C**redit is money borrowed by a consumer to purchase goods or services. A credit grantor will extend you credit with the expectation that you pay back the amount you borrowed along with specified interest at an agreed-upon time. According to Experian, a consumer can have four different types of credit:

■ **Revolving credit:** You are given a maximum credit limit and you can make charges up to that limit. If you do not pay the balance of the charges, you will carry a balance (or revolve the debt). The most common form of revolving credit is credit cards.

■ **Charge cards:** Although they often look like revolving credit cards and are used in the same way, charge accounts differ in that you must pay the total balance every month.

■ **Service credit:** Army agreements with service providers are all credit arrangements. You receive electricity, cellular phone service, gym membership, etc., with the agreement that you will pay for the service each month. Not all service accounts are reported in your credit history.

■ **Installment credit:** With installment credit, a creditor loans you a specific amount of money, and you agree to repay the money and interest in regular installments of a fixed amount over a set period of time. The two most common types are car loans and mortgages.

Knowing the keys to establish and maintain a good

## FINANCIAL ADVICE

By SHAWN SMITH  
Army Community Services  
Financial Readiness

credit record is necessary if you plan to use credit for major purchases such as a car or home. Your credit score — a numerical representation of your credit file — determines the amount of interest you will pay to the credit grantor, which may be significant if you lack the necessary credit or have no credit history.

The credit grantor will review one or all three credit reports, your income, how long you have resided at your current residence, how long you have worked for the same employer, total assets, etc. These factors are considered to determine if you will be approved for the item you are applying and the interest rate and terms.

Let's say two consumers purchased a home for \$150,000. Consumer A has a great history of paying creditors on time and does not have any blemishes on his credit file. When the mortgage lender reviewed his credit, it was determined that he has excellent credit, an

average score of 792. Based on Consumer A's credit file, he was offered a 30 year fixed-rate loan with a 3.9 percent annual percentage rate, or APR, with \$707 monthly payments.

On the other hand, Consumer B has a history of missing payments and a few paid collections on his credit file. It was determined his average credit score is 635, which means he barely qualified for a mortgage loan. Consumer B was offered a 30 year fixed-rate loan with a 4.8 percent APR with \$787 payments, an extra \$80 per month compared to Consumer A. Over the life of the loan (30 years) Consumer B will pay more than \$28,000 in additional interest because of his low credit score.

Understanding the ins and outs of credit is a lifelong process that can potentially save you thousands of dollars throughout your lifetime.

Army Community Service will host a "lunch and learn" seminar on credit from 11:30 a.m. to 12:45 p.m., Monday at the Education Center, Room B206. Participants will learn about building and maintaining credit; the impact of negative and positive items on credit reports and scores; choosing credit cards and loans; and how to properly use credit.

To register or to schedule an appointment with a financial counselor, call 751-5256.

## News and Notes

### CHILD ABUSE AWARENESS EVENT

Army Community Service will host a training session about child abuse awareness as part of the post's National Child Abuse Prevention Month activities. The event is scheduled from 10 a.m. to 3 p.m., today at the NCO Club. The guest speaker will be Dr. Sharon Cooper, the CEO of Developmental and Forensic Pediatrics, PA, a consulting firm that provides medical care, research, training and expert witness experience in child maltreatment cases as well as medical care for children with disabilities. For more information, call 751-6325.

### TEEN SUMMIT SET

The 2015 Teen Summit is scheduled from 10 a.m. to 3 p.m., Friday at the Solomon Center. The summit is open to Richland County teenagers, ages 13-17, who are part of a military family. The theme is "Teens Living with Confidence." Registration is required by Friday. For more information and to register, call 751-6325.

### PASSOVER SERVICE SCHEDULED

The Jewish holy days of Passover are celebrated this year from sunset, Friday until the evening of April 11. The Fort

Jackson Passover worship service is scheduled from 7 to 9 p.m., April 3 at the Main Post Chapel. For more information, contact your unit chaplain or call 751-3979.

### SPRING JAMBOREE, EGG HUNT

Child, Youth and School Services will host a spring jamboree and egg hunt from 10 a.m. to noon, Saturday at the Youth Sports Complex. For more information, call 751-4824/4869.

### BIG DAY OUT, FAMILY FUN FAIR

The Directorate of Family and Morale, Welfare and Recreation will host its annual Big Day Out and Month of the Military Child Family Fun Fair from 9 a.m. to 2 p.m., April 18 at Semmes Lake Recreation Area. Activities include free rides and games. Concessions will be available.

For more information, call 751-4869/5384.

### ALCOHOL AWARENESS TRAINING

Alcohol awareness training is scheduled for 9 a.m. and 1:30 p.m., April 13 and 9 a.m., May 12 at the Solomon Center. The event will include presentations from Mothers against Drunk Driving and the South Carolina Highway Patrol.

## Reel Time Theaters

We're saving a seat for you.

### Ft. Jackson Movie Schedule

PH (803)751-7488  
Adult \$5.50/Child (6-11): \$3.00  
3D: Adult \$7.50/Child (6-11): \$5.00  
3319 Jackson BLVD

\*\*Ticket sales open 30 minutes prior to each movie\*\*

\*Movie times and schedule are subject to change without notice\*

Friday April 3

**Focus** (R) 7 p.m.

Saturday April 4

**The Kingsman: Secret Service** (R) 2 p.m.

**The Duff** (PG-13) 4:30 p.m.

Sunday April 5

**The Duff** (PG-13) 2 p.m.

**Focus** (R) 4:30 p.m.

Wednesday April 8

**The Kingsman: Secret Service** (R) 2 p.m.

**Focus** (R) 4:30 p.m.

Thursday April 9

**The Duff** (PG-13) 3 p.m.

Friday April 10

**The Kingsman: Secret Service** (R) 7 p.m.

Saturday April 11

**Free Military Appreciation Showing** (PG-13) 2 p.m.

Sunday April 12

**Run All Night** (R) 2 p.m.

**Unfinished Business** (R) 4 p.m.

Wednesday April 15

**The Kingsman: Secret Service** (R) 2 p.m.

**Run All Night** (R) 4:30 p.m.

Thursday April 16

**Unfinished Business** (R) 3 p.m.

Friday April 17

**Cinderella** (PG) 7 p.m.

Saturday April 18

**The Duff** (PG-13) 2 p.m.

**Run All Night** (R) 4:30 p.m.

Sunday April 19

**Unfinished Business** (R) 2 p.m.

**Cinderella** (PG) 4 p.m.

Wednesday April 22

**Unfinished Business** (R) 2 p.m.

**Run All Night** (R) 4 p.m.

Thursday April 23

**The Duff** (PG-13) 3 p.m.

Friday April 24

**The Second Best Exotic Marigold Hotel** (PG)

7 p.m.

### DOD BEHAVIORAL HEALTH SURVEY TO INCLUDE FORT JACKSON

Fort Jackson Soldiers, Family members and health care providers are invited to participate in a research study funded by DOD aimed at improving behavioral health services for Soldiers. Invitations to complete the confidential survey, titled "Opening Doors: Strengthening Behavioral Health Support for Soldiers," will be emailed soon to a random sample of Soldiers, family members and health care providers. Individual responses will not be reported to the Army. For more information, call 751-0766 or email [angela.d.smith231.mil@mail.mil](mailto:angela.d.smith231.mil@mail.mil).



*Courtesy photo*

Fort Jackson's team for the 2015 Bataan Memorial Death March finished first in its category March 22 at White Sands Missile Range, N.M. Pictured are, from left, 1st Lt. Paul Kuwik; 1st Sgt. Ricardo Gutierrez; Capt. Erik Bondhus; Staff Sgt. Keisha Lee; and Master Sgt. James Mastrodomenico.

## FJ team finishes first at Bataan march

By WALLACE McBRIDE  
Fort Jackson Leader

A team of Soldiers from Fort Jackson were among the thousands of participants in this year's Bataan Memorial Death March.

When the numbers were tallied, the group had come in first place in the "Military Co-Ed Heavy Teams" category, finishing the 26.2-mile course in six hours, five minutes. Thousands of active-duty Service members participated in the March 22 event, representing all branches of the U.S. armed forces, as well as military men and women from Germany, Australia, the United Kingdom and other parts of the world.

"It was awesome seeing Service members from all branches out there," said Capt. Erik Bondhus, of the 1st Battalion, 13th Infantry Regiment, who was part of the Fort Jackson team to run course at White Sands Missile Range, New Mexico. "There was also wounded warrior participation. Seeing them out there — Soldiers who've had amputated limbs — participating was also inspirational."

Fort Jackson's team was made up of Bondhus; 1st Sgt.

Ricardo Gutierrez, MEDDAC; 1st Lt. Paul Kuwik, MEDDAC; Staff Sgt. Keisha Lee, 2nd Battalion, 13th Infantry Regiment; and Master Sgt. James Mastrodomenico, 1st Battalion, 61st Infantry Regiment.

Accompanying the team was retired Col. Ben Skardon, 97, a survivor of the Bataan Death March. Skardon was among the prisoners of war forced to march for days through the jungles of the Philippines in 1942. Hundreds — if not thousands — of Soldiers died during the march. More than 70 years later, the exact number of casualties remains unknown.

"He's a phenomenal individual," Bondhus said. "He actually walked 8.5 miles. It was great to see him out there."

Fort Jackson began building its team at the start of the year, he said.

"We had a tryout late in January, then trained twice a week until the actual march," he said. "Tuesdays (we did) a ruck march, ranging from 8 miles to 16 miles. The pack weight was about 35 pounds."

The Soldiers followed this training session two days later with a boot run in uniform that covered the same amount of distance.

"It was my first marathon ever," Lee said. "It was ex-

tremely challenging doing the same hills on a weekly basis. The actual course was not something you could train for."

"It was incredible to shake their hands, listen to and honor the Bataan Death March survivors," Kuwik said. "A personal record is impossible to set, but the Bataan memorial is definitely (a run) to complete."

Gutierrez said the event is the most difficult marathon in which he has ever participated.

"But it's also the most rewarding," said Gutierrez, who was participating in the event this year for the ninth time. "Having the opportunity to see and pay honor to the few remaining Bataan survivors who actually did the march is an experience I will never forget."

Bondhus said the team's success was a group effort, supported with help from many people not present for the actual event in New Mexico.

"I want to thank the different commands that allowed us to go," he said.

Fort Jackson MWR financed and coordinated the trip, which Bondhus said received a great deal of support from the post's commanding general, Maj. Gen. Bradley Becker.

*Milton.W.McBride3.ctr@mail.mil.*

# Post to honor Vietnam vets

By CHRIS FLETCHER  
Fort Jackson Leader

Over the last decade, it has become a familiar refrain heard anytime someone sees a Soldier in uniform, "Thank you for your service."

But, this time instead of being uttered to a fresh-faced Soldier returning from Afghanistan or Iraq, it will be spoken to an elderly gentleman for his service during the Vietnam War 50 years ago.

Americans nationwide, including a number of local veteran organizations, celebrated "Welcome Home Vietnam Veterans Day" Monday.

Bobby O'Kelly, a Columbia native who served in the Air Force as a C-130 and OV-10 crew chief, said he believes events, such as "Welcome Home Vietnam Veterans Day," allow vets to go through a healing process.

"It was a little rough, nobody ever spat on me, but I got no thanks either," O'Kelly said, of his service in Da Nang, Vietnam in 1971.

O'Kelly is an active member with the American Legion Post 6 and he explained most Vietnam veterans are the force behind today's generation of combat veterans receiving spirited welcome home events for their service in Afghanistan and Iraq.

One of those veterans is Dale Moss, a former Force Reconnaissance Marine who served two tours in Vietnam. Moss added Vietnam veterans are making sure that what they went through 40 years ago will never happen to today's combat veterans.

"Today's troops are not going to be treated that way, it's wrong," he said. "We're all brothers, every one of us are brothers."

Moss, who is also an American Legion Post 6 member, explained Vietnam veterans need events like the "Welcome Home Vietnam Veterans Day."

"The Vietnam veterans weren't recognized when they came home," he said. "They were spat at when they came home."

Moss shared his personal experience returning from his first Vietnam deployment.

"We flew from Okinawa and were supposed to land at LAX, but they diverted us to El Toro Marine Corps Air Station because of all the protesting going on," Moss

said. "We were screaming on board, 'Let us out, we'll show them what a protest is about.' Well, they diverted us real quick."

Moss first deployed in 1966-67 for 13 months and he had a four-and-half month break between deployments. He then deployed again for another 13 months in 1967-68 to Khe Sanh where he fought during the Tet Offensive.



O'KELLY

According to the National Conference of State Legislatures website, most states celebrate "Welcome Home Vietnam Veterans Day" March 30 to commemorate the sacrifices of Vietnam veterans, many of whom did not receive recognition for their service upon returning to the U.S.

March 30, 1973 was the date of the final withdrawal of U.S. troops from Vietnam.

On the 50th anniversary of the start of the Vietnam War, Fort Jackson will open its gates to acknowledge Vietnam veterans for their service, too. In addition to the planned Victory Week events held May 13-17, Fort Jackson leadership hopes to entice Vietnam veterans from

throughout the southeast to attend specific Vietnam veteran events.

Greg Fountain, the Fort Jackson retirement services officer, said this year's Retiree Appreciation Days events will cater to Vietnam veterans.

Fountain said this year's Retiree Appreciation Days will still have a health and benefits expo and golf tournament, but the overarching theme commemorates Vietnam veterans.

"This event gets us all together," Moss exclaimed. "For Fort Jackson to set this up for us, it's just amazing."

Moss wants the Fort Jackson event to attract veterans and non-veterans alike in an effort to educate everyone about the sacrifices Vietnam veterans made 50 years ago.

"I'd like to see everyone in Columbia go out there," Moss said. "They're going to be amazed at what is going on out there, Fort Jackson is doing some great things."

For more information regarding Fort Jackson's Vietnam Veterans welcome home activities, call 803-319-6520 or email [FJVietnamVeteran2015@gmail.com](mailto:FJVietnamVeteran2015@gmail.com).



MOSS

## Vietnam Veterans Welcome Home Celebration

In commemoration of the 50th anniversary of the Vietnam War, Fort Jackson will host a welcome home celebration for Vietnam veterans May 16 at Hilton Field.

Events include:

- 5K run at 8 a.m.;
- Parade at 4 p.m.;
- Car show;
- Period vehicles and aircraft;
- Vietnam firebase;
- The Moving Vietnam Wall;
- Free concert by Billy Currington at 7 p.m., followed by fireworks.

For more information, call 319-6520.



### VIETNAM WAR QUICK FACTS

- 1961— U.S. Armed Forces began serving in Vietnam in an advisory role
- 1965 — First ground combat troops sent to Vietnam
- 1973 — Last U.S. troops withdraw from Vietnam
- More than 58,000 Service members killed
- More than 300,000 Service members wounded

# VIETNAM



Photos by WALLACE MCBRIDE

From left, Sgt. 1st Class Tomy Havens, NCO Academy; Staff Sgt. Jessica Scott, 1st Battalion, 13th Infantry Regiment; and Sgt. 1st Class Alethea Ellegor, Army Master Resilience School, participate in the Battle Staff NCO Course. Conducted by the Sergeants Major Academy at Fort Bliss, Texas, Soldiers participated in the program here using distance learning applications at the Education Center.

# NCOs train for battle staff duty



Staff Sgt. Stephen Smith, Columbia Recruiting Battalion, uses a map to point out 'enemy locations' during the NCO Battle Staff Course at the Education Center.

By WALLACE McBRIDE  
Fort Jackson Leader

An elite training program conducted by the U.S. Army Sergeants Major Academy at Fort Bliss, Texas recently wrapped a 31-day session here.

Conducted quarterly, the Battle Staff NCO Course is designed to provide Soldiers with the skills to serve as members of the battle staff and perform daily operations of command posts. Soldiers at Fort Jackson participated in the program through distance learning initiatives, interacting with instructors — and other students — in a classroom at the post's Education Center.

"Next to special forces (training), this is the most academically challenging NCO school in the Army," said Sgt. 1st Class Kimberly Fairbanks, of Moncrief Army Community Hospital, an instructional aide helping to manage the March session.

While 16 Soldiers from Fort Jackson were taking part in the course, which wrapped Tuesday, Soldiers from eight other installations also participated through distance learning networks.

"This course gives (Soldiers) the knowledge to articulate information to battalion commanders and brigade commanders on a strategic level,"

said Sgt. 1st Class Sean Mitchell, an instructional aide for the Soldier Support Institute.

The first days of the class focused on the basics of war fighting, he said, but evolved by the end to include instruction on a software system that allows commanders to simulate battle-field management.

The distance learning application allowed some Soldiers to attend the course who otherwise might have missed out, he said.

"I've been waiting for years to get into this course," said 1st Sgt. Andrew Davis, 2nd Battalion, 60th Infantry Regiment, one of the Soldiers who participated in the Battle Staff NCO Course. "Distance learning has made it a lot easier for me to attend, especially being a first sergeant assigned to a unit. Being able to break away for four weeks to get this course done to further my career has helped immensely."

"Instead of paying all these Soldiers (for temporary duty) and pulling them away from Fort Jackson, they can do this locally with no excessive costs to their operations or the Army," Fairbanks said. "And they're getting trained for jobs in the future that are very competitive."

The next Battle Staff NCO Course is scheduled to start June 3.

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# Army chaplain invented basketball

By MARK W. JOHNSON

U.S. Army Chaplain Center and School

As “March Madness” makes its annual appearance on the American sports scene, fans who understand the history of basketball know James Naismith invented the game in 1891.

What many fans probably do not know about Naismith is that he served as a chaplain in the Army National Guard and as a volunteer chaplain in France during World War I.

Naismith hailed from Canada. He attended McGill University in Montreal, where he excelled at athletics. His sports resume at McGill included playing Canadian football, lacrosse, rugby and soccer. He was also an accomplished gymnast. He received a bachelor’s degree in physical education from McGill in 1887. Naismith remained at McGill upon graduation, teaching physical education and serving as the university’s director of athletics.

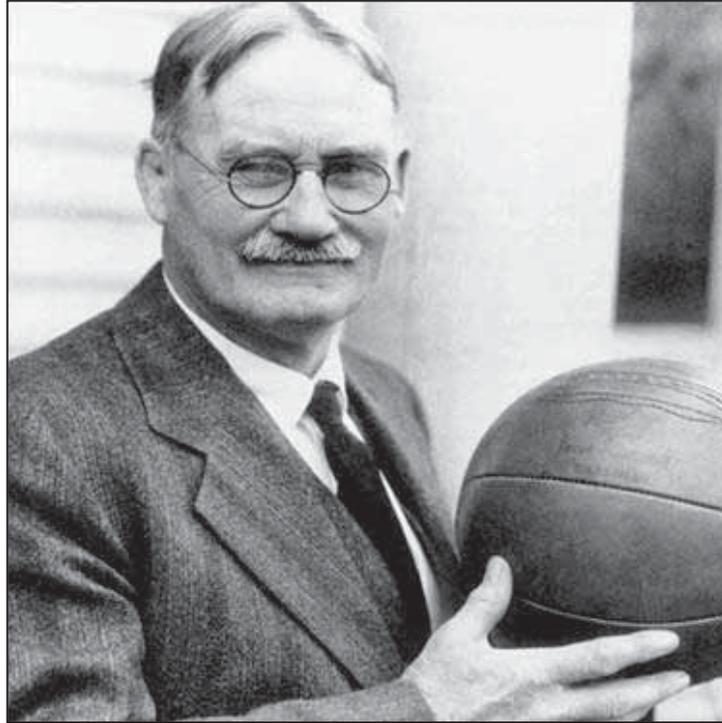
A man of diverse interests, while working at McGill, he enrolled at nearby Presbyterian College. He received a degree in theology in 1890.

After completing his studies at Presbyterian College, he came to the U.S. to teach physical education at the YMCA International Training School (now Springfield College) in Springfield, Massachusetts. It was there that he devised the rules for a new game, one that could be played indoors during winter — basketball.

Basketball proved to be immensely popular from the very start, and through the YMCA, it quickly spread throughout the nation. Today it is one of the world’s most popular sports.

After Naismith earned a medical degree in 1898, from the Gross Medical School (now the University of Colorado School of Medicine), the University of Kansas hired him to be its first basketball coach. The Jayhawks’ record during his nine-year coaching tenure was nothing spectacular — 55 wins and 60 losses — but he remained at Kansas for more than 40 years, serving in such diverse roles as physical education instructor, director of the university chapel, university physician and director of athletics.

His diverse interests came to the fore again in 1916, when he applied to be a chaplain in the Kansas Army National Guard. His desire to be a chaplain was much the same as his motivation to devise the rules for basketball — to help young people and guide them to their full potential.



Courtesy photo

**James Naismith, the inventor of basketball, served as a chaplain in the Army National Guard and as a volunteer chaplain during World War I.**

Pancho Villa provided additional motivation.

In March 1916, the Mexican revolutionary led his guerrilla army in a cross-border raid on Columbus, New Mexico. In response, the U.S. Army began patrolling the national border with Mexico, and a punitive expedition under Brig. Gen. John Pershing was sent into Mexico in pursuit of Villa.

The Kansas National Guard was tapped to send troops to the border. After quickly obtaining an endorsement as a Presbyterian minister, Naismith was commissioned as the chaplain of the 1st Kansas Infantry Regiment. His regiment mobilized at Fort Riley in late June, and a few weeks later, the Kansans were at Eagle Pass, Texas, on the Rio Grande.

Naismith and his regiment spent about three months on border duty. During this time, he performed the traditional roles of a chaplain of a deployed unit: conducting services, counseling homesick Soldiers, advising his commander on the moral and spiritual needs of the unit. He made a concerted effort at convincing his Soldiers to steer clear of the houses of prostitution that sprang up near their posts. With his exper-

tise in athletics, he organized numerous boxing matches, basketball games and a baseball league to keep Soldiers occupied during their off-duty time.

The 1st Kansas returned home in October 1916. Naismith wanted to continue his military career as America entered World War I in April 1917. He considered applying for an active-duty commission as an Army chaplain, but there were two things working against him: He was 55 years old in 1917, and was not an American citizen.

He found another route to military service because the Army was woefully short of chaplains as it mobilized for war. A number of civilian agencies, such as the American Red Cross and Salvation Army, took up the slack by arranging for volunteer civilian clergymen to provide religious support to Soldiers, primarily at stateside posts and in hospitals.

In June 1917, Naismith went to work as a volunteer chaplain for the YMCA, another organization that assisted the Army with religious and morale support activities. He was one of a small group of lecturers that the YMCA employed to travel around the United States and conduct programs at training camps to strengthen the moral

character of Soldiers.

In September 1917, the YMCA sent Naismith to France, where he worked as one of the organization’s “overseas secretaries” in the war zone. Based out of Paris, Naismith spent most of his time near the front lines, working to improve the social hygiene of the troops.

“I feel I am fitted for this work,” Naismith once said of his military service. Indeed he was — with his background as a clergyman, medical doctor, athlete, educator and National Guardsman, his mix of skills had a depth and breadth that few of his peers in France could match. “It is a pretty big job,” Naismith wrote in a letter to his wife shortly after his arrival in theater.

“Go over and make the camps clean places for the boys to fight. And also get the right spirit into the men. That involves two things. Educate the men and eliminate the evils from the camps and vicinity. Pershing is very anxious to have this done. I go without instructions to find out the best thing to do and then get the machinery working. It is no child’s play, especially when it is among the old-fashioned type of Soldier and in France where ideals are so different. The responsibility is great but I am going into it determined. I do wish that you and the family would pray for me, for I have never felt so much in need of help as I do at this present minute,” Naismith wrote.

Naismith spent 19 months in France, a longer period of time than most American Soldiers who served overseas in World War I. After the armistice, he continued his service in Europe as the Army redeployed home.

On Thanksgiving 1918, he wrote a long letter home, in which he listed a number of things he was thankful for. One of them was: “the knowledge that I have tried to help the people of the world to make it a little better, and that I have tried to love my neighbor as myself.”

Naismith returned to the United States in March 1919. He resumed his duties as athletic director of the University of Kansas, a position he held until his retirement in 1937. He died two years later. He has been honored numerous times over the years for his contributions to American athletics, including being a member of the inaugural hall of fame class at the Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts.

However, he always considered his time in uniform and his work with Soldiers to be among his most significant accomplishments.



@fortjacksonpao



Members of the men's national water polo team carry logs during a team building exercise March 21 at Fort Carson, Colo.

# Soldiers train with water polo team

*U.S. Army Physical Fitness School*

Soldiers with the U.S. Army Physical Fitness School traveled to Fort Carson, Colorado to team up with the 1st Battalion, 12th Infantry Regiment March 21. Soldiers from both units conducted team building exercises with the men's national water polo team.

Lt. Col. Michael Avey, the 1-12th commander, welcomed the team, coached by John Kocur, to Fort Carson to train with the Red Warriors. The water polo team's 19 members have competed in up to four Olympics. The team has also trained with the Navy Seals in southern California a few years ago.

Kocur said he appreciated the opportunity to train with the Army so his team can see and feel how Soldiers represent the U.S.

The athletes were trained in basic land navigation techniques. They also completed an individual walking and running pace count. Capt. Amy Tang and 1st Lt. Amanda Young, Army master fitness trainers with the school, conducted physical readiness training and military movement drills with the team.

The water polo athletes said that they conduct very similar exercises for their dry-land training in the gym. Kocur said he was most impressed with the level of discipline that is expected from Soldiers during PT — something he said he wanted his team to experience.

Throughout the event, the team rotated between participating in a physical challenge and a team building exercise. Physical challenges included incorporating uneven terrain with log carries; water jug carries; litter carries; a Humvee push; and running. Mental challenges included solving problems; working through obstacles without verbal communication; concentrating on balance; and solving pictograms.

At the end of the day, everyone participating gained new experience from the combined training, Tang said.

The water polo team was able to experience a kind of



*Courtesy photos*

**A Soldier with the 1st Battalion, 12th Infantry Regiment instructs members of the U.S. national men's water polo team on how to use a compass for land navigation. Soldiers with the U.S. Army Physical Fitness School participated in the one-day training event March 21 at Fort Carson, Colo.**

training that required team members to work together and to learn each other's strengths and weaknesses out of the pool. The athletes were able to test their physical skills in obstacle courses as well as learn operational skills. They were training as tactical athletes and not just as water polo athletes.

Soldiers with the U.S. Army Physical Fitness School

were invited to the Olympic Training Center to observe how elite athletes train in the weight room and what programs were used. Much of their program parallels the Army's physical readiness training.

Soldiers with the 1-12th learned to instruct those without a military background to work at a high operational tempo as a team while staying safe.



Photos by CHRIS FLETCHER

Vern Brantley, a World War II veteran, renders honors during the opening ceremony Sunday commemorating the U.S. Army's first mass tactical parachute operation, held in Camden, S.C. 72 years ago. More than 20 World War II veterans attended the event.

# WWII vets jump back in time

By CHRIS FLETCHER  
Fort Jackson Leader

CAMDEN, S.C. — More than 20 World War II veterans celebrated completing the U.S. Army's first mass parachute drop at the 82nd Airborne Division Memorial Sunday.

Though the parachute drop 72 years ago was successful and helped pave the way for mass parachute operations in Africa and Europe, three paratroopers died during the training event.

The magnitude of this initial jump was conveyed in a letter written by Barbara Gavin, the daughter of Lt. Gen. Jim Gavin, who commanded the 505th Parachute Infantry Regiment, or PIR.

"Training leads to perfection in performance, and without this jump in Camden, which is being commemorated here today, those combat jumps during the war might have had a different ending," read military historian Robert Anzuoni, from Gavin's letter to the audience of more than 100.

Anzuoni also noted how Gavin felt for the paratroopers who sacrificed their lives in training so others could get it right in combat.

"Today, I believe my father's spirit is there with you, honoring those three paratroopers who lost their lives taking part in this operation in Camden," Anzuoni read from Gavin's letter. "It led to four magnif-

icent combat jumps of the 82nd Airborne Division in World War II."

Before the jump 72 years ago, the largest parachute drop consisted of a battalion-sized operation. The entire 505th PIR, three battalions from the 82nd, participated in the Camden parachute drop.

Anzuoni said the parachute assault on Camden left no doubt about the feasibility of regimental-sized parachute operations.

Highlighting the event were vignettes and anecdotes from retired Command Sgt. Maj. Kenneth Merritt and former Maj. T. Moffat Burriss, both participants of the jump in Camden, S.C. and a number of combat jumps in World War II.

"I had just made squad leader after being in the Army only five months," said Merritt, of his jump into South Carolina 72 years ago. "I was so determined to do something good; the first thing that happened was I lost my compass and my South Carolina map."

Merritt added he was called up to see his supply officer after the training operation and told he would have to pay \$16.98 for the lost compass, which equaled one-third of his monthly basic pay.

U.S. Rep. Joe Wilson and retired Army Maj. Gen. Julian Burn also spoke at the event.

The commemoration allowed today's generation to jump into the past with World War II re-enactors dressed the part and period-piece equipment displays on hand for spectators.



World War II reenactors discuss the equipment used by paratroopers while commemorating the U.S. Army's first mass tactical airborne operation. The jump commenced 72 years ago Sunday in Camden, S.C.

# U.S., Jordan partner during exercise

By MAJ. JANET HERRICK  
U.S. Army Central

ZARQA, Jordan – U.S. and Jordanian forces conducted Exercise Eager Light 15 at the Jordanian Simulations Center, here, March 8-12.

Eager Light is an annual bilateral command post exercise led by U.S. Army Central personnel and the Jordanian Armed Forces, or JAF.

Conducted annually since 1998, Exercise Eager Light is designed to increase interoperability and responsiveness between the U.S. and Jordanian armed forces, and demonstrates the robust partnership between the two countries.

Jordanian soldiers of the 12th “Al-Yarmuk” Brigade worked alongside 560th Battlefield Surveillance Brigade Georgia Army National Guard Soldiers with reserve linguists to reinforce their partnered commitment to security and stability in the region.

“The exercising of the military decision-making process is integral for combined training with our JAF partners,” said Lt. Col. Derek Mixon, USARCENT exercise director. “It is important to maintain a high level of proficiency on key tasks while exercising different scenarios. Exercising with our JAF partners is an important component of readiness and is fundamental to sustaining and strengthening military relationships.”

JAF and U.S. forces met the week before for academic and simulation training to standardize and refine command and control operations, logistics, communications and administration using the Joint Conflict and Tactical Simulations System, or JCATS.

The exchange of knowledge and experience of JAF and U.S. leaders fostered an understanding of each other’s forces, said Brig. Gen. Mohammed Jaradat, with the Jordanian Armed Forces.



U.S. Army photo

**Command Sgt. Maj. Roy Marchert of the 560th Battlefield Surveillance Brigade, left, receives brief from the Jordanian Armed Forces 12th “Al-Yarmuk” Brigade staff on headquarters operations during exercise Eager Light in Zarqa, Jordan. The exercise was held March 8-12.**

He added that practicing operations processes enabled commands to decentralize missions and provided opportunities for junior leaders to take initiative to become more prepared to respond to the threats faced in the regions.

Training exercises such as Eager Light highlight the long-standing partnership and enduring friendship between Jordan and U.S. forces, promote cooperation and interoperability, build functional capacity, practice crisis management and enhance readiness.

## 187th marks history month

**Lt. Col. Monica Reid, executive officer of the 171st Infantry Brigade, speaks at the 187th Ordnance Battalion’s Women History Month luncheon March 20. Reid spoke about the impact of women in the military.**

Courtesy photo



# Testing for expertise

## Fort Jackson Soldiers aim for coveted Expert Infantryman Badge

Photos by JENNIFER STRIDE

Eighty-five Fort Jackson Soldiers started the week in hopes of obtaining the Expert Infantryman Badge, or EIB. The weeklong EIB test challenges infantrymen in several areas. The event started with a PT test Monday, followed by land navigation. Beginning Tuesday, Soldiers were tested in three lanes — a traffic control point lane, an urban lane and a master skills testing patrol lane. The event will conclude Friday with a 12-mile ruck march and the awards ceremony at 7:30 a.m. at Darby Field.



# DOD advises troops to be cyber safe

By **TERRI MOON CRONK**  
DOD News

WASHINGTON — DOD employees and their Families should be vigilant when guarding personal and work information from expanding cyber-criminal activity, and to know how to recognize scammer tactics, the department's chief information officer said.

Terry Halvorsen issued a DOD-wide memorandum March 18 about the growing threat of cyber-crime "phishing" and "spear phishing" in emails, on social media sites and through phone calls.

"Phishing" is defined as sending fraudulent emails that claim to be from reputable sources, such as a recipient's bank or credit card company, to gain personal or financial information.

Recipients of such emails are often directed to fraudulent websites that mimic familiar-looking bank and e-commerce sites, according to Encyclopedia Britannica. Phishers ask recipients to update or confirm accounts, which discloses confidential information such as Social Security and credit card numbers.

"Spear phishing" is the latest twist on phishing, according to Britannica, and it targets companies and government agencies through select employees with fraudulent emails, which appear to come from trusted or known sources. When employees click on links in the emails, hostile programs enter the organization's computers.

## CYBER-CRIME TACTICS EVOLVING

"Cyber criminals continue using phishing and spear-phishing attacks," Halvorsen said in his memo, "and their tactics are evolving in an increasingly predatory manner."

## Retire

Continued from Page 6

who is married with two children. "It was very difficult to navigate because there were so many people involved to get answers for the questions (me) and my Family had."

However, Henshaw thought his meeting with Fountain was beneficial, as he sat down to discuss what his retired military pay would look like and whether or not to elect the SBP.

Fountain said another critical step to complete upon deciding to retire is the retirement physical. He stated physicals can be completed no earlier than six months and no later than one month prior to retirement.

When a Soldier comes to the decision to retire from the Army, he needs to research and properly plan his exit. Fountain has stated retirement is not an event, but a process. It is a process with a number of steps and some twists and turns, but with support and a solid plan, the process can be a positive one.

"Start the process and ask as many questions as you can," Henshaw said. "No question is unimportant to ask."



DOD photo

## Service members must be careful when posting sensitive information to social media sites.

Whereas military members and DOD civilians are routinely trained in recognizing cyber security red flags, the DOD also wants its workforce's Families and parents to be prepared to deal with suspicious email, he said.

These cyber criminals also track and mine social media accounts such as Facebook, LinkedIn and others "to interact with people and compromise accounts," Halvorsen said.

## ARM YOURSELF WITH KNOWLEDGE

"Phishing continues to be successful because attackers do more research,

evolve their tactics and seek out easy prey," he said. "We need to arm ourselves and our families with defensive skills and knowledge to protect (against) being victimized by a phishing email, computer or phone scam."

Halvorsen advises these safeguards to protect against phishing and spear phishing, which can also lead to identity theft:

- Never trust links or account/password prompts in email messages.
- Note that phishing emails sometimes have poor grammar or misspelled words.
- Do not trust information-seeking emails and phone calls, and verify such threats.

- Never provide your user identification or password.
- Refuse social media connection requests from anyone you have not personally met.
- Use spam filters for personal email.
- Never email personal or financial information, even if you know the person requesting it.
- Be wary of pop-ups. Don't click links or enter any data.
- Do not copy Web addresses from a pop-up into a browser.
- Do not click on links, download files or open attachments.



Photo by CHRIS FLETCHER

**Spc. Kris Henshaw, a food inspector, discusses services he will obtain with Greg Fountain, the Fort Jackson retirement services officer, once he receives his physical disability retirement May 19.**

# ArmyFit offers comprehensive fitness tools

By **ERIC KOWAL**  
Picatinny Arsenal

PICATINNY ARSENAL, N.J. — For little more than a year, the Army has been promoting a website called ArmyFit, a resource site that provides Soldiers, Family members and DA civilians with information regarding their physical, spiritual, emotional, Family and social fitness.

The site allows the user to take a completely confidential brief survey through a global assessment tool, GAT 2.0, that will track results in a resource known as the Performance Triad.

The triad consists of the following categories: sleep, activity and nutrition.

Once participants complete the GAT 2.0, they will land on a new website by Comprehensive Soldier and Family Fitness, or CSF2, known as ArmyFit, where they will have full access to all of the self-development resources, including tailored videos, information, and people or or-

ganizations to follow based on their GAT 2.0 scores.

Matthew Stracco, one of four master resiliency trainers in the U.S. Army Armament Research, Development and Engineering Center, or ARDEC, said it is recommended that people take the test quarterly, since it tracks and compares where they are progressing and digressing.

The test results also provide areas of improvement, tips and tricks.

Soldiers are required to take the survey annually. However, it is only a recommendation for Family members and civilians to participate.

The tracking system “provides for validation in a lot of ways,” Stracco said.

Results will tell people their “real age” versus their “actual age.” A real age identifies people’s “physiological age” based on the information they have inputted into the GAT 2.0 as compared with their calendar or birth age. Their “real age” or “physiological age” is a direct reflection of their day-to-day habits.

It also provides recommendations on how to improve their health when appropriate.

For example, a person may have been born on Nov. 1, 1975, which makes him or her about 40 years old.

However, if the person drinks alcohol in excess, smokes, has poor eating habits and inadequate workout routines, his or her “real” age may be closer to 45.

“If an individual can improve, ultimately it should have an impact on Family life and work ethic,” Stracco said.

ARDEC has a 10-year strategic plan, which includes the goal of fostering an enterprise culture built on trust, empowerment, collaboration and workforce well-being, Stracco said.

ARDEC offers resiliency programs and monthly health and wellness seminars for the workforce.

“If you have any interest in your own well-being, the Army Fit tool is a great starting point,” Stracco said.

To take the voluntary assessment, visit <https://armyfit.army.mil>.

Information will remain confidential. However, people have the option to change privacy settings to share information with other parties.

## AGCRA hosts bowling event

The Carolina Chapter of the Adjutant General's Corps Regimental Association hosts a free bowling tournament for human resource Soldiers on post. Soldiers from the Adjutant General School, the 369th Adjutant General Battalion, the 120th Adjutant General Battalion (Reception), the NCO Academy and the 171st Infantry Brigade were among those participating.

*Courtesy photo*



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## Calendar

### Today

#### Chaplain Family Life Center open house

10 a.m. to 2 p.m., 5460 Marion Ave.

Free lunch will be provided. For more information, call 751-4979.

### Today

#### Children's Walk Against Child Abuse

10 a.m., Pierce Terrace Elementary School

The walk will start at the school and end at the Youth Center. For more information, call 751-6325.

### Friday

#### BOSS pie in the face contest

11:30 a.m. to 1 p.m., Darby Field (pecan orchard)

For more information, call 751-8280.

### Monday

#### All about the credit seminar

11:30 a.m. to 12:45 p.m., Education Center, Room B206

For more information, call 751-5256.

### Monday, April 13

#### Out of debt seminar

11:30 a.m. to 12:45 p.m., Education Center, Room B206

For more information, call 751-5256.

### Tuesday, April 14

#### SSI Holocaust remembrance observance

10 to 11 a.m., Soldier Support Institute auditorium

The guest speaker is Lilly Filler.

### Monday, April 20

#### Investment basics seminar

11:30 a.m. to 12:45 p.m., Education Center, Room B206

For more information, call 751-5256.

### Thursday, April 23

#### Prepare your finances to purchase a home

11:30 a.m. to 12:45 p.m., Education Center, Room B206

For more information, call 751-5256.

### Monday, April 27

#### Identity theft seminar

11:30 a.m. to 12:45 p.m., Education Center, Room B206

For more information, call 751-5256.

## Announcements

### WORKSHOP FOR HR PROFESSIONALS

A "Combat to Corporate" military workshop for human resource professionals is scheduled from 11:30 a.m. to 1 p.m., May 28 at the NCO Club. Registration is required. For more information, visit <https://www.milsuite.mil/book/message/568941>. To register, email [kymila.k.cheese.mil@mail.mil](mailto:kymila.k.cheese.mil@mail.mil) or [peggy.m.henderson.mil@mail.mil](mailto:peggy.m.henderson.mil@mail.mil).

### BOOK DRIVE SCHEDULED

The Fort Jackson Housing Mayoral Council is hosting a book drive to promote summer reading. New or gently used books may be dropped off at the Balfour Beatty Community Center or the Fort Jackson Housing Office until May 22.

### SPORTS SHORTS

■ Soccer matches are played at 10 a.m., 11 a.m. and noon at Hilton Field Softball Complex.

■ 5K, 8 a.m., April 18, details to be determined.

For more information, call the Sports Office at 751-3096.

## TAX CENTER OPEN

The Fort Jackson Income Tax Assistance Center is open from 9 a.m. to 5 p.m., Monday through Friday.

Services are available to active-duty Service members, eligible family members and eligible retirees. Assistance is provided by appointment only.

Taxpayers must:

- Arrive 10 minutes before their scheduled appointment time.
- Bring their W-2 forms, which can be downloaded from <https://mypay.dfas.mil>.
- Bring all Form 1098s or 1099s.
- Bring a valid military ID card.
- Bring a power of attorney if filing for another person or filing "married filing jointly" without the spouse present.
- Bring their Social Security cards.
- Taxpayers who wish to receive an expedited refund via direct deposit must bring a canceled check.

Tax preparation will be limited to basic tax returns and customers who own no more than one home.

The tax center is located at 4330 Magruder Ave.

For more information and to schedule an appointment, call 751-JTAX (5829)

### THRIFT SHOP NEWS

■ The Thrift Shop will be closed through Monday for spring break.

■ Consignors are eligible for the Thrift Shop's layaway and credit program.

■ The Golden Carriage Program provides free ball gowns for spouses of active-duty service members in the rank of sergeant and below.

### SCHOLARSHIP OPPORTUNITY

Applications for the Army Emergency Relief Spouse Scholarship program and the Maj. Gen. James Ursano Scholarship Program will be accepted through May 1. For more information, visit [www.aerhq.org](http://www.aerhq.org).

### ARMY STRATEGY CONFERENCE ONLINE

The Army Strategy Conference April 7-9 will be streamed online at [www.carlisle.army.mil](http://www.carlisle.army.mil). Listeners are invited to use the hashtag #StratConf on Twitter.

### COMMISSARY NEWS

■ Visit [www.commissaries.com](http://www.commissaries.com) for the latest news, to see what is on sale, to create a shopping list and more. To access the latest sales flyer, click on "Sales and Events" in the "Shopping" tab. The "Savings Aisle" allows visitors to see every product on sale after selecting a specific store. Shoppers may also access advice and recipes under the "Healthy

## April Promotions

Name	Rank
CARRELL, James D.	COL
BIGHAM, Donald J.	MAJ
CHUA, Marc E.	CPT
HERNANDEZ, Jessica R.	CPT
DRURY, Tamara S.	MSG
ROSE, Aaron J.	MSG
ARMSTRONG, Yuri A.	SFC
CORTEZ, Darrell M.	SFC
DELACRUZ, Katrian L.	SFC
NARCISSE, Naomi	SFC
SANTIAGO, Francisco Jr.	SFC
TAYLOR, Christopher A.	SFC
THOMAS, Luke A.	SFC
TROTTER, Leqwenda S.	SFC
NICHOLS, Donnie C.	SSG
ABARA, Anjeanette M.	SGT
ELOI, Daniel H.	SGT
GONZALES, Quenisha S.	SGT
MUNHOLLAND, Jonathan D.	SGT
RHONE, Ryan A.	SGT
STARNES, Michael D.	SGT
STEVENS, David E.	SGT

Living" tab.

■ The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

### AAFES NEWS

■ AAFES is hiring 27 food workers for intermittent positions at the Arby's restaurant that is scheduled to open at the food court. Salary starts at \$8.61 per hour. For more information, visit [www.applymyexchange.com](http://www.applymyexchange.com).

■ Exchange shoppers may search for clues in the Patriot Family Easter Egg Hunt Contest through Friday. Four winners will receive \$500 gift cards, and 10 winners will receive \$100 gift cards. For more information, visit [www.shopmyexchange.com](http://www.shopmyexchange.com).

■ Exchange shoppers have a chance to win one of six \$2,500 Exchange gift cards by participating in the Unilever sweepstakes through April 9. To enter, shoppers may fill out an entry from at the Exchange.

■ The Exchange is rewarding military students who excel in the classroom with its "Make the Grade" program. Eligible students may receive free food coupons and discounts on select items. For more information, see the Exchange store manager.



[www.fortjacksonleader.com](http://www.fortjacksonleader.com)

[www.facebook.com/FortJacksonLeader](https://www.facebook.com/FortJacksonLeader)

[www.twitter.com/FortJacksonPAO](https://www.twitter.com/FortJacksonPAO)

[www.youtube.com/user/FortJacksonSC](https://www.youtube.com/user/FortJacksonSC)

# Back to the basics of nutrition

## Army health leaders advocate for commitment to eating right

By DAVID VERGUN  
Army News Service

WASHINGTON — During National Nutrition Month in March, Army Surgeon General Lt. Gen. Patricia Horoho encouraged Soldiers to “renew a commitment to achieving your personal Performance Triad goals.”

This year’s theme was “Bite into a Healthy Lifestyle.”

The Performance Triad focuses on the importance of sleep, activity and nutrition as a way to boost Soldier and Family performance and resilience, said Maj. Bethany Belanger, a registered dietitian. She serves as the nutrition lead for the System for Health and Performance Triad at the Army Office of the Surgeon General.

The reason nutrition is part of Performance Triad is that there is a proven interaction among sleep, activity and nutrition, meaning a healthy or unhealthy choice in one impacts the others, she said.

For Soldiers looking to improve their physical fitness, cognitive performance or manage their weight, those three factors should be considered synergistically, Belanger added.

For example, she said, lack of sleep can result in a person’s tendency to crave unhealthy foods like those that have a high fat or sugar content, which in turn leads to weight gain and lack of physical fitness.

### STAY INFORMED

Getting back to the basics of healthy eating and making more informed and healthy food choices is easier now than it’s ever been, Belanger said, noting a proliferation of healthy eating websites and apps that are helpful.

The best places to begin, she said, are visiting [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and [www.EatRight.org](http://www.EatRight.org). ArmyFit also provides information and personalizes it with Soldiers and Family members’ Global Assessment Tool 2.0 scores.

It is not only important to eat a nutritious and balanced meal, she said, it is also important to stay within one’s calorie limits. To find one’s nutritional needs and calorie limits, visit those websites or see your installation’s registered dietitian/nutritionist, usually located at the medical treatment facility.

Unit master fitness trainers are also schooled on nutrition basics and are another resource, she added.

Belanger said she and many other dietitians use the free app Fooducate, which

**EAT RIGHT AND GET RESULTS**

Performance TRIAD  
Plan for Nutrition

- Plan your meals like you plan your workouts.
- Replenish fluids frequently, even when you are not thirsty.
- What you eat before, during, and after strenuous activity is essential to your performance.

**EAT RIGHT AND GET RESULTS.**  
LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

Professional **SOLDIER ATHLETE**  
HERE IT'S NOT A GAME

provides a food tracker option and gives nutritional ratings. For instance, a food logged might receive a D or F if it is highly processed and loaded with sugars and unhealthy fats. The app will also provide similar, healthier alternatives and works by scanning in a food or beverage barcode or finding a product using the food database. Food and beverages not found in the database may also be manually entered.

A number of activity monitors like personal readiness devices also track food, activity and sometimes even sleep, she said.

“They are great motivators and can be real eye-openers,” she said.

### HEALTHY EATING TIPS

Belanger provided a few healthy eating tips she said she hopes people will remember.

While eating three meals a day is standard fare for most, she suggests light snack-

ing between meals to keep the blood-sugar level up, as it tends to drop after four hours and can signal cravings.

Instead of junk food from vending machines, she suggests preparing healthy snacks that are loaded with essential nutrients, such as calcium, protein and fiber. These could be nuts, fruits, vegetables, even half of a peanut-butter sandwich.

Having these healthy snacks readily available, she said, is especially important when a person is experiencing emotional roller-coasters like stress, boredom, happiness and depression.

A lot of Soldiers, especially those engaged in high-performance fitness programs, have questions about taking supplements, she said.

They might be looking for “that magic pill or food that’s going to give them all the energy they need to perform, lose weight or be stronger,” she said.

Supplements can range from bodybuilding powders to multivitamins, and advertisers do a good job promoting them, she said.

Unfortunately, the industry is not regulated, and many supplements do not do what they advertise, and some are even dangerous to take, she cautioned.

She encouraged Soldiers to be smart about their supplements and to question the ingredients and the quantity of those ingredients. Also, choose supplements that have been third-party tested and visit the Human Performance Resource Center website for more information.

If still in doubt, see a registered dietitian or nutritionist, she said.

Belanger said in her own opinion eating healthy food is the best approach and for many, which means supplements are probably not even necessary.

“Ask yourself if you really need it. We suggest utilizing food first,” she said.

### DINING FACILITIES

More and more, healthy food choices are being offered at installation dining facilities, Belanger said, adding that it is still a work in progress.

Several years ago, the Go for Green Program gave a big boost to that effort, she said, explaining how it works:

Go for Green is a nutritional recognition labeling system providing Soldiers with a quick assessment of the nutritional value of menu offerings. Food items are labeled green (eat often), amber (eat occasionally), and red (eat rarely) based on the impact the food can have on a Soldier’s performance.

For example, foods labeled green are high-performance foods that can positively impact a Soldier’s performance and foods labeled red are performance-inhibiting foods which can negatively impact a Soldier’s performance. The program has posters and menu cards for the serving line providing explanation of the color-coding system.

The Army is also working to improve nutrition through its Joint Culinary Center of Excellence and Army Quartermaster Corps, both at Fort Lee, Virginia, as well as Army G-4, she said. Their goal is to “make choices easy and convenient for the Soldier and Army communities.”

Lastly, Belanger advocates for making small changes to healthier eating over time and making those changes a lifelong commitment.

“There will be times when you fall off the healthy nutrition wagon. When that happens, the best thing you can do is just pick yourself up and get back on,” she said.



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# Worship Schedule

## PROTESTANT

- Sunday  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9:30 a.m. Hispanic service, Magruder Chapel
- 9:30 a.m. Main Post Chapel
- 10:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel

### Protestant Bible Study/Prayer Service

- Sunday  
9:30 a.m. Chapel Next Bible study, Bayonet Chapel
- Monday  
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- 7 p.m. Men's Bible study (PMOC), Chaplain Family Life Center
- Tuesday  
9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday  
6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Thursday  
11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

### Protestant Youth of the Chapel

- Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday  
5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

## CATHOLIC

- Monday through Thursday

- 11:30 a.m. Mass, Main Post Chapel
- Sunday  
7:30 a.m. Confession, Solomon Center
- 8 a.m. IET Mass, Solomon Center
- 9:30 a.m. CCD (September through May), Education Center
- 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
- 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
- 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
- 11 a.m. Mass, Main Post Chapel
- 12:30 p.m. Catholic youth ministry, Main Post Chapel
- Wednesday  
7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

## ANGLICAN/LITURGICAL/EPISCOPAL

- Sunday  
8 a.m. Anderson Street Chapel

## ISLAMIC

- Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday  
12:45 to 1:30 p.m. Jumah services, Main Post Chapel

## JEWISH

- Sunday  
9:30 to 10:30 a.m. Worship service, Memorial Chapel
- 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

## CHURCH OF CHRIST

- Sunday  
11:30 a.m. Anderson Street Chapel

## LATTER DAY SAINTS

- Sunday  
9:30 to 11 a.m. Anderson Street Chapel
- Wednesday  
3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday  
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

## ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**  
2335 Anderson St., 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- Chaplain Family Life Center**  
5460 Marion Ave. (to the side of the POV lot), 751-4961
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Blvd., 751-6469/6681
- McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- U.S. Army Chaplain Center and School**  
10100 Lee Road
- Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**  
4475 Gregg St., 751-3121/6318

# Easter Worship Schedule

## CATHOLIC

### Holy Thursday

- Today, 7 p.m., Main Post Chapel

### Good Friday

- Friday, 6 p.m., Main Post Chapel

### Holy Saturday Vigil

- Saturday, 8 p.m., Main Post Chapel

### Easter Mass

- Sunday, 8 a.m., Solomon Center

- Sunday, 11 a.m., Main Post Chapel

## PROTESTANT

### Maudy Thursday Communion Service

- Today, 12:30 p.m., Main Post Chapel

### Good Friday Service

- Friday, 12:30 p.m., Main Post Chapel

### Easter Worship Service

- Sunday, 8 a.m., Anglican at Anderson Chapel

- Sunday, 9:30 a.m., Main Post Chapel
- Sunday, 10:15 a.m., Gospel at Daniel Circle Chapel
- Sunday, 11 a.m., Memorial Chapel
- Sunday, 11 a.m., Chapel Next at Bayonet Chapel

## COMMUNITY EASTER WORSHIP SERVICE

- Sunday, 7 a.m., Main Post Chapel, breakfast will be served after the worship service

For more information, call 751-6469/6681/3121.



Limited Time Offer!



Free Side Salad!



Now through Tuesday, Apr 7  
Buy a Grilled Chicken Sandwich  
and get a free side salad  
at the Strike Zone Snack Bar  
inside Century Lanes  
Bowling Center.

May not be combined with any  
other offer or promotion.

Strike Zone Snack Bar  
4464 Gregg St. Fort Jackson, SC 29207  
(803) 751-4656

PLEASE NOTE

# NEW HOURS

Effective 1 Apr 2015



Marion Street Station  
has new hours!

- Monday: » 7 a.m. - 2 p.m.
- Tuesday - Friday: » 10 a.m. - 6 p.m.
- Saturday » 9 a.m. - 4 p.m.
- Sunday » Closed



4522 Marion Ave.

(803)751-3484

# EASTER WEEKEND SPECIAL

Century Lanes Bowling Center  
4464 Gregg St. • 751-4656

## \$2.00

bowling games.

Available:

- » Saturday, Apr 4: (10 a.m. - 10 p.m.)
- » Sunday, Apr 5: (1 - 8 p.m.)

## \$2.00

shoe rentals.



# FORT JACKSON'S BIG DAY OUT

Saturday, Apr 18 at Semmes Lake  
8 a.m. - 2 p.m.

### FEATURING:

Beginning at 8 a.m.

- » 5K Fun Run/Walk

Beginning at 9 a.m.

- » Earth Day Booths
- » Recycling Collection Point (Batteries, E-Waste & Tires)
- » Performance Triad Booths & Activities
- » Month of Military Child Family Fun Fair: Rides, Face Painting, Games
- » Fire Department Display
- » Snow Cones
- » Concession Trailer
- » Sexual Assault Awareness Booths and Activities
- » EFMP Booth and Autism Awareness

Beginning at 11 a.m.

- » **Recycle Regatta**

Registration is still open for teams  
to compete for unit funds.

For more information, call 751-8707.

In case of rain, event will be held Apr 19.

There's  
something for  
everyone!



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