

THURSDAY, APRIL 23, 2015

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON COMMUNITY
WWW.FORTJACKSONLEADER.COM

★ POST COORDINATES
NCOER TRAINING
SESSIONS — PAGE 3

BIG DAY OUT

ARMY FAMILIES
CELEBRATE
EARTH DAY

— PAGES 16, 17

★ COMMUNITY SNAPSHOTS, PAGE 8 ★ HEALTH, PAGE 12 ★ HAPPENINGS, PAGE 14 ★ CHAPEL, PAGE 18 ★



ON THE COVER

Photo by WALLACE McBRIDE

Staff Sgt. Matt Vitug, 2nd Battalion, 60th Infantry Regiment, tosses a Frisbee with daughter Ana during last weekend's Big Day Out event at Semmes Lake. SEE PAGES 16,17.



Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.

The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@chronicle-independent.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General..... Maj. Gen. Bradley A. Becker
 Garrison Commander..... Col. Michael S. Graese
 Public Affairs Officer..... Michael B. Pond
 Command Information Officer..... Christopher Fletcher
 Editor/Staff writer..... Christine Schweickert
 Staff writer..... Wallace McBride
 Staff writer..... Jennifer Stride

Website: www.fortjacksonleader.com

Facebook: www.facebook.com/FortJacksonLeader

Twitter: www.twitter.com/fortjacksonpao

NEWS

'A win-win situation'

Post offers training for resume writing, interviewing techniques

By BECKY FARMER
 HQDA, DCS G-1

More than 50 civilian workers at Fort Jackson are taking part in resilience and performance training to prepare them for upcoming personnel reductions.

The Comprehensive Soldier and Family Fitness Training Center provides mandatory resilience training to Soldiers, but also offers classes to Army civilians and Families. Training in resume writing and interviewing techniques are meant to bolster such traits as optimism and self-awareness.

"Resiliency training is a key component to helping our civilians manage both their personal and professional lives during a pending reduction in force in the Army Training Center," said Carol McCoy, human resources specialist for the G1 and command staff. "The classes enable civilians to focus on their own skill set, which helps them handle stressful situations and focus on their strengths.

"It is a win-win situation for the Army civilians to attend the classes because what is learned can never to be taken away. Whether it will be applied to their current job or future one, the employee will always have that knowledge."

Regina Norris will lose her position this coming fall. She latched on to the training, thinking it would help her transition from a military job to one in the civilian world. After 24 years in uniform and nine as an Army civilian, that transition will be significant.

Norris finds that the resilience skill "Put It in Perspective" helps her deal with stress.

"When encountering Soldiers and they have a task to do, and they are already thinking the worst-case scenario, Put It in Perspective helps them to refocus that thought process by thinking about the best-case scenario," she said. "It gets them in control of their emotions, so they can take action."

Such training comes as "a golden opportunity, and you should take advantage of it," she said. "I tip my hat to the



Ready & Resilient

Resilience and performance training for Army civilians is available on the first and third Thursday of each month through June, in Building 3301. Training is open to all Army Civilians on Fort Jackson.

(Fort Jackson) command to offer classes to civilians, especially at a time when we are getting ready to transition out. This helps us put more skills on our resumes."

The personnel reductions also will affect those whose workloads will increase.

One civilian expecting a work load increase is Theodore Cole, a Global Assessment Tool facilitator for Initial Military Training, or IMT.

Cole has endured similar times: When he lost his position in the 171st Infantry Brigade, but won another position on Fort Jackson — his current role for IMT.

He has attended four training sessions from CSF2.

"They are a stark reminder of what we should be doing, and you need to be reminded of it," Cole said. Training "gives you insight on how to deal with real-life situations."

Cole said that "Hunt the Good Stuff," which builds optimism through noticing and reflecting on the good things that occur each day, is his favorite.

"I've always been a 'glass is half full' kind of guy, so I can relate to it," he said.

Cole thinks resiliency training should be mandatory for Army civilians, as well as Soldiers.

"Anything that improves life skills is a good thing for future Soldiers and the civilian employees that support them," he said.

Cole plans to attend each class offered.

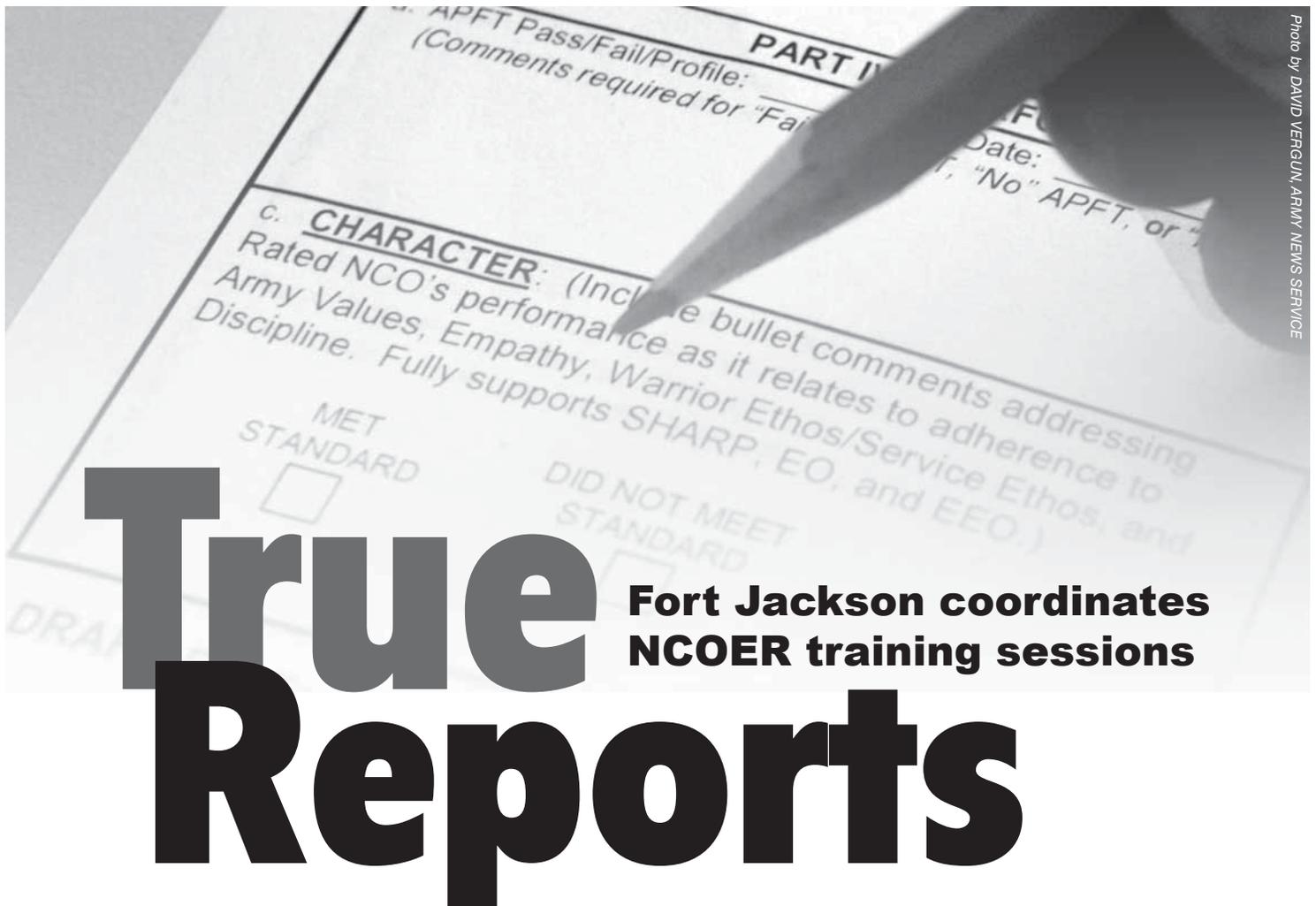
"I wish I had this when I was on active duty," he said. "Revisiting the training periodically is important.

"You got a lot of people facing a lot of different things. They need to be reminded of the good skills that help them deal with life."

Follow the Leader on



www.twitter.com/fortjacksonpao



True Reports

Fort Jackson coordinates NCOER training sessions

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

For the next two weeks, more than 600 representatives from posts across the country will come to Fort Jackson to learn how to use the Army's new NCO evaluation system. Then, they'll return to their installations to train others.

Fort Jackson G1 will coordinate two weeklong NCOER training sessions with the Army's Human Resources Command out of Fort Knox, Kentucky.

The new rating system is scheduled to take effect in September, bringing evaluations for NCOs in line with those for commissioned officers and attempting to ensure that NCOs receive feedback in a timely fashion. The secretary of the Army approved use of the new system last August.

"It forces you to do what you're supposed to do," Sgt. Maj. Katrina Herzfeld of G1 said of the new system. Herzfeld is coordinating the Train the Trainer sessions with HRC, to work not only with those in the active Army but in the Reserves and National Guard as well.

The old system also allowed evaluators to give too many top scores, Herzfeld said. And it was so open that Soldiers sometimes could complete their own evaluations.

Under the new system, the senior evaluator can name only so many Soldiers "the best," Herzfeld said — "so you have to figure out who you really, really want to give this to."

Also "in the past, once the form was filled out and signed off (on) by the entire rating chain," it would be

posted digitally — and open to those other than raters. Thus, an officer who didn't want to take the time to enter his own ratings could ask a clerk to do so.

"A lot of times," Herzfeld says, "Soldiers were writing their own evaluations."

The new system ensures a "true report" of NCO ratings on such Army values as loyalty, duty and integrity, Herzfeld said. It also is set up to prompt evaluation and counseling sessions with a superior officer after an NCO spends 30 days in a new position, as well as every quarter thereafter.

Former Sergeant Major of the Army Raymond F. Chandler has said the new ratings system will clearly "identify premier leaders in a highly competitive environment."

It will replace bulleted lists with narratives, and use different criteria to evaluate those at different levels.

The new system comprises three specific evaluation instruments — for E5, E6-E8 and E9 — so that NCOs can be compared only with their peers. The old rating system lumped all NCOs together.

The new forms will replace the old labels of "excellence," "success" or "needs improvement." E5s will be graded on whether or not they meet standards. Those from E6 to E9 will not meet standards, meet standards, exceed standards or far exceed standards.

Those rating an E9 also will have to include a narrative on effectiveness to the Army.

As with the Officer Evaluation Report, each senior rater will be limited in the number of NCOs he can label as being in top form or "most qualified."

The revised NCOER is expected to better identify talent with the Army, help move the talent to the best posting

“A lot of times, Soldiers were writing their own evaluations.”

— Sgt. Maj. Katrina Herzfeld
Fort Jackson G1

and provide the Army with a better way to identify Soldiers who should receive key assignments. It also should ensure depth of experience before a Soldier receives a promotion — a measure that also evaluates whether senior officers make informed ratings.

As trainers fan out across the Army to teach the new NCOER, HRC will test implementation of the new system — likely in late spring and early summer, said Sgt. Maj. Stephen McDermid of HRC Evaluations Branch. Testing will help HRC to identify issues and make refinements before the system takes effect.

The final draft NCOER will be posted 90 days before implementation so that Soldiers across the Army can begin to familiarize themselves with the changes.

"Rating officials can begin counseling and documenting the rated NCO's performance," McDermid.

The new system is five years in the making.

In 2010, the Army chief of staff directed a review of the old NCO evaluation system, which had been in place since 1987. By 2012, the sergeant major of the Army had recommended a number of revisions. HRC then submitted the revisions for officer reviews before its implementation last August.

Helping troubled Soldiers

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

Chaplains from Fort Jackson gathered with about 20 of their civilian counterparts on Tuesday to work together on meeting the needs of Soldiers returning from combat.

The event – part of what is intended to become a semi-annual series called the Fort Jackson Soldier/Family Ministry Forum – included information and resources on Post Traumatic Stress Syndrome and other family stressors related to combat and deployment. The organizer, garrison chaplain Col. James Palmer, established the cooperative-ministry series because not all Fort Jackson Soldiers worship on post.

The Rev. Patricia Sexton of All-Saints Episcopal Church in Cayce attended the forum partly because she has “some veterans in my congregation,” but her main reason was more personal.

“I came primarily because my son has PTSD after two tours of combat duty” in Iraq, she said. Sexton said her son had to “fight his way into the system” to receive treatment and left the Army six years ago as the result of his trauma.

After Tuesday’s sessions, Sexton said she could see that treatment with those for PTSD appeared more organized and accessible.

“It helps me to know that so much is being done,” she said.

Speakers for the day were Capt. Alexander Renelt, a clinical psychologist and chief of Behavioral Health Sciences at Moncrief Army Community Hospital, and Chaplain Eddie Davis of Dorn VA Medical Center. Holly Swan of the Josiah Project Ministry spoke at lunch. The ministry, at Northeast Presbyterian Church, encourages veterans to use biblical principles to help themselves and others.

Renelt reviewed symptoms of PTSD, as well as facts and figures on its occurrence. He stressed that continued counseling was the key to recovery – despite the fact that many Soldiers don’t stick with the treatment because they’re too impatient for results or worried about the stigma of receiving treatment.

“The goal is not to remove a (traumatic) memory” from a Soldier’s brain during counseling, Renelt stressed. “If the Army knew how to do it, I assure you we’d be doing it.”

Rather, he said, troubled Soldiers must expect a period of readjustment after leaving combat – a readjustment pe-



A paratrooper from 3rd Brigade Combat Team, 82nd Airborne Division, returns fire on the opposing force during the Joint Operation Access Exercise in February. Chaplains from Fort Jackson recently gathered to discuss meeting the needs of Soldiers returning from combat.

*Photo by SPC. BETHANY LITTLE,
40TH PUBLIC AFFAIRS DETACHMENT*

riod in which they may find themselves angry, depressed or relying too much on alcohol.

“If you’re listening to their narrative,” Renelt told those assembled, “that by itself facilitates recovery.” After that, he said, promote rest, support, exercise and proper diet.

For his part, Davis coached the clergy on restoring the balance between emotion and rational thought by stressing faith. Faith, he said, can restore a former combatant’s sense of inner peace and safety, trigger his ability to accept what has happened to him, answer his questions about what has happened and renew his life’s purpose.

“When we can get the veteran to the place where they can accept” his situation, Davis said, that’s when the healing begins.

Those attending the session represented diverse congregations – Presbyterian and Methodist, non-denominational and Salvation Army, Episcopalian and Baptist.

They sat attentively, taking notes during the presentations, which presented a near-overwhelming amount of information.

“For me, it’s helpful to understand some of the lingo” of treatment, said Maj. Roger Coulson, corps officer for the Salvation Army. The Salvation Army houses and feeds the

homeless, and helps families in need – many of which include veterans.

Fort Jackson chaplain Capt. Matthew Madison is in his first cycle with the 1st Battalion, 34th Regiment, and already has encountered a handful of soldiers coming into the Army with traumatic memories, perhaps prompted by childhood trauma and abuse.

“Sometimes they don’t realize until you talk to them that they’re re-experiencing trauma” as the result of training or even a drill sergeant’s barked order, he said.

Madison felt reassured knowing “how extensive the help is here” for both his basic-training and his permanent-party Soldiers.

Post chaplains deal with Soldier and Family trauma “on a regular basis,” said Maj. Matthew Hill, who manages the chaplaincy’s Family Life Center.

Most people on post are combat veterans, Hill said -- just look for the telltale patch on the left biceps.

“It’s not just that they’ve been in combat – it’s the family issues” that often prompt difficulties, said Hill, who has a degree in marriage and family counseling. “Myself, I’ve been away from my wife (Suzanne) for five years” through three deployments to Afghanistan.

FORT JACKSON GATE HOURS

- Gate 1:** 5 a.m. to 1 p.m. Monday through Friday
3:30 to 6 p.m. Monday through Friday (outbound only)
Closed on weekends and federal holidays
- Gate 2:** Open around the clock.
- Gate 4:** 5 a.m. to 8 p.m. Monday through Friday
Closed on weekends and federal holidays
- Gate 5:** 5 a.m. to 1 p.m. Monday through Friday
3:30 to 6 p.m. Monday through Friday (outbound only)
5 a.m. to 8 p.m. Saturday and Sunday





Photo by DAVE KAMM, ARMY NEWS SERVICES

The U.S. Army Natick Soldier Research, Development and Engineering Center's anthropology team has played a role in the development of the female body armor, shown here.

Uniforms fit better with use of 3-D images

By JANE BENSON
Army News Service

NATICK, Mass. — Scientists at the Army's Natick Soldier Research, Development and Engineering Center have abandoned traditional measurements to come up with a perfect fit for clothing, body armor — even cockpits.

The ANSUR II 3-D Shape Database uses three-dimensional shapes and contour data to improve the fit of clothing and equipment for warfighters. It incorporates the latest Army anthropometric survey data and 3-D whole-body scans, providing a searchable platform for the data and the 3-D shapes.

The center completed its latest comprehensive anthropometric survey of Soldiers, ANSUR II, in 2012 — 24 years after the previous survey. The new survey set out to address changes in Soldiers' body sizes and shape.

Not only have soldiers grown bigger, but more of them are female.

The 2012 data collection included 3-D scans of the head, foot and entire body. This innovation provided geometric and morphological data on military personnel that could not be obtained through traditional body-measurement techniques.

Peng Li, a computer scientist on NSRDEC's anthropology team, will use information from the 3-D scan to define common shapes for items, such as body armor and helmets. Scans provide contour information essential for proper fit.

"Peng has been working on tools to make the body scans more accessible and more usable," said Steve Paquette, a research anthropologist and team leader for NSRDEC's anthropology team.

"We work closely with human factors and biomechanics," Paquette said. "It's not just what size they are, but how the human interfaces with the environment or work station. Can they reach? Can they see?"

"Anthropometry is just one piece of the whole picture."

Thanking our Troops Through Tennis

Tennis Expo for youth and adults featuring instruction from professional Dick Stockton.

This is a FREE event that is open to all DoD ID Cardholders.

At Semmes Road Tennis Courts
Saturday, May 9th.

Program Schedule:
11:30 a.m. - 12:45 p.m.
Youth Clinic (ages 4-10)

1:00 - 2:15 p.m.
Jr. Clinic (ages 11-17)

2:30 - 3:45 p.m.
Adult Clinic (ages 18+)

4:00 - 4:30 p.m.
Hit with/against the pros



www.fortjacksonmwr.com

Semmes Road Tennis Courts are located adjacent to The Officers' Club.

If you plan on participating in one of the clinics please pre-register by calling Cindi Keene in the sports office at 751-3096.

To register online, please visit www.fortjacksonmwr.com and click on the Thanking our Troops Through Tennis graphic.



Follow the Leader on
TWITTER

www.twitter.com/fortjacksonpao

'It gives you goosebumps'

Post gets ready for 2015 Special Olympics games

By **CHRISTINE SCHWEICKERT**
Fort Jackson Leader

From the moment the post commander carries the torch through the gate to the departure of the last athlete, Fort Jackson's Soldiers and Civilians will work to ensure that this year's S.C. Special Olympics run as smoothly as the 46 that came before it.

"Our athletes look forward to this every year," said Leigh Cheatham of S.C. Special Olympics. "They get treated like rock stars at Fort Jackson.

"It gives you goosebumps when they walk into those hundreds of Soldiers yelling and cheering (on opening night)."

Even though the organizers on post change every year, Fort Jackson has a history of success with the S.C. Special Olympics, she said. She expects that history to continue May 1-3.

Having that happen might seem somewhat remarkable, considering that with each new statewide Special Olympics comes a new chain of command. This year, that's the 3rd Battalion, 60th Infantry Regiment.

"You could say that there's not expertise, meaning there's not a human" to pass on tips from one battalion to the next" each year, said Lt. Col. Derek Mayfield of the 3-60th. What there is, though, is "a giant folder of stuff" — and accompanying digital files — listing all the necessary tasks and contacts, both Soldiers and civilians throughout Fort Jackson.

Cindy Keene of Family and Morale, Welfare and Recreation Programs admits that "it's hard when a new unit takes over." But "those of us (civilians) who have been here, we can reassure them.

"That's the hardest part for the Soldiers — the continuity. It's not hard for us."

Because a battalion knows one year ahead of time that it will organize the statewide games, representatives also can attend one year's events to see how things should go the next.

Then, organizers craft a pages-long task sheet listing every safety inspection to be conducted, legal form to be filled out and chemical toilet to be set up — where and when.

Crunch time comes in the few days immediately before the games, when Soldier and civilian organizers complete safety walks and music checks, and set up beds, meals and transportation for the events.

This year, the 3-60th graduated its latest batch of basic trainees on April 16, leaving its barracks empty.

By Opening Ceremonies the evening of May 1 — a Friday — it will have to take down 600 bunk beds, breaking them into

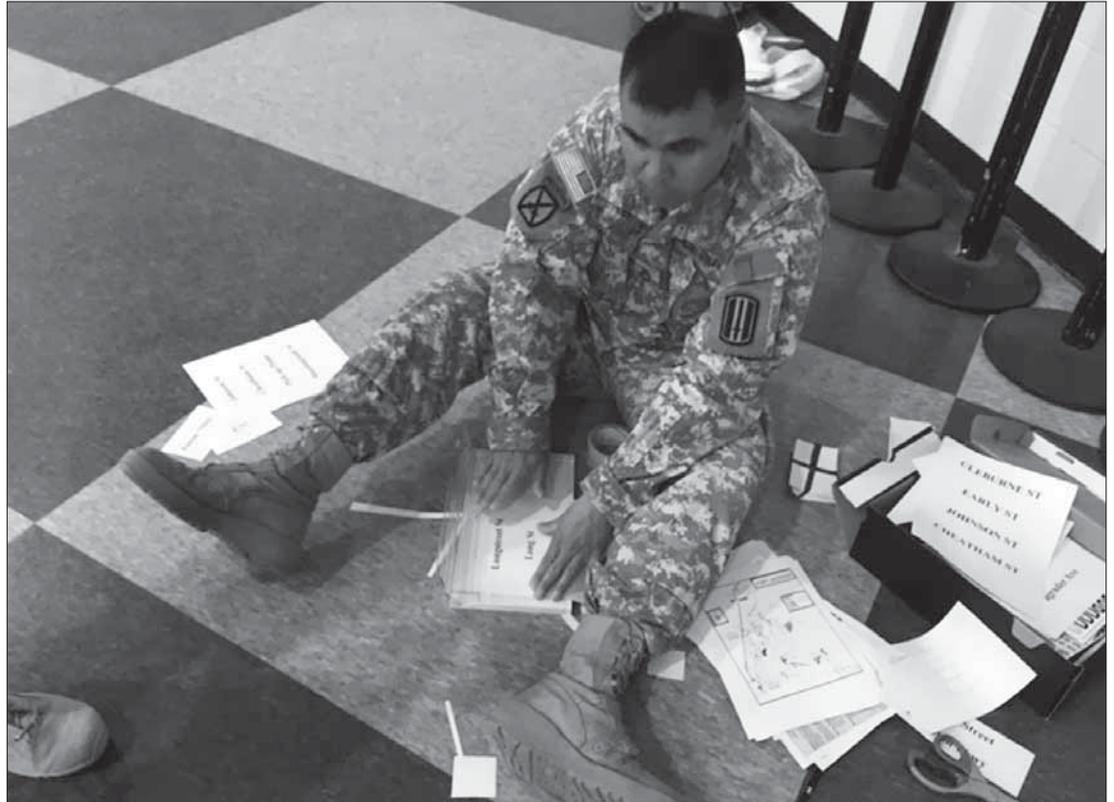


Photo by CAPT. KEITH FINE, 3rd BATTALION, 60th INFANTRY REGIMENT

Sgt. 1st Class Lee Francis, of the 3rd Battalion, 60th Infantry Regiment, helps to plan this year's Special Olympics activities, which begin May 1 at Fort Jackson. This is the 47th year the games have taken place here.

1,200 singles for Olympics athletes, many of whom are physically disabled. Then it will have to make up each bed with mattress protectors and linens.

After the games end the following Sunday, it will have three days to strip and restack those singles into bunks for a new training cycle — what Mayfield calls "playing Tetris with bunk beds."

Olympians will not be expected to strip their own linens, as those completing basic combat training must do. So the 3-60th will have to add that chore to its three-day list, too.

During the games, it also will break down and repackage many of 1,200 breakfasts and dinners for athletes and coaches, to make sure every food is appropriate and easy to eat for those with special needs.

And because the 3-60th also will provide 24-hour supervision of the athletes, said First Sgt. Michael Randolph, "everything that happens throughout the three days of the Olympics will come through here."

Mayfield said he expected the Special Olympics to operate smoothly. That's

SOP, after all.

Even though the organizing battalions may change, he said, those managing public works, logistics and emergency services on post do not. Those folks have experience in everything from providing trash bins to ice to buses, not only with Special Olympics but with Victory Week and the Fourth of July — two other occasions when so many outsiders visit Fort Jackson.

An array of departments on post will handle such things as replacing "a light bulb here and there," said Eric Cope, chief of business operations for the Department of Public Works. Many of the tasks designated for the Olympics are things DPW already does, Cope said — the schedule is just a bit different.

DPW also will provide additional trash containers, large and small, as well as chemical toilets — many of them for handicapped users. It also will spray athletic fields to eradicate pests.

"Other than the chemical toilets, it's really nothing we wouldn't ordinarily do," Cope said — the deadlines are just a little tighter. "We're standing by to support (the

games) any way we need to."

The Logistics Readiness Center will provide everything from buses to transport athletes to the competition venues to meals to mattress covers.

The FMWR will build the arch under which torch runners will pass, get the sports fields ready for competition and designate air-conditioned areas where a heat-stressed athlete can take a time-out.

And the Department of Emergency Services will handle traffic and parking.

"We'll have to have roadblocks in place" and people managing traffic to eliminate issues with traffic and parking, said Master Sgt. Sonya Thomas of DES. "The post is going to be kind of hectic that weekend."

DES is only one department that will be on standby from the first moment of the games to the last, making sure that Fort Jackson puts its best foot forward.

As Command Sgt. Maj. Chad Utz of the 3-60th put it:

"This is a team-building exercise for Fort Jackson — from our civilian workforce to our military Soldier."



A Day in the Life

Sgt. 1st Class Edwards Harmes, of the 2nd Battalion, 13th Infantry Regiment, tells Richland School District 2 educators how to successfully navigate the Victory Tower obstacle course. Representatives of the district visited Fort Jackson last week to view training sites and facilities. The school district serves approximately 4,500 students with military connections, according to the S.C. Department of Education.

Photo by VERAN HILL, FORT JACKSON PUBLIC AFFAIRS OFFICE



Photo by DAVID SHANES, COMMAND PHOTOGRAPHER

Helping Hands

Fort Jackson recognizes volunteers Tuesday during a ceremony at the Joe E. Mann Center. The quarterly Commanding General's Helping Hands Award was presented to 113 Soldiers, Family members and civilians who volunteer on post and in the surrounding community. This week's recognition was for second-quarter efforts.



Volunteers inducted into hall of fame

Fort Jackson recognized the efforts of volunteers from March 2014 through February 2015 with a ceremony April 17 at the Solomon Center. Pictured, from left, are Maj. Gen. Bradley Becker, Fort Jackson commanding general, Sherri Becker, 2015 Volunteer Hall of Fame Inductee Amiee Butler, Holly Ewers, Matthew Ewers, Tatiana LeGrand, Nina Smith, Loretta Sonsalla, Dana Wangness, and Post Command Sgt. Maj. Dan Hain.

Photo by DAVID SHANES, COMMAND PHOTOGRAPHER

How to read your credit score

By **WANDA REDD**
Army Community Service

Having good credit means more than being able to buy what you want when you want it. It also can make it easier to get the job you want.

In today's economy, many employers check your credit history to help determine how reliable you would be as an employee.

That's not as big a stretch as it might seem. After all, when you ask to borrow money, lenders use your credit scores to evaluate your character, collateral and capacity — the same characteristics a potential boss will be curious about.

So, what exactly is a credit score?

How is it calculated?

And why is a mere number so important?

Simply, a credit score is a number that indicates to lenders how likely you are to repay a debt, based on your past experiences with credit.

The higher your score, the more likely you are to pay back what you borrow. A good score will help you obtain credit cards, student loans, mortgages, auto loans or even business loans. It also can help determine what kind of and how big a loan you can qualify for. For example, poor credit history may force you to put up collateral — something the lender can confiscate and sell should you default. The interest rate charged for a loan also is based on your credit file — the higher your score, the lower your interest should be.

What determines my credit score?

■ First, lenders look at how much of your available credit you're using.

It's important to note that your rate of credit card utilization use is not calculated by looking at the balance you carry over from month to month. It is calculated using the balance you have at the time that your credit card issuer reports to the credit bureau. Therefore, you don't have to carry over a balance from month to month. You could maintain a healthy credit card utilization score by using your credit cards and paying off your balance every month.

■ Paying bills on time shows your creditors how reliable you are. Even one or two late payments can affect your score significantly. Being on time shows lenders and creditors that you will pay your debts.

■ Creditors also look at your derogatory credit history — accounts that have been sent to collections, as well as bankruptcies, foreclosures and liens.

A derogatory mark typically will take seven to 10 years to clear from credit history, leaving a black mark on your credit, making it difficult to obtain a new loan or credit card. It indicates to a lender that you may have mismanaged credit in the past.

■ Lenders also look at how long you have held credit, such as credit cards, mortgages, auto loans and student loans. If your credit history is lengthy, they have more information against which to assess your creditworthiness.

For this reason, closing your oldest credit card account may not be a good idea. Doing so would shorten the average length of your open credit lines and reduce your available credit, possibly increasing your rate of credit use. Think carefully about when you may want to close an old credit card account, and when you may want to avoid doing so.

■ Consumers with a higher number of credit accounts generally have better credit scores, since they have won credit approval from more lenders. Also, having vari-



What's a good credit score?

The most widely recognized scoring model is the FICO score. "FICO" is short for Fair Isaac Corp. and often is considered the most accurate scoring model. The three main credit-reporting agencies — Equifax, TransUnion and Experian — also calculate credit scores based on their own statistical models.

Scores may range from 300 to as high as 850. The average credit score in the United States is about 640.

Following is an approximate range of credit scores:

- Excellent credit — 750 and higher
- Good credit — 700 to 749
- Fair credit — 651 to 699
- Poor credit — 650 and lower

Your credit score is a powerful thing. For assistance downloading and/or reviewing and interpreting your credit reports/scores, contact Army Community Service at 751-5256 to schedule an appointment with a financial counselor.

ous types of credit — both revolving (accounts in which your credit is renewed as you pay it off) and installment (accounts that have a fixed number of payments) — on your profile can contribute to your creditworthiness.

Don't open several new lines of credit simply to increase your number of credit accounts. Also, make sure an offer is right for your needs.

■ Hard-credit inquiries occur when a financial institution — a lender or credit card issuer — checks your credit in order to decide whether to approve you for a loan or credit card. A hard inquiry may occur when you apply for auto, student, business or personal loans, as well as credit cards or mortgages.

One hard inquiry could drop your credit score by a few points, but the effect typically will lessen after a couple of months.

Multiple hard inquiries generally will affect your score more seriously, making it look as if you are desperate to qualify for credit. Therefore, it's a good idea to avoid applying for several lines of credit at once.

Can I improve my score?

Improving your credit has many benefits, from lower rates on loans to winning approval for a lease, but improving your score can take time.

Some things to consider as you try to improve your credit score:

- Pull your report to see where you stand.
- Watch your credit card balances.
- Eliminate small balances.
- Leave good old debt on your report.

- Always pay bills on time.
- Stay away from risky purchases.

What does my credit report mean?

Your credit report falls into four main sections: personal information, credit history, public record and credit inquiries.

■ The personal information section contains your name, address (past and present), Social Security number, date of birth, etc.

■ Your credit history will provide a list of your credit accounts, both open and closed, as well as payment history information. If you have unused or unnecessary credit cards, re-evaluate the value of those accounts.

■ In public records, you will find information from collection agencies, bankruptcies, foreclosures, lawsuits, tax liens and court judgments. If you have any of these, focus on correcting them.

■ Credit inquiries will show a list of everyone who has asked to see your credit report during the past two years.

What about negative information?

Here's the breakdown of how long negative information will remain on your credit report:

- Late payments — seven years.
- Bankruptcies — seven years for completed Chapter 13 bankruptcies and 10 years for Chapter 7 bankruptcies.
- Foreclosures — seven years.

Credit

Continued from Page 10

- Collections — generally, about seven years, depending on the age of the debt being collected.

- Public record — generally, seven years, although unpaid tax liens can remain indefinitely.

When should I check my report?

Under the Fair and Accurate Credit Transactions Act, Americans are entitled to viewing their credit reports from each of the three credit bureaus for free once every 12 months.

It's a good idea to check your credit report regularly so you can correct any errors or if you've been the victim of identity theft. To do this, visit www.annualcreditreport.com.

It's also a good idea to check your score before applying for a loan.

How do I fix errors?

Tell the credit reporting company, in writing, what information you think is inaccurate. Include copies — not originals — of documents that support your position.

In addition to providing your complete name and address, your letter should identify clearly each item you dispute, state the facts and explain why you dispute the in-

formation, and request that it be removed or corrected.

Send your letter by certified mail, "return receipt requested," so you can document what the credit reporting company received.

Keep copies of your dispute letter and enclosures.

Next, write to the person, company or organization that provided information about you to a credit reporting company that you dispute an item in your credit report. Include copies — again, not originals — of documents that support your position. You should be able to find an address for the provider on your credit report, but you may have to look it up on the Internet.

If the provider continues to report the item you disputed, let the credit reporting company know about your dispute. If you are proved correct, the credit reporting company must update or delete the item.

Credit reporting companies should investigate disputed items within 30 days, unless they consider your dispute unworthy. They also must forward all the relevant data you provide to whoever reported the disputed information.

The information provider then must investigate and report back to the credit reporting company. If the information provider finds the disputed information is inaccurate, it must notify all three nation wide credit reporting companies so they can correct the information in your file.

FORT JACKSON GATE HOURS

Gate 1: 5 a.m. to 1 p.m. Monday through Friday
3:30 to 6 p.m. Monday through Friday (outbound only)
Closed on weekends and federal holidays

Gate 2: Open around the clock.

Gate 4: 5 a.m. to 8 p.m. Monday through Friday
Closed on weekends and federal holidays

Gate 5: 5 a.m. to 1 p.m. Monday through Friday

3:30 to 6 p.m. Monday through Friday (outbound only)
5 a.m. to 8 p.m. Saturday and Sunday



Can supplements improve your mood?

BY JESSICA FORD, PH.D.
U.S. Army Public Health Command

If you are experiencing signs of depression, you may be tempted to try dietary supplements as a “quick fix” to boost your mood.

After all, they do not require an investment of time. They do not cost much.

And they can be taken without anyone else’s knowledge.

Unfortunately, though, there is no quick fix for depression.

Some scientific evidence has shown that having low levels of certain nutrients — for example, folate, B-12, calcium, vitamin D, iron, selenium, zinc and N-3 fatty acids — can contribute to mood problems. And vitamins can help some women with hormone-related depression. Multivitamins also may improve mood and reduce stress and anxiety.

But dietary supplements are not a panacea for depression.

The U.S. Department of Health and Human Services and the Department of Agriculture recommend a healthy diet as the best way to maintain physical and emotional health. The departments’ guidelines recommend supplement use in addition to a nutrient-dense diet only for those older than 50, women of childbearing age, or those who have dark skin or have not been exposed to enough sunlight.

FACTS ABOUT DEPRESSION

Approximately 1-in-5 people will experience depression in their lifetimes. That’s why it’s called the “common cold” of behavioral health issues.

Signs of depression are a loss of interest in things you used to enjoy or feeling sad most of the time for a period of two or more weeks.

The Food and Drug Administration also warns that taking too many vitamins can be dangerous.

Ultimately, taking supplements without a health-care provider’s supervision may result in a waste of money or time because it’s hard to tell the difference between a mood disorder and normal, everyday sadness related to stress.

It’s best to discuss changes in mood with your primary health-care provider, who can help you determine whether your mood change or problem is the result of depression, a normal situational response or a physical problem.

If you are found to suffer from a mood disorder — such as depression — the current gold standard treatment is a type of therapy called cognitive-behavioral therapy along with a prescribed antidepressant. You also may want to undergo lab tests to check for a deficiency before discussing the use of vitamins or, perhaps, herbal remedies.

Only you and your health care team can make the best decision about treating mood concerns.

Study: Soldiers don’t get enough sleep

ARMY NEWS SERVICE

A new research report has confirmed what many in the military have long suspected: Service members don’t get nearly enough sleep. The Army’s Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury commissioned the report, which was released this month.

About a third of military members get by on five hours of sleep or less nightly. Another third manage only six hours a night. Only 8 percent of civilians get by on five hours of sleep or less, according to the Centers for Disease

Control and Prevention in Atlanta.

The study, conducted by Rand Corp., reported that almost half of service members said they slept poorly, compared to about a third of the general population. Sleep problems occur at the same rate throughout the military, regardless of whether or not people are deployed.

More than 18 percent of those surveyed reported using sleep aids such as sleeping pills, which have side effects that present safety risks in military settings.

According to the survey, a third of service members feel fatigued at least three to four times a week. Seventeen percent reported that lack of sleep impaired their ability to function.

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

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.

Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at 877-363-1303.
- Ask your provider to fax your prescription to Express Scripts at 800-895-1900.
- Ask your provider to e-Prescribe to “Express Script Mail Pharmacy.”
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks.

Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs.

Express Scripts stocks all drugs on the TRICARE formulary.



Find us on
Facebook

Visit www.facebook.com/MoncriefACH to get the latest news regarding Moncrief Army Community Hospital, health tips, TRICARE updates and information from the Army Medical Command.

Calendar

Today

Prepare your finances to purchase a home.

11:30 a.m. to 12:45 p.m., Education Center, Room B-206. For information, call 751-5256.

Evening story time

6:30-7 p.m., Thomas Lee Hall Library. For children 2 to 6 years old.

Friday

Hearts Apart "Salad Feast"

11:30 a.m. to 2:30 p.m., 5450 Strom Thurmond Blvd., Room 222. All families separated from loved ones are invited to attend and provide a salad to share. For information, call Patricia Gillory at 751-9770 or Miranda Broadus at 751-1124.

Saturday

Fitness Meets Nature Heart & Sole

3:30 p.m. 3- and 5-mile walks. Meet at the Solomon Center. For information, call 751-3700.

Monday

Identity-theft seminar

11:30 a.m. to 12:45 p.m., Education Center, Room B-206. For information, call 751-5256.

Friday, May 1

First Friday golf tournament

1 p.m. at the Old Hickory, Fort Jackson Golf Club.

Saturday, May 2

Whitewater rafting trip, including kayaking, whitewater rafting, adventure course

10 a.m. to 10 p.m. Departure from Marion Street Station. Cost \$14 per person. For information, call 751-3484.

Sunday, May 3

Origami workshop for children ages 9 to 12

2-3 p.m., Thomas Lee Hall Library. For information, call Kristen Gripp at 751-5589.

Monday, May 4, and Tuesday, May 5

Military clothing reclamation sale

8 a.m. to 3 p.m., 2570 Warehouse Road. The sale is open to military and military retirees. Cash only. For information, call 751-7213.

Tuesday, May 5

Asian American and Pacific Islanders Heritage Observance Luncheon

11:30 a.m. to 1 p.m., at the Fort Jackson NCO Club. For information or tickets, call 751-8863 or 751-2990.

Saturday, May 9

Thanking the Troops Tennis Clinic

Clinics throughout the day at the Semmes Road tennis courts for those aged 4 to adult. Free to all DOD ID cardholders. For information, call Cindy Keene at 751-3096.

Sunday, May 10

Mother's Day brunch

11 a.m. to 2 p.m. at the Officers' Club. Cost \$17.95 for members, \$21.95 for nonmembers, \$6.95 for children 4 to 11. For reservations, call 782-8761.

Mother's Day buffet

10:30 a.m. to 2 p.m., at the NCO Club. Cost \$15.95 for adults, \$8 for children 4 to 11. For reservations, call 782-2218.

Saturday, May 23

Scavenger hunt bike ride

8 a.m., Marion Street Station. Bikes and helmets will be provided. For information, call 751-3700.

Carolina Maude Foundation golf tournament

1:30 p.m., Fort Jackson Golf Club. For information, visit www.agregimentalweek.com.

Announcements

CIF CLOSURE

The Central Issue Facility will be closed for its semi-annual inventory June 15-19. Personnel scheduled to depart during that period must call CIF at 751-6524/2870/2739 to schedule an out-processing appointment as soon as possible. CIF will handle emergencies during that time. Emergencies do not include direct exchange, in-processing, routine transactions or out-processing. CIF will resume normal operations June 22.

WORKSHOP FOR HR PROFESSIONALS

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

BOOK DRIVE SCHEDULED

The Fort Jackson Housing Mayoral Council is holding a book drive to promote summer reading. Drop off new or gently used books at the Thomas Lee Hall Library, the Fort Jackson Housing Office or C.C. Pinckney Elementary School until May 22. Book giveaways will be 1-5 p.m. June 5 and from 10:30 a.m. to 3:30 p.m. June 6 at the Solomon Center.

SCHOOL NEWS

South Carolina requires all rising seventh-graders to receive booster shots against tetanus, diphtheria and whooping cough by the start of the 2015-16 school year. For information, call 785-2698.

THRIFT SHOP NEWS

- The Thrift Shop is looking for employees ages 16-21 who would like to earn \$1,000 for a summer's worth of work. For information, call 787-2153.
- 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 lower.

SCHOLARSHIP OPPORTUNITIES

- Applications for the Army Emergency Relief Spouse Scholarship program and the Maj. Gen. James Ursano Scholarship Program will be accepted through May 1. For information, visit www.aerhq.org.
- Applications for ThanksUSA scholarships will be accepted through May 15. The scholarships are available to children and spouses of Service members. For information, visit www.thanksusa.org/scholarship-program.

COMMISSARY NEWS

■ Visit 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 also may find advice and recipes under the

"Healthy Living" tab.

■ The Commissary rewards card allows shoppers to use digital coupons at any commissary. For information, visit www.commissaries.com/rewards/index.cfm.

AAFES

■ 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 information, see the Exchange store manager.

YOUTH SPORTS

- T-ball and coach pitch registration through May 1. Ages 3 to 5, \$20; ages 6 to 8, \$45.
- Summer swimming registration through May 15. Age 5, \$20; ages 6 to 18, \$65.
- Summer basketball registration through May 15. Ages 4 and 5, \$20; ages 6 to 15, \$40
- Free volleyball clinic May 4-8 for those ages 9 to 16. Call 751-7451 to register.

Housing

MAYORS NEEDED

The mayoral council is looking for volunteers to serve as mayors for on-post housing communities. Being a part of the council allows residents to be a voice for the community. In addition to receiving credit for volunteer hours, mayors will meet new people and receive training. Child care is provided for those performing mayoral duties. Positions are available in Pierce Terrace 1, Pierce Terrace 2, Pierce Terrace 3, Pierce Terrace 4 and Howie Village. Interested residents should email Vickie Grier at usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

HOUSING SEMINARS

The Fort Jackson Housing Services Office is developing a schedule of housing seminars for 2015. The office is interested in feedback concerning housing-related topics. Topics may include home ownership, short sales, purchasing distressed properties, for sale by owner and home inspections. Send your interests to usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

REFER A FRIEND

On-post residents who refer a friend to live on post may be eligible to receive \$500 off next month's rent. For information, call 738-8275.

ONE CALL NOW SYSTEM

Residents are encouraged to make sure the Balfour Beatty Communities management office has their most current phone numbers and email addresses on file for its One Call Now system. One Call Now delivers emergency weather updates and reports utility outages, schedules maintenances and provides weekly event updates.

PET CARE

Pet owners are responsible for their pets and must remove their pets' solid waste from all areas daily. Non-compliance could result in loss of pet privileges or the loss of the privilege to live on post.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. Articles are due two weeks before publication; announcements and photos are due one week before publication. For information, call 751-7045.

Big Day

Fort Jackson celebrates Earth Day



Soldiers, Family members and civilians participated in a Big Day Out at Fort Jackson's Semmes Lake last Saturday. The day's activities included a 5K fun run/walk, information booths on health and conservation issues, and games for children. Pets also were welcome, including Spike, right.



A boat piloted by Fort Jackson Chief of Staff Col. Dan Beatty, right, and Deputy Chief of Staff Gerald Henderson is slowly swallowed by Semmes Lake during the annual Recycle Regatta. Boats made of recyclable materials were created by teams from around the post and 'raced' on the lake.

Courtesy photo



Photos by WALLACE McBRIDE

Leah Rivard, 8, scales a climbing tower during last weekend's Earth Day celebration at Semmes Lake.



Fort Jackson's Army Community Service team won last weekend's Recycle Regatta. Above, team members Jason Fields and Kim Bottema hold the event trophy, which is made of recyclable materials.



Aubrey Walker plays with her infant daughter, Jihan.

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

News and Notes

Workshop offers tips for creating your dream job

Military spouses face new challenges with every change of posting. Chief among these is finding work — a job that can go anywhere and ensure a steady income. That's where creating a "small business" comes in.

"More and more, we're seeing military spouses turn to business ownership as a professional vocation," says Mike Haynie, founder and executive director of the Institute for Veterans and Military Families.

During this year's Small Business Week — May 4-8 — military spouses at Fort Jackson can learn how to create their own portable businesses.

The Army Community Service Employment Readiness Program will offer "How to Create Your Dream Job: Merging Your Passion and Skill Set Workshop," from 8:30 a.m. to 12:30 p.m. May 6, in Room 222 of the Strom Thurmond Building.

Military wife and entrepreneur Mary Anne Way will tell how she launched her own business, as well as the resources that helped her become successful.

The workshop is designed for the military spouse who wants to explore career options and decide whether becoming an entrepreneur is a good fit. Each participant will receive a copy of the book "Start Your Own Business and Hire Yourself: Insider Tips

for Self-Employment in Any Economy" by Suzanne Caplan, a small-business entrepreneur who began her career with a lemonade stand at age 10 and became CEO of a family manufacturing company at 20.

Those wishing to participate should contact Barbara Martin by May 4, at 751-5256 or Barbara.L.martin10.civ@mail.mil.

The ACS Employment Readiness Office also offers copies of the Small Business Resource Guide, provided by the S.C. Small Business Administration.

Through a partnership with the University of South Carolina's Small Business Development Center, ACS offers quarterly small business seminars. With the retired executives of SCORE, it also offers a five-week course, "Simple Steps to Starting a Small Business." Classes are free. For information on sessions, call ACS at 751-5256.

Cultural heritage lunch to include food, dance

The Fort Jackson Asian American and Pacific Islanders Heritage Observation Luncheon will be from 11:30 a.m. to 1 p.m. May 5, at the NCO Club.

Guest speaker will be Jay Rojas, direc-

tor of the Washington, D.C., office of the governor for Guam. The Pacific Islanders Association Dancers will perform, and traditional foods will be served.

Tickets cost \$10.50 and are available at the Equal Opportunity Staff Office and from brigade equal-opportunity advisers.

For more information, call 751-2990.

Workshop advises those leaving the Army

Soldiers moving From Combat to Corporate may attend a military workshop from 11:30 a.m. to 1 p.m. May 28, at the NCO Club.

Representatives from S.C. Housing, GE Capital, Deloitte Consulting, Lockheed Martin, Shell Oil and the HR Certification institute will speak.

For information, contact kymila.k.cheese@mail.mil or peggy.m.henderson@mail.mil.

Fort Jackson Families surveyed on housing

During the first week of May, Soldiers and Families living at Fort Jackson will receive questionnaires asking their opinions

about post housing. Questions will cover the leasing process, residency and moving out.

The Department of the Army's Residential Communities Initiative has distributed the customer-satisfaction surveys to all of its communities in the U.S.

Survey responses will be used to determine future budgeting for maintenance, capital improvements and program development. All responses will be anonymous.

For more information about the survey or Army housing at Fort Jackson, call 751-9343 or 751-9339.

Becker to address his last Town Hall

Civilian employees will get their last chance to hear Maj. Gen. Bradley Becker address their concerns at 9 a.m. this morning, during the Army Training Center Town Hall at the post theater.

Becker will discuss his command initiatives and plans for transition, and reflect on his two years as Fort Jackson commander. Becker will relinquish his command on May 29.

The meeting also will include information from Deputy Chief of Staff Gerald Henderson and CPAC representatives.



Photo by STAFF SGT. STEVE CORTEZ, ARMY NEWS SERVICE

Army Chief of Staff Gen. Ray Odierno and political satirist Stephen Colbert share a laugh April 14 during a special Twilight Tattoo on Joint Base Myer-Henderson Hall, Va.

Five receive Outstanding Civilian Service Awards

BY J.D. LEIPOLD
Army News Service

JOINT BASE MYER-HENDERSON HALL — Five civilians have received the Outstanding Civilian Service Award for their contributions to the Army. The medal is the third highest the Army can bestow.

Those honored at a ceremony earlier this month were Stephen Colbert, a television host and South Carolina native; retired Major League Baseball commissioner Bud Selig; the founder of Wreaths Across America, Morrell Worcester; Matthew Zames of JPMorgan Chase; and D. Scott Davis of UPS.

STEPHEN COLBERT

Odierno said Colbert had entertained the military nightly through “The Colbert Report,” directing donations to the Yellow Ribbon Fund and promoting First Lady Michelle Obama’s “Joining Forces” initiative. He also helped link the American public to the military by creating a shout-out to honor any Service member who sent in a flag.

“What we all remember best is Operation Iraqi Stephen Going Commando in 2009, when he underwent so-called basic training, wore a uniform that resembled a bad knock-off Brooks Brothers (and) entertained our troops for a week,” said Odierno, who personally gave Colbert a military-style haircut.

Colbert said his first reaction to the award was “I can’t take that.” But, he said, “I will as a reminder of how much more there is to do.

“I’m a fan of the Army — a couple of my brothers served in the Army, my dad was an Army doctor and my uncle was in the 101st Airborne on D-Day — so, I’ve always been aware of the gratitude we should have for those who answer the call to protect the country.”

BUD SELIG

Selig was honored for his leadership and dedication to Soldiers and their Families through the Welcome Back Veterans program, which raises awareness and support for the needs of vets and their Families.

More than \$20 million from the program has gone to university hospitals, providing treatment for those suffering from post-traumatic stress disorder.

MORRELL WORCESTER

When he was 12, Morrell Worcester visited Arlington National Cemetery on a field trip. The experience left an indelible impression that stayed with him as he made a successful business of his wreath company.

“In the winter of 1992, he found himself with a surplus of wreaths and — remembering his boyhood experience — he shipped those left-over wreaths to Arlington National Cemetery,” Odierno said. “This tradition went on for years until 2005 — when a picture of Arlington adorned with wreaths covered with snow went viral.

“It was then that this annual tradition to honor our Service members and our fallen heroes began to grow,” he said. “In 2010, Wreaths Across America and their national network of volunteers laid over 220,000 memorial wreaths at 445 locations in the U.S. and beyond.”

D. SCOTT DAVIS

Chairman of the Board of Directors of UPS and former UPS CEO D. Scott Davis was recognized for creating a culture of support for veterans, veterans’ organizations and veteran programs.

MATTHEW ZAMES

Zames formed an alliance with other large corporate employers, committing themselves to hiring 100,000 veterans. Having accomplished that objective, now the alliance is working to double that.



Fort Jackson's Vietnam Veterans Welcome Home Celebration Saturday, May 16, 2015 Hilton Field, Fort Jackson, S.C.

Please join us in commemorating the 50th Anniversary of the Vietnam War by honoring our Vietnam Veterans and giving them a welcome home they deserve.

Events include:

- ◆ 5K run (8 a.m.)
- ◆ Health Benefits Expo (9 a.m.)
- ◆ Parade (4 p.m.)
- ◆ Car Show
- ◆ Period Vehicles and Aircraft
- ◆ "The Moving Vietnam Wall"
- ◆ Vietnam Firebase
- ◆ Billy Currington Concert (7 p.m.)
- ◆ Fireworks

For more information:

(803) 319-6520

FJVietnamVeteran2015@gmail.com

Facebook: <http://tinyurl.com/nsa2cbx>



VIETNAM