

THURSDAY, APRIL 11, 2013

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA COMMUNITY

★ FORT JACKSON
SOLDIERS COMPETING
FOR BEST RANGER TITLE

— PAGE 4

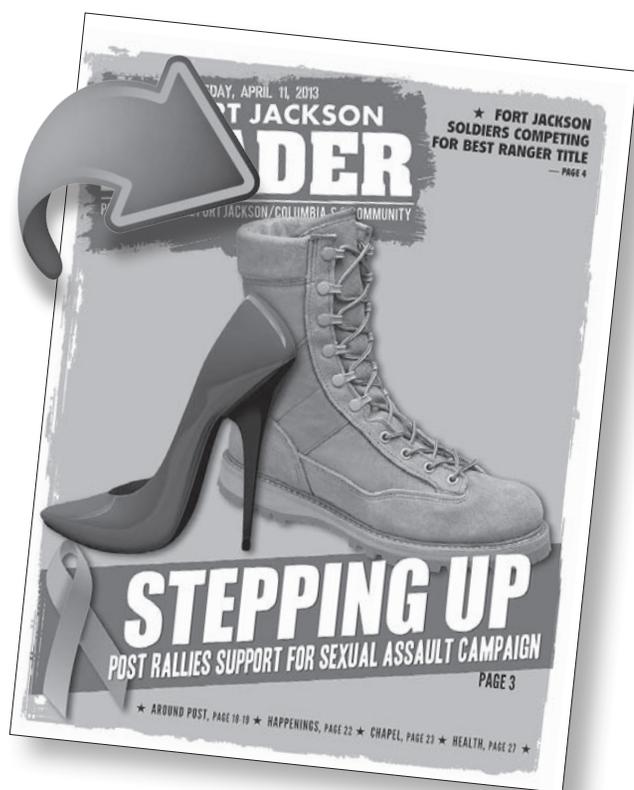


STEPPING UP

POST RALLIES SUPPORT FOR SEXUAL ASSAULT CAMPAIGN

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COMMANDER'S CALL

One-year reflections

In my nearly 30 years of military service, I've learned the value of periodic reflections. When done correctly — that's with honesty, a focus on how we can improve our foxhole, and a positive perspective — these snapshots can reinvigorate the resolve to accomplish the vision we've established.

That said, I am honored to be the 45th Commanding General of the U.S. Army Training Center and Fort Jackson, and am grateful to be able to celebrate one year as Commanding General.

As many of you know the vision we share for Fort Jackson is that it is:

- ☐ The preeminent training center in the Department of Defense (DoD).
- ☐ The best duty station, post, community and unit in which its team members have ever served.
- ☐ An environment in which everyone can take initiative, learn, grow, make honest mistakes, have fun and accomplish the mission.
- ☐ An Army Communities of Excellence (ACOE) award winner in 2014.

This past year has been a true eye-opener and I have truly been enlightened to the magnitude of what Fort Jackson does for the Army, the Department of Defense, and the nation. Based upon all that I have observed, we are without a doubt on track to being exactly what we aspire to be as stated in our vision.

Using my four priorities as a framework let me take you through a few examples of the remarkable highlights I've experienced during my first year in command.

TRAINING AND READINESS

Our focus on Training and Readiness intensified in the last 12 months as we dug into the efficiency and effectiveness of our systems. We have enhanced training events by incorporating tactical scenarios. Additionally, with the TRADOC emphasis on the Army Learning Model (ALM) 2015, we have initiated pilots using simulations and software like Virtual Battle Space (VBS) 2 to allow our Soldiers to learn, train, and remediate using technology. Looking a bit broader in the area of training, we initiated and successfully implemented the Army's Master Fitness Program. Lastly, we have made significant progress in the modernization of our equipment and training facilities. I am proud of the improvements we've made at our ranges and training areas. For example, we've increased our number of on-hand M-4s and we're in the process of improving our vehicle fleet so that our Soldiers are training on what is actually being used in combat. When I look at the distribution of the training load that we have in BCT (more than 50 percent of the Army's annual load and increasing) and across the DoD, the meticulous efforts to meet/exceed POI standards, and the boldness to do Army Learning Model 2015 in 2013, I am ready to contend that we are the Preeminent Training Center in the DoD.

RESPONSIBLE STEWARDSHIP

Probably the most noticeable highlight of the past year is in the area of responsible stewardship. This includes major Military Construction (MILCON) projects like BCT Star Bases, AIT barracks complexes, and the Quad Dining Facility. The other element of stewardship that I am extremely happy with can be summed up with one acronym VSOC — Visual Signs of Change. If you were to look around Fort Jackson today, you would notice a significant difference from even a year ago. I am very proud of our ongoing plan to improve the overall appearance of Fort Jackson under the VSOC Campaign. The USATC and Garrison have co-headed this initiative to ensure the U.S. Army BCT Museum, Hilton Field, the Officers' Club Field, new road signage, Gate 2 renovation and the blue line to graduation improve the appearance and experience of every person who comes to Fort Jackson. We are also doing extremely well taking care of Mother Nature and our consumable resources.

LEADER DEVELOPMENT

Another significant part of our focus is Leader Development. Those familiar with our Leader Development program know that it spans from company through post level. I'm extremely proud that we host the LTG Maude Lecture Series, and LPD sessions on the Officer Selection Board Process, Health of the Force and Ready Resilience Campaign. But something that has really blossomed is helping organizations off the installation with their professional

development programs. For example, in the last year, we hosted events for the University of South Carolina's men's basketball team and business/civic leaders from the Midlands. We were also privileged to host the Initial Military Training Conference, where brigade leaders from across all 27 IMT locations converged in Columbia to share experiences and learn how to improve the way we train our future Soldiers. Our knowledge management is also a large part of leader development — our Share Point host a tremendous amount of current information, we publish a quarterly Jackson Journal and, of course, *The Leader*. We are doing a much better job sharing best practices and lessons learned cross our formation which is making all of us better professionally.

QUALITY OF LIFE

We have accomplished a lot since last April. I am proud of our quality of life programs that we have for Soldiers and Families. These include, our on-post housing; health care; education; Army Community Service; Family Morale Welfare and Recreation; Sexual Harassment and Assault Response/Prevention and Family Readiness Groups. They have all made a huge impact on our community. Sometimes it is easy to think of quality of life only within the confines of the Fort Jackson border, but we have benefited from our positive relationships with our Partners in Excellence and our Team Members in the surrounding community. These relationships are extremely vibrant and mutually beneficial. Soldiers and Families are the source of \$3 billion in revenue to the Midlands economy. I am truly grateful for these partnerships and all that we have been able to do for each other.

As you can see, this year has been full of some notable successes. Let me conclude with my Top 10 Highlights from my first 12 months:

10. Special Olympics. As you can guess, I cannot wait for this year's event.
9. Fourth of July Torchlight Tattoo. Bring on the Fireworks!
8. Army Ball. I look forward to seeing you all for this year's ball in our refurbished NCO Club.
7. Being an Honorary Captain at USC Military Appreciation Football Game. Go Gamecocks!
6. All of our Cultural Observances. Keep up the good work, EO staff.
5. Weekly BCT Graduations. It is exciting seeing the thousands of family members who come to graduation and our new Soldiers march across the field
4. Volunteer and Helping Hand Recognitions. Fort Jackson is forever indebted to the countless hours and selfless service of our volunteers.
3. Honor Flight Welcome Home ceremonies. This is our opportunity to experience history and pay tribute to the heroes of yesterday, our WWII Veterans, as they return home to South Carolina after visiting Washington.
2. Riding the horse for the Columbia Veterans Day Parade. This is when I realized that City of Columbia is the most Military friendly city at which I've served.
1. Eating Wings at Magruder's Pub. If you've eaten their chicken wings, then you know what I'm talking about.

Let me just say that the people here and the dedication to our mission are what make Fort Jackson special. In my one year as Commanding General, I have not seen a more supportive and engaged local populace and civilian leadership than we have in the Midlands.

That is my take on my first year. Once again, I am honored to be the 45th Commanding General USATC and Fort Jackson and I think I have the best job in the Army. I think we are achieving the Fort Jackson Vision; we have the right Four Priorities, and are doing a good job performing them to the standards our Nation, Army and people deserve. Thank all of you for your service, for your commitment, for your professionalism and for making this the preeminent training center in the Department of Defense.

Let's agree to make this next year even better than the last.
Army Strong and Victory Starts Here!
Victory 6

ON THE COVER

Graphic by WALLACE McBRIDE

Teal is the official color of sexual assault and sexual violence awareness and support, which is being recognized by Fort Jackson throughout the month of April. **SEE PAGE 3.**

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Commanding General.....Brig. Gen. Bryan T. Roberts
Garrison Commander.....Col. Michael S. Graese
Public Affairs Officer.....Michael B. Pond
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride
Staff writer.....Andrew McIntyre

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Post says no to sexual violence

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson is participating in a variety of events in April to highlight Sexual Assault Awareness Month.

The events, scheduled for both on and off post, are designed to spread the Army's message that sexual misconduct is unacceptable.

"We will not tolerate it," said Master Sgt. Dietra Woods, Fort Jackson's Equal Opportunity Program manager.

Part of Fort Jackson's event planning involved carrying the message off post to civilians.

"There was an impression out there that we don't have any programs for victims," she said. "We want the civilian population to know we're doing something in reference to sexual assault."

The goal of this month's activities is to raise awareness and promote the prevention of sexual violence through special events and education. Several events have been scheduled throughout the month in observance of Sexual Assault Awareness and Prevention Month.

The campaign began April 4 with a "Consent is Sexy Party" at a restaurant off post, Woods said. Organized by Sexual Trauma Services of the Midlands, Fort Jackson's Equal Opportunity Program attended the event as a show of support. That same week, T-shirts were created and placed in display at the Strom Thurmond Building at Fort Jackson bearing a variety of messages about sexual assault.

Some of those messages were symbolic, Woods said. The white shirts represent women who died because of violence, and yellow represents battered or assaulted women. Each of the colors stand for something different, and connect to a campaign effort created by The Clothes Line Project, a national organization created to bring awareness to the issue of violence against women.

Fort Jackson's clothes line display will be moved to the Exchange today, Woods said, to reach visitors who come on post for graduation.

Upcoming sexual assault awareness events are more interactive, she said. Fort Jackson personnel will participate in Walk a Mile in her Shoes, a public event sponsored by Sexual Trauma Services of the Midlands. Men are literally asked to walk one mile in women's high heeled shoes to protest sexual violence, educate their communi-



Photo by WALLACE McBRIDE

T-shirts are on display at the Strom Thurmond Building, carrying messages about sexual assault. The campaign is part of the installation's Sexual Assault Awareness and Prevention Month activities.

ties and raise money for rape crisis centers, domestic violence shelters and other sexual violence prevention and recovery services.

Men, women and children of all ages are invited to participate, individually or in teams. Men should come prepared with footwear. The event begins 6 p.m., April 18 outside the Columbia Metropolitan Convention Center in the Vista.

"Team Jackson will be there with more than 10 members," Woods said, primarily victim advocates who work the post's Sexual Harassment Assault Response & Prevention Program, or SHARP, hotline. "We're having both our males and our females participating. They want the men to do this; women are there for support."

You can register online for the event at www.stsm.org. The Soldier Support Institute is hosting a sexual assault awareness breakfast 8 a.m., April 22 at the Officers' Club.

Tickets are \$10 and can be purchased from the Equal Opportunity Office.

On April 26, Fort Jackson will be observing Denim Day, an event in which people are encouraged to wear jeans in order to raise awareness of rape and sexual assault. The post is hosting an organized event at Semmes Lake behind the Outdoor Recreation building, encouraging people to wear jeans and walk around the lake.

The event was originally prompted by a rape conviction in Italy that was overturned by the courts in 1998 because the victim wore tight jeans. The argument was that the victim must have helped the attacker remove her jeans, thus making the act consensual.

"They tried to blame it on her clothes," Woods said. "The Army doesn't do victim blaming."

The event takes place from 11:40 a.m. to 12:15 p.m. Milton.W.McBride3.ctr@mail.mil

Fort Jackson Gate Hours

Gate 1	5 a.m. to 1:30 p.m.inbound and outbound traffic, Monday through Friday 3:30 to 6 p.m.outbound traffic, Monday through Friday
Gate 2	Around the clock, seven days a week Commercial traffic on weekends only.
Gate 4	5 a.m. to 9 p.m.Monday through Friday Closedweekends Commercial traffic must use Gate 4 on weekdays.
Gate 5	5 a.m. to 9 p.m.seven days a week

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Post Soldiers compete for top Ranger

By WALLACE McBRIDE
Fort Jackson Leader

Four Soldiers from Fort Jackson have headed southwest to test the limits of their physical and mental endurance.

The Soldiers are taking part in the annual Best Ranger Competition at Fort Benning, Ga., a three day, 60-hour challenge that includes a 25-mile road march in darkness, a casualty evacuation, parachute jump and a trek through the two miles of wooded, uneven terrain as part of the famous Darby Queen obstacle course.

Competing for this year's title are 50 two-man teams representing a variety of Army units, including tankers, infantrymen and Special Operations Soldiers. This year is the first time Fort Jackson has been represented at the competition, which begins Saturday.

"The hard part was getting a slot," said Lt. Col. Eric Flesch, 1st Battalion, 34th Infantry Regiment battalion commander. "Only 50 teams are allowed to compete each year, and Fort Jackson has never had a slot. It was very easy for me to call in some favors, and they allowed us to get both a primary team and a secondary team in the competition."

Competing are Sgt. 1st Class Jason Diaz and Staff Sgt. Bror McWhinney, of the 1st Battalion, 34th Infantry Regiment, and Maj. Jonas Anazagasty and Graham White of the 4th Battalion, 10th Infantry Regiment.

"Diaz had competed before," Flesch said. "McWhinney had trained before but never competed, and they were our two best candidates."

Diaz' experience will give Fort Jackson a valuable edge in the competition, Flesch said.

"Everyone goes to win, but you compete to complete," he said. "Most teams never compete to completion because it's so difficult. I don't know of any team that's won without someone on the team who has competed before. So our chances are good. I feel pretty confident in our abilities to train up a team, but they always add surprise events."

"It was hard," Diaz said of his first competition in 2007. "It put my mental and physical capabilities to the test. It made me conduct tasks to physical exhaustion."

Diaz said his first competition gave him a better idea of what to expect "over the long haul."

"I think we've got a good chance," he said. "Hopefully we'll finish in the top 10. The field is very competitive."

"The Best Ranger Competition is the most physically and mentally challenging competition in the Department of the Defense, and to have not only one, but two teams competing this year for Fort Jackson is incredible," said Fort Jackson Command Sgt. Maj. Kevin Benson. "Our Rangers will make us all proud as they compete flying the



Courtesy photos

From left, Sgt. 1st Class Romell Bourne, an alternate on the team, Staff Sgt. Bror McWhinney and Sgt. 1st Class Jason Diaz, all with the 1st Battalion, 34th Infantry Regiment, will represent Fort Jackson in the Best Ranger Competition at Fort Benning, Ga., which begins Friday.

Fort Jackson banner for the first time in the history of the competition. We are excited and at the same time confident that our officers and NCOs will perform at the highest level, and look forward to the results of all the hard work put into their preparation for the event."

Anazagasty and White are part of the U.S. Army Student Detachment under the 4-10th. Although not technically assigned to Fort Jackson, both men fall under 4-10th command and asked the post to sponsor their participation in the competition.

"There are more than 2,000 Soldiers assigned to (the Student Detachment) around the world in different schools," said Lt. Col. Keith Purvis, 4-10th commander. "I'm glad that we could do it, and give these two very motivated Soldiers the opportunity to represent Fort Jackson. When all is said and done, this post is who they're representing."

Training and support for Anazagasty and White was managed by The Old Guard (3rd Infantry Regiment) in Washington, he said.

"(They) were very helpful in doing the pre-requisite as-

sessments for Anazagasty and White, as well as offering to assist with their training," Purvis said. "The Old Guard also has teams this year, and due to the close proximity, having others to work with and push each other is part of the camaraderie."

There are a few obstacles standing in the way of victory for Fort Jackson, though. Because Fort Jackson's competitors come from "regular infantry units," they don't have access to some of the newer, more specialized equipment used in some of the challenges, Flesch said.

"We don't even have the equipment they compete with," he said. "But, Fort Bragg is only a two-and-a-half hour drive away, and the guys drove up there a couple of times to train on their ranges."

Founded in 1982, the Best Ranger Competition is an Army event and supported by the National Ranger Association, which helps to raise funds to support Ranger community activities like the Best Ranger Competition, the Ranger Hall of Fame and the Distinguished Member of the Brigade.

Milton.W.McBride3.ctr@mail.mil

Post agencies stress child abuse awareness

By **KIM WHEELER**
Special to the Leader

Fort Jackson's Family Advocacy Program is currently campaigning to heighten community awareness and bring attention to national Child Abuse Prevention Month throughout the month of April.

"Child Abuse Prevention Month is a time (during which) we focus attention and make extra efforts to highlight the issues of abuse or maltreatment of children," said Greg Lewis, a Fort Jackson FAP specialist. "This is a time when we highlight the fact that we as a community should promote the social and emotional well-being of our children."

FAP's campaign, an aggressive attempt to bring the child safety message to the community, includes scheduled child safety classes and Family Advocacy Program overviews at various organizations around the installation, as well as an effort to educate post children through "Project Read," in which FAP and Army Community Services personnel read and present safety classes to children at Child Youth and School Services facilities two or three times a week throughout April.

FAP has also recently initiated a series of classes through CYSS "reaching out to community teens in an effort to heighten their awareness of potential problematic issues, such as dating violence, sexting, and peer pressure," Lewis said.

Finally, FAP has distributed books, pamphlets and brochures around the installation in the hopes of raising awareness and sparking interest and concern for child abuse prevention.

"Child Abuse Prevention Month is significant to observe, because children are the leaders of our future," Lewis said. "The scars of abuse often go with our youth on into their adult years and establish a pattern for a revolving door of generational abuse. Imagine the significance of a world free of child abuse."

Lewis said the issue is important to highlight, particularly in the military arena, which can generate a significant amount of stress.

"Fort Jackson's training environment and the associated stress affects a significant number of community families," Lewis

said. "Compounded by the normal stressors of family life — or life in general — some of these families may be more susceptible to conditions that could (lead to) child abuse."

There are a variety of resources available at Fort Jackson, designed to help Soldiers and families cope with the stressors of military and everyday life. ACS and FAP offer anger- and stress-management classes, New Parent Support Group activities, financial readiness training, domestic violence education services, and soon, Scream-Free Parenting classes.

FAP also provides child safety awareness classes for community members about recognizing and reporting child abuse. Lewis said Moncrief Army Community Hospital's Social Work Services and the installation Family Life Center are also good resources for Fort Jackson personnel who may be struggling with issues that could lead to child abuse.

Another ACS resource is an online stress-management class offered through Army OneSource, which is open to any Fort Jackson community member.

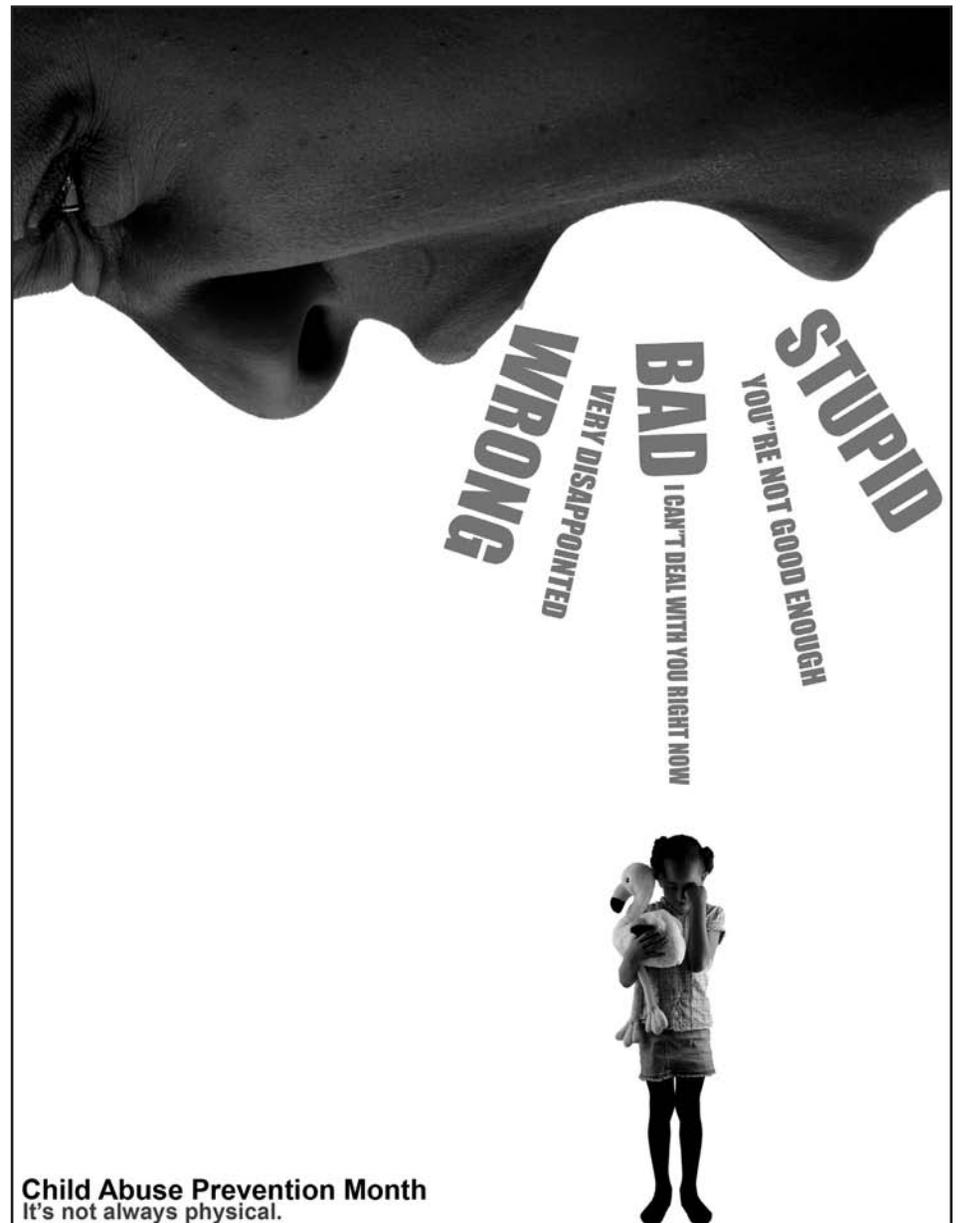
"This class teaches practical skills that can help decrease the stress in your life," said Veronica Jackson-Patrick, program manager for Army Family Team Building and Information and Referral Services. "Being a parent myself, I can speak to how stressful parenting can be — any skills or tools that we have can help."

The class covers topics such as defining stress, understanding its physical and psychological effects, recognizing when you are under stress, and developing thinking strategies to help cope during stressful times — skills that can help prevent stress from escalating into child abuse.

"Being a parent is rewarding, but it can be a challenging role," Jackson-Patrick said. "We don't have an all-inclusive parent handbook, so it helps to take advantage of the resources and learn what we can to be the best we can be."

Jackson-Patrick said there are other topics parents might find helpful through the online program, including conflict management, enhancing personal relationships, and effective communication.

Whether it is learning how to cope with stress or learning how to recognize the signs



Child Abuse Prevention Month
It's not always physical.

Air Force photo illustration by SENIOR AIRMAN GINA CHIAVEROTTI

Fort Jackson's Family Advocacy Program will offer a number of events during Child Abuse Prevention Month.

of child abuse, there is something every member of the community can do to help prevent child abuse on Fort Jackson.

"There is a saying that it takes a village to raise a child," Lewis said. "As a community, we can help prevent child abuse by coming together to watch out for our children and never turning a blind eye to actual or suspected child abuse."

"We have a role in building and maintaining a strong and resilient community, a com-

munity where our children are valued and supported," he said. "Children are our most precious resource and they rely on adults for safety and protection. We must challenge ourselves to keep them healthy, happy and safe."

To access the online stress-management class, register with www.myarmyonesource.com, click on the link to "online training" and enroll in the stress management module found under the AFTB Level II tab.

Caring for Soldiers' best friends

Fort Jackson clinic treats working dogs and family pets

By **WALLACE McBRIDE**
Fort Jackson Leader

The military's four-legged warriors aren't the only patients served by Fort Jackson Veterinary Clinic.

While the clinic's primary mission is to care for the military working dog, it also serves the pets of retirees and active service members, said Sgt. Jeanie Hettler, with Public Health Command District-Fort Gordon (PHCD-FG) Veterinary Services.

"Our primary mission is the working dog," she said. "As long as staffing permits, and we can handle the mission, we also do pets of retirees and active-duty military."

The clinic currently sees to the needs of 19 military working dogs, a reach that extends from Fort Jackson into other states. Not only does the staff treat dogs from Shaw Air Force Base, but dogs working for the Transportation Security Administration as far away as Charlotte, N.C., as well.

"Each military working dog is (worth) about \$45,000, depending on what they're qualified to do," she said. "As an asset to the military, we can't let anything happen to them."

The care for military working dogs varies on the animal's age, she said.

"They get care every six months, which is standard," Hettler said. "They'll get a full blood work-up; we'll check their urine; and every year they'll get vaccines, blood work, dental cleanings, and also monthly preventive heart worm and flea and tick control."

Because it's a military operation, Hettler said the prices are usually less expensive than civilian veterinary clinics.

"We're here to help the military, we're not here to make a profit," she said. Most of the animals treated at the clinic fall into the range of traditional household pets.

"You have the occasional pocket pets like hamsters, guinea pigs and rabbits. Typically, we just see cats and dogs," she said. "Our mission is very big. It's not just the privately owned pets, it's not just the medical care of the working dog. We also have to check every animal facility on this installation on a regular basis to make sure it's suitable for the welfare of the animals. We do quarterly first aid training for all of the handlers so, in the event that we're not available, they can care for the animal."

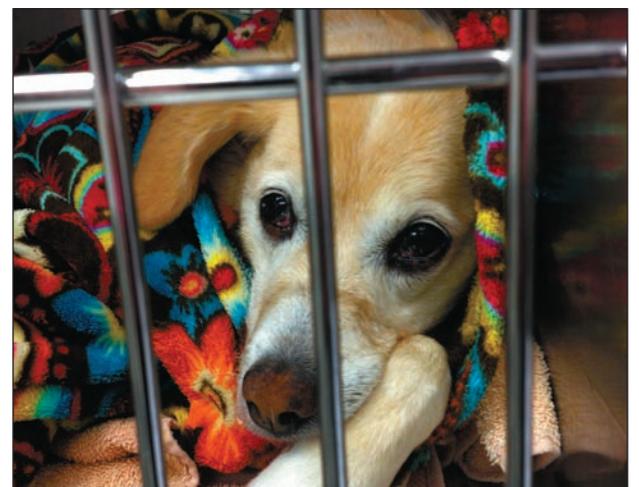
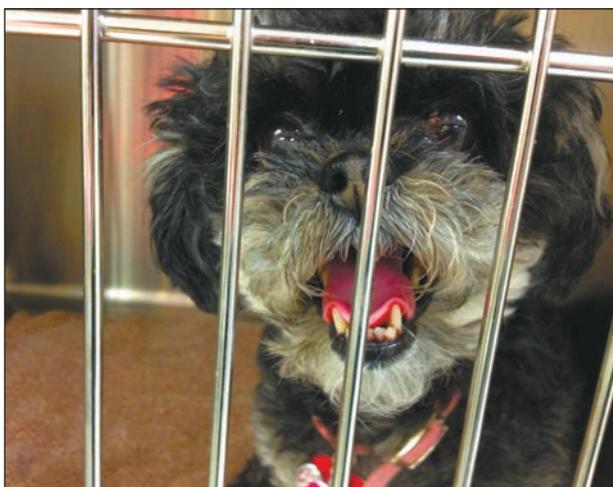
The clinic can also offer support for Soldiers and their families interested in taking pets with them on Permanent Change of Station moves that take them into other countries.

"Japan, England, Germany — they all have different regulations and rules for your pet," Hettler said. "If any-



Photos by WALLACE McBRIDE

Fort Jackson veterinarian Capt. (Dr.) Jessica Connolly gives Nela, a Charlotte/Douglas International Airport working dog, a routine physical Wednesday morning. Below, local pets prepare for dental cleanings and other precautionary procedures at the clinic.

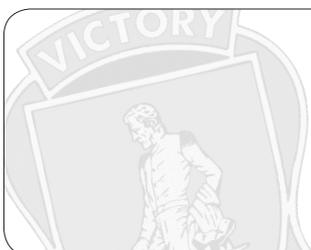


one is confused, we've got all that information. We also do health certificates, so if you're on PCS orders, there's no charge for it."

The Fort Jackson Vet Clinic appointment hours are

Monday-Wednesday and Fridays from 9 to 11:30 a.m. and 1 to 3 p.m.; and Thursdays from 9 to 11:30 a.m. Animals are seen by appointment only.

Milton.W.McBride3.ctr@mail.mil



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Photos by ANDREW McINTYRE

From left, Brig. Gen. Bryan Roberts, Fort Jackson commanding general, Command Sgt. Major Michael McCoy, commandant of the Drill Sergeant School, and Dr. Henry B. Miller, guest speaker, light seven candles in honor of the victims of the Holocaust.

Days of Remembrance

Right, Dr. Henry B. Miller, speaks about his parents, David and Celia Miller, who were detained in concentration camps during the Holocaust and later relocated to Columbia as refugees.



Fort Jackson hosts a Days of Remembrance observance ceremony Tuesday at the Solomon Center to honor the millions of lives lost and altered during the Holocaust. Autobiographies and historical World War II photographs were on display.

Tax season nears end

By **CAPT. NICK ALLEN**
Fort Jackson Tax Center

The tax season is quickly coming to a close. The filing deadline is Monday, which means only a few days are left to submit tax returns to the IRS and state departments of revenue. Regardless of who prepares your taxes, failure to file either a return or an extension request (if needed) by the April 15 can expose you to serious negative actions.

Failure to file a tax return on time can result in a "failure to file," or FTF, penalty. Failure to pay tax owed on time can result in a "failure to pay," or FTP penalty. FTF penalties are generally much heavier than FTP penalties since, in the case of FTP penalties, at least the taxpayer has shown an interest in obeying tax laws by filing a return in the first place. So if you cannot pay the full amount owed, it is better to file and work out a payment plan than not to file at all.

However, the IRS has more teeth than just FTF and FTP penalties. The IRS can initiate collection actions if a taxpayer continues not to re-

solve an outstanding tax debt. The IRS can also apply penalties if a taxpayer files a frivolous return (i.e. one not intended for actually reporting income), commits negligence in reporting information, evades his or her tax obligation, or tries to defraud the government.

To repeat a common Army refrain, "Don't be that guy." File your tax return, or a filing extension request, at the Fort Jackson Tax Center. Every return or filing is completed free of charge.

At this time the Tax Center will schedule no more appointments. However, all eligible customers who come in before 6:25 p.m. this week, and 7 p.m. on April 15 will be served. The Tax Center will stay open until April 19 to assist with any concerns. The Tax Center is located at 4282 Jackson Blvd., just past Post Headquarters and across from the post office. Customers need the following documents to have a tax return filed: Military ID; Social Security cards for yourself, spouse (if required) and any dependents; last year's tax return; and all W2s, Forms 1098, Forms 1099, and all other documents that can verify sources of income or significant expenditures for 2012.



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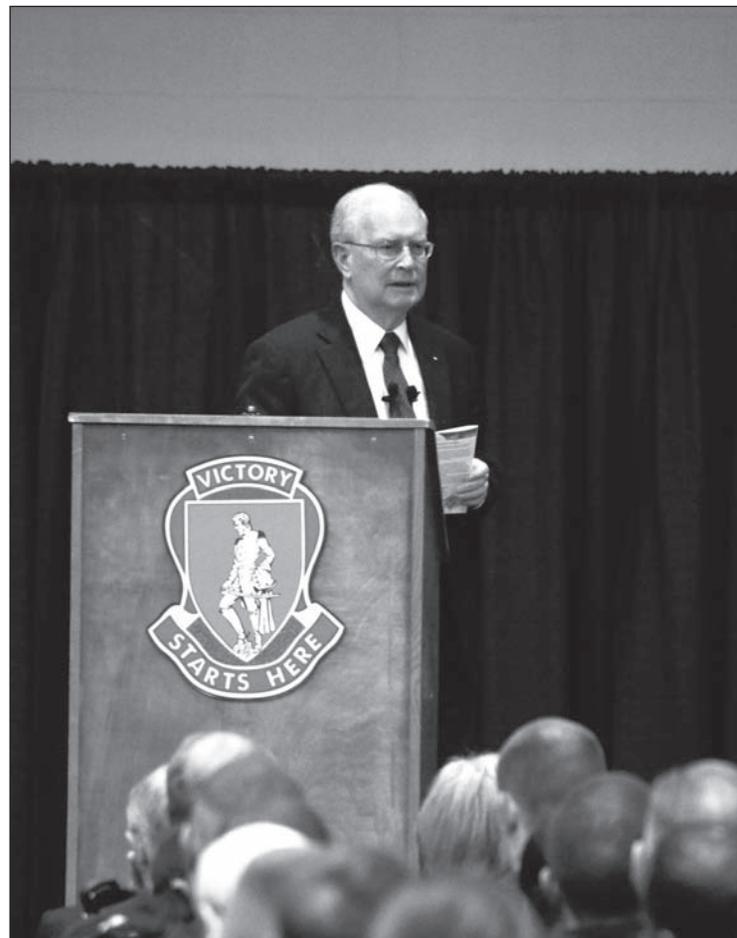


Photo by ANDREW McINTYRE

Maude lecture

Retired Lt. Gen. Fredrick Vollrath, acting assistant secretary of defense for readiness and force management, speaks at the Maude Leadership Lecture Tuesday at the Solomon Center. The lecture series honors Lt. Gen. Timothy J. Maude, the Army's deputy chief of staff for Personnel, who was killed in the 9/11 terrorist attacks.

Dispose of unused prescription drugs April 27

By **CHANEL S. WEAVER**
U.S. Army Public Health Command

National Prescription Drug Take-Back Day will be observed locally and nationwide April 27. The Fort Jackson event is scheduled from 10 a.m. to 2 p.m. at the Exchange. Sponsored by the Drug Enforcement Administration, the day is specifically set aside to allow an opportunity to empty medicine cabinets, kitchen drawers, purses and pillboxes of unwanted, unused and expired prescription drugs, and take them to authorized collection sites in local communities.

Drug overdoses and brain damage linked to long-term drug abuse killed an estimated 37,485 people in 2009, the latest year for which preliminary data are available, according to a report by the Centers for Disease Control and Prevention.

“Drugs now kill more people than motor vehicle accidents in the U.S.,” said Maj. Clifton Dabbs, a physician and epidemiologist at the U.S. Army Public Health Command.

Prescription drug use has increased over the years in the military. About 17 percent of military personnel reported misusing prescription drugs, including stimulants (other than methamphetamine), tranquilizers/muscle relaxers, sedatives/barbiturates, pain relievers, anabolic steroids, and erectile dysfunction drugs, according to the

2008 Department of Defense Survey of Health-Related Behaviors.

As in the civilian population, pain relievers were the most commonly misused/abused type of prescription drug across the military services and in the Army specifically.

According to the 2011 Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health, more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, a statistic that includes raiding the family medicine cabinet.

Dabbs said that the abuse of opiates is becoming more prevalent across the Army.

“Our surveillance shows that there is a rapid increase in the numbers of Soldiers being diagnosed with opiate dependence or abuse since 2005,” Dabbs said.

Opiate drugs are narcotic sedatives that depress activity of the central nervous system, reduce pain and induce sleep. When misused, opiates can become deadly.

“Opiates act centrally on the nervous system and can actually suppress your ability to breathe,” said Dabbs.

For this reason, it is important to get rid of painkillers as soon as possible.

“It is highly recommended to flush any narcotic pain killer down the toilet when they are no longer needed for the treatment of pain in which they were prescribed,” Dabbs said. “This is because the risk of someone stealing

them, taking them by accident, and or the temptation to use them recreationally when drinking is too high and the consequences can be deadly,” Dabbs said.

While flushing is not a recommended disposal method for many drugs, Dabbs’ advice about opiates is seconded by authorities such as the Food and Drug Administration.

Dabbs also pointed out that drugs can lose potency and effectiveness if they are stored improperly or kept too long.

Because the opportunity to dispose of unwanted and expired medications comes around only once a year, Dabbs said he thinks it’s an opportunity that should be seized.

“In the interests of both health and safety, it’s best to rid homes and barracks of unneeded prescriptions,” Dabbs said. “Disposing of old prescriptions through the take-back program removes the risk of misuse and precludes accidental overdose by children or pets.”

For personnel who are unable to visit an authorized collection site, the Food and Drug Administration recommends disposing of prescription medication by taking the medication out of its original container and mixing with kitty litter or used coffee grounds, then double bagging the item, and putting out with the trash.

Past Prescription Drug Take Back-Days have been very successful, according to the DEA. On Sept. 29, 2012, more than 488,000 pounds of unwanted or expired medication was collected at 5,263 take-back sites.

LEGAL NOTICES

Anyone with debts owed to or by the estate of Sgt. 1st Class Bryant Keith Riley must contact Lt. Col. Clifford Crawford, the summary court martial officer for the Soldier. Riley passed away March 25 in Sumter. To contact Crawford, call 885-7616 or email Clifford.K.Crawford.mil@mail.mil.

Anyone with debts owed to or by the estate of Staff Sgt. Steven B. Mosley must contact Maj. William Brown, the summary court martial officer for the Soldier. Mosley passed away March 22 in Columbia To contact Brown, call 299-4293 or email William.C.Brown.mil@mail.mil.

LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the April 25 Leader must be submitted by today. Announcement submissions are due one week before publication. For example, an announcement for the April 25 Leader must be submitted by April 18.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Chaplain to receive Medal of Honor

By JACQUELINE HAMES
Soldiers Magazine

Communist forces encircled the 3rd Battalion, 8th Cavalry Regiment, 1st Cavalry Division, assigned to provide a rear guard for the regiment's withdrawal, Nov. 1, 1950, near Unsan, North Korea.

Chaplain (Capt.) Emil Kapaun, spent the night moving among the foxholes, under direct enemy fire, providing comfort and medical aid to his fellow Soldiers.

"His courageous manner inspired all those present and many men who otherwise might have fled in panic were encouraged by his presence, and remained to fight the advancing enemy," Kapaun's Distinguished Service Cross citation read.

The battalion withdrew across a nearby river when Chinese commandos attacked the command post. Kapaun returned to help the wounded and gathered about 30 men into a dugout for protection.

His dedication to his fellow Soldiers persisted throughout the day Nov. 2, where he repeatedly rescued wounded men under heavy enemy fire. As the day wore on, it became clear the battalion's position was hopeless, but Kapaun rejected several opportunities to escape.

He eventually made his way back to the dugout where more men had gathered, to include a wounded Chinese officer.

As the enemy closed in, Kapaun was able to convince the Chinese officer to negotiate for the safety of the wounded Americans and the group was taken captive.

"Although fully aware that capture would result from his act, Chaplain Kapaun volunteered to remain behind and, when last seen, was administering medical treatment and rendering religious rites wherever needed," the DSC citation continued.

Kapaun's selfless actions on those first two days in November 1950 earned him the Distinguished Service Cross, which will be upgraded to the Medal of Honor today in a White House ceremony.

But his heroism and resilient spirit continued throughout his time as a prisoner of war, when he repeatedly disregarded his own safety for the well-being of other Soldiers.

Then-Sgt. 1st Class Herbert Miller was badly injured leading his platoon across the river. His ankle was broken when grenade shrapnel slammed into it, sending him tumbling into a ditch, where he hid beneath the body of an enemy Soldier as the Chinese and Koreans advanced.

The enemy came into the ditch to conduct a search and found Miller. After he was captured, a Chinese Soldier noticed Miller was wounded, and prepared to shoot him.

"He had the gun pointed at my head, and about that time, I looked and this American come across the road and it was Father Kapaun," Miller said. "He pushed the man aside — why that Soldier never shot him, I'll never know."

"And they were still shooting and firing at us, they wasn't just setting there looking at one another, war was going on!" he said. "And he walked across that road, standing up, never got hit or anything."

Kapaun knew it was common enemy practice to execute men too injured to walk, the Rev. John Hotze, judicial vicar for the Wichita Diocese, explained, so Kapaun picked Miller up and carried him.

"I kept telling him to put me down, you can't carry me like this. He said, 'If I put you down, they'll shoot ya,'" Miller said.

As the prisoners marched, Miller would alternate between leaning on Kapaun and being carried by Kapaun — this went on for 30 miles. They were separated upon



Photo by COL. RAYMOND SKEEHAN

Chaplain (Capt.) Emil Kapaun celebrates Mass during the Korean War using the hood of a Jeep as his altar, Oct. 7, 1950. Shortly after, Kapaun, without regard for his own life, saves a fellow Soldier's life.

arrival at the Pyoktong prison camp, Kapaun was sent to the officer's compound and Miller to the enlisted.

PYOKTONG PRISON

"In the prison camp, from the very beginning, (Kapaun) saw the men needed his help," Hotze said.

The chaplain would work to make sure the prisoners' physical needs were taken care of, providing food and fresh water when he could, as well as caring for their medical and spiritual needs.

Kapaun would gather the officers every night at dusk and sing with them, Hotze explained. They would sing the "Lord's Prayer," "God Save the Queen" and "God Bless America."

The Chinese began a re-education program in March 1951, designed to get the prisoners to renounce their countries and faiths.

Kapaun actively resisted, quoting scripture and pointing out holes in the enemy's doctrine, Miller said.

"He defied them right to the end," Miller said.

Eventually, their captors became upset and tried to quell Kapaun's efforts.

They transferred him from a hut with fellow Catholics into a hut, unannounced. It was then a fellow prisoner realized Kapaun was ill — the chaplain told him he thought he had a blood clot in his leg and had difficulty walking.

Kapaun's condition continued to worsen, but he still did all he could for the other prisoners, only stopping when he could no longer walk.

In the early spring, the enemy came to the hut, again unannounced, for Chaplain Kapaun. His fellow prisoners' protested, but their efforts to prevent Kapaun's removal were unsuccessful. Instead, volunteers carried him to a "hospital" at the top of a small mountain.

Prisoners in the camp reported that Kapaun blessed his captors as he was carried up the mountain, asking that they be forgiven.

The prisoners received word of Kapaun's death a few weeks later. The chaplain's fellow POWs insist he died of

malnutrition and starvation May 6, 1951, while the official reports cite pneumonia as the official cause of death on May 23. His remains were never recovered.

MEDAL OF HONOR

Army Chief of Chaplains Maj. Gen. Donald Rutherford said he believes the Medal of Honor is a celebration for the Army and the Kapaun family.

"Kapaun (earned) the Medal of Honor for the many things that he did that were above and beyond the call of duty," as a Soldier and a chaplain, Rutherford explained.

"(It) really inspired people that, as a noncombatant, (he) would go out and expose himself to fire," Rutherford continued.

His concern for the Soldiers' welfare always outweighed his concern for himself, Rutherford added, not just in battle, but throughout his time in the prisoner of war camp, and even up to his death.

Kapaun's fellow Soldiers said he would be humbled to receive such an honor.

"He'd tell you point blank, 'I don't deserve it,' but that's the kind of person he was," Miller said. "He didn't look for things like that, he just didn't. He cared about people. If he could do something for his boys, (as) he called them, he would do that gladly, but as far as medals, he didn't care."

"He certainly deserves it," Funchess said. "I am so proud. I have been waiting for more than 60 years to hear this news, and it's wonderful news to hear that Father Kapaun is being recognized for his heroic efforts on the battlefield and (that people will know what he did) in the POW camp."

The Army isn't the only organization to recognize Kapaun's selfless sacrifices. The Catholic Church declared him a servant of God in 1993, and he is currently under consideration for sainthood.

Kapaun's extended family will be in attendance at the ceremony and the Pentagon Hall of Heroes ceremony, Friday, as will several of the prisoners of war he inspired.

"How could you forget someone that saved your life?" Miller asked. "I owe him everything."

Army, VA improve Soldiers' disability process

From U.S. Army Forces Command

FORT BRAGG, N.C. — About 82 percent of the Army's major units are now meeting the Defense Department's Medical Evaluation Board goal of processing Soldiers' disability evaluations within 100 days, significantly reducing a backlog that sometimes took eight months or longer in recent years.

The Army is making significant improvements in most Integrated Disability Evaluation System, known as IDES, areas, according to the mid-March joint Army and Department of Veterans Affairs review.

"Army Forces Command and the U.S. Army are committed to working with other services, the Department of Defense, the Department of Veterans Affairs, to improve the current Integrated Disability Evaluation System, known as IDES," said Brig. Gen. Kelly J. Thomas, Forces Command deputy assistant chief of staff for G-1 personnel.

During a review earlier this month with Vice Chief of Staff of the Army Gen. John F. Campbell, a team of U.S. Army Forces Command, or FORSCOM, personnel and medical officials outlined the progress at 11 major Army posts: Forts Bliss, Texas; Fort Bragg, N.C.; Fort Campbell, Ky.; Fort Carson, Colo.; Fort Drum, N.Y.; Fort Hood, Texas; Fort Irwin, Calif.; Fort Polk, La.; Fort Riley Kan.; Fort Stewart, Ga.; and Joint Base Lewis-McChord, Wash.

The inventory of cases in the Medical Evaluation Board, or MEB, phase Army-wide decreased 7 percent to 6,317, and the average days to complete the MEB phase decreased 3 percent to 113 days at all posts. The Defense Department's goal is 100 days. The Army measures nine IDES stages from a Soldier's initial referral to the delivery of compensation and benefits. The Army is now meeting the DOD's processing goals for five of these nine processing stages.

The IDES merges DOD and VA's separate exam processes into a single process conducted to VA standards, explained Art Strange, FORSCOM G-1 analyst. In combination with the Soldiers' medical records, Physical Evaluation Boards, or PEBs, use the exams to make service fitness determinations, while VA Rating Activities use the exams to determine appropriate disability ratings.

The Army transitioned in November 2007 to IDES in close partnership with the Department of Veterans Affairs. While this transition resulted in increased time to complete the DES, it concurrently reduced the time required for Soldiers to begin receiving VA benefits following their transition and eliminated the requirement for Soldiers to complete a second round of disability assessments with the VA following separation. There are about 27,000 Soldiers processing through the IDES system, with about 3,000 in the Air Force, 2,700 in the Marine Corps and 1,850 in the Navy.

"The DOD and VA continue to move toward reform



Photo by JENNIFER CLAMPET, Army Medicine

Daniel Barnes, physical evaluation board liaison officer lead at the Integrated Disability Evaluation System Center, Fort Bliss, Texas, glances at the center's new building signs. Because of the IDES program, about 82 percent of the Army's major units are now meeting the Defense Department's Medical Evaluation Board goal of processing Soldiers' disability evaluations within 100 days

of this process by identifying steps that can be reduced or eliminated, ensuring the service members receive all benefits and entitlements throughout the process," said Lt. Gen. Patricia D. Horoho, surgeon general of the U.S. Army. "The U.S. Army Medical Department is committed to working collaboratively with our partners across the Military Health System to seek solutions that will best serve those who have selflessly served our country."

Soldiers begin their VA disability claim while in the disability evaluation process. This allows Soldiers to receive VA disability benefits shortly after leaving military service. Under the previous process, Soldiers waited up to 240 days before receiving VA disability benefits. This benefit gap created financial hardship for many wounded, ill, and injured Soldiers.

As of March 13, the William Beaumont Army Medical Center at Fort Bliss is the Army's lead for a new electronic case-filing training program helping to decrease the post's average processing times for referral and in the MEB stages.

"Our focus is on Soldiers when they're going through the IDES process. Soldiers are going to be taken care of when they come through here," said Daniel Barnes, a physical

evaluation board liaison officer lead at the IDES Center on Fort Bliss. "We know that at that point in time, the Soldier is going through a crossroads in his life. We're trying to give them the best opportunity to either continue on with their careers or get ready to separate from the Army."

Given FORSCOM's scope and Soldier population, it previously had 33 of the Army's IDES cases that were more than 13-16 months old. Through a team effort with the U.S. Army Physical Disability Agency and the VA, FORSCOM senior commanders closed one-third of these cases since last month.

The streamlined IDES is helping Soldiers by delivering enhanced case management; a single comprehensive disability examination; a single-sourced disability rating; increased transparency; and faster disability processing

"Obtaining the best results at the end of the IDES process are achieved through well-informed Soldiers and spouses who ask thoughtful questions and take ownership of their care and transition management" said Maj. Gen. Jeffrey N. Colt, XVIII Airborne Corps and Fort Bragg deputy commanding general. "Getting the IDES transition right should help set the conditions for a smooth takeoff to new opportunities."

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class
Monnet Bushner**
Company A
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Spc. Quinn Fowler

**STUDENT LEADER
OF THE CYCLE**
Spc. Martin Kinni

HIGH APFT SCORE
Spc. Saxon Gotfried

HIGH BRM
Spc. Gregory Snyder



**Sgt.
Jamie Dixon**
Company B
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Spc. Eric Jokl

**STUDENT LEADER
OF THE CYCLE**
Pfc. Gerald Bryant

HIGH APFT SCORE
Pfc. Gerald Bryant

HIGH BRM
Pvt. Timothy Cook



**Staff Sgt.
Jesus Ortega**
Company C
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Jeremiah Fehrle

**STUDENT LEADER
OF THE CYCLE**
Spc. Jennifer Wain

HIGH APFT SCORE
Pvt. Jeremiah Fehrle

HIGH BRM
Spc. Joshua Sellars



**Staff Sgt.
Joseph Brown**
Company D
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pfc. Justin Voegtle

**STUDENT LEADER
OF THE CYCLE**
Pfc. Chad Long

HIGH APFT SCORE
Pfc. Cydney Mitchell

HIGH BRM
Pfc. Joshua Siddall



**Staff Sgt.
Brook Hagler**
Company E
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Ezra Utting

**STUDENT LEADER
OF THE CYCLE**
Pfc. Vincent Morganti

HIGH APFT SCORE
Pfc. James Bonny

HIGH BRM
Pvt. Brian Simic



**Staff Sgt.
Francisco Pavon**
Company F
1st Battalion,
34th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pfc. Timaney Anderson

**STUDENT LEADER
OF THE CYCLE**
Pfc. Monshay Jackson

HIGH APFT SCORE
Spc. Kevin Carter

HIGH BRM
Pvt. Charles Woodman Jr.

Weekly honors



PEREZ

**Sgt.
Frank Perez**
Soldier of the week
Third Army/ARCENT

Want more Fort Jackson news?



**Watch Fort Jackson video news stories
and Victory Updates
at [http://www.vimeo.com/
user3022628](http://www.vimeo.com/user3022628)**

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Like us on Facebook.
Log on to your account
and search for
"FORT JACKSON
LEADER."

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Homeschoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307

Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

American Red Cross volunteer orientation

Wednesdays, 1 to 4 p.m., and Thursdays, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

Sergeant Audie Murphy Club Association study hall

Thursdays, noon, NCO Academy conference room, www.facebook.com/FJSAMCA.

MONTHLY

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.

Weight Loss Surgery Support Group

☐ Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.
☐ Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St.,

ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., Magruder's Pub and Club, 751-3014.

Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

American Legion Riders Motorcycle Group (ALR Chapter 195)

Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or alrpost195@gmail.com.

Fleet Reserve Association Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.

The Rocks Inc., James Webster Smith Chapter

Third Tuesday of the month, 6 p.m., Post Conference Room.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Sergeant Audie Murphy Club Association

First Wednesday of the month, noon, Daniel Circle Chapel, www.facebook.com/FJSAMCA.

Better Opportunities for Single Soldiers Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to

12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguiar@yahoo.com or visit www.combatvet.org.

Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

American Legion Louis D. Simmons Post 215

Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to fjleader@gmail.com.

Calendar

April 13

Youth and the Law, Education and Prevention Seminar

Lt. Rita Yarbrough, of the S.C. Criminal Justice Academy, and investigator Gerald Walls, of the Richland County Sheriff's office, will present sessions on South Carolina law enforcement and how it affects adolescents and teens. The event takes place 4-6 p.m. at the CYSS Youth Center. Register for the event by calling 751-6387.

Golf Tournament

The AGCRA Carolina Chapter will hold a Spring Flight golf tournament at the Fort Jackson Golf Course. Registration begins 7:30 a.m. with a shotgun start at 9 a.m. The price per person is \$50. For more information, contact Willie Yarbrough at 751-9973, or Eldora Johnson at 751-3014.

April 14

Foolish Dog Show

The Fort Jackson Foolish Dog Show takes place 2-4 p.m. April 14 at the Youth Sports Complex. Pre-registration for the event takes place 1:30-2 p.m., and pre-registration packets can be picked up at any CYS Services location. For more information, call 751-3053.

April 24-25

Military Parents Workshop

Specialized Training of Military Parents (STOMP) will conduct a free two-day workshop for parents of individuals with special needs, as well as educators and professionals working with families of children with special needs. The event takes place April 24-25 at Carolina Skies Club & Conference Center. Registration deadline is March 29. To register, or for more information, contact 803-895-1253.

April 26

Volunteer Recognition Reception

Fort Jackson will honor volunteers during the annual Volunteer Recognition Reception 10 a.m. at the Solomon Center. Volunteers will be recognized in four categories, Youth, Retiree, Active Duty Military and Family Member/Civilian, and a Hall of Fame member will be inducted.

April 27

National Prescription Drug Take Back Day

Members of the Fort Jackson community can dispose of unused or expired prescription drugs during National prescription Drug Take Back Day. The event takes place 10 a.m.-2 p.m. at the Fort Jackson Main Exchange, and is designed to prevent accidental poisoning, protect against drug abuse and protect the environment by keeping medications from being discarded into sewage treatment systems.

May 8

Fort Jackson Retired Officer's Wives Luncheon

A luncheon will start at 11:30 a.m. at the

Fort Jackson Officer's Club. Reservations and cancellations must be completed by May 3. Call 803-783-1220 or 803-788-5084 for more information.

Announcements

FREE TUTORING

Tutor.com offers homework and studying help from a professional tutor 24 hours a day. The service is free for K-12 students in Army, Navy, Air Force, Marines, National Guard and Reserve families. Visit www.tutor.com/military for more information.

SCHOLARSHIPS AVAILABLE

The Virginia Military Institute Foundation, through the 100th Infantry Division/Henry Williams Jr., is offering two scholarships awards to qualifying Soldiers. If you are an active duty career NCO (E5 or E6) and you are stationed at Fort Jackson, get an application from the Army Education Center, Building 4600, Room A100, 7:30 a.m.-4:30 p.m. Monday through Friday. Applications must be submitted no later than June 1.

RETIREMENT CEREMONY

The next Third Army/ARCENT Retirement ceremony takes place 2 p.m. April 25 at Patton Hall.

PURPLE UP

April is the Month of the Military Child, a time to honor youth impacted by deployment. Fort Jackson schools are asking people to wear purple on April 15 to show support for the sacrifices of military children.

SEXUAL ASSAULT AWARENESS MONTH

Fort Jackson is supporting Sexual Assault Awareness Month with a variety of activities in April, including participation in Walk a Mile in Her Shoes from 6-8 p.m. April 18 at the Columbia Convention Center, and Denim Day, from 11:40 a.m.-12:15 p.m. at Semmes Lake. The Soldier Support Institute is hosting a sexual assault awareness breakfast 8 a.m., April 22 at the Officers' Club. Tickets are \$10 and can be purchased from the Equal Opportunity Office.

SCHOOL RE-REGISTRATION

Re-registration for returning students takes place until April 19 at C.C. Pinckney and Pierce Terrace elementary schools. Registration packets have been sent home with students, and must be returned to schools no later than April 19. For more information, call 751-6815.

DENTAL CLINIC CLOSED

All Fort Jackson dental clinics will be closed for training 8:30-10:30 a.m. April 16. Emergencies should report to the Urgent Care Clinic.

CHAPTER SEEKS MEMBERS

The newest chapter of the Transporta-

tion Corps Regimental Association (Patton Chapter) is currently being organized in South Carolina and Georgia. For more information, email Clifford.K.Crawford.mil@mail.mil or Stacy.K.Mebane.mil@mail.mil.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings will be offered the third Tuesday of every month at 10 a.m. and 2 p.m. at the Post Theater, beginning April 16. For more information, call 751-7852/3366/3802.

RICHLAND ONE TRANSFERS

Parents requesting a student transfer to a new school in Richland One School District must apply by May 1. For more information, call 231-6944 or visit www.richlandone.org.

RED CROSS SUMMER YOUTH CHAIR

The Fort Jackson Red Cross station is looking for a summer youth chairperson. The position begins in mid-May and ends in early August. For more information, call 751-4329 or email jacksonredcross@yahoo.com.

PAALS VIP PROGRAM

Palmetto Animal Assisted Life Services (PAALS) is offering trained dogs for adoption by veterans. These will not be public access service dogs. For more information, call 920-0042.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing May 3 and June 7. ACT testing is scheduled for April 12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

LIFEGUARD CLASSES

Family and Morale, Welfare and Recreation is offering lifeguard certification classes every month. For more information, call Amanda Orduno at 751-4796.

THRIFT SHOP NEWS

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

RED CROSS YOUTH VOLUNTEERS

The Fort Jackson Red Cross station is accepting applications for summer youth volunteers. Applications can be picked up at the Red Cross office from 8 a.m. to 4:30 p.m., weekdays. For more information, call 751-4329 or email Jacksonredcross@yahoo.com.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com. Announcements are due one week before the publication date.

For more information, call 751-7045.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Housing happenings

YARD OF THE MONTH

This year's Yard of the Month program will begin May 1. Winning homeowners will be publicly recognized and are eligible for prizes.

Visit the Self Help Center to check out lawn and garden tools.

The center is located on Ivy Road and is open from 8 a.m. to 4 p.m., Monday through Friday. For more information, call 787-6416

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

SCHOLARSHIP PROGRAMS

Balfour Beatty Communities Foundation is accepting applications through April 15 from high school and undergraduate students for its scholarship program. For more information, visit www.bbcommunitiesfoundation.org.

COMMUNITY YARD SALE

A community yard sale is scheduled for April 13. For more information, call 738-8275 or email ayoungblood@bbc-grp.com.

SPRINKLER INSPECTIONS

Inspections of sprinklers will soon begin, with sprinklers schedule to be activated this month.

ON THE WEB

For the latest sequestration updates, visit the following websites:

- ❑ Fort Jackson: <http://www.jackson.army.mil/sites/info/pages/776>
- ❑ OPM: <http://www.opm.gov/furlough>
- ❑ DoD: http://www.defense.gov/home/features/2013/0213_sequestration/
- ❑ CPOL: <http://cpol.army.mil/library/general/2013sequestration/>
- ❑ TRADOC: <http://www.tradoc.army.mil/CivInfo.asp>
- ❑ IMCOM: <http://www.imcom.army.mil/Organization/G1Personnel.aspx>
- ❑ MEDCOM Updates: <https://www.us.army.mil/suite/files/39326990> (AKO login required)
- ❑ USAR: <http://www.usar.army.mil/resources/Pages/Civilian-Personnel-Furlough-Information.aspx>

Only God can fill a restless heart

By **CHAPLAIN (CAPT.) JOHN B. LEE**
1st Battalion, 34th Infantry Regiment

Because we are created in God's image, we all have a space in our heart that only God can fill. Until this space is filled by God, however much money we make, however high we go up, however religious we become, however young and beautiful we are — we can never feel true satisfaction in our life. It is because, as Saint Augustine pointed out in his book of Confessions, "Our heart will be restless until we rest in God."

The book of Mark starts with a very interesting introduction. "And so John came, baptizing in the desert region and preaching a baptism of repentance for the forgiveness of sins. The whole Judean countryside and all the people of Jerusalem went out to him." (Mark 1:4-5)

Think about it — when John the Baptist was baptizing people in the desert, all the people of Jerusalem went out to see him. Jerusalem is quite a big city. As we know, city is the place where all the things for comfortable lives can be found very easily. On the contrary, desert is the place where you don't find anything except dust and barren land.

But Mark says that all the people of Jerusalem went

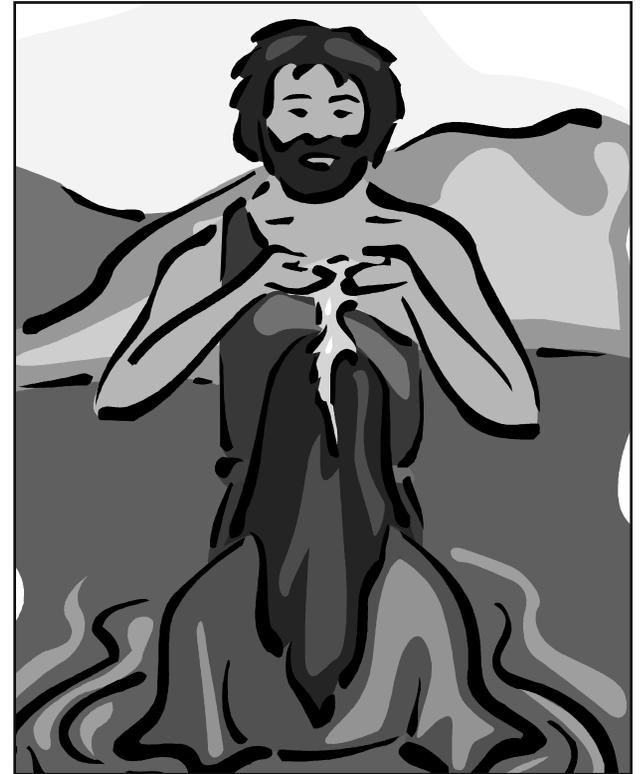
out to the desert to see John the Baptist. Why did people from a big city go to the desert where nothing good and comfortable could be found?

One thing we can be sure of from this story is that people must have felt something missing in their lives. They must have had an empty space deep in their hearts that could never be filled by the city life. That is why they came out to the desert to see John the Baptist.

What does this story tell us? What does this story tell you? Unless we realize that our heart will be restless until we rest in God, true happiness and joy will always be one step away from us.

When God created us in his own image, he made a space in us that only eternity could fill. Are there any things eternal in this world? Everything in this world is temporary, not eternal; therefore nothing in this world can fill the empty space in our heart. This space can be filled only by God, who is eternal. Unless we come back to God who can truly fill our empty space in our hearts, our hearts will be restless however much we accomplish, however much we achieve.

Let us come back to God who is the true giver of happiness and joy in our heart. And let us remember that, "Our heart will be restless until we rest in God."



PROTESTANT

- Sunday
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

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
 - 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

- 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., corner of Jackson Boulevard, 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 Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

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Eating less salt helps lower blood pressure

By **CARRIE SHULT**

U.S. Army Public Health Command

A friend and I measured our blood pressure at a grocery store station this week. What should have been a quick exam changed when his blood pressure measured 135/100. All of a sudden commercials flashed through my head, “High blood pressure kills!” and, “The silent killer!”

We did some detective work on high blood pressure and determined that blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps. If this pressure rises and stays high over time, it can damage the body in many ways, such as contributing to being stricken with a heart attack and stroke.

Next, we wanted to know what the risk factors are that increase the chance of developing high blood pressure. They are family history, advanced age, lack of physical activity, poor diet (especially a diet high in salt), overweight and obesity, and drinking too much alcohol. Other possible contributing factors included stress, smoking and second-hand smoke, and sleep apnea.

Although there were risk factors he could not change (for example, family history and age), there were many lifestyle factors my friend could control. He decided to start by cutting salt in his diet. A lower sodium level — 1,500 milligrams a day — is appropriate for people 51 or older, and people of any age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 milligrams a day or less.

The Institute of Medicine reports the majority of the sodium we eat (75 percent) is added to commercial foods during processing or restaurant foods during preparation. Only 25 percent occurs naturally or is added at the table or in cooking. A report from the Centers for Disease Control and Prevention said 44 percent of the sodium we eat comes from only 10 types of foods: breads and rolls, cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes, snacks.



Your biggest bang for the buck is to eat less processed and restaurant foods. Check the nutrition facts on food items and choose lower sodium versions. In addition, choose fresh fruits and vegetables. Try these additional tips for reducing the sodium in your diet:

- Buy fresh, plain, frozen or canned “with no salt added” vegetables.
- Use fresh poultry, fish and lean meat rather than canned or processed types (deli-meats). If you use canned meats, rinse them to remove some of the sodium.
- Use plain rice and noodles. Packaged foods such as fla-

vored rice, ramen noodles, and macaroni and cheese are higher in sodium.

- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes (instant soup, flavored rice, macaroni and cheese), canned soups or broths, and salad dressings.
- Sparingly use condiments such as salad dressings, soy sauce, steak and barbecue sauce.
- Limit salted snacks such as chips, pretzels and nuts.

For more information on reducing salt intake, visit www.cdc.gov/VitalSigns/Sodium/.



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MACH UPDATES

RETIREE HEALTH FAIR

A health fair for retirees is scheduled from 9 a.m. to 1 p.m., May 18 at the Solomon Center. For more information, call 751-5251.

ACCESS CALL CENTER CHANGE

Moncrief Army Community Hospital beneficiaries will no longer be able to call the Access Call Center to leave a voice message to request an appointment, effective Friday. Patients may call the Access Call Center at 751-CARE (2273) to schedule an appointment from 7:30 a.m. to 4 p.m.,

Monday through Friday, or visit www.tricareonline.com.

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by MACH’s Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 3:15 to 4:15 p.m. the first Wednesday of the month at MACH, Room 2152.

“Lunch with the Dietitian” will be offered the second Wednesday of the month in the MACH Dining Facility from 12:15 to 12:45 p.m. For more information, call 751-2489.

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Watch Fort Jackson video news stories at <http://www.vimeo.com/user3022628>