

THURSDAY, APRIL 18, 2013

# THE FORT JACKSON LEADER

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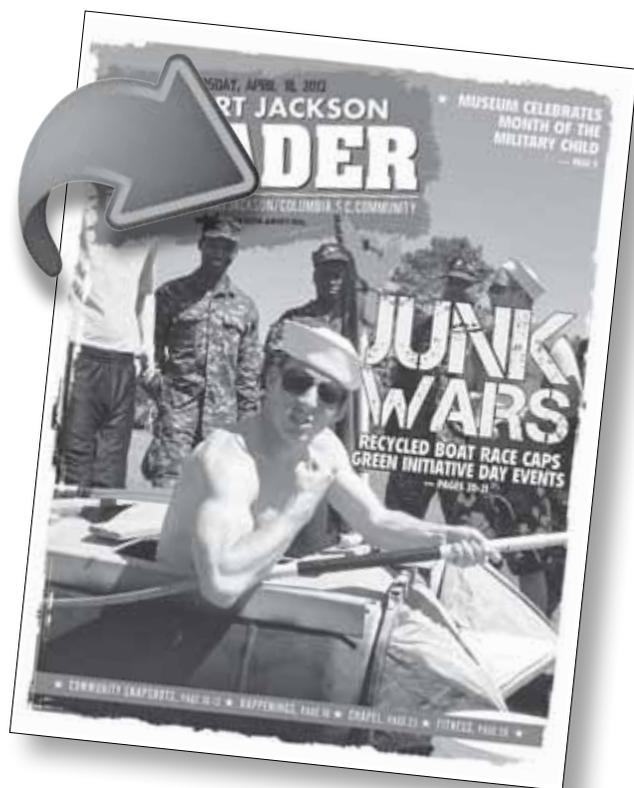
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## ON THE COVER

Photo by WALLACE McBRIDE

The Naval Reserve Center team prepares to race in Saturday's Recycle Regatta, one of several Green Initiative Day events at Semmes Lake. SEE PAGES 20-21.



### Fort Jackson, South Carolina 29207

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## COMMANDER'S CALL

# Pride of Fort Jackson

## Hilton Field renovation completed

This is a special week for Fort Jackson and the Army because of Hilton Field's historical significance and the impression it gives brand-new Soldiers and hundreds of thousands of Army family members who visit every year.

### HISTORICAL SIGNIFICANCE

The area where Hilton Field sits was created in 1918 and served as a ceremony field during World War I and World War II as troops left for Europe or the Far East theater of operations. Later, during WWII, the area was also used as a small airfield for practice bombing runs over the northeast area of Columbia and Lake Murray.

In 1953, this field was named after Sgt. Richmond Hobson Hilton. Sgt. Hilton, a native of Westville in Kershaw County, earned this honor on Oct. 11, 1918, while serving with M Company, 118th Infantry — Palmetto Regiment, A South Carolina National Guard unit fighting with the Army Expeditionary Forces in Europe.

### HILTON EARNS MEDAL OF HONOR

With America's entrance into WWI, Sgt. Hilton's Guard unit was mobilized and assigned to the 30th Infantry Division — Old Hickory, which trained at Fort Jackson. On July 4, 1917, the unit deployed to Ypres, France.

Sgt. Hilton's heroic act happened more than a year later, on Oct. 11, 1918, when the battle-weary troops of M Company were approaching Brancourt, France. They entered the town and proceeded to pass thorough when they were stopped by head-on fire from enemy automatic weapons. A quick survey of the immediate area disclosed that this fire came from a machine-gun nest in the shell holes on the edge of the village.

Sgt. Hilton pressed toward the gun position with a few men. They assaulted the machine-gun nest with their rifles until their ammunition was exhausted. Sgt. Hilton did not stop there. He continued forward — alone — blasting away with his pistol. Within minutes he had killed six enemy defenders and captured 10 others. A bursting shell shattered his right arm, which was later amputated.

For his part in that October battle, Sgt. Hilton received the Medal of Honor and the Purple Heart.

### PRIDE INSPIRED HILTON FIELD RENOVATION

In the last year, I have become aware that Hilton Field is truly a national treasure. The number of Soldiers who have marched this field with their shoulders pulled back and heads held high is immeasurable. Their pride is immeasurable as well.

That pride inspired the efforts that caused the idea of a new and improved facility to come to fruition.

For the past 60 years, Hilton Field has served as the venue for everything from the weekly basic training graduations, to the occasional rock concerts, to the annual Fourth of July fireworks celebrations.

Those of you who were here about a year ago can recall how Hilton Field looked.

It used to be outdated with unpaved roads, had an insufficient public address system, and was in dire need of major functional and cosmetic upgrades.

Although we regularly selected it as the primary location for most of our large outdoor events, Hilton Field's appearance was not representative of its value to us.

The significant renovations that have been made to Hilton Field have enabled it to reflect the pride we have in it and the pride we have in Soldiers just like Sgt. Hilton, who set out to serve their nation in order to preserve the freedoms we all hold dear.

Let me highlight some of the upgrades to this facility. When you arrive at the field, you will first notice our new main entrance welcoming visi-



HILTON

See **HILTON FIELD:** Page 17



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# Young officers learn drill lesson

By WALLACE McBRIDE  
Fort Jackson Leader

Some of the Army's newest officers got a refresher course last week in basic drill and ceremony procedures.

Drill sergeants with the 3rd Battalion, 13th Infantry Regiment spent several hours Friday with Soldiers enrolled in the Adjutant General School's Basic Officer Leader Course at the Soldier Support Institute.

"They're teaching our brand-new second lieutenants, who came here from all commissioning sources," said Capt. Megan Cain, an instructor with the Basic Officer Training Division of the AG School. "The intent is to make sure (our officers) are familiar with drill and ceremony, which is such an important part of being a Soldier and being a leader."

Before taking the informal class outside to practice drills, the officers were first given detailed demonstrations of physical fitness test requirements. This included not only the proper way to do exercises such as situps, but also the criteria drill sergeants use to evaluate new Soldiers, as well as the possible consequences for performing these tests incorrectly.

For new officers, their level of experience with basic drill procedures varies, Cain said.

"Some of the students have prior service and have done drill and ceremony for years," Cain said. "Some ROTC students have had it emphasized to them in their (college) program, but some have had minimal opportunity to perform drill and ceremony. As a result, we hope the drill sergeants can put them all on the same page."

Staff Sgt. Melanie Coronado, a drill sergeant with 3-13th, said the event is a benefit to the post's drill sergeants, as well.

"Interacting with them helps us stay in touch with what we do," she said. "There's not much of a difference between these officers and Soldiers in Basic Combat Training. We teach everybody the same."



Photo by WALLACE McBRIDE

**Staff Sgt. Melanie Coronado, left, advises Soldiers in the Adjutant General School's Basic Officer Leader Course on the importance of technique in physical training tests. Coronado was among the drill sergeants to spend several hours with the class Friday discussing basic drill and ceremony procedures.**

She said it's not unusual to encounter new officers who need occasional reminders of Army protocol.

"There are certain things we notice just walking through the PX, such as new lieutenants or junior officers saluting incorrectly," she said. "If we can reinforce it now while they're new to the Army it will make it easier."

This is the second time drill sergeants have offered a refresher course on drill and ceremony to new officers, but Friday's instruction was not the only time the groups

interacted.

"It's a relatively new partnership between the drill sergeants and the AG School," Cain said. "This particular group of drill sergeants actually led our first PT session on Tuesday morning for this class, to orient them on the Army's PT program. They spoke about how to do the commands properly and how to do the exercise properly."

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

## Fort Jackson Gate Hours

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

## Hilton Field ribbon cutting

From left, Post Command Sgt. Maj. Kevin Benson; Kim Forrest, a great-niece of Sgt. Richmond Hilton after whom the field is named; Brig. Gen. Bryan Roberts, Fort Jackson commanding general; Gloria Ayer, a great-niece of Hilton; and Clifford Brown, with the Directorate of Public Works, cut the ribbon during a dedication ceremony for the renovated Hilton Field. The parade field, which is home to Basic Combat Training graduations, underwent a year-long renovation and beautification process. The improvements include a paved parking area, improved sound system, improved restrooms, a flag display, a pedestrian promenade and the relocated statue of Andrew Jackson, which used to stand near Gate 1.

Photo by ANDREW McINTYRE



## NFL star to visit post, talk about stigma

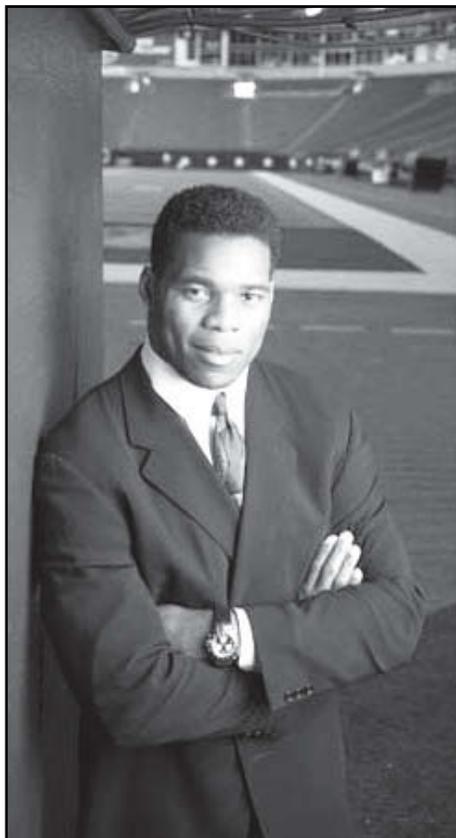
### Leader Staff Report

Former National Football League standout and Heisman Trophy winner Herschel Walker will visit Fort Jackson Wednesday as part of his anti-stigma campaign. Walker visits military installations to share his personal story and experience with mental illness while delivering the message to the troops, "There is no shame in asking for help, I did."

Walker published a book in 2008, "Breaking Free: My Life with Dissociative Identity Disorder," in which he describes his path to overcoming mental illness.

He will address Soldiers and families during Basic Combat Training Family Day activities at 9 a.m. on Hilton Field. Walker will be available for autographs there from 9:30 to 10 a.m. He will also deliver an anti-stigma campaign speech at the Post Theater, beginning at 10:15 a.m., followed by an autograph session there from 11 to 11:30 a.m.

Walker played running back for the University of Georgia, where he was part of a national championship team and a Heisman Trophy winner. When he joined the Dallas Cowboys in 1986, where he led the NFL in rushing. He also played for the Minnesota Vikings and the Philadelphia Eagles. He retired from the NFL in 1997. He finished his career with 8,225 total yards and 61 rushing touchdowns.



Courtesy photo

**Herschel Walker, a former college and National Football League running back, will visit Fort Jackson next week as part of his anti-stigma campaign.**

## LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the May 2 Leader must be submitted by today. Announcement submissions are due one week before publication. For example, an announcement for the May 2 Leader must be submitted by April 25.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).  
For more information, call 751-7045.



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Courtesy photo

Staff Sgt. Baharri Weston, 4th Battalion, 10th Infantry Brigade, instructs a new Soldier at the Remagen Live Hand Grenade Range. Weston recently saved the life of a Soldier when a grenade was accidentally dropped with them inside the training bay.

# 'It would have been catastrophic'

## Training, experience saves lives at hand grenade range

By **WALLACE McBRIDE**  
Fort Jackson Leader

The M67 hand grenade is a simple, but effective tool. Engineered to supplement small arms fire against enemies in close combat, the M67 has a lethal radius of 5 meters and can project fragments as far as 200 meters.

In short, you don't want to be around one when it goes off.

Staff Sgt. Baharri Weston, 4th Battalion, 10th Infantry Brigade, doesn't have much choice about the time he spends around these weapons. As one of the non-commissioned officers tasked with operating and maintaining the Remagen Live Hand Grenade Range, he has spent a great deal of time getting to know how the M67

functions. His experience paid off March 27 when a grenade slipped from the grip of a new Soldier training on the range.

It was the second of two grenades the Soldier had thrown that day. Weston said the first throw was good.

"He went to throw his second grenade, and it landed in the pit, right in (a storage) can," he said. "We're taught that anytime a grenade goes out of the bay, we watch it to see where it lands and to make sure it goes off. As it went inside the can, I grabbed him and threw him outside the bay."

"It would have been catastrophic," said 1st Lt. Joseph Pena, executive officer of Company B, 4th Battalion, 10th Infantry Brigade. "It would have killed both of them. They were wearing body armor, but had it gone off that close it would have killed them. Those grenades are pretty

powerful."

These kinds of accidents are anticipated, Weston said. Instructors at the range have to maintain their training certifications through annual tests to ensure they know how to respond to these kinds of situations. There is also a rubber "mulch pit" outside of the training bay that is used to shield Soldiers from the blast of a dropped hand grenade. That was where Weston moved the Soldier he was training during the March incident.

Weston covered the lower body of his student with his upper body armor to protect him and keep him from standing before the danger had passed. He said he had only a few seconds to react, which was "ample time."

"There were a good two or three seconds before the grenade actually went

off," he said. "(The Soldier) was in shock. He didn't know what happened, and realized the grenade landed inside of the bay when he heard the boom."

"There was an extensive amount of shrapnel that would have caused a lot of injury," said Capt. Martin Vanderhoek, commander of Co. B, 4-10th. "Weston does this hundreds of times a week for thousands of Soldiers, and faces this risk every time he does it. This is a risk he faces every day."

Nobody was injured in the explosion, Pena said.

"After the grenade went off, a cease fire was called," he said. "The medic on site ran into the bay to assess the situation, and the Soldier and our cadre were evaluated by the medic, and there were no injuries."

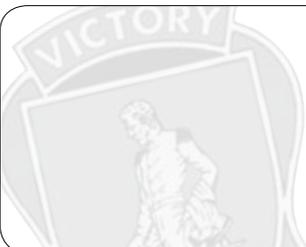
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# Alcohol awareness promoted

*From the Army Substance Abuse Program*

April is Alcohol Awareness Month and the National Council on Alcoholism and Drug Dependence, Inc., or NCADD, and the Army Substance Abuse Program emphasize that if drinking has caused problems in a relationships, at work, at home, financially, physically or legally, it is time to get "Help for Today, Hope for Tomorrow." If you are concerned about your own use of alcohol or that of a friend, family or child, help is available.

Alcohol Awareness Month is an effort to increase public awareness and understanding aimed at reducing the stigma that often prevents individuals and families from seeking help. According to the NCADD, stigma can manifest itself in many ways; in false beliefs, such as that alcoholism is a moral problem and alcoholics are moral delinquents; or that alcoholism is simply a matter of willpower and alcoholics are weaklings; or that alcoholism is a deliberate self-degradation, and alcoholics are simply letting themselves slide downhill.

The results of stigma are also many, and all are destructive. Families of alcoholics go to great lengths to conceal the alcoholism, and fellow workers of the alcoholic — often including his immediate superiors — cover up for him or her, keep giving him or her "one more chance to straighten up." Friends, neighbors and others in more casual contact with the alcoholic carefully look the other way. All are participating in a great conspiracy of silence, many of them in the mistaken belief that they are protecting the alcoholic when actually they are preventing him or her from getting help.

Alcoholism does not discriminate. It affects people of all ages, ethnicities, genders, geographic regions and socioeconomic levels. Too many people are still unaware that alcoholism is a disease that can be treated, just like we treat other health disorders, such as diabetes and hypertension.

Alcoholism and alcohol-related problems touch all Americans, directly or indirectly. Currently, nearly 14 million Ameri-



cans — one in every 13 adults — abuse alcohol or are alcoholic. Several million more engage in risky drinking patterns that could lead to alcohol problems. In addition, approximately 53 percent of men and women in the United States report one or more of their close relatives have a drinking problem. The disease of alcoholism is a family disease that is treatable, from which people can and do recover.

**Editor's Note:** Information from the National Council on Alcoholism and Drug Dependence was used in this article. For more information about substance abuse, call 751-5007.

## News and Notes

### DAY OF ACTION

Volunteers across the Midlands are called upon for a day of action Saturday. On Fort Jackson, volunteers will clean up portions of the Palmetto Trail. For more information, call 751-5444/

### VOLUNTEER RECOGNITION

Fort Jackson's volunteers of the year will be honored in a ceremony at 10 a.m., April 26 at the Solomon Center.

### SAMC INDUCTION

The Sergeant Audie Murphy Club, Fort Jackson Chapter will have an induction ceremony at 1:30 p.m., April 26 at the Post Theater.

### 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](mailto: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](mailto:William.C.Brown.mil@mail.mil).



Photos by KIM WHEELER

Daimon Adams, a student at Pierce Terrace Elementary School, practices his pushups with Pvt. Timothy Marshall, an Advanced Individual Training Soldier from Company B, 187th Ordnance Battalion, during the Basic Combat Training Museum's second annual Military Child Appreciation Day Tuesday.

# Children learn about military tradition

## Event recognized Month of the Military Child

By KIM WHEELER  
*Special to the Leader*

Fort Jackson's Basic Combat Training Museum hosted more than 500 students from Pierce Terrace and C.C. Pinckney elementary schools Wednesday for its second annual Military Child Appreciation Day.

The museum teamed with Soldiers from around post to allow the students a chance to learn more about what it's like to be a Soldier in today's Army. The children learned how to fold a flag, practiced the Pledge of Allegiance, explored military tactical vehicles, learned how to march and salute, and brushed up on their push-ups.

"April is Month of the Military Child, and this is a venue where we can bring the children and show our appreciation for all the trials and tribulations they go through," said Julie Fishel, collection's manager for the museum. "It's a way to show the kids that they are thought of and that we care about them."

Nannette Wilson, a teacher's aide at Pierce Terrace Elementary School, said the event also gives the children a chance to relate to what their parents do and what happens on Fort Jackson.

"The kids are getting to see the equipment and the marching — they are excited about it, and they think it's so cool," Wilson said. "I'm so glad they have this

opportunity."

The students were also encouraged to ask the Soldiers questions, which resulted in some important lessons, said Arlene Alston, a Pierce Terrace Elementary School teacher. During one question and answer session, a Soldier told the children that Soldiers are like students and drill sergeants, or "the bosses," are like teachers.

"The Soldier explained that it is very important to listen and follow directions and be respectful," Alston said. "One of my students said he wanted to be a boss. I asked him what he would need to do to be a boss, and he answered that he would need to listen. I could see that they really got the point."

While some children were interested in learning how to be a Soldier, Hannah Tirey, 5, said she was just excited to do things she knows her dad does in the Army.

"I know he does the salute sometimes and some marching around," she said. "And I know that he does all of this stuff so he can learn how to be a Soldier and how to take care of other Soldiers."

But beyond learning about the Army and what their parents do, Fishel said the event was also about creating an opportunity for the kids to come out and have fun.

"They make a lot of sacrifices, and they're just awesome little people," she said. "We really just want them to know we appreciate them."



Quentin Haskell, a Pierce Terrace Elementary School student, practices relaying a message in a Medium Tactical Vehicle that is on display at the museum.

## COMMUNITY SNAPSHOTS



### SSI quarterly awards

Instructors, Soldiers and support staff affiliated with the Soldier Support Institute are honored for their contributions during the previous quarter at an awards ceremony at the SSI auditorium Friday. From left, civilians of the quarter William Villnow and Laurence Korn; instructors/facilitators of the first and second quarters Barbara Srimoungchanh, Capt. Brian Hollandsworth, Capt. Nathelyn Blake, Spc. Justin Essah and Sgt. 1st Class Mchita Beauregard; and civilian of the quarter Virginia Winfrey.

Photo by WALLACE McBRIDE



Photos by DAVID SHOEMAKER, FMWR



### April foolish dogs

Canine companions with various talents congregated at the Youth Sports Center Sunday for Fort Jackson's annual April Foolish Dog Show. Top left, Alf, whose human is Oracio Saiz Jr., takes second place in the 'Longest Ears' category. Bottom left, Dodger, best friend to Sarah Robles, wins first place for 'Cutest Puppy' and second place for 'Longest Tail.' Above, The winners in the 'Best Senior' category are, from left, Skylar (third place), who belongs to Kristin Aptica; Petey (second place), whose human companion is Col. Michael Graese, garrison commander; and Madeline (first place), friend of Lia Cavallo. Petey also won first place for 'Best Tricks.'"

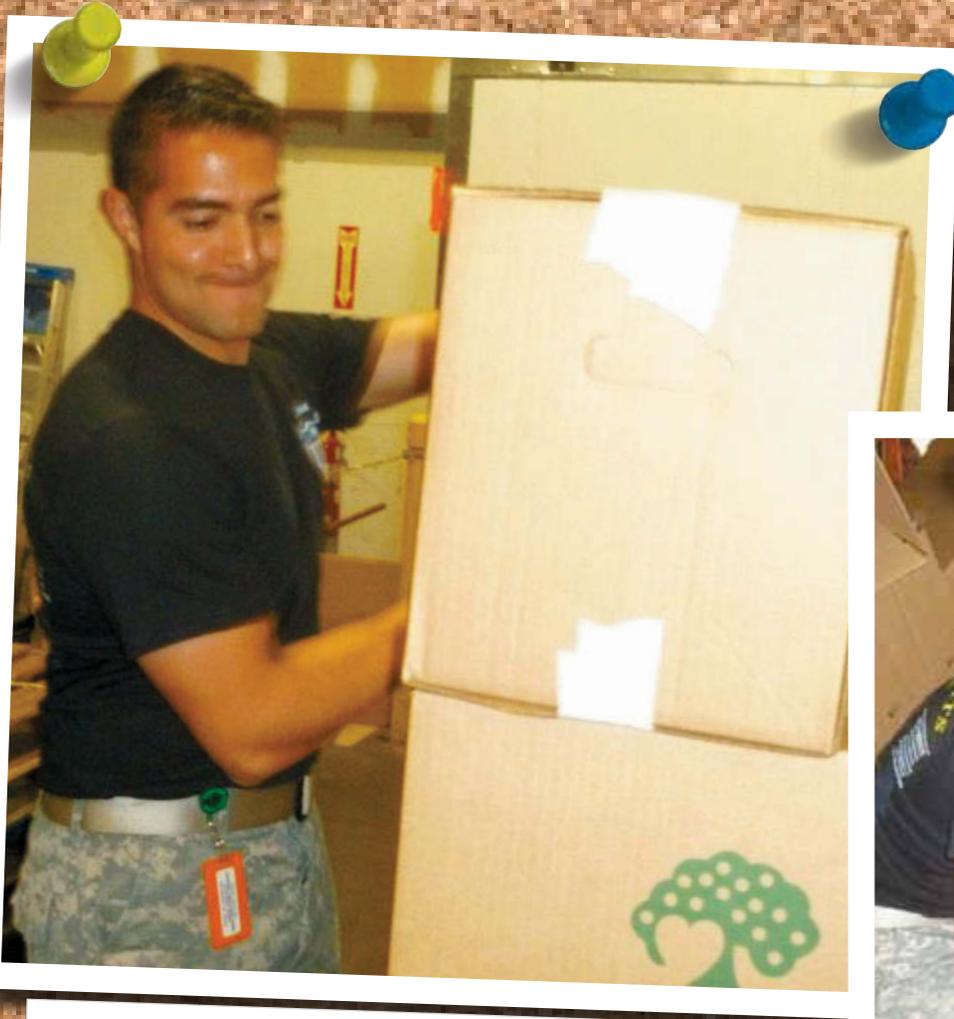
## COMMUNITY SNAPSHOTS



Courtesy photo

### TRADOC award

Philips Johnson, second from right, who works with the Quality Assurance Office of the Soldier Support Institute, is presented a star note from the TRADOC commander, Gen. David Cone, and a TRADOC commander's coin for his work in developing the streamlined Army Enterprise Accreditation Standards reporting and documentation process. Presenting the awards were, Col. Todd Garlick, left, SSI commander; Rachel Serio, second from left, director of TRADOC quality assurance; and Darlene Roberts, right, with the TRADOC quality assurance office.



Courtesy photos

### Helping those in need

Soldiers with the Adjutant General School's Basic Officer Leader Course perform community service at Harvest Hope Food Bank, April 6. The Soldiers packed 3,500 boxes that are designated for senior citizens in 82 locations throughout South Carolina. Left, 2nd Lt. Julio Diaz loads packed boxes onto a pallet. Right, 2nd Lts. Michael Grabowski and Andrew Heuton build boxes in preparation to pack them.

## COMMUNITY SNAPSHOTS



### Dancing with the 171st

The 171st Infantry Brigade hosted a "Dancing with the Blackhawks" competition Friday at the Officers' Club. More than 220 Soldiers and family members were in attendance. The judges of the competition were Col. Todd Garlick, commander of the Soldier Support Institute; Col. Mark Higdon, commander of Moncrief Army Community Hospital; and Leslie Smith, the Army Community Services liaison officer to the 171st.

*Courtesy photo*



### Community involvement

The Directorate of Plans, Training, Mobilization and Security hosts fifth graders from Watkins Nance Elementary School on their field day. Students and school personnel attended a graduation ceremony, toured the Basic Combat Training Museum, had lunch at the Drill Sergeant School dining facility, received a demonstration at Victory Tower, and toured the 120th Adjutant General Battalion (Reception). Students also had the opportunity to spend time with Brig. Gen. Bryan Roberts, Fort Jackson commanding general, after the graduation ceremony.

*Courtesy photo*

# Hilton Field

Continued from Page 2

tors through its archway. Upon your approach, you will notice several improvements, such as the resurfaced access roads, paved parking area, paved bus turnaround point, improved sound system and restroom facilities for our Soldiers and Families. Next, you will be captivated with the state and territorial flag displays, the pedestrian promenade with stone, brickwork, landscaping, benches and digital signs. Lastly, our centerpiece is the statue of our seventh president of the United States, Andrew Jackson. The statue, commonly known as "Standing Andy," was relocated here from Gate 1 and highlighted as the center piece of the promenade.

The workmanship is top-notch and we have a lot to be proud about.

### ACKNOWLEDGEMENTS

A lot of people played major roles in this renovation project, but I want to thank the staffs of the U.S. Army Training Center and Garrison led by Col. Ken Royalty and Col. Mike Graese. It is impossible to accomplish tasks like this without everyone being on the team and dedicated to the task at hand.

Team Jackson, Hilton Field is one more example of how our vision is coming to fruition and how we are one step closer to fully achieving it.

### FINAL NOTE

Fort Jackson is often the first impression that the citizens of this nation have of the Army. This week, I believe we have improved upon that impression forever.

Army Strong and Victory Starts Here!  
Victory 6



Photos by ANDREW McINTYRE

The renovations at Hilton Field were completed last week. The top photo shows the front of the field before the renovation. Bottom photo, a promenade is just one of the improvements to the parade field.

## NEWS



Photo by ANDREW McINTYRE

### Helping hands

Soldiers, family members and civilians are honored for their volunteer service during the second quarter of Fiscal Year 2013 at the Helping Hands awards ceremony, Tuesday at the Joe E. Mann Center. The volunteers dedicated their time on and off post.

## Calendar

**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

#### Officers 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](http://www.tutor.com/military) for more information.

### SPECIAL OLYMPICS VOLUNTEERS

Fort Jackson will host the Special Olympics Summer Games on May 3-4, and volunteers are needed. Volunteer opportunities are available for youth, retirees, family members, civilians and active duty military. Visit [www.so.sc.org](http://www.so.sc.org) for more information.

### SCHOLARSHIPS AVAILABLE

The Virginia Military Institute Foundation, through the 100th Infantry Division/Henry Williams Jr., is offering two schol-

arships 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.

### MEMBERSHIP LUNCHEON

The Association of the U.S. Army, Fort Jackson — Palmetto State Chapter, will host a membership luncheon noon, May 20, at the Officers' Club. The cost for lunch is \$10, and Lt. Col. Vincent K. Brooks will be guest speaker. For reservations, contact Sylvia Butler at [sbbutler@bellsouth.net](mailto:sbbutler@bellsouth.net).

### 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. today at the Columbia Convention Center, and Denim Day, from 11:40 a.m.-12:15 p.m. April 26 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.

### CHAPTER SEEKS MEMBERS

The newest chapter of the Transportation Corps Regimental Association (Patton Chapter) is currently being organized in South Carolina and Georgia. For more information, email [Clifford.K.Crawford@mail.mil](mailto:Clifford.K.Crawford@mail.mil) or [Stacy.K.Mebane@mail.mil](mailto:Stacy.K.Mebane@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. 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](http://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](mailto: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.

### FREE CAREER TEST

Every Tuesday in April, military spouses can visit the ACS Employment Readiness Office and meet with a certified global career development facilitator to talk about career and education goals. Contact 751-4862 for more information.

### CAREER AWARENESS EXPO

A Career Awareness Expo will be held 9 a.m.-12 p.m. April 30 at Room B-110 of the Education Center. To preregister for the event, call 751-4862.

### THRIFT SHOP NEWS

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

■ The Thrift Shop is looking for new board members for the 2013-2014 year. The commitment is for one year, with board meetings scheduled once each month.

### 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](mailto:Jacksonredcross@yahoo.com).

## 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.

### HOME BASED BUSINESSES

Approval from Balfour Beatty and Directorate of Emergency Services Solicitor's Permit is required in order to operate a home-based business on post. Depending on your business, a state license might be required.

### TIKI THURSDAY

Purchase a 2013 Palmetto Falls Water Park Pass 4-7 p.m. May 2 at 2011 prices at the Tiki Thursday Summer kick-off event at the community center. The offer is only good for active duty Soldiers, retirees and DoD civilians. Prizes, a water slide and refreshments will be offered.

### RECYCLING

Glass cannot be disposed of in blue recycle bins and must be placed in white igloos located throughout housing.

### SPRINKLER INSPECTIONS

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

### HOUSING FOR RETIREES, CIVILIANS

Military retirees and DoD retirees are eligible to live in on-post housing. For more information, call 738-8275.

### PLASTIC BAG RECYCLING

Bring your plastic bags to the Community Center for recycling. Residents will be entered into a drawing for a gift card once per every 20 bags turned in.

## 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/](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>

# Saluting this Basic Combat Training cycle's honorees

**DRILL SERGEANTS OF THE CYCLE**



**Staff Sgt. Michael Rich**  
Company A  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Travis Simmons

**SOLDIER OF THE CYCLE**

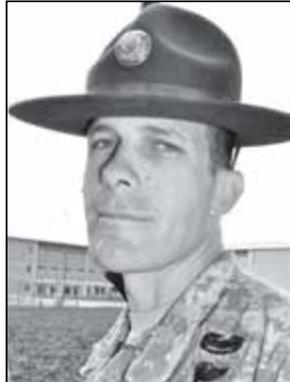
Pvt. Simon Cantu

**HIGH APFT SCORE**

Pvt. Reniel Williams

**HIGH BRM**

Pvt. Dameian Jones



**Staff Sgt. Matthew Cavallo**  
Company B  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. Donald Jones

**SOLDIER OF THE CYCLE**

Pvt. Rosaland Lamar

**HIGH APFT SCORE**

Pfc. Jessica Pierretijero

**HIGH BRM**

Pvt. Kevin Acosta



**Staff Sgt. Omar Rivera**  
Company C  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. Tyler Walters

**SOLDIER OF THE CYCLE**

Pvt. Rebecca Curlee

**HIGH APFT SCORE**

Pvt. Nicholas Evans

**HIGH BRM**

Pvt. Justin Blue



**Staff Sgt. Marguerita Mitchell**  
Company D  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Spc. John Ververs

**SOLDIER OF THE CYCLE**

Pfc. Nicholas Johnston

**HIGH APFT SCORE**

Spc. Aida Dotson

**HIGH BRM**

Pvt. Benjamin Yost



**Staff Sgt. Michael Salas**  
Company E  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pfc. Mithell Gillen

**SOLDIER OF THE CYCLE**

Pvt. Tenesha Locke

**HIGH APFT SCORE**

Spc. Salvatore Zagami

**HIGH BRM**

N/A



**Staff Sgt. Sandra Chacon**  
Company F  
1st Battalion,  
61st Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Matthew Church

**SOLDIER OF THE CYCLE**

Pfc. Christopher Crisotomo

**HIGH APFT SCORE**

Spc. David Jones

**HIGH BRM**

Pfc. Juan Figueroe

**SUPPORT AWARDS OF THE CYCLE**

**STAFF SUPPORT**

Sgt. 1st Class Tamara Tuff

**SERVICE SUPPORT**

1st Lt. Quintin Gilbert

**TRAINING SUPPORT**

Staff Sgt. Baharri Weston

**DFAC SUPPORT**

Deborah Simmons

**DFAC SUPPORT**

Deborah Simmons

## Weekly honors



**JACKSON**

**Spc. Allen Jackson**  
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)**

## FEELING SOCIAL?

Follow us on Twitter  
at [www.twitter.com/  
fortjacksonpao](http://www.twitter.com/fortjacksonpao).

For more photos, visit  
[www.flickr.com/  
fortjacksonpao](http://www.flickr.com/fortjacksonpao)

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

Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).  
Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

# Whatever floats your boat

## Green Initiative Day activities encourage ingenuity in recycling



Competitors in last weekend's Recycle Regatta at Semmes Lake constructed boats made of items that would ordinarily have been disposed of as trash, such as mayonnaise canisters, wooden pallets, bicycle parts and anything else that could be strapped together and made to float.



Photos by WALLACE McBRIDE

Saturday's Green Initiative Day at Fort Jackson included a fishing competition, above left, activities for children, center, and a fun run/walk around Semmes Lake, above right.



Two teams racing boats constructed of recycled materials make their way around Semmes Lake Saturday afternoon as lifeguards follow behind.

By WALLACE McBRIDE  
Fort Jackson Leader

None of the boats looked like they would float for very long, much less win any races. Most of them finished, though, despite being made out of used condiment containers, wooden pallets, kiddie pools and anything else that could be made to hold water, however temporarily.

It was all part of the Recycle Regatta last Saturday at Semmes Lake, the capstone event in the Green Initiative Day. In addition to following strict safety requirements, last week's racers were asked to create their own boats out of recycled materials. The goal of the event was to encourage ingenuity among the competitors, and to illustrate how everyday items can find second lives.

Also, just to make things more challenging, the boating materials could not include original bonding materials, such as tape, rope or straps.

Saturday's winner was the team representing the 165th Infantry Brigade, with a time of 8 minutes, 34 seconds. Sgt. 1st Class Leroy Price had the best individual time with 8 minutes, 58 seconds.

That's not to say there were not a few entries that did not finish the course faster. Competition between those teams, representing the Fort Jackson Fire Department and the Naval Reserve Center, got so heated that members broke at least one rule in order to best the other.

"The Navy team stayed in sync and did really well," said Mark Smyers, outdoor recreation director for FMWR. "Unfortunately, in the heat of competition, they hopped out and started paddling, which disqualified them. They would have won overall, but they swam, which was against the rules."

The event also recognized winners in several other categories. The Fort Jackson Fire Department won "Most Creative Use of Material" for bolting together water blivets to create the foundation of their boat. The Cub Scout team won "Best Name and Costume," competing as The Akela Crushers.

And the Army Community Services team was recognized as "Most Spectacular Failure" for a boat that capsized during the first of the day's races.

"We'll definitely do it again next year," Smyers said. "I think next year's going to be even better. Originally, we had 14 teams say they were going to compete, but several dropped out because they couldn't get a boat together in time. I imagine those folks will want to compete again next year."

Milton.W.McBride3.ctr@mail.mil

## At your service

Phone numbers and operation hours for key post facilities

<b>All South Federal Credit Union</b>	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
<b>American Red Cross</b>	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
<b>Andy's Fitness Center</b>	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
<b>Army Career Alumni Program</b>	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Army Community Service</b>	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
<b>Army Continuing Education Services</b>	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Army Substance Abuse Program</b>	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Basic Combat Training Museum</b>	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
<b>Bowling, Century Lanes</b>	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
<b>Bowling, Ivy Lanes</b>	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
<b>Car Care Center</b>	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
<b>Chaplain Museum</b>	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
<b>Child and Youth Services</b>	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
<b>Civilian Personnel Advisory Center</b>	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
<b>Class VI</b>	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Clinical Army Substance Abuse Program</b>	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Coleman Gym</b>	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
<b>Commissary</b>	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
<b>DA Photos (TSC)</b>	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
<b>Defense Military Pay Office</b>	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
<b>Dental Clinics</b>	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
<b>Family Health Center</b>	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
<b>Family Life Resiliency Center</b>	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
<b>Florist</b>	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
<b>Fort Jackson National Cemetery</b>	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
<b>Furniture Store</b>	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Hospital Retail Annex</b>	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
<b>ID Section</b>	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
<b>Legal Assistance and Claims</b>	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
<b>LCI-SSSC</b>	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
<b>Main Outpatient Pharmacy</b>	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
<b>MG Robert B. Solomon Center</b>	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
<b>Military Clothing Sales Store</b>	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
<b>Movie Theater</b>	751-7488	Hours vary
<b>National Federation of Federal Employees</b>	751-2622	
<b>NCO Club</b>	782-2218	Temporarily closed
<b>Officers' Club</b>	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
<b>Palmetto Falls Water Park</b>	751-3475	Closed for the season
<b>Perez Fitness Center</b>	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
<b>Pharmacy Annex (PX mall)</b>	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
<b>Pool, Knight</b>	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
<b>Pool, Legion</b>	751-4987	Closed for the season
<b>Post Exchange</b>	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Post Library</b>	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
<b>Post Office</b>	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
<b>Recycling Center</b>	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
<b>Reuse Center</b>	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
<b>Safety Center</b>	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Gate 1 Express</b>	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
<b>Gate 2 Express</b>	790-4478	Open 24 hours a day
<b>SSI Retail Annex</b>	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
<b>Thrift Shop</b>	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
<b>Vanguard Gym</b>	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
<b>Veterinary Clinic</b>	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
<b>Victory Travel</b>	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
<b>Weapons Registration</b>	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at [fjleader@gmail.com](mailto:fjleader@gmail.com).

# God conquers death, brings new life

By **CHAPLAIN (CAPT.) AARON WHITE**  
1st Battalion, 61st Infantry Regiment

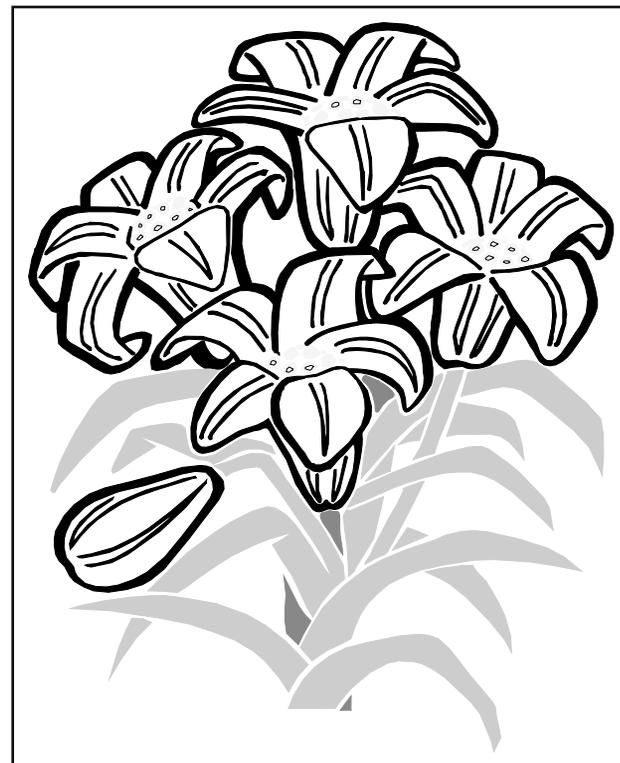
Last autumn, my family planted some tulips in one of our flower beds. We buried what seemed like lifeless and dead bulbs in the soil and for months, all through the winter, nothing happened. Everything seemed to be dead. Then, as spring has come, we have been amazed to watch as the first green shoots pushed their way through the soil, and now bright red flowers have begun to appear. To go from the lifelessness of a bulb in winter to the radiant colors of the first flowers of spring is a thing of beauty.

As a Basic Combat Training chaplain, I get to see a similar transformation from death to life every 10 weeks. During Week One, our battalion receives many Soldiers who are seemingly spiritually dead. God has no place in their lives, and essentially they have no hope. As the weeks progress, I watch as God works in their lives. Through the daily challenges and obstacles of Basic Combat Training, as many of them find that they need something bigger than themselves as a source of strength, God is at work. By the end of basic training, many of these Soldiers, who came to us spiritually dead and hopeless, are now filled with new life in Christ — transformed from lifeless seeds to

life-filled believers. This change, this growth from death to life, is a thing of beauty.

As we are now in the 50 days from Easter to Pentecost, it is a time in which we celebrate new life — the new life of our Lord Jesus Christ as he was resurrected from the dead by our Heavenly Father, and also the new life that we all can have through faith in Christ. The message went out on that first Easter morning: Death has been conquered, life has come. The Apostle Paul put it this way: *“And now he has made all of this plain to us by the appearing of Christ Jesus, our Savior. He broke the power of death and illuminated the way to life and immortality through the good news.”* (2 Timothy 1:10) From that first Easter morning to today, God has been in the business of bringing new life to what was dead.

Maybe you are caught in the winter of spiritual death. When it comes to faith, everything seems as barren and lifeless as a frigid winter day. Maybe your life seems like one of those tulip bulbs, lifeless and ugly, or like one of those Soldiers as they arrive at basic training, spiritually lost and hopeless. If so, then hear the good news: Death has been conquered, Easter has come, and with it new life — life everlasting. God can bring you from death to new life; and it will be a thing of beauty.



## 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

# Exercise helps relieve arthritis pain

One of the biggest excuses to not exercising is pain. If pain is experienced when you walk, sit or stand, the last thing you believe will make it better is exercise.

Arthritis is a common source of pain that develops as we age. This can be a subtle or severe discomfort on our joints. For many years it was believed that if you had arthritis you should not exercise because it would damage your joints. However, plenty of research shows that exercise is a necessary and essential tool for managing arthritis.

Regular, moderate exercise offers a whole host of benefits to people with arthritis. Mainly, exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. Exercise reduces inflammation from arthritis and reduces the risk of other chronic conditions. Exercise helps increase overall health and wellness.

If you already exercise, you may notice your joints and bones improve when you exercise and they ache when you don't. For the new exerciser, it is important to remember to start slow. You are not in a race or a competition; you are changing your lifestyle by including exercise on a regular basis.

To make your exercise more consistent it is recommended that you do something physical that you enjoy. Once you begin to develop the habit of exercise, add light weight training to strengthen your bones and beginner yoga to increase your flexibility. Flexibility and stretching create an almost immediate relief in stiffness and joint pain. Just make a point to go slow and not to force any exercise. Accept your level of ability, and you will still gain positive relief in your joints and bones.

Exercise is an important part of staying healthy when you have arthritis. Working out on a regular basis will help decrease fatigue; strengthen muscles and bones, and increase flexibility and stamina. Joint flexibility is espe-

## THE WEIGH IT IS

By **PAMELA LONG**  
Fitness programmer,  
Family and Morale, Welfare  
and Recreation



cially important for those who have arthritis because a stiff joint means inability to do daily tasks, such as buttoning a shirt or starting the car.

There are three exercises you should make sure are a part of your physical fitness routine. These three exercises will help improve your arthritis condition:

**Stretching:** Stretching exercises should be done daily and are the most important of all your exercises. Flexibility exercises help protect joints by reducing the risk of joint injury. They also help you warm up for more intense exercise and help you relax and release tension from your body. This improves your range of motion. Beginner yoga is a great choice. If you cannot make it to a yoga class, I recommend investing in a beginner yoga DVD. Try and devote about 15 minutes daily to your flexibility exercises.

**Strengthening:** Weight-bearing exercise strengthens

your muscles. Stronger muscles are healthier and take stress off your joints. Stronger muscles absorb shock and protect your joints from injury. Exercises such as weight training make your muscles work harder, which is what makes them stronger. Aim for weight training no less than twice a week for about 30 minutes.

**Cardiovascular:** Aerobics or endurance exercise is great for the heart, lungs and muscles. It makes all parts of your body better and more efficient. Weight control eases joint pressure. This is a by-product of aerobic conditioning. Aerobics are a stress reliever and mood

booster, so you can expect a more positive outlook when you include aerobics in your exercise program. I recommend aerobics daily for about 20 minutes (or more) to achieve lasting results.

Initially, you may be hesitant to exercise because you are in such pain. If this is the case you may want to start with a water exercise program. Water reduces stress on the hips, knees and spine while building strength and increasing range of motion.

The FMWR fitness department offers a wide variety of group water classes.

Your goal is to have a regular exercise program of 30 minutes a day, preferably every day. This can be viewed as a daily dose of preventative medicine that does not leave an aftertaste in your mouth or has a dangerous side effect on your body.

*Editor's note: Information from the Arthritis Foundation was used in this article.*

