

THURSDAY, APRIL 24, 2014

THE FORT JACKSON LEADER

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★ HONOR PLATOON
PRESENTS DAILY
'NO FAIL' MISSIONS
— PAGE 8



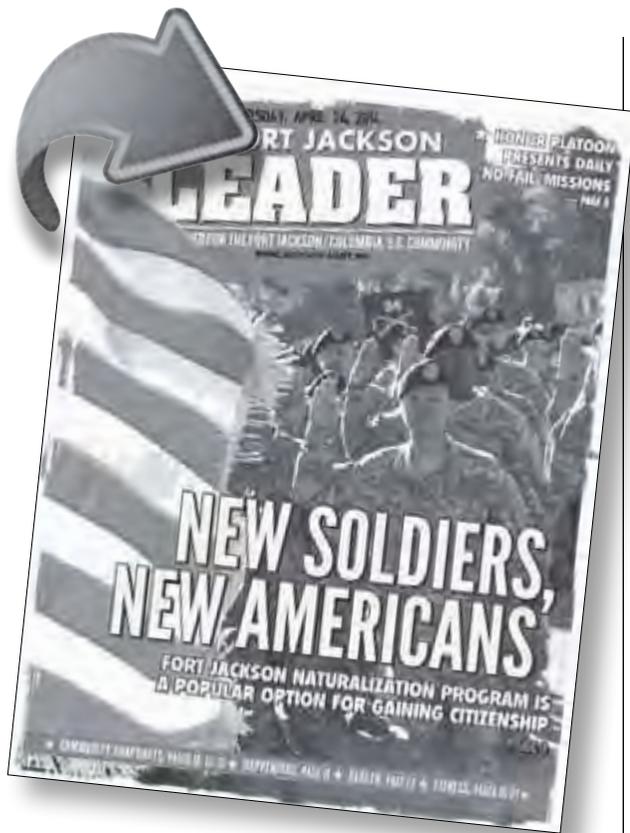
NEW SOLDIERS, NEW AMERICANS

FORT JACKSON NATURALIZATION PROGRAM
PROVIDES PATH FOR GAINING CITIZENSHIP

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NEWS



ON THE COVER

Photo by WALLACE McBRIDE

Soldiers with the 1st Battalion, 34th Infantry Regiment take the oath of allegiance April 16 at Hilton Field. **SEE PAGE 3.**



Photo by WALLACE McBRIDE

Town hall meeting

Brig. Gen. Bradley Becker, Fort Jackson commanding general, speaks at a town hall meeting April 17 at the Post Theater. The meeting informed civilian employees of the Army Training Center about the Army downsizing in fiscal year 15. Another town hall meeting on the same subject is scheduled for 9 a.m., Wednesday at the Post Theater.



Fort Jackson, South Carolina 29207

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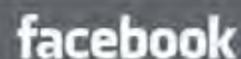




Photo by WALLACE McBRIDE

Soldiers with the 1st Battalion, 34th Infantry Regiment take the oath of allegiance during a naturalization ceremony April 16 at Hilton Field. The Soldiers graduated Basic Combat Training the following day.

‘A new beginning’

New Soldiers start career with naturalization ceremony

By WALLACE McBRIDE
Fort Jackson Leader

Dozens of men and women became United States citizens last week, just as they were becoming Soldiers.

Fort Jackson routinely conducts a naturalization service for new Soldiers on Family Day each week, in front of an audience of friends and family at Hilton Field. During last week’s event, congressional staffers and U.S. Citizenship and Immigration Services Southeast Regional Leadership visited the post to observe the naturalization ceremony.

“This is a significant event, not only because (these Soldiers) earned the right to join us as citizens, but (because) they’re taking an oath to swear allegiance to this country during a time of war,” said Lt. Col. Eric Flesch, 1st Battalion, 34th Infantry Regiment commander. “They

take this oath in the presence of their new brothers and sisters in arms, and a thousand family members joining us today.”

USCIS opened a centralized office on post in 2011 to help service members and their families become U.S. citizens. Previously, Soldiers had to rely on offices scattered across the country to complete the process, followed by a naturalization ceremony in Charleston. Today, the entire process is centralized at Fort Jackson.

Congressional staffers and USCIS representatives began their daylong visit with the naturalization ceremony, before reviewing the various components of the centralized USCIS program located at Fort Jackson. Joseph Kernan, deputy director of USCIS District 8, administered the oath of allegiance to the new Soldiers.

Afterward, the men and women who became citizens just as they were becoming Soldiers were visibly moved

by the morning’s events. For most of them, it was the end result of many years of hard work.

“This is a new start, a new beginning,” said Pvt. Hae-joo Choi, originally from South Korea, just moments after gaining her American citizenship at Hilton Field last week.

Pvt. Miguel Camberos, originally from Mexico, said it was not only a new beginning for him, but “a new everything.”

“It took a long time to get here,” he said. “Let’s see what life brings.”

Spc. Wei Cui, who was born in China, said the day was both special and “ordinary.” He was excited about becoming a United States citizen, but said he was ready to get to work as a Soldier.

“I need to continue my service in the military and do my duty in a military manner,” he said.

Milton.W.McBride3.ctr@mail.mil

Changes to POV shipping program set

By MITCH CHANDRAN

Surface Deployment and Distribution Command

WASHINGTON — The Personal Property Directorate at Military Surface Deployment and Distribution Command, which manages the Department of Defense's Privately Owned Vehicle shipping program, has announced several changes in the program, starting May 1.

Changes occurring with the Global Privately Owned Vehicle, or POV, contract include a new contractor managing daily vehicle processing at vehicle processing centers worldwide; new VPC addresses for vehicle drop offs and pickups; a new website at www.pcsmygov.com for service members to request and track their POV shipments; and eight VPCs closing in both the continental United States and overseas.

Starting May 1, International Auto Logistics will assume the contract from American Auto Logistics to manage the daily activities associated with the GPOV contract for processing service members' vehicles worldwide.

"Our goal is for a seamless transition between providers, and we are engaged in daily meetings with International Auto Logistics to ensure as smooth a transition as possible," said Navy Capt. Aaron Stanley, director of the Personal Property Directorate for SDDC. "Likewise, we don't foresee the need for any major changes in the process used to ship/store privately owned vehicles."

With the exception of eight cities (domestic and overseas) that will close their VPC locations, many others will remain in the same city, but provide services at a different location and street address. Others, primarily overseas, will continue to operate at the same address and location, simply under new management.

The following are new U.S. VPC addresses for IAL vehicle processing centers starting May 1:

- Atlanta: 3025 Sylvian Road, Atlanta, GA 30354
- Baltimore: 17079 Midway Road, Odenton, MD 21113
- Charleston, S.C.: 3601 N. Meeting St., North Charleston, SC 29405
- Dallas: 957 Heinz Way, Grand Prairie, TX 75051
- Los Angeles: 14611 S. Broadway St, Gardena, CA 90248
- Norfolk, Va.: 1215 Executive Blvd, Chesapeake, VA 23320
- Seattle: 840 Industry Way, North Algona, WA 98001
- St. Louis: 13918 St. Charles Rock Rd, Bridgeton, MO 63044
- San Diego: 11433 Woodside Ave, Santee, CA 92071

The following are new overseas VPC addresses for receiving vehicles starting May 1:

- Anchorage, Alaska: 300 LaTouche Street, Anchorage, AK 99501
- Fairbanks, Alaska: 5250 Airport Industrial Road, Fairbanks, AK 99709
- Bahrain: Al Musaskar 940, East Riffa Industrial Area, Bahrain
- Brandon, UK: Field Road, Mildenhall, Suffolk IP28 7AL, UK
- Aviano, Italy: Via dei Longobardi 49, 33080, San Quirino PN
- San Juan, Puerto Rico: 45 Calle 1 Parque Indust., San Miguel, San Juan, PR 00936
- Rota, Spain: Calle Dr. Pariente, 11500 El Puerto de Santa Maria, (Cadiz) Spain
- Incirlik, Turkey: Yenimahalle 33 Sokak No. 31 TR-01340 Incirlik, Turkey



Army photo

The Personal Property Directorate at Military Surface Deployment and Distribution Command manages the Department of Defense's Privately Owned Vehicle shipping program. Several changes in the program are scheduled to take effect May 1.

- Izmir, Turkey: Doganlar Mah. 1417 Sokak TR-35040 Bornova, Izmir, Turkey

The following overseas VPCs will be vacated by AAL, April 30, and then closed for all but emergency drop-offs with IAL, May 1-2. The facilities will be open May 5 for all vehicles. To aid in the transition, SDDC urges customers to reduce traffic and provide the additional time needed for the contractors to transition responsibilities:

- Chievres, Belgium: Chievres Air Base, Bldg. 46, Belgium 7950
- Shinnen, Netherlands: 254th BSB Shinnen, Borgerweb 10, Bldg 27 RM 102, 6365 CW Schinnen
- Baumholder, Germany: Gebaeude 8716, Raum 1-3 Smith Barracks AM Bahnhof/Building 8716 55774 Baumholder, Germany
- Boeblingen, Germany: Panzer Kaserne Bldg. 2931 71032 Boeblingen, Germany
- Grafenwoehr, Germany: U.S. Grafenwoehr Base, 322 Shiloh Avenue, 92655 Grafenwoehr, Germany
- Kaiserslautern, Germany: Kapaun Air Station Bldg. 2806 67661 Kaiserslautern, Germany
- Schweinfurt, Germany: Conn Barracks Custer St., Bldg. 35 97421 Schweinfurt, Germany
- Spangdahlem, Germany: Spangdahlem Air Base Bldg. 222, 54529 Spangdahlem, Germany
- Wiesbaden, Germany: Mainz Kastel Housing Area Bldg. Wiesbadener Str. 78, 55252 Mainz Kastel, Germany
- Livorno, Italy: Leghorn Army Depot, Gate 27 Bldg. 5138 Depot Via Aurelia Tombolo Pisa, 56128 Livorno, Italy (pending contract mod)
- Naples, Italy: Naval Support Activity Bldg. 2081, Contrada Boscariello 81030, Gricignano di Aversa (CE), Naples, Italy
- Sigonella, Italy: Base Navale USA/NAS II Strada Statale 417, Catania-Gela 95030 Piano d'Arce/Sigonella (CT)
- Vicenza, Italy: Via Strada Della Pelose, Bldg. 928

Entrance 8, Torri Di Quartesolo, 36040 Vicenza, Italy

- Guam: COMNAVMAR Naval Base Building 3179, Santa Rita, Guam 96915

■ Seoul, South Korea: Camp Kim, Building C1244-68 US Army Garrison Yongsan, Korea, APO AP 96205-5333

■ Taegu, South Korea: 20th Support Group Bldg. 1415, Camp Henry, Korea APO 96218-0562

■ Honolulu, Hawaii: 1601 Sand Island Parkway, Honolulu, HI 96819

VPC CLOSURES

Eight of the current 46 VPCs will permanently close May 1, in both U.S. and overseas locations.

VPCs slated for closure in the U.S. are located in Edison, N.J.; New Orleans, La.; Orlando, Fla.; and Oakland, Calif.

VPCs overseas that have closed, or are slated for closure, include Mannheim, Germany (closed); RAF Croughton, England; RAF Menwith Hill, England; and Seville, Spain.

"It is important to note that American Auto Logistics will still be on hand at these eight VPC locations until Aug. 1, to service already processed vehicles until each VPC becomes empty," said Craig McKinley, supervisory transportation management specialist for the Personal Property Directorate. "These eight VPCs on the closure list will not accept new vehicles for processing after April 30."

Additionally, AAL's website at www.whereismypov.com, will remain active until all vehicles have been delivered.

For more information, service members may contact their transportation office/personal property office. Starting May 1, customers who want to ship their POV or make an appointment at a VPC with IAL should call:

For U.S. domestic appointments: 1-855-389-9499

For appointments in Germany: 0800-227-7447

For any other locations: 00800-227-7447

Former NCO to receive Medal of Honor

By J.D. LEIPOLD
Army News Service

WASHINGTON — Former Army Sgt. Kyle Jerome White will receive the Medal of Honor during a May 13 ceremony at the White House.

The 27-year-old Seattle native will become the seventh living recipient of the nation's highest military decoration for conspicuous gallantry and valor during actions in Iraq or Afghanistan.

White will receive the Medal of Honor for his disregard of his own life while trying to save the lives of a Marine and two fellow Soldiers after his team of 14 U.S. Soldiers and squad of Afghan National Army soldiers were set up and ambushed by a much larger and more heavily armed Taliban force, who engaged in a three-prong attack from elevated ground.

AMBUSH AT ARANAS

On Nov. 8, 2007, Soldiers of 1st Platoon, Chosen Company, 2nd Battalion (Airborne), 503rd Infantry Regiment, 173 Infantry Brigade Combat Team (Airborne) "Sky Soldiers," left Combat Outpost Bella by foot to visit the large village of Aranas, Afghanistan, for a Shura meeting with village elders. The American Soldiers weren't thrilled about the mission because the villagers had been suspected of collusion in a major attack months earlier on Combat Outpost Ranch House, which resulted in 11 wounded and the closure of the outpost.

Under cover of a pitch-black sky, the team made for the American-built schoolhouse on the edge of the village, where the Soldiers would bunk for the night.

At daybreak, Nov. 9, the group prepared for the late morning meeting at the mosque, but villagers delayed the get-together, saying the elders were praying for several hours. The meeting was put off until early afternoon, at about 1:30 p.m.

White recalled that village turnout for the Shura was unusually large, as were the number of questions being asked. The Soldiers were hopeful about the level of interest from the young village males of fighting age. Then the 20-year old White said the interpreter was receiving radio traffic in a language he didn't understand. The lone Marine and embedded training team member Sgt. Phillip Bocks then advised platoon leader 1st Lt. Matthew Ferrara, it was best to leave the area.

"There was one shot, you know, down into the valley, and then it was two shots, and then it was full-automatic fire and RPGs (rocket-propelled grenades) ... it was coming from multiple directions," White remembered. Carrying a fully-automatic M4A1, White emptied his 30-round magazine, then loaded another, but he didn't get a chance to fire.

"An RPG hit right behind my head and knocked me unconscious ... it was just lights out ... when I woke up, I was face-down on a rock," he said, recalling that as he was awakening, an enemy round fragmented near his head sending a shower of broken rock chips and debris into the side of his face. "I didn't feel pain at all, (it was) just numb like when you go to the dentist."

More shots, more booms, more chaos ... then White realized 10 of the 14-man American element and the ANA soldiers were gone. With no cover, the remainder of the patrol had been forced to slide more than 150 feet down the side of a rocky cliff.

The only ones remaining up top were Spc. Kain Schilling, Ferrara, Bocks, the interpreter and White. Then White looked around and saw Schilling had been shot in the upper right arm and was dodging and weaving and running



Courtesy photo

Spc. Kyle White rests from the 20-minute climb up the mountain to the trail to Combat Outpost Bella in Afghanistan. White will receive the Medal of Honor May 13.

toward the cover of shrubs and the umbrella canopy of a single prickly tree. White made for the tree, which provided just enough shade to make the two Soldiers nearly invisible.

White pulled out a tourniquet and asked Schilling, who was grimacing with pain, if he could apply it. White could see where the bullet entered and the blood was flowing from, so he slipped the tourniquet on and instead of cranking down too hard, White said he tightened it just enough to stop the bleeding.

"As I was working on him, I had the radio on, then I rolled over and sat next to Schilling just to take my pack off, that's when I got that metallic taste, then that burning in my lungs," White said, adding that he and Schilling covered their mouths with their shirts to filter whatever it was.

"Initially, I thought we were the first unlucky bastards to have chemical weapons on us ... that's what we thought initially, but then I saw a stream of smoke over my shoulder and I realized my pack was smoldering — it was the battery from my radio burning up," he said.

White checked his radio, but it was out of the fight. Then White saw Bocks, who was badly wounded, lying out in the open, about 30 feet from the shade of the tree. He began encouraging the Marine to use all the strength he could, but Bocks couldn't make any progress.

"I knew he needed help and there was a lot of fire coming in, but it really didn't matter at that point, but by then I already had known, 'Well, ... we're not gonna make it through this one; it's just a matter of time before I'm dead,'" White said. "I figured, if that's going to happen, I might as well help someone while I can."

White sprinted the 30 feet to Bocks as rounds skipped around his feet and snapped past his head, but he made it

to Bocks unscathed, but remembered thinking, his wounds were severe. He looked over at Schilling and yelled at the interpreter to attend to the Soldier, but the interpreter was pinned down and couldn't move.

"At that time, I can remember thinking he wasn't going to make it, but I knew I wasn't going to stop trying," White said. "No matter what the outcome, I'm going to do what I can with what I have."

White grabbed the buddy carry handle on the back of Bocks' vest and began pulling the 200-pound plus Marine toward cover. He realized that the enemy was now shooting directly at him and further endangering Bocks, so he ran back to cover, waited until fire died down, then ran out again repeating the process four times until Bocks was under cover.

White saw that Bocks' leg was bleeding badly, so he grabbed another tourniquet out of his pack, slipped it around Bocks' leg and tightened down until the bleeding stopped. Next he tore Bocks' shirt open, saw another wound, but it wasn't until he rolled him over that he saw the large exit wound. "Stop the bleeding" is all he thought as he stuffed bandages, clothing, whatever he could to stop the bleeding. No matter what White did, the bleeding wasn't stopping and the Marine succumbed to his wounds.

No sooner had White realized Bocks had passed away than he looked over to see Schilling get hit again by small-arms fire, this time in the left leg. White scrambled to Schilling. Out of tourniquets, White pulled his belt from his uniform and looped it around Schilling's leg.

"Hey man, this is going to hurt," White said to Schilling, who replied, "Just do it!"

Students visit health fair at Pinckney

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Army Public Health Nursing partnered with C.C. Pinckney Elementary School officials to sponsor a mini health fair Monday in the school's gymnasium.

Third and fourth graders spent three hours receiving information about nutrition, DNA composition and exercise in order to better inform them on how to live healthier lifestyles.

"We hope the children will learn lifetime healthy habits when it comes to nutrition health," said Allison Plyler, registered nurse at C.C. Pinckney.

Obesity was one major topic of discussion.

"Obesity is such a huge problem in our society," said Vicky Derderian, a registered nurse for MACH Public Health Nursing. "We want the students to understand the issue and remain health conscious throughout their lives."

Derderian said that 30 percent of children don't eat enough fruits and vegetables, which is one reason why nutrition education is important.

Exercise is another key in maintaining good health, Plyler said.

"The children also need to understand the importance of exercising along with eating well," Plyler said. "Activities as simple as walking and playing outside can do wonders for children and they need to know this."

Also present at the fair was a certified yoga instructor.

"Our kids today are under a lot of stress — for different reasons," Derderian said. "Yoga is geared toward techniques for relaxing. And it is a good way to help the children find different ways to relax. ... Yoga is also a creative and fun way to strengthen their muscles."

This year's event feature representatives from EdVenture Children's Museum explaining how DNA affects the



Photo by ANDRE BUTLER, Moncrief Army Community Hospital

Students with C.C. Pinckney Elementary School attend a health fair at the gymnasium Monday.

body's genetic makeup.

"DNA is just fun," Derderian said. "Looking at not just the color of your eyes or the shape of your ears, but the entire makeup of our bodies is amazing. This type of awareness is important. And the children appear excited to be learning such information."

The representatives also helped the children make DNA bracelets to take home. Something, Plyler said, the

children were thrilled about.

"They all seem so enthusiastic about this fair and the material presented," Plyler said. "Hopefully they will take something away from here that could share with their parents."

The health fair is held annually, and the organizers choose different categories to present to the students each year.

News and Notes

VAO WORKSHOP SCHEDULED

A voting assistance officer workshop is scheduled from 8:15 to 10:30 a.m., today at the 2nd Battalion, 39th Infantry Regiment, Classroom 1. The workshop will provide information, resources and tools for the successful performance of voting assistance officer duties.

For more information and to register,

call 751-7535/9900.

EIC EVENTS SET

The Fort Jackson Excellence in Rifle and Excellence in Pistol competitions are scheduled for May 28-29. The contests are open to the first 50 Soldiers (officer and enlisted) who register. For more information and to register, call 751-2417.

Information subject to change.

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Ticket sales open 30 minutes prior to each movie *Movie times and schedule are subject to change without notice*

Friday April 25

300: Rise of an Empire (R) 1900

Saturday April 26

3 Days to Kill (PG-13) 1300

Wednesday April 30

Non-Stop (PG-13) 1300

3 Days to Kill (PG-13) 1630

Friday May 2

RESERVED

Saturday May 3

About Last Night (R) 1400 1.40 hrs.

Divergent (PG-13) 1630 2.20 hrs.

Sunday May 4

Sabotage (R) 1900 1.49 hrs.

Wednesday May 7

Need for Speed (PG-13) 1300 2.10 hrs.

Divergent (PG-13) 1630 2.20 hrs

Friday May 9

Muppets Most Wanted (PG) 1900 1.52 hrs.

Saturday May 10

Free Military Appreciation

Showing: Godzilla (PG-13) 1400

Captain America (PG-13) 1700 2.16 hrs.

Sunday May 11

Son of God (PG-13) 1400 2.18 hrs.

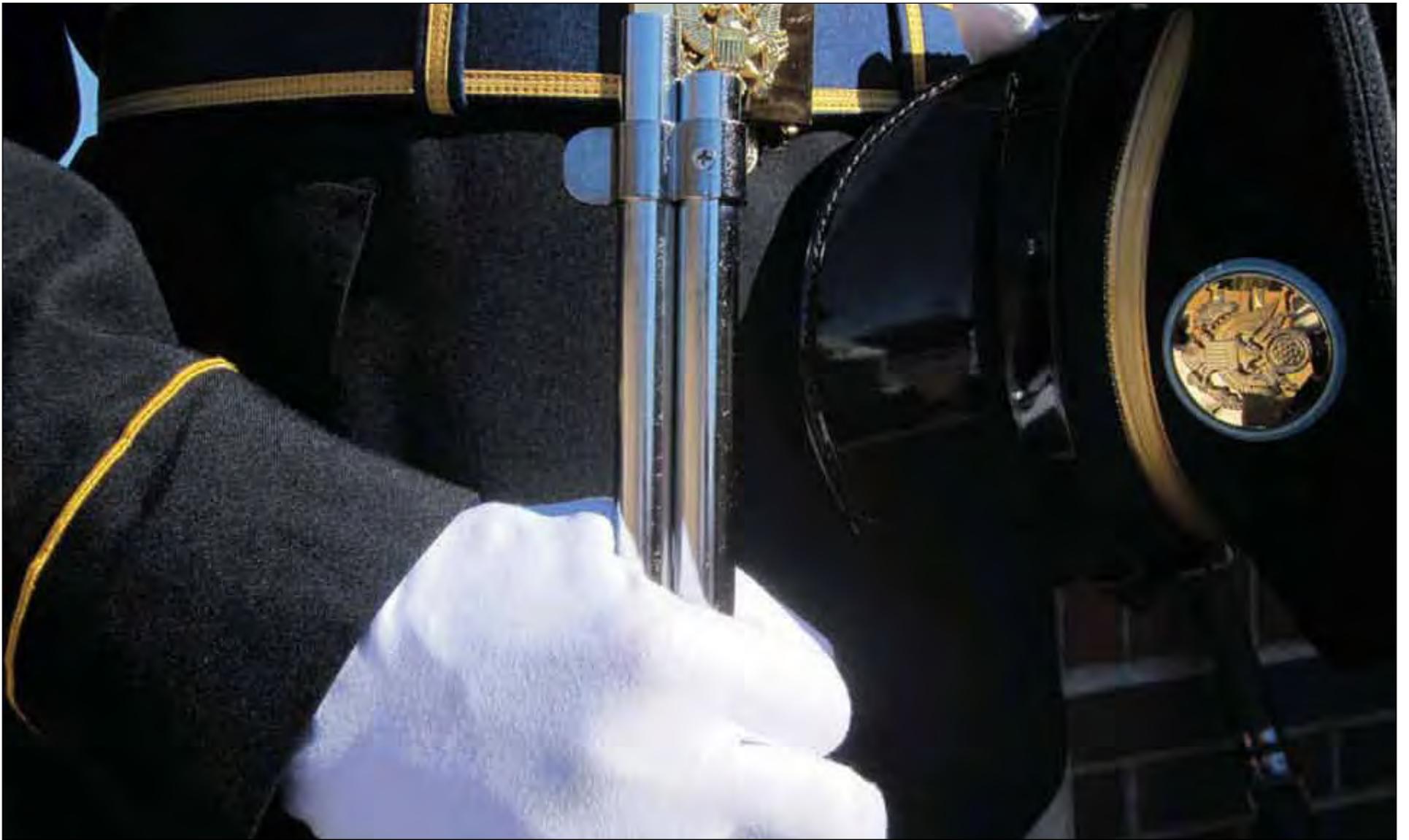
Wednesday May 14

Noah (PG-13) 1300 2.18 hrs.

Captain America (PG-13) 1630 2.16 hrs.

Friday May 16

Need for Speed (PG-13) 1900 2.10 hrs.



Courtesy photo

Fort Jackson's Honor Platoon provides military honors to 46 counties in South Carolina, as well as three national cemeteries.

'A no-fail mission every time'

Honor Platoon represents the best of Fort Jackson

By **WALLACE McBRIDE**
Fort Jackson Leader

The post's Honor Platoon offers daily "no fail" missions to dozens of Fort Jackson Soldiers.

Launched in March 2013, the Honor Platoon includes representatives of the NCO Academy, Moncrief Army Community Hospital, the Soldier Support Institute, drill sergeants from across the installation and others. All told, there are 40 Soldiers in the Honor Platoon, which provides military honors to 46 counties in South Carolina, as well as three national cemeteries.

"We also participate in high-profile ceremonies, changes of commands, parades and color guards," said Capt. Bryan Schmidt, commander of Headquarters and Company A, 4th Battalion, 10th Infantry Regiment. "But, the main job we have is providing military honors for veterans and occasionally active duty members who pass away.

"Basically, every unit on post has a couple of Soldiers assigned to us, but 75 percent of it is from the 4th Battalion, 10th Infantry Regiment," Schmidt said. "We had the manpower in our battalion, and we have a lot of infantry guys that had done things like this before."

As of February, the Honor Platoon has participated in more than 1,200 events. Most of those events were

funerals, Schmidt said.

"We have multiple funerals every day," said Staff Sgt. Patrick Carter, of the 4th Battalion, 10th Infantry Regiment. "It's definitely a daily mission. I've been there for more than a year, and not a day has gone by where there hasn't been a funeral."

He said Honor Platoon duties can be stressful because of their importance to everyone involved. First sergeants participating in military honors at funerals have the most challenging job.

"They're the ones responsible for handing over that folded flag to a family member ... and you have to maintain your military bearing and composure," Schmidt said.

This isn't always as easy as it sounds, he said. While participating with his first funeral with the Honor Guard, he said a grieving family member almost brought him to tears.

"She was crying, looking me right in the eyes," he said. "I had to keep my military bearing and say what was necessary, and give her that respect. It could be the last memory that family has of the U.S. Army. It's a no-fail mission every time."

Consequently, the Honor Platoon requires Soldiers with expected levels of competency and responsibility. Because events arise with little notice, Carter said it's almost impossible to count on having free time for himself

on weekends.

"You don't want to send somebody who's a troublemaker or has disciplinary issues, because there's a lot of autonomy in it," Schmidt said. "If you have a funeral that's three hours away, you have to coordinate with the funeral home and families, drive yourself there while obeying the speed limit, have your uniform ready at a moment's notice ... it's demanding at times."

"You want to do the best you can, because this is going to be a family's last memory of the military," Carter said. "Once you know what you're doing, it gets easier."

"We also know that, somewhere down the line, our families will be receiving military honors, and we would expect those men and women who show up ... execute the mission as perfectly as possible to underscore the importance of a life dedicated to the military," Schmidt said.

He said it doesn't make a difference to him if the Soldier was a retiree or if he or she was killed in action in Afghanistan — the mission of the Honor Platoon remains the same.

"One of the most humbling things a Soldier can do is render military honors to one of our brothers and sisters," he said. "We're representing not only the best of Fort Jackson, but the best of the U.S. Army."

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Photos courtesy of the NORTH CAROLINA NATIONAL GUARD

Soldiers with the North Carolina National Guard's 878th Engineer Company build a bridge near the Officers' Club while deployed to Fort Jackson, April 10-11.

Guard unit builds bridge on post

From the North Carolina National Guard

One could say that the National Guard bridges the gap between citizen and Soldier, community and military. However, 10 Soldiers of the North Carolina National Guard's 878th Engineer Company really built a bridge when they deployed to Fort Jackson, April 10-11.

The engineers brought more than 100 years of combined civilian and military experience completing a bridge over a creek at Legion Lake near the Officers' Club.

"We seek out projects like this, it is good training," said Warrant Officer Timothy Calton, the project leader.

The Soldiers turned a corner of the lakeshore into a military camp with Humvees, a light military tactical vehicle and trailer. About 1,000 feet of lumber and several tons of concrete were staged next to a nearly 70-foot-long bridge under construction over a small stream feeding the lake.

The Guard is an important part of readiness at the installation. Although Fort Jackson is a very large facility

with many thousands of Soldiers, most are there for training and not assigned permanently. This creates a critical need for skilled personnel.

"I do not have extra active duty Army Soldiers to get things done, and we came across an opportunity to partner with the Guard," said Fort Jackson Deputy Chief of Staff for Logistics, Lt. Col. Shane Ousey. "We do over 50 percent of the Basic Combat Training for the Army. The Guard support helps makes us a top-notch training facility, among the best in the Army."



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Helping Hands

Photo by WALLACE McBRIDE

Fort Jackson recognizes volunteers Tuesday during a ceremony at the Joe E. Mann Center. The quarterly Commanding General's Helping Hands Award was presented to 78 Soldiers, family members and civilians who volunteer on post and in the surrounding community. This week's recognition was for second-quarter efforts.



Photos by WALLACE McBRIDE

Earth Day

Fort Jackson's Directorate of Public Works—Environmental Division, Family and Morale, Welfare and Recreation, and Palmetto State Utility Services pitch in Tuesday to celebrate Earth Day by landscaping the entrance to the Thomas Lee Hall Library. Bushes were removed and flowers were planted at the front of the building. FMWR representatives were also present to hand out Earth Day literature to library patrons.

ACS helps spouses build careers on the go

By **BARBARA MARTIN**
Employment Readiness Program

Every year since 1963, the president has issued a proclamation announcing National Small Business Week, which recognizes the critical contributions of America's entrepreneurs and small business owners. More than half of Americans either own or work for a small business. Small businesses create about two of every three new jobs in the U.S. each year.

Military spouses face many challenges during a permanent change of station move, and unemployment is generally at the top of the list. Small business opportunities can create an ideal work situation for military spouses. Portable careers that can follow them anywhere, anytime can be a positive solution to meeting their career success.

According to Mike Haynie, founder and executive director of the Institute for Veterans and Military Families, spouses are increasingly turning to business ownership as a professional vocation.

National Small Business Week is observed May 12-16. The Army Community Services Employment Readiness Program is hosting a workshop titled, "How to Create Your Dream Job: Merging your Passion and Skill Set," May 13, from 9 a.m. to noon at the Strom Thurmond Building, Room 222. The workshop will be presented by Maryanne Wey, a military spouse

and entrepreneur. She will talk about why she decided to start her own business and the resources that helped her become successful. Topics covered will include concrete action steps to launch your business, resources for your start up, and conscious brand development. This workshop is designed for military spouses who want to explore career options and decide if becoming an entrepreneur is a good fit for their military lifestyle.

Throughout the week, free copies of the Small Business Resource Guide (provided by the South Carolina Small Business Administration) will be available at the Employment Readiness Program office.

ID card holders can also enter to win a copy of the book, "Start Your Own Business and Hire Yourself." To register for the resource book giveaway, send an email to Barbara.L.Martin10.civ@mail.mil and state when National Small Business Week is observed. The entry submission period is May 1- 22. Five winners will be notified May 23.

ACS has also partnered with the University of South Carolina Small Business Development Center to offer quarterly small business seminars and with SCORE to offer a five-week course, "Simple Steps to Starting a Small Business." Classes are free and participants receive free individual follow-up appointments with either agency. For dates and times of upcoming workshops, call 751-5256.

HOW TO CREATE YOUR DREAM JOB

I knew it was time for me to start my own business the day that I was offered a job at a mortuary. I'd been looking for a job for months. ACS helped update my resume. I had a killer power suit for interviews. Yet, the most lucrative offer I'd received involved dealing with the recently deceased. In my job search, I was at a dead end. Literally.

I'm not alone. A recent article in the *Stars & Stripes* highlighted a disturbing statistic from The Military Officers Association of America and the Institute for Veterans and Military Families at Syracuse University. It noted that "90 percent of female spouses reported being underemployed or overqualified for the positions they hold." My first reaction when I heard this echoed many of my friends: "Tell me something I don't already know."

Still, I felt stuck. In the back of my brain, I harbored a dream scenario. I would actually like my job (a radical concept, I know). I would have more flexibility; something that recognized

the unique scheduling challenges that military life presents. I would be my own boss.

That was one year ago. Today, I own a successful portrait and lifestyle photography business. I love my job and my clients. Starting my own small business was one of the best decisions I've ever made. However, I still remember how overwhelming the prospect of getting started was.

My Number One tip for anyone considering starting a business is this: Make a business plan. Developing your business plan is similar to looking for homes (a skill I know most of us are experts in) — you need a good foundation. You want something that will provide stability, not turn into a time and money vacuum. It will allow you to outline exactly what you want your start up to look like and how it will function. If you need help, Army Community Services and SCORE offer a phenomenal course to help you build a business plan and your start up.

— *Maryanne Wey*

Here is a list of resources that may be helpful to you in making a decision about starting your own business:

- U.S. Small Business Administration: www.sba.gov
- SBA South Carolina District Office:

www.sba.gov/sc

■ SCORE Midlands Chapter: www.scoremidlands.org/

■ University of South Carolina Small Business Development Center: www.sc-sbdc.com/



Blackhawk night in Carolina

The Soldiers, civilians, spouses and guests of the 171st Infantry Brigade gather at the Fort Jackson NCO Club April 5 to celebrate the brigade and the community. The evening's theme was, "Nothing could be finer than a Blackhawk Night in Carolina".

Courtesy photos



Rock Force tackles mud

Eight Soldiers and four family members with the 3rd Battalion, 34th Infantry Regiment participate in the U.S. Marine Corps Ultimate Mud Run in Gaston. Left photo, Chaplain (Capt.) Colt Randles, left, holds his wife, Jamie, and Capt. Chad Headrick holds his girlfriend Erin Daugherty after completing the run. Below, Family Readiness Group members Kat Feingold, Erin Dougherty, Lori Sonsalla and Jamie Randles prepare to take on the mud run.

Courtesy photos



COMMUNITY SNAPSHOTS



Spirit week

To begin Month of the Military Child spirit week at the schools on post, the Fort Jackson Cub Scouts, Boy Scouts and Girls Scouts conducted flag ceremonies at each school. Left, Girl Scouts, Boy Scouts and Cub Scouts conduct the ceremony at C.C. Pinckney Elementary School, April 7. Below, Cub Scouts conduct the ceremony at Pierce Terrace Elementary School, April 8.

Courtesy photos



App available for commissary rewards card

By KEVIN ROBINSON
Defense Commissary Agency

FORT LEE, Va. — Commissary Rewards Card users can now download an Android app to access and clip digital coupons.

Available free from the Google Play Store, the Commissary Rewards Android app joins the previously released iPhone/iPad app, giving commissary shoppers access to their rewards card accounts through a vast array of smart phones and tablets.

“We’ve tested the Android app and received good reviews on its ability to connect rewards card users with available coupons,” said Marye Carr, the Defense Commissary Agency’s rewards card manager. “Now with apps for both operating systems, our patrons have more flexibility on when and where they can clip coupons, review their lists of downloaded coupons and track which ones have been redeemed or expired.”

The apps also let customers connect to the nearest commissary via phone numbers and addresses. And, just like accessing their accounts from a desktop computer, Commissary Rewards Card users can always be plugged into new promotions and contests customized for them.

Since it was unveiled in September 2012, the Commissary Rewards Card has become a game-changer for commissary patrons, opening up access to digital cou-



pons redeemable in commissaries, said DeCA Sales Director Randy Chandler.

“As the military changes, so is DeCA, and the Commissary Rewards Card is a way the commissary benefit is evolving to remain relevant to our service members and their families,” Chandler said. “It’s amazing how card users can get to these electronic savings — now more than 150 coupons at a time — from either the click of a mouse or now from their own smart phones and tablets.”

From the program’s start through April 4, Commissary

Rewards Card users have downloaded more than 26 million digital coupons, and commissaries have redeemed more than 3 million for a savings of \$3.6 million to patrons.

Using the rewards card has become as simple as 1-2-3, Carr said:

- Get a rewards card at a commissary.
- Register the card at www.commissaries.com/rewards/index.cfm.
- “Clip” or download coupons to your account (they are automatically loaded to your card).
- Print a list of your coupons and bring it and your card with you on your next shopping trip.
- Present your card at checkout so the cashier can scan it for coupons that match your purchased items.
- Digital coupons are automatically erased from the account as they are redeemed or if they expire.

“The savings from using coupons helps our patrons extend their savings even more,” Carr said. “And, with the mobile apps, they have even more options to access their Commissary Rewards Card accounts for digital savings.”

For more information about the Commissary Rewards Card, visit <http://www.commissaries.com/rewards/index.cfm>. To reach a customer service hotline, call 855-829-6219 or send an email to commissarysupport@inmar.com.

ASMC chapters host professional training

From the Palmetto Chapter,
American Society of Military Comptrol-

More than 130 military, civilian and state government financial management professionals from across the Southeast participated in the American Society of Military Comptrollers Regional Professional Development Institute, or PDI, in Santee, April 11.

The theme for the PDI was, “Joined by Service and Commitment.” The keynote addresses were given by Brig. Gen. Paul Chamberlain, commanding general of the Soldier Support Institute, and by Al Runnels, executive director of the American Society of Military Comptrollers.

The addresses were followed by a financial management panel and a lunch presentation, “Adapting the FM Function,” which focused on shortcuts for downloading, sorting and formatting GFEBS reports and the advanced use of Excel in shaping

GFEBS reports.

PDI attendees spent the majority of the afternoon attending breakout sessions on topics such as internal controls; DoD contracts; DoD FM certification; and NAF accounting and NAF OPSEC.

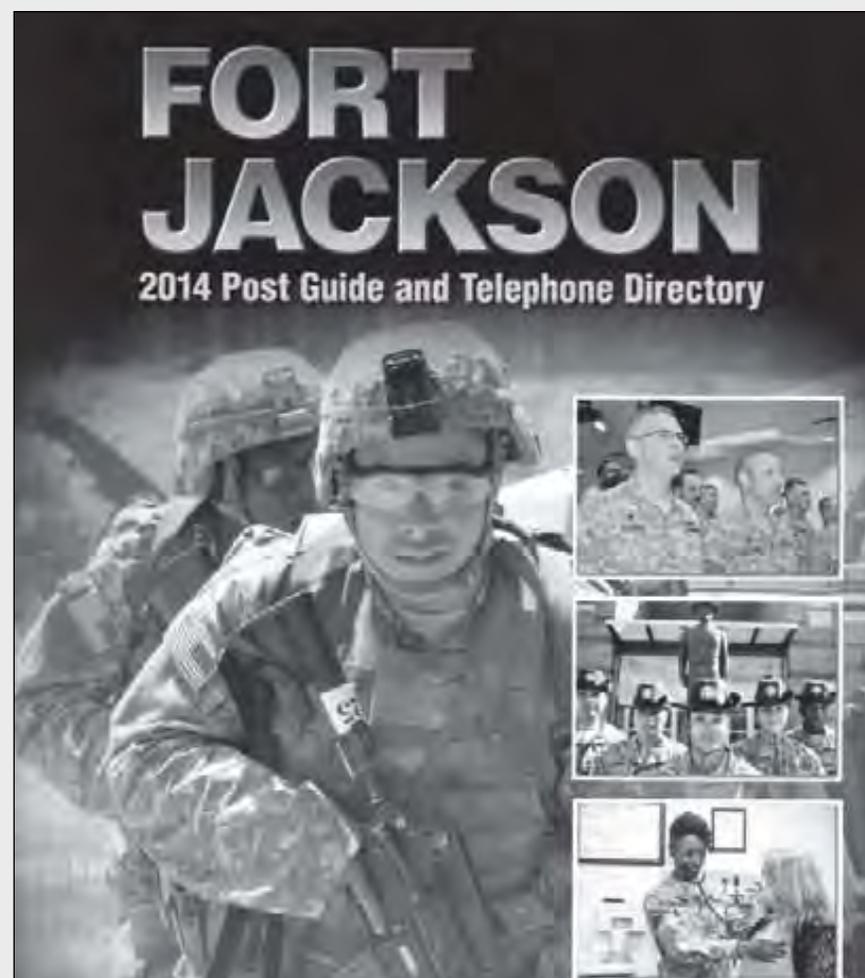
The PDI was hosted by the Palmetto Chapter, Fort Jackson; Low Country Chapter, Parris Island Marine Recruit Depot; and the Midlands Chapter, Shaw Air Force Base.

“It was our first Regional PDI, and you could only imagine the challenges we faced when coordinating three separate ASMC chapters, geographically separated, yet working toward a common goal,” said Dan Hagan, PDI chair. “Their efforts and focus as a team spoke volumes and solidified our PDI theme of, ‘Joined by Service and Commitment.’ I am very proud of them and look forward to working with them in the future at the second annual Regional PDI 2015 to be held in Savannah, Ga.”

Follow the Leader on Twitter
at www.twitter.com/fortjacksonpao.

Like us on Facebook.

Log on to your account and search for “Fort Jackson Leader.”



2014 post guides available

The 2014 Fort Jackson Post Guide and Telephone directories have arrived.

If you are *not* part of one of the following organizations — which have already received deliveries — you can make an appointment to pick up

your copies at the Public Affairs Office: FMWR; ACS; Housing; IHG Army Hotel; MACH; 193rd Infantry Brigade; 171st Infantry Brigade; 165th Infantry Brigade; U.S. Army Chaplain Center and School.

Call 751-3615 to arrange a pickup.

Medal

Continued from Page 6

“So, I put my foot on his leg and pulled the belt as hard as I could until the bleeding stopped,” White recalled.

White next looked around for the lieutenant and noticed his platoon leader, Ferrara, was lying still, face-down on the trail. Again, White exposed himself to fire, this time crawling to Ferrara’s position. The lieutenant was dead, so White moved back to Schilling where he began to use Schilling’s radio until an enemy round zipped right through the hand-mic blowing it out of his hand. Now both Soldiers’ radios had been destroyed.

The paratrooper moved to Bocks and found that his radio was still operational, so he established communication with friendly elements and rendered a situation report. He understood the situation well enough that he was able to bring in mortars, artillery, air strikes and helicopter gun runs to keep the enemy from massing on friendly positions.

“I heard a hiss, just a second of a hiss and then a big, big explosion and that one brought me to my knees,” he said. “It scrambled my brains a little bit.”

That was concussion No. 2 for the day, caused by a friendly 120-mm mortar round that fell a little short of its target.

After nightfall, White began giving the interpreter commands to relay to the Afghan National Army soldiers to establish themselves as a security perimeter. MedEvac was still a few hours away, so White kept telling Schilling to stay awake as he consolidated sensitive items — radios and weapons in a central location to ensure no equipment would be lost to the enemy.

While trying to keep Schilling from falling asleep, White battled his own multiple concussions. He knew if he passed out, the helicopters wouldn’t be able to find them or the two wounded Afghan National Army soldiers whom White had also treated.

Eventually, White marked the landing zone and assisted the flight medic in hoisting the wounded into the



Army photo

Sgt. Kyle White poses for a photo in March. He is scheduled to receive the Medal of Honor May 13.

helicopter. Only after all wounded were off the trail did White allow himself to be evacuated.

While many Afghan National Army and fellow Soldiers were injured on that autumn day nearly seven years ago, five American Soldiers and one Marine died during the battle, which White and Schilling say they have never forgotten and never will.

Each of the surviving Soldiers of the Battle of Aranas wears a stainless steel wristband with the names of those who didn’t come home: 1st Lt. Matthew C. Ferrara, Sgt. Jeffery S. Mersman, Spc. Sean K.A. Langevin, Spc. Lester G. Roque, Pfc. Joseph M. Lancour and Marine Sgt. Phillip A. Bocks.

AFTERMATH AND LIFE TODAY

The only child of a Vietnam era Special Forces Soldier and his wife, White first wanted to join the Marine Corps in 2006. His father convinced his 19-year-old son — who grew up hunting, fishing and snowboarding — to go Army and to be a paratrooper. In February 2006, he signed on as an infantryman.

Following airborne training at Fort Benning, Ga., White was assigned to Vicenza, Italy, with 2nd Battalion (Airborne), 503rd Infantry, as a grenadier and rifleman. While with the 503rd, White was deployed to Afghanistan as a platoon radio telephone operator, from May 2007 until August 2008. He next served as an opposing forces sergeant with the Ranger Training Battalion at Fort Benning.

He separated from the Army on July 8, 2011, and used his G.I. Bill to attend the University of North Carolina at Charlotte, from which he received a bachelor’s degree. Today, he works as an investment analyst at The Royal Bank of Canada in Charlotte.

Schilling who was shot twice, credits White with saving his life. He said before White patched him up with two tourniquets, he didn’t think he had a chance of getting out of the ambush.

Today, he’s well and serves as an armed security officer in Palo, Iowa. Like White, he was also just 20 at the time of the battle. While White and Schilling were friends before the battle, they’ve become even closer friends who experienced a major trauma and the horror of war.

“Kyle still comes up once a year because he knows I have a family and it’s hard for me to break away, so he comes to me ... that’s really cool,” Schilling said, adding that he’ll be at the ceremony. “I consider him my best friend. We’re still very close after these seven years.”

Schilling said that although White didn’t actually get hit by any enemy rounds, his pack was shot up and his weapon was also shot more than a few times.

“I just want people to know, the fire he moved through was just absolutely ... I can’t even describe how intense it was, that’s what amazed me, how he went to get Bocks so many times — faster than a speeding bullet — he’s definitely lucky and so am I.”

Calendar

Saturday

National Prescription Take Back Day
10 a.m. to 2 p.m., Main Exchange

Saturday

Family fun fair
10 a.m. to 3 p.m., Patriot's Park

Saturday

Imagination sparks with Sparky
3 to 4 p.m., Post library
Program for children of all ages to learn fire prevention and to find fun and excitement in reading. For more information, call 751-5589.

Wednesday

Civilian employee town hall meeting
9 to 11 a.m., Post Theater

Wednesday

SSI Holocaust remembrance ceremony
1:30 to 2:30 p.m., SSI auditorium

Wednesday, May 14

Retired Officers Wives Club luncheon
Noon, Officers' Club
Reservations are required by May 2. For more information, call 788-5082 or 783-1220.

Wednesday, May 21

Shred day
9 a.m. to 1 p.m., Recycling Center
For more information, call 751-4208.

Thursday, May 29

Carolina Maude Foundation Golf Tournament
1:30 p.m., Fort Jackson Golf Course
For more information, call 767-6545.

Announcements

SCHOOL FUN RUN

C.C. Pinckney and Pierce Terrace elementary schools will host a Month of the Military Child 1-mile fun run 8 a.m., Saturday at C.C. Pinckney Elementary School. Registration forms can be picked up at the school offices. The cost is \$5 per participant.

SPORTS SHORTS

- Letters of intent for spring tennis are due May 14.
- Army Sports Program meetings, May 1. Brigade-level teams for soccer, basketball and volleyball will be fielded. The basketball meeting will start at 1 p.m., the volleyball meeting at 2 p.m., and the soccer meeting at 3 p.m. at the Joe E. Mann Center. The Army Sports Program Games are scheduled May 5-14.
- Registration deadline for the triathlon/duathlon is May 8. The events will take place 8 a.m., May 17 beginning at Knight Pool.
- Strongman competition, 6 p.m., May 22, Hilton Field Softball Complex.

- Memorial Day 5K fun run/walk, 8 a.m., May 24, Twin Lakes.
 - Boxing smoker, 6 p.m., May 31, Solomon Center.
- For more information, call the Sports Office at 751-3096.

YOUTH SPORTS REGISTRATION

Registration is under way for the following youth sports events/leagues:

- T-ball; for ages 3-5; \$20; register by Friday.
- Coach pitch baseball; for ages 6-8; \$45; register by Friday.
- Free volleyball clinic; for ages 6-10; May 5-9.
- Summer swimming, for ages 6-18; \$65; for age 5; \$20; register by May 9.

Coaches are needed for all sports. For more information, call 751-5040/7451.

JAG CLOSURE

The Office of the Staff Judge Advocate will close at noon, May 1 for its annual Law Day celebration. Normal hours will resume May 2.

DES OFFICE CLOSURE

The Directorate of Emergency Services Police Administration Office will be closed May 23.

ONLINE PET PHOTO CONTEST

Authorized Exchange shoppers can send in photos of their pets for a chance to win a \$500 Exchange gift card. The contest is open May 2-24. For more information, visit www.shopmyexchange.com/patriotfamily.

THANKING TROOPS THROUGH TENNIS

The Thanking our Troops Through Tennis foundation will host a free tennis expo for children and adults May 17 on Fort Jackson. The expo includes instruction from tennis pro Dick Stockton. The event is free and open to all DoD ID card holders. For more information, call 751-3096.

YOU MADE THE GRADE PROGRAM

Students who maintain a B average or higher can receive a special coupon booklet at Exchange as part of AAFES' You Made The Grade program.

LIFEGUARD TRAINING

The next lifeguard training class is scheduled to begin Friday. Sessions are scheduled for May 9-11 and May 17-18. For more information, visit <https://webtrac.mwr.army.mil/webtrac/jacksonretrac.html>.

AER SCHOLARSHIPS

Army Emergency Relief is accepting applications for its scholarship programs. AER offers the MG James Ursano Scholarship Program for dependent children and the Spouse Education Assistance Program. Both scholarships provide assistance for students who are pursuing their first undergraduate degree. The applications close May 1. For more information, visit www.aerhq.org.

COMMISSARY TOURS

Throughout April, the Month of the

Military Child, the Commissary is offering tours for Child Development Centers. The tours will focus on the produce department to highlight the benefits of fruits and vegetables. For more information, visit www.fruitsandveggiesmorematters.org.

HEARTS APART PROGRAM

The Hearts Apart program supports families who live separated from a loved one because of deployment or an unaccompanied tour of duty. Family members are invited to participate in monthly activities and holiday events. The Hearts Apart Support Group meets quarterly. For upcoming events, visit <http://fortjacksonmwr.com/acs> or www.facebook.com/ftjackson.acs.outreach. For more information, call 751-9970/1124.

SAT/ACT TESTING

The Education Center will administer SAT testing May 29 and Oct. 30. ACT testing will be available July 31. Testing is available to eligible service members only. For more information and to register, call 751-5341.

THRIFT SHOP NEWS

- Applications for the summer hire program for 16-21-year-old students will be accepted Tuesday through May 15 at the Thrift Shop. Interviews will be scheduled for May 27-29.
- The store is closed through Friday for spring break.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

Information is subject to change.

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.

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

For more information, call 751-7045.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

282ND ARMY BAND CONCERT

The 282nd Army Band will perform a concert at 3 p.m., Sunday at the Francis Marion University Performance Arts Center in Florence. The concert is free, but tickets are required. For more information, call (843) 661-4444.

CDL FOR SERVICE MEMBERS

The South Carolina Department of Motor Vehicles allows qualified service members to waive the commercial skills test to obtain a commercial driver's license. Applicants must still pass all required knowledge tests and comply

with mandatory federal regulations. To qualify, applicants must be active duty or within 90 days after separation of military service. They must have served in a military position requiring the operation of a military commercial motor vehicle. Applicants must have a valid South Carolina driver's license and cannot have held more than one other driver's license within the past two years. Drivers whose licenses were suspended, revoked, canceled or disqualified during the previous two years are not eligible for the waiver.

OPERATION PURPLE CAMP

Applications for Operation Purple summer camps are now accepted. The camps are free for military children, 7 to 17. For more information, visit <http://support.militaryfamily.org> and click on "Our Programs."

Housing happenings

YARD OF THE MONTH

The annual Yard of the Month program is gearing up to begin with judging today. To submit a yard as a contender, to include yours, call Ericka McDaniel at 738-8275, email emcdaniel@bbcgrp.com, or call RCI Housing at 751-7567. One winner from each neighborhood submitted will be chosen. Visit the Self Help Center and check out lawn and garden tools that will assist you in having a beautiful yard that could be a Yard of the Month winner. The Self Help Center is located on Ivy Road and is open Monday through Friday, 8 a.m. to 4 p.m. Monthly winners receive recognition in the *Leader*, are featured on the Balfour Beatty Communities website and in the newsletters. The grand prize winner also receives a \$50 gift card courtesy of BBC.

COMMUNITY YARD SALE

A community yard sale is scheduled from 7:30 a.m. to 3:30 p.m., May 3. For registration, additional information and to be included on the map of participants, contact Ericka at emcdaniel@bbcgrp.com, or call 738-8275. The deadline to register is April 30.

TEDDY BEAR PICNIC

A Teddy Bear Picnic is scheduled from 1 to 3 p.m., Saturday at the Community Center. Breakfast on the Go is scheduled from 8 to 9 a.m., Tuesday. The location will be a surprise, so stay tuned to www.facebook.com/FortJacksonFamilyHousing for more information

SOCCER STANDINGS

SSI	6-2
3-60th	5-1
2-60th	3-4
MEDDAC	1-4
165th	2-6

Standings as of April 19

BCT honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office



Sgt. Tasha Gray
Company C
1st Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pfc. Shaun Morey

STUDENT LEADER OF THE CYCLE

Spc. Murtaza Sharifi

HIGH APFT SCORE

Pvt. Kendall Huffman

HIGH BRM

Pvt. Kyle Keebler



Staff Sgt. Ben Pulvermacher
Company E
1st Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Daniel Muncy

STUDENT LEADER OF THE CYCLE

Spc. Dymarie Camps

HIGH APFT SCORE

Pvt. Leticia Olivia

HIGH BRM

Pvt. Matthew Olsen

Weekly honors



Spc. Korina Garcia
Soldier of the week
U.S. Army Central

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the May 8 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the May 8 Leader must be submitted by May 1.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

U.S. Army
Training and
Doctrine
Command
G2

TRADOC G2 Intelligence Support Activity
Antiterrorism - Counterterrorism

Threats Terrorism Team (T3)
T3 Advisory

Synchronize Antiterrorism and Protection

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For more photos, visit www.flickr.com/fortjacksonpao

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

Beware:

- Phishing Attacks
- Cross-Domain Violations
- Unauthorized Disclosures

Know the Cyber Threat

Be Alert & Ready

Be a Warrior!

Army AT is risk-based **PROTECTION** from threats-vulnerabilities to mission success.

APR 2014
No. 07-14

! Access <https://atn.army.mil>
Click "CTID Operational Environment Page"
Click "Terrorism Handbooks"
Also see: *Irregular Opposing Forces*
<https://atn.army.mil/media/docs/TC-7-100-3-ctid.pdf>

MACH's blood bank gets accreditation

By FRED HORNICK

Moncrief Army Community Hospital

The Department of Pathology's blood bank at Moncrief Army Community Hospital was granted American Association of Blood Banks re-accreditation, said Dr. Daniel Massi, medical director, Department of Pathology. The blood bank has been consistently accredited by AABB since 1963.

"The AABB's accreditation procedures are voluntary," Massi said. "The Moncrief Army Community Hospital Blood Bank has sought AABB Accreditation because this program assists facilities around the world in achieving excellence by promoting a level of professional and technical expertise that contributes to quality performance and patient safety."

Established in 1947, AABB is an international nonprofit membership organization dedicated to advancing the field of transfusion medicine and related biological therapies. The association is committed to improving health by developing and delivering standards, accreditation and education programs and services to optimize patient and donor care and safety.

Since 1958, AABB has been engaged in the accreditation of blood banks and transfusion services. AABB's accreditation program contributes to the quality and safety of collecting, processing, testing, distributing and administering blood and cellular therapy products.

The accreditation program assesses the quality and operational systems in place within a facility. The basis for assessment is compliance with AABB standards, the Code of Federal Regulations and other federal guidance documents. These standards not only reflect the level of professional proficiency for blood banks and transfusion services in the United States, but also provide the basis for practice in similar facilities around the world.

The AABB accreditation program has been recognized by the International Society for Quality in Healthcare, or ISQua. In June 1995, AABB was granted "deemed status" as an accrediting organization under the Clinical Laboratory Improvement Amendment of 1988 program. This granting



Photo by ANDRE BUTLER, Moncrief Army Community Hospital

Crystal Breedlove, MACH blood bank supervisor, works on a laboratory sample in the hospital lab.

of "deemed status" indicates that the Centers for Medicare and Medicaid have found the AABB accreditation process to provide reasonable assurance that the facilities accredited by it meet or exceed the conditions required by federal law and regulations.

AABB grants accreditation for:

■ Donor centers: collection, processing, testing and distribution of blood products

- Transfusion services: testing (pretransfusion, compatibility) and distribution of blood products
- Cellular therapy
- Immunohematology reference laboratories
- Perioperative services
- Relationship/parentage testing
- Molecular testing for red cell, platelet and neutrophil antigens

MACH UPDATES

MACH MAIN ENTRANCE CLOSED

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31.

Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

IMMIGRATION EXAMS

The Department of Preventive Medicine at Moncrief Army Community Hospital provides complete immigration exams, including physical exams, tuberculosis screening, laboratory tests and immunizations for TRICARE-eligible beneficiaries. To schedule an appointment, call 751-5251.

Like the Leader on Facebook.
Log on to your account
and search for "Fort Jackson Leader."

Prescription home delivery available

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

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

The first shipment will usually arrive within two weeks.

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

Express Scripts stocks all drugs on the TRICARE formulary.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Tube workout will increase conditioning

Learning all the benefits to using exercise tubes, resistance balls and your own body weight is a major first step toward effective exercising. Next, we will design a workout program to bring you a total body workout. To get the most out of your new workout, it is recommended that you perform this routine at least two times a week. You should also supplement with two extra days of exercise, providing your body with physical exercise at least four days a week.

To really get the most out of your new training program, you should commit to a daily regime that lasts at least 45 minutes. The recommended amount of exercise time is typically 30 minutes a day, every day. Exercising 30 minutes a day, seven days a week amounts to 210 minutes a week of exercise. Exercising 45 minutes a day, four days a week amounts to 220 minutes. Although that's almost the same amount of time cumulatively, something happens to our bodies when exercise time exceeds that 30 minute threshold.

I mention this because I am excited to inform exercisers about the weight loss benefits that happen through longevity. When you go beyond 30 minutes of continuous exercise, your body switches its source of fuel. Initially, the body burns a sugar called glucose for energy. The carbs that you eat get converted into this useable energy that is stored in your liver until you need it for that workout. It normally takes about 30 minutes to get rid of this preferred source of energy. When you keep going with your workout, your body begins to search for another source of fuel. That next preference is a combination of body fat and protein. This means you have entered into a greater calorie and fat burning portion of your workout. If you exercise past the 45 minute threshold, you enter into fat burning as your primary source of energy fuel.

THE WORKOUT



BICEPS CURLS

BICEPS CURLS (CONDITIONS THE FRONT OF THE ARM)

Begin by standing on your selected exercise tube. Make sure that it is secure under your feet. Your legs should be hip distance apart and your toes should point straight ahead. You have a tube handle in each hand. As you exhale, curl your hands and forearm toward you until your knuckles are facing the ceiling. Pause for a moment and think about squeezing the muscle (not your hands). Release back to the start position. Aim for 20 repetitions of this move.

THE WEIGH IT IS

By PAMELA J. LONG

*Fitness programmer,
Family and Morale, Welfare
and Recreation*



SIDE LATERAL RAISES

SIDE LATERAL RAISES (CONDITIONS THE SIDE OF THE SHOULDER)

Remain standing on your selected exercise tube with your arms at your sides but not resting on your thighs. Hold a tube handle in each hand. Your knuckles should face the floor. Keep your shoulders down and relaxed during each move. As you exhale, raise your arms to shoulder level, briefly pause at the top then bring the arms back to the start position. Aim for 20 repetitions of this move.



REAR DELTOID RAISES

REAR DELTOID RAISES (CONDITIONS THE BACK OF YOUR SHOULDER)

Standing on your selected exercise tube, your legs are a

little wider than hip distance apart. Your arms are cupped behind you with your closed hands facing your buttocks (but not touching them). As you exhale, bend your elbows (do not shrug your shoulders) and pull the elbows up so the hands are at waist level (do not touch waist). Pause for a breath then return to the start position. The only part moving are your elbows up and lowering down. Exhale as you bring the elbows up, and inhale as you return to the start position. Aim for 20 repetitions of this move.



PUSHUPS

PUSHUPS (CONDITIONING TOTAL BODY)

No exercise routine is complete without pushups. They have been around forever because they work. Pushups engage the entire body and typically use your own body weight to perform the exercise. This means all the benefits from the move go toward your body (equipment receives no glory). Pushups can be done on your knees or your toes. Both are very effective as long as proper body alignment is used.

If you have to begin your pushups on your knees, make it a goal to be able to perform them on your toes. Beginning on your knees (or toes). The hands are on the floor shoulder distance apart or a little wider. Your fingers are spread, and your palms are flat. Your body is on a slant and is rigid like a board. Legs or knees are together. Shoulders are down, and your head and neck are neutral with your eyes looking down. As you exhale, the elbows bend as you lower your chest towards the floor. As you inhale you will return back to your start position. Tip: As you bend your elbows the entire body goes down. Do not thrust your chest and chin forward. Aim for 20 repetitions of this move.

Tube

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TRICEPS

TRICEPS (CONDITIONING FOR THE BACK OF THE ARM)

This move can be a bit tricky with the exercise tube, but using the tube elongates the arm muscle because of the pulling of the tube. Begin standing with the feet hip distance apart. You have your tube behind your back, one arm is up holding the tube and the other down holding the tube. The hand holding the tube over your shoulder is the only hand that moves during this exercise. Pull the tube toward the ceiling. Your knuckles should face the ceiling at the end of each repetition. Return the elbow back to bent position and aim for 20 repetitions then change arms.



INNER THIGH SQUEEZES

DEAD LIFTS (CONDITIONS FRONT AND BACK OF THIGH)

Begin with both feet on your selected tube (secured). The legs are hip distance apart, the hands are holding low on the tube to create greater tension (you are in a bent over position). Make sure you have good tension in your tube, which you should feel every time you come up into an upright standing position. Continue the move by stooping down and coming back up (squeeze your buttocks slightly). Aim for 20 repetitions.

ABDUCTIONS (CONDITIONS OUTSIDE OF THIGH) The legs are less than hip distance apart. Take the tube and wrap it around your right or left ankle (not too tight). Step on the free end of the tube with your free foot (make sure it is secure). As you exhale you want to lift the wrapped leg out to the side and then back to the start position. Aim for 20 repetitions then change legs. Tip: If your balance is challenged, anchor by holding on to the back of a chair. When you perform this move your knee should face straight ahead, it should not turn up toward

the ceiling.

INNER THIGH SQUEEZES (CONDITIONS INSIDE OF THE THIGH)

This move requires the use of a resistance ball. They come in all sizes, but typically a medium ball is the most versatile. The inner thigh is probably one of the biggest areas women complain about when it comes to legs. The inner thigh is so hard to reach and condition that it is often omitted from workout routines. Begin seated (use good posture), place your ball between your thighs (ball does not touch the floor). Your feet are flat and the toes point straight ahead. The hands do not touch the ball (you want your thighs to do the work of holding not your hands). Begin to squeeze the ball with your inner thigh muscles. You want to use slight pressure with each squeeze to condition the inner thigh. Aim for 20 repetitions, rest and repeat for four more sets of 20. This is one of my favorite moves, and it really works.

Once you have gone through each exercise, start over from the top until you have devoted 30 to 45 minutes to your new strength and conditioning workout routine. Your

W O R S H I P
SCHEDULE

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

6 p.m. Gospel prayer service, Daniel Circle Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel

■ Thursday

11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

Protestant Youth of the Chapel

■ Saturday

11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

■ Sunday

5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

CATHOLIC

■ Monday through Thursday

11:30 a.m. Mass, Main Post Chapel

■ Sunday

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

ANGLICAN/LITURGICAL

■ Sunday

8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday

8 to 10 a.m. Islamic studies, Main Post Chapel

■ Friday

12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

■ Sunday

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

CHURCH OF CHRIST

■ Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

■ Sunday

9:30 to 11 a.m. Anderson Street Chapel

■ Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

■ Wednesday

7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel

2335 Anderson St., 751-7032

Bayonet Chapel

9476 Kemper St., 751-6322/4542

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

Education Center

4581 Scales Ave.

Chaplain Family Life Center

5460 Marion Ave (to the side of the POV lot), 751-4961

Magruder Chapel (closed for renovation)

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