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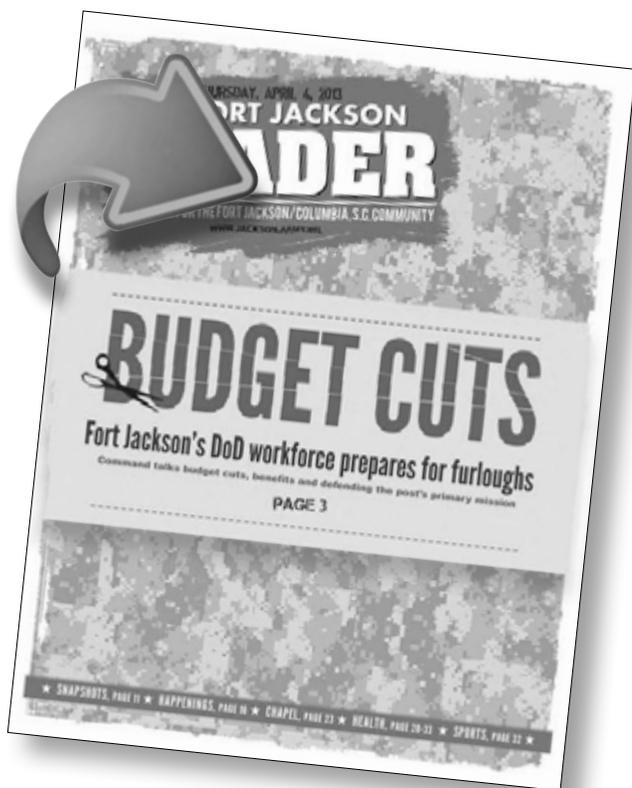
BUDGET CUTS



Fort Jackson's DoD workforce prepares for furloughs

Command talks budget cuts, benefits and defending the post's primary mission

PAGE 3



COMMANDER'S CALL

Zero tolerance

No place for sexual abuse in the Army

Team Jackson, let me be clear, the Army has zero tolerance for sexual harassment and sexual assault, and so do I.

In 2011, the Army reported 1,695 cases of sexual harassment and assault. Just above half of these reported incidents involved service members assaulting fellow service members. What's worse is that we can only speculate the number of cases that went unreported.

This type of behavior is contrary to the values of our Army profession. It contaminates the trust that Soldiers have with their seniors, peers and subordinates. Furthermore, it fractures the relationships we have with the civilian populace who entrust us with their sons and daughters.

I view sexual harassment and assault as an enemy threat, and just as we do with other threats, the Army is placing a continued emphasis toward eliminating it. All of us have a shared role in ridding our ranks of this cancerous conduct.

Since 2008, the Army has been engaged in direct combat against this foe through the Sexual Harassment and Assault Response/Prevention Program (SHARP), and the I. A.M. Strong (Intervene, Act, Motivate) campaign. The first phase was introduced with educating leadership about the issues and securing commitment from those at the top. The second phase involved instilling confidence and passion into every Soldier, Civilian and Family member to fight against sexual assault and harassment. Phase Three focused on a cultural change that set a standard that put our zero-tolerance policy into full effect. Phase Four continues the process of sustainment, refinement and sharing of lessons learned from this strategy so that we may potentially eradicate sexual harassment and assault.

Although prevention plans such as SHARP and I. A.M. Strong campaign are also designed to defuse high-risk situations, we can do more.

At Fort Jackson we are doing what we can to make our places of work and leisure activities less susceptible to sexual harassment and assault. We conduct regular discussions with leaders across the installation to make sure we are all aware of the threats that exist in our AOR and to our flanks. We also have begun the work to emplace lights and security cameras in order to assist our MPs and DA Police with coverage of training and cantonment areas. Although we are in the last stage of a four-stage plan to eliminate sexual violence, we know that there is still a lot of work to be done.

It is imperative that we continue to educate our Soldiers and family

members on reporting procedures and options. Bottom line, as leaders, we are required by regulation to report all allegations of harassment and assault involving our Soldiers. We owe it to the victims to make sure their cases are being properly handled as expeditiously as possible.

In the unfortunate case of someone becoming a victim of sexual harassment or sexual assault, we have a variety of community services to help him or her. The services include Stress and Anger Management, Victim Advocacy, Social Work Services, and Family Life Chaplain Services. Reporting options are also available for those who have been victimized, to include the right to seek services confidentially.

Ending these types of offenses and crimes needs to be a collective effort. We must remember our goal as an Army Family is to provide a quality of life for Soldiers, Civilians, and Families that exemplifies our Army values and exudes what Command Sgt. Maj. Kevin Benson calls the three P's: Professionalism, Passion, and Pride.

If you are seeking help, please contact your unit victim advocate. If you do not

know him or her, then you can reach the Army Family Advocate Center at 751-6325 or the Chaplains Family Life Center at 751-4542.

Let's all do our part in defeating this enemy that threatens our time-honored profession.

Army Strong and SHARP Starts Here!
Victory 6

**By BRIG. GEN.
BRYAN T. ROBERTS**

**Fort Jackson
Commanding General**

ON THE COVER

Graphic by WALLACE McBRIDE

Installation leaders informed civilian employees about the latest news on possible furloughs in two town hall meetings last week. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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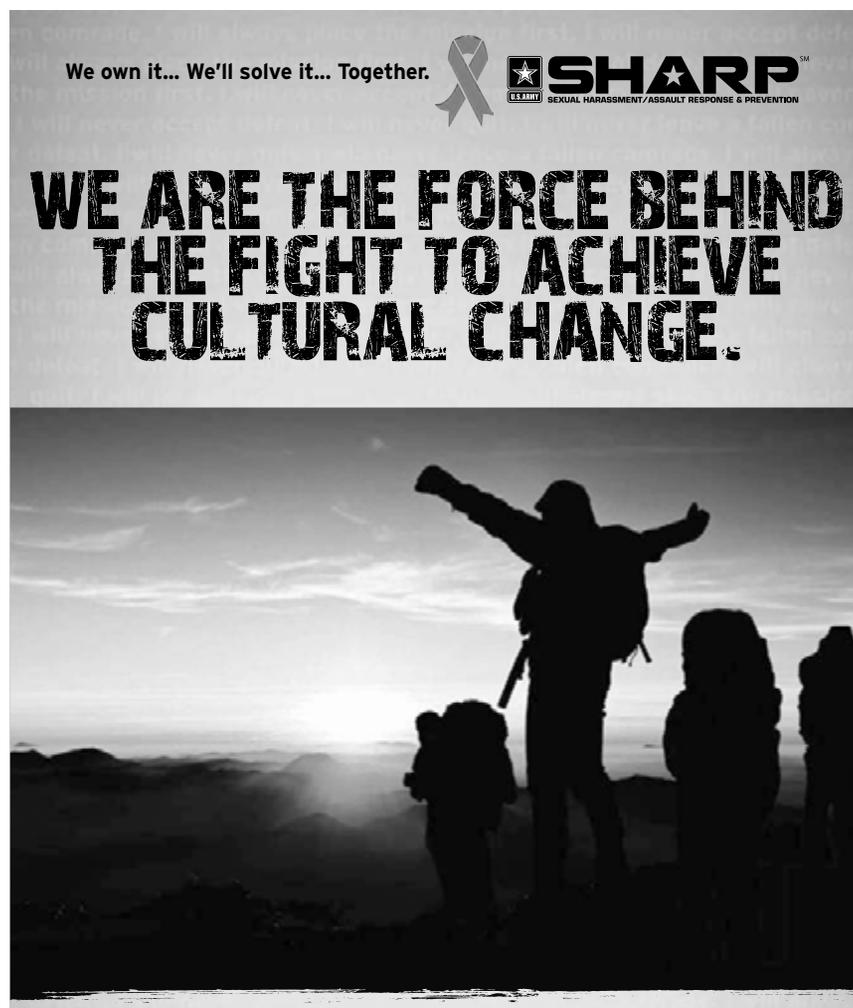
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Post town halls address furloughs

By WALLACE McBRIDE
Fort Jackson Leader

Defense Department civilians can expect fewer unpaid furloughs days this year than originally anticipated.

The Pentagon reduced the number of furlough days after Congress passed a government funding bill that included an additional \$10 billion for defense spending for the rest of the fiscal year. Employees were first told to expect 22 days of unpaid leave, but that number has been reduced to 14.

The decision would affect Fort Jackson's almost 3,500 civilian employees for the rest of the fiscal year, which runs through Sept. 30. The furloughs are projected to begin in June.

Fort Jackson has been asked to cut 5.5 percent of its budget because of across-the-board spending cuts enacted by sequestration, which began in March. Col. Ken Royalty, Fort Jackson chief of staff, said that amounted to \$2.2 million in cuts, which followed on the heels of much more significant reductions adopted in 2012.

When the 2012 fiscal year began, he said the post operated on a \$58 million budget. Before the end of the year, that number had dropped to \$38, and now command must eliminate another \$2.2 million.

More frustrating, he said, is that Fort Jackson technically has no operating budget for the year.

"How we fund Fort Jackson right now is month to month," he told an audience of government employees last week during a town hall meeting at the Post Theater. "On the 29th of every month, I have to submit (how much money we need) to do training, to cut the grass, to do civilian payroll ... that's where we are right now."

Both Royalty and Deputy Chief of Staff Gerald Henderson were present for last week's meeting to answer questions about the furloughs. Henderson said the furlough changes will be "command specific," which might cause some confusion because the post operates under several different commands.

"We work as a team here, but everyone has a different slant on what the furlough means," he said. "There's some degree of variance."

Henderson recommended civilian employees reach out to human resources officers and the Civilian Personnel Advisory Center to determine how the furlough will specifically affect them.

The furloughs will also impact personal benefits such as available sick time and leave. Once an employee misses 80 hours of work because of furloughs, he or she will stop accruing leave for furlough days. For sick leave, employees will stop accruing time after 160 hours of unpaid leave.

Furlough days will be at the discretion of command, but employees will not be allowed to take their furlough days in blocks. Instead, days off will be used one day each week, with the actual days to be determined by administrators.

"Employees don't have the discretion to say, 'I want to



Photo by WALLACE McBRIDE

Col. Ken Royalty, Fort Jackson chief of staff, explains how proposed furloughs will impact federal employees during a March 28 town hall meeting at the Post Theater.

take all (furlough) days up front," said Andrea Gardner, Civilian Personnel Advisory Center Director for Fort Stewart and Fort Jackson.

Henderson said furlough days will be distributed in a way designed to avoid affecting individual command missions.

"It's tied to the mission, it's tied to personal needs, and the over-arching thing associated with all of it is that we do it fairly," he said.

Although furloughs might make it more difficult to use personal leave time, Gardner said there should still be adequate opportunities for employees to use the leave they have earned before the end of the year.

"The furlough ends at the end of September," she said. "You still have October, November and December to use leave. And, even during the furlough period, you can still apply for leave."

"You can't use the furlough for your sole justification for carrying leave over until the next year," Henderson said.

Royalty said there is no reason to believe Fort Jackson will return to the level of funding it received at the start of fiscal year 2012, even after the furloughs have been completed.

"There is a new norm," he said. "That's where we're going to operate."

Milton.W.McBride3.ctr@mail.mil

ON THE WEB

For the latest sequestration updates, visit the following websites:

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

ROAD CLOSURE

Sumter Avenue is closed from Cheatham Street to Beauregard Street because of major issues with the sub-base of the road.

"The safety of Soldiers, family members, civilians and retirees is always paramount in our decision making process and

temporarily closing this road to vehicular traffic is a safety issue," said Col. Michael Graese, garrison commander. Due to the current budget constraints funds are not available to make the necessary repairs, and it is unknown when funds will

be available, so there is no prediction of when the road will be reopened.

"As we regain more flexibility to work sustainment challenges, we will properly prioritize the fix of this road sub-base," Graese said.

The Directorate of Public Works, Directorate of Emergency Services and the Fort Jackson Safety Center all recommended closing the road for safety reasons as traffic vibration and rain continued to cause more damage.

BCT Museum reopens

A ribbon-cutting ceremony marks the reopening of the Basic Combat Training Museum Wednesday. The museum was closed for several weeks to allow the installation of an outdoor exhibit. Pictured, from left, are Henry Howe, BCT Museum curator; U.S. Rep. Joe Wilson; Brig. Gen. Bryan Roberts, Fort Jackson's commanding general; Post Command Sgt. Maj. Kevin Benson; and Daniel Lee, president of Far East Construction.

Photo by ANDREW McINTYRE



Maude lecture on tap

Leader Staff Report

The U.S. Army Adjutant General School will host a Maude Leadership Lecture, 3 p.m., Tuesday at the Solomon Center. The guest speaker will be retired Lt. Gen. Frederick Vollrath, who now serves as acting assistant secretary of defense for readiness and force management. While on active duty, Vollrath served as Army deputy chief of staff for personnel.

The lecture is the 13th in a continuing series of leadership lectures sponsored by the Lieutenant General Timothy J. Maude Foundation.

The Maude Foundation was formed in memory of the late Lt. Gen. Timothy J. Maude, the Army's deputy chief of staff for Personnel, who was killed in the 9/11 terrorist attacks. The purpose of the foundation is to preserve his legacy by providing educational support to current and future Soldiers in America's Army.

The Maude Leadership Lecture series



VOLLRATH

is meant to inspire young Soldiers to become strong leaders in the Army and to be passionate mentors, in their own right, for the good of the Army and the joy of selfless service. It is also intended to provide students, leaders, and human resources communities with increased opportunities to enhance their leadership skills and classroom training by engaging with current and former leaders of the Army.

For more information about the Maude Foundation, visit <http://www.maudefoundation.org/>.

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Resiliency skills help during tough times

By **ELIZABETH MAHER**
Army Community Services

One of the most important things a person can learn in life is how to manage expectations and roll with setbacks. An expectation is an anticipation of what will happen. It is a belief that is centered on the future. It may or may not be realistic and, if it isn't, it can lead to disappointment. The ability to bounce back from challenges and to remain positive and resilient is dependent upon the ability to manage expectations.

How can a person manage his or her expectations and stay resilient while the Army is downsizing, the country is in sequestration and Army civilians are facing furloughs? By educating and empowering oneself with knowledge. Like preventive medicine, a booster shot of information and planning will go a long way

toward preventing an emotional emergency.

Understanding the difference between Army benefits and entitlements is one step toward minimizing disappointments and remaining optimistic. A benefit is an incentive, like, for example, child care centers, recreational facilities and the commissary. Benefits are typically provided by the Army for retention or to enhance quality of life. A benefit may change or not be available at all. An entitlement, on the other hand, is something a person has the right to receive. It's authorized by law; for example, military pay.

What happens when a benefit that we all are accustomed to is no longer available? Or when a service provider is closed because of a furlough?

It would be easy for someone to get anxious, fed up or even depressed. However, this is an opportune time to put resilience into practice.

Resilient people are able to find positive ways to deal with their issues and, as a result, are less affected by change. Resilience is a skill that can be learned. It is an active, problem-solving approach to life.

How can Army Community Service assist the Fort Jackson community in remaining resilient during difficult economic times? Several resources are available. Resiliency classes are offered to equip Army families with positive coping skills. Financial counselors are available to teach creative ways to "stretch a dollar" and reduce debt. Army Family Team Building classes are offered for Army knowledge and empowerment, including a thorough explanation of benefits and entitlements. These are just a few of the services ACS provides.

For more information about any of these services, visit www.fortjacksonmwr.com/acs or call 751-5256.



Photos by **ANDREW McINTYRE**

Month of the Military Child

Above, children with the Imboden School Age Center line up for the Month of the Military Child parade Monday. The parade was moved indoors because of inclement weather. Right, Aleida Martinez, child and youth program assistant, pushes Jasmine Grooms, 5 months, and Tyler Walker, 7 months, during the parade. The parade was the first in a number of activities on Fort Jackson to celebrate the Month of the Military Child. One of the highlights will be a fun fair, scheduled to begin at 10 a.m., April 20 at Hilton Field.





Courtesy photo

A pair of red-cockaded woodpeckers were relocated March 21 from Myrtle Beach to Fort Jackson.

Red-cockaded woodpeckers relocated to Fort Jackson

By **STANLEY RIKARD**
DPW, Wildlife Branch

Normally, fall is the appropriate time of the year for capturing and moving red-cockaded woodpeckers, or RCWs. However, circumstances sometime dictate that procedures be modified to accommodate and protect these endangered birds. Such was the case last month for the translocation of a pair of RCWs from Myrtle Beach to Fort Jackson.

The U. S. Fish and Wildlife Service had worked for several years with the property owners and their environmental consultants, Dr. J. H. Carter III & Associates, on plans to capture and relocate RCWs from lands slated for development along U. S. Highway 17.

In this case, the environmental consultants had improved an RCW habitat on South Carolina Department of Natural Resources' 9,600 acre Lewis Ocean Bay Heritage Preserve in Horry County and established three new RCW breeding pairs. This improved habitat and the establishment of new breeding pairs allowed the property owners to proceed with developing the Myrtle Beach property.

In addition, the pair of RCWs on the Myrtle Beach property could be translocated to a recipient property in the state, where RCWs were already established and suitable habitat existed. That recipient property, as selected by the USFWS, was Fort Jackson.

"We have sites on the installation called recruitment clusters where artificial cavities have been installed in 80-year old pine trees that replicate cavities RCWs naturally excavate," said Nicole Hawkins, wildlife biologist with the Directorate of Public Works. "In addition, 200 acres of land surrounding these recruitment sites have been improved through prescribed burning, cutting of undesirable hardwood vegetation, and other land management activities. A pair of RCWs and their offspring typically require 200 acres of managed pine habitat to survive."

In mid-March, Hawkins received an inquiry from the USF-

WS if Fort Jackson had a recruitment cluster and suitable habitat ready to receive a pair of RCWs from Myrtle Beach. The answer was yes, and plans immediately began for the capture and translocation.

The translocation took place on the evening of March 21 the property along U. S. Highway 17 in Myrtle Beach. The pair of RCWs was observed as they entered their roost cavities for the night. At dusk, biologists used a specially designed mesh net on a telescopic pole to capture each of the birds. Once in hand, the birds were positively identified by their uniquely numbered aluminum USFWS leg band as well as the plastic colored bands attached to the birds' legs.

Jan Goodson, a biologist with Dr. J. H. Carter III & Associates, identified the RCWs as a 2-year old female banded as a nestling in 2011 and a 3-year old male banded as a nestling in 2010. Both birds were placed in enclosed wooden translocation boxes and driven from Myrtle Beach to Fort Jackson.

Shortly after midnight on March 22, Fort Jackson biologists climbed two longleaf pines on the installation, which were provisioned with artificial cavities. Each RCW was placed in its respective cavity, and a wire screen was secured over the cavity entrance to retain the bird overnight. A nylon cord was tied to the screens and lowered to the ground for use in releasing the birds at sunrise.

Right after sunrise the next morning, both RCWs began actively pecking at the screens. Fort Jackson natural resources technicians Josh Arrants and Caleb Gaston pulled the nylon cords simultaneously and released the pair. The female exited immediately, followed by the male about 30 seconds later. Both birds grouped on a pine tree and began vocalizing, which is an excellent sign these birds are pair bonded.

"This was a well-planned and implemented capture and relocation of RCWs from a property slated for development to an installation that takes pride in managing their endangered species," Goodson said. "Hopefully, this pair will nest this spring and produce fledglings, thereby increasing the number of RCWs that reside on the installation."

News and Notes

DAYS OF REMEMBRANCE

Fort Jackson will commemorate victims of the Holocaust with a Days of Remembrance observance from 11:30 a.m. to 1 p.m., April 9 at the Officers' Club. The theme for the event is, "Never again: Heeding the warning signs." The guest speaker will be Henry B. Miller, the son of Holocaust survivors. Tickets cost \$10. For more information, contact an equal opportunity adviser, the Equal Employment Opportunity Office or unit equal opportunity leaders.

TAX CENTER TO CLOSE SOON

The Fort Jackson Tax Center is open from 10 a.m. to 7 p.m., Monday through Friday. The Tax Center will have limited opening hours after April 15. Its last day of operation is April 19. It is located at 4283 Jackson Blvd. For more information, call 751-JTAX (5829).

LEGAL NOTICES

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

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



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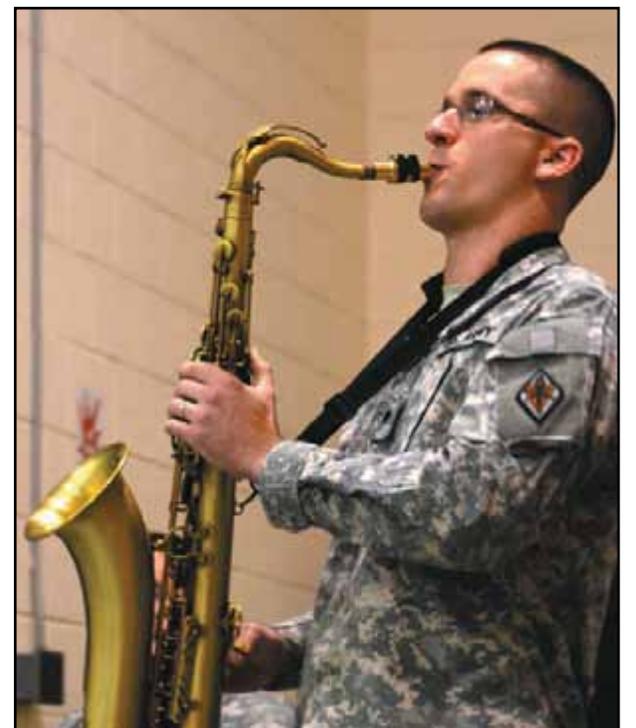
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Post celebrates women's history



Photos by SUSANNE KAPPLER

Fort Jackson celebrated Women's History Month Friday with a luncheon at the Solomon Center. Left, Elizabeth Dinndorf, president of Columbia College and guest speaker for the event, addresses the crowd. Above, The C.C. Pinckney Choir performs a patriotic medley of songs. Below, displays made by students from Fort Jackson schools highlight the accomplishments of women throughout history. Below right, Spc. Travis Myers performs with the 282nd Army Band.





Photos by SUSANNE KAPLER

Post welcomes spring with jamboree



Above, children participate in the bunny hop during Fort Jackson's annual spring jamboree and egg hunt Saturday at the Youth Sports Complex. Far left, Twaquasha Gregg, 4, creates an Easter greeting card. Left, children make visors and other items. During the event, children participated in games, crafts activities and egg hunts.

COMMUNITY SNAPSHOTS



Elementary ArtsFest

C.C. Pinckney students spent March 28 with artists specializing in different media. Above, Camara Fode, a native of Western New Guinea, instructs students on playing tribal drums. Left, Susana Abell, of Silver Trout Arts, in Asheville, N.C, gets some help from teacher Randy James, on the use of puppets. Students also spent time with a song writer and dancer.



Photos by WALLACE McBRIDE



Spring Training

Adam Ferita, 18, plays catch during a practice Monday at Hilton Field. Ferita plays baseball for Belle Vernon High School in Belle Vernon, Pa. The team has visited Fort Jackson for the past four years to prepare for the season. This year, it will compete in the Forest Acres Classic hosted by A.C. Flora High School.

Photo by ANDREW MCINTYRE

Marching toward graduation

Adjutant General Basic Officer Leader course paves the way

From the Adjutant General School

Thirty-six Soldiers from the Adjutant General Basic Officer Leader Course embarked on a 12-mile road march recently. The event was one of the final steps the students had to complete before graduation April 2. The Adjutant General School and the Infantry School at Fort Benning, Ga., are the only two of the Army's 16 basic branch schools that conduct a 12-mile road march as part of their training.

At 4 a.m. on a brisk morning, the students stepped off into the darkness and began the march. The march was not only challenging because of the distance, but because the students performed it with rifles in hand.

"It was hard because that's the farthest I've ever had to ruck, but it was exciting," said 2nd Lt. Veronica Chelsey. "Carrying the rifle, along with (other gear), really makes you feel more in the moment and more like a Soldier — not like you're just going on a long walk."

In preparation for 12 miles, the students performed three-, five- and eight-mile road marches, none of which required additional gear.

"The intent of doing the 12-mile road march is to help our young AG officers set goals ... it builds character and confidence," said Maj. Randy Lefebvre, chief of the Basic Officer Training Division at the Adjutant General School. "Seventy-five to 80 percent of the students have never done a 12-mile road march. Today's Army is evolving and it's imperative that we get back to basics."

The 12-mile road march was incorporated into the AG BOLC curriculum to emphasize the changing dynamic of the Army as it restructures and reduces in size following more than a decade of war.

Two hours after beginning the march, the students reached the halfway mark. At that time, they were able to rest and change socks, though only few seized the opportunity to do so.

"I'd rather just keep going," said 2nd Lt. Laura Colledge. "We have made it so far at this point; it feels better to keep moving. The more we stop, the more time there is for the soreness and pain to set in."

All 36 Soldiers completed the road march in less than four hours. Following, they continued their training with the Combined Arms Division, completing both weapons qualification and a land navigation test.



Courtesy photo

Soldiers from the Adjutant General Basic Officer Leader Course embark on a 12-mile road march from Hilton Field shortly before dawn.

As the students returned to their original starting point at Hilton Field, they caught a glimpse of the parking lot filled with the families of Basic Combat Training Soldiers preparing to march onto the field for their graduation ceremony. The symbolism of the moment was not lost on the student's primary instructor, Capt. Jacqueline Murray-Bonno.

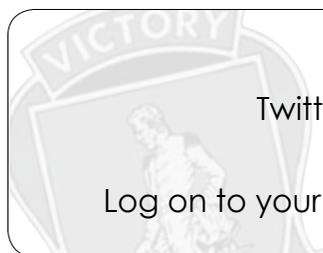
"Today is about shared sacrifice and sharing some of the experiences that those young Soldiers on that field, some of whom might end up being a Soldier in your S-1 section," Murray-Bonno said.



Courtesy photo

Commandant receives safety award

Col. Todd Garlick, commander of the Soldier Support Institute, presents the TRADOC Exceptional Organization Safety Award to Command Sgt. Maj. Carrie Glover, commandant of the Noncommissioned Officer Academy, March 27. The NCO Academy superior safety performance during the past year resulted in zero recordable accidents. The use of composite risk management is integrated into everything the academy does on and off duty.

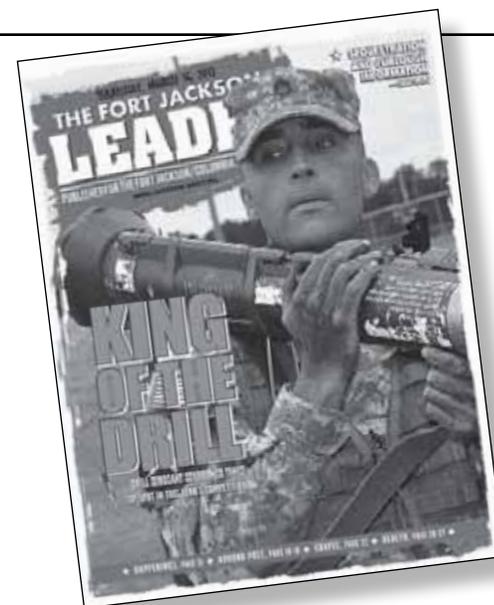


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Calendar

Today

The S.C. Blood Services of the American Red Cross and the 81st RSC Wildcats are holding a blood drive 10 a.m.-3 p.m. in the auditorium of Caughman USAR Center, 1524 Mariaon Ave., near the Marion Circle gate.

Tuesday, April 9

Days of Remembrance observance

11:30 a.m. to 1 p.m.; Officers' Club
Tickets cost \$10. For more information, call 751-5983 or 751-2990.

April 13

Youth and the Law, Education and Prevention Seminar

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

April 14

Foolish Dog Show

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

April 24-25

Military Parents Workshop

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

April 26

Volunteer Recognition Reception

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

April 27

National Prescription Drug Take Back Day

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

Announcements

SCHOOL RE-REGISTRATION

Re-registration for returning students takes place April 8-19 at C.C. Pinckney and Pierce Terrace elementary schools. Registration packets will be sent home with students April 9, and must be returned to schools no later than April 19. For more information, call 751-6815.

DENTAL CLINIC CLOSED

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

CHAPTER SEEKS MEMBERS

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

TARP BRIEFINGS

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

RICHLAND ONE TRANSFERS

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

RED CROSS SUMMER YOUTH CHAIR

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

SPECIAL FORCES RECRUITING

An Army Special Operations Forces recruiting brief is scheduled from noon to 2 p.m., April 10 at the Education Center, Room 308. For more information, visit www.sorbrecruiting.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.

GOLF TOURNAMENT

The AGCRA Carolina Chapter will hold a Spring Flight golf tournament April 13 at the Fort Jackson Golf Course.

Registration begins 7:30 a.m. with a shotgun start at 9 a.m.

The price per person is \$50. For more information, contact Willie Yarbray at 751-9973, or Eldora Johnson at 751-3014.

5K RUN

Green Initiative 5K walk/run, April 13, Pecan Orchard.

For more information, call 751-3096.

YOUTH SPORTS REGISTRATION

Registration for T-ball (ages 3-5), baseball (ages 6-14) and softball (ages 6-14) runs through April 8. For more information, call 751-5040/7451.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing April 5, May 3 and June 7. ACT testing is scheduled for April 12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

LIFEGUARD CLASSES

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

THRIFT SHOP NEWS

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

Applications for the summer hire program can be picked up at the Thrift Shop. Applications may not be turned in before April 9.

RED CROSS YOUTH VOLUNTEERS

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

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

For more information, call 751-7045.

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

Housing happenings

YARD OF THE MONTH

This year's Yard of the Month program will begin May 1. Winning homeowners will be publicly recognized and are eligible for prizes. Visit the Self Help Center to check out lawn and garden tools. The center is located on Ivy Road and is open from 8 a.m. to 4 p.m., Monday through Friday. For more information, call 787-6416

HOUSING SEMINAR

A seminar on short sale and foreclo-

sure is scheduled from 11 a.m. to 1 p.m., April 9 at the Post Conference Room. For more information and to register, call 751-9339/5788/7566/9323.

MAYORS NEEDED

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

SCHOLARSHIP PROGRAMS

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

COMMUNITY YARD SALE

A community yard sale is scheduled for April 13. Residents should register by April 8. For more information, call 738-8275 or email ayoungblood@bbcgrp.com.

SPRINKLER INSPECTIONS

Inspections of sprinklers will soon begin, with sprinklers schedule to be activated in April.

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.

RECREATIONAL VEHICLES

Boats, campers, trailers, jet skis and other recreational vehicles must be stored in the RV storage lot on Essayons Way. These vehicles are not permitted to be parked in the housing area. To reserve free space and for more information, call 751-9339.

PCS MOVE

Residents who move to an installation where Balfour Beatty Communities is the privatized housing partner should contact their resident specialist for information about the Resident Rewards Program. For more information, call 738-8275.

PET POLICY

Residents are responsible for cleaning up after their pets. Pets are not permitted to run loose on post. For more information, refer to the resident guide, which can be viewed at www.ftjacksonfamilyhousing.com.

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157.

The Fort Jackson Leader will publish periodic updates on a variety of garrison community, construction and quality of life activities to keep the community informed of ongoing events.

Significant updates

❑ Hilton Field Revitalization Projects: (Promenade, Bus Turnaround, Resurface Access Roads, VIP/ADA Parking Lot, Latrine Expansion, Tank Pads, Entrance Gate): Work is completed with a few specialty items finishing up on April 2. Those items include final seal on the stained concrete latrine floor, finishing touches on the new HF gate (landscaping, brick cleaning), random punch list items and G4's project to physically move the Andrew Jackson statue.

❑ Sumter Street Closure: Sumter Avenue will be closed from Cheatham Street to Beauregard Street starting April 1 because of major issues with the sub-base of the road. Due to the current budget constraints funds are not available to make the necessary repairs. As we regain more flexibility to work sustainment challenges, we will properly prioritize the fix of this road sub-base.

❑ Sunday Bus Services: We continue to explore ways to shift religious support activities locations and times to reduce bus service requirements. In the last week, the ICO met with the Chapel Next (Contemporary Worship) pastor to explore the feasibility of the shift to Anderson Chapel. Over the last two weeks meetings occurred with the Brigade commanders to explore options of shifting UMT office space currently in the chapels and moving additional services into the Brigade areas, and with the senior pastor of the two large Gospel services on a variety of options.

❑ Pot Hole Repair: DPW is scheduled to repair pot holes around the installation tomorrow. Roads and Grounds shop consists of two people, workers from other shops will be temporarily diverted to assist.

❑ Directional Signage and Kiosks Project: DPW will install a double-sided "Welcome Center" directional sign on the north side of Benning Street across from the entrance to the Fort Jackson Inn not later than April 1. The ECD for the information kiosk installation is changed to April 5 due to a failed concrete inspection.

❑ Installation Status Report — Infrastructure (ISR-I)-Training is complete; DPW trained approximately 110 individuals. DPW is distributing the ISR-I calculation worksheets to the units and the surveys will run from until May 17.

❑ Patton Stadium (1-34 IN) (Install Running Surface on PT track): PSUS has nearly completed its work in Patton Stadium. As a result, the contractor installing the new running surface, is being requested to restart his work. The ECD for the installation of the running surface is being reviewed.

Quality of life updates

❑ Broadway at the Beach, Myrtle Beach Trip: April 6, 8 a.m.-8 p.m. — \$19/person for transportation - opportunities for shopping, dining, Ripley's Aquarium, Tanger Outlet Mall, and much more.

❑ Cooper River Bridge Run: April 6, Charleston, S.C. - MWR Fitness Program - \$5/person plus registration for race (includes transportation) - Leaves FJ at 4 a.m. and return at 3 p.m.

❑ GI Day (Green Initiative Day): April 13, 7 a.m.-2 p.m.

❑ Semmes Lake Park — Earth Day activities to include Fun Run/Walk, Recycling drop-off, Fishing Tournament, Recycle Regatta, information sessions, lake cleanup, and more — Hot Dog lunch provided for first 300.

❑ Fort Jackson April Foolish Dog Show: April 14 Youth

Sports Complex. Pre-registration from 1:30-2 p.m., the actual Dog Show from 2-4 p.m.

❑ Family Fun Fair: Patriot's Park Parking Lot (in front of the Solomon Center, next to Palmetto Falls Water Park), April 20 at 10 a.m. This event is for the entire family to enjoy a day of free rides, games, and various activities. Concessionaires will also be available for refreshments.

❑ ICO

— The March 25 Passover Seder was a success. Thirty-eight IET Soldiers attended. Thanks to Chaplain (MAJ) Shmuel Felzenberg (assigned to the U.S. Army Chaplain and Center School) who willingly conducted the service on post, letting Fort Jackson forego transporting IET Soldiers off post. Also, a shout-out to the USATC G4, LTC Shane Ousey, who helped with the draw of Passover/Seder MREs to ensure the entire 14-step Seder observance occurred.

— Chaplain Warden conducted the 1-13 IN BN protestant worship March 24 and noted only that in March coverage challenges began due to chaplain assignment under-laps. Chaplain Assistant assignment gaps are more significant, creating a significant workload increase for those here.

— On March 21, the Installation Chaplain met with Chaplain Steve Shugart, State Chaplain of the S.C. National Guard to discuss partnership possibilities including coverage of McCrady Training Center and Task Force Marshall since Chaplain Butler's ADOS ends in June. It was a positive meeting, but follow-on conversations must occur.

— Chaplain Warden attended the Governors Prayer Breakfast March 20. It was an excellent event.

— The USATC and FJ UMT training March 19 focused on the Command Master Religious Plan (CMRP) that included specific guidance for the Fiscal Year 2014 CMRP submission.

❑ CPAC

— Completed furlough impact and implementation of American Federation of Government Employees. (AFGE) and National Federation of Federal Employees (NFFE) for all of Fort Jackson.

— Completed 171st Employee Furlough Training.

— Completed additional USA Staffing assessment training.

— Currently canvassing Garrison employees for VERA/VSIP interest.

— NAF announced all CYS recruitments.

— Privatization of Army Lodging is in full force with an effective date of April 30. Employees are now eligible for retirement and are currently completing paperwork.

Training updates

❑ Range 16 (status red): The contractor has moved and piled up trees, logs, limbs/branches, stumps, and other debris. The grinder is in place and lumber is being grinded into mulch. The initial phase of range clearing operations and range grading is under way to be followed by building up the range floor. Electrical power installation is being planned. The LOMAH target system is approved by TRADOC for installation of 16 lanes consisting of 144 target positions. Projected completion is December-March.

❑ Fit to Win I (status green): Safety mats are emplaced to enhance safety at the cargo net obstacle.

❑ Fit to Win II (status green): Safety mats have been emplaced to enhance Soldier safety at the cargo net obstacles. Per DCO guidance, culverts have been relocated and a new lower tunnel obstacle built. Safety pads have been installed on the entrances to the upper and lower tunnel obstacles.

❑ Night Infiltration Course (status green): The Logistics Resource Center (LRC)-Jackson (formerly DOL) is repairing the zero target frames due to wear from the heavy volume of fire.

❑ Training Areas 24B Demolition Training (status green): SCARNG Demolitions Training: There will be Increased



Noise Level due to explosions that will be heard throughout the Fort Jackson Military Installation, and the surrounding community. 7:30 a.m. April 20; 7 a.m. May 1-2; 7:30 a.m. June 4; 7:30 a.m. June 8; 7:30 a.m. June 12; 8 a.m. June 19; 7:30 a.m. July 9; 10 a.m. Aug. 16; 8 a.m. Sept. 7 and 7 a.m. Sept. 12.

❑ Victory Tower (status green): The swing-across net is repaired and tested for operational readiness. The new containment box at the base of the rope tower ladder is built. Rubber mulch is being procured through the MICC-DOC process and safety mats are being used in the interim.

❑ Mobilization: We are currently tracking 145 total (138 USAR, 7 ARNG) currently mobilized. The Mob Cell continues to coordinate with installation for AUG mobilization of the 1st Bn 323rd Regt. (Task Force Marshall). Version 3 of information paper on Mob Cell transition submitted to Mr. Risher on March 22. Mr. Risher will be discussing the content with the GC. Mobilization Officer completed the tasker for DES and CID evidence locker inventories.

Support updates

❑ Police Services: Police issued a total of 47 citations written for the below reasons (18 - 24 March 2013): Failure to Obey Traffic Control Device (2), Violation of Beginner's Permit (3), Expired Registration (13), Shoplifting (1), Improper Backing (1), Speeding (15), Altered/Defaced Vehicle Tag (1), Use of Electronic Device While Operating a Motor Vehicle (2), Improper Lane Usage (1), Carrying/Transporting Weapon (2), Driving Under Suspension (3), Improper Left/Right Turn (1), Too Fast for Conditions (1), and Driving While License is Revoked (1).

❑ Fire Department Emergency Responses: 41. EMS (25), Fire alarms (15), Fire (0), Rescue/auto-(0), Hazmat (1—Nitroglycerin).

❑ Physical Security: On March 29, PS instructed a LE Certification class concerning Access Control for the 17th MP Detachment. MPs were released from ACP duty on April 1 and PMO will resume safety and government checkpoints in the near future. DASGs have full responsibility of ACPs as of April 1.

❑ Gate 2 (Replace Outbound Swing Gates with Removable Bollards): The project continues to be delayed pending the federal budget resolution.

❑ Building 4340 (MICC) (Repair Project): DPW requested a quote from the JOC Contractor for the \$1M in special

Update

Continued from Page 17

MICC project funds. DPW completed the Record of Consideration and is requesting a contractor quote to repair flooring damaged by water infiltration in rooms 3,5,19, and the first floor hallway.

❑ Building 2761 (MWR) (Legion Pool): USACE approved the contractor's request to extend the ECD from April 18 to May 25.

❑ Building 2450 (187th OD Bn, WVMS) (Replace Roof): Project has been completed.

❑ BCT 2 Phase 2 (Two companies, 1-61 IN) (Construction Project): The estimated Beneficial Occupancy Date (BOD) remains September.

❑ Starship 5500 (3-60 IN) (Construction Project): Classroom XXI Audio/visual equipment installation is under way with an ECD of 30 MAR. The BOD of the BN HQs' relocation remains as mid-June. BOD for Phase 2 of the move (companies) is Jan. 14.

❑ AIT 1 Phase 1 & 2 (3-69 AG) (Construction Project): The estimated BOD for Phase 1 (BN HQ, DFAC, 1 BCOF) is DEC 13. The change in BOD results from construction delays. The estimated BOD for Phase 2 (3 BCOF) remains June 14.

❑ Short Sale/Foreclosure Seminar: The Short Sale/Foreclosure Seminar remains scheduled for April 9 from 11 a.m. to 1 p.m. hours in the Post Conference Room.

❑ Training Support Center (TSC) Construction Project: The Preventive Medicine Activity and Safety Office concurred with the Public Health Command's (PHC) finding that construction is permissible at the TSC site. USACE will coordinate the final PHC report and subsequent remobilization of the contractor.

❑ U.S. Army Chaplain Center and School (5 Bay Storage Facility): The ECD remains May 22.



❑ Building 4442 (BCT Post Museum) (Outdoor Gallery Project): The ECD was March 29.

❑ Building 4711 (Exchange), 4712 (Exchange), 4713 (Thrift Shop) (Replace Roof): ECD remains April 23.

❑ Housing:

— The Housing occupancy rate is 96 percent

— Waterfall Residence Occupancy: There are 119 current residents consisting of 27 DoD civilians, 34 Retirees, 19 GEOs, 36 Third Army residents, and three Orangeburg residents.

❑ Recycling Program: DLA-DSJ recently sold 45,000

pounds of brass cartridges for \$96,000, which will be credited to the Qualified Recycling Program (QRP) account.

❑ Environmental Training: The Environmental Division staff conducted the Environmental Compliance Officer (ECO) course on March 25-26 with 40 students in attendance.

❑ Red-Cockaded Woodpecker (RCW) News: Fort Jackson received a pair of RCWs from the U.S. Fish and Wildlife Service on 21 MAR via translocation from Horry County and placed them in an unoccupied cluster located in the eastern part of the installation on March 22.

❑ Week ahead:

April 6: Broadway at the Beach, Myrtle Beach Trip (see above)

April 6: Cooper River Bridge Run (see above)

April 11: Community Information Exchange (12:30 p.m.-PCR)

April 13: GI Day (Green Initiative Day) (see above)

April 14: FJ April Foolish Dog Show (see above)

April 16: CG Helping Hands Awards (9 a.m.-Joe E. Mann)

April 17: FJCPP QOL LOE (10:30 a.m.-PCR)

April 18: EQCC (2:30 p.m.-PCR)

April 20: Family Fun Fair: Patriot's Park Parking Lot (see above)

❑ Heroes of the Week:

— DPTMS Hero of the Week: Mr. Quinton Jones, Range Technician at the Confidence Obstacle Course, for his exceptional support to the Commanding General during his site visit.

— DPW Hero of the Week: Jon Burghardt, who is recognized for outstanding support as DPW's primary representative for the recent JSIVA assessment. Through his dedication, professionalism, and mission focus, Burghardt rose to the challenge of coordinating efforts within DPW, with the Installation Anti-Terrorism Office, and with the JSIVA team.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Logan Robbins
Company A
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Ian Pingtore

SOLDIER OF THE CYCLE

Pfc. Joel Thopsett

HIGH APFT SCORE

Pfc. Ashlee Fuhrken

HIGH BRM

Pfc. Nathan Walker



Staff Sgt. Matthew Lewis
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Austin Phillips

SOLDIER OF THE CYCLE

Spc. Melissa Renucci

HIGH APFT SCORE

Pvt. David Rutledge

HIGH BRM

Spc. Jon Rodermund



Staff Sgt. Maurice Coleman
Company C
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Kirk Welborn

SOLDIER OF THE CYCLE

Spc. Margaret Schweihs

HIGH APFT SCORE

Spc. Margaret Schweihs

HIGH BRM

Pfc. Angela Class-Quinones

Weekly honors



LAFO

Staff Sgt.

Marc Lafo

Soldier of the week
Third Army/ARCENT



ADAME

2nd Lt.

Victoria Adame

Distinguished honor graduate
Basic Officer Leader Course
Adjutant General School

SUBMISSION GUIDELINES

Announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@gmail.com. For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609 or emailed to sbranham@ci-cam

April promotions

Name	Rank
FARRIOR, Cedrick A.	COL
FLYNN, David S.	COL
MELVIN, Matt G.	COL
TAYLOR, William D.	COL
NICHOLS, Jimmy D.	LTC
RIGGS, Derrick E.	LTC
ROGERS-COOPER, Jennifer J.	MAJ
WEATHERS, Kenneth M.	1LT
SLAUGHTER, Christopher C.	MSG
WOOD, Reva D.	SFC
CALUYA, Ninaricci N.	SSG
JOHNSON, Bernard C.	SSG
JOSEPH, Sheronne Y.	SSG
MALLET, Clive E.	SSG
MOORE, Wesley S.	SSG
RHOADS, Jason C.	SSG
RYAN, Tommy D.	SSG
McIVER, Travis	SSG
SEVREY, Jedidiah L.	SSG
COLLINS, Kevin L.	SGT
GOLLER, Evelyn M.	SGT
HAIRSTON, Bernard A.	SGT
RYAN, Paul O.	SGT

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www.flickr.com/fortjacksonpao

Green Initiative Day

Fort Jackson plans Earth Day celebration, competitions April 13

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson will celebrate Earth Day with a special "Green Initiative Day" April 13 at Semmes Park.

It is the first event of its kind in recent years. Organizers are working to create an event that includes competitive activities, recycling opportunities and a number of educational presentations scheduled throughout the day.

"I wanted something that all of Fort Jackson could take part in," said Lisa McKnight, Fort Jackson's environmental awareness and outreach training coordinator. "We're going to be doing a lake cleanup during that time, and have a total of \$1,500 in cash prizes that the thrift store has donated."

Prizes will be awarded to either the winners of the day's various events or by raffle for non-competitive events.

The day's events include:

8 to 9 a.m.; fun run and breakfast

The race will begin and end in Semmes Park. Participants are asked to bring old running shoes and to run with them draped over their necks. The shoes will be donated for recycling and reuse at the end of the run.

9 to 11 a.m.; fishing derby

Canoes and kayaks will be available for check-out at Semmes Lake for the fishing derby. Prizes will be awarded in three categories: biggest fish, smallest fish and ugliest fish. A "catch and release" policy is encouraged, but not required. Some poles and tackle will be available for use, but participants are encouraged to bring their own gear.

11 a.m. to noon; free hot dog lunch

Noon to 1 p.m.; recycle regatta

Teams will be challenged to create a raft or boat out of recycled materials and

will race it on Semmes Lake. Teams must register by tomorrow. Awards will be given for winning the race, most creative use of materials, best costume and/or best name, and most spectacular failure.

Educational seminars, recycling collections, a lake clean-up and giveaways are scheduled to take place throughout the event. Visitors will be able to exchange up to eight incandescent light bulbs for new energy efficient compact fluorescent light bulbs. Electronic waste such as televisions, VCRs and computers can be disposed of during the event so they can be recycled in a safe and secure way. (No government hand receipt items are allowed.)

The Fort Jackson Fire Department will stage fire safety demonstrations, and the Fort Jackson Thrift Shop will collect clothing, shoes, toys and household items for its store on Lee Road. Clemson Extension will offer tips on organic pest control and container gardening. A master gardener will also be on hand to answer questions and provide soil testing. Special guests from around the Midlands will be present to provide useful tips and

solutions for sustaining natural resources with educational booths set up around the lake.

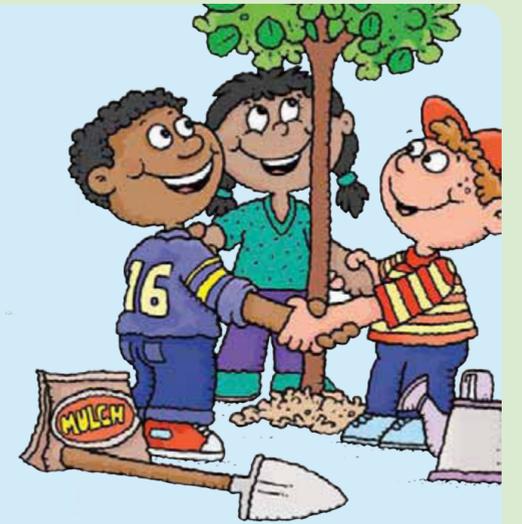
"People will be able to walk away with a better knowledge of how to recycle and repurpose, and how to reuse materials," said Mark Smyers, outdoor recreation director for Family and Morale, Welfare and Recreation. "They'll also learn about the different eco-friendly technologies that are out there, and (can) generally just have a good time. We hope to do a healthy mix of education and general fun."

If it rains on the day of the event, Smyers said the Green Initiative Day will be rescheduled to 2 p.m., April 14.

"We'll scale the event back and mainly focus on the recycle regatta," he said. "We didn't want people to put all that effort forward and then cancel. We still want to give them the opportunity to compete and race."

For more information on the event, call Mark Smyers at 751-8707 or Lisa McKnight at 751-5971.

Milton.W.McBride3.ctr@mail.mil



Fort Jackson Earth Day Events

- Today, 2:30 to 3:15 p.m.; Cultural resources in our area; Thomas Lee Hall Library
- Today, 6:30 p.m.; Family story time — Earth Day theme; Tomas Lee Hall Library
- April 16; Heart-to-Heart golf tournament - The Fort Jackson Golf Club is hosting a golf tournament sponsored by The American Heart Association — Play golf for a good cause, enjoy the beautiful course, and read the environmental educational posters made by the Fort Jackson Girl Scout Junior Troop.
- April 20-21; Half off putt-putt — The Fort Jackson Palmetto Greens Mini Golf is offering a 50 percent discount in honor of Earth Day.
- April 20-22; While shopping at the Commissary don't forget to ask for paper bags. The children from C.C. Pinckney Elementary School, Pierce Terrace Elementary School and Hood Street School Age Center have decorated them in beautiful Earth Day themes.
- April 22; Earth Day
- April 26; Moonlight paddle at Weston Lake. Kayaks, paddles, life jackets, and S'mores by the campfire will be provided for \$10. A guest speaker will discuss the relationship between the earth, moon and water bodies. For more information or to register, visit the Marion Street Station.

Upcoming environmental training

- The next Hazardous Substance Management class is scheduled from 8:30 to 11 a.m., April 12 in the conference room at 2563 Essayons Way. The class will cover hazardous substance management (i.e. hazardous materials, hazardous waste, universal waste, and controlled waste, waste minimization, turn-in procedures, training, spill response, inspections, record keeping, and green procurement). This class is required for all personnel who manage hazardous waste or controlled waste, or have a high potential for hazardous waste generation or hazardous substance violations. The class is offered quarterly and is an annual requirement. For more information, contact Heather Thomas at 751-4231 or by email heather.s.thomas@us.army.mil.
- Spill Prevention Control and Countermeasures training is required annually for all personnel involved in oil handling, transfer, storage or maintenance of oil equipment. Contact Mark Merritt at 751-9511 or mark.d.merritt6.civ@mail.mil to schedule training.



Courtesy photo

Children race handmade boats during the Children's Recycling Regatta held March 19 at Balfour Beatty Community Center.

ACS Calendar of Events — April

THURSDAY, APRIL 4

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

MONDAY, APRIL 8

- ☐ **Child safety awareness** — 5 to 7 p.m.; 5624 Hood St., Room 10; to register, call 751-6325

TUESDAY, APRIL 9

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862
- ☐ **Military spouse career assessment** — 1 to 3 p.m. (walk-ins); Strom Thurmond Building, Room 223
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

WEDNESDAY, APRIL 10

- ☐ **Steps to federal employment for military spouses** — 9 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862

THURSDAY, APRIL 11

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Explore careers in the information technology field** — 9 to 11 a.m.; Education Center, Room B-110; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **EFMP & CYSS talent/fashion show rehearsal** — 5 p.m.; Joe E. Mann Center ballroom
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

FRIDAY, APRIL 12

- ☐ **EFMP & CYSS talent/fashion show** — 6 p.m.; Joe E. Mann Center ballroom

SATURDAY, APRIL 13

- ☐ **Youth and the law** — 4 to 6 p.m.; Youth Center

TUESDAY, APRIL 16

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Resume writing/interviewing workshop** — 9 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862
- ☐ **Child safety awareness** — noon to 2 p.m.; Main Post Chapel; to register, call 751-6325
- ☐ **Military spouse career assessment** — 1 to 3 p.m. (walk-ins); Strom Thurmond Building, Room 223
- ☐ **EFMP bowling** — 3:30 to 5:30 p.m.; Century Lanes; must be registered with EFMP
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, 750 Old Clemson Road; to register, call 736-8787 or 738-3339

WEDNESDAY, APRIL 17

- ☐ **FRG leadership and treasurer/funds control/fundraising training** — 9 a.m. to 1 p.m.; Family Readiness Center; to register, call 751-7220/7352
- ☐ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

THURSDAY, APRIL 18

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — introduction to MS PowerPoint** — 9 a.m. to noon; Education Center; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **Stress management class** — 11 a.m. to noon; 5614 Hood St., call 751-6325; to register, call 751-6325
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

SATURDAY, APRIL 20

- ☐ **Family information table at the CYSS Fun Fair** — 10 a.m. to 3 p.m.; Hilton Field

MONDAY, APRIL 22

- ☐ **Child safety awareness** — 5 to 7 p.m.; 5624 Hood St., Room 10; to register, call 751-6325

TUESDAY, APRIL 23

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222

- ☐ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862/5256
- ☐ **Starting and running a small business** — 9 to 11:30 a.m.; Education Center, Room B-204; call 751-4109 to register.
- ☐ **Military spouse career assessment** — 1 to 3 p.m. (walk-ins); Strom Thurmond Building, Room 223
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

WEDNESDAY, APRIL 24

- ☐ **FRG leadership and treasurer/funds control/fundraising training** — 9 a.m. to 1 p.m.; Family Readiness Center; to register, call 751-7220/7352
- ☐ **Social connections through hobbies** — 6 to 8 p.m.; Lake Carolina

THURSDAY, APRIL 25

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — intermediate MS PowerPoint** — 9 a.m. to noon; Education Center; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **Anger management class** — 11 a.m. to noon; 5614 Hood St., Room 10; for more information, call 751-6325
- ☐ **Child safety awareness (annual refresher class)** — noon to 1 p.m.; Main Post Chapel; to register, call 751-6325
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road; to register, call 736-8787 or 738-3339

MONDAY, APRIL 29

- ☐ **Her War, Her Voice support group** — 10:30 a.m.; Lake Carolina

TUESDAY, APRIL 30

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Career awareness expo** — 9 a.m. to noon; Education Center; to register, call 751-4862

All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.

Free child care may be available for events. For more information on child care, call 751-1124.

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Protect yourself from nightmares

By **CHAPLAIN (CAPT.) COLT RANGLES**
1st Battalion, 34th Infantry Regiment

Your heart pounds as you come to a hazy consciousness. The mind races and pulls from all the senses to gain a bearing on reality. You have just awoken from a terrible dream in which you had committed a regretful act that would have threatened your freedom and all that you hold dear. Then a rush of exhilaration floods your heart as you realize that it was all a dream. Depending on the severity of what is remembered, the dream may linger on in your mind throughout the day.

Have you ever had this experience? Within the dream we may cry, "How did this happen? How could I have gotten here?" In waking clarity we wisely ask, "What can I do to avoid ever experiencing that nightmare in real life?" Illustrations from modern and ancient times can help us "nightmareproof" our lives.

Giving testimony to the U.S. Senate in 1973 regarding his role in the cover-up that became known as the Watergate scandal, Jeb Magruder stated, "I know what I have done, and Your Honor knows what I have done ... somewhere between my ambition and my ideals, I lost my ethical compass." In his autobiography, *An American Life*, he gave this partial explanation to how this happened:

"No one forced me or the others to break the law. Instead, as I have tried to show, we ignored our better judgment out of a combination of ambition, loyalty, and partisan passion. We could have objected to what was happening or resigned in protest. Instead, we convinced ourselves that wrong was right, and plunged ahead."

The word "somewhere" captures the subtlety of sin in our lives. It is as if those involved after many smaller acts of compromise ended up in a location they had never knowingly sought.

King Saul, Israel's first king, was similarly carried away from his humble beginnings when he forgot who he was. Somewhere between his humble second-guessing of his call, literally hiding during his inauguration (1 Samuel 9:21; 10:22) and his misguided plundering of the Amalekites (1 Samuel 15:9), Saul lost his identity. He began by rejoicing before the Lord at the renewal of the Kingdom (1 Samuel 11:15), and by many small steps lost his way. At the end he had lost all his bearing, and twice referred to the Lord as "your God" when Samuel caught him in compromise (1 Samuel 15:21, 30). Saul's reasons for failure were many and simple as ours are today. He lost his compass by placing more weight on his acceptance ratings with the people than on his faithfulness to God.

In order to avoid the pain of awaking from a bad dream to a worse reality we should take the following precautions: Accept valid criticism (audit the heart); mend the fences that protect us; and commit to a legacy that will define us.

Audit the heart often, accepting that criticism of others that is true and right. Those who think themselves beyond improvement will fall fast (1 Corinthians 10:12). The ac-

countability of organizations and people in our lives, as constrictive as they may seem at times, will prove far less uncomfortable than the noose destined for those who attempt to go it alone. It may be time to shore up our convictions and return to a lifestyle that allows others to speak truth into our lives.

Finally, far more important than the start is the finish. No trophies are given for speed out of the blocks.

All the good that Saul could have accomplished in his time as king will forever be tarnished by the failure that escorted him prematurely from the stage of history. Character and credibility can take a lifetime to build and yet be lost in an instant. A life directed by legacy, godly legacy, will avoid many pitfalls that claim others. Waking nightmares can be avoided by honestly accessing who we are and to what end our lives will be directed.

Rest well, Fort Jackson.



PROTESTANT

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

Protestant Bible Study

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

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

Protestant Youth of the Chapel

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

CATHOLIC

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

- Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

- Wednesday
3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

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

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Dispose of medication the proper way

By VICKY DERDERIAN

Moncrief Army Community Hospital

In the past, the acceptable way to dispose of expired or unwanted medications was to either pour it down the sink, a drain or flush it down the commode. Much has changed.

A great deal of research has gone into the proper disposal of pesticides and what occurs to the environment when deviations from the standards of disposal are violated, but not until recently has the concern been directed to unwanted medication and disposal. Trace amounts of pharmaceuticals have been found in groundwater, surface bodies of water and drinking water.

Numerous studies have been performed and the outcome has been similar. The U.S. Geological Survey announced that 139 streams in 30 states showed evidence of trace amounts of common drugs such as antibiotics, antidepressants and drugs used for hypertension and diabetes. Unfortunately, the current water treatment systems do not effectively remove pharmaceuticals from the water supply. The Environmental Protection Agency has found no immediate risk to human life, but suspects that drug contamination is attributing to ecological harm.

It is estimated that this problem will escalate as the population expands and more medications are dispensed. The environmental significance and human health risk may not be known for years. It is a hot debate and legislation was introduced this year in Congress to address this concern, specifically to develop simplified rules for take-back facilities.

A group of students at the Medical University of South Carolina did a study and found that despite growing concerns about pharmaceutical compounds in the water, most people continue to improperly dispose of unwanted or unneeded medication. Another study was conducted at Madigan Army Medical Center and found that the majority of people did not know how to properly dispose of no longer needed medications because they had never been told.

A few small steps can make a difference in safeguarding lives and protecting the environment.

The problems have been identified, so how do we go about making change? The first step is public awareness. The students at MUSC developed a flyer that was included in the monthly mailing of the Charleston water bill. "Crush! Don't Flush" is the theme and provided information regarding safe disposal of medication. This was a great way to promote public awareness.

What can we do at Fort Jackson to properly dispose of pharmaceuticals?

❑ Do not flush unused medication and do not pour them down a sink or drain.

❑ Be proactive and dispose of unused medication in household trash. Make sure that you protect both children and pets from any negative effects by following these steps:

— Pour the medication into a sealable plastic bag. If the medication is solid (pill, liquid capsule, etc.) crush it or add water to dissolve it.

— Add coffee grounds, sawdust, kitty litter or any mate-



rial that mixes with medication that makes it less appealing to children or pets to eat to the plastic bag.

— Seal the plastic bag and put it in the trash.

— Remember to remove all personal information from medication containers before recycling them or discarding them.

❑ Check for approved state and local collection programs. In some states unused medication can be returned to a local pharmacy or other location for disposal. Fort Jackson has a drug turn in day at the Exchange April 27.



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MACH UPDATES

RETIREE HEALTH FAIR

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

ACCESS CALL CENTER CHANGE

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

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

MACH WEIGHT MANAGEMENT

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

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



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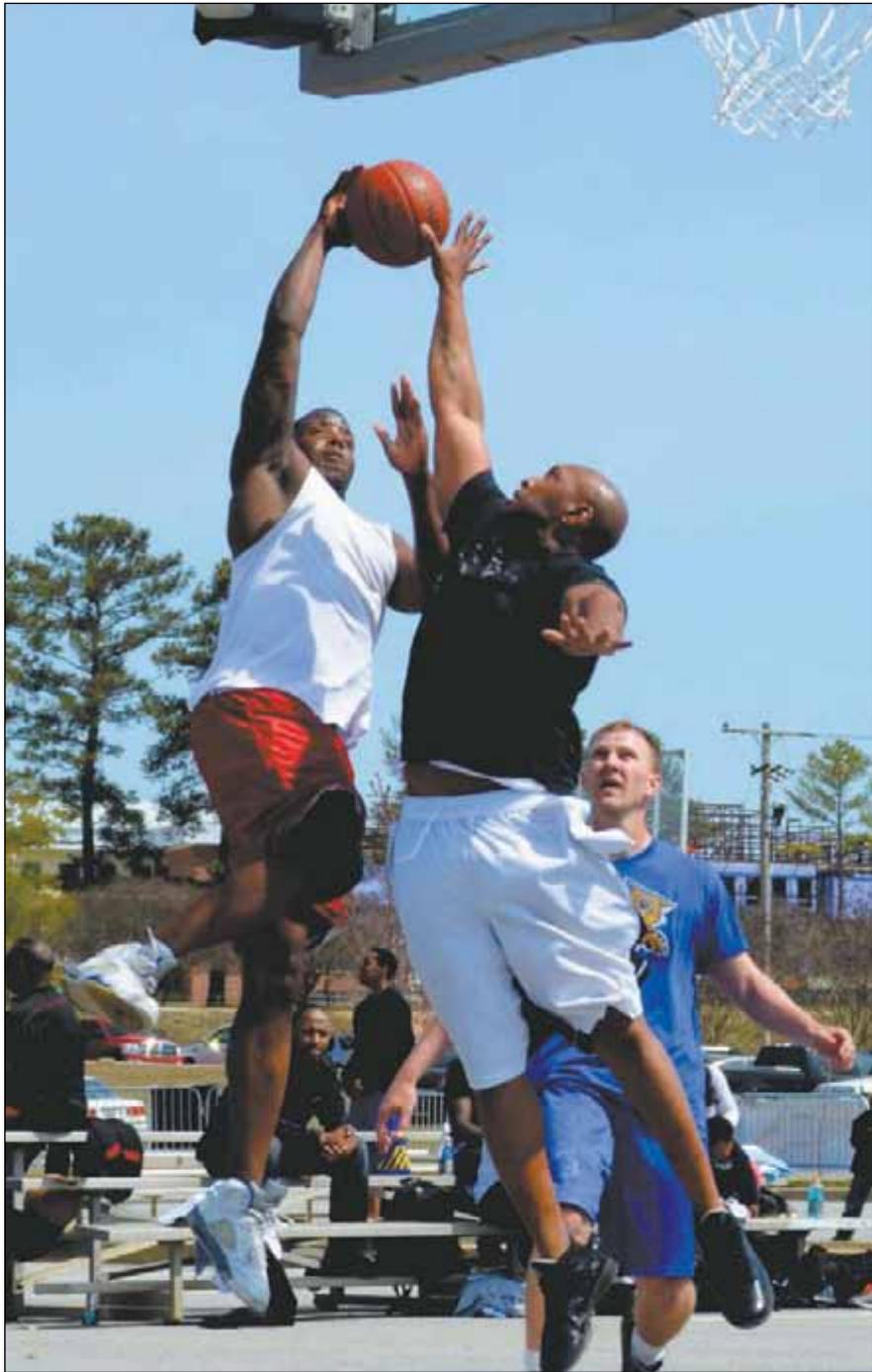


Photo by SUSANNE KAPPLER

3-on-3 tourney

Twenty-three teams competed in a 3-on-3 basketball tournament Saturday at Patriot Park. Street Kings beat the S.U.B.S., 15-7, to win the event.



Courtesy photo

Champions

MEDDAC players hoist their trophies after winning the winter intramural basketball championship. MEDDAC beat 1-34th in the championship game, 67-57.

DARTS STANDINGS

BWB	29 points
SS	28 points
MPs	25 points
1st CivDiv	24 points
2-60th	19 points
MD #1	15 points
TFM	18 points
187th	10 points
C-TSB	13 points
MD #2	12 points
165th	7 points

Standings as of March 28

Sports shorts

- Letters of intent for active duty male/female and co-ed softball are due April 17.
- Letters of intent for active duty tennis (male and female) are due April 22.
- Green Initiative 5K walk/run, April 13, Pecan Orchard.
- Active duty golf tournament, April 13-14. Sign up at the Golf Club.
- Active duty triathlon, 8 a.m., April 27, Knight Pool.

For more information, call 751-3096.

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

Moncrief offers innovative surgeries

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Moncrief Army Community Hospital is offering new and innovative surgeries using minimal invasive techniques.

“The Moncrief operating room has become an innovator in the area of laparoscopic surgery,” said Dr. (Lt. Col.) Lance Hoover, chief of Surgery and Specialty Care at MACH. “Most people in the area would be very excited and surprised to learn what new surgical techniques are being done at Fort Jackson.”

The hospital is handling cases ranging from hysterectomies to shoulder surgeries.

“Currently, at Moncrief more than 90 percent of all hysterectomy cases are done through a laparoscope with very small incisions,” Hoover said. “With this new technique the patients have a very brief overnight stay and then are discharged home the following morning.”

Dr. John Hanna, chief of gynecology for MACH, has performed more than 250 gynecological surgeries since last year.

“Our primary focus is to provide minimally invasive hysterectomies, bladder suspension surgeries and myomectomies as well as uterine ablations for women experiencing heavy menstrual cycles, Hanna said. “The uterine ablation is a 10-minute procedure that helps women control heavy cycles. This procedure can help prevent more invasive surgeries such as hysterectomies that are traditionally performed in such cases.”

He added that tubal reversal was recently re-introduced at MACH for women who have had a tubal ligation and wish to conceive again.

Orthopedic surgeries have also undergone new measures to better care for patients with sports injuries.

“We handle all sorts of sports heavy practice type of surgeries,” said Dr. (Lt. Col.) Bryan Christensen, an orthopedic surgeon at MACH. “Shoulder and rotator cup repairs, knee reconstructions and hand surgeries are a few of the procedures we perform by orthoscopic surgery.”

As opposed to the traditionally performed open surgeries, these too are minimally invasive and allow for a faster healing time and reduced pain concerns, Christensen said.

Christensen said he hopes to be performing total knee replacements before this fall.

“We are heading in the direction of total knee replacements,” Christensen said. “With technology and the new innovative techniques we should be there by the end of summer.”

MACH general surgeons are also making new strides in patients’ surgeries. Although a lot of the surgeries and procedures are not new, Dr. (Maj.) Kelly Arblaster, a general surgeon at the hospital, said many people do not know what their options are when it comes to available services.

“Our goal in general surgery is to spread the word to our community what exactly our capabilities are,” Ar-

MACH now specializing in more services

By **ANDRE BUTLER**

Moncrief Army Community Hospital

In addition to the new laparoscopic surgery programs offered at Moncrief Army Community Hospital, several of the other surgical care lines have offered new procedures never previously offered at MACH. The oral maxilla-facial surgeons are now routinely performing reconstructive orthognathic surgery for active duty Soldiers with oral-maxillo-facial abnormalities.

Dr. Jacquelyn Going, the new ear nose and throat surgeon, offers a new minimally-invasive sinus procedure call the balloon sinuplasty. This procedure is done in minutes. and patients recover much more rapidly than with traditional sinus surgery.

The podiatrist at MACH, Dr. Caleb Lazarre, has contributed to this trend for new advanced procedures with the addition of the orthotripsy shock wave therapy. The surgery is offered to Soldiers who suffer from chronic plantar fasciitis that has proven refractory to traditional treatments. Dr. (Maj.) Spencer Ludlow, eye surgeon at MACH, offers both Lasik refractive eye surgery and PRK surgery at Fort Stewart, Ga. Patients are seen by Ludlow’s EENT clinic and then surgery is scheduled at Fort Stewart because of the location of the refractive laser.

blaster said. “People don’t know we do provide some pediatric surgeries. A couple of procedures that are not so familiar to the public that we perform (are) pediatric appendicitis and hernia surgeries ... Patients are also surprised when they find out we offer surgery for cancers such and breast and colon (cancer).”

“In addition to the laparoscopic surgeries the general surgeons at MACH continue to provide high quality surgery for breast cancer, thyroid disease, traditional hernia repair, lipoma excisions, hemorrhoid excisions; and Moncrief surgeons even offer abdominal wall reconstructions for eligible active duty soldiers,” Hoover said.

MACH doctors said the benefits of the new procedures are better pain control, reduction in side effects and improved healing time.

“Our procedures in our anesthesia department are unlike the civilian facilities within the local area,” said John Stas, an anesthetist at MACH. “We provide an acute pain service, which can provide a patient with pain control for days. We are doing that all under ultrasound direction.”

“The use of ultrasound guided pain catheters for post-operative pain control has become the standard method of pain control after orthopedic surgery at Moncrief,” Hoover said. “Patients at Moncrief who have major orthopedic surgery will go home with a pain catheter that infuses medication to lessen pain for up to three days after the surgery. Patients then pull (their) own pain cath-

In addition to these procedures, MACH Surgical Services has a DoD and Dorn VA Medical Center surgical sharing agreement. Through the sharing agreement veterans are currently eligible for foot surgery, hernia operations, lipoma removals, gall bladder surgery and endoscopy at MACH.

“The presence of the DoD and VA surgical sharing agreement has been a real win-win for both facilities — both in caring for our veteran population but also to reduce cost for the VA who would have to fee base out the care if this agreement did not exist,” said Dr. (Lt. Col.) Lance Hoover chief of Surgery and Specialty Care at MACH.

Other surgeries conducted at Moncrief are: general surgery; skin/soft tissue surgery (masses, cysts, abscesses, limited scar revision, hernias); endocrine surgery (breast masses, cysts, cancers or abscesses); gastrointestinal (gastric, small bowel, colorectal, appendix, hemorrhoids, diverticular disease, cancer); biliary (gall bladder); vascular (mediports/infusion ports, selective varicose vein); lymphatic (node dissections/biopsy, spleen); bariatric (selective patient population); pediatric (hernias, thyroglossal duct cysts, acute appendicitis, soft tissue masses, cysts, abscesses); urgent/emergent (acute appendicitis, acute cholecystitis, acute abdomen, gastrointestinal perforations, pneumothorax)

eter and this allows (them) to have superior pain control after orthopedic surgery.”

Other hospital surgeons agree this sort of pain relief is preferred by patients.

“Patients are happier with this anesthetic process,” Christensen said. “If we just give them general anesthetic it would be the normal pain medications. But the pain catheters work much, much better.”

MACH’s pain control method also limits the side effects associated with pain medications.

“The side effects of pain medications — nausea, itching and the overall feeling of being sedated by drugs — are reduced,” Stas said.

With these new innovative measures, the benefits favor patients, the surgeons suggested.

“The benefits of laparoscopic surgeries and other surgeries like it are very noticeable,” Hanna said. “The recovery time is quicker, less blood is lost, the discharge time for the most part is 24 hours or less, and patients are able to return to work sooner.”

Hanna views the new way of conducting business as something with few limitations.

“We have more successful surgeries now then with open surgeries,” he said. “With less pain, less invasive surgery, less time in the hospital and less days off work, there is very little down side.”



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