

TRACKING ...

NEWS



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The Fort Jackson *Leader*



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Out of bounds



Photo by SUSANNE KAPPLER

Gabriella Balanta, 7, explores a tunnel on Fort Jackson's newest boundless playground. The boundless playground, which opened Tuesday, is designed to accommodate children and adults with and without disabilities.

SKIES, EFMP celebrate openings

By SUSANNE KAPPLER
Fort Jackson Leader

The Fort Jackson community came together Tuesday to mark the Month of the Military Child with the grand opening of the SKIESUnlimited building and the adjacent boundless playground.

"This building is an example and proof of the Army Family Covenant and the Army commitment to families each and every day. We know that our families deserve the

same kind of support and assistance that our Soldiers are receiving," said Carla Atkinson, director of Army Community Services.

SKIESUnlimited, which is operated by Child, Youth and School Services, offers classes ranging from fitness to arts to citizenship and academic support. Jeanette Dempsey, administrator for SKIESUnlimited, which stands for Schools of Knowledge, Inspiration, Exploration and Skills, said having a dedicated building will help broaden the spectrum of classes offered

and make for a more inviting setting.

"It opens up a lot more opportunities for instructional programming," Dempsey said. "Before, we had to go to different locations and now we have a centralized space. We had to put mats up and down in the Joe E. Mann Center and work around other events that they had scheduled."

Atkinson said she believes SKIESUnlimited classes will enhance the

See **LOVE:** Page 10

2011 tax filing season draws to close

Tax season is here and if you have not yet filed your tax return, I urge you to place this task at the forefront of your duties. You have a little more than a week before the deadline arrives. I would also suggest that you take advantage of the tax preparation services that are offered on post. The Fort Jackson Tax Center, which regularly saves Soldiers money, is prepared for a last-minute surge from customers seeking assistance in filing their taxes.

Next week, the center will be open for an additional hour Tuesday, Thursday and Friday (from 9 a.m. to 5 p.m.). And on Monday and Wednesday, the operating hours will be 9 a.m. to 7 p.m. The tax center will close its doors April 18, which is the last day to file this year.

There are a number of great things to say about the tax service, but at the top of the list would be the savings passed to our military community members. In the past, the center has saved military members roughly \$300,000 each year in tax preparation fees in assisting with the preparation of returns.

The latest numbers this year show that the Fort Jackson Tax Center has assisted more than 1,100 customers in filing their tax returns. These returns have generated more than \$2.48 million in tax refunds and have saved our Fort

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



Jackson community taxpayers \$210,000 in tax preparation fees. The tax center has provided general assistance to more than 2,200 people.

I am sure you are aware that none of this could be accomplished, however, if it were not for a terrific cumulative effort put forth by the Soldiers and volunteers who staff the tax center. They are an outstanding group of individuals who are committed to the mission and the key to the center's success. They go the extra mile in accommodating Basic Combat Training and Advanced Individual Training Soldiers, and working odd and extended hours each week.

This year, 10 Soldiers (and an officer-in-charge) have

been assisting with tax preparation, along with three civilian volunteers to include a former commercial tax service employee, a retired certified public accountant and a University of South Carolina law student. In preparation costs alone, the tax center has saved Soldiers money, and we all appreciate their significant contribution to our Soldiers and families overall welfare.

Tax-filing time does not have to be stressful. I realize that whether a person anticipates a refund or thinks he or she might owe the government, the filing process itself can be somewhat intimidating because of the fear of making mistakes. Again, I'll re-emphasize that if you have not filed your taxes by now and are still wondering what to do or how to do it, get over to the tax center and get squared away.

You always have the option of filing an extension. The paperwork can be completed at the tax center in a matter of minutes and allows the Soldier, family member or retiree until Oct. 15 to file. This does not, however, relieve or extend one's obligation of paying his or her taxes on time. The tax center is located in Building 4330 on Magruder Avenue. If you have any questions, the phone number at the tax center is 751-JTAX.

Army Strong and Victory Starts Here!

The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

*Commanding General.....Maj. Gen. James M. Milano
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News editor/Staff writer.....Susanne Kappler
Online editor/video.....Mike A. Glasch
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ASAP to add team members

In this unprecedented era of persistent conflict, the risk for substance abuse among our Soldiers and their families has never been greater. As I have often stated, the Army will not break because of our Soldiers, they are indeed the finest force in the world; however, the Army is at risk as a result of the stress the past 10 years of conflict has placed on our Soldiers and their families.

The stress on our Soldiers and families is often manifested in new or growing social problems. Multiple, extended deployments with too little dwell time at home strain relationships with loved ones. Partners and children face difficulty adjusting to new family dynamics as their Soldiers depart for and return from deployments. Many warriors have difficulty transitioning from the battlefield to the home front and life post-deployment.

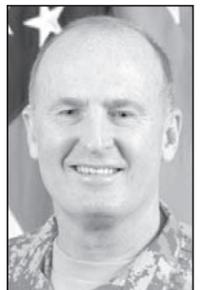
The unfortunate reality is that some Soldiers and family members turn to alcohol and drugs to help them cope.

The Army implemented the Army Substance Abuse Program to enhance mission readiness through helping Soldiers cope with stress by means other than alcohol or other drugs. The program focuses on prevention, identification, intervention, and treatment of high-risk behaviors to enable Soldiers, their families and civilians achieve and sustain balance — and resiliency — in their lives.

We've come a long way in helping our Soldiers become more resilient, both on the battlefield and on the home front. Thanks to the efforts of our dedicated employees, we are continually improving, but we must do better. The Army currently faces a critical shortage of counseling psychologists, social workers, licensed marriage and family therapists, and licensed professional counselors to help our heroes heal.

In fact, garrisons and installations are struggling to accommodate the thousands of Soldiers every month as they transition from the battlefield to post-deployment life at home. As the stigma of seeking treatment has decreased, an increasing number of Soldiers and family

**LT. GEN.
RICK LYNCH**
*IMCOM
Commanding
General*



members are seeking help in making a successful transition. However, the number of qualified professionals entering the field has not grown to meet the need.

IMCOM is seeking to expand the ASAP workforce so we can offer a wider variety of services, provide more intensive treatment over longer periods of time, and explore alternative prevention and treatment techniques. Now more than ever, the Army needs civilians to step up and lend a hand to those who have sacrificed so much to defend our freedom.

IMCOM is enlisting the aid of civilians through several measures to address the needs of our Active duty, Reserve and Guard Soldiers, retirees and their family members. As an incentive to join the Army ASAP team, we are joining hands with universities across the nation to support post-graduate education by offering exciting new opportunities, such as the new Clinical Internship Program, tuition reimbursement, salary and supervision towards licensure, and hiring, relocation and retention bonuses. In addition, the Army is expediting the hiring process to get qualified candidates on board faster.

The Army also offers competitive benefits and advantages, including life and health insurance plans; 13 paid vacation days with the ability to increase to 26 per year;

See **LYNCH:** Page 8



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

SCRA spells financial relief for troops

The Servicemembers Civil Relief Act provides service members important relief and protections from adverse consequences to their legal rights that may result from active duty service.

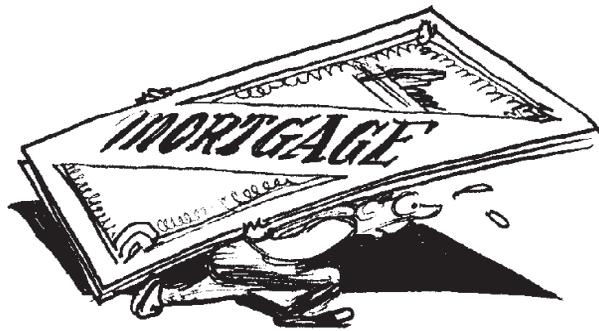
A service member may be entitled to a reduction in high interest rates on financial obligations (credit card, personal loan, automobile payment, mortgage, etc) that were entered into prior to active duty service. In particular, an important protection available to service members under this federal law involves interest rates for student loans.

Through enactment of the Higher Education Opportunity Act, applicability of the SCRA interest rate cap provision was expanded to include student loans that are federally-insured. Before this change, only non-federally insured loans (private loans) were subject to the interest rate cap of 6 percent. If a service member qualifies under the SCRA, the interest rate on his or her federal loan(s) obtained before military service may be limited to 6 percent.

Under the SCRA, interest rates on pre-active duty service debts, including student loans, are limited to 6 percent

FINANCIAL ADVICE

By **MARTHA PHILLIPS**
Army Community Services



per year. There are specific requirements that must be met in order to qualify for this interest rate. This interest rate

reduction only applies to financial obligations entered into prior to the date of the service member's active duty service. If the service member's financial obligation or loan is financed at a high interest rate, reducing that interest rate can mean significantly lower monthly payments.

The excess interest payment that would have been due under the higher interest rate is forgiven, not deferred. This means that the service member is not liable for that excess, or difference between the two interest rates, after he or she is no longer on active duty. However, this reduced interest rate is only effective during the period of active duty service.

To receive this benefit, service members must contact their lenders or loan services for information about the documentation needed in order to have the interest rate reduced to 6 percent. These requests should be in writing and a copy of active duty military orders must be provided to the lender.

For more information, contact the Army Community Service Financial Readiness Program at 751-5256.

School of rock



Photo by **VERNETTA GARCIA**, U.S. Army Recruiting Battalion Columbia

Members of the 282nd Army Band's rock band perform at Crestwood High School in Sumter March 28. The concert was one of three performed at Sumter-area high schools in support of the Army's recruiting efforts. The band also played at Sumter and Lakewood high schools.

Post schedules dual retiree, AFD event

Leader staff report

Two of Fort Jackson's annual events, Retiree Appreciation Days and Armed Forces Day, have been combined into one big event set to begin with a golf tournament here May 20, event coordinators said.

Al Brackett, post retirement services officer, said combining the two celebrations should make the two-day event even more enjoyable for the attendees.

In the past, Retiree Appreciation Days events have been held in April.

The combined Retiree Appreciation/Armed Forces Day event will include a number of staples from previous years, such as a golf tournament, dinner and health and benefits expo. Static displays will also be exhibited in honor of Armed Forces Day.

This year, the Retiree Appreciation and Armed Forces Day opening ceremonies will be combined, and the ceremony is scheduled for 9 a.m., May 21, at Hilton Field.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the April 21 Leader must be submitted by April 14.

Send your submissions to FJLeader@conus.army.mil. For more information, call 751-7045.



Housing Happenings

COMMUNITY UPDATES

- ❑ All Housing Offices will close from 7:30 a.m. to 1 p.m., Monday for training. The closure includes the Residential Communities Office, Housing Services Offices, Unaccompanied Personnel Housing and the Furnishings Management Branch. Offices will reopen at 1 p.m.
- ❑ Visit the Self Help Center to check out lawn and garden tools. The center is located on Ivy Road. Hours of operation are 8 a.m. to 4 p.m., Monday through Friday.
- ❑ A meeting to update residents about the mock utility billing process is scheduled for 5:30 p.m., April 19 at the SSI Auditorium. The focus will be on billing procedures, time-lines and frequently asked questions.
- ❑ Conservation tip: Recycle glass; did you know that glass that is not recycled can take approximately 1 million years to decompose in landfills?
- ❑ The Yard of the Month program will return May 1. To nominate a yard, email ayoungblood@bbcgrp.com or call 738-8275. Nominations for May must be submitted by April 30. Winners will receive recognition from the garrison command team, a Yard of the Month sign and other prizes.
- ❑ The RCI Housing Office is now located at 2441 Essayons Way (next to the RV lot).

CONSTRUCTION UPDATES

- ❑ To date, 319 homes have been completed.
- ❑ There are a total of 709 homes demolished to date.
- ❑ Families are currently relocating into homes along Baker Court and Mills Road.

Making a spectacle



Photo by CHRIS RASMUSSEN, Public Affairs Office

Sporting hip sunglasses, Elijah Gillen, 4, leads Leslie Kennedy, 5, on a lap around the tricycle “track” at the Hood Street Development Center Wednesday. Wednesday was Sunglasses Day, part of a week of Spirit Day events at the CDC scheduled during the Month of the Military Child.



- April 8 — 1:30 p.m.**
Imagine That PG
- April 8 — 7 p.m.**
Unknown PG-13
- April 9 — 6 p.m.**
Take Me Home Tonight R
- April 10 — 6 p.m.**
Big Mommas:
Like Father, Like Son PG-13
- April 13 — 2 p.m.**
Big Mommas:
Like Father, Like Son PG-13
- April 15 — 4 p.m.**
Up PG
- April 15 — 7 p.m.**
Hall Pass R

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

Pentagon developing plan for government shutdown

By JIM GARAMORE
American Forces Press Service

WASHINGTON — Defense officials believe that a government shutdown can be avoided, but they are making prudent plans in the event one does occur, Pentagon Press Secretary Geoff Morrell said Tuesday.

Deputy Defense Secretary William J. Lynn III is formulating guidance for the military services and defense agencies in the event that Congress does not approve a fiscal 2011 budget by the deadline Friday.

“While the administration believes that a government shutdown will be averted, the department, including the service leadership, is engaged in prudent planning so that we will be ready if one were to occur,” Morrell said during a news conference. “While a shutdown would be extremely disruptive to the department and



MORRELL

those who work here, I want to underscore that we would still have the authority and the ability to continue key national security activities, including the wars in Afghanistan and Iraq,

operations in Libya, and humanitarian assistance in Japan, to name a few.”

The Obama administration is working with congressional leaders to avert a shutdown. “I think negotiations are clearly at a very sensitive point, so I don’t think it is wise for me to delve too much into this,”

Morrell said. “But it is certainly our hope here that we can avoid a shutdown come midnight on Friday evening.”

Lynn is in the process of putting out guidance to major DOD components about how they should go about planning for a possible shutdown. This would include guidance on what would constitute an exempt or essential operation or mission, and who would be needed to man those missions.

Morrell said there has been no determination yet on how a potential shutdown would affect military pay.

“We have not been able yet to arrive at a conclusive determination about how everyone’s pay would be impacted by this,” he said. “We are still working through that. So I don’t have a definitive answer for you to relay to our forces in Iraq or Afghanistan. Unfortunately, that’s still an issue that’s being worked.”

News and Notes

LITERACY CENTER OPENS

The Boys and Girls Club Bright Spot Literacy Room will officially open at 6 p.m., today at the Youth Services Center. The room is for ages 11 to 18 and includes various books, magazines and other reading materials.

ROAD CLOSURE

Sumter Avenue and Gregg Street will be closed for construction from 6 a.m., April 18 through April 22. Call 931-627-4109 with any concerns.

PROM GOWNS AVAILABLE

The Thrift Shop is offering prom dresses for military family members as part of its Golden Carriage Project. Family members must have a DoD ID, school ID and be attending either a junior or senior prom. Dresses will be given out on a first-come, first-served basis. A variety of dresses is available. The Thrift Shop will reopen Monday. Hours of operation are: 9 a.m. to 3 p.m., Tuesdays and Wednesdays; and 9 a.m. to 5 p.m., Thursdays.

ACS HOSTS FINANCE EVENTS

The Army Community Services Financial Readiness Program is hosting a series of classes for Financial Literacy Month. Classes are scheduled from Tuesday to April 28. Call 751-5256 for a list of classes and to register.

CPAC EVENT SCHEDULED

A "Getting to know your CPAC" event is scheduled for 8:30 a.m. to 4 p.m., April 19-21, in the 81st RSC Auditorium located at 1525 Marion Ave. The training is for civilian employees and those who manage/supervise civilian employees. Civilian Personnel Office representatives will be available to answer questions, provide updates and more.

GARDEN PLOTS AVAILABLE

Spots are available to housing residents in the new Family Housing Garden Plots. The plots are located in the housing area, off Gilmer Court. Call 751-7126 to sign up or for more information.

WORKERS' COMP STATS RELEASED

The Department of Labor recently released statistics showing that the Army helped lead the way in worker's compensation claims, coming in second only to the Defense Contract Management. In the final quarter of fiscal year 2010, the Army filed more than 2,000 claims and 90.4 percent of those reached DOL within the required 14-day time period. Visit www.dol.gov/owcp/dfec for more information.

PLANTING DAY PLANNED

The 165th Infantry Brigade and Paralyzed Veterans of America are looking for volunteers to work on gardening plots for veterans with disabilities. A planting day is scheduled from 10 a.m. to 2 p.m., Friday at the garden plots off Washington Road. Donations of seeds, plants or bricks are also accepted. Call 629-5589 or 782-2587 for more information.

Defense ID cards to change

By JIM GARAMONE
American Forces Press Service

WASHINGTON — Beginning June 1, Social Security numbers on military identification cards will begin to disappear, said Air Force Maj. Monica M. Matoush, a Pentagon spokeswoman.

The effort is part of a larger plan to protect service members and other DoD identification card holders from identity theft, officials said.

Criminals use Social Security numbers to steal identities, allowing them to pilage resources, establish credit or to hijack credit cards, bank accounts or debit cards.

Currently, the Social Security number is printed on the back of common access cards, and on the front of cards issued to dependents and retirees. Beginning in June, when current cards expire, they will be replaced with new cards having a DoD identification number replacing the Social Security number, officials said.

The DoD identification number is a unique 10-digit number that is assigned to every person with a direct relationship with the department. The new number also will be the service member's Geneva Convention identification number.

An 11-digit DoD benefits number also will appear on the cards of those people eligible for DoD benefits. The first nine digits are common to a sponsor, the official said, and the last two digits will identify a specific person within the sponsor's family.



DOD Graphic

Department of Defense officials announced last week that identification cards will no longer be printed with Social Security numbers. Beginning in June, a DoD identification number will replace the SSN.

Social Security numbers embedded in the bar codes on the back of identification cards will remain there for the time being, and will be phased out beginning in 2012.

The department will replace identification cards as they expire.

"Because cards will be replaced upon

expiration, it will be approximately four years until all cards are replaced with the DoD ID number," Matoush said.

The identity protection program began in 2008, when DoD started removing Social Security numbers from family member identification cards.

CPAC CORNER

OFF DUTY EMPLOYMENT

Army personnel must not engage in outside employment that:

- Interferes with their ability to perform their government duties;
- Appears to create conflicts of interest involving the Army or the United States government;
- May reasonably be expected to bring discredit or criticism against the employee or the Army.

This restriction further disallows canvassing, soliciting and peddling of goods and products (AVON, school candy, etc.) by employees during working hours.

Civilian employees must normally obtain official permission before engaging in off-duty employment if the prospective employer transacts or is proposing to transact business with the Department of Defense or its depart-

ments. Inquiries regarding the appropriateness of off-duty employment should be directed to the Judge Advocate's Office.

The U.S. Department of Defense Standards of Conduct Office maintains a website which contains information on employment restrictions.

GIFTS

Federal employees may not solicit or accept anything of monetary value, including gifts, gratuities, favors, entertainment or loans from any individual or business who:

- Has or is seeking to obtain contractual or other business or financial relations with the Army or Department of Defense;
- Conducts operations or activities that are regulated by the Army or Department of Defense;

Has interests that may be substantially affected by the performance or nonperformance of an employee's official duties.

Furthermore, federal employees may not give a gift to or contribute to a gift for their supervisor (or a supervisor within their chain of command). Employees also may not solicit a contribution from another employee for a gift for either their own or that employee's supervisor.

Finally, an employee may not accept a gift from someone who is paid less than them, unless that person is not a subordinate and a personal relationship justifies the gift.

This does not apply to a voluntary gift of nominal amount (up to \$10) or a donation of nominal amount made on a special occasion such as marriage, illness, transfer or retirement.



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

I A.M. Strong: Longo calls for action

Recently, I attended the Army's fourth annual I. A.M. (Intervene, Act, Motivate) Strong Sexual Harassment/Assault Response and Prevention (SHARP) Summit in Alexandria, Va., and thought it was important to share my views on this serious subject so significant to our Army.

First, I need you to know that I am all in. I am convinced that this is classic "leader business." We must decide whether this abhorrent behavior meets our standards, is consistent with our values, or not.

Sgt. Maj. of the Army Raymond F. Chandler III made it very clear that it is all about the enforcement of standards and discipline. In his words, we are an "Army of action" and the action he demands is to intervene when called upon and make clear to our subordinates, our peers and our superiors that we will not stand for these kinds of attacks on our team members and our readiness. Gen. George W. Casey, the chief of staff of the Army, said we will be successful when we have meaningful discussions on this subject at the platoon level.

Second, I want to recognize the month of April, when the Army observes Sexual Assault Awareness Month. I encourage all of our Initial Military Training Soldiers, civilians and family members to rededicate their efforts toward preventing sexual assault and ultimately change a culture through the SHARP program and "I A.M. Strong" campaign.

This comprehensive program is the Army's strategy to eliminate sexual harassment and sexual assault by 2014. Part of this strategy is to vigorously educate new Soldiers and leaders to prevent sexual harassment and assault be-

**MAJ. GEN.
RICHARD LONGO**
*Deputy Commanding
General,
Initial Military Training*



fore they happen. It is simply unacceptable to be satisfied with responding to incidents after the fact.

As an IMT cadre member, trainer or staff member, you directly influence the attitudes and behaviors of the newest members of our Army. You are mentors and role models for the Army's newest generation.

I need your complete dedication and support for the SHARP program.

The Army has invested significant resources to provide IMT with all the tools we need to execute this training. You will see a different approach to our traditional training techniques, including an innovative program called "Sex Signals" where Soldiers interact with professional actors, promoting sound judgment in relationship decision making. Drill Sergeants will also teach "Sex Rules," aligned with our seven Army Values, to engage new Soldiers on the importance of this program while making them better Soldiers, ready to protect their battle buddies, on and off the battlefield.

We know that sexual harassment and assault can im-

pede training, break down unit cohesion and reduce combat readiness. Sexual assault is a crime, and all incidents of sexual assault must be reported.

We want every Soldier and leader to feel a responsibility to Intervene, Act and Motivate others to prevent sexual harassment and assault.

The success of this campaign strategy depends on you — give SHARP the same detailed attention you provide to other critical individual and team tasks.

We also need to continue our focus on reporting. We, as an Army, have seen a 6 percent reduction in reported cases over the last year. Though I am encouraged, I know that we are only as good as our reporting.

So what am I asking? As the sergeant major of the Army says, let us all be Soldiers and civilians of action! Just as we would not walk by a cigarette butt without picking it up, or walk by Soldiers with their hands in their pockets without making a correction, let us decide together that we will never again tolerate an offensive remark, overlook an offensive email, or the much more onerous examples of sexual harassment and assault that we all have witnessed in our prior "culture" of turning a blind eye to what we knew was inappropriate. Let us shine a bright light on this issue and take back our Army from these predators.

With your help, I am confident we can meet our goal of eliminating sexual harassment and assault from our ranks by 2014.

Sexual harassment and sexual assault are unacceptable. Please stand with me as we solve this Army problem.

LETTERS

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer.

Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity.

Send your letter to FJLeader@conus.army.mil. Call 751-7045 for information.

Lynch: Join ASAP to help a hero heal

Continued from Page 2



IMCOM
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10 paid holidays and retirement benefits including a 401(k)-type government matching program. But most importantly, an ASAP counselor will serve our country, help

our heroes heal and build the strength of our nation, our Soldiers and their families.

If you or anyone you know is interested in making a difference in a Soldier's life, please go to <http://www.usajobs.gov/> or <http://www.armycivilianservice.com/> and apply for job series 0180 and 0185. Or call toll free 1-877-880-2184 for more information.

For more information about ASAP and IMCOM, please visit us online:

- <http://medcell.army.mil/>
- <http://www.imcom.army.mil/hq/>
- <http://www.facebook.com/home/InstallationManagementCommunity>

Our promise is to ensure no Army family has to face the challenges of dealing with substance abuse alone. I encourage you to join our team and help a hero heal.

Love: (Children) deserve a safe, inclusive place to play

Continued from Page 1

relationships children have with each other and their parents.

“We hope that our children use this facility,” she said. “It will make them better citizens. It will make them better students.”



The

boundless playground, which

was funded and planned for by the ACS Exceptional Family Member Program, is located directly behind the SKIESUnlimited building.

“(The playground is) designed for children with and without disabilities,” said Cheryl Jackson, EFMP manager.

The playground features structures low to the ground, which are accessible by ramps, as well as swings that provide back support and allow for children to be strapped in. Cement walkways allow wheelchair users easy access to the playground, and rubberized flooring provides a cushioned surface in the play areas. The playground is also covered with a tent to provide shade throughout the summer.

It is the second boundless playground on Fort Jackson. The first one is located adjacent to the Balfour Beatty Community Center.

“All of Fort Jackson’s children need a safe and inclusive place to play. They deserve a safe and inclusive place to play,” said Col. James Love, garrison commander. “Adding this second (boundless) playground helps ensure that every child has that opportunity.”

The playground also makes it less problematic for parents with disabilities to accompany their children, Jackson said.

“Part of our idea is that wounded warriors have young children,” Jackson said. “They may not have young children with (disabilities), but if they have a young child and they want to take their children to our park, it’s easier for them to go to the boundless playground. If they’re in a wheelchair or walking with a cane or crutches, they can access that playground with their young children.”

Dori Tempio, a family member who has used a wheelchair since childhood, said she was excited to see the playground open.

“When I was a child they didn’t have playgrounds like this,” she said. “So when I wanted to go on a playground it was a difficult thing to do. To see children now able to do that is such a wonderful thing. It makes it truly inclusive. As a child, wanting to be with your peers is really important. Getting that opportunity to do so is even better.”

Claudia Lopez, the mother of two children, said she likes the idea of children being able to play together, regardless of disabilities.

“If you put (the children) together, it doesn’t matter who they are. They’re just children (who like) to play, have fun and enjoy each other,” Lopez said, adding that she appreciates all the programs Fort Jackson offers to family members.

“They’re doing a lot of great things. I’m trying to involve my kids in everything I can,” she said. “I think it’s very important, because (it) keeps the families together, even though the husbands sometimes can’t



Photos by SUSANNE KAPPLER

Dori Tempio, a family member, and her service dog, Casper, come down the ramp of the new playground behind the SKIESUnlimited building. The playground is modified to accommodate parents and children with disabilities.

MONTH OF THE MILITARY CHILD EVENTS

- ❑ Health Rocks, 6:30 to 9 p.m., Friday, Youth Services Center
 - ❑ Allstar Weekend concert, April 16, 7 to 10 p.m., Youth Services Center
 - ❑ Family child care/CD home picnic, 9:30 a.m. to 11:30 a.m., April 22, Youth Sports Complex
 - ❑ Spring Jamboree and Easter Egg Hunt, 10 a.m. to noon, April 23, Youth Sports Complex
 - ❑ Flashlight Easter Egg Hunt, 8 p.m., April 23, Youth Services Center, for middle school students and teenagers
 - ❑ Parent luncheons, 11 a.m. to noon, Scales Avenue Child Development Center
 - ❑ Military Child Appreciation Day, 2:30 to 6:30 p.m., April 27, Youth Services Center
 - ❑ Hood Street parade, 9 to 9:30 a.m., April 29, Hood Street CDC
 - ❑ CYSS Month of the Military Child Fun Fair, 10 a.m. to 3 p.m., April 30, Hilton Field
- All events are free. For more information, call 751-4869.

be with us.”

The SKIESUnlimited building and playground are located on Chesnut Road, in close proximity to the housing area, C.C. Pinckney Elementary School and the Youth Services Center. In addition, SKIESUnlimited also occupies a building designated for Bright SKIES Academy and

academic classes across the street from the Hood Street Child Development Center.

Susanne.Kappler1@us.army.mil

Editor’s note: The opening of the new SKIESUnlimited building and boundless playground falls within 3.4 of the Campaign Plan by providing Fort Jackson community service.



Gabriel, left, and Alexandro Dunkelberger, both 8, plant a tree between the SKIESUnlimited building and the boundless playground. Children planted three trees to mark the opening of both facilities.



NCO jumps into action on, off-duty

Name
Sgt. 1st Class Garret Brunton

Unit
Headquarters Company, 1st Battalion,
13th Infantry Regiment

Military occupational specialty
11B/Infantryman

Years in service
11

Hobbies
Basketball and hunting

Sgt. 1st Class Garret Brunton made no hesitation when he witnessed a vehicle cut off a motorcyclist, sending the rider to the pavement.

Brunton, operations noncommissioned officer-in-charge for Headquarters Company, 1st Battalion, 13th Infantry Regiment, jumped into action and took control of the scene until emergency personnel arrived.

“I saw a vehicle turn in front of a motorcycle and the motorcycle had to lay his bike down hard to avoid a collision,” Brunton said of the March 23 incident at Clemson Road and Interstate 20. “I made a u-turn and called 911. Then I moved him and his bike out of the road and did a casualty assessment. I checked for bleeding, burns and did small tests to make sure he didn’t have any fractures. I left his helmet on in case there was a neck injury.”

Before emergency responders arrived, Brunton also called the motorcyclist’s wife to let her know what happened. Luckily the motorcyclist wasn’t seriously injured.

“While the motorcyclist’s life did not appear to be in danger, what Sgt. 1st Class Brunton did was what you might expect of an NCO,” said Patrick Killian, an instructor at the Soldier Support Institute who witnessed the incident. “I watched as he went through the motions with confidence and professionalism. No doubt, had the situation been worse, I know he would have done what was necessary.”

Brunton said helping the motorcyclist was just part of his duty, the Army Value



Photo by JAMES ARROWOOD, command photographer

Sgt. 1st Class Garret Brunton recounts how he jumped into action after seeing a motorcyclist fall to the ground during a near-collision. Brunton stayed with the rider and waited with him until help arrived.

he cherishes the most.

“When you see someone hurt, you help them,” he said. “Taking care of a buddy isn’t just on the battlefield. It is also taking care of Americans.”

While not working or enjoying his time off playing basketball and hunting, the Fort Jackson NCO volunteers his time at Burnside Elementary School.

This past Christmas he played Santa Claus for the students.

“It was a great experience seeing all of the excited children,” he said. “Some of the families out there have a hard time getting presents for their kids and we were able to provide some gifts for them.”

— Reporting by Chris Rasmussen

The NCO Creed



No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as “The Backbone of the Army.”

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role.

All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

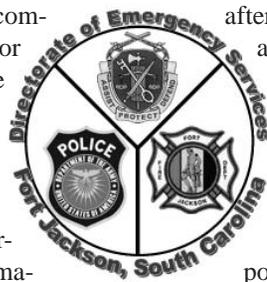
Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

❑ A Soldier was ticketed for using an electronic device while operating a vehicle



after Military Police saw him using a cell phone while driving, MPs said. It is a violation to use a cell phone while operating a motor vehicle on Fort Jackson.

❑ MPs responded to a report of a child locked in a car. The child's mother accidentally locked the child in the car after putting him in the child safety seat, MPs said. The doors were unlocked, and the child was unharmed.

❑ A Soldier was charged with a fishing violation for fishing at Weston Lake without a permit, MPs said. Proper permits are required for fishing and hunting on post.

crimestoppers

1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



3. Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.

LEGAL

Tax center offers help to last-minute filers

By **CAPT. HERBERT BUNTON**

Legal Assistance Office

With just a little more than a week left before the end of this tax season, those who have not yet filed need to act quickly in order to receive assistance from the Fort Jackson Tax Center. Here are a few tips for those still trying to beat the April 18 tax-filing deadline.

What do I need to bring to have my taxes prepared at the tax center?

Some of the necessary documents include, but are not limited to: (1) a valid Social Security card for all family members, (2) federal wages forms (W-2), (3) interest statements, (4) investment dividend forms and (5) the previous year's tax returns. Other important information may include bank/investment statements and any other income statements. In addition, homeowners should provide information relating to property taxes and interest paid on their homes and mortgages.

What if I don't file by the deadline?

If you file your return after April 18, the IRS may assess late fees, penalties and interest due on your federal taxes. If late fees, penalties and interest are assessed, you still

have the option of requesting fees and interest be withheld in writing. The IRS has sole discretion to grant a withholding of fees and interest. A better option would be to file before the deadline, or file an extension.

How do I file for an extension?

If you absolutely cannot file before April 18, IRS form 4868 is available from the IRS Web site www.irs.gov and allows a taxpayer to request a six-month extension to file his or her federal tax return. Service members who are concentrating on training and mission requirements may wish to file an extension if they

feel that they may need extra time. It is also a good idea, even if you plan on filing near the deadline, to protect yourself from additional fees and interest. There is no penalty involved in filing an extension, and once you file an extension you may file your federal tax returns at any date before your extension deadline.

Can someone else file my taxes for me?

You can give another person the authority to file your tax return. This is especially appealing and useful to service members married to non-service members, who are

filing or plan on filing a joint return. Although most general powers of attorney grant an agent the authority to file tax returns, the IRS has Form 2848, which is also available online from the IRS. Form 2848 does not require notarization and is the preferred power of attorney by the IRS for federal tax returns. Similar to all powers of attorney, make sure you completely trust a person to whom you grant any authority to act in your name. In granting this power to someone, remember, you will remain responsible for the tax return filed by your agent.

Call 751-JTAX for an appointment with a Soldier trained in tax preparation. Appointments are filling up fast and time is running short, so call soon.

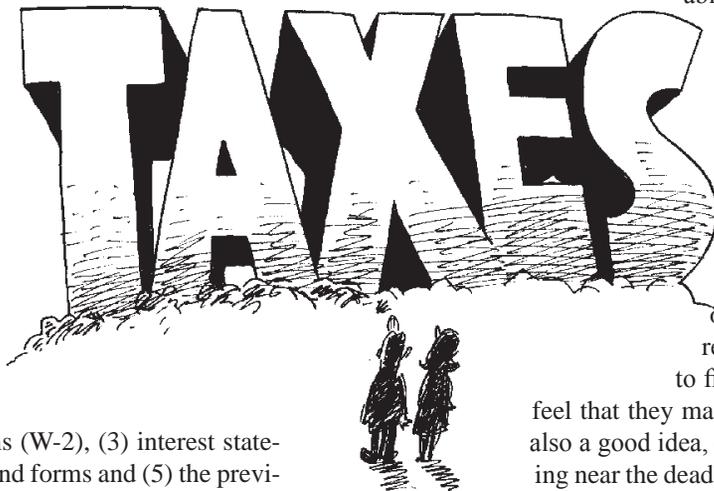
The Fort Jackson Tax Center is open and taking appointments from 9 a.m. to 7 p.m. on Monday and Wednesday, and 9 a.m. to 5 p.m., Tuesday, Thursday and Friday. The deadline to file taxes is less than a month away; please do not wait until the last minute as appointments are filling up fast. For an appointment, call 751-JTAX.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to eligible people.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

Walk-in clients are accepted 9 to 11 a.m., Thursdays. Appointments are required for wills. The office is closed on federal and training holidays. The office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the April 21 Leader must be submitted by April 14.

Send your submissions to FJLeader@conus.army.mil.



Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Sgt. Raven Smith
Company D
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Teri Francis

SOLDIER OF THE CYCLE
Pvt. John Edwards II

HIGH APFT SCORE
Spc. Dawn Haight

HIGH BRM
Pvt. Ryan Schneider



Staff Sgt. Daryl Brinkley
Company E
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Joseph Winters

SOLDIER OF THE CYCLE
Pfc. Christopher Youngblood

HIGH APFT SCORE
Pfc. Jared Collins

HIGH BRM
Pvt. Jeremy Hughes



Staff Sgt. John Stephens
Company F
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Nikita Lefti

SOLDIER OF THE CYCLE
Pvt. Lisa Keeton

HIGH APFT SCORE
Pfc. Travis Comstock

HIGH BRM
Pvt. David Sheff

Photos by OITHIP PICKERT, Public Affairs Office

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. 1st Class
Christopher Widener

DFAC SUPPORT
Ebony Wolfe

TRAINING SUPPORT
Laura Ernst

Katrina Davis

SERVICE SUPPORT
Charlena Truitt
Raymond Colon

FAMILY SUPPORT
Amber Zawisza
Tori Pless

April promotions

Name	Rank
DWORACZYK, Joseph J.	COL
KATERS, Nicholas W.	COL
MEREDITH, Gene D.	COL
GLASSCOCK, Larry E.	LTC
KALAINOFF, Melinda Z.	LTC
WALTON, Adam Z.	LTC
WEIZER, Paul I.	LTC
HIBBLER, Felisia M.	MAJ
AUSTIN, Drew F.	1LT
BARRON, Thomas M.	1LT
BLOUNT, Scott R.	1LT
CAMPBELL, Lisa D.	1LT
CARRINGTON, Corye J.	1LT
GRIFFIN, Hugh W.	1LT
MACIEL, Shemonia T.	1LT
MARTIN, Travis D.	1LT
McCLAIN, Mechelle	1LT
ROLSHOUSE, Eric J.	1LT
SMITH, Nadine N.	1LT
USSERY, Semiko Q.	1LT
GRAY, Ashley N.	1LT
MYLES, Edward D.	1LT
LIGHTBOURNE, James M.	MSG
AYEGBAROJU, Adeola.	SFC
BROWN, Carlos J.	SFC
BYRD, Paul B.	SSG
PETERS, Sierra D.	SSG
MURRELL, Elijah W.	SGT
SMITH, James R.	SGT
TOUSSAINT, Max B.	SGT
WILSON, Derek B.	SGT

Training honors



2nd Lt. Christopher Delaney
Distinguished honor graduate
Adjutant General School
Basic Officer Leaders Course



Staff Sgt. Steven Villanueva
Drill sergeant of the cycle
Task Force Marshall

*Want more Fort Jackson news?
Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>*



Calendar

Friday

AG Corps Regimental Association golf tournament

7:30 a.m., Fort Jackson Golf Course
The cost is \$50 per person. For more information, call 751-3136.

Planting day

10 a.m. to 2 p.m., garden plot off Washington Road
Volunteers are needed to help plant a gardening plot for veterans with disabilities. Donations are also accepted. For more information, call 629-5589 or 782-2587.

165th Infantry Brigade "Strike Strong" Nine-pin no-tap bowling tournament

11 a.m. to 1 p.m., Century Lanes
The tournament is open to all ID card holders. Teams will consist of four people. The cost is \$20 per person. For more information, call 751-5601/3444.

Health Rocks

6:30 to 9 p.m., Youth Services Center
For more information, call 751-4869.

Tuesday through

Thursday, April 14

Home buying seminar

6 to 8 p.m., Post Conference Room
The seminar will cover the entire home-buying process. For more information and to register, call 751-5788/5331/7566/9339.

Wednesday, April 20

Pathway to Resiliency: Connecting the Community

9 a.m. to 3 p.m., NCO Club
The Family Advocacy Program presents a workshop on sexual assault and child abuse awareness. For more information, call 751-6325.

Thursday, April 21

Fort Jackson School Board meeting

4 p.m., C.C. Pinckney Elementary School

Saturday, April 23

Spring jamboree and Easter egg hunt

10 a.m. to 2 p.m., Youth Sports Complex
For more information, call 751-4869.

Flashlight egg hunt

8 p.m., Youth Services Center
For middle school students and teenagers. For more information, call 751-4869.

Monday, April 25 through Friday, April 29

MACH laboratory tour

2 p.m., Moncrief Army Community Hospital Department of Pathology
The tour offers a behind-the-scenes look at MACH's laboratory. It is open to military ID card holders.

Wednesday, April 27

March for change

11 a.m. to 1 p.m., Semmes Lake
The Family Advocacy Program will host

a march against sexual assault and child abuse. For more information, call 751-6325.

Military child appreciation day

2:30 to 6:30 p.m., Youth Services Center
For more information, call 751-4869.

Thursday, April 28

Tobacco cessation orientation

3 to 4 p.m., Moncrief Army Community Hospital, third floor staff conference room
For more information, call 751-5035.

Saturday, April 30

Reserve Officers Association convention Officers' Club

The registration fee is \$40. For more information, email Jeff.Vaughan@us.army.mil.

Month of the Military Child family fun fair

10 a.m. to 3 p.m., Hilton Field
For more information, call 751-4869.

Housing events

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

Tuesdays and Thursdays

Walking Club

10 a.m.
For more information, call Alana at 738-8275.

Announcements

SSN REMOVAL

Beginning in June, Social Security Numbers will no longer be printed on DoD ID cards. The new ID card will have a DoD ID number in place of the Social Security Number. Current ID cards should not be replaced until the card is within 30 days of its expiration date. For more information, visit www.dmdc.osd.mil/smartcard.

FCC PROVIDERS NEEDED

Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., May 2 through 6 at the Joe E. Mann Center. Applications are accepted through April 27. For more information, call 751-6234.

CYSS SUMMER PROGRAMS

Registration is now open for Child, Youth and School Services summer programs. Summer programs are open to CYSS-eligible children in grades K-12. To register, visit Parent Central in the Joe E. Mann Center. For more information, call 751-4865/4824.

FATHER OF THE YEAR

The Family Advocacy Fatherhood Pro-

gram is seeking nominations for the Fort Jackson Father of the Year.

Nominations are open to all Fort Jackson-affiliated active-duty service members, retirees and civilian employees. Nominations will be accepted through April 15. For more information on how to nominate, email Charles.Gregory.Lewis@us.army.mil.

TRANSPORTATION STUDY

The Directorate of Public Works is conducting a survey to assess traffic issues and improve traffic on Fort Jackson. The responses are anonymous. The completion of the survey will take five to 10 minutes. To access the survey, visit www.gfnet.com/survey/takesurvey.asp?surveyID=mLJ455M02n811.

THRIFT SHOP NEWS

The Thrift Shop will be closed through Monday for spring break. The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom. The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program. So far, the Thrift Shop has donated more than \$2,500 to various organizations in 2011.

SKIES LOCATIONS

Bright SKIES Academy and other SKIES Unlimited life skills classes now take place in the Hood Street SAS building at 5614 Hood St. (rear building). The SKIES Unlimited Family Center is located at 6514 Chesnut Road. Note that the building number has changed, but not the physical location.

CYSS SEEKING VOLUNTEERS

Child, Youth and School Services is seeking volunteers to help with Month of the Military Child events April 23 (spring jamboree and Easter egg hunt) and April 30 (children's fair).

Volunteers are needed from 8 a.m. to 4 p.m. to assist with setup, breakdown and various activity booths. For more information, call 751-4869 or email Angela.J.Austin@us.army.mil.

MACH NUTRITION CLINIC

The following classes are scheduled for April:

- Diabetes class, 8 a.m. to noon, today
- Cholesterol and high blood pressure class, 2 to 3 p.m., today and April 21
- Army Move!, Session 1: 2 to 3 p.m., April 18; Session 2: 2 to 3 p.m., April 20
- Victory weight loss class, 2 to 3 p.m., April 14

All classes take place at Moncrief

Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

BEHAVIORAL HEALTH HOURS

In and outprocessing hours for Moncrief Army Community Hospital Behavioral Health are 1:30 to 3:30 p.m., Monday through Friday.

ACS ON SOCIAL MEDIA

Army Community Service now has a Facebook page and Twitter feed. Follow FtJacksonACS on Twitter or friend Ft Jackson ACS on Facebook.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run through June 24. For more information on the program, visit www.ltcfeds.com or call 1-800-582-3337.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

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.

OPERATION PURPLE CAMP

The National Military Family Association is now accepting applications for Operation Purple summer camps. The free summer camp program supports military children 7 to 17 years old. For more information and to apply, visit www.militaryfamily.org.

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions will be edited to comply with Leader style and Public Affairs regulations.

Send all submissions to FJLeader@conus.army.mil. 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.

For information about display advertising, contact Kathy at 786-5681.



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

Fueling key for peak performance

By MAJ. BETHANY DESCHAMPS, RD, LD, CSCS
Moncrief Army Community Hospital

For many Soldiers, it is the time of year when it is time to prepare for the Army Physical Fitness Test.

As you listen to the proctor read off the instructions, you may be asking yourself, "Am I ready? Did I practice my push-ups enough? Are my legs and lungs strong enough for a fast two-mile run? Is the bit of insulation I put on over the winter going to interfere with sit-ups?"

Many people know that training is a very critical component of physical fitness, and how he or she trains will have a huge influence on how well he or she performs during a physical fitness test.

But what about nutrition? Many Soldiers focus on their training but not on their nutrition when preparing for an APFT. Any athlete will testify that proper nutrition is a key component to training and performance.

For a Soldier, it should be no different. An APFT is only one of the many physically demanding activities a Soldier does that categorizes him or her as an athlete. Many Soldiers train like an athlete; therefore, they also need to fuel like one.

Our bodies are much like a car. If you don't put the right kind of gas or fluids in a vehicle, it is not going to run properly. Likewise, our bodies function and perform better when given optimal nutrients and energy is coming from a preferred source. To get the most from your training and performance you *must* fuel right. Here are a few tips to help you fuel for peak performance.

First, eat regular meals throughout the day, starting with breakfast. As you increase training, whether it is duration, frequency or intensity, your body will start to demand more fuel throughout the day, even when you are not training. Eat a meal or snack every three hours.

Time your meals/snacks so you are eating one to two hours before training and within 45 minutes after training.

Make the basis of your diet complex carbohydrates. At least 50 percent and up to 70 percent of your daily calories should come from carbohydrates. Carbohydrates are your body's most readily avail-

able source of energy for your training. Complex carbohydrates carry an abundance of nutrients including vitamins, minerals, antioxidants and fiber.

The best sources of complex carbohydrates are fresh fruits and vegetables, low-fat/non-fat milk or yogurt, whole grains, and beans and legumes.

Take in small amounts of lean protein throughout the day. Most athletes need roughly 1.4 to 1.7 grams of protein per kilogram of body weight or 0.6 to 0.8 grams per pound of body weight. Examples of healthy and lean protein include fish (not fried), white meat poultry, eggs, low-

fat cheeses/cottage cheese, lean deli meats, extra lean beef, beans and nuts.

Drink enough water throughout the day, every day. During training, our bodies demand for fluids is higher due to perspiration and increased water uptake by muscle tissue. Athletes should consume 0.75 ounces per pound of body weight per day.

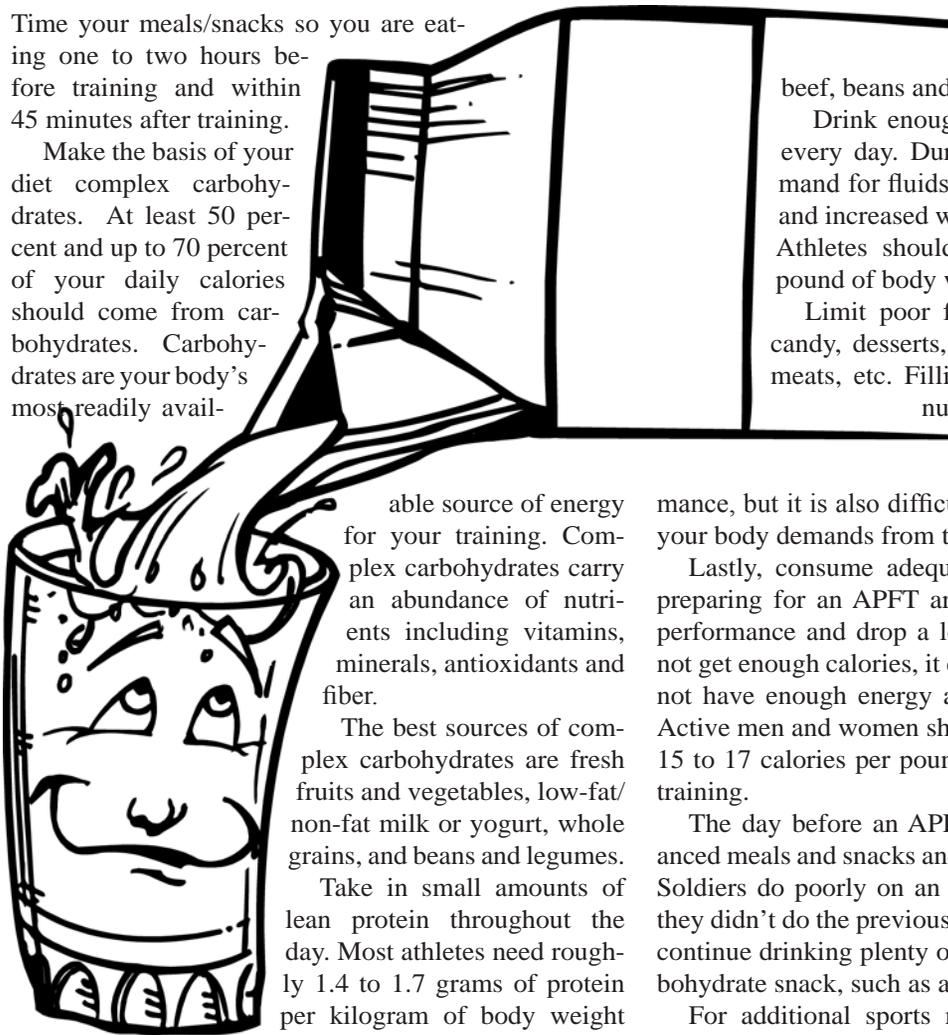
Limit poor food choices such as sodas, candy, desserts, greasy fried foods, high-fat meats, etc. Filling up on high-calorie, low-nutrient foods not only makes you feel sluggish and decreases training perfor-

mance, but it is also difficult to meet the nutrient needs your body demands from training.

Lastly, consume adequate calories. Many Soldiers preparing for an APFT are trying to increase training performance and drop a lot of weight. If a body does not get enough calories, it cannot build muscle and does not have enough energy and nutrients to train harder. Active men and women should consume approximately 15 to 17 calories per pound of body weight to support training.

The day before an APFT, rest, relax, consume balanced meals and snacks and drink plenty of water. Many Soldiers do poorly on an APFT because of something they didn't do the previous day. The morning of the test, continue drinking plenty of water and have a small carbohydrate snack, such as a banana, if you are hungry.

For additional sports nutrition questions/concerns, please do not hesitate to contact the Moncrief Army Community Hospital Nutrition Care Department at 751-2115 or Bethany.Deschamps@us.army.mil.



MACH UPDATES

MACH GOES GREEN

Any visitor to the hospital can do his or her part to help the environment. There are now two total plastic recycling bins located in the dining facility on the fourth floor.

These bins are conveniently located in high-traffic areas for hospital dwellers to discard their plastic bottles and containers. Placing recycling bins in the facility is just one of many "green" initiatives the hospital plans to begin to help the environment.

RADIOLOGY SERVICES

The Moncrief Army Community Hospital Department of Radiology provides a wide range of imaging services for Soldier, family member and retiree beneficiaries. The following services are available with an order from a physician:

- Radiology (751-4606/ 2366)
- Diagnostic Radiology/Fluoroscopy (X-RAY)
- Imaging (751-2484/2417)
- Computerized tomography (CAT SCAN)
- Ultrasonography
- Mammography
- Bone densitometry
- Nuclear Medicine (751-2248)

MACH can also provide imaging studies for off-post beneficiaries with orders from

network TRICARE providers.

IN/OUT PROCESSING HOURS

The operating hours for in/out processing for Behavioral Health (including Social Work and Family Advocacy) has changed to 1:30 to 3:30 p.m., Monday through Friday. Soldiers should report to Room 7-69.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga.

To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406 or visit the front desk in the EENT Clinic on the third floor of MACH.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members.

Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

facebook

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

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



Target heart rate for optimal results

As a person committed to exercise or a person new to exercise the goal is the same: results. One technique you should become familiar with is knowing how to target your heart rate.

Performing your exercise in your target heart rate zone will allow you to boost your weight loss efforts through learning how to work at a steady pace for a specific amount of time to yield results. This is how you begin to work your body more efficiently. When you hear the term “more efficient” it means that something does not have to work as hard to achieve results.

The process typically used to make our hearts more efficient is exercising the heart at a precise rate. This term is called targeting the heart rate. Learning how to target your heart rate is a real technique and tool we can use in our efforts to lose weight.

Heart rate training may sound advanced or complicated but it really is not. Heart rate training is exercising at the right intensity for burning fat. This intensity training ultimately strengthens your cardiovascular system making it more efficient. When the cardiovascular system becomes more efficient, it allows you to take in oxygen at a higher more superior rate. When exercising, your heart rate is the indicator that will tell you when you are at the right intensity for your specific goal.

Once you learn how to target your heart rate, you can use the technique for other goals such as making your heart more efficient, or building muscle. So this is why you want to know your specific target heart rate number. Training in your heart rate zone is the way you get the most bang out of your workout time by maximizing your

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



intensity and remaining in that threshold for a certain amount of time to yield results.

When you target your heart rate, you are practicing specific training to burn calories. This is because your target heart rate reflects the rate at which your body is using oxygen, as well as the rate at which it is burning calories (speeding metabolism). The more oxygen you are using, the more calories you are burning.

Your goal is to maintain your oxygen usage for a set amount of time to take you to that threshold where you are burning calories that will result in weight loss.

For example, if your target heart rate is 148 and you are trying to lose weight you want to maintain that 148 level of oxygen usage for at least 25 minutes to hit your weight loss zone. This tells us that oxygen usage is a key player in weight loss. A person can work at 70 percent of his or her heart rate zone or as high as 80 percent. By playing between the two you will learn which end of your zone you need to maintain yourself in for maximum results.

There are many ways to begin targeting your heart rate for weight loss. You could invest in a heart rate monitor that you would strap to your chest with a wrist watch receiver. This method is the most recommended as it reads your oxygen usage most accurately. You can also do a perceived breathing exertion test where you rate your breathing on a scale of 1 to 10 or 1 to 5 to see how hard you might be working. This can be quite effective if you zero in on how hard you are working and for how long. Finally, you can check your pulse. This can be hard because you have to stop working and pause for a moment to take your pulse (which might be hard to find).

To take advantage of your target heart rate training you need to know what your target heart rate is. The means on finding your target heart rate are pretty easy. This number changes with age so what your target was at 25 will be different at 35.

The formula used to discover your target heart rate is called the Karvonen Formula. Below is an example for a 35-year-old woman.

1. Calculate Maximum Heart Rate by taking 226 minus the age (35), which equals 185 (MHR).
2. Calculate Maximum Heart Rate for 70 percent: 70 percent of 185 (MHR) equals 130. This is the low end of the targeted heart rate zone.
3. Calculate Maximum Heart Rate for 80 percent: 80 percent of 185 (MHR) equals 148. This is the high end of the targeted heart rate zone.

In this example, the targeted heart rate zone ranges from 130 to 148. You would want to effectively work in this range for a minimum of 25 minutes for results.



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Health expo



Photo by SUSANNE KAPPLER

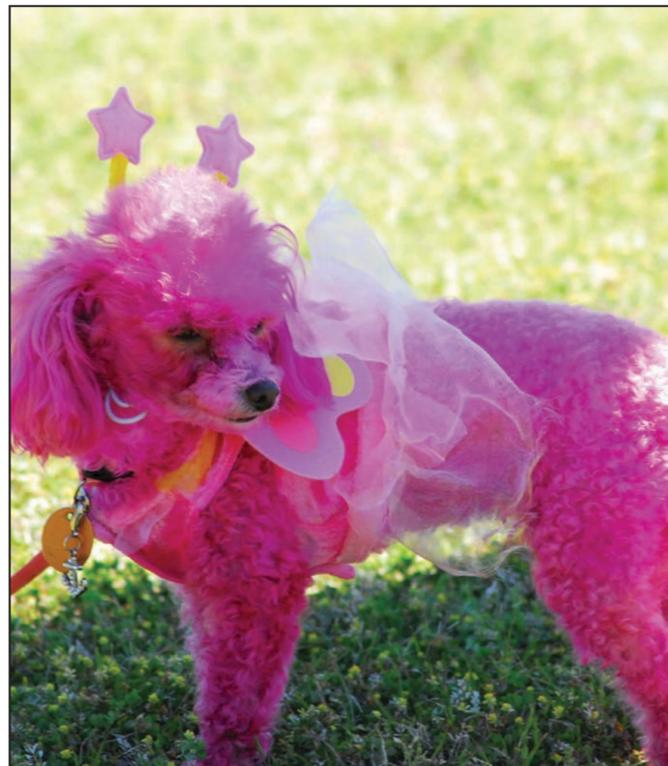
Spc. Joseph Viviano, left, 282nd Army Band, receives a massage from Marcus Gochett during the Community Health Fair Friday at the Solomon Center. In addition to displays from various exhibitors, the health fair also featured a Zumba demonstration, BMI and wellness testing, podiatry exams and healthful food samples.



Theresa O'Hagan, a judge during the April Fool-ish Dog Show, gets a smooch from an admiring dog during the Best Kisser competition Sunday.



Austin, the patriotic pooch, waits his turn before the start of the Best Costume contest during the fifth annual dog show at the Youth Sports Complex.



Boots, the pink poodle, participates in Sunday's Best Costume contest. Boots belongs to six-year-old Yana Neill.

Canines charm crowd

Contestants put best paws forward

By CHRIS RASMUSSEN
Fort Jackson Leader

Sunshine, cute doggies and excited children filled the Fort Jackson Youth Sports Complex Sunday during Family and Morale, Welfare and Recreation's annual April Fool-ish Dog Show.

The event, which is in its fifth year, attracted dozens of canines competing in a variety of categories such as Most Unique Trick, Best Kisser, Least Obedient, Longest Tail, Best Costume, Best Vocal Performance and Most Patriotic.

"The April Fool-ish Dog Show is kind of our way to kick off the Month of the Military Child," said Beverly Metcalfe, FMWR partnership specialist and dog show organizer.

"I got the idea for the dog show after watching the Westminster Dog Show. ... (I thought) it would be a fun way for people on post to enter their pets in a show."

— Beverly Metcalfe
Family and Morale, Welfare and Recreation

enter their pets in a show."

First, second and third-place prizes were awarded in 15 categories.

Donations raised from the dog show will be given to the Fort Jackson Veterinary Clinic.

Yana Neill, 6, the daughter of Sgt. Trevor Neill, Army Training Center, entered her pink poodle Boots in several categories, including Best Costume.

"We painted her pink because she looks so pretty," she said.

Cole Metcalfe, 11, entered his dog Coco Chanel in the You Got to Love Me category.

"I really like coming out here and seeing all of the different dogs," Cole said. "Coco Chanel likes being out here too. Well, some dogs she likes, and others not so much. But it is really fun."

For those children who did not have a dog to enter, a stuffed animal contest was held following the dog show.

"We did that so every child could be involved and no one would walk away empty handed and have a prize," Beverly Metcalfe said.

Chris.Rasmussen@conus.army.mil



Photos by CHRIS RASMUSSEN

Emma Crothers, 10, leads her dog Bradley during the Best Trick competition of the April Fool-ish Dog Show. Emma is the daughter of Sgt. 1st Class Jacob Crothers, a drill sergeant with the 193rd Infantry Brigade.

CMYK

CMYK

27" WEB-100

Weston Lake gets upgrades

By **THERESA O'HAGAN**
Family and MWR

In plenty of time for warm weather camping adventures, Weston Lake Recreation Area completed construction on 21 new recreational vehicle camping pad sites. The new sites are open for occupancy.

"The old sites were more than 25 years old and they desperately needed to be upgraded," said Mike Elkins, chief of Family and Morale, Welfare and Recreation's Community Recreation Division.

The new pads feature connections for water, cable and Wi-Fi, as well as electricity in 30 and 50 amp electrical connections. In addition, each pad will soon come equipped with a fire ring and picnic table.

"The new pads offer our Family and MWR customers the nicest RV pads in the area and at a great cost," Elkins said.

Other upcoming improvements to Weston Lake Recreation Area include converting the old RV sites to modern specifications, building a new



3,000-square-foot operations center and adding a few more lakefront cabins.

The entire Weston Lake Recreation area comprises more than 1,000 acres. Nearly 250 acres of that is water. There are hiking, biking and walking trails, cabins, picnic shelters, a community house, boat ramp, campsites and more.

The Weston Lake swimming area opens Memorial Day.

A variety of watercraft is also available. These include; jon boats, canoes and pontoon boats. Fishing is another popular activity at Weston

Lake, which is stocked with bass, bream, crappie, catfish and jacks.

There are also many varieties of wildlife to which Weston Lake is home. Barn swallows, Canada geese, deer and turtles are just a few of the animals that can be viewed on any given day.

There are also playgrounds and a softball field.

Weston Lake Hours of Operation

May 1 - Sept. 30; 10 a.m. to 6 p.m.

Oct. 1 - April 30; 9 a.m. to 5 p.m.

The swimming area opens Memorial Day and remains open through Labor Day. The swimming area is open from Thursday to Sunday and federal holidays. Hours are 10:30 a.m.-5:30 p.m. Lifeguards are on duty. Closed Monday, Tuesday and Wednesday except for federal holidays.

APRIL CLASSES

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. Call 751-3053 for more information.

EDGE! CLASSES

❑ **Raise a Racquet** — 3:30 to 5 p.m., Mondays and Thursdays, Balfour Beatty tennis courts. For ages 8 to 18.

❑ **You to the Rescue** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Learn to be prepared for emergencies. For ages 11 to 18.

❑ **In the Swing of Golf** — 3:30 to 5 p.m., Tuesdays and Fridays, Fort Jackson Golf Course. For ages 9 to 18.

❑ **City Roots** — 4 to 6 p.m., Tuesdays, meet at Balfour Beatty Community Center for transportation. Take a visit to an organic farm. For ages 11 to 18.

❑ **Eggstravaganza** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. Having fun with eggs. For ages 8 to 15.

❑ **Recycled Crafts** — 3:30 to 5 p.m., Wednesdays and Fridays, Balfour Beatty Community Center. For ages 8 to 16.

❑ **Tonight on the Titanic** — 3:30 to 5 p.m., Wednesdays, Post Library. Join

the Magic Tree House gang for an adventure. For ages 6 to 10.

SKIES Classes, including Bright SKIES, are for children 2 1/2 to 18 years old. For a complete list of classes, visit <http://fortjacksonmwr/skies> or call 751-4865. All classes are at the SKIES building at 6514 Chesnut Road unless specified otherwise.

SKIES/BRIGHT CLASSES

❑ **Karate Classes** — Beginner class: 6 to 7 p.m., Tuesdays and Thursdays. For ages 5 to 18. Cost is \$50.

Intermediate class: 7 to 8 p.m., Tuesdays and Thursdays. For ages 5 to 18. Cost is \$50.

Li'l Kickers: 5:15 to 6 p.m., Fridays. For ages 3 to 5. Cost is \$35.

❑ **Brazilian Jiu Jitsu** — 6 to 7 p.m., Mondays. For ages 6 to 18.

❑ **Preschool Spanish** — 9 to 10 a.m., Tuesdays and Thursdays, 5614 Hood St., Room 9. For ages 3 to 5. Cost is \$60 per month.

❑ **Beginner Spanish** — 4:30 to 5:30 p.m., Mondays, Hood St., Room 9. For ages 4 to 18. Cost is \$40 per month.

❑ **Beginner German** — 4:30 to 5:30 p.m., Tuesdays, Hood St., Room 9. For ages 4 to 18. Cost is \$40 per month.

❑ **Infant/toddler swimming lessons (parent participation required)** — 11 to 11:30 a.m. For ages 6 months to 3. Cost is \$30 per session.

Preschool swimming lessons — 11:45 to 12:15. For ages 3 to 5. Cost is \$35 per session.

Preschool swimming lessons — 12:30 to 1 p.m. For ages 3 to 5. Cost is \$35 per session.

All classes are located at Knight Pool. Classes are either Tuesdays or Thursdays and are once each week for four weeks. Sessions are as follows:

TUESDAYS:

Session 1: April 12-May 3

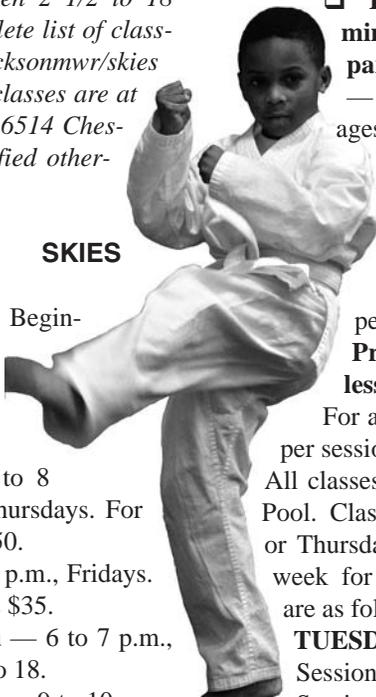
Session 2: May 10-May 31

THURSDAYS:

Session 1: April 15-May 5

Session 2: May 12-June 2.

Additional classes will be offered in June.



FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet, only on Fridays.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excilibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.
- ❑ Month of the Military Child: Take yoga, zumba or both free with your child 10 and older at Andy's Fitness Center.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.

God redeems Good Friday failure

By **CHAPLAIN (CAPT.) ANDREW SPRIENSMA**
4th Battalion, 10th Infantry Regiment

As Passion Week and Easter Sunday quickly approach, all eyes are on Jesus of Nazareth. All of Jerusalem watches as he entered the city on Palm Sunday, all listen as he teaches like no one else, all jeer at his mock trials that led up to his crucifixion. Each gospel intensifies as the greatest moment of history is fast approaching.

It is fascinating that all four of the gospels take a brief intermission at this point during Jesus' trial. They take the attention off of Jesus for a moment. The cameras are redirected to a courtyard down below. There we find the apostle Peter in the center of the stage. (Luke 22:54-62)

The microphones pick up on a conversation that a servant girl strikes up with Peter. She inquires, "Hey, aren't you one of his followers?" In fear for his own life, Peter quickly denies it. Unconvinced, the girl starts pointing him out to fellow bystanders. Peter desperately swears by oath, "I do not know the man!" Peter has now gained an audience, and they press him more for the truth. In total panic, Peter denies knowing Jesus yet again, this time with vehement curses and swearing.

At that very moment, in the dead silence of the cold night, a rooster crowed. With the eerie crow of the cock, Peter remembered the words his savior had spoken to him. In all his pride, Peter never thought it possible, but Jesus

had said, "I tell you, Peter, the rooster will not crow this day, until you deny three times that you know me." (Luke 22:34) And then Peter's eyes locked with Jesus' eyes in the distance. The shame, the guilt and the pain must have been too much for Peter, for he fled the courtyard weeping bitterly.

I imagine that Peter felt judged by Jesus in that look. That would be my first thought. But Jesus predicted more than just Simon Peter's failure. Notice what else Jesus had said to Peter that same night, "Simon, Simon, behold, Satan demanded to have you, that he might sift you like wheat, but I have prayed for you that your faith may not fail. And when you have

turned again, strengthen your brothers." (Luke 22:31-32)

I conclude that Jesus' look upon him was a continuation of his prayer for Peter. Jesus was interceding for him and preparing him for an amazing calling of ministry and leadership within his church. But such preparation required this lesson: Jesus died for failures.

Perhaps that is the reason this story is included right in the middle of every gospel's passion narrative. It reminds us of the reason for Calvary. It highlights the recipients of God's saving work. It demonstrates how God redeems human failures by his gracious fortune.

We all carry a load of disappointments and failures with us. Don't let them drive you from Christ's presence, like Peter did. Rather, let us seek him in the midst of them, and may we experience his powerful redemption afresh in this Easter season.



PROTESTANT

- Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9 a.m. Daniel Circle Chapel Gospel service, Post Theater
9:30 a.m. Hispanic, Solomon Center
9:30 a.m. Main Post Chapel
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
6 p.m. Gospel prayer service, Magruder Chapel

- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street 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

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

CATHOLIC

- Monday through Friday
11:30 a.m. Mass, Main Post Chapel
- Sunday
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 a.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel
8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center

- Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
1 to 2 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

- Thursday
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.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- 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

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the

April 21 Leader must be submitted by April 14.

The Leader welcomes timely submissions.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.

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Sports shorts

LUNCH BUNCH BOWLING LEAGUE

Sign up through May 10 for the Lunch Bunch Bowling League. The league is open to DoD ID card holders 18 and older. Commander's Cup points are available for active-duty Soldiers. A team consists of up to four people, but only two bowl each week.

The cost for two games and shoes is \$6. League play lasts for 10 weeks and begins 11:45 a.m., May 10 at Century Lanes. A captain's meeting is scheduled for 11:30 a.m., May 10.

For more information, call Century Lanes at 751-6138 or the Sports Office at 751-3096.

POST GOLF TEAM

Try out for the post golf team April 16-17 at the golf course. The top six players will make the team. Active-duty Soldiers can contact the golf course to sign up.

The team will represent Fort Jackson in at least two golf tournaments.

DUATHLON

A duathlon — swim and run — is scheduled for April 30 at Knight Pool. The event is for active duty only and includes a 200-meter swim and 3.5-mile run. Participants may compete as individuals or a team. Names and ages are due to the Sports Office by 3 p.m., April 20.

BODYBUILDING COMPETITION

A natural fitness/bodybuilding competition is scheduled for June 25 on post. Competition includes men's bodybuilding, women's bodybuilding and figure. Registration is open to all military, civilian employees and family members. Visit www.fortjacksonmwr.com/fitness for more information. Register online at <https://webtrac.mwr>.

army.mil/webtrac/jacksonretrac.html. Call 751-5768 for more information.

VOLLEYBALL, SOFTBALL REGISTRATION OPEN

Letters of intent for both intramural and recreational softball and volleyball are due by 3 p.m., April 19.

STRONGMAN COMPETITION

The Strongman Competition is scheduled for May 19. Contact the Sports Office for more information.

SWIM LESSONS

Adult swim lessons are being offered at Knight Pool. Each two-week session consists of eight classes and costs \$40. Beginner classes are 4:30 to 5:30 p.m., and upcoming dates are: Monday through April 21; May 16-26. Call 751-4796 for information.

Winter basketball standings*

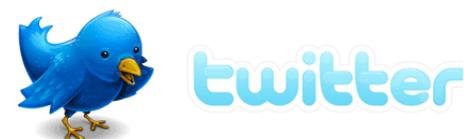
Monday/Wednesday League		Tuesday/Thursday League	
VA**	14-3	NightFlyte**	17-0
Swampfoxes**	14-4	LOD**	13-2
MEDDAC	13-3	SSI/TSB	9-7
81st REC**	12-4	80th**	8-6
120th	10-7	4-10th	7-8
2-39th	10-7	187th	6-9
SCNG**	8-8	1-61st	5-6
1-34th	7-8	2-60th**	5-12
3-34th	6-13	81st	4-11
1-13th	4-15	165th	1-14
Enforcers**	3-14	193rd	out
TFM	0-15	3-60th	out
171st	out		

*Standings as of Tuesday morning
**Denotes recreational teams

Darts standings

Team	Points
Sharp shooters	31
187th	29
1st CivDiv	23
TFM	19
165th	17
4-10th	14
120th	14
193rd	10
3-34th	7

Darts teams play Thursdays at Magruder's Pub and Club.



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