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THE FORT JACKSON LEADER

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★ OLYMPIAN'S
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FROM BCT

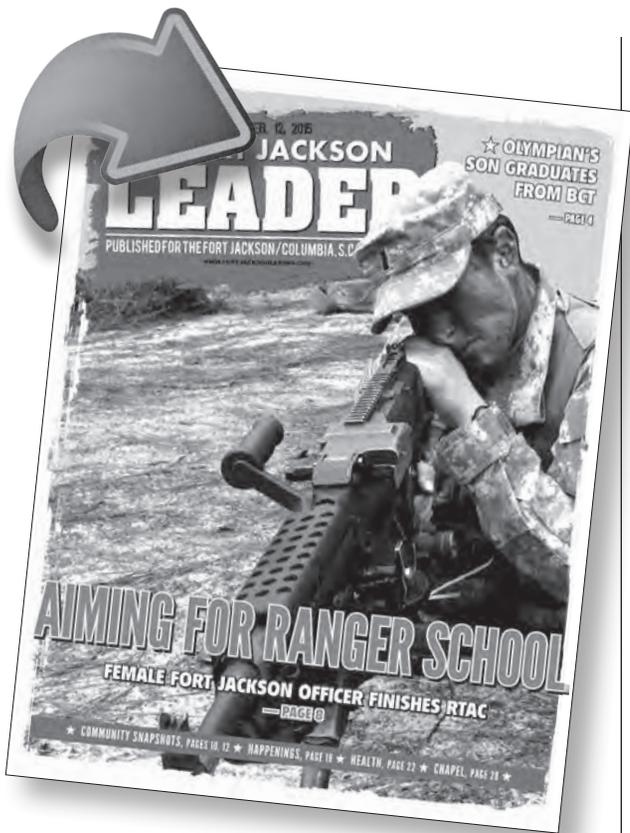
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AIMING FOR RANGER SCHOOL

FEMALE FORT JACKSON OFFICER FINISHES RTAC

— PAGE 8

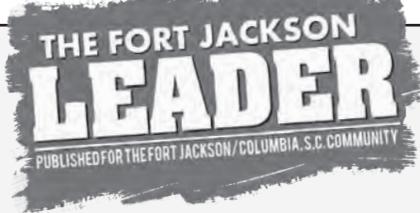
★ COMMUNITY SNAPSHOTS, PAGES 10, 12 ★ HAPPENINGS, PAGE 19 ★ HEALTH, PAGE 22 ★ CHAPEL, PAGE 28 ★



ON THE COVER

Photo by WALLACE McBRIDE

First Lt. Christel Sacco has her goal set on being among the first female Soldiers to earn the Ranger tab. **SEE PAGE 8.**



Fort Jackson, South Carolina 29207

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NEWS



Photo by DAVID SHANES, command photographer

SAMC induction

Sgt. 1st Class Rebecca Belanger, 1st Battalion, 61st Infantry Regiment, second from left, and Sgt. 1st Class Manuel Gonzalez, 187th Ordnance Battalion, second from right are inducted into the Sergeant Audie Murphy Club Friday at the NCO Club. Also pictured are Post Command Sgt. Maj. William Hain, left; Sgt. 1st Class Caroline Keller, center, president of the Fort Jackson chapter of the Sergeant Audie Murphy Club; and Maj. Gen. Bradley Becker, Fort Jackson's commanding general, right.

PUBLIC HEARING SCHEDULED

The Department of the Army will hold a community listening session at 3 p.m., Feb. 26 at the Shandon Baptist Church to gather community opinions regarding the potential impact of personnel cut on Fort Jackson.

The public is invited to attend. The church, located at 5250 Forest Drive, will open its doors at 2 p.m., and the event will continue until complete.



Visit the Fort Jackson Leader at www.fortjacksonleader.com



The Leader welcomes letters to the editor. All letters should include the name, hometown and phone number of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. For more information, call 751-7045.

MACH opens renovated entrance

Moncrief Army Community Hospital

Moncrief Army Community Hospital officially opened its newly renovated front entrance with a ribbon cutting ceremony Monday.

The \$2 million project provides the hospital with an Americans with Disabilities Act-compliant entrance, a cover to protect drop-off patients from inclement weather, an updated heating and cooling system in the front entrance area and additional seating for Soldiers in training and other beneficiaries.

“This project is just the latest effort in making Moncrief a more comfortable and efficient facility,” said Col. Traci E. Crawford, MACH commander.

Lt. Gen. Patricia Horoho, surgeon general of the Army and commander of U.S. Army Medical Command, attended the event and assisted in cutting the ribbon on the new entrance. She also thanked the Fort Jackson leadership for its support of MACH and Army Medicine as well as encouraged the hospital staff to continue providing the best service to all beneficiaries.

“We have to remember these doors are a nexus, and as people are coming and going through them, it’s an experience that can be either positive or negative,” Horoho said. “As we serve those who serve our nation, we need to make that as positive an experience as possible.”



Photo by SPC. STORM POUGH, Moncrief Army Community Hospital

Officials cut the ribbon on the newly renovated entrance of Moncrief Army Community Hospital Monday. Pictured, from left, are Col. Mark Shade, Fort Jackson’s deputy commanding officer; Col. Traci Crawford, MACH commander; Lt. Gen. Patricia Horoho, surgeon general of the Army and commander of U.S. Army Medical Command; Brig. Gen. Paul Chamberlain, Soldier Support Institute commanding general; MEDCOM Command Sgt. Maj. Gerald Ecker; SSI Command Sgt. Maj. Matthew Suggs; and MACH Command Sgt. Maj. Timothy Sloan.

Facebook town hall

Col. Michael Graese, Fort Jackson garrison commander, monitors the activity during the garrison’s semi-annual Facebook town hall meeting Tuesday. Community members were invited to ask questions about services on the installation. The questions were answered by subject matter experts from numerous directorates and agencies on post. The next Facebook town hall meeting is scheduled for August.

Photo by ANDREW McINTYRE



Track star's son graduates from BCT

By **ANDREW McINTYRE**
Fort Jackson Leader

Like many other Soldiers, Pvt. Bakim Lewis joined the Army to continue the family tradition of representing the United States – although he does so in a slightly different way than his father.

Lewis, who graduated from Basic Combat Training with the 2nd Battalion, 13th Infantry Regiment, Feb. 5, is the grandson of track and field athlete, Evelyn Lawler, the nephew of long jumper, Carol Lewis, and the son of nine-time Olympic gold medalist, Carl Lewis.

Carl Lewis attended graduation to show his support for his new Soldier.

“This is just pretty amazing to see all these parents come together from all (over) the world and watch their child graduate to become a Soldier,” the elder Lewis said.

He said he saw apprehension in his son before he left.

“I think his nervousness was from the idea that he did not want to be sent here without knowing what it was going to be like,” the father said. “Now, what I see is his transformation is just summed up in one word — purpose. What I see out of Bakim now is that he has a clear purpose. Now it’s like, ‘I know what my life can be and I can control that and I know someone is going to be there to support me all the way.’”

The track star said upon graduating high school he told his son he had three choices.

“Either you can work for me, yourself or the government. You move out on your own, get a job, pay for your own health care. If you work for me you go to school full-time, or the government you go to the military — that’s it,” the father said.

The younger Lewis said serving his country was always his first choice, not track and field.

“Believe it or not, joining the Army was actually my first choice. Although I moved to multiple schools, I participated in Army Junior Reserve Officer Training Corps and I loved it,” the Soldier said. “I was always called on to lead these packs of cadets to teach them the rules and the way things were put together.”

The Soldier said, although Junior ROTC is not the same as the actual military, it still gave him his first taste of camaraderie and military discipline.

“I still just procrastinated a lot with making the final decision to join, so I decided to go to college and then after about a year in to college at the MediaTech — Institute for Technical Arts I decided this was not for me and decided to join the Army,” he said.

He said he struggled a little with the physical training during Basic Combat Training.

“Coming into the Army I was not as fit as everyone else may have been, but I am very athletic,” he said. “At my first physical fitness test my pushups and situps were borderline passing, and then my run I just blew it out of the water, so I got a lot of questions like, ‘How did you just do 35 pushups and then turn around and do less than 13 minutes on your two-mile run?’”



Photo by **ANDREW McINTYRE**

Olympic great Carl Lewis congratulates his son, Pvt. Bakim Lewis, on graduating Basic Combat Training Feb. 5 at Hilton Field. Pvt. Lewis will move on to Advanced Individual Training at Fort Lee, Va., to become an automated logistical specialist.

The Soldier said his answer was, “Running is just my thing. I am just good at it.”

“I also told them my dad ran track, and one thing led to another and then word just spread all over the place,” he said.

The track star said he is proud of his son’s decision.

“For me, I can kind of exhale a little bit now because I

feel that he is on a great path,” he said. “Of all the things my family has done, Bakim is going to be the one whom the average person walks up to every day and thanks him for his everyday service, and I am really proud of that. ... He is my hero and little knucklehead, but he’ll also be millions and millions of other people’s hero as well.”

Andrew.R.McIntyre.civ@mail.mil

LEADER DEADLINES

Article, announcement and photo submissions are due one week before publication. For example, an article for the Feb. 26 Leader must be submitted by Feb. 19. Photos smaller than 1MB cannot be accepted.

Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.



Upcoming Family & MWR Events

- » **NCO Club Morning Breakfasts**
Every Thursday (6:30 - 9:30 a.m.)
For info, call 782-2218.
- » **Beginners Mixed Bowling League**
Now - Apr. 24 at Century Lanes.
For info, call 751-6138.
- » **Couple's Massages**
Feb 11 - 14 (Wed - Fri: 9 a.m. - 8 p.m.)
(Sat: 10:30 a.m. - 4 p.m.) at the
Solomon Center. \$80 per couple
For info, call 751-3700.
- » **Children's Story Time**
Feb 12 (6:30 - 7 p.m.)
at Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **Valentine's Celebration**
Feb 13 (11 a.m. - 1 p.m.)
at Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **Buddy Bingo**
Feb 14 at Victory Bingo. Prices vary
by package. For info, call 751-3411.
- » **Sweetheart's Brunch**
Feb 15 (11 a.m. - 2 p.m.)
at the NCO Club.
\$14.95 for adults
\$7.50 for children, ages 4 to 11.
For info, call 782-2218..
- » **Black History Month Trail Walk**
Feb 16 (8:00 a.m.) at Marion Street.
Free event. For info, call 751-3700.
- » **Fort Jackson Boxing Smoker**
Feb 21 (6:00 p.m.)
at the Solomon Center.
Free event. For info, call 751-7146.
- » **Myrtle Beach Day Trip**
Feb 28 (8:00 a.m. - 8:00 p.m.)
meet at Marion Street Station.
\$19 per person for transportation.
For info, call 751-7146.
- » **First Friday Golf Tournament**
Mar 6 (12:30 p.m. shotgun start)
at Fort Jackson Golf Club.
Cost: normal golf fees plus \$10 for
post tournament meal & prizes.
For info, call 787-4437.



WALT DISNEY WORLD MILITARY SALUTE: \$177

for a 4-Day Park Hopper Ticket
available through Oct 3.
Call Victory Travel at 751-5812 for details.

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FORT JACKSON BOXING SMOKER

SATURDAY, FEB 21
6 P.M. AT THE
SOLOMON CENTER

FOR MORE INFO,
CONTACT
MIKE GARCIA
AT 751-7146

FREE EVENT

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

BOXING SMOKER AFTER PARTY

At Magruders Club & Pub
3305 Daniel Drive • (803)790-0381
Saturday, Feb 21 (beginning at 5 p.m.)

Featuring

- » Live Streaming of the fights
- » Drink specials
- » Smokin' Wings
- » Pool tables & darts
- » More than 20 drafts



MWR



Limited time offer!

Through Wednesday, Feb. 18
**GET A GRILLED
CHICKEN SALAD
FOR ONLY \$5**
at The Strike Zone Snack Bar
located inside Century Lanes
Bowling Center.

Strike Zone Snack Bar
4464 Gregg St. Fort Jackson, SC 29207
(803) 751-4656

FAMILY & MWR
OFFERS **TWO GREAT
WAYS TO CELEBRATE
MARDI GRAS!**
Tuesday, Feb 17



FAT TUESDAY BUFFET

AT THE NCO CLUB (11a.m. - 1:30 p.m.)
5700 Lee Road (803)782-2218
Enjoy Fat Tuesday with an all-you-care
-to-eat New Orleans Buffet featuring
Jambayla, Coconut Beer Shrimp, Chicken
Gumbo, & Mardi Gras King Cake.
Just \$8.75 per person!
Enter to win a fabulous door prize with
purchase of your lunch meal.

MARDI GRAS CELEBRATION

AT MAGRUDERS CLUB & PUB
Bldg-3305 Daniel Dr. (803) 790-0381
Featuring drink specials, door
prizes and New Orleans wings.
Doors open at 4:30 p.m. Free admission.

SCARNG names best warriors

By SGT. BRAD MINCEY

South Carolina Army National Guard

Some of the South Carolina Army National Guard's best non-commissioned officers and enlisted Soldiers from across the state gathered at the McCrady Training Center on Fort Jackson Jan. 30 to Feb. 3 to compete against each other in the 2015 South Carolina National Guard Best Warrior Competition.

Garnering top honors for NCO of the Year was Sgt. Brian Lemieux of the 228th Signal Brigade.

"It was a fantastic competition," Lemieux said. "It was fun to do the Army stuff that you join to do. I would do it again in a heartbeat and hope I can do as well at the next level."

Winning the Soldier of the Year title was Spc. Hunter Vaught of the 218th Maneuver Enhancement Brigade.

"The ruck march was the most difficult event of the competition, but when we finished, we really had a sense of accomplishment," Vaught said. "I'm looking forward to the next level of competition, and I hope we represent South Carolina very well."

Lemieux and Vaught will compete in the Region III Best Warrior Competition to be held at St. Croix, Virgin Islands, later this year.

The five-day competition pitted Soldier against Soldier in a variety of events that tested the contestants' physical stamina, mental sharpness and technical skills.

"The Best Warrior Competition is a state event that allows us to gauge the status of Soldiers physically and mentally," said Sgt. 1st Class Joan Keese, 218th Infantry Regiment. "Our Soldiers compete against each other at the state level, and the winner here will go on to represent South Carolina at the regional level."

The competition consisted of numerous events that test the competitors' knowledge and endurance. One of the first events was the Army Physical Fitness Test, which started at 5 a.m. on the second day. Soldiers were tested on their physical fitness by measuring their ability to perform pushups, sit-ups and a two-mile run.

Later that same day, the competitors went to the Military Operations in Urban Terrain, or MOUT, site to demonstrate their knowledge in weapons and tactical movement.

"The Soldiers have to dismantle and put together a variety of weapons and then conduct a functions check on them," Keese



Photo by Sgt. BRAD MINCEY, South Carolina Army National Guard

Sgt. Lauren Rhodes, 59th Aviation Troop Command, pulls the pin on a training grenade during the urban operations section of the Best Warrior Competition held Jan. 30 to Feb. 3 at the McCrady Training Center. Soldiers from across South Carolina competed against each another in a variety of physical, mental and technical skills to decide who will represent the state at the regional level.

said. "The Urban Ops is one of the most difficult sections because of all the different events that need to be completed. Once they complete the weapons section, they go through the MOUT site where they react to targets, make a MBITR-S radio function and throw grenades."

As they went through the site, competitors were presented with enemy and friendly targets and had to distinguish between them and react accordingly. Soldiers used Ultimate Training Munitions rounds instead of blanks to mark the targets with chalk to designate a hit or miss.

In addition, the competitors also had to properly react to medical situations while dealing with simulated explosions, smoke and threats from unmanned aerial vehicles, or UAVs. The UAVs added more distraction

to an already stressful event.

"I'm piloting a RQ11-B Raven and seeing how they react to it as they go through the lanes at the MOUT site," said Sgt. 1st Class Gary Lain, 59th Aviation Troop Command.

"The Raven is a two-man portable UAV that weighs 4.5 lbs. It's small, lightweight and tactical and allows us to see the terrain without having to send up a piloted vehicle."

Day three included qualifying with the M9 pistol and M4 carbine, a stress shoot and finished up with a ruck march.

Soldiers prepared for the competition in

a variety of ways. Some, because of their military occupation specialties, perform these skills often. Others, who only serve during drill and annual training, had to train for the events.

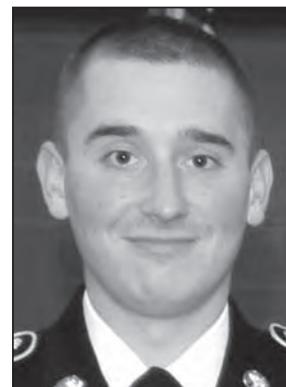
"As an M-DAY (traditional) Soldier, I have to really work to find time to train around my civilian job," said Sgt. Seth Crosby, Company A, 218th Brigade Support Battalion, one of the competitors. "I hit the gym, run when I can

and train whenever I can find the time."

The winners were announced at an awards banquet Feb. 3. "All of you did an outstanding job," said State Command Sgt. Maj. Robert Brickley. "You all came here as individuals but you're leaving as a well-oiled group. You came together as one, which is the American way, the enlisted way."



LEMIEUX



VAUGHT



@fortjacksonpao

Dealing with student loan debt

Dealing with student loans is a challenge for many, but as the old saying goes, "Bad news doesn't get better with time." Avoiding repayment may result in late fees or additional interest charges, which increase your payment and ultimately hurt your credit rating and financial future.

Establishing a plan to address your student loan debts is critical to getting back on track with your payments. Below are tips to reducing your debt.

UNDERSTAND WHAT YOU OWE

It is important to have a clear understanding of what you actually owe. Begin by creating a list of your loans, the monthly payments due and the servicer (i.e. the organization that sends your bill each month). The servicer and lender may be different.

Review a list of your loans on the National Student Loan Data System, or NSLDS, at https://www.nsls.ed.gov/nsls_SA/. Click the "Financial Aid Review" button to obtain a list of all federal loans you received. Review each loan to verify the servicer. Do not assume the servicer is the same for all loans. If you forgot your personal identification number, you can visit <https://pin.ed.gov/PINWebApp/pinindex.jsp> and click "Request A Duplicate PIN" on the left side of the screen.

Next, conduct a thorough review of your credit reports. The NSLDS does not provide information for private student loans. Since no website is available that contains private loan data, you should be able to obtain the information from your credit reports. You can request a free credit report from www.annualcreditreport.com.

REPAYMENT OPTIONS

You may want to consider establishing automatic payments to make sure your payments are made in a timely

FINANCIAL ADVICE

By SHAWN SMITH
Army Community Services
Financial Readiness

manner. Contact your servicer to discuss setting up the automatic payments. You may receive an interest rate reduction if you pay via automatic debit, which could save you hundreds to thousands of dollars over the life of the loan. Make sure you have the required amount of money in your account to avoid overdraft fees or other penalties.

If the requested federal loan repayment amount is too high, you can enroll in an income-driven payment plan that may significantly lower your monthly payment.

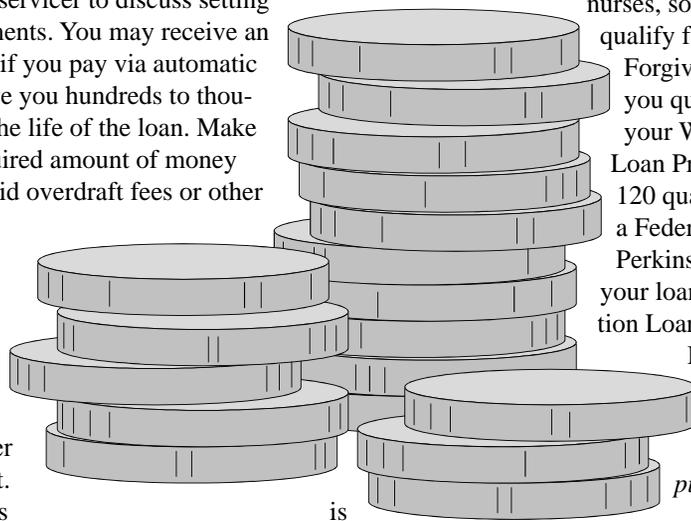
The goal of these plans is to make the payments affordable based on your income and family size. To learn more about these plans, visit <https://studentaid.ed.gov/repay-loans/understand/plans/income-driven>.

If you are repaying private loans you will find minimal repayment assistance. The Consumer Financial Protection Bureau created a sample letter you can send to your lender or servicer to request information about repayment or loan modification options. To access the letter, visit <http://www.consumerfinance.gov/blog/struggling-private->

[student-loan-borrowers-still-searching-for-help/](#).

PUBLIC SERVICE LOAN FORGIVENESS PROGRAM

If you are employed full time with a government organization; a nonprofit organization exempt under Section 501(c)(3) of the Internal Revenue Code; or a private nonprofit organization providing emergency management, military service, public safety, law enforcement, nurses, social workers, etc., you may qualify for the Public Service Loan Forgiveness Program, or PSLF. If you qualify, the remaining balance of your William D. Ford Federal Direct Loan Program will be forgiven after 120 qualifying payments. If you have a Federal Family Education Loan or Perkins Loan, you may consolidate your loan into a Direct Consolidation Loan to take advantage of PSLF. For more information about PSLF, visit <https://studentaid.ed.gov/repay-loans/forgiveness-cancellation/charts/public-service>.



SEEK ASSISTANCE

If you are a military ID card holder, you may call Army Community Service at 751-5256 to make an appointment with a financial counselor. If you feel your lender or servicer are providing poor customer service or if you are having issues with a debt collector you can file a complaint with the Consumer Financial Protection Bureau at www.consumerfinance.gov/complaint/ or by calling 855-411-2372.

News and Notes

BLACK HISTORY MONTH

Fort Jackson will observe African-American/Black History Month with a luncheon from 11:30 a.m. to 1 p.m., Feb. 20 at the NCO Club. The theme is, "A Century of Black Life, History and Culture." The guest speaker will be James Felder, a former member of the South Carolina House of Representatives. Felder also was one of the Soldiers who carried President John F. Kennedy's body to Arlington National Cemetery. Tickets cost \$10.50 and are available through the Equal Opportunity staff office, brigade equal opportunity advisers and unit equal opportunity leaders. For more information, call 751-7873/2990.

FINANCIAL FORUM SET

As part of Military Saves Week, Army Community Service will host a financial forum from 8:30 a.m. to 3:30 p.m., Feb. 23 at the NCO Club. The forum will include six seminars that will cover topics like credit, debt collection, Thrift Savings Plan, investing, home buying and Social Security. For more information and to

register, call 751-5256.

MAUDE LECTURE SCHEDULED

The Adjutant General School will host the LTG Maude Lecture at 3 p.m., March 3 at the Solomon Center. The guest speaker will be retired Lt. Gen. Robert Foley. Foley currently serves as the director for Army Emergency Relief. The lecture series honors the memory of the late Lt. Gen. Timothy Maude who was killed at the Pentagon during 9/11.

CHILD CARE AVAILABLE

With the reopening of Scales Avenue Child Development Center, the availability of child and school age care has returned to normal and there is no longer a waiting list for most cases. Parents whose name was on a waiting list and who have not been contacted about vacancies should call 751-4865. Spaces are available for children younger than Kindergarten age and for children whose parents' mission requires extended-hour service. Services for students with transportation to and from off-post schools are also available.

Information subject to change.

To submit an announcement, email fjleader@gmail.com.

Reel Time Theaters

We're saving a seat for you.

Ft. Jackson Movie Schedule

PH (803)751-7488

Adult \$5.50/Child (6-11): \$3.00

3D: Adult \$7.50/Child (6-11): \$5.00

3319 Jackson BLVD

Ticket sales open 30 minutes prior to each movie

Movie times and schedule are subject to change without notice

Friday February 13
Into The Woods (PG) 7 p.m. 2h 5m

Saturday February 14
Taken 3 (PG-13) 2 p.m. 1h 49m
Exodus: Gods And Kings (PG-13) 4 p.m. 2h 30m

Sunday February 15
The Woman In Black 2 (PG-13) 2 p.m. 1h 38m
Unbroken (PG) 4:30 p.m. 2h 17m

Monday February 16
Taken 3 (PG-13) 2 p.m. 1h 49m
American Sniper (R) 4 p.m. 2h 12m

Wednesday February 18
Taken 3 (PG-13) 2 p.m. 1h 49m
American Sniper (R) 4:30 p.m. 2h 12m

Friday February 20
Selma (PG-13) 7 p.m. 2h 8m

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'God was my friend at RTAC'

Fort Jackson officer among first females in Ranger assessment

By WALLACE McBRIDE
Fort Jackson Leader

First Lt. Christel Sacco said she never imagined getting a chance to earn the Ranger tab.

The Army decoration signifies a Soldier has completed the Ranger School combat leadership course, generally considered to be the toughest of its kind in the world. Until 2012, though, women were banned from combat assignments in the Army, essentially prohibiting them from participation in Ranger School.

Secretary of the Army John McHugh recently approved the admission of both men and women in the spring phase of this year's Ranger course assessment, removing one of the obstacles between women and the Ranger designation.

Before being admitted into Ranger School, though, women must first complete the two-week long Ranger Training Assessment Course, or RTAC.

"I wanted to be a part of that elite organization," said Sacco, of the 1st Battalion, 61st Infantry Regiment. "I honestly thought that my time had passed. I was fully accepting my mentees, or even my children, having this opportunity, but not me."

The idea that she could become a Ranger was first presented to her as a college freshman. Sacco was part of Loyola University Maryland's ROTC program, which received a visit from an Army Ranger as part of its Green to Gold Active Duty Option Program.

"He encouraged me to pursue becoming one of the first female Rangers," she said. "At the time, I didn't know what a Ranger was."

TRAILBLAZING SOLDIERS

Sacco was among the first group of women to take part in the RTAC, which wrapped Jan. 30 at Fort Benning, Georgia. Despite the press coverage the event received, she said it still came as a surprise to many of the men in the course that women would be among the Soldiers in the course.

"We got the briefing on Day 1," she said. "We were told, 'Everyone's here to be an Army Ranger, so let's train like that and not let gender come into play.' We slept in the same barracks and used the same latrines, did the same training with the same standards."

She said the attitudes she witnessed the first day of the course were merely "growing pains."

"I think the Army is continuing to try to figure it out and understand what it means when we say we're truly 'gender integrated,'" said Lt. Col. James Allen, 1-61st commander. "I'm excited about this, and I hope 1st Lt. Sacco has every opportunity to succeed."

The concept of gender-integrated training for Rangers is new to everybody on both sides of the experience, she said, including command and the Soldiers striving to earn the coveted tab.



Photo by WALLACE McBRIDE

First Lt. Christel Sacco, executive officer of Company B, 1st Battalion, 61st Infantry Regiment, is training to earn her Ranger tab. If she makes it, she would be among the first group of female Soldiers to do so. The Army recently opened Ranger School to women with the first class starting in April.

See **RANGER:** Page 18

AG School officer wins photo award

By **WALLACE McBRIDE**
Fort Jackson Leader

Several Soldiers and one spouse with ties to Fort Jackson are among the winners of the 2014 Army Digital Photography Contest.

Although most of the installation's winners have moved on to other assignments since entering the 2014 contest, Chief Warrant Officer 2 Juan Jusino remains a fixture at Fort Jackson as an instructor with the Adjutant General School.

"(Photography is) a hobby, something I've been doing for a little over a year," Jusino said. "I was ecstatic and couldn't believe it when I won."

Jusino received a third place award in the "People" photo category.

The photo was taken last September at B.B. King's Blues Club in New York City. At the time, Jusino was on tour with Puya, a Latin metal band from Puerto Rico. He was photographing the band during its U.S. tour last fall.

During the New York appearance, Puya's opening act was Crash Mental System, a rock/rap/electronic duo. By chance, a high school friend of Jusino's — Juan Carlos Algarin — was a member of the opening act and ended up being the subject in the award-winning photo.

It was the band's first concert appearance outside of its native Puerto Rico, Jusino said.

"It was excellent," he said. "They actually got to stay in New York for a couple more days and got a second show at a different venue."

Jusino said he was happy with the level of "passion" captured in the photo.

"I submitted a few others, maybe five or six more in other categories," he said. "This was the only concert photo that was submitted."

The 2014 Army contest included more than 2,500 photos submitted by 539 contestants. Photography was divided into seven categories in two divisions: active-duty personnel and other Family and Morale, Welfare and Recreation patrons.

Also placing in the Army photography contest were: Capt. Long Pham, who took third place for best "Animals" photo; Maj. Michael Kendall, who took third place for best "Design Elements" photo; and Kimberly Kendall, who took first place for best "Still Life" photo and second place for best "Digital Darkroom" image.

The entries were judged at the U.S. Army Installation Management Command headquarters on Joint Base San Antonio-Fort Sam Houston by professional photographer Carlos Berrios; Rudy Lopez, a former arts and crafts program manager at Lackland Air Force Base, Texas; Amy Kosby, a videographer for Army Entertainment; and Staff Sgt. David Marshall, an Army Entertainment photographer.

The 2014 winning entries can be viewed at www.ArmyMWR.com.

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Photo by CHIEF WARRANT OFFICER 2 JUAN JUSINO, Adjutant General School

Chief Warrant Officer 2 Juan Jusino, an instructor with the Adjutant General School, won third place in the active-duty division, category 'people' of the Army Digital Photography Contest for his photo, 'The Moment When You Realize That You Have Arrived.' The photo shows Juan Carlos Algarin of the band, Crash Mental System.



CCP students skyrocket into healthy lifestyle

Above, Col. Angela Odom, deputy commanding officer of the Soldier Support Institute, and her son, Ryan, 9, receive nutrition facts from Vicky Derderian, Army public health nurse with Moncrief Army Community Hospital, during C.C. Pinckney Elementary School's Skyrocketing Into a Healthy Lifestyle event Tuesday. The program combines math and reading skills with physical fitness and nutrition activities. Left, Ty Fisher, 5, carries a three-pound kettle bell during the event. For more information on the event, see next week's *Leader*.

Photos by JENNIFER STRIDE

Donating blood saves lives

When was the last time you attended a blood drive? I remember the blood drives in high school. Do you remember seeing the kids who were so proud that they did a good deed? Some had a sticker on their chest. Some just gave for the free orange juice and cookie afterward. For most of the blood drives I went to as a student, there was a little old lady nearby thanking everyone for doing their part to save a life.

Fast forward to my second deployment in Iraq. I was a maintenance sergeant working in a motor pool on Forward Operating Base Warrior. Like most large installations stateside and abroad, FOB Warrior has a basewide speaker system called the giant voice, which exists for announcements during incoming fire attacks or other emergencies. Occasionally, on FOB Warrior I would hear a call for blood over the giant voice. The announcements would ask for people of a certain blood type to report to the Combat Support Hospital, or CSH, immediately. When you heard those calls you knew there were wounded, and there wasn't enough of their blood type in supply.

There was a call one day for my blood type. I went to the hospital and stood in line. There were at least 30 people from several countries in line before me. For a moment, my thoughts went back to my teenage life, standing in front of that little old lady thanking people for doing their part to save a life. In those days, I never considered that I might have been saving a life. In my naivety, I assumed the doctors knew their patients would be a little low during a routine operation, so they needed to keep some blood on hand.

My experience on FOB Warrior brought it home for me. When blood is needed, it's an emergency. Standing there, I wasn't just contributing to a good cause. I wasn't helping medical institutions stay prepared for their scheduled events. I wasn't looking for a free cookie. I stood there waiting my turn to help save a life.

During another assignment in Iraq I lived next to a CSH on FOB Speicher. I was in a tent just a few yards from the helicopter landing area. I was annoyed by the flights coming in because they were so loud, and the wind from them rattled my tent, shaking loose the dust that had accumulated during the day. I thought the helicopters were just making their rounds and coming back in for the night at irregular times when their missions were complete. I knew they retrieved wounded Soldiers from the roads of Iraq. After all, it was a war zone. But I guess I just had a mental block about the helicopters being necessary for hospital missions that frequently. I assumed there weren't that many Soldiers being wounded.

One night, a flight came early in the evening, and I went out to watch it land. I crossed the defensive barriers between my tent and the landing area and watched as a wounded Soldier on a litter was transported from the UH-60 Blackhawk into the triage area by three hospital corpsmen and one of the flight crew. I said a prayer for that Soldier, considering him to be one of the unlucky few, and I went back to my tent. The next evening, another flight arrived, and I went to view the landing. This time, two Blackhawks were landing while two others hovered close by. Three wounded Soldiers were on board. In short time, the helicopters were gone and another arrived 30 minutes later with wounded on board. Again, there was a call for blood. It had not occurred to me until that moment what these helicopters were doing every day.

After my experience on FOB Warrior, I was annoyed that in today's military we were unable to keep in supply something so important. I thought critically of the personnel who are responsible for tracking those quantities and ordering more when needed. But I had a slightly better understanding of how the situation can become complicated

COMMENTARY

By 1ST LT. CHRIS WILKINSON
3rd Battalion, 13th Infantry Regiment



after seeing firsthand on FOB Speicher how often blood may be needed.

I had another experience on FOB Fenty in Afghanistan that enlightened me as to how much blood may be needed to save a life. During one of our many incoming fire attacks, a Soldier was wounded by a rocket. Another call for blood was soon announced over the giant voice. That Soldier's life was saved some seven hours and 30 units of blood later.

Back home, we don't have as many people wounded by projectiles, but we do have other traumatic accidents. Premature infants, new mothers with childbirth complications, surgery patients and people with blood disorders also use donated blood.

Much of today's medical care depends on a steady supply of blood from healthy donors. I think most people are as uneducated as I was about the quantities of blood needed. Here are some statistics provided by the American Red Cross: A newborn undergoing open-heart surgery may require 10 units of blood. A person involved in an automobile accident may require up to 100 units of blood to survive. A person undergoing a liver transplant may require as many as 40 units of blood. A person with sickle cell disease may go through up to four units per week. A cancer patient may use up to eight units per week. And the list goes on.

According to the Red Cross, about 38 percent of the population is eligible to donate blood, but fewer than 10 percent actually do each year. Contrast that with the fact that every two seconds someone in the U.S. needs blood.

The winter season is one of the most difficult times of year to collect blood to meet patient needs. Throughout winter, weather and illnesses may affect donations, but hospital patients still need transfusions of blood and platelets.

Through the beginning of January, donations are down approximately 15 percent overall from what the Red Cross needs to maintain a sufficient supply of blood and platelets for patients in need.

Several organizations exist to collect blood donations, one of which — the American Red Cross — supplies about 40 percent of the blood donations in the country annually. The South Carolina Blood Services Region of the American Red Cross helps meet the needs of patients in about 50 regional hospitals. Last fiscal year it distributed nearly 120,000 pints of blood to area hospitals. It collects about 1,200 to 1,400 pints of blood annually from Fort Jackson. The Armed Services Blood Program and the Red Cross partner to collect blood here at weekend blood drives. The Red Cross also hosts weekday blood drives on post. In January alone, there were four blood drives on Fort Jackson. Thanks to the generosity of the post's personnel and the focus of the commanders, the blood drives usually exceeded goals.

Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded. An adult of average weight has about 10 to 12 pints of blood in his body. Roughly 1 pint is given during a donation. A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days. A healthy donor may donate platelets as few as seven days apart, but no more than 24 times a year. All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals. Information given to the American Red Cross during the donation process is confidential.

What are the other incentives to donating blood at Fort Jackson? The first and most important incentive is that 1 pint of blood can help save up to three lives. That means potentially up to 4,200 lives could be saved annually by the donors at Fort Jackson. If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood, potentially helping save more than 1,000 lives.

Much of the blood donated on Fort Jackson goes to fellow Soldiers in need. Donors receive a free mini physical complete with blood pressure, temperature, pulse and iron count checks. Many commanders issue unit-specific incentives as well.

Giving the gift of life doesn't cost you a thing and only takes about an hour of your time. If only one more percent of all Americans would give blood, blood shortages would disappear for the foreseeable future.

Finally, if those incentives are not convincing enough, there are still cookies at the end. The Red Cross comes stocked with sodas and snacks to help donors relax and recharge after giving blood.

There are lots of different kinds of heroes. Some protect you on the streets. Some put out fires. Some go to war to defend your way of life. Some are health care providers. Some are teachers and mentors to children. I've done things in my life that have caused people to call me "hero". But none were as easy and few were as important as the day I gave blood in Kirkuk or the day I gave blood in high school.

To learn more about giving blood or to make an appointment, visit www.redcrossblood.org or call the American Red Cross on Fort Jackson at 751-4329.

Editor's note: The following websites were used as resources:

- www.militaryblood.dod.mil
- www.bethegivingtype.org
- www.bloodcenters.org
- http://bloodcenter.stanford.edu
- www.redcrossblood.org



Courtesy photo

Valentines for Vets

Members of the Fort Jackson Red Cross VolunTEENs deliver handcrafted Valentine's Day cards and decorative hearts in care bags to 55 residents of the Dorn VA Community Living Center Saturday. 'Valentines for Vets' has become an annual event for the VolunTEENs, all of whom have at least one family member who is serving or who has served in the military. The care bags for the veterans also included Red Cross-donated toiletries, a pen, reading materials and puzzle magazines.

Wearing red

Staff members of C.C. Pinckney Elementary School wear red to celebrate National Wear Red Day Friday. The National Heart, Lung, and Blood Institute; the U.S. Department of Health and Human Services Office on Women's Health; and other groups celebrate the day each year to raise awareness that heart disease is the No. 1 killer of men and women and is largely preventable.

Courtesy photo



Perkins spells out Army operating concept

By MIKE BOWERS

Fort Leonard Wood Guidon

FORT LEONARD WOOD, Mo. — The TRADOC commanding general described the Army's new operating concept, "Win in a Complex World," as the blueprint for Army forces to operate and accomplish objectives in unknown, unknowable and constantly changing environments.

Gen. David Perkins said Soldiers cannot be trained in a sterile environment under the new operating concept. Perkins made his remarks during a visit to Fort Leonard Wood, Missouri, Feb. 3.

TRADOC, with its headquarters at Fort Eustis, Virginia, is responsible for Armywide recruiting, training and development of Soldiers and civilian leaders.

He emphasized training must consist of many complex variables, to include military and civilian aspects.

"Training can't be just sitting in a classroom with PowerPoint slides," Perkins said. "We have to replicate and provide all of the friction, the unknowns and things that detract from clarity, so (Soldiers and civilians) can use their expertise acquired in training to bring clarity in real situations."

Perkins said such adaptation is vital, and new doctrine defines the human dimension as the centerpiece of the new concept.

"One asymmetric capability that the U.S. Army has above and beyond everybody else is the quality of our Soldiers — our non-commissioned officers and officers," Perkins said. "Every Soldier, regardless if he (or) she is a private out of Advanced Individual Training or a general officer, has to be a critical thinker, adaptive and innovative."

Soldiers will have to know that when they go into a situation, it is going to change; they have to stay ahead of that change, Perkins said.

He said training and developing leaders and synchronization are keys to enabling the Army as part of a joint force to win in a complex world.

"At Fort Leonard Wood, it is about the kinds of assignments and education for engineer, chemical and military police officers," he said.

Perkins said the new operating concept is a sign the Army realizes that the world is only going to get to be a



U.S. Army photo by MICHAEL CURTIS

Gen. David Perkins, TRADOC commanding general, addresses Soldiers and civilians during a leader professional development session at Fort Leonard Wood, Mo., Feb. 3.

more complex place and credited Fort Leonard Wood as already conducting complex training among the Army's partners.

Fort Leonard Wood provides a unique capability in that the installation's training involves multiple branches of services, he said.

"One of the things we have to do in the 'Win in a Complex World' (operating concept) is to integrate partners," he said. "Not only do you have engineers, chemical, and military police, but you have joint forces here," Perkins said, noting that during his visit he witnessed Marines, Sailors and Airmen along with multi-national partners training on the installation.

"You're already getting at this complex blend of different partners that you're trying to integrate," Perkins said. "You also have the different capabilities that we're

looking at, and you have great facilities."

He said Fort Leonard Wood works the whole leader development time line.

"You take the Soldier from (Basic Combat Training) to AIT or through captain's career courses," Perkins said. "As we transition, you keep bringing them back into this environment with multiple partners, domains and challenges. It's a great capability all in one place."

The operating concept is a multi-decade process that puts the Army on good footing for the future, Perkins said.

"We clearly have the capability with the quality of Soldiers and leaders we have in the Army and their dedication to the Army and nation," Perkins said. "They're going to jump on this, and I have no doubt we will hit this out of the park — pretty much like every mission we give them."

DISA rolls out online collaboration tool

By **CHERYL PELLERIN**
DOD News

WASHINGTON — The Defense Information Systems Agency, or DISA, is rolling out a new online collaboration tool that offers Defense Department employees anywhere in the world secure Web conferencing and secure instant messaging and chat capabilities.

The new open-source-based capability, called Defense Collaboration Services, or DCS, is available to anyone worldwide with a common access card, or CAC, on the unclassified NIPRNet, or to anyone with a SIPRnet token on the classified network, said Karl Kurz, DISA program manager for DCS.

NIPRNet is the Sensitive but Unclassified Internet Protocol Router Network, and SIPRNet means Secret Internet Protocol Router Network. Both are DOD networks.

“Anyone who has either one of those (authorized network accesses) is authorized to create an account on DCS and then can hold meetings using this service,” Kurz said. “Defense Collaboration Services is in the process of rolling out to the department.”

DEFENSE COLLABORATION SERVICES

“We initially released a tech preview to the entire department for testing on Oct. 1,” Kurz said, “and then, as we matured the service, we reached initial operational capability in mid-December.”

At that point, DISA began transitioning internal collaboration sessions and processes from the predecessor system, Defense Connect Online, to DCS, he said.

DISA worked with U.S. Cyber Command, which released a message in January directing the configuration of local networks across the department, Kurz said, “so that by the end of February, the entire department will have the ability to reach DCS.”

Many DOD organizations already have configured their local networks and completed system testing, he noted.

INTEGRATING INTO THE DOD ENVIRONMENT

Describing what it means that DCS is based on open-source software, Kurz explained that such software is available without licensing costs to anyone who wants to use it.

“Our configuration of it is unique to us (because) we integrate the open-source software into the DOD environment,” he said. “So now it inherits all the secure-hosting-environment attributes that our data centers provide while maintaining the easy-to-use interfaces that the software came with.”

What DCS offers employees is an easy and secure way to exchange information with co-workers through secure Web conferencing and secure instant messaging and chat, Kurz said.

Through DCS Web conferencing, users can communicate securely using voice and video and have the ability to share documents, PowerPoint slides, photographs and spreadsheets in different formats.

SECURE INSTANT MESSAGING

DCS instant messaging allows secure person-to-person instant text messaging and room-based chat for multiple users.

“It’s very secure, using the latest industry standards and hosted within secure DISA data centers,” Kurz said. “We actually reside on milCloud, the DoD hosting environment that is secure and very flexible.”

A cloud-services portfolio managed by DISA, milCloud offers an integrated suite of capabilities that can facilitate the development, deployment and maintenance of secure DOD applications, according to the DISA website. It leverages commercial off-the-shelf and govern-

ment-developed technology to produce DOD-tailored cloud services.

Kurz said DISA is committed to providing DCS under a set of requirements it receives from the Joint Staff in coordination with other mission partners throughout the Defense Department.

EFFICIENCIES AND COST SAVINGS

DCS is integrated with other DOD enterprise services. Kurz said this delivers efficiencies and cost savings along with secure communication services across the department.

DCS integrates, for example, with the DOD public key infrastructure, the framework that integrates digital certificates, public-key cryptography, and certification authorities into a DOD-wide CAC-based network security architecture.

By leveraging the DOD Application Services Directory, DCS eliminates the need for users to manage another account. Within hours of receiving a CAC, users are able to start collaborating via DCS. Additionally, DCS also leverages milCloud to provide secure Infrastructure as a Service, known as IaaS, in a military data center.

LEVERAGING MILCLOUD

Kurz said milCloud has a significantly lower cost of ownership to the customer because of the ability to host multiple applications on multiple virtual servers.

“Using milCloud also allows me to take advantage of milCloud’s highly secure environment, and to scale DCS as required,” Kurz said, “because I’m able to stand up a server very quickly, as compared to standard hosting.”

“As these things scale and we become a common consumer of a lot of these enterprise services,” he continued, “The cost to me as a program manager, and in the end, the taxpayer, is dramatically lower than if I had to create, (manage and maintain) each of those myself.”

ORAP update

Barbara Williams, chief of Fort Jackson’s Environmental Management Branch, addresses residents who live near the southern boundary of Fort Jackson about the latest test results Feb. 4 at the Weston Lake Community House. The well testings are part of the installation’s Operational Range Assessment Program. Also pictured are, from left, Col. Michael Graese, garrison commander; Maj. Christopher Wilson, chief of Preventive Medicine at Moncrief Army Community Hospital; and Jeff Davis, environmental engineer with the Army Environmental Command.

*Photo by Kara Motosicky,
Public Affairs Office*





Photo by WALLACE McBRIDE

First Lt. Christel Sacco plans to attend the Ranger Training Assessment Course in March to qualify for Ranger School.

Ranger

Continued from Page 8

“All the females involved are trailblazers,” she said. “They’re pushing through their own chains of command all over the Army right now to get into (RTAC.)”

RTAC consists of two phases. The first phase is designed to reflect the assessment portion of Ranger School, which challenges a Soldier’s mental and physical fitness.

“There are certain standards you have to meet in order to move forward and stay in the course,” Sacco said. “Many of them are physical, but some are technical or tactical. For me, the course was very difficult and physically demanding. It’s no easy feat for even the fittest individuals. Everybody finds it to be extremely difficult.”

The first phase involved a physical training test, land navigation challenges and a 6-mile foot march. The second phase of RTAC is when the course really gets interesting, she said. Although the course remains physically challenging throughout, the ultimate test is to maintain confidence in your abilities to move forward.

The second phase of RTAC is a field training exercise, which tests patrolling and troop landing procedures that are called upon during the Ranger Course.

“I would argue that the mental aspect is more of a challenge than the physical aspect,” she said. “(Everyone’s)

body will break down at Ranger School, especially during the second phase. It’s in your head. ‘Can I pick up one more ruck? Can I fight one more battle drill, do one more patrol and make it up one more mountain before my body quits on me?’”

Sacco said faith got her through the mental ordeals of the experience.

“God was my friend at RTAC,” she said.

COMMITMENT TO THE PROGRAM

Allen said sending a Soldier like Sacco to leadership training courses like RTAC comes at a cost to both the Soldier and his or her unit.

“For Bravo Company, there is a loss of a company (executive officer) for a while,” Allen said. “But I think it’s important for the battalion that we continue to support every person’s goals.”

He said Sacco is also required to conduct rigorous personal training in the months leading up to the course.

“You just don’t show up at Ranger School hoping you’ll be taught how to do everything,” he said. “You go there to be tested and evaluated. She’s been working incessantly since at least October, and maybe even before that, as well. I think that’s what’s going to make her successful in the end.”

Sacco said the key to preparing physically for the course is “training like you fight.”

“You have to get out there and wear a super heavy 80-pound ruck with 20 pounds of equipment on a train-

ing day here at Fort Jackson,” she said. “It will prepare you mentally. You’ll feel the pain before you’re out there doing it.”

Allen said that dedication to training was the reason why Sacco was sent to RTAC, and not another Soldier.

“It’s her commitment to the program,” he said. “She showed up and said, ‘I want to do this,’ and has not slowed down since. Army Physical Readiness Training with basic combat trainees is not the PT necessary to get into shape for Ranger School. So she’s got to make time to do extra foot movements, extra running and extra PT in general.”

Sacco was eliminated from the course early after failing to complete the pushup tests. All of the Soldiers who washed out of this phase — both men and women — were allowed to stay and complete the two-week course, though. Sacco was among those who chose to stay.

She said the lesson of RTAC is that your body can always do more, no matter how mentally or physically exhausted you might be.

“That commitment to accomplish the mission is absolutely critical for Soldiers whenever they are in an environment that’s not training,” she said. “That willingness not to give up is hugely important.”

Of the 122 Soldiers who began RTAC in January, 58 graduated. Three more RTAC courses will be held before the Ranger course’s start date. Sacco said she is planning to return to the RTAC in March. Her application packet has already been prepared, but is awaiting evaluation.

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Calendar

Wednesday

Quarterly shred day

9 a.m. to 2 p.m., Recycling Center
For more information, call 751-4208.

Friday, Feb. 20

African-American History Month luncheon

11:30 a.m. to 1 p.m., NCO Club

Monday, Feb. 23

Financial forum

8:30 a.m. to 3 p.m., NCO Club
Army Community Service offers financial classes as part of Military Saves Week.

Wednesday, Feb. 25

African-American History Month event

10 to 11 a.m., Soldier Support Institute auditorium

Friday, Feb. 27

Victory Spouses' Club

Denim & Diamonds dinner

6 p.m., NCO Club

The event is open to all members and their guests. For more information, email vscreervations@gmail.com.

Wednesday, March 18

Racquetball tournament

Noon, Perez Gym

For more information, call 751-3700.

Announcements

YOUTH SPORTS REGISTRATION

Registration for the following youth sports programs is open through Feb. 27:

- Spring soccer (ages 3-16);
- Track and field (ages 6-14);
- Travel baseball (ages 9-14).

For more information, call 751-7451.

GARDEN PLOTS RENEWAL

Community members who want to lease or renew a garden plot need to sign a new permit. Permits are valid for 12 months. Plots are issued first to permanent party Soldiers, then to retired military. Remaining plots will be available to civilian personnel. For more information, call Valerie Kinsley at 751-7126.

COUNSELING GROUP FOR SPOUSES

Our Circle, a new counseling group for military spouses, will begin Saturday at the Chaplain Family Life Center. Group sessions will be offered the first Saturday of each month from 10 a.m. to noon. Brunch will be provided. For more information, call 751-4949.

OFFICERS' CLUB CLOSURE

The Officers' Club is closed for roof repairs. It is tentatively scheduled to reopen in March.

SJA HOURS

The Office of the Staff Judge Advocate, including the Legal Assistance Office, will

TAX CENTER OPEN

The Fort Jackson Income Tax Assistance Center is open from 9 a.m. to 5 p.m., Monday through Friday.

Services are available to active-duty Service members, eligible family members and eligible retirees. Assistance is provided by appointment only.

Taxpayers must:

- Arrive 10 minutes before their scheduled appointment time.
- Bring their W-2 forms, which can be downloaded from <https://mypay.dfas.mil>.

- Bring all Form 1098s or 1099s.

- Bring a valid military ID card.

- Bring a power of attorney if filing for another person or filing "married filing jointly" without the spouse present.

- Taxpayers who wish to receive an expedited refund via direct deposit must bring a canceled check.

Tax preparation will be limited to basic tax returns and customers who own no more than one home.

The tax center is located at 4330 Magruder Ave.

For more information and to schedule and appointment, call 751-JTAX (5829)

be closed from 11:15 a.m. to 12:30 p.m. today because of staffing shortages. Business hours are 9 to 11:15 a.m. and 12:30 to 4 p.m.

SPORTS SHORTS

- Soccer league play will start Feb. 21. Matches will be played at 10 a.m., 11 a.m. and noon at Hilton Field Softball Complex.

- Boxing smoker, 5:30 p.m., Feb. 21, Solomon Center.

- Tooth Fairy Run, 8 a.m., Feb. 28, Twin Lakes. Register online at <http://bit.ly/1wxzE9o> or on the day of the race from 6:30 to 7:30 a.m.

- Amateur Softball Association of America umpires and scorekeepers clinic, March 21-22.

For more information, call the Sports Office at 751-3096.

BIGGEST LOSER CHALLENGE

Family and Morale, Welfare and Recreation is hosting the 2015 Biggest Loser Challenge until March 6. The categories are fitness, weight loss and total lifestyle change. For more information, call 751-3700.

THRIFT SHOP NEWS

- Winter clothes will be accepted through Feb. 25.

- Summer clothes will be accepted starting March 10.

- A fashion show is scheduled from noon to 3 p.m., March 18 at the Mini Mall. Each hour will focus on a different type of fashion (children's, formal wear and vintage wear). Refreshments will be provided.

- Consignors are eligible for the Thrift Shop's new layaway and credit program.

- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members in the rank of sergeant and below.

SCHOLARSHIP OPPORTUNITIES

- Applications for the 2015 Scholarships for Military Children Program will be accepted through Friday. For more information, visit www.militaryscholar.org.

- Applications for Victory Spouses' Club scholarships will be accepted through March 1. Applicants must have a sponsor who was a member of the Victory Spouses' Club as of Dec. 16. For more information, visit <http://vscwebmaster.wix.com/victory> or email VSCscholarship@gmail.com.

- Applications for the Army Engineer Spouses Club Army Engineer Memorial Awards and the Geraldine K. Morris Award scholarships are accepted through March 15. Scholarships are available to graduating high school seniors whose parent, sponsor or legal guardian is a member of the Army Engineer Spouses Club. For more information, visit www.armyengineerspouses.com or email scholarships@armyengineerspouses.com.

- Applications for Folds of Honor scholarships are accepted through March 31. The scholarships are open to children and spouses of fallen or disabled Service members. For more information, visit www.foldsofhonor.org/scholarships.

- Applications for the Army Emergency Relief Spouse Scholarship program and the Maj. Gen. James Ursano Scholarship Program will be accepted through May 1. For more information, visit www.aerhq.org.

AAFES NEWS

AAFES has launched its Exchange Extra app for Apple and Android devices. The app gives shoppers information on the latest promotions, contests, coupons and more.

COMMISSARY NEWS

- The Defense Commissary Agency is reintroducing its Commissary Value Brand. About 300 products are available in 33 categories. For more information, visit www.commissaries.com/shopping/value-brand.cfm.

- The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rewards/index.cfm

Off-post

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

NAVY BAND CONCERTS

The U.S. Navy Band, which includes the Concert Band and the Sea Chanters Chorus, will perform at 7 p.m., March 10 at the Koger Center. The Concert Band will

also perform at 2 p.m., Feb. 20, at the Lexington Performing Arts Center. The concerts are free and open to the public.

SALUTE TO VETERANS

A free bike event to honor veterans and active-duty military is scheduled for 1 p.m., March 28 at 18929 Main Highway, Olar, S.C. The event includes an honor ceremony, free food, live music and a bike show. Veterans and Service members are asked to be there at 12:45 p.m. For more information, call 507-7767.

WWII COMMEMORATION

A ceremony to commemorate the 72nd anniversary of the first U.S. Army mass parachute drop during World War II is scheduled for 2 p.m., March 29 at the 82nd Airborne Division monument on U.S. Highway 1 between Elgin and Camden. Attendees are encouraged to bring seating.

Information is subject to change.

CPAC CORNER

WEINGARTEN NOTICE

When an employee whose position is included in a bargaining unit reasonably believes that discipline may result from an investigative interview or examination by an agency representative, the employee may request union representation before proceeding with the investigative interview or examination.

Under the provisions of Chapter 71 of Title 5 of the US Code (5 USC 7114), the Union which serves as the exclusive representative of a recognized bargaining unit in an agency shall be given the opportunity to be represented at such investigative interview or examination if the employee reasonably believes that the examination may result in disciplinary action against the employee or the employee requests representation.

In addition to investigations or examinations conducted by supervisors, this right can also apply to investigations or examinations conducted by Army or DoD representatives of the Inspector General, Military Police, or Criminal Investigation Division if the employee reasonably believes that such investigation may result in discipline, and the employee requests representation.

Some points to remember about Weingarten Rights:

- Examinations may include criminal and non-criminal investigations.
- Representation may be requested at any time during the interview.

Performance discussions and counseling sessions ARE NOT considered to be investigations or examinations; nor are meetings held only for the purpose of imposing disciplinary action, which do not involve the gathering of information, nor any examination or interview of employee.

Will your resolutions make it past Feb. 18?

By **CLAUDIA DRUM**

U.S. Army Public Health Command

It's that time of year again when weight loss tops the resolution list of many Americans. Weight-loss commercials have begun flooding the airwaves; health clubs are promoting discounts; and new books and phone apps are hitting the marketplace. Nearly half of all Americans make New Year's resolutions, and nearly 40 percent of these resolutions are related to weight loss. In the end, however, the only thing that drops is the resolution itself.

According to a recent study by Gold's Gym, Feb. 18 marks the day when most people abandon their New Year's resolution to lose weight and get more fit. This is the date when gym member check-ins take a nose dive. How can you keep your weight loss efforts from fizzing out? Follow the steps below to turn your New Year's resolution into a lifestyle resolution.

■ **Be specific:** Be precise about what, when and how you plan to lose weight. For example, instead of telling yourself, "I'm going to exercise more," change it to, "I'm going to take a 45-minute walk during lunch."

■ **Torch more calories during the day:** Find and seize all opportunities to keep your metabolism stoked during the day. For example, take the stairs whenever possible, park your car farther away from entrances and get up 30 minutes earlier to fit in your exercise before other commitments take over.

■ **Use smaller bowls, plates, serving spoons and cups:** Trick yourself into eating smaller portions by downsizing your dishes and serving spoons. According to a recent study published in the International Journal of Obesity, the average adult eats 92 percent of what is on his plate. Just by reducing the amount you serve yourself, you will take in fewer calories and lose weight.

■ **Think twice before taking a second helping:** Sit down, slow down and savor your food rather than eating while watching TV or standing in front of the fridge. Being more mindful of what, how much and why you eat can help you identify triggers that lead to overeating. Put your fork down or take a sip of water between bites to help you slow down. Always pre-portion your snacks to help you control your calories.

■ **Bet on yourself and against others:** Put up cash to keep your weight down. People who promised to forfeit money if they failed to lose weight shed 14 more pounds than

those who didn't have anything at stake, according to a study in the Journal of the American Medical Association. Make weight loss fun and keep yourself accountable by signing up for a weight loss challenge where the stakes are high.

■ **Sleep to stay strong:** When you are sleep deprived, your willpower goes down and the number on the scale goes up. Sleep deprivation disrupts hormones in your body that help you regulate your hunger and fullness, making it easier to gain weight. Aim for seven to eight hours of quality sleep every night to help you lose weight. Getting enough rest will help you feel more energized, stay more active and make better food decisions throughout the day.

■ **Reward yourself, but not with food:** Stop using exercise as your ticket to overeat. There is no quicker way to negate all of your hard work than to grab an extra-large portion or that grande latte just because "you worked out." Instead, use non-food related rewards (schedule a massage, buy new workout attire, take a new fitness class, join a gym, etc.) to celebrate your successes.

For more tips on making lifestyle resolutions, follow the U.S. Army's Performance Triad, which focuses on specific ways you can improve your sleep, activity and nutrition habits.

The flu vaccine will still help protect you from the flu this year.

While some of the flu viruses spreading this season are different from what is in the vaccine, vaccination can still provide protection and might prevent severe illness.

Get your flu vaccine now.

You can help slow the spread of germs that can cause many different illnesses.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose, or mouth.
6. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

USAPHC
phc.amedd.army.mil

More information: http://www.cdc.gov/flu/pdf/treeresources/updated/everyday_preventive.pdf

FLU VACCINATIONS AT MACH

Patients who are enrolled at Moncrief Medical Home may receive influenza vaccines from 8 to 11:30 a.m. and 1 to 4:15 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and from 9 a.m. to 4:15 p.m., Thursdays.

Influenza vaccines are also available at the Immunization Clinic on the sixth floor at MACH for beneficiaries 4 and older from 7:30 a.m. to 3:30 p.m., weekdays.

Children younger than 4 may receive their flu immunization at the Integrated Health Medical Home on the sixth floor at MACH.

Visit www.facebook.com/MoncriefACH to get the latest news regarding Moncrief Army Community Hospital, health tips, TRICARE updates and information from the Army Medical Command.

Health News

TRICARE PHARMACY COPAYS

New copayments for prescription drugs covered by TRICARE went into effect Feb. 1. The Fiscal Year 2015 National Defense Authorization Act requires TRICARE to increase most pharmacy copays by \$3. Drugs from military pharmacies and from TRICARE Pharmacy Home Delivery are still free.

OUTPATIENT PHARMACY HOURS

Effective immediately, Moncrief Army Community Hospital's Outpatient Pharmacy will open at 9 a.m., every third Thursday of the month. Regular hours are from 7:30 a.m. to 5:30 p.m., Monday through Friday and from 7:30 a.m. to noon, Saturday.

E-PRESCRIBING COMING SOON

The Military Health System has deployed electronic prescribing in military pharmacies across its system of clinics and hospitals in the U.S., Guam and Puerto Rico. This capability will allow civilian providers to send prescriptions electronically to military pharmacies, reducing the need for handwritten prescriptions. Beneficiaries can ask their doctor to look for their local military pharmacies in the e-prescribing database/networks. Military hospitals and clinics will not be able to accept electronic prescriptions for controlled substances. Beneficiaries will still need a handwritten prescription for these medications.

TRICARE CHANGE

TRICARE will no longer send beneficiaries certificates of creditable coverage when they lose TRICARE eligibility. These certificates are no longer needed when beneficiaries transition off TRICARE. Beneficiaries will instead receive notice that their TRICARE coverage is ending.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE,
Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt. Daniel Castanon
Company A
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
N/A

SOLDIER OF THE CYCLE
Pvt. Brenan Duffy

HIGH APFT SCORE
Spc. Bryttny Kreshka

HIGH BRM
Pvt. Fletcher Medler



Staff Sgt. Dennis Ford
Company B
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Alicia Giersdorf

SOLDIER OF THE CYCLE
Spc. Megan Webb

HIGH APFT SCORE
Spc. Megan Webb

HIGH BRM
Spc. Erik Gorman



Staff Sgt. Galen Montcalm
Company F
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Kerry Flynnmarkowsky

SOLDIER OF THE CYCLE
Spc. Cody Wilson

HIGH APFT SCORE
Pfc. Elizabeth Sweet

HIGH BRM
Spc. Cody Wilson

Weekly honors



Staff Sgt. Casey McCoy
Instructor of the cycle
Company B
187th Ordnance Battalion



Sgt. 1st Class Calvin Avant
Cadre of the cycle
Company B
187th Ordnance Battalion



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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 sbranh@chronicle-independent.com.

For information about display advertising, call Betsy Greenway at 432-6157 or email bgreenway@chronicle-independent.com.

Threat Information Resources

iSALUTE Website

<https://www.us.army.mil/suite/page/633775>

Army Threat Integration Center (ARTIC) Website

<https://army.deps.mil/army/sites/APP/OPMG/OPS/antiterror/artic/default.aspx>

Antiterrorism Awareness Resources

Antiterrorism Enterprise Portal (ATEP) Website

<https://army.deps.mil/army/sites/APP/OPMG/OPS/antiterror/ATEP/default.aspx>

Army OneSource (AOS) Website

(select *iWATCH Army / Antiterrorism logo on website*)
<http://www.myarmyonesource.com>

A Simple Observation, or a Single Report, can lead to actions that may STOP a terrorist attack



SEE SOMETHING – SAY SOMETHING

What to Report

- Date and time activity occurred
- Where activity occurred
- Physical descriptions of the people involved
- Description of the vehicle(s) involved
- What type of activity
- Describe what you saw or heard

Who to Report to

- Military Police
- Local law enforcement
- Security forces
- Chain of Command
- Army Counterintelligence

Recurring meetings

WEEKLY MEETINGS

- Alcoholics Anonymous open meeting**.....Mondays, Wednesdays and Fridays, 9 a.m., 9810 Lee Road, 751-6597.
- Columbia Composite Squadron (Civil Air Patrol)**.....Mondays, 6:30 p.m., Owens Field, main conference room, Tom.Alsup@gmail.com or www.scwg.cap.gov.
- Family story time**Fridays, 11-11:30 a.m., Post Library, 751-5589.
- Helping Everyone Reach Optimum Strength**.....Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.
- Play group**.....Wednesdays, 10 to 11:30 a.m., Room 8, 5614 Hood St., for children 3 and younger, 751-9035/6325.
- Protestant Women of the Chapel**.....Mondays, 7 to 8:30 p.m., and Tuesdays, 9 to 11:30 a.m., Main Post Chapel, jackson@pwoc.org.
- Range control briefing**Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.
- Sergeant Audie Murphy Club Association study hall**.....Thursdays, noon, NCO Academy conference room, www.facebook.com/FJSAMCA.
- Toastmasters International**Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307.
- Veterans of South Carolina**Tuesdays, 9 a.m., Flying J truck stop at 5901 Fairfield Road, VOSC@sc.rr.com.
- Walking away stress**.....Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

MONTHLY MEETINGS

- 92nd Buffalo Chapter 20 DAV**Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.
- Adjutant General's Corps Regimental Association, Carolina Chapter**Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-3014.
- American Legion Post 182**.....First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.
- American Legion Post 195**.....Fourth Thursday of the month, 7 p.m., 534 Wildwood Lane, Lugoff.
- American Legion Louis D. Simmons Post 215**Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.
- American Legion Riders Motorcycle Group (ALR Chapter 195)**Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or alrpost195@gmail.com.
- American Legion Riders Motorcycle Group**Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.
- Better Opportunities for Single Soldiers**.....First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.
- Better Opportunities for Single Soldiers Adopt-A-School program**Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.
- Community Information Exchange**.....Second Thursday of the month, noon to 1 p.m., NCO Club, 751-5444.
- Combat Vets Motorcycle Association**Third Sunday of the month at noon, (774) 451-7504, email armyaguair@yahoo.com or visit www.combatvet.org.
- Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4**Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.
- Fleet Reserve Association Branch and Unit 202**.....Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.
- Fort Jackson Bass Club**.....First Monday of the month, 7 p.m., Joe E. Mann Center, www.jacksonanglers.com.
- Fort Jackson Homeschoolers**Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.
- Gold Star Wives, Palmetto Chapter**Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.
- Ladies Auxiliary Louis D. Simmons Post 215**.....Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.
- Ladies Auxiliary VFW Post 641**.....Second Sunday of the month, 2 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.
- Ladies Auxiliary VFW Post 4262**.....Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.
- MEDPROS training**Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. Email Erica.Aikens@amedd.army.mil.
- Military Chaplains Association, South Carolina Chapter** .Second Tuesday of the month, noon, NCO Club, 751-7316 or email sam.boone@us.army.mil
- National Federation of Federal Employees**Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622.
- National Active and Retired Federal Employees Chapter 87**Second Friday of the month, 11:30 a.m., Seawell's, 1125 Rosewood Dr., kathrynhensley@hotmail.com or gilltinelc803@aol.com.
- Professional Mentorship Network**.....Fourth Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-8187.
- Purple Heart #402**.....Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.
- Retired Enlisted Association**Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or email jrodgers11@sc.rr.com.
- Seabees**Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.
- Sergeant Audie Murphy Club Association**First Tuesday of the month, noon, NCO Club, www.facebook.com/FJSAMCA.
- Sergeants Major Association**.....Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904, William.huffin@us.army.mil.
- Society of American Military Engineers**.....Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.
- SWAMPFOX Warrant Officer Association**First Thursday of the month, 11:30 a.m. to 12:45 p.m., Officers' Club, johnny.myers@us.army.mil.
- The Rocks Inc., James Webster Smith Chapter**.....Third Tuesday of the month, 6 p.m., Post Conference Room.
- Veterans of Foreign Wars Gandy-Griffin Post 4262**Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.
- Veterans of Foreign Wars Post 641**.....Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.
- Veterans of South Carolina**First Tuesday of the month, 7 p.m., Reflection Club House at 2 Cassia Ct., VOSC@sc.rr.com.
- Victory Riders Motorcycle Club**.....First and third Thursday of the month, 5 p.m., Magruder's Pub. Email sec@ffvictoryriders.com.
- Vietnam Veterans of America Chapter 303**Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.
- Weight Loss Surgery Support Group**Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.; Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

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



Fort Jackson Leader

4 min. · Fort Jackson, SC

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Worship Schedule

PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9:30 a.m. Hispanic, Magruder Chapel
- 9:30 a.m. Main Post Chapel
- 10:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, U.S. Army Chaplain Center and School, Fox/Poling Lab

Protestant Bible Study

- Monday
- 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- 7 p.m. Men's Bible study (PMOC), Chaplain Family Life Center
- Tuesday
- 9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Thursday
- 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday
- 11:30 a.m. Mass, Main Post Chapel

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

ANGLICAN/LITURGICAL/EPISCOPAL

- Sunday
- 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
- 9:30 to 11 a.m. Anderson Street Chapel
- Wednesday
- 3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday
- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Chaplain Family Life Center**
5460 Marion Ave. (to the side of the POV lot), 751-4961
- Magruder Chapel**
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
- U.S. Army Chaplain Center and School**
10100 Lee Road
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318