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THE FORT JACKSON LEADER

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★ SOLDIER AIMS
FOR WORLD
POWERLIFTING
RECORD

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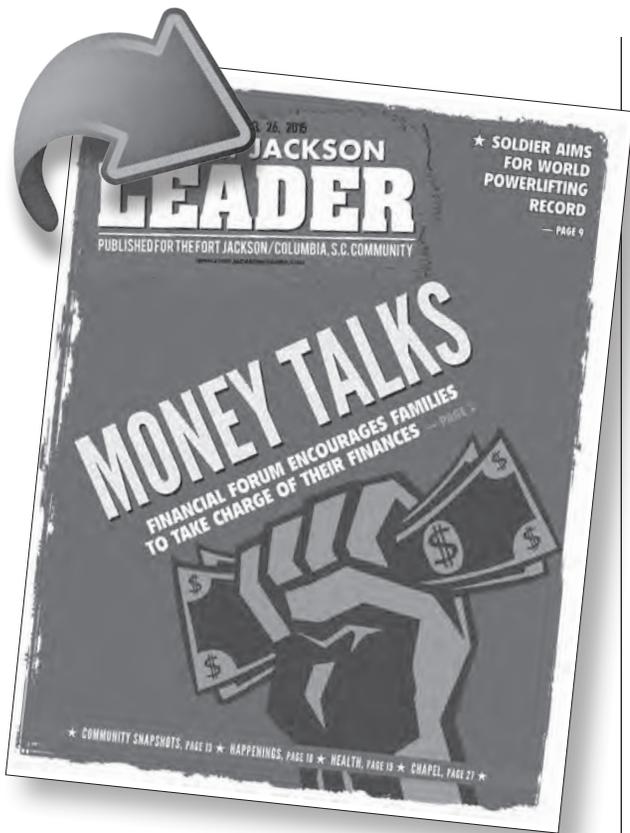
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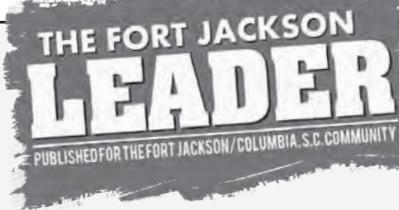
NEWS



ON THE COVER

Cover illustration by WALLACE McBRIDE, graphic courtesy Military Saves

Fort Jackson started Military Saves Week with a financial forum at the NCO Club. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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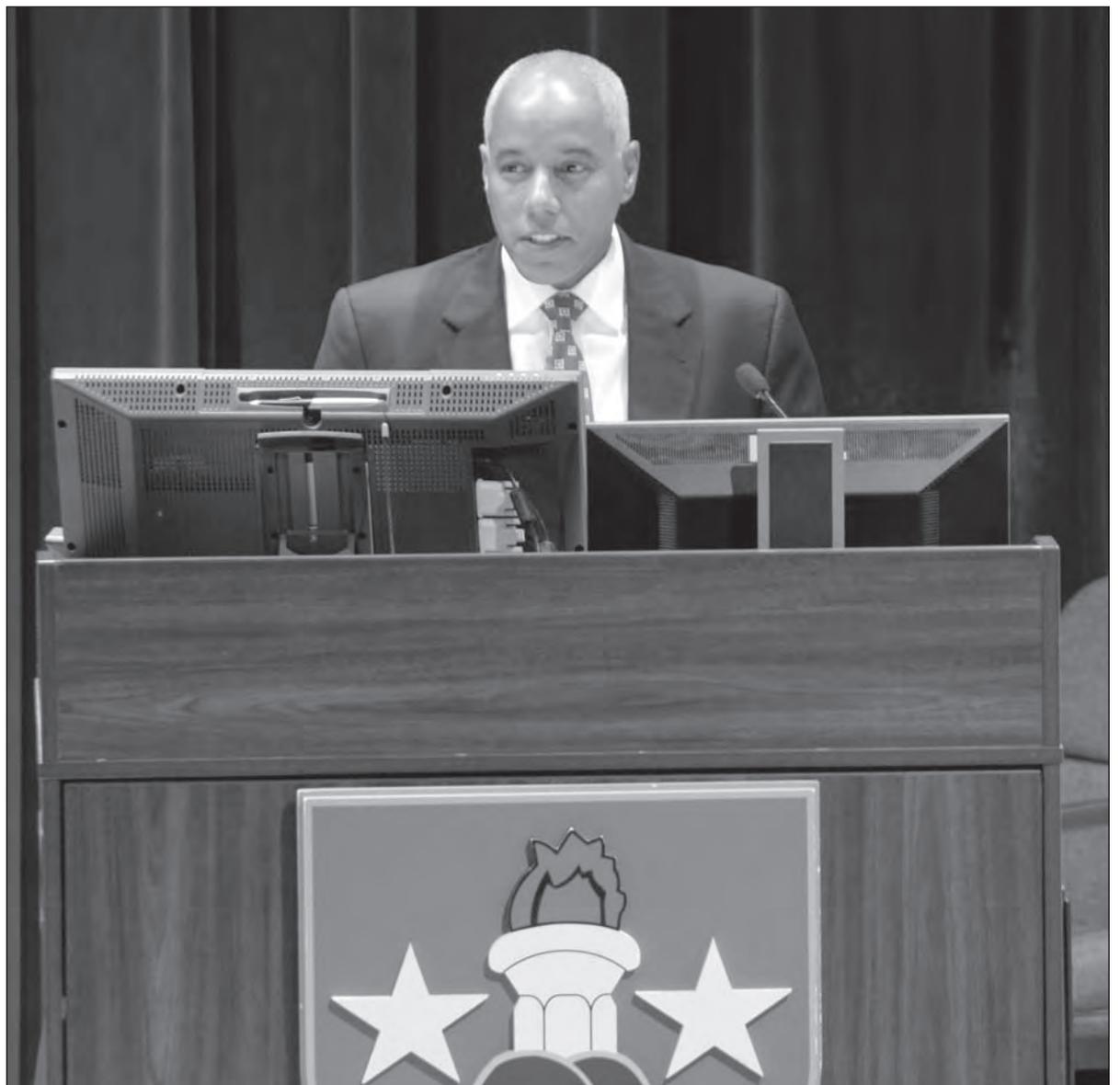


Photo by ANDREW McINTYRE

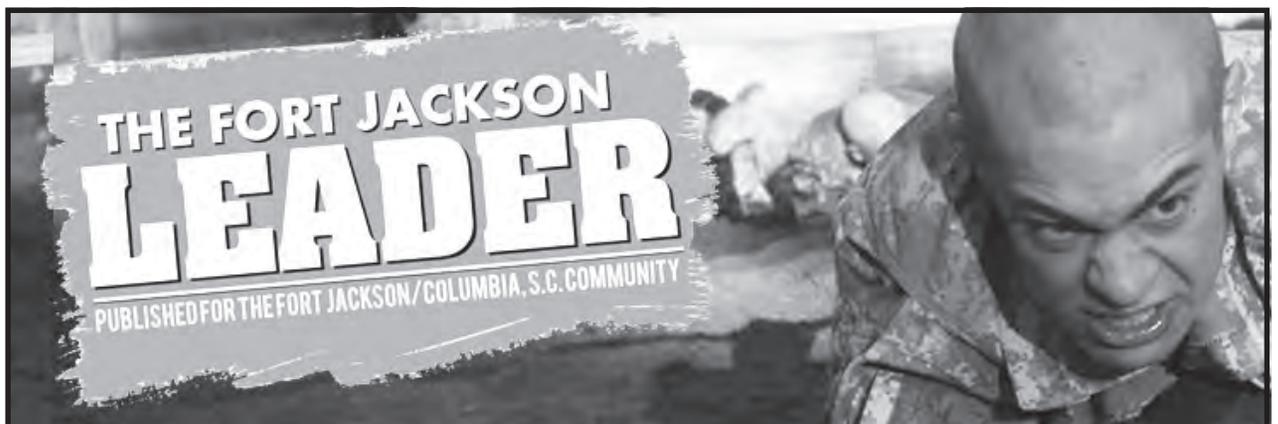
SSI observes Black History Month

Retired Col. Clay Troy is the guest speaker at the Soldier Support Institute's African American/Black History Month observance Wednesday at the SSI auditorium. Troy is a former commandant of the Financial Management School and currently serves as a strategic financial management consultant supporting Army and DOD financial management initiatives.

PUBLIC HEARING SCHEDULED

The Department of the Army will hold a community listening session at 3 p.m., today at the Shandon Baptist Church to gather community opinions regarding the potential impact of personnel cuts 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

Forum addresses financial topics

By WALLACE McBRIDE
Fort Jackson Leader

Military Service members, veterans and their families participated in a financial forum Monday conducted by Army Community Services.

About 75 people gathered at the NCO Club to learn more about their credit scores, debt collection, investment opportunities and retirement savings programs. It was the first event of its kind on post, and was tied into a national financial campaign geared for military families.

"This is the beginning of Military Saves Week, which is a national campaign initially started by America Saves, a non-profit organization," said Madelyn Mercado, Financial Readiness Program manager for ACS.

The annual Military Saves Week campaign runs through Saturday, and is an opportunity for Service members and their families to assess their own credit status.

"Its purpose is to encourage Soldiers, family members, civilians and retirees to save and reduce debt," Mercado said.

The forum was the product of partnerships with financial institutions on and off post, she said, including agencies such as the South Carolina Department of Consumer Affairs, the Better Business Bureau and the Social Security Administration.

The day's activities were divided into six sessions. The first hour dealt with ways to enhance credit ratings, which was followed by sessions offering advice on dealing with debt collections, an overview of the Thrift Savings Plan, home ownership and how Social Security affects retirement income.

The centerpiece of the forum was a presentation on investment strategies by Col. Jamie Houston, DENTAC commander.

"Houston has a passion for teaching family members and Service members about investing," Mercado said. "He volunteered. As soon as he (arrived) to Fort Jackson, he called and asked if he could volunteer to teach these classes. He just loves it."

Houston said he structured his presentation based on questions he had received during similar events in the past.

"I organized it so that I would start from the very bottom," he said. "At that stage in the game, you can look in (people's) eyes and see if they've got it. Then I go onto the next level. With 75 people there, there were many levels of knowledge about investing."

He told the audience Monday that there was more to finance than earning money. If finances are not carefully managed, he said, people can often find themselves hav-



Photo by WALLACE McBRIDE

Col. Jamie Houston, DENTAC commander, offers investing advice during a financial forum Monday at the NCO Club. The forum was part of the post's Military Saves Week activities.

ing to start over later in life.

This disconnect is best reflected in the many professional athletes who have made — and lost — fortunes.

"Our goal is to provide the Fort Jackson community with financial education that (people) can use for themselves for their future, in planning different aspects of their financial stability," said Christine Julius, financial counselor for ACS. "People are very excited about the topics. They're very intimate topics that some of them deal with daily."

The event was also a chance to remind Soldiers and their families about the programs offered on post by ACS, Mercado said.

"ACS has a whole program that offers financial counseling, education and prevention classes, anything that has to do with personal finances and consumer affairs," she said. "We assist with debt liquidation, we're consumer advocates and we provide emergency financial assistance. We offer it for free for all active duty, family members and retired Service members and their family members."

All of these demographics were represented in the au-

dience of Monday's forum, she said.

"We're trying to get Soldiers, family members, civilians and retirees in the mindset to save," Julius said. "And not just to put money in their savings account, but to save money for vacations, for the future, for their children's college fund. One of the things we're doing is having people fill out a pledge card, asking people what they're saving for."

The Department of the Army is trying to get 10,000 people to sign the "Saver Pledge," which enrolls them in the Military Saves program, a social marketing campaign to persuade military families to save money and reduce debt.

"By signing this pledge, it gives you access to a website which will send you financial tips on a quarterly basis," Julius said. "And you can get your free credit score once a year. We're hoping to contribute to the goal and have 300 or 350 Service members sign the pledge card."

For more information, visit www.militarysaves.org or call ACS at 751-5256.

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Photo by DAVID SHANES, command photographer

Garrison Command Sgt. Maj. Rod Celestaine, Vickie Anderson and Deputy Garrison Commander Scott Nahrwold cut the ribbon Friday on the new Training Support Center facility. The building was named in honor of Anderson's husband, Medal of Honor recipient Sgt. 1st Class Webster Anderson.

Post christens enhanced TSC facility

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson officials cut the ribbon on a new Training Support Center facility last week.

Friday's ceremony marks the end of two years of planning and construction to make the enhanced, 94,000 square foot facility a reality, said Scott Nahrwold, deputy garrison commander.

"This brand new training facility is one of only five fabrication facilities in the entire country," Nahrwold said. "It supports all South Carolina active and reserve components, National Guard, ROTC, as well as sister services."

It also fabricates training devices to support operations throughout the world, he said. The TSC provides training aids, devices and equipment, and visual and audio training support for Soldiers around the world. Its construction took two years to complete, wrapping up last October.

"It takes the place of six previous stand-alone facilities that we built on this installation back in the 1990s," he said.

Last year, the Training Support Center:

- Produced more than 17,500 graphic training products;
- Took more than 4,000 Department of the Army photographs;
- Loaned or issued more than 400,000 training devices and related equipment valued at \$95 million;
- Supported the training of more than 61,000 Soldiers;
- Supported 117 command ceremonies on Fort Jackson;
- Provided instructor training to more than 37,000 Soldiers on 6,000 sets of equipment.

"This Training Support Center will continue the fine tradition which began in the previous, less-efficient facilities by providing world-class products to enhance the Soldier's ability to train effectively and realistically, resulting in success on future battlefields," Nahrwold said.

The building was named in honor of the late Sgt. 1st Class Webster Anderson, a Medal of Honor recipient from Winnsboro.

In 1967, Anderson was serving as a staff sergeant in



Photo by WALLACE McBRIDE

Friends and family of the late Sgt. 1st Class Webster Anderson, a Medal of Honor recipient from Winnsboro, were present for last week's ribbon cutting ceremony.

Battery A, 2nd Battalion, 320th Artillery Regiment, 101st Airborne Infantry Division (Airmobile) during a tour of duty in Vietnam. On Oct. 15 of that year, his unit was attacked by North Vietnamese forces near Tam Ky in the Republic of Vietnam. He was severely wounded — eventually losing both legs and part of an arm — but continued to lead the unit's defense during the assault.

Anderson was awarded the Medal of Honor for his actions and retired following a promotion to sergeant first class.

"It didn't matter to Sgt. Anderson how large the enemy

force was, that they breached the first defensive perimeter, and that two enemy grenades severely wounded his legs," Nahrwold said. "Even in a semi-conscious state he refused medical treatment and to abandon command of his position until the enemy had been beaten back."

Webster died in 2003. His family was present for the ribbon cutting.

"It's difficult to find words to describe our reaction to his courageous acts," Nahrwold said. "Sgt. 1st Class Anderson was the epitome of a warrior."

Milton.W.McBride3.ctr@mail.mil



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.
- » **Myrtle Beach Day Trip**
Feb 28 (8 a.m. - 8 p.m.)
meet at Marion Street Station.
\$19 per person for transportation.
For info, call 751-3484.
- » **Tooth Fairy 5k Fun Run/Walk**
Feb 28 (8 - 10 a.m.)
At Twin Lakes. Free Event.
For info, call 751-3096.
- » **Dr. Seuss's Birthday Celebration**
Mar 2 (2 - 4 p.m.)
At Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **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.
- » **Savannah Day Trip**
Mar 7 (8 a.m. - 10 p.m.) Meet at
Marion Street Station. \$19 per person.
For info, call 751-3096.
- » **Divergent Event**
Mar 7 (1:30 - 3:30 p.m.)
At Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **Mungadia Adventure Challenge**
Mar 14 (8 a.m. - 12 p.m.)
At Weston Lake. \$10 per person.
For info, call 751-8707.
- » **Whack that Ball Fitness**
Mar 18 (beginning at noon)
At Perez Gym. Free Event.
For info, call 751-3700.
- » **Outsmarts Class: Turkey Hunting 101**
Mar 24 (5:30 - 7:30 p.m.)
At Alpine Lodge in Heise Pond.
Free event. For info, call 751-3484.

IT'S COMING!
Saturday, Apr 18 At Semmes Lake
FORT JACKSON
★ **BIG DAY OUT** ★

EASTER SUNDAY BRUNCH
At the Officers' Club
3630 Semmes Rd • 782-8761

Foodies, Rejoice! Complimentary glass of champagne, fresh fruit and cheese, fried chicken, london broil, salmon, boiled shrimp, mac & cheese, breakfast items, made-to-order omelets, waffles and tempting desserts. Reservations required.

\$17.95 for members
\$22.95 for nonmembers
\$6.95 for kids (4-11)




COOPER RIVER RUN/WALK



Charleston, SC
Saturday, Mar 28
Depart from Marion Street Station at 5 a.m.

Get Charleston Bound with the Fitness Department

Register with Pam Long for free transportation by calling 751-3700.

Register for the Run/Walk at www.bridgerun.com

(includes cost to have registration packet sent to you)

Victory Meal after the Race!



Limited time offer!



Lunches for Lent at the Fort Jackson Officer's Club are available now through Easter.

WEDNESDAYS:
Fried Shrimp Basket - \$6.50

THURSDAYS:
Shrimp & Grits - \$7.50

FRIDAYS:
Seafood Buffet for only \$8.50

3630 Semmes Road • 782-8761




BLACKLIGHT BOWLING
AT CENTURY LANES
4464 Gregg Street • (803)751-6138
SATURDAY, FEB 28
8 - 11 P.M.
COST: \$10 PER PERSON.
Includes bowling, shoe rental, and entry for prize drawing.



Value Brand Program expands

Almost 100 products added to commissary campaign

Defense Commissary Agency

With nearly 100 more items set to be added to the Commissary Value Brand program, military patrons will have even more opportunities to save, according to the Defense Commissary Agency's senior enlisted adviser to the director.

"The reenergizing of this program is still in its infancy, but we are making improvements each and every day," said Air Force Command Chief Master Sgt. Stuart Allison. "We recommend that patrons continue to monitor the orange 'Value' signs in the stores because they will see a larger offering of products."

By the middle of February, commissary patrons can expect to see labels identifying the addition of 99 more items to the Value Brand lineup. The new products include several cheeses, condiments, canned and powdered milk, canned soup, dry pasta, honey, rice, laundry bleach and paper towels.

Bernard Ellison, store director for Fort Jackson's commissary, said the Commissary Value Brand products are already on the shelves.

Ellison said the commissary won't have to remove items from the shelves to make space for value brand products.

"They're items that we ordinarily stock," he said.

DeCA reintroduced Commissary Value Brand in November, bringing back a sales initiative known 14 years ago as the "Best Value Item" program. The average savings for Value Brand is about 42 percent when compared to national brands and 25 percent against the store brand and private label items found in commercial retail stores.

Amid its resurrection, Value Brand is catching on with customers, said Gordon Jones, the agency's deputy director of sales.

"We are very pleased with the Value Brand program and have received positive feedback about it from our patrons," Jones added. "We will continue to look at opportunities to expand Value Brand to other categories within our stores."

With the influx of new items, the Value Brand mix will boast nearly 400 products such as frozen vegetables, pizza and entrees; pet foods; health and beauty care; cereals; cleaning supplies; soft drinks; coffee; canned fruit, soup and fish; disposable lunch and storage bags; condiments and more.

Shopper Thelma Smith, the spouse of a disabled Vietnam veteran, said she has seen the orange signs at the Fort Lee Commissary.

"I've chosen a few of them, basically because of the pricing," she said. "From the few things that I've bought, I found the frozen vegetables to be very good — good quality for taste and good quality for cooking."

The orange "Value" signs on the shelves — along with posters, banners, buttons, danglers and special displays — make it easy for customers to spot these extra savings in stores. Shoppers who venture on DeCA's website, www.commissaries.com, or stay tuned to the agency's social media outlets, especially Facebook and Twitter, can get a heads-up on value deals before they hit the store.



Photo by ANDREW McINTYRE

This month, commissary patrons can expect to see labels identifying the addition of 99 more items to the Value Brand lineup. The line has been expanded to include cheeses, condiments, canned and powdered milk, laundry bleach and paper towels.

In addition to Commissary Value Brand items, biweekly promotions and other special sales offer targeted discounts. If commissary patrons take the time to add Value Brand to their savings strategy it will pay off at the register, Allison said.

"We are a big believer in checking the commissary sales flyer found on www.commissaries.com," said Allison about how he and his wife prepare before they shop. "We also like to check out the promotional sales items, and we use our commissary rewards card. By adding the Value Brand program to the mix, we maximize our savings even more."

Allison said that commissary patrons can only benefit from a program that is growing and improving every day. His advice: Look for those orange signs.

"We've carried most of these items for years, but they were sort of hidden," he said. "Unless you knew to look for them, you weren't truly aware they existed. Now we're giving the customer a highly visible option to compare and add more savings to their shopping experience."

Editor's note: Wallace McBride contributed to this report.



Commissary Value Brands

WE COMPARED - YOU SAVE!

Look for the orange tabs

VALUE



- ✓ consistent value
- ✓ quality name brands
- ✓ store brand prices



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Keep your debt in check

Do you ever feel like you are drowning in bills? Of course, many of the bills you may have are for necessities such as your housing cost or utilities, but others may be for purchases you could have lived without.

Effective money management skills and knowing how to prioritize can help reduce your bills and help you get better control of your finances.

Before taking on additional debt such as a personal loan or credit card, make sure you are familiar with all of the details. Familiarize yourself with the terms by reading the disclosures provided to you.

Many credit companies are aware that most consumers simply do not take the time to read the fine print. You may be surprised by what you find. Other than a high interest rate, the fees involved with some accounts may make you think twice about opening the account.

Typically, many predatory lenders highlight payments instead of cost of the loan. After all, not many people would take a loan if they knew the annual interest rate was 300 percent.

By looking at the big picture and not just the payment you may save yourself thousands of dollars. Knowing ahead of time how much in interest you will pay will help you decide whether the debt is worth it.

Often, a retail store will offer a discount on merchandise if you apply for its credit card. When you weigh the interest rate charged on the account to the discount the store is offering, you will see that the discount may not be worth it. Credit also increases the chance that you will spend more than you would have if you used cash.

Make the choice to do away with unnecessary debt. No

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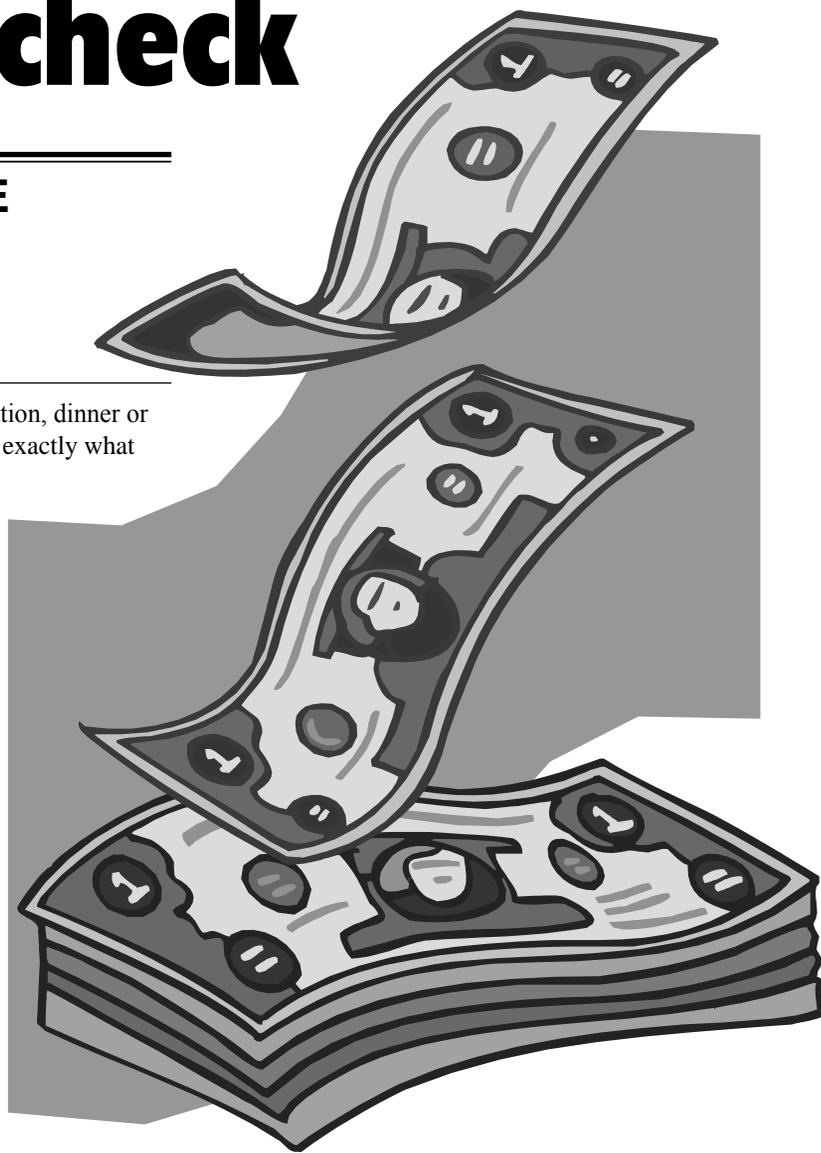
By ANGELA CROSLAND
Army Community Services
Financial Readiness

one wants to pay five years later for a vacation, dinner or gift that was purchased last month. That is exactly what can happen if debt is not under control.

Make it a point to avoid using credit to buy things that do not fit into your current budget. And remember, your credit limit should not be considered when you are calculating your purchasing power. If you cannot afford it, do not buy it.

Of course, there are times when you may need cash that you don't have. If you have a financial emergency, look to agencies like Army Emergency Relief for assistance. They provide no-interest loans or grants to active and retired Soldiers and their families.

Financial trouble can be a huge source of stress. If you have numerous balances on high-interest consumer loans or credit cards, commit to paying them off. By eliminating debt, you can increase your savings, ramp up your investing, and put more money in your pocket.



News and Notes

AER CAMPAIGN LAUNCH

The Army Emergency Relief campaign will launch at 11:30 a.m., Monday with a luncheon at the NCO Club. The guest speaker will be retired Lt. Gen. Robert Foley, the director of Army Emergency Relief. The fundraising campaign runs through May 15. For more information, call 751-5256.

MAUDE LECTURE SCHEDULED

The Adjutant General School will host the LTG Maude Lecture at 3 p.m., Tuesday 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.

TEEN SUMMIT SET

The 2015 Teen Summit is scheduled from 10 a.m. to 3 p.m., April 3 at the Solomon Center. The summit is open to Richland County teenagers, ages 13-17, who are part of a military family. The theme is "Teens Living with Confidence." Registration is required by March 27. For more information and to register, call 751-6325.

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 27
Paddington (PG) 7 p.m. 1h 35m

Saturday February 28
The Woman in Black 2 (PG-13) 2 p.m. 1h 38m
The Boy Next Door (R) 4 p.m. 1h 31m

Sunday March 1
The Boy Next Door (R) 2 p.m. 1h 31m
Strange Magic (PG) 4 p.m. 1h 39m

Friday March 6
Strange Magic (PG) 7 p.m. 1h 39m



Visit the Leader online at www.fortjacksonleader.com

Community Partnerships

Post joins forces with colleges

By **ANDREW McINTYRE**
and **WALLACE McBRIDE**
Fort Jackson Leader

Fort Jackson's partnerships with post-secondary institutions are making a difference in the Midlands area. The post and its units work with several of the colleges and universities in the Midlands.

One example is the partnership between the 120th Adjutant General Battalion (Reception) and Benedict College.

"The partnership allows our Soldiers to learn leadership traits and character traits from civilian leaders at higher education institutions who have been helping people reach their goals for years," said Capt. Robbie Wilson, 120th. "We also are able to teach them more about what we do here as well."

First Sgt. Eddie Anderson said the ongoing partnership started about a year ago.

"We do leadership and team building events with Benedict College students on a quarterly basis, which allows us to have a regular and significant impact on the community" Anderson said.

Anderson said this partnership helps the college students learn more about the military.

"Most of the students have no idea of what our jobs require, so this gives them a little bit more detail on what we do," he said. "When we have our leadership classes for them there is a lot of interaction between Soldiers and the students. We talk about the importance of team building skills and community involvement. ... For example, we had a class on social interactions within the community and how community efforts have an impact on the population."

Wilson said the partnership is also an opportunity to encourage students to achieve their goals.

"In our company we have a lot of young Soldiers, so for those students at Benedict to have the opportunity to meet our Soldiers who are the same age — and probably have done a lot more because of their military service — it helps motivate them and let them know they can do whatever they want also." Wilson said.

In addition to unit partnerships, Fort Jackson also cooperates with the University of South Carolina on a postwide level.

In April 2013, Fort Jackson and USC officials signed a memorandum of understanding to establish a formal partnership that allows both institutions to explore the benefits of working together.

As a result of the partnership, the post established a



Leader file photo

Maj. Gen. Bradley Becker, Fort Jackson commanding general, greets Frank Martin, head coach of the University of South Carolina's men's basketball team, during the team's visit on post July 28.

Sustainability Management Leadership course with USC that focuses on teaching integrated management system principles.

"It's geared toward Soldiers, civilians and regular students in the USC community," said Tameria Warren, Sustainability Managements System Coordinator for Fort Jackson.

The students learn to develop and coordinate a sustainability management system, as well as the skills needed to use analytical tools to measure sustainability performance in making the best decisions to lead the organization to meet its goals.

The classes take advantage of the university's partnership with Fort Jackson to use the installation as a case study and to consider the military's overall role in sustainability.

Warren said the classes are designed to help Soldiers

considering career changes after leaving the military, as well as for Soldiers looking for new job duties while still serving. Despite the technical language associated with the program, the issues it covers are universal in the military.

During the partnership forum in 2013, USC President Harris Pastides, said the partnership should have widespread repercussions.

"Everyone in this room is a teacher, a researcher and a scholar," Pastides said. "There are three other major training commands for the Army. Let's make this one the model for a command and flagship public university relationship. Not because we want to brag about it, but because we can spread what we do here to the other Army commands and other great universities. ... We're two of the largest employers in the Midlands. Your welfare is ours, and ours is yours."



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www.fortjacksonleader.com



Fort Jackson Leader

4 min. · Fort Jackson, SC

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Like · Comment · Share

Powerlifting Soldier targets record

By **ANDREW McINTYRE**
Fort Jackson Leader

One of Fort Jackson's Soldiers has his mind set on breaking a world record in powerlifting.

Capt. Donald Bigham, a master fitness team leader with the U.S. Army Physical Fitness School, will compete in the annual Arnold Sports Festival, in Columbus, Ohio, March 5.

"This world meet is a tournament organized by the International Powerlifting Federation, (or IPF). They take the top 75 athletes out of 10,000 athletes in the U.S. Powerlifting Organization and they put them on the same stage," Bigham said.

Of the 75 athletes, Bigham, 42, is the only one in the military. He will compete in the 93 kg Masters Division weight class.

Powerlifting consists of three events: the dead lift, bench press and squat. Each competitor's weight class corresponds to the total amount of weight lifted.

"I anticipate that I am going to lift between 1,500 and 1,550 pounds for my total lift at this competition," Bigham said.

He said he hopes to break the IPF world record in the squat, which currently stands at 617 pounds.

"My training regimen has me within three pounds of that right now," Bigham said.

In 2013, Bigham set four American powerlifting records. He is also the 2014 Raw National Champion, setting a military American record at 540 pounds in the squat event.

Bigham said he will remain humble as he prepares to step up to the world stage.

"This is going to be an aha moment to be able to go up there take a pause and thank God for giving me the gifts and talents he gave me," Bigham said. "(I will) also thank some other people for mentoring me and my family for supporting me."

In addition to the world meet next week, Bigham also plans to participate in the world championships in June in Finland.

"The future looks pretty good. I am looking toward Finland and representing Team USA in the IPF Raw Classic World Championships," he said. "I would really like to win a world tournament championship. That's my overall goal for this calendar year."

Athletes from more than 40 countries will compete at the world championships.

"Last year, I finished fourth in South Africa, so I think I have a great opportunity to compete and get to the top three," Bigham said. "It's just a blessing to see how my education and desire has allowed me to catapult to the next level."

When Bigham is not setting records, he is helping other Soldiers achieve their powerlifting goals. He coaches the Military Nationals Team, which includes Soldiers from Fort Jackson; Fort Bragg, North Carolina; Fort Benning, Georgia; and Fort Stewart, Georgia. The team consists of 18 to 22 members.

"It's going to be a very diverse team with females on the team, small to large frame athletes," he said. "The largest athlete we have right now is 6 foot 6 (inches), 360 pounds."

The Military Nationals Team is scheduled to compete in the USA Powerlifting Military Nationals, March 13 in Atlanta.

"We have some beginners, intermediate and advanced athletes," Bigham said. "Based on our workouts and the diversity of our team, I am pretty confident that we will do pretty well in this year's competition."

Andrew.R.McIntyre.civ@mail.mil



Courtesy photo

Capt. Donald Bigham, U.S. Army Physical Fitness School, will compete in a powerlifting world meet March 5 in Columbus, Ohio. He aims to set a world record at the meet.

Track star visits fitness school

By **ANDREW McINTYRE**
Fort Jackson Leader

Capt. Donald Bigham, a master fitness trainer leader with the U.S. Army Physical Fitness School, was able to gain some insight into successful training methods when 10-time Olympic medalist Carl Lewis visited the school Feb. 5.

Lewis visited the fitness school and multiple training sites on Fort Jackson after his son, Pvt. Bakim Lewis, graduated Basic Combat Training.

"This is a significant blessing to have an athlete of this caliber to come to our organization and have another fellow Soldier join our Army," Bigham said.

Bigham said he gained multiple tips from Carl Lewis during his visit.

"For him to talk about his workout plans, the athletes he trains and how the desire to train and get better is required — that's one of the big things I took (away from the visit)," he said. "Another thing I took away from him was how he still maintains his weight for so long. He said he is a vegetarian, and so he has to manage his protein, which goes back to what we teach here at the course that this is lifelong fitness, not until your contract ends."

Lewis said he was impressed with the school and its program.

"I've been to hundreds of gyms, but what stuck out to me the most here was the education," Lewis said. "You can go into hundreds of gyms all over the country, and many people have certifications but don't have a clue about the proper techniques for becoming



Photo by ANDREW McINTYRE

Carl Lewis talks about fitness with Capt. Donald Bigham during the track star's visit to the U.S. Army Physical Fitness School Feb. 5.

a better athlete. ... I think the quest to have the proper teaching, and apply that to the individual is critical."

The Master Fitness Trainer Course is a two-week physical training course designed to increase Soldier physical readiness and reduce injuries.

"We all know about pushups, situps and all that kind of stuff, but the reality is there is a difference between a Soldier who is in shape and a Soldier who is an athlete," Lewis said.

Post celebrates black history

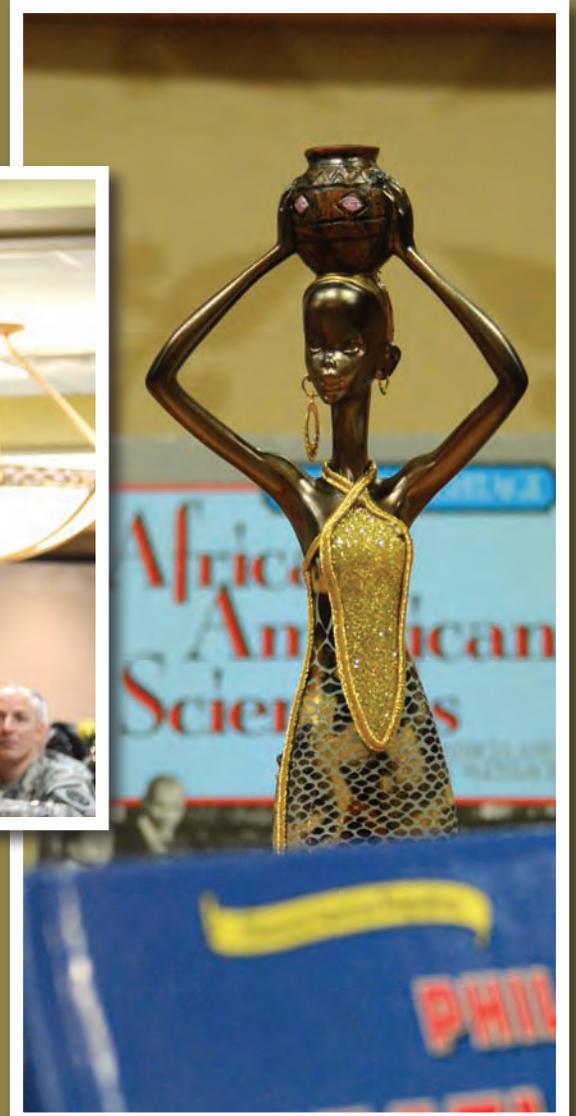


Photos by SUSANNE KAPPLER

Above and left, members of the Johnson C. Smith University Dance Group perform during Fort Jackson's African American/Black History Month observance Friday at the NCO Club.



Above, James Felder, president and CEO of the South Carolina Voter Education Project, is the guest speaker during the event. During his military service, Felder was selected to head the team that bore the casket of the late President John F. Kennedy. In 1970, he was one of the first black people to be elected to the South Carolina legislature since Reconstruction. Right, artifacts and books are on display during the event, which was hosted by the 165th Infantry Brigade.



Drill sergeants: Take time to teach

When I went through Initial Entry Training I felt somewhat like cattle — just sort of pushed along, hardly in touch with my whereabouts or reason.

I eagerly anticipated the rigors associated with my new infantry job, excited to learn how to defend our country and repel enemy forces. However, I graduated with more of a feeling of disappointment than accomplishment. At 23, I felt like my drill sergeants never actually took the time to teach me how to become a Soldier.

I'm 35 now, and in May I will have completed three years on the trail as a drill sergeant. As I begin to transition back to a patrol cap and 'the regular Army,' I am confident that the nearly 2,500 troops I have had the opportunity to coach, teach and mentor departed Fort Jackson with a full tool kit of Soldier knowledge and an example of an engaged Army leader.

My No. 1 goal for each recruit goes beyond Basic Combat Training graduation. I don't want these Soldiers to serve just their three-year contracts. I want these Soldiers to re-enlist, continue to serve and continue to help shape our Army.

Having been a drill sergeant for nearly 12 cycles, I have come to realize that what makes a non-commissioned officer a good drill sergeant is the person under the "brown round" and behind the coveted badge.

SOLDIERS-IN-TRAINING ARE NOT SOLDIERS

As a drill sergeant, you have to realize that it is your job to transition civilians into Soldiers. Many drill sergeants get caught up with the expectation that once a task is taught, the Soldier-in-training is expected to know exactly how to execute that task flawlessly.

Some instructors get frustrated at the trainee's inability to retain something recently explained. Although the drill sergeant is the expert at warrior tasks and battle drills, as a seasoned NCO he or she must also realize that what seems simple to digest can be complex for Soldiers-in-training. Repetition promotes recognition and retainability.

It is only after thorough training that these civilians become Soldiers. Understand that they are human beings first. Humans make mistakes. To become proficient, it takes time, schooling, trial and error, and patient instructors.

DRILL SERGEANTS ARE HUMAN, TOO

Often, I take my hat off so that the Soldiers-in-training can look at me and see that I am as human as they are. My job is not just barking orders and sending shivers down spines. Sometimes you have to step down to the privates' level and let them know that there is actually a human being underneath that hat. They should be aware that their drill sergeants also once wore a pair of initial issue boots.

LOSE THE EGO

The drill sergeant is the epitome of the standard, but, we are humans, not machines. Our no-nonsense demeanor and Type-A personalities can sometimes deter a Soldier-in-training from stepping out of his shell. We can actually learn a lot from the trainees. Afford the privates the opportunities to teach us as well. It brings about a sense of



Courtesy photo

Staff Sgt. Berchell Francis is a drill sergeant with Company D, 2nd Battalion, 60th Infantry Regiment.

COMMENTARY

By STAFF SGT.
BERCHELL FRANCIS

*Company D,
2nd Battalion, 60th Infantry Regiment*

belonging and confidence, prepares troops early for future leadership roles and enables thinking.

SKIP THE 'I'M JUST HERE TO TRAIN' MENTALITY

After numerous end-of-cycle after action reviews, my Soldiers have told me that they appreciate the small things, like sitting down and eating chow with them in the field or sharing realistic experiences to complement the training support package.

Have an answer to the Soldiers' questions and also remember to allow them to ask you questions. The trainees yearn for the drill sergeants' expert advice, sound guidance and lessons learned. Your skill set is valued and well respected.

BE OPEN-MINDED ABOUT DIFFERENCES

Although failure does exist, it is often the preface to success. I am convinced that no one likes to fail. I believe that there are ways to get through to and teach anyone. There's a door somewhere. You — the drill sergeant — just have to find the right route that leads to that door.

The majority of the Soldiers-in-training have never

fired an assault rifle before. Some have never run 2 miles — or even 1 mile — without stopping.

For most troops, this is their first time away from home. Some Soldiers are without a place to call home.

Take interest in what the Soldiers say, who they are and where they are from. This may require the drill sergeant to step out of his or her element, but you would be amazed at how this technique tears down walls and the communication barrier between drill sergeants and Soldiers.

Remove individual biases and stereotypes, and train the warrior spirit brewing inside of the person who willingly volunteered to serve his or her country.

BE MORE THAN JUST A DRILL SERGEANT

Looking back, drill sergeant duty has been the most rewarding job I have had in my Army career. Undoubtedly, drill sergeants are among the best of the best. They are an elite group of Soldiers entrusted and charged with the challenging task of transitioning America's sons and daughters into Soldiers.

It is without question that the drill sergeant, the standard-bearer, is the epitome of the NCO Corps. However, although the drill sergeant serves in a position of power, he or she is still committed to a profession of arms.

The drill sergeant is not only an instructor, but also a mentor, coach and counselor. More often than not, he or she fulfills the role of a mother- or father-figure, promoting professional development and helping Soldiers pioneer through both personal and professional problems.

Dedicate the time to teach the trainees how to become Soldiers. Remember that leadership presents an opportunity to be a part of something much greater than yourself.



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Fish attractors installed at Weston Lake

By CALEB GASTON

Directorate of Public Works Wildlife Branch

Staff of the Directorate of Public Works Wildlife Branch recently installed fish attracting structures at two sites in Weston Lake.

Twelve fish attractors were constructed using Christmas trees collected for recycling. The trees were anchored to the lake bottom by concrete blocks.

“The structures will provide benefits to the aquatic community of the lake as well as to recreational fishermen,” said Travis Dodson, wildlife technician.

The branches of the submerged trees will immediately provide escape cover for small baitfish. Over time, algae and aquatic insects will colonize the trees, continuing to attract baitfish by providing them a food source in addition to cover from predators. As the baitfish congregate around the structure, larger predatory fish such as bluegill and largemouth bass will be attracted by the abundance of prey.

“Because these game fish are ambush predators we pruned the Christmas trees to provide several pockets from which the larger fish can rush out to capture their prey,” Dodson said.

Recreational fishermen will be able to recognize the installation sites at Weston Lake by marker buoys floating above the submerged fish attractors.

Fishermen on Fort Jackson must possess appropriate South Carolina licenses and permits specific to Fort Jackson, both of which are available at Marion Street Station.



Courtesy photo

Travis Dodson, a wildlife technician with the Directorate of Public Works, installs a fish attractor at Weston Lake.

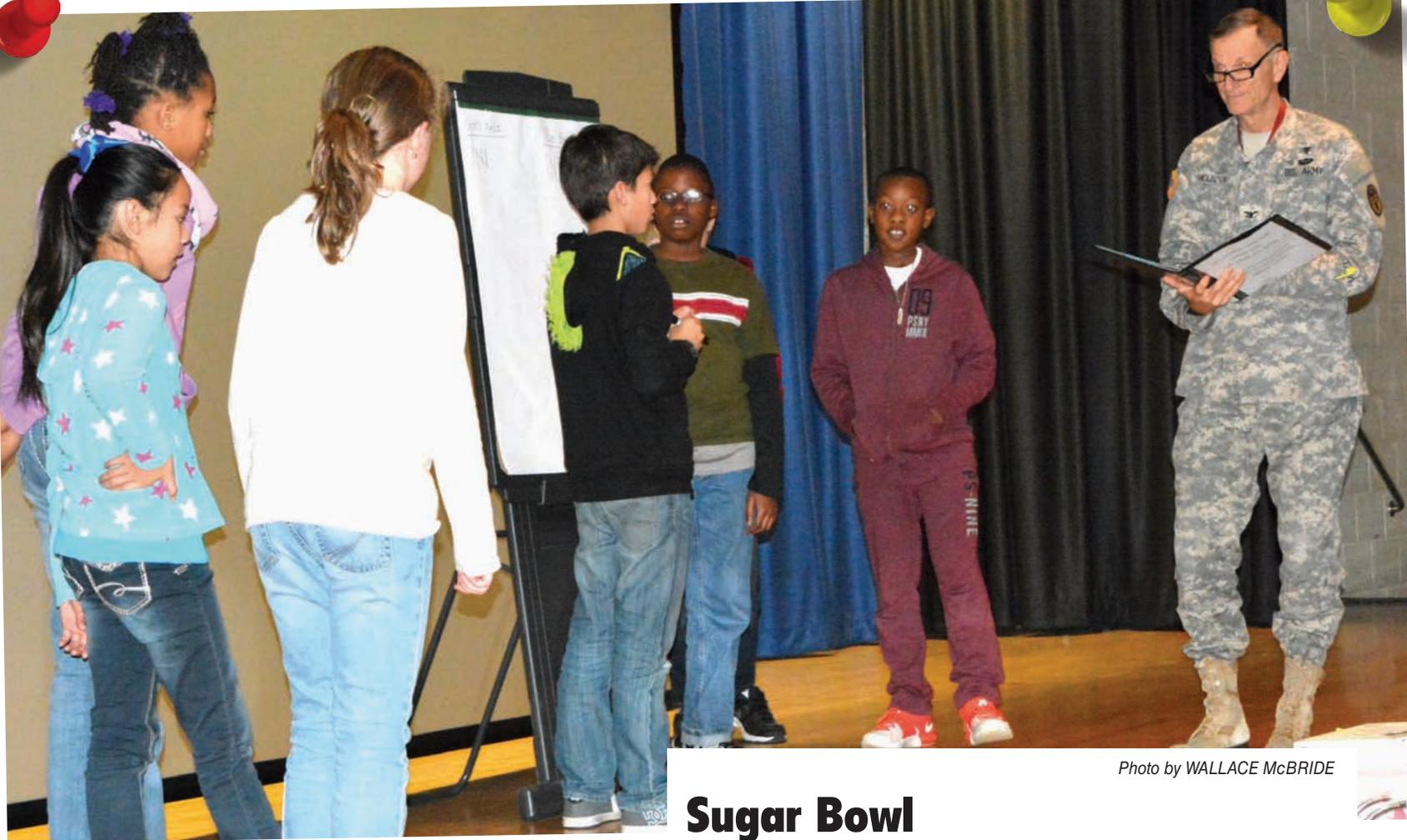


Photo by WALLACE McBRIDE

Sugar Bowl

Col. Jamie Houston, DENTAC commander, asks students with C.C. Pinckney Elementary School questions about dental hygiene during the school's annual Sugar Bowl Tuesday. The event marks National Children's Dental Health Month.



Photos by DAVID SHANES, command photographer

Retiring from service

Above, 15 Soldiers and civilians are honored during the installation's Retirement Review Tuesday at the Post Theater. The retirees are Maj. Gen. Kevin Wendel; Maj. Joseph Vieira III; Capt. Christopher Robinson; Command Sgt. Maj. Daniel Jensen; Master Sgt. Jacqueline Case; Master Sgt. Kevin Brantley; 1st Sgt. Danielle DuBose; Sgt. 1st Class Leonard Burnette; Staff Sgt. Paul Brown; Staff Sgt. Tyronne Dixon; Edward Hinson; Jacqueline Deberry; and Levon Knight. Left, Maj. Gen. Kevin Wendel speaks during the service. Wendel is a native of Greenville and retired after 35 years of service. He most recently served as the commander of the Combined Security Transition Command-Afghanistan and deputy commander of the Ministerial Advisory Group, Operation Enduring Freedom in Afghanistan.



'Bystanders need to protect victims'

By **DAVID VERGUN**
Army News Service

WASHINGTON — Victims of sexual assault who reported what happened faced disbelief and retaliation from others, according to five Soldiers who spoke to dozens of general officers, including the Army chief of staff.

They spoke at the "Survivor and Bystander Experiences: Retaliation and the Break of Trust" panel during the 2015 Army Sexual Harassment/Assault Response & Prevention, or SHARP, Summit, Feb. 18.

Although more and more Soldiers are feeling confident to report sexual assault and harassment and the number of assaults are going down, challenges still remain and "the predators need to become the pariah, not the victim," Army Chief of Staff Gen. Ray Odierno said during the summit before the panel.

There are non-commissioned officers and officers who still do not know what behavior is acceptable and what is not, Odierno said. The changing culture needs to begin with them, and there need to be conversations about it all the way down to the lowest levels.

Here are some of the stories of the victims, minus the graphic details:

OVERSEAS IN HARM'S WAY

Upon arriving in Afghanistan, a married female specialist said her worst fears were getting shot at by insurgents. Little did she realize, she said, that she would be harassed day after day, and then assaulted by her staff sergeant.

After this went on for a long time, she mustered the courage to tell her squad leader everything, expecting him to elevate her concerns up the chain of command.

Instead, she said, he told her, "Let's squash this," so the perpetrator does not get in trouble. At that point, she said, she lost faith in her leadership.

Eventually, another Soldier advised her to see the brigade SHARP representative, which she did. Word quickly spread throughout her company that she was a snitch, she said.

When she returned to a new unit stateside, she was approached by Soldiers she had never met who called her a snitch and a whining victim. The word had spread. The effects on her were devastating from emotional, mental and physical aspects, she said.

Her perpetrator, incidentally, was her own battalion SHARP representative.

SOCIAL MEDIA SEXUAL ASSAULTS

A female senior NCO was repeatedly humiliated and sexually harassed online in blogs and forums by Soldiers, some of whom she knew and some of whom remained anonymous.

She explained what it means to be as-



Photo by **DAVID VERGUN**, Army News Service

Army Chief of Staff Gen. Ray Odierno speaks at the 'Survivor and Bystander Experiences: Retaliation and the Break of Trust' panel during the Army Sexual Harassment/Assault Response & Prevention Summit Feb. 18.

saulted online. It is not just comments, she said. Soldiers post memes, which are "poignant and powerful messages."

Memes are images or graphics of people, usually accompanied by a few words, she explained. Memes are usually positive, with inspirational messages. However, sexual predators can use memes to attack their victims.

She presented slides that showed photos of herself the Soldiers had appropriated to add words or graphics with sexual innuendo. She also showed comment sections in which others commented on her in disturbing and negative ways. Also, private information was released about her.

When she took her concerns to the leaders of two Soldiers she had clearly identified as being perpetrators, she was told, she said, to shut off her computer or just not look at the offending content.

"My leadership did not back me," she said. "As a leader, I want to change that for my Soldiers. I don't want this social media to control my life."

However, once content is on the Internet, it will always be there or on another site for future employers and others to see, she said, adding that she hopes the Department of Defense will get a better handle on what to do about this.

MALES GET ASSAULTED TOO

A male specialist checked into a new

unit, not realizing the nature of his welcoming initiation.

A number of Soldiers, including sergeants, came into his room, ripped off his pants and sexually assaulted him, he said.

What happened left him feeling emasculated and ashamed, he said, adding that he had trouble sleeping and functioning.

But the harassment did not stop there.

The hazings continued for him and others. On his 22nd birthday, he was stripped and whipped with a thick leather belt until he was bleeding and could not sit for three days. All of this took place while his platoon sergeant, first sergeant and commander were watching. He said some of the Soldiers who did this were Rangers and snipers who had medals for valor. In short, they were highly respected.

Eventually, he reported what took place, and that is when the retaliation took place, including him receiving death threats, he said. Yet, nothing happened, and he was forced to continue to live and work alongside his tormentors. He too, said leadership had failed him.

WEST POINT SHUNNING

A second lieutenant, who graduated recently from the U.S. Military Academy at West Point, New York, said her company's tactical NCO secretly filmed her and other cadets in the shower for at least her freshman year. She explained that tactical NCOs

are charged with looking after the welfare of 100 to 120 cadets.

The videos came to light by chance, she said. Someone had left a disc in a computer, and a cadet had found it and brought it to her attention.

After discovering what happened, she asked for an investigation. Two investigations went unfounded, meaning nothing happened, she said.

While the investigations were ongoing, she requested to change companies.

"This is where the retaliation piece comes in," she related. "It's shocking to see your whole company, except for a handful of people, turn against you, not talk to you, physically turn their backs to you."

Her leadership failed her as well, she said. Her tactical NCO, a sergeant first class, had many awards and was beloved.

"I was just a cadet with no credentials," she said. "I don't blame any of my classmates or my company mates for turning their backs on me," she said. "I blame the leadership, which failed me on so many levels."

The second lieutenant said she hopes to use her experiences to help change Army culture, emphasizing that character is just as important as competence and commitment. People fail when it comes to judging character, she said.

It is hard to disbelieve a Soldier with a stellar record and reputation. Leaders need to do a better job following through when an assault or harassment is reported, she added.

RAPIST CONTINUED RAPING

A female private said her sergeant drugged her and assaulted her all night in a hotel.

When she reported the incident, those in her chain of command did not believe her, she said. The Soldier who did this had a good record and was well liked by everyone.

Then the retaliation started, she said. She was called names, hazed, counseled and belittled and degraded in front of her platoon with her first sergeant and commander present, she said.

"I didn't know who to trust or who to go to," she said.

Her platoon sergeant, a sergeant first class, told everyone that "she has a whore in her ranks." So she elevated her concerns all the way to the battalion commander, and still nothing was done.

Six months later, her perpetrator raped another Soldier.

"Another woman was assaulted who didn't need to be," she said, adding that she had feelings of guilt. "Did I elevate my concerns high enough?"

Eventually, after a fourth woman was raped, the perpetrator was nabbed and is now serving a 35-year sentence.

"As leaders you have to protect the victims and follow through with an investigation, even when it's your buddy," she said.



Service members from Fort Jackson; Fort Benning, Ga.; Fort Drum, N.Y.; and 3rd Fleet Naval Command San Diego compete in a boxing smoker Saturday at the Solomon Center. Fort Jackson boxers won the team championship belt by beating Fort Benning boxers in three of five bouts. More than 2,400 watched the bouts in person and about 3,500 more followed the action online. The live stream of the event attracted viewers from 24 countries.



A competitor wraps his hand in preparation for a bout.

INTERNATIONAL FIGHT CLUB

FORT JACKSON BOXING SMOKER DRAWS THOUSANDS OF WORLDWIDE VIEWERS ONLINE

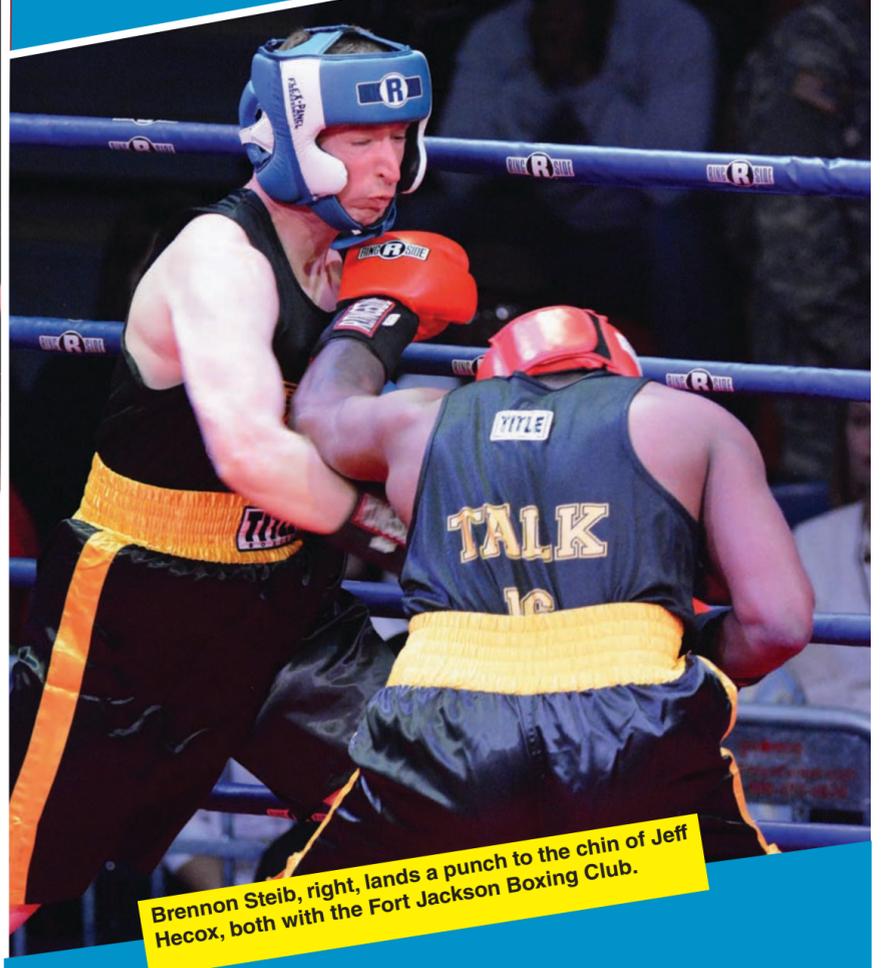
Photos by WALLACE McBRIDE



Twenty-four boxers took to the ring during Fort Jackson's boxing smoker Saturday at the Solomon Center.



A referee talks to a fighter during one of the bouts at Saturday's boxing smoker.



Brennon Steib, right, lands a punch to the chin of Jeff Hecox, both with the Fort Jackson Boxing Club.

Calendar

Friday

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.

Friday

BOSS kickback event

10 p.m., Single Soldier Complex Community Center

Enjoy music, games, refreshments and relaxation. For more information, call 629-1096.

Saturday, March 7

Dr. Seuss' birthday celebration

10 a.m. to 1 p.m., Solomon Center

Children 7-18 may participate in a writing contest. The submissions deadline is Feb. 26. For more information, call 751-6150 Ext. 1.

Wednesday, March 11

Retired Officers Wives Club luncheon

11:30 a.m., Officers' Club

RSVP is required by March 5. For more information and to RSVP, call 788-1094 or 783-1220.

Wednesday, March 18

Racquetball tournament

Noon, Perez Gym

For more information, call 751-3700.

Announcements

PWOC SPRING RETREAT

The Protestant Women of the Chapel will host a spring retreat from 9 a.m. to 3 p.m., March 21 at the NCO Club. Registration is due by March 5. For more information and to register, email vivianps46.10@att.net.

YOUTH SPORTS REGISTRATION

Registration for the following youth sports programs is open through Friday:

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

For more information, call 751-7451.

OFFICERS' CLUB CLOSURE

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

SPORTS SHORTS

- Soccer matches are played at 10 a.m., 11 a.m. and noon at Hilton Field Softball Complex.
- Tooth Fairy Run, 8 a.m., Saturday, 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.

THRIFT SHOP NEWS

- Summer clothes will be accepted starting March 10.

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)

- 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 lay-away 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 Victory Spouses' Club scholarships will be accepted thorough Sunday. 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.

COMMISSARY NEWS

- The Commissary will mark March as Frozen Food Month by offering savings on frozen items.
- The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rewards/index.cfm

Weekly honors



**Sgt. 1st Class
Bradley Kelso**

Cadre of the cycle
187th Ordnance Battalion



**Sgt. 1st Class
Michael Mitchell**

Instructor of the cycle
187th Ordnance Battalion

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.

SEMINAR FOR DISABLED VETS

Disabled veterans and potential volunteers are invited to participate in a seminar about gardening on Fort Jackson for the physically disabled. The seminar is scheduled for 10 a.m., March 6 at the Golden Corral on Forest Drive. For more information, call 629-5589.

NAVY BAND CONCERT

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.

'WELCOME HOME' TRAINING

The Military Child Education Coalition offers a free course for professionals who support military-connected children and youth. The theme of the course is "The Journey from 'Welcome Home' to Now: Reunion, Reconnection, Routine." The course is scheduled from 8 a.m. to 4 p.m., March 27 at the Marriott Hotel Columbia. For more information, call 254-953-1923 Ext. 1110 or visit www.militarychild.org/training.

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.

Visit the community calendar at <http://jackson.armylive.dodlive.mil/> for a full listing of calendar events.

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www.twitter.com/FortJacksonPAO



Month raises heart disease awareness

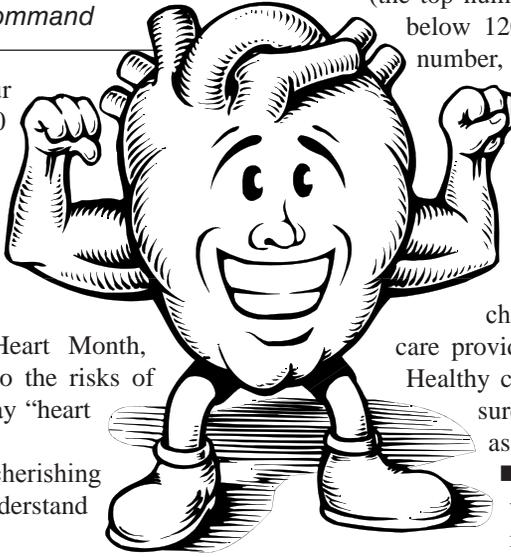
By MAJ. JASMINE PETERSON
U.S. Army Public Health Command

Did you know that your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year.

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay "heart healthy."

One of the first steps to cherishing your heart is to know and understand your heart health numbers:

■ **Monitor and know your blood pressure.** High blood pressure, or hypertension, is often called the "silent killer" because many people do not know they have it. It is one of the leading causes of death within



the U.S. A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 and a diastolic pressure (the bottom number, pressure when the heart rests between beats) below 80.

■ **Check your cholesterol.** Cholesterol is a waxy fat-like material that your body needs. However, too much of it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your health care provider recommends more frequent checks. Healthy cholesterol levels are important to make sure that your heart is pumping as smoothly as possible.

■ **Track your weight.** Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Be passionate about your heart's health by putting some prevention into play:

■ **Get a yearly check-up.** Work with your health care team even if you feel healthy. This is a great way to check

for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.

■ **Eat healthy.** Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

■ **Exercise.** One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight and lower your cholesterol and blood pressure.

■ **Don't smoke.** If you smoke, quit. If you don't, do not start. Smoking cigarettes greatly increases your risk for heart disease. Your health care team members can help you quit, so give them a call if you smoke or use tobacco products.

■ **Limit your alcohol consumption.** Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day, and if you are a man, no more than two.

Contact your health care provider before starting any diet and exercise program as well as to get more information about improving your heart health.

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.

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.

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.

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.



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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.

ACS Calendar — March 2015

EMPLOYMENT READINESS PROGRAM

Resume writing and interviewing skills workshop	Strom Thurmond Building, Room 222	March 10	9 a.m. to noon	751-5256
Scholarship seminar for family members	Strom Thurmond Building, Room 222	March 11	9-11:30 a.m.; 1-2:30 p.m.	751-5256
Introduction to Excel (instructor-led workshop)	Education Center	March 12	9 a.m. to noon	751-5256
Job searching strategies for military spouses	Strom Thurmond Building, Room 222	March 13, 25	8:30 a.m. to noon	751-5256
Steps to federal employment for military spouses	Strom Thurmond Building, Room 222	March 24	9 to 11:30 a.m.	751-5256
Intermediate-level Excel (instructor-led workshop)	Education Center	March 26	9 a.m. to noon	751-5256
Teen employment	TBD	March 27, 31	9 a.m. to noon	751-5256

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP creative journey	Joe E. Mann Center ballroom	March 12	5 to 6 p.m.	751-5256
EFMP bowling outing	Century Lanes Bowling Center	March 27	4:30 to 6 p.m.	751-5256

FAMILY ADVOCACY PROGRAM

Child safety awareness initial training	5614 Hood St., Room 10	March 2	5 to 7 p.m.	751-6325
Healthy relationships	5614 Hood St., Room 10	March 3	11 a.m. to noon	751-6325
OB maternity briefing	MACH, Room 8-85	March 4, 11, 18, 25	9 to 9:15 a.m.	751-6325
Bright Honeybee Explorer play group	5614 Hood St., Room 8	March 4, 11, 18, 25	10 to 11:30 a.m.	751-6325
Stress management class	5614 Hood St., Room 10	March 5	11 a.m. to noon	751-6325
Baby basics class	5614 Hood St., Room 10	March 12	10 a.m. to noon	751-6325
Child safety awareness annual refresher training	5614 Hood St., Room 10	March 16	5 to 6 p.m.	751-6325
Anger management class	5614 Hood St., Room 10	March 19	11 a.m. to noon	751-6325

FINANCIAL READINESS PROGRAM

Army Emergency Relief campaign launch	NCO Club	March 2	11:30 a.m. to 1 p.m.	751-5256
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RELOCATION READINESS PROGRAM

In-processing/re-entry brief	Strom Thurmond Building, Room 222	Monday through Thursday	7:30 a.m.	751-5256
Out-processing	Strom Thurmond Building, Room 222	Monday through Thursday	8-11:30 a.m.; 1-3:30 p.m.	751-5256
English as a second language: grammar and writing	2612 Covenant Road	Monday through Thursday	8:30 to 10 a.m.	343-2935
English as a second language: conversation and culture	2612 Covenant Road	Monday through Thursday	10:15 to 11:30 a.m.	343-2935
English as a second language: conversation and grammar	2612 Covenant Road	Tuesday and Thursday	5:30 to 8 p.m.	343-2935
English as a second language	750 Old Clemson Road	Tuesday and Thursday	6 to 8 p.m.	736-8787
Post newcomer's orientation	NCO Club	March 5	8 a.m. to 2 p.m.	751-1124
Phase II levy overseas brief	Strom Thurmond Building, Room 222	March 12, 19, 26	10:30 to 11:30 a.m.	751-1124
Stateside levy brief	Strom Thurmond Building, Room 222	March 12, 19, 26	1:30 to 2:30 p.m.	751-1124
Foreign-born spouse support group luncheon	Strom Thurmond Building, Room 222	March 20	Noon to 1:30 p.m.	751-1124

For more information and to register, call the phone number corresponding to the event. Information subject to change.



@fortjacksonpao

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. Confession, 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