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THE FORT JACKSON LEADER

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Someone Who  's Me
Won The BCT Family Challenge!

I knew you'd win it.
I Love you and
I miss you!!!



THE FAMILY CHALLENGE

Someone Who 
Won The BCT Family Challenge!
I was in the middle of
training lol Thanks



Someone Who 
Won The BCT Family Challenge!

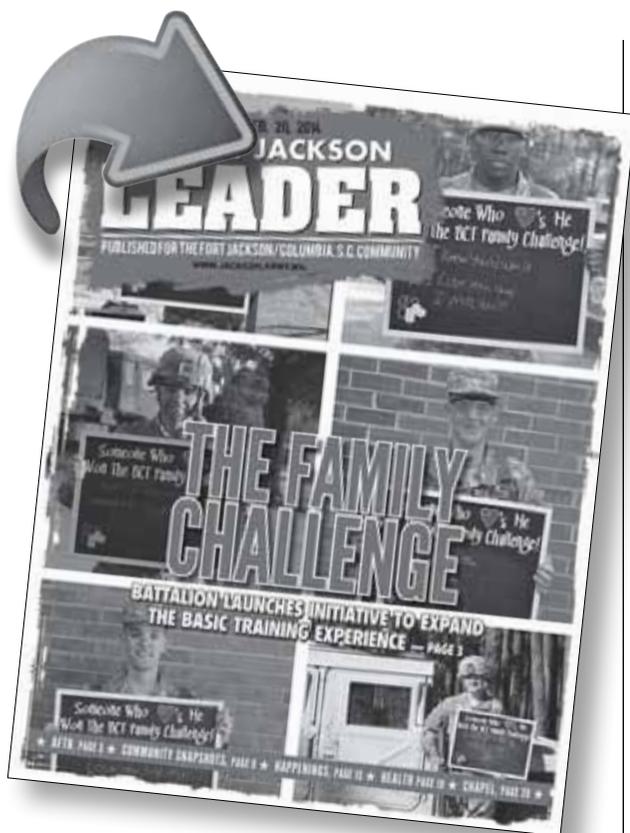
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BATTALION LAUNCHES INITIATIVE TO EXPAND THE BASIC TRAINING EXPERIENCE — PAGE 3

Someone Who 
Won The BCT Family Challenge!

Love you and miss

Someone Who 
Won The BCT Family Challenge!
I LOVE YOU
ERICA + LADY



ON THE COVER

Courtesy photos

Soldiers pose with the BCT Family Challenge chalkboard, which includes a personalized message to their families. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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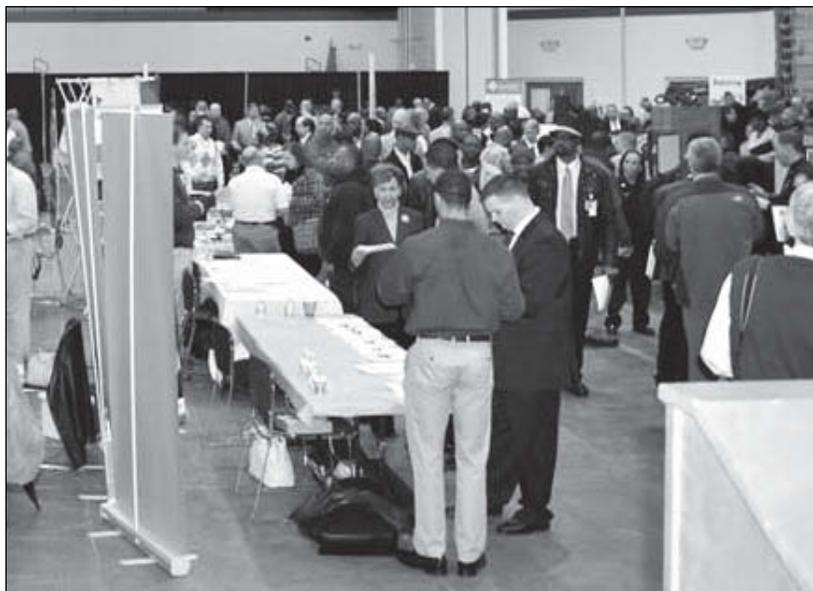
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Career fair

Soldiers, veterans and their dependents meet with job recruiters Feb. 11 at the Solomon Center. More than 50 employers attended the job fair, which was tailored to meet the needs of military applicants.

Photos by DAVID SHANES, command photographer

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Courtesy photo

Part of the Basic Training for Families program involved competitions between participants to answer questions correctly about their learning materials. The winners received photos of their Soldiers in Basic Combat Training, above, which were posted to the battalion's Facebook page.

Basic Training for Families

Battalion launches program to prepare families for military life

By **WALLACE McBRIDE**
Fort Jackson Leader

Basic Combat Training just got a lot more interesting for one Fort Jackson battalion.

The families of Soldiers taking part in training with the 2nd Battalion, 13th Infantry Regiment, now have access to a course titled, "Basic Training for Families." The course connects spouses and family members with Soldiers in BCT through the Army Family Team Building initiative.

"I had concerns about the type of spouses we were creating," said Tina Justice, leader of the battalion's Family Readiness Group. "We weren't really teaching them to be self-reliant, empowered spouses. It's very overwhelming when you first enter the Army life. The goal was to create a system to help families when they have questions, and give them the tools to do the work, themselves."

AFTB is a series of training modules taught through an installation's Army Community Service or Family Program office that covers basic information about the Army, personal growth and leadership skills.

Justice said the original concept was to find a method of getting families better involved with their Soldier's training program. While Soldiers are learning to become Soldiers, families often wait until after graduation to try and catch up with them.

"This idea came about because Soldiers get 10 weeks of basic training, and we should provide families 10 weeks of basic training," Justice said. "I started to do some research to see what is available."

Ideas that required additional spending would likely not get very far, she said, so she began to investigate the possibility of using AFTB as a surrogate program. Like BCT, the course is divided into 10 weeklong courses, and is designed to offer the skills Army spouses require.

The Basic Training for Families pilot program wrapped up several weeks ago, with the next set to begin

Friday. Justice said she had hoped to get 100 people to earn completion certificates. In the end, more than 1,000 completed AFTB levels 1, 2 and 3, she said.

"A lot of the basic training battalions have been trying to figure out ways to get the families involved," said Elizabeth Maher, Army Community Services outreach coordinator. "They've been using Facebook to do that. Typically, what they do is (help) them through basic training. Tina thought we had a really unique opportunity to reach out to basic training families and empower them with information that's going to set them up for their entire career."

People taking part in Basic Training for Families are given the Family Survival Guide, a document created on post that covers the fundamentals of BCT. The book covers the information that is routinely asked on Facebook, such as graduation dates, addresses and visitation privileges.

See **FAMILIES**: Page 8

Military Saves Week events on tap

From Army Community Services

Military Saves Week has been part of the Department of Defense's Financial Readiness Campaign and since 2003. Military Saves Week is a social marketing campaign to persuade, motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

Military Saves is a part of America Saves, the larger nationwide campaign for all Americans. Military Saves encourages all service members, their families and civilian employees to take the Military Saves pledge.

Savers who take the pledge can opt to receive a monthly e-newsletter from Military Saves, as well as a quarterly e-newsletter from America Saves. Military Saves also works with credit unions, military banks and other nonprofit organizations to promote savings and debt reduction.

Saving money, reducing debt and building wealth are all worthy goals to improve your financial life. It all starts when you set a goal and make a plan to reach that goal. So what is your goal? Set up an emergency cash fund? Get out of debt? Make a down payment on a car or home? Save money for college or retirement?

Military Saves can help you develop your goals and take action. The campaign website provides savings guidance, tools, resources and plenty of motivation. When you take the Military Saves Pledge at www.militarysaves.org, you'll receive the following benefits:

- Receive the monthly Military Saves e-newsletter with savings advice from national experts.
- Receive the quarterly American Saver newsletter.
- Connect with Military Saves on Facebook and Twitter.

GETTING STARTED

When it comes to saving money, the sooner you start, the better. It's not an act that's accomplished overnight, but a process that happens gradually and grows over time. Just remember, start small and think big.

Making ends meet can be a challenge. And in today's tough economy, you may wonder how it's possible to spare anything. But any amount saved — a quarter, a dol-



Photo by C. TODD LOPEZ, Army News Service

Service members — along with their spouses and children — will be challenged to take a pledge to save money in their at-home budgets during Military Saves Week, which begins Monday.

lar — is progress. Those quarters and dollars add up. As you get into the habit of routinely “paying into your savings” you will see the money you're setting aside grow.

As part of Military Saves Week, the Fort Jackson Financial Readiness Program will sponsor the following events:

- Monday from 11 a.m. to 1 p.m.: Military Saves display at the Main Exchange.
- Monday from 11:30 a.m. to 1 p.m.: Investment seminar at the 81st Regional Support Command auditorium, located at the intersection of Marion Avenue and Wildcat Drive. Col. James Houston, DENTAC commander will be

the special guest. The investment seminar will cover investment vehicles and the investing pyramid. Focus will also be given on no loads, back loads and fees as well as DRIPs. Feel free to bring your lunch.

■ On Feb. 26 and Feb. 27 from 8 a.m. to 10 a.m., Financial Readiness Program personnel will be talking to students in both the pre-school and Strong Beginnings programs at the Fort Jackson child development centers about saving money.

For more information regarding Military Saves Week or to RSVP for the seminar, call Army Community Services at 751-5256.

Workshops scheduled for starting a business

By **BARBARA MARTIN**
Employment Readiness Program

Have you ever dreamed of having your own business? Do you think having your own business is out of the question? Turning your dream into reality could be more possible than you think.

The Army Community Services Employment Readiness Program has partnered with SCORE to offer a dynamic, interactive program called “Simple Steps for Starting Your Business” on Fort Jackson.

This five-part series of three-hour workshops is designed to give prospective business owners the tools, information and advice they need to succeed. Participants

will learn the essentials of business start-up, get action steps, and receive one-on-one mentoring.

This program normally costs \$125, but is free for all active-duty service members, veterans of all service branches, family members of both and DoD civilian employees.

For more information and to register, call ACS Employment Readiness Office at 751-4862/5452 to register. Classes are scheduled every Monday in March from 9 a.m. to noon at the Strom Thurmond Building, Room 222. Registration is required, and participants must attend all sessions.

The session dates are March 3, 10, 17, 24 and 31.



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Odierno: Leader development No. 1 priority

By **DAVID VERGUN**
Army News Service

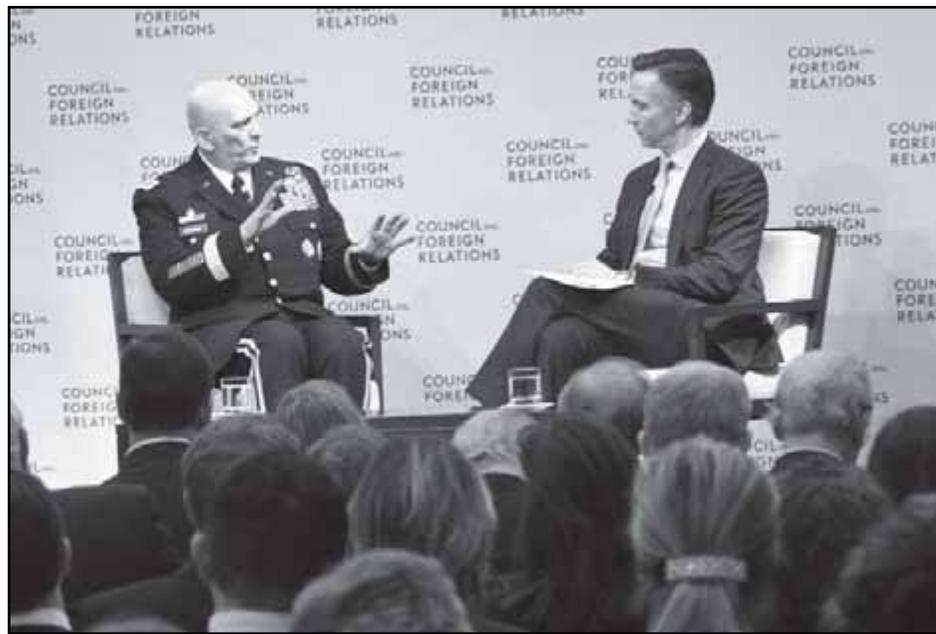
WASHINGTON — Amidst the draw-down and the “hammer of sequestration,” the Army’s No. 1 priority in the budget continues to be leader development within both the officer and noncommissioned officer ranks, said Chief of Staff of the Army Gen. Ray Odierno.

“We cease to be effective as an Army if we let that go,” he said.

The general spoke during a discussion at the Council on Foreign Relations, Feb. 11, in Washington, D.C. The discussion, led by James Sciutto, chief national security correspondent for CNN, centered around strategy, the budget, rebalance to the Asia-Pacific region and lessons learned from war.

It’s important that the Army retain the lessons learned over the last 12 years of war and “incorporate them as we look toward the future,” Odierno said.

To do that, he said, the Army recently published its leader development strategy as well as an array of new doctrine focus-



Army photo by SGT. MIKKI SPRENKLE

Army Chief of Staff Gen. Ray Odierno is interviewed by James Sciutto, chief national security correspondent for CNN, Feb. 11.

ing on mission command.

The leader development strategy focuses on a “leader-centric view of being adaptable, flexible, and able to adapt to

the situation on the ground,” he said, adding that the future environment is likely to be “complex and asymmetrical” with insurgency, conventional warfare and a

rapid flow of information within and between the populace.

That means Soldiers on the ground will have to call the shots in a decentralized fashion, he said, rather than calling up the chain through higher headquarters.

That sort of snap decision making, he said, calls for highly-developed critical thinking skills — making informed and effective decisions in the midst of chaos, decisions that might one moment be military in nature and diplomatic the next.

A tangential but just as important part of leader development, he said, is continuing the cultural change of the military to one where no form of sexual harassment or unethical behavior is tolerated.

The general said when he talks to Soldiers about the profession of arms, he often focuses on what he calls the “three Cs,” which include competence, commitment and character. “That’s what underpins everything we do,” he said.

He said there are some Soldiers who are not meeting the standards the Army has, but the “large majority” of Soldiers are. Still, he said, “we can’t tolerate those who do not.”

News and Notes

CAR CARE CENTER CLOSES

The Car Care Center at 5669 Lee Road closed Jan. 31. AAFES is in negotiations with outside vendors to cover the operation.

BLACK HISTORY MONTH EVENT SET

Fort Jackson will celebrate Black History Month with a luncheon from 11:30 a.m. to 1 p.m., Friday at the Solomon Center. The guest speaker will be retired Command Sgt. Maj. Harold Hunt. For tickets, contact an equal opportunity adviser or the Equal Employment Opportunity Office.

Information subject to change.



Reel Time Theaters

We're saving a seat for you.

<p>Ft. Jackson Movie Schedule</p> <p>PH (803)751-7488 Adult \$5.50/Child (6-11): \$3.00 3D: Adult \$7.50/Child (6-11): 5.00 3319 Jackson BLVD</p> <p><small>**Ticket sales open 30 minutes prior to each movie** *Movie times and schedule are subject to change without notice*</small></p>	<p style="text-align: center;">Friday February 21 Walking with Dinosaurs (PG) 1830</p> <p style="text-align: center;">Saturday February 22 47 Ronin (PG-13) 1400 The Secret Life of Walter Mitty (PG) 1630</p> <p style="text-align: center;">Sunday February 23 The Wolf of Wall Street (R) 1400</p>
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Courtesy photo

A group of graduates of the Basic Training for Families program show off their certificates, which were awarded to them while visiting the post on Family Day. They also received a 'My First Duty Station' binder containing information to help them take their first steps in military life.

Families

Continued from Page 3

These questions get asked and answered so often, Justice said, that they detract from the level of service that should be provided to families online.

“They were the same questions over and over,” Maher said. “You expect basic training for Soldiers to be disciplined, so we’re going to expect basic training for families to be disciplined. If you don’t follow the instructions, we’re not going to respond. You have to teach them how to get the information they need to be successful.”

“We built in little competitions along the way to encourage them to do the training,” Justice said. “There are 10 lessons. For each module I’d put two questions on the Facebook page that came directly from their lessons. The first person to answer it correctly would get a picture of his or her Soldier posted to the Facebook page.”

A company competition resulted in “battle buddy” photos of an entire company being posted to Facebook. These rewards made a big difference in participation, she said.

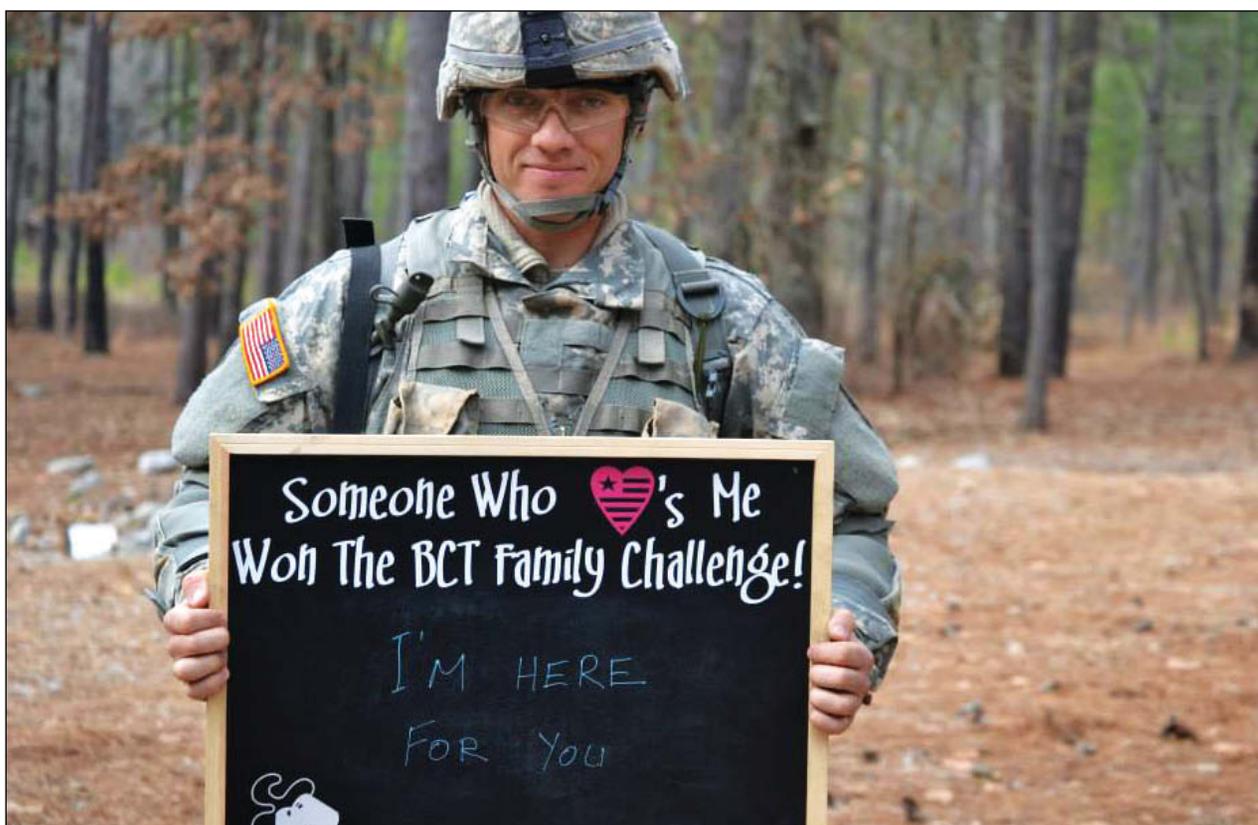
“The first time, people don’t read a lot of the information,” she said. “Some read all of it, but others read as they went. After that first picture hit, there was a lot more interest.”

The first weekend, 100 AFTB certificates were awarded, she said. And then participants started to forge ahead on their own.

“I had people send me their AFTB 1 certificates and ask if they could (continue with) AFTB 2 and 3, which was amazing,” she said.

Certificates are awarded on Family Day to families who complete the program. They also receive a “My First Duty Station” binder containing information to help families take their first steps in military life.

AFTB is offered at all installations and is available to everyone, Maher said. The program is not especially active, though. She said nobody has taken the course at Fort Hood, Texas during the last six months.



Courtesy photo

A Soldier poses with the BCT Family Challenge chalkboard, which includes a personalized message.

Fort Jackson’s ACS office is not equipped to offer the program to anyone besides the families of cadre, she said. Which is why the 2nd Battalion, 13th Infantry Regiment Family Readiness Group is managing the program at the battalion level.

Regardless, Justice said it’s likely the program will expand to other battalions on post.

“We have several battalions that are interested, and (Maher) and I are going to do some training with them,” Justice said. “I’d be willing to share my information with whoever asks for it. The great thing about the program is that the tools are already there. You don’t have to create anything; you just have to plug the right things in. And it

costs no training dollars.”

The FRG is already testing the waters by introducing new military families to the Family Global Assessment Tool, which is available for ID-card holding dependents.

“We encourage them to do that when their Soldiers are at Advanced Individual Training,” Justice said, though it is not yet a formal part of the Basic Training for Families program.

“I would love to see one of our AIT (units) at Fort Jackson pilot the second part of it,” she said. “The goal was to inundate them with information, so it’s not so overwhelming at their first duty station.”

Milton.W.McBride3.ctr@mail.mil



Denim and Diamonds

Courtesy photo

The Victory Spouses Club hosts its inaugural 'Denim and Diamonds' dinner and silent auction Feb. 7 at Weston Lake. The event included a catered barbecue dinner, dancing and a live and silent auction to raise money for the VSC scholarship program. The next VSC meeting will be March 5 at the Officers' Club. Spouses of service members of all ranks and branches are welcome. For more information, email victoryreservations@gmail.com.



Scouting for food

Courtesy photo

The Fort Jackson Cub Scout Pack 89 and Boy Scout Troop 89 collect more than 1,840 non-perishable food items for local food banks during its Scouting for Food service project.

McHugh discusses leaner Army

By SGT. URIAH D. WALKER
3rd Infantry Division

FORT STEWART, Ga. — Secretary of the Army John McHugh had a candid discussion about the future of the Army during a meeting last week with senior leaders and Soldiers at Fort Stewart and Hunter Army Airfield, Ga.

“The Army is at a time of great transition and we are faced with a variety of challenges,” McHugh said. “But there are some things we are certain of, and that is the men and women who put on this uniform — great Soldiers doing what great Soldiers do.”

Maj. Gen. Mike Murray, 3rd Infantry Division commanding general, brought McHugh to meet with Soldiers of the newly activated Company E, 3rd Combat Aviation Brigade.

Those Soldiers operate the MQ-1C Gray Eagle unmanned aircraft system, which is capable of remaining continuously airborne for more than twenty hours.

“The attack role of Gray Eagle provides an unprecedented advantage on the battlefield, providing video feed directly to an Apache Attack Helicopter, allowing pilots of the Apache to positively identify targets and request clearance to engage,” explained Capt. Jonathan Coe, commander, Company E, 3rd Combat Aviation Brigade.

“The Gray Eagle is also equipped with a laser designator that provides the crew visual confirmation of the target and provide laser guidance for a missile launched,” he said.

McHugh also spoke about the Army’s scheduled draw-down and downsizing of forces. He noted that an accelerated timetable for drawing down forces will not only have an impact on those stationed at Fort Stewart, but also on family members and the civilian workforce.

“The Army, compared to the other services, is somewhat unique in that it is very personnel intense. The Army’s largest asset and greatest expense is, and has always been, its people,” he said. “When budgets are cut so swiftly and significantly, the only place where we can really find that money is through our end strength.”



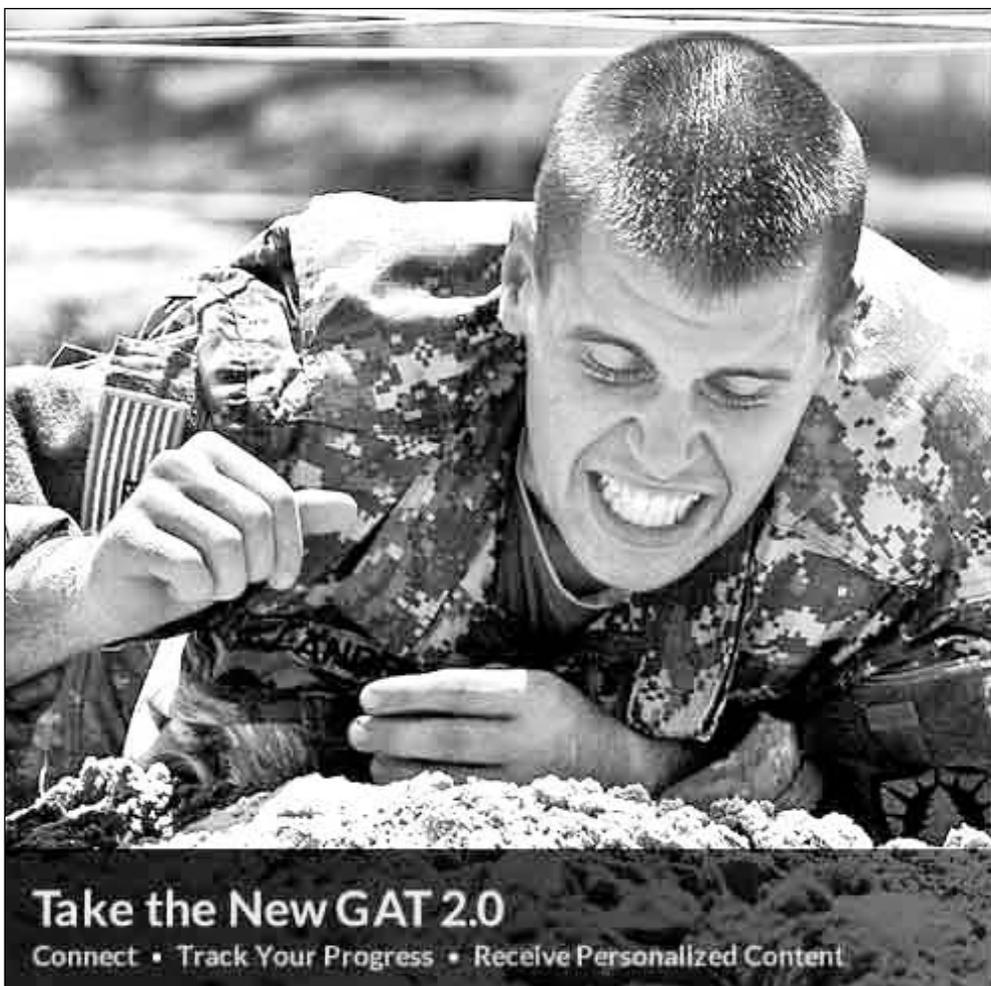
Photo by SGT. EMILY KNITTER, 3rd Infantry Division

Secretary of the Army John McHugh visits Fort Stewart’s Warrior’s Walk with 3rd Infantry Division Commander Maj. Gen. John Murray, during a recent visit to Fort Stewart, Ga. McHugh paused to pay his respects to the tree dedicated to Medal of Honor recipient Sgt. 1st Class Paul R. Smith, as well as the 468 other fallen heroes honored along the memorial.

McHugh said that Army leaders are working to ease the effects of budget cuts through strategic planning.

“We found that given the decrease in operation and personnel tempo we can effectively, without too much risk, bring down that end strength and meet our budget challenges while making the best decision for the people we keep,” McHugh explained.

While at Fort Stewart, McHugh was also briefed on the Savannah Harbor Expansion project, and paid his respects to Fallen 3rd ID Soldiers at Fort Stewart’s Warrior’s Walk. The walkway is dedicated to the Soldiers and attached units of 3rd Infantry Division, Fort Stewart/Hunter Army Airfield, Ga., who served in Operations Iraqi Freedom and Enduring Freedom.



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Army photo

Comprehensive Soldier and Family Fitness launched its ArmyFit site three weeks ago. The site offers features designed to improve self-awareness in health and resilience. Tens of thousands of Soldiers have visited the site since its launch.

CSF2 launches GAT 2.0, ArmyFit site

By **DAVID VERGUN**
Army News Service

WASHINGTON — Since Comprehensive Soldier and Family Fitness launched its ArmyFit site three weeks ago, tens of thousands have logged on and are taking advantage of its features, designed to improve self-awareness in health and resilience.

In the first week alone, some 28,000 users visited the site where they took the Global Assessment Tool, or GAT 2.0 and many then went on to view the help and resources offered, said Lt. Col. Daniel Johnston, program manager for ArmyFit.

GAT 2.0 is an online assessment that's been scientifically validated and accurately measures five dimensions of health, including emotional, social, spiritual, familial and physical health. The physical dimension consists of sleep, activity and nutrition, the three parts of the Performance Triad.

The metrics from those five dimensions are then aggregated through an algorithm that has been scientifically validated to accurately predict a person's life expectancy, Johnston said.

The assessment takes an average of 23 minutes to complete, is easy to do and the results are presented in colorful graphics depicting how the person rates in each of the five dimensions compared to his or her peers, he said.

The GAT 2.0 also scores a person's "real age" with his or her "actual age."

In other words, someone who is 35 years old but is especially strong on all or most of the categories might be several years younger in "real" but not "actual" age.

Each of those dimensions have been shown to be a strong predictor of life expectancy and quality of life and those taking GAT 2.0 will hopefully be motivated to use the advantages of ArmyFit's extensive information, programs and coaching.

Taking GAT 2.0 "is the first step in self-awareness and starts the on-boarding process to ArmyFit," Johnston said, adding that taking GAT 2.0 annually is a requirement for every Soldier and it is also the first step in using ArmyFit.

As to the help that's offered after taking GAT 2.0, Johnston said there are some 5,000 pages of sites relevant to those five dimensions on ArmyFit and, he noted, within the first week those topical pages generated around 86,000 page views.

Those topical pages, he continued, connect people with organizations, groups and other users. Johnston emphasized that GAT 2.0 protects people's confidentiality and that those who do the assessment can choose whether or not to continue on the site and how much information they're willing to share.

LESSONS LEARNED

The original GAT, hosted on a site called "Soldier Fitness Tracker," was missing the "physical" dimension of sleep, activity, and nutrition. One of Johnston's first tasks was to build that "critically important" fifth dimension into a new GAT.

But while looking at building out the fifth dimension, Johnston discovered something else that disturbed him.

"I noticed right away that the site was archaic with very little follow-on training, advice or recommendations following completion of the GAT," he said.

"I just felt we were failing our Soldiers in terms of giving them great online feedback and training," he said. "It had become just another requirement to check the box, and see you next year. We needed to get our Soldiers engaged and provide them with some interactive content and information they needed to improve.

"So then my mission became much greater," he continued. "Not only did we need to enhance this assessment tool by making it truly global, we also needed to make the entire Web platform much more engaging."

Johnston said he found solutions after doing a lot of research on the latest Web engagement strategies, like Web 3.0, and talking to a lot of users and experts.

His Web developers also came up with a more enhanced graphical user interface. The site is easier to navigate and more appealing to the eye. It also includes shorter, more enticing videos, and the ability to interact with organizations, communities and persons, depending on the user's comfort level, he said.

Branding was important as well, he noted. So his team of developers changed the name of the site to ArmyFit, hoping to erase the memories of the older, clunkier site.

That all started about 18 months ago, he said.

His metrics analyst — the person who compiles the statistics on site visits, page views and so on — found after just the first week that instead of spending 30 seconds to a minute, users were loitering after taking GAT 2.0 an average of 4.5 minutes — about a five-fold increase. And, there were about twice as many users as before.

WORK IN PROGRESS

Surveys and anecdotal evidence, Johnston said, point out "that we're going in the right direction."

Future plans include expansion of content that will provide "an ecosystem of knowledge from the Army, the Department of Defense and civilian accredited organizations."

Several enhancements will be added to the site like financial readiness assessment tools, an installation profile dashboard for leaders to see trends and other metrics for their population to understand their unique needs, aids in navigation and so on, he said.

To access the ArmyFit site, visit <https://armyfit.army.mil>. Users may log in using CAC login or AKO username and password. Family members must be registered in DEERS. Those experiencing difficulties logging in should contact CSF2 at <http://csf2.army.mil/contact.html>.

Calendar

Today

Renters 101 seminar

11:30 a.m. to 1:30 p.m., Post Conference Room

A light lunch will be provided. For more information and to register, call 751-9339/5788/7566/9323.

Friday

Hearts Apart/foreign-born spouses Valentine's Day celebration

5 to 8 p.m., Main Post Chapel
For more information, call 751-9770/1124.

Wednesday, March 12

Retired Officers Wives Club meeting

Noon, Officers' Club
RSVP required by March 7. For more information, call 788-1094 or 783-1220.

Announcements

KNIGHT POOL HOURS

Knight Pool will be open Saturdays from 8 to 11 a.m., starting this week.

DENTAC CLOSURE

All dental clinics will be closed from 7:30 to 11:30 a.m., Wednesday for mandatory training. For dental emergencies, report to the Urgent Care Clinic. Dental clinics will reopen at 12:30 p.m.

EFMP ART ADVENTURE

The Exceptional Family Member Program is now hosting art activities on the third Thursday of every month at 5 p.m. at the Joe E. Mann Center Ballroom. The first event is scheduled for today. The program will include clay modeling, pottery, water color painting, drawing and other activities. Participants must be enrolled in EFMP. For

more information, call 751-5256 or email cheryl.f.leysath.civ@mail.mil.

COMMISSARY NOTES

■ The Commissary offers a variety of specials throughout February. For more information, visit www.commissaries.com/press_room/press_release/2014/DeCA_03_14.cfm.

■ The Defense Commissary Agency has added top-brand websites to its "Exclusive Savings" link on www.commissaries.com.

HOMEcoming STORIES CONTEST

AAFES customers are invited to submit a homecoming story for a contest. The story should not exceed 150 words. Entries must be submitted by Feb. 28. Five winners will receive a Thomas Blashear figurine. For more information, visit www.shopmyexchange.com/patriotfamily.

USAREC OPPORTUNITIES

Former recruiters can earn a \$4,000 bonus if they reclassify to military occupational specialty 79R and return to the U.S. Army Recruiting Command. Eligible NCOs must be staff sergeants or sergeants, have less than 12 years time in service and currently be in an overstrength or balanced MOS. For more information, see your career counselor.

SPORTS SHORTS

■ Dart league play is scheduled for 5:30 p.m., Thursdays at Magruders Club and Pub.

■ The President's Day 5K walk/run is rescheduled for 8 a.m., Saturday at Twin Lakes. This run will be on a multi-terrain route. A stroller route is available.

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

YOUTH SPORTS REGISTRATION

Youth Sports registration is now open for spring soccer for children 3 to 5 (\$20);

and for children 6 to 16 (\$40). Registration is also open for track and field (6-14, \$40); and traveling baseball (9-14, \$45). Registration runs through Feb. 28.

SCHOLARSHIP OPPORTUNITIES

■ The Army Engineer Spouses' Club announced the 2014 Army Engineer Memorial Awards and the 2014 Geraldine K. Morris Award. For more information on the scholarships, visit www.armyengineerspouses.com/scholarships.html.

■ Applications for the 2014 Scholarships for Military Children program are available at commissaries worldwide or at www.militaryscholar.org. Applications must be turned in to a commissary by close of business Feb. 28. For more information, call (856) 616-9311 or email militaryscholar@scholarshipmanagers.com.

FREE COMIC BOOK

The free comic book, "Thor: The Dark World, the Asgardian Thunder God." is now available at the Exchange.

SAT/ACT TESTING

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

THRIFT SHOP NEWS

Units can pick any business day to work at the Thrift Shop. Units who supply at least four people to work for two hours will receive a donation. For more information, contact Kim at the store.

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

Housing happenings

MAYORS NEEDED

The mayoral council is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Positions are open in Pierce Terrace 1, PT 2, PT3, PT5, PT6, PT7 and Howie Village. Being a part of the council allows residents to be a voice for the community. Child care is provided while performing mayoral duties. Interested residents should contact Vickie Grier at 751-7567.

BAH INFO

The three components of the Basic Allowance for Housing are fair market costs for rental units, utilities and renter's insurance. BAH rates are aimed to accurately reflect median-priced rental costs and average utilities and renter's insurance costs for suitable-quality housing units within each market housing analysis in the United States. For more information, call 751-9323/7566/5788.

RENT CAFE

Rent Cafe is a new site that replaces the "Resident Portal System." Register for Rent Cafe through the Balfour Beatty Communities website using the "Submit a Service Request" link. For assistance in logging in, call 738-8275.

HOUSING RESOURCES

The Housing Services Office has resource books on various topics available for checkout. Topics include do-it-yourself projects, real estate facts, home improvement suggestions and gardening ideas. For more information, call 781-9323/7566/5788.

RV LOT

Recreational vehicles are not allowed to remain in the housing area except for loading and unloading. The Housing RV Storage Lot is authorized only for on-post residents who have registered their RV with the Housing Office at 4514 Stuart Ave. Registration of your RV is required before using the facility. Proof of residency, insurance and registration is required. Unauthorized RVs found in the storage lot will be towed at the owner's expense. For more information or to register your vehicle, call 751-9339.

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

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

Snowed In



A snow drill sergeant stands in front of Company B, 3rd Battalion, 34th Infantry Regiment



Photo by SGT. ANTOINETTE WALKER, 81st Regional Support Command
A pink flamingo ornament adds color to the wintry scenery on Fort Jackson last week.



Photo by SGT. ANTOINETTE WALKER, 81st RSC
Graduation ceremonies for 2nd Battalion, 60th Infantry Regiment, originally scheduled for Thursday at Hilton Field, were canceled as a result of the winter storm.

Winter storm shuts down post again

Leader Staff Report

For the second time in three weeks, Fort Jackson was hit by a winter storm that forced the post to cease normal operations.

Most personnel did not report to work Wednesday and Thursday as inches of snow, ice and sleet accumulated in the Midlands, creating treacherous road conditions.

Family Day and graduation events for 2nd Battalion, 60th Infantry Regiment were canceled. On-post schools remained closed through Friday. Normal operations for other activities on Fort Jackson resumed at noon Friday.

According to local media reports, the storm caused more than 300,000 power outages statewide.

South Carolina Gov. Nikki Haley declared a state of emergency.

Thanks to all our readers for sending us your images of last week's winter storm. Don't forget to follow "Fort Jackson Leader" on Facebook for more photos.



Courtesy photo
Several inches of ice accumulated during the three-day storm.



Photo by SGT. ANTOINETTE WALKER, 81st RSC
A mix of snow, sleet and ice accumulates in the housing area on Fort Jackson. The storm began Tuesday evening and lasted until Thursday. The roads in the Columbia area were mostly iced over, which caused the closure of Fort Jackson on Wednesday, Thursday and part of Friday.

CMYK

CMYK

27" WEB-100

Heart health awareness tips for women

From Moncrief Army Community Hospital

Although heart disease is sometimes thought of as a “man’s disease,” around the same number of women and men die each year of heart disease in the United States. Despite increases in awareness over the past decade, only 56 percent of women recognize that heart disease is their No. 1 killer. That’s why it’s important to know the signs and symptoms and how to lower your risk for heart disease.

HEART DISEASE SYMPTOMS IN WOMEN

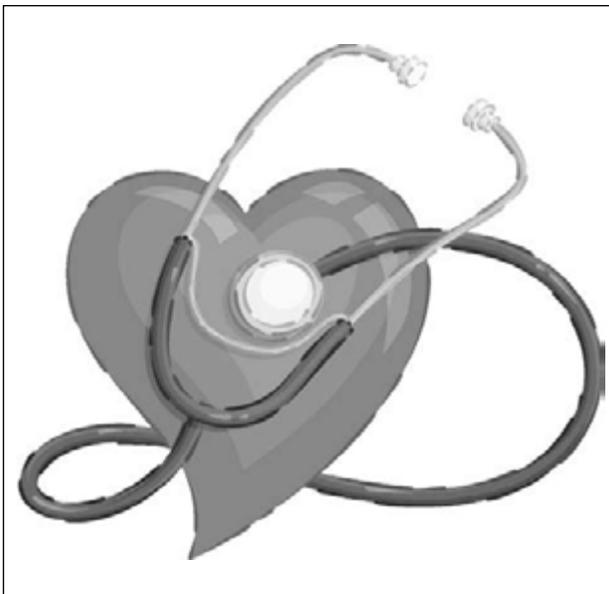
While some women have no symptoms of heart disease, others get dull, heavy to sharp chest pain or discomfort, pain in the neck/jaw/throat, or pain in the upper abdomen or back. These symptoms may occur during rest or physical activity, or be triggered by mental stress.

Women are more likely to describe chest pain that is sharp and burning and more often have pain in the neck, jaw, throat, abdomen, or back.

Sometimes heart disease may be silent and not diagnosed until a woman has signs or symptoms of a heart attack, heart failure, an arrhythmia (abnormal heart rhythm), or stroke.

RISKS FOR HEART DISEASE AND HEART ATTACK

- Diabetes, high cholesterol and high blood pressure are risk factors for heart disease.
- Smoking, poor diet, obesity, excess alcohol and being



physically inactive can also increase the risk for heart disease.

- Heredity can also be a risk factor because heart disease can run in families.

TAKE STEPS TO LEARN MORE

- Know your risk factors, make healthy choices and lower your chances for having a heart attack or stroke.
- See your health care provider for a checkup, especially if

you have any risk factors or symptoms.

- Talk to your health care provider and ask questions to better understand your health.
- Know your family history. There may be factors that could increase your risk for heart disease and stroke.

MAKE HEALTHY CHOICES EVERY DAY

You can lower your risk of heart disease and heart attack by taking simple steps every day.

- Eat a healthy diet.
- Maintain a healthy weight.
- Be active. Exercise regularly.
- Be tobacco-free. Get help if needed. Call 1-800-QUIT-NOW (1-800-784-8669).
- Limit alcohol use.
- Manage any medical condition you might have. Learn the ABCS of health. Keep them in mind every day and especially when you talk to your health provider:
- Appropriate aspirin therapy for those who need it.
- Blood pressure control.
- Cholesterol management.
- Smoking cessation.

A woman suffers a heart attack about every 90 seconds in the United States. If you think you or someone you know is having a heart attack, call 911 immediately. If you seek help quickly, treatment can save your life and prevent permanent damage to your heart muscle. Treatment works best if given within one hour of when symptoms begin.

MACH UPDATES

MACH MAIN ENTRANCE CLOSED

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31. Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

URGENT CARE HOURS CHANGE

The Urgent Care Clinic at Moncrief Army Community Hospital is now open from 6 a.m. to 10 p.m. Patients need to sign in before 9:30 p.m. Patients who need emergency care should call 911 or proceed to the nearest emergency

room. Patients enrolled in TRICARE Prime who need non-emergency care can schedule an appointment online at www.tricareonline.com, call their primary care provider or call 751-CARE (2273) during regular duty hours.

IMMIGRATION EXAMS

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

Follow the Leader

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Like us on FACEBOOK.

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

Prescription home delivery available

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

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

The first shipment will usually arrive within two weeks.

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

Express Scripts stocks all drugs on the TRICARE formulary.

Saluting this BCT cycle's honorees

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



**Sgt. 1st Class
Mark Garcia**
Company A
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Doris Anyanwu

SOLDIER OF THE CYCLE
Pvt. Machaela Smith

HIGH APFT SCORE
Spc. Laura Jacobs

HIGH BRM
Pvt. Robert Scott



**Staff Sgt.
Christopher Brunhuber**
Company B
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Casey Recore

SOLDIER OF THE CYCLE
Pvt. Chase Coffee

HIGH APFT SCORE
Pvt. Jason Vega

HIGH BRM
Pvt. Anthony Rodriguezcolon



**Staff Sgt.
Howard Smith**
Company C
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Katrina Simpson

SOLDIER OF THE CYCLE
Pvt. Andrew Rath

HIGH APFT SCORE
Spc. Kiara Johnson

HIGH BRM
Pvt. Isaiah Pena



**Sgt. 1st Class
Roberto Crespo**
Company D
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Settler Sims

SOLDIER OF THE CYCLE
Pvt. Kotoni Anitema

HIGH APFT SCORE
Pvt. Eric Overfelt

HIGH BRM
Pfc. Benjamin Peterson



**Sgt. 1st Class
Benjamin Bowe**
Company F
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Robert Dennett

SOLDIER OF THE CYCLE
Pvt. Lindsay Sullivan

HIGH APFT SCORE
Spc. Kelsie Weynand

HIGH BRM
Pfc. Clint Hartzler

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.

Announcements are due one week before publication.

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 emailed to sbra-nham@chronicle-independent.com.

Weekly honors



**Staff Sgt.
Danneit Disla**
Drill sergeant of the cycle
Company A
Task Force Marshall



**Staff Sgt.
Charles Campbell**
Drill sergeant of the cycle
Company B
Task Force Marshall

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Photo by TIM HIPPS, IMCOM

Team USA skeleton coach and Vermont Army National Guard Sgt. 1st Class Tuffy Latour leads Noelle Pikus-Pace, right, to an Olympic silver medal and Katie Uhlaender, not pictured, to a fourth-place finish in women's skeleton Feb. 14 in Krasnaya Polyana, Russia.

Army coach leads Team USA to medals

By TIM HIPPS
IMCOM

KRASNAYA POLYANA, Russia — Team USA Olympic skeleton coach and Vermont Army National Guard Sgt. 1st Class Tuffy Latour helped coach Team USA's Noelle Pikus-Pace to an Olympic silver medal and Matt Antoine to a bronze at the Sochi 2014 Olympic Winter Games in Krasnaya Polyana, Russia.

Latour, 45, a four-time Olympic coach from Saranac Lake, N.Y., who is attached to the U.S. Army World Class Athlete Program, has led U.S. and Canadian athletes to six Olympic medals. He helped coach Team USA's Noelle Pikus-Pace to an Olympic silver medal and Katie Uhlaender to a fourth-place finish Feb. 14 in the women's skeleton event.

One day later, Latour led Matt Antoine to an Olympic bronze medal and John Daly to 15th place in men's skeleton.

"He's a rock," Pikus-Pace said. "He's the absolute best coach I've ever had, whether it's track and field, skeleton, softball, basketball or soccer.

"It's not just because of his coaching on the track," Pikus-Pace continued. "It's because of the sacrifice he makes for us. He puts his athletes first, and he cares so much about us. He's results-based and all about what will make us better as a team."

The proud gleam in Latour's eyes seemed to say it all during the flower ceremony.

"It's just incredible," Latour said while riding a van down the mountain from the skeleton start to the finish. "We've been working hard all season for the last two years with Noelle through a lot of ups and downs, and ever since we got here, she just hasn't felt well. It was kind of a battle for her to just even get here to these races. For her to come out and finish second was as good as gold to her.

"She wanted to come out and win a medal at the Olympic Games, and we got her there," he explained. "It was little disappointing that we couldn't get Katie up on the medal stand, as well."

U.S. Olympic men's skeleton athletes also praised Latour.

"Tuffy has been the best coach I've ever had in my life," said John Daly, who finished 15th in the Olympic men's skeleton event Feb. 15. "The one thing he's kind of

drilled into us is: 'It's a process, it's not about results. You focus on the process. You focus on curves one, then two, and on down.' That's a really hard thing to do, but he's always had confidence in us. He's always kind of believed in us. We look to him when we don't believe in ourselves and we see what he sees, and that's kind of how it goes, and that's kind of why we do well."

Antoine claimed Olympic medal No. 6 for Latour's athletes when he struck bronze in men's skeleton Feb. 15.

"He started with us in 2010, and he's taken the team to new heights," Daly said. "He's taken us all to a medal in each world championships, so you couldn't really ask for a better coach."

"It's great to be in (the U.S. Army World Class Athlete Program)," Latour concluded. "Anytime you can serve your country and represent it at the same time, it's very, very special. The Russians have put on a great Olympics. The Sochi Games are awesome. The facilities are first class. This is probably one of the best sliding facilities in the world. They have all these gondolas bringing people to these different facilities. It's spectacular."

Editor's note: Gary Sheftick of Army News Service and Amanda Bird of USA Skeleton contributed to this article.

WORSHIP SCHEDULE

PROTESTANT

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

Protestant Bible Study

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

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday

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

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

- Sunday

- 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

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

ADDRESSES, PHONE NUMBERS

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