

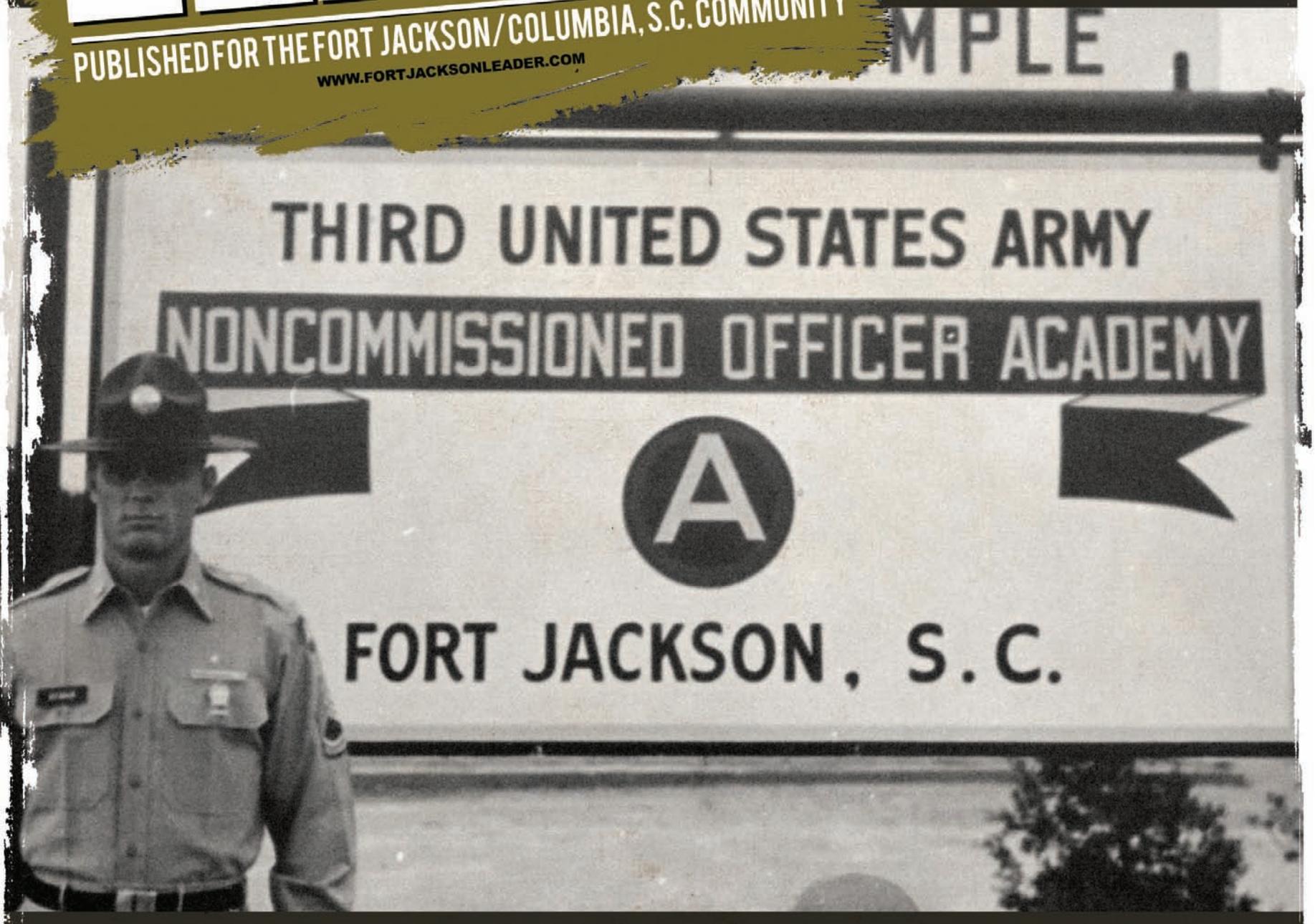
THURSDAY, JAN. 22, 2015

THE FORT JACKSON LEADER

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★ EOD DEFUSES
DANGER
ON RANGES

— PAGE 8

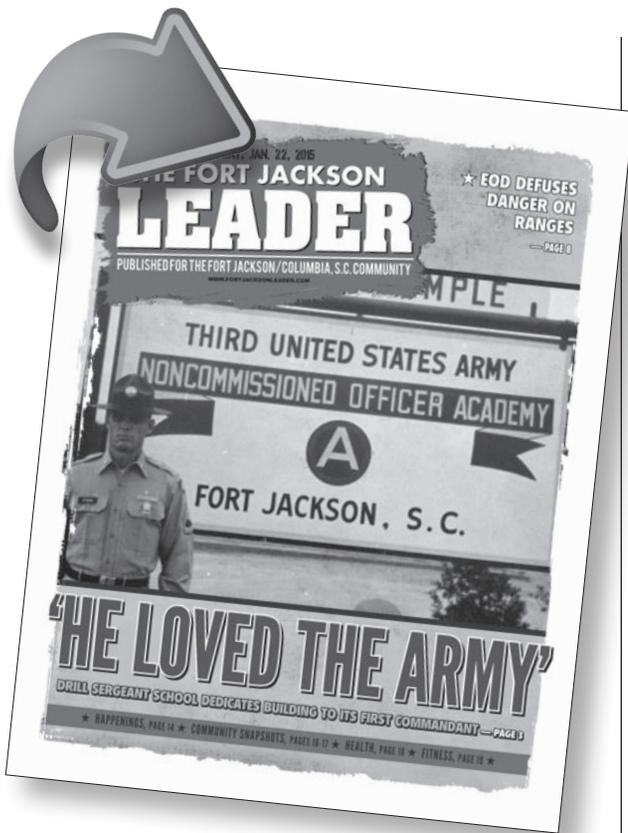


'HE LOVED THE ARMY'

DRILL SERGEANT SCHOOL DEDICATES BUILDING TO ITS FIRST COMMANDANT — PAGE 3

★ HAPPENINGS, PAGE 14 ★ COMMUNITY SNAPSOTS, PAGES 16-17 ★ HEALTH, PAGE 18 ★ FITNESS, PAGE 19 ★

NEWS



ON THE COVER

Courtesy photo

The U.S. Army Drill Sergeant School recently named a portion of its building after its first commandant, the late Command Sgt. Maj. William Hyman. **SEE PAGE 3.**



Photo by DAVID SHANES, command photographer

Helping hands

More than 100 Fort Jackson community members are honored for their volunteer service during the quarterly Helping Hands ceremony Tuesday at the Joe E. Mann Center. The Soldiers, civilians and family members donated more than 5,500 hours to organizations on and off post.



Fort Jackson, South Carolina 29207

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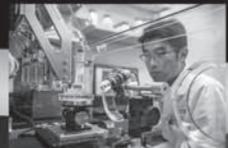
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- ★ Foster an environment that promotes adaptability and self reliance
- ★ Promote physical, emotional, social, Family and spiritual strengths
- ★ Honor the service and sacrifices of those who serve our Nation

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 Sergeant Major of the Army

Raymond T. Odierno
 General, United States Army
 Chief of Staff

John M. McHugh
 Secretary of the Army



Photo by WALLACE McBRIDE

Valerie Hyman, widow of the late Command Sgt. Maj. William Hyman, speaks during a dedication ceremony at the Drill Sergeant School Jan. 15. The school named one of its buildings 'Hyman Hall' after the late Soldier. Hyman was in charge of training drill sergeants when the school was first established.

Mentor and role model

DSS names building after first commandant

By WALLACE McBRIDE
Fort Jackson Leader

Command Sgt. Maj. William Hyman now has a permanent association with the U.S. Army Drill Sergeant School.

Friends and family of the school's first commandant gathered on post last week as a section of the building was named in his honor. The section of the building that houses the school's command group is now known as Hyman Hall, in recognition of the late Soldier's accomplishments.

Hyman, who died in 2010, spent more than 20 years in the Army, retiring in 1975. In addition to leading the training of new drill sergeants when the school was first established, Hyman's career involved two tours of Vietnam and

assignments in Korea, Japan, and Germany.

Command Sgt. Maj. Lamont Christian, the school's current commandant, took the podium for the Jan. 15 ceremony to introduce the day's guest speakers.

"In order to understand the impact that Sgt. Maj. Hyman had, not only on Soldiers, family and friends, you have to hear that message from his friends and family," he told the gathering, which also included many former and current drill sergeants.

"He loved the Army and he wore his uniform with great pride," said Hyman's widow, Valerie. "I was fortunate enough to be married to him for 52 years."

While it was unlikely he would have sought out accolades for himself, she said her family was sure the building dedication would have made him happy.

"I'm sure we never thought such an honor would be

bestowed on him," she said. "But, I'm sure he's looking down on us today with a smile on his face, very pleased."

After retiring from the Army, Hyman worked for the Kershaw County Sheriff's Department. He later became a municipal judge in Elgin.

"It's a great honor for the Hyman name," said his nephew, William Hyman.

The elder William Hyman was a big influence on his nephew, even counseling him on his own career in the Army.

"My uncle was a mentor for me," he said. "In fact, he's the one who encouraged me to strive for that. When you're an NCO, your job is to look after Soldiers. When I made sergeant major, I understand where he was coming from."

Milton.W.McBride3.ctr@mail.mil



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Photo by WALLACE MCBRIDE

Richard McKeller, a human resources assistant, processes paperwork for Staff Sgt. Shana Abdus, a drill sergeant with 1st Battalion, 13th Infantry Regiment. A new IMCOM directive that mandates the use of software will decrease the number of stops Soldiers have to make to out-process an installation.

Software makes out-processing easier

By WALLACE MCBRIDE
Fort Jackson Leader

Beginning in March, out-processing procedures will become a little less complicated for Soldiers.

In December, IMCOM released a policy memorandum requiring the use of Installation Support Modules wherever possible in out-processing procedures. The goal is to prevent personnel from having to travel to each office, allowing them instead to “pre clear” certain areas electronically.

“When I saw the letter in December, I was pleased,” said Lonnie Stinson, Adjutant General (AG)/Military Personnel Division chief with the Directorate of Human Resources. Many of the offices involved with out-processing on Fort Jackson are already in compliance with the memorandum, he said, and have been for several years.

“Fort Jackson has been at the forefront of a lot of things,” Stinson said. “We’ve had to leverage technology in a lot of areas.”

Fort Jackson conducted a study in 2008 to see how technology could be used to streamline out-processing.

“As a result of that study, we were able to do some of the things IMCOM is now (requiring),” Stinson said. “Some of the IMCOM leadership realized that all of the installations across the Army were not using the Installation Support Module, which has a feature called OUTPROC.”

OUTPROC allows the agencies involved in out-processing to “pre clear” Soldiers, he said. While there are offices whose missions require a certain level of physical interaction, there are many that do not.

“We started out in 2008 with 28 areas that Soldiers had to go to,” Stinson said. “They had to go to the credit union, the bank, the cable company, the commissary. ... Why are we having Soldiers go to all these places in this day and age of automation?”

Many of these requirements were attached to “legacy policies,” he said. For example, Soldiers were still required to visit their banks during out-processing, even though people routinely manage their finances online these days.

“No matter where you are, your bank can touch you,” he said. “There’s no reason to have you go there to clear like you did back in the 1970s.”

Not every office that will be required to use ISM in

March already has the system in place, though. Stinson said there will be a learning curve for offices implementing the program in coming weeks.

“Those that don’t have the Installation Support Module will be starting from scratch,” he said. “They’re going to have to train people in their agencies how to use it.”

Still, there are a handful of offices on post that require direct interaction with Soldiers out of necessity, he said. Central Issue Facility, for example, cannot issue uniforms and other equipment without the Soldier present to receive them.

“You can’t electronically clear Central Issue Facility, because they want you to bring their stuff back,” he said. “And you have to physically go there.”

Since the 2008 study, Fort Jackson has been able to leverage available technology to reduce the number of in-person visits for Soldiers from 28 to 11.

Stinson said the installation is in the process of contacting agencies to learn if their internal processes have changed since 2008 in a way that would allow them to integrate ISM into their procedures.

“It’s a continuous process,” he said.

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LEADER DEADLINES

Article, announcement and photo submissions are due one week before publication. For example, an article for the Feb. 5 Leader must be submitted by Jan. 29. Photos smaller than 1MB cannot be accepted.

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

First women to attend Ranger Course

By **C. TODD LOPEZ**
Army News Service

WASHINGTON — The Army announced Jan. 15 that female Soldiers will be allowed, for the first time, to attend the Army's Ranger Course and possibly earn the coveted Ranger tab.

Some of the women who may attend the Ranger Course this spring began a 16-day "Ranger Training Assessment Course" Friday. The RTAC is meant to prepare Soldiers to succeed in the Ranger Course, and it's the first time an RTAC has included women, including a Soldier from Fort Jackson, 1st Lt. Christel Sacco, 165th Infantry Brigade.

"Secretary of the Army John McHugh approved the participation of both men and women in the spring 2015 Ranger Course assessment," said Army spokesperson Wayne Hall. "The assessment will be conducted during Ranger Course 06-15, which is scheduled to begin on April 20, 2015. The course has approximately 60 women scheduled to participate. Those who meet the standards and graduate from the course will receive a certificate and be awarded the Ranger tab."

According to Monica Manganaro, a spokesperson for the Maneuver Center of Excellence's Airborne and Ranger Training Brigade at Fort Benning, Georgia, the 2015 "Ranger Course assessment" is a regular Ranger Course, with all the same physical requirements. The current Ranger Course completion standards, to include prerequisites, phase performance requirements and graduation standards would not change for the assessment, she said.

Manganaro said the course is being called an assessment because of the first-time participation of female Soldiers. Both male and female students will participate in the assessment.

The Army released an All Army Activities or ALARACT message in September requesting units forward the names of female volunteers to attend the spring Ranger Course assessment. At the time, the final decision to include women in a Ranger Course had not yet been made.

"The response was overwhelmingly positive," Manganaro said. "When the Army asked for women who had interest, the interest outweighed the number of slots available."

Forty women began the preliminary Ranger Training Assessment Course Friday. Of the 120 slots available for students in the RTAC, up to 40 are now allotted for women.

There are three additional RTACs scheduled before the Ranger Course begins in April.

With an endorsement from their unit, Soldiers who successfully complete the RTAC will be eligible to attend the 62-day Ranger Course, Manganaro said. Historically, she said, approximately half of those who enter the Ranger Course will succeed in earning the Ranger tab.

Not all Soldiers who attend the Ranger Course are required to attend an RTAC, Manganaro said. But all female Soldiers who attend the Ranger Course Assessment must first attend and successfully complete an RTAC.

"The RTAC is mandatory for the women who want to go to Ranger school," Manganaro said. "It is going to reinforce those Ranger skills and familiarize the female Sol-



Photo by STAFF SGT. TRAMEL S. GARRETT, 25th Infantry Division

Sgt. Amanda Carrasco, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, crosses the finish line during the 25th Infantry Division pre-Ranger female screening in Hawaii. The 10-day assessment was intended to screen and select candidates for attendance at the Ranger Training Assessment Course, the Army's premier Pre-Ranger course, located at Fort Benning, Ga.

diers with the skill sets they may not have had in other courses they have gone through."

Manganaro said the requirement to attend the RTAC will "level the playing field," in the Ranger Course, allowing women to better familiarize themselves with the skills they will need to succeed there.

"The RTAC gives them an azimuth on their skill set, on what they will need to go to Ranger school," she said.

FEMALE OBSERVERS AND ADVISERS

For the Ranger Course assessment this spring, the Airborne and Ranger Training Brigade selected 31 female Soldiers to serve as observers and advisers. Of those, there are 11 officers and 20 non-commissioned officers.

The observers/advisers will be integrated into the Airborne and Ranger Training Brigade staff during the Ranger Course assessment for the purpose of assisting with the execution of the assessment and to help capture "lessons learned" from both men and women training together.

The female observers/advisers underwent a weeklong evaluation in November, before being selected to move on to a modified Ranger instructor training program, meant to prepare them to work in assigned areas during the Ranger Course assessment. Observers/advisers will also observe two cycles of an all-male Ranger Course as part of their preparation for the April 2015 Ranger Course assessment.

Manganaro said that female Soldiers who successfully

complete the April Ranger Course assessment will earn a certificate of completion for the course and will have earned the privilege of wearing the Ranger tab on their uniforms. However, she said, those Soldiers will not get the Ranger skill identifier nor will they be able to transition to a military occupational specialty that requires the Ranger skill identifier as those MOSs are not yet open to women.

The move to assess female Soldier performance in the Ranger Course is part of an ongoing Army effort called "Soldier 2020." That effort is meant to allow the Army's best-qualified Soldiers the opportunity to serve in any position they are capable of performing to standard.

"In 2011, the Army began assessing barriers to service for women," said Col. Linda Sheimo, chief, Command Policy Division at Army G-1. "In 2012 we opened approximately 14,000 positions that were closed due to the removal of the collocation rule, which includes opening six MOSs and executing the exception to policy program in the maneuver battalion headquarters of maneuver battalions in nine (brigade combat teams).

"Since 2012, approximately 55,000 positions have been opened. Now, we continue our efforts with the assessment of women attending the Ranger Course this spring. We'll use the data and lessons learned from this pilot to inform our way ahead in a deliberate, measured and responsible manner. We're upholding standards and ensuring every Soldier has the opportunity to maximize their potential."

SUBMISSION GUIDELINES

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Protect yourself from tax identity theft

Army Community Service

Are you ready for tax season? If you haven't heard about tax identity theft, you may not be.

Tax Identity Theft Awareness Week is Jan. 26 through 30. Tax identity theft happens when someone files a phony tax return using your personal information — like your Social Security number — to get a tax refund from the IRS. It also can happen when someone uses your Social Security number to get a job or claims your child as a dependent on a tax return. Tax identity theft has been the most common form of identity theft reported to the Federal Trade Commission, or FTC, in the past five years.

Tax identity thieves get your personal information in a number of ways. For example:

- Someone goes through your trash or steals mail from your home or car.
- Imposters send phony emails that look like they are from the IRS and ask for personal information.
- Employees at hospitals, nursing homes, banks and other businesses steal your information.
- Phony or dishonest tax preparers misuse their clients' information or pass it along to identity thieves.

So what can you do about it? To lessen the chance you will be a victim:

- File your tax return early in the tax season, if you can,

before identity thieves do.

- Use a secure Internet connection if you file electronically. Don't use unsecure, publicly available Wi-Fi hot-spots at places like coffee shops or a hotel lobby.
- Mail your tax return directly from the post office.
- Shred copies of your tax return, drafts or calculation sheets you no longer need.
- Respond to all mail from the IRS as soon as possible.
- Know the IRS won't contact you by email, text or social media. If the IRS needs information, it will first contact you by mail.
- Don't give out your Social Security number or Medicare number unless necessary. Ask why it is needed, how it is going to be used and how it will be stored.
- Get recommendations and research a tax preparer thoroughly before you hand over personal information.
- If your SSN has been compromised, contact the IRS ID Theft Protection Specialized Unit at 800-908-4490
- Check your credit report at least once a year for free at www.annualcreditreport.com to make sure no other accounts have been opened in your name.

What if you are a victim? Tax identity theft victims typically find out about the crime when they get a letter from the IRS saying that more than one tax return was filed in the their name, or IRS records show they received wages from an employer they don't know. If you get a letter like this, don't panic. Contact the IRS Identity Protection Specialized Unit at 800-908-4490.

More information about tax identity theft is available from the FTC at www.ftc.gov/taxidtheft and the IRS at www.irs.gov/identitytheft.

Unfortunately, tax identity theft is not the only way scammers are targeting taxpayers. The FTC has gotten thousands of complaints about IRS imposters who claim people owe unpaid taxes and will be arrested if they don't pay up. They may know all or part of your Social Security number and rig caller ID to make it look like it is really the IRS calling. Before you can investigate, you are told to put the money on a prepaid debit card and tell them the number — something no government agency would ask you to do.

If you owe — or think you owe — federal taxes, call the IRS at 800-829-1040 or go to www.irs.gov. IRS workers can help you with your payment questions. The IRS does not ask people to pay with prepaid debit cards or wire transfers and does not ask for credit card numbers over the phone.

When the IRS contacts people about unpaid taxes, it usually does so by postal mail, not by phone. Report IRS imposter scams to the Treasury Inspector General for Tax Administration at www.treasury.gov/tigta/contact_report_scam.shtml or at 800-366-4484, and to the FTC at www.ftc.gov/complaint.

Army Community Service has financial counselors available to assist military ID card holders. If you would like to schedule an appointment, call 751-5256.

News and Notes

MLK DAY OBSERVANCE

A luncheon in observance of Martin Luther King Jr. Day is scheduled from 11:30 a.m. to 1 p.m., Friday at the NCO Club. The guest speaker will be Charlene Keys, vice president of the South Carolina Division of Time Warner Inc. Tickets cost \$10.50 and may be purchased through the Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity leaders. For more information, call 751-4117/2990.

PROFESSIONAL MENTORSHIP

The Professional Mentorship Network for female Service members and DA civilians will meet at 11:30 a.m., Tuesday at the NCO Club. The guest speaker will be Lt. Gen. Karen Dyson, military deputy to the assistant secretary of the Army (Financial Management and Comptroller). The network aims to empower, educate and mentor female Service members and DA civilians.

CIF RELOCATION

The Central Issue Facility has relocated to 12650 Jackson Blvd., the former TSC building. All administrative transactions will be conducted in the main office. In- and out-processing; direct exchange; student class issue; safety boot issue; maternity uniform issue; and additional issue will be processed on the north side of the building. The operating hours for the administrative offices are 7:30 a.m. to

noon and 12:45 to 3 p.m. Additional issue is open from 12:45 to 3 p.m.; in- and out-processing by appointment only; all other offices are open from 8 a.m. to noon.

OUTPATIENT PHARMACY HOURS

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

CHILD CARE AVAILABLE

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

NATIONAL PRAYER BREAKFAST

Fort Jackson's National Prayer Breakfast ceremony is scheduled for 8 a.m., Feb. 3 at the NCO Club. For more information and to make reservations, call 403-6274 or email dell.harlowcurtis@us.army.mil.

Information subject to change.

Reel Time Theaters

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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 January 23

Night At The Museum: Secret Of The Tomb
(PG) 7 p.m. 1h 38m

Saturday January 24

The Imitation Game (PG-13) 2 p.m. 1h 54m
The Hobbit: The Battle Of The Five Armies
(PG-13) 4 p.m.

Sunday January 25

The Hobbit: The Battle Of The Five Armies
(PG-13) 2 p.m. 2h 24m
Night At The Museum: Secret Of The Tomb
(PG) 4:30 p.m. 1h 38m

Wednesday January 28

Top Five (PG-13) 2 p.m. 1h 42m
The Hobbit: The Battle Of The Five Armies
(PG-13) 4 p.m. 2h 24m

Friday January 30

The Hobbit: The Battle Of The Five Armies
(PG-13) 7 p.m. 2h 24m

Advertising in the Leader

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Photo by ANDREW McINTYRE

Sgt. Daniel Violette, 52nd Explosive Ordnance Disposal Company, checks a remotely controlled vehicle while his team leader, Sgt. 1st Class Steve McClure, looks on. The Kentucky-based EOD Soldiers are on temporary duty on Fort Jackson to keep the ranges clear of unexploded ordnance.

EOD Soldiers keep ranges safe

By ANDREW McINTYRE
Fort Jackson Leader

For some, Hollywood's portrayal of an Explosive Ordnance Disposal technician in the movie "The Hurt Locker" starring Jeremy Renner as an adrenaline-driven EOD technician is the only perspective they may have of the profession.

Meet Sgt. 1st Class Steve McClure, Sgt. Daniel Violette and Spc. Arthur Thompson of the 52nd Explosive Ordnance Disposal Company, Fort Knox, Kentucky, who are temporarily assigned to Fort Jackson as a three-man EOD team to diffuse danger on Fort Jackson.

"Our main focus here is range support operations ... hand grenades, claymores and U.S. weaponry," said McClure, the team leader. "Our biggest focus is to facilitate the training of Soldiers by keeping the ranges open and free of explosives."

McClure said the EOD team is on call 24/7.

"Once we get a call, it's go time," he said.

McClure said on one occasion the team was called for a World War II-era 105 mm artillery round that was found on one of the ranges.

"If you think something is a hazard then by all means treat it as such," he said. "Our vocation is to put ourselves in that position and to decide if it's something (dangerous)."

EOD specialists typically work in teams of two or three Soldiers with one senior NOC in charge.

"We live and breathe this stuff," McClure said.

Violette is a former combat engineer who changed his career field after meeting the MOS requirements, which includes a high score in the technical portion of the Armed Services Vocational Aptitude Battery test.

"For me the school was like they hosed you down with all kinds of Army pubs, safety regulations and explosive ordnance knowledge. Each week you test, and you cannot take the materials home with you to study, so it's pretty intense," Violette said.

Violette said it takes almost one year to finish EOD training.

"Phase One (consists of) two months at Fort Lee, Virginia, and Phase Two (includes) about eight months at Eglin Air Force Base, (Florida). It's a multi-service school, so we work with all branches of services," Violette said.

Violette said he became an EOD technician because he wanted excitement, but received a lot more.

"I saw a video and thought I was going to be blowing up all kinds of things, and then I quickly realized that was not our mission in WWII and that's not our mission today," Violette said. "After being deployed to Afghanistan clearing routes and finding (improvised explosive devices), I see things differently now.

"I can be deployed and save lives, or I can be home and help people also because we can either receive a call

from the local police department because they can use our assistance or we may be in a DOD school trying to learn more about our job... so for me I chose the job because it was an opportunity to help people overseas and at home," Violette said.

Thompson became an EOD technician for similar reasons.

"I became an EOD tech for two reasons," he said. "My father was one, so that was kind of a pride thing. When I joined the Army I said I wanted to do something (to) help somebody, so it was (a choice of) either becoming a medic or this because if I do my job right then it saves a lot of guys' lives."

McClure said that he was initially attracted to the MOS for its "cool factor," but decided to stay because he feels like he is making a difference and is able to save lives. He said EOD technicians spend a lot of time on assignments away from their permanent duty station.

"We spend a considerable amount of time deployed — whether we are serving as an augmented individual or with a unit," McClure said. "We also support the Secret Service, State Department, foreign heads of state, dignitaries, so we travel a lot as a part of this job.

"Fort Jackson is just one more of those many assignments because there is an explosive hazard here with the ranges," McClure said. "We just want to ensure the Soldiers and everyone here is safe."

Andrew.R.McIntyre.civ@mail.mil

Bird sightings aid international research

By **STANLEY RIKARD**

Directorate of Public Works, Wildlife Branch

Although it is common to see great egrets on Fort Jackson ponds and lakes, seeing a flock of 60 of these large, all-white, three-foot tall wading birds concentrated on Semmes Lake is unprecedented. This large concentration of egrets attracted the attention of Directorate of Public Works Wildlife Branch employees.

Wildlife Technician Josh Arrants was observing the birds in early January to count how many there were and determine on what they were feeding when one of the egrets caught his attention.

“As the bird turned, I could clearly see a large round blue tag on its right wing,” Arrants said. “Usually, these tags have numbers or letters on them that allow the birds to be individually identified, but this tag was solid blue.”

Returning to the office and conferring with biologists there, it was decided that an Internet search may help locate who was tagging great egrets. It did not take long to locate an article about, and a contact for, tagging of young flightless great egrets from the Great Lakes in Ontario, Canada, and in New York Harbor.

Dr. Chip Weseloh, formerly with the Canadian Wildlife Service; Dr. Susan Elbin, New York City Audubon; and colleagues have been tagging great egrets since 2001 with more than 2,000 egrets marked to date. The ornithologists are studying the species’ migration patterns to learn in part where the birds are overwintering. Many have been seen and reported from Cuba, Jamaica, the Dominican Republic and the Lesser Antilles, in addition to sites in the eastern United States.

An email to Weseloh describing the Semmes Lake egret brought a quick response.

“It appears the bird you are reporting was tagged this year. In that case it was tagged either on June 19 or 26, 2014, at Nottawasaga Island, near Collingwood, Ontario, a 1.5-hour drive north northwest of Toronto at the south end of Georgian Bay, Lake Huron,” Weseloh wrote.

It is speculated that the bird probably was inadvertently tagged with the blue tag placed inside outward so the number cannot be seen. Sometimes mistakes are made when tagging birds in a rookery, especially since young nestling egrets instinctively use their long pointed bills to stab at the eyes of researchers handling them.

Christy Hand, a wading bird biologist with the South Carolina Department of Natural Resources’ Wildlife and Freshwater Fisheries Division, was also contacted about the Semmes Lake egret. She said that a Columbia photographer had photographed a blue-tagged great egret on the afternoon of Dec. 8 in Gills Creek near the Woodlake Drive Bridge. This location is just west of I-77 from Fort Jackson, and this bird is most probably the same egret that is now frequenting Semmes Lake.

In an effort to assist with research being done on great egret migration patterns, DPW Wildlife Branch employees will continue to periodically monitor the flock of birds on Semmes Lake and stay in touch with researchers. Informa-



Photo by JOSH ARRANTS, Directorate of Public Works

An unusual number of great egrets have made Semmes Lake their home over the winter.

tion on how long the tagged bird stays on Fort Jackson and if the large concentration of egrets remains is important to researchers and contributes to the international knowledge of great egret migration and dispersal.



Visit the Fort Jackson Leader website at
www.fortjacksonleader.com

SCARNG trains public affairs representatives

By MAJ. CINDI KING

South Carolina Army National Guard

EASTOVER, S.C. — Smart phones, social media and 24/7 news cycles have brought tremendous challenges for communications professionals as they strive to be everywhere to gather information to share with the public. Military public affairs personnel are also operating around the clock to provide coverage in their organizations, often in multiple locations and spread across hundreds of miles.

Following two ice storms in South Carolina in 2014, the South Carolina National Guard public affairs staff identified a critical need to have designated personnel assist as the eyes and ears on-scene, as it is physically impossible to be everywhere when events unfold.

The program that addresses this need is called unit public affairs representative, or UPAR program. A UPAR is a designated Soldier in a unit who can assist in sharing information and images with public affairs personnel to use in communications efforts. More than 40 Soldiers from units in the SCARNG attended a UPAR workshop, conducted by the 108th Public Affairs Detachment, during drill weekend at the McCrady Training Center Jan. 11.

The commanders of units in the SCARNG were asked to select unit members to attend the training to be their UPAR. Some attendees identified themselves as having some prior experience in writing and photography, whereas others said they have never learned journalism skills but wanted to support the unit. Some admitted they were told to be there, but were still curious about public affairs.

Sgt. 1st Class Joe Cashion, the noncommissioned officer in charge for the 108th PAD, welcomed the attendees and gave them an overview about why their roles are important. The PAD members served as the instructors. A military PAD includes the detachment commander and six Soldiers who have the military occupational skills of either 46R, public affairs broadcast specialist, or 46Q, public affairs specialist.

Cashion said that although there are limi-



Photo by SGT. DAVID ERSKINE, South Carolina Army National Guard

Soldiers with the South Carolina Army National Guard listen to instruction while attending unit public affairs representative training, Jan 11 at McCrady Training Center. The training was held to assist the organization expand its communications efforts and teach the attendees how they could assist their units with such skills as using social media, captioning a photo and interacting with media.

tations to how many public affairs skills can be covered during one session, the training was invaluable.

“Our intent is to make (the UPARs) aware how simply knowing how to capture a good image that tells the story with their smart phone and sending us a caption is a tremendous resource,” he said.

Other skills the training session covered were effective writing, media interviews and social media management. Soldiers were afforded an opportunity to be interviewed, which was the highlight, as many said they had never experienced being on camera. The culminating event was a practical exercise when UPARs took images with their smart phones around the McCrady Training Cen-

ter and wrote a caption to share with the class.

“The after-action review comments we received from the UPARs were extremely positive,” said Capt. Brian Hare, 108th PAD commander. “The interview portion really caught their attention, and they enjoyed going out to take pictures.”

Hare added that many cited they were interested in other aspects of public affairs.

“I would really like to hear so much more about the security risks of publishing to social media and ways to negate it,” said 2nd Lt. Scott Price, 122nd Engineer Company.

The 108th PAD’s goal is to host UPAR training at least bi-annually and expand the training to keep up with technology and ex-

pound on any trending communications issues or concerns.

“We are aware that our public affairs role coupled with knowing how to use social media safely in today’s world is critical for our military members,” Hare said. “It is always great to get feedback from the younger Soldiers too, as their generation grew up with this technology and has a lot of good insight.”

The South Carolina National Guard is participating in a statewide training event in March called “Vigilant Guard” during which the UPARs in units supporting this large-scale disaster response exercise will have their first high-visibility opportunity to showcase their skills.

LEADER DEADLINES

Article, announcement and photo submissions are due one week before publication. For example, an article for the Feb. 5 Leader must be submitted by Jan. 29. Photos cannot be embedded in Word, PowerPoint or PDF documents.

To submit photos, send .jpeg files with a size of at least 1MB

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

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Stepping up the Performance Triad

By RONALD W. WOLF
Army Medicine

FALLS CHURCH, Va. (Jan. 15, 2014) — It's time for Soldiers to step it up with the Performance Triad goals. Literally.

During fiscal year 2014, the Performance Triad pilot program was conducted in three separate active-duty battalions. The data from the pilot program provided a picture of the sleep, activity and nutrition behaviors of Soldiers in the pilot at baseline and throughout the six-month program.

Data collected from the pilot program indicated, however, that some goals needed to be changed for active-duty Soldiers. For example, when surveyed before the pilot program began, 64 percent of Soldiers reported that they were already meeting the activity goals, even before any training or education on the Performance Triad had begun. At the same time, however, only 5 percent of Soldiers were meeting the sleep or nutrition goals.

In short, the sleep and nutrition goals provided Soldiers targets to shoot for; the activity goals were already largely met by most Soldiers. Toward the end of the six-month pilot evaluation period activity levels went backward from exceeding the goals toward only meeting the goals. Soldiers may have unconsciously been reducing their activity to meet the goals they were told to achieve.

The decision was made to update the activity goals for active-duty Soldiers. The updated goals are performance-oriented and based recommendations from professional organizations, including the American College of Sports Medicine, or ACSM, the National Strength and Conditioning Association, and the Army's physical training policy.

Soldiers should incorporate the following new "plus goals" in the Performance Triad to their routine fitness activities.

- To the requirement for 10,000 steps, 5,000 steps have been added. The new total is 15,000 steps per day.

- To the two to three days per week for goal of resistance training, Soldiers should add one or more day per week of agility training.

- To the goal of 150 minutes per week of



moderate or greater aerobic exercise, Soldiers should add a "plus goal" of 75 minutes of vigorous exercise.

First, the "plus goal" of 5,000 steps was added after the average number of steps started to decline. Pilot data showed that Soldiers were achieving, on average, 11,000 steps per day, and 296 "active minutes" per day at the start of the study. However, during the pilot, the number of steps decreased to an average of 9,600 and the number of active minutes decreased to 254.

The original 10,000-step goal was based on walking 10 minutes every waking hour, a number that is easily met by an active-duty Soldier. Soldiers routinely achieve 4,000-5,000 steps during unit physical training. Their goal should be to add an additional

10,000 steps during the day to encourage routine activity and discourage sedentary behavior. The goal of 15,000 steps is more in line with the activity levels of an active-duty Soldier.

Second, in addition to the two to three days per week of resistance training, Soldiers should add a "plus goal" of agility training one day per week or more. Both the ACSM and the National Strength and Conditioning Association recommend activities that include jumping, landing, explosive movements, sprinting and obstacle/agility courses. This training is shown to help reduce sports injuries, develop load carrying ability, and increase athletic performance. The updated Performance Triad goal for agility training supports this performance

requirement.

Third, in addition to the 150 minutes of moderate or greater aerobic exercise, Soldiers should add a "plus goal" of 75 minutes of vigorous exercise per week. Aerobic activity is classified as "moderate" or "vigorous" based on established objective standards by groups such as ACSM and the World Health Organization. These organizations use a two-to-one ratio for comparing moderate to vigorous activity, so one minute of vigorous activity is equivalent to two minutes of moderate activity. Adding this additional goal provides a recommendation of 300 equivalent minutes of moderate aerobic exercise. From the performance standpoint, vigorous exercise adds improved gains to the Soldier's fitness level.

Shooting victim seeks to inspire others

By **ELAINE SANCHEZ**

Brooke Army Medical Center

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — An Army officer who was severely wounded in a shooting at Fort Hood, Texas, last year, is using his near-death experience to give others a new lease on life.

“I believe I was given a second chance,” said 1st Lt. John Arroyo, who is recovering at Brooke Army Medical Center. “I hope my story inspires others to realize that it’s never too late to make a change or to make a difference.”

Arroyo had three deployments under his belt when he arrived at Fort Hood in November 2013. The California native had enlisted in 1998 as a truck driver, but jumped at the opportunity to become a Green Beret just a few years later. After a dozen years in Special Forces, Arroyo was commissioned and selected for the Medical Service Corps.

He was assigned to the 1st Medical Brigade at Fort Hood as a platoon leader. On April 2, 2014, Arroyo was pulling into brigade headquarters parking when he heard shots fired.

He had just stepped out of his car as another car parked close by. He had no idea the driver was Spc. Ivan Lopez, who was just minutes into a shooting spree across post. Lopez had already shot and killed two Soldiers and wounded more than a dozen others in another building by the time he pulled into the brigade parking lot.

The next shot Arroyo heard was the one that ripped through his throat. Gasping for breath, Arroyo stumbled back to his car and fell to the ground. He lay there, bleeding profusely and struggling to breathe.

“I thought, ‘Is this it? Am I going to die?’” he recalled. “But then I heard a voice telling me to get up, to hurry and get up.”

With his wife and three children in mind, Arroyo drew on his last reserves of strength to stand up and find help. He held his throat to staunch the bleeding and stumbled toward a man. He suddenly realized he was about to seek aid from the shooter.

“I was within 10 feet of him, but he never saw me,” he said. “He walked right past me into the building and started shooting again.”

A few Soldiers spotted Arroyo from across the parking lot. They called out: “Soldier, are you OK?” He was somehow able to answer: “I’ve been shot.” With no time to spare, they raced Arroyo to Carl R. Darnall Army Medical Center.



U.S. Army photo by ROBERT SHIELDS

First Lt. John Arroyo works on strengthening his right hand while his occupational therapist, Katie Korp, looks on at the Center for the Intrepid in Brooke Army Medical Center’s rehabilitation center at Joint Base San Antonio-Fort Sam Houston, Texas, Jan. 16. Arroyo, severely wounded in a shooting at Fort Hood last year, hopes his story of survival will inspire others.

Meanwhile, the shooter was confronted seconds later by a military police officer. She fired a shot at him and he responded by committing suicide. Four Soldiers, including Lopez, were killed and 16 others wounded that day.

Critically injured, Arroyo was rushed to surgery and transferred to Scott and White Memorial Hospital for further care.

He was told his voice box and right arm were damaged beyond repair. Yet, two months later he was talking again and, after months of intense rehabilitation at the Center for the Intrepid, has regained the use of his right hand.

His swift recovery wasn’t surprising, he said.

“I was given a second chance by God,” he said. “I should have died in the parking lot that day. I believe I am here for a purpose and will continue to heal.”

Hoping to inspire others, Arroyo began sharing his story with everyone from inmates to students to fellow patients and Service members.

“I want everyone to realize that if they’re breathing, they have the opportunity for a second chance,” he said.

Arroyo returned to Fort Hood last month to speak at the hospital’s holiday ball and to thank the staff for saving his life. One of the nurses was in tears after Arroyo told her another Soldier who had been shot in the spinal cord was walking again, thanks in part to her care.

“I went back to the spot where I was shot,” he said. “And I wasn’t upset at what had happened. I felt grateful that I was given a second chance to make a difference.

“I don’t focus on tomorrow; I finish today,” he added. “And I plan to make each day count for something.”

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Calendar

Thursday, Jan. 29

Math Night at the Commissary

5:30 to 7 p.m., Commissary
Students of C.C. Pinckney Elementary School and their parents are invited to use the Commissary as a living classroom. Students will learn to use math and solve problems in an authentic learning environment.

Monday, Feb. 2 and Tuesday, Feb. 3

Military clothing reclamation sale

8 a.m. to 3 p.m., 2570 Warehouse Row
The cash sale is open to military of all ranks and military retirees. For more information, call 751-7213.

Friday, Feb. 27

Victory Spouses' Club

Denim & Diamonds dinner

6 p.m., NCO Club
The event is open to all members and their guests. For more information, email vscreservations@gmail.com.

Announcements

GARDEN PLOTS RENEWAL

Community members who want to lease or renew a garden plot need to sign a new permit. Permits are valid for 12 months, beginning Feb. 1. Plots are issued first to permanent party Soldiers, then to retired military. Remaining plots will be available to civilian personnel. For more information, call Valerie Kinsley at 751-7126.

WORKERS' COMPENSATION

As of Dec. 1, all worker's compensation questions, claims or issues are handled by the Fort Riley worker's compensation department. The hours of operation are 7 a.m. to 5 p.m., Central Standard Time. To contact the department, call 866-792-4620, fax 785-239-1489 or email usarmy.riley.chra-hqs.mbx.abcc-ic-injury@mail.mil.

OFFICERS' CLUB CLOSURE

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

CLAIMS OFFICE HOURS

The Fort Jackson Claims Office has new hours.

- Monday: walk-in claims assistance from 9 to 11 a.m. and 1 to 4 p.m.
- Tuesday: appointments only from 9 to

TAX CENTER OPENS JAN. 29

The Fort Jackson Income Tax Assistance Center will be open from 9 a.m. to 5 p.m., Monday through Friday, starting Jan. 29.

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.

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

11 a.m. and 1 to 3 p.m.

- Wednesday: closed for claims adjudication.
- Thursday: appointments only from 9 to 11 a.m. and 1 to 3 p.m.
- Friday: walk-in claims assistance from 9 to 11 a.m. Closed in the afternoon for claims adjudication.

IMMIGRATION HELP

An immigration outreach officer from the Charleston field office of U.S. Citizenship and Immigration Services will provide immigration assistance to Soldiers, family members, retirees and DOD civilians from 10 a.m. to noon, Friday at the Strom Thurmond Building, Room 222. For more information, call 751-1124.

SJA HOURS

The Office of the Staff Judge Advocate, including the Legal Assistance Office, will be closed from 11:15 a.m. to 12:30 p.m. daily through Feb. 12 because of staffing shortages. Business hours are 9 to 11:15 a.m. and 12:30 to 4 p.m.

EFMP FORMS ONLINE

Soldiers and family members may access instructions and form to enroll in the Exceptional Family Member Program online by visiting www.moncrief.amedd.army.mil. Click on "Medical Services — Clinics" in the navigation menu. Click on the Exceptional Family Member Program link.

SPORTS SHORTS

- Bataan Death March qualifier, 7:30 a.m., Saturday, Hilton Field Softball Complex. Open to all active-duty Soldiers.
- Boxing smoker, 5:30 p.m., Feb. 21, Solomon Center.

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

BIGGEST LOSER CHALLENGE

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

THRIFT SHOP NEWS

- Winter clothes will be accepted through Feb. 25.
- Consignors are eligible for the Thrift Shop's new layaway and credit program.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

SCHOLARSHIP OPPORTUNITIES

- Applications for National Military Family Association military spouse scholarships are accepted through Jan. 31. For more information, visit www.militaryfamily.org/our-programs/military-spouse-scholarships/.
- Applications for the 2015 Scholarships for Military Children Program will be accepted through Feb. 13. For more information, visit www.militaryscholar.org.
- Applications for Victory Spouses' Club scholarships will be accepted through March 1. Applicants must have a sponsor who was a member of the Victory Spouses' Club as of Dec. 16. For more information, visit <http://vscwebmaster.wix.com/victory> or email VSCscholarship@gmail.com.
- Applications for the Army Engineer Spouses Club Army Engineer Memorial Awards and the Geraldine K. Morris Award scholarships are accepted through March 15. Scholarships are available to graduating high school seniors whose parent, sponsor or legal guardian is a member of the Army Engineer Spouses

Club. For more information, visit www.armyengineerspouses.com or email scholarships@armyengineerspouses.com.

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

AAFES NEWS

- AAFES is extending its return policy for items purchased from Nov. 1 to Dec. 24. Items may be returned or exchanged until Jan. 31.
- Authorized Exchange shoppers may enter the "Proud to Serve" essay contest through Jan. 31 by writing an essay of no more than 300 words. Submit your essay to BecauseOfYou@aafes.com with "Why I Serve" in the subject line. The grand prize is a \$10,000 Exchange gift card.

COMMISSARY NEWS

- The Defense Commissary Agency is re-introducing the Commissary Value Brand, which offers products in 33 categories, including soft drinks, frozen food, pet food and health and beauty care. For more information, visit www.commissaries.com/shopping/value-brand.cfm.
- The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rewards_subscribe.cfm.

IMMIGRATION EXAMS

The Department of Preventive Medicine provides a physical exam, tuberculosis screening, laboratory tests and required immunizations for TRICARE beneficiaries who need to complete an immigration exam for U.S. Citizenship and Immigration Services. For more information or to schedule an appointment, call 751-5251.

Information is subject to change.

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

Off-post

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.



www.fortjacksonleader.com
www.facebook.com/FortJacksonLeader
www.twitter.com/FortJacksonPAO
www.youtube.com/user/FortJacksonSC



Photos by SUSANNE KAPPLER

Power lifters

Fort Jackson hosted its first powerlifting meet Saturday at the Solomon Center. Above, Madeleine Giess lifts 60 kg on her first attempt during the bench press portion of the event. Left, powerlifters of all ages and weight classes compete for a variety of trophies. Five national American Powerlifting records were broken during the meet.



Magic happens

Magic Mike Catanzarito visits students of C.C. Pinckney Elementary School during lunch Jan. 15.

Courtesy photo



AG scholarship

The Carolina Chapter of the Adjutant General Corps Regimental Association has awarded its first scholarship to a Soldier on Fort Jackson. Sgt. Rickey Meadows Jr., left, 120th Adjutant General Battalion (Reception), receives a \$500 scholarship, so he can continue to reach his goal of earning his bachelor's degree.

Courtesy photo

Test your home, protect your health

By **KARLA SIMON**

U.S. Army Public Health Command

January is National Radon Action Month. The Environmental Protection Agency has launched the "Test Your Home, Protect Your Health" campaign to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing.

TEST FOR RADON

There is no known safe level of exposure to radon. What can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and inexpensive process.

Most often, the radon in your home's indoor air can come from two sources, the soil underneath your house or your water supply. Radon migration through the soil into the lowest level of your home is the main cause of radon problems. However, if you have a private well, consider testing for radon in both air and water. The devices and procedures for testing your home's water supply are different

JANUARY IS
NATIONAL
RADON
ACTION MONTH

Test Your Home.
Protect Your Health.

www.epa.gov/radon/nram

from those used for measuring radon in the air.

Test kits are available at most hardware stores for about \$20-30. Some state programs offer low-cost or free kits. Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries (pronounced pee-co-curries) per liter of air or pCi/L. The EPA has set an "action level" for radon gas of

4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace if the results from the radon test show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

Here are some steps you can take to prevent and reduce radon levels in your home:

- The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
- If you are building a new home, school or business, ask about radon-resistant construction.
- If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.
- Cover any exposed earthen walls.
- Paint concrete floors with a sealant.
- Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.
- If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade, or crawlspace.
- If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

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/freeresources/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

OUTPATIENT PHARMACY HOURS

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

E-PRESCRIBING COMING SOON

The Military Health System has deployed electronic prescribing in military pharmacies across its system of clinics and hospitals in the United States, 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 hand-written 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.

Get into fitness with desk exercises

Getting to the gym is often a challenge. Finding time at home to exercise may also be a problem. As a wellness coach and personal trainer, I often search for ways and opportunities to bring fitness to people wherever they are.

Most people know that fitness does a body good. However, that still is not enough to get people moving even if they really would love to make some health changes in their lives. One creative method to get into fitness has existed for quite some time and is again gaining in popularity. At-your-desk fitness is an exercise approach that even the busiest executive can fit into his or her schedule.

WHAT CAN YOU ACCOMPLISH AT YOUR DESK?

The first thing about exercising at your desk is realizing you probably have time to do the actual exercise. Whatever exercises you do at your desk could benefit your body. You can accomplish body improvement because you have real time on a regular basis to perform the exercises you selected.

HOW MUCH TIME IS ENOUGH TIME?

Everyone wants to know how many repetitions are needed to make change. That depends on a couple of factors. First, there are changes that exist in your mood and flexibility. When we put forth effort to exercise, the body immediately responds with aches and pains and feeling better. When it comes to noticeable change, that takes about a couple of weeks. If you couple your desk exercise program with a better diet expect even faster results.

WILL YOU EXPERIENCE WEIGHT LOSS/TONING?

Exercising at your desk should produce toning of the body. Typically, weight loss is a result of what we eat, not what we do. With the help of your desk, chair, file cabinet and other props you can tighten and tone your body. These items, along with your body weight, are perfect alternative exercise tools for strengthening and toning

THE WEIGH IT IS

By PAMELA J. LONG

*Fitness programmer,
Family and Morale, Welfare
and Recreation*



muscles. You will increase your flexibility with these desk exercises, too.

BEST PRACTICES

Most people are at their desks five days a week, so it is possible to really make changes to the body right at the desk. To start with, aim for about 15 minutes every day. Even if you never progress beyond the 15 minutes, you are still making strides in your health. Make changes in your eating habits, too.

Knowing that time is precious, take a moment and post the exercises in an area where you can see them often. Select a couple of them at a time and weave them into your life. Maybe try some while waiting on the copier or fax machine to complete a task.

THE EXERCISES

■ Place your hands on top of the desk with the fingers

hanging over. Step a few feet away and using only your elbows dip down and up. Repeat 10 times as often as you can throughout your day to change the shape of your arms.

■ Leg extensions are easy to do at your desk. Sit up straight in your chair and extend one leg out hip level. Once the leg is extended, give it a good squeeze to work the muscles in the front of the thigh. This exercise also stretches the back of your leg. Repeat 10 times with each leg as often as you can throughout your day to develop definition in your front thigh.

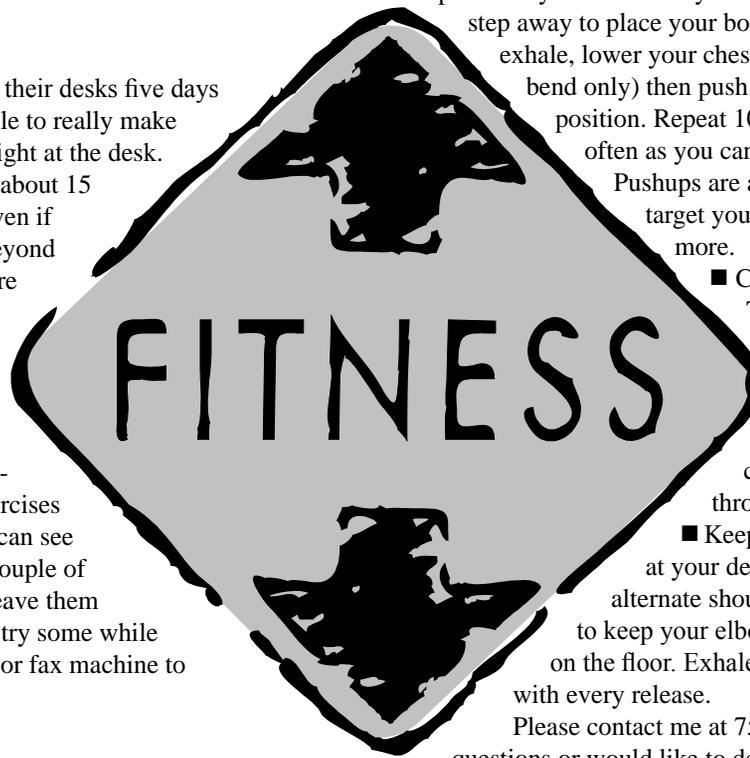
■ No workout routine is complete without some push-ups. Place your hands on your desk or work table and step away to place your body at an angle. As you exhale, lower your chest toward the table (elbows bend only) then push back to the angled start position. Repeat 10 times, then repeat as often as you can throughout your day.

Pushups are a total body move, so they target your back, shoulders, abs and more.

■ Chair squats are easy to do. The goal is to pretend to sit in a chair then stand back up. Repeat this move about 15 times and return to this exercise as often as you can throughout your day.

■ Keep a set of free weights at your desk. Throughout the day alternate shoulder presses. Remember to keep your elbows soft and your feet flat on the floor. Exhale with every lift and inhale with every release.

Please contact me at 751-3700 if you have any questions or would like to design a workout-at-your-desk program.



Saluting this BCT cycle's honorees

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



Staff Sgt. Christopher Iacobucci
Company A
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Angie Hall

SOLDIER OF THE CYCLE
Pvt. Dustin Coakley

HIGH APFT SCORE
Spc. Angie Hall

HIGH BRM
Pvt. David Rice



Staff Sgt. Robert Sherwood
Company B
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Jason Sexton

SOLDIER OF THE CYCLE
Pvt. Gilbert Mefford

HIGH APFT SCORE
Pvt. Bryan Rodriguez

HIGH BRM
Pvt. Zachary Johnson



Staff Sgt. Alberto Alvarez
Company C
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Alexander Jabin

SOLDIER OF THE CYCLE
Spc. Hunter Harp

HIGH APFT SCORE
Pvt. Julius Colwash

HIGH BRM
Pvt. Amaceo Bonds



Staff Sgt. Matthew Caldera
Company E
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Gabrielle Gomez

SOLDIER OF THE CYCLE
Spc. Spencer Dohm

HIGH APFT SCORE
Pvt. Elise Neilson

HIGH BRM
Pvt. Sebastian Ingram



Staff Sgt. Wesley Buhr
Company F
3rd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Robert Lee

SOLDIER OF THE CYCLE
Pvt. Zachary Berg

HIGH APFT SCORE
Pvt Andrew Ortiz

HIGH BRM
Pvt. Dionade Quinanilla

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, call 432-6157. Classified ads may also be emailed to sbranham@chronicle-independent.com.

For information about display advertising, call Betsy Greenway at 432-6157.

Weekly honors



Staff Sgt. Shaunda Zachery
Drill sergeant of the cycle
Task Force Marshall



Frederick Williams
Civilian of the cycle
Task Force Marshall

Threat Information Resources

iSALUTE Website

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

Army Threat Integration Center (ARTIC) Website

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

Antiterrorism Awareness Resources

Antiterrorism Enterprise Portal (ATEP) Website

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

Army OneSource (AOS) Website

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



Always Ready, Always Alert
Because someone is depending on you



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



SEE SOMETHING – SAY SOMETHING

What to Report

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

Who to Report to

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



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Worship Schedule

PROTESTANT

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

Protestant Bible Study

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

Protestant Youth of the Chapel

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

CATHOLIC

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

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

ANGLICAN/LITURGICAL/EPISCOPAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Chaplain Family Life Center**
5460 Marion Ave. (to the side of the POV lot), 751-4961
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- U.S. Army Chaplain Center and School**
10100 Lee Road
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318