

TRACKING ...

NEWS

Martin Luther King Jr.



Post to celebrate
MLK's legacy

PAGE 4

COMING UP



Sgt. Maj. of the Army
Raymond Chandler
and spouse to host
town hall meeting
from 3:20 to 5 p.m.,
Jan. 20 at Post The-
ater. Open to Sol-
diers, DA civilians
and their families.

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The Fort Jackson Leader



Thursday, January 12, 2012

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www.jackson.army.mil

Lane change

Decal rule change affects traffic pattern

By **SUSANNE KAPPLER**
Fort Jackson Leader

Motorists who drive onto Fort Jackson are no longer required to have a vehicle decal. The major policy change became effective this year and is a result of a DoD recommendation issued last year.

Because of the change, designated visitor lanes at Gates 2 and 4 have been eliminated. All lanes can now be used by all vehicles entering the installation.

However, the change did not create an

“open post,” said Col. James Love, garrison commander, while addressing IMCOM employees in a town hall meeting Monday.

“We did not open the post up, just so we’re all clear,” Love said. “(But) if you had access to the installation before, there’s no reason why you don’t have access to it now.”

Visitors who do not have a military ID card, need to present valid government-issued identification and need to be able to state a valid purpose for their visit, said Lt. Col. Raymond Simons, director of emergency services. Simons defined a “valid

purpose” as the use of Fort Jackson facilities or grounds. He said gate guards were instructed to ask visitors about their reasons for coming to Fort Jackson.

“People can expect to get challenged when they come onto the installation. It’s just not going to be a free pass onto the installation,” he said.

Simons also illustrated a possible scenario that would deny a person access to the post.

“An example of someone not being

See **ACCESS:** Page 7

Straight talk



Photo by JIM OLSEN, Plans, Analysis and Integration Office

Col. James Love, garrison commander, speaks to garrison employees Monday at the Solomon Center during one of two town hall meetings. Love discussed the current hiring restrictions and the progress toward meeting the IMCOM-mandated cutbacks in garrison appropriated-fund personnel. Love said that Fort Jackson is well on its way toward meeting its reduction goal by Fiscal Year 2013. Further reductions will be achieved through attrition and retirement, though some employees will be realigned and some positions reclassified, Love said.

Keep King's legacy of service alive

As the Dr. Martin Luther King Jr. holiday approaches, we are reminded of how successful, we as a nation and an Army can be, when we work harmoniously and respect one another. Dr. King was one of the greatest nonviolent leaders and most influential voices of change in modern times. He moved mountains in marching toward a dream that others had dismissed as impossible and unattainable.

During his 13 years at the helm of the American civil rights movement, Dr. King did more to end the practices of discrimination and segregation than what had been done collectively in the 300-plus years prior to him. It is worth revisiting some of his greatest achievements.

Here are some of his more important accomplishments, as listed by the Martin Luther King, Jr. Center for Nonviolent Social Change, and chronicled with full details on its website:

— In 1955, he led the Montgomery, Ala., bus boycott — a campaign by the African-American population to force integration of the city's bus lines. The U.S. Supreme Court eventually ruled that racial segregation in transportation was unconstitutional.

— In 1957, he became president of the Southern Christian Leadership Conference, an organization that provided leadership for the civil rights movement. He would serve as head of the SCLC until his assassination in 1968.

— In 1963, he led a nonviolent campaign in Birmingham, which had the reputation of being the "most segre-

MAJ. GEN. JAMES M. MILANO

Fort Jackson Commanding General



gated city in America." The police brutality that ensued led to a national outrage resulting in a push for civil rights legislation.

— Later that same year, King was one of the forces behind the March for Jobs and Freedom, more commonly known as the "March on Washington," which attracted more than 250,000 people to the national mall. It was at this march that Dr. King delivered his immortal "I Have a Dream" speech. *Time* magazine named King its "Man of the Year."

— In 1964, only 35 years old, King became the youngest person to win the Nobel Peace Prize. Also in 1964, partly due to the March on Washington, Congress passed the landmark Civil Rights Act, essentially outlawing racial segregation. It became illegal to discriminate against blacks or other minorities in hiring, public accommodations, education or transportation.

— In 1965, Congress passed the Voting Rights Act, which eliminated the remaining barriers to voting for African-Americans, who in some locales had been almost completely disenfranchised.

— Between 1965 and 1968, King shifted his focus toward economic justice and international peace.

On April 4, 1968 Dr. King was assassinated in Memphis. His body was returned to his hometown of Atlanta, where his funeral was attended by high-level leaders of all races and political stripes. Later that year, his widow, Coretta Scott King, officially founded the Martin Luther King, Jr. Center for Nonviolent Social Change, which she dedicated to being a "living memorial" aimed at continuing Dr. King's work on important social ills around the world.

Although King has been gone for nearly 44 years, his spirit thrives among us. Each year, people of all backgrounds come together on the King holiday to serve their neighbors and communities. It is essential that we keep Dr. King's legacy of service alive and make it part of our everyday lives. Our Army Values provide that framework from which to emulate a true American and world hero.

Fort Jackson will observe the Martin Luther King Jr. holiday with a luncheon on Jan. 20 at the Solomon Center. The president of Allen University, Dr. Pamela M. Wilson, will be our guest speaker. The theme will be "Remember! Celebrate! Act! A Day On, Not a Day Off!"

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Battle of New Orleans holds lessons for today's military

Mention the city of New Orleans and instantly images of Mardi Gras, the NFL's Saints or the destructive power of Hurricane Katrina come to mind. Few people think back to the War of 1812 and the Battle of New Orleans, a battle that decisively changed the course of American history and made Andrew Jackson the most revered general since George Washington. This past Sunday marked the 197th anniversary of the Battle of New Orleans.

The first years of the War of 1812 did not go well for the Americans. The nation's capital and White House lay in ruins, and the government was forced to flee to Virginia. By the fall of 1814, the British were preparing to launch a massive invasion in the Gulf of Mexico to destroy the American Army.

It was during this same timeframe that Maj. Gen. Jackson, commander of troops, executed two superb strategic actions in Pensacola, Fla., and Mobile, Ala., which ultimately dictated that New Orleans would become the focal point of the British invasion.

On Dec. 1, 1814, an armada of British ships carrying approximately 12,000 troops sailed from Jamaica and landed in the vicinity of New Orleans 12 days later. Through a series of fortunate events that favored the Americans and extreme cautiousness exercised by the British leadership, the stage was set for the final, culminating battle of the war on Jan. 8, 1815. The Americans, led by Jackson or "Old Hickory" as his beloved troops called him, occupied a formidable defensive position anchored by the Mississippi River on one side and the Cypress Woods swamp on the other.

Because of these natural obstacles, the British could not maneuver and were forced to conduct an intimidating

COMMENTARY

By MIKE RYAN
Fort Jackson Strategic Planner



frontal attack. Although the British were heralded veterans of the Napoleonic Wars, they were unable to accomplish this daunting task and were decisively defeated by the Americans.

Despite the battle lasting only two hours, the carnage it inflicted on the British Army was devastating. The British suffered more than 2,000 casualties compared to fewer than 100 for the Americans. This incredible victory at New Orleans proved that the United States could protect its sovereignty and command the respect of the rest of the world.

It also helped propel Jackson into the White House in 1829 as our seventh president.

Although this battle was fought nearly 200 years ago, there are many lessons that leaders can apply to the training that is conducted here at Fort Jackson. Leadership, rifle marksmanship and the Army values of duty and courage are a few great examples.

For a more in-depth review of this battle and the life of Andrew Jackson, I would recommend the following two books: *The Life of Andrew Jackson*, by Robert V. Remini and *American Lion: Andrew Jackson in the White House*, by Jon Meacham.

Tax center scheduled to open Jan. 23

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Taxpayers have two extra days to file their income tax returns this year, and Fort Jackson is ready to help Soldiers and their families meet the April 17 deadline with free preparation and filing at the tax center.

The center will open 10 a.m., Jan. 23 in a new location at 3390 Magruder Ave.

The new location will be equipped to handle the needs of Soldiers and family members alike.

"There is a waiting room and a small play center for children, because we know people may need to bring their children," said Capt. Adam Wolrich, officer in charge of the tax center. "The key is for the Soldiers and families to have all of the documents needed for filing with them and ready because we value privacy and cannot save information or leave a file out to be completed later."

Taxes will be prepared by Fort Jackson Soldiers who volunteered for the opportunity to serve others.

"We have a well-trained group of Soldiers who are excited about helping people with their taxes this year," said Staff Sgt.



IN THE KNOW

Tax Center clients should bring the following items to have their tax return prepared:

- Military identification
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
- Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse and dependents
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statement(s) (Forms W-2, W-2G, 1099-R) from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's federal and state returns if available
- Proof of bank account routing numbers and account numbers for direct deposit (can be a blank check)
- Total amount paid for day care provider and the day care provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)

Please note that to file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

R.J. Morales, assistant noncommissioned officer in charge of the tax center. "Soldiers volunteered for the training but had to make it through an interview process before being selected as part of the team here. Then, we all went to VITA (Volunteer Income Tax Assistant) training done by the IRS on basic level, intermediate level and military tax preparation."

The VITA training covers many areas of tax preparation, but some income situations are too complex for the Soldier volunteers.

"We won't be able to prepare the taxes for some families if they own rental property or their own business, for example," Morales said. "It

is best to call our tax center, then we can talk about specifics and make sure we can help with the filing."

The staff of the tax center encourages families to have

a few discussions before their filing to help ease the preparation process.

"We'll have Soldiers filing their taxes for the first time this year and we need for them to find out if their parents will claim them as dependents before we do their taxes," Wolrich said. "Also, if there is a married couple filing jointly, both of them need to come for the appointment, which should take about an hour. We are open until 7 p.m. so that we can help after regular business hours."

There will be eight Soldiers available to prepare taxes on a walk-in basis at the tax center every weekday from 10 a.m. until 7 p.m. The center will also be open on select Saturdays during the tax season.

"This tax center is just a great example of how Soldiers help Soldiers here on post," Wolrich said. "Our goal is to help as many people as possible while we are here."

For more information, call 751-JTAX (751-5829).
Cursha.Pierce@us.army.mil

NEC Signals

Hackers have compromised the commercial website for Strategic Forecasting, Inc. The company is better known as "Stratfor," a research and analysis company for world events. If you have never registered for an account with the company, then you are not at risk of your personal information being stolen as a result of this incident.

The hackers have stolen email addresses that were used to register for the site, www.stratfor.com, to include the username and password used to log in to the site. Also stolen was credit card information from Stratfor customers, who may have purchased reports or other products from the company.

On Dec. 30, the stolen data was posted online. Addresses of more than 7,000 Army email accounts appeared on a public website. These addresses had been used to register for Stratfor. The addresses include AKO, Enterprise Email (EE), and various legacy exchange

accounts. Posted along with the email addresses were usernames/passwords for the site, with the password in the form of MD5 hashes. Additionally, a separate data file was posted containing names, email addresses, physical addresses, credit card numbers, and unit/organization.

This list containing reportable personally identifiable information is significantly smaller, and the Army Cyberspace Operations and Integration Center is in the process of verifying the names and status of those listed. Once the list is analyzed and compiled, a PII-Loss report will be submitted to the Army Privacy Office for victim notification.

Stratfor said that it will offer identity theft protection and monitoring services to affected subscribers. If you have not registered with the Stratfor website, no action is required. If you have registered with www.stratfor.com, please fol-

low the below steps:

- Monitor your credit card statements for unauthorized activity.
- From a secure computer, change passwords to all accounts, especially if the same password was used for the Stratfor website.
- If signs of identity theft exist, contact one of the three main credit bureaus and submit a fraud alert on your credit report.
- If you confirm you are a victim of credit card fraud as a result of this incident, contact Army CID via email: antonio.p.edwards@us.army.mil

As a general rule, do not provide any personal information over the internet unless it is a known and trusted, secure site (such as trusted banking sites, etc.)

For more information, contact the NEC Information Assurance Policy Management Branch at 751-2942 or by email jennifer.l.phifer@us.army.mil.



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



Housing Happenings

COMMUNITY UPDATES

❑ All housing offices will be closed Monday. For maintenance emergencies, call 787-6416. Regular business hours will resume the following day.

❑ Government housing offices will be closed from 7:30 to 10 a.m., Wednesday for staff training. Balfour Beatty offices will remain open and can be reached at 738-8275.

❑ Learn more about the different housing offices by visiting www.jackson.army.mil/sites/info/pages/389.

❑ The mayoral council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vickie Grier at 751-7567.

❑ Residents should return trash bins to their designated storage area after pick-up to keep the neighborhood looking its best and to avoid discrepancy notices.

❑ Rental payments not received by the fifth of the month incur a \$25 administrative charge. An additional \$25 fee is charged for returned checks. This does not apply to residents who pay rent via allotment.

❑ Residents can bring their plastic grocery bags to the Community Center throughout January for recycling. For every 20 bags they turn in, residents will receive a raffle ticket for a chance to win a \$15 gift card.

❑ Be sure to disconnect water hoses to prevent pipes from freezing/bursting during the colder months. Freezing/bursting pipes can cause water damage to the home and valuables inside.

❑ Pets are not allowed to be tied to a rope or chain and left unattended outside. While outdoors, pets should be on a leash or within the confines of a fence. For more information on the pet policy, call 738-8275.

❑ Energy conservation tip: Opening drapes and blinds and letting the sun in can help with heating the home. Closing them at sundown also helps to insulate the home.

❑ Refer someone to move on post to receive \$200.

❑ Any residents who have not received a utility statement from Minol should contact the company at 1-888-636-0493.

CONSTRUCTION UPDATES

❑ To date, 581 homes have been completed.

❑ Only 29 homes in the junior noncommissioned officer housing area remain to complete the 610 new homes planned for the area.

SUBMISSION GUIDELINES

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

MLK luncheon scheduled

By **CURSHA PIERCE-LUNDERMAN**
Fort Jackson Leader

In 1963, a dreamer named Martin Luther King, Jr. stood in front of thousands at the National Mall and spoke about revolutionary ideas like racial integration and equality. King's dreams and actions won him a Nobel Peace Prize and fueled the civil rights movement that changed the lives of millions.

Fort Jackson will celebrate King's life of with a luncheon Jan. 20 in the Solomon Center from 11:30 a.m. to 1 p.m. There will be musical sights and sounds for guests, along with a keynote address from Dr. Pamela Wilson, the first female president of Columbia's Allen University.

"We're excited to have Dr. Wilson come speak because her serving as president of Allen shows the forward thinking that Dr. King fought to achieve," said Sgt. 1st Class Yolanda Brown, 193rd Infantry Brigade equal opportunity adviser. "Having her on post strengthens our ties with the Columbia community and helps Soldiers learn more about the city we live in."

The 193rd executive officer, Lt. Col. Jason Glick, said this luncheon shows Columbia that Fort Jackson is at the forefront in diversity and preserving the legacy of King.

"The Army has led the way with integration from the beginning. Since Fort



Jackson is the place where almost 50 percent of the Army comes for training, it's important for us to set an example and show that these ideals are still important to us," Glick said.

The Army and Navy adopted policies to desegregate in 1946, years before King spearheaded the civil rights movement in America. King's fight for integration in all sectors of this nation still helped positively affect Glick's Army experience.

"What I've loved about my service in the Army is that even though we have ethnic diversity which gives us individual identities, our warrior culture is color blind," Glick said. "My civilian friends still deal with racial issues in their work-

place. Here we don't see color first, we see the warrior. That's exactly what King would want us to see."

In King's "I Have a Dream" speech, he spoke of the importance of his children living in an integrated country. This year, school aged children will also be a part of the celebration to continue educating young people about King's legacy.

"There will be a drum performance by the Dent Middle School band and children from Pinckney Elementary will have their artwork displayed throughout the Solomon Center," Brown said. "The music and art give the children an outlet to express how they feel about Dr. King's life and his contribution to our country."

The theme for this year's luncheon is, "Remember! Celebrate! Act! A day on, not a day off," and the organizers hope guests will be motivated to make their own contributions to others in remembrance of King.

"We want individuals to remember Dr. King and celebrate his life and his legacy with us," Brown said. "We also want them to act and to get into the habit of serving their communities. So that is our goal, to build up and strengthen our community."

The luncheon will be catered by Little Pigs Barbeque. Tickets are \$8 and can be purchased from the Equal Opportunity Office or unit Equal Opportunity representatives.

Cursha.Pierce@us.army.mil

CPAC Corner

WEINGARTEN NOTICE (REPRESENTATION RIGHTS):

Weingarten rights are those rights that entitle bargaining unit employees to union representation in meetings with agency representatives in connection with an investigation.

The Federal Service Labor-Management Relations Statute establishes three conditions that must be met for a meeting to be considered a Weingarten meeting:

1. One or more agency representatives are examining (questioning) a bargaining unit employee in connection with an investigation;
2. The employee reasonably believes that the examination may result in disciplinary action against the employee; and

3. The employee requests union representation.

When all three conditions have been met, supervisors may generally not continue the examination without allowing the employee his or her requested representation. The supervisor's options under these circumstances are:

1. Grant the request and notify the union that a meeting to examine a bargaining unit employee is going to take place and that the employee has requested union representation. If the union attends the meeting, it must be allowed to make relevant comments but cannot disrupt the meeting nor can it answer the questions posed to the employee.
2. Discontinue the interview and rely on evidence already available or information obtained from other sources.

3. Offer the employee a clear choice to either continue the interview without representation or have no interview.

Weingarten rights are not applicable when management issues a disciplinary action since management is not asking any questions.

Additionally, the "Weingarten" right does not come into play when engaging in performance counseling as this does not concern disciplinary matters but, rather, performance issues.

The Weingarten rights are not like Miranda rights in that management is not obligated to inform employees of their rights each time before questioning them.

For more information, and for specifics regarding an employee's Weingarten rights, visit <http://cpol.army.mil/library/permis/4122.html>.



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facebook

News and Notes

THREAT AWARENESS CLASSES SET

Training for the postwide Threat Awareness Reporting Program, formerly known as SAEDA, is scheduled for 10 a.m. and 3 p.m. Tuesday and Jan. 24. Training is also scheduled for 10 a.m. today, Jan. 19 and Jan. 26. The classes will take place at the Post Theater.

MLK LUNCHEON SCHEDULED

A luncheon in observance of Martin Luther King Jr. Day is scheduled from 11:30 a.m. to 1 p.m., Jan. 20 at the Solomon Center. This year's theme is "Remember! Celebrate! Act! A day on, not a day off!" The guest speaker will be Pamela Wilson, president of Allen University. Tickets cost \$8 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity representatives. For more information, call 751-4117/2990.

SHRED DAY ANNOUNCED

The Fort Jackson Recycling Center has scheduled its quarterly shred day from 9 a.m. to 1 p.m., Jan. 25. Shred day is for sensitive documents only. The Recycle Center is located on Lee Road between the Auto Craft Shop and the former Shopette. For more information, call 751-4208.

DMPO RELOCATES TEMPORARILY

The Defense Military Pay Office has temporarily moved to Rooms 100 and 240 at the Strom Thurmond Building. Duty hours are from 8 a.m. to 3 p.m.



Friday, Jan. 13 — 4 p.m.
Race to Witch Mountain PG

Friday, Jan. 13 — 7 p.m.
The Twilight Saga
Breaking Dawn, Part 1 PG-13

Saturday, Jan. 14 — 4 p.m.
Arthur Christmas PG

Sunday, Jan. 15 — 4 p.m.
New Year's Eve PG-13

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

Visit www.aafes.com or call 751-7488 for listings.

Credit score important tool in making financial decisions

Credit scores allow creditors and lenders to assess a person's credit and determine his or her credit risk. The "FICO Score(s)" was established by the Fair Isaac Corp., which developed the software to weigh certain components of the credit report and generate a score.

Each of the credit reporting agencies, Experian, Trans Union and Equifax also has its own FICO Score. Experian uses the Fair Isaac Risk Model, Trans Union has Empirica(r) Credit Score model and Equifax uses the Beacon Score.

It is imperative that consumers understand how FICO scores can affect how much money in interest is paid for a product or service. The higher the credit score, the lower the risk, the lower the interest rate. The lower the credit score, the higher the risk, the higher the interest rate.

Credit scores are a direct reflection of the credit report. Payment history composes the biggest bulk, a whopping 35 percent of the credit score. Are there significant

FINANCIAL ADVICE

By *CHRISTINE JULIUS*
Army Community Services
Financial Readiness

30-day, 60-day, 90-day, 120-day late payments? Are there any accounts in collections?

Next in line is "amounts owed." What is the current balance to credit limits ratio? Ideally, the ratio should be less than 30 percent. The length of credit history counts for 15 percent. When was credit first established? "New credit" and "types of credit in use" are both 10 percent of the credit score. For new credit, how many accounts have been opened in a 12-month period?

As for the types of credit, the agencies look for diversification in this category. Are there any mortgages, installments, bank cards, revolving accounts? In general,

personal finance companies are not favorably viewed.

In July 2011, a federal credit score law was established to allow consumers who had been rejected for new lines of credit based on their credit score and for those consumers who have been granted new lines of credit along with a high interest rate to receive a free credit score from the lender. In addition, the lender is required to disclose what part of the consumer's credit history is affecting risk.

Knowing your credit score will not only save you money; but gives you the ability to make financial decisions with confidence. Your credit score is a key tool to help decide whether to buy now or save and postpone the purchase.

MyFICO score is free for active duty, active duty National Guard, active duty reserve members, and their spouses. Contact the Financial Readiness Program at 751-5256 to schedule a personal financial session.

Garrison's best



Photo by JIM OLSEN, Plans, Analysis and Integration Office

Col. James Love, garrison commander, congratulates Earnest Woodhouse, Directorate of Logistics, on receiving the Army Achievement Medal for Civilian Service during the garrison employee town hall meeting Monday at the Solomon Center. Woodhouse, who serves as a warehouseman and stock handler, was among 22 IMCOM employees recognized at two meetings Monday and Tuesday. Love awarded five Commander's Awards for Civilian Service, 16 Army Achievement Medals for Civilian Service and six Army Certificates of Appreciation.

Obama announces defense strategy

By **JIM GARAMONE**

American Forces Press Service

WASHINGTON — President Barack Obama last week announced a defense strategy he said will allow the military to defend the United States and its national interests while cutting military spending in a responsible, balanced manner.

The president spoke about the conclusions of the defense strategy guidance at a Pentagon briefing room Jan. 5.

The strategy guidance's bottom line is that the United States armed forces will remain the pre-eminent military force in the world, the president said in a letter attached to the review.

White House and Pentagon planners will use the strategy to fund the budget Obama will submit to Congress in February. The strategy will lead to more than \$450 billion in defense cuts over the next 10 years.

"As commander in chief, I am determined that we meet the challenges of this moment responsibly and that we emerge even stronger in a manner that preserves American global leadership, maintains our military superiority and keeps faith with our troops, military families and veterans," Obama said.

The president stressed that this is a moment of transition for the military; after 10 years of war, he said, now is the time to make these changes. He pointed to successes against al-Qaida — including killing Osama bin Laden — as well as the withdrawal from Iraq and the beginning of



DoD photo by ERIN A. KIRK-CUOMOR

President Barack Obama, right, briefs the press with Defense Secretary Leon E. Panetta, left, at the Pentagon, Jan. 5. Obama, Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, delivered remarks on the Defense Strategic Guidance for the Defense Department going forward. Army Chief of Staff Raymond T. Odierno looks on.

the turnover of areas in Afghanistan to Afghan control as signs that the sacrifices of American Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians are having an effect.

As the conflicts end, the U.S. military

will regroup and focus on broader challenges, especially as they pertain to the Asia-Pacific region, the president said. Obama had vowed to shift the focus during a trip to the region last year.

The United States also will work to

maintain progress in the Middle East, Central Asia and North Africa.

"We are supporting political and economic reform and deepening partnership as to ensure regional security," he said.

The strategy is not limited to the Defense Department, Obama said. All aspects of the U.S. government must work together, he explained, including diplomacy, development, homeland security and intelligence.

The president vowed to avoid mistakes made in downsizing the military after past wars, such as the "hollow force" of the late 1970s and early 1980s that followed the Vietnam War.

"We will ensure that our military is agile, flexible and ready for the full range of contingencies," Obama said.

The United States will continue to invest in capabilities to combat the full-range of threats, the president said. He specifically mentioned investing in intelligence, surveillance and reconnaissance programs and counterterrorism capabilities, combating anti-access technologies, countering weapons of mass destruction and prevailing in all domains, including the cyber world.

"Most importantly, we will keep faith with our troops, military families and veterans who have borne the burden of a decade of war and who make our military the best in the world," the president said.

Although the military must make tough fiscal choices, Obama said, funding will continue to focus on wounded warriors, mental health programs and families.

Access rules unchanged by new guideline

Continued from Page 1

granted access would be, let's say if there was a traffic accident on I-77 and you're coming through Gate 2 and the guards are able to ascertain that you're not coming here to visit Fort Jackson. You're coming here to avoid the traffic jam," he said.

Fernando Vasquez, chief of physical security, said graduation visitors will still receive vehicle passes — not because they are needed to gain access to the installation, but because they help security personnel provide optimum assistance.

"We're going to continue to issue passes along with a map to the visitors," Vasquez said. "That way, when we see a person (who appears) lost, if patrols see that pass on the dashboard we know automatically that's a visitor. We can identify them. We can assist them as necessary."

Although visitors can now use all gates to enter Fort Jackson, Simons strongly encouraged graduation visitors to use Gate 4 off Percival Road for the easiest access. The outbound lanes at Gate 4 will remain redirected for inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays, to alleviate traffic congestion at the gates.

Gate guards have increased their use of hand-held scanners that allow them to cross-reference a person's identity against state and federal databases. Simons said that everyone entering Fort Jackson should be prepared

IN THE KNOW

The following forms of identification are accepted for visitors with a valid reason to gain entry to Fort Jackson:

- Military identification
- U.S. passport or U.S. passport card
- Permanent resident card or alien registration receipt card (INS Form I-551)
- Foreign passport with a temporary (I-551) stamp or temporary (I-551) printed notation on a machine-readable immigrant visa
- Foreign passport with a current arrival-departure record (INS Form I-94) bearing the same names as the passport and containing an endorsement of the alien's nonimmigrant status if that status authorizes the alien to work for the employer

- Employment authorization document that contains a photograph (INS Form I-766)
 - Diver's license or identification card issued by a state or outlying possession of the United States (must contain photograph and biographic information)
 - Identification card issued by federal, state or local government agencies (must contain photograph and biographic information), e.g. school identification card, U.S. military or draft record, U.S. Coast Guard Merchant Marine card or TWIC, Native American tribal document
 - Children younger than 18 who are unable to present a document listed above may present a school record or report card, day care or nursery school record or birth certificate
- For more information, call 751-2005.

to have his or her ID card scanned. The scanners show if an ID card is expired or suspended or if a person has an outstanding warrant.

Love said drivers can also expect more random vehicle inspections.

"We have to use more due diligence since we don't have the verification that we had beforehand with vehicle registration," Love said.

Simons said that people entering the installation need to remember that force protection is a priority.

"It seems like many people are more concerned about getting on the installation quickly and no one cares about the fact that there's still a threat out there," Simons said. "We still need to keep in mind that there's a threat out there, and these guards are out there doing their jobs."

Susanne.Kappler1@us.army.mil

Use discretion in political activities

As a public affairs practitioner, I sat in horror last week as I watched coverage of the Iowa caucuses and saw a Soldier in uniform show up on national television at a candidate's election night celebration. Not only was the Soldier in the crowd, he then proceeded to get on stage and voice why he supported this particular candidate.

I knew such actions would not go unnoticed and would cause quite a headache for some public affairs officer.

In Henry IV, Part 1, Shakespeare wrote, "The better part of valor is discretion, in the which better part I have saved my life." That Soldier did not show discretion, and now he is under investigation and faces possible Uniform Code of Military Justice actions.

All federal employees, whether military or civilian, are subject to rules and regulations which prevent us from engaging in political activities in a way that might imply the government's backing of any particular candidate or cause.

DoD Directive 1344.10, "Political Activities by Members of the Armed Forces on Active Duty" governs those in uniform, while the Hatch Act covers federal civilian

COMMENTARY

By **MIKE A. GLASCH**
Public Affairs Office



employees.

These regulations do not prohibit us from participating in the political process, rather they govern how we can participate. Everyone is encouraged to research candidates, to vote and encourage others to vote.

For those in uniform and those of us who are federal employees, showing discretion when getting involved in the political process takes on more meaning as all eyes are now focused on the Palmetto State as the next battleground in the run for the White House.

So what is and is not allowed? Here are a few ex-

amples:

Service members and government civilians may attend political events such as meetings and rallies, but military members must only be spectators and may not wear their uniforms.

Service members are not permitted to make public political speeches (including interviews), serve in any official capacity within political groups, or take part in partisan political campaigns or conventions. Government civilians can be active in and speak before political gatherings, but only as concerned citizens, not as representatives of the government.

Service members and federal civilians can never engage in political activity on the job, in a government vehicle, or while wearing an official uniform.

There are quite a few other do's and don'ts when it comes to participating in the democratic process. As a general rule of thumb, don't do anything when in uniform, or in a way that could be interpreted as representing the military. When in doubt, call the Staff Judge Advocate's office at 751- 7657.

Vote, get involved, but above all, use discretion.

NEWS

Register, request ballot for upcoming primaries

From the Federal Voting Assistance Program

Voters from the states listed below should visit www.fvap.gov to register and request their absentee ballot for the February, March and April presidential preference primaries (P) and state primaries (S):

FEBRUARY PRIMARIES

If you have not received your requested state ballot, submit the back-up Federal Write-In Absentee Ballot at www.fvap.gov.

- Missouri (P): Feb. 7
- Arizona (P): Feb. 28
- Michigan (P): Feb. 28

MARCH PRIMARIES

- Georgia (P): March 6
- Massachusetts (P): March 6
- Ohio (P,S): March 6
- Oklahoma (P): March 6
- Tennessee (P): March 6
- Vermont (P): March 6
- Virginia (P): March 6



- Alabama (P,S): March 13
- Mississippi (P,S): March 13
- Illinois (P,S): March 20
- Louisiana (P,S): March 24

APRIL PRIMARIES

- District of Columbia (P,S): April 3

- Maryland (P,S): April 3
- Texas (P,S): April 3 (This is a change. The election was originally scheduled for March 6)
- Wisconsin (P): April 3
- Alabama (primary runoff): April 24
- Connecticut (P): April 24
- Delaware (P): April 24
- New York (P): April 24
- Pennsylvania (P,S): April 24
- Rhode Island (P): April 24

It may not be too late to participate in the South Carolina and Florida January primaries. View the primary election calendar at www.fvap.gov for more information.

All members of the United States uniformed services, their family members and citizens residing outside the U.S. who are residents from these states should submit an FPCA for these elections by visiting www.fvap.gov or by following the instructions in the voting assistance guide, also available on the website.

Be sure you include an email address, phone number and/or fax number on your

absentee ballot application in case your local election official needs to contact you. Remember, many states allow you to submit your form electronically, and deliver your ballot electronically or provide online ballot access.

To find out the status of your registration/absentee ballot request, contact your local election office at www.fvap.gov/shortcuts/wheresendfpc.html, or visit your state's website.

The Federal Write-In Absentee Ballot is a backup ballot. If 30 days before the election (or longer based on your geographic location) you think you will not receive your state ballot in time to vote and return it (especially in February primary states), vote the FWAB at www.fvap.gov. The FWAB is also available in embassies and consulates and military installations around the world.

Check your state's election website for specific information on candidates, elections, contact information and links to your local election offices. Find your state's website at www.fvap.gov/reference/links.html.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Charles Dutart
Company A
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Pvt. Joshua Burke

Staff Sgt.
Christopher Dynes
Company B
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Spc. Zachary Warlow

Staff Sgt.
Artagerges Davila
Company C
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Pfc. Dorothy Chung

Staff Sgt.
Ebony Grant
Company D
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Spc. Brandon Davis

Staff Sgt.
Racquel Cadengo
Company E
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Pfc. Colin Mitchell

Staff Sgt.
Terry Achane
Company F
2nd Battalion,
60th Infantry Regiment
**SOLDIER LEADER
OF THE CYCLE**
Spc. William Bowman

SOLDIER OF THE CYCLE
Spc. Clemente Balbuena

SOLDIER OF THE CYCLE
Spc. Giovanni Johnson

SOLDIER OF THE CYCLE
Pfc. Eric Skiles

SOLDIER OF THE CYCLE
Pfc. Daniel Broadbent

SOLDIER OF THE CYCLE
Pvt. Brandon Thompson

SOLDIER OF THE CYCLE
Pfc. Eric Tinn

HIGH APFT SCORE
Pvt. Joshua Schmid

HIGH APFT SCORE
N/A

HIGH APFT SCORE
Pfc. Christopher Shade

HIGH APFT SCORE
Pfc. Ashlea Adams

HIGH APFT SCORE
Pfc. Cody Gamble

HIGH APFT SCORE
Pvt. Brandon Zamora

HIGH BRM
Pfc. Mario Nunez

HIGH BRM
Pfc. Lisa Novak

HIGH BRM
Pvt. Corley Black

HIGH BRM
Pvt. Kyle Travis-Levings

HIGH BRM
Pfc. Andrew Alcozar

HIGH BRM
Pfc. Frank Cooke

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. Erica Madden
Colby Morris
Chanelle Locquiao

TRAINING SUPPORT
Sgt. Erica Costello

SERVICE SUPPORT
Lakesha Gray

FAMILY SUPPORT
1st Lt. John Pascual

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

American Red Cross

Volunteer orientation is every Wednesday, 1 to 4 p.m., and every Thursday, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

MONTHLY

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month, 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.

— Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General Corps Regimental Association

Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to

12:45 p.m., Single Soldier Complex, Building 2447, 751-1148

American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrogers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguair@yahoo.com or visit www.combatvet.org.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

SUBMISSIONS

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

Calendar

Today

Fort Jackson school board meeting
4 p.m., C.C. Pinckney Elementary School, auditorium

Friday

Martin Luther King Jr. Day luncheon
11:30 a.m. to 1 p.m., Solomon Center

Tuesday, Feb. 7

Town hall meeting
6 p.m., Solomon Center

Housing events

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

Ongoing

The Biggest Loser contest

The person who loses the highest percentage of weight will win a \$50 gift card and a prize pack. Participants must weigh in weekly. To register, call 738-8275 or email ayoungblood@bbcgrp.com.

Tuesday, Jan. 17

Treasure box painting, 3 p.m.

All materials will be provided. Only 12 slots are available. To register, call 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

BASIC SKILLS EDUCATION

The next Basic Skills Education Program course is scheduled to run Feb. 7

through March 2. Classes meet from 8 a.m. to 2 p.m., Tuesday through Thursday. The program provides Soldiers with remediation in reading, mathematics and test-taking skills. Soldiers may improve their basic skills by enrolling in the BSEP class and using online training resources. Applications are available at the Education Center, Room A100. For more information, call 751-5341

COMMUNITY TOUR SET

A "Come see your Army" tour is scheduled for Feb. 16. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; and more. RSVP is required by Feb. 13. For more information and to register, call 751-1474.

FCC PROVIDERS NEEDED

Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., Feb. 6-10 at the Joe E. Mann Center. Applications are being accepted through Jan. 27. For more information, call 751-6234.

ACES NEEDS ASSESSMENT SURVEY

Army Continuing Educations Services is conducting its annual needs assessment survey. The survey gathers information for planning customer-relevant continuing education programs. The survey can only be conducted on computers that read Common Access Cards. To access the survey, visit <https://secureweb.hqda.pentagon.mil/Checkbox/Survey.aspx?s=70328bd5cd5446f08b7e69fb5526d56c>. For more information, call 751-5341.

FINANCIAL PEACE UNIVERSITY

Financial Peace University will meet at 6:30 p.m., today at the Family Life and Resiliency Center. To sign up for the 13-week class, visit www.daveramsey.com. For more information, call 931-206-2969.

AWARD NOMINATIONS SOUGHT

Employer Support of the Guard and Reserve, a DoD agency, is accepting nominations for the 2012 Secretary of Defense Employer Support Freedom Award. Nominations may be submitted through Monday. For more information, visit www.freedomaward.mil.

MG URSANO SCHOLARSHIP

The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

SPOUSE ASSISTANCE CHANGES

Effective with the academic year 2012/2013, Army Emergency Relief will consolidate its overseas and stateside spouses education assistance programs. All spouses will be allowed to attend school part-time or full-time. Funding will be available for fall and spring semesters only. Other changes include minimum credit hour requirements, scholarship eligibility and a modified overseas application process. For more information, call 751-5256 or email education@aerhq.org.

CHANGE IN HOURS

The Personal Property Office has changed its hours of operations for walk-in services. The new office hours are: 7:30

a.m. to 4 p.m., Mondays, Wednesdays and Fridays; 7:30 a.m. to 4 p.m. (limited services from noon to 4 p.m.), Tuesdays; 7:30 a.m. to noon, Thursdays. For more information or in case of emergencies, call 751-5137/5138.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. For more information, call 751-7045.

Off-post events

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

OCS ALUMNI REUNIONS

The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

SUBMISSION GUIDELINES

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

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



PROTESTANT

- Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Hispanic, Post Theater
9:30 a.m. Main Post Chapel
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
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
- Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

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

- Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel
- Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
- 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday
11:30 a.m. Mass, Main Post Chapel
- Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
11 a.m. Mass (Main Post Chapel)
12:30 p.m. Catholic youth ministry, Main Post

- Chapel
7 p.m. Women's scripture study, Main Post Chapel
- Chapel

■ Wednesday

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

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

LATTER DAY SAINTS

- Sunday
9:30 to 11 a.m. Anderson Street Chapel
- Thursday

7 to 8 p.m. LDS scripture study, Anderson Street Chapel

CHURCH OF CHRIST

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

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Teen job fair goes online

By **THERESA O'HAGAN**
Family and Morale,
Welfare and Recreation

Teen job hunters can now look for employment using the technologies they have grown up with and in an environment in which they are comfortable.

A virtual teen job fair will be hosted by Army Community Services Feb. 1 through March 31.

Teens can access the virtual job fair by going to the ACS Employment Readiness website and clicking on "teen virtual job fair" or type in the following address: http://www.fortjacksonmwr.com/acs_emp/.

Once a teen has accessed the teen virtual job fair, he or she will see logos of the participating companies (AAFES/Exchange, DECA-Commissary, CYSS Hired Apprenticeship Program and Family and Morale, Welfare and Recreation.) The virtual job fair is open to all teen job seekers, however, the CYSS Hired Apprenticeship Program, can only accept applications from dependents of Soldiers and Department of the Army

civilian employees.

"The job seeker will be provided specific instructions on how to apply," said Barbara Martin, Employment Readiness Program manager, Army Community Services. "Some of the agencies will only accept online resumes; the other agencies will only accept completed application forms that must be submitted to their office, via hand-delivery, fax or email. It is very important that the teen carefully reads the instructions for each job announcement."

This is the first time Fort Jackson has used a virtual job fair format instead of a traditional job fair, but Martin said she expects it will be successful. There are also advantages in conducting a digital job fair instead of a "brick and mortar" job fair.

"Virtual job fairs may be a more viable option for both employers and candidates," Martin said. "For candidates, virtual job fairs provide an opportunity to view jobs in the comfort of their own homes. In the past, our teen job fair was held on a Saturday for only a three-hour period. There was not enough time for teens to talk to all the employers and be able to complete applications. Some job seekers were not prepared to complete applications, so they would take them home and return them later to the agency. Some would follow through and others did not."

Like any other job fair, or job-seeking

action, the applicant needs to be prepared. ACS ERP will be holding a series of workshops on applications, interviewing techniques and how to search for summer jobs.

Workshops will be held at the Family Readiness Center, 3499 Daniel Circle.

Teens/parents need to register by calling 751-4862 and seating is limited. Workshops will be held 10 a.m. to noon, Jan. 28; 5 to 7 p.m., Feb. 9; 5 to 7 p.m., March 8; and 10 a.m. to noon, March 10.

For teens looking for jobs, Martin said preparation is the key.

"The job market is limited, and fewer jobs mean more competition, therefore, teens need to focus a great deal on their resume and application," she said.

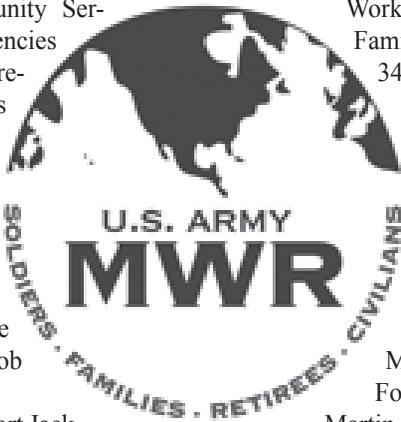
"Knowing when and where to apply is also essential to a successful job hunt. Teen summer employment opportunities at Fort Jackson Family and MWR facilities close out on March 31," Martin said, "If a teen has not applied by that date, his or her chances are very slim for finding a summer job."

Even though it is a virtual job fair, applicants still need to make a good impression. Martin said having a strong resume and application that reflects the teen's employment history, volunteer experiences, schools activities, sports, honors, clubs, awards, etc. help candidates to stand out from the crowd. Resumes and applications need to be spell checked, error free, easy to read, and well-organized.

At past traditional job fairs, ERP has had more than 400 teens and their parents attend.

"We hope to increase this number, since more individuals will have a longer time to access the virtual job fair. We will be getting the information out to the school districts early January," Martin said.

Teens who need assistance can get help from the ACS ERP office from 8 a.m. to 4 p.m. at the Strom Thurmond Building, Room 223, and pick up a teen opportunities resource guide containing employment, volunteering and internship information or visit http://www.fortjacksonmwr.com/acs_emp/ for job links to various teen employment websites.



FMWR calendar

THURSDAY

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

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m; for grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



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



FIRST RESPONDER

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

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

Lt. Col. Raymond Simons

Director, Emergency Services/Provost Marshal

Sgt. Maj. Bruce Sirois

Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

❑ Two men were permanently barred from Fort Jackson after attempting to enter the installation without proper identification, Military Police reported. The men were arrested at one of the gates and admitted to police that they were in the country illegally, investigators said. One of the men was also cited for driving without a valid driver's license.

❑ A civilian was arrested at a Mili-



tary Police safety checkpoint for driving under the influence and for having an open container in a vehicle.

The MPs conducting the safety checkpoint reported that they detected a strong odor of alcohol emitting from the civilian. They also said that they discovered a plastic cup containing an alcoholic beverage in the center console.

The civilian failed three standard field sobriety tests and refused to give a blood sample, MPs said. According to South Carolina law, refusal to consent to a blood alcohol test results in an automatic driver's license suspension.

❑ A civilian was issued a bar letter after being arrested in connection with a theft at the Main Exchange. According to police reports, the woman was caught on camera removing body lotion, eau de toilette and perfume from a gift box set before leaving the store without paying. The estimated value of the stolen items is \$50.

crimestoppers
1-888-559-TIPS
www.midlandcrimestoppers.com

Court martial

U.S. v. Guzman-Bonano

Capt. Jose Guzman-Bonano was convicted of two charges during a general court-martial Jan. 4-6. Guzman-Bonano has been at Fort Jackson since 2007 and was the company commander of Company B, 3rd Battalion, 34th Infantry Regiment.

A panel of officers convicted

Guzman-Bonano of violating a lawful general regulation prohibiting certain relationships with Soldiers in training and of assault, consummated by a battery.

Guzman-Bonano was sentenced to be dismissed from the Army, which is a punitive discharge, and to be reprimanded.

FORCE PROTECTION THOUGHT OF THE WEEK

The Building Blocks of Force Protection



Weight-loss resolutions require plan to succeed

By 1ST LT. JORDAN DeMAY
Moncrief Army Community Hospital

Many of us make New Year's resolutions to improve our lives. Two areas that are often targeted are losing weight and increasing physical activity. Improving either of these areas can boost our overall health.

Achieving a few hours of activity a week or a reduction of 10 percent of body weight can reduce the risk for chronic diseases like heart disease, diabetes, high blood pressure and more.

The trick is to follow through on the resolution.

On the surface, weight loss seems easy. Reduce how much we eat, exercise a little more and the weight will fall off, right? This is not the case for most people because of many metabolic, hormonal and other processes within the body that make losing weight much harder than it was to gain.

The good news is people can shed those pounds without having to go to the Biggest Loser campus. The key to having long-term success is making small daily lifestyle changes.

Plan the shopping list and weekly menu so that you control what to eat rather than relying on fast food because of a lack of planning. Re-establish the family meal by sitting down at the dining room table with the television, cell phones and other electronics off to enjoy a family meal. Be the

investigator by taking time to read nutrition labels at the grocery store and before you go to restaurants.

Do you have to do all those things tomorrow to be successful? No, but it is important to choose one or two changes you can make tomorrow and to stick with them. As you master those changes, add two more. Master those, and so on.

The most important thing you can do is eliminate the "free day" where you allow yourself to eat whatever you want. Remember that it is harder to lose weight than gain it statement? That "free day" can derail all the progress you have made the last one or two weeks or longer.

If you are determined to get more active, you may be wondering how much and how often you should be exercising? The Physical Activity Guidelines for Americans states we need 2 1/2 hours of moderate intensity activity weekly just to achieve health benefits. Activity of up to five hours weekly or even more may be needed to lose or maintain your body weight.

Start small and decide what you enjoy most. Hate running? Maybe zumba is your thing then. Are you more of an outdoors person? Find a local state or national park to hike a few times a month. Too busy taking care of the kids? Bring them along for a family walk or have a family sport night playing one of their favorite sports.

Find something that you can consistently do that you enjoy doing. As with any significant change to activity level, please consult your doctor prior to starting your exercise program.

While we often make these resolutions with the best intentions, how can we ensure it is as important to us in August as it is today? Goal setting is a great place to start to ensure you can remain motivated all year. When determining your goals, be specific in what you want from yourself. Saying, "I want to lose weight" does not have the same authority as saying, "I want to lose five pounds by March and 20 pounds by December."

This allows you to monitor your progress and holds you accountable throughout the year. Also in your goal setting, you need to develop a plan (that five pounds is not going to fall off by March on its own). Decide on how you will decrease how many calories you eat and drink or how to increase your activity. Use this plan as a blueprint to meet those progressive goals throughout the year.

Unfortunately, there is no miracle pill or program that will make you lose weight and keep it off no matter what you hear and see. It takes making difficult changes in the way you live your life.

Editor's note: Have a question for the dietitian? Email your question to jordan.demay@amedd.army.mil and it may be featured in a future article.

Walgreens out of TRICARE network

From TRICARE Management Activity

The expiration of the retail pharmacy contract between Express Scripts and the Walgreens pharmacy chain means Walgreens is no longer a TRICARE pharmacy network provider.

"The majority of beneficiaries have access to another network pharmacy very close to home as our pharmacy contract requires ESI to maintain high access standards," said Rear Adm. Thomas McGinnis, chief of the TRICARE Pharmaceutical Operations Directorate. "There are still 56,000 network pharmacies nationwide — easily meeting or exceeding our access requirements."

In addition to 56,000 network pharmacies, TRICARE beneficiaries have other pharmacy options including military pharmacies at no cost and convenient TRICARE Pharmacy home delivery. Generic medications are available at no cost through home delivery.

Beneficiaries who use non-network pharmacies, including Walgreens, pay full prescription costs up-front and submit their own claims for reimbursement. Reimbursement will occur only after the non-network deductible is met.

Out-of-network costs include a 50 percent point-of-service cost share for TRICARE Prime, after deductibles are met. All other non-active duty TRICARE beneficiaries pay the greater of a \$12 co-pay or 20 percent of the total cost for formulary medications and the greater of \$25 or 20 percent of the total cost for non-formulary med-



ications, after deductibles are met.

For more on pharmacy costs, go to www.tricare.mil/pharmacy-costs.

TRICARE beneficiaries changing from Walgreens pharmacy can simply take their current prescription bottle to their new network pharmacy to have the prescription transferred. To find a nearby network pharmacy, use the "find a pharmacy" feature on www.express-scripts.com/tricare. Beneficiaries who want help finding a pharmacy, changing their medications to Home Delivery or who have other questions can contact Express Scripts at 1-877-885-6313.

The issues between ESI and Walgreens were not specific to TRICARE. Other employer-sponsored and some Medicare Part D pharmacy plans are also affected.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

SOME TRICARE DATA LOST

Some TRICARE patients may have been affected by the loss of some data by SIAC, one of TRICARE's contractors, officials recently reported.

Computer tapes containing personally identifiable and protected health information of patients in Texas, or those who may have had laboratory exams sent to Texas, may be affected. The risk of harm from the missing data is expected to be minimal. The contractor will provide one year of credit monitoring and restoration services to patients who express concerns. Concerned patients may call (855) 366-1040, 9 a.m. to 6 p.m., Monday through Friday, for more information.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in MACH Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the MACH and complete the TRICARE Prime Enrollment and PCM change form.

Army All-Americans



Photo by TIM HIPPS, Army News Service

Barry Sanders Jr., who announced during the game he will attend Stanford University, runs for a 10-yard touchdown that gave the West a 14-6 lead in the 2012 U.S. Army All-American Bowl Saturday at the Alamodome in San Antonio. The West prevailed, 24-12. The game matched the best high school football players from east of the Mississippi against the best players from west of the river.

Sports shorts

BASKETBALL SEASON STARTS

The 2012 Intramural Winter Basketball Season started Monday. Games are played Mondays through Thursdays, beginning at 6:15 p.m., at Vanguard Gym. The teams playing in the Monday/Wednesday league are USADSS, 81st SRP, Roughnecks, Swamp Foxes, 81st RSC, 3-34th, 120th, TFM, 175th and 193rd. Teams in the Tuesday/Thursday league are 2-60th, 3-13th, 1-61st, 4-10th, 2-39th, 171st, 187th, MEDDAC, 1-34th and SSI. For more information, call 751-3096.

DARTS LETTERS OF INTENT DUE

Letters of intent for intramural and recreational darts are due Jan. 26. The season is scheduled to begin Feb. 2. League play will be 5:30 p.m., Thursdays at Magruder's Pub. For more information, call 751-3096.

SWIM MEET SCHEDULED

A swim meet is scheduled for 8 a.m., Feb. 4 at Knight Pool. The registration deadline for names and events is Jan. 31. The events offered are 50 and 100 free-style, breaststroke, butterfly and backstroke. In addition, two relay events, free-style and medley, are on tap. Each Soldier can participate in two individual events and one relay.

For more information about intramural sports, contact the Sports Office at 751-3096.