

THURSDAY, JAN. 17, 2013

THE FORT JACKSON LEADER

FORT JACKSON/COLUMBIA, S.C. COMMUNITY
JACKSON.ARMY.MIL

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DESIGNED TO HELP
MILITARY CHILDREN**

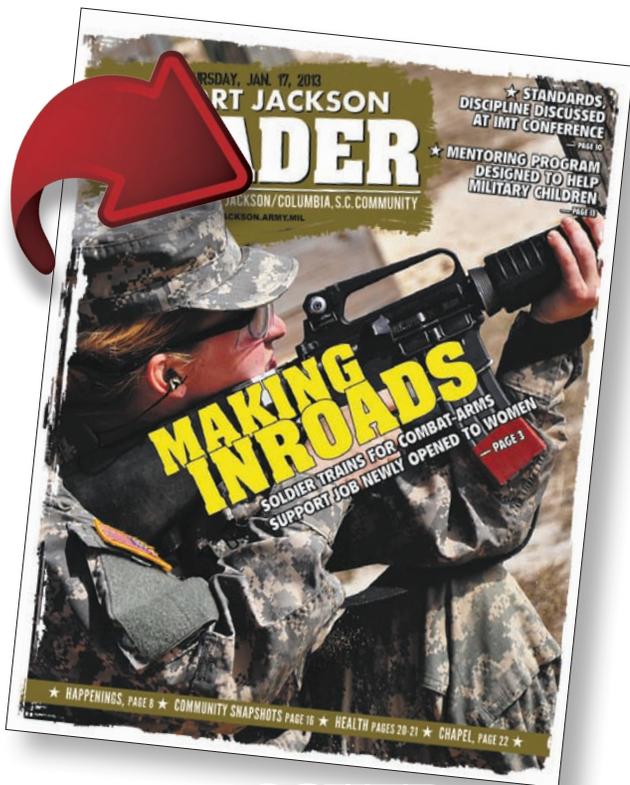
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ON THE COVER

Photo by WALLACE McBRIDE

Pvt. Cicely Verstein practices marksmanship on a rifle range earlier this week. Verstein will be the first female 91M Bradley Fighting Vehicle System maintainer. SEE PAGE 3.

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON, COLUMBIA, S.C. COMMUNITY
WWW.JACKSONARMY.MIL

Fort Jackson, South Carolina 29207

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All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29202. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

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COMMANDER'S CALL

A day on, not a day off

Post to celebrate Martin Luther King Jr. Day

This year marks 50 years since the Rev. Dr. Martin Luther King Jr. delivered the historic and immortal "I Have a Dream" speech. Today, we remember Martin Luther King Jr. in the pantheon of our greatest heroes — a pioneer, visionary and activist. His actions of selfless service are unparalleled in our nation's history. We celebrate his birthday and legacy, because his dream, his vision and his commitment made our country a place in which we all can take pride.

Jan. 21 is not a day off, but a day on to pay reverence to the dream that he made possible — not just for African-Americans, but for all Americans. To that end, I encourage everyone to participate in at least one community-based activity to honor his service to our great nation and way of life.

Our Equal Opportunity Office will host a luncheon on Friday, Jan. 25, 11:30 a.m. at the Solomon Center to celebrate his life and legacy. The guest speaker is a great friend of mine, Brig. Gen. Barrye Price, Director of Human Resources Policy, Deputy Chief of Staff G-1, The Pentagon. Brig. Gen. Price is a prolific speaker and has studied Martin Luther King Jr. for several years — his presentation will be memorable and educational. Our luncheon is a great opportunity for Fort Jackson to remember and celebrate Dr. King's life's work. I also encourage you to channel the spirit of Dr. King during this period by helping others.

As many of you know, his dream was a society established and powered by equality, justice, dignity, freedom and strength, which could only come from a truly united nation. He remained true to the message of non-violence at a time when the world appeared to be on the brink of self-annihilation.

It has been said that the night before he was killed, while tornado warnings wailed outside, he spoke of the threats awaiting him from local citizens of Memphis, Tenn. Yet he found a way to press forward through his apprehensions to speak, to a crowd that would invigorate a new generation of American citizens.

Every day we should do the same. Let's dig deep and find ways to push ourselves in spite of the challenges that may appear ahead. The mental fortitude of this one man to go forward with this monumental moment in the nation's history should be an example for us as Soldiers, Civilians and Families to always have a positive attitude, work together as a team, treat people with dignity and respect, be disciplined to do the harder right over the easier wrong, to provide the best training possible and have stellar character.

He once said, "Life's most persistent and urgent question is, 'What are you doing for others?'" Your service today will leave behind a legacy for others to remember. If your efforts are genuine and of good standard I am

sure that a positive reputation can supersede your life. We have a golden opportunity to do this at Fort Jackson as we train America's Sons and Daughters every day.

Leave behind a legacy that will improve the lives of others and ensure the freedoms we enjoy every day. Every Fort Jackson Team Member/Mate is in position to do so.

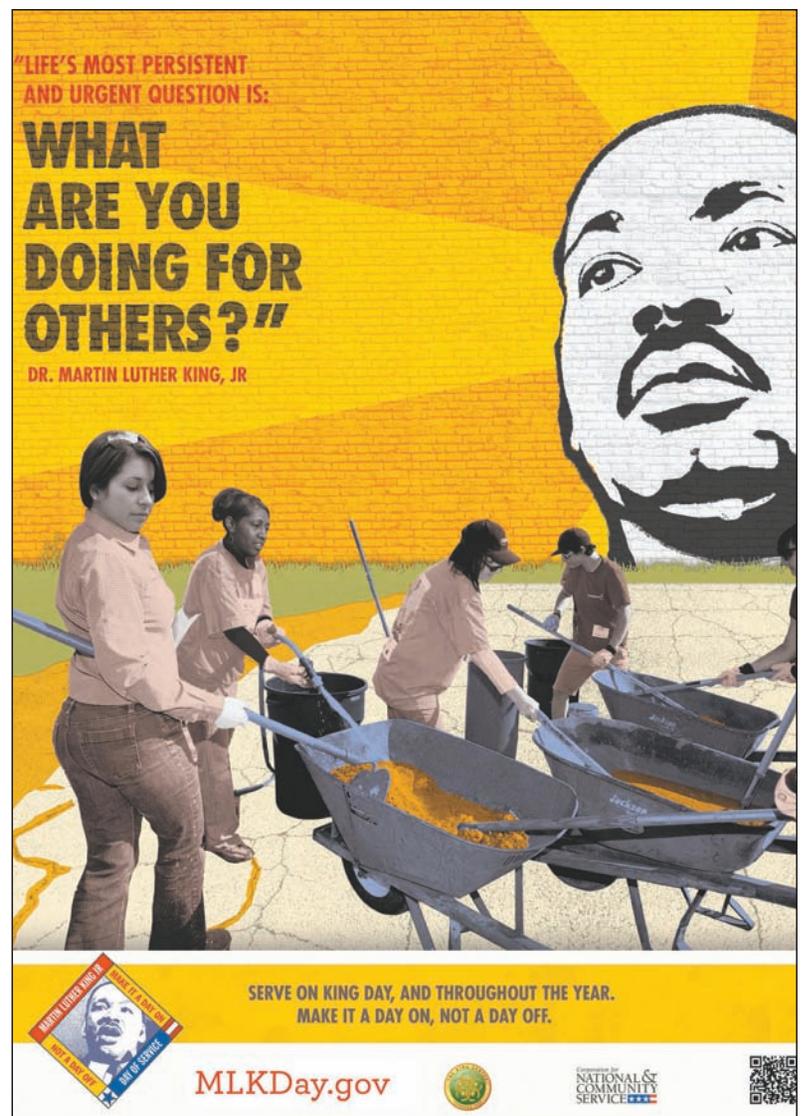
For example, in the most recent months we have started and completed both short- and long-term improvement projects in medical care, housing and child care facilities that will last for our future Fort Jackson community and surrounding cities. We've also greatly improved training and leader development across the entire post. I know we will continue down a path that will improve our quality of life and Army readiness for our future.

Team Jackson, let's continue to make progress and generate a legacy that will be appreciated, heard of by many and disputed by none because of our constant effort to improve the lives of those around us as we commemorate the legacy of Dr. Martin Luther King Jr. and many others who made his dream reality.

Happy Martin Luther King Jr. Day — remember — Make it a day on, not a day off!
Victory Starts Here and Army Strong!
Victory 6

**By BRIG. GEN.
BRYAN T. ROBERTS**

Fort Jackson
Commanding General



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral



Photo by WALLACE McBRIDE

Above, Pvt. Cicely Verstein practices marksmanship on a Fort Jackson rifle range earlier this week. Verstein will be the first female 91M Bradley Fighting Vehicle System maintainer, one of six military occupational specialties previously restricted to men. Right, Verstein is sworn into the Army at the Beckley Military Entrance Processing Station, Beckley, W. Va., by the station commander, Maj. Adam Clark, in June.

U.S. ARMY PHOTO

'It's a lot of pressure'

Soldier trains for combat-arms support job newly opened to women

By WALLACE McBRIDE
Fort Jackson Leader

Pvt. Cicely Verstein, 21, did not give much thought to her place in history when she enlisted in the Army. The Pennsylvania native said she was looking for a job she thought was interesting, but will soon become the first woman in the Army to repair the Bradley Fighting Vehicle.

Last May, the Army announced plans to begin implementing a new Defense Department policy that could place women in as many as 14,000 combat-related jobs by opening up six military occupational specialties. Among those positions were Soldiers trained to maintain the 91M Bradley Fighting Vehicle System, which provides mobile protected transport to infantry squads to critical points on the battlefield.

In November, Verstein began Basic Combat Training at Fort Jackson with Company A, 3rd Battalion, 34th Infantry Regiment and will become the first female to fill this military occupational specialty. Now five weeks into training, she said her family is still a little confused about her new role.

"They're proud of me," she said. "They don't really know what to make of my being the first woman to do this, but they're excited for everything happening for me."

It was never her intention to be a trailblazer, she said. When the opportunity for the job presented itself, she simply applied for it. She said she has always had an interest in automobiles and used to race go karts, so the job just looked "interesting."

She said she never gave much thought to being the first woman in a previously closed-off MOS until after she was accepted for training.

"It made me nervous," she said. "It's a lot of pressure."

Gender-integrated training isn't a new concept at Fort Jackson, said Capt. John Teschner, commander for Co. A, 3-34th.

"I've seen no issues with gender-integrated training in the year that I've been in command," Teschner said. "When it comes to military occupational specialties, it's not that we don't care about it, but we treat them as combat armed Soldiers first and foremost."

Soldiers with various jobs, from Bradley Fighting Vehicle mechanics to cooks, are on the front lines in Afghanistan, so the goal is to train all Soldiers to be combat ready, he said.

"The enemy doesn't disseminate on your MOS, so we treat everyone the same, regardless of race, sex or MOS," he said.

Verstein said she's wanted to join the Army since she was 16 years old. She spent a few years working and going to college, but none of it felt right, she said.

"School wasn't working out, and I still wanted to join as much as I did when I graduated high school. I thought it was a great choice for me," she said.

"She's got the same issue as other Soldiers, and she's adapting to training the same as the other Soldiers," Teschner said. "It doesn't faze us that she's one of the first female Bradley mechanic Soldiers. That's the great thing about the atmosphere created here by our chain of command here at Fort Jackson. When she gets to her unit of assignment, there shouldn't be any hesitation on her part to get in there and do her job."

"It's totally different than from what I thought it would be," Verstein said. "I thought I'd be miserable most of the time, but I've had a great time, so far. I've had my struggles here, but I'm enjoying my time. I've made a lot of new friends, and it's been a great experience, overall."

Milton.W.McBride3.ctr@mail.mil

Post to celebrate King's legacy

By WALLACE McBRIDE
Fort Jackson Leader

For Fort Jackson, the national holiday honoring prominent civil rights activist Martin Luther King Jr. is a time to reflect on the principles of racial equality and non-violent social change he championed. The post will honor these values Jan. 25 with a special ceremony beginning at 11:30 at the Solomon Center.



PRICE

This year's event will feature writing and art competition entries by students of C.C. Pinckney Elementary School. Students were asked to answer the question "What Does Martin Luther King Jr. Day Mean to Me?"

The event's organizer, the 193rd Infantry Brigade Equal Opportunity Office, has received 100 essays from students. The winners will be announced at the event, said Sgt. 1st Class Yolanda

Brown, 193rd equal opportunity adviser. The first-place winners will receive their awards at the event, and second- and third-place winners will be recognized in a separate event.

The event is intended to "enhance public awareness and education among all Soldiers, civilian employees and their families, of the contributions of Dr. Martin Luther King Jr., and further promote understanding, acceptance and harmony among all groups," Brown said.

Brig. Gen. Barrye L. Price, Human Resources Policy Directorate Army G-1, is scheduled to be the event's guest speaker. Price is a 1985 Distinguished Military Graduate of the University of Houston's College of Business Administration. He earned a Master of Arts Degree in History in 1994 from Texas A&M University and in 1997 he

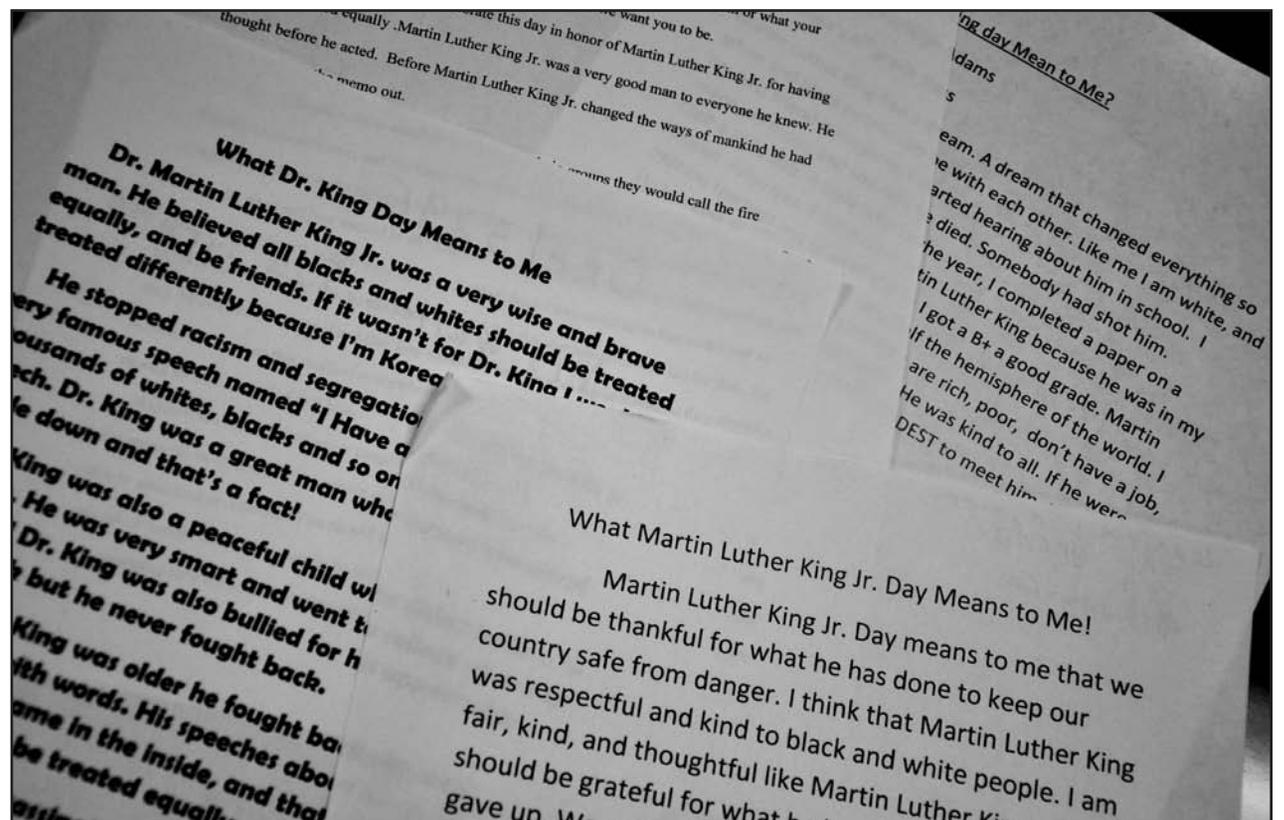


Photo illustration by WALLACE McBRIDE

Students at C.C. Pinckney Elementary School submitted essays on the subject, 'What Martin Luther King Jr. Day Means to Me' as part of Fort Jackson's commemoration of the civil rights leader.

became the first African-American to obtain a doctorate from the Department of History in the 136-year history of Texas A&M University.

Price served on the President and First Lady's Task Force on "Raising Responsible and Resourceful Teenagers" in 2000; served on President Clinton's "Mississippi Delta Task Force," which sought to revitalize the 207-county, seven-state region that comprises the Mississippi River flood plain from 1999 through 2000; and he is

the author of the 2001 volume, "Against All Enemies Foreign and Domestic: A Study of Urban Unrest and Federal Intervention Within the United States."

The Lower Richland High School Choir will also perform at the event.

Tickets are \$8 and can be purchased from the Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity representatives.

Milton.W.McBride3.ctr@mail.mil

News and Notes

MLK DAY LUNCHEON SCHEDULED

The Fort Jackson Martin Luther King Jr. Day observance is scheduled from 11:30 a.m. to 1 p.m., Jan. 25 at the Solomon Center. The theme for the event is, "Remember! Celebrate! Act! A Day On, Not a Day Off!" The guest speaker will be Brig. Gen. Barrye Price, director for human resource policy, Army G-1. Tickets cost \$8 and can be purchased through the Fort Jackson Equal Opportunity Staff Office, from brigade equal opportunity advisers and unit equal opportunity leaders. For more information, call 751-4117 or 751-2990.

CREDIT MONITORING OFFERED

The state of South Carolina offers free enrollment in a credit monitoring service for one year for those affected by a recent security breach at the South Carolina Department of Revenue. Confidential information such as Social Security numbers, credit card numbers and bank account numbers as stated on state tax returns dating back to 1998 may be at risk. To enroll in the credit monitoring service, call (866) 578-5422 or visit www.protectmyid.com/scdor and enter the activation code "SC-DOR123." Individuals and business have until Jan. 31 to sign up. For more information, visit www.sctax.org or call (800) 898-5000.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Staff Sgt. Roderick M. Day must contact 1st Lt. Brett Rigby, the summary court martial officer for the Soldier. Day passed away Jan. 1 in Columbia. To contact Rigby, call 751-6471 or email Brett.W.Rigby.mil@mail.mil.

Using debit cards responsibly

Debit cards are the preferred method consumers use to make purchases. Although they look like credit cards, they are not the same. The National Consumers League has published a pamphlet titled, "Debit Cards, Beyond Cash & Checks" that explains everything consumers need to know about debit cards.

Debit cards are not credit cards, and it is important to know the difference between the two. Whereas a credit card allows you to buy now and pay later, a debit card is a "pay now" system. When you use a debit card, your money is quickly deducted from your checking or savings account.

Debit cards are an alternative to carrying a checkbook or using cash. This means that you must have the money in your account at the time you use your debit card. The word "debit" means subtract. When you use a debit card, you are subtracting your money from your own bank account. Debit cards allow you to spend only what is currently in your account.

Debit cards work two ways — with a PIN (you provide your personal identification number, or PIN, at the time of sale) or without a PIN (you sign a receipt for the purchase, as you would with a credit card).

Some debit cards are designed to work only with a PIN; others can be used with either a PIN or a signature. PIN-only cards offer greater security because it is more difficult for unauthorized people to use them. Cards that can work both in the PIN and the PIN-less methods offer more flexibility. In either case, the funds are automatically deducted from your account within a short time.

There are some advantages to using a debit card. Obtaining a debit card is often easier than obtaining a credit card. Debit



Photo illustration by METRO CREATIVE GRAPHICS

FINANCIAL ADVICE

By **MARK RAMSEY**
Army Community Services
Financial Readiness

cards are accepted at many locations, including grocery stores, retail stores, gasoline stations, restaurants, the Exchange and the Commissary. Using a debit card frees you from carrying checks or cash and provides some protection if the card is lost or stolen.

Below are some tips for using a debit card responsibly:

If the card is lost or stolen, report the loss immediately to your financial institu-

tion.

If you suspect your card is being fraudulently used, report this immediately to your financial institution.

Take your receipts. Do not leave them for others to see. Your account number may be all someone needs to order merchandise through the mail or over the phone.

If you have a PIN number, memorize it. Do not keep your PIN number with your card. Also, do not choose a PIN number that a smart thief could figure out, such as your phone number or birthday.

Never give your PIN number to anyone. Keep your PIN private.

If you would like a copy of the pamphlet or schedule a meeting with a financial counselor, call Army Community Services at 751-5256.

LEGAL NOTICE

Under the provisions of the Code of Federal Regulations, Title 40, Part 300.415 (40 CFR 300.415), the United States Army is establishing land use controls (LUCs) at installations under the Military Munitions Response Program (MMRP) to protect human health from potential hazards at Munitions Response Sites (MRSs)/Areas of Concern (AOCs).

These LUCs are interim or non-time critical removal ac-

tions (NTCRAs) implemented at MMRP sites until these sites have been investigated and re-mediated, if required.

Fort Jackson has five MRSs that are eligible for LUCs as interim actions while the Resource Conservation and Recovery Act (RCRA) process continues.

Before a LUC can be finalized and implemented, an Engineering Evaluation/Cost Analysis (EE/CA) must be completed and presented to the public for review and comment.

The EE/CA for the Fort Jackson LUCs will be available for review for a 30-day period beginning Jan. 29 at the Fort Jackson Environmental Management Branch/Division. Written comments and inquiries pertaining to the EE/CA should be directed to Lahiri Estaba, Environmental Restoration Program Manager, HQ, USATC & Fort Jackson, Attn: ATZJ-DLE-PSE (Lahiri E.), 2563 Essayons Way, Fort Jackson, South Carolina 29207-5670, (803) 751-5011.

Around the Army

ARMY PROFESSION CAMPAIGN STARTS

JOINT BASE LANGLEY-EUSTIS, Va. — TRADOC officially started the year-long “America’s Army — Our Profession” education and training program by hosting a professional development workshop Jan. 3, at the command’s headquarters on Fort Eustis, Va.

The session, conducted by TRADOC’s G-3/5/7, was the first within the Army for the program developed by the Center for Army Profession and Ethic, or CAPE. The purpose of America’s Army — Our Profession is to reaffirm Soldiers’ and Army civilians’ understanding of the Army profession and commitment to upholding the Army ethic.

“The primary goals of the America’s Army-Our Profession program are to create an enduring emphasis on the Army profession, to strengthen our professional identity, to motivate behaviors that are consistent with our values and the Army ethic and to inspire future generations of Army professionals,” said Col. Jeffrey Peterson, director of CAPE.

America’s Army — Our Profession consists of four quarterly themes: standards and discipline; Army customs, courtesies and traditions; military expertise; and trust. These themes will be used to guide discussion and professional development within Army organizations throughout the year.

Also referred to as the “implementation phase,” America’s Army — Our Profession is the successor to the Army Profession Campaign, a yearlong campaign designed to solicit feedback from the force — both military and civilian — on what it means to be a profession as well as a member of the Profession of Arms.

For more training resources and information on America’s Army — Our Profession, visit CAPE’s website at cape.army.mil.

—Amy L. Robinson, TRADOC

FATAL ARMY ACCIDENTS DECLINE

FORT RUCKER, Ala. — The U.S. Army Combat Readiness/Safety Center recently released accident statistics for the first quarter of fiscal year 2013, and the data show a continued overall decline in both on- and off-duty accidental deaths.

Fiscal year 2012 was the Army’s safest year since Sept. 11, 2001, and the third-safest year on record. Fatal accidents have remained steady or declined every year since fiscal year 2007.

Off-duty, accidental deaths remained stable with last year’s first quarter figures. Fatal PMV-4 accidents were down slightly, as were on-duty fatalities resulting from accidents. Aviation saw the largest decrease, with no accidental fatalities recorded during the quarter. Five Soldiers died in aviation accidents during the first quarter of fiscal year 2012.

Combined, fatal accidents were down 17 percent at quarter’s end from the same time frame in fiscal year 2012.

—Julie Shelley,

U.S. Army Combat Readiness/Safety Center



Photo by DAVID VERGUN, Army News Service

Army prepares for inauguration

Soldiers march past the White House in the pre-inaugural parade, Sunday in Washington, D.C. The 81st Regional Support Command, based at Fort Jackson, will be one of the units participating in the 57th presidential inaugural, set for Monday.

Afghanistan veteran scheduled to receive Medal of Honor

From Army News Service

WASHINGTON — President Barack Obama announced last week that former Army Staff Sgt. Clinton L. Romesha will receive the Medal of Honor Feb. 11 for his actions in Afghanistan.

Romesha will be the fourth living recipient to be awarded the Medal of Honor for actions in Iraq or Afghanistan. He and his family will join the president at the White House for the award.

The staff sergeant helped repel an enemy attack of some 300 fighters who outnumbered the defenders of Combat Outpost Keating in Nuristan Province, Afghanistan. The Soldiers awoke Oct. 3, 2009, to find the enemy occupying the high ground surrounding their combat outpost.

Romesha braved intense enemy fire to mobilize a five-man team, according to sources who were there. He reportedly took out an enemy machine-gun team and while engaging a second, the generator he was using for cover was struck by a rocket-propelled grenade, wounding him with shrapnel. Yet he continued to fight.

He directed air support that destroyed more than 30 Taliban fighters and personally took out several other enemy positions, according to reports. He provided covering fire and helped three of his wounded comrades reach the aid station. He also braved fire to recover several fallen comrades.

Romesha’s efforts enabled Bravo Troop, 3rd Squadron, 61st Cavalry Regiment, to regroup and fight off a force that greatly outnumbered them, according to reports. At the time, he was a section leader with Bravo Troop, which was part of the 4th Brigade Combat Team, 4th Infantry Division, in Afghanistan.

Romesha separated from the Army April 4, 2011. He and his family currently live in Minot, N.D. He is married to Tamara Romesha and they have three children; Dessi, Gwen, and Colin.

Romesha enlisted in the Army in September 1999 as an M1 armor crewman. After completion of training at Fort Knox, Ky., he was assigned as a tank gunner with Company B, 1-63rd Armor, Camp Vilseck, Germany. His tour there included an operational deployment to

Kosovo.

After Germany, he was assigned as a gunner/assistant tank commander with A Company, 2-72nd Armor, Camp Casey, Korea. Following Korea, which included a combat tour to Iraq, he was assigned as a section leader with 3-61st Cavalry, Fort Carson, Colo. There he completed the Long Range Reconnaissance Course, Advanced Leader Course, and Air Assault Training.

His military decorations include: the Afghanistan Campaign Medal with Campaign Star, Iraq Campaign Medal with three Campaign Stars, Bronze Star Medal, three Army Commendation Medals, Purple Heart, five Army Achievement Medals, Valorous Unit Award, Army Good Conduct Medal, National Defense Service Medal, Global War on Terrorism Service Medal, Kosovo Campaign Medal, Korean Defense Service Medal, Non Commissioned Officer Professional Development Ribbon with Numeral 2, Army Service Ribbon, Overseas Service Ribbon with Numeral 5, NATO Medal with Bronze Service Star, and the Combat Action Badge.



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Calendar

Friday, Jan. 25

MLK Day luncheon

11:30 a.m.; Solomon Center

The guest speaker will be Brig. Gen. Bar-rye Price. For more information, call 751-4117 or 751-2990.

Announcements

RECLAMATION SALE

A military clothing reclamation sale is scheduled for 8 a.m. to 3 p.m., Feb. 4 and 5, at 2570 Warehouse Row. The cash-only sale is open to military personnel of all ranks and to military retirees. For more information, call 751-7213.

NFFE ELECTIONS

The National Federation of Federal Employees, Local 1214 will hold elections Feb. 12 at the Union Hall. The polls will be open from 11:30 a.m. to 2 p.m. Any member who has paid dues and is in good standing is permitted to vote. The candidates for president are Jeffery Richardson, Directorate of Emergency Services; Melony Peters, Training Support and Schools Directorate; and Theodore Cole, 171st Infantry Brigade. For a list of candidates for all positions, email usarmy.jackson.93-sig-bde.mbx.jackson-nffe-1214@mail.mil.

PAALS PATRIOTS CLASS

Palmetto Animal Assisted Living Services will offer a free class to active-duty Soldiers and veterans who are experiencing emotional difficulties in response to combat experiences. The class, PAALS Patriots, focuses on working with service dogs in training. It will also incorporate work with therapy horses. The six-week class will begin in February and is scheduled from 5 to 7 p.m., Tuesdays at the Main Post Chapel. For more information, call Jean Rogers at 920-0042.

GATE 1 CHANGE

Gate 1 is now open for outbound traffic from 5 a.m. to 9 p.m. throughout the entire week.

GARDEN PLOTS RENEWAL

Garden plots in Victory Garden and in family housing are up for renewal. Permits are valid for 12 months, beginning Feb. 1. Garden plots are issued first to permanent party Soldiers, then to retired service members. Remaining plots are available to civilian employees. For more information, call 751-7126.

TARP BRIEFINGS

Threat Awareness Reporting Program briefings are scheduled for the following

dates at the Post Theater:

- Today; 10 a.m. and 3 p.m.
- Jan. 24; 10 a.m. and 3 p.m.
- Jan. 28; 3 p.m.

CIF INVENTORY CLOSURE

The Central Issue Facility will be closed through Friday for its annual inventory. Soldiers and civilians who are required to clear the installation during this time should schedule an appointment before Monday by calling 751-6524/2870/2739. CIF will resume normal business hours Monday. For more information, call 751-7213.

CI RECRUITING TEAM VISIT

The Army counterintelligence special agent recruiting team will conduct information briefings 9 a.m. and 10:30 a.m., Jan. 25, at the Education Center. The presentations are primarily aimed at Soldiers in the grade of senior E4 and junior E5. For more information, contact Sgt. 1st Class Monica Backlund at (520) 533-5952 or at monica.backlund.mil@mail.mil.

FREE KARATE LESSONS

Free Okinawan karate lessons are offered at 4:40 p.m., Tuesdays and Thursdays at the Floyd Spence Reserve Center drill hall. For more information, email joel.quebec@usar.army.mil.

SCHOLARSHIP APPLICATIONS

Army Emergency Relief is now accepting applications for the MG James Ursano scholarship. The scholarship program assists spouses and children of active and retired Soldiers in obtaining a four-year undergraduate degree. Recipients must apply each year and may receive assistance for up to four years. For more information, visit www.aerhq.org.

EMERGENCY ASSISTANCE

The Wounded Warrior Project and Operation Homefront are offering emergency financial assistance to service members and veterans who incurred a physical or mental injury, illness or wound, which was not due to their own conduct and coincident to their military service on or after Sept. 11, 2001. For more information, visit www.operationhomefront.net.

AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

COMMISSARY NEWS

Students can now apply for the 2013 Scholarships for Military Children Pro-

gram. The program awards at least \$1,500 at each commissary. Applications must be turned in to a commissary by close of business Feb. 22. For more information, visit www.commissaries.com or www.militaryscholar.org.

For more Commissary news, visit www.commissaries.com.

THRIFT SHOP NEWS

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

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.

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.

DISCOUNTS FOR MILITARY

The American Red Cross is offering first aid, CPR, AED and caregiving training at a 30 percent discount for active duty service members and their families. Use the following discount codes, as appropriate: MARINES1013; ARMYFS0713; MILITARY1013 (for Air Force, Navy and Coast Guard). For more information, call (800) RED-CROSS or visit www.redcross.org.



Friday, Jan. 18 — 7 p.m.
Flight R

Saturday, Jan. 19 — 2 p.m.
Red Dawn PG-13

Sunday, Jan. 20 — 2 p.m.
Flight R

Wednesday, Jan. 22 — 1:30 p.m.
Red Dawn PG-13

Wednesday, Jan. 22 — 4:30 p.m.
Flight R

For more listings, visit www.aafes.com or call 751-7488.
Adults: \$5
Children (6-11 years old): \$2.50

CPAC CORNER

WEINGARTEN NOTICE

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

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

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

Some points to remember about Weingarten Rights:

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

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

Follow the Leader on Twitter at www.twitter.com/fort-jacksonpao.

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

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

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Jan. 31 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Jan. 31 Leader must be

submitted by Jan. 23.

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

The Fort Jackson Leader will publish periodic updates on a variety of garrison community, construction and quality of life activities to keep the community informed of ongoing events.

Community updates

❑ USC Collaboration. Col. Houston, Dr. Hayes, Mr. Ryan, and Mr. Henderson met with officials at the University of South Carolina to discuss the way ahead. Fort Jackson agreed to host a USC faculty member delegation in the April timeframe to gain a better appreciation for Fort Jackson and to hold discussions with commands and partners to promote opportunities. Per discussions among the deputy chief of staff, PAIO, and garrison commander, mission (G5) desires to take the organizational lead.

❑ American Red Cross (ARC): Fort Jackson is proud to share that a WTU Soldier previously stationed at Fort Jackson in 2010 took a CPR/First Aid class with his spouse while assigned to the Wounded Warrior Program. The ARC Fort Jackson arranges this training free of charge. On Dec. 24, the training was put to the test and to good use. Former WTU Soldier Wayne J. Potuznik's mother-in-law suffered a severe asthma attack and stopped breathing. Thanks to the Red Cross training, Wayne and his wife Kaylee were able to provide mouth-to-mouth and CPR when a pulse could not be found. The mother-in-law was saved on Christmas Eve and is recovering in a German hospital.

❑ HHG/Personal Property Shipment Office "Regionalization" Update. Effective Jan. 1, certain "back-office" HHG/Personal Property Shipment Office functions have been "regionalized" and shifted to the Joint Personal Property Shipping Office at Jacksonville, Fla. (JPPSO-SE). Fort Jackson's Personal Property Shipment Office has been renamed "Personal Property Processing Office." Our "Personal Property Processing Office" can handle shipment counseling and can input move requests into the automated system. The "Personal Property Processing Office" can also provide status back to customers regarding their moves. The big change is that our local Personal Property Processing Office will no longer be "directly" involved in "booking" or arranging for moves. These arrangements will be accomplished by the JPPSO in Jacksonville.

❑ Antiterrorism: The ATO initiated coordination with DoD JSIVA Team POC for the upcoming JSIVA visit on March 10-15, after receiving official notification.

❑ AT training: The ATO conducted Active Shooter Workforce Training for NCCA on Jan. 7.

❑ Emergency Management meeting: EM attended the DHEC Region 3 Strategic National Stockpile, readiness Initiative Planning meeting. This quarterly committee reviews plans and actions for pandemic response.

❑ EM Hurricane planning: On Jan. 8, EM initiated planning for fiscal year 2013 hurricane season which included logistical support for unit managers, CMP review and requisition coordination through AMC.

❑ Directional Signage and Kiosks Project: Directional and major intersection street signage will be complete not later than Jan. 25. Information kiosks are expected to be complete not later than March 30.

❑ Timber Harvesting at Modified Record Fire-12 (MRF-12): The timber harvesting contractor began timber removal operations for MRF-12 with an expected completion date of Jan. 31.

❑ Environmental Training: The Environmental Division staff conducted the Administrative Environmental Compliance Officer (ECO) course on Dec. 17 with 12 students in attendance.

Construction updates

❑ Hilton Field Revitalization Projects: Construction started on the press box expansion and electrical work with an estimated completion date of not later than Jan 16. Construction

is under way on the new latrines. Promenade construction will start not later than Jan. 18. Per discussions with the Fort Jackson chief of staff, G3 is publishing an operations order detailing unit considerations for Family Days and graduations detailing handicap parking, etc., DPW will provide an on-site POC for the unit senior commander on both Family Days and graduations to handle any concerns with the construction crew to prevent interference with construction and the events.

❑ Building 1525 (81st RSC) Construct Parking Lot Access Road: Construction is ongoing with an estimated completion date of Jan. 25.

❑ Range 1 (status green): White lights (admin) for ranges 1-5 and Range 17 are installed, the project is now complete.

❑ Bastogne Range (status green): The Lightning Protection Area (LPA) is built and complete. B Company 4-10 Infantry Regiment submitted a work order to construct weapons

cleaning point with an ARMAG and tables for troops to clean weapons; all housed under the LPA.

❑ Fit to Win (status green): Thinning & clearing of trees & vegetation is ongoing; Completion date is scheduled for Jan. 21.

❑ Night Infiltration (status green): The Demo/Blast Pit electrical system update is complete.

❑ Omaha Beach Range (status green): Maintenance during Victory Block Leave was very successful: Built 42 new target pits: with new 6x6 lumber, installed new targets; reinstalled skip plates; rebuilt the mounds in from and reshaped the drainage around pits.

❑ Teamwork Development Course (TDC) 1 and 2 (status green): The rope/destroyed bridge platforms are rebuilt. The repair of erosion construct walkways is ongoing; estimate project completion is Jan. 21.

❑ Victory Tower (status green): the plank/lumber for the vertical and 45 degree rappel walls were replaced.

❑ Building 3359 (Daniel Circle Chapel) (Repair Temperature Pipes): The project has been awarded to repair temperature pipes. Repairs should be completed by Jan. 18.

❑ Building 2761 (MWR) (Legion Pool): Construction work has begun under the oversight of the COE and the estimated

completion date is April 18.

❑ Building 4442 (BCT Post Museum) (Outdoor Gallery Construction Project): Construction started on the project with an estimated completion date of Feb. 24.

❑ Building 4580 (Chapel) (Replace Roof): Construction is approximately 60 percent complete with final completion estimated as Feb. 18.

❑ Building 3652 (Golf Course Club House) (Replace HVAC): The estimated completion date remains as Jan. 18.

❑ Buildings 4711 (Exchange), 4712 (Exchange), and 4712 (Thrift Shop) (Replace Roof at Mini-Mall): Construction is on-going with an estimated completion date of Feb. 18.

❑ U.S. Army Chaplain Center and School (USACCS) (Five Bay Stor-

age Facility): Construction started on the foundation work with an estimated completion date not later than May 22.

❑ Building 2447 (Single Soldier Housing Complex)

See **UPDATE:** Page 17





Photos by ANDREW McINTYRE

TRADOC Commanding General, Gen. Robert W. Cone, addresses senior leaders at the Deputy Commanding General – Initial Military Training Conference, Tuesday. Cone emphasized the importance of leader development, standards and discipline, and a transition from an Army of execution to preparation.

Developing Leadership

Standards, discipline discussed at Military Training Conference



Col. Jeffrey Helmick, TRADOC Inspector General, speaks to senior leaders about TRADOC Top 5 issues of 2012. This information will help senior leaders make key decisions that will affect the future of their commands.



Capt. Travis Hawkins with the Fort Jackson Operations Office, demonstrates the capabilities of the Virtual Battle Space 2 program for senior leaders during the Deputy Commanding General – Initial Military Training Conference, Tuesday in Columbia. VBS2 is a battlefield simulation system used to develop Soldiers' combat readiness skills without having to spend large amounts of money to train in the field.

Mentoring program helps military kids

By **KIM WHEELER**
Special to the Leader

Nathan Graves does not have a lot of complaints. The C.C. Pinckney Elementary School fifth-grader enjoys school, participates in sports and music, and loves his supportive family. But that does not mean there is no room for another positive role model in his life.

Enter Navy Chief Petty Officer Rob White, Nathan's "Big" through the Big Brothers Big Sisters Military Mentoring Program.

The program, which was implemented in Columbia in January 2012, engages active duty, Reserve, or retired military personnel as volunteer mentors to children of military parents.

Since being matched at the beginning of the school year, Nathan and White have met every Thursday morning for supervised visits at the school to play board games, work on homework, play outside, or just talk about whatever is on Nathan's mind.

As the older brother of three little sisters, the 10-year-old loves the "male bonding" time he spends with White.

"It feels awesome to have someone to play with and talk to," Nathan said. "My favorite thing about him is that he likes hanging out with me."

Indeed he does.

"It's not just about the kids," White said of volunteering with the program. "The feeling I get when I interact with Nate — he brings out the youth in me. It's rewarding."

While the two have fun, something more important happens during the hour they spend together each week — the development of a one-on-one mentoring relationship that will have a long-term positive impact on Nathan's life.

"I think by being a positive role model for him, I can give something I didn't have growing up — it just gives him something extra," said White, a master at arms at McCrady Training Center's Navy Individual Augmentee Combat Training and father to two older boys.

That "extra" something will hopefully help inspire Nathan to succeed in school, avoid risky behaviors and gain confidence, said Heidi Johnson, president and chief executive officer of Big Brothers Big Sisters of Greater Columbia.

Johnson said the Military Mentoring Program aims to



Photo by KIM WHEELER, special to the Leader

Navy Chief Petty Officer Rob White spends time with Nathan Graves, 10, at C.C. Pinckney Elementary School once a week as part of the Big Brothers Big Sisters Military Mentoring Program.

"strengthen the connection between military parents and children, respect and reinforce family values, and help promote the education success of military children."

Many of the children who participate in the program attend C.C. Pinckney Elementary School, where the program has been a big success, said Annie Crandle, the school's principal.

"Our students look forward to meeting with their mentor each week," she said. "Having another positive role model in their lives is beneficial and rewarding for the boys and girls."

In its first year, the program has already matched 34 military children with mentors and currently has a waiting list.

"We have an immediate need for 14 volunteers," said

Johnson, "but we will continue to need volunteers even after those students are matched with a mentor. We will match at least 25 more students in 2013."

Volunteers must be at least 18 years old, live in Richland or Lexington County and plan to stay the Greater Columbia for at least the next 18 months, and be willing to spend about an hour each week with their "Little." Johnson said that all volunteers undergo a background check and orientation before being matched.

"I often hear from our mentors that they feel like they are getting more out of the relationship than their Little Brother or Little Sister," she said. "This is a great way to give back and positively impact the life of a child."

To volunteer as a Big Brother or Big Sister, contact case managers Emily Hebert or Tanza Cooper at 691-5700.



Photo by WALLACE McBRIDE

SSI announces quarterly awards

Dozens of instructors, Soldiers and support staff affiliated with the SSI are honored for their contributions during the previous quarter during an awards ceremony at the SSI auditorium Friday. 'This is a chance to thank them for what they do, because it's so critically important to what, as an institute, we are all about,' said Brig. Gen. David MacEwen, SSI commanding general.



Photo by STAFF SGT. MYLINDA DuROUSSEAU,
Third Army/ARCENT

282nd Band honored

Members of the 282nd Army Band's jazz combo are recognized by Lt. Gen. Vincent Brooks, fourth from left, Third Army/ARCENT commanding general, for their participation in the unit's New Year's reception at Shaw Air Force Base, Jan. 9.

Update

Continued from Page 9

Construction updates

(Replace Gas Boiler): Construction is approximately 75 percent complete.

❑ FOB Site 8A (Construct Pre-Engineered Steel Bldg): MICC awarded the project and the contractor is preparing the 35 percent design submittal.

❑ Building 3200 (VSB) (Renovate the Facility): Construction started with an estimated completion date of Feb. 27.

❑ Building 2450 (165th Infantry Brigade) (Replace Roof): Construction started with an estimated completion date not later than March 20.

❑ Building 2400 (NCO Academy) (Repair Gutters): Construction will begin on or about Jan. 28.

❑ Golden Arrow Road (Install Roadway Lights): Construction started with an estimated completion date not later than Feb. 4.

❑ Building 4235 (369th AG Bn) (Install Lighting for Flag Pole): DPW submitted the package to MICC on Jan. 8.

❑ Building 1875 (120th AG BN) (Roof Repair): Construction is 99 percent complete.

❑ Patton Stadium (1-34 IN) (Install Running Surface on PT track): After PSUS completes sanitary sewer work which affects the running track area, the contractor will resume construction with the estimated completion date in APR.

❑ 4-10 Infantry (Construct New Headquarters Building): Construction started with an estimated completion date of April 19.

❑ Pierce Terrace 5 (PT5) Housing Renovations: Renovations in PT5 started and are expected to be complete not later than Sept. 30. Contractors are currently conducting asbestos abatement.

❑ Land Mobile Radio Tower: Land cleared; soil sample obtained Dec. 10. Power pole erected, lines installed. Shelter delivery expected next 30 days;

Quality of life updates

❑ ACAP — Implementation of the New Army Transition Policy: Implementation of the New Army Transition Policy: The Veterans Opportunity to Work (VOW) Act is now in effect. We began our first five-day class Jan. 7. Mandatory training now includes: pre-separation counseling, individual transition plan development, VA Benefits Workshop attendance, development of financial budget and resume writing and practice interviewing. The Fort Jackson Policy Memorandum is pending approval/signature from the CG.

❑ Richland School District 2 — Online Choice application process began Jan. 7 and ends Jan. 31.

❑ Penny Carnival: Hosted by CYSS and will be held on Jan. 25 from 7 p.m. to 9 p.m. at the Solomon Center. West-



ern theme, games, crafts, Chuck Wagon with snacks. Nothing costs more than a penny. Arrest your friend and send him or her to jail. Open to the entire Fort Jackson Community.

❑ Outdoor Recreation Ski trip to Cataloocie, N.C.: On Jan. 28, trip departs from Marion Street Station at 7:30 a.m. and returns at 8 p.m., cost is \$19 per person for transportation only. Ski lift tickets are purchased on site.

❑ BOSS Open Mike/Poetry Slam: Feb. 1, 6 p.m., Heise Pond, Alpine Lodge — this is an opportunity to recite poetry, enjoy some music and refreshments in a rustic cabin setting at the Outdoor Lodge off of Semmes Road. No charge.

❑ Historic River walk & Tour Downtown Columbia: Sponsored by Outdoor Recreation, trip departs Marion Street Station at 2 p.m. and returns at 4:30 p.m. Feb. 9. Cost is \$10 per person (includes ticket and transportation). This is a guided tour of the historical downtown river walk area and will highlight the ruins of Congaree Bridge, General Sherman's "March to the Sea," and other civil war historical facts and information.

❑ Financial Readiness Program:

— Army Emergency Relief Fundraising Campaign: Kick-off scheduled for 10 a.m. March 1. JEM: Campaign dates are March 1- May 15.

— Annual Military Saves Week from Feb. 25- March 2 is an awareness campaign to help Soldiers build wealth not debt. Saving and Investing seminar scheduled for Feb. 26 (11 a.m.-1 p.m.); partnered with CYSS to offer money seminars to youth on Feb. 27; Display table at PX on Feb. 25 (11 a.m.-2 p.m.). One of the more popular seminars last year was Col. Houston (DENTAC Commander) teaching basics of investment. It was interactive with live demonstrations about stocks and other investment tools.

❑ Sexual Harassment and Response Program: DA released position descriptions and hiring approval for two garrison assets (GS-11 Sexual Assault Response Coordinator and a GS-09 SHARP Victim Advocate) to provide training and assistance to garrison personnel.

❑ Relocation Readiness Program: Post Newcomer's Orientation scheduled for 9 a.m. Feb. 6, PCR. All newly assigned Soldiers and civilians and their spouses are encouraged to attend.

❑ Employment Readiness (ER) Program: Last year's participation are impressive. Designed to mitigate stresses on Army spouses due to their mobile military life style, this program primarily assists in writing resumes, linking spouses and other family members with employment, and maintaining working relationships with employers who have agreements with the military to hire military spouses. During 2012, there were 351 classes conducted for 2,205 attendees. The most popular classes were federal employment strategies, instructor-led computer classes and basic resume writing. ER staff assisted in developing 350 resumes with more than 100 clients/spouses finding employment. FJ ERP held the first Region Teen Virtual Job Fair with more than 2,000 job-seeker hits on the website and sponsored/co-sponsored nine different hiring events/job fairs with more than 3,000 job seekers participating. Scholarships for Military Family Members training is scheduled for four separate sessions during the next six weeks and details are on the ACS website. Training is scheduled for Jan. 24, 9 a.m.-11:30 a.m. at the Education Center and is led by staff from the USC Small Business Development Center. It has been well attended with highly laudatory comments in the past.

❑ Chaplain:

— Christmas Eve, Christmas Day and New Year's Eve Watch Night worship services attendance totaled 468.

— Financial Peace University (FPU) for winter/spring begins Jan. 29. Thirty-five graduated from the ICO hosted fall/winter FPU. Of those, six families already eliminated a combined \$67,699 of debt. All adopted financial tools to end family debt.

❑ CPAC: Team Building training was conducted by Cynthia Rudison. The staff is involved in the ongoing CYS project to ensure eOPF and suitability files are in order and ready for auditing. Conducted Classification round table. Weekly training covered: ATAAPS, onBoarding, USA Staffing Quick Tips, Portal Event Tracker, and creating shortcuts for various programs to mitigate work stoppage when Portal is unavailable.

❑ Upcoming Events of Interest:

Jan. 13: Chaplain (MAJ) Kelley retirement luncheon, Fort Jackson Officers Club

Jan. 20: Combined Protestant Worship Service for BCTs

Jan. 22: CG First Quarter Helping Hand Award

Jan. 25 (7 - 9 p.m.): Penny Carnival at the Solomon Center

Jan. 28 (7:30 a.m.-8 p.m.): Outdoor Recreation Ski trip to Cataloocie.

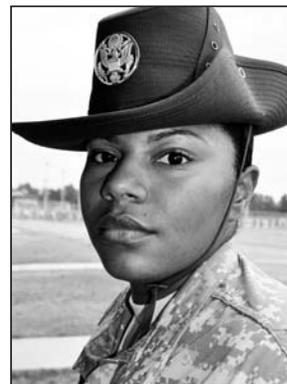
Feb. 1 (6 p.m.): BOSS Open Mike/Poetry Slam.

Feb. 9 (2-4 p.m.): Historic River walk Tour Downtown Columbia

Feb. 26 (11 a.m.-1 p.m.): Saving and Investing seminar

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class
Brian Tidwell**
Company A
1st Battalion,
61st Infantry Regiment

**Staff Sgt.
Crystal Davis**
Company B
1st Battalion,
61st Infantry Regiment

**Sgt. 1st Class
Clint Lyons**
Company C
1st Battalion,
61st Infantry Regiment

**Sgt. 1st Class
Nathan Teixeira**
Company D
1st Battalion,
61st Infantry Regiment

**Staff Sgt.
Stephanie Wideman**
Company E
1st Battalion,
61st Infantry Regiment

**Staff Sgt.
Christopher Speich**
Company F
1st Battalion,
61st Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Brich Guevara

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Sherrard Hawkins

**SOLDIER LEADER
OF THE CYCLE**
Spc. Westley Tenbarge

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Kevin Ellis

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Benita Jones

**SOLDIER LEADER
OF THE CYCLE**
Spc. Amez Harris-Randall

SOLDIER OF THE CYCLE
Pvt. John Rivers

SOLDIER OF THE CYCLE
Spc. William Oncken

SOLDIER OF THE CYCLE
Pvt. Brian Bourne

SOLDIER OF THE CYCLE
Pvt. Thomas McDermott

SOLDIER OF THE CYCLE
Spc. James Simo

SOLDIER OF THE CYCLE
Pvt. Russell Peterson

HIGH APFT SCORE
Pvt. Toland Holloway

HIGH APFT SCORE
Pvt. Aroxsi Apkarian

HIGH APFT SCORE
Pfc. Dain Thomas

HIGH APFT SCORE
Spc. Shylan Hutson

HIGH APFT SCORE
Pfc. Mishayla Salmons

HIGH APFT SCORE
Pvt. Blas Toral Chang

HIGH BRM
Pfc. Jacob Centers

HIGH BRM
Spc. Shaun Smith

HIGH BRM
Spc. Robert Lansdell

HIGH BRM
Pvt. Laredo Saucedo

HIGH BRM
Pvt. Richard Smith

HIGH BRM
Pfc. Sheldon McCraith

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Spc. Tamesha Davis

SERVICE SUPPORT
Herman James

TRAINING SUPPORT
Sgt. Tiara Seaberry

DFAC SUPPORT
James Mosley

FAMILY SUPPORT
Heather Cummings

Protect yourself throughout flu season

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Each year, thousands of people across the world are infected with influenza. Therefore, it is important for everyone to take precautions to avoid getting sick.

Some of the precautions include getting the flu vaccination, paying attention to detail when washing hands, using hand sanitizing solutions throughout the day, and not spreading germs to others. Antiviral drugs are used once a person has contracted the flu.

“Prevention is the first step,” said Capt. Charlene Davis, Moncrief Army Community Hospital public health nurse. “Get your flu vaccination.”

Practicing good hygiene and using proactive measures will help minimize the chance of having to miss work or school, having to wait in emergency rooms or clinics or having to cope with the symptoms that go along with contracting the virus.

“Washing your hands and staying away from others who are sick or who have flu-like symptoms are other ways of prevention or protection against the virus,” Davis said.

But if you do become ill or have symptoms, seek medical attention.

“It is important to go to your health care provider if you think you are coming down with the virus or have flu-like symptoms,” she said.

There are a variety of flu-like symptoms.

“Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever,” according to the U.S. Department of Health and Human Services Centers for Disease Control and Prevention.

The CDC recommends three actions to fight the flu:

VACCINATE

- ❑ A yearly flu vaccine as the first and most important step in protecting against flu viruses.
- ❑ Although there are many different flu viruses, the flu

vaccine protects against the three viruses that research suggests will be most common.

- ❑ Everyone 6 months and older should get a flu vaccine as soon as the current season’s vaccines are available.
- ❑ Vaccination of high-risk people is especially important to decrease their risk of severe flu illness.
- ❑ People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions such as asthma, diabetes or heart and lung disease and people 65 and older.
- ❑ Vaccination is also important for health care workers and other people who live with or care for high-risk people to keep from spreading flu to high risk people.

STOP GERMS

- ❑ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ❑ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ❑ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ❑ Try to avoid close contact with sick people.
- ❑ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- ❑ While sick, limit contact with others as much as possible to keep from infecting them.

ANTIVIRAL DRUGS

- ❑ If you get the flu, antiviral drugs can treat your illness.
- ❑ Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- ❑ Antiviral drugs can make illness milder and shorten the time you are sick. They can also prevent serious flu complications, like pneumonia.
- ❑ It is very important that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick

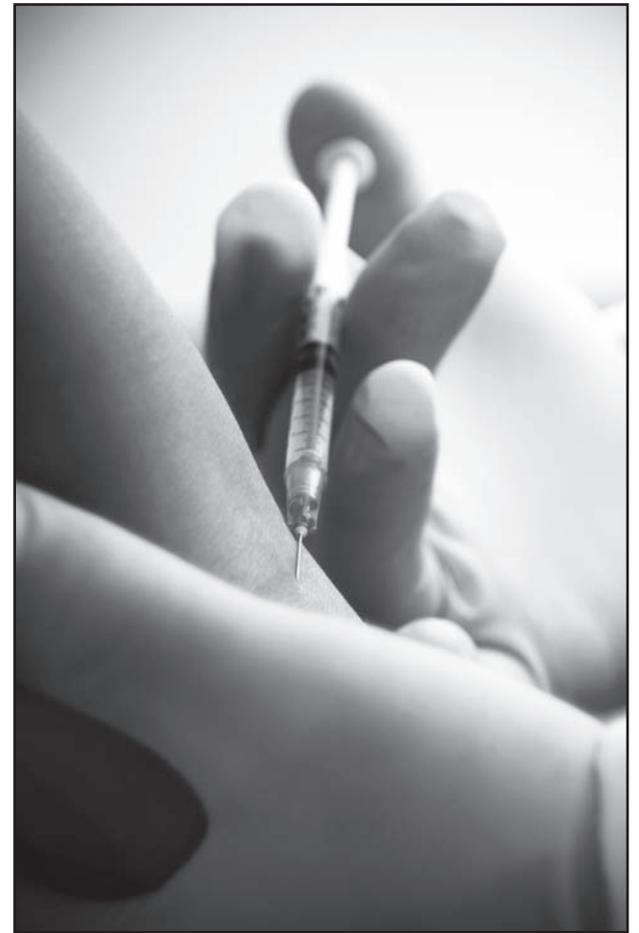


Photo illustration by METRO CREATIVE GRAPHICS

with the flu and have a greater chance of getting serious flu complications, either because of their age or because they have a high-risk medical condition. Other people also may be treated with antiviral drugs by their doctor this season. Most healthy people who get the flu, however, do not need to be treated with antiviral drugs.

For more information visit www.cdc.gov/flu or call 1-800-CDC-INFO or call the MACH Department of Preventive Medicine at 751-5200.

Editor’s note: Information from the CDC website was used in this article.

MACH UPDATES

TRICARE CHANGES FOR RESERVES

Beneficiaries enrolled in TRICARE Reserve Select or TRICARE Retired Reserve need to switch to an electronic form of payment. TRICARE now only accepts monthly premium payments using recurring automatic payments by credit or debit card or by recurring electronic funds transfer from a linked bank account.

For more information and to set up automatic payments, contact your regional contractor. Contact information is available at www.tricare.mil/contacts.

HEALTHY WEIGHT WEEK AT MACH

The Moncrief Army Community Hospital Army Public Health nursing staff will be at the Exchange to celebrate Healthy

Weight Week from 10 a.m. to 2 p.m., Jan. 24. Learn about your optimal healthy weight for maximum performance as well as how to meet or beat the Army Physical Fitness Test standards and prevent disease.

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by MACH’s Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 4:30 to 5:30 p.m. the first Wednesday of the month at MACH, Room 8-85.

“Lunch with the Dietitian” will be offered the second Wednesday of the month in the MACH Dining Facility from 12:15 to 12:45 p.m. For more information, call 751-2489.

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



Your health care
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Moncrief Army Community Hospital
Integrated Health Clinic
Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
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- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It’s health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



MACH safety manager retires after 30 years

By **ANDRE BUTLER**

Moncrief Army Community Hospital

The Moncrief Army Community Hospital command team and staff said farewell to one of their own Jan. 3 in the MACH conference room.

MACH's safety manager Otis Paris retired from the hospital where he had more than 30 years of continuous service, which started in May 1982.

"These are the moments that are truly bittersweet," said Col. Mark Higdon, MACH commander. "Letting go of an employee who has been such an inspiration to the organization is hard to do, but Mr. Paris has provided us with outstanding service for 30 years and now he has decided to leave ... so we must let him go. And for his service we celebrate him today."

Paris worked in the Safety Department throughout his employment with MACH, and moved through the ranks to become the head of the section.

"I've always tried to do the best job I could for the hospital," Paris said. "And that is all anyone ever asked of me, perform my best and do the right thing."

Employees who spend so much time with one organization often become the go-to-guy or the subject matter expert for that institution. And recognizing those individuals who carry the unit becomes a task one can accomplish without much help or input from others.

"It is very easy to recognize folks who hold up the organization," Higdon said. "Mr. Paris is such a person. You can see the work that he has done, and you can actually measure his accomplishments. Just walk around the hospital and you can see how safety has and does support the organization."

Employees at MACH have a mission that is geared toward supporting and championing what the commander calls "MACH Jackson 5" — Patient Centered Medical Home, Integrated Disability Evaluation System, Comprehensive Behavioral Health System of Care, Comprehensive Pain Management Campaign Plan and Soldier Medical



Photo by STAFF SGT. TOMEKA DeBRUCE, Moncrief Army Community Hospital

Col. Mark L. Higdon, left, Moncrief Army Community Hospital commander, and MACH Command Sgt. Maj. Vincent Bond present Otis Paris, MACH safety manager, with the Commander's Award for Civilian Service Jan. 3 in the MACH conference room. Paris retired after 30 years of service at the hospital.

Readiness Campaign Plan.

Focusing on the "Jackson 5," the commander's intent is to provide high quality support and service to patient-centered care for those who receive their health care at MACH.

And with employees such as Paris these standards and goals are being met daily.

"Our primary focus is our patient care. How we treat our patients and how we provide for them is most important,"

Higdon said. "It takes people like Mr. Paris to make this happen — another reason for not wanting him to leave."

During Paris' time at MACH he had the chance to meet a lot of people. And saying goodbye was not easy for him, he said.

"I appreciate the opportunity to meet such good people," Paris said. "It is tough leaving, and, hopefully, I'll see you guys (in the near future)."

Mark Healthy Weight Week with Jan. 24 event at Exchange

By **CAPT. JOSEPH A. JACQUEMOUD**
Moncrief Army Community Hospital

Do you want to be a lean, green, fighting machine? Are you mission ready? Perhaps, you just want to find out how to attain your healthy weight goals or how to sustain a healthy weight for a lifetime.

Celebrate Healthy Weight Week with the Moncrief Army Community Hospital Department of Preventive Medicine staff from 10 a.m. to 2 p.m., Jan. 24 at the Exchange.

Find out more about optimal body weight management, upcoming fitness events and practical nutritional plans. Army public health nurses, fitness and nutritional experts will be on hand to answer your questions and get you on a healthy path to start off the new year.

Weight management is a complex process that requires persistent focus and dedication to obtain desired results. Many people know that achieving and maintaining a healthy weight lowers the risk of diseases

and increases quality of life. However, rather than fixating on weight alone, it is more important to look at our lifestyle choices. The goal should be centered on creating positive behavior changes aimed at improving your current lifestyle.

To effectively start the process, self-evaluation is required to determine personal strengths and areas of improvement. By evaluating what you do, you can pinpoint the reasons behind your decisions. Without determining the rationale of your actions, success is unlikely.

After this is complete, set specific goals targeting those behaviors you wish to change. Start with goals that challenge you but are still reasonable and attainable. Make sure you can measure your progress and always have an end date with a goal. Finally, use goals of varying length to act as progress reports or checkpoints, re-evaluating at the end of each goal.

So come out and find out how you can reach your weight management goals for 2013 and beyond.



Choose to walk with God this year

By **CHAPLAIN (CAPT.) PATRICIA NICHOLS**
4th Battalion, 10th Infantry Regiment

While I was driving into work this morning, fog lay like a thick cotton blanket across the landscape. Dots of oncoming traffic, barely perceptible, pushed their way through the cover. The air was damp and chilly. Just getting into the car, I experienced a chill that ran from head to toe as I sleepily fumbled with the heater. Heading to formation, I knew we were in for the 100 percent urinalysis after the holidays.

Oh, but such a good day to stay in bed for a few more hours, enjoy a cup of coffee by the fire, let the boys skip school — maybe cook them bacon and eggs. But, no, I decided to come on in.

“What?” you might say, “you *had* to come in — it was mandatory.” Yes, it was mandatory, but I still had a choice. I chose to come in because I did not want the consequences of choosing to stay in bed. We always have choices. Our ability to choose is a significant gift — perhaps the most significant of all. We actually have a hand in the direction of our lives. Not only that, but we have an opportunity to significantly impact the lives of others with the choices we make.

Think for a moment of the people so special to you. Think of the choices they have made regarding you — the impact they have made on your life. What a gift! And what responsibility we have because of this gift.

Yes, our ability to choose is a wonderful gift. Even more amazing is the fact that we can choose to walk hand-in-hand with our Creator — the one who says to us, “*I know the plans I have for you — plans to prosper you and not to harm you, plans to give you hope and a future.*” (Jeremiah 29:11)



Photo illustration by METRO CREATIVE GRAPHICS

I have found that making this choice helps with all the other choices I make daily.

What choices big and small lie before you on this clean slate of 2013? I pray you find all the strength, courage, and

grace to make daily decisions that will make this year a benchmark year for you and your family.

Remember, the Chaplain Corps is here to serve. Please do not hesitate to contact your chaplain if we can be of service.

Worship & Praise

PROTESTANT

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

Protestant Bible Study

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

- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- 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

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

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

- Wednesday
 - 3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

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

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

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

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. Homeschoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307

Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

American Red Cross volunteer orientation

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

Sergeant Audie Murphy Club Association study hall

Thursdays, noon, NCO Academy conference room, www.facebook.com/FJSAMCA.

MONTHLY

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 (September through June), 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.

American Legion Post 182

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

Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., Magruder's Pub and Club, 751-3014.

Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.

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 Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.

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.

Sergeant Audie Murphy Club Association

First Wednesday of the month, noon, Daniel Circle Chapel, www.facebook.com/FJSAMCA.

Better Opportunities for Single Soldiers

Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.

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.

Victory Riders Motorcycle Club

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

The Rocks Inc., James Webster Smith Chapter

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

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.

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.

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 jrodgers11@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.

Fort Jackson Cub Scouts

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

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.

Gold Star Wives, Palmetto Chapter

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

Combat Vets Motorcycle Association

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

Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

American Legion Louis D. Simmons Post 215

Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.

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