

THURSDAY, JULY 11, 2013

THE FORT JACKSON LEADER

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

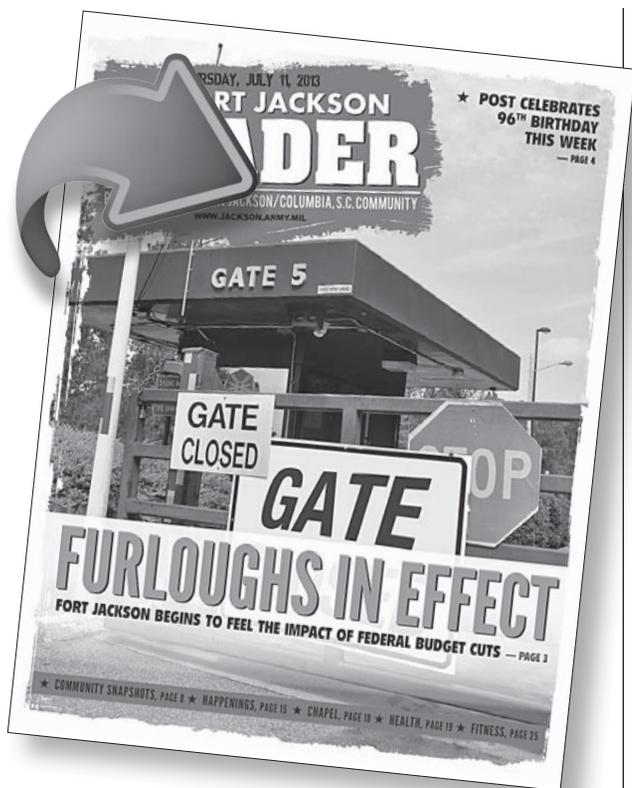
★ POST CELEBRATES
96TH BIRTHDAY
THIS WEEK
— PAGE 4



FURLOUGHS IN EFFECT

FORT JACKSON BEGINS TO FEEL THE IMPACT OF FEDERAL BUDGET CUTS — PAGE 3

★ COMMUNITY SNAPSOTS, PAGE 8 ★ HAPPENINGS, PAGE 15 ★ CHAPEL, PAGE 18 ★ HEALTH, PAGE 19 ★ FITNESS, PAGE 25



ON THE COVER

Photo collage by WALLACE McBRIDE

Civilian furloughs began to impact services on Fort Jackson this week. Among those changes is the temporary closure of Gate 5 at Leesburg Road. **SEE PAGE 3.**

THE FORT JACKSON LEADER

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

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

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.

Commanding General.....Brig. Gen. Peggy Combs
Garrison Commander.....Col. Michael S. Graese
Public Affairs Officer.....Michael B. Pond
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride
Staff writer.....Andrew McIntyre

Website: www.jackson.army.mil

Facebook: www.facebook.com/FortJacksonLeader

Twitter: www.twitter.com/fortjacksonpao

FORT JACKSON TALKS BACK

'Why did you join the Army?'



Lewis Corbette
Retiree

(Joining the Army) is something that I always wanted to do. I was not going to be drafted, because back then they had the draft. My draft number was 424. I joined and went to basic training and AIT here at Fort Jackson, but I could never get stationed here. The best part of my career was the traveling. I enjoyed the traveling. I was able to see Korea, Germany and Japan.



Sgt. 1st Class Anthony Cruz-Diaz
NCO Academy

I started in high school junior ROTC (Reserve Officer Training Corps), and I really liked it. When everything got settled and it came time for me to join, I was ready. It was the best decision that I made in my life. I am from Puerto Rico, and other than learning English from joining the Army, I love the fact that I was able to travel. I have been to Italy, Thailand and Hawaii — I can't complain.



Col. Stanley Brown
Financial Management School,
Soldier Support Institute

I joined the Army for the excitement. I was a Catholic high school graduate, and so the excitement of joining, traveling and the desire to serve was the reason I joined. I have been able to see many countries. My biggest highlight while traveling was visiting Italy. The best part of my career was changing jobs every two or three years — that's kind of exciting to me.



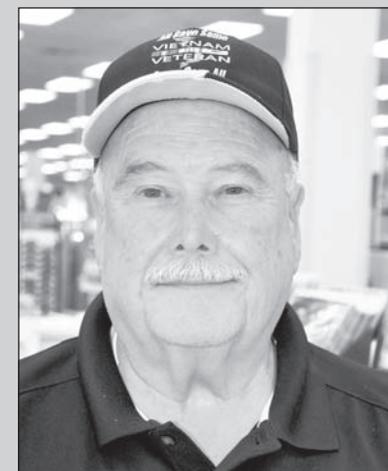
1st Sgt. Matthew Dial
2nd Battalion,
39th Infantry Regiment

I joined the Army because I wanted structure and discipline. I have about four years left, and I would say the most enjoyable part of my career has been the camaraderie and brotherhood I share with Soldiers.



Katherine Mureddu
Retiree

When I was a little kid — I was born in 1950 — the television was on. My mother and my uncle said that I went to it (the television) when the (military) women were on it and I pointed to it and they said, "No you don't want to do that." Of course, I did not know that's what happened until they told me. I liked the Army. I was in the medical field. I liked the traveling. The best part of my career was helping others.



Gary Nesbitt
Veteran

Back then we had a draft. Either you volunteered or got drafted. If you volunteered, then you could choose what field you wanted to be in. If you got drafted, you got put in where they wanted you to be. I joined up and chose to be a fire control instrument repairmen, which is a specialty field in artillery. The highlights of my career was the traveling. I went to Vietnam, Thailand and Australia.

Furloughs affect some operations

Leader Staff Report

Mandatory one-day-per-week furloughs for approximately 3,500 federal civilian employees on Fort Jackson began Monday, affecting some of the services on the installation. The furloughs will not have an impact on AAFES and Family and Morale, Welfare and Recreation services.

GARRISON

Overall Garrison operations

Expect delays, as all offices have employees taking furlough days throughout the week. Offices that are open and operational Monday through Friday will still have staff shortages and will prioritize work accordingly. Furlough hours of operation are strictly adhered to — there is no flexibility to extend employee hours.

Army Community Services

ACS Center and services will focus on cadre and Soldiers in training. Victim advocacy for all domestic violence cases and victim advocacy for sexual assault for garrison Soldiers continue around the clock (call 429-4870 to reach an on-call Family Advocacy Program social worker). There are no changes in the reporting procedures for spouse/child abuse. The main ACS Center in Strom Thurmond Building, Room 120, continues to take walk-ins and phone calls Monday through Thursday, from 8 a.m. to noon and from 1 to 4 p.m. Non-emergency complex cases are given an appointment with a specialist, but expect delays. All inprocessing of Soldiers will take place Tuesdays and Thursdays at 7:30 at the Strom Thurmond Building, Room 223. All outprocessing of Soldiers will take place Monday through Thursday from 3 to 3:30 p.m. at the Strom Thurmond Building, Room 223. Soldiers who are not able to in- or outprocess during those times should call 751-1124/5256 to schedule a personal appointment. Other specialized services will be by appointment.

The following ACS offices will be closed Fridays: Army Volunteer Programs (AVCC, AFTB and AFAP); Employment Readiness Program; Exceptional Family Member Program; Family Advocacy Program (New Parent Support); Family Advocacy Program (Prevention Services); Financial Readiness Program/Army Emergency Relief; Information and Referral; Mobilization and Deployment/Outreach; Relocation Readiness Program; Survivor Outreach Services (SOS). For emergency financial assistance for valid and unforeseen needs on Fridays, call the American Red Cross at 877-272-7337.

Directorate of Human Resources

DHR will remain open Monday through Friday. Many activities have 50 percent of the workforce furloughed on Mondays and the other 50 percent on Fridays.

Directorate of Emergency Services

DES will be operational with reduced staffing throughout the week.

Directorate of Public Works

DPW furloughs employees on various days in order to always maintain coverage for emergency work. The trouble call line is operational five days a week.

Directorate of Logistics

DOL is marginally staffed in all functional areas. All customers are encouraged to plan ahead and be prepared for delays. Transportation Motor Pool sick call shuttles and religious accommodation shuttles are completely suspended. There are no TMP motor moves in support of program of instruction training on Saturday and Sundays. Based on mission priorities, TMP motor moves schedules and days of service may vary with little or no notice.

The Central Issue Facility will be closed Mondays for basic training Soldiers (retained issue support during reception process).

The following DOL offices will be closed Fridays: Log Plans and Operations Division, Ammunition Supply Point, QASAS support, Supply Support Activity, Central Receiving Point, CIF (for permanent party; support is available on other days by appointment), Maintenance Division, Transportation — HHG/PPSO/PPPO, Transportation — Freight Office.

Network Enterprise Services

NEC will be operational with reduced staffing throughout the week.

Internal Review Office

The Internal Review Office will be closed Mondays.

Directorate of Plans, Training, Mobilization and Security

The following DPTMS offices will be closed Mondays: Installation school support such as direct Soldier enrollments into ATRRS for Noncommissioned Officer Education System and Professional Military Education, review of DTS orders for NCOES and PME courses, coordination with Human Resources Command, school managers, and sister services for additional training seats, Soldiers ATRRS status for schools.

The following DPTMS offices will be closed Fridays: Ammunition Management; DA Photo

Commissary

The Commissary will be closed Mondays and Tuesdays.

Public Affairs Office

PAO will be operational with reduced staffing on Mondays and Fridays.

Staff Judge Advocate

The Staff Judge Advocate office will be closed Fridays. Personnel with violations may pay tickets/moving violations on Monday through Thursday.

Plans, Analysis and Integration Office

PAIO will be closed Fridays.

Directorate of Public Works

The following DPW offices will be closed Fridays: Environmental, Housing, Business Operations, Master Planning, Engineering.

MONCRIEF ARMY COMMUNITY HOSPITAL

MACH will furlough the majority of its civilian workforce Mondays and Fridays. Therefore, all clinics will operate with reduced staff on those days. Longer waiting times should be expected.

To book appointments in the Integrated Health Clinic and Moncrief Medical Home, call 751-CARE (2273). Operating hours will be from 7:30 a.m. to 4 p.m.

The Urgent Care Clinic will continue operating 24 hours a day, seven days a week. For emergencies, dial 911 or go to the closest emergency room.

The Moncrief Medical Home will be open from 8 a.m. to 5 p.m.

Troop Medical Clinic will be open from 5 a.m. to 5:30 p.m., Monday through Friday. It will be open Saturdays from 7 a.m. to 4 p.m. for acute patients only.

Laboratory hours will be Monday through Friday, 7:30 a.m. to 4:30 p.m.

Furlough Pharmacy Hours

— Outpatient Pharmacy: Monday through Friday, 8 a.m. to 5 p.m.; Saturday, 7:30 a.m. to noon

— Refill Pharmacy: Monday through Friday, 9 a.m. to 6 p.m.; Saturday, 9 a.m. to noon for refill pick up

— TMC Pharmacy: Monday through Friday, 6:30 a.m. to 3:30 p.m.; Saturday, closed; Soldiers will be sent to the Outpatient Pharmacy, if required.

DENTAL ACTIVITY

Beginning July 19 through Sept. 30, dental clinics will operate as follows on Fridays

□ **Caldwell Dental Clinic:** Open Fridays; will provide sick call to all permanent party, Basic Officer Leader Course, Initial Entry Training, and Advanced Individual Training Soldiers.

□ **RMC:** Open Fridays

□ **Hospital Dental Clinic:** Open Fridays

□ **Hagen Dental Clinic:** Closed Fridays

□ **Oliver Dental Clinic:** Closed Fridays

The following units will report to Caldwell Dental Clinic for sick call on Fridays only, starting July 19:

Hagen Units:

165th Infantry Brigade and subordinate units; 171st Infantry Brigade and subordinate units; 193rd Infantry Brigade and subordinate units; Veterinarians; MEPS; 120th Adjutant General Battalion (Reception); Columbia Recruiting Battalion; Garrison; TSSD

Oliver Units:

MEDDAC; Warrior Transition Unit; Soldier Support Institute; NCO Academy; U.S. Army Chaplain Center and School; Drill Sergeant School; 157th Infantry Brigade; 2/345th CS/CSS; 17th Military Police Detachment; CID; Task Force Marshall; 81st Regional Support Command; 208th RSG; 218th HSB (M); 360th Civil Affairs Battalion; 175th Maintenance Company

Fort Jackson Gate Hours (throughout the furlough period)

Gate 1	5 a.m. to 1 p.m. 3:30 to 6 p.m. Closed	inbound and outbound traffic, Monday through Friday outbound traffic, Monday through Friday weekends
Gate 2	Around the clock, seven days a week Commercial traffic on weekends only.	
Gate 4	5 a.m. to 8 p.m. Closed	Monday through Friday weekends Commercial traffic must use Gate 4 on weekdays.
Gate 5	closed	



Post to celebrate 96th birthday Friday

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson is celebrating its 96th birthday by inviting the community to a kid-friendly celebration Friday at the Solomon Center.

Gary Taylor, special events coordinator for Family and Morale, Welfare and Recreation, said the afternoon's events will include a candy buffet, a slide and bounce house for children, various games and activities, and a ceremonial cake cutting by Col. Stephen Yackley, Fort Jackson's deputy commander, and Post Command Sgt. Major Kevin Benson.

The event takes place 11:30 a.m. to 1 p.m., Friday at the Solomon Center.

Also part of the day's activities is a trivia contest about Fort Jackson's history. Rose Edmond, division chief of the post's Child, Youth & School Services program, said children interested in winning the trivia contest can easily prepare for it.

"I'd recommend children use the Internet and read the information on the post's home page about Fort Jackson's history," Edmond said. "The event is an opportunity for the kids to come out and celebrate Fort Jackson's birthday ... and everyone knows that kids love birthday parties."

Fort Jackson was established in 1917 as "Camp Jackson," created to help train Soldiers as the nation was entering World War I. The 81st Division, the first operational unit on the installation, arrived that year and fashioned handmade patches showing a wildcat in honor of nearby Wildcat Creek. All Army units later adopted shoulder sleeve insignia.

The War Department closed Camp Jackson in 1921, and the land was used by the state of South Carolina as an encampment area for National Guard troops until 1940. Camp Jackson was reactivated in 1939 following the German invasion of Poland, and has been in operation ever since.

Today, Fort Jackson is the largest



Leader file photo

Children line up for the candy buffet at the post's birthday event last year.

Initial Entry Training Center in the Army. Whereas some military installations have experienced downsizing and closure in past years, Fort Jackson has added new schools and training institutions since 1995, including the U.S. Army Soldier

Support Institute, the Armed Forces Chaplaincy Center, and the National Center for Credibility Assessment. The post is also home to the Army's consolidated Drill Sergeant School.

Milton.W.McBride3.ctr@mail.mil



Photo courtesy of the Basic Combat Training Museum

This week in history

On July 9, 1940, Gen. George C. Marshall, chief of staff of the Army, wrote Sen. James F. Byrnes, pictured above, notifying him that Camp Jackson had been designated the home station of the 8th Division, Regular Army and that Camp Jackson would be placed on permanent status. At the time, Byrnes was the senior U.S. senator from South Carolina, but in his lifetime, he also served as a U.S. representative, a justice of the U.S. Supreme Court, Secretary of State for President Harry S. Truman, and as governor of South Carolina. Since July 1940 Fort Jackson has remained an open and functioning U.S. Army training installation.



Follow the Leader on

TWITTER
for breaking news
and updates

www.twitter.com/fortjacksonpao



Army photo

From left, Sgt. Ron J. Gladstone, of Battle Creek, Mich., Cpl. John McCullough of Chicago, Ill., and Pfc. John L. Robinson, of Willard, Ky., prepare to knock out a machine gun nest of the communist-led North Koreans with a 57-mm gun. This crew is credited with destroying three machine gun nests.

A day to remember

Honor Flight plans local celebration of Korean War veterans

By **WALLACE McBRIDE**
Fort Jackson Leader

As the 60th anniversary of the end of the Korean War approaches, Honor Flight of South Carolina is reaching out to veterans to participate in a celebration of their contributions and sacrifices.

"Honor Flight recognizes that the Korean War veterans are our nation's forgotten heroes," said Honor Flight South Carolina spokesman Frank Adams. "Unlike World War II, there were no parades when they came home after courageously turning back communist aggression."

The Honor Flight event for Korean War veterans takes place at 10 a.m., Monday at the Columbia Metropolitan Convention Center. The scheduled guest speakers include U.S. Sen. Lindsey Graham, R-S.C., and Eugene Chin Yu, national president of the Federation of Korean Americans Associations. Entertainment will be provided by the 308th Army Band and the Palmetto Mastersingers.

July 27 marks the 60th anniversary of the signing of the armistice that ended hostilities in North and South Korea, and established the Demilitarized Zone at the 38th Parallel. Monday's event in Columbia serves as a prelude to the national event on July 27, Adams said.

The Honor Flight Network is a non-profit organization created to honor America's veterans by flying them to Washington, D.C. to visit and reflect at their memorials. Priority is given to the senior veterans, particularly World War II survivors, along with other veterans who are terminally ill.

"Our World War II veterans are fading away," Adams said. "An 18 year-old fighting in 1945 would be 86 today. Similarly, an 18 year-old fighting in Korea would be 80 today. Many of our World War II vets fought in the Korean War."

He said more than 400 people involved with veterans groups around South Carolina have already committed to attending the July 15 event.

A certificate of appreciation signed by Secretary of Defense Chuck Hagel will be presented to Korean War veterans who were part of a recent honor flight. Names and addresses of Korean War veterans who have not been on an honor flight will be collected and documented, so that arrangements can be made to send a certificate of appreciation to their home address.

A representative from the Republic of Korea will also present Korean Service Medals to 100 veterans who saw action in the Korean War between 1950 and 1953.

"We are committed to the belief that as long as South

Carolinians are so generous and dedicated to honoring our aging veterans, we will keep honor flights flying," Adams said. "We are now moving beyond the recognition of our World War II veterans and beginning to honor the sacrifices of our Korean War veterans. Our Korean War veterans are our focus, but our World War II veterans will remain our priority."

Adams said part of the goal of next week's celebration is to bring together Korean War veterans so they can be recognized by DoD.

"Many of our remaining World War II veterans are physically unable to make our flights, which are emotional journeys that begin before dawn in order to make an 8 o'clock flight to a day filled with memories and monuments and bonding with other veterans before a homecoming ceremony 12 hours later," Adams said.

Honor Flight has conducted 18 flights during the past four years, each flight supported by personal, organizational and corporate donations.

"All World War II veterans have been flown free of charge (so) that they can see the monuments a grateful nation has erected to them," Adams said. "Guardians pay a \$500 fee for the privilege of accompanying these veterans."

Milton.W.McBride3.ctr@mail.mil

COMMUNITY SNAPSHOTS



Family PT

Soldiers and family members of Headquarters and Headquarters Company, 193rd Infantry Brigade participated in an early-morning team building event to mark the end of the school year. The event allowed family members to participate in Physical Readiness Training with their Soldiers. Staff Sgt. Ebony Grant, a drill sergeant and certified master fitness trainer, led the PRT session with a demonstration of each exercise. The session included the preparatory, activity and recovery drill. 'I was tired after doing the preparatory drills,' said Jane Gangcuangco, a family member. 'If the exercises are performed correctly, you will definitely feel it throughout the session and when you are finished. HHC Soldiers and family members not only exercised together, but were able to have fun and bond as a cohesive unit.'

Courtesy photos



Plan ahead for your retirement

As a military retiree, I found the most challenging time were the last 12 months preceding retirement. It's as if the clock was speeding ahead and there was never enough time in the day to get things done, but luckily, I began working on my exit strategy five years before. Here are a few financial steps I took to ensure the financial security of my family prior to my decision to retire.

One of the first things I did was determine the annual salary I would need to maintain our current standard of living. In order to do this, I updated my current budget by replacing my current military pay with estimated figures of what my military pay would be when I retired (BP + BAH + BAS). This became my target monthly gross figure. I estimated what my retirement pay would be and deducted this monthly gross amount from my target figure (20 year military pay minus retirement pay). The remaining figure is what I would have to make up in my civilian pay check. For example, gross pay for a sergeant first class with fewer than 20 years is \$6,226.27, and retirement pay (20 years) would be \$2,105.55. The sergeant first class will require a civilian job with a gross salary of \$4,120.72

(\$6,226.27 minus \$2,105.55). Since VA disability could not be determined, I did not factor it as income. I was also mindful that deductions may increase for medical and dental insurance, life insurance, survivor benefit plan, etc.

With my target figure in mind, I began researching employment possibilities and came to the realization that in order to increase my marketable skills, I would have to increase my education. From a financial standpoint, not having the required entry-level degree could cost me an opportunity to be considered for jobs for which I am otherwise qualified. With that in mind, my immediate goal became obtaining a bachelor's degree with the help of military tuition assistance. As I neared the end of my bachelor's program, I was approximately two years from retirement and realized I could complete a master's program before I retired, further increasing my marketable skills and chances at reaching my target gross salary.

At the same time I began working on my education, I also worked on reducing debt while building an emergency fund. My first step was to pay off current debt and eliminate accounts that would not be used in the future.

Be mindful that if you close old accounts it could have a negative effect on your credit score. Next, I established an emergency fund for six months. This would help if I was out of work for an extended period of time or retirement pay did not start on time. My family and I tightened up our budget — it's a team effort — and achieved the goals of paying off debt and building the emergency fund before my retirement.

One of the challenging items on my plate was building a resume. After 19 years on active duty, I found out writing a resume covering the skill sets the average military member possesses is extremely challenging. Thanks to the Transition Assistance Program and other employment readiness classes taught by ACAP personnel, my resume was ready about a year before my retirement date. Now I was ready to start applying for those jobs at or near my target salary. But, since my family had no debt and a fully funded emergency fund I could afford to take a job below my target salary.

The key to my successful retirement took years of preparation in several areas to ensure the financial stability of my family. Throughout my career I heard too many stories of Soldiers who were financially ruined shortly after retirement or had to remain in uniform because they were not financially stable enough to retire as planned.

FINANCIAL ADVICE

By **SHAWN SMITH**
*Army Community Services
 Financial Readiness*

TRADOC leads review of MOS standards

By **AMY L. ROBINSON**
TRADOC

FORT EUSTIS, Va. — As U.S. Army Training and Doctrine Command continues to design the force of the future, it will also review the standards for all Soldiers — men and women alike — to support the future force.

TRADOC is currently leading two efforts, part of what is collectively called, “Soldier 2020.” The first examines the physical demands of specific military occupational specialties, or MOSs, starting with those currently closed to women. The second studies the cultural and institutional effects of integrating women into those previously closed occupations and units.

The first effort, with support from the U.S. Army Medical Command’s U.S. Army Research Institute of Environmental Medicine, or USARIEM, is a three-year review of the physical standards required for MOSs across the Army — regardless of gender.

“Not only are these gender-neutral standards, but they’re also age-neutral and body-type neutral standards,” said Edward Zambraski, chief of USARIEM’s Military Performance Division. “In other words, it’s purely physical.”

Currently in the first phase of the gender-neutral physical standards review, TRADOC will begin by verifying the required tasks for each MOS, starting with branches with closed occupations: the Engineer, Field Artillery, Armor and Infantry branches.

Researchers from USARIEM will then use these task lists to determine the physical demands required to perform each task successfully.

According to Marilyn Sharp, USARIEM’s lead investigator for the project, once researchers analyze the physical demands required for a specific task, they will develop a task simulation, or a mock-up, of the real task to measure the effort required to perform the task successfully.

“Let’s say it’s a task that involved lifting a certain structure a certain distance and placing it someplace,” Zambraski said. “We would do the mock-up in our laboratories and take measurements on the subjects to see — how much strength are they using to do this, how much endurance are they using to do this, how long does it take them to do this — then we can quantify the task.”

The end goal, Zambraski said, is a set of predictive tests — whether it may be strength, endurance, fine-motor skills or a combination of several tests — to determine the right match for the right MOS.

“The idea would be to have a series of tests — relatively simple tests — that could be applied early on in a Soldier’s career — perhaps at the beginning or end of basic training — that would give information as to whether or not the Soldier would be physically capable of performing in that MOS,” Zambraski said.

Tom DeFilippo, TRADOC G-3/5/7 senior plans analyst, likened the concept of the predictive tests to a sort of physical version of the Armed Services Vocational Aptitude Battery, better known as the ASVAB, which would benefit Soldiers, their units and the Army overall.

“Having a more defined requirement — not just mental, but physical — will lead to less attrition, lower injury rates and better performance of our Soldiers, which allows them to be more successful when they get to a unit, thereby making the unit more successful,” DeFilippo said.

Gen. Robert W. Cone, TRADOC’s commanding general, also took some time to discuss the command’s efforts regarding standards, success, and TRADOC’s efforts



Photo by SGT. BRIAN FORE, TRADOC

Pfc. Trevor Coursey loads the final round of artillery as part of a TRADOC task evaluation at Fort Bliss, Texas, April 25, during Network Integration Evaluation 13.2. The task evaluation was part of a larger effort led by TRADOC to review the physical standards for all Soldiers for every military occupational specialty throughout the Army.

in Soldier 2020 during a recent professional development forum.

“I go up and talk to units all the time. I was talking to the 1st Cavalry Division, 101st Airborne Division and 3rd Armored Cavalry Regiment, and Soldiers are OK with this — as long as we maintain standards,” Cone said.

Cone said through a standards-based approach, success will not be defined by numbers, such as having 5 or 10 percent of women in infantry, but rather it will be defined as the opportunity for women to be able to serve. He cited some of the recently opened MOSs, including Bradley mechanic and Multiple Launch Rocket System, or MLRS, crew member, where Pvt. Alexandra Seccareccio recently set the standard for all Soldiers.

“We had our first woman graduate from (MLRS) school with a 100 percent score — in everything,” Cone said. “And now, the key is getting them to the right units.”

Unit success also depends on a number of additional factors, many of which are currently being examined through a gender integration study led by the TRADOC Analysis Center, or TRAC, in the second effort supporting Soldier 2020.

TRAC’s study, with support from the Army Research Institute, began in January and will use interviews, focus groups and surveys with leaders and Soldiers to look at the cultural effects of implementing full gender integration.

“We want to hear from the ground up, from the top down and from the middle,” said Peter Kerekanich, deputy director for TRAC’s gender integration study.

The study will analyze cultural factors — expectations, customs and social behaviors of the Army associated with integration — as well as institutional factors, which include Army processes and policies that may be effected or changed because of integration.

Most important, Kerekanich added, is the Soldiers’ per-

spective — listening to and capturing the challenges they identify and polling them to identify possible solutions to potential Army challenges.

TRAC’s study team has already planned initial visits to the Engineer, Field Artillery, Infantry and Armor schools as well as engaging a wide breadth of additional institutions throughout the Army, including Intermediate Level Education, Pre-Command Course and the U.S. Army Sergeants Major Academy. The team is also working toward visiting National Guard and U.S. Army Forces Command units.

In addition to numerous site visits to gather information from the force, TRAC has also reached out to academia, monitored sister service progress and will continue to review other published material on gender integration throughout the study, which is scheduled to end March 2015.

“This is a complex issue,” Kerekanich said. “It will require the study team and the Army to go beyond just the service and incorporate findings and data from external sources.”

As TRAC continues to gather data from a variety of sources, the team will identify positive, neutral and negative factors, Kerekanich said; however, the end goal is to proactively identify the problems — and solutions — before integration begins.

Cone said TRADOC’s efforts are off to a good start; however, the studies will take time in order to be successful, and ultimately, improve standards throughout the Army.

“As the TRADOC commander, I can’t lower organizational performance — our hard-earned reputation is combat-ready formations,” Cone said. “We can make this a better Army by uniformly imposing these valid standards across the board.”

Calendar

Today

American Red Cross blood drive
8:30 a.m. to 1 p.m.; Naval Chaplaincy School and Center, Room 130

Tuesday

Teen job readiness workshop: Employment 101
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Wednesday

Military Consumer Protection Day
8 a.m. to 4 p.m.; Strom Thurmond Building, Room 120
Active duty service members and their families can get a free credit report and credit score.

Tuesday, July 23

Teen job readiness workshop: Customer service skills
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Tuesday, July 30

Teen job readiness workshop: Managing your money that you earn
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Friday, Aug. 9

Col. Charles P. Murray Jr. Memorial Golf Tournament
Noon, Fort Jackson Golf Club
For more information, call 629-3820.

Announcements

LOCKER ROOMS CLOSED

The locker rooms at Andy's Fitness Center will be closed through Aug. 2 for renovation.

POST 9/11 GI BILL DEADLINE

Effective Aug. 1, all Post-9/11 GI Bill Transferability of Education Benefits (TEB) requests submitted and approved on or after Aug. 1 will incur a four-year service obligation from the TEB request date, regardless of years in service (except when precluded by either policy or statute from committing an additional four years, e.g. temporary early retirement authority). The only difference between the rule already in place and the new rule is that all requests will require a four-year service obligation, and must be served in the same Army component.

Service members with 21 to 24 years of active duty service, who wish to transfer educational benefits to their dependents, are urged to make the transfer before Aug. 1.

For more information, call 1-800-872-8272; email usarmy.knox.hrc.mbx.tagd-post911gibill@mail.mil or visit www.army.mil/article/101298/Army_changes_requirements_for_transfer_of_GI_Bill_benefits/.

army.mil/article/101298/Army_changes_requirements_for_transfer_of_GI_Bill_benefits/.

RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., July 19 at Patton Hall.

WATER AND SEWER PROJECTS

Palmetto State Utility Services is working on multiple water and sewer projects on the installation. One project will address water pressure issues experienced on parts of the post. The project is set to be completed by July 31. During the work, some buildings and facilities may be subject to reduced water pressure. To report problems, call PSUS at 790-7288.

FALL YOUTH SPORTS SIGN-UP

Parents can sign up their children for fall youth sports until Aug. 23. Parents must bring a current physical and a copy of the child's birth certificate to sign up. Sign up is under way for flag football (ages 4-8); tackle football (ages 7-12); soccer (ages 3-14); cheerleading (ages 3-14); and cross country (ages 7-14). Volunteer coaches for the fall season are needed. For more information, call 751-7451/5040.

FREE COMIC BOOK

A new Iron Man comic book exclusively distributed for military audiences is now available at the Fort Jackson Exchange.

SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

CHANGES IN RECORDS SECTION

The Directorate of Human Resources, Military Personnel Division, Personnel Services/Processing Work Center (PSP-WC), Records Section (located in the Strom Thurmond Building, Room 200) is transitioning to an appointment-only basis for certain services. Effective June 1, the Records Section has been operating on an appointment-only basis Monday-Friday, from 10 a.m. to 4:45 p.m. for the services identified below. Walk-in hours are from 8 to 9:30 a.m.

Appointments are needed for the following services: Enlisted Record Brief/Officer Record Brief (ERB/ORB) Update; DD Form 93, Record of Emergency Data; Servicemembers' Group Life Insurance (SGLI) Election Certificate; Final Out-Processing

For more information, call Janice Spain at phone number 751-2753 or email janice.j.spain.civ@mail.mil.

AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

FCC PROVIDERS NEEDED

The Family Child Care office is accepting applications for FCC providers. The program is recruiting the best-qualified applicants, especially those willing to provide full-time care for children younger than 2. Military spouses living on Fort Jackson and off-post providers registered with the Department of Social Services may apply. For more information, call 751-6234.

BOXING SMOKER

A boxing event is scheduled for Aug. 2 at the Solomon Center. Active duty Soldiers interested in participating should call 751-7146.

SPORTS BRIEFS

■ The Army 10-miler qualifier is scheduled for 5:30 a.m., Saturday at Patton Stadium. For active duty only.

For more information, call 751-3096.

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.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings will be offered the third Tuesday of every month at 10 a.m. and 2 p.m. at the Post Theater. For more information, call 751-7852/3366/3802.

THRIFT SHOP NEWS

■ The Thrift Shop will be closed through Monday for summer vacation. The store will reopen Tuesday.

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.

KOREAN WAR COMMEMORATION

A commemoration of the 60th anniversary of the Korean War is scheduled for 10 a.m., Monday at the Columbia Metropolitan Convention Center. Men and women who served in the Korean War and their families will be thanked and honored during the event. For more information, visit www.honorflightsc.com.

Housing happenings

HOUSING OFFICE OPENING HOURS

The housing offices at Buildings 4514 and 2571 are open from 7:30 a.m. to 4:30 p.m., Monday through Thursday. The offices will be closed Fridays because of mandatory furloughs. Balfour Beatty Communities will continue its normal operating schedule.

RECREATIONAL VEHICLES

The housing RV storage lot is for authorized users who have registered their RV with the Housing Office at 4514 Stuart Ave. If you reside in on-post housing and have an RV that cannot be stored at your home, you must register the RV and receive authorization before using the facility.

FAIR HOUSING

The Civil Rights Act of 1968, or Fair Housing Act, was enacted to protect people from housing discrimination based on seven protected classes (race, color, national origin, religion, sex, familial status and disability). If you or someone you know have experienced housing discrimination, contact the Department of Housing and Urban Development at (404) 331-1021 or at complaints_office_04@hud.gov. For assistance with filing a complaint, call 751-5788/7566/9323.

SWIMMING POOLS

Small wading pools up to 6 feet in diameter and 1 foot in depth are permitted in backyards only. When wading pools are not in use, they must be emptied and properly stored. For more information, call 738-8275.

FREE POPSICLE FRIDAYS

Free Popsicles are available at the Community Center from 7:30 a.m. to 6 p.m. on Fridays until August.

CHILD SAFETY SEAT CLASS

A workshop on child safety seats is scheduled from 6 to 7 p.m., July 24 at the Community Center. Learn how to safely install car seats and boosters and get familiar with South Carolina laws regarding child seat safety. Reservation is required by July 20. For more information, call 738-8275. To RSVP, email ayoungblood@bbcgrp.com.

HOUSING FOR RETIREES, CIVILIANS

Military retirees and DoD employees are eligible to live in on-post housing. For more information, call 738-8275.

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

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

Photos by SUSANNE KAPPLER

Independence Day

Fort Jackson celebrates America's birthday



Brig. Gen. Peggy Combs, Fort Jackson's commanding general, addresses the crowd during Fort Jackson's Fourth of July celebration at Hilton Field.



Top photo, Elijah Celestaine, 2 waits on the lap of his mother, Amber, for the fireworks to start. Center photo, A Soldier with the 282nd Army Band's rock group entertains the crowd. Bottom photo, Sandy Ketcham shows off her pet monkey Kikki at the festivities.



Top photo, children enjoy their turn on one of the rides provided for young visitors of the Fourth of July celebration at Hilton Field. In addition to rides, children were also invited to participate in arts and crafts activities. Bottom photo, Soldiers in Basic Combat Training dance to the music of 'Ear Assault,' the 282nd Army Band's rock ensemble. More than 10,000 Soldiers from basic training and Advanced Individual Training enjoyed the Independence Day party alongside thousands of visitors from local communities.



As part of the pre-fireworks entertainment, Soldiers display period uniforms representing all the wars in which the United States participated. The evening's festivities began with concerts by the 282nd Army Band, which entertained the crowd with patriotic music and rock songs. The event was capped off by a 30-minute fireworks show.



CMYK

CMYK

27" WEB-100

What is your spiritual line of defense?

By **CHAPLAIN (CAPT.) GEORGE PERRY**
2nd Battalion, 60th Infantry Regiment

Many of you have probably seen the type of construction used in cities in Third World countries. Houses are built with a few high-set windows. Doors and windows are covered with metal bars and gratings. Houses are surrounded by walls 6 to 10 feet high, sometimes with wire or glass on top of them.

Neighborhoods and small villages often have a series of walls around them. Past the wall, there may be a nice courtyard or a series of buildings, but these are rarely open to the street. Homes may have a special parking place accessed through a gate.

The American style of suburban neighborhood would be utterly foreign to someone from this background. Wide-open lawns, fences (if any) that can be easily climbed, flimsy doors, huge windows — the urban dweller in much of the world would be astonished by this. Because people around us usually respect our nominal defenses and property lines, we don't feel the need for real defenses.

In our lives as Soldiers, we learn about refuge. Hesco barriers, T-walls, dug-in fighting positions, sandbags and the like provide solid cover. Being hidden is a defense, but it's not as safe as being covered. In some situations, we train to defend one another. Lacking solid physical protection, we may work in formations that allow us to see hostile activity and respond to it. In convoy operations, we drill to protect inoperable vehicles by moving in around them. In house fighting, we practice surrounding a Soldier who is injured or trying to fix equipment — it's called a "body bunker."

Those are our simple plans for protecting ourselves from injury or death — to put something solid between us and the danger, or to operate as part of a group practicing vigilance and mutual defense.

Now, consider what category of spiritual defense you have. American suburbs? Third World city? Combat ready? What threats do you foresee?



Photo by TONI MUSSI, 402nd Army Field Support Brigade

Hesco barriers are set up for protection at Camp Victory, Iraq.

"The highway of the upright is to depart from evil: he that keepeth his way preserveth his soul." (Proverbs 16:17)

Complacency means thinking that nothing has happened so far, so nothing will ever happen. We will all experience problems and grief that will be hard to endure. But beyond that, what defends us against moral failure, against inner collapse? How often are we saddened to hear of people falling into misconduct, undone by carelessness or wickedness?

"In God is my salvation and my glory: the rock of my strength, and my refuge, is in God." (Psalm 62:7)

Is your faith-life strong enough to carry you through? Confidence in ultimate justice and purpose can give us strength through terrible circumstances. We need a moral philosophy that provides a clear picture of right and wrong and how to divide them. Finally, we must ask ourselves if we're living up to our own ideals and growing in the right direction. No one should imagine that they need no moral defenses.

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

- Tuesday
9 to 11:30 a.m. Women's Bible study (PWOC); summer meetings on July 9 and 23 and Aug. 6 at Patriot Park next to Palmetto Falls Water Park
- Wednesday
6 p.m. Gospel prayer service, Daniel Circle Chapel
7 p.m. Gospel Bible study, Daniel Circle

Chapel

- Thursday
11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center
- 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 Chapel's Office**
4475 Gregg St., 751-3121/6318

Knowing your headache provides relief options

By **ARBESA HYSENI**

U.S. Army Public Health Command

Do you know how burdensome headaches can be? According to the World Health Organization, headaches are among the most common disorders of the nervous system. Eighty-five to 90 percent of the world's population experiences them throughout their lifetime.

The pain can be throbbing, shooting or pulsing and can show up around your temples, neck and head anytime — day or night. Headaches can be extremely disruptive, especially for the 10 to 15 percent of people with chronic and severe headaches. Scientists have yet to find a cure for all of the 200 kinds of headaches but, until they do, proper knowledge of the types of headaches and how to manage them will make coping easier.

Headaches are divided into two types — primary and secondary headaches. Primary headaches are by far the most common type of headaches. In fact, more than 90 percent of all headaches are considered primary headaches. Primary headaches are further classified as tension, cluster or migraine headaches.

Secondary headaches come from underlying diseases or other conditions that can derive from brain tumors to aneurysms and even lead up to abnormalities of the spinal fluid.

Tension headaches are the most common headaches among adults. Tension headaches can be episodic (less than 15 days per month), or they can occur daily, lasting from 30 minutes to several days. These headaches are described as mild to moderate, constant pain, tightness or pressure around the forehead or back of the head and neck.

Cluster headaches affect 500,000 or more Americans. This name refers to the fact that they happen in clusters where the individual will experience one to four headaches every day or every other day, often in the early hours of morning or within a few hours of falling asleep. This type of headache usually targets teens and middle-aged people and is often described as a burning, piercing or throbbing sensation that targets one side of the head surrounding the eye. People with cluster headaches feel agitated, and it is extremely difficult for them to sit still.

Another type of headache is known as a migraine — a very intense type of headache that can be chronic. Statistics show that more than 29.5 million Americans suffer from migraines, with three times as many women affected as men. Migraines are associated with sharp shooting pain predominantly on one side of the head and lasting from two to 72



Photo illustration by Metro Creative Graphics

Headaches are divided into two types — primary and secondary headaches. More than 90 percent of headaches are considered primary headaches, which are often caused by a complex interplay of genetic, hormonal, developmental, behavioral and environmental factors.

hours. Migraines also have other symptoms, including nausea, vomiting and high sensitivity to light and sound. Migraines make it extremely difficult to get tasks accomplished because of the constant pain and the sensitivity to noise and light.

There is no one cause of primary headaches. These headaches are often caused by a complex interplay of genetic, hormonal, developmental, behavioral and environmental factors. For example, behaviors such as a stressful lifestyle, staring at the computer screen or high consumption of alcohol as well as tobacco can trigger primary headaches. Lack of sleep paired with poor nutrition can lead to headaches, but these same behaviors may not cause headaches in everyone.

If you experience headaches, knowing the type of headache you have may help you determine how to manage it. Tension headaches are typically treated with over-the-counter medications such as acetaminophen or ibuprofen and may be preventable through stress management practices. Stress management practices include massage, listening to relaxing music, finding your comfort zone (for example taking a walk), eating a balanced diet, drinking enough water and get-

ting enough exercise and sleep. Active-duty, National Guard and Reserve Soldiers, Army civilians, family members and retirees may use the stress management services offered at the growing number of Army Wellness Centers the U.S. Army Public Health Command is launching across the Army.

Some headaches require medical attention. Secondary headaches are often a sign of something more serious. If you or someone you know experiences a sudden, new severe headache; a headache accompanied by dizziness, weakness, paralysis, speech difficulty, personality change, fever or rash; headache pain that awakens you at night; or a headache associated with a head injury, seek medical care immediately. It is especially important to seek emergency medical attention or reach out to your primary-care provider when headaches are associated with fever or stiff neck. A stiff neck may be due to meningitis or blood from a ruptured aneurysm, which can be life-threatening.

Because they range in type and treatment, headaches can be anything from inconvenient to dangerous. But if you know your type of headache, you can take steps to bring relief from your discomfort.

MACH UPDATES

PATIENT SAFETY AWARENESS

Moncrief Army Community Hospital will celebrate Patient Safety Awareness Week July 22-26. A Patient Safety Awareness Fair is scheduled from 11 a.m. to 1 p.m., July 23 at the Victory Conference Room (third floor). The fair will provide a chance for staff, patients and visitors to learn about patient safety at MACH.

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



Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

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

- Book appointments
- Request/review lab and test results
- Request medication refills
- 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>.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Jason Anderson**
Company A
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Jessica Zittleman

HONOR GRADUATE

Spc. Aaron Shelton

HIGH APFT SCORE

Pvt Latrilla McCoy

HIGH BRM

Spc. Jeremiah Ross



**Sgt. 1st Class
Joane Noel**
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Andrew Jensen

HONOR GRADUATE

Pvt. Cameron Ferguson

HIGH APFT SCORE

Pfc. Isaac Scott

HIGH BRM

Pvt. Cody Leasor



**Sgt. 1st Class
Samuel Winkler**
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Curtis Smith

HONOR GRADUATE

Pfc. Charles Holmes

HIGH APFT SCORE

Spc. Lauren Prince

HIGH BRM

Pvt. Raul Chavez



**Sgt. 1st Class
Steve Garcia**
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Walter Hilton

HONOR GRADUATE

Pvt. Brandon Thornell

HIGH APFT SCORE

Pfc. John Murphyliger

HIGH BRM

Pvt. Taylor Wise



**Staff Sgt.
Susanna Warner**
Company E
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Brittany McCullough

HONOR GRADUATE

Pfc. Michelekay Saiki

HIGH APFT SCORE

Pfc. Heather Wheale

HIGH BRM

Pvt. Joselito Reyes



**Staff Sgt.
Victor Lara**
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Danielle Johnson

HONOR GRADUATE

Pvt. Dakota Gould

HIGH APFT SCORE

Sgt. Braxton Bamber

HIGH BRM

Pvt. Dakota Gould

Weekly honors



DUCHARME

**Spc.
Daniel Ducharme**
Soldier of the week
Third Army/ARCENT

Want more Fort Jackson news?

**Watch Fort Jackson video news stories
and Victory Updates
at [http://www.vimeo.com/
user3022628](http://www.vimeo.com/user3022628)**

SUBMISSION GUIDELINES

Announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations.

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

For information about classified advertising, contact Camden Media Co. at 432-6157.

Classified ads may also be emailed to sbranham@ci-camden.com.

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

Exercise — a prescription for health

Many people can relate to how working out is a good idea to help get in shape. Exercising to lose a few pounds so that you look better in your jeans can be motivating. However, exercising to lose a few pounds so that you look better in your genes is even more motivating.

As we grow older, we begin to appreciate and value greater health. Conditions such as high blood pressure can impede quality of life. According to the American Heart Association, more than 72 million people in the United States have high blood pressure. Left untreated, high blood pressure can lead to kidney failure. High blood pressure is often called the silent killer.

As scary as having high blood pressure may seem, help is on the horizon with a healthy diet, exercise and medication. These tools can help manage high blood pressure to prevent further complications.

Exercise is one way to help manage blood pressure. Although exercise can aid in the management of your blood pressure, exercise also comes with other positive side effects such as regulating mood and sleep patterns, weight loss, stress management and more. As a direct help



THE WEIGH IT IS

By **PAMELA LONG**
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



for blood pressure management, exercise strengthens the heart so it does not have to work so hard to supply blood and oxygen to the body.

This produces less stress on the arteries, lowering the blood pressure. This only remains in effect if you continue to exercise on a regular basis, so exercise must become a part of your life to treat high blood pressure long term.

TYPE OF EXERCISE

Aerobic exercise is the style of physical activity you want to use to help manage high blood pressure. When you use aerobics to get your heart rate up, you help make your heart more efficient. This means your heart will not have to work so hard to perform easy tasks like walking up a flight

of stairs or even just sitting. Like all muscles, the heart becomes stronger (more efficient) from consistent exercise. So it can pump more blood through the body with every beat and work at its best with less strain and stress. One major benefit from exercise is apparent during rest. The resting heart rate of people who exercise is typically slower, which is because it takes less effort for the heart to pump blood.

Exercise is all about circulation. It mixes things up in a good way — our blood flow, other fluids, the constriction of veins and arteries, internal organs, etc. Each of these internal parts benefits from the workout that you give to your body.

The American Heart Association recommends exercising in moderate intensity daily for about 30 minutes. Moderation is the key here. It creates a steady pace for the exerciser. When you exercise regularly, you create a balance for the heart. This internal balance helps the heart and other internal organs to receive nourishment better to operate more efficiently.

Regular exercise helps keep your arteries flexible, regardless of age. This promotes good blood flow and normal blood pressure. According to the American Heart Association, sedentary people have a 35 percent greater risk of developing high blood pressure than physically active people do.

If you are under your doctor's care or if you are not a regular exerciser; you need to make sure from your doctor that exercise is allowed.

Editor's note: *Information from the American Heart Association and the National Kidney Foundation was used in this article.*

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.

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.

Play group

Wednesdays, 10 to 11:30 a.m., Room 8, 5615 Hood St., for children 3 and younger, 751-9035/6325.

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.

American Legion Riders Motorcycle Group (ALR Chapter 195)

Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or alrpost195@gmail.com.

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.

The Rocks Inc., James Webster Smith Chapter

Third Tuesday of the month, 6 p.m., Post Conference Room.

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, NCO Club, 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@ffvictoryriders.com.

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 armyaguiar@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.