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THE FORT JACKSON LEADER

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★ SEQUESTRATION
AND FURLOUGH
INFORMATION
— PAGES 3, 4, 6

KING OF THE DRILL

DRILL SERGEANT SCHOOLNGO TAKES
TOP SPOT IN THIS YEAR'S COMPETITION
— PAGES 16-17

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ON THE COVER

Staff Sgt. David Stover, a drill sergeant leader with the U.S. Army Drill Sergeant School, was named Fort Jackson's 2013 Drill Sergeant of the Year. SEE PAGES 16-17.

THE FORT JACKSON LEADER

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COMMANDER'S CALL

Striving for Net Zero

Post looks for ways to reduce energy use

Many of you are playing a major role in improving our Quality of Life and Responsible Stewardship (protecting our precious resources) here at Fort Jackson. I would like to thank you for what you're doing with two of our four priorities (the others being Leader Development and Training/Readiness) and ask that you don't let up.

Instead, I urge you to educate and pull others along. One of our goals here at Fort Jackson is to become a Net Zero installation. Our collective efforts to reduce our energy costs, water consumption and to create a waste-free environment have proven to be beneficial in improving our quality of life and environment for Soldiers, Civilians and Families.

Not only have we been able to save money, but it provides us with a cleaner and more energy efficient environment.

As a post, we must continually strive to reduce our energy use. If we can produce more energy on site than we use within a year, we will become a Net Zero Energy installation. This means we must remember to turn off lights, cut back on excessive use of electrical appliances and turn off computer monitors after leaving work. Every little bit helps toward our goal.

Moreover, eliminate excess use of water to achieve our water conservation goals. For many of us who live on post, let's remember to shut off the water when we are finished and cut back on long showers. It's necessary for our future that we continue to make changes in how we use our water so we can become a Net Zero Water installation, as well.

Another concern is our trash dumping areas. Recyclable batteries, fluorescent light bulbs (lamps), and mercury-containing equipment are examples of universal waste. Remember, if you have a questionable waste item that may need to go in a separate recyclable bin, ask someone who can help you or call the post Environmental Division.

If we convert our waste streams to valuable resources that can be used to help rebuild and assist — namely with our reconstruction efforts on post we can save approximately more than \$5,000 in recycling efforts.

Remember, we can always save a little green by going green.

Recently, 17,000 tons of concrete were crushed and resourced from renovation and demolition projects on Fort Jackson to be used for future projects, such as erosion repair work, roadways and filling activities. These types of projects can save us money by not having to purchase this type of resource to fix our infrastructure.

For the next two months, we will conduct numerous programs and projects that will help us achieve Net Zero installation status — a status that will lead to a cleaner

environment for all of us.

Garrison Command Sgt. Maj. Ernest Lee and the Environmental Division's Solid Waste Program are spearheading a postwide cleanup. We need to get involved and improve our environment with waste-free areas.

In addition, our Directorate of Public Works and FMWR will host a "Green Initiative Day," April 13, in support of Earth Day. This will be a great opportunity for our Soldiers, Civilians and Families to have fun and learn new information about recycling to improve our community.

Through sustainable initiatives, energy conservation programs and recycling programs, I know we can reach our goal of becoming a Net Zero installation.

We will continually promote improvement of environmental initiatives, environmental laws, prevent pollution, and manage sustainable programs. Again, thank you, Team Jackson, for your efforts in making us better and cleaner. These types of efforts will only

bring us that much closer to achieving our ultimate goal of becoming the preeminent training center in the Department of Defense.

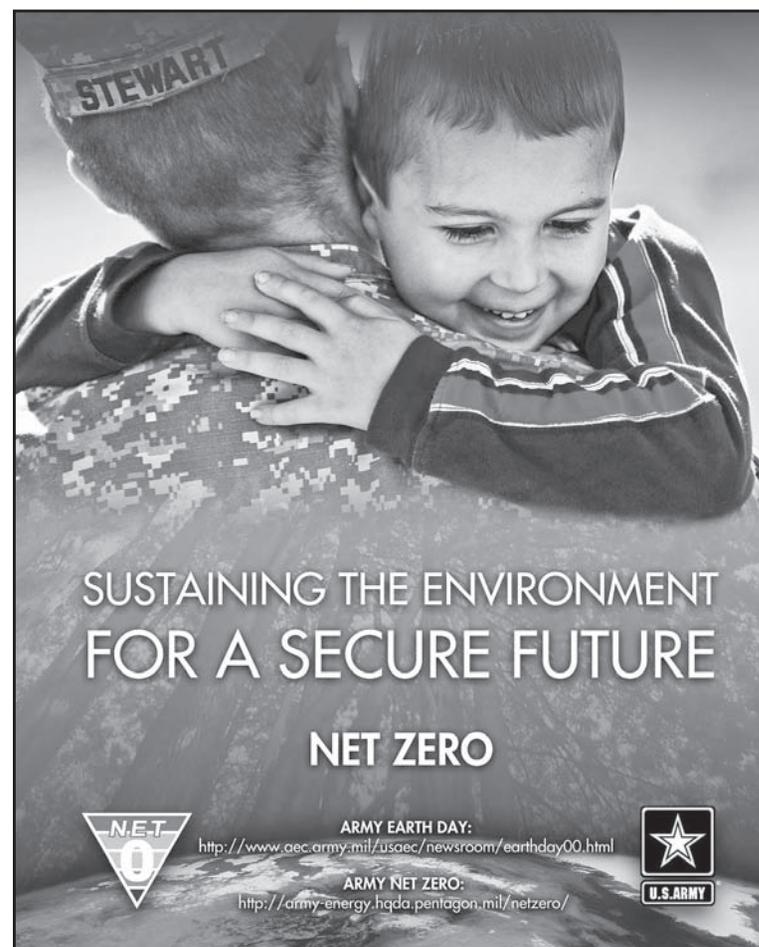
Army Strong and Go Green!

Victory Starts Here

Victory 6

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

Fort Jackson
Commanding General



Fort Jackson is working to become a Net Zero installation, which will require it to produce as much energy on site as it uses during the year.



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

What furlough means to DA civilians

By now most of us can not only spell sequestration, but we have all taken a deep breath and are slowly accepting the reality and gravity of our situation. As we face these challenges, collectively, our success is more tied to us, individually.

The best advice that I ever received regarding the management of my career as an Army officer was “that I am my best career manager.” Simply stated, I was in the best position to determine where I wanted to go and determine the route and the pace that would follow to get there. That meant I needed to understand the Army’s needs, how promotions and assignments worked, and the options available that could assist me in achieving what I wanted. Now, there were people who helped me along the way — my branch representatives, mentors, supervisors and a host of others that if I elected to I could use.

There are parallels between then and the situation

COMMENTARY

By
**GERALD
HENDERSON**
*Fort Jackson
deputy chief of staff*



that I find myself in now as a civilian employee. I’m still learning the ropes as a civilian employee. What we are facing now is a whole new set of ropes. I don’t know the details associated with how the furlough will affect me or my family, and in my household two of us are employed

by the Department of Defense. So I’m learning, I’m researching, I’m asking questions, and I’m determining what this means to me and my family.

I talk to employees in our Civilian Personnel Advisory Center, my peers, representatives from our unions, watch TV, visit websites, all in an effort to ensure that I understand how best to take care of those I work with and those I care for at home. My ability to make decisions that are in my best interest are tied to me being in the best position to understand my own circumstances and how a furlough will impact those circumstances.

Although I have a whole bunch of people looking out for me, just as I am my best career manager, I am my best furlough manager. Following is a list of questions and answers that may assist you in making decisions and preparing you and your family for the potential of a furlough.

Frequently asked questions about furloughs

BENEFITS

What effect will the furlough have on the calculation of an employee’s creditable service?

Time spent in a non-pay status (including furlough) is credited as follows:

- ☐ Career tenure: The first 30 calendar days of each non-pay period is creditable service. (5 CFR 315.201(b)(4)(ii)(A))
- ☐ Probationary period: An aggregate of 22 workdays in a non-pay status is creditable service. (5 CFR 315.802(c))
- ☐ Qualification standards: There is no requirement to extend qualifying periods by the amount of non-pay status. However, agencies may require such extensions in order to meet training requirements or ability to perform. (5 CFR 335.103(b)(3), OPM Qualification Standards, General Policies and Instructions, part E.3.(f))
- ☐ Time-in-Grade: Non-pay status is creditable service. (5 CFR 300.605(a))
- ☐ Service Computation Date-LEAVE: Up to six months in non-pay status is creditable. (5 U.S.C. 6303(a))
- ☐ Service creditable for within-grade-increases: The time in a non-pay status that is creditable is determined by the employee’s current step (See 5 CFR 531.406(b) for GS & 532.417(c)(2) for FWS)

When an employee’s pay is insufficient to permit all deductions to be made, what is the order of precedence for withholdings?

The order of precedence for civilian Federal employees applies only when gross pay is not sufficient to permit all deductions; it will be used to determine the order in which authorized deductions from an employee’s pay will be processed.

The order of precedence for the top eight deductions is: Retirement; Social Security (OASDI) tax; Medicare

tax; federal income tax; basic health insurance premium; basic life insurance premium; state income tax; local income tax.

Unemployment Benefits

For information on what South Carolina requires before processing a claim for unemployment because of a furlough, visit <http://dew.sc.gov>.

There is no set amount of days to be out of work before you can file an unemployment claim; however, the weekly benefit amount for South Carolina is \$326.00, if you receive more than that (weekly), you will not be eligible to receive any benefits.

FEDERAL EMPLOYEES HEALTH BENEFITS (FEHB)

To what extent does a non-pay status affect Federal Employee Health Benefits (FEHB) coverage?

Coverage continues; however, if the furlough results in salary less than the health insurance premium amount, the employee’s share will be withheld on return to full pay status. If the employee’s salary becomes insufficient to pay FEHB premiums due to furlough, the leave without pay/insufficient pay rules apply (see <http://www.opm.gov/insure/health/reference/handbook/fehb13.asp>.) If the employee chooses to remain covered, the enrollee share of the FEHB premium will accumulate and be withheld from pay upon the employee’s pay becoming sufficient to cover the premiums.

Will an employee continue to be covered under the FEHB program if the agency is unable to make its premium payments on time?

Yes, the employee’s FEHB coverage will continue even if an agency does not make the premium payments on time.

FEDERAL EMPLOYEES GROUP LIFE INSURANCE (FEGLI)

To what extent does a non-pay status affect FEGLI coverage?

Coverage continues; however, if furlough results in a salary less than the FEGLI premium amount, the employee’s share will be withheld on return to full salary. Also, coverage will continue while in a nonpay status due to furlough for up to 12 months, without cost to the employee or to the agency. However, if the furlough is for only part of a pay period FEGLI premiums are required. If there is any pay in a pay period, FEGLI premiums for the whole pay period will be deducted from pay. The premiums are not prorated.

Thrift Savings Plan (TSP)

What happens to an employee’s TSP contributions?

There will be a reduction in employee and employer contributions, unless the employee chose a set dollar amount vice percentage of pay.

Will the government matching contribution to TSP be reduced during the furlough period?

Government matching contributions determined by a percentage of an employee’s basic pay may be stopped or reduced if the employee has no earnings, or if basic pay is reduced.

Can an employee take a TSP loan while furloughed?

Yes. By law, TSP participants may take a TSP loan at any time when they are in a pay status.

What impact does the furlough have on an employee’s loan payments?

Payments continue. If the employee’s salary is insufficient, the loan may be

extended or have a balloon payment at the end.

Can the Government take money from the TSP to resolve the financial situation?

No, the money in the TSP is held in trust for its participants. Neither Congress nor the administration can take money from an employee’s TSP account.

Can agencies deny or delay within-grade or step increases for General Schedule and Federal Wage System employees during a furlough?

It depends on the length of the furlough. Within grade and step increases for GS and FWS employees are awarded on the basis of length of service and individual performance. Such increases may not be denied or delayed solely because of lack of funds. However, extended periods of nonpay status (e.g. because of a furlough for lack of funds) may affect the timing of such increases (5 CFR 531.406(b)).

LEAVE

If an employee who received a furlough notice had previously scheduled annual or sick leave on a furlough day, what happens to the scheduled leave?

Scheduled leave is canceled on furlough days only (annual leave, sick leave, or other). Absences during scheduled furlough days may not be charged to leave. Leave may be requested and approved on scheduled workdays.

If an employee is on approved leave without pay (LWOP), but affected by the furlough, would the employee be furloughed and LWOP terminated?

No. The status of employees in LWOP is not disturbed unless there is indication that the employee may return from the LWOP during the furlough.

FAQ

Continued from Page 3

If an employee is on leave under the Family and Medical Leave Act of 1993 (FMLA) during the furlough, do furlough days count towards the 12-week entitlement to FMLA leave?

No. Days associated with a furlough will not count against an employee's 12-week FMLA leave entitlement.

Will the furlough impact leave accrual?

Once an employee's balance of nonpay hours equals their scheduled hours in a pay period (e.g., 80 hours in a biweekly pay period, fewer hours for part-time employees), the employee will not accrue leave for that pay period. Leave accrual resumes the next pay period. This will occur twice if the furlough period is 22 days.

ON THE WEB

For the latest sequestration updates, visit the following websites:

- ☐ Fort Jackson: <http://www.jackson.army.mil/sites/info/pages/776>
- ☐ OPM: <http://www.opm.gov/furlough>
- ☐ DoD: http://www.defense.gov/home/features/2013/0213_sequestration/
- ☐ CPOL: <http://cpol.army.mil/library/general/2013sequestration/>
- ☐ TRADOC: <http://www.tradoc.army.mil/CivInfo.asp>
- ☐ IMCOM: <http://www.imcom.army.mil/Organization/G1Personnel.aspx>
- ☐ MEDCOM Updates: <https://www.us.army.mil/suite/files/39326990> (AKO login required)
- ☐ USAR: <http://www.usar.army.mil/resources/Pages/Civilian-Personnel-Furlough-Information.aspx>

TSP APP WARNING

There are a number of mobile applications that reference the Thrift Savings Plan and may prompt you for your TSP account credentials. These applications are NOT sponsored by the TSP. The TSP cannot endorse any information or advice provided by third-party applications. More important, providing your TSP account credentials to third-party applications may jeopardize the security of your account.

For more information on keeping your account safe, see the Security Center on the TSP website or contact the ThriftLine at 1-TSP-YOU-FRST (1-877-968-3778)

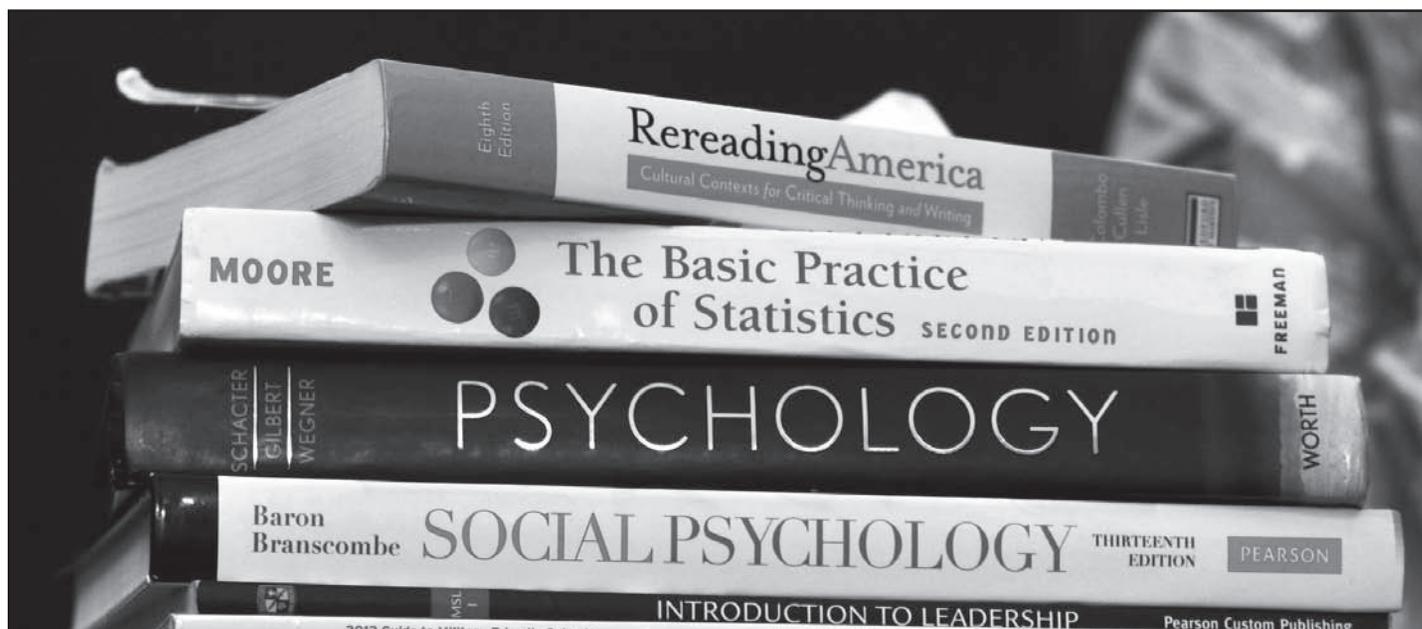


Photo by MASTER SGT. WILLIAM WISEMAN

Funding for tuition assistance ceased Friday, and Soldiers cannot submit new requests for tuition assistance. The suspension in funding was necessitated by current federal fiscal challenges.

Tuition assistance stops

By MASTER SGT. WILLIAM WISEMAN
Army News Service

WASHINGTON — Beginning last Friday, funding for tuition assistance ceased and Soldiers cannot submit new requests for tuition assistance, according to Lt. Gen. Howard B. Bromberg, deputy chief of staff, G-1.

Approval for the tuition assistance, also known as TA, stoppage came from Secretary of the Army John McHugh, and affects Soldiers from both the active and reserve components.

Those currently enrolled in courses approved for TA are not impacted and will be allowed to complete their funded coursework, however.

Soldiers are encouraged to contact their local education centers with any question they may have regarding their education needs and planning, according to officials from the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs/Army G-1. Also, updates on any changes to the TA funding will be posted to www.goarmy.com.

This suspension in funding “is necessary given the significant budget execution challenges caused by the combined effects of a possible yearlong continuing resolution and sequestration,” the G-1 public affairs office wrote in a released statement.

The suspension “will remain in effect until the fiscal situation matures,” Bromberg said in the statement. “The Army

understands the impacts of this action and will re-evaluate should the budgetary situation improve,” he added.

TA funding, derived from the Army's budget, is the only education funding affected at this time. Soldiers can continue their education using alternate methods.

GI Bill funding, which is derived from the Department of Veterans Affairs, is available and Soldiers can continue their education using this benefit. The GI Bill includes the Montgomery GI Bill, Post 9/11 GI Bill and several other education programs listed on the website <http://www.gibill.va.gov/benefits/index.html>.

Also, National Guard Soldiers may be eligible for state-funded TA benefits. Federal loans or grants are another option for all Soldiers, as well as their families.

CPAC CORNER

SEQUESTRATION AND YOUR TSP ACCOUNT

How will a furlough affect my TSP contributions?

As you know, your TSP employee contributions are deducted from your pay. If you are currently making contributions based on a percentage of your basic pay, here's what happens:

If you earn \$1,000 of basic pay every two-week pay period and you contribute 10 percent of it to the TSP, you'd have a \$100 TSP contribution every pay period. If you are furloughed for 2 days per pay period, then your basic pay would decrease to \$800 and as a result, your TSP contribution would decrease by an equal percentage so that your contribution would be \$80 per pay period.

Simply stated, your TSP contribution decreases in direct proportion to the reduction in your basic pay. Therefore, you may find that lowering your contribution percentage is not necessary.

But if you are currently making TSP contributions based on a dollar amount of your pay, that dollar amount will not automatically decrease with your reduction in pay. You may want to revisit whether that amount is still appropriate given the expected impact of your furlough.

If you are a FERS 1 participant, also keep in mind that any

reduction in your basic pay will impact your agency contributions. Whether you are contributing a percentage of your pay or a specific dollar amount, your Agency Automatic (1 percent) and Agency Matching Contributions will decrease proportionally. If you then choose to decrease the amount of your TSP contributions, be sure you understand how it will affect your agency contributions.

Should I terminate my TSP contributions?

If you are making traditional contributions, remember that those contributions are subtracted from your pay before tax. Be aware that stopping this type of contribution could potentially increase your adjusted gross income and, as a result, your income tax liability. Also, think carefully about terminating your contributions. One of the great things about your TSP contributions, no matter how small, is that the earnings compound over time. If you stop your contributions, even for a short time, you will miss this opportunity altogether. And, if you are a FERS participant, you are leaving free money on the table because if you stop your contributions, your matching contributions stop as well.

News and Notes

WOMEN'S HISTORY MONTH EVENT

Fort Jackson will celebrate Women's History Month with a luncheon from 11:30 a.m. to 1 p.m., March 29 at the Solomon Center. The guest speaker will be Elizabeth Dinndorf, president of Columbia College. Tickets cost \$10. For more information, contact an equal opportunity adviser, the Equal Employment Opportunity Office or unit EO leaders.

TAX CENTER OPEN

The Fort Jackson Tax Center is open from 10 a.m. to 7 p.m., Monday through Friday. It is located at 4283 Jackson Blvd. For more information, call 751-JTAX

LEGAL NOTICE

Anyone with debts owed to or by the estate of Staff Sgt. Jacob Henry Woo must contact Maj. Kevin Cline, the summary court martial officer for the Soldier. Woo passed away March 2 in Columbia. To contact Cline, call 751-4140 or email Kevin.Cline@us.army.mil.

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- Send all article/photo submissions to fjleader@gmail.com
- For information about classified advertising, contact Camden Media Co. at 432-6157.
- For information about display advertising, call Betsy Greenway at 432-6157.

Budgeting for a furlough

"What are you going to do when your civilian pay gets cut by 20 percent?" a civilian employee asked at a recent town hall meeting. "I know we're all thinking it, so I'm just going to say it: I will be losing about \$250 a paycheck, and that's roughly four bills."

In light of the current developments, civilian employees should be managing expenses now to help prepare for reduced income if furloughs occur.

The first thing everyone should do is get real. Prepare a family budget with current income to see how much money is coming in and how much is going out. Later, look at it again with the reduced income. Are you still living in the positive? With the reduced income, will you still be OK or will there need to be changes?

Once you have your budget, you need to see what can be cut back for the next six months. There are fixed expenses (that are the same amount due on a regular basis), such as rent or mortgage, car payment and insurance. Then there are variable expenses (for which the amounts and/or frequency changes) like food, utilities, property tax and automobile maintenance.

One area that seems to be consistent when it comes to reducing expenses is money spent on entertainment and eating out, whether it's a movie, lunch or dinner. Depending on how often you eat out, bringing your lunch to work can save you an average of \$50 a week or \$200 a month. For those of you who use a debit card for everything, look back at the last couple of months of spending. How many times did you go out to eat? Start taking your lunch to work. Look at eliminating clothing expenses for the next six months — no new shoes, dresses and spring shopping. You'll be OK and still look good in last year's clothes.

If you have reviewed and reduced your variable expenses but still find yourself short on funds to pay the car payment, credit card bills etc., it may be time for some more drastic measures. Talk to your creditors. When going through financial difficulties, it is better to be up front about the issue versus waiting for the creditor to call you.

Contact your credit card company to see if you can be put on a six month debt repayment plan. Normally, this means you cannot

FINANCIAL ADVICE

By **KIM BOTTEMA**

*Army Community Services
Army Emergency Relief specialist*

make additional charges on that account for the six month period. Some agencies will reduce your monthly minimum payment to a little over what your interest payment would be for a six month period and then go back to normal payments. Check with your creditors to see if this will hurt your credit score. Even if there is a minor hit to your credit score, it's better than paying late or missing payments. Payment history is 30 percent of your credit score.

Contact your lender to see if a car payment may be deferred to a later date. This may cost a little more interest but will reduce the chance of a late or missed payment.

Finally, track your money to find out where it's going. The best thing you can do is get a piece of paper or small notebook and start tracking your spending. When you spend \$1.25 on a soda, track it. You need to track every penny spent so see where you can save. Enter the amounts in your budget worksheet, and see where your money is truly going.

Each person is different; maybe you could reduce your Thrift Savings Plan contributions for this period. If you do this, try not to reduce your TSP below 5 percent or you will lose the matching funds. Possibly increase your federal tax deductions to get more money in your biweekly paychecks. If you receive a large tax refund at the end of the year, this may be a great option for you. If you don't normally get a refund, you should probably leave your deductions alone. Also, plan now to put your tax refund in an emergency savings fund to assist you later instead of buying that new carpet for your living room.

If you have any questions about completing your family budget or money management skills, call Army Community Services at 751-5256. For a free ACS monthly budget worksheet, email Kimberly.Bottema.civ@mail.mil.

Leadership Columbia

Leadership Columbia participants Tylor Rhoads, left, and Jason Langdale negotiate an obstacle on the Teamwork Development Course during a visit Tuesday. The Leadership Columbia program, operated by the Greater Columbia Chamber of Commerce, provides existing and emerging leaders with opportunities to enhance their civic knowledge and network.

Photo by **KARA MOTOSICKY**,
Public Affairs Office



Quality of life at center of town halls

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson Soldiers, employees and family members had the chance Tuesday to make their voices heard during the first installation town hall meetings of 2013.

Some of the topics discussed during Tuesday's two meetings were general reminders about the kinds of services available on post. A representative for the Directorate of Human Resources touched on how to acquire identification cards for dependents, while a consultant with Military OneSource discussed services available to Soldiers and family members. Chaplain (Maj.) Charles Kuhlman discussed the benefits offered by the Chaplain Family Life Center.

The broad nature of Tuesday morning's meeting was stressed at the start by Fort Jackson Garrison Commander Col. Michael Graese.

"If you're here for a furlough town hall brief, you're in the wrong place at the wrong time," Graese said. "If you're here for a U.S. garrison employee town hall meeting, you're in the wrong place at the wrong time. What we've got today is our semi-annual quality of life town hall briefing."

The topics, he said, were generated via ICE comments or other sources of feedback on post. Because of the extensive consequences of the budget cuts brought about by the sequestration, the post's finances became an unavoidable subject. Brig. Gen. Bryan Roberts, Fort Jackson commanding general, reminded people that projects that have already been funded are safe from the ax.

"Anything else that we have on our books that has been funded will continue to be worked on and completed," Roberts said. "What I hope you're seeing on Fort Jackson is a visible sign of change. There's a deliberate campaign we have here on Fort Jackson that's aimed at improving things that are at eye level. What I ask is that you bear with the construction that's going on, the major projects, and then contribute to the smaller projects on post in your own area. Try to make things look better where you can."

Roberts said there are plans to construct a new commissary on post by 2015. The project needs 20 acres that have not yet been allocated, though.

LEE ROAD CHILD DEVELOPMENT CENTER

Staffing shortages are delaying the opening of the new Lee Road Child Development Center on post.

"This facility has the capability of doing overnight care," said Rose Edmond, chief of Fort Jackson's Child, Youth & School Services. "It only has 20 spaces ... and we're doing some overnight care right now through the Imboden CDC. Our average attendance for overnight care is 10 children, so this is going to take the place of the overnight care at the Imboden CDC when we open it."

It's still unclear when the Lee Road facility will open, she said.

"We don't have a set time to open the CDC and, given the pending furloughs, we're not sure when our staffing numbers will be up enough to open it. But, we're really happy with this. Kids won't be sleeping on air mattresses anymore. They will actually have beds. It's going to be a great opportunity for us to meet the needs of those parents in need of overnight care per mission requirements, as well as any emergency situations that might come up."

"Our team is doing everything we can to keep those CDCs open," Graese said. "Our CDC team and CYSS team have done a magnificent job. We've cut some services that were not very popular in an effort to keep



Photo by WALLACE McBRIDE

Col. Michael Graese, Fort Jackson garrison commander, addresses attendees of the first of two installation town hall meetings Tuesday at the Solomon Center.

those CDCs open."

BALFOUR BEATTY COMMUNITIES

Balfour Beatty Communities is entering the final phase of a lengthy construction project that added dozens of new homes on Fort Jackson.

"We finished (building) the last new homes in January 2010," said James Harper, project director for Balfour Beatty. "Currently, we're in the last year of a five-year plan, and this last year is totally dedicated to renovation. Initially, we were going to renovate 119 homes, but due to financial difficulties in the new construction area, we had to take away some of those homes to pay for our new home construction."

Plans also call to renovate playgrounds on post deemed "unsafe."

"We had a large-scale inspection done about a year ago, and all of our 35 playgrounds were inspected," he said. "A lot of those needed some form of work. We had to take away seven of those playgrounds because they did not meet safety standards."

Those locations, he said, could not be easily renovated because of liability issues.

"A manufacturer would not touch another manufacturer's work," he said. "It's all about liability. Those playgrounds could not be retrofitted to make them safe. We have seven playgrounds remaining with work to be done. Hopefully, we'll have them corrected before the summer."

There are plans to replace the playgrounds that were closed, he said, and it's likely these playgrounds will be in new locations.

"We have a plan to replace the playgrounds that were taken out," he said. "Not only to replace them, but to strategically place them into our footprint. Fort Jackson had 41 playgrounds when we came on board, and a lot of them were massed in one area, while other areas didn't have one at all."

The goal is to find the most practical and accessible locations for the new playgrounds, he said.

GATE HOURS

Fort Jackson is also struggling to keep its gates open and staffed as a result of employment reductions last year.

"We had 59 contract security guards until the first of October," Graese said. "Our numbers were reduced to 37 Department of the Army security guards, so there was a very real reduction in the numbers that we had."

It took a while to get those positions filled, he said, and recent changes in gate hours are part of the process of streamlining traffic to meet these reduced numbers.

After having its hours abbreviated, Gate 1 was reopened to outbound traffic in the evenings because safety spikes placed in the lane prevented vehicles from improperly entering the post by using the wrong lane, said Lt. Col. Raymond Simons, director of emergency services for Fort Jackson. Problems with those spikes, he said, resulted in damage being done to vehicle tires leaving post in that lane.

Without those spikes, it is going to be expensive to keep the gate open in the evenings for out-bound traffic.

"We looked at alternatives," Graese said. "We couldn't guarantee that debris wouldn't get into them from time to time and cause (new spikes) to malfunction."

"When we removed the spikes, I had to put personnel on the gate," Simons said.

Unfortunately, taking police officers away from the regular duties to man the gate leaves the post vulnerable in other areas, he said.

"It may not seem like a lot, but every guy that we pull off the road for (driving under the influence,) in my opinion that's a life saved," Simons said.

The hours for Gate 1 were shortened this week as part of a traffic study to find alternatives to pulling police for gate duty, he said.

Milton.W.McBride3.ctr@mail.mil

CID warns of online phishing scam

From the Criminal Investigation Command

WASHINGTON — The U.S. Army Criminal Investigation Command, commonly referred to as CID, is warning both the Army community and the public about a new Internet phishing scam in which criminals are attempting to pose as Army CID officials.

Cyber-criminals are attempting to impersonate members of the U.S. Army Criminal Investigation Command via email, stating that they are from the "Office of the Division of Criminal Investigation, or DCI," when no such organization exists within Army CID.

In the email, the perpetrators state that they have discovered fraudulent activities with a company that the targeted victim had contact with. The cyber-criminals then ask the potential victim to acknowledge the email and provide financial and personal information.

According to CID special agents, these emails originate from overseas, most likely Western Africa, which is home

to a number of well-known Internet scams such as the "Nigerian Scam," "Foreign Lottery Scam" and the "Romance Scam" that continue to affect the public.

Most email scam attempts are easily recognizable as they are usually unsolicited, contain misspelled words, punctuation and grammatical errors, and often ask for personally identifiable and/or financial information or for money.

Cyber-crime and Internet fraud presents unique challenges to U.S. law enforcement agencies as criminals have the ability to mask their true identities, locations and cover their tracks quickly. Websites and accounts can easily be established and deleted in very little time, allowing scam artists to strike and then disappear before law enforcement can respond.

The ability of law enforcement to identify these perpetrators is very limited, so individuals must stay on the alert and be personally responsible to protect both themselves and their loved ones, officials said.

CID strongly recommends that Soldiers, civilians and family members who receive any suspicious or unsolicited emails should delete them immediately without response.

However, if an email is received claiming to be from the Office of the Division of Criminal Investigation, or DCI, take the following steps:

- Do not respond to the email.
- Stop all contact if you have responded to the email and report it to CID.
- Report having received the email to Army CID's "Report a Crime" email at usarmy.belvoir.usacidc.mail.crime-tips@mail.mil.

Other cyber-crime resources available are:

- Internet Crime Complaint Center (IC3): www.ic3.gov/default.aspx
- Federal Trade Commission: spam@uce.gov

By reporting this crime, the public can assist CID and other law enforcement officials across the United States in their investigations and help bring those responsible to justice.



PMO gets new fleet

The Fort Jackson Provost Marshal's Office recently received 12 new vehicles to replace part of its fleet. The vehicles include 11 new cars used by police patrols and traffic enforcement units and one pickup truck for use by the game wardens. The vehicles were equipped with electronics equipment transferred from the old fleet, which yielded a saving of almost \$100,000. 'Public safety and community service are our priorities,' said Maj. Brad Fisher, provost marshal. 'Police officers use these vehicles to patrol the installation and quickly respond to incidents. They're vital to law and order operations.'

Courtesy photos

VolunTEENS provide service to community

By DENISE CUENIN
American Red Cross

The Red Cross is an organization that epitomizes the American spirit. Since its founding in 1881, the American Red Cross has not missed a beat in responding to all types of natural disasters and the emergency circumstances related to the casualties of war.

When these emergencies happen, we often see the Red Cross mentioned in headlines.

However, here at Fort Jackson, Red Cross staff and volunteers are quietly working in the community doing day-to-day work such as assisting patients in our medical clinics or delivering emergency communications to service members.

In 1917, in response to an initiative to get youth involved, the Red Cross founded the Junior Red Cross. Scientific studies show that young adults and teens who volunteer learn to make lifelong service an essential part of a balanced life. Following this trend, many high schools have a requirement for community service before graduation. Colleges also value community service in selecting applicants for entrance. Service helps build good character, develop leadership skills and make teens stand out among their peers.

At Fort Jackson, the youth organization, now called American Red Cross "VolunTEENS" is thriving, and making real contributions. The school year program, which runs from September to June, is for teens ages 13 through the end of high school. Monthly service projects are the center of the activities, but fun, opportunities for leadership and new experiences are included as well. Last year, the group helped at the Fire House festival, the community tree lighting and a fun run, and visited with VA residents.

The group is planning to help again during this year's South Carolina Special Olympics. It also has participated in two education programs, one on influenza and one on preparing for disasters. The Valentine's Day event, at which VolunTEENS delivered hand-made Valentine cards to patients at the Dorn VA Medical Center, is



Courtesy photo

Red Cross VolunTEENS participate in various programs throughout the year, such as the Valentine's Day visit to patients at the Dorn VA Medical Center.

a highlight for the group. Many of the teenagers are especially grateful for an opportunity to visit with heroes from past conflicts. The elderly patients enjoy the visits as well. In January, the group, for the first time, attended a class in CPR, which prepared the participants to help in an emergency.

During the summer months, VolunTEENS work at Moncrief Army Community Hospital or the Red Cross office doing a variety of things to help out. This program provides opportunities for teens interested in the medical

field valuable service hours they can add to a resume or college application.

The summer VolunTEEN program is open to volunteers 14 to 19 years old. Interested youth can pick up an application at the Fort Jackson Red Cross Office or can request an application by emailing JacksonRedCross@yahoo.com beginning April 2. Slots are limited, and preference is given to those students interested in medical careers. Orientation for the summer program is scheduled for the beginning of June and teens are expected to

Calendar

Saturday

Shamrock Shuffle 5K run/walk

8 a.m.; Hilton Field Softball Complex
To register, call 751-3096.

Tuesday

Red Cross blood drive

10 a.m. to 3 p.m.; Joe E. Mann Center
For more information and to sign up, call 360-2036.

Wednesday

American Society of Military Comptrollers Palmetto Chapter meeting

11:30 a.m. to 1 p.m.; Officers' Club

Friday, March 22

BOSS fireside open mic night

6 to 9 p.m.; Alpine Lodge
Open to all entertainers (spoken word, acoustic music, comedy, etc.). To perform, call 751-0891.

Friday, March 29

Women's History Month luncheon

11:30 a.m. to 1 p.m.; Solomon Center
Tickets cost \$10. For tickets, contact an equal opportunity adviser or the Equal Employment Opportunity Office.

Announcements

DES CLOSURE

The Directorate of Emergency Services will close at 1 p.m., March 29 for its organizational day.

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, beginning April 16. For more information, call 751-7852/3366/3802.

RED CROSS YOUTH VOLUNTEERS

The Fort Jackson Red Cross station will accept applications for summer youth volunteers beginning April 2. Applications can be picked up at the Red Cross office from 8 a.m. to 4:30 p.m., weekdays. For more information, call 751-4329 or email Jacksonredcross@yahoo.com.

RICHLAND ONE TRANSFERS

Parents requesting a student transfer to a new school in Richland One School District must apply by May 1. For more information, call 231-6944 or visit www.richlandone.org.

RED CROSS SUMMER YOUTH CHAIR

The Fort Jackson Red Cross station is looking for a summer youth chairperson. The position begins in mid-May and ends in early August. For more information, call 751-4329 or email jacksonredcross@yahoo.com.

SPECIAL FORCES RECRUITING

An Army Special Operations Forces recruiting brief is scheduled from noon to 2 p.m., April 10 at the Education Center, Room 308. For more information, visit www.sorbrecruiting.com.

SPORTS LETTERS OF INTENT

- ☐ Letters of intent for active duty male and female indoor volleyball are due March 21. League play begins April 1.
- ☐ Letters of intent for active duty male and female spring tennis are due March 27.
- ☐ Letters of intent for active duty male and female softball are due April 2.
- ☐ Green Initiative 5K walk/run, April 13, Pecan Orchard.

For more information, call 751-3096.

DENTAC CLOSURE

All Fort Jackson dental clinics will be closed for training from 12:30 to 4:30 p.m., Friday. For emergencies, report to the Urgent Care Clinic.

BASKETBALL TOURNAMENT

A three-on-three basketball tournament is scheduled for 9 a.m., March 30 at Patriots' Park. Players must be 18 or older. Registration is open now. For more information, call 751-7146.

YOUTH SPORTS REGISTRATION

Registration for T-ball (ages 3-5), baseball (ages 6-14) and softball (ages 6-14) runs through April 8. For more information, call 751-5040/7451.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing April 5, May

3 and June 7. ACT testing is scheduled for March 15, April 12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

FREE COMIC BOOK

The Avengers' comic book, "Double Vision," is now available for free at the Exchange.

MUSEUM CLOSURE

The Basic Combat Training Museum will be closed through Friday for outdoor renovations.

LIFEGUARD CLASSES

Family and Morale, Welfare and Recreation is offering lifeguard certification classes every month. For more information, call Amanda Orduno at 751-4796.

THRIFT SHOP NEWS

The Thrift Shop now offers a punch card that will offer loyalty discounts.

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

Applications for the summer hire program can be picked up at the Thrift Shop. Applications may not be turned in before April 9. 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

DARTS STANDINGS

SS	18 points
BWB	18 points
1st CivDiv	17 points
2-60th	16 points
MPs	14 points
MD #1	13 points
TFM	11 points
MD #2	11 points
120th	10 points
C-TSB	8 points
187th	8 points
165th	6 points

Standings as of March 13

Housing happenings

YARD OF THE MONTH

This year's Yard of the Month program will begin May 1. Visit the Self Help Center to check out lawn and garden tools.

HOUSING SEMINAR

A seminar on short sale and foreclosure is scheduled from 11 a.m. to 1 p.m., April 9 at the Post Conference Room. For more information and to register, call 751-9339/5788/7566/9323.

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

SCHOLARSHIP PROGRAMS

Balfour Beatty Communities Foundation is accepting applications through April 15 from high school and undergraduate students for its scholarship program. For more information, visit www.bbcommunitiesfoundation.org.

WINTER BASKETBALL STANDINGS

Active-duty teams

MEDDAC	10-3
175th	7-5
1-34th	7-4
2-60th	6-6
187th	6-6
2-39th	5-7
1-13th	5-7
SSI	5-8
USADSS	3-8
MPs	2-11
TFM	0-11

Recreational teams

LOD	13-0
NF	10-1
SF	6-4
VA	4-8

Standings as of March 13

Damaged tires claim process

If you used Gate 1 to exit Fort Jackson between Oct. 1, 2012, and Feb. 1, 2013, you should have the tires on your vehicle checked for possible spike damage as soon as possible. Your tires should be checked at a reputable tire center. If your tires have been damaged by traffic spikes, have the tire center note the cause of damage for each tire and state the percentage of remaining tread life of the damaged tire. Take pictures of each tire to show the damage.

Claim forms and additional information are available at the Fort Jackson SJA, Claims Office, located at 2600 Lee Road. Take the documents from the tire center and pictures to the Claims Office. Do not dispose of your tires until processing of your claim is completed. You will be compensated once you purchase the replacement tire(s). You will need to provide a receipt to the Claims Office. Your claim will be paid based on the remaining tread on each damaged tire. You

will not receive full replacement cost for the purchase of the new tire(s).

AAFES and several other tire centers in the local area provide free inspection services for tires. Please call ahead to confirm the availability of the service and the costs associated, if any.

For more information, please contact Staff Sgt. Derek E. Taylor, claims paralegal NCOIC at 803-751-6151 or by email at derek.e.taylor6.mil@mail.mil.

Stover is Drill Sergeant of the Year

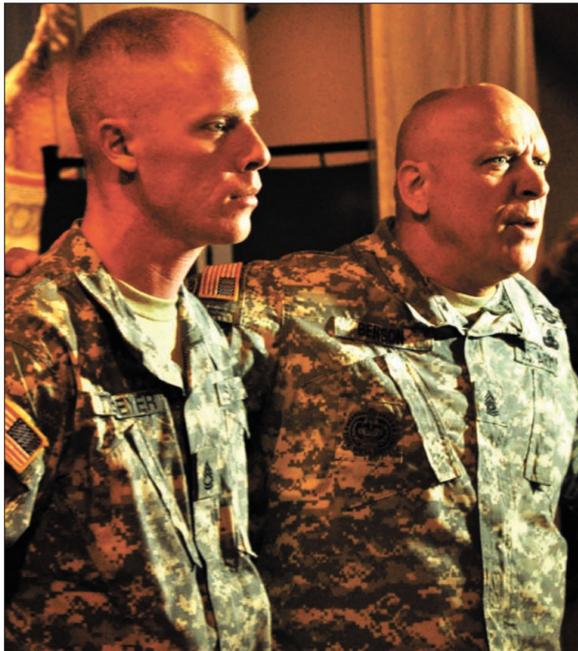


Photo by WALLACE McBRIDE

Fort Jackson Command Sgt. Major Kevin Benson, right, congratulates Sgt. 1st Class George Tiemeyer, of the 187th Ordnance Battalion, on being selected 2013 Platoon Sergeant of the Year.



Photo by WALLACE McBRIDE

Staff Sgt. Matthew Vitug, 2nd Battalion, 60th Infantry Regiment, right, demonstrates his knowledge of Army drills.



Photo by DAVID SHANES, command photographer

Fort Jackson Command Sgt. Major Kevin Benson, left, congratulates Staff Sgt. David Stover, a drill sergeant leader with the U.S. Army Drill Sergeant School, on being named Fort Jackson's 2013 Drill Sergeant of the Year.



Photo by WALLACE McBRIDE

Staff Sgt. Awbrey Pebble, 3rd Battalion, 60th Infantry Regiment, is tested on her ability to throw a dummy hand grenade into a designated target area during weapons tests last week at Hilton Field.



Photo by WALLACE McBRIDE

Staff Sgt. David Stover, a drill sergeant leader with the U.S. Army Drill Sergeant School, was named Fort Jackson's 2013 Drill Sergeant of the Year during a ceremony Friday at Magruder's Club and Pub.

Best of the best endure four days of challenges in annual competition

By WALLACE McBRIDE
Fort Jackson Leader

Staff Sgt. David E. Stover, a drill sergeant leader with the U.S. Army Drill Sergeant School, is Fort Jackson's 2013 Drill Sergeant of the Year. The winners of this year's competition were announced during a ceremony Friday at Magruder's Club and Pub. Sgt. 1st Class George Tiemeyer, of the 187th Ordnance Battalion, was named Platoon Sergeant of the Year.

"It's been a very strenuous week, mentally more than physically," Stover said. "It's an amazing achievement. It's something I'm extremely proud of. The Drill Sergeant School puts out extremely good drill sergeants, and we all have that good, base knowledge and drive to succeed."

Tiemeyer said the competition demanded the participants to delve into years of experience in order to accomplish the tasks at hand.

"It took me back to those days as a young Soldier," he said. "You had to dig deep to (find) some of that knowledge you don't really use on a daily basis. It takes a lot to learn those warrior tasks and battle drills. It was mentally and physically challenging, and overall I thought it was a great competition."

The competition was a four-day ordeal that tested the Soldiers' physical and mental skills in trials that left little room for error. It began shortly before 4 a.m. March 4 with a four-mile run. After that, the Soldiers took part in the Fit to Win course, Physical Readiness Training, drill ceremony and combative modules and ended the day at the night infiltration course. The competition ended four days later with an appearance before a board of command sergeants major, who evaluated the drill sergeants' knowledge of leadership and drill sergeant training tasks.

"Those command sergeants major had a combined 120-plus years of experience in the military," said Fort Jackson Command Sgt. Major Kevin Benson.

The board members also had more than 16 combat tours between them.

"The average competitor here has six years in the Army," Benson said. "If you don't think it's a little bit hard to go in front of them, it is. We do it on purpose to prepare them for the next level."

"We were looking for the best drill sergeant to represent the Fort Jackson installation in the Armywide competition ...," said Staff Sgt. David Schible, Company D, 1st Battalion, 13th Infantry Regiment, last year's Drill Sergeant of the Year. As part of his responsibilities as 2012 DSoY, Schible was involved with staging this year's event.

"It was amazing to watch all of them compete in such a prestigious event," he said. "You could see where people were strong and weak, and how it balances itself out in the end. It was amazing."

The post's best and brightest are not the only ones being challenged in the event, Benson said. As part of the week's events, organizers poll competitors to find ways of improving Soldier training during the other 51 weeks of the year.

"These individuals become spokespersons for the rest of the trainers on this installation," Benson said. "One of the things I asked them to do (was to) write down what they'd like to improve on Fort Jackson. If you think we don't take this seriously, we do."

Stover said he plans to use the DSoY recognition as a chance to encourage positive changes in Army training.

"That's what I'm here in the military for — to make a difference, and hopefully make a difference in drill sergeants' lives," he said. "And, more importantly, to make a difference in Soldiers' lives. There are things that can always be improved upon and changed."

Stover will go on to compete at the TRADOC DSoY competition, which starts April 29 at Fort Jackson. If he wins the TRADOC event, he will have a permanent change of station to TRADOC headquarters, and the runner-up will serve as the Fort Jackson DSoY.

Milton.W.McBride3.ctr@mail.mil

CMYK

CMYK

27" WEB-100

Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Maricela Diaz
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Jillian Woodward

SOLDIER OF THE CYCLE
Spc. Stephen Ondak

HIGH APFT SCORE
Pvt. P.A. Sosseh

HIGH BRM
Pvt. Byron Cox



Staff Sgt. Stephen Racks
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Chase Teats

SOLDIER OF THE CYCLE
Pvt. Baylee Wood

HIGH APFT SCORE
Pfc. Chase Teats

HIGH BRM
Pvt. Anthony Lee Dorsey



Staff Sgt. William Clifton
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Sean Platts

SOLDIER OF THE CYCLE
Spc. Sherilyn Muneno

HIGH APFT SCORE
Spc. Sherilyn Muneno

HIGH BRM
Pfc. Kushe Darden



Staff Sgt. Jonathan Gonzalez
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Bradley Morton

SOLDIER OF THE CYCLE
Spc. Shannon Kendrick

HIGH APFT SCORE
Pvt. Angela Gaffney

HIGH BRM
Pvt. Tara Benak



Staff Sgt. Paul Fisher
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Michael German Jr.

SOLDIER OF THE CYCLE
Pfc. Tory Beaty

HIGH APFT SCORE
Pfc. Ricky Asplen

HIGH BRM
Pvt. Travis Glenn

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Michael Herrmann

TRAINING SUPPORT
Hillary Benjamin

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

Training honors



BOLTON

Warrant Officer Eva Bolton
Distinguished honor graduate
Warrant Officer Basic Course
Adjutant General School



MARTIN

Staff Sgt. Hal Martin
Drill sergeant of the cycle
Company B
Task Force Marshall



MORALES

Staff Sgt. Michael Morales
Drill sergeant of the cycle
Company C
Task Force Marshall

Want more Fort Jackson news?

vimeo

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

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.

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, 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@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.

'Only by pride comes contention'

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

A few weeks ago, my two older grandsons went to wrestling sectionals. The older boy, hard-working and disciplined, barely missed going to the state finals. He fell short by one defeat, including a loss to the state champ. This was his third try; his senior year is still ahead.

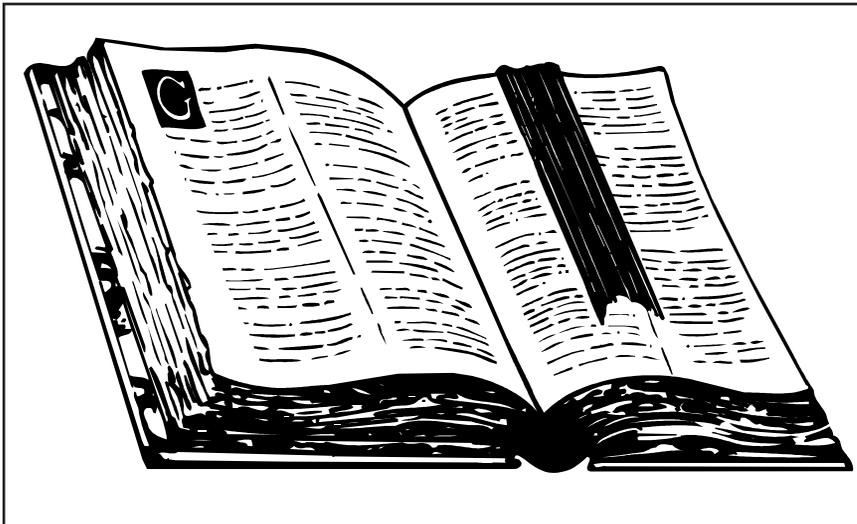
His younger brother, an eighth-grade student wrestling this year at high school level, won just enough matches to make it to the state finals. That's really great, unless you're his older brother who didn't go. What a mix of feelings for them, and what a test of their brotherhood.

We see the same kind of mixed feelings around us in the Army. Whether it is promotions, assignments, schools — many of us experience happiness for ourselves and regret for others; or happiness for them and regret for ourselves. What a test for us. It can be hard not to feel jealousy and bitterness sometimes.

"For we dare not match, or compare ourselves with some, that commend themselves; but we measure ourselves by ourselves, and compare ourselves with ourselves." (2 Corinthians 10:12)

Let's notice three things in this verse: First, pride is what causes those hard feelings; second, comparison with others is risky; third, our real competition is with our self.

In Proverbs we read that, *"Only by pride cometh con-*



ention." Every time someone is not getting along with someone else, from children to nations, the ultimate cause is pride. Maybe it comes out as, "You're one of those," or, "I'll take that," or in some other selfish way. It always turns out to be what my mother called the "Me First" attitude.

Of course, we usually find ways to hide our guilt when we are the offenders. Just listen to children explaining why they're fighting with their brother or sister sometime. On the other side, if we are being offended, we have to

keep our balance and guard our own position. Yielding to wickedness only seems to encourage more of it.

Second, we know intellectually that comparison is usually uneven. None of us have equal abilities or interests or advantages in life. The older boy has worked longer and harder, yet his effort has yielded less obvious progress, even on the level field of athletics. But has he really gained less? Hasn't he learned lessons far more valuable than mere recognition in high school sports? We usually lack a clear understanding of what others are putting in or what they are

getting out. Let's acknowledge that we have to rely on a greater judge.

Finally, we only have to compete with our self. I don't have to run as fast as you, I just have to run the best I can. To ask if my wife could have found a better husband is unguessable, to ask if she is better off married to me than staying single is the question I need to answer.

Are we each being the best servant of our king that we can be?

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 to 11:30 a.m. 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

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Eat right, your way, every day of the year

By **TARA C. DOMBECK**
U.S. Army Public Health Command

Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy and that you must eat a boring regimen of meals every day. That can be discouraging, especially if you have certain cultural, ethnic and lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods; you can make small adjustments to your diet while still enjoying the foods you love.

March is National Nutrition Month, and the theme for the month is "Eat Right, Your Way, Every Day." This theme encourages everyone to continue following his or her food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices.

Good nutrition is also one of the Army surgeon general's top priorities for building and sustaining good Soldier and family member health through the "Performance Triad." Nutrition, along with a focus on healthy activity and sleep, is one of the three legs of the triad.

Choosing to eat a healthy diet has many benefits, including enhancing fitness and performance. As well, consuming a healthy, well-balanced diet may reduce a person's risk of developing certain chronic diseases, including high blood pressure, Type 2 diabetes, and some types of cancer, as well as obesity. Many Americans do not meet the recommended guidelines for a well-balanced diet, which includes each of the five major food groups: fruits, vegetables, grains, proteins and dairy products.

If you have decided to choose a more healthy diet, here are a few simple tips you should follow every day, no matter what your food preferences are:

■ Add more fruits and vegetables to your diet each day: Place fruits and vegetables in highly visible places on your kitchen counter, pack fruits and vegetables in a cooler to take with you when you are on the go, and choose steamed

vegetables as side items when eating at your favorite restaurant (rather than choosing vegetables cooked in butter and oil or covered in sauces, which add extra calories from fat).

■ Eat more whole grains: Choose whole wheat breads and pastas and whole grain rice rather than white varieties of these items.

■ If you enjoy meat as part of your diet, choose low-fat options, such as lean cuts of beef and chicken, and certain types of fish (such as salmon and trout). If you do not eat meat, you can get protein from beans, soy products, nuts and seeds. Eggs are a good source of protein, but you should limit the amount of egg yolks you consume to no more than one a day since they contain cholesterol and saturated fat.

■ Choose low-fat and low-calorie dairy products, such as skim milk, rather than whole milk; limit the amount of cheese you consume.

■ Decrease your intake of salt and high sodium foods. Check labels for low-sodium items.

■ Make better beverage choices by drinking plenty of water every day, and choosing calorie-free beverages, 100 percent fruit juices, and fat-free milk.

■ Pay attention to portion sizes. Many people eat more than the recommended serving size of foods, so choose smaller portions. Stop eating when you feel satisfied.

■ Always practice food safety by washing your hands be-



fore preparing and eating food and by keeping raw meat and fish separate from fruits and vegetables when preparing meals.

Eating right does not mean that you must give up your food preferences. Eating right, your way, every day means taking small steps that will make a big impact on your health no matter what your lifestyle and cultural preferences are.

For more information about eating a healthy, balanced diet, visit the following websites:

Academy of Dietetics and Nutrition, <http://www.eat-right.org/> and Operation Live Well, http://www.defense.gov/home/features/2012/0812_live-well/.



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>.



MACH UPDATES

RETIREE HEALTH FAIR

A health fair for retirees is scheduled from 9 a.m. to 1 p.m., May 18 at the Solomon Center. For more information, call 751-5251.

SHAMROCK SHUFFLE

Celebrate National Nutrition Month and St. Patrick's Day with a 5K fun run/walk Saturday. For more information, call MACH Nutrition Care Division at 751-2115/2489.

ACCESS CALL CENTER CHANGE

Moncrief Army Community Hospital beneficiaries will no longer be able to call the Access Call Center to leave a voice message to request an appointment, ef-

fective Friday. Patients may call the Access Call Center at 751-CARE (2273) to schedule an appointment from 7:30 a.m. to 4 p.m., Monday through Friday, or visit www.tricareonline.com

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 3:15 to 4:15 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.

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MACH experts host roundtable on TBI

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Mild Traumatic Brain Injury is something that many service members do not understand, and it remains a challenge for those who treat patients with the diagnosis.

Professionals at Moncrief Army Community Hospital conducted a roundtable meeting March 7 to discuss the importance of awareness.

“We are trying to bring awareness to everyone who may be suffering from TBI,” said Navy Commander Angela Smith, U.S. Public Health Service, chief of Comprehensive Behavioral Health Services for MACH. “And March is TBI Awareness Month so we want to provide as much information as we can to people about the injury.”

A reason that many who are affected do not get the help they need is that people do not understand how it affects them, Smith said.

“A lot of people don’t know the signs of the injury and just continue on as normal without seeking help,” Smith said.

Another reason why those affected don’t get help is the lack of awareness that there are people who can actually assist in the process.

“It is our intention to bring to light (that) we have the medical staff and equipment to treat Soldiers experiencing problems here,” said Ron Talley, a certified case manager and registered nurse for Traumatic Brain and Blast Injury for the hospital. “We want them to understand there are services we provide to help along the recovery process.

“There is no model or one treatment plan that is available for MTBI,” he said. “However, we have a variety of methods to help us assess and treat the injury properly.”

MTBI can take on many forms, which is why there is no single method to treat it. Talley said TBI in Soldiers can be caused by blast injuries from improvised explosive devices.

“When people think of MTBI, they think of major injuries,” said Louise Hughes, a physician assistant and TBI provider for



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

Moncrief Army Community Hospital health care professionals conduct a roundtable discussion on the importance of Traumatic Brain and Blast Injury awareness March 7. March is TBI Awareness Month.

MACH. “So most don’t understand that headaches can be associated with TBI ... And sometimes the people we treat have been deployed several times before they actually seek help, so they develop what is called Post Concussion Syndrome, which occurs after one or more concussions.”

Hughes said service members can also experience sleep and memory problems.

The experts continuously expressed how important it is for service members to reach out for help if they think something may be wrong. Conditions left untreated can lead to other problems, they said.

“Not knowing what is going on with them, some Soldiers turn to other methods they think will help,” said Kim Eaker, a certified case manager and registered nurse for TBI and Blast Injury. “They start self-medicating, which leads to more issues.”

No Soldiers should feel like they are alone and going through things by them-

selves, the group said.

“Family members are the ones seeing the problems first,” Eaker said. “So what is happening is spouses are bringing the Soldiers in for help.”

“We get a lot of referrals from other people,” Hughes said. “Co-workers also bring individuals in to see us. And once they are treated, (many patients) want to help out other Soldiers who are experiencing what they are.”

Hughes said that most people who seek treatment respond well.

However, when dealing with behavioral health concerns, there used to be a stigma associated with treatment, Smith said. And some still feel it is an issue, especially with career progression.

“We don’t want that to happen,” Smith said.

“Really, it should be the command’s and others’ responsibility to focus on getting

the Soldiers help,” Hughes said. “And from what I have seen, they are supportive. So there is no need for those needing help to be afraid to reach out for help with MTBI.”

“It takes courage to come in and get treated for MTBI,” Eaker said.

During awareness month, pamphlets and posters will be displayed at the entrances to MACH with information about MTBI. The staff is also going to be there to meet and greet people visiting the hospital.

Becoming informed about MTBI is the first step, but Soldiers have to be willing to stand up and go through the process.

“Treatment is a collaborative effort,” Talley said. “And with effort on both ends we can help you.”

And even those who think their condition is minor should seek attention, Hughes said.

“If you are in doubt, get help now,” she said.