

THURSDAY, MARCH 27, 2014

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON / COLUMBIA, S.C. COMMUNITY  
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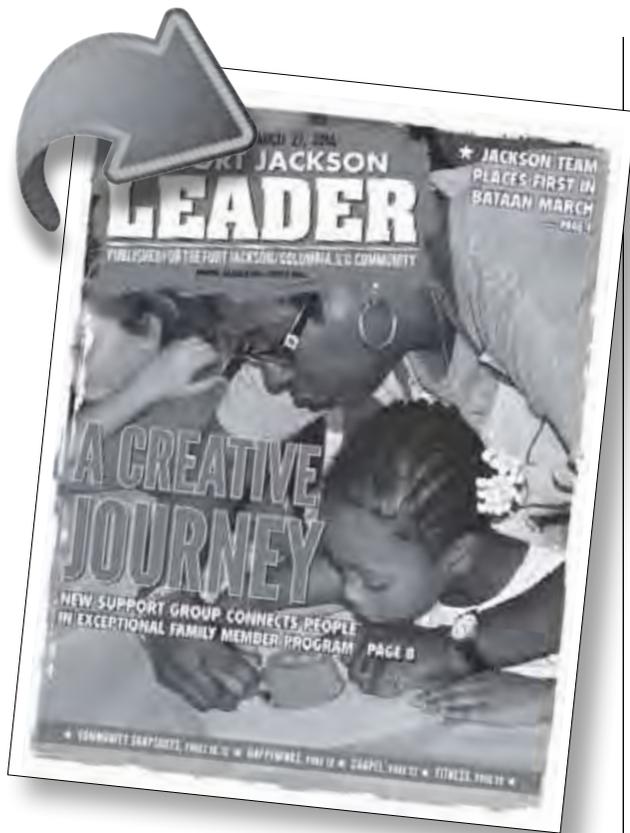
★ JACKSON TEAM  
TAKES FIRST IN  
BATAAN MARCH  
— PAGE 4

## A CREATIVE JOURNEY

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IN EXCEPTIONAL FAMILY MEMBER PROGRAM** PAGE 8

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# NEWS



## ON THE COVER

Photo by WALLACE McBRIDE

Children, parents and volunteers work with clay last Thursday evening at the Joe E. Mann Center as part of an EFMP support program called Creative Journey. **SEE PAGE 8.**



### Fort Jackson, South Carolina 29207

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## NCO induction

The 3rd Battalion, 34th Infantry Regiment conducted a traditional NCO induction ceremony Friday at the battalion headquarters. Above, Sgt. 1st Class Brian McFarland walks through an arch under crossed swords. Left, the inductees are, from left, Sgt. Byron Ashley, Staff Sgt. Jane Lowe, Staff Sgt. Jonathon Morgan, Sgt. 1st Class Felipe Chung, Staff Sgt. Sherille Butler, Staff Sgt. Cedric Banks Jr. and McFarland.

Photos by SUSANNE KAPPLER

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Photo by SUSANNE KAPPLER

**Brig. Gen. Bradley Becker, Fort Jackson's commanding general, speaks at a press conference following a meeting with local community leaders at the Greater Columbia Chamber of Commerce March 20. Becker explained the effects of possible sequestration-level budget cuts in 2016.**

# Post, community join forces

## Becker outlines possible future sequestration impact

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Community leaders pledged their support of Fort Jackson after Brig. Gen. Bradley Becker, Fort Jackson's commanding general, briefed leaders of the greater Columbia area March 20 on the impact a possible sequestration in 2016 could have on Fort Jackson.

The Army is currently on track to reduce the strength of its active duty force from 562,000 to 490,000, but sequestration-level budget cuts could necessitate a reduction to 420,000 active troops by 2019.

Those cuts could force the elimination of 2,400 military and 700 civilian positions on Fort Jackson, according to the Army's most recent Programmatic Environmental Assessment, or PEA, which was conducted for more than 30 military installations. Fort Jackson was not part of the Army's original PEA in 2013, but was added this year in light of the possibility of sequestration in 2016.

"It's important to know that the supplemental PEA does not reflect actual or projected losses, rather it provides an assessment of the possible environmental and socio-economic impact of the greatest magnitude for each installation," Becker said.

Becker said that the number of Soldiers who will be trained on Fort Jackson the next two years will not change, but that further reductions in troop strength could affect numbers at a later time.

Col. Dan Beatty, chief of staff for the Army Training Center and Fort Jackson, re-emphasized that the data from the supplemental PEA does not represent any present or future decisions about the personnel strength on Fort Jackson.

"It's simply an assessment at this point in time. ... It is a number (the Army) is using as a planning assumption to move forward with the entire plan of the force structure reduction," Beatty said. "Fort Jackson still trains the best Soldiers in the world. We do a dang good job of it. And I think the Army recognizes that we do it probably more ef-

ficiently than anybody else anywhere else."

Midlands community leaders said they would do everything in their power to avert cuts to Fort Jackson's workforce.

"It's important that anyone within the sound of our voice understand that we are unified across every demographic, across every strata, across every false political line we have dividing us — we are unified in our full support of Fort Jackson and each and every thing that Gen. Becker and his team are doing over there," said Columbia Mayor Steve Benjamin.

That sentiment was shared by Holt Chetwood, chairman of the Greater Columbia Chamber of Commerce.

"I stand here today to say on behalf of the Columbia business community, we certainly support (Brig. Gen. Becker and his) staff, we support the Soldiers on Fort Jackson, and we will do everything we can to make sure you have the resources you need to be successful," Chetwood said.

*Susanne.Kappler1.ctr@mail.mil*



Courtesy photos

The Fort Jackson military coed heavy team is on its way to a first-place finish at the Bataan Memorial Death March Sunday at White Sands Missile Range, N.M. The Soldiers finished the 26.2-mile ruck race more than 30 minutes ahead of the second-place team.

# Jackson team places first in Bataan march

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Five Soldiers from Fort Jackson finished first in their category at the 25th annual Bataan Memorial Death March Sunday at White Sands Missile Range, N.M. The Fort Jackson military coed heavy team finished the 26.2-mile course in 6 hours, 12 minutes 34 seconds, more than 30 minutes ahead of the runners-up.

The team members carried a 35-pound rucksack through a challenging mountain course. The march honors American and Filipino Soldiers who were subjected to a grueling death march as Japanese prisoners of war during World War II.

Master Sgt. Ricardo Gutierrez participated for the eighth time and served as the team's captain.

"I knew that these guys (on the team) were going to experience something different that nobody else realizes," Gutierrez said. "(It's about) camaraderie, esprit de corps, the love for your brother in arms."

He said the Bataan Memorial Death March is unlike any other marathon.

"(During my first time), I actually experienced something different than any other marathon I've ever done," he said. "It wasn't just about how you did. It was about you paying tribute to someone who went before us. But not only that, they're actually there. ... These guys are living heroes, right there, walking, talking."

The number of Bataan survivors attending the event is dwindling each year. Maj. Michele Kehrle, who participated for the first time, said she met one of the survivors, 96-year-old retired Col. Ben Skardon, who was a POW for four years.

"I hugged him before I marched, and I spent time with him afterwards. And that was incredibly humbling," Kehrle said.



From left, Maj. Michele Kehrle, Master Sgt. Ricardo Gutierrez, Sgt. 1st Class Merton Houston, Staff Sgt. Joseph Salkowski and Capt. Michael Brown display the Fort Jackson colors at the Bataan Memorial Death March.

To participate on the Fort Jackson team, Soldiers competed in a qualifying event on post. After that, the team practiced twice a week to get ready for the event.

"You have to come into this very physically fit. It's hard. You have to be able to go beyond your physical limitations," Kehrle said.

The team members said it was awesome to win for Fort Jackson.

"I feel like it means that we really rose to the challenge," Kehrle said. "I just think it speaks greatly of the NCOs, the officers who helped train us and of our units who gave us the time to train toward the goal."

Staff Sgt. Joseph Salkowski said the team executed its strategy perfectly.

"We were going there with the plan of being first, and that's what we did," he said. The Fort Jackson team comprised

Capt. Michael Brown, 2nd Battalion, 60th Infantry Regiment; Master Sgt. Ricardo Gutierrez, Moncrief Army Community Hospital; Sgt. 1st Class Merton Houston, 2nd Battalion, 60th Infantry Regiment; Maj. Michele Kehrle, Moncrief Army Community Hospital; and Staff Sgt. Joseph Salkowski, Warrior Transition Unit.

**Editor's note:** Wallace McBride contributed to this report.

Courtesy photo



# Community Pride

## Fort Jackson residents hit the road to clean up trash

By **WALLACE McBRIDE**  
Fort Jackson Leader

Nobody seemed willing to take responsibility for the litter that had accumulated in the areas around Hilton Field. It just seemed to accumulate there, carried by the wind from wherever it had been discarded. Paper, plastic grocery bags, cereal boxes and the obligatory cigarette butts were strewn along the side of the road leading to post housing. Two weeks ago, some residents decided enough was enough.

“We talked about it a long time, all of the trash flying

around,” said Army spouse Manuela Allen. “We heard they’ll send out Soldiers to pick up trash and I said, ‘No, that’s not their job.’”

On March 14, Allen, other spouses, friends and children of the 1st Battalion, 61st Infantry Regiment decided to take matters into their own hands. They hit the road with trash bags and began to fill them with garbage collected along the road.

“Our first bags were all the way full,” Allen said. “Most of the trash we collected going down Chesnut Road. Everybody had more than a full bag of trash.”

“We were out conducting a site visit that day at C.C. Pinckney (Elementary School) on Chesnut Road, and I

happened to see this group of individuals picking up litter,” said Stephanie Gillian, Solid Waste Program manager for Fort Jackson. “I stopped to let them know who I was and that I was excited to see them out.”

Litter has increasingly become a priority for command on post, Gillian said. This incident was a happy coincidence.

“What they decided to do was start picking up trash on the Hilton Field side of Chesnut Road,” she said. “They didn’t know they were doing something to support the mission on post ... they were just out cleaning up litter. They cleaned up the entire road.”

*Milton.W.McBride3.ctr@mail.mil*

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Photos by WALLACE McBRIDE

Children, parents and volunteers work with clay March 20 at the Joe E. Mann Center as part of a support program called Creative Journey, created by the Columbia's Parks and Recreation Department and the Fort Jackson Exceptional Family Member Program.

# Families venture on creative journey

By WALLACE McBRIDE  
Fort Jackson Leader

Children and parents spent a few hours March 20 drawing, painting and working with clay.

Columbia's Parks and Recreation Department and the Fort Jackson Exceptional Family Member Program have collaborated to create a monthly program called Creative Journey, a support group for families enrolled in EFMP. Creative Journey is an offshoot of a similar program once servicing Soldiers in the Warrior Transition Unit.

"We started it in 2012 and did a trial run that fall at Fort Jackson," said Brenda Oliver, cultural arts specialist for the city of Columbia's Parks and Recreation Department. "We worked exclusively with the Warrior Transition Unit. This is a much condensed version of the program because we're doing mixed media."

Approximately 16 percent of Army families have members with special needs, including spouses, children or dependent parents who require special medical or educational services, according to the U.S. Army Medical Department. The Army created the Exceptional Family Member Program in the early 1980s to support these families.

Scheduled for the third Thursday of each month at the Joe E. Mann Center Ballroom, Creative Journey provides the EFMP families the opportunity to participate in hands-on activities with clay modeling, pottery, water color painting and drawing.

"I'm letting them get used to being with the other EFMP kids, and get more confidence in the program," said Sgt. 1st Class Robert Fox, 171st Infantry Brigade, who brought his son and daughter to last week's program. "They're getting to see more of the experiences that Fort



Creative Journey began in 2012 as a program exclusively for the Warrior Transition Unit. As of last month, the project shifted its focus to Fort Jackson's Exceptional Family Member Program. Left, children mold clay during last week's event at the Joe E. Mann Center.

Jackson has to offer. We've only been here about nine months."

"EFMP is a mandatory program that Soldiers have to enroll in if they have a family member with a medical or educational condition," said Brandi Palmer, a Fort Jackson EFMP specialist. "This is to ensure that, when families move from installation to installation, those services are there for their family members. It wouldn't make any sense if they're sent to an installation and have to travel a hundred miles to see a specialist. All of those services are in the area for that family member."

Last week's effort from the city was driven entirely by volunteers and donations, Oliver said.

"All of the folks you see here are volunteers. All of our supplies have been donated, and the community has been very supportive of our outreach program," she said. "We feel that Fort Jackson is part of our community, and (it is) incumbent upon us to reach out to the military."

While they are independent of each other, the city and post have a "symbiotic" relationship, she said.

"Columbia's a big military town, and we need to make sure we keep a big footprint here," Oliver said. "The Exceptional Family Member Program approached us about continuing (Creative Journey) with their families, and we're delighted to be able to do that."

Palmer said this is the second Creative Journey event on post for EFMP. Palmer said the program will continue on the third Thursday of each month, with new activities introduced in future events.

"Creative Journey wanted to continue this program since the Wound Warriors program is going to be transitioning out of Fort Jackson," she said. "EFMP also wanted to continue with this program, and (Creative Journey) wanted to stay on, as well. It's going to be a really great program."

Milton.W.McBride3.ctr@mail.mil



Families with the 165th Infantry Brigade participate in a leadership marriage retreat last weekend in Beech Mountain, N.C.

# 165th families participate in retreat

*From the 165th Infantry Brigade*

The 165th Infantry Brigade conducted its first leadership marriage retreat last weekend in Beech Mountain, N.C. Eighteen families participated in the marriage retreat, which focused on maintaining a healthy marriage and family while serving in military leadership positions.

The event was a Strong Bonds family enrichment retreat, funded by the U.S. Army Chief of Chaplains, which allowed families to take a break from the high-paced tempo of training at Fort Jackson and turn their attention inward on their families and marriages. Chaplain (Capt.) Colt Randles, 3rd Battalion, 34th Infantry Regiment, led the retreat and worked with the couples through discussions and activities that focused on the seven habits of highly effective Army families.

Participants from the 1-61st, 2-39th, 1-34th, and 3-34th were also provided the opportunity to spend quality time with their spouses and families by participating in several excursions in the Smoky Mountains, including skiing, mountain climbing on Grandfather Mountain, and exploration of the Linville Caverns.



*Courtesy photos*

Families are participating in discussions and other activities during the weekend retreat.



### **Maude lecture**

*Photos by WALLACE McBRIDE*

Retired Air Force Lt. Gen. Darrell Jones, who now serves as the senior vice president for learning and development at USAA, speaks at the LTG Maude Leadership Lecture Series Tuesday at the Solomon Center. This was the 14th lecture sponsored by the Lieutenant General Timothy J. Maude Foundation, formed in memory of the late Lt. Gen. Timothy J. Maude. He was serving as the deputy chief of staff for personnel and was killed in the Sept. 11 attack on the Pentagon. The foundation provides educational support to current and future Soldiers. The leadership lecture series was established to inspire young Soldiers through mentorship, leadership, and building strong bonds. The foundation provides Soldiers and leaders in the human resources community an opportunity to enhance their leadership skills and an opportunity to interact with current and former leaders in the Department of Defense. For more information, visit: <http://www.maudefoundation.org/>.

# Month of the Military Child events set

## Leader Staff Report

April is designated as Month of the Military Child, and the Fort Jackson community will mark the month with a number of events.

■ School Age Night Out is scheduled for April 4, 6:30 to 9 p.m., at Imboden Street School Age Center.

■ Parent Night Out is scheduled for April 4 and 18, 6 to 11 p.m., at Hood Street Child Development Center.

■ The April Foolish Dog Show is scheduled for April 5, 1:30 to 4 p.m., at the Youth Sports Complex. Enter your canine

friend (animated or stuffed variety) in several April foolish categories.

■ The South Carolina Boys & Girls Club games room tournament is scheduled for April 12, 9 a.m. to 6 p.m., at the Youth Center and the Imboden Street School Age Center.

■ Health Rocks is scheduled for April 18, 6:30 to 9 p.m., at the Imboden Street School Age Center. Students from kindergarten through fifth grade participate in a variety of health and fitness activities and enjoy a healthful dinner. Open to children registered with Child, Youth and School Services.

■ The Spring Jamboree and Egg Hunt is

scheduled for April 19, 10 a.m. to noon, at the Youth Sports Complex. The egg hunt is for children 12 and younger. Free activities, games and prizes will also be offered.

■ A flashlight egg hunt is scheduled for April 19, 8 p.m., at the Youth Center. This egg hunt is designed for middle school and high school students.

■ Operation Megaphone Lock-In is scheduled for April 25 and 26, 6 to 7 p.m., at the Youth Center. Military middle and high school students are invited to participate in a lock-in that will provide an opportunity for them to connect with military youth around the globe and raise

awareness for teen issues. The cost is \$20 for participating students, \$25 for their guests.

■ A family fun fair is scheduled for April 26, 10 a.m. to 3 p.m., at Patriot's Park in front of the Solomon Center. The event includes rides, games, a bounce house, slides and activities. Concessions will be available on site.

For more information on Month of the Military Child events, call 751-4869.

Additional program- and facility-specific events are offered throughout April for enrolled children. Parents should contact their program director for more information.

## News and Notes

### 9/11 MEMORIAL TO VISIT FORT JACKSON

The 9/11 mobile "Never Forget" exhibit will be on display at Hilton Field from 8 a.m. to 1 p.m., today. The memorial provides interactive education, including artifacts, news and video recordings.

### RECYCLING BIN BLITZ SCHEDULED

Organizations who need recycling bins can pick them up from 9 a.m. to 2 p.m., April 1-3 at the Recycling Center. Recycling training will be offered every 30 minutes. Government and personal electronic waste will be accepted during the event. Recycling is mandatory on Fort Jackson.

### VOLUNTEERS NEEDED

Volunteers are needed for the Special Olympics Summer Games, scheduled for May 9-11 at Fort Jackson. Online volunteer registration opens April 1 at [www.so-sc.org](http://www.so-sc.org).

### COMPTROLLERS MEET

The American Society of Military Comptrollers will host the Santee Regional Professional Development

Institute from 8 a.m. to 4:30 p.m., April 11 at the Santee Conference Center. For more information, visit <https://sites.google.com/site/asmcbeaufortlowcountry/south-carolina-asmc-regional-pdi-2014>.

### VOTING ASSISTANCE WORKSHOP SET

A voting assistance officer workshop is scheduled from 8:15 to 10:30 a.m., April 24 at the 2nd Battalion, 39th Infantry Regiment, Classroom 1. The workshop will provide information, resources and tools for the successful performance of voting assistance officer duties. For more information and to register, call 751-7535/9900.

### TIRE WARRANTIES HONORED

Customers who own an active tire support agreement warranty, or TSA, which was purchased at the now-closed Fort Jackson Car Care Center can seek service at a location of their choice. The Exchange will reimburse the customer for the costs. To be reimbursed at the Main Exchange customer service desk, the customer must have an active TSA and receipt.

*Information subject to change.*



## Ft. Jackson Movie Schedule

PH (803)751-7488

Adult \$5.50/Child (6-11): \$3.00

3D: Adult \$7.50/Child (6-11): 5.00

3319 Jackson BLVD

\*\*Ticket sales open 30 minutes prior to each movie\*\*

\*Movie times and schedule are subject to change without notice\*

Friday April 4  
**Robocop 4** (PG-13) 1900

Saturday April 5  
**12 Years A Slave** (R) 1400

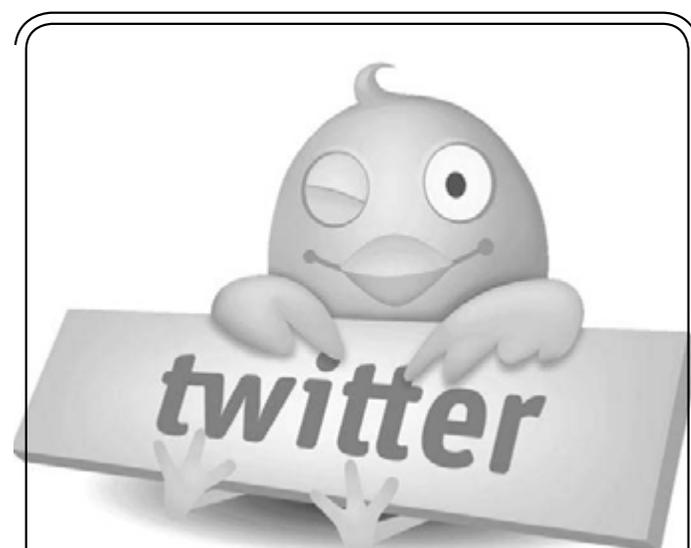
Sunday April 6  
**Pompeii** (PG-13) 1400

Wednesday April 9  
**Robocop 4** (PG-13) 1400  
**Pompeii** (PG-13) 1630

Friday April 11  
**Winter's Tale** (PG-13) 1900

Saturday April 12  
**That Awkward Moment** (R) 1400

Sunday April 13  
**Endless Love** (PG-13) 1400



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Courtesy photo

## Giving back

Members of the Fort Jackson Sergeant Audie Murphy Club present a check for \$500 to Camp Kemo, a local organization that hosts camps for children with cancer. The Soldiers also donated toys and played with the children during their visit to the camp.

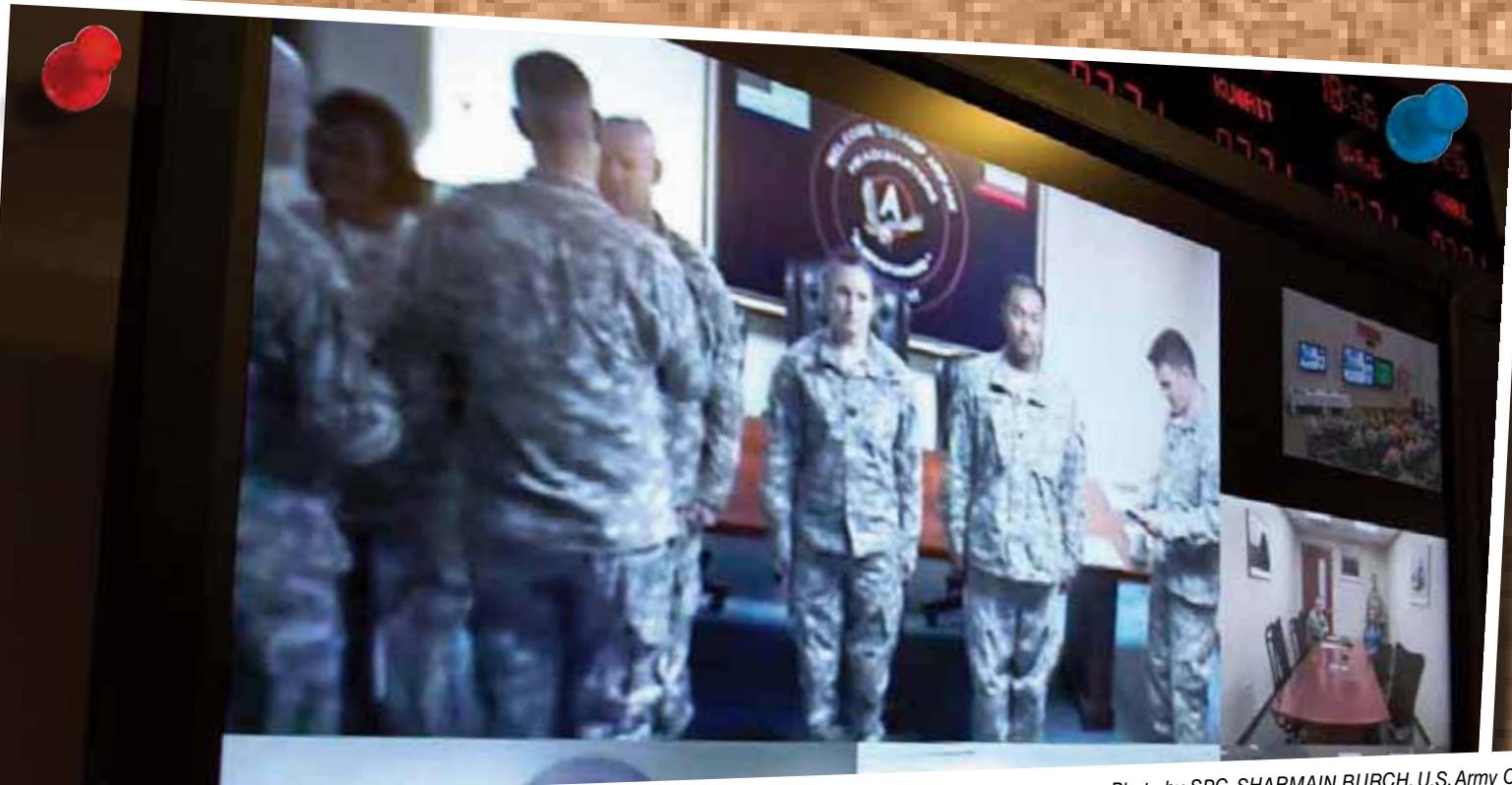


Photo by SPC. SHARMAIN BURCH, U.S. Army Central

## Volunteers honored

U.S. Army Central honors Soldiers, family members and DA civilian volunteers, here, and abroad at its annual Volunteer Award Ceremony at Shaw Air Force Base March 21. Soldiers who are stationed abroad participated in the ceremony via video teleconference.

# ACS offers career assessment tools

By **BARBARA MARTIN**  
*Employment Readiness Program*

April is National Career Assessment Month, and the Army Community Services Employment Readiness Program will be partnering with Midlands Technical College on April 30, from 9 a.m. to noon to provide a career awareness seminar at the Education Center, Room B-107.

This event is intended to help people discover their skills and interest, become aware of current employment trends and give tips on how to sell themselves in an interview using a career portfolio. Each participant will receive a copy of the "Your Career and Life Plan Portfolio Workbook" and a career portfolio binder. Each participant will also have the opportunity to complete an online career assessment and receive a comprehensive evaluation.

Did you know that most people will spend more than 80,000 hours of their lives working? Why spend it doing something you don't enjoy? Career exploration helps you learn more about yourself. Learning more about your in-

terests and preferences enables you to make more meaningful career decisions.

If you are confused about deciding the right career path for yourself, career assessments can help. Career assessment results are not like a "magic pill" to solve all of your career ailments, but are a tool in discovering more about you, which can be very helpful in finding a good career fit.

During April, military spouses are encouraged to schedule an appointment with an ACS career development facilitator, or CDF. The CDF will assist military spouses in developing an individual career action plan to help them reach their employment and education goals.

ACS also offers a free virtual career library where individual can explore hundreds of potential career resources to help make informed decisions about career and education choices. To access this virtual library, visit [http://fortjacksonmwr.com/acs\\_emp/index.html](http://fortjacksonmwr.com/acs_emp/index.html).

For more information about the Employment Readiness Program or to schedule an appointment, call 751-4862 and visit the ERP website at [http://fortjacksonmwr.com/acs\\_emp](http://fortjacksonmwr.com/acs_emp).



## SPORTS

### WINTER BASKETBALL STANDINGS

#### Monday/Wednesday league

4-10th	12-1
2-60th	11-2
MEDDAC	8-4
VA	7-6
81st	5-7
SF	4-10
187th	3-10
3-60th	1-11

#### Tuesday/Thursday league

NF	10-0
SSI	9-3
175th	9-3
171st	5-9
MWR	4-7
3-13th	4-7
1-13th	4-9
MPs	2-9

Standings as of March 25

### DARTS STANDINGS

SS	24 points
MPs	22 points
BWB	18 points
1st CivDiv	17 points
3-34th	15 points
165th	14 points
187th	13 points
MACH	12 points
FTC	11 points
1-61st	4 points

Standings as of March 22

### SOCCER STANDINGS

SSI	5-2
3-60th	4-0
2-60th	4-1
MEDDAC	2-2
USADSS	0-4
165th	0-6

Standings as of March 22

# Volunteers make prayer packets for Soldiers

Leader special report

A unique program teams up Catholic and Protestant volunteers on Fort Jackson to create prayer packets for Catholic Soldiers in Basic Combat Training.

The packets contain a rosary, a small crucifix and a variety of prayer cards pertaining to Soldiers facing battle, military and personal challenges. The volunteers get together once a month to compile the packets and hand them out every Sunday during Mass. Approximately 7,000 prayer packets are distributed annually.

It is an impossible task for a small group of volunteers to hand make this quantity of rosaries, said Toni Costello, the coordinator for the group.

“Rosary makers from all over the U.S. make and mail rosaries for our Soldiers,” Costello said. “Their response is overwhelming. With one letter submitted to a national rosary maker’s newsletter, we have received over 6,000 rosaries in a year.”

Costello said that when Soldiers are given the packet they are told to keep them next to their meals ready to eat for their spiritual nourishment.

Recently, a Soldier who was here for Basic Combat Training returned to Fort Jackson and told Costello that he had seen a Catholic chaplain only twice during his tour



Courtesy photos

**A group of volunteers meets monthly to make prayer packets for Catholic Soldiers in Basic Combat Training. The group distributes approximately 7,000 prayer packets annually.**

in Afghanistan, she said. She said he told her that he used his prayer packet every Sunday. Costello also recounted a letter from parents

of a graduating Soldier expressing their appreciation for the spiritual support their son received. Responses like these energize the volunteers to continue this mission, Costello said.

Chaplain (Maj.) Isaac Opara said he asks Soldiers at the end of every Mass to say their first rosary for the volunteers who make them.

“I am grateful that we have volunteers from Catholic and Protestant churches at Fort Jackson and the local community to support this important and rewarding mis-

sion,” Opara said.

Many of the volunteers have been making rosaries for Soldiers for 10 years or longer.

Toni Kerr started the group 25 years ago and recently passed away.

“It is a labor of love,” Kerr said before her death. “Giving one Soldier spiritual comfort or strength is a mission worthwhile.”

The Mass for Basic Combat Training Soldiers takes place every Sunday morning at 8 a.m. at the Solomon Center. Parishioners and visitors are invited to attend.



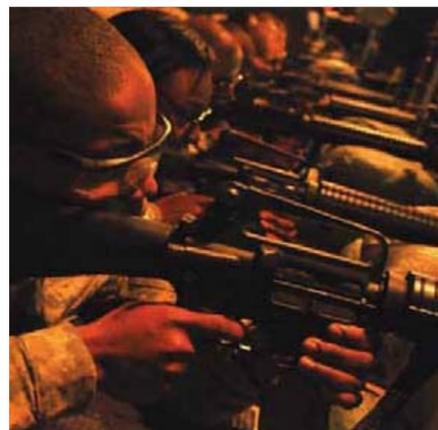
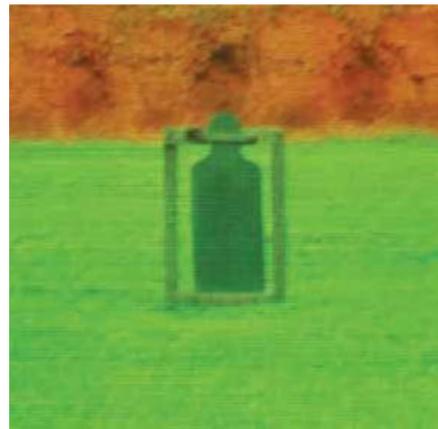
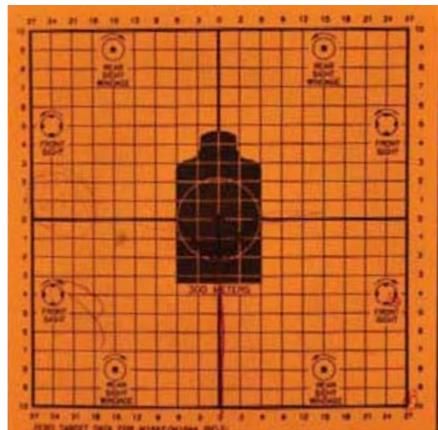
**Pvts. Angela Carrasco and Pierre Gonzalez receive a prayer packet during Sunday Mass for Basic Combat Training Soldiers.**



**Chaplain (Maj.) Isaac Opara, left the Catholic chaplain on post, talks to volunteers who prepare prayer packets for Soldiers.**

# Target Practice

Simulator acquaints new Soldiers with weapons



Photos by WALLACE McBRIDE

Above, Staff Sgt. Natalie Taylor prepares Basic Combat Training Soldiers with the 1st Battalion, 61st Infantry Regiment to engage with the Engagement Skills Trainer 2000 Monday morning. The EST 2000 allows new Soldiers to get acquainted with weapons on a simulated firing range, providing realistic marksmanship and combat scenario training for common small arms and crew-served weapons in the Army inventory. The EST 2000 is a laser-based, indoor, multipurpose arms trainer for 11 individual and crew served weapons, including pistols, rifles, shotguns, machine guns, antitank weaponry and grenade launchers. The system displays targets, terrain and weapons effects in a real time presentation on a screen 26 feet from the firer. The firing soldier experiences an approximation to the actual weapon's sound, weight and recoil.

CMYK

CMYK

27" WEB-100

# Course works to stamp out sexual assault

By **DAVID VERGUN**  
Army News Service

FORT BELVOIR, Va. — “The Army still struggles with sexual assault and harassment. We’re trying to get the processes and training in place so people realize we won’t tolerate this,” said the Army’s chief of staff.

“I want to thank you for your passion and capability in helping us with this problem,” Gen. Ray Odierno told some 30 graduates of the first Sexual Harassment/Assault Response and Prevention School House pilot program.

Soldiers should feel comfortable at work and not have to worry about sexual harassment, he told the graduates, which included several Army civilian employees along with military unit representatives. The students are serving across the Army as sexual assault response coordinators, or SARCs, and victim advocates, known as VAs.

But “the Army is an imperfect world. Over the long term, the Army is going to have to sustain and use your expertise,” Odierno said. He added that the Army intends to continue providing formalized training now that the pilot is finished.

The students’ two months of study included training on resiliency, signs of prejudice and discrimination, how to establish a culture of prevention within a command, investigative and legal processes, ethics and victim health care management.

Graduates will return to their commands where they will instruct others and assist the commander in SHARP training.

Odierno spent about an hour with the Soldiers at their graduation ceremony, soliciting feedback and recommendations — and they were not shy in providing it to him.

While some Soldiers said their commanders fully supported them, others said “they just didn’t get it” and that it’s an “attitude problem.”

“We need to hold people accountable, not just those who committed the crime, but those who do not create (an) environment (of trust). That’s one of the things we have to work on. That’s one of the things I have to work on,” he replied.

Odierno said the thing that really bothers him and makes him upset is if victims of sexual assault get victimized a second time by their command, instead of receiving comfort and protection.

“I can’t imagine what it would be like to go through something like that,” he said.

People need to see that the Army’s holding people accountable, he said, and the perception right now is that isn’t happening.

One Soldier commented that commands are not doing enough to prevent sexual harassment, a leading precursor to sexual assaults. He said the entire culture needs a shift.

The chief agreed, adding that it’s not just inappropriate touching but “even words can hurt.”

Odierno added, however, that some Soldiers he’s spoken with say they’re starting to see an overreaction. “The males don’t even want to talk to the females because they’re afraid” of being charged with sexual harassment.

Soldiers do need to interact with one another on a professional and personal level, he continued.

“It’s about how you interact,” Odierno said, with the emphasis on how. “It’s about treating people with dignity and respect. Treat everybody the way you want to be treated.”

The Army gets people from many different backgrounds, he continued, some with one parent, others with none, many with different moral and ethical values “and then we bring them into the Army and inculcate them with our values” expecting them to conform right away, he said.



Army photo by SGT. JUSTIN WAGONER

**Army Chief of Staff Gen. Ray Odierno hosts a sensing session with students of the first graduating class of the SHARP School House on Fort Belvoir, Va., March 21.**

Some Soldiers do and say things they don’t think are wrong, he said.

“So we have to teach them it’s wrong but go at it in such a way that they grow and learn,” Odierno explained.

Others simply don’t get it and continue down the wrong path and actions need to be taken. Finding the right balance between teaching and action can be difficult, he acknowledged.

Another Soldier said she was concerned about fraternization, not just within the chain of command, but also between Soldiers of different units. She noted that predators are adept at leading their victims on with their rank and fancy cars and lifestyles and sexual assault sometimes ensues.

Odierno replied that he sees cases like that cross his desk too often.

Those are “the ones that are the most disturbing to me,” he said, the ones where a higher-ranking Soldier takes advantage of a lower-ranking one.

It’s clear-cut that those in the same chain of command should not be fraternizing, he continued, as it goes against good order and discipline in the service. But the Defense Department’s regulations are less clear about fraternization between Soldiers of different units, especially if both are enlisted.

Odierno said he’s at the point of taking his concerns up to the DoD level.

Other Soldiers commented on the outstanding job their four instructors did, and all said they appreciated the chief attending their graduation, remarking that his presence sends a powerful message of support.

A few of the Soldiers observed that there are a lot of conflicts between what the Army directives, regulations and All Army Activities messages have to say about handling cases of sexual assault and harassment, and commanders sometimes use this variance in language to interpret things differently.

Odierno said he fully shared their concerns, adding that the regulations are also often too complex and hard to track and need to be consolidated.

“G-1 will take on doing exactly what you said,” he said.

Seated behind the students was the Army G-1, Lt. Gen. Howard Bromberg, who was furiously scribbling notes on his pad of things to do.

A few Soldiers were concerned about not getting promoted because they were working outside of their military occupational specialty.

Odierno said that SHARP doesn’t have a special military occupational specialty like the equal opportunity career field, and that the Army is now having discussions about this topic.

While the Army can provide special guidance to promotion boards, he acknowledged that “it’s got to be more than that.”

“If you want high quality people doing their job, you have to reward them for the quality of work they’re doing,” he added, meaning that their efforts should be recognized.

Odierno observed that the graduates all had a passion for their work.

“We need to keep this momentum going and train others,” he concluded.

Bromberg spoke briefly to the graduates following Odierno’s departure.

“The idea is to professionalize this career field for the betterment of all our Soldiers,” he said, “and you enabled us to start this. We’ll continue to build on your shoulders.”

Adding to his comments was Karl Schneider, acting assistant secretary of the Army for Manpower and Reserve Affairs.

“You are leading us where we need to go to tackle this very difficult issue,” he said. “That the secretary and the chief are making sure resources are available to do this at a time we’re cutting back in other places is a testament to the fact they think it’s important.”

## Calendar

### Wednesday

#### Victory Spouses Club luncheon

11 a.m. to 1 p.m., Officers' Club  
The theme is "How Does Your Garden Grow?" Registration is required by today. For more information, email [victoryreservations@gmail.com](mailto:victoryreservations@gmail.com).

### Thursday, April 3

#### Chaplain Family Life Center open house

10 a.m. to 2 p.m., 5460 Marion Ave.  
A free lunch is provided. Captain America will make a special appearance.

### Saturday, April 5

#### POWC free market

9 a.m. to 1 p.m., Main Post Chapel  
For ID card holders only. All items are free. For more information, call (573) 836-3503.

### Sunday, April 6

#### April Foolish dog show

1:30 to 4 p.m., Youth Sports Complex

### Tuesday, April 8

#### Child abuse awareness outreach event

9 a.m. to noon, Moncrief Army Community Hospital

### Saturday, April 12

#### South Carolina Boys & Girls Club Games room tournament

9 a.m. to 6 p.m., Youth Center and Imboden Street School Age Center

### Thursday, April 17

#### Civilian employee town hall meeting

2:30 to 4:30 p.m., Post Theater

### Friday, April 18

#### Health Rocks

6:30 to 9 p.m., Imboden Street School Age Center

### Saturday, April 19

#### Spring jamboree and egg hunt

10 a.m. to noon, Youth Sports Complex

### Saturday, April 19

#### Flashlight egg hunt

8 p.m., Youth Center

### Saturday, April 26

#### National Prescription Take Back Day

10 a.m. to 2 p.m., Main Exchange

### Saturday, April 26

#### Family fun fair

10 a.m. to 3 p.m., Patriot's Park

### Saturday, April 26

#### Imagination sparks with Sparky

3 to 2 p.m., Post library  
Program for children of all ages to learn fire prevention and to find fun and excitement in reading. For more information, call 751-5589.

### Wednesday, April 30

#### Civilian employee town hall meeting

9 to 11 a.m., Post Theater

### Wednesday, April 30

#### SSI Holocaust remembrance ceremony

1:30 to 2:30 p.m., SSI auditorium

## Announcements

### 'BIG DAY' EVENTS

On April 12, a number of activities are planned at Semmes Lake. The Big Day on Fort Jackson event will include a 5K fun run, a bike relay, presentations on the Performance Triad and a recycle regatta. For more information and to register, call 751-3096/3486.

### HEARTS APART PROGRAM

The Hearts Apart program supports families who live separated from a loved one because of deployment or an unaccompanied tour of duty. Family members are invited to participate in monthly activities and holiday events. The Hearts Apart Support Group meets quarterly. For upcoming events, visit <http://fortjacksonmwr.com/acs> or [www.facebook.com/fjackson.acs.outreach](http://www.facebook.com/fjackson.acs.outreach). For more information, call 751-9970/1124.

### SPORTS SHORTS

■ Intramural and recreational basketball tournaments begin Monday at Coleman Gym. Games are played at 6:10, 7:10 and 8:10 p.m. nightly through April 15.

■ Letters of intent for 6/6 volleyball are due April 3. Teams can be men's active duty, women's active and active and recreational co-ed. Co-ed teams must have three men and three women on the team at all times. The season begins April 16.

■ Big Day Out 5K walk/run, 8 a.m., Semmes Lake, April 12.

■ Letters of intent for men's, women's and co-ed summer softball are due April 16. The season begins in May.

■ The indoor volleyball season begins April 16.

■ Army Sports Program meetings, May 1.

■ Strongman competition, 6 p.m., May 17, Hilton Field Softball Complex.

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

### HOMEWORK LAB

The Youth Center's homework lab offers homework and project assistance in all subjects from 3 to 6 p.m., Monday through Friday. Students can bring their essays for editing, proofreading and printing. Computers and iPads are available for research and homework. Students can join the Power Hour Club to earn points and prizes for completing homework assignments and projects, tutoring others and getting good grades. SAT prep sessions for middle and high school students are offered on the last Saturday of the month. The next session is scheduled for 3 p.m., March 29. For more information, call 751-1136 or email [ari.s.foster.naf@mail.mil](mailto:ari.s.foster.naf@mail.mil).

### TEEN PROGRAM

The Youth Center's teen program offers various activities for students in grades 9

through 12. The Keystone Club meets twice a month and focuses on community service, academic success and career preparation. The 4-H program includes a cooking club. The step team (which includes eighth graders) meets at 6 p.m., Wednesdays. A fitness club meets Thursdays. The teen council plans different activities and trips and meets weekly. For more information, visit the Youth Center.

### AER SCHOLARSHIPS

Army Emergency Relief is accepting applications for its scholarship programs. AER offers the MG James Ursano Scholarship Program for dependent children and the Spouse Education Assistance Program. Both scholarships provide assistance for students who are pursuing their first undergraduate degree. The applications close May 1. For more information, visit [www.aerhq.org](http://www.aerhq.org).

### LIFEGUARD TRAINING

The next lifeguard training class is scheduled to begin Friday. Sessions are scheduled for April 4-6 and 12-13. For more information, visit <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>.

### MS/TEEN PROGRAM

The Middle School/Teen Program offers services from 1 to 10 p.m., Saturdays and from 2 to 4 p.m., Sundays. Activities include cooking, pool tournaments, basketball, movies, bowling, field trips and community service. The computer lab and recording studio are open every other Saturday from 2 to 6 p.m. and 2 to 4 p.m., respectively. Sundays are family days. Family members are welcome to participate in basketball and volleyball.

### KNIGHT POOL HOURS

Knight Pool is now open Saturdays from 8 to 11 a.m.

### SAT/ACT TESTING

The Education Center will administer SAT testing May 29 and Oct. 30. ACT testing will be available July 31. Testing is available to eligible service members only. For more information and to register, call 751-5341.

### THRIFT SHOP NEWS

■ Applications for the summer hire program for 17-21-year-old students will be accepted April 8 through May 15 at the Thrift Shop. Interviews will be scheduled for May 27-29.

■ The store is closed April 15-18 for spring break.

■ An easter egg hunt in the store is scheduled for April 8, 9 and 10.

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

*Information is subject to change.*

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com).*

## Housing happenings

### MAYORS NEEDED

The mayoral council is looking for volunteers to serve as mayors for the Fort Jackson housing communities. Being a part of the council allows residents to be a voice for the community. Child care is provided while performing mayoral duties. Interested residents should contact Vickie Grier at 751-7567.

### HOUSING ON FACEBOOK

The Housing Services Office is on Facebook. Look for "Fort Jackson Housing Division."

### RENT CONCESSIONS

Contact Balfour Beatty Communities to learn how to earn money through the rent concessions program. For more information, call 738-8275.

### VOICE BROADCAST

Contact the Housing Office to update your phone number and email address to receive voice broadcast notifications in housing.

### HOME CHECKS

Residents who are leaving for vacation can call 787-6416 to have Balfour Beatty Communities check on the home while they are away.

### HOUSING RESOURCES

The Housing Services Office has resource books on various topics available for check-out. Topics include do-it-yourself projects, real estate facts, home improvement suggestions and gardening ideas. For more information, call 781-9323/7566/5788.

### HOUSING SERVICES OFFICE

The Housing Services Office assists service members with housing needs during a PCS move or while stationed at Fort Jackson. Services offered include mediation of landlord/tenant disputes; providing home buying and rental counseling; hosting housing-related seminars; conducting off-post housing inspections; conducting move-in and move-out inspections; and collecting rental data for annual BAH submissions. For more information, call 751-9323/7566/5788.

## 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.*

### OPERATION PURPLE CAMP

Applications for Operation Purple summer camps are now accepted. The camps are free for military children, 7 to 17. For more information, visit <http://support.militaryfamily.org> and click on "Our Programs."

# Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office



**Staff Sgt. Seth Childers**  
Company A  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Devon Simpson

**SOLDIER OF THE CYCLE**

Pvt. Joshua Watt

**HIGH BRM**

Pvt. Daniel Lowe

**HIGH APFT SCORE**

Pfc. Joshua Scott



**Staff Sgt. Allen Addison**  
Company B  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Michael Delk

**SOLDIER OF THE CYCLE**

Pfc. Rebecca Snavelly

**HIGH BRM**

Pvt. Jose Rodriguez

**HIGH APFT SCORE**

Spc. Selina Barry



**Sgt. 1st Class Maurice Coleman**  
Company C  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**

Pvt. Markine Williams

**SOLDIER OF THE CYCLE**

Pfc. Steven White

**HIGH BRM**

Pfc. Kevin Brown

**HIGH APFT SCORE**

Pfc. Stephanie Fulir

U.S. Army  
Training and  
Doctrine  
Command  
G2

TRADOC G2 Intelligence Support Activity  
Antiterrorism - Counterterrorism

# Terrorism



Threats Terrorism Team (T3)

## T3 Advisory

### The Evolving Threat—Probing the Perimeter

Know  
the  
Threat

Identification can be  
Falsified!

Behavior—  
Look **SUSPICIOUS?**

## Emerging Threat:

Homegrown Violent Extremists  
and Active Shooters

### Be Alert and Ready



MAR 2014  
No. 06-14

Access <https://atn.army.mil>  
Click "CTID Operational Environment Page"  
Click "Terrorism Handbooks"  
Also see: *Irregular Opposing Forces*  
<https://atn.army.mil/media/docs/TC-7-100-3-ctid.pdf>



## Weekly honors



**Spc. Andrew Sinsuat**  
Soldier of the week  
U.S. Army Central



**Chief Warrant Officer 2 Kyle Breeden**  
Distinguished honor graduate  
Warrant Officer Advanced Course  
Adjutant General School



**Sgt. 1st Class Adam Derrick**  
Drill sergeant of the cycle  
Task Force Marshall



**Willie Haile**  
Civilian of the cycle  
Task Force Marshall

### SUBMISSION GUIDELINES

Announcements should be typed and no more than 45 words.

All submissions may be edited to comply with *Leader* style and Public Affairs regulations.

Announcements are due one week before publication.

Send all submissions to [FJLeader@gmail.com](mailto: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@chronicle-independent.com](mailto:sbranham@chronicle-independent.com).

## FEELING SOCIAL?

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Log on to your account  
and search for  
"FORT JACKSON LEADER."

# ACS Calendar — April 2014

## RELOCATION READINESS PROGRAM

In-processing/re-entry brief	Strom Thurmond Building, Room 222	April 1, 8, 15, 22, 29	7:30 a.m.	751-5256
English as a second language	2612 Covenant Road	Monday through Thursday	8:30 a.m. to 1:40 p.m.	343-2935
Out-processing	Strom Thurmond Building, Room 222	Monday through Thursday	3 to 3:30 p.m.	751-5256
English as a second language	2612 Covenant Road	Tuesday and Thursday	5:30 to 8 p.m.	343-2935
English as a second language	750 Old Clemson Road	Tuesday and Thursday	6 to 8 p.m.	736-8787
Post newcomers orientation	NCO Club	April 2	9 to 11 a.m.	751-1124
Phase II levy overseas brief	TBD	April 3, 10, 17, 24	10 to 11 a.m.	751-1124
Stateside levy brief	TBD	April 3, 10, 17, 24	11 a.m. to noon	751-1124

## EMPLOYMENT READINESS PROGRAM

Career awareness event	Education Center, Room B-107	April 8, 29	9 a.m. to noon	751-4862
Job searching strategies for military spouses	Strom Thurmond Building, Room 222	April 9, 23	8:30 a.m. to noon	751-4862
Starting and running a small business	Education Center, Room B-204	April 15	9 a.m. to noon	751-4862
Teen employment 101	Strom Thurmond Building, Room 222	April 16	9 a.m. to noon	751-4862
Steps to federal employment for military spouses	Strom Thurmond Building, Room 222	April 30	9 to 11:30 a.m.	751-4862

## EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP support group — butterfly effects	5614 Hood St., Room 10	April 10	5 to 6 p.m.	751-5256
EFMP autism awareness fun run	Semmes Lake	April 12	8 a.m.	751-5256
EFMP bowling outing	Century Lanes Bowling Center	April 19	11 a.m. to 12:30 p.m.	751-5256
EFMP support group — creative journey	Joe E. Mann Center ballroom	April 24	TBD	751-5256

## FINANCIAL READINESS PROGRAM

Thrift Savings Plan seminar for DoD civilians	TBD	April 7, 15, 28	11:30 a.m. to 1 p.m.	751-5256
Thrift Savings Plan seminar for military	TBD	April 8, 14, 28	11:30 a.m. to 1 p.m.	751-5256

## FAMILY ADVOCACY PROGRAM

ScreamFree parenting	5614 Hood St., Room 10	April 1, 8, 15, 22	11:30 a.m. to 1 p.m.	751-6325
OB maternity briefing	MACH, Room 8-85	April 2, 9, 16, 23, 30	9 to 9:15 a.m.	751-9035
Bright Honeybee Explorer play group	5614 Hood St., Room 8	April 2, 9, 16, 23, 30	10 to 11:30 a.m.	751-9035
Captain America visits Fort Jackson	Chaplain's Family Life Center	April 3	11:30 a.m. to 12:15 p.m.	751-6325
Child safety awareness initial training	5614 Hood St., Room 10	April 7, 21	5 to 7 p.m.	751-6325
Stress management class	5614 Hood St., Room 10	April 10	11 a.m. to noon	751-6325
Anger management class	5614 Hood St., Room 10	April 17	11 a.m. to noon	751-6325
Triple P Positive Parenting Program class	5614 Hood St., Room 10	April 24	10 a.m. to noon	751-6325

## SURVIVOR OUTREACH SERVICES

Gold Star Wives Day observance	TBD	April 5	all day	751-5256
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## ARMY VOLUNTEER CORPS PROGRAM

Volunteer recognition reception	Solomon Center	April 11	10 a.m.	751-5256
CG Helping Hands award presentation	Joe E. Man Center	April 22	9 a.m.	751-5256

## MOBILIZATION AND DEPLOYMENT PROGRAM

FRG leadership and fundraiser training	Family Readiness Center	April 9	8:30 a.m. to 1 p.m.	751-7220
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**W O R S H I P**  
**SCHEDULE**

**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

6 p.m. Gospel prayer service, Daniel Circle Chapel

7 p.m. Gospel Bible study, Daniel Circle Chapel

■ Thursday

11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

**Protestant Youth of the Chapel**

■ Saturday

11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

■ Sunday

5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

**CATHOLIC**

■ Monday through Thursday

11:30 a.m. Mass, Main Post Chapel

■ Sunday

7:30 a.m. Confessions, Solomon Center

8 a.m. IET Mass, Solomon Center

9:30 a.m. CCD (September through May), Education Center

9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel

9:30 a.m. Religious ed class for children (September through May), Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

11 a.m. Mass (Main Post Chapel)

12:30 p.m. Catholic youth ministry, Main Post Chapel

■ Wednesday

7 p.m. Rosary, Main Post Chapel

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

**ANGLICAN/LITURGICAL**

■ Sunday

8 a.m. Anderson Street Chapel

**ISLAMIC**

■ Sunday

8 to 10 a.m. Islamic studies, Main Post Chapel

■ Friday

12:45 to 1:30 p.m. Jumah services, Main Post Chapel

**JEWISH**

■ Sunday

9:30 to 10:30 a.m. Worship service, Memorial Chapel

10:30 to 11:30 a.m. Jewish book study, Post Conference Room

**CHURCH OF CHRIST**

■ Sunday

11:30 a.m. Anderson Street Chapel

**LATTER DAY SAINTS**

■ Sunday

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

■ Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

■ Wednesday

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

**ADDRESSES, PHONE NUMBERS**

**Anderson Street Chapel**

2335 Anderson St., 751-7032

**Bayonet Chapel**

9476 Kemper St., 751-6322/4542

**Daniel Circle Chapel**

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

**Education Center**

4581 Scales Ave.

**Chaplain Family Life Center**

5460 Marion Ave (to the side of the POV lot), 751-4961

**Magruder Chapel (closed for renovation)**

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

# Increase muscle strength with conditioning

Many health benefits for your bones, muscles, tendons and connective tissue are associated with weight training. However, for many of us, lifting weights can be a challenge. Proper lifting to prevent an injury should always be considered throughout your workout routine. If you are not familiar with weight lifting, you could tear or stress a muscle. This type of injury could halt your training before you could really get started.

A great alternative to weight lifting is strength conditioning.

What makes strength conditioning different is that it uses a variety of exercise tubes and your own body weight to reap the benefits of weight lifting without the stress and strain from heavy weights.

I recommend strength conditioning to anyone that has wanted to weight train, but did not know how to get started. Strength conditioning will allow you to increase muscle strength, power and speed and helps you to change your appearance by creating fat loss, which ultimately changes the appearance of your muscles. It is also very easy to design a routine that focuses on your particular conditioning goals.

Many people have seen exercise tubes in fitness classes and in bins and corners on gym floors. These exceptional pieces of equipment often go unused and underappreciated. This is due to the lack of knowledge people have regarding this type of training. A person can work their entire body with exercise tubes and his or her own body weight.

The set up and initial investment in exercise tubes is easy and affordable. Discover the physically rewarding benefits of beginning a strength conditioning program, then check out Part Two next month for a complete strength conditioning workout routine.

## PREVENT INJURIES

Strength conditioning makes your bones, muscles, joints and connective tissue more resistant to acute injuries. Even better, continuously practicing strength conditioning could prevent the chronic aches and pains many live with day to day. Chronic pain associated typically with aging includes shoulder pain, knee pain, back pain, etc. Of course, strength conditioning cannot guar-

## THE WEIGH IT IS

By PAMELA J. LONG

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



antee freedom from pain, however, regular strength conditioning enhances muscle balance. This is because you are performing the same movement on both sides at the same time.

## ANTI-AGING EFFECTS

As we age, there is a decline in muscle mass and strength. This decline is what leads to chronic aches and pains. By doing a strength conditioning program at least two times a week, you can delay and even reverse the muscle mass and strength loss. People in their 70s and 80s are more fit then when in their 20s and 30s because of strength conditioning and weight bearing exercises. Strength conditioning can be done throughout your life. It does not have a life expectancy like some exercises such as running, racquet ball, etc.

## BETTER BONES

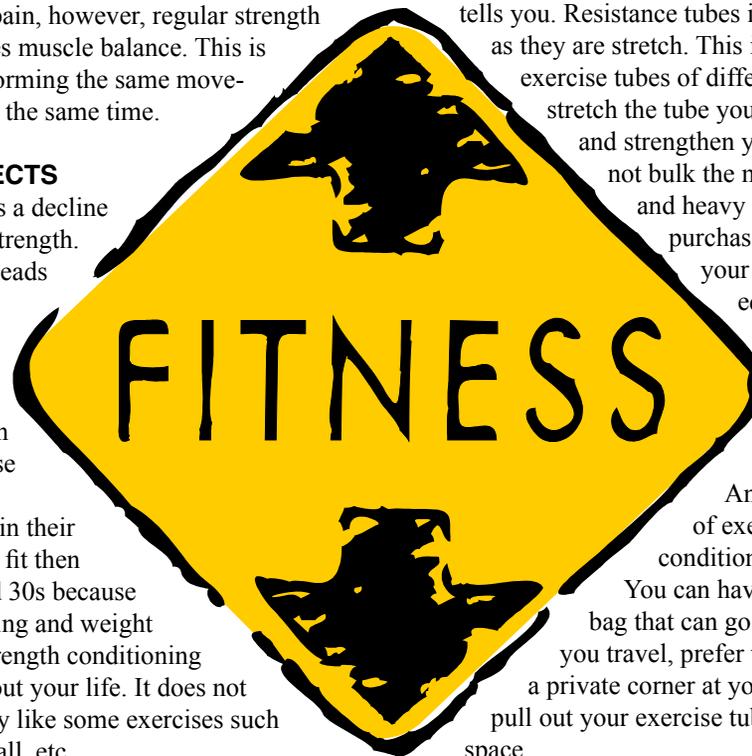
As we age, our bones lose their density. This makes them more brittle and susceptible to breaking. Strength conditioning is a great workout to combat bone density. This is also true of weight bearing exercises. By performing these styles of exercises, you give your bone a type of mineral nourishment that strengthens it and reverses the signs of your bone aging. Strength conditioning and

weight bearing exercises are some of the best ways to slow or halt the normal loss of bone density we encounter from aging.

## AFFORDABLE AND PORTABLE

Once you decide to begin a strength conditioning workout, your next step is investing in the proper exercise tubes. A variety of exercise tubes allow you to create a workout with various degrees of resistance. Remember, resistance cannot be measured. When you weight train you know you are lifting five pounds because the weight tells you. Resistance tubes increase their resistance as they stretch. This is why you should have exercise tubes of different weights. As you stretch the tube you increase the resistance and strengthen your muscle and bone, but not bulk the muscle. Thinner, medium and heavy resistance tubes should be purchased and become a part of your new strength conditioning equipment.

Many of these tubes range in price from \$5 to \$25. You could create a total body system for less than \$100. Another popular feature of exercise tubes for strength conditioning is their portability. You can have an entire gym in a small bag that can go with you anywhere. If you travel, prefer working at home or use a private corner at your current gym, you can pull out your exercise tubes and take up almost no space.



## READY TO BEGIN

Now that you have learned the benefits of strength conditioning, the next step is to learn proper form and technique. This allows you to perform a workout routine that is safe, effective and perfect for you. Next month's article will focus on building your routine. If you have any questions, contact me at [www.fortjacksonmwr.com/fitness](http://www.fortjacksonmwr.com/fitness) to help you get started.