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THE FORT JACKSON LEADER

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★ **AER CAMPAIGN
BEGINS**
— PAGE 3

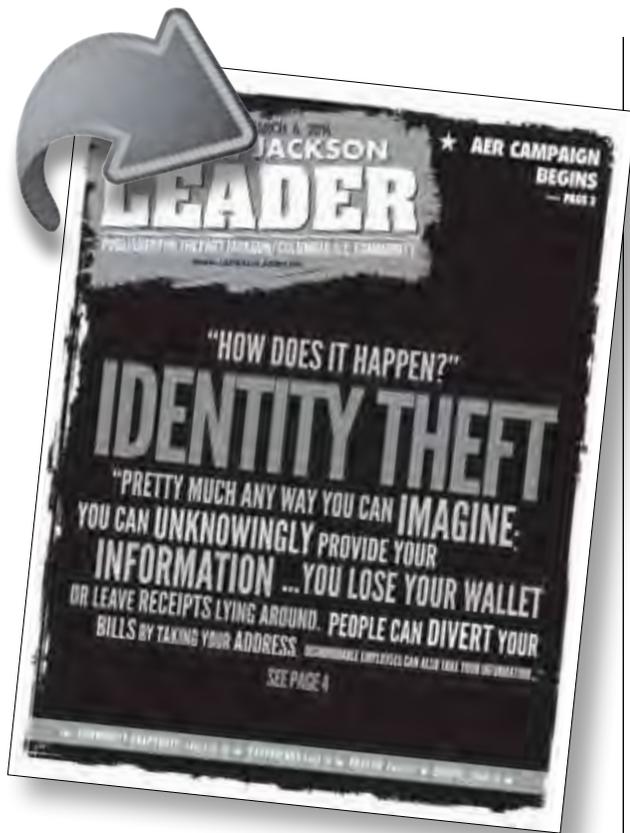
“HOW DOES IT HAPPEN?”

IDENTITY THEFT

“PRETTY MUCH ANY WAY YOU CAN IMAGINE:
YOU CAN UNKNOWINGLY PROVIDE YOUR
INFORMATION ... YOU LOSE YOUR WALLET
OR LEAVE RECEIPTS LYING AROUND. PEOPLE CAN DIVERT YOUR
BILLS BY TAKING YOUR ADDRESS. DISHONORABLE EMPLOYEES CAN ALSO TAKE YOUR INFORMATION ...”

SEE PAGE 4

★ COMMUNITY SNAPSHOTS, PAGES 10, 12 ★ HAPPENINGS PAGE 18 ★ HEALTH, PAGE 23 ★ CHAPEL, PAGE 26 ★



ON THE COVER

Design by WALLACE McBRIDE

A representative with the South Carolina Department of Consumer Affairs recently held an identity theft seminar on Fort Jackson. **SEE PAGE 4.**



Fort Jackson, South Carolina 29207

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Courtesy photo

Charge of the NCO

The Soldier Support Institute's Recruiting and Retention School conducts a promotion and traditional Charge of the NCO ceremony Monday at the SSI auditorium. Frederick Marion Jr., second from right, was promoted to master sergeant. During the Charge of the NCO ceremony, the NCO is escorted into position of the sergeant major with two master sergeants holding the NCO sword. While a narrator reads the script, the NCO is tapped three times on the shoulders by the master sergeants. Before the final tap, the NCO is asked to accept the Charge of the NCO. After the NCO replies with, 'Yes,' the sergeant major seals the charge. The NCO is then positioned to the front and reconfirms his commitment by leading the recital of the NCO Creed.

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Photos by WALLACE McBRIDE

Eldon Mullis, Army Emergency Relief deputy director for Administration/Secretary, addresses attendants of the AER campaign luncheon Friday at the NCO Club. The fundraising campaign runs through April 14. AER assists Soldiers and their families with financial needs in times of hardship.

Soldiers helping Soldiers

AER campaign launches with luncheon, runs through April 14

By WALLACE McBRIDE
Fort Jackson Leader

“Army Emergency Relief: A Soldier’s First Choice,” is the theme for this year’s Army Emergency Relief campaign.

The program assists Soldiers and their family members with financial needs through interest-free loans and grants.

This year’s campaign runs through April 14.

The purpose of the campaign is to create a greater awareness of the benefits selecting AER to resolve short-term financial difficulties as well as to provide the opportunity for Soldiers to help their fellow Soldiers.

“When life’s unfortunate events happen, there’s a place where Soldiers can go to,” said Eldon Mullis, deputy director for Administration/Secretary, Headquarters AER, during a campaign start luncheon at the Fort Jackson NCO Club Friday. “The place has been around for 72 years; an organization that was started three months after the bombing of Pearl Harbor ... and that’s Army Emergency Relief.”

Since 1942, AER has helped 3.5 million Soldiers, retirees, their spouses, children and widows, Mullis said, and has distributed a total of \$1.6 billion.

“Every one of those dollars given out was from donations,” Mullis said. “We get no appropriated funds. We get no non-appropriated funds. Everything that we give out

comes from donations.”

Armywide, AER helped 55,000 Soldiers and family members last year, he said, and distributed \$74 million.

“Where do those contributions go to?” Mullis asked. “Last year, we helped 11,000 Soldiers and retirees to pay their rent or mortgage. That’s not just because they’re behind. We also helped Soldiers get into new houses.”

AER also helped 9,000 Soldiers make car repairs and 8,000 Soldiers go on emergency leave in 2013, he said.

Last year, the Fort Jackson AER office provided more than \$931,500 to 704 Soldiers and families. Worldwide, AER provided \$74 million in assistance to 53,000 Soldiers and Families.

“Since 9/11, almost \$800 million has been distributed to Soldiers and their families in the form of interest free loans, grants and scholarships to children and spouses of active duty and retired Soldiers,” said AER’s director, retired Army Lt. Gen. Robert Foley. “In the last four years, nine new categories of assistance have been added, to include dependent dental care, replacement vehicles, HVAC and appliance repair, rental vehicles, relocation travel, cranial helmets and infant car seats.”

Based upon the great job noncommissioned officers have done the last decade leading Soldiers in combat, AER has implemented a policy allowing sergeants and above direct access to AER assistance without going through their chain of command.

“The Army Emergency Relief fund really is about Soldiers helping Soldiers, and it gets to the core of who we are,” said Brig. Gen. Bradley Becker, Fort Jackson commanding general. “Everyone here believes, ‘I will never leave a fallen comrade,’ and that’s the core of who we are. That doesn’t just apply on the battlefield. That applies all the time.”

AER is placing increased emphasis on connecting with spouses this year. Recognizing that spouses make daily family financial decisions, especially when their Soldiers are deployed, tailored presentations will be made available to Family Readiness Group representatives and spouses during this year’s campaign.

Soldiers needing AER financial assistance can either contact their unit chain of command or go directly to the AER office. By having reciprocal agreements in place with other military aid societies, Soldiers and families not near an Army installation can also receive AER assistance at the nearest Air Force, Navy, Marine Corps or Coast Guard installation with the respective military aid society, or from the American Red Cross call center at (877) 272-7337. Additional program information is available at www.aerhq.org or by calling Army Community Services at 751-5256.

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Editor’s note: Information provided by Army Community Services was used in this report.

'They know what they're doing'

Seminar urges vigilance in preventing identity theft

By WALLACE MCBRIDE
Fort Jackson Leader

Never share your banking information with a stranger from Cameroon.

That was one of the many morals to the stories shared Monday at an identity theft seminar conducted at the Main Post Chapel. Common sense is the best safe guard against becoming a victim, advised Marti Phillips, director of the South Carolina Department of Consumer Affairs' Identity Theft Unit. But technological advances have allowed thieves the opportunity to strike whenever any financial transaction takes place, she said.

"How does it happen?" she asked. "Pretty much any way you can imagine. You can unknowingly provide your information. Your friends and family can, either knowingly or unknowingly, provide your information. You can lose your wallet or leave receipts lying around. People can divert your bills by using your address. Dishonorable employees can also take your information ..."

It's common for identity theft to be used to obtain utilities or to commit credit card fraud. Most often in South Carolina, though, identity theft is used to obtain government documents or to commit benefits fraud.

"That's surprising to people," she said. "They don't really get it until they go to apply for these benefits themselves and are denied because somebody has used their information."

This information can also be used to evade background checks or to gain licensing, she said.

"Don't disclose (personal) information online, over the telephone or through the mail," she said. "Be cautious when you're shopping online, and don't carry things (like) your Social Security card, birth certificate or all of your credit cards."

Data breaches often put personal information in danger, as do door-to-door scams, Phillips said. The Internet also helps to facilitate theft, as do "skimmers" used at teller machines and gasoline pumps.

"While we were Googling images of skimmers, websites popped up where you could buy them," she said during Monday's presentation. "It's not hard to find them."

Skimmers are key pads and card readers that are placed over machines used to read credit and debit cards. They record key strokes and card information, which can be used later without your involvement.

"It's a little more obvious on an ATM, because the device goes over (the place) where you would slide your card," she said. "At gas pumps, it's a little more difficult to spot because they go inside the device. They can also be tiny, hand-held devices."

Phillips said the South Carolina Department of Consumer Affairs once processed a complaint about a company that pushed "free" magazine subscriptions. The



Photo by WALLACE MCBRIDE

Marti Phillips, director of the South Carolina Department of Consumer Affairs' Identity Theft Unit, leads Soldiers and civilians in a presentation on identity theft Monday at the main post chapel.

first few issues were free, she said, after which customers started to be billed. By the time the bills came due, people had forgotten about agreeing to the purchase, or simply failed to notice them because the charges were so small.

"We got a hold of the company's manual," she said, "and they had studied how much they could charge people before they started to question them. Anything under \$15, most people wouldn't notice or question. They know what they're doing."

South Carolina ranked 17th in the nation for identity theft complaints in 2012, up from 36th in 2005. More than 3,300 identity theft complaints were made last year, she said.

The South Carolina Department of Consumer Affairs gets between 5,000 and 6,000 consumer complaints each year, she said, and recently launched an online complaint system. The Identity Theft Unit opened last July.

"In the last couple of months, we're (receiving) more identity theft calls than we have previously," she said. "I think a lot of this is awareness. People are just more aware that they can call us."

The department maintains a "scam database" that helps with investigations, though it's not foolproof.

"If you call us and report it, we enter it in there, but we

can't always do anything about it," she said. "If we don't know, we're good at trying to find you the right person (to help)."

For an explanation of how to file a fraud alert, contact the Federal Trade Commission at 1-877-382-4357, or visit them online at <http://ftc.gov>.

"If you file a complaint with the FTC, it's going to create something called the Identity Theft Affidavit," she said. "Some companies are going to require a copy of that if you're trying to close an account. It also has (legal) significance because to block information that results from identity theft (from) your credit report you have to have that tool."

If you're a victim of identity theft, contact credit reporting agencies and place fraud alerts on credit reports, which is a free service. Also, consider placing a credit/security freeze on your accounts, which prohibits credit reporting agencies from releasing a consumer's credit report or score without their authorization.

If you have questions about identity theft or think you might be a victim, contact South Carolina's Identity Theft Unit at 1-800-922-1594, or visit them online at www.consumer.sc.gov.

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LETTERS Editor

The Leader welcomes letters to the editor. All letters should include the name, hometown and phone number of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. For more information, call 751-7045.

Reading prize patrol surprises students



Courtesy photos

Faculty members of C.C. Pinckney Elementary School make up the Pinckney Reading Prize Patrol. The group visits students at home to promote reading and literacy.

From C.C. Pinckney Elementary School

Ten C.C. Pinckney Elementary School students received a surprise visit from the Pinckney Reading Prize Patrol Feb. 27.

The patrol, which includes faculty members, visited the students' homes and awarded them with books, balloons and a photo with the prize patrol. The students are selected randomly from entry bal-

lots. Once the ballots have been chosen, they are handed over to Military Police to review addresses and design what is called, "the winning route." Winners are not notified in advance in order to maintain the surprise.

The winning students are Nathaniel Gray, Kandise Johnston, Joshua Doward, Holly Lynch, Brandon Briggs, Zyah Romero, Chad Miles, Celya Holmes, Leandra Romero and Alexis Timm.



C.C. Pinckney Elementary School student Chad Miles, center, receives a surprise visit from the Pinckney Reading Prize Patrol.



Photo by STANLEY RIKARD, Directorate of Public Works, Wildlife Branch

Sam DeMent, a volunteer with the Directorate of Public Works Wildlife Branch, prepares to release a banded Loggerhead shrike captured at the Strom Thurmond Building parking lot Saturday. All banding data collected is submitted to the Bird Banding Laboratory based at the U.S. Geological Survey Patuxent Wildlife Research Center, Laurel, Md.

Biologists band rare bird on post

By NICOLE HAWKINS

Directorate of Public Works, Wildlife Branch

The Loggerhead shrike is listed as a species of concern in South Carolina and is considered a rare or uncommon sighting in the state. Shrikes are predatory birds slightly smaller than a robin that prefer open grassed habitat interspersed with shrubs, low trees, power lines, and fences. This habitat encompasses much of Fort Jackson's cantonment area, including Darby Field, Semmes Lake recreational area, and areas around the Strom Thurmond Building.

On Saturday, Directorate of Public Works Wildlife Branch civilian volunteer Sam DeMent accompanied DPW Wildlife biologist Stanley Rikard on a mission to capture and band adult American kestrels on post. DeMent holds a Federal Master Banding permit and is studying dispersal of American kestrels in the southeastern United States. Having captured and banded six kestrels and one Cooper's hawk earlier in the day, the two were passing the Strom Thurmond Building when they spotted a shrike overlooking the parking lot.

Rikard said he felt this was an opportune time to attempt to capture and band the shrike as no shrikes had ever been banded on the installation. Successfully banding this species would allow data to be entered into the database at the

Bird Banding Laboratory, U.S. Geological Survey Patuxent Wildlife Research Center, in Laurel, Md. It would also allow DPW biologists to identify this bird on post, follow its movements, and learn more about how the bird uses cantonment area habitat for feeding and nesting.

A bal-chatri trap was quickly set in the grassed parking lot medium about 50 yards from the perched shrike. This trap is a small wire cage with monofilament nooses attached to the top. A mouse is placed out of harm's way inside the trap and serves as the lure. Movement of the mouse, which is one of the shrike's preferred foods, attracts the bird. When the shrike lands on the trap, the nooses ensnare the bird's feet.

Within minutes of setting the trap, the keen-eyed shrike landed on it and became ensnared. The bird was carefully removed, placed in a canister to keep it contained and calm, and taken to the truck for processing. Its weight was recorded, a feather removed for DNA analysis, and a uniquely numbered aluminum U.S. Fish and Wildlife Service band was placed on its leg. As this bird was being processed, a second shrike landed and became ensnared. The first bird was released, and the second one was retrieved for processing.

"Two shrikes back-to-back on one trap occasionally happens, but it is not a common event," DeMent said. "These birds become totally focused on the lure and are intent on capturing the prey. Even though the second bird

observed the first one being caught, the lure was too irresistible to pass up."

Loggerhead shrikes feed on a variety of small prey, including insects, spiders, small snakes, frogs, lizards and sometimes take small birds. They prefer to perch on power lines, short trees, or other conspicuous perches overlooking open areas when hunting. Shrikes habituate easily to human disturbances and can sometimes be approached within ten yards before flying.

"A common name for the Loggerhead shrike is butcher bird. This name comes from the bird's habit of impaling its prey on thorns in a tree or on barbed wire and returning later to eat it," Rikard said. "Each summer, I occasionally see large grasshoppers, lizards and praying mantises impaled on the barbed wire fences outside my office on Essayons Way. Some researchers suggest this helps anchor larger prey for tearing with its strongly hooked beak as the shrike doesn't have large hawk-like talons to shred its food. Others believe the bird is storing the prey for later consumption."

Loggerhead shrikes can easily be mistaken for the more common Northern mockingbird. The shrike can be identified by its gray body with black wings, disproportionately large head, white wing patches, black mask, black tail and dark hooked bill. The Audubon Society has listed the Loggerhead shrike as a bird species in decline. Nationwide, this species' population had decreased 72 percent since 1967.

AG students conquer Victory Tower

From the Adjutant General School

Students with the Adjutant General School's Basic Officer Training Division conducted training on Victory Tower Feb. 21. The participating Soldiers are students with the Adjutant General Basic Officer Leaders Course and the Adjutant General Warrant Officer Basic Course.

Participants completed the rope swing, rappelling towers,

and rope bridges during the event with the help of instructors with the 4th Battalion, 10th Infantry Regiment.

Second Lt. Jeremy Idleman, one of the student organizers of the event, said he found the training to be beneficial.

"Every accomplishment begins with the decision to try," Idleman said. "Fortunately, everyone made the right decision the day of the Victory Tower. In addition, the 4-10 Infantry (instructors) were amazing, professional, motivated, and together we accomplished the mission."

Students were able to practice their leadership skills and teamwork throughout the training.

Maj. Stephen Christian, BOTD chief, stressed the importance of

team building events like Victory Tower to challenge young officers and warrant officers in ways not possible in the classroom.

"This event increased confidence, leadership skills and safety awareness required for future assignments," Christian said.

Lt. Col. Tony Parilli, AG School director of training, said he believes the young lieutenants learned through interaction with the Victory Tower cadre of

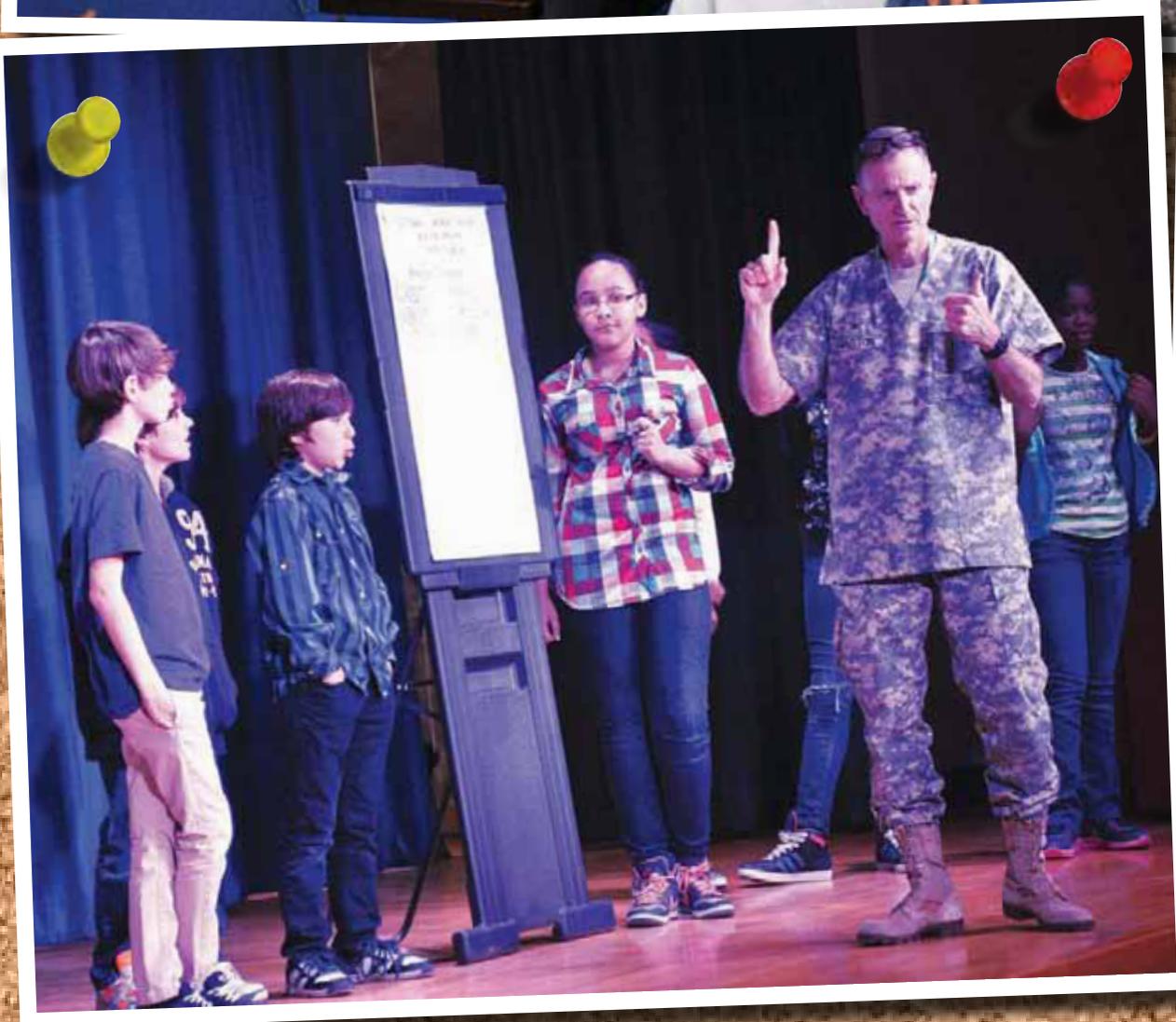
noncommissioned officers.

"These Victory Tower NCOs are what right looks like. Learn from them like you will learn from the senior NCOs in your next unit," he told the students.



Photo by CHIEF WARRANT OFFICER 2, JUAN JUSINO, Adjutant General School

Second Lt. Frank Chang, a student with the Adjutant General School's Basic Officer Leaders Course, climbs a ladder to the top of the 40-foot Victory Tower.



Photos by WALLACE McBRIDE

Sugar Bowl showdown

Above, third-grade students (and parents) at C.C. Pinckney Elementary School volunteer to answer questions during the last Friday's Sugar Bowl. Col. Jamie Houston, DENTAC commander, left, leads students through a dental hygiene quiz during the annual event. The quiz matched two teams of students against each other in a test of their dental hygiene knowledge.

Baby your brain — know the signs of TBI

By SHAYNA BROUKER
U.S. Army Garrison Wiesbaden

WIESBADEN, Germany — Blurry vision, dizziness, mood swings, sleep problems and memory problems — these are all symptoms of traumatic brain injuries, or TBIs, and can last from a few days to a lifetime, depending on the treatment and severity.

A brain injury can happen anytime, anywhere, to anyone. Brain injuries do not discriminate. Approximately 2.4 million people sustain brain injuries in the United States each year. An injury that happens in an instant can bring a lifetime of physical, cognitive and behavioral challenges.

“It’s a multi-system dysfunction that also affects the family,” said Col. Debra McNamara, optometrist and TBI specialist at the Wiesbaden Army Health Clinic. “The quicker you get treatment, the quicker Soldiers and their families rehabilitate.”

A brain injury can affect a person physically and psychologically, and sometimes the symptoms — like memory problems or emotional and behavioral changes — don’t appear immediately. Everyone in the family is affected by TBI, and changes in relationships, behavior, finances and social life can add stress to family life.

For example, if a child isn’t sleeping well, he or she will be sleepy in school and grades might slip, causing stress for the child and his or her parents. Early and adequate access to care will greatly increase overall quality of life for the patient as well as the family members, who play an important role in the care and rehabilitation of people with TBIs.

Vision therapy is an integral part of treatment for post trauma vision syndrome, a problem of up to 75 percent of people with a TBI experience. Brain swelling can disrupt ocular motor nerves in the brain, preventing eyes from moving in the same direction at the same time.

When this happens, patients will often tilt their head to avoid seeing double, sending poor information to the vestibular system. The result is poor balance, dizziness and headaches.



Photo by SHAYNA BROUKER, U.S. Army Garrison Wiesbaden

Col. Debra McNamara, optometrist and TBI specialist at the Wiesbaden Army Health Clinic, demonstrates a vision test on optometry technician Spc. Nicole Chester.

Post trauma vision syndrome is often overlooked. Until the vision problems are treated, patients may find reading, computer work, driving and shooting difficult. They might see perfectly with one eye, but not so well with both.

“People will tell me, ‘I thought I was crazy — I didn’t know how to explain something was wrong with my vision,’” McNamara said.

Most of the time, the problem can be fixed with a pair of glasses, prism and/or vision training. Some of the near-focusing problems resolve after systemic medications are discontinued. Headaches also will disappear.

“Alleviating vision problems significantly improves quality of life, so optometry is a rewarding role to play in TBI reha-

bilitation,” she said.

Other common problems associated with mild TBI include changes in sleep, mood, energy, behavioral and cognitive patterns.

During the height of combat, the numbers of service members who experienced a TBI increased by approximately 10,000 per quarter and the majority of these (80 to 85 percent) have been classified as mild TBI, or mTBI. Although most patients with mTBI recover completely within three months of injury, some patients experience persistent symptoms and have trouble rehabilitating, particularly when they have co-occurring conditions, like Post-Traumatic Stress Disorder, or suffer another TBI soon after.

As the war winds down, most new TBIs result from fights and ski, bicycle, and other

sports accidents.

“If you take a fall and hit your head while snowboarding and end up with a headache, the worst thing you can do is get back on the board and risk taking another fall on the slopes,” said McNamara.

Brains need darkness and rest. In Afghanistan, she said, TBI patients would rest in “TBI tents” for up to 72 hours to let their brains heal.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Information & Referral hotline (1-866-966-1020) is staffed around the clock, as is the Crisis Intervention Line (1-800-273-8255). Visit the Defense and Veterans Brain Injury Center online at www.dvbic.dcoe.mil or www.brainlinemilitary.org for more information.

News and Notes

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.

WOMEN’S HISTORY MONTH EVENT SCHEDULED

Fort Jackson will celebrate Women’s History Month

with a luncheon from 11:30 to 1 p.m., March 14 at the NCO Club. The guest speaker will be Col. Mary Jones-Morgan, deputy commander for nursing at Moncrief Army Community Hospital. Tickets cost \$10.50. For more information, call 751-1908 or contact an equal opportunity advisor or the Equal Employment Opportunity Office.

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., March 27. The

memorial provides interactive education, including artifacts, news and video recordings.

MAUDE LECTURE SET

The next LTG Maude Lecture Series event is scheduled for 3 p.m., March 25 at the Solomon Center. The guest speaker will be retired Air Force Lt. Gen. Darrell Jones, former Air Force deputy chief of staff for Manpower, Personnel and Services.

Information subject to change.

COMMUNITY SNAPSHOTS



Welcome!

Photo by RACHEL McLAMB, Victory Spouses Club

April Penney, right, president of the Victory Spouses Club, proposes a toast during a welcoming ceremony for Barbara Hain, left. Hain has been a military spouse for 22 years and arrived on Fort Jackson when her husband assumed his role as the installation's command sergeant major.



Courtesy photo

Cub Scout promotions

Thirty-one Cub Scouts from Fort Jackson's Pack 89 are presented with the new ranks they earned at the annual Blue and Gold Banquet.

Releasing personnel info might violate law

By **DAVID VERGUN**
Army News Service

WASHINGTON — Releasing unauthorized portions of a Soldier's personnel records is a violation of federal law and could result in fines or prison sentences.

There have been cases recently where Soldiers or Army civilian employees have unintentionally violated the Privacy Act, said Peter Robinson, chief of the Freedom of Information and Privacy Office, Army Human Resources Command, Fort Knox, Ky.

HRC is responsible for maintaining all Army personnel records of active and reserve components as well as veterans.

Commands throughout the Army also maintain personnel records and Robinson said he wants to make sure these human resource professionals are aware of important privacy concerns before responding to a records request.

Personnel records are covered under the federal Privacy Act and the Freedom of Information Act or FOIA. These statutes stipulate what portions of records can and cannot be released and to whom.

Even acknowledging the existence of certain derogatory or adverse personnel information could violate the statutes, he said. For instance, telling someone, "We found the information you're seeking but can't release it," is a violation of the statutes.

Robinson said the correct response to such a query would be, "We can neither confirm nor deny" the existence of such records. The response is especially important when a requester is specifically seeking derogatory information. One example would be if a requestor wanted to know if a Soldier had ever received non-judicial punishment.

Robinson emphasized that if there are any doubts about what to do, Soldiers and civilian employees should contact their unit legal office, their local FOIA office, or the HRC FOIA office.

While not a comprehensive list, some of the information that can usually be released includes a Soldier's name, rank, occupational specialty, duty status, service dates, duty assignments, awards and military education, he said.

Information that is not releasable, he said, includes personal phone numbers or

email addresses, reasons why a Soldier was discharged, medical information, information regarding adverse administrative actions and demographic material such as age, religion, marital status, children and relatives.

Rather than struggling to figure out what's releasable and what's not, Robinson advised those who process third-party FOIA requests seeking personnel information to call HRC's FOIA office at 502-613-4400.

Robinson provided a few examples of requests that HRC does not routinely handle.

Requests for criminal investigative files from civilian law enforcement agencies will normally be fielded by the Army's Crime Records Center in Quantico, Va., he said.

Those who seek child support enforcement, and who need information about a Soldier's status, should contact the Federal Parent Locator Service. That service is part of the Office of Child Support Enforcement, which is a branch of the Department of Health and Human Services.

Employers can request information pertinent to a position or job applicant, but Robinson said it would benefit employers to obtain the consent of the Soldiers or veterans first to gain greater access to material.

Other common requests are court orders or subpoenas seeking personnel records. Soldiers and civilians whose duties include processing personnel files for release should exercise caution when these requests are made because those documents might not carry the proper scope of authority, he said.

If a subpoena is signed by an attorney and not a judge, for example, that would be insufficient authority, Robinson said. Another red flag would be a court order signed by a traffic court magistrate, when the related lawsuit is actually related to a divorce action. That would be a jurisdictional violation.

Another common request comes from people seeking default judgment against Soldiers. This relates to cases that go to court and require the determination of the status of Soldiers — whether they are on orders, duty status, duty station and so on.

In that particular category, he said, Soldiers are afforded certain protections under the Soldiers' Civil Relief Act.



Photo by DAVID VERGUN, Army News Service

Releasing personnel information on Soldiers might violate federal law.

Again, Robinson emphasized, HR professionals in possession of personnel records should seek legal advice or HRC assistance prior to releasing records to a third party.

A particularly sensitive type of FOIA request involves casualty assistance cases.

FOIA officers need to be familiar not only with Army Casualty Assistance Regulation 600-8-1, he said, they also need to understand the supplement to that regulation, Army Directive 2010-02.

The directive is a guide on how information is sanitized for release to the primary next of kin, he said, meaning not releasing such things like sensitive material affecting national security.

Robinson pointed out that there have

been cases where release of information to primary next of kin has been delayed due to not following the directive, which spells out the roles and responsibilities of the releasing authority.

Those delays were unacceptable, he emphasized.

Personnel at HRC are familiar with handling all kinds of FOIA requests, Robinson said, and they'll try to expedite the release of records and work with people to get them what they need.

Often, they will even call the requester to get clarification or more information rather than denying the request. Assisting the public is something they take pride in accomplishing, he said.



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Photos by SGT. 1ST CLASS TIM MEYER, U.S. Army Central

Through their eyes

Above, Kathi Jones, Air Force Central historian, speaks to David Griffin, of Sumter, about the courtesy of drinking tea in the Middle East, as they look at a photo of a U.S. Soldier drinking tea in Iraq. The photo is part of an exhibit by Air Force and Army photojournalists stationed at Shaw Air Force Base titled, 'Through Their Eyes — Team Shaw.' The exhibit is free (donations are accepted) and open to the public from 9 a.m. to 5 p.m., Monday through Friday, in galley 135, Patriot Hall, 135 Haynsworth St., Sumter, until April 4. Call the Sumter County Cultural Commission at (803) 436-2260 for more information. Left, the Honorable Eugene Baten, vice chairman, Sumter County Council and Air Force retiree, pays tribute to the late Dr. Leroy Bowman during the opening of the exhibit. Bowman, who passed away recently, was a Sumter native and one of the original Tuskegee Airmen from World War II.



SPORTS

WINTER BASKETBALL STANDINGS

Monday/Wednesday league

4-10th	8-0
MEDDAC	7-1
VA	5-3
2-60th	3-2
SF	3-8
81st	2-5
187th	2-6
3-60th	1-7

Tuesday/Thursday league

NF	6-0
SSI	6-3
175th	5-1
1-13th	4-2
MPs	3-3
MWR	2-6
3-13th	1-6
171st	1-6

Standings as of March 4

DARTS STANDINGS

SS	12 points
BWB	11 points
MPs	9 points
MACH	9 points
187th	9 points
165th	7 points
3-34th	6 points
1st CivDiv	6 points
1-61st	3 points
FTC	3 points

Standings as of Feb. 27

facebook

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

facebook

Calendar

Sunday, March 9

Women and juniors criterium cycling event

9:30 a.m., Hilton Field
Free for ID card holders. For more information, call 751-7146/1654.

Wednesday, March 12

Retired Officers Wives Club meeting

Noon, Officers' Club
RSVP required by Friday. For more information, call 788-1094 or 783-1220.

Wednesday, March 19

Book signing

9 a.m. to 6 p.m., Main Exchange
Kay Spann Byrd will sign copies of her book, "Have You Talked About God Today?"

Saturday, April 26

National Prescription Take Back Day

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

Announcements

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.

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 fit-

ness 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.

LIFEGUARD TRAINING

The next lifeguard training class is scheduled to begin March 21. Sessions are scheduled for March 21-23 and 29-30. For more information, visit <https://webtrac.mwr.army.mil/webtrac/jacksonretract.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.

NEW SHOP OPENS IN PX

SmartPhone MD, a non-warranty repair provider for mobile devices, is now open in the Main Exchange concessions court. The store is open from 9 a.m. to 6 p.m., Monday through Friday and from 11 a.m. to 3 p.m., Saturday.

SPORTS SHORTS

- Letters of intent for 6/6 indoor volleyball are due March 25.
- Basketball is played weeknights at 6:10 p.m., 7:10 p.m. and 8:10 p.m. at Coleman and Vanguard gyms.
- St. Patty's Day 5K walk/run, 8 a.m., March 22, Semmes Lake
For more information, call the Sports Office at 751-3096.

KNIGHT POOL HOURS

Knight Pool is now open Saturdays from

8 to 11 a.m..

EFMP ART ADVENTURE

The Exceptional Family Member Program is now hosting art activities on the third Thursday of every month at 5 p.m. at the Joe E. Mann Center Ballroom. The first event is scheduled for today. The program will include clay modeling, pottery, water color painting, drawing and other activities. Participants must be enrolled in EFMP. For more information, call 751-5256 or email cheryl.f.leysath.civ@mail.mil.

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

- The Thrift Shop no longer accepts winter clothing. Summer clothing will be accepted starting Tuesday.
- 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 for a full listing of calendar events.

Send your announcements to fjleader@gmail.com.

Announcements are due one week before the publication date.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

For more information, call 751-7045.

Off-post events

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

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."

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.

RENTERS 101

What to look for when signing a contract or lease? A prospective renter (tenant) should look for the following: Is the contract clearly written and understandable? Are there any blanks that need to be filled in and initialed? Be sure you have a fully executed copy of your lease at the time you provide the landlord with the security deposit. The agreement should clearly state the amount of rent to be paid, the date the payment is due, and the rights and obligations of the tenant and the landlord. Be sure you know how to contact the landlord or the landlord's agent if there is a problem. A Fort Jackson Housing Services Office staff member will review your lease for you. For more information, call 751-5788/7566/9323.

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.

PCS MOVE

Not sure if you're moving to another Balfour Beatty property? Ask your resident specialist so you can be enrolled in our Resident Rewards Program. Each time you relocate to a Balfour Beatty Communities property, you could earn a cash reward through the program. For more information, call 738-8275.

March Promotions

Name	Rank	Name	Rank	Name	Rank
RITCHEY, Heather I.	MAJ	FLEENER, Roger A.	SFC	VALDEZMARTINEZ, Pablo J.	SFC
CAVANAGH, Corene E.	CPT	FORTUNE, Andre	SFC	BASKERVILLE, Adonis R.	SSG
MATTHEW, Jimmy R.	CW3	FRANCOIS, Dorothy M.	SFC	BERRY, Mayraibeth G.	SSG
NEGRONDROWNE, Jorge A.	CW3	HALL, Landress H.	SFC	BOUIE, Michael J.	SSG
CLARK, Dennis R.	MSG	HOPPE, Amelia J.	SFC	BUCHUN, Julie R.	SSG
MARION, Frederick L.	MSG	LADLEE, Wesley W.	SFC	KRIVITCHENKO, Yuliya L.	SSG
McNEIL, Anita A.	MSG	LEAKEY, David A.	SFC	LEWIS, Wanda C.	SSG
TRENT, Terry L.	MSG	MAWHORR, Yelixa	SFC	LIN, Yi T.	SSG
WILLIAMS, Jerry L.	MSG	McCLINTOCK, Trevor A.	SFC	ATKINS, Cory P.	SGT
BROOKS, Gregory S.	SFC	MITSCH, Michael G.	SFC	JACKSON, Marion D.	SGT
BROWN, Samuel L.	SFC	MONROY, Ronal	SFC	McCALL, Joseph C.	SGT
CARRIZALES GARCIA, Julie A.	SFC	MOODY, Lorenzo Jr.	SFC	RICHARDSON, Sherrod M.	SGT
CHAPPEL, Eric E.	SFC	ORTIZPEREZ, Angel L.	SFC	RODRIGUEZ, Richard B.	SGT
CHICKOS, Joseph D.	SFC	PATTERSON, Patrick D.	SFC	ROYALS, Shaquan R.	SGT
CREMIDIS, Glenda C.	SFC	ROMERO, Jonathan	SFC	SPELLER, Natalie I.	SGT
EADDY, Timothy	SFC	SOWERS, James J.	SFC	THOMAS, Marquita R.	SGT
FIGUEROAGALARZA, Luis A.	SFC	TENA, Javier	SFC	THOMPSON, Roushen A.	SGT

Weekly honors



**Staff Sgt.
Cedric Bailey**
Drill sergeant of the cycle
Task Force Marshall



Lester Williams
Civilian of the cycle
Task Force Marshall



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Adequate sleep has lifelong benefits

By **LISA YOUNG**

U.S. Army Public Health Command

The brain stays active during sleep, performing activities that allow a person to feel rested and energetic, learn and make memories. Sufficient sleep is followed by spontaneous awakening that leaves a person feeling refreshed and alert.

Vital tasks carried out during sleep help maintain good health and enable people to function optimally. Not getting enough sleep can be dangerous to mental and physical health. In fact, having adequate sleep is so important that it is an element of the Army's "Performance Triad," the idea that we all need a balance of sleep, activity and nutrition to lead a healthy lifestyle.

Sleep needs vary from person to person, and they change throughout life. How much sleep is needed depends on genetic and physiological factors and will vary by age, sex and previous sleep amounts. Most adults, including older adults, need seven to eight hours of sleep each night. Children and adolescents have greater sleep needs, depending

on how old they are.

A recent study from the National Health Interview Survey found that 30 percent of workers reported sleeping six hours or less per night. This kind of sleep restriction produces negative consequences for performance, health and quality of life, with profound personal and public safety consequences.

The study also indicates that although performance declines as sleep restriction increases, the person's assessment of his or her sleepiness levels off after a few days. This means that sleep-restricted people are likely to be unaware of their continuing deterioration in alertness and performance.

People need to sleep to think clearly, react quickly and improve memory. Cutting back by even one hour can make it tough to focus the next day. Slow response time may result in making bad decisions and taking more risk. This behavior can result in poor performance on the job and increase the risk for an accident or car crash.

Insufficient sleep can also make a person irritable and is linked to poor behavior and trouble with relationships, es-

pecially among children and teens. People who chronically lack sleep are also more likely to become depressed.

Studies have shown that sleep restriction of four hours per night on just one to two nights has significant effects on the body. Not getting enough sleep or getting poor quality sleep on a regular basis increases heart rate and blood pressure, increases inflammation, impairs glucose tolerance (which can lead to the development of diabetes), and increases appetite that could promote obesity. During sleep, the body produces hormones that help build muscle mass, fight infections and repair cells. A summary of studies from the past 30 years has shown that compared with individuals who sleep seven to eight hours a night, there is an increased risk of dying in people who sleep substantially less than seven hours or substantially more than nine hours per night.

Symptoms of an overly sleep-restricted life include difficulty awakening in the morning, such as sleeping through the alarm clock, needing stimulants like coffee to wake up or get going each morning, difficulty remaining focused and productive when sitting for a while, negative mood or poor memory.

MACH UPDATES

MACH MAIN ENTRANCE CLOSED

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31. Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

URGENT CARE HOURS CHANGED

The Urgent Care Clinic at Moncrief Army Community Hospital is now open from 6 a.m. to 10 p.m. Patients need to sign in before 9:30 p.m. Patients who need emergency care should call 911 or proceed to the nearest emergency

room. Patients enrolled in TRICARE Prime who need non-emergency care can schedule an appointment online at www.tricareonline.com, call their primary care provider or call 751-CARE (2273) during regular duty hours.

IMMIGRATION EXAMS

The Department of Preventive Medicine at Moncrief Army Community Hospital provides complete immigration exams, including physical exams, tuberculosis screening, laboratory tests and immunizations for TRICARE-eligible beneficiaries. To schedule an appointment, call 751-5251.

Follow the Leader

Twitter: www.twitter.com/fortjacksonpao.

Like us on FACEBOOK.

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

Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at (877) 363-1303.
- Ask your provider to fax your prescription to Express Scripts at (800) 895-1900.
- Ask your provider to e-Prescribe to "Express Script Mail Pharmacy."
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks.

Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs.

Express Scripts stocks all drugs on the TRICARE formulary.



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>.



Worship 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