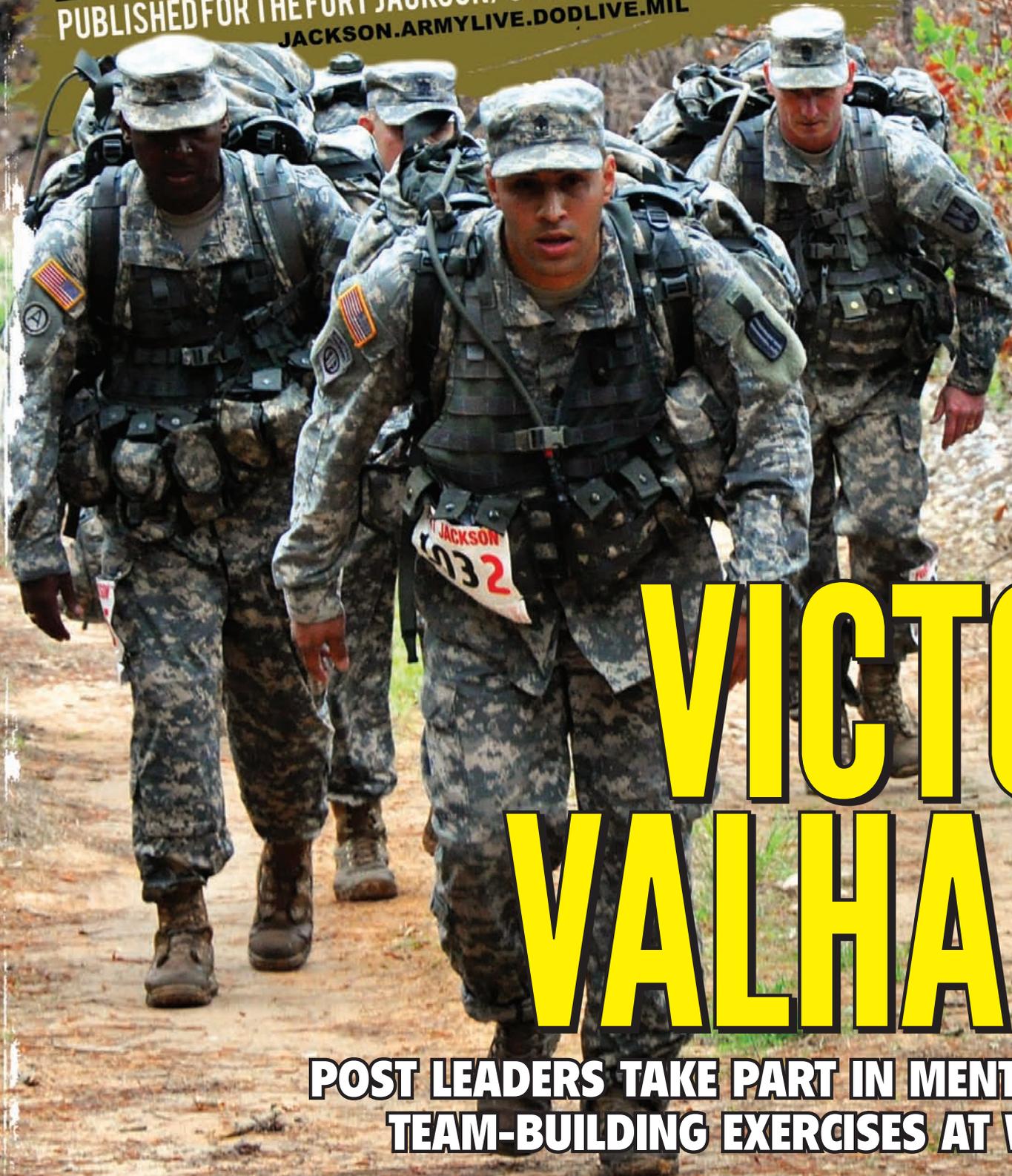


THURSDAY, MAY 8, 2014

THE FORT JACKSON LEADER

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AND IMAGINATION
UNITE AT STEM
SYMPOSIUM
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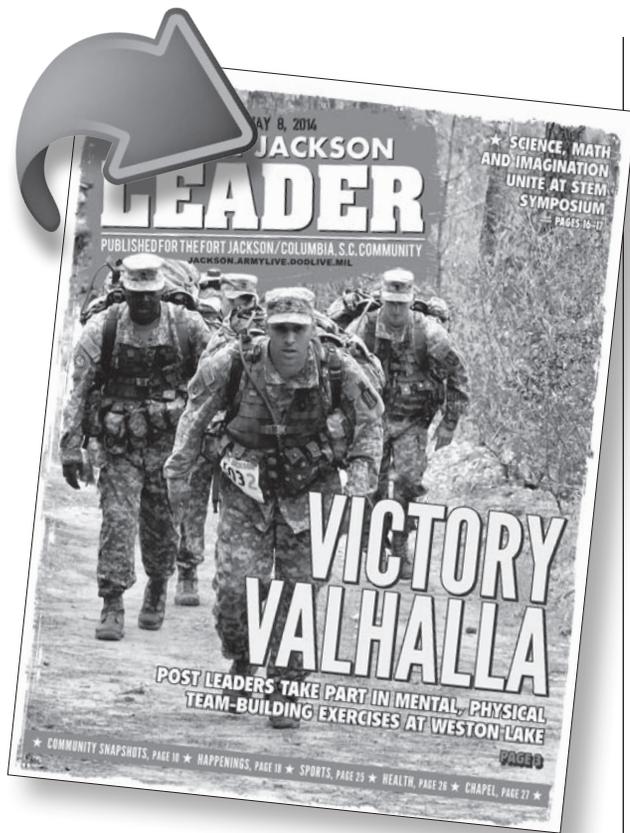
VICTORY VALHALLA

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NEWS



ON THE COVER

Photo by WALLACE McBRIDE

Leaders from across the installation participate in Fort Jackson's Victory Valhalla team-building exercise at Weston Lake Friday. **SEE PAGE 3.**



Fort Jackson, South Carolina 29207

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Photo by DAVID SHANES, command photographer

New top drill sergeant

Command Sgt. Maj. Lamont Christian takes over as commandant of the Drill Sergeant School in a ceremony April 30 at the NCO Club. Christian replaces Command Sgt. Maj. Michael McCoy.

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Photo by WALLACE McBRIDE

One of the teams taking part in last week's Victory Valhalla event begins the day's tasks by rowing across Weston Lake.

There's no 'I' in team

Post leaders take part in Victory Valhalla team-building drills

By WALLACE McBRIDE
Fort Jackson Leader

Because of the nature of their chosen careers, Soldiers depend on each other every day to achieve whatever mission is at hand. For an installation such as Fort Jackson, though, that interdependence can sometimes lead to a lack of familiarity among post leaders.

Last week, Fort Jackson took steps to erase those boundaries by putting leaders in the field for a day for an event titled Victory Valhalla. A series of mental and physical tasks were established at points around Weston Lake, with teams of five Soldiers having to solve puzzles and complete strenuous physical activities along the course.

To make things more challenging, the teams were made up of Soldiers who don't regularly work together.

Soldiers taking part in Victory Valhalla represented organizations such as the Basic Combat Training battalions, Advanced Individual Training units, DENTAC, MEDAC, Task Force Marshall and Post Headquarters.

"The intent behind today's event is to have a physical and mentally challenging event for people on the post in leadership positions so that they get to work with folks whom they don't ordinarily get to work with and build a greater rapport and ability to interact with other individuals across post," said Capt. Joseph Meyer, commander of Headquarters and Headquarters Company, Army Training Center.

Those activities ranged from the mundane, such as paddling a canoe across Lake Weston in full battle gear, to more bizarre tasks. Midway through the event, Soldiers were given piles of tires, rope, tarp and pipes and asked to use these items to build a cart.

Just to make things more interesting, some of these

tires were almost flat.

"They're also going to have events like a litter carry," Meyer said. "They'll have to find land navigation points, and teams will be given two bicycles each and have to figure out how to move two bicycles with five people across a given area of terrain while finding land navigation points along the way."

Optional tasks were also part of the day's activities to give teams the opportunity to deduct time from the score. As with the day's other tasks, they ranged from ordinary (building a fire) to dramatic (a Tomahawk throw.)

In all, 40 Soldiers took part in Victory Valhalla.

Although team building exercises can be fun and engaging, they can ultimately be worthless if not planned with care.

See **TEAMS**: Page 8

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Site offers new online home for retirees

By **C. TODD LOPEZ**
Army News Service

WASHINGTON — The Army's "Soldier for Life" website, launched this week, is designed to be a new online home for retired Soldiers.

The Army's web portal "Army Knowledge Online" — better known as "AKO" — has been available to retirees and family members for many years now. However, the Army is transitioning to a more secure enterprise network for business users — Soldiers, Army civilians and contractors.

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

Mark Overberg, who serves as deputy chief of Army Retirement Services, said the new website will allow "ongoing communications with the retired community."

In February, the Army Retirement Services office was moved under the newly created Soldier for Life program, Overberg said, because retired Soldiers are "a part of the whole Soldier lifecycle — the last part of the Soldier lifecycle."

Right now on the website, retirees can also opt-in to receive a newsletter that lets them know what's going on in the Army "with a primary focus on news that retired Soldiers care about," Overberg said.

EMAIL CHANGES

On AKO, retirees and family members had access to Web-based email services that gave them a ".mil" email address. Currently, retirees and family members are no longer able to send email from their AKO accounts or read emails within the site. What they are still able to do, however, is instruct AKO to forward any emails they might receive there to a commercial account. The AKO website will continue forwarding emails to commercial accounts until Dec. 31.

Overberg suggested retirees and family members set up a free commercial email account to replace what AKO used to provide for them. He said after setting up such an account, they should notify family, friends, and professional contacts about the new email address.

Additionally, he said, retirees and family members should contact any businesses or other websites where the AKO email address is a part of their contact information and update it to reflect the new email address.

One such site in particular to update, he said, is the Defense Finance and Accounting Service's "MyPay" website, where retirees and Soldiers alike can look at their leave and earnings statements and other important documents.

To ensure that DFAS can contact them, retired Soldiers should visit the "MyPay" site and ensure that a non-AKO email address is listed. Overberg said that today, some 500,000 Army retirees have MyPay accounts. Of those, he said, about 350,000 are still registered there with their AKO-provided email address.

By not signing up for a commercial email service and updating business account information, former AKO users risk not receiving important notifications.



U.S. Army graphic

Retirees will be able to access important information about the Army and information pertaining to health, retirement, employment and education benefits online at www.soldierforlife.army.mil.

FUTURE SITE

Overberg said the Soldier for Life website is only in "Stage One" of its development. But he said there are several ideas about what will be brought aboard as the site's development progresses into "Phase Two."

Future upgrades to the Soldier for Life website might include a "white pages" feature similar to what was available on AKO, Overberg said. The difference will be that the white pages-style directory will include only those retirees who "opted in" to the listing.

Also under consideration for inclusion in the next-generation of the site is a "Retired Soldiers Blog," Overberg said. "The intent of this blog will be to provide a three-way communication: the Army to retired Soldiers, retired Soldiers to the Army and retired Soldiers to other retired Soldiers."

Overberg said that commenters to blog posts will be limited to those who have retired from the Army.

Part of making that happen, he said, is ironing out the technical details of how to authenticate retired Soldiers on the site. That might include integration of services from DoD Self-service Logon.

Overberg also said that the Soldier for Life website has been designed to be easier to use than AKO. He said he has heard complaints from retirees that AKO was too complex — and so they stayed away from the site.

MORE THAN JUST RETIREES

The Soldier for Life program, and its website, is about

more than just retirees. In fact, the retiree program was just recently folded into the SFL program.

"Soldier for Life," is in fact about the entire "lifecycle" of being a Soldier: from the moment a Soldier shows up at Basic Combat Training: "Start Strong;" to the day Soldiers arrive at their first command and begin their Army career: "Serve Strong;" to the moment they make the decision to transition from a uniform-wearing Soldier back into a member of civilian society: "Reintegrate Strong;" to the final separation or retirement from Army service and transition into an example in their community about what it means to be a Soldier: "Remain Strong."

Lt. Col. Wenceslao Angulo, who serves as the communications and outreach director of the Army's Soldier for Life program, said the SFL program and its website aims to serve those in all four phases of being a Soldier.

"We want to attract talented young men and women to join the Army," he said.

"The new site provides current information and links to resources for all Soldiers, which include active duty, Army National Guard and Army Reserve," Angulo said. "We also provide access to information and links to resources for those preparing to transition to civilian life. Now with retirement services joining the Soldier for Life program, we can now provide services and information for those who have retired from the Army, but remain Soldiers for life."

For more information about the AKO transition, visit <http://ciog6.army.mil/AKOTransition/tabid/215/Default.aspx>.

Thanking Troops Through Tennis

The Thanking our Troops Through Tennis foundation will host a free tennis expo for children and adults May 17 on Fort Jackson.

The expo includes instruction from tennis pro Dick Stockton.

The event is free and open to all DoD ID card holders.

For more information and to register, call 751-3096.

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Survivor Benefit Plan processing changes

From the Directorate of Human Resources

Due to the fiscal year 13 manpower reductions and to improve processing, changes were made to the Survivor Benefit Plan processing procedures.

The Fort Jackson Retirement Services Office, or RSO, will no longer provide retirement pay estimates to retiring Soldiers. The Department of the Army Retirement Services Office now requires that Soldiers go to the MyArmyBenefits website at <http://myarmybenefits.us.army.mil/> to calculate their retired pay and SBP premiums/annuities. The available calculators require a Common Access Card and retrieve the Soldier's personal information to populate

the information required for the appropriate calculations. As a result, the calculators provide a very good estimate based on each Soldier's personal information.

To further enhance and expedite the process, when the RSO electronically sends the retirement order to the retiring Soldier, the email will include the above MyArmyBenefits website link as well as the link to view the SBP briefing slides at www.armyg1.army.mil/rso/sbp.asp.

These slides must be reviewed by the Soldier and his or her spouse. The Soldier and spouse will then need to determine whether he or she will accept or decline to enroll in the SBP. If he or she decides to enroll, the Soldier will need to decide whether to take the full SBP amount or a reduced amount. The MyArmyBenefits calculators will

provide the cost estimates to make an informed decision.

Soldiers who attend the scheduled SBP appointment with the RSO must have obtained their own estimates and made a decision on their SBP benefits before arriving. If a Soldier arrives for the SBP appointment and has not completed the required online estimate, the Soldier will be provided usage of a computer to access the MyArmyBenefits calculators and SBP briefing slides to make the necessary decision. The SBP appointment with the RSO will then be rescheduled until a later date when the required decision regarding SBP has been made.

For more information, call the Fort Jackson RSO at 751-6715/5523 or email: usarmy.jackson.imcom-hq.mbx.dhr-rso@mail.mil.

NCO Academy greets CSM

Command Sgt. Maj. Annie Walker receives the colors of the NCO Academy from Soldier Support Institute Command Sgt. Maj. Annette Weber in an Assumption of Responsibility ceremony Friday at Darby Field. Walker will serve as the new commandant of the academy. She previously served as the command sergeant major for the Training Support Battalion.

Photo by SUSANNE KAPPLER



Teams

Continued from Page 3

Victory Valhalla had an added handicap in that it required certain level of secrecy during the two months it took to plan.

“The operations order that went out was purposefully vague,” Meyer said. “We had to watch what information we gave out because we didn’t want anybody to know what the events were or how long the course was, or even where it was.”

He said organizers regularly met with the Fort Jackson operations officer and the post’s chief of staff to make sure the day’s events were both safe and practical. This required planners to alter the design of Victory Valhalla several times before the kick-off last Friday.

Some of those changes were more drastic than others.

“As the planning continued, the events changed and the course moved,” Meyer said.

The first place team members were Brig. Gen Bradley Becker, Fort Jackson commanding general; Lt. Col. Scott Son-salla, commander of the 3rd Battalion, 34th Infantry Regiment; Lt. Col. Dennis Kerwood, commander for of the 187th Ordnance Battalion; 1st Sgt. Jeremy Benando, 2nd Battalion, 60th Infantry Regiment; and Lt. Col. Geoffrey Greene, commander of the 1st Battalion, 34th Infantry Regiment. The team finished the course in 4 hours, 21 minutes.

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Photo by WALLACE McBRIDE

Above, one of the teams taking part in last week’s Victory Valhalla exercise carries a team member on a stretcher as part of the day’s tests. Below right, a Soldier helps a teammate stand after he’s weighed down with a sandbag. Below left, the winning team received rowing oars with engraved plaques.



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Courtesy photo

The Victory Belles will perform May 23 at the NCO Club. The event is free for military spouses and World War II veterans and their spouses.

WWII-era event on tap for May 23

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

It's May 8, 1945, and all over the world, people are celebrating victory in Europe and the surrender of Nazi Germany. In the United Kingdom, one million people celebrated in the streets. In the U.S., large demonstrations of joy and patriotism erupted in New York's Times Square, in Chicago, Miami and Los Angeles.

On May 23, the Fort Jackson NCO Club will travel back in time and host a special event honoring military spouses of all generations, as well as World War II vet-

erans and their spouses with a performance by the Victory Belles, all the way from the National World War II Museum in New Orleans.

The decorations, food and entertainment will all reflect this bygone era. Doors will open at 5:30 p.m. and the Victory Belles will start performing at 6 p.m. Tickets are available free for all military spouses, and World War II veterans and their spouses. Advance tickets for all others are \$10 and tickets at the door will be \$11.

During World War II, food was rationed as enormous amounts were necessary to keep the troops going overseas. Families had rations of flour, coffee, sugar, grains and vegetables. The government urged families to plant

victory gardens to make their rations go further. Packets of vegetable seeds will be provided to each guest to start his or her own victory garden. Food served will include cold cut sandwiches, cakes and donuts, coffee and tea and old-fashioned comfort food. The cash bar will feature signature drinks from the era.

Entertainment in addition to the Victory Belles performing popular songs from the era will include an old-fashioned cake walk — which is a little like musical chairs for adults in which you win homemade cakes — and contests for best 1940s fashion and best 1940s hairstyle. A door prize drawing will be held to win a seven-day vacation.



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Team building

Columbia City Councilwoman Leona Plough and Councilman Moe Baddourah traverse a rope bridge at Victory Tower Friday. City Council members and Mayor Steve Benjamin were on post to conduct team building exercises that included obstacles at the Team Development Course, a shooting simulation at the Engagement Skill Trainer 2000 and Victory Tower.

Photo by SUSANNE KAPPLER

Giving life

Navy Senior Recruit Demarcus Thompson, a student with the religious program at the Naval Chaplaincy School and Center, donates blood during a drive conducted last week at the school by the Red Cross. Since 2011, the school has conducted 12 blood drives, which yielded 289 pints of blood.

Photo by WALLACE McBRIDE



Motorcycle safety not just for May

By JULIE SHELLEY

U.S. Army Combat Readiness/Safety Center

Although Motorcycle Safety Awareness Month launched nationally May 1, Army officials are urging leaders across the force to treat rider safety as a year-round imperative in response to rising fatalities.

As of May 4, Soldier motorcycle deaths were up 56 percent from the same date in fiscal year 2013, a marked contrast to the decline seen at the end of last year.

“An increase is worrying in its own right, but this year’s is exceptionally so considering the long winter we’ve had,” said Brig. Gen. Timothy Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. “Riding season has been delayed for many Soldiers, yet we’re already looking at more fatalities. With spring here and summer just around the corner, we’ve got to get a handle on things.”

Indiscipline remains the single greatest threat to Army motorcycle riders, according to USACR/Safety Center statistics. Speeding, alcohol, lack of training or personal protective equipment, or a combination thereof have been cited in at least eight of the 15 fatalities reported this fiscal year.

“With the resources the Army provides our motorcycle riders, it’s astounding that we’re still losing Soldiers to indiscipline,” Edens said. “There’s no excuse for it. Progressive training, mentorship programs and many other tools are available to help our riders stay safe. This is where leaders need to step in and hold their Soldiers accountable to the standard.”

Adding to the complexity of the issue, though, is leader involvement in motorcycle accidents. Using May 4 as a baseline, 11 of the 15 Soldiers who have died on motorcycles this fiscal year have been leaders at the rank of sergeant and above.

“It’s not just junior Soldiers who need to be held accountable, it’s our leaders too,” said USACR/Safety Center Command Sgt. Maj. Leeford Cain. “Curbing indiscipline starts with leadership. Whether it’s passive noncompliance



Photo courtesy Fort Lee Traveller

A Soldier negotiates a motorcycle safety course during a recent safety awareness campaign.

through lax enforcement or active, willful disregard for the standard, the end result is the same. We’re failing our Soldiers if we don’t correct this problem now.”

Although indiscipline is the top issue facing Army motorcyclists today, both Edens and Cain agreed riders must assume personal ownership of their safety by taking their training seriously and knowing their limits.

“Even in accidents where another driver is at fault, we have to ask if there was something the rider could have done differently,” Edens said. “That’s a big question in our training programs, because there are always going to be outliers like distracted drivers and wildlife. We want our

Soldiers to be as prepared for and responsive to those potentialities as possible.”

Several tools, including an updated Motorcycle Mentorship Program guidebook, are available at <https://safety.army.mil>. Cain encouraged leaders and safety professionals to keep visiting the site, since new tools and programs are constantly being added to the Army’s motorcycle safety arsenal.

“Many, many of our Soldiers can ride year-round thanks to the Army’s various locations,” he said. “It’s time to stop thinking of motorcycles as a spring and summer problem. Like the rest of safety, it’s a 24/7 commitment.”

News and Notes

EIC EVENTS SET

The Fort Jackson Excellence in Rifle and Excellence in Pistol competitions are scheduled for May 28-29. The contests

are open to the first 50 Soldiers (officer and enlisted) who register. For more information and to register, call 751-2417.

Information subject to change.

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Saturday May 10
Free Military Appreciation Showing: Godzilla (PG-13) 1400

Captain America (PG-13) 1700 2.16 hrs.

Sunday May 11
Son of God (PG-13) 1400 2.18 hrs.

Wednesday May 14
Noah (PG-13) 1300 2.18 hrs.
Captain America (PG-13) 1630 2.16 hrs.

Friday May 16
Need for Speed (PG-13) 1900 2.10 hrs.

Ins and outs of transferring GI Bill benefits

From the U.S. Army Deputy Chief of Staff, G1
Public Affairs

WASHINGTON — Although the Post-9/11 GI Bill Transfer of Education Benefits program has been available since 2009, many Soldiers have not taken advantage of this program.

Because the law requires Soldiers to serve an additional four years after deciding to transfer these benefits to a family member, Soldiers who wait until the end of their contractual obligation may find they cannot transfer their educational benefits. This is not an Army policy, but the law.

The law prohibits transferring these educational benefits to dependents once a Soldier retires or separates. The Soldier must have the ability at time of transfer to serve those four additional years.

- The Post-9/11 GI Bill is a service member benefit; the ability to transfer unused benefits was created as a recruitment and retention incentive for further service.

- The law requires members to have at least six years of eligible service date and agree to serve an additional four years.

- Spouses may use the benefit once the Transfer of Education Benefits is approved; however, children can use the benefit only after the service member has completed at least 10 years of service.

- Soldiers acknowledge and agree to serve the four-year service obligation before the approval to transfer the education benefits to their dependents.

- Failing to complete the service agreement, including voluntary retirement, invalidates the agreement required to transfer the benefits. If a dependent uses any of the benefit, VA will consider it as an overpayment.

- Soldiers must elect to transfer Post-9/11 GI Bill

POST - 9/11 GI BILL A NEW BILL FOR A NEW CENTURY



DoD graphic

Service members can transfer Post-9/11 GI Bill benefits to family members under certain conditions.

benefits using the Transfer of Education Benefits website in the milconnect portal at <https://www.dmdc.osd.mil/milconnect>. This site also provides Soldiers access to the approval form that specifies their obligation end date.

In addition to the current law described above, there is a draft Army Directive in staffing that will establish

and clarify Army policy and procedures in support of the Army's Recruiting and Retention Programs. Once approved, the G-1 team will use every possible avenue to ensure Soldiers and leaders are aware of changes.

Editor's note: Material for this article was supplied by the office of the Army's Deputy Chief of Staff, G-1, Lt. Gen. Howard Bromberg.

SSI observes Days of Remembrance

Bluma Goldberg, a Holocaust survivor, participates in the Soldier Support Institute's Days of Remembrance observance April 30 at the SSI auditorium. Goldberg is lighting one of six candles during the event's candle-lighting ceremony, with each representing the six million Jews murdered during the Holocaust.

Photo by WALLACE McBRIDE



Alternative medicine helps manage pain

By GARY SHEFTICK
Army News Service

WASHINGTON — Acupuncture and other forms of alternative and complementary medicine are helping reduce the use of opioids to block pain in Army patients, the service's assistant surgeon general said.

Brig. Gen. Norvell Coots, deputy commanding general of the U.S. Army Medical Command and assistant surgeon general for force projection, testified last week, at a hearing of the Senate Veterans Affairs Committee about overmedication concerns.

In 2011, 26 percent of all service members were prescribed at least one type of opioid medication, Coots said. That number was brought down to 24 percent last year, Coots continued, partly due to the use of acupuncture, yoga and other alternatives to medication.

"It is a small difference, but I think it still represents a big cultural change and a move ahead," Coots told the committee.

Army Medicine has been working to change its culture since 2010, when the Pain Management Task Force issued recommendations, Coots said. The Army-led task force, which included members of other services and the Veterans Health Administration, examined best practices for pain management at 28 medical centers. One of the task force recommendations was to explore alternative treatments such as acupuncture, meditation and biofeedback.

Biofeedback is the process of gaining greater awareness of the body's functions, often using sensors and instruments. The goal is to try to control functions such as brainwaves, muscles, heart rate and pain perception. Biofeedback is sometimes used to treat headaches, especially migraines.

The Army has had a large upswing in the use of alternative medicine in the past few years, Coots said, and its use has been written into the Army's Comprehensive Pain Management Campaign.

"All the statistics are showing now that with a big push for cultural change with integration of these alternative modalities, that we're seeing a downturn in opioid usage across the military, particularly across the Army," Coots told the committee.

Robert Petzel, under secretary for Health, Department of Veterans Affairs, also testified at the hearing. He said VA has added chiropractic care, massages, mindfulness meditation, exercise therapy and relaxation therapies to its treatment plan for pain.

"The burden of pain on veterans is considerable," Petzel said.

A 2011 Institute of Medicine report noted that more



Photo by PFC. JENNIFER KENNEMER, 16th Mobile Public Affairs Detachment

Acupuncture treatment is administered to a patient by the Physical Medicine and Integrative Health Services chief, at Fort Bliss, Texas. Alternative medicine helps reduce the use of pain relievers.

than 116 million Americans suffer from chronic pain. The annual cost of that pain in the U.S. was estimated at \$560 billion, including health care expenses, lost income, and lost productivity. Coots included that figure in his written statement to the committee. That statement was coauthored by Col. Kevin Galloway, Army Pain Management program director, who stood by Coots' side at the hearing.

Their statement pointed out that Interdisciplinary Pain Management Centers, known as IPMCs, are being established at each of the Army's eight medical centers. The IPMCs will be staffed by a multidisciplinary team of providers working to rehabilitate patients through a program that includes alternative treatments.

The written statement to the committee also discussed a tele-mentoring initiative involving the IPMC staffs. Called the Army Pain Management Extension for Community Healthcare Outcomes, or ECHO, this initiative is modeled after a project at the University of New Mexico. In fact, the Army is completing a two-year collaboration with the university to adapt this program. Essentially, ECHO uses weekly video conferencing to link IPMC experts with remote primary care providers.

"Treating pain is one of medicine's oldest and most fundamental responsibilities, yet modern medicine continues to struggle in its efforts to understand pain mechanisms and to relieve pain and suffering of our patients," Coots said.

The Centers for Disease Control identified prescription medication abuse as an "epidemic" in the United States, Coots said, adding "The military is not immune to these challenges."

The Army is adding clinical pharmacists to its patient care teams as another initiative to stop medication abuse. Clinical pharmacists can identify Soldiers with polypharmacy risk — dangers due to using multiple medications — and communicate those concerns to health care providers.

Coots reported the addition of clinical pharmacists translates into decreased overall costs, fewer adverse drug-related events, reduced hospital admissions, and improved patient outcomes.

"Effective solutions must involve innovative strategies, comprehensive solutions and collaborative efforts," Coots told the senators.

The Final Frontier

Students combine science, math and imagination at STEM Symposium

By WALLACE McBRIDE
Fort Jackson Leader

Dozens of rockets launched last week from C.C. Pinckney Elementary School, aimed toward distant satellites throughout the solar system.

These rockets weren't powered by anything as untenable as gun powder, rocket fuel or nuclear energy. They were propelled by the most combustible force on the planet — the imagination.

Third grade students spent the afternoon constructing rockets made of plastic under the guidance of Sharon Lone, Operation Military Kids of South Carolina coordinator.

"The kids get the materials and have a coach, who helps them take that PVC pipe wrap, a rubber band and make fins for the rocket," Lone said. "They build a rocket that they can launch with their hand. It teaches trajectory, which is angle of attack, and their mission was to land on Mars, Saturn or Neptune. They got prizes if they landed on that planet."

The "planets" were bean bags placed at strategic locations in a school hallway, with Neptune being the most distant. Rockets were selected for the day's activity because they stress the core principles of STEM learning: science, technology, engineering and math.

STEM studies are based on the idea of educating students in an interdisciplinary and applied approach. Instead of teaching them as separate subjects, STEM combines them into a unified learning experience with relevance to actual problems.

"Operation Military Kids in South Carolina has decided to focus on STEM as we support our military families," Lone said. "We'd like to encourage kids to take science classes. Our workforce is a little weak in that area. By having activities like this one that NASA provided for us, hopefully we'll inspire them to take a class in science or math that they might not have taken."

For one of the day's coaches, Staff Sgt. Scott Wangness, Headquarters and Headquarters Company, 171st Infantry Brigade, it was just a fun afternoon spent helping children.

"It pretty easy, because the kids already knew what they had to do," Wangness said. "We had to show them how key gravity was to the objective: How to aim with one hand and to shoot at an angle. They were just having a lot of fun."

Milton.W.McBride3_ctr@mail.mil



Photos by WALLACE McBRIDE

Top photo, students visit the gymnasium at C.C. Pinckney Elementary to view school science projects on display as part of the STEM Symposium event. The bottom two photos show examples of projects on display.



Above, Staff Sgt. Reginald Ross, of the 171st Infantry Brigade, helps students at C.C. Pinckney Elementary School line up their 'rockets' for launch during last week's STEM Symposium. The activity was part of the Operation Military Kids' new focus on STEM learning, which emphasizes science, technology, engineering and math. Below, students construct rockets out of PVC tubing, tape and rubber bands. The rockets were 'launched' in one of the school's hallways.



CMYK

CMYK

27" WEB-100

Calendar

Wednesday

Retired Officers Wives Club luncheon
Noon, Officers' Club
For more information, call 788-5082 or 783-1220.

Thursday, May 15

MICC customer training seminar
9 a.m. to 3 p.m., 81st RSC auditorium
The seminar will provide information on a variety of contracting topics. For more information, call 751-7708.

Wednesday, May 21

Shred day
9 a.m. to 1 p.m., Recycling Center
For more information, call 751-4208.

Friday, May 23

Victory Belles performance
5:30 p.m., NCO Club
Free for military spouses, World War II veterans and their spouses. Tickets cost \$10 in advance, \$11 at the door for all others. For more information, call 782-2217.

Wednesday, May 28

Adjutant General's Corps Regimental Association, Carolina Chapter breakfast
7 to 8:30 a.m., NCO Club
The guest speaker will be Chief Warrant Officer 5 Gail Shillingford with the Office of the Inspector General in Washington.

Thursday, May 29

Carolina Maude Foundation Golf Tournament
1:30 p.m., Fort Jackson Golf Course
For more information, call 767-6545.

Friday, May 30

Adjutant General's Corps Regimental Hall of Fame induction
10 a.m., Soldier Support Institute auditorium

Announcements

CIF CLOSURE

The Central Issue Facility will be closed June 9-13 for its annual inventory. During this time, CIF will only accept emergencies.

DES OFFICE CLOSURES

The Directorate of Emergency Services Police Administration Office and Physical Security Office will be closed May 23.

YOUTH VOLUNTEERS SOUGHT

The Fort Jackson Red Cross is accepting summer youth volunteer applications for

14 to 19 year olds. Preference for volunteer positions at the hospital is given to students interested in a career in the health care field. Administrative positions are also available. Volunteers typically work each day from early June until the beginning of August for 20 hours per week. For more information, call 751-4329.

THANKING TROOPS THROUGH TENNIS

The Thanking our Troops Through Tennis foundation will host a free tennis expo for children and adults May 17 on Fort Jackson. The expo includes instruction from tennis pro Dick Stockton. The event is free and open to all DoD ID card holders. For more information and to register, call 751-3096.

C2RE CLASS

The Education Center will offer an accelerated Collegiate and Career Readiness Enhancement class (formerly Basic Skills Education Program) for Soldiers who wish to raise their GT score but are unable to attend a four-week course. The class will run June 2-13 from 8 a.m. to 4 p.m., Monday through Friday. For more information, call 751-5341.

SPORTS SHORTS

■ The spring tennis tournament May 19. Letters of intent are due May 14.

■ The Army Sports Program is way. Mondays and Wednesdays: volleyball at Coleman Gym; soccer at Hilton Field Softball Complex. Tuesdays and Thursdays: basketball at Coleman Gym. Volleyball championships are Monday. Basketball championships and trophy presentations are May 15.

■ The SSI won the soccer championship. Runner up is the 3-60th.

■ Reverse triathlon/duathlon, May 17. The triathlon includes a 5K run, 15K bicycle ride and 350 meter swim. The duathlon includes the run and bicycle ride.

■ Strongman/strongwoman competition, 6 p.m., May 22, Hilton Field Softball Complex. Weigh-ins are from 8 a.m. to 6 p.m., May 21 at the Sports Office.

■ Memorial Day 5K fun run/walk, 8 a.m., May 24, Twin Lakes.

■ Boxing smoker, 6 p.m., May 31, Solomon Center.

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

YOUTH SPORTS REGISTRATION

Registration is under way for summer swimming, for ages 6-18; \$65; for age 5; \$20. Register by Friday. Coaches are needed for all sports. For more information, call 751-5040/7451.

COMMISSARY NEWS

■ Throughout May, Commissary shoppers

may enter the "Win a Family 4th of July in Washington, D.C." sweepstakes. For more information, visit www.commissaries.com.

■ Commissary Reward Card users may now download an Android or iPhone/iPad app to access and clip digital coupons.

100TH INFANTRY SCHOLARSHIPS

The Virginia Military Institute Foundation and the 100th Infantry Division offer two scholarship awards for qualifying Soldiers. Active duty Soldiers in the grade of E5 or E6 may pick up an education at the Education Center, Room A100.

ONLINE PET PHOTO CONTEST

Authorized Exchange shoppers can send in photos of their pets for a chance to win a \$500 Exchange gift card. The contest is open through May 24. For more information, visit www.shopmyexchange.com/patriotfamily.

AAFES WEBSITES SECURE

The Exchange's online shopping site, www.shopmyexchange.com, and its business partner site, www.partners.aafes.com, have not been compromised by the Heartbleed security flaw.

YOU MADE THE GRADE PROGRAM

Students who maintain a B average or higher can receive a special coupon booklet at the Exchange as part of AAFES' You Made The Grade program.

LIFEGUARD TRAINING

The next lifeguard training class is scheduled to begin Friday. Sessions are scheduled for Friday-Sunday and May 17-18. For more information, visit <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>.

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 16-21-year-old students will be accepted through May 15 at the Thrift Shop. Interviews will be scheduled for May 27-29.

■ 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 cal-

endar 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.

Housing happenings

YARD OF THE MONTH

The annual Yard of the Month program is under way. To submit a yard as a contender, to include yours, call Ericka McDaniel at 738-8275, email emcdaniel@bbcgrp.com, or call RCI Housing at 751-7567.

One winner from each neighborhood submitted will be chosen. Visit the Self Help Center and check out lawn and garden tools that will assist you in having a beautiful yard that could be a Yard of the Month winner. The Self Help Center, located on Ivy Road, is open Monday through Friday, 8 a.m. to 4 p.m.

Monthly winners receive recognition in the *Leader*, are featured on the Balfour Beatty Communities website and in the newsletters. The grand prize winner also receives a \$50 gift card courtesy of BBC.

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.

BAH INFO

Basic Allowance for Housing, or BAH, is prescribed by geographic duty location, pay grade and dependency status. It provides equitable housing compensation based on housing costs in the local civilian housing markets.

The three components of BAH are fair market costs for rental units; utilities such as electricity, heat, and water/sewer; and renter's insurance.

Detailed information on BAH rates can be found at www.defensetravel.dod.mil/site/bah.cfm or by calling at Fort Jackson housing counselor 751-5788/7566/9323.

RENT CONCESSIONS

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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt.
Aaron Sims
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jeremy Carter

SOLDIER OF THE CYCLE
Pvt. Jeff John Sollenberger

HIGH APFT SCORE
Pvt. Jeff John Sollenberger

HIGH BRM
Pfc. Karissa Hill



Staff Sgt.
Arilius Riley
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Paul Laurent

SOLDIER OF THE CYCLE
Pvt. Kashawn Clay

HIGH APFT SCORE
Pvt. Naru Rodrigue

HIGH BRM
Pvt. Brandon Thompkins



Staff Sgt.
Shari Stewart
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Zachary Pyle

SOLDIER OF THE CYCLE
Pvt. Joshua Witherspoon

HIGH APFT SCORE
Pvt. Zachary Reeves

HIGH BRM
Spc. William Nix

May Promotions

Name	Rank	Name	Rank
GORDON, Jeffrey	CW4	RAMIREZ, Christina	SFC
BASQUILL, Christopher P.	CPT	RODRIGUEZ, Lenna J.	SFC
FISHER, Latiya V.	CPT	STEINBRING, Nicole L.	SFC
FOSTER, Charles E.	CPT	BUTLER, Marquita T.	SSG
HOWELL, Joshua L.	CPT	COSTA, Lucas J.	SSG
HYPOLITE, Marcus A.	CPT	GAY, Marvin	SSG
KIM, Dong K.	CPT	JARVIS, Akquami F.	SSG
LEWIS, Steven R.	CPT	MADRID, Jesse J.	SSG
MATTHEWS, Jacob R.	CPT	MITCHELL, Joshua D.	SSG
MAUNEY, Stephen J.	CPT	RIVERS, Stanley J.	SSG
POPE, Derek B.	CPT	WILSON, Spencer D.	SSG
SCHEEL, Christopher J.	CPT	COOPER, Jeremy D.	SGT
TANG, Amy C.	CPT	FOUNTAIN, Louston L.	SGT
VANHOUT, Alexander J.	CPT	GENTERT, David J.	SGT
WEBB, Daniel J.	CPT	GOOKOOL, Taolee D.	SGT
WEY, Michael W.	CPT	HALL, Antoinette D.	SGT
WIGGINS, Lepolia W.	CPT	HALPRIN, Kevin B.	SGT
ANDERSON, James J.	MSG	HARRIS, Kristina R.	SGT
GLASGOW, Ronald O.	MSG	HINES, Brooke C.	SGT
REYNA, Henry	MSG	OWENS-WATKINS, Shavelle A.	SGT
FRANKLIN-CAMPILLO, Yandris	SFC	ROBERTS, Brittnee C.	SGT
KELLY, Oney	SFC	ROWERS, Brandon D.	SGT
NORHEIM, Brian R.	SFC	SUAREZ, Andrea	SGT
O'NEAL, Angela D.	SFC	SUTTON, Nina E.	SGT

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. For more information, call 751-7045.



Photo by GEORGE MARKFELDER, JFHQNCR/MDW

Runners test themselves at the 29th annual Army Ten-Miler race, which started and finished at the Pentagon, Oct. 20, 2013.

Ten-miler priority registration begins

From Joint Force Headquarters National Capital Region/Military District of Washington Public Affairs

WASHINGTON — This year, the Army celebrates the 30th anniversary of its 10-mile race Oct. 12, in the nation's capital.

The Army's annual 10-mile race is produced by the U.S. Army Military District of Washington and attracts 35,000 military and civilian runners from around the world.

Priority registration is now open for service members

and runners who have participated seven or more times. General registration will open May 20. Runners may register online at www.armytenmiler.com. Registration is on a first-come-first-serve basis, and the race entry fee is \$65. All proceeds benefit Family and Morale, Welfare and Recreation programs for the military.

"The Army Ten-Miler is the spirit of sport and the spirit of a nation. Throughout the past 29 years, 317,000 runners have come to our nation's capital to experience this spirit," said Jim Vandak, race director. "The tradition of excellence continues, and to commemorate the 30th anniversary, all runners will receive a long sleeve performance shirt with a special anniversary design."

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Race weekend activities include the ATM Expo at the D.C. Armory, live music, youth activities, and the popular Hooah Tent Zone.

The expo is open to the general public and will take place Oct. 10-11. It features more than 85 exhibitors and 35,000 attendees.

The Hooah Tent Zone is open race day to participating runners and will feature interactive displays and exhibits by Army installations from around the world.

For more information about the Army Ten-Miler visit www.armytenmiler.com, or call (202) 685-4645.

FORT JACKSON GOLF CLUB 2014 SENIOR CHAMPIONSHIP

Senior Championship Flight

1	Bob Stringer	79-73-74 -- 226
2	Larry Sprinkle	72-74-80 -- 226
3	Ed Nesmith	78-74-76 -- 228
4	Darryl Averyhart	78-79-72 -- 229
5	Jeff Nichols	77-72-81 -- 230
T6	Johnny McBee	79-77-76 -- 232
	Robert Ramos	79-78-75 -- 232
8	Bryan Oliver	76-78-81 -- 235

T9	Tim Hayes	74-80-82 -- 236
	Tom Bryant	76-74-86 -- 236
11	Robert Lambert	80-77-81 -- 238
12	Jerry Pollard	82-73-85 -- 240

Senior 1st Flight

1	Jim Reedy	79-80-75 -- 234
2	George Miller	84-74-80 -- 238
3	Derrick Hauser	81-79-79 -- 239

4	Rube White	80-80-83 -- 243
5	Bob Johns	81-77-86 -- 244
6	Charles Hope	85-77-83 -- 245
7	Hardin Jones	81-80-86 -- 247
8	Paul Scott	81-79-89 -- 249



Week highlights women's health needs

By MAJ. LAKISHA FLAGG

U.S. Army Public Health Command

Every day, Soldiers and leaders are reminded of the importance of Soldier readiness. Readiness is essential to the success of the force, and it is one way to ensure that every Soldier is fit to fight at all times. Maintaining technical and tactical proficiency is critical to readiness, but without good health, Soldiers are incapable of functioning at the level necessary to succeed in their profession. Health screening helps service members to prevent illness and to stay in good health.

May 11-17 is National Women's Health Week. Although male and female Soldiers share some basic health requirements for readiness, female Soldiers require health screenings that are unique to the health of women. These requirements include cervical cancer screening, also known as the Pap smear or Pap test, and breast cancer screening. These tests provide women with the opportunity to detect diseases, such as cancer, in the early stages, often before symptoms occur. By making sure that routine cervical cancer screenings are completed, women can help increase the likelihood that abnormal findings are detected and treated early.

Breast cancer screening is another way to detect cancer early. Like most cancers, breast cancer is easiest to treat when detected early.

In addition to these health screenings, female Soldiers should also consider the three critical components of personal health when working to enhance their readiness. These components are sleep management, activity and nutrition.

Although these are basic actions that are sometimes taken for granted, they are essential to readiness. Routine physical activity will not only improve readiness but it can also reduce stress, strengthen the heart and lungs, increase

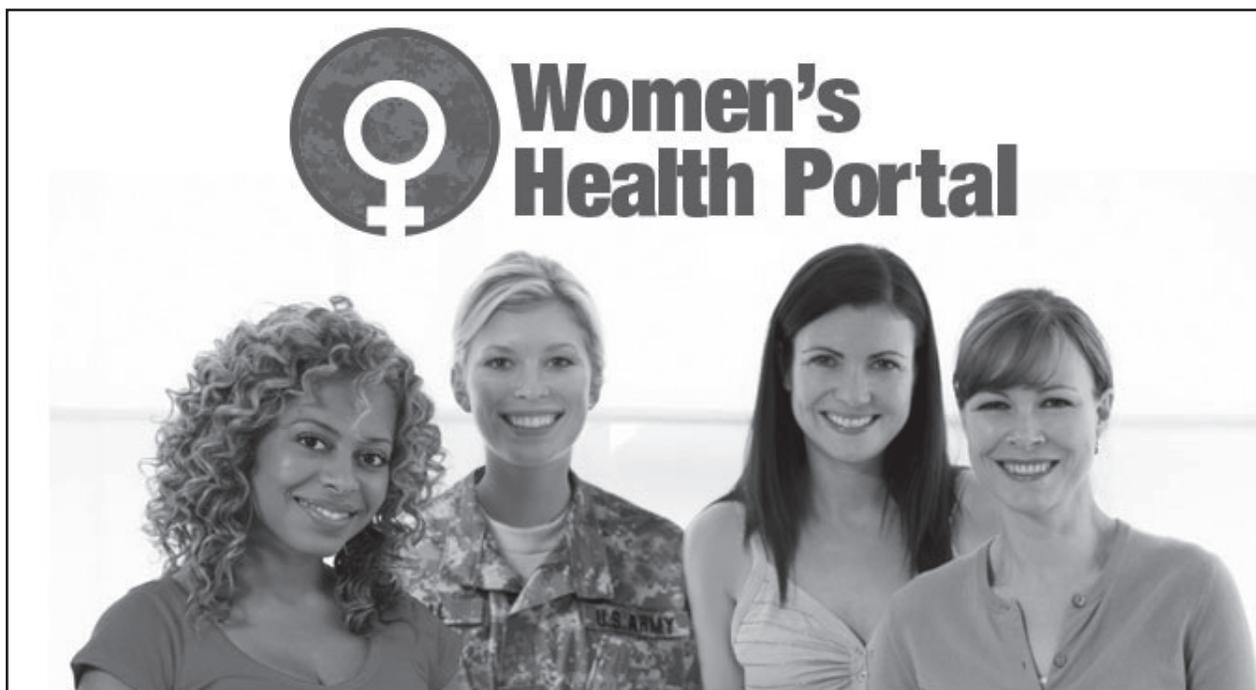


Photo courtesy U.S. Army Public Health Command

May 11-17 is National Women's Health Week. Women require unique health screenings, such as cervical cancer and breast cancer screenings.

energy levels, and improve mood. Quality nutrition and sleep management are equally important as they promote overall health, help prevent disease and help achieve or maintain a healthy body weight. When these critical components are missing, female Soldiers are at an increased risk for stroke, cardiovascular disease, diabetes and obesity. We think better, feel better and perform better when our bodies are well nourished, well rested and healthy.

The Army surgeon general, a woman, has developed the Performance Triad to educate not just female Soldiers, but

all Soldiers and retirees, their family members, and Army civilians about how quality sleep, activity and improved nutrition can help us all reach our full potential.

More information about women's health and health screening is available at <http://phc.amedd.army.mil/topics/healthyliving/wh/Pages/default.aspx>.

More information about the Performance Triad and how to improve readiness through it can be found at <http://phc.amedd.army.mil/topics/healthyliving/Pages/Performance-Triad.aspx>.

MACH UPDATES

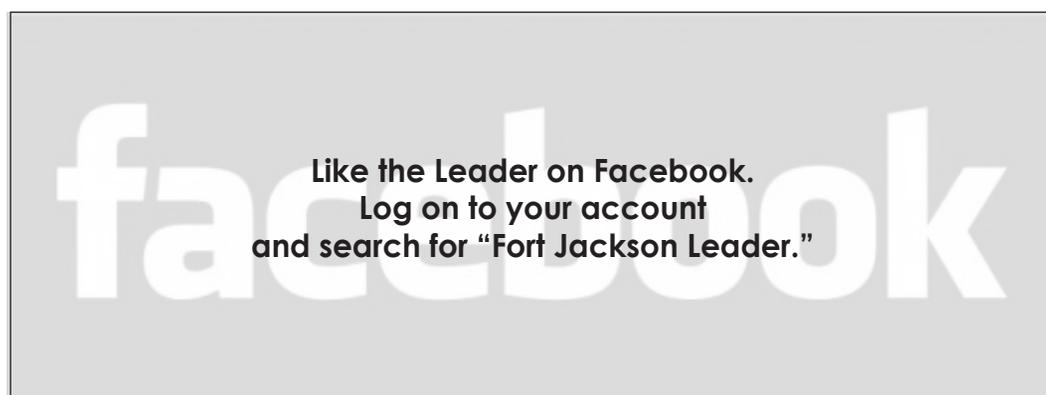
MACH MAIN ENTRANCE CLOSED

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.

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.



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.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the May 15 Leader must be submitted by today.

Announcement and photo submissions are due one week before publication. For example, an announcement for the May 15 Leader must be submitted by May 8.

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

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