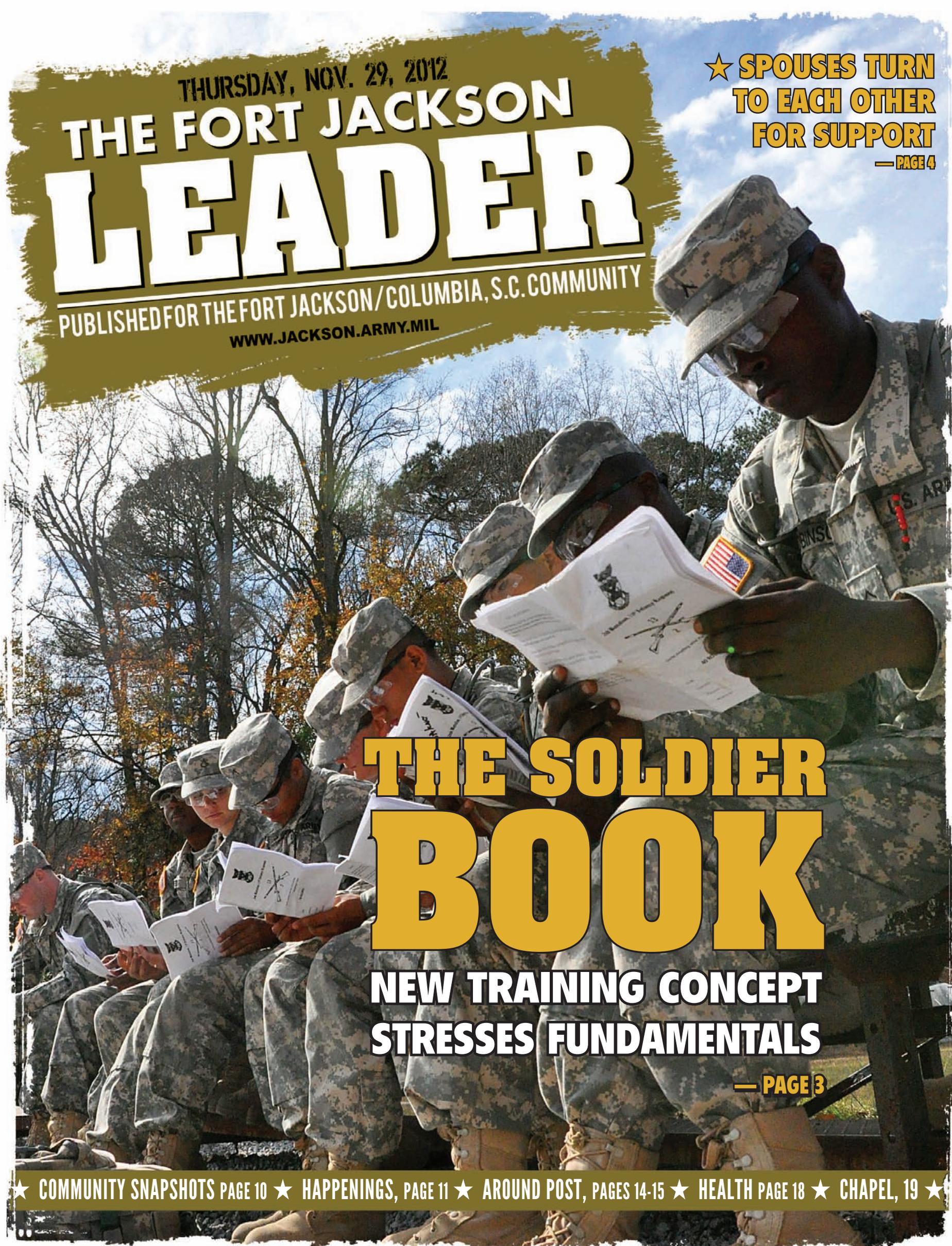


THURSDAY, NOV. 29, 2012

# THE FORT JACKSON LEADER

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

★ SPOUSES TURN  
TO EACH OTHER  
FOR SUPPORT  
— PAGE 4

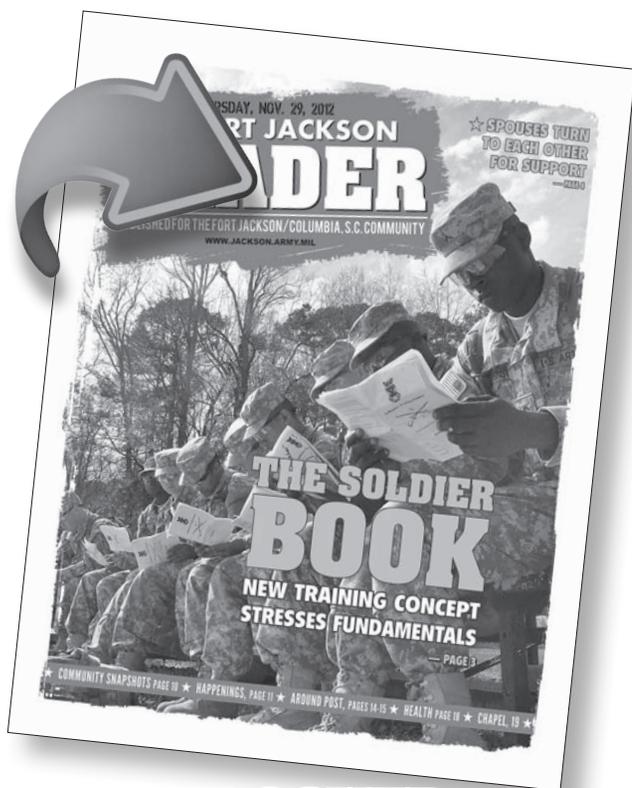


## THE SOLDIER BOOK

NEW TRAINING CONCEPT  
STRESSES FUNDAMENTALS

— PAGE 3

★ COMMUNITY SNAPSHOTS PAGE 10 ★ HAPPENINGS, PAGE 11 ★ AROUND POST, PAGES 14-15 ★ HEALTH PAGE 18 ★ CHAPEL, 19 ★



## ON THE COVER

Photo by WALLACE McBRIDE

Basic Combat Training Soldiers review The Soldier Book, a new training pamphlet being put into use by one Fort Jackson training battalion. **SEE PAGE 3.**



### Fort Jackson, South Carolina 29207

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

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

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

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

Website: [www.jackson.army.mil](http://www.jackson.army.mil)

Facebook: [www.facebook.com/FortJacksonLeader](http://www.facebook.com/FortJacksonLeader)

Twitter: [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao)

Flickr: [www.flickr.com/photos/fortjacksonpao/](http://www.flickr.com/photos/fortjacksonpao/)

Video news stories: [www.vimeo.com/user3022628](http://www.vimeo.com/user3022628)

## COMMANDER'S CALL

# Service with distinction

## Nation honors contributions of Native Americans

The Army has always embraced the philosophy that the strength of our nation comes from the diversity of its people. That's why it's important for Soldiers of all backgrounds to take time to note the contributions of others.

Since the beginning of November, we have been recognizing the historical contributions of Native Americans, the original people of our land.

Native Americans have distinguished themselves in the past couple of centuries. They have contributed immensely to our history, guiding our understanding of becoming responsible stewards of land, humility and honor.

It shouldn't be surprising that for more than 200 years, Native Americans have served with distinction in the United States military, as well.

During World War I, more than 12,000 Native American men and women served in uniform. That number doubled in World War II.

Native American service members were so effective in World War I, opposing leaders were aware of their military encryption/decryption prowess during World War II. Whether it was the Navajo, Comanche, Choctaw, Cherokee, Meskwabi or other tribe, the numerous contributions are significant. It comes as no surprise to see that many Native Americans received the Medal of Honor and Silver Star during World War II.

But their roles in these wars provide us with only a few snapshots of the contributions that Native Americans have made for our country throughout history and how they continue to distinguish themselves as Americans.

In addition to their military accomplishments, Na-

tive Americans have become honored scholars, entrepreneurs, spirituals leaders, and have excelled in many more disciplines.

Native Americans are not strangers to adversity, but they have always confronted it with courage and have shown us what honor really means.

The selfless service of the Native American has aided our nation in persevering through some very tough times. Since 1916, our nation recognized the contributions of Native Americans to our country. The governor of New York, at that time, designated one day to be known as "American Indian Day."

But, after 74 years, our leaders realized the error of our ways, understanding that one day was not enough to show our appreciation for Native American service members and their families.

In 1990, the observance of Native American Heritage was expanded to run the entire month of November.

Here at Fort Jackson, we honored Native American service to our country with a heritage celebration luncheon, as well as an ongoing process of educating other Soldiers and Fort Jackson community members about their achievements and contributions to our nation.

Fort Jackson will continue to celebrate and honor the many ways Native Americans have enriched our nation, and we renew our commitment to respecting and honoring the heritage of Native American Indians, while ensuring equal opportunity to pursue the American dream and the Army way of life.

Army Strong and Victory Starts Here!  
Victory 6

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

Fort Jackson  
Commanding General



Follow Brig. Gen. Bryan T. Roberts at [www.facebook.com/FortJacksonCommandingGeneral](http://www.facebook.com/FortJacksonCommandingGeneral)

# By the Book

New reference guide highlights training basics

By WALLACE McBRIDE  
Fort Jackson Leader

The first few weeks of Basic Combat Training can be disorienting for new Soldiers. If changes in environment and responsibilities weren't confusing enough, there's also a battery of new skills and disciplines to be learned in a short amount of time.

Drill sergeants often find themselves answering the same questions throughout the day, said Lt. Col. Patrick Crosby, commander of the 2nd Battalion, 13th Infantry Regiment. Earlier this year his staff began looking for ways to condense the fundamentals of Basic Combat Training into a portable brochure.

Titled, "The Soldier Book," the short reference guide highlights some of the most important elements of Soldier training. There are pages devoted to the M16A2 rifle, marksmanship advice and sections that allow Soldiers to keep track of their progress.

"It makes the Soldiers accountable to themselves," Crosby said. "It's really a training aid/assistance book that every Soldier should have."

The present draft is 28 pages, with a few blank pages reserved in the back for notes. More important, Crosby said, there's also space on the book for Soldiers to keep track of their company, platoon and weapon serial number, as well as contact information for Fort Jackson's various units.

It isn't intended to compete with existing training books, Crosby said. Instead, it's a collection of quick reference tips about activities all Soldiers are expected to master.

"We don't want this to be a redundant book," Crosby said. "It's meant to complement the other (lesson) books."

Crosby said there's a gap between the information offered in "The Soldier's Blue Book" given to Initial Entry Training Soldiers, and the books new Soldiers are studying when participating on firing ranges. "The Soldier Book" puts detailed information about their weapon at their fingertips, as well as giving them a glossary of terms, reference guides for proper breathing and body position when shooting, and charts to keep track of their progress on firing ranges.

"When they're taking a break (Soldiers) can read it on their own, instead of always having the drill sergeant refresh them," said Staff Sgt. Michael Prud, a drill sergeant with the 2-13th. "It's also got the round counts in there to help Soldiers keep track of how many rounds they've shot."

Pvt. Tyler Kenson said he came to Fort Jackson with no weapons experience.



Photo by WALLACE McBRIDE

**The 2nd Battalion, 13th Infantry Regiment is experimenting with a new handbook for use in Basic Combat Training that provides quick reference points for key skills and resources for new Soldiers.**

"I've never shot a gun before," said Kenson, of Georgia, who is now taking part in Basic Combat Training with the 2-13th. "After I relaxed and went over my fundamentals, which the book told me, my grouping improved. The book has been a help."

"What most helped me was the shot group analysis. It also teaches you how to breathe and control," said Pvt. D'Andre Reed, of Georgia, who is also among the first new Soldiers to use "The Soldier Book."

The book's concept was born following an exchange program with Lackland Air Force Base, Texas, where

Crosby and his staff saw Airmen issued books that outlined the basic training experience. Marksmanship was the first area to be discussed in the book, Crosby said, "and from there it's grown."

"It includes marching and the proper way to wear a uniform, and drill sergeants are adding to it right now," Crosby said. "Most of the material comes from different sources that new Soldiers don't have access to."

Crosby said the final product is expected to go out for recommendation in coming months.

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

# Group offers safe place to share

## Spouses turn to each other for support

By **KIM WHEELER**  
Special to the Leader

When Pam Jacobs learned that her husband had received orders to report to Korea in December, she was devastated. After weathering two deployments and other absences in their five-year marriage, she had hoped to avoid more time apart. Despite her disappointment, Jacobs said she has something to help her through the coming year that she did not have during the couple's previous separations — her involvement with the support group Her War, Her Voice.

Many of today's military wives have stories similar to Jacobs' — stories dominated by their husbands' absences and homecomings. Yet, many of these women feel alone in their struggle to deal with the range of emotions that stem from this narrative.



Courtesy photo

**Shattered dishes line a wall during a group meeting. The pieces are used to create artwork.**

This sense of isolation is what HWHV works to overcome, said the group's co-founder, Melissa Seligman.

Seligman and fellow Army wife Christina Piper launched HWHV in 2009 after realizing there was an unmet need for a forum for military wives to speak openly about their feelings, fears and frustrations without judgment or repercussions. Originally an interactive online network, HWHV has recently added on-site chapters to its roster.

Fort Jackson is one of only two military installations to offer an in-person HWHV group; the other is Fort Riley, Kan.

Many women might hear the phrase "support group," and assume that the group is geared primarily toward wives who are currently going through separations or who are suffering from depression or other problems. But Seligman said her aim is to dispel this misperception and reach out to any woman connected to the military — civilian or Soldier, active-duty or retired, wife or mother.

"These are functional women," Seligman said. "Most of them are happy with their lives — they're just tired and worn out. These are women in the middle — they're OK, but they need to think, to process, a place to breathe."

Seligman said there is also a misconception that spouses only need support when they are dealing with lengthy separations or their husbands' long hours.

"When the deployments slow down, spouses suddenly have time to think about what's happened to them," Seligman said. "You begin taking stock of who you are as a person — some of them haven't been able to do that in 10 years."

Jacobs, who works as executive director of the South Carolina Coalition Against Domestic Violence and Sexual Assault, can attest to that. She said she made it through her husband's deployments by staying busy and distracted. It is only now that he has been home for two years that she has begun to deal with the emotional impact.

"I have had a harder time at Fort Jackson than when he was deployed," she said. "When things actually quiet down and you have time to process everything, that's when a lot of the depression and anxiety start catching up with you."

Much of what the Fort Jackson HWHV group focuses on is how its women feel about who they are and where they are in their lives. Seligman said these women often spend so much time performing their roles as supportive military spouses and single parents that they lose touch with their own identities.

"Melissa focuses a lot on encourag-



Leader file photo

**A participant in the Her War, Her Voice group displays a dish, on which she wrote emotions she would like to discard. Participants throw the dishes against a wall in an effort to let go of those feelings.**

ing women to take care of themselves," said Jacobs, who became a member of the group when it began meeting in March. "It's hard to focus on (your needs) when you are worrying so much about your spouse and your kids, but if you want to take care of your family, you have to take care of yourself."

During the group's monthly meetings, Seligman uses guided activities, such as yoga, self-defense, photography, and dish-breaking, to help participants express their feelings and identify underlying issues that may be at the root of other problems.

"I'm not a counselor or a psychologist," Seligman said. "I'm just another military spouse. But these are activities that have worked for me."

The former high school teacher uses her education training and her experience creating and facilitating retreats for military spouses in her approach to the meetings. She said the activities and discussion topics are selected with the intent of "planting a seed and giving these women an actionable way to keep it going at home."

The group also gives spouses an opportunity to speak their minds to a group of women who can understand them.

"This group gives spouses a safe place to share their personal experiences and feelings about life in the military," said Elizabeth Maher, the Army Community Services outreach program manager who Seligman said "provided immense sup-

port" for getting Fort Jackson's group up and running.

The group, which is not specific to military branch or unit and is not command-sponsored, "is a non-threatening environment with no rank, no cliques and no gossip," Maher said. "It's all about providing these women with positive alternatives for dealing with negative emotions and experiences."

"Her War gives us a voice," Jacobs said. "It's a space where we can talk about issues impacting us with other people who understand and without some of the stigma that can be attached to those feelings."

"That is so important here at Fort Jackson," she added, "because we don't have that community that develops during deployments, so women can feel even more isolated when they are struggling."

Maher said she has received wonderful feedback from women who participate in the group, and she would like to see it grow.

"Our mission statement says it all," said Seligman. "Her War, Her Voice improves the self-worth of military loved ones using authentic, creative and rankless interaction to bring about unity and integrity, and in doing so allows each person to be understood and accepted. That is our goal."

To learn more about HWHV Fort Jackson and upcoming meetings, visit [www.facebook.com/HerWarHerVoice](http://www.facebook.com/HerWarHerVoice).

## News and Notes

### PARENTING SEMINAR OFFERED

A "Scream Free Parenting" seminar is scheduled from 5:30 to 7:30 p.m., Dec. 6 at the Solomon Center. The speaker is Hal Edward Runkel, a licensed marriage and family therapist and author of the ScreamFree Living book series. Dinner will be served at the event. For more information and to register, call 751-6325.

### EOPF CLASSES SCHEDULED

The electronic official personnel folder, or eOPF, is the electronic version of a federal employee's official personnel folder. The Office of Personnel Management is in the process of converting paper personnel documents into electronic format. The Civilian Personnel Advisory Center will conduct eOPF training on the following dates:

- ☐ Dec. 11 and 12 at the Soldier Support Institute; 9 to 10 a.m.; 10 to 11 a.m.; 11 a.m. to noon; and 1 to 2 p.m.
- ☐ Dec. 18 at the 369th Adjutant General Battalion auditorium; 1:30 to 2:30 p.m.

For more information, call 751-4962.

### LEGAL NOTICES

- ☐ Anyone with debts owed to or by the estate of Staff Sgt. Ray D. Won must contact Capt. Anthony Joyner, the summary court martial officer for the Soldier. Won passed away Nov. 15 in Kershaw County. To contact Joyner, call 751-4127 or email [Anthony.L.Joyner4.mil@mail.mil](mailto:Anthony.L.Joyner4.mil@mail.mil).

Follow the Leader on Twitter at  
[www.twitter.com/  
fortjacksonpao](http://www.twitter.com/fortjacksonpao)

# Beware of online scams

*From Army News Service*

WASHINGTON — Special agents from the Army Criminal Investigation Command are warning Internet users worldwide to be extra vigilant and not to fall prey to Internet scams or impersonation fraud — especially scams promising true love, but only end up breaking hearts and bank accounts.

Criminal Investigation Command, known as CID, continues to receive hundreds of reports from people worldwide of various scams involving people pretending to be U.S. Soldiers serving in Afghanistan or elsewhere, according to CID special agents.

The victims are most often unsuspecting women, 30 to 55 years old, who think they are romantically involved on the Internet with American Soldiers, when in fact they are being cyber-robbed by perpetrators thousands of miles away, they said.

"We cannot stress enough that people need to stop sending money to persons they meet on the Internet and claim to be in the U.S. military," said Chris Grey, Army CID's spokesman. "It is heartbreaking to hear these stories over and over again of people who have sent thousands of dollars to someone they have never met and sometimes have never even spoken to on the phone."

The majority of the "romance

### REPORTING ONLINE SCAMS

Report a scam to the Internet Crime Complaint unit at: [www.ic3.gov/default.aspx](http://www.ic3.gov/default.aspx).

Report an online theft to the Federal Trade Commission. This will help law enforcement officials across the United States in their investigations. Visit: [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or call: 1-877-ID-THEFT (438-4338). Or, mail: Identity Theft Clearinghouse, Federal Trade Commission, Washington, D.C. 20580.

scams," as they have been dubbed, are being perpetrated on social media, dating-type websites where unsuspecting women are the main target, he said.

The criminals pretend to be U.S. servicemen, routinely serving in a combat zone. The perpetrators will often take the true rank and name of a U.S. Soldier who is honorably serving his country somewhere in the world, marry that up with some photographs of a Soldier off the Internet, and then build a false identity to begin prowling the Internet for victims, Grey said.

"We have even seen instances where the Soldier was killed in action and the crooks have used that hero's

identity to perpetrate their twisted scam," said CID Special Agent Matthew Ivanjack, who has fielded hundreds of calls and emails from victims.

Along with the romance-type scams, CID has been receiving other complaints from people worldwide who were scam victims by cyber-crooks impersonating U.S. service members.

One version involves the sale of a vehicle. The service member claims to be living overseas and having to quickly sell the vehicle because of being sent to another duty station, said Grey. After sending bogus information regarding the vehicle, the seller requests the buyer do a wire transfer to a third party to complete the purchase. When in reality, the entire exchange is a ruse for the crook to get the wire transfer and leave the buyer high and dry, with no vehicle.

The Army reports that numerous very senior officers and enlisted Soldiers throughout the Army have had their identities stolen to be used in these scams.

To date, there have been no reports to Army CID indicating any U.S. service members have suffered any financial loss as a result of these attacks, according to CID.

The victims, though, have lost thousands in these scams, officials said.

## Retiring from service

Eleven Soldiers are honored for their service during Retirement Review Tuesday at the Post Theater. Honored were Lt. Col. Gregory Estes; Sgt. Maj. Betty Ann Bowers; 1st Sgt. Raymond Dakos; Staff Sgt. Sean Miller; Master Sgt. Billy Carroll; Master Sgt. Jerry Simmons; Staff Sgt. David Richardson; Sgt. 1st Class Steven Torres; Sgt. 1st Class Lester Williams; Sgt. 1st Class Mandrell McGill; and Sgt. 1st Class Maurice McGhee.

Photo by DAVID SHANES, command photographer



## Calendar

### Saturday

#### Jingle Bell Jog and Reindeer Games

8 a.m., Youth Services Center  
Registration for the 5K is open. Participants can also register on the day of the event from 6:45 to 7:30 a.m. For more information, call 751-3096.

### Monday

#### Multi-workout extravaganza

4:30 to 7:30 p.m., Solomon Center  
The event includes food, door prizes and workout.

### Tuesday

#### American Red Cross blood drive

10 a.m. to 3 p.m., Caughman Center, 1525 Marion Ave.  
For more information and to sign up, call 360-2036.

### Wednesday

#### Book signing with Patty MacEwen

11 a.m. to 3 p.m., Main Exchange  
Patty MacEwen will sign copies of the book "Now you tell me! 12 Army wives give the best advice they never got," in which she was featured.

### Friday, Dec. 7

#### American Red Cross blood drive

9 a.m. to 2 p.m., Single Soldier Complex Community Center.  
For more information and to sign up, call 360-2036.

### Wednesday, Dec. 12

#### American Red Cross blood drive

9 a.m. to 2:30 p.m., Moncrief Army Community Hospital  
For more information and to sign up, call 360-2036.

### Thursday, Dec. 13

#### Immigration 101 workshop

10 a.m. to noon, Strom Thurmond Building, Room 222  
For more information, call 751-1124.

### Thursday, Dec. 13 and Dec. 27

#### High school and college students

#### Mouth Guard and Panorex Day

Oliver Dental Clinic  
For more information, call 751-1624/6213.

## Announcements

### PHOTO CONTEST

To honor military families, Family and Morale, Welfare and Recreation has launched the "My Army life in photos" contest in conjunction with Shutterfly. For more information, visit [www.armymwr.com/photocontest.aspx](http://www.armymwr.com/photocontest.aspx).

### IMMACULATE CONCEPTION MASS

Immaculate Conception Mass will be said at 9 a.m., Dec. 8 at the Main Post Chapel.

### WINTER BASKETBALL

Letters of intent for winter men's and women's basketball are due to the Sports Office Dec. 13. For more information, call 751-3096.

### OKINAWAN KARATE LESSONS

Beginning Nov. 26, Okinawan karate lessons are offered at 5:30 p.m., Mondays and Wednesdays at 13000 Jackson Blvd. Participants should be there at 5:20 p.m. to get access to the building. For more information, email [Joel.Quebec@usar.army.mil](mailto:Joel.Quebec@usar.army.mil).

### YOUTH SPORTS SIGN-UP

Sign-up for winter youth sports runs through Dec. 7. Children must be registered with Child, Youth and School Services. Winter basketball is open to children 4 to 15 years old. Cheerleading is open to children 3 to 13 years old. For more information, call 751-5040/7451.

### SPEED LIMIT DURING PT TIMES

The speed limit on Marion Avenue between Early and Cleburne streets is 20 mph from 5:30 to 7:30 a.m.

### AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

### COMMISSARY NEWS

The Commissary will be open from 9 a.m. to 3 p.m., Dec. 24. It will be closed

Dec. 25 and resume normal hours Dec. 26.

The Commissary will be open from 9 a.m. to 5 p.m., Dec. 31. It will be closed Jan. 1 and resume normal hours Jan. 2.

The Commissary Reward Card is now available at the store. The card lets customers access digital coupons and redeem them in any commissary. To register the card, visit [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

Commissary gift cards are available at [www.commissaries.com](http://www.commissaries.com).

For more Commissary news, visit [www.commissaries.com](http://www.commissaries.com).

### MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by Moncrief Army Community Hospital's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 4:30 to 5:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 5 to 6 p.m., the second and fourth Wednesday of the month at MACH, Room 8-85. For more information, call 751-2489.

### THRIFT SHOP NEWS

An open house is scheduled from 11 a.m. to 1 p.m., Dec. 12. Holiday recipes from the Fort Jackson cookbook will be demonstrated.

The Thrift Shop will be closed Dec. 24 through Jan. 4. Regular hours will resume Jan. 8.

Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.

The Thrift Shop will hold a weekly football drawing throughout football season.

The Thrift Shop is accepting Christmas items Tuesday through Dec. 13.

The Thrift Shop will be closed through Thursday.

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

### SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). 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.*

### MILITARY SPOUSE OF THE YEAR

Military Spouse magazine is accepting nominations for the Military Spouse of the Year award. The nomination deadline is Jan. 4. For more information, visit [www.msoy.militaryspouse.com](http://www.msoy.militaryspouse.com).



Friday, Nov. 30 — 7 p.m.  
Argo R

Saturday, Dec. 1 — 4 p.m.  
End of Watch R

Sunday, Dec. 2 — 2 p.m.  
Argo R

Wednesday, Dec. 5 — 1 p.m.  
Argo R

Wednesday, Dec. 5 — 4 p.m.  
End of Watch R

For more listings, visit [www.aafes.com](http://www.aafes.com) or call 751-7488.  
Adults: \$5  
Children (6-11 years old): \$2.50



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

# Operation Rising Star

Fort Jackson Soldier moves on to next phase of Army singing contest

By **WALLACE McBRIDE**  
Fort Jackson Leader

First Lt. Thomas Johnson's first love was music. He spent the last two decades balancing his passion with education, family and career, and began his career in the Army a decade ago after graduating from college with a degree in music.

Johnson, who's with the Training Support Battalion at Fort Jackson, is one of 12 performers participating in the next leg of the Operation Rising Star singing contest beginning Dec. 8 in San Antonio, Texas. Fourteen judges helped select the semifinalists after watching videos of winners from 33 garrisons around the world that hosted local competitions. Johnson won the recent Fort Jackson competition.

He's provided contest managers with a list of 10 songs he'd like to perform, but does not yet know what he'll be asked to sing.

"It's been really positive," he said of the Operation Rising Star contest. "People in the Army are competitive, but these contests aren't as cut throat as contests in the real world," he said. "We hold ourselves to a higher standard of conduct."

He started performing in front of audiences in high school after joining a Goth band. After that, he was in a speed metal group ("It was a little like Iron Maiden," he said) before getting a graduate degree in music.

But, music wasn't his top priority during his first year in college, Johnson said.

"There was a teacher who heard me sing," he said. "He had me sing spirituals in a choir setting, and another teacher suggested I try singing 'art songs' or opera."

These were suggestions that changed his life.

"I was a psychology major before I became a music major," he said.

Since then, his passion has taken him to some unlikely places. Even though three deployments have interrupted his singing career, the Army has still provided opportunities for him to test his talents. He's taken part in several Army contests, and won a competition in Kabul, Afghanistan. As a civilian, he's shared the stage with Barry Manilow, and performed for Queen Elizabeth of England, both times with a California vocal group called the Jane Hardester Singers.

"I like punk, and I like jazz and speed metal," he said. "I went to see Metallica as a kid, but later on I'd go see operas. I've got an interest in music, as a whole."

These interests were reflected in his appearance at Fort Jackson's Operation Rising Star event, where he performed a jazz ballad version of "Fly Me to the Moon" and a song from the musical *Les Misérables*. It's a play he's well acquainted with, having played the story's villain, Javert, numerous times on stage. The play remains his favorite musical experience.

Johnson graduates from the Captain's Career Course at the Soldier Support Institute Friday, which he says is "perfect" timing.

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



*Courtesy photos*

First Lt. Thomas Johnson, who's with the Training Support Battalion at Fort Jackson, is one of 12 performers participating in the next leg of the Operation Rising Star singing contest. He says his favorite musical experience was playing the villainous Javert in a live production of *Les Misérables*, pictured above.





Photo by ANDREW McINTYRE

## Commander's visit

Maj. Gen. Larry Wyche, commanding general of the Combined Arms Support Command, visits the Soldier Support Institute Nov. 19. During his visit, Wyche recognized eight SSI employees for their outstanding service.



Courtesy photo

## Scholarship presentation

Command Sgt. Maj. Michael McCoy, commandant of the Drill Sergeant School, presents Kyle Hutton with a \$700 scholarship check after a football game at Coastal Carolina University in Conway Nov. 17. Hutton, who is a member of the CCU marching band, received the scholarship from the U.S. Army Reserve Association. He is the son of Master Sgt. Lenard Hutton, who serves as operations NCOIC at the Drill Sergeant School.



Courtesy photo

## Champions

The Fort Jackson Patriots, a Child, Youth and School Services tackle football team for boys ages 9 and 10, pose for a picture after winning the Capital City Bowl Championship at Benedict College Nov. 18. The team is coached by Col. Odie Sheffield, top left, commander of the 165th Infantry Brigade.

## Calendar

### Saturday

#### Jingle Bell Jog and Reindeer Games

8 a.m., Youth Services Center  
Registration for the 5K is open. Participants can also register on the day of the event from 6:45 to 7:30 a.m. For more information, call 751-3096.

### Monday

#### Multi-workout extravaganza

4:30 to 7:30 p.m., Solomon Center  
The event includes food, door prizes and workout.

### Tuesday

#### American Red Cross blood drive

10 a.m. to 3 p.m., Caughman Center, 1525 Marion Ave.  
For more information and to sign up, call 360-2036.

### Wednesday

#### Book signing with Patty MacEwen

11 a.m. to 3 p.m., Main Exchange  
Patty MacEwen will sign copies of the book "Now you tell me! 12 Army wives give the best advice they never got," in which she was featured.

### Friday, Dec. 7

#### American Red Cross blood drive

9 a.m. to 2 p.m., Single Soldier Complex Community Center.  
For more information and to sign up, call 360-2036.

### Wednesday, Dec. 12

#### American Red Cross blood drive

9 a.m. to 2:30 p.m., Moncrief Army Community Hospital  
For more information and to sign up, call 360-2036.

### Thursday, Dec. 13

#### Immigration 101 workshop

10 a.m. to noon, Strom Thurmond Building, Room 222  
For more information, call 751-1124.

### Thursday, Dec. 13 and Dec. 27

#### High school and college students

#### Mouth Guard and Panorex Day

Oliver Dental Clinic  
For more information, call 751-1624/6213.

## Announcements

### PHOTO CONTEST

To honor military families, Family and Morale, Welfare and Recreation has launched the "My Army life in photos" contest in conjunction with Shutterfly. For more information, visit [www.armymwr.com/photocontest.aspx](http://www.armymwr.com/photocontest.aspx).

### IMMACULATE CONCEPTION MASS

Immaculate Conception Mass will be said at 9 a.m., Dec. 8 at the Main Post Chapel.

### WINTER BASKETBALL

Letters of intent for winter men's and women's basketball are due to the Sports Office Dec. 13. For more information, call 751-3096.

### OKINAWAN KARATE LESSONS

Beginning Nov. 26, Okinawan karate lessons are offered at 5:30 p.m., Mondays and Wednesdays at 13000 Jackson Blvd. Participants should be there at 5:20 p.m. to get access to the building. For more information, email [Joel.Quebec@usar.army.mil](mailto:Joel.Quebec@usar.army.mil).

### YOUTH SPORTS SIGN-UP

Sign-up for winter youth sports runs through Dec. 7. Children must be registered with Child, Youth and School Services. Winter basketball is open to children 4 to 15 years old. Cheerleading is open to children 3 to 13 years old. For more information, call 751-5040/7451.

### SPEED LIMIT DURING PT TIMES

The speed limit on Marion Avenue between Early and Cleburne streets is 20 mph from 5:30 to 7:30 a.m.

### AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

### COMMISSARY NEWS

The Commissary will be open from 9 a.m. to 3 p.m., Dec. 24. It will be closed

Dec. 25 and resume normal hours Dec. 26.

The Commissary will be open from 9 a.m. to 5 p.m., Dec. 31. It will be closed Jan. 1 and resume normal hours Jan. 2.

The Commissary Reward Card is now available at the store. The card lets customers access digital coupons and redeem them in any commissary. To register the card, visit [www.commissaries.com/rewards/index.cfm](http://www.commissaries.com/rewards/index.cfm).

Commissary gift cards are available at [www.commissaries.com](http://www.commissaries.com).

For more Commissary news, visit [www.commissaries.com](http://www.commissaries.com).

### MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by Moncrief Army Community Hospital's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 4:30 to 5:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 5 to 6 p.m., the second and fourth Wednesday of the month at MACH, Room 8-85. For more information, call 751-2489.

### THRIFT SHOP NEWS

An open house is scheduled from 11 a.m. to 1 p.m., Dec. 12. Holiday recipes from the Fort Jackson cookbook will be demonstrated.

The Thrift Shop will be closed Dec. 24 through Jan. 4. Regular hours will resume Jan. 8.

Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.

The Thrift Shop will hold a weekly football drawing throughout football season.

The Thrift Shop is accepting Christmas items Tuesday through Dec. 13.

The Thrift Shop will be closed through Thursday.

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

### SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). 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.*

### MILITARY SPOUSE OF THE YEAR

Military Spouse magazine is accepting nominations for the Military Spouse of the Year award. The nomination deadline is Jan. 4. For more information, visit [www.msoy.militaryspouse.com](http://www.msoy.militaryspouse.com).



Friday, Nov. 30 — 7 p.m.  
Argo R

Saturday, Dec. 1 — 4 p.m.  
End of Watch R

Sunday, Dec. 2 — 2 p.m.  
Argo R

Wednesday, Dec. 5 — 1 p.m.  
Argo R

Wednesday, Dec. 5 — 4 p.m.  
End of Watch R

For more listings, visit [www.aafes.com](http://www.aafes.com) or call 751-7488.  
Adults: \$5  
Children (6-11 years old): \$2.50



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

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Jeremy Walker**  
Company A  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Kirsten Espiritu

**SOLDIER OF THE CYCLE**  
Spc. Kevin Gullickson

**HIGH APFT SCORE**  
Pvt. Gabriel Alvarado

**HIGH BRM**  
Pvt. Brennen Davidson



**Sgt. 1st Class Scott Krause**  
Company E  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Ivan De Lacruz

**SOLDIER OF THE CYCLE**  
Pvt. Joshua Vaughn

**HIGH APFT SCORE**  
Pvt. Desmond Fairley

**HIGH BRM**  
Pfc. Benjamin Kidder



**Staff Sgt. Juna Cyriaque**  
Company F  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Michael Cook

**SOLDIER OF THE CYCLE**  
Pvt. Spencer Moore

**HIGH APFT SCORE**  
Pvt. Christopher Brown

**HIGH BRM**  
Pvt. Charles Borum

## Training honors



**SUWINSKI**



**MAYNARD**

**2nd Lt. Shannon Suwinski**  
Honor graduate  
Basic Officer Leader Course  
Adjutant General School

**Sgt. Stephen Maynard**  
Drill sergeant of the cycle  
Company A  
Task Force Marshall



**MURPHY**



**JONES**

**1st Lt. Kathryn Murphy**  
Honor graduate  
Basic Officer Leader Course  
Adjutant General School

**Staff Sgt. Mariko Jones**  
Drill sergeant of the cycle  
Company B  
Task Force Marshall



**SANDERS**



**MORALES**

**2nd Lt. Darlene Sanders**  
Honor graduate  
Basic Officer Leader Course  
Adjutant General School

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

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

## ACS Calendar of Events — December

### MONDAY, DEC. 3

- ❑ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; 5615 Hood St., Room 8; for children up to 3 years old

### TUESDAY, DEC. 4

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 6:30 p.m.; Youth Services Center; seven-session class; for more information, call 751-6325

### WEDNESDAY, DEC. 5

- ❑ **Post newcomer orientation** — 9 to 11 a.m.; Post Conference Room
- ❑ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

### THURSDAY, DEC. 6

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### FRIDAY, DEC. 7

- ❑ **Scholarship seminar for family members** — 9 to 10 a.m.; Strom Thurmond Building, Room 222; to register, call 751-4862

- ❑ **Foreign-born spouses/Hearts Apart holiday celebration** — 6 to 8:30 p.m.; Dozier Hall; to register, call 781-9770/1124

### MONDAY, DEC. 10

- ❑ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

### TUESDAY, DEC. 11

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Steps to federal employment for military spouses** — 9 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862
- ❑ **Baby basics workshop** — 10 a.m. to 3 p.m.; call 751-/6325/6304 for location
- ❑ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 6:30 p.m.; Youth Services Center; seven-session class; for more information, call 751-6325

### WEDNESDAY, DEC. 12

- ❑ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213
- ❑ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; 5615 Hood St., Room 8; for children up to 3 years old

### THURSDAY, DEC. 13

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 245
- ❑ **Immigration workshop** — 10 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom

Thurmond Building; Room 245

- ❑ **Stress management class** — 11 a.m. to noon; Family Advocacy Classroom 10
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### TUESDAY, DEC. 18

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

### WEDNESDAY, DEC. 19

- ❑ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862

### THURSDAY, DEC. 20

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ❑ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ❑ **Anger management class** — 11 a.m. to noon; Family Advocacy Classroom 10; to register, call 751-6325

### FRIDAY, DEC. 21

- ❑ **Teen job skills training: customer service for teens** — 10 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862

### THURSDAY, DEC. 27

- ❑ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

*All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.*

*Free child care may be available for events. For more information on child care, call 751-1124.*

# Fort Jackson feeds an Army

Thousands gather for annual Thanksgiving dinner



Photo by ANDREW McINTYRE

More than 1,400 Soldiers assigned to the 120th Adjutant General Battalion (Reception) receive an early Thanksgiving meal, Nov 21.



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

Above, Moncrief Army Community Hospital hosted its annual Thanksgiving meal Nov. 15 in the hospital cafeteria. Soldiers and staff members gather for the event that consisted of all of the traditional Thanksgiving trimmings. The command team, staff and noncommissioned officers served the meal as a way to say thank you to the entire MACH family for their continued excellence and support during day-to-day operations. From right, Sgt. 1st Class Sonya Ross, Sgt. 1st Class Richard Collins and Sgt. 1st Class Nordica Wynter serve Soldiers and staff during the Thanksgiving celebration. Center, Collins, Sgt. 1st Class Arrill Warren and Wynter serve Soldiers and staff during the Thanksgiving celebration.



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

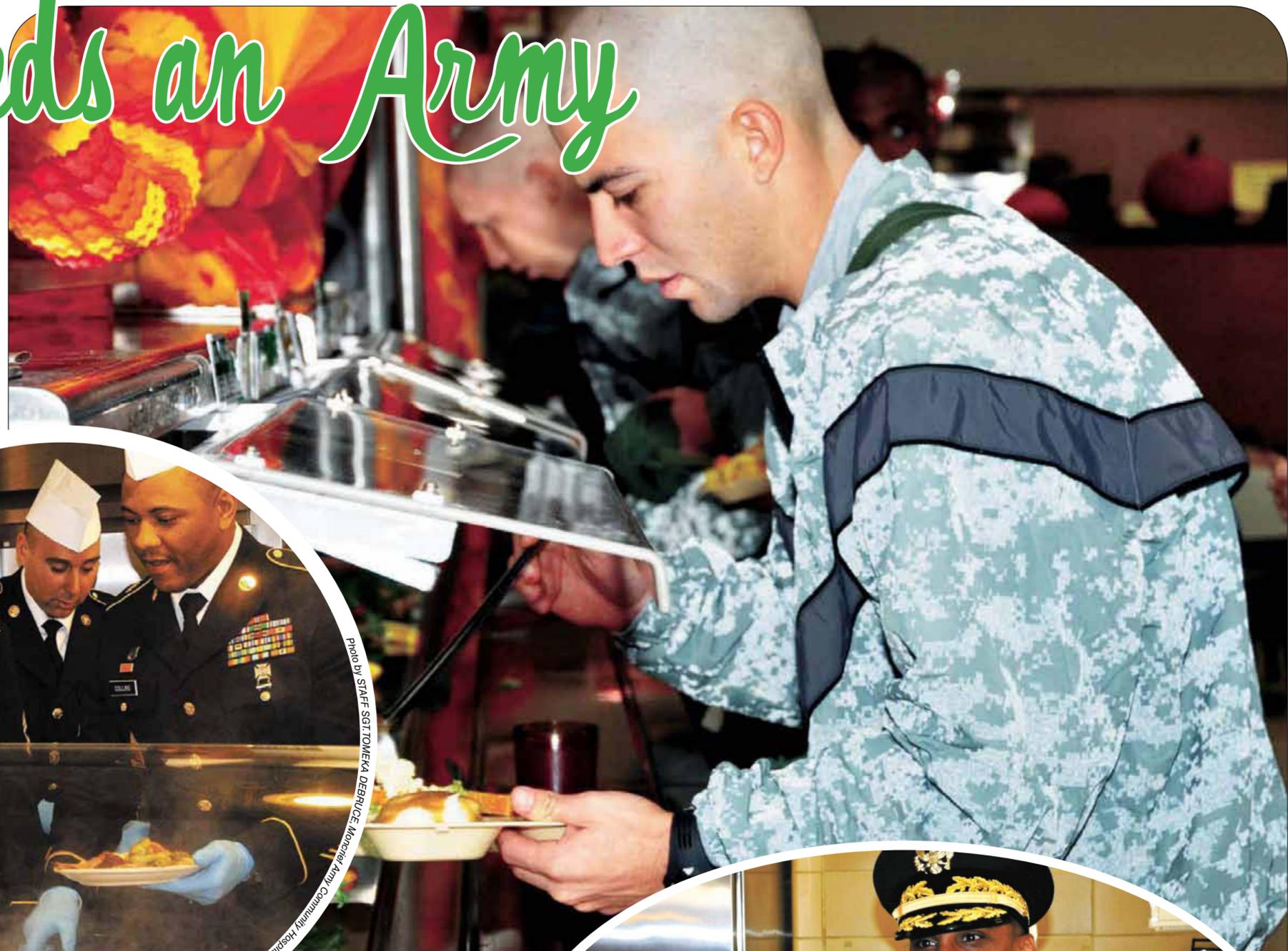


Photo by ANDREW McINTYRE

Top right, Soldiers place food on their trays as they choose from more than 20 Thanksgiving-style food items. Bottom right, following a long-standing tradition, Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, serves Thanksgiving meals to Soldiers as a way to say thank you for their service.



Photo by DAVID SHANES, command photographer

CMYK

CMYK

27" WEB-100

# Secondhand smoke: A danger in the air

By **BETHANN CAMERON**  
U.S. Army Public Health Command

Do you know if the following statements are true?

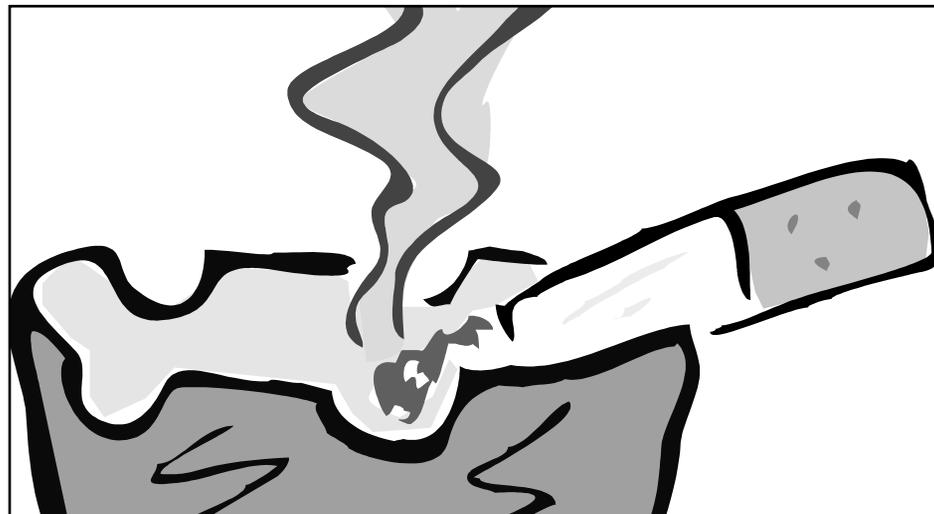
- Nonsmokers who live with smokers are more likely to develop lung cancer.
- If you have asthma, secondhand smoke can make your breathing problems worse.
- Children exposed to secondhand smoke in the home are more likely to have ear infections.

The answer is yes to all three questions. Secondhand smoke is a mixture of the smoke from the burning end of a cigarette, pipe or cigar combined with the smoke breathed out by a smoker. People breathe in secondhand smoke when they are near others who are smoking. Secondhand smoke is also known as environmental tobacco smoke, passive, side-stream smoke or involuntary smoke.

Do you know what you're breathing?

Secondhand smoke contains more than 60 chemicals that are known to cause cancer. A few of the chemicals are: arsenic (a hazardous gas); benzene (a hazardous gas); beryllium (a toxic metal); 1,3-Butadiene (a hazardous gas); chromium (a metal); ethylene oxide (a gas); nickel (a metal); and vinyl chloride (a hazardous gas).

The U.S. Surgeon General estimates that living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent. According to the



American Cancer Society, approximately 3,400 non-smokers die from lung cancer each year. Some research also suggests that secondhand smoke may increase the risk of breast, nose and throat cancers, as well as leukemia.

Secondhand smoke contributes to various health problems in adults and children. It irritates the airways and makes respiratory conditions worse for people who have lung diseases such as asthma or chronic obstructive pulmonary disease.

Secondhand smoke damages a person's heart and blood vessels and interferes with circulation, increasing the risk of heart disease and heart attack. An estimated 46,000 non-smokers die annually from heart disease because of secondhand smoke.

In children, secondhand smoke can

cause ear infections; frequent and severe asthma attacks; shortness of breath; bronchitis and pneumonia; and risk for sudden infant death syndrome.

A baby who lives in a home where one or both parents smoke is more likely to have lung disease. A child with lung disease usually requires treatment in a hospital for the first two years of life. Secondhand smoke slows the growth of children's lungs and can cause them to cough, wheeze and feel out of breath.

Here are some ways to protect yourself and those you love from secondhand smoke.

## IN YOUR OWN HOME

- Don't allow smoking in your home by family members, baby sitters or guests. Ask them to step outside.
- Don't allow smoking in your vehicle. If a passenger must smoke on the road, stop for a smoke break outside of the car.
- Avoid places that allow smoking. Choose smoke-free facilities for dining, child care and elder care. Request nonsmoking hotel rooms.
- If you have a partner, family member or other loved one who smokes, offer encouragement and support to help him or her stop smoking.

## IN OTHERS' HOMES

- Ask others nicely to not smoke around you or your children, even outside.

## ON THE WEB

- American Cancer Society: [www.cancer.org/docroot/home/index.asp](http://www.cancer.org/docroot/home/index.asp)
- American Lung Association: [www.lungusa.org/](http://www.lungusa.org/)
- Become an EX, Online Tobacco Cessation Program: [www.becomeanex.org](http://www.becomeanex.org)
- Campaign for Tobacco-Free Kids: [www.tobaccofreekids.org/index.php](http://www.tobaccofreekids.org/index.php)
- U.S. Centers for Disease Control and Prevention: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)
- Quit Tobacco-Make Everyone Proud, 24 hour Quit line assistance: <http://www.ucanquit2.org>
- Environmental Protection Agency: [www.epa.gov](http://www.epa.gov)

- Socialize outdoors, if possible.
- Let smokers know if you're having problems because of their smoking (such as coughing or itchy eyes).
- While people are smoking, let them know you don't want you and your children to be exposed to the smoke and leave.

## IF YOU ARE A SMOKER

Smoke-free areas can be tough on smokers. Here are some coping tips:

- Do something different to take your mind off smoking. Drink a glass of water. Take a walk or stretch.
- If you must smoke, make sure you are in a designated smoking area before lighting up. Completely put out a smoldering cigarette.
- Try to quit smoking. Quit for a day. See if your installation or organization offers any programs to help you with quitting.

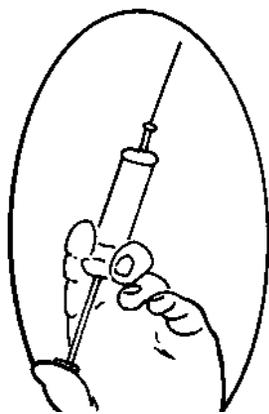
Where there's secondhand smoke, there is a danger to the air. There is no safe level of exposure to secondhand smoke. Prevent lung cancer and lung diseases. Take action and reduce or eliminate the risk of exposure to secondhand smoke.

## FLU SHOTS

Moncrief Army Community Hospital is offering free influenza vaccines to military ID card holders. Flu shots will be offered at the following locations:

- Commissary:** Nov. 29, 10 a.m. to 2 p.m.
- Exchange:** Nov. 30, 10 a.m. to 3:30 p.m.

Vaccines for children younger than 4 are available at MACH, Room 6-39.



## 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>.



# Are you living a life or leaving a legacy?

By **CHAPLAIN (MAJ.) TOM ALLEN**  
U.S. Army Chaplain Center and School

Has anybody ever said to you, "Get a life?" I am sure we have all heard that statement at one time or another. Let me ask you a different question. Are you just living a life, or are you leaving a legacy?

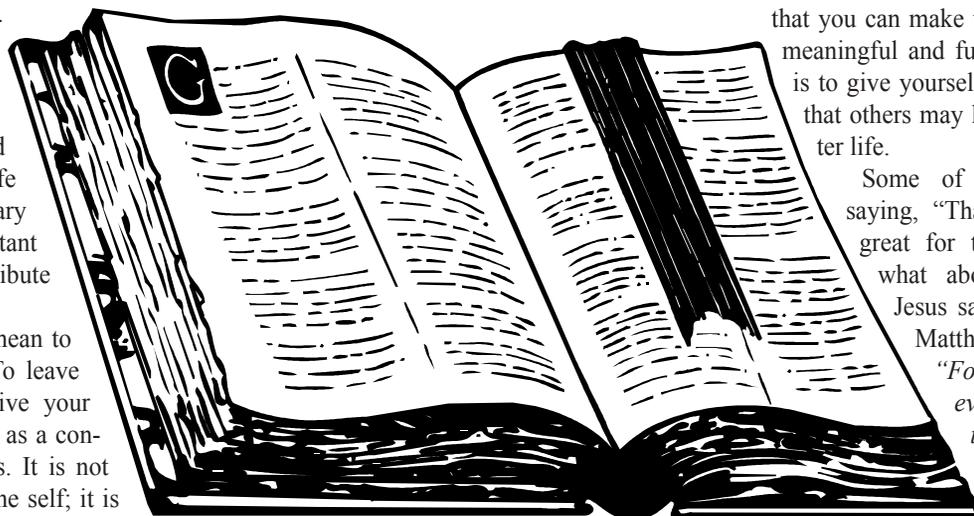
What is the difference between the two? For many people, living the life simply means using all of life's resources and relationships for ourselves. It could mean using your wife or your husband simply to fulfill your own needs. It could mean using your kids for what you want. For example, we want them to be good and to achieve so they can make us look good. We use them to be our little servants.

Living a life could mean to use our friends for ourselves. We want them when we need them and only when they fit into our schedule. They are only in our lives to contribute to us. It could also mean to use our wealth for ourselves; to spend in order to fulfill our desires, our indulgences and our itches. To live a life means to use everything in life for our benefit alone.

Living a life will ultimately lead you to emptiness and sadness because in the process of living that life you and the

things most important to you become the priority. The people and relationships God has put in your life become secondary and only important when they contribute to you.

What does it mean to leave a legacy? To leave a legacy is to give your life and resources as a contribution to others. It is not consumption on the self; it is a contribution to others. A legacy leads to true joy and satisfaction. To leave a legacy is to live to make a difference in someone else's life — to give to others instead of receiving; to be a friend rather than gather friends; to be respectful rather than demand respect; to give encouragement rather than always seeking praise. Leaving a legacy is to pour your life into your spouse and children so



that you can make their lives meaningful and fulfilling. It is to give yourself away so that others may live a better life.

Some of you are saying, "That sounds great for them, but what about me?"

Jesus said this in Matthew 16:25, "For whoever wishes to save his life shall lose it; but

whoever loses his life for my sake shall find it."

It is only through giving our lives to God that we can then give our lives to others and leave a legacy that will live beyond our years on this earth. Giving our life away allows us to bless rather than curse the people who know us. Are you living a life, or are you leaving a legacy?

## Worship & Praise

### PROTESTANT

- Sunday  
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
9:30 a.m. Hispanic, Post Theater  
9:30 a.m. Main Post Chapel  
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)  
10:45 a.m. Sunday school, Main Post Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, Bayonet Chapel

### Protestant Bible Study

- Monday  
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday  
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday  
11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Family Life and Resiliency Center
- 6 p.m. Gospel prayer service, Daniel Circle

- Chapel  
7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday  
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

### Protestant Youth of the Chapel

- Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday  
5 to 6:30 p.m. Club Beyond youth group, Family Life and Resiliency Center

### CATHOLIC

- Monday through Thursday  
11:30 a.m. Mass, Main Post Chapel
- Sunday  
8 a.m. IET Mass, Solomon Center  
9:30 a.m. CCD (September through May), Education Center  
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel  
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel  
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel  
11 a.m. Mass (Main Post Chapel)  
12:30 p.m. Catholic youth ministry, Main Post Chapel
- Wednesday  
7 p.m. Rosary, Main Post Chapel

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

### ANGLICAN/LITURGICAL

- Sunday  
8 a.m. Anderson Street Chapel

### ISLAMIC

- Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday  
12:45 to 1:30 p.m. Jumah services, Main Post Chapel

### JEWISH

- Sunday  
9:30 to 10:30 a.m. Worship service, Memorial Chapel  
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

### CHURCH OF CHRIST

- Sunday  
11:30 a.m. Anderson Street Chapel

### LATTER DAY SAINTS

- Sunday  
9:30 to 11 a.m. Anderson Street Chapel
- Wednesday  
3 to 5 p.m. LDS family social, Anderson Street Chapel

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

### ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- Family Life Chapel**  
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**  
4475 Gregg St., 751-3121/6318