

THURSDAY, MARCH 21, 2013

# THE FORT JACKSON LEADER

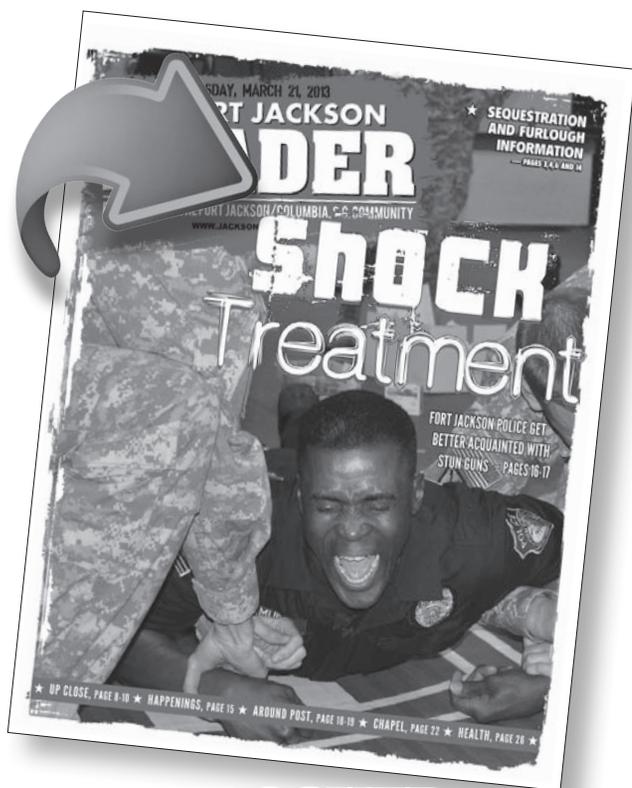
PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
WWW.JACKSON

★ SEQUESTRATION  
AND FURLOUGH  
INFORMATION  
— PAGES 3, 4, 6 AND 14

# Shock Treatment

FORT JACKSON POLICE GET  
BETTER ACQUAINTED  
WITH STUN GUNS — PAGES 16-17

★ UP CLOSE, PAGE 8-10 ★ HAPPENINGS, PAGE 15 ★ AROUND POST, PAGE 18-19 ★ CHAPEL, PAGE 22 ★ HEALTH, PAGE 26 ★



## ON THE COVER

Photo by WALLACE McBRIDE

Officer Lance Samuel receives a shock from a stun gun during a training exercise of Fort Jackson last week. SEE PAGES 16-17.

### THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON, COLUMBIA, S.C. COMMUNITY  
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## COMMANDER'S CALL

# Learning to adapt

## Army Learning Model for 2015 ... in 2013

Even years of persistent conflict. Adaptive enemies. Decentralized operations that push both responsibility and risk to the edge of our operational formations. Decreased resources. Increased mission requirements. Exponential technological change. These factors challenge the Army's ability to execute core learning and training missions and functions for Soldiers, leaders and units but cannot dissuade Fort Jackson from being "The Premier Training Center in DoD."

The Army Learning Model, or ALM, for 2015 describes the deliberate actions and concepts that we are using here at Fort Jackson to train Soldiers who will face the above challenges. The ALM 2015 is changing the Army's individual learning methods and processes from a platform-centric, place-dependent model to one that is as adaptable as our operational forces.

ALM is learner-centric, more engaging, relevant, rigorous and accessible for a generation of recruits who have grown up in a digital world, as well as seasoned Army professionals with repeated deployments who bring a wealth of experience to the learning system.

While the Army has given us until 2015, Fort Jackson is implementing the Army Learning Model now with changes to instructional strategies that shift slide-based lectures to facilitated, collaborative learning events and engage learners by employing digital learning content and relevant operational scenarios using Virtual BattleSpace 2, or VBS-2, and blended learning approaches. We are the first Army Training Center to conduct a virtual training pilot program for Basic Combat Training Soldiers using VBS-2. From Day One, I've said, we're going to implement ALM 2015 in 2013 — and we're doing it.

As one of the first installations to implement ALM 2015, we are transforming Basic Combat Training, Advanced Individual Training, Basic Officer Leadership Courses, the Financial Management School and the Recruiting and Retention School by focusing on improving the quality, relevance and effectiveness of each individual Soldier's learning experience.

The ALM 2015 describes the learning continuum for an individual Soldier and leader from initial military training through functional courses and professional military education. The outcomes for this continuous learning model are the Army's new 21st Century Soldier Competencies. The nine competencies that Soldiers and leaders at all levels must continue to learn, develop and

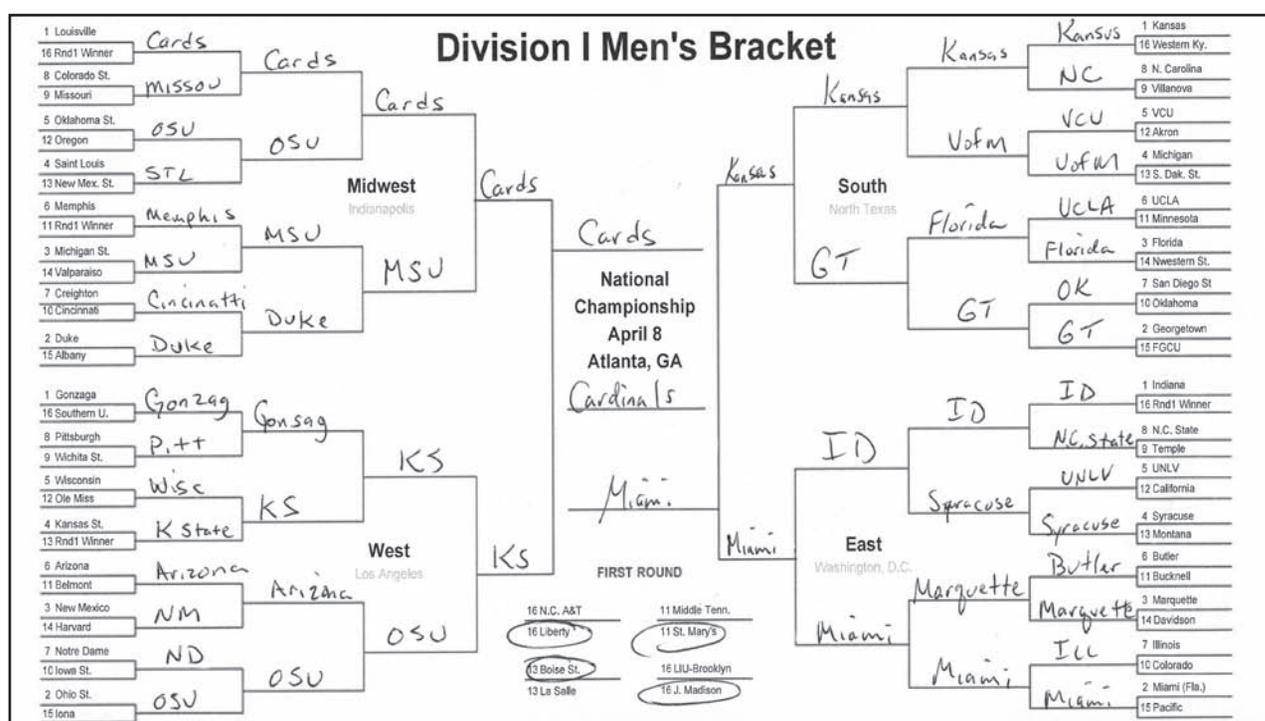
possess are: character and accountability, comprehensive fitness, adaptability and initiative, lifelong learner, teamwork and collaboration, communication and engagement (oral, written, negotiation), critical thinking and problem solving, cultural, joint, interagency; intergovernmental, and multinational competence, tactical and technical competence (full

spectrum).

ALM 2015 addresses the need to transform the Army's outdated learning model from one that is course-based and throughput-oriented to one that is relevant and rigorous and focuses on the individual learner. These capabilities are characterized using the mnemonic L-E-A-R-N:

■ Learner-centric. Integrate training, education and experience; tailor learning to individual needs and gaps throughout the Soldier's career; and use seasoned Army professionals experience and education.

See **LEARNING:** Page 14



Courtesy photo

Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, filled out his NCAA Division I Men's Basketball bracket. How do Leader readers' brackets compare with the commanding general's?



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

# Post addresses proposed furloughs

By WALLACE McBRIDE  
Fort Jackson Leader

Roughly 800,000 Defense Department employees can expect to receive furlough notices next week.

Across-the-board automatic federal budget cuts went into effect March 1 that could require civil servants to take one day of unpaid leave each week until the end of September. The furloughs are scheduled to begin April 26. Once notices arrive, employees have a seven-day window to appeal. Fort Jackson has scheduled two town hall meetings March 27 and 28 to allow command to directly address how the potential furloughs will impact day-to-day activities on Fort Jackson.

"This is the week all employees should receive proposal letters," said Fort Jackson Deputy Chief of Staff Gerald Henderson. "Later on, when we get closer to April 26, they will get a final notification that we're going to do a furlough."

Meanwhile, Henderson said the command is devising a strategy to prevent furloughs from affecting the core mission of Fort Jackson, which is to train Soldiers.

"We've pulled together all those functions, all those organizations, all those directorates that contribute to the success or failure associated with that mission," Henderson said. "The challenge isn't so much a matter of establishing days away from work for employees, it's in projecting the longterm consequences of running an Army post with few hours in the work week. Cuts will have a ripple effect across different commands as budget cuts are implemented."

Henderson said one of the biggest challenges presented by the proposed furloughs is within the Directorate of Logistics, an office tasked with responsibilities, ranging from managing transportation management services to providing organizational clothing and equipment.

"They are the organization that provides us drivers for

buses, they provide us seamstresses for tailoring a Soldier's jacket, and provide oversight for the contracts for dining facilities," he said.

Cuts to these services will have combined effects that reach beyond the actual furlough day. For example, uniforms have to be altered several times for Soldiers in Basic Combat Training because bodies will change as they adapt to the program.

"You only have so many seamstresses who can do that," Henderson said. "We don't have that kind of talent within our Soldier population, so I can't grab 10 Soldiers and tell them to operate a sewing machine."

The strategy of protecting the post's core mission is filtering down to the post's partners in excellence, among them Moncrief Army Community Hospital, which is also devising a plan to implement sequestration budget reductions. MACH Commander Col. Mark Higdon said there are no plans to eliminate services at the hospital, though.

"Active duty medical care is an absolute priority and will be preserved," Higdon said. "At this time, no services will be closed or canceled because of sequestration. We are preparing our military staff to handle daily operations that would normally be conducted by our civilian workforce should the need arise."

Furloughs would affect more than 700 employees at MACH, he said, but will not end any hospital services, though delays are expected.

"Appointments could be reduced on Mondays and Fridays for routine concerns but will be fully available Tuesday through Thursday," he said. "Urgent and same day health care concerns will be available in primary care clinics areas such as our Integrated Health Clinics, Moncrief Medical Home, and Urgent Care Center."

Because furloughs will force MACH to operate with fewer employees during the week, scheduling appointments by telephone might take longer than usual, he warned.

"We will continue to provide top quality care for our patients and families, which is why we are encouraging patients to use TRICARE Online at [www.tricareonline.com](http://www.tricareonline.com) to book appointments," Higdon said. "This will reduce the time you have to wait to schedule appointments."

Caldwell Dental Clinic is expected to face similar issues.

"I hope to see no decrement in service capabilities for the General Dentistry section of the DENTAC. What may be slightly affected is specialty care," said DENTAC Commander Col. Jamie Houston. Some days of the week are busier than others," he said, and there's no easy solution for finding time in the week where it's convenient to operate with a reduced workforce.

Regardless of what happens, Houston said wounded warriors will remain a priority.

"Since Fort Jackson DENTAC is designated as a First Term Dental Readiness site, we will have to follow as closely as we can the numbers of new trainees as they present from our Training Battalions," Houston said. "For example, we at first spoke of a 20 percent daily furlough for the civilian populace. However, we know that Tuesdays and Wednesdays are the busiest days for our First Term Dental Readiness mission at Caldwell Dental Clinic, so no civilians will be furloughed on those days."

Houston said DENTAC is considering furloughs for 67 employees, which is 95 percent of its staff, on Fridays, with six headquarters staff members rotating furlough days during the week.

"We house a one-year Advanced Education in General Dentistry Residency program at Fort Jackson. Those eight residents engage in didactic studies on Fridays, so patient care will not be affected," Houston said. "We expect no changes in how appointments are scheduled during this trying time for our dedicated civilian workforce."

Milton.W.McBride3.ctr@mail.mil

## CPAC CORNER

### SEQUESTRATION AND YOUR TSP ACCOUNT

#### Should I consider a financial hardship withdrawal?

For some, sequestration and the resulting furloughs will cause a significant financial hardship. But before you consider a TSP hardship withdrawal, keep in mind a few things:

- If you take a hardship withdrawal, you will not be able to make any TSP contributions for six months after having received your funds.
- You may withdraw only your contributions and the earnings associated with them, and the total amount cannot exceed your financial hardship.
- You must pay income tax on the taxable portion of any withdrawal, and you may also be subject to a 10 percent early withdrawal penalty tax.
- If you are a FERS participant, you will not receive Agency Matching Contributions.
- A hardship withdrawal cannot be repaid so your TSP account is permanently reduced by the amount of your withdrawal.
- Taking a loan may be a better option (see below).

#### Should I take a loan?

Taking a TSP loan allows you to borrow money from your

account while you are still actively employed by the Federal Government. You repay your own TSP account for the amount of the loan (plus interest) and therefore continue to accrue earnings on the money you borrowed after you pay it back. Before you request a loan, you should know the following:

- If you expect to be furloughed on a continuous basis, you can only take a loan if your furlough is expected to last 30 days or less.
- If you expect to be furloughed on a periodic basis (for example, one or two days per pay period), you can take a loan.
- Loan payments are made by payroll deduction. If, because of a furlough, you don't earn enough per pay period for your agency to deduct the required loan payment, you will be responsible for keeping your loan payments up-to-date so that you don't risk a taxable distribution. (Properly repaid TSP loans are not subject to income taxes or penalties.)
- You can continue to contribute to your TSP account and, if eligible, receive Agency Matching Contributions.
- If you already have an outstanding loan when you get furloughed, you need to make sure that you stay up-to-date on your loan payments.

## ON THE WEB

For the latest sequestration updates, visit the following websites:

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

# Sequester news for IMCOM workforce

By **ROBERT DOZIER**  
IMCOM

FORT SAM HOUSTON, Texas — Army civilian personnel are bracing for the impact of furloughs and changing financial priorities on their organizations. Approximately 251,000 Department of the Army civilians expect to be notified soon if they will be furloughed up to 22 days starting in April.

In order to meet national security responsibilities, IMCOM is prioritizing readiness and programs based on the Army strategy while adjusting to the fiscal resources available.

Furloughs are a result of the Budget Control Act passed Aug. 2, 2011, which requires more than \$487 billion in cuts from the defense base budget over 10 years, beginning in fiscal year 2013. A furlough places an employee in a temporary non-duty and non-pay status.

The Department of Defense has notified Congress of its intent to furlough most civilian employees up to 22 non-consecutive days — one day per week until the end of the fiscal year. Active duty, Reserve and National Guard service members are exempt from furloughs.

How an individual employee or activity is affected by furloughs will be subject to the command and the overall guidance of human resources and legal advice.

Furloughs have the potential to affect approximately 27,000 IMCOM employees. There may be some exceptions for those deployed in a combat zone and those duties protect life, health and safety of our Soldiers and their Families.

All employees who may be furloughed are entitled by law to a 30-day notice before implementation. Notices are scheduled to go out by March 22.

The financial burden of the furlough will be the equivalent of an 8.5 percent annual reduction in pay. However, a one-day-per-week furlough during the last weeks of the fiscal year (from late April through September) equates to a 20 percent reduction in pay during that time period.

Overtime and comp time are curtailed, and no employee will be allowed to volunteer services during the furlough. Telework and the use of government issued electronics, such as Blackberries, laptops or ipods will not be permitted on furlough days.

An additional burden at IMCOM will be the potential



termination of temporary and term employees. The permanent workforce may have to pick up and fulfill these duties left vacant, while working 20 percent fewer man-hours.

Health benefits, flexible spending accounts, federal group life insurance, vision and dental plans and federal long term care plans are not affected during this furlough period. However, employees are still responsible for the full premiums due for these benefits, even though their gross pay will be reduced.

These factors are expected to increase the stress on the workforce as employees feel the impact on their home budgets while attempting to balance work priorities during a shortened work week.

Other questions on the furloughs are emerging. For example, how the work week schedule will be affected by furloughs is not clear. Some facilities and activities may accomplish their mission with a reduced workweek, while others may go to a rotating schedule in an attempt to maintain customer service.

Discretion is likely to be in the hands of the supervisor or division leader with guidance from the garrison commander, but clear guidance is not yet available.

Employee vacation days cannot be used to cover a furlough day, but there is no prohibition to taking accrued annual leave during the furlough period, with supervisor approval. The scheduling of annual leave during the furlough will likely be a lot tighter due to the reduced work hours and annual leave may need to be canceled to meet the mission.

If a furlough day is scheduled immediately before and after a federal holiday, the employee will not earn the holiday pay. This has the potential to have additional impact on pay for pay periods, including May 27 (Memorial Day), July 4 (Independence Day) and Sept. 2 (Labor Day).

The availability of unemployment compensation to ease the effect of furloughs is difficult to summarize because the rules of each state will apply. Employees may seek part-time employment in the civilian sector, however, they should discuss this with their supervisor to meet ethics requirements.

The effect of furloughs on an employee's Thrift Savings Plan depends on whether deductions are based on percentage of basic pay or on dollar amount and it may affect the agency's contribution. Since some retirement contributions are also based on a percentage of pay, officials encourage employees to meet with their human resources representatives and/or financial planners to determine how furloughs might affect their TSP and retirement contributions.

The availability of Family and MWR programs may also be affected, but the full impact is not yet known. This may impact the Army's ability to mitigate the negative effects of the furlough by providing morale, welfare and recreation activities and family support programs.

All sequestration and furlough plans and actions are designed to be reversible. If Congress passes a balanced deficit reduction plan that the president signs, the impact of sequestration on civilian employees may be avoided.

There is activity in the House and Senate to soften the effects of sequestration; however there is no guarantee that furloughs will not be enacted for the full term.

For more information on how sequestration and furloughs affect the IMCOM workforce, go to <http://www.imcom.army.mil/Organization/GIPersonnel.aspx>.

## News and Notes

### WOMEN'S HISTORY MONTH EVENT

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

### TAX CENTER OPEN

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

### LEGAL NOTICE

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

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# Furloughs likely to affect behavioral health programs

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

WASHINGTON — Upcoming furloughs for Army civilians, along with budget cuts, will affect the Army's ability to provide behavioral health care to Soldiers, an official said.

More than half of the Army's behavioral health providers are either government civilians or contractors, said Col. Rebecca Porter, the chief of Army behavioral health care, speaking at a Defense Writer's Group breakfast last week.

"The plan is that our Department of the Army civilians who are employed with us would be impacted across the board," Porter said.

The Army's medical community is about 60 percent civilian, overall, she said. Within the behavioral health specialty, which includes about 4,500 providers, more than half are civilian.

With the Army surgeon general's priorities for medical care during the sequestration being warrior care, primary care, behavioral health and the Integrated Disability Evaluation System, Porter said the Army is looking at possibly exempting some of those Army civilians from furlough.

Another option, she said, is to have Soldier-providers, that is medical providers who are in uniform, backfill where care is most needed.

"In the areas that we anticipate that furloughs or sequestration could have greater impact on the availability of care for Soldiers," she said, the Army is looking at "moving, especially uniformed people, there on a temporary basis to assist."

Due to both Operation Iraqi Freedom and Operation Enduring Freedom, there has been a greater need in the Army for behavioral health providers, Porter said. And the Army has worked to bring those medical professionals on board, despite there being a nationwide shortage in the civilian community as well. With furloughs and sequestration, lack of stability as a behavioral health provider within the Army may draw some of those professionals back to the private sector.

"There is a national shortage of behavioral health providers," Porter said. "We've worked for several years, since 2007, we've more than doubled the number of behavioral health providers that we have in the Army. To see them now looking elsewhere because they don't have the job security that they thought they were going to have, and they don't know how much the organization or the institution supports them in what they are trying to do, it is a morale issue."

She said in behavioral health, when contracts or term positions

come up for expiration or renewal, they will go through her office "so we can look, kind of corporately, at what do we have as far as resources in the personnel realm. We value those individuals greatly. Particularly for providers, we are looking to retain them."

Porter said the Army has seen success with embedded behavioral health teams, or EBHT, where behavioral health providers are taken out of the hospitals and instead aligned with specific brigades. The pilot installation for that effort was at Fort Carson, Colo., and she said success with the program has meant an expansion of the program to brigade-sized elements across the Army by the end of fiscal year 2016.

An evaluation of the EBHT program at Fort Carson, she said, has shown "a decrease in incidents of psychiatric hospitalizations, decreased incidents of suicides, of suicide attempts and even things like alcohol-related incidents."

The success of the EBHT program, and cause for its expansion across the force, stems largely from the benefits of creating familiarity between providers and unit commanders.

"Co-locating them with the unit and with the commanders, I think, helps the behavioral health provider be more in tune with what are the needs of the command," Porter said. "But it also, in our experience, makes the commander, and the Soldiers, more trusting of the behavioral health providers."

Early in her career, she said, as a captain she was in a position to make a recommendation to a commander that he not take a Soldier on deployment, due to post-traumatic stress disorder, known as PTSD. She said that commander thanked her for her input, but took the Soldier on deployment anyway. Later, she said, problems surfaced and the commander had to send the Soldier home.

"Today, I think if I made the same recommendation to commanders, I think they would heed a behavioral health professional's input a lot more than they did 16 or 17 years ago," she said. "It's a different environment. Vastly different than it was back then."

Part of the increased trust commanders have in behavioral health providers stems from increased awareness of issues like PTSD, Porter said. But she believes that the relationships that can be built through the use of EBHTs will only further commander trust.

The EBHTs are made up of civilian behavioral health providers, she said. Downrange, units have two organic behavioral health providers, and two behavioral health technicians. There are also combat stress control teams that function in a general area and go where commanders think additional help is needed.

# BOSS president emphasizes community

By **KIM WHEELER**  
*Special to the Leader*

Fort Jackson's Better Opportunity for Single Soldiers program has a new president. Sgt. Cerno Toro, a chaplain assistant for 2nd Battalion, 39th Infantry Regiment, was appointed to the position earlier this month and said his primary goal during his presidency will be to unite the post's single Soldier community.

"I want to bring together single Soldiers and promote a sense of community," Toro said. "A lot of times, when people get off work, everyone goes their separate ways and (people) don't socialize as much. They scatter and go do their own thing or sit in their rooms complaining that there's nothing to do."

Toro speaks from personal experience. The 28-year-old New York native calls the six months after he relocated to Fort Jackson in 2010 "a solitary experience" and a drastic change from the tightly bonded community he'd experienced in his unit at Joint Base Lewis-McChord, Wash.

"Getting involved with BOSS changed things dramatically for me," he said. "I started meeting people, started going out and really enjoying life again."

That sense of community and belonging is exactly what he hopes the program will do, not only for Soldiers new to the area, but all of the post's single Soldiers. To accomplish this, Toro will rely on the BOSS program's pillars, which are recreation and leisure, community service, and quality of life.

The program is currently linking its leisure activities with the post's Family and Morale, Welfare and Recreation program's schedule while Toro plans future events, including fundraisers to support trips and get-togethers. He also hopes to get together a team to participate in local fun runs and the semi-annual U.S.M.C. Ultimate Challenge Mud Run in Columbia.

The program's community service block will include being active in community schools and maintaining the group's established relationship with Columbia's Forrest Heights Elementary School.

"Those kids think we're superheroes," he

said of participating in previous BOSS outings to the school. "It was like we'd jumped right out of a comic book. We're supposed to set the example in the community, and what better way than to be there spending time with them?"

Toro said he also hopes to be an advocate for the quality of life of Fort Jackson's single Soldiers, a task he said his experiences first as an infantryman and then a chaplain assistant have prepared him for.

"Being a chaplain's assistant has taught me to be more empathetic and how to advocate for other individuals," he said. "I get my assertiveness and perfectionism from my time in the infantry — I won't stop until it's perfect."

Chuck Stoudemire, FMWR liaison for BOSS, said Toro also has the right personality for the job.

"Sgt. Toro is very friendly and outgoing — he's not afraid to get out there and do what needs to be done," Stoudemire said. "He has great ideas that are really going to benefit the program."

Even with his plans for the program falling into place, Toro knows that bringing this vision to fruition won't be without its challenges. He named the post's rigorous operational tempo and the misconceptions that many Soldiers might have of BOSS as two of the biggest hurdles he'll need to overcome to be successful.

To address the time issue, he said he is researching the installation cycle schedule to try to determine when to host BOSS events so as many Soldiers as possible will be able to attend.

Meanwhile, he is launching an information campaign to reach as many single Soldiers as he can through publicity, visiting units around post to encourage involvement, and finding unit BOSS representatives.

"A lot of Soldiers don't know about or understand BOSS," Toro said. "This program is not just for junior enlisted Soldiers currently living in the barracks. BOSS is open to any single Soldier — enlisted or officer, active or Reserve, geographical bachelors, and single parents."

Toro particularly wants to reach out to Fort Jackson's single parent community, a group he said he believes could benefit greatly from connecting with one another.



*Courtesy photo*

**Sgt. Cerno Toro was selected to be the new president of Fort Jackson's Better Opportunities for Single Soldiers program.**

Though he knows it will take time and diligence to accomplish the program's goals, Toro said is excited to take on the task — even while he continues performing his regular duties with 2-39th until a replacement arrives and he is able to take on the BOSS program full time.

"I have no problem putting 100 percent

into this," he said.

The next BOSS event is an Open Mic Night for spoken word and musical artists at the Alpine Lodge at Heise Pond from 6 to 9 p.m., March 22. BOSS meetings will take place the first Friday of each month at 4 p.m. at the Corporal Freddie Stowers Single Soldiers Complex.



Photo by ANDREW McINTYRE

Sgt. Jesse Tuttle, Company B, 1-330<sup>th</sup> Infantry Regiment, left, graduated from the U.S. Army Drill Sergeant School last week. His father, Sgt. 1st Class Michael Tuttle, graduated from the school in 2009, and attended his son's graduation on Fort Jackson last week.

# Inventing a family tradition

## Father, son are graduates of Army Drill Sergeant School

By WALLACE McBRIDE  
Fort Jackson Leader

Sgt. Jesse Tuttle, Company B, 1-330<sup>th</sup> Infantry Regiment, graduated from the U.S. Army Drill Sergeant School last week. His father, Sgt. 1st Class Michael Tuttle, was in the audience and no stranger to the grounds. Now assigned to Company C, 1-330<sup>th</sup> Infantry Regiment, the elder Tuttle graduated from the school in 2009.

Both men are Army Reservists who reside in Fort Wayne, Ind.

"I was very proud," Michael said. "It was an excellent experience. Going through it yourself is a little bit different than watching your son or daughter go through

it. A lot of pride instilled, knowing what they went through, what you went through and knowing they went through the exact same thing at the exact same place."

Jesse said growing up in a military family helped prepare him for the life when he enlisted.

"Some people get there, and it's a whole other world for them," he said. "I felt like that was the lifestyle I grew up with, and it's suited for how the military does things. There was still a lot to learn, but the basic outline was there, which made it easier for me. Some people talk about getting 'culture shock' because it's so different."

Michael has been in the Army for 13 years and decided to pursue the job of a drill sergeant when joining the Reserves. His son sought out the same career path.

"The biggest challenge was just always being prepared," Jesse said of the Drill Sergeant School.

"You always had to be prepared. I've never been to a school, either civilian or military, with so many tests. This school is really great about showing you what you needed to learn and then testing you."

His advice for Soldiers walking through the doors of the school is simple: "Be prepared to adapt to change and be ready to learn."

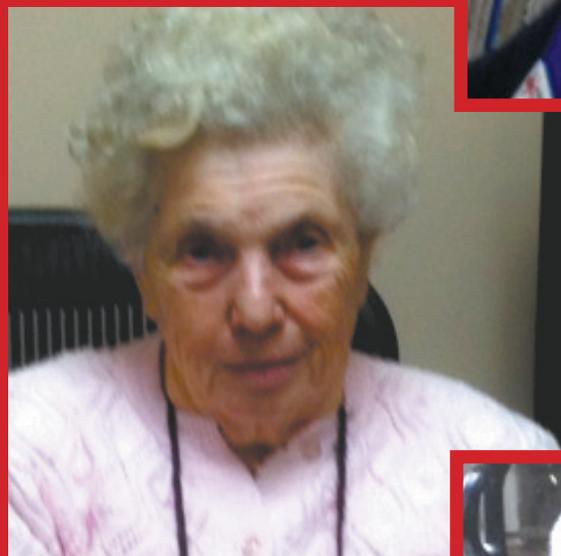
"You're going to be training the sons and daughters or people who don't have military backgrounds, in a lot of cases," Michael said. "Basic training is their first view of a military life. You've got to mold them into Soldiers who are going to go out and fight for their country."

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

## RED CROSS VOLUNTEERS



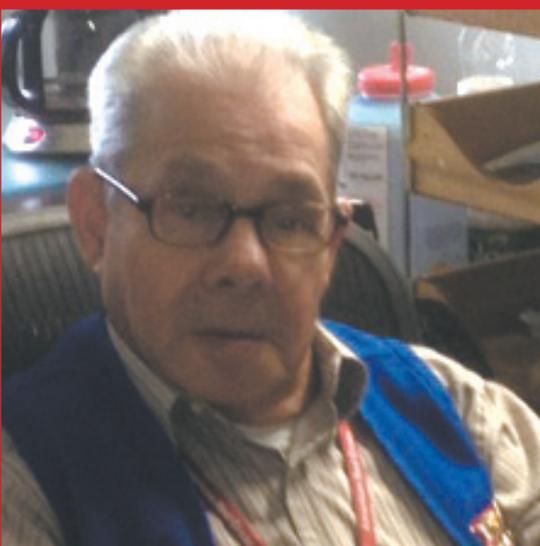
CHRISTINE PERRY



DUNA POTEAT



BOB BELL



JOSE CORDOVA

Red Cross volunteers regularly help out at Moncrief Army Community Hospital. According to retired Col. Bob Bell, hospital volunteer chair, there are currently 58 volunteers serving in some capacity in the hospital or dental clinics. Many of these people have been providing this support for years with no pay and very little recognition. The Red Cross encourages all to thank any volunteers you see working this month as March is nationally recognized as Red Cross Month.

- Jose Cordova works in the transportation office.
- Pat Cruz works in the Transportation office and the pharmacy (not pictured.)
- Duna Poteat works in the MACH chaplain's office.
- Christina Perry works in the medical records office.
- Robert Bell is the hospital volunteer chair.

# 3-60th offers advice for BCT spouses

By WALLACE McBRIDE  
Fort Jackson Leader

New spouses can sometimes feel adrift in military communities, a feeling the 3rd Battalion, 60th Infantry Regiment home to ease with a special panel discussion on post last week.

The unit brought in spouses with Army experience to speak with husbands, wives, boyfriends and girlfriends of new Soldiers. The spouses offered advice to the Army newcomers on how to make connections in the military.

Ebony Racks, who has been an Army spouse for the last eight years, said there were no such programs available for new spouses when marriage brought her fully into the military world. At the time, she said there were no websites for new spouses, just a single point of contact for them to call if they needed assistance.

"I had to learn by myself," she said. "It took me five

years to get it together. With this program, it's a lot better. (There are) more resources than I had."

Lt. Col. Thomas McCardell, 3-60th battalion commander, said he was inspired to bring this kind of program to the post after seeing a similar concept at Fort Benning, Ga.

"It was an opportunity for current spouses or future spouses to come in and ask whatever questions they had of our cadre spouses," McCardell said. "We figured we've got a lot of experience through our cadre spouses that we could pass on. We've opened it up and tried to encourage people to come and ask questions."

"I think it's great for all new spouses to have the chance to talk to other, more experienced spouses," said Melea Bauer, an 11-year Army spouse and a member of the Family Readiness Group. "Otherwise, it takes you years and years ... to figure out how to do things. But, if you've got more experienced people to ask in the beginning ... it can be really helpful."

Questions about moving and living on- and off-post are the most common, McCardell.

"The attendees seem to enjoy it," he said. "Even if it's one or two nuggets they can take away, then I think we've been successful. They can take something from this and carry it on to their next duty station."

Racks said learning to be an Army spouse is hard work, but it pays off in the end.

"It seems like it's going to get harder, but it only gets better," she said. "Live your life like you normally do."

"Reach out and find other people, make connections as quickly as possible because you never know when you'll be leaving," Bauer said. "You have to put yourself out there and make those connections to feel connected at a base and make friends quickly."

*Milton.W.McBride3@mail.mil*

*Editor's note: Mike Glasch, Public Affairs Office, contributed to this report.*

## SAMC joins local parade

Soldiers with the Sergeant Audie Murphy Club volunteered at the St. Patrick's Day parade in Columbia Saturday. The Soldiers made sure the parade floats kept moving. For their participation, the club raised funds that will be used for awards and scholarships for Fort Jackson Soldiers and family members

*Courtesy photo*



# Sequestration to take its toll

By **DAVID VERGUN**  
Army News Services

WASHINGTON — The Army projects a decrease between 10,000 to 14,000 recruits across the services this fiscal year as military entrance processing stations shut down one day per week.

Beginning next month, civilian military entrance processing stations, or MEPS, employees will be furloughed, said the Army's deputy chief of staff, G-1, Lt. Gen. Howard B. Bromberg. He explained that the Army is the executive agent for MEPS, which processes entry-level personnel for all the armed forces.

Bromberg and the other service chiefs testified Wednesday at a House Armed Services Committee hearing on the impact of the continuing resolution and sequestration and how it will affect military personnel, their families and the operations and maintenance budget.

Budget shortfalls will also result in fewer Army recruiters, he said, thereby "limiting our ability to penetrate the market."

The officer corps will also take a hit, Bromberg said, as scholarships and training are reduced at ROTCs at universities across the country and at the U.S. Military Academy.

Another adverse impact on recruiting will be fewer dollars for advertising and marketing campaigns used to attract new Soldiers, he said.

Recruiting and retention will likely be affected "for years to come due to loss of confidence in the stability of the Army" as money for training and professional military education for officers and noncommissioned officers becomes scarce, he added.

"Loss of training is not recoverable to untrained Soldiers and units," he said, meaning that combat readiness will be reduced well past this fiscal year even if a deal is struck later in the year.



Photo Credit: EJ HERSOM, DOD

**Lt. Gen. Howard B. Bromberg, deputy chief of staff, G-1, said some training will be curtailed as a result of sequestration and budget uncertainty. Here, an explosives ordnance disposal team trains at Fort Knox, Ky.**

## Learning

Continued from Page 2

- **Engaging.** Challenge and inspire learners and provide feedback and support from peers and mentors.
- **Adaptive.** Develop Soldiers and leaders who have the cognitive, interpersonal and cultural skills to be adaptive in complex tactical and strategic environments; provide an adaptive learning model that routinely includes feedback from operational forces and development tools to rapidly update curriculum and learning products to be responsive.
- **Rigorous & relevant.** Establish and maintain rigorous doctrinal and performance standards for Soldiers and leaders, and provide Soldiers with access to relevant information.
- **Networked.** Use learning technologies and on-demand content such as search engines and information repositories, and provide delivery systems not bound by "brick and mortar" for learning at the point of need.

This vision has a lot of moving parts that require the collective efforts of us all. We are at the forefront of transitioning the Army into a future force focused on what I refer to as virtual warfare combat training. As we transition, it is important to remember that the next few years are a fundamental period of transition for the Army as we change the dynamics of how we train and prepare Soldiers for the future.

All of us have an important role in the development of ALM 2015...in 2013 and I'm happy to say that I'm seeing it when I view training across post. I challenge you to imbue the concepts of this model in your training. Let's continue to set the standard here at Fort Jackson where "Victory Starts" and "Heroes Live".

Army Strong and Victory Starts Here!

Victory 6

## Follow the Leader

Twitter:

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

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



## Calendar

### Friday

#### BOSS fireside open mic night

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

### Friday, March 29

#### Women's History Month luncheon

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

### Tuesday, April 9

#### Days of Remembrance observance

11:30 a.m. to 1 p.m.; Officers' Club  
Tickets cost \$10. For more information, call 751-5983 or 751-2990.

## Announcements

### DES CLOSURE

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

### CHAPTER SEEKS MEMBERS

The newest chapter of the Transportation Corps Regimental Association (Patton Chapter) is currently being organized in South Carolina and Georgia. For more information, email [Clifford.K.Crawford.mil@mail.mil](mailto:Clifford.K.Crawford.mil@mail.mil) or [Stacy.K.Mebane.mil@mail.mil](mailto:Stacy.K.Mebane.mil@mail.mil).

### TARP BRIEFINGS

Annual threat awareness and reporting program briefings will be offered the third Tuesday of every month at 10 a.m. and 2 p.m. at the Post Theater, beginning April 16. For more information, call 751-7852/3366/3802.

### RED CROSS YOUTH VOLUNTEERS

The Fort Jackson Red Cross station will accept applications for summer youth volunteers beginning April 2. Applications can be picked up at the Red Cross office from

8 a.m. to 4:30 p.m., weekdays. For more information, call 751-4329 or email [Jacksonredcross@yahoo.com](mailto:Jacksonredcross@yahoo.com).

### RICHLAND ONE TRANSFERS

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

### RED CROSS SUMMER YOUTH CHAIR

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

### SPECIAL FORCES RECRUITING

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

### SPORTS LETTERS OF INTENT

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

For more information, call 751-3096.

### BASKETBALL TOURNAMENT

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

### YOUTH SPORTS REGISTRATION

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

### SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing April 5, May 3 and June 7. ACT testing is scheduled for April

12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

### LIFEGUARD CLASSES

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

### THRIFT SHOP NEWS

The Thrift Shop will be closed for spring break April 2-4.

A daily egg hunt will be on tap at the store March 26-28.

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

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

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

Announcements are due one week before the publication date.

For more information, call 751-7045.

## DARTS STANDINGS

BWB	23 points
SS	21 points
1st CivDiv	19 points
MPs	19 points
2-60th	17 points
MD #1	15 points
TFM	14 points
187th	13 points
C-TSB	12 points
MD #2	11 points
120th	10 points
165th	6 points

Standings as of March 20

## Housing happenings

### YARD OF THE MONTH

This year's Yard of the Month program will begin May 1. Winning home owners will be publicly recognized and are eligible for prizes.

Visit the Self Help Center to check out lawn and garden tools. The center is located on Ivy Road and is open from 8 a.m. to 4 p.m., Monday through Friday. For more information, call 787-6416

### HOUSING SEMINAR

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

### MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties.

Interested residents should call Vicki Greer at 751-7567.

### SCHOLARSHIP PROGRAMS

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

### COMMUNITY YARD SALE

A community yard sale is scheduled for April 13. Residents should register by April 8. For more information, call 738-8275 or email [ayoungblood@bbcgrp.com](mailto:ayoungblood@bbcgrp.com).

### HOUSING FOR RETIREES, CIVILIANS

Military retirees and DoD retirees are eligible to live in on-post housing. For more information, call 738-8275.

### PLASTIC BAG RECYCLING

Bring your plastic bags to the Community Center for recycling. Residents will be entered into a drawing for a gift card once per every 20 bags turned in.

## Damaged tires claim process

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

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

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

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

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

# A SHOCKING TALE

## MILITARY POLICE GET THE FULL TASER EXPERIENCE

Last Friday, I intentionally let someone use a Taser on me. It's important to get that out of the way before we go any further. It wasn't an accident or a misunderstanding: I asked a sheriff's deputy to perform a "drive stun" on me. You might find a few people who'd tell you about the times when I was only metaphorically "asking for it" but Friday wasn't one of them. I was actually on my good behavior, diligently taking photos of a training exercise inside a classroom at the 3rd Battalion, 60th Infantry Regiment. Richland County sheriff's deputies were training Fort Jackson police on the use of Tasers, a tool that is being added to the utility belts of local MPs.

**By WALLACE McBRIDE**  
Fort Jackson Leader

That training is not entirely a matter of pointing and shooting. Military police were also obliged to be on the receiving end of the high-voltage stun gun. After watching some of

them get the full stun gun experience, I decided it might make for a more interesting story if I had a better understanding of what I was writing about.

"The officers get exposed to this so they know what it's going to feel like and what it's going to do to the body," said Cpl. Dominick Pagano, one of the Richland County Sheriff's Office deputies conducting last week's training. The session was required before Fort Jackson police would be allowed to carry Tasers in the line of duty, he said.

"The main reason we're doing this is to give law enforcement a tool to be able to handle resistance and potentially threatening behavior," Pagano said. "An officer doesn't have to actually put their hands on a subject, which might lead to injury. This tool allows them to be at a safe

distance, but still be able to control the resistive behavior."

The day's training involved a variety of stun-related activities, all of which had the same conclusion. Some officers were subjected to darts fired into their back from the Taser gun, which left them facedown and helpless. Others received a shock from alligator clips attached to the gun, which also left them facedown and helpless. Others, like myself, received a drive stun to the leg while already laying facedown and helpless, which hardly seems fair, but required less work on my part.

Profanity also made an appearance in most of the Taser examples, my own included. In the first draft of this story, I included a list of all the nasty words shouted by myself and the military police officers during Friday's exercise, but my editors cut them from the story. If you e-mail me, I'll send you the unredacted list. *(Editor's note: No, he won't.)*

See **STUN:** Page 17

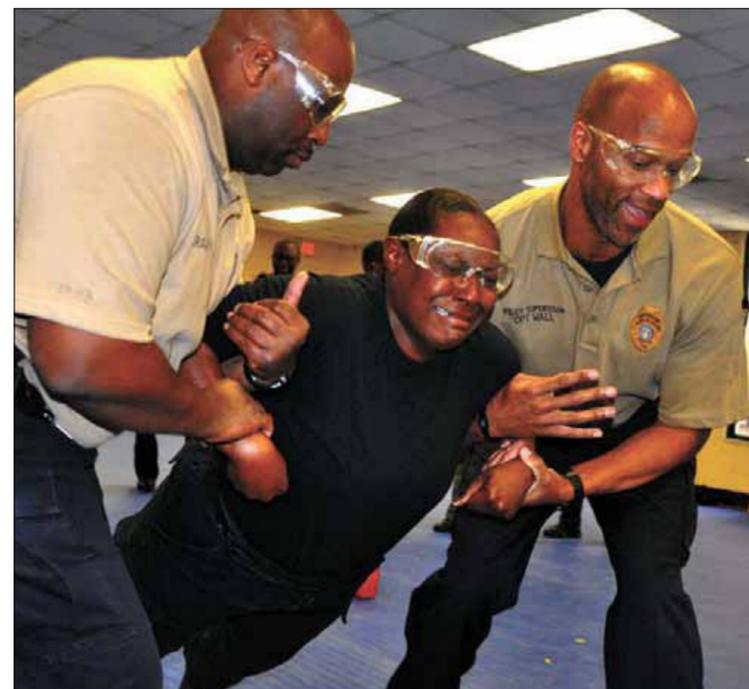
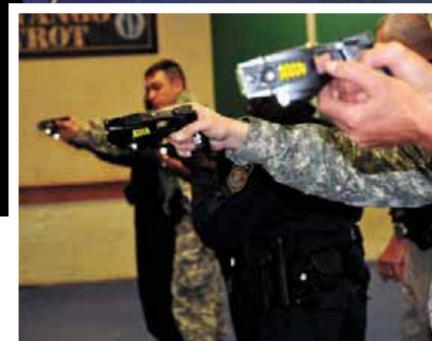


Fort Jackson police officers Lt. Jacob White, left, and Officer Lance Samuel, right, assist Officer Javier Martinez as he receives a shock from a Taser X-26 stun gun.



Photos by WALLACE McBRIDE

Top, Lt. Jonathan Bernier and Capt. Barry Wall brace Sgt. Weston Reeves, center, as he gets ready to receive a shock from a stun gun. Right, officers practice firing the X-26 Taser at foil targets.



Officer Terrance Crawford, left, and Capt. Barry Wall help officer Tisha Fields to the ground as she receives a five-second shock from a stun gun.

## Stun

Continued from Page 16

This portion of the training ended on a much lighter note than it started. Some of those involved were sweating bullets waiting for their turn to be stunned. Most of the session felt like a line for a roller coaster. You could tell which of us had already endured the experience because our smiles didn't look plastered on. After a while, though, the tension eased, even for those of us last in line.

Pagano said the spectrum of emotions witnessed during Friday's event was typical.

"The (officers who get stunned) typically are very nervous in the beginning, but afterward there's a sense of pride, a sense of accomplishment, and they understand what it's fully about," he said. "Once it's over, it's over, and there are no lingering effects."

"It started off slow at first, but once we got into it, it almost became fun. Especially if you weren't the one getting stunned," said Maj. Brad Fisher, provost marshal for Fort Jackson. "I've been through it before, but it's good to get the capability to use Tasers here at Fort Jackson. It's a good tool for our officers to have."

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CMYK

CMYK

27" WEB-100

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.  
Brice Schoener**  
Company A  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Adam Weisenberger

**SOLDIER OF THE CYCLE**  
Spc. Zachary Lundgren

**HIGH BRM**  
Spc. Zachary Lundgren

**HIGH APFT SCORE**  
Spc. Zachary Lundgren



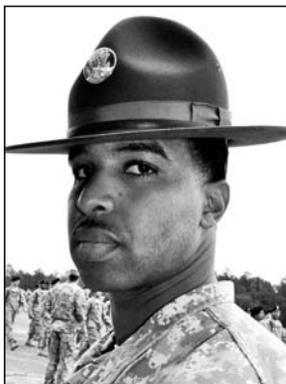
**Staff Sgt.  
Jaquetta Jenkins**  
Company B  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Brittany Mabasa

**SOLDIER OF THE CYCLE**  
Pfc. Richard Morales

**HIGH BRM**  
Pvt. Mitchell Majeski

**HIGH APFT SCORE**  
Pvt. Alexandra Treul



**Sgt. 1st Class  
Tyris Rouse**  
Company C  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Amber Yung

**SOLDIER OF THE CYCLE**  
Pfc. Tyson Pyles

**HIGH BRM**  
Spc. Christopher Bryant

**HIGH APFT SCORE**  
Pfc. Christopher Potrowski



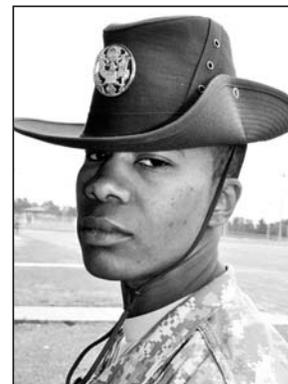
**Sgt. 1st Class  
Bryce Rigby**  
Company D  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Enos Burgess

**SOLDIER OF THE CYCLE**  
Pfc. Tiffany Hargett

**HIGH BRM**  
Pfc. Maryan Babauta

**HIGH APFT SCORE**  
Pvt. Kara Wilson  
Pvt. Jacob Rigby



**Staff Sgt.  
Danielle Brooks**  
Company E  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Brandon Gehm

**SOLDIER OF THE CYCLE**  
Pfc. William Stoddard

**HIGH BRM**  
Pfc. Anthony Rowles

**HIGH APFT SCORE**  
Pvt. Dillon Filkins



**Sgt. 1st Class  
Shawn Jones**  
Company F  
2nd Battalion,  
39th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Matthew Scott

**SOLDIER OF THE CYCLE**  
Pfc. Cameron Chamberlain

**HIGH BRM**  
Pvt. Alex Polaco

**HIGH APFT SCORE**  
Pvt. Blair Leavitt

## Weekly honors



KENT

**Sgt.  
Brittany Kent**  
Soldier of the week  
Third Army/ARCENT

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

## At your service

Phone numbers and operation hours for key post facilities

<b>All South Federal Credit Union</b>	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
<b>American Red Cross</b>	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
<b>Andy's Fitness Center</b>	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
<b>Army Career Alumni Program</b>	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Army Community Service</b>	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
<b>Army Continuing Education Services</b>	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Army Substance Abuse Program</b>	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Basic Combat Training Museum</b>	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
<b>Bowling, Century Lanes</b>	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
<b>Bowling, Ivy Lanes</b>	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
<b>Car Care Center</b>	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
<b>Chaplain Museum</b>	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
<b>Child and Youth Services</b>	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
<b>Civilian Personnel Advisory Center</b>	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
<b>Class VI</b>	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Clinical Army Substance Abuse Program</b>	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Coleman Gym</b>	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
<b>Commissary</b>	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
<b>DA Photos (TSC)</b>	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
<b>Defense Military Pay Office</b>	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
<b>Dental Clinics</b>	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
<b>Family Health Center</b>	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
<b>Family Life Resiliency Center</b>	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
<b>Florist</b>	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
<b>Fort Jackson National Cemetery</b>	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
<b>Furniture Store</b>	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Hospital Retail Annex</b>	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
<b>ID Section</b>	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
<b>Legal Assistance and Claims</b>	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
<b>LCI-SSSC</b>	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
<b>Main Outpatient Pharmacy</b>	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
<b>MG Robert B. Solomon Center</b>	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
<b>Military Clothing Sales Store</b>	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
<b>Movie Theater</b>	751-7488	Hours vary
<b>National Federation of Federal Employees</b>	751-2622	
<b>NCO Club</b>	782-2218	Temporarily closed
<b>Officers' Club</b>	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
<b>Palmetto Falls Water Park</b>	751-3475	Closed for the season
<b>Perez Fitness Center</b>	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
<b>Pharmacy Annex (PX mall)</b>	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
<b>Pool, Knight</b>	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
<b>Pool, Legion</b>	751-4987	Closed for the season
<b>Post Exchange</b>	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Post Library</b>	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
<b>Post Office</b>	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
<b>Recycling Center</b>	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
<b>Reuse Center</b>	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
<b>Safety Center</b>	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Gate 1 Express</b>	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
<b>Gate 2 Express</b>	790-4478	Open 24 hours a day
<b>SSI Retail Annex</b>	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
<b>Thrift Shop</b>	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
<b>Vanguard Gym</b>	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
<b>Veterinary Clinic</b>	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
<b>Victory Travel</b>	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
<b>Weapons Registration</b>	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at [fjleader@gmail.com](mailto:fjleader@gmail.com).

# What's the most important thing?

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

In 1978, a helicopter involved in mining exploration in the vast Siberian wilderness spotted a small cultivated field far up a steep mountainside, more than 150 miles from the nearest settlement.

Investigators found a family of six who had been living in hiding for 40 years. Karp Lykov was a member of an Orthodox sect called the Old Believers. Persecution had deepened under the Communists. In 1936, a Soviet patrol killed Lykov's brother while they were working side by side. He immediately fled into the forests with his wife Akulina and their two children. Over the years, they had two more children as they moved deeper and deeper into the wilderness to avoid the outside world.

The two younger children had never seen anyone who was not part of their immediate family. They spoke in an odd cooing way that was unintelligible to others. For years, their main entertainment was telling their dreams to one another. As their equipment failed or wore out, life became increasingly difficult.

They experienced a time of famine. In 1961, Akulina died, preferring to feed her children rather than herself with what little they had. After discovery, the family remained in this remote place. In 1981, the two sons and the oldest daughter died within a few months, two of kidney



failure and one of pneumonia. Karp died in 1988 in his early 90s. The youngest, Agafia, is now in her seventies and still lives at that homestead.

But let's go back to the short Siberian summer of 1961. One of the group has died of starvation. Absolutely no help was available. A single grain of rye was discovered sprouting in the garden. It was carefully protected and watched over. Imagine the anxiety of this tiny group concerning the plant's health and growth — a grain field of one stalk, on

of us even consider the condition of our soul. The late Vaclav Havel said, "The tragedy of modern man is not that he knows less and less about the meaning of his own life, but that it bothers him less and less."

If these family members had never discovered that precious single sprout, they and their home would have been swallowed by the forests. Is your own soul pleading to be discovered, rescued and cherished?

which family members would depend for much of their provisions. From that stalk, they harvested 18 grains and rebuilt their rye field.

Is there anything in your life on which so much depends? Is there anything which you watch over with such focused concern? Jesus presented such a question in this story: "The kingdom of heaven is like a treasure that a man discovered hidden in a field. In his excitement, he hid it again and sold everything he owned to get enough money to buy the field." (Matthew 13:44)

To find health and life for your immortal soul is a treasure of unspeakable value. How rarely some

## EASTER SERVICES AND EVENTS

### Friday, March 22

- 6 p.m. Stations of the Cross, Main Post Chapel
- 6:45 p.m. Soup and bread supper, Main Post Chapel

### Sunday, March 24

- 8 a.m. Palm Sunday Mass, Solomon Center
- 8 a.m. Anglican/Liturgical, Anderson Chapel
- 8:30 a.m. Gospel, Daniel Circle Chapel
- 9:30 a.m. Protestant, Main Post Chapel
- 9:30 a.m. Hispanic Protestant, Post Theater
- 9:30 a.m. Latter Day Saints, Anderson Chapel
- 10:15 a.m. Gospel, Daniel Circle Chapel
- 11 a.m. ChapelNext, Bayonet Chapel
- 11 a.m. Palm Sunday Mass, Main Post Chapel
- 11:30 a.m. Church of Christ, Anderson Chapel

### Thursday, March 28

- 7 p.m. Holy Thursday (Catholic), Main Post Chapel
- 7 p.m. Holy Thursday (Protestant), Memorial Chapel

### Friday, March 29

- 3 p.m. Live Stations of the Cross (Catholic), Darby Field
- 6 p.m. Good Friday Service (Catholic), Main Post Chapel
- 7 p.m. Good Friday Service (Christian Ecumenical), Memorial Chapel

### Saturday, March 30

- 8 p.m. Holy Saturday Easter Vigil (Catholic), Main Post Chapel

### Easter Sunday, March 31

- 7 a.m. Postwide Easter Sunrise Service, Officers' Club

- 8 a.m. Anglican/Liturgical, Anderson Chapel
- 8 a.m. Mass, Solomon Center
- 8:30 a.m. Gospel, Daniel Circle Chapel
- 9:30 a.m. Protestant, Main Post Chapel
- 9:30 a.m. Hispanic Protestant, Post Theater
- 9:30 a.m. Latter Day Saints, Anderson Chapel
- 10:15 a.m. Gospel, Daniel Circle Chapel
- 11 a.m. ChapelNext, Bayonet Chapel
- 11 a.m. Mass, Main Post Chapel
- 11:30 a.m. Church of Christ, Anderson 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 Boule-

vard, 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

**McCrary Chapel (SCARNG)**

3820 McCrary Road (located at McCrary Training Center)

**Memorial Chapel**

4470 Jackson Blvd., 751-7324

**Warrior Chapel (120th AG Bn.)**

1895 Washington St., 751-5086/7427

**Installation's Chaplain's Office**

4475 Gregg St., 751-3121/6318

# Preventing tick bites protects from diseases

By ELLEN STROMDAHL  
U.S. Army Public Health Command

Ticks are better at finding you than you are at finding them. Ticks must have a blood meal (you) to live. They are aware of you, so, in order to prevent tick bites, you must learn to be aware of them.

Ticks in the United States can carry many diseases, including Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, anaplasmosis, babesiosis, viral diseases and others. But most ticks are not infected with human diseases, and infected ticks have to attach to you and remain on you for a long period of time (one to three days) in order to transmit most diseases, including Lyme. If you prevent tick bites, or remove attached ticks promptly, you can prevent tick-borne disease:

## TIPS FOR PREVENTING TICK BITES

❑ **Recognize tick habitats.** Ticks stay in, or on the edge of, shady, brushy areas. They must stay in a moist microclimate or die. Dry environments kill ticks. You won't encounter them in a well-mowed lawn or a bright sunny location; they need layered shade and moist air.

❑ **Use repellent.** For maximum protection, use DEET repellent on your skin, and permethrin repellent on your clothing. Permethrin-treated clothing is the best defense against tick bites. When ticks touch the treated fabric, they try to get away as quickly as possible. If they stay on the treated fabric, they die. Look for permethrin clothing spray in hunting sections of stores (use according to the label), or buy permethrin-treated clothing, which is available from major outdoor clothing suppliers.

❑ **Check your belongings.** Ticks can come home with you on your shoes and clothes. If you have been in a tick habitat, leave your shoes outside and do not leave your clothes near your bed. You'll be giving ticks the whole night to find you. Ticks may survive on clothes in the washing machine, but a cycle (hot) in the dryer will kill ticks.

❑ **Know tick seasonality.** Just as you can learn where to expect ticks, you can learn when to expect a species or life stage. Spring and summer are the periods of peak tick activity, but the adult stage of the blacklegged or deer tick occurs on winter days when the temperature is above freezing. Different species are present in different regions

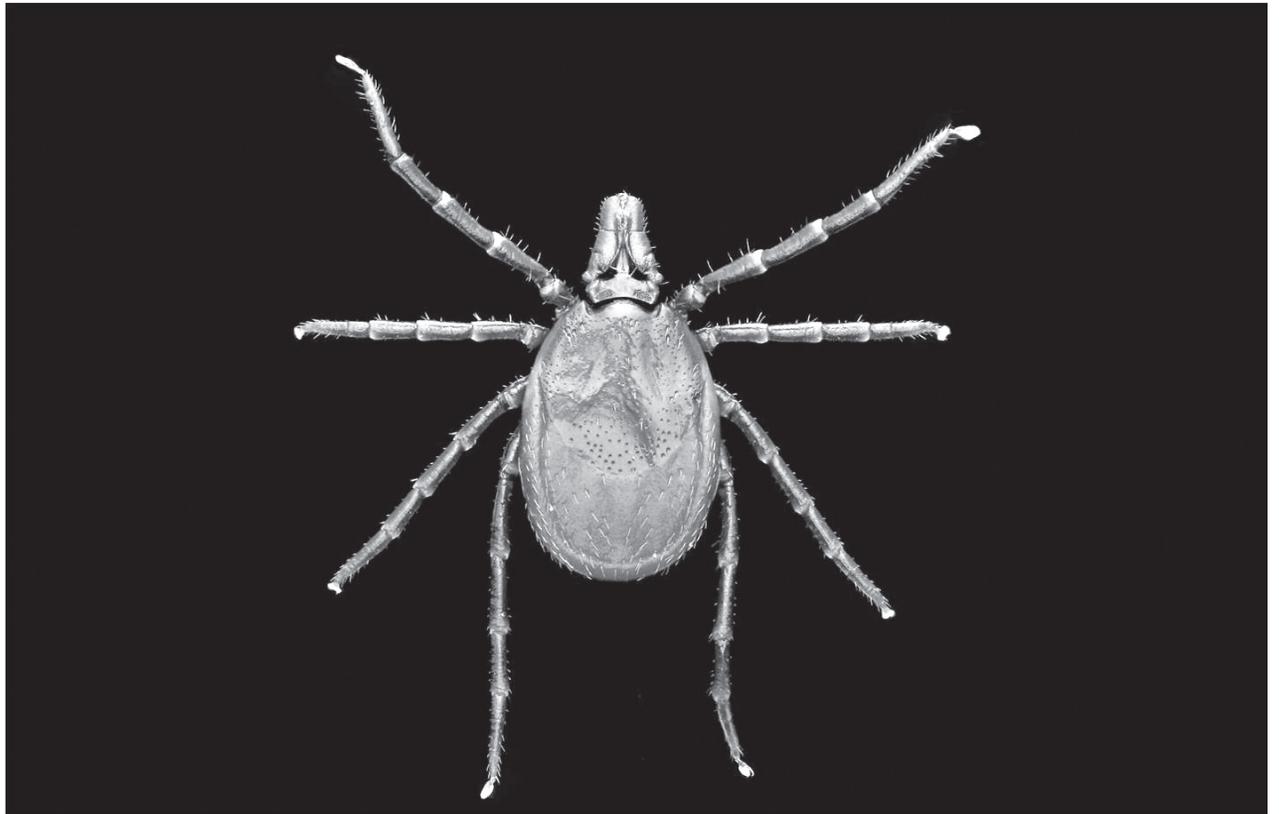


Photo by U.S. Army Public Health Command

**Preventing tick bites can help protect from serious diseases, including Lyme disease.**

of the U.S., and tick seasonality will likewise be different in different regions.

❑ **Check yourself for ticks.** If you have been in a tick habitat in tick season, check for ticks. Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

❑ **Remove ticks promptly.** Remove with tweezers; no burning or soap, gasoline, Vaseline, or other chemicals. Wash and apply antibiotic ointment to the bite. Most tick bites cause irritation and itching immediately; this does not indicate disease transmission. Rashes that are symptoms of diseases like Lyme disease appear two to three weeks after the tick bite.

❑ **Save the tick for ID and testing.** Military personnel and Department of Defense civilians should take the tick to their military medical treatment facility for pathogen

testing by the U.S. Army Public Health Command's DOD Human Tick Test Kit Program.

For more information on ticks and preventing tick bites, visit:

❑ U.S. Army Public Health Command's DoD Human Tick Test Kit Program, <http://phc.amedd.army.mil/topics/envirohealth/epm/Pages/HumanTickTestKitProgram.aspx>

❑ Environmental Protection Agency, <http://cfpub.epa.gov/oppref/insect/>

❑ University of Rhode Island, <http://www.tickencounter.org/>

❑ U.S. Centers for Disease Control and Prevention, <http://www.cdc.gov/ticks/>

❑ Physician's Reference Manual from the Massachusetts Department of Public Health, <http://www.mass.gov/eohhs/docs/dph/cdc/lyme/tickborne-diseases-physician-manual.pdf>



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## MACH UPDATES

### RETIREE HEALTH FAIR

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

### ACCESS CALL CENTER CHANGE

Moncrief Army Community Hospital beneficiaries will no longer be able to call the Access Call Center to leave a voice message to request an appointment, effective Friday. Patients may call the Access Call Center at 751-CARE (2273) to schedule an appointment from 7:30 a.m. to 4 p.m.,

Monday through Friday, or visit [www.tricareonline.com](http://www.tricareonline.com).

### MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by MACH's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 3:15 to 4:15 p.m. the first Wednesday of the month at MACH, Room 2152.

"Lunch with the Dietitian" will be offered the second Wednesday of the month in the MACH Dining Facility from 12:15 to 12:45 p.m. For more information, call 751-2489.

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