

THURSDAY, DEC. 4, 2014

# THE FORT JACKSON LEADER

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★ **THANKSGIVING  
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— PAGES 8, 12, 16

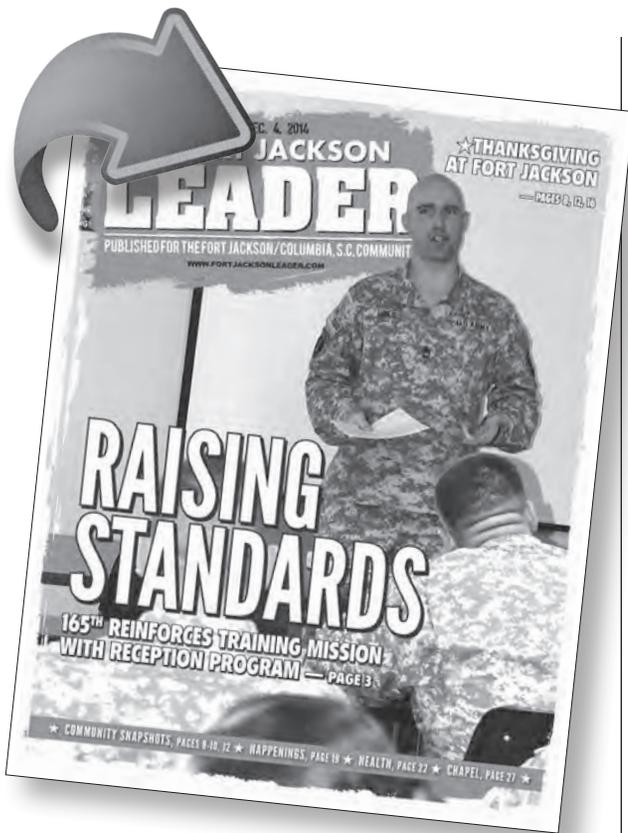


# RAISING STANDARDS

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WITH RECEPTION PROGRAM — PAGE 3**

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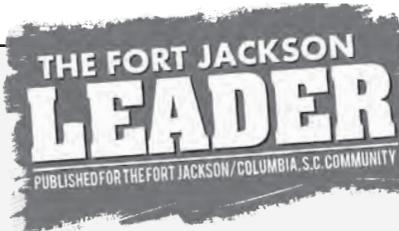
# NEWS



## ON THE COVER

Photo by WALLACE McBRIDE

The 165th Infantry Brigade started a new program to introduce new permanent-party Soldiers in the unit to its Basic Combat Training standards. SEE PAGE 3.



### Fort Jackson, South Carolina 29207

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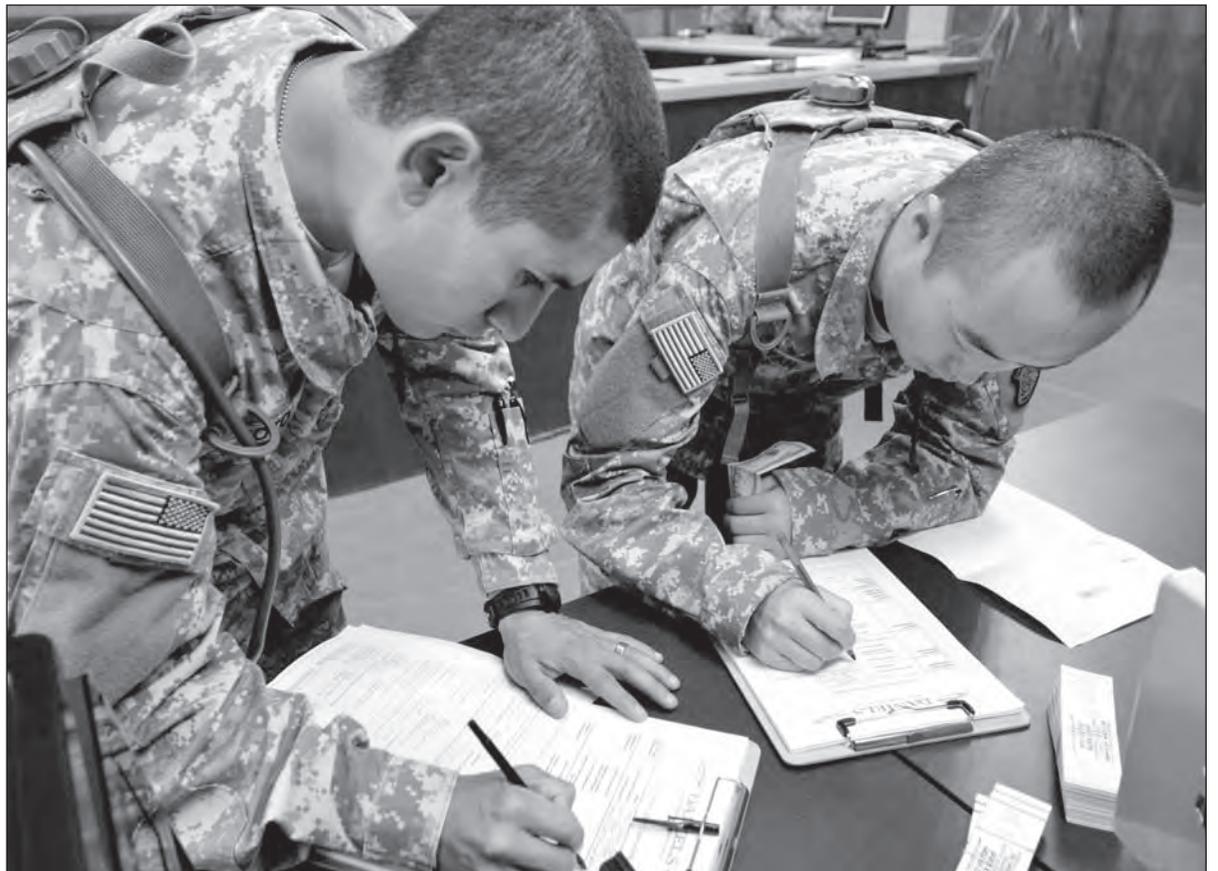


Photo by ANDREW McINTYRE

## No place like home for the holidays

Pfcs. Gonzalo Soto, left, and Junrui Yan, both with Company B, 187th Ordnance Battalion, fill out their travel forms at the Joe E. Mann Center Tuesday for Victory Block Leave. Fort Jackson Soldiers will travel by air, bus and cars to their holiday destination beginning Dec. 18.

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The *Leader* welcomes letters to the editor. All letters should include the name and address of the writer. Letters should also include a phone number for verification purposes.



The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity.

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# Training the trainers

## 165th starts program for new cadre, drill sergeants

By **WALLACE McBRIDE**  
Fort Jackson Leader

The 165th Infantry Brigade has implemented a program designed to focus and clarify training standards for new cadre members.

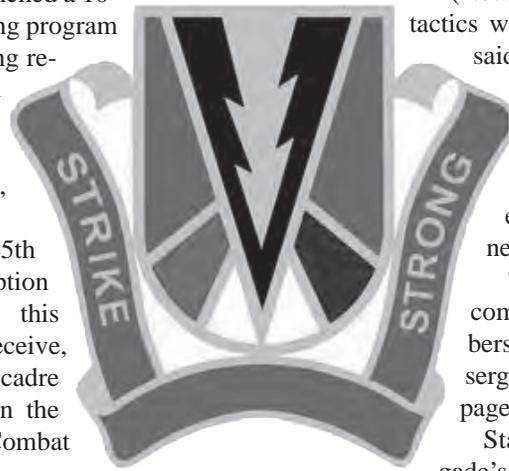
In April, the brigade launched a 10-week integration and training program that standardizes the training received by new Soldiers and reinforces policy and procedure within the ranks, said Col. Brian Hernandez, 165th commander.

"We established the 165th (Infantry) Brigade Reception and Integration Training this summer in order to better receive, integrate and prepare all cadre coming into the brigade in the proper conduct of Basic Combat Training," Hernandez said.

The 10-day course focuses on the fundamentals of Basic Combat Training, with a heavy emphasis on rifle marksmanship, physical readiness training, warrior tasks and battle drills, and professional conduct.

"We try and make sure drill sergeants understand all of the Skill Level 1 things they need to teach the trainees," said Sgt. 1st Class Joseph Turley, non-commissioned officer in charge of the program. "The Drill Sergeant School can't go as in depth as we can because there are so many (Soldiers.) It's focused to make sure there's a standard across the brigade, instead of having units doing things in different ways."

Hernandez said the program uses a team of third-year drill sergeants to not only act as course instructors, but also coaches and mentors. He called this team "the best in the brigade."



"The program also serves as the conduit for NCOs and officers coming from the operational force to bring their experiences and leadership and integrate them into the process of transforming civilians into Soldiers," Hernandez said.

Turley said much of this course is designed to stress the importance of training fundamentals.

"(New Soldiers) don't need to know all of the tactics we're using in Afghanistan right now," he said. "They don't need to know what tactics we're using in Iraq right now. They receive all of those things when they get to their unit."

The program is primarily — but not exclusively — designed for drill sergeants new to the brigade.

"There are a lot more drill sergeants that come in than permanent party cadre members," Turley said. "It's really focused on drill sergeants, making sure they're all on the same page for Skill Level 1."

Staff Sgt. Bror McWhinney, one of the brigade's instructors, said the results have been positive — and immediate. Marksmanship scores have already improved, he said.

"That's something we can see with actual numbers," McWhinney said.

The course wasn't immediately embraced when the concept was originally introduced, though.

"It was pretty difficult at first to get everyone on board," McWhinney said. "We're very limited on resources and time with drill sergeants, so trying to pull people away for any sort of training that doesn't involve trainees is very difficult."

Ultimately, Hernandez said redistributing the brigade's resources to support the program has already proven to have been the right decision.

"Overall, it has been a tremendous program and increased the training levels and competencies of our cadre

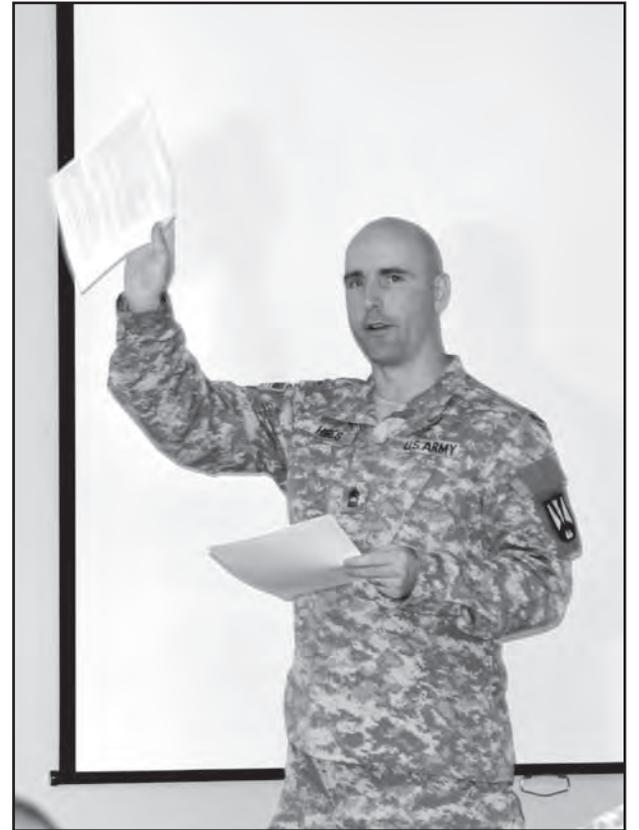


Photo by WALLACE McBRIDE

**Master Sgt. Brian Hires leads a class for the 165th Infantry Brigade's integration and training program. The class focuses on fundamentals of Basic Combat Training for new brigade cadre.**

who are responsible for basic training," Hernandez said. "The more competent our cadre are, the more confident they will be as well as more professional ... that is our responsibility as the brigade...to make sure we have the best NCOs and officers training the newest Soldiers in our Army."

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# Travel card blues? DMPO can help

## Agency helps Soldiers understand GTCC use for PCS move

By **ANDREW McINTYRE**  
Fort Jackson Leader

Soldiers and Department of the Army civilians must use their individually billed account government travel charge card, or GTCC, to pay for permanent-change-of-station expenses. However, help is available to Soldiers and civilians who may need to prepare to use their GTCC for moving expenses, said Edward Hinson, director of the Fort Jackson Defense Military Pay Office, or DMPO.

“The first thing they have to do when they receive their orders is contact their local agency program coordinator to sign up for the PCS program, and when they get to their next duty station they have to contact the APC there and inform them of their arrival,” Hinson said.

Tarsha Purnell, financial management analyst and agency program coordinator for the Army Training Center, said Soldiers will need to fill out a memorandum of enrollment form when visiting the APC office to sign up for the PCS program.

“This form allows us to have forwarding information to ensure the cardholder’s new unit has transferred the card account into its hierarchy upon the reporting date or within 10 days of reporting,” Purnell said.

Purnell said the cardholder’s enrollment in the PCS program also provides protective measures on the account.

“Registration into the PCS program places the



**HINSON**

cardholder’s account into ‘PCS status,’ which prevents any monthly late fee penalties (after 30 days) for delays in settlements with travel vouchers as a result of a delinquent account,” Purnell said. “The program also helps track PCS-related expenses that are reimbursable when finalizing travel vouchers. Travelers will need to maintain all receipts to justify and support entitlements.”

Hinson said there are other benefits to using the travel card.

“When Soldiers enroll in the PCS program they do not have to wait around for the dislocation allowance and travel advances,” he said. “They can withdraw up to the limit that they are authorized for the dislocation allowance and the advanced travel from the ATM.”

Hinson said that Soldiers are potentially cutting 10 days off their wait time for dislocation allowance and travel advances by using the government travel charge card.

“The Soldiers can receive these funds immediately, whereas before they would have to probably wait a few days for that money,” he said.

Hinson said that he is aware that some Soldiers prefer

the old system.

“We have Soldiers who will come in and flat-out say they do not want to use the card and they want their advance. Well, we cannot do that. If you have a card, you have to use it,” he said. “Soldiers who travel more than twice a year are required to have a card. If they refuse to get one, then that’s something they need to refer to their chain of command. If they refuse to get a travel card they will not receive a (temporary duty) travel advance because they should have had a card and chose not to get one.”

Hinson said it is important for Soldiers to keep in mind that the mandate is for those with an individually billed account, or IBA, and that the guidance does not say Soldiers must obtain an IBA for a PCS move. Hinson said Soldiers who do not have a travel card should take their travel orders to the DMPO office. The staff will verify that they do not have a card, and PCS travel will be reimbursed as before.

The mandate for Soldiers to use their travel cards went into effect in July, and Hinson said he asks Soldiers to be patient.

“Some of the issues we are having are because Soldiers are not receiving the right information about the government travel card process,” he said. “We are here to answer any questions you may have about using the GTCC. If you are having issues while on travel, contact your point of contact for the government travel card or us ... we’ll help you.”

*Andrew.R.McIntyre.civ@mail.mil*

## Feeding the homeless

Maj. Reginald Satterwhite, Inspector General detailed officer with U.S. Army Central, serves Christopher White, a fourth-grade student, as he joined residents in his hometown of Columbia in serving hundreds of meals at the 24th Annual Interfaith Thanksgiving Dinner, at the Carolina Coliseum, Nov. 27.

*Photo by SGT. SHARMAIN BURCH, U.S. Army Central*



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# New allotment rule protects troops

By **TERRI MOON CRONK**  
DOD News

WASHINGTON — Defense Secretary Chuck Hagel has directed a policy change in new paycheck allotments to prevent unscrupulous commercial lenders from taking advantage of troops and their families, Pentagon officials announced Nov. 21.

Effective Jan. 1, the change in DOD's Financial Management Regulation will prohibit service members from allotting pay to buy, lease or rent personal property, a senior DOD official said.

## IMPROVING PROTECTION FOR TROOPS

This policy change will eliminate that aspect of the allotment system most prone to abuse by unscrupulous lenders that prey on service members.

This will significantly improve protections for all Service members and their families, while not significantly reducing the flexibility to use allotments for a number of legitimate purposes, a Pentagon news release reported.

## NEW ALLOTMENT CHANGES

DOD officials said that while existing allotments are not affected, Service members will no longer be able to make allotments for the following types of purchases:

- Vehicles, such as automobiles, motorcycles and boats;
- Appliances or household goods, such as furniture, washers and dryers;
- Electronics, such as laptops, tablets, cell phones and televisions;
- Other consumer items that are tangible and moveable.

Allotments still can be used for savings account deposits, investments, to support dependents, pay insurance premiums, mortgages, rents, make Combined Federal Campaign contributions, and U.S. government debt repayments.

Another line of protection for service members and their families is included when starting new allotments through MyPay and manually on DD Form 2558, officials said.

Officials said Service members must certify under the Uniform Code of Military Justice that the allotment is not for "the purchase, lease or rental of personal property of or payment toward personal property."

## REVIEWING THE ALLOTMENT SYSTEM

The secretary directed the change following an inter-agency review that began in June 2013 in response to a major enforcement action by the Consumer Financial Protection Bureau.

The team comprised DOD representatives from the comptroller, Defense Finance and Accounting Service, personnel and readiness, and general counsel offices in the Joint Staff and secretary's offices.

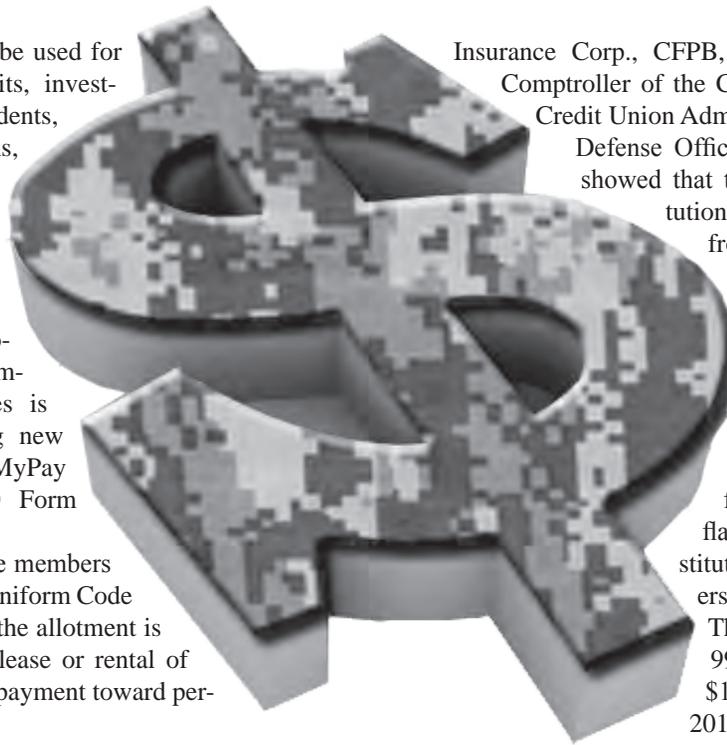
Non-DOD participants were from the Federal Deposit

Insurance Corp., CFPB, Federal Reserve Board, Comptroller of the Currency and the National Credit Union Administration.

Defense Officials said a 2012 analysis showed that the top 10 financial institutions that received allotments from Service members processed almost two million allotments totaling \$3.767 billion.

Of the top 10 allotment processors, state law enforcement, consumer advocates and the financial regulators have flagged three particular institutions as suspected abusers of the allotment system.

Those institutions received 999,588 allotments totaling \$1.380 billion in fiscal year 2012.



## ALLOTMENT USAGE BY RANK

Officials said the 2012 analysis also found that on average per capita, warrant officers use 5.73 allotments, commissioned officers use 3.55 and enlisted personnel use 3.49 allotments, respectively. The dollar average per allotment is highest for warrant officers (\$1,679 per allotment), followed by officers (\$1,554 per allotment), and then enlisted personnel (\$1,224 per allotment).

The new allotment rule applies to active-duty members and not military retirees or DOD civilians, officials said.



Courtesy photos

From left, Maj. Antonio Pittman, executive officer of the 3rd Battalion, 34th Infantry Regiment; 3-34 Command Sgt. Maj. David Boone; and Lt. Col. Scott Sonsalla, 3-34th commander, serve Thanksgiving meals to Soldiers and family members Nov. 27.

# Thanksgiving a family affair for 3-34th

## 3rd Battalion, 34th Infantry Regiment

Thanksgiving had a little bit of a different meaning this year for several families. While most families enjoyed a few days off from work and ate home-cooked meals, several hundred families traveled to Fort Jackson to participate in the Basic Combat Training graduation ceremonies for 3rd Battalion, 34th Infantry Regiment.

Graduation activities started with the Family Day ceremony at Hilton Field and continued with the battalion's Family Awareness Brief. The briefing attempts to build on the many lessons learned from the unit's online Army Family Team Building program by augmenting them with briefs from Army Community Services, TRICARE, Red Cross and others. The goal is to provide family members with the tools necessary to assist their Soldier through their first duty assignment and to relieve stress from some of the unknowns that spouses, parents or fiances may have.

The family theme continued on Graduation Day when retired Brig. Gen. James

Kennon served as the guest speaker. Kennon was a graduate of Basic Combat Training here in 1969. Kennon returned to Fort Jackson to join other family members to witness his grandson's graduation from Company B. Sherry McMaster, the grandmother of a Soldier in Company C, provided special support by providing 200 miniature flags to the Soldiers in the company. The flags were folded by the Girl Scouts of Citrus Council Alumnae Association in Orlando, Florida.

The events concluded with the battalion opening its dining facility to more than 1,000 Soldiers and family members. Cadre and family members of the Rock Force Battalion served their guests while the family members were able to experience military dining at its finest.

Lt. Col. Scott Sonsalla, commander of the 3-34th, said it was his favorite graduation to date.

"Giving the families a chance to eat in the DFAC and share that with their kids was awesome," he said. "The support from the parents and grandparents was exceptional."



Sherry McMaster, whose grandson graduated with Company C, 3-34th, presents 200 miniature flags to Soldiers in the company.



Photos by DAVID SHANES, command photographer

## Retiring from service

Fifteen Soldiers are honored during Retirement Review Nov. 25 at the Post Theater. The retiring Soldiers are Sgt. 1st Class Christopher Murrin; Col. Benjamin McDonald; Sgt. 1st Class Thomas Johnson; Sgt. 1st Class James Brown Jr.; Col. Kimberly Cater; Maj. Michael Orecchio; Sgt. 1st Class Anthony Brown; Sgt. 1st Class Marcus Brooks; Capt. Ledesma Terry; Command Sgt. Maj. Lloyd Julius; Sgt. 1st Class Larry Sprock II; Sgt. 1st Class Philip Schuessler; Command Sgt. Maj. William Tramel; Sgt. Maj. Norman Wallace; and Master Sgt. Patrick Goodwin.



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## 187th celebrates Native American heritage

Soldiers, civilians and family members with the 187th Ordnance Battalion celebrate National American Indian Heritage Month with a historical presentation and a potluck featuring traditional dishes Nov. 21.

*Courtesy photo*



*Photo by CHAPLAIN (CAPT.) DANIEL CLAYPOOLE, 3rd Battalion, 60th Infantry Regiment*

## 193rd gives back to community

Twenty drill sergeants, cadre members and family members with the 193rd Infantry Brigade spend time with 10 veterans from E. Roy Stone, Jr. Veterans Pavilion recently. Among the veterans were one of the first drill sergeants to serve on Fort Jackson and a chaplain's assistant from World War II.

# CID warns about new carjacking scam

## Criminal Investigation Command

QUANTICO, Va. — The U.S. Army Criminal Investigation Command is warning the greater Army community about a new carjacking scam targeting unsuspecting holiday shoppers.

Criminal Investigation Command, commonly referred to as CID, special agents were recently alerted through law enforcement channels about a new ploy, in which criminals use the lure of free cash as a distraction. The crime provides crooks a window of opportunity to swoop in and rob unsuspecting victims of their belongings, including their vehicles.

“What we’ve heard is criminals will place a \$100 bill, usually on an individual’s windshield under the wiper blade, and while the victim is distracted and gets out to retrieve the cash, the criminals use the element of surprise to approach the vehicle and rob the victim of (his or her) belongings and car,” said Special Agent Mark Kerr, a CID agent with Headquarters, Army CID. “It’s the perfect distraction during the holiday season because everyone could use a little extra cash, especially if it’s free.”

According to the Maryland’s Attorney General’s Office the scam, initially reported to Prince George’s County law enforcement, has the potential to spread throughout the country. However, steps can be taken by the public to combat this scam.

Kerr said that should people discover money on their vehicle to quickly move to a safe, public location and to notify law enforcement or security personnel immediately. Lock your doors and do not get out of the vehicle to retrieve it.

The following safety tips are recommended by the CID to help ensure the greater Army community has a safe and secure holiday season:

- Have your keys in hand when approaching your vehicle. Check the back seat and around the car before getting in.
- Park in well-lit areas and as close to the store as possible.
- Avoid becoming an easy target for thieves by not purchasing more than you can safely carry.
- Plan ahead by taking a friend with you or ask a store employee to help you carry your packages to the car. If leaving a store late at night and by yourself, ask security

to walk you to your car if you feel threatened.

- Wait until asked before taking out your credit card or checkbook. An enterprising thief would love to “shoulder surf” to get your account information.
- Do not leave packages visible in your car windows. Lock them in the trunk or, if possible, take them directly home.
- Deter pickpockets. Carry your purse close to your body or your wallet inside a coat or front trouser pocket.
- Tell a security guard or store employee if you see an unattended bag or package. The same applies if you are using mass transit.
- If you are shopping with children, make a plan in case you get separated. Select a central meeting place and make sure they know they can ask mall personnel or store security employees if they need help.
- Always be alert and aware of your surroundings and do not blindly walk in public areas focused on your phone.

“It’s crucial that Soldiers, civilians and family members protect themselves throughout the holiday shopping season,” Kerr said. “Having a plan in the event of an emergency and being aware of your surroundings is the best way to keep from becoming a victim.”

## News and Notes

### AMMAN MESSAGE

The grand mufti of the Jordanian armed forces will deliver a message in moderate Islam, known as an Amman Message, at 1 p.m., today at the Armed Forces Chaplain Center auditorium.

### HOLIDAY CONCERT

The 282nd Army Band will perform a holiday concert at 7 p.m., Monday at the Koger Center for the Arts in Columbia. The concert is free, but tickets are required. For tickets, call 777-5112.

### HANUKKAH MENORAH LIGHTING

A Hanukkah menorah lighting service and celebration is scheduled for 7 p.m., Dec. 17 at Memorial Chapel. For more

information, call 751-3979.

### MLK DAY OBSERVATION

A luncheon in observance of Martin Luther King Jr. Day is scheduled from 11:30 a.m. to 1 p.m., Jan. 23 at the NCO Club. The guest speaker will be Charlene Keys, vice president of the South Carolina Division of Time Warner Inc. Tickets cost \$10.50 and may be purchased through the Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity leaders. For more information, call 751-4117/2990.

To submit an announcement, email [fjleader@gmail.com](mailto:fjleader@gmail.com).

Information subject to change.

## Victory Block Leave Gate Hours

The following gate hours will be in effect Dec. 22 through Jan. 1:

- |               |  |
|---------------|--|
| <b>Gate 1</b> | Closed   |
| <b>Gate 2</b> | Open around the clock  |
| <b>Gate 4</b> | Open 5 a.m. to 1:30 p.m., Monday through Friday<br>Closed on weekends, Dec. 25, Dec. 31 and Jan. 1 |
| <b>Gate 5</b> | Open 5 a.m. to 1:30 p.m., Monday through Friday<br>Closed on weekends, Dec. 25, Dec. 31 and Jan. 1 |

Normal hours will resume Jan. 2.

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

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

Friday December 5

**The Book of Life** (PG) 7 p.m. 1h 35m

Saturday December 6

**John Wick** (R) 2 p.m. 1h 41m

**Fury** (R) 4 p.m. 2h 14m

Sunday December 7

**Ouija** (PG-13) 2 p.m. 1h 29m

**Fury** (R) 4 p.m. 2h 14m

Wednesday December 10

**John Wick** (R) 2 p.m. 1h 41m

**Fury** (R) 4 p.m. 2h 14m

Friday December 12

**Big Hero 6** (PG) 7 p.m. 1h 42m

Saturday December 13

**John Wick** (R) 2 p.m. 1h 41m

**Interstellar** (PG-13) 4 p.m. 2h 49m

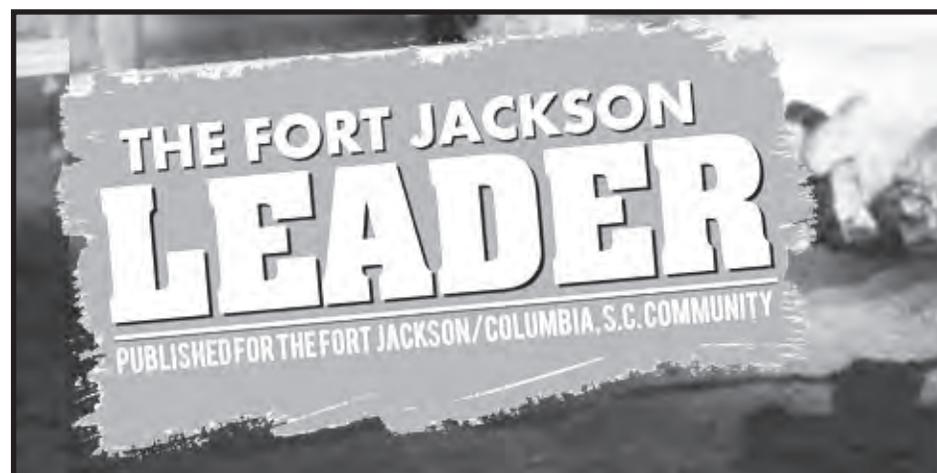
Sunday December 14

**Interstellar** (PG-13) 2 p.m. 2h 49m

Wednesday December 17

**John Wick** (R) 2 p.m. 1h 41m

**Fury** (R) 4 p.m. 2h 14m



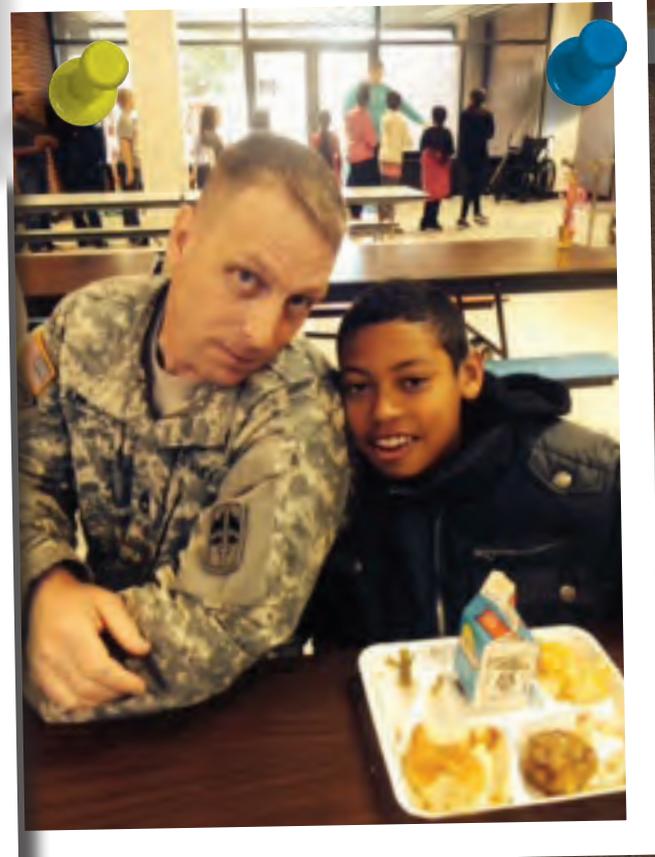
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## Giving thanks

*Courtesy photos*

Students at C.C. Pinckney Elementary School enjoy an early Thanksgiving lunch with parents Nov. 19. Clockwise from the top left are, Khalil Wright, third grade; Kinley Jonston, third grade; Maddison Brown, second grade; Hunter Blanchard, sixth grade; and Alessandro Velasquez, second grade.



# New branch offers challenges, opportunities

Fort Gordon Public Affairs Office

FORT GORDON, Ga. — Soldiers who want to defend the nation in cyberspace, as part of the Army's newest and most technologically advanced career field, now have an Army branch to join that will take its place alongside Infantry, Artillery and the other Army combat arms branches.

Army Secretary John McHugh and Chief of Staff Gen. Raymond Odierno approved the creation of the Cyber branch in September, as one of the first official steps in establishing a 17-series career field specifically dedicated to managing the careers and professional development of officers. The remainder of the 17-series career field management program is expected to be implemented by October, with both enlisted and warrant officer career paths.

"This is a historic development for our Army, for the Soldiers who are already defending the nation in cyberspace, and for those who will do so in years to come," said Maj. Gen. Stephen Fogarty, commanding general of the Cyber Center of Excellence. "Creation of the Cyber branch acknowledges the critical role that our cyber warriors play in the armed forces of today and tomorrow, and it will provide us with the structure to make certain that the highly skilled Soldiers who are selected for these positions are well-trained, professionally developed and appropriately assigned."

To support these goals, both the U.S. Army Cyber Center of Excellence, or CoE, at Fort Gordon, Georgia, and the Human Resources Command created personnel career management and proponent offices to lead and shape the future development of this new Army career field.

"The establishment of a Cyber branch shows how important and critical the cyber mission is to our Army and allows us to focus innovative recruiting, retention, leader development and talent management needed to produce world-class cyberspace professionals," said Lt. Gen. Edward Cardon, the commanding general of Army Cyber Command.

Cyber CoE officials say the United States' military networks evolved from providing communication systems and services to a warfighting weapons system. All of cyberspace is now considered a warfighting domain and an operational environment in which the Defense Department will conduct cyberspace operations. This new warfighting domain brings the need for a new type of Soldier capable of understanding cyberspace as an operational environment, just as an infantryman understands the land domain and a pilot the air domain.

"Every day, newspaper headlines underscore the importance of cyber defense to national security," said Col. Gregory Conti, director of the Army Cyber Institute at the U.S. Military Academy at West Point, New York. "The creation of the branch lays the foundation for a professional cyber force to best protect the nation."

The Cyber branch already reached a milestone accepting the first six officers for duty as cyber operations officers, in the 17A area of concentration. Five of the six will be assigned to the 780th Military Intelligence Brigade (Cyber), at Fort Meade, Maryland, with the sixth assigned to the Cyber Protection Brigade at Fort Gordon.

By October, enlisted Soldiers joining the career field



will be designated as military occupational specialty 17C, cyber operations specialist, and warrant officers will become 170A cyber operations technicians. The process for warrant officers and non-commissioned officers to transfer to career field 17 is under development.

Col. Jennifer Buckner, commandant of the U.S. Army Cyber School, within the Cyber CoE, said the branch will form in two phases, with a target of bringing almost 1,200 officers, warrant officers and enlisted Soldiers into the branch during the first phase, through 2016. In the second phase, the cyber branch will incorporate electronic warfare Soldiers in the 29-series MOS.

"Much of the infrastructure of the branch is still under development," Buckner said. "For example, for the time being, officers selected for the branch will attend either signal or military intelligence officer education courses. However, the Army needs outstanding young men and women with these qualifications now, so we will start to build the branch with the available institutional training and plan to evolve to cyber-specific courses in fiscal year 2016."

As the proponent for the Army's newest career field, the Cyber CoE is developing the accession standards and strategies for filling positions in the branch. Although the Army is currently accepting applications from second lieutenants through colonels, the Cyber CoE is still working on firm standards for entry into the branch, Buckner said. In order to be eligible, applicants must be able to obtain a top secret clearance and be able to pass and maintain a counter-intelligence polygraph and National Security Agency access, Buckner said. She added that a bachelor's degree in a science, technology, engineering or mathematics discipline would be a plus.

"Beyond that, we're still developing standards," Buckner said. "So my advice is, if you can meet the basic re-

quirements, feel you have something to offer to our Cyber branch and are motivated to join what will truly be an elite corps of professionals in our Army, then go ahead and apply."

Once accepted into the career field, officers, warrant officers and enlisted Soldiers will fill a wide variety of positions with cyber mission force units and traditional Army formations, including: cyber operator, analyst and planner positions. The branch will also include traditional leadership, command and staff positions.

Although a significant number of cyber positions will be located at Fort Gordon and Fort Meade as the majority of cyber elements are assigned there, cyber Soldiers will have assignment opportunities across the force. The Army's total force approach to cyber includes significant growth in the Army National Guard and Army Reserve's cyberspace capabilities and capacities.

"We believe the branch will attract high-quality talent to the Army, and many of those people, once they experience the opportunities available in the Cyber branch, will choose to stay," Conti said.

"I think membership in the Cyber branch presents an exciting, cutting-edge opportunity for the right Soldiers," Buckner said. "It will be a unique gathering of professionals, using skills that have become associated with the bad guys in our popular culture. But we'll be wearing the white hats — good Soldiers, doing good work in cyberspace for a great nation. I can't think of a more interesting and rewarding opportunity to serve than that."

For information on joining the Cyber branch as an officer, contact the Human Resources Command Cyber branch at (502) 613-5398/6614. Enlisted and warrant officer branch contact information will be released as it is established.

Fort Jackson Leader

4 min. · Fort Jackson, SC

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# CFC contributions could top last year's

By **DAVID VERGUN**  
Army News Service

WASHINGTON — This year's Combined Federal Campaign contributions for the Department of Defense are 85 percent ahead of last year's pace at this time in the drive, said a CFC executive.

While 85 percent seems high, the goal of \$11.3 million is just 30 percent attained, said Pete Rossi, who was at the Pentagon last week with other volunteers raising awareness and ginning up interest with a bake sale.

People tend to put off contributing until near the end of the campaign, which this year runs through Dec. 15, he said.

"I think there will be a strong finish this year," he said.

The low contributions last year, Rossi said, were almost certainly the result of sequestration and furloughs, something that fortunately didn't occur this year.

CFC is encouraging people to go online to donate.

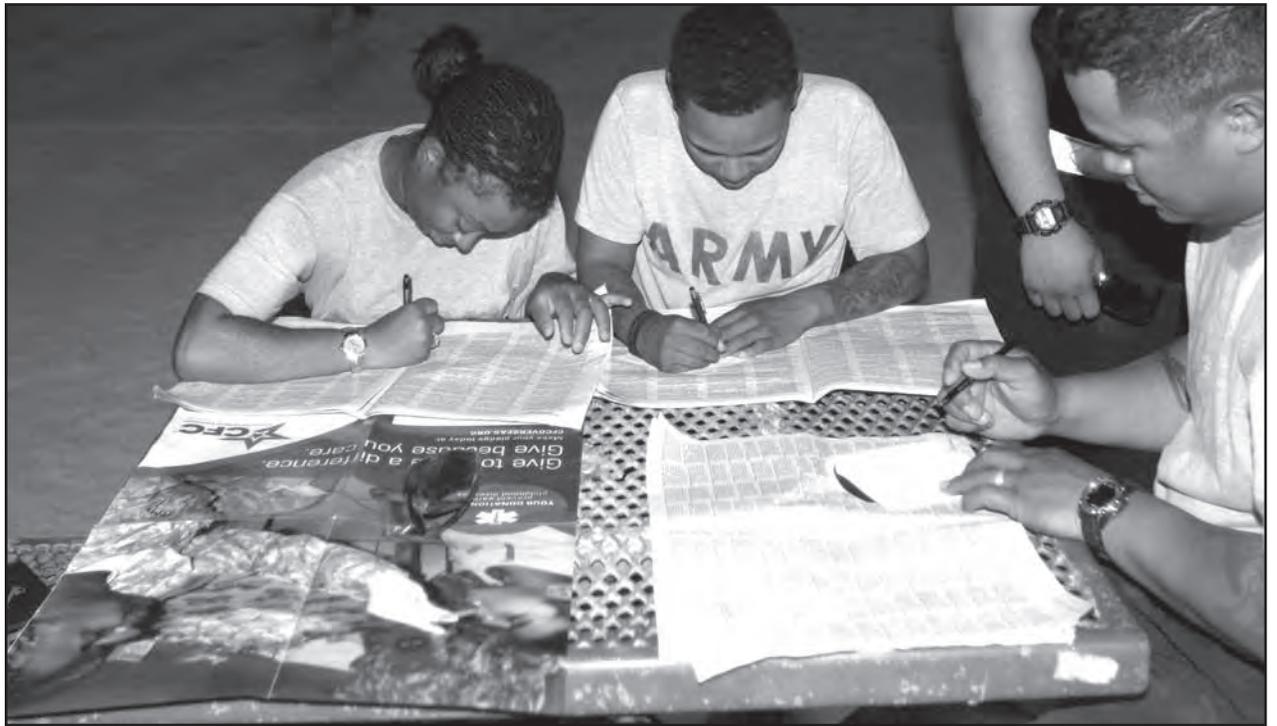
There are a number of reasons to donate online, said Giselle Whitfield, an executive from the Army Acquisition Support Center, Fort Belvoir, Virginia.

First, donations can be done at home or any place with Internet access, she said.

Second, the online catalog lists 25,000 charitable organizations, as opposed to just 4,000 in the print catalog.

Third, personal information is more secure online than by paper, she said, explaining that a person's Social Security number is more protected online than on paper, which someone has to carry around and then enter online anyway.

The DOD is moving away from paper enrollment, and by 2016 that will be the only way to enroll, she said, noting that this year and next are transition years away from



U.S. Army photo by STAFF SGT. BERNHARD LASHLEYLEIDN

**From left, Cpl. Brittany Robbins, Pvt. Chantey Fryer, and Staff Sgt. Toloai Sosene look through the Combined Federal Campaign book for a charity to donate to at Camp Buehring, Kuwait.**

paper.

To enroll online, Whitfield said, go to MyPay, which has step-by-step instructions, accessed by clicking on the CFC link under the Pay Changes category on the main page.

Not everyone likes to do things online, she admitted, relating that at a visit to a certain unit, there were a lot of older people who just preferred paper. The long transition

away from paper will be used to persuade and assist people like them to go online.

Every DOD unit has a CFC campaign manager who is designated to assist anyone needing help in contributing. Also, each command runs its own CFC campaign, and many have found really creative and fun ways to get people to contribute, she said.

## Shopping for federal health care might pay

By **DAVID VERGUN**  
Army News Service

WASHINGTON — Many federal employees say they are happy with their health insurance and are not planning to shop around for another.

That would be a mistake, said Federal Employees Health Benefits, or FEHB, expert Walton Francis, who is also an economist.

Francis estimated that some 50 percent of FEHB enrollees could save around \$2,000 a year by choosing a plan with lower premiums and out-of-pocket costs.

Shopping for an affordable plan is increasingly important because, officials said, the average premium rates for FEHB enrollees will increase about 3.8 percent, dental coverage rates will increase 1.7 percent and vision will increase about 1.5 percent.

The last day to shop around, Monday, is fast approaching though.

While going through the fine print on dozens of plans would be daunting for

anyone, Francis suggests at least reading the plan summaries, found within the 2015 guide published by the Office of Personnel Management. That guide can be found at <http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides>.

Francis hosted an online question and answer session, Dec. 1, in conjunction with the Washington Post Federal Diary.

One session participant's son has attention deficit hyperactivity disorder, which requires many appointments with therapists and psychiatrists. The participant wondered which plan was best for their family. Francis said all FEHB plans have to cover mental health the same as physical health. The key is to shop around and find a plan accepted by the mental health provider.

Another participant, who was planning on becoming pregnant, asked which plan is best for her growing family. Francis said that most plans give free or very low-cost maternity coverage — including delivery.

When it comes to health and dental plans, many federal workers use the

same plan for both. Francis said while that works for some, during open season it's a good idea to check if more savings could be realized by splitting dental and medical coverage into separate plans. As always, he said, employees should check with their doctor and dentist to see if those plans are accepted.

Francis also suggested a Flexible Spending Account for expenses that health, dental and vision plans don't cover, or even to pay co-pays on existing insurance.

Many federal workers are also military retirees who are covered by TRICARE. For them, Francis said, TRICARE "is a better deal on cost (premium, plus out of pocket) than any FEHB plan."

Additionally, Francis disagreed with one participant in the chat who suggested that FEHB plans were getting more "stingy."

"In fact, they are overall getting better as plans improve their offerings to meet Affordable Care Act standards, particularly in the areas of catastrophic maximums and preventive benefits," Francis said.

"Plans are, however, getting more heavily into pre-approval for expensive imaging like MRIs and specialty drugs."

Federal workers who are not shopping around each year for a plan that may be better than their current one are "making a big mistake," Francis said.

"First, without fail, consider you and your family's health status and consider that the match between the plan's benefits and what you need may no longer be so good.

"Second, download the plan brochure and look at the page on how benefits change for next year. You may see good news or bad news, but you need to know.

"Third, check to make sure that any really important doctors are still in your plan network next year, and while you are at it, find out what other networks they are in ... by calling the doctor's office," he said.

And finally, Francis said, "consider giving yourself a one or two thousand dollar increase in take-home pay and reduced spending by looking at just one or two other plans with lower premiums and equal or better benefits."

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# Home Cooking

## Soldiers celebrate Thanksgiving on post



Part of the command group at the 120th Adjutant General Battalion (Reception) helped serve Thanksgiving dinner last week at the unit's dining facility, right. Held on Nov. 26 — the day before Thanksgiving — the dining facility staff adopted a 'pirate' theme for the event. Staff wore costumes, eye patches and jewelry to help get into character, while the buffet lines were decorated with treasure chests and 'Jolly Roger' flags.

Photos by Wallace McBride



A buffet of fresh fruit, vegetables, cheeses and deserts were made available to Soldiers as part of their Thanksgiving meal, above. Drill sergeants paced the lines to remind new Soldiers — who were still uncertain about their circumstances — that they were allowed to have as much food as they liked.

CMYK

CMYK

27" WEB-100

## Calendar

**Friday, Dec. 5**

### Foreign Born Spouses and Hearts Apart holiday celebration

5:30 to 7:30 p.m., Main Post Chapel  
For more information, call 751-9770/1142 or email [patricia.a.guillory@us.army.mil](mailto:patricia.a.guillory@us.army.mil).

**Monday, Dec. 8**

### Flag football championship

6:10 p.m., Hilton Field Softball Complex

## Announcements

### 282ND HOLIDAY CONCERT

The 282nd Army Band will perform a free holiday concert at 7 p.m., Monday at the Koger Center. Doors open at 6:30 p.m. for photos with Santa. For ticket information, call 777-5112.

### YOUTH SPORTS REGISTRATION

Registration is open through Friday for youth basketball (ages 4 to 15) and cheerleading (ages 3 to 13). Participants must be registered with Child, Youth and School Services and have a current physical on file. Coaches are needed. For more information, call 751-5040/7451.

### IMMIGRATION HELP

An immigration outreach officer from the Charleston field office of U.S. Citizenship and Immigration Services will provide immigration assistance to Soldiers, family members, retirees and DOD civilians from 10 a.m. to noon, Jan. 16 at the Strom Thurmond Building, Room 222. For more information, call 751-1124.

### IMMIGRATION EXAMS

The Department of Preventive Medicine provides a physical exam, tuberculosis screening, laboratory tests and required immunizations for TRICARE beneficiaries who need to complete an immigration exam for U.S. Citizenship and Immigra-

tion Services. For more information or to schedule an appointment, call 751-5251.

### SPORTS SHORTS

■ Sports banquet; 11:30 a.m., Tuesday, Solomon Center. The event is open to anyone who has participated in the sports program throughout the year. Call the Sports Office to RSVP.

■ Letters of intent for intramural basketball are due to the Sports Office Wednesday. The coaches meeting is scheduled for Jan. 7 at Coleman Gym. League play starts 6 p.m., Jan. 13 at Coleman Gym.

■ Jingle Bell Run 5K run/walk, 8 a.m., Dec. 13, Twin Lakes. To register and to order a T-shirt, visit <http://bit.ly/1wxzE9o>.

■ IAABO clinic for basketball officials and scorers, 8 a.m. to 5 p.m., Jan. 11 and 12. Joe E. Mann Center. For more information, call 751-3486.

■ Power lifting meet, AAPL and APL sanctioned, 8 a.m. to 5 p.m., Jan. 17, Solomon Center. Weigh-ins are scheduled for 6 p.m., Jan. 16. For more information, call 751-3486.

■ Boxing smoker, 5:30 p.m., Feb. 21, Solomon Center.

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

### THRIFT SHOP NEWS

■ The Thrift Shop is hiring a bookkeeper. Apply at the store.

■ The Thrift Shop will be closed from Dec. 22 to Jan. 6.

■ Consignors are eligible for the Thrift Shop's new layaway and credit program.

■ Christmas items will be accepted through Dec. 11. They will expire Dec. 18.

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

### AAFES NEWS

■ AAFES has started its free layaway program for holiday shoppers.

■ AAFES is extending its return policy for items purchased from Nov. 1 to Dec. 24. Items may be returned or exchanged

until Jan. 31.

■ AAFES is conducting a "Sweet Holiday Story" contest through Dec. 25. Authorized shoppers may submit an essay of up to 500 words about one of their favorite holiday memories for a chance to win gift cards of up to \$1,000. For more information, visit [www.shopmyexchange.com/patriot-family](http://www.shopmyexchange.com/patriot-family).

### MILITARY CHILD OF THE YEAR

Operation Homefront is seeking nominations for the 2015 Military Child of the Year. Nominees must be legal dependents of Service members and between 8 and 18 years old. Nominations close Dec. 12. For more information, visit [www.militarychildoftheyear.org](http://www.militarychildoftheyear.org).

### COMMISSARY NEWS

The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit [www.commissaries.com/rwards\\_subscribe.cfm](http://www.commissaries.com/rwards_subscribe.cfm).

*Information is subject to change.*

*Visit the community calendar at <http://jackson.armylive.dodlive.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.*

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

## Housing happenings

### RV LOT

Recreational vehicles are not allowed to remain in the housing area except for loading and unloading. The Housing RV Storage Lot is authorized only for on-post residents who have registered their RV with the Housing Office at 4514 Stuart Ave. Registration of your RV is required before using the facility. Proof of residency, insurance and registration is required. Unauthorized RVs found in the storage lot will be towed at the owner's expense. For more information or to register your vehicle, call 751-9339.

### HOUSING RESOURCES

Any rental agreement should include the amount of rent to be paid, the date of the payment and rights and obligations of the tenant and the landlord. It is illegal to include any conditions that require the tenant to give up any rights under the law (e.g., right to sue). If the landlord includes any illegal conditions, they cannot be enforced. The tenant may sue the landlord in court and receive monetary damages and reasonable attorney's fees.

For more information, call a Fort Jackson housing counselor at 751-9323/5788/7566 or call the Staff Judge Advocate Office at 751-4287.



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# Stay healthy during the holiday season

By **ALISON CUCCIA**

*U.S. Army Public Health Command*

The holiday season can be a time of great celebration, gratitude and joy. However, the holiday season can also have a negative effect on health. High stress levels, lack of time for sleep and physical activity, and the overabundance of unhealthy food and alcohol often overpower us during this time and can lead to negative health effects down the road. In order to remain ready and resilient, Soldiers, family members and civilians should aim to enjoy the holiday season while preserving their health and well-being.

Between overcommitted schedules, financial burdens and family, friends or religious expectations, the holidays can be an incredibly stressful time. Military families often face added anxiety from worrying about loved ones on deployment this time of year. Even traditions that are meant to bring joy can feel stressful, chaotic and lonely to Soldiers and their families.

Many people do not realize the physical toll stress can take on the body. People with high levels of stress are more likely to use tobacco and eat unhealthy foods. These choices can lead to cancer, obesity and other chronic diseases. Stress does not only change behavior, it also changes levels of certain hormones in the body. These hormone changes suppress the body's immune system, making it harder to fight off diseases. Stress has been linked to illness ranging from

gastrointestinal distress to headaches to depression. Stress also increases fatigue, which can decrease performance and readiness among Soldiers.

Although some stressors during the holiday season may not be avoidable, there are ways to minimize the level of stress and, in turn, improve health. First, it is important to acknowledge when you are feeling stressed. Talk with people in your support network about your feelings as it may help ease your burden. Recognize activities that re-energize you, and schedule time for those important activities. Whether it is reading, running, yoga, watching TV or spending time with friends, these activities can help you remain balanced and happy in this busy time. Exercise has proven to be an extremely effective stress reliever. Make exercise a priority during this time to help improve stress levels and to offset holiday weight gain.

Holiday weight gain is extremely common in the United States. The National Institutes of Health conducted a study demonstrating that Americans gain significant weight between Thanksgiving and New Year's Day and have a difficult time losing this weight gained over the course of a year. Excess weight from the holiday season can accumulate over time, leading to obesity, diabetes and heart disease.

Holidays are particularly detrimental to waistlines for a variety of reasons. Often, holiday celebrations involve large amounts of unhealthy food and alcohol. For example, holiday parties almost would not feel complete without some seasonally favorite high-calorie snacks, desserts and alcohol.

Although these events are a way to celebrate, it's important to make smart choices and always remember moderation. An easy way to avoid overconsumption at a holiday event is to eat before the party. It is easier to avoid consuming large amounts of unhealthy food when your stomach is already full with a balanced meal.

There are also some quick tips to avoid overconsumption when at a holiday party. First, avoid socializing near the food and drinks. When hovering next to a snack bowl, it is easy to eat mindlessly, which may cause you to eat more calories than needed without even realizing it. It's also useful to use the smallest plates available when getting food. Studies have shown that people who use smaller plates eat fewer calories and still feel satisfied. Further, avoid liquid calories, including sugar-sweetened beverages and alcohol. These beverages do not keep you full as long as food does, yet they can add many calories to your diet. Remember, you can always bring a healthy dish to a holiday party. You may be surprised at how many people are grateful for a healthy option.

The holiday season is often the busiest season of the year. This can leave little time to focus on well-balanced meals. Holiday parties filled with tasty and nostalgic treats, busy schedules and stress can take a toll on physical well-being. Enjoy your holidays, but do not allow the season to derail your health. As always, remember that moderation is the key to a balanced lifestyle. It can help you remain happy and healthy during this holiday season and beyond.

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## Flu shot schedule

Patients who are enrolled at Moncrief Medical Home may receive influenza vaccines from 8 to 11:30 a.m. and 1 to 4:40 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and from 9 to 11:30 a.m. and 1 to 4:30 p.m., Thursdays.

Influenza vaccines are also available on the 10th floor at MACH for beneficiaries 4 and older during the following times:

- Mondays, Tuesdays 8 a.m. to 4 p.m.
- Wednesdays 8 a.m. to 6 p.m.
- Thursdays 8 a.m. to 4 p.m.
- Fridays 6 a.m. to 4 p.m.

For more information, call 751-4669.

Walk-in flu shots for children 3 and younger are available at MACH, Room 6-39, from 9 to 11 a.m. and 1 to 3 p.m., Mondays, Wednesdays and Fridays.

In addition, TRICARE retail network pharmacies will administer free seasonal influenza vaccines during the 2014/2015 flu season. Beneficiaries who receive the influenza vaccination from non-military facilities are asked to provide immunization data to the MACH shot immunization team on the sixth floor of the hospital.



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# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Sgt. Bobby Smith**  
Company C  
2nd Battalion,  
39th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pvt. Arlin Knight

### SOLDIER OF THE CYCLE

Pfc. Esther McIlwain

### HIGH APFT SCORE

Pvt. Arlin Knight

### HIGH BRM

Pvt. Kevin Montgomery



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

### SOLDIER LEADER OF THE CYCLE

Pvt. Morris Marshall

### SOLDIER OF THE CYCLE

Pvt. Andrew Linch

### HIGH APFT SCORE

Pvt. Brian Darling

### HIGH BRM

Pvt. Vincent Gabriele



**Staff Sgt. Ashley Moore**  
Company E  
2nd Battalion,  
39th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pvt. Euvelyn Quicquic

### SOLDIER OF THE CYCLE

Pvt. Karlton Schlotthauer

### HIGH APFT SCORE

Pvt. Roman Myasnikov

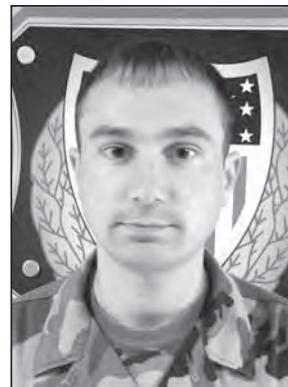
### HIGH BRM

Pvt. Isaiah Morgan

## Weekly honors



**Capt. Christopher Delaney**  
Distinguished honor graduate  
Captains Career Course  
Adjutant General School



**Capt. Roman Natrasevski,**  
**Republic of Moldova**  
International honor graduate  
Captains Career Course  
Adjutant General School



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## December Promotions

Name	Rank
BURGESS, Charles M.	LTC
HARVEY, Christopher Sr.	LTC
NELSON, Anthony C.	MAJ
REED, Lex M.	MAJ
BULLARD, Treasure J.	CPT
HUMPHREYS, Sharonda N.	CPT
KENDAL, Ayana C.	CPT
REGALADO, Luis L. Jr.	CPT
SUAREZ-RODRIGUEZ, Reynaldo	CPT
TEMPLE, Jacob N.	CW3
WHITNEY, Tobey J.	MSG
CHANCEY, Taikeila T.	SFC
COLLINS, Mark A.	SFC
CUNDIFF, Kevin R.	SFC
POIRIER, Jeremy S.	SFC
REDDICK, Cornell A.	SFC
RODRIGUEZ, Luis A.	SFC
SMITH, Joshua J.	SFC
TURNER, Maria L.	SFC
ALEXANDER, Cedric N.	SSG
BASSMAN, Peter D.	SSG
LAW, Regina U.	SSG
LEVA, Christine T.	SSG
ORTIZ, Jeremy D.	SSG
RONDON, Seanette L.	SSG
TAIB, Virginia A.	SSG
WOODARD, Lionel C.	SSG
BROWN, Alena G.	SGT
CHAMBERS, Adam T.	SGT
CHRISTIAN, Newman J.	SGT
COAKLEY, Sonia B.	SGT
FOX, Javest L.	SGT
NUNEZ-PUELLO, Tathia C.	SGT
OKORIE, Onuoha U.	SGT
LEE, Silvana A.	SGT
MARTINEZ, Osvaldo R.	SGT
WEATHERSBY-DAWSON, Terrica	SGT
ZIRPOLO, Patrick P.	SGT

## TEN KEY INDICATORS OF POTENTIAL TERRORIST-ASSOCIATED INSIDER THREATS TO THE US ARMY

1. Advocating violence, the threat of violence, or the use of force to achieve goals that are political, religious, or ideological in nature.
2. Advocating support for international terrorist organizations or objectives.
3. Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.
4. Association with or connections to known or suspected terrorist.
5. Repeated expression of hatred and intolerance of American society, culture, government, or principles of the U.S. Constitution.
6. Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. Forces, or that promote international terrorism or terrorist themes without official sanction in the performance of duties.
7. Expressing an obligation to engage in violence in support of international terrorism or inciting others to do the same.
8. Purchasing bomb making materials or obtaining information about the construction of explosives.
9. Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities.
10. Family ties to known or suspected international terrorist or terrorist supporters.



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# Worship Schedule

## PROTESTANT

■ Sunday  
 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
 9:30 a.m. Hispanic, Magruder Chapel  
 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, U.S. Army Chaplain Center and School, Fox/Poling Lab

### Protestant Bible Study

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

### Protestant Youth of the Chapel

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

## CATHOLIC

■ Monday through Thursday

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

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

## ANGLICAN/LITURGICAL/EPISCOPAL

■ Sunday  
 8 a.m. Anderson Street Chapel

## ISLAMIC

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

## JEWISH

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

## CHURCH OF CHRIST

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

## LATTER DAY SAINTS

■ Sunday  
 9:30 to 11 a.m. Anderson Street Chapel  
 ■ Wednesday  
 3 to 5 p.m. LDS family social, Anderson Street Chapel  
 ■ Wednesday  
 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

## ADDRESSES, PHONE NUMBERS

**Anderson Street Chapel**  
 2335 Anderson St., 751-7032  
**Bayonet Chapel**  
 9476 Kemper St., 751-6322/4542  
**Daniel Circle Chapel**  
 3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478  
**Education Center**  
 4581 Scales Ave.  
**Chaplain Family Life Center**  
 5460 Marion Ave (to the side of the POV lot), 751-4961  
**Magruder Chapel**  
 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  
**U.S. Army Chaplain Center and School**  
 10100 Lee Road  
**Warrior Chapel (120th AG Bn.)**  
 1895 Washington St., 751-5086/7427  
**Installation Chaplain's Office**  
 4475 Gregg St., 751-3121/6318

Report Suspicious Activity or Behavior

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 ARMY**

**iREPORT**

**i KEEP US SAFE**

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Say Something



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