

THURSDAY, JAN. 8, 2015

THE FORT JACKSON LEADER

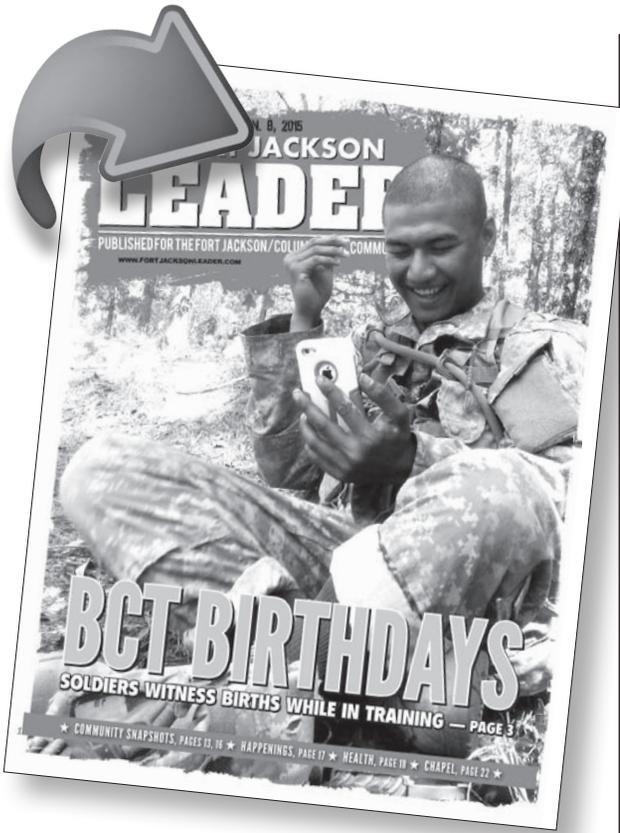
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BCT BIRTHDAYS

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ON THE COVER

Courtesy photo

A Soldier with the 3rd Battalion, 34th Infantry Regiment, watches his child's birth on a smart-phone May 7 during a field training exercise. **SEE PAGE 3.**

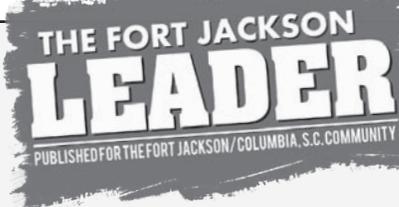
NEWS



Courtesy photo

Back at work

Soldiers with Company A, 2nd Battalion, 60th Infantry Regiment navigate the Team Development Course Tuesday. Training began this week after a two-week break for Victory Block Leave.



Fort Jackson, South Carolina 29207

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- ★ Promote physical, emotional, social, Family and spiritual strengths
- ★ Honor the service and sacrifices of those who serve our Nation

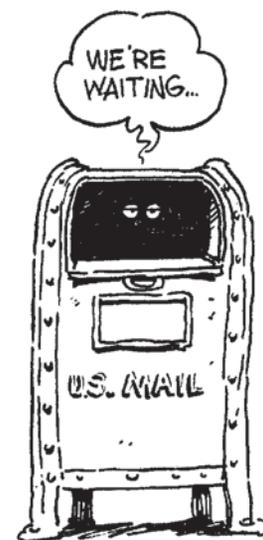
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THE FORT JACKSON LEADER

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Visit the Fort Jackson Leader at www.fortjacksonleader.com

Creating family bonds

Chaplain connects BCT Soldier dads, newborns

By **ANDREW McINTYRE**
Fort Jackson Leader

Eight Basic Combat Training Soldiers assigned to the 3rd Battalion, 34th Infantry Regiment, got face time with their newborn children, thanks to Chaplain (Capt.) Colt Randles, the battalion chaplain.

“Three cycles ago, I started to actively seek out Soldiers who were having children born to them while in Basic Combat Training. I worked with our unit ministry teams and it was implemented in our new Soldier in-briefs,” said Randles. “During those in-briefs I asked who was having a child and if they would like any assistance on making contact as the child’s birthday came closer, and across the battalion we had about a dozen or more raise their hands.”

Randles said many of the Soldiers families were excited about the opportunity of connecting with their Soldiers although they could not physically be present.

“Most of the time I would have a phone call with the spouse and we would check our communication link. We typically would find an app like FaceTime or Skype that we could use for any type of phone,” Randles said. “I would have (the family) give me about a two-hour notice and then a one-hour notice, and that’s when I would make contact with the Soldier and allow him to go to a private, quiet place to watch the birth.”

He said his chain of command and the unit’s drill sergeants supported the mission as well.

“One time, it was a drill sergeant of the Soldier that got to the Soldier before I did and helped the Soldier in the same way that I was intending to by using FaceTime to allow the Soldier to see his child being born,”

Randles said. “That particular Soldier was on a (field training exercise) and the water broke at two o’ clock in the morning, so it was not quite possible to get to that Soldier but that’s when the drill sergeant stepped in to help.”

He said six Soldiers connected with their families shortly after the birth and two during the moment of birth.

“With child birth it’s always been something that is kind of hit or miss. The times can change at any moment,” he said. “We did the best we could by finding a time that was feasible for both the families and the Soldiers’ training schedules.”

Randles said he got the idea to connect Soldiers and their loved ones because he has been away from his family for extended periods of time and knows the feelings BCT Soldiers may struggle with.

“I have been deployed before. I’ve been away from my daughter, and I’ve taken advantage of other media opportunities to connect with her such as the ‘United through Reading’ program ... seeing a moving picture helps when you’re not able to be physically present,” he said.

Randles said the ability for Soldiers to witness their children’s birth sometimes resonates through generations. One of the Soldier’s grandmother told him that her husband was in Vietnam when their daughter was born and it took months for the husband to see a photo of his child.

“To have a previous generation show gratitude for something that was not possible years ago was historic feedback on how it impacted that family and me,” Randles said. “(Doing this) shows that the Army cares about families. A win for the family is a win for the Army and those groups and individuals who have seen this on Facebook have been impacted as well.”

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Courtesy photos

Above, Pvt. Tanner Smith holds his 1-month old daughter Taylor during Family Day Sept. 3. Smith was able to see his wife, Jordan, deliver their daughter Aug.11 via FaceTime while he was in Basic Combat Training with the 3rd Battalion, 34th Infantry Regiment. Left, Chaplain (Capt.) Colt Randles, 3-34th, started a program last year that allows Soldiers in Basic Combat Training witness the birth of their children via the Internet. He is pictured with his wife, Jami, and their children Liberty, 7, Noah, 4, and Maddox, 5.





Courtesy photo

Fort Jackson Soldiers who stayed on post during Victory Block Leave are honored during a South Carolina Stingrays hockey game Dec. 28 in North Charleston. During the holiday break Soldiers were able to attend several sporting events and visit area attractions.

Holdover Soldiers keep busy during VBL

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson's primary mission went on hold for two weeks as thousands of Soldiers in Basic Combat Training went home for the holidays.

Approximately 8,000 Soldiers-in-training left the post during Victory Block Leave, the longest scheduled interruption in training of the year. For some, going home wasn't practical, thanks to the time and expense needed to get there and back over the two-week break.

This meant the post had to find ways to keep almost 200 Soldiers who stayed behind occupied and entertained during the break.

"Each battalion had about 10 Soldiers who didn't go anywhere," said Maj. Daniel Grieve, executive officer for the 1st Battalion, 13th Infantry Regiment. "Because it's still BCT you have to keep them supervised, so they were consolidated here."

The mission of supervising Soldiers during the holiday break is shifted to a different battalion every year, he said. Fort Jackson's Family and Morale, Welfare and Recreation office is tasked with providing entertainment.

"We never know how many Soldiers we're going to have each year," said Chuck Stoudemire, recreations delivery programmer for FMWR. "We usually know they day they're starting to arrive at the unit."

The biggest obstacle is getting an accurate head count to vendors in advance of the events planned for Soldiers during VBL, Stoudemire said.

"Until a few days before VBL begins, we really don't know that number," he said. "It kind of makes it challenging."

Soldiers were issued day passes that allowed them to get a closer look at the post than they would otherwise

see during BCT, but they also spent a great deal of time traveling the region, Grieve said. Among the activities were trips to see games by the South Carolina Stingrays hockey team, the Charlotte Hornets and the University of South Carolina's men's basketball team. Soldiers also visited Riverbanks Zoo.

"Every day they had some sort of activity arranged," Grieve said. "FMWR did a great job. We were just responsible for (supervising) them."

Spc. Alexander Jabin, 3rd Battalion, 13th Infantry Regiment, was among the Soldiers to stay at Fort Jackson during the break. The California native relocated to Pennsylvania last summer, but said he has invested his future in a career in the Army.

"There's no place else I wanted to go," he said. "I sold my apartment to come here and had no home to go back to during the break."

Jabin said the camaraderie with other Soldiers in his position provided him with the sense of family he needed during VBL.

"I'm not much of a sports fan, but they still made it interesting," he said. "At the hockey game they wanted volunteers for the shoe run where you run barefoot on the ice to your shoes. It was a fun part of the experience. I didn't have much of a family growing up, but I felt bonded to everyone I was with who was staying through VBL. I wouldn't normally have done those activities on my own, but that fact that I did them with everyone made it more of a memory."

Grieve said Soldiers had a lot of free time during the break and were greatly relieved to find out they weren't going to pick up the slack of departing Soldiers.

More than a few were happy for a chance at eating a meal not prepared at one of the post's dining facilities.

"Most of them went to Burger King," Grieve said. "They thought they were going to be doing the worst-of-the-

worst details. We still had to have supervision, so the drill sergeants were with them the whole time."

The Soldiers were on a half-day schedule, beginning with PT in the morning, with their assigned tasks wrapping around noon.

"They spent their morning working, then we gave them an on-post pass from noon until about 4:30 so they could use their battalion privileges," Grieve said. "There was a lot of free time for them. The day room was set up for them by FMWR with televisions, video game consoles and board games."

FMWR began moving the entertainment devices to the battalion dayroom two days before the start of VBL.

"Everything (is) already on site and ready for them when they arrive," Stoudemire said. "We have six entire game system cabinets that have widescreen TVs and Xbox and Wii systems that we bring over. We also bring ping pong tables and 50 to 75 different board games."

Xbox is the most popular item, he said.

"Everyone loves the Xbox," he said. "They love the video games, and we bring basketballs, baseballs and footballs, and they enjoy that, too."

The Columbia community also helped to make sure Soldiers weren't bored during the holiday. Grieve said churches and civic groups held several banquets for Soldiers, and there was never a shortage of food.

"One organization brought 170 dozen cookies for the Soldiers who were still here," he said.

Jabin said the afternoons were a good opportunity to reconnect with the outside world.

"It was nice to find out where the library was and the Education Center," Jabin said. "When I had my on-post pass, I'd use the Internet to check current events. My biggest concern was that I might have had a bill or something that needed to be paid, so it was nice to see everything was fine."

Milton.W.McBride3.ctr@mail.mil



Photo by C. TODD LOPEZ, Army News Service

Most Soldiers will receive a one-percent basic pay increase starting Jan. 1. In addition, the basic allowance for subsistence will increase by 2.9 percent.

Soldiers to get pay raises in 2015

DOD News

WASHINGTON — Most Soldiers will receive a one-percent increase in basic pay in January along with a 2.9-percent increase in their basic allowance for subsistence.

The new rates for basic pay, basic allowance for housing, basic allowance for subsistence, and the cost of living allowance rates for the contiguous United States took effect Jan. 1.

Basic pay for Service members will increase one percent, except for general and flag officers, who will not see an increase in 2015. For example, a specialist or corporal with three years of service will see an increase in basic pay of \$22.20 per month, whereas an Army captain with six years of service will receive a basic pay increase of \$54.30 per month.

Basic allowance for housing, or BAH, rates for Service members in 2015 will increase on average \$17 per month, or half a percent. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and

without dependents.

Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of one percent to rates, was eliminated, and the Fiscal Year 2015 National Defense Authorization Act reduced housing rates on average one percent for Service members.

However, individual rate protection for Service members remains an integral part of the BAH program, officials said. This means that even if BAH rates decline — including through the elimination of renter's insurance and the reduction in the calculated rate — a Service member who maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that Service members who have made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

Service members can calculate their BAH payment by using the basic allowance for housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.

The 2015 basic allowance for subsistence rates for military members will increase by 2.9 percent over last year. The new rates are \$367.92 per month for enlisted members and \$253.38 per month for officers

The annual adjustments to basic allowance for subsistence, or BAS — a monthly nontaxable cash payment to military members intended to be used to buy food — are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased BAS rates, officials explained.

The Defense Department also released its 2015 contiguous United States cost of living allowance rates, or CONUS COLA. Roughly 12,000 members will see a decrease in their CONUS COLA payments, whereas some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location.

Service members may calculate their CONUS COLA rate at www.defensetravel.dod.mil/site/conusCalc.cfm.

Roth TSP election requirements change

By **ABIGAIL C. REID**

Federal Retirement Thrift Investment Board

If you're an active duty member of the Army, Air Force, or Navy making dollar-amount Roth contributions to your TSP account, these deductions will stop Jan. 31 unless you act now.

WHAT HAS CHANGED?

As of Jan. 1, a change in myPay requires you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don't comply with this change, then the Defense Finance and Accounting Service, or DFAS, will not be able to process your Roth contributions. This change affects Roth contributions only; traditional

contributions are already designated as a percentage of pay. and return it to your service.

WHEN DID THE CHANGE TAKE EFFECT?

The new requirement took effect Jan. 1. If your new Roth election is not received by Jan. 31, DFAS will not be able to process your Roth contributions until you update them in myPay.

HOW TO MAKE THE CHANGE

Log into myPay. Click on the TSP section called "Traditional TSP and Roth TSP." Then, in the "Contribution from Roth TSP" section, you can enter the percentage of your pay that you would like to contribute (10 percent, for example). Finally, click "Save" at the bottom of the screen. You may also download the January 2015 version of Form TSP-U-1 from the Forms & Publications section of tsp.gov

WHY YOU SHOULD MAKE THE CHANGE

When you make Roth contributions, you pay taxes on the money you save before it goes into your TSP account. So you pay no income taxes when you take it out, and your earnings can also be tax-free if you have reached age 59 1/2 or have a permanent disability and five years have passed since the year of your first Roth contribution.

As a member of the uniformed services, you can make Roth contributions from tax-exempt pay, basic pay, incentive pay, special pay and bonus pay. If you make contributions from tax-exempt pay earned in a combat zone, you won't pay taxes on your contributions, and you'll have the opportunity for both tax-free growth and tax-free withdrawals.

News and Notes

CIF RELOCATION

The Central Issue Facility has relocated to 12650 Jackson Blvd., the former TSC building. All administrative transactions will be conducted in the main office. In- and out-processing; direct exchange; student class issue; safety boot issue; maternity uniform issue; and additional issue will be processed on the north side of the building. The operating hours for the administrative offices are 7:30 a.m. to noon and 12:45 to 3 p.m. Additional issue is open from 12:45 to 3 p.m.; in- and out-processing by appointment only; all other offices are open from 8 a.m. to noon.

OUTPATIENT PHARMACY HOURS

Effective immediately, Moncrief Army Community Hospital's Outpatient Pharmacy will open at 9 a.m., every third Thursday of the month. Regular opening hours are from 7:30 a.m. to 5:30 p.m., Monday through Friday and from 7:30

a.m. to noon, Saturday.

MLK BIKE RIDE

Family and Morale, Welfare and Recreation will host a free bike ride at 8 a.m., Jan. 19 at Marion Street Station in recognition of Martin Luther King Day. Bikes and helmets will be provided. Advance and same-day registration is available.

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.

Information subject to change.

To submit an announcement, email fjleader@gmail.com.

Reel Time Theaters

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Ft. Jackson Movie Schedule

PH (803)751-7488
Adult \$5.50/Child (6-11): \$3.00
3D: Adult \$7.50/Child (6-11): \$5.00

3319 Jackson BLVD

Ticket sales open 30 minutes prior to each movie

Movie times and schedule are subject to change without notice

Friday January 9

Hunger Games Mocking Jay Part 1 (PG-13)

2h 3m 7 p.m.



Visit the Fort Jackson Leader website at www.fortjacksonleader.com

CID offers tips for social network safety

Criminal Investigation Command

QUANTICO, Va. — As a result of recent world events and a continual effort to protect the force, special agents with the U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit are strongly recommending that all affiliated with the U.S. military, review their social media accounts to make sure they are using the best security settings to protect their online profiles.

Social media platforms such as Facebook, Twitter and LinkedIn are powerful tools that can help bring communities together. However, a person's online profile can provide cyber criminals with an endless pool of personal information and potential targets to be exploited. As such, it is vital that people stay on the alert and be personally responsible for their online presence to protect themselves, their loved ones and the Army.

CID is providing the following information to help people part of the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.

THINGS TO KNOW

- The internet does not forget. Once something is posted on a social networking website it can spread quickly, and no amount of effort can delete it. Do not post anything you would be embarrassed to see on the evening news.
- You are not anonymous. Cyber criminals have the capability to gather and exploit both individuals and organizations if the information is out there.
- More isn't always better. Participating in multiple social networking sites significantly increases a person's risk, and affords cyber criminals alternate avenues to strike and gather information.

HOW TO PROTECT YOURSELF:

- Know the terms on social networking websites. Facebook, Twitter, LinkedIn and other social networking sites frequently change their privacy and user policies. Social networking sites' privacy settings default to everyone. This means anyone can view your profile, not just the people you know. Securely configuring one's account will minimize who can see your information.
- Safe social networking. Never disclose private information when using social networking websites. Be very selective whom you invite or accept invitations from as criminals often use false or spoofed profiles to gain access to personal and private information, such as birthdates, marital status and photographs. Social media posts that contain personal identifying information, or PII, digital photos that contain metadata (i.e., information written into the digital photo file such as who owns it, contact



Screenshot

The U.S. Army Criminal Investigation Command, or CID, urges social media users to follow security tips to prevent their accounts from being hacked or their personal information to be compromised.

information, location and Internet search terms) can be used against you and your family.

- Click with caution. Always use caution when clicking on links in social networking posts, even from someone you know. Reports of personal social networking accounts being hacked by criminals have increased in recent years. A link that appears to be benign in nature may in fact contain embedded malware that can compromise your device. Once compromised, any data on your device can be exploited.

- Hide your profile from search engines. This can be accomplished by going to the social networking site account settings and unchecking the "Public Search Results" box. This will remove your public preview from Google, Bing, and Yahoo search returns.

- Check-out and tag-out. Do not use check-ins or post your specific location on social media. Also, prevent people from "tagging" you in photos and videos.

- Login no-nos. Do not use your social networking site to login to other sites or use the save password, remember me, and keep me logged in options from a public or shared device. Use strong, unique passwords and never use the same password for all online accounts.

- Install/update your anti-virus/firewall software. Anti-virus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.

As a service to the Army and DOD communities, the Computer Crime Investigative Unit has produced comprehensive how-to guides to safely configure a person's Facebook and Twitter accounts. Configuration guides for other social networking platforms will be available in the near future.

To download the guide, visit <http://www.cid.army.mil/documents/CCIU/2can/SocialNetworkingSafetyTips.pdf> and select the respective guide at the bottom of the page.

Additional information about computer safety and cyber related crimes can be found on the U.S. Army Criminal Investigation Command's CCIU Web page at <http://www.cid.army.mil/cciu.html>. Select the Cyber Crimes Advisories on the left side of the page to review previous cyber crime alert notices and prevention flyers.



Drawdown to impact communities

By DAVID VERGUN
Army News Service

WASHINGTON — The drawdown is and will continue to impact many communities across America and, in turn, communities have an impact on the drawdown as well, according to a recent report.

The 147-page report, released in October 2014, goes by the title, “Finding of no significant impact: Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment,” or SPEA/FNSI.

The SPEA/FNSI is the first step in the analysis that the Army goes through in deciding where it will station troops, particularly now in the case of the drawdown, according to Cathryn Kropp, environmental specialist with Installation Management Command, Army Environmental Command, Fort Sam Houston, Texas.

The good news is, as troops are removed from installations and the nearby communities, the environment generally improves, she said, meaning less carbon footprint and less drain on infrastructure like gas, water, electric etc.

The bad news, on the other hand, is that communities usually have significant socio-economic impacts, often negative, she said, meaning fewer Soldiers and families shopping and buying or renting dwellings, which in turn lowers property values and the tax base.

Sales, income, employment, population are the socio-economic impact variables. At some installations like Fort Drum, New York; Fort Riley, Kansas; Fort Sill, Oklahoma; Fort Leavenworth, Kansas; and Fort Stewart, Georgia, all four of the variables reflect negative impacts, she said.

“You can really tie that with the comments from the community,” she said. “Those communities with the most significant impacts are going to fight the hardest to keep the military there because their livelihood depends on (it).”

Although the majority of public comments were directed at keeping troops at their installations, some were not, she said. Some comments received suggesting even more troops should leave were from Hawaii, Colorado and a few other places.

Environment and socio-economic impacts are just a few factors the Army — ultimately the secretary of the Army — considers when contemplating where force structure declines take place by 2020, she emphasized.

For instance, the Army knows which communities have been improving roads, housing, hospitals and schools, but it doesn’t know what the communities are planning for the future, she said. As a result, the Army is conducting listening sessions with communities to hear about their future plans for improvements. This will have an impact on the Army’s future stationing plans.

Other factors affecting the Army’s decisions on where to cut or move troops include how many buildable acres remain on each installation, quality of life on the installation for Soldiers and families such as medical care, how



Photo by DAVID VERGUN, Army News Service

The October 2014 “Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment” lists every Army installation in the United States and shows environmental and socio-economic impacts the drawdown would likely have.

installations are geographically distributed and their distance to anticipated world threats, seaports and airports needed for deployments, how much maneuver land is available for training, number of environmental concerns and so on. All this data is still being gathered and is not part of SPEA/FNSI, she said.

Any cuts that happen as a result of this latest analysis won’t happen until October, so it’s likely that the secretary of the Army will make his announced decision sometime before then, pending any congressional requirements.

The Army does not intend to cut the maximum amount studied at every installation. That doesn’t mean that no installation will get the maximum cuts studied, she said. This gives the Army more flexibility in making the cuts.

There was a lot of “public outcry” over the SPEA/FNSI, Kropp said. About 110,000 comments from the public were heard before this report was released, in October. Commenters included mayors and members of Congress.

During the public comment period, “June to August we were very busy,” Kropp said, adding that she read most of the comments. All comments were reviewed, analyzed and summarized in the findings of the SPEA/FNSI.

REPORT BACKGROUND

When the programmatic environmental assessment was done in 2013, the Army was focused on brigade com-

bat teams, known as BCTs, she said. The installations affected by cuts were those with BCTs.

But now to get down to further reductions, it’s no longer BCT-based installations that will be experiencing cuts. “There’s a lot more fear among installations that they’ll be the ones to be cut,” Kropp said.

In 2013, the Army looked at 21 installations and prepared for the reduction of 70,000 Soldiers. At the time, the Army was going down from 560,000 active to 490,000.

Then, the 2014 Quadrennial Defense Review came out, she said, which stated that 490,000 is not sufficient to balance manpower with modernization and readiness requirements. The number would need to go down much lower to 450,000 or 440,000.

Also, if sequestration kicks in again in fiscal year 2016, the force would need to be further reduced to 420,000.

As a result, more installations were looked at for Soldier and Army civilian reductions and were included in the report, with projections for alternate force reductions, due to the uncertainty surrounding sequestration, which has an impact on planning.

The SPEA/FNSI is required under the National Environmental Policy Act of 1969.

Editor’s note: The Fort Jackson listening session is tentatively scheduled for 2 p.m., Feb. 26 at Shandon Baptist Church.

Fort Jackson Leader

4 min · Fort Jackson, SC

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Here comes Santa Claus

Illness inspires Army family to donate toys to area hospital

By WALLACE McBRIDE
Fort Jackson Leader

A little girl from Fort Jackson played Santa Claus to the young patients at Palmetto Health Children's Hospital in December.

It wasn't so long ago that Sienna Maynard was a patient at the hospital, herself. In 2013, the now 4-year-old broke a femur, resulting in surgery and a week's stay at the Palmetto Richland Children's Hospital. The break was the result of Ollier disease, a rare genetic disorder that creates tumors near growth plate cartilage in the bones.

"Ordinarily, when you break a bone, you have a cast put on and call it done," said her mother, Jessica Maynard, whose husband is Staff Sgt. Andrew Maynard, a drill sergeant with 2nd Battalion, 60th Infantry Regiment. "But, because she has those tumors, she had to have surgery to have a plate put in to strengthen her bone. She was at the hospital for three days."

While there, Sienna played with the toys provided by the hospital. Jessica said her daughter continued to talk about the toys, even after returning home.

"I asked her if she wanted to bring toys in," she said. "She wanted to bring toys so all the kids could have something cool to play with."

Sienna is scheduled to have additional surgery for her fracture this year.

"She has to have the metal plate taken out, and have a metal rod put in," Jessica said. "Her bone is like the inside of a jelly bean right now, and always will be."

Jessica said her original idea was to raise money to support research for Ollier disease. Unfortunately, the disease is so rare — affecting about one in 100,000 people — that little work is being done to find a cure, Jessica said.

"My initial thought was to put together a 5K (run) and put the money toward her specific disease," she said. "But there's no research being done toward it because it's so rare. I was finding it very difficult to find a place to donate the money, and the 5K turned out to be a lot more difficult than I had guessed."

Maynard said she ultimately decided to raise funds by selling scented candles in October.

"We made about \$300," she said. "We donated some of it in cash, and bought some toys to take to the hospital."

Milton.W.McBride3.ctr@mail.mil



Courtesy photo

Jessica Maynard and her daughter Sienna deliver toys and a cash donation to the lobby of Palmetto Richland Children's Hospital in December. Sienna's father is Staff Sgt. Andrew Maynard, a drill sergeant with 2nd Battalion, 60th Infantry Regiment.

Enlisted to doctor program seeking Soldiers

By DAVID VERGUN
Army News Service

WASHINGTON — Enlisted Soldiers from any military occupational specialty with a bachelor's degree in any field can apply to the Enlisted to Medical Degree Preparatory Program.

The deadline for submitting the application package is Jan. 23. As a number of documents need to be submitted, officials suggest not delaying. All of the information for applying can be found in Military Personnel message 14-326.

Members of the inaugural class and coordinator of the Enlisted to Medical Degree Preparatory Program, or EMDP2, Dr. Arthur Kellermann, participated in a media roundtable, Dec. 17.

EMDP2 allows Soldiers to remain on active duty while undergoing two years of preparatory coursework at George Mason University in Virginia. The courses enable the students to meet the requirements for application to medical school and pass the Medical College Admission Test, or MCAT, Kellermann said.

The goal, he said, is completing the two-year prep, passing the MCAT, attending and graduating medical school and the follow-on residency requirements, and returning to active duty as an officer in the medical field.

Kellermann, who is also the dean of the F. Edward Hebert School of Medicine, said EMDP2 is a partnership between the Uniformed Services University of the Health Sciences and all of the military services. George Mason just happens to be the school that was selected for the inaugural class of 10 students, who have just completed their first semester.

The Army and the other services are investing a lot in the program, so only the most highly motivated and academically promising Service members are selected, he said.

Enlisted Soldiers "have often been some of our most extraordinary students," in terms of "individual achievements, he said. And, "they bring a maturity and a perspective and a commitment and a level of professionalism in real-world experience to their classes that make the whole academic experience more worthwhile for



Photo by TRIPLER ARMY MEDICAL CENTER

Enlisted Soldiers have a chance to become doctors through the Enlisted to Medical Degree Preparatory Program. Pictured here are Army doctors and a Cambodian doctor treating a Khmer patient with a neck mass.

everyone."

Some of the most highly acclaimed alumni began as enlisted Service members, "but they've been few and far between," he continued.

The reason so few make it is because they are juggling family responsibilities with deployments and finding the time to study is an "enormous hurdle," he explained. That's why this program was created.

So far, the first class is doing "extremely well," he said, with a class average of 3.9 on a scale of 4.

Three Soldiers in the inaugural class shared their EMDP2 experiences.

Sgt. 1st Class Joshua Richter has been in Army special operations units for 13 years.

"I've seen sides of combat that are not

pretty," he said.

He wants to devote the remainder of his life to "preserving life and healing." He called it an "overwhelming drive."

Asked how difficult it is transitioning from special ops to school, he replied that the "education mindset takes a few weeks to adjust to, but it's still a lot easier than being shot at."

Unlike Richter, who has no medical training, Sgt. Steve Capen, has spent five years in the Army working as a squad leader at a medical company at Joint Base Lewis-McChord, Washington. His unit's mission is first responder for homeland security.

Capen agreed that a transition from soldiering to academia is a "shock to the system," but "you soon ... settle into the routine." He added that since they're on active

duty, the Soldiers still take physical fitness tests and wear their uniforms to school sometimes, and maintain their professional demeanor.

Air Force Tech. Sgt. Kenneth Johnson has also worked in the medical field at research labs. He said the 10 Service members click and called them "a dream team with dream coaches." By that, he means they study together and their coaches are the faculty members who give them tremendous support.

Kellermann said he expects the program to gather steam and grow to 20 or 25 next year or soon after.

While he encouraged Soldiers to apply to this program, he emphasized that if they don't make the cut not to get discouraged. There are other scholarship programs available with financial aid incentives.

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COMMUNITY SNAPSHOTS



Courtesy photos

Community service

More than 30 Soldiers with the Adjutant General School's Basic Officer Leader Course volunteered at Forest Heights Elementary School Dec. 16. The officers read holiday stories to the children, helped them with arts and crafts for the elementary school's bazaar, and helped the teachers with the oversight of small projects. Top photo, 2nd Lt. Darryl Napolitano reads a Christmas Story to second-grade students. Above, 2nd Lt. Jacinda Harrison pours dye into flour as the students mix with their hands. Students used the mixture to create pink modeling compound chunks, which they shaped and decorated with glitter. Right, 2nd Lt. Julia Scheiderer helps a third-grade student sort through books.



Courtesy photo

Celebrating 100

The Victory Spouses' Club welcomed its 100th Member, Brandy Fisher, during a meeting Dec. 16 at the NCO Club. The club also held a tree, wreath, and basket raffle to benefit its scholarship fund. Pictured, from left, are Brandy Fisher, Laura Shade, Brad Weber and Chastity Radcliffe.



Courtesy photos

MACH NCOs help families

Soldiers with the Moncrief Army Community Hospital Sergeant's Association deliver needed items such as canned goods and household cleaning supplies to the Ronald McDonald House in Columbia Dec. 18. The association also made a financial contribution of \$250 to assist in the daily operating cost for families in need of food and lodging expenses that are incurred while a sick child receives medical care at one of the local hospitals. The Columbia Ronald McDonald House serves 250 families annually.

Calendar

Tuesday

Adjutant General's Corps Regimental Association, Carolina Chapter breakfast
7 to 8:30 a.m., NCO Club

The guest speaker will be Col. Jack Usrey, commandant of the Adjutant General School. For more information, call 751-3014.

Wednesday

Retired Officers' Wives Club luncheon
11:30 a.m., NCO Club

RSVP is required by 3 p.m., Friday. For more information, call 788-1094 or 783-1220.

Announcements

RUNNERS WANTED

An informational meeting for runners interested in competing in the 60-meter sprint or one-mile run during the University of South Carolina's indoor track season is scheduled at 4 p.m., today at the Post Conference Room. For more information, call 379-6520.

WORKERS' COMPENSATION

As of Dec. 1, all worker's compensation questions, claims or issues are handled by the Fort Riley worker's compensation department. The hours of operation are 7 a.m. to 5 p.m., Central Standard Time. To contact the department, call 866-792-4620, fax 785-239-1489 or email usarmy.riley.chra-hqs.mbx.abcc-ic-injury@mail.mil.

OFFICERS' CLUB CLOSURE

The Officers' Club is closed for roof repairs. It is tentatively scheduled to reopen in March.

CLAIMS OFFICE HOURS

The Fort Jackson Claims Office has new hours beginning Monday.

■ Monday: walk-in claims assistance from 9 to 11 a.m. and 1 to 4 p.m.

■ Tuesday: appointments only from 9 to 11 a.m. and 1 to 3 p.m.

■ Wednesday: closed for claims adjudication.

■ Thursday: appointments only from 9 to 11 a.m. and 1 to 3 p.m.

■ Friday: walk-in claims assistance from 9 to 11 a.m. Closed in the afternoon for claims adjudication.

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.

SJA HOURS

The Office of the Staff Judge Advocate, including the Legal Assistance Office, will be closed from 11:15 a.m. to 12:30 p.m. daily through Feb. 12 because of staffing shortages. Business hours are 9 to 11:15 a.m. and 12:30 to 4 p.m.

EFMP FORMS ONLINE

Soldiers and family members may access instructions and form to enroll in the Exceptional Family Member Program online by visiting www.moncrief.amedd.army.mil. Click on "Medical Services — Clinics" in the navigation menu. Click on the Exceptional Family Member Program link.

PWOC PROGRAMS

The Monday evening Protestant Women of the Chapel group will start a new study on "heaven" beginning Jan. 12. For more information, call 929-2523.

CIF CLOSURE

The Central Issue Facility will be closed Jan. 12-16 for its semi-annual inventory. Personnel scheduled to depart during that time period are requested to call CIF and schedule an out-processing appointment as soon as possible. CIF will accept emergencies only during that time period. CIF will reopen for normal business Jan. 20. For more information or to schedule an appointment, call 751-6524/2870/2739.

SPORTS SHORTS

■ Intramural basketball league play starts 6 p.m., Jan. 20 at Coleman Gym.

■ IAABO clinic for basketball officials and scorers, 8 a.m. to 5 p.m., Sunday and Monday at the Joe E. Mann Center. For more information, call 751-3486.

■ 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.

■ 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.

■ Bataan Death March qualifier, 7:30 a.m., Jan. 24, Hilton Field Softball Complex. Open to all active-duty Soldiers.

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

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

BIGGEST LOSER CHALLENGE

Family and Morale, Welfare and Recreation is hosting the 2015 Biggest Loser Challenge until March 6. The categories are fitness, weight loss and total lifestyle change. For more information, call 751-3700.

SPOUSE OF THE YEAR

Military Spouse Magazine is accepting nominations for the Military Spouse of the Year Awards through Jan. 16. For more information, visit <http://msoy.military-spouse.com>.

THRIFT SHOP NEWS

■ Winter clothes will be accepted through Feb. 25.

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

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

SCHOLARSHIP OPPORTUNITIES

■ Applications for National Military Family Association military spouse scholarships are accepted through Jan. 31. For more information, visit www.militaryfamily.org/our-programs/military-spouse-scholarships/.

■ Applications for the 2015 Scholarships for Military Children Program will be ac-

cepted through Feb. 13. For more information, visit www.militaryscholar.org.

■ Applications for the Army Engineer Spouses Club Army Engineer Memorial Awards and the Geraldine K. Morris Award scholarships are accepted through March 15. Scholarships are available to graduating high school seniors whose parent, sponsor or legal guardian is a member of the Army Engineer Spouses Club. For more information, visit <http://www.army-engineerspouses.com> or email scholarships@armyengineerspouses.com.

AAFES NEWS

■ AAFES is extending its return policy for items purchased from Nov. 1 to Dec. 24. Items may be returned or exchanged until Jan. 31.

COMMISSARY NEWS

■ The Defense Commissary Agency is re-introducing the Commissary Value Brand, which offers products in 33 categories, including soft drinks, frozen food, pet food and health and beauty care. For more information, visit www.commissaries.com/shopping/value-brand.cfm.

■ The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rewards_subscribe.cfm.

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

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.

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.



Fort Jackson Leader

4 min. · Fort Jackson, SC

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Leader submissions

All articles, announcements and photos must be submitted one week before the publication date.

For example, an announcement for the Jan. 22 Leader must be submitted by Jan. 15.

Photos must be submitted as individual .jpeg files with a minimum file size of 1MB. Photos embedded in Word documents or PowerPoint presentations cannot be accepted.

Send your submissions to FJLeader@gmail.com.

For more information, email FJLeader@gmail.com or call 751-7045.

How to achieve your weight loss goals

By COL. JOANNA REAGAN
U.S. Army Public Health Command

January is the time of year when many people make a New Year's resolution to lose weight. Some people want to lose just a few pounds whereas others may want to lose 30 pounds or more.

So where can you find the inspiration to help you to lose more than 30 pounds and keep it off for more than a year? Read entries in the National Weight Control Registry, which contains stories of people who have lost more than 30 pounds and have kept it off for at least one year. Currently, more than 10,000 people have shared their story in order to help others lose weight.

Eighty percent of entries in the National Weight Control Registry are from women and 20 percent are from men. The average participant has lost 66 pounds and kept it off for 5.5 years. There are many differences in participants:

- Forty-five percent of participants lost weight on their own, and 55 percent lost weight with the help of weight loss program.
- Ninety-eight percent of the participants modified their food intake to lose weight.
- Ninety-four percent increased their physical activity to lose weight, for example by increased walking.
- Ninety percent exercised about an hour per day and minimized their time watching TV.
- Eating breakfast every day was reported by 78 percent of the participants.
- Seventy-five percent weighed themselves at least once

a week.

The biggest connection between participants was that most developed a goal plan for weight loss.

If your goal is to lose weight this year, here are suggestions to help you get started and create new goals for success.

The Performance Triad is a three-pronged plan that everyone can use to improve his or her health. The Performance Triad goals are to promote sleep, activity and nutrition. Try something new. To modify your diet, make an appointment with a registered dietitian for personalized nutrition coaching sessions. Make an appointment at an Army Wellness Center to determine your resting metabolic rate and your current body composition.

Purchase a digital fitness device to monitor how many steps you are walking and your hours of sleep. Many of these devices can be linked to your smartphone or to your computer to monitor your progress over time. Some programs and apps have a feature to help track your food intake and to see how many calories you expend and consume daily. A fitness device is a visual reminder to help you add extra steps into your day. Try having a "walking meeting" with your co-workers or take the stairs up and down your building for a break. A healthy goal is to walk at least 10,000 steps per day.

To increase physical activity, try attending a new class such as Zumba, yoga or bicycle spin. Add strength training to your routine to increase your lean muscle and increase your resting metabolic rate. Make an appointment with a personal fitness trainer to help set up a personalized workout program and for new ideas to add strength training

to your routine. Many women lose muscle mass over time and replace the muscle with fat. For each pound of muscle you gain, you burn 35 to 50 more calories each day. Strength training, in combination with an adequate amount of calcium, also helps to defend against osteoporosis.

Find a good friend who also wants to lose weight and set up a plan to work out together. Having someone as a "battle buddy" can be very helpful for holding each other accountable to maintain the workout routine.

To help you improve your nutrition, try these ideas: Pack a lunch and healthy snacks for work. By packing a lunch, you will save money and decrease portion sizes. You will be more likely to eat a healthy lunch too. When you pack your lunch, add extra fruit and vegetables to snack on for a mid-morning snack or an afternoon break. You should also add extra vegetables with your evening meal. Consider the sugar in your beverages and try not to drink any with high fructose corn syrup. Limit your snacks after your evening meal, as they tend to be high in sugar and fat.

Sleep is also an integral part of losing weight. Inadequate amounts of sleep increases the appetite hormones leading to increased appetite and increased food intake. Having a regular sleep cycle and achieving seven to eight hours of sleep each night can make a difference with performance and losing weight.

The goal of the new year should focus on health and wellness, and if your goal is to lose weight, try some new strategies. Incorporate the Performance Triad concepts into your daily life, and invite a friend to help you stick to your goals.

The flu vaccine will still help protect you from the flu this year.



While some of the flu viruses spreading this season are different from what is in the vaccine, vaccination can still provide protection and might prevent severe illness.

Get your flu vaccine now.

You can help slow the spread of germs that can cause many different illnesses.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose, or mouth.
6. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill.

More information: http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf

FLU VACCINATIONS AT MACH

Patients who are enrolled at Moncrief Medical Home may receive influenza vaccines from 8 to 11:30 a.m. and 1 to 4:15 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and from 9 a.m. to 4:15 p.m., Thursdays.

Influenza vaccines are also available at the Immunization Clinic on the sixth floor at MACH for beneficiaries 4 and older from 7:30 a.m. to 3:30 p.m., weekdays.

Children younger than 4 may receive their flu immunization at the Integrated Health Medical Home on the sixth floor at MACH.




Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.

January Promotions

Name	Rank
NORLIEN, Linda D.	LTC
THOMAS, Robert R.	LTC
BETHEA, Roland L.	MAJ
YANCEY, Canessa R.	MAJ
MOORE, Thomas F.	SGM
BRAY, Rusty L	SFC
GADDY, Heather D.	SFC
HENNING, Dennis C.	SFC
HICKS, James M. III	SFC
BELL, Steffanie A.	SSG
ZUKER, Matthew S.	SSG
BRAKE, Dustin D.	SGT

Want more Fort Jackson news?

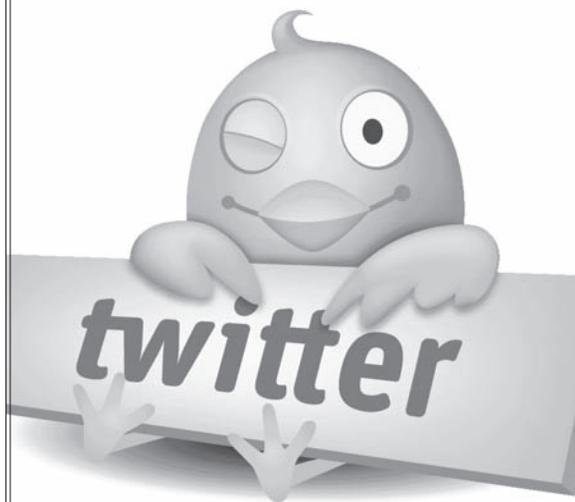
Watch Fort Jackson video news stories and Victory Updates



<https://www.youtube.com/user/FortJacksonSC>

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www.twitter.com/fortjacksonpao



Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School

Last honors

Maj. Gen. Bradley Becker, right, Fort Jackson's commanding general, presents the American flag to Maj. Gen. Peter Utley, commanding general of the U.S. Army Test and Evaluation Command at Aberdeen Proving Ground, Md, during a funeral service Monday at Fort Jackson National Cemetery. Utley's father, Lathrop Utley, a retired Army chaplain and Episcopalian priest, passed away Dec. 26. The elder Utley was a longtime volunteer at the U.S. Army Chaplain Center and School, where he ran the school's regimental store. He was known as 'The chaplains' chaplain.'



Visit the Fort Jackson Leader website at www.fortjacksonleader.com

Worship Schedule

PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Magruder Chapel
 - 9:30 a.m. Main Post Chapel
 - 10:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel
 - 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
 - 7 p.m. Men's Bible study (PMOC), Chaplain Family Life Center
- 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