

THURSDAY, MARCH 12, 2015

THE FORT JACKSON LEADER

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

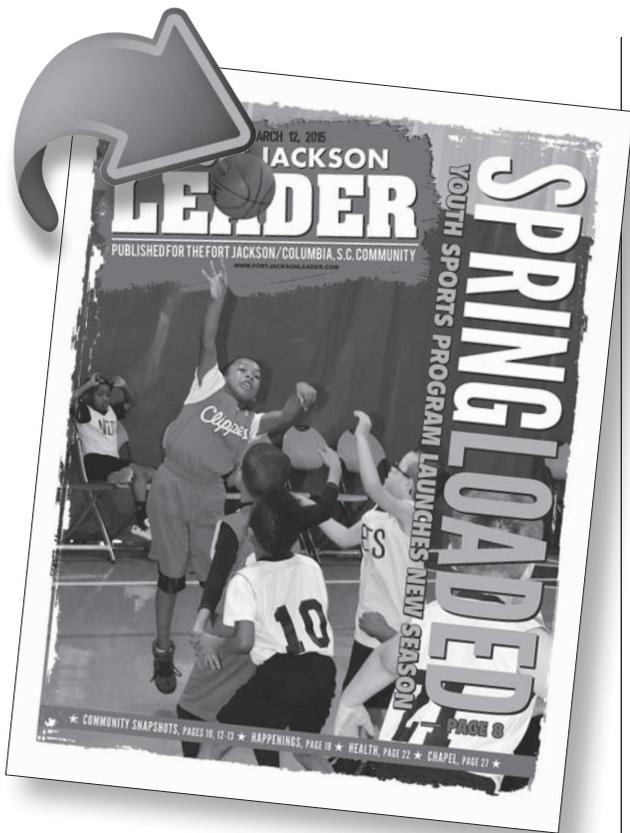
YOUTH SPORTS PROGRAM LAUNCHES NEW SEASON

SPRING IS LOADED

— PAGE 8

★ COMMUNITY SNAPSHOTS, PAGES 10, 12-13 ★ HAPPENINGS, PAGE 18 ★ HEALTH, PAGE 22 ★ CHAPEL, PAGE 27 ★

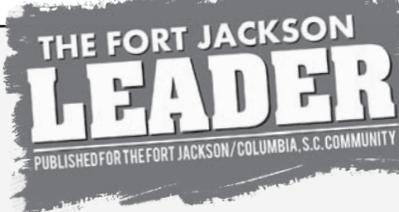
NEWS



ON THE COVER

Photo by WALLACE McBRIDE

Children compete in the final basketball games of the winter season Saturday morning at the Fort Jackson Youth Center. **SEE PAGE 8.**



Fort Jackson, South Carolina 29207

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

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LETTER TO THE EDITOR

Saluting women in the military

I wish to thank 1st Lt. Kryslyn Belford for writing her commentary "Women have come a long way in the Army," published in last week's *Leader*.

We can all learn from it — from the enlisted ranks all the way to command staff ranks.

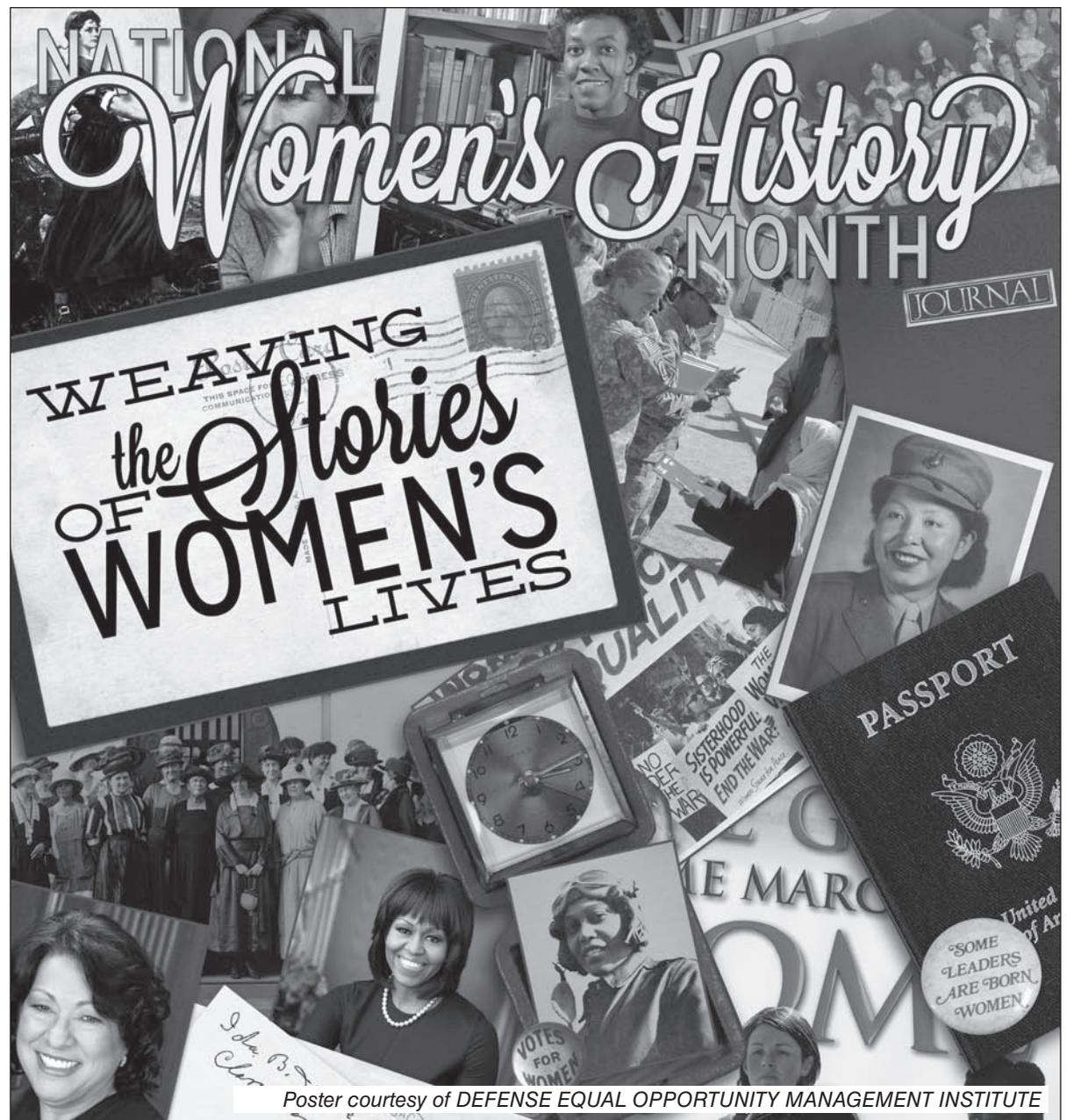
One of my favorite aspects of the commentary is the fact that this year women are preparing to enter the U.S. Army Ranger School. I wish them the very best. I know it will be dangerous and perhaps even life-threatening. But history is never kind to those who make it. And the first female Army Rangers will determine the future for women in combat.

Also, I did not know about the controversy within our military ranks about female soldiers getting pregnant just to get out of deployments. I agree with you that this is not true. And from my own experience (as a retired Air Force noncommissioned officer), all the ste-

reotypical, stupid and crass comments about how most women are complainers (are also false).

Since this letter is in recognition of the military and Women's History Month. I'd like to recognize some of my family members. My spouse of almost thirty years is a now retired Air Force Reserve senior master sergeant. My mother is the wife of a retired Chief of Weapons and Recon at Joint Base Eustis-Langley, Virginia, and she is also entitled to the same rights and distinctions as my father, who served almost 30 years in the Air Force during the Vietnam era. My sister is a retired Air Force captain, and my sister-in-law is retired from the Army. And I salute all our women in the fighting forces worldwide!

Sheldon Rice
Columbia



Poster courtesy of DEFENSE EQUAL OPPORTUNITY MANAGEMENT INSTITUTE

LETTERS

The Leader welcomes letters to the editor. All letters should include the name, hometown and phone number of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. For more information, call 751-7045.



Photo illustration by WALLACE McBRIDE

Visitors passes, as depicted in this illustration, are based on the duration of the event, which can be from a few hours to a maximum of 59 days.

'A spectacular display of teamwork'

Installation meets IMCOM's tough new security standards

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson is among the few installations to meet tougher security standards implemented in 2014.

Last fall, visitors were required to have local access credentials before being allowed on post. Previously, you needed only a valid driver's license to gain entry, but access to federal installations was restricted last October in the wake of gun violence that took place at a war memorial in Ottawa, Canada.

New federal regulations require visitors, contractors and other civilians to undergo background checks and to receive temporary identification cards in order to pass through Fort Jackson's gates.

"As of a couple of weeks ago, only five of 24 garrisons in IMCOM's Atlantic Region had met U.S. Army guidance in regards to gate access," said Col. Michael Graese, Fort Jackson garrison commander. "Fort Jackson was one of those garrisons."

Fred Vasquez, installation physical security officer, said Fort Jackson had begun work on meeting new security demands before they were even implemented.

"I had a feeling this was coming down," he said. "The writing was on the wall, so we started (vetting visitors) a while back, beginning with contractors. That's why we were ahead of the power curve."

"We were only able to reach this goal through a spectacular display of teamwork across all of Fort Jackson. This included military, families of military, civilians, retirees and our local community," Graese said. "The coordination between the (Directorate of Emergency Services) and the (Operations Office) was particularly critical."

Vasquez said Fort Jackson is at "100 percent compliance" with the new measures, with one important exception: Because of its status as a training installation, the post must deal with hundreds of new visitors each week because of graduation events.

"The commanding general has categorized Family Day and graduation day a 'special event,'" Vasquez said. "There are some compensatory measures in place for that. What we're doing is providing a pass that is only available to family members."

Passes are based on the duration of the event, which can be from a few hours to a maximum of 59 days. The passes that are issued to visitors for graduation events are valid for only that week and are coded so that they cannot be reused

the following week.

"The pass has different emblems on it, and only we know which emblems are going on it," Vasquez said. "It's a compensatory measure we're taking to expedite access to the installation. And, at the same time, provide the best community service possible."

Plans call for eventually vetting all visitors to Fort Jackson, even during graduation.

"We plan on opening up a permanent Visitor Control Center with all the assets so we can vet everyone," he said. "In order to do that, I'm going to need an additional 13 people, as well as National Crime Information Center capabilities. That's in the works right now."

Since the new security standards were implemented last August, he said, guards have confiscated more than 1,100 ID cards reported stolen, lost or expired. Guards have served more than 350 warrants while vetting contractors.

The process also allows for criminal suspects to be easily identified.

"When we issue you a pass, we're still capturing a lot of your data," Vasquez said. "If you were to commit a crime on this installation, we've got a picture of you and we've got your vital information."

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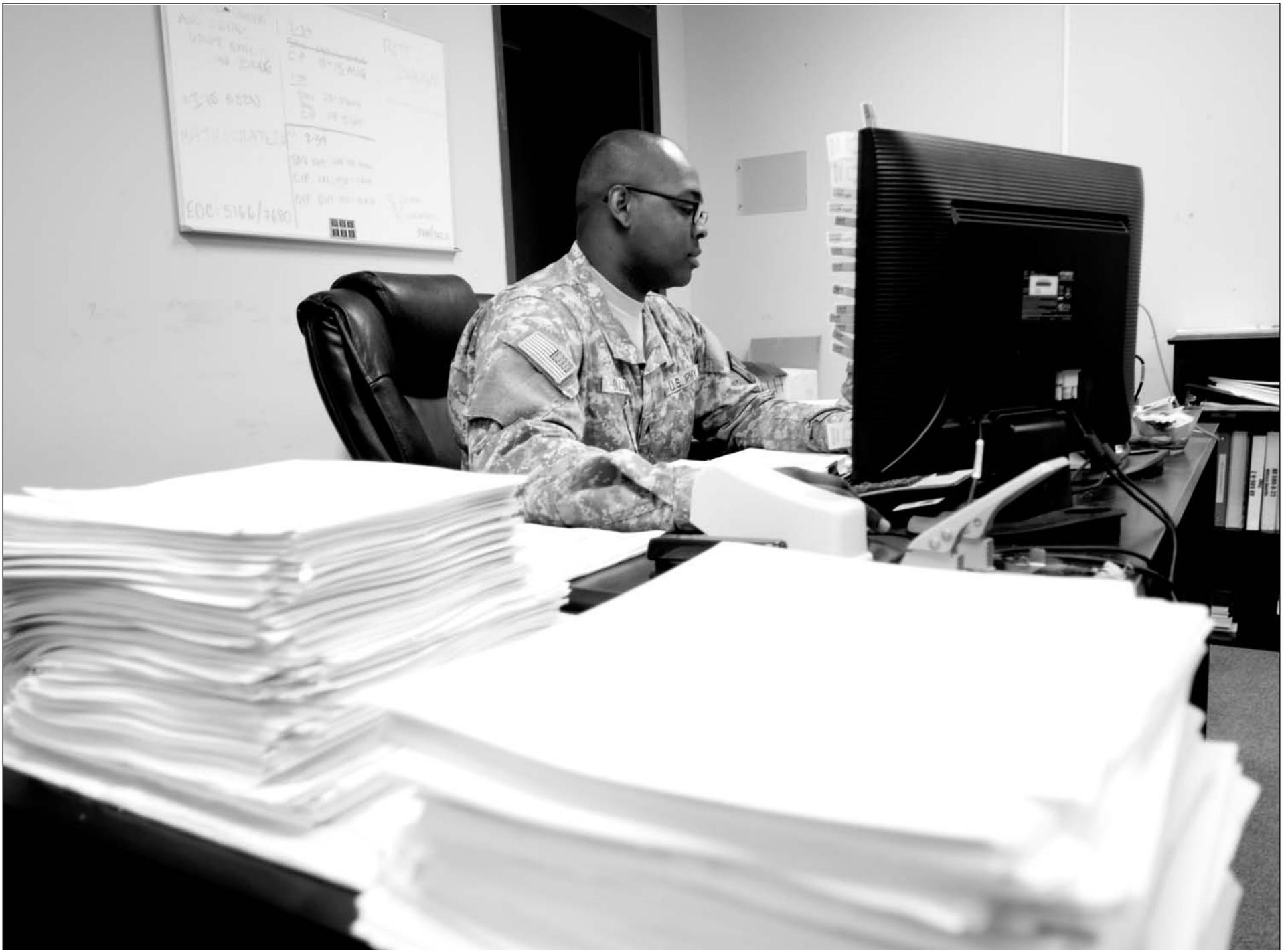


Photo by ANDREW McINTYRE

Sgt. Christopher Gallon, a paralegal specialist with the 165th Infantry Brigade, reviews legal documents March 3. Legal teams are an integral part of the brigade's mission, said Col. Bryan Hernandez, the 165th commander. The teams process Article 15s, chapter separations and courts martial.

Legal teams play vital role in BCT

By ANDREW McINTYRE
Fort Jackson Leader

Tucked away in a small office of the 165th Infantry Brigade headquarters are two Army paralegal specialists and a legal assistant who play an integral role in the 165th mission of training Soldiers.

Paralegal specialists have the responsibility of processing Article 15s, chapter separations, courts martial and more.

"They are a phenomenal group of individuals who dedicate long hours to helping our units execute their Basic Combat Training mission," said Col. Bryan Hernandez, commander of the 165th. "Our legal team handles hundreds of legal and administrative actions every month — these actions have a direct impact on supporting our units and their ability to conduct Basic Combat Training."

Maj. Danisha McClary, Fort Jackson chief of military justice with the Staff Judge Advocate office, said a

brigade legal team is a small SJA office embedded within the brigade.

Unfortunately, paralegals work behind the scenes and not many people know how invaluable they are to the mission and to making sure Soldiers are taken care of, Hernandez said.

Sgt. Christopher Gallon, noncommissioned officer in charge of the 165th paralegal team, said the scope of the service extends well beyond punitive measures.

"We also give legal advice to our cadre here during the Reception and Integration Program, which is a program that makes sure all new Soldiers coming into our unit are aware of their resources," Gallon said.

Spc. Cameron Marshall, a 165th paralegal, said the typical amount of work here on any given day equals that of about a week in operational units.

"We have a higher volume of work because of the number of Soldiers that come through here for training," Marshall said.

Onita Brown, legal assistant with the 165th, said the key to managing the high volume of paperwork for their

office is balance and creating a family-like atmosphere.

"This is a close-knit family. We see a lot of negative stuff in here, so we try and balance it out with laughter," Brown said. "We make sure we are there for one another — not only on a work level but on personal level as well."

Brown said having a legal staff is a necessity for every brigade.

"Legal is important in every unit because we also help with the command climate. We make sure that the standards are fair across the board for everyone," Brown said. "For instance, if the commanders are aware of the rules and regulations per our guidance they can deal with one bad apple in the unit, rather than taking action against the entire unit."

Hernandez said he is very proud of his legal team's professionalism, hard work and support to the brigade.

"They are truly dedicated to supporting our units and their high operational tempo training mission," Hernandez said.

Andrew.R.McIntyre.civ@mail.mil



Upcoming Family & MWR Events

- » **NCO Club Morning Breakfasts**
Every Thursday (6:30 - 9:30 a.m.)
For info, call 782-2218.
- » **Evening Story Time**
Mar 12 (6:30 - 7 p.m.)
At Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **Calloway Golf Demo and Fitting**
Mar 15 (10 a.m. - 2 p.m.)
At the Fort Jackson Golf Club
For info, call 787-4344.
- » **Saint Patrick's Day Party**
Mar 17 (Doors open at 4:30 p.m.)
At Magruders Club & Pub
For info, call 790-0381.
- » **Whack that Ball Fitness**
Mar 18 (beginning at noon)
At Perez Gym. Free Event.
For info, call 751-3700.
- » **Saint Patty's Day 5k Fun Run/Walk**
Mar 21 (8 - 10 a.m.)
At Semmes Lake. Free Event.
For info, call 751-3096.
- » **Outsmarts Class: Turkey Hunting 101**
Mar 24 (5:30 - 7:30 p.m.)
At Alpine Lodge in Heise Pond.
Free event. For info, call 751-3484.
- » **Evening Story Time**
Mar 26 (6:30 - 7 p.m.)
At Thomas Lee Hall Library.
Free event. For info, call 751-5589.
- » **Cooper River Bridge Run**
Mar 28 (Depart from Solomon Center
at 5 a.m.) For info, call 751-3700.
- » **Cherokee, NC Day Trip**
Mar 28 (7 a.m. - 10 p.m.) Meet at
Marion Street Station. \$19 per person.
For info, call 751-3484.
- » **Child, Youth & School Services
Parent Advisory Board Meeting**
Apr 2 (5 - 6 p.m.)
At the Joe E. Mann Ballroom.
For info, call 751-1672.
- » **First Friday Golf Tournament**
Apr 3 (beginning at 1 p.m.)
At Fort Jackson Golf Club.
To register as a team or individual,
call the Pro Shop at 787-4344.

IT'S COMING!
Saturday, Apr 18 At Semmes Lake
FORT JACKSON
★ **BIG DAY OUT** ★



JOIN US FOR LUNCH!

Monday through Friday at the
NCO CLUB from 11 a.m. to 1:30 p.m.
5700 Lee Road ~ 782-2218

UPCOMING SPECIALS:

- Thursday, Mar 12
 - » Soul Food Buffet
- Tuesday, Mar 17
 - » Saint Patrick's Buffet
- Thursday, Mar 19
 - » German Day
- Thursday, Mar 26
 - » Chicken and Waffle Special

ALL YOU CARE TO EAT ONLY \$8.75!

Remember: get double stamps on your customer appreciation card every Monday!



Century Lanes
Saint Patrick's Day Special



BUY THIS & GET THESE FREE*

(March 12 - 17)
when you wear something green at Century Lanes Bowling Center!
Also enjoy \$1.50 bowling games and \$1.50 shoe rentals.

*Buy any entrée and receive a free order of fries and a 16 oz soft drink (\$2.00 value). Must wear green for offer eligibility.

4464 Gregg Street • 803-751-4656

Limited time offer!



Lunches for Lent at the Fort Jackson Officers' Club are available now through Easter.

WEDNESDAYS:
Fried Shrimp Basket - \$6.50

THURSDAYS:
Shrimp & Grits - \$7.50

FRIDAYS:
Seafood Buffet for only \$8.50

3630 Semmes Road • 782-8761

St. Patrick's Day PARTY

At Magruders Club & Pub
3305 Daniel Drive - 790-0381

Tuesday, Mar 17
Doors open at 4:30 p.m.

Featuring door prizes, green beverages, and food specials.

No cover charge.




81st RSC wins Reserve safety award

By MICHAEL MASCARI

81st Regional Support Command

Third time is not just a charm; it's a way of life for the 81st Regional Support Command Safety Office.

The 81st RSC has won the Army Reserve Commander's Excellence in Safety Award for a third year in row.

Dan Heath, chief of safety and occupational health, credited his staff, teamwork and a focus on safety for their success.

"This award is a reflection of our commitment to safety and it's a product of the due diligence of our safety specialists and our employees at all of our facilities," Heath said.

For Heath, winning safety awards has been a way of life. In a previous assignment as the Safety Manager for the 89th Regional Readiness Command in Wichita, Kansas, he and his team claimed the award three times in a row. He brought this experience to the 81st and incorporated much of what he learned into the safety plan.

"We work with our employees at our (maintenance) shops to assist with safety programs. We are a full-service safety office," Heath said.

The RSC received the award based on a commitment to best practices and safety record. The award criteria includes the number of accidents, inspections, completed Composite Risk Management training, Additional Duty Safety Officer and Commanders Safety Course training, and other unit-driven programs, like the motorcycle safety course.

The 81st safety team visits each of the 247 facilities in the RSC's system and inspects 190 facilities the command owns or leases annually.

Tameica Turner, senior safety occupational health specialist, submitted a packet for the award this year, hoping to recognize the success and commitment of the team's members.

"This is a hard-working team that strives to be No. 1," Turner said. "(The team members) are on the road nonstop, away from their families, missing out on a lot of things. They deserve this award. They make a lot of sacrifices. When given the opportunity, I thought they should be recognized."

Chief of Army Reserve Lt. Gen. Jeffrey Talley will present the award to 81st Commanding General Maj. Gen. Janet Cobb and Command Sgt. Maj. Ronald Law this spring. Turner said it was fitting that the leadership gets to receive the trophy.

"We get a lot of support from our senior leaders," she said. "They are 100 percent behind us. All of our directors sit on our safety council. If you don't have that, it is very difficult getting the resources you need."



Photo by SGT. 1ST CLASS JOHN FRIES, 81st Regional Support Command

The Army Reserve Commander's Excellence in Safety Awards from 2012 and 2013 are on display at the 81st Regional Support Command. A third trophy, the 2014 award, will be on display when the commanding general receives the trophy this spring.

Paying for credit repair not necessary

Have you ever noticed those signs for credit repair companies stating they can improve your credit score by 50 or 100 points?

This may be an appealing option for those with low credit scores, especially for those planning to make a major purchase such as a home or car. But is the cost of those services worth it? Let's take a closer look.

The average credit repair service charges customers a monthly subscription or pay-per-deletion plan. Credit repair companies generally charge \$49 to \$99 per month for the subscription of services provided during the previous month.

With the pay-per-deletion plan, the customer is charged after the company successfully deletes a negative item from credit reports. If you signed up for a subscription with an average cost of \$79 per month, you would pay \$888 for the year — for something you can do yourself for free.

Consumers typically hire a credit repair company for the following reasons:

- They believe credit repair companies have secret methods of getting rid of information.
- They are unable to fix mistakes on their credit reports themselves.
- They are overwhelmed and want someone else to take care of it for them.

The companies do not have any secret ways of getting information off your credit report. In fact, no one can legally remove accurate and timely negative information from your credit reports. Anything the companies can do legally, you can do for yourself at little or no cost. The key to doing this yourself is understanding the steps to obtain and review your credit reports along with knowing the dispute process.

You are entitled to receive a free credit report once every 12 months from Equifax, Experian and TransUnion through Annual Credit Report (this is the only authorized website). You have the option to order all three credit reports at the same time or order one now and others later.

You may request the reports in one of three ways:

FINANCIAL ADVICE

By SHAWN SMITH
Army Community Services
Financial Readiness Program

online from www.annualcreditreport.com; with instant access upon verification; by calling (877) 322-8228, mailed within 15 days; or by mail by completing the request form at <https://www.annualcreditreport.com/manualRequestForm.action>, which will be processed and mailed within 15 days of receipt.

Once you obtain your credit reports, conduct a review. This should be completed when you are free from distractions and able to focus your full attention on conducting a thorough review. You are going to review your identifying information (name, address, Social Security number, date of birth and employment information), trade lines (these are your credit accounts), credit inquiries (a list of everyone who has accessed your credit report within the last two years), collections (overdue credit accounts) and public records (includes bankruptcies, foreclosures, suits, wage garnishments, liens and judgments). Make a record of any errors or inconsistent reporting you may find on all credit reports so you can begin submitting disputes.

The reports form will have a report number, which

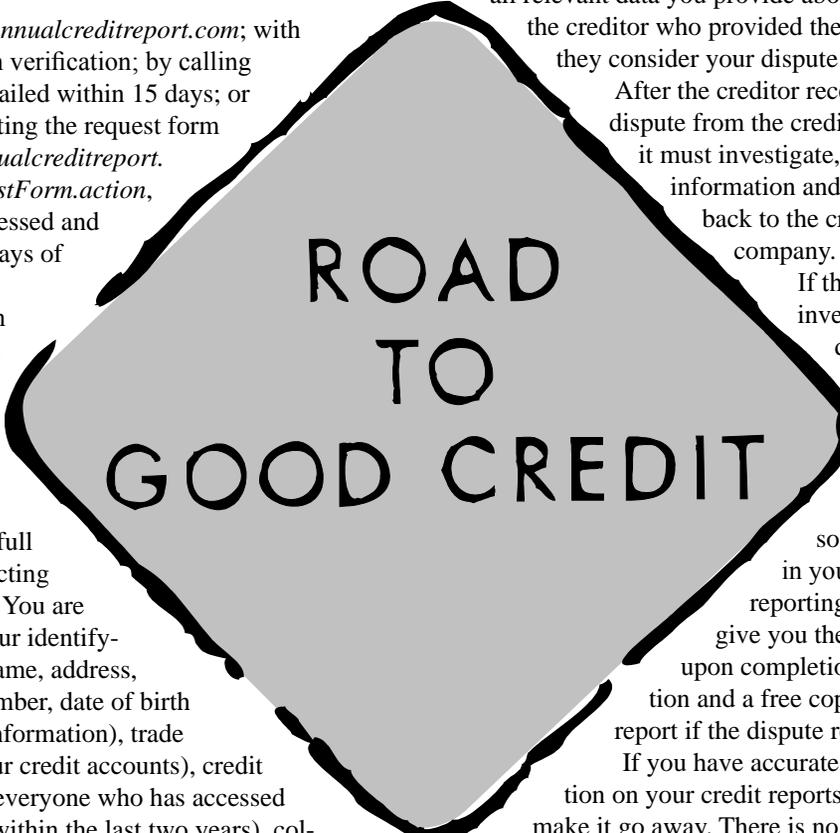
will allow you to complete online disputes with the three credit report agencies (Equifax: <https://www.ai.equifax.com/CreditInvestigation/home.action>; Experian: <http://www.experian.com/disputes/main.html>; TransUnion: <https://dispute.transunion.com/dp/dispute/landingPage.jsp>). The respective credit reporting agency must investigate the items you disputed within 30 days and forward all relevant data you provide about the inaccuracy to the creditor who provided the information, unless they consider your dispute frivolous.

After the creditor receives notice of a dispute from the credit reporting agency, it must investigate, review the relevant information and report the results back to the credit reporting company.

If the findings of the investigation reveals the disputed information is inaccurate, the creditor has to notify the nationwide credit reporting companies so they can correct it in your files. The credit reporting company must give you the results in writing upon completion of the investigation and a free copy of your credit report if the dispute results in a change.

If you have accurate negative information on your credit reports, only time can make it go away. There is no secret way to have items just disappear from your report.

If you need assistance improving your credit report or score, call the Army Community Service Financial Readiness Program at 751-5256 to make an appointment with a financial counselor. Services are free and confidential.



ROAD
TO
GOOD CREDIT

News and Notes

CHILD ABUSE AWARENESS EVENT

Army Community Service will host a training session about child abuse awareness as part of the post's National Child Abuse Prevention Month activities. The event is scheduled from 10 a.m. to 3 p.m., April 2 at the Post Theater. The guest speaker will be Dr. Sharon Cooper, the CEO of Developmental and Forensic Pediatrics, PA, a consulting firm that provides medical care, research, training and expert witness experience in child maltreatment cases as well as medical care for children with disabilities. For more information, call 751-6325.

TEEN SUMMIT SET

The 2015 Teen Summit is scheduled from 10 a.m. to 3 p.m., April 3 at the Solomon Center. The summit is open to Richland County teenagers, ages 13-17, who are part of a military family. The

them is "Teens Living with Confidence." Registration is required by March 27. For more information and to register, call 751-6325.

PASSOVER SERVICE SCHEDULED

The Jewish holy days of Passover are celebrated this year from sunset, April 3 until the evening of April 11. The Fort Jackson Passover worship service is scheduled from 7 to 9 p.m., April 3 at the Main Post Chapel. For more information, contact your unit chaplain or call 751-3979.

ALCOHOL AWARENESS TRAINING

Alcohol awareness training is scheduled for 9 a.m. and 1:30 p.m., April 13 and 9 a.m., May 12 at the Solomon Center. The event will include presentations from Mothers against Drunk Driving and the South Carolina Highway Patrol.

Information subject to change.

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

Reel Time Theaters

We're saving a seat for you.

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

Thursday March 12
Black or White (PG-13) 3 p.m.

Friday March 13
Jupiter Ascending (PG-13) 7 p.m.

Saturday March 14
Jupiter Ascending (PG-13) 2 p.m.
Seventh Son (PG-13) 4:30 p.m.

Sunday March 15
Spare Parts (R) 2 p.m.
SpongeBob Squarepants Movie: Sponge Out of Water (PG) 4:30 p.m.

Wednesday March 18
Project Almanac (PG-13) 2 p.m.
Jupiter Ascending (PG-13) 4:30 p.m.

Thursday March 19
Seventh Son (PG-13) 3 p.m.

Friday March 20
SpongeBob Squarepants Movie: Sponge Out of Water (PG) 4 p.m.



Photos by WALLACE McBRIDE

Cheerleading is one of the activities offered by the Youth Sports and Fitness Program. The program will start its spring season this week.

Program puts youth in motion

By WALLACE McBRIDE
Fort Jackson Leader

Spring is officially in the air at the Youth Center.

Fort Jackson's Youth Sports and Fitness Program wrapped its winter season Saturday, with dozens of children taking to the basketball courts for the final day of competition. Coaches and referees won't have much time to rest, though, as the spring season kicks into gear this week.

More than 300 children ages 3 to 14 are expected to participate in soccer, track and field and baseball this season, said Darius Lane, Youth Sports and Fitness Program director. Although it might sound like a challenge to create a fun, engaging athletic program for very young children, Lane said it is actually more difficult to keep teens involved.

Once children become teens, he said, the post programs begin to compete against activities offered by middle and high schools.

"We're offering them the opportunity to play the sport they enjoy, even if they didn't make that middle school or high school team," Lane said. "We don't think of it as an alternative because we're offering the same product. (The students) can always count on Fort Jackson Youth Sports to be there for them."

The post's Youth Sports and Fitness Program operates throughout the year, making adjustments along the way for changes in weather and school schedules. During the school year, Lane said activities are limited to weekends and after-school hours. The schedule opens up considerably during the summer for basketball, swimming and summer camp — though participation usually tapers off during this season.

"During the summer, it's not as busy," he said, "We only have summer basketball and swimming, so it's a little less hectic."

During the spring season, though, there can be a dozen practices taking place simultaneously at the Youth Center.

"Start Smart" athletics are also offered during the



Darius Lane, director of the Fort Jackson Youth Sports and Fitness Program observes the action during a basketball game Saturday at the Youth Center. Saturday was the last day of the winter season.

summer, giving children ages 3 to 5 the chance to take part in developmental sports programs for golf, baseball and soccer.

"One of the things that makes Fort Jackson unique is that it's a training installation," Lane said. "We provide transportation to practices because drill sergeant moms and dads don't always have the time."

The program arranges for transportation for children after school and to return them to extended care programs afterward, he said.

The Youth Sports and Fitness Program even extends

off post. Fort Jackson children routinely compete against other young athletes involved with Richland County and Irmo-Chapin track and field programs, Lane said. There are also opportunities for parents to get involved with the post's various youth sports activities.

"I only have myself and six other staff," Lane said. "We can't coach every team. There are always opportunities for volunteers."

For more information about the program, call 751-7451.

Milton.W.McBride3.ctr@mail.mil

Community Partnerships

Soldiers give back to veterans, retirees

By **ANDREW McINTYRE**
Fort Jackson Leader

Thousands of retirees and veterans choose to call the Fort Jackson area home.

From on-post services to off-post community outreach efforts, veterans are receiving assistance and recognition from Fort Jackson Soldiers to honor their service.

Master Sgt. Deedra Perez, operations noncommissioned officer in charge at the U.S. Army Drill Sergeant School, said building strong bonds within the community with veterans and retirees is a reciprocity effect.

“The outlining community provides our military overwhelming support, and we show our thanks by volunteering and supporting the community,” Perez said.

Perez said the school participates in a number of activities that give back to veterans in the local community.

“Our most significant community event was the drill sergeant 50th anniversary. It was the first-ever celebrated drill sergeant anniversary with more than 600 current and former drill sergeants,” Perez said. “This helped us reach back to our retiree drill sergeant community and connect with them on multiple levels.

“We reached out to the current and former drill sergeants in the community to obtain historical items and we received an abundance of items — from Basic Combat Training yearbooks from former drill sergeants dating back to the late 1960s (to) uniforms worn during their time,” Perez said.

Reaching back to connect with those who have served is more of an honor than

a duty, said Capt. Robbie Wilson, commander of Headquarters and Headquarters Company, 120th Adjutant General Battalion (Reception).

“We typically volunteer in a number places in the community, but our Bravo Company with the 120th volunteers at the Dorn VA Hospital to help out with some of the veterans and retirees there,” Wilson said. “We help out in our community as often as we can with the veteran and retiree community because they have given so much to us.”

Capt. Anthony Mathis, commander Co. B, 120th, said it is very important for Soldiers to spend time with those who have served before them.

“No matter if they have served in the Army for one year or more — we are all brothers and sisters who have worn the uniform at some point and appreciate a

Soldier saying, “Thank you for your service,” Mathis said.

He said the unit visits the hospital during the holidays.

“(The veterans) normally do not have a lot of visitors, and we know they would really appreciate that,” Mathis said.

Maj. Chunka Smith, executive officer of the 165th Infantry Brigade, said it is important for Soldiers to build and maintain a strong bond with the community because they are a part of the community. Smith said giving back is a natural part of being a Soldier.

“Each of our community outreach efforts is important, and that’s the approach we take as an organization,” he said. “This is about making a difference and giving back to the retirees, veterans and the communities from which we came.”

Andrew.R.McIntyre.civ@mail.mil

Drill sergeants support JROTC

Drill sergeants with the 3rd Battalion, 13th Infantry Regiment grade the Junior ROTC 4th Brigade Best of the Best Drill and Ceremony Competition in Hickory, N.C., Feb. 21. Thirteen high schools from seven states competed in the event. Airport High School from West Columbia won the competition for the first time in school history.

Courtesy photo





Pinckney celebrates reading

C.C. Pinckney Elementary School celebrated Read Across America with a number of activities last week. Above, the Pinckney Reading Prize Patrol awards 12 students with books and balloons. The students were randomly selected from 122 entries. Right, teachers and students dress up as their favorite Dr. Seuss characters March 2. The cafeteria served 'green eggs and ham' that day in a nod to the book by the same title. Bottom right, Students wear their favorite team jerseys for sports day Friday. Bottom left, the 282nd Army Band entertains students during the week's festivities.

Courtesy photos





DFAS visit

Audrey Davis, left, principal deputy director of the Defense Finance and Accounting Service, greets Melissa Harmon, administrative assistant to the director of the Fort Jackson Defense Military Pay Office, during a visit Friday. Davis was part of team that visited the post to meet with employees and acknowledge individuals' achievements. Employees who were recognized included Harmon, Sgt. Christopher Ogle, Deborah Allen, Carmaletta Lewis, Delphinia Ashley and Tia Manigault.

Photo by JENNIFER STRIDE

Supporting schools

Soldiers with the 3rd Battalion, 60th Infantry attend the Blythewood High School military ball at the NCO Club Feb. 28. The 3-60th has been partnering with the school since October as part of the installation's Adopt-A-School Program. The unit's goal is to provide leadership, mentorship and any support to nurture the educational growth of the school's students. Pictured are, from left, Retired Sgt. 1st Class Frank Bell, JROTC instructor; retired Lt. Col. Charles White, JROTC instructor; Brenda Hafner, principal of Blythewood High School; Maj. Shareefah Waters, executive officer of the 3-60th; and 3-60th Command Sgt. Maj. Chad Utz.

Courtesy photo



Presenting the colors

Drill sergeants with the 1st Battalion, 34th Infantry Regiment provide the color guard during the South Carolina Caged Chaos 9 mixed martial arts event Feb. 28 at Jamil Temple in Columbia. Pictured are, from left, Staff Sgt. Emma Anderson, Staff Sgt. Payce Peterson, Staff Sgt. David Lawrence and Sgt. Desirae DeLaRosa.

Courtesy photo



Courtesy photo

Celebrating diversity

The 187th Ordnance Battalion celebrates African American/Black History Month with a potluck Feb. 27. Guest speakers discussed the impact of African American Soldiers.

MACH commander speaks at Navy event

By JOHN JOYCE
NSWC Dahlgren Division

DAHLGREN, Va. — An Army colonel reflected on her reaction to an unusual invitation — to be the Navy's guest speaker at a Black History Month celebration sponsored by the Naval Surface Warfare Center Dahlgren Division, or NSWCDD.

"I've done nothing extraordinary," Col. Traci Crawford declared to the Navy military and civilian audience attending the event at Naval Support Facility Dahlgren Feb. 26.

Crawford, the commander of Moncrief Army Community Hospital, said she thought about "those amazing and inspirational American figures that have gone before us."

Then she asked, "Why me?"

Her brother — NSWCDD scientist Michael Hobson, who doubles as the command's black employment program manager, explained.

"It's because of who you are and what you have accomplished," Hobson said.

Crawford accepted the guest speaker invitation, braving the weather and road conditions, driving from South Carolina to the Dahlgren base theater for the event.

The 2015 theme, selected by the Association for the Study of African American Life and History, is "A Century of Black Life, History, and Culture." This theme highlights the fact that over the past century, African American life, history and culture have become major forces in the United States and the world.

"As I reflect on my life and career, I can humbly say that I've just simply done my best," said Crawford as she presented her message, "Honoring the Legacy of Black History by Simply Doing Your Best."

The colonel's words of wisdom are evident in her own life.

In addition to serving in various clinical, staff and leadership positions, she holds a Master's degree in Military Strategic Studies and a Master's of Science degree in Trauma and Critical Care. Crawford is also a graduate of the U.S. Army War College, the resident Army Command



U.S. Navy photo by PATRICK DUNN

Michael Hobson, Naval Surface Warfare Center Dahlgren Division black employment program manager, presents a plaque to his sister, Col. Traci Crawford, commander of Moncrief Army Community Hospital. Crawford was the guest speaker at the Black History Month event at Naval Support Facility Dahlgren, Va. Feb. 26.

and General Staff College, and the Combined Armed Services Staff School.

"Let's reflect on our rich African-American history and let me share with you my experiences, challenges and mentors who have molded me into the person I am today," said Crawford, explaining that her mother — a business teacher in New York and Virginia who completed her master's and doctoral degrees while working and raising a family — was her role model.

"She taught me what excellence looks like and taught me that in spite of circumstances around you, to simply do your best and always strive for better," Crawford said.

She reflected on tours of duty from her

first assignment as a medical surgical staff nurse and emergency room staff nurse at Bayne Jones Army Community Hospital, Fort Polk, Louisiana, to more recent tours at the strategic level in Army leadership positions at the Pentagon and Fort Knox, Kentucky.

"The biggest lesson I learned from Fort Polk is to grow where you're planted and just do the best that you can," Crawford said. "My focus for the remainder of my career was, and is, to do my best regardless of circumstances. I've had many mentors who have encouraged me to do just that."

Crawford turned the attention of her audience to challenges faced by African

Americans — past and present — who responded to their challenges with determination, resulting in inspirational accomplishments.

"Black History Month is important because of what it represents — a rich and diverse culture that has arisen because of the contributions of individuals," Crawford said. "Each individual's success is a bridge that others can cross to contribute to the betterment of all."

"The military leads the way in challenging societal norms and breaking glass ceilings, opening doors of opportunities for all who demonstrate hard work, good ethics, and simply do their best," Crawford said.



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Maximizing physical fitness for cadre

In the Basic Combat Training environment, cadre typically conducts physical readiness training with the BCT trainees. Coming from a Forces Command unit, I am used to doing physical training with a platoon.

I knew things were going to be different in a TRADOC unit. What I wasn't expecting was the level of fitness of the BCT trainees. I have been taught that physical fitness is one of the cornerstones of the military. PT teaches discipline, team work, leadership and how to perform under pressure.

I am constantly looking to improve myself in my levels of physical fitness. But in the training environment, this is more of a challenge. It is our job as cadre to transform civilians into Soldiers.

That is easier said than done. Most Soldiers-in-training are not used to working out daily. The challenge for the trainers is to manage the physical fitness of Soldiers-in-training while trying to maintain or improve their own fitness level in accordance with Army standards. What makes this even harder is that the cadre's primary role during PT time is to instruct.

So, as cadre, how do we find time to do PT with a hectic work schedule?

The simple answer is before or after work. However, I see drill sergeants coming into work before 5 a.m. and sometimes leaving at 7 p.m. Cadre members with families will spend most of their time off with them.

So when is there time to do PT?

The Army sets aside time in the morning for units to conduct PT. But how can you effectively conduct PT when your job is to instruct and correct? It is possible to try to take shifts as the instructor and as a participant in the exercises. You can try doing additional reps to the cadence that is required. However, even with this technique it is hard to get the same results as during regular PT.

The second solution is doing PT at a different time. This could be before company PT, after company PT, during lunch hour or after work. If you choose this technique, your challenge is time management. You are sacrificing your recovery time, meal times and family time.

However, as Soldiers, we cannot lose our level of physical fitness just because finding time is difficult.

My advice includes three steps.

Step one: create a goal.

Perhaps you want to run a marathon, go to Ranger School, lose weight or improve your APFT score.

Step two: conduct research and evaluate resources.

How much time do you need to dedicate to a program? What kind of diet do you need? How close are gyms or fitness centers near your work or home? How will this affect your job and family?

Gathering this information is crucial to the result. The importance is not to jump into a routine that will not achieve your goal or that you cannot complete. If your goal is to run a marathon, your resources are simple. You need a road and time. For other goals, such as gaining muscle, you need weights, you may need to change your diet, and you need time for routines.

Step three: make and share your plan.

Whether it's getting up early in the morning or spend-



Leader file photo

A drill sergeant leads Soldiers in Basic Combat Training during a run. Maintaining optimal physical fitness can be a challenge for cadre in the BCT environment.

COMMENTARY

By 1ST LT. MATEO BELFORD

3rd Battalion, 13th Infantry Regiment

ing time in the gym — you must stick to the plan. Also, when other people — such as your spouse, first-line supervisor or your friends — know your plan, they are not left in the dark about your whereabouts or the reason behind the time loss.

So, what's the best workout you can do in the shortest amount of time? It is not easy to say because everyone's goal, time available and level of fitness is different. I recommend high impact interval training, or HIIT, for fitness experts. HIIT provides great workouts in 45 minutes if done correctly. I don't recommend HIIT for novices because pushing your body too hard or too quickly may lead to injuries.

Personally, I incorporate PRT with CrossFit and the Military Athlete program.

Currently, CrossFit is growing in popularity among Soldiers. This program was designed to train for a broad range of sports competitions. CrossFit can be incorporated into any routine. However, if done incorrectly it can lead to injuries. If done correctly and safely, CrossFit will give you a great workout within a short amount of time.

Another workout program I enjoy is Military Athlete. Military Athlete, like PRT, teaches functional fitness. Functional fitness tries to simulate the movements in daily physical work or combat. Many of the workouts are tailored to resources Service members use, such as ruck sacks, body armor and sand bags. These workouts are great when deployed because of the lack of resources available in theater.

With so many programs available, it is imperative that you do your research. What will motivate you to actually take part in a routine? Your greatest challenge will be testing your discipline and time management skills.

Achieving your goals is a continuous task and an evolving task. Goals and conditions change. Once you start seeing the results of your training program, you should be motivated to continuously improve yourself.

Lastly, it is important to know that managing your time means managing your life. Setting your goals too high could negatively impact your life. You may not become an Olympic power lifter or a world-class track runner while working in the BCT environment. Trying to achieve such a goal may hinder your time with your job or family and ultimately prove impossible.

Therefore, changing and evolving your goals also means changing your workout. A new workout vitalizes your motivation by changing a monotonous, mundane workout. Also, it is fun to try new things.

Hopefully, I will see you at the many physical fitness activities Fort Jackson provides. Whether it's an organized run or leader PT, I am always looking for the next best workout to improve my fitness.



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Calendar

Tuesday

Victory Spouses' Club luncheon

11 a.m. to 1 p.m., Officers' Club
For more information, and to register, email vsreservations@gmail.com.

Wednesday

Racquetball tournament

Noon, Perez Gym
For more information, call 751-3700.

Wednesday

Foreign-born spouses multi-cultural luncheon

Noon to 1:30 p.m., Strom Thurmond Building, Room 222
For more information, call 751-9770.

Thursday, March 19

SSI Women's History Month observance

10 to 11 a.m., Soldier Support Institute auditorium

Thursday, April 2

Children's Walk Against Child Abuse

10 a.m., Pierce Terrace Elementary School
The walk will start at the school and end at the Youth Center. For more information, call 751-6325.

Tuesday, April 14

SSI Holocaust remembrance observance

10 to 11 a.m., Soldier Support Institute auditorium
The guest speaker is Lilly Filler.

Announcements

ROCKS INTEREST MEETING

The Fort Jackson James Webster Smith Chapter of ROCKS Inc. has scheduled an interest meeting from 11:30 a.m. to 1 p.m., Wednesday at the NCO Club. For more information, call 751-8991 or email tianna.s.grey@mail.mil.

PWOC SPRING RETREAT

The Protestant Women of the Chapel will host a spring retreat from 9 a.m. to 3 p.m., March 21 at the NCO Club. Registration is due today. For more information and to register, email vivianps46.10@att.net.

SPORTS SHORTS

- Soccer matches are played at 10 a.m., 11 a.m. and noon at Hilton Field Softball Complex.
- St. Paddy's Day 5K, 8 a.m., March 21, Semmes Lake
- Amateur Softball Association of America umpires and scorekeepers clinic, March 21-22.
- 5K, 8 a.m., April 18, details to be determined.

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

THRIFT SHOP NEWS

- A fashion show is scheduled from noon to 3 p.m., Wednesday at the Mini Mall. Each hour will focus on a different type of fashion (children's, formal wear and vintage wear). Refreshments will be provided.
- The Thrift Shop will be closed March 31 through April 6 for spring break.
- Consignors are eligible for the Thrift Shop's layaway and credit program.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members in the rank of

TAX CENTER OPEN

The Fort Jackson Income Tax Assistance Center is open from 9 a.m. to 5 p.m., Monday through Friday.

Services are available to active-duty Service members, eligible family members and eligible retirees. Assistance is provided by appointment only.

Taxpayers must:

- Arrive 10 minutes before their scheduled appointment time.
- Bring their W-2 forms, which can be downloaded from <https://mypay.dfas.mil>.
- Bring all Form 1098s or 1099s.
- Bring a valid military ID card.
- Bring a power of attorney if filing for another person or filing "married filing jointly" without the spouse present.
- Bring their Social Security cards.
- Taxpayers who wish to receive an expedited refund via direct deposit must bring a canceled check.

Tax preparation will be limited to basic tax returns and customers who own no more than one home.

The tax center is located at 4330 Magruder Ave.

For more information and to schedule and appointment, call 751-JTAX (5829)

sergeant and below.

SCHOLARSHIP OPPORTUNITIES

■ Applications for the Army Engineer Spouses Club Army Engineer Memorial Awards and the Geraldine K. Morris Award scholarships are accepted through Sunday. 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 www.armyengineerspouses.com or email scholarships@armyengineerspouses.com.

■ Applications for Folds of Honor scholarships are accepted through March 31. The scholarships are open to children and spouses of fallen or disabled Service members. For more information, visit www.foldsofhonor.org/scholarships.

■ Applications for the 2015 ASUS, Inc. Scholarship Program are due March 31. The scholarships are open to children of active, full-time Service members who are high school seniors. For more information, visit <https://www.scholarsapply.org/asus>.

■ Applications for the Army Emergency Relief Spouse Scholarship program and the Maj. Gen. James Ursano Scholarship Program will be accepted through May 1. For more information, visit www.aerhq.org.

COMMISSARY NEWS

■ The Commissary marks March as Frozen Food Month by offering savings on frozen items.

■ Visit www.commissaries.com for the latest news, to see what is on sale, to create a shopping list and more.

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

AAFES NEWS

■ The Exchange is giving away a \$18,000 home makeover to one winner. For more information and to enter, visit www.shopmyexchange.com/BecauseOfYou. The deadline is March 31.

■ Exchange shoppers may search for clues in the Patriot Family Easter Egg Hunt Contest through April 3. Four winners will receive \$500 gift cards, and 10 winners will receive \$100 gift cards. For more information, visit www.shopmyexchange.com.

Off-post

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to Service members and their families.

CAREER FAIR FOR VETERANS

The nonprofit organization VetReady will host a free resource and career fair for veterans March 26 at the Medallion Conference Center in Columbia. For more information, visit www.vetready.org.

WELCOME HOME TRAINING

The Military Child Education Coalition offers a free course for professionals who support military-connected children and youth. The theme of the course is "The Journey from 'Welcome Home' to Now: Reunion, Reconnection, Routine." The course is scheduled from 8 a.m. to 4 p.m., March 27 at the Marriott Hotel Columbia. For more information, call 254-953-1923 Ext. 1110 or visit www.militarychild.org/training.

SALUTE TO VETERANS

A free bike event to honor veterans and active-duty military is scheduled for 1 p.m., March 28 at 18929 Main Highway, Olar. The event includes an honor ceremony, free food, live music and a bike show. Veterans and Service members are asked to be there at 12:45 p.m. For more information, call 507-7767.

WWII COMMEMORATION

A ceremony to commemorate the 72nd anniversary of the first U.S. Army mass parachute drop during World War II is scheduled for 2 p.m., March 29 at the 82nd Airborne Division monument on U.S. Highway 1 between Elgin and Camden. Attendees are encouraged to bring seating.

Housing happenings

MAYORS NEEDED

The mayoral council is looking for volunteers to serve as mayors for the on-post housing communities. Being a part of the council allows residents to be a voice for the community. In addition to receiving credit for volunteer hours, mayors will get to meet new people and receive training. Child care is provided while performing mayoral duties. Positions are currently available in: Pierce Terrace 1, Pierce Terrace 2, Pierce Terrace 3, Pierce Terrace 4 and Howie Village. Interested Residents should email Vickie Grier at usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil.

HOUSING SEMINARS

The Fort Jackson Housing Services Office is in the process of developing a schedule of housing seminars for 2015. The office is interested in your feedback concerning housing-related topics you would like to learn about. Classes will take place from 11:30 a.m. to 1 p.m. or from 6 to 8 p.m. Topics may include, but are not limited to, home ownership, short sales, purchasing distressed properties, for sale by owner, home inspections, etc. Send your interests to usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil. The seminars will be designed to provide valuable information for tenants, owners and landlords.

RENT CONCESSIONS

Reduced rents for non-renovated homes in Pierce Terrace 5 are available with a March move-in. For more information and other rent concession opportunities, call 738-8275.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE, Photos by OITHIP PICKERT, Public Affairs Office



Staff Sgt. Brian Klarich
Company A
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Sterling Brabson

SOLDIER OF THE CYCLE

Pvt. RYANNE Martz

HIGH APFT SCORE

Pvt. Joseph Randazzo

HIGH BRM

Pvt. Regan Shermann



Staff Sgt. Barry Manley
Company B
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Destine McCray

SOLDIER OF THE CYCLE

Spc. C. Vlahodimitropoulos

HIGH APFT SCORE

Pvt. Eric Majurin

HIGH BRM

Pvt. Justin Rubiski



Staff Sgt. Christine Leva
Company C
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Brianna Scott

SOLDIER OF THE CYCLE

Spc. Mark Moreno

HIGH APFT SCORE

Pvt. Kadija Mitchell

HIGH BRM

Pvt. Samuel Johnson



Staff Sgt. Christopher Dozier
Company D
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Conrad Pflasterer

SOLDIER OF THE CYCLE

Pvt. Martha Flores

HIGH APFT SCORE

Spc. Angela West

HIGH BRM

Pvt. Alexander Mitchell



Staff Sgt. John Simpson
Company E
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Ryder Newland

SOLDIER OF THE CYCLE

Pvt. Anthony McClure

HIGH APFT SCORE

Pvt. Rose Estrella

HIGH BRM

Spc. Nelly Berdeciafigueroa



Staff Sgt. Willie Proctor
Company B
Lightning Battalion
(Provisional)

SOLDIER LEADER OF THE CYCLE

Pvt. Joseph King

SOLDIER OF THE CYCLE

Spc. Ricky Prieto

HIGH APFT SCORE

Pvt. Jonathan Forum

HIGH BRM

Pvt.. Mason Mendoza

Weekly honors



Sgt. 1st Class Andrew Dunham
Cadre of the cycle
Company B
187th Ordnance Battalion



Staff Sgt. Gregory Chizmar
Instructor of the cycle
HHC
187th Ordnance Battalion

SUBMISSION GUIDELINES

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

March Promotions

Name	Rank	Name	Rank
TIBBETTS, Darian A.	LTC	ANDERSON, Robert M.	SSG
McPHAIL, Doniel D.	MAJ	CARTER, Evette C.	SSG
FAILS, Kyle D.	MAJ	FARMER, Vanessa N.	SSG
GUTIERREZ, Andrea V.	CPT	FERGUSON, Joel M.	SSG
ODION, Eruanga A.	CPT	HERNANDEZ-TRUJILLO, Lucero	SSG
YEKENCHIK, Jeffrey O.	CPT	JOHNSON, Faith A.	SSG
BOONE, David R.	SGM	MUNOZ, Miguel A.	SSG
REANO, Max A.	SGM	MURRAY, Airam S.	SSG
SPENCER, Brian D.	SGM	WRIGHT, Bennie L.	SSG
REEVES, Victoria E.	MSG	BECK, Robert M.	SGT
CASAROBLES, Gonzalo	SFC	COUNCIL, Wendolin J.	SGT
GONCALVES, Andre D.	SFC	CUSHIONBERRY, Dana L.	SGT
GOYNES, Faith P.	SFC	DAVIS, Regina S.	SGT
McHENRY, Priscilla E.	SFC	GANDY, Jaron T.	SGT
McKNIGHT, Lanesha J.	SFC	GOOKOOL, Taolee D.	SGT
NEELY, Heyward L.	SFC	HACKLER, Bradley M.	SGT
OBERLE, Jason A.	SFC	LANGSTON, Willie T.	SGT
REID, Michael A.	SFC	WELDON, Seth A.	SGT
SCHUETT, Joey D.	SFC	WILSON, Lavonya R.	SGT
VALLE, Brandon R.	SFC		



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www.youtube.com/user/FortJacksonSC

Clean up your diet in three steps

By **CLAUDIA DRUM**

U.S. Army Public Health Command

It is time to stop faking it. Stop faking your way through a diet consisting of highly processed, pre-packaged foods with long ingredient lists.

Have you ever wondered why you crave sugar or salt? Highly processed foods often add extra sugar or salt to make their products more enticing and addicting.

Celebrate this year's theme for National Nutrition Month, "Bite Into a Healthy Lifestyle," by committing to cleaning up your diet (and your palate) with these three steps:

SIMPLIFY

Compare the ingredient lists on your pre-packaged foods and choose the product with the fewest number of ingredients. The product with the fewest number of ingredients usually contains less fat, saturated fat, sodium and sugar, and it more closely resembles its original form, making it more wholesome.

GO NATURAL

Enjoy more fruits and vegetables throughout the day. Fresh fruits and vegetables are "nutrient dense," meaning they are packed with nutrients, but at a lower calorie cost.

Eating five or more whole fruits and vegetables a day



has been linked to a reduced risk of certain types of cancer, type 2 diabetes, heart disease, high blood pressure and weight gain. Choose a variety of colorful fruits and vegetables (fresh, frozen or canned without added salt or fat) to maximize your nutrition intake. Here are some easy ways to increase your fruit and vegetable intake during the day:

■ **Breakfast:** Replace your usual glass of orange juice with a fresh orange or top your cereal or yogurt with fresh berries or a banana.

■ **Lunch:** Pack a large, green salad topped with lean protein (hard-boiled egg, grilled chicken or beans), extra veggies and a small amount of light vinaigrette dressing.

■ **Snack time:** Replace your usual bag of chips with a medium-sized piece of fruit and save 100 calories!

■ **Dinner:** Double up on your veggies and eat fresh fruit for dessert.

BE PROACTIVE, NOT PERFECT

Eating healthful is not about being perfect 100 percent of the time — it has more to do with knowing yourself and planning ahead so you can better handle those situations that can offset even the best of intentions. For example, when dining out, expect to be served larger than normal portions. To prevent overeating when dining out and help you control your calories:

■ Eat only half of what's on your plate, share a dish or order smaller portions (focus on internal cues — how full you feel — rather than what is still left on your plate).

■ Skip dessert or share it. Ask the waiter to divide the dessert before bringing it to the table.

■ Drink water instead of regular soda, sweetened tea or alcohol. Your body does not recognize the calories that come from sweetened or alcoholic beverages, making it easier to rack up "empty" calories.

■ When ordering a salad, ask for high-fat condiments (dressing, cheese, etc.) to be placed on the side so you can control the portions and save hundreds of calories.



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Visit www.facebook.com/MoncriefACH to get the latest news regarding Moncrief Army Community Hospital, health tips, TRICARE updates and information from the Army Medical Command.

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, Bayonet Chapel

Protestant Bible Study/Prayer Service

■ Sunday

9:30 a.m. Chapel Next Bible study, Bayonet Chapel

■ 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. Confession, 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



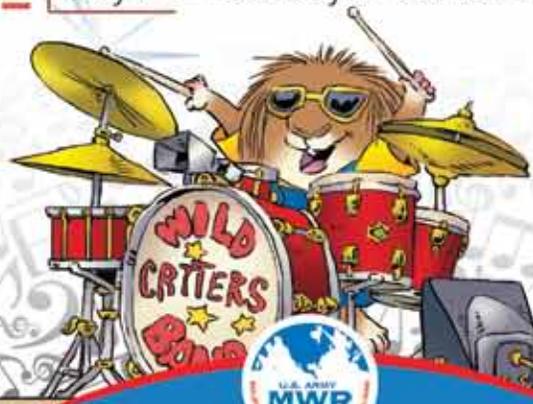
SHAKE, RATTLE AND READ!

The 2015 Summer Reading Program "Read to the Rhythm" is coming soon!

At the Post Library
4679 Lee Road • 803-751-5589

IMPORTANT DATES

- June 1 - Registration and Logging Your Minutes Opens
- June 6 - SRP Overture Party
- July 24 - Registration and Logging Your Minutes Closes
- July 25 - Grand Finale Party
- July 31 - Last Day to Collect Prizes



AIR FORCE RESERVE PRESENTS TOUR FOR THE TROOPS



MAY 16 • 7PM
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HILTON FIELD

BILLY CURRINGTON

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WITH SPECIAL GUEST SAM GROW



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800-257-1212 • AFReserve.com/TFTT

EASTER SUNDAY BRUNCH

At the Officers' Club
3630 Semmes Rd • 782-8761

Foodies, Rejoice! Complimentary glass of champagne, fresh fruit and cheese, fried chicken, london broil, salmon, boiled shrimp, mac & cheese, breakfast items, made-to-order omelets, waffles and tempting desserts. Reservations required.

\$17.95 for members
\$22.95 for nonmembers
\$6.95 for kids (4-11)



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Sunday, Apr 5 (10:30 a.m. - 2 p.m.)

Full Brunch Buffet with omelet and waffle station, lunch and assorted delicious desserts. Featuring a visit from the Easter Bunny and face painting by Sarah Dippity.

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